CBD FOR SENIORS

EASE MUSCLE ACHES WITH A CBD TOPICAL

REDUCE DISCOMFORT AND SORENESS WITH TOPICAL CBD
As we get older, the things we have done start to catch up with us. We can feel the effects of the sports we’ve played in the past, the accidents we’ve been in, and the years that have passed. There are many different possible solutions that people have tried to relieve pain and stay active. While some have worked in the past, CBD has been shown to provide natural healing and helps to promote long-term recovery from past injury. There are a number of misconceptions about CBD and finding a good quality CBD product can be difficult. What is CBD? How does it work? And how can we find a safe and effective CBD product to fit our needs?

**WHAT IS CBD?**

CBD, or cannabidiol, is a naturally occurring substance found in hemp and cannabis that has been scientifically proven to offer many therapeutic benefits. In general, these substances are known as cannabinoids. There are many different cannabinoids that each work along the same system within the body.

CBD has been shown to reduce inflammation, decrease discomfort, help regulate inflammatory conditions like arthritis and joint pain, improve anxiety and depression, and improve sleep quality and duration.
As people have become more and more aware of the benefits of CBD and other cannabinoids, more research has been conducted to better understand how we can use these natural tools for our benefit. Because of the more recent popularity of CBD, many studies are currently being conducted to better understand the added benefits of CBD.

Cannabis is commonly associated with a high sensation that is a result of another chemical, known as THC. THC has many similar benefits to CBD but features a powerful “high” sensation that many want to avoid in their treatments when possible. Most products in the consumer market have been produced with the legal CBD limit of 0.03% or less. Topical CBD is a non-euphoric treatment that still can provide great benefits. That means that our CBD products can be used on your body’s sore areas at any time, without the fear of not being able to perform daily tasks.

THC provides the high associated with marijuana; however, the CBD in our products is derived from hemp (which contains less than 0.3% THC, the legal limit in all 50 states) – effectively removing the potential to get high from use.
Besides CBD and THC, there are a number of other components that make up cannabis. This includes cannabinol (CBN) and cannabigerol (CBG). CBN is another cannabinoid that, when used along with THC, can provide a strong euphoric effect. CBN has also been shown to be an appetite stimulant, anti-bacterial, and more. CBN is a less commonly used cannabinoid that is currently being studied to apply its benefits in our lives.

CBG, on the other hand, is more similar to CBD in its uses. Current studies suggest that CBG is an excellent anti-inflammatory, anti-bacterial, as well as being an effective appetite suppressant and possibly even a tool in treating bladder dysfunctions.

Some studies suggest that CBG and CBD may be helpful in the treatment of certain cancers, but further study is needed to clarify our understanding. Many CBD products can be found coupled with CBG for an even greater benefit.

To best understand how CBD works in the body, we must first understand a little bit about the body’s endocannabinoid system, or ECS. The ECS is a neuro-chemical pathway that is designed to recognize incoming cannabinoids and translate that to a signal that the body is able to better understand.
The exact effect that the ECS has on the body varied depending on the location in the body that the ECS is triggered as well as the substance that activates the system.

For example, when CBD is applied topically to the skin, the ECS recognizes it and stimulates the body to create an anti-inflammatory response and promote endorphins that can manage pain. However, when CBD oil is ingested, it instead triggers the body to release endorphins that reduce anxiety and promote relaxation, making it a good tool for sleep. This makes the application method of CBD particularly important. Other uses for CBD may include decreasing depression, managing epilepsy, improving heart health, and much more.

Now that we understand the role that CBD has in the ECS, we need to see how our body handles distress. Distress is an unconscious response to a negative stimulus. The body’s distress is actually designed to keep us safe and avoid further injury. For example, putting pressure on a broken limb causes major distress; this is the body’s way of telling us that we risk breaking the limb further by using it. However, as we age our body’s response continues to get more and more sensitive. This is especially true when dealing with cases of arthritis or other disorders. Usually, distress is indicative of something more dangerous. However sometimes a localized treatment can be all that is needed to let us continue in our active lifestyle.
When we feel joint or muscle soreness, typically it is caused simply by inflammation. Overusing a muscle putting excess pressure on a joint puts stress on the tissues involved. As a response, the body sends additional nutrients through the blood. This is seen as swelling, redness, and warmth. Initially, these are positive reactions so that healing can happen. When this lasts too long, though, additional problems can arise. For example, prolonged swelling can make us more prone to cuts and skin tears. Therefore, once the healing process has been given some time, a localized treatment can make a big difference in our pain and soreness.

**TOPICAL APPLICATIONS**

When applied topically, CBD can interact with the ECS and counteract the body’s distress signal that is causing inflammation. As these signals are relayed, the body recognizes that there is no longer a need for the distress signal to be sent. Through the neurological pathways used by the nervous system, the body’s receptors are essentially silenced – or at least quieted – temporarily.

Once the distress signal and the inflammation have gone away, you will feel less soreness and aches, leaving you free to enjoy your active lifestyle. In addition to what was previously stated, CBD and CBG can be beneficial by promoting joint health and replenishing some of the tissues that can be worn down over time through use. Collagen production can also be improved through CBD use, meaning that the skin around the affected area can be strengthened, helping to serve as a better barrier. Of course, major injuries and aches may not be able to be treated simply with a topical balm. Before using any CBD product or OTC (over-the-counter) management techniques, talk to your doctor.

Besides treating aches that are currently there, CBD can also be used to prevent aches and soreness. Preventative application of a CBD balm directly over the soon to be used area can help minimize the damage done once the inflammation sets in. This is especially true of arthritis pain. If you know that you will be doing a lot of walking, for example, a preemptive application of a CBD balm to your knees will help to reduce inflammation during the activity and allow you to recover more quickly. CBD balms can also be applied to muscles prior to exercise or activity to help you endure longer with less pain during and after the task.
Not all CBD products are created equal. The FDA currently classifies CBD products as "supplements" and not as "medications." This means that there are much more relaxed standards for creating products that have CBD. To counteract that lack of oversight, most reputable CBD producers willingly undergo third-party testing. This unbiased observation can give you the confidence that you are getting what you pay for. This testing will help you to see that there are no psychoactive components, such as THC, in your CBD. Additionally, reading the results of a third-party test allows you to confidently purchase a high-quality product.

The next step in finding a good quality CBD product is choosing an application method. Because of the versatility of CBD, you can find products that are applied in any number of ways. Topical balms, diluted lotions, gummies, capsules, tinctures, and more are all commonly used and offer different benefits. As we have learned, the ECS reacts to the same cannabinoid in a different way when applied to a different location. Therefore, you must first decide the therapeutic benefit that fits your needs. As we age, aches and discomfort increase. To get the best results from CBD, a topical balm should be applied directly over the sore area. Never apply a topical CBD balm directly into an open wound.
St. John’s Wort: anti-inflammatory, vulnerary, astringent, and antimicrobial actions make it a powerful aid for wounds, bruises, burns, sprains, and muscle pain. Used as an infused oil, salve, or poultice, SJW calms discomfort, swelling, and inflammation associated with many injuries that affect the skin and muscles. SJW helps soothe the aches associated with damaged nerves and neuralgia, and is helpful for painful sciatica, shingles, and rheumatism. It can even restore and repair nerve sensation in nerve damaged by traumatic injury or other causes. Known as “arnica for the nerves.”

Comfrey: known as a wound healer, treats sprains, swellings, and bruises. Comfrey is also used in a wide variety of cosmetics and is considered an anti-inflammatory ally in dealing with troubled skin. The key constituent in comfrey, allantoin, stimulates tissue repair and cell proliferation. Comfrey has also shown effective in treating osteoarthritis discomfort.

Yarrow: antiseptic and styptic (stops bleeding), also antibacterial, anti-inflammatory, astringent, and analgesic. It is used to soothe swelling and discomfort in wounds by regulating blood flow to and from the skin’s surface. Yarrow can be applied to both old and new bruises to reduce discoloration.

Arnica: anti-inflammatory, analgesic, vulnerary, and rubefacient (causes redness of the skin as a result of increase circulation) herb used to ease discomfort, inflammation, swelling, and bruising associated with injuries such as fractures, sprains, contusions. It is renowned for soothing muscular aches from overexertion and is considered an invaluable ally for athletes or anyone else who puts in a hard day’s work. It’s recommended for back aches, rheumatic discomfort, dislocations, and varicose veins.

Red Pepper (cayenne): Externally cayenne is used for a variety of issues involving discomfort and inflammation. When applied topically, it mitigates the sensation of aches temporarily and increases circulation.
ESSENTIAL OILS:

Ginger: analgesic and increases circulation
Clove: analgesic and anti-microbial
Cinnamon Leaf: increases circulation and has a warming effect on the skin

NON-HERBS:

Magnesium Chloride: a form of magnesium that can relax muscles and reduce aches
Menthol: used to provide temporary relief from discomfort and inflammation

CBD MOVE FREE OFFERS QUICK ACTING RELIEF THROUGH 3 SIMPLE STEPS.

1. Apply to areas where you need relief the most.
2. Massage the affected area to increase blood relieving ingredients.
3. Receive relief in as little as 15 minutes, as reported by users. Relief varies based upon height and weight

All CBD Move Free products are sent to an independent lab for testing. Testing results can be viewed by scanning the QR Code located on each of their products.
CBD Move Free is proudly represented by Dr. Marion holds a Ph.D in Human and Organizational Development with Specialization in Gerontology, Retirement, and Special Populations from the Fielding Graduate University in Santa Barbara, CA. Dr. Marion has appeared on The TODAY Show, ABC News Now, Good Morning America Now, The NBC Nightly News with Brian Williams, Walgreens’ Health Corner show and dozens of local morning news shows.
MEET CBD MOVE FREE

The CBD Move Free company was developed to offer unique CBD relief topical products to help you and your clients move, enjoy and achieve more! Each product is designed to maximize life activities by reducing and soothing aches so one can recover faster and better. Our products are created by a company that is aligned with our vision, goals and standards. Why? Because they a shareholder in our business. This manufacturing partner adheres to FDA and Good Manufacturing Practice (GMP) standards in order to guarantee that our products are created with best practices. Our mission is to build products for active individuals and families dedicated to eliminating bacteria, hydrating the body, enriching the skin and soothing discomfort.

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