

## The Benefits and Uses of CBD Oil

Over the last 40 years, the need for natural alternatives to the traditional western medical practices have become a common interest. People all over the world are becoming more aware of the kinds of side effects and addictions that can come from the continual use of specific medications, particularly those that have been manufactured for the purpose of reducing pain.

Large companies that manufacture these drugs have pushed back against these inquiries, but the news is out, and the public has found a option for treatment. CBD oil is growing in popularity by the day, and as laws become looser in regard to the cultivation of the plant that it comes from, the increased availability will eventually make CBD oils a household product. But how do you know if it is a good option for you? What can CBD oil do to help you?

# Cannab Calm+

## A Little about CBD Oil

Cannabidiol (CBD) is one of several compounds derived from the hemp plant. Unlike delta 9 tetrahydrocannabinol (THC), CBD is not psychoactive. In recent years, researchers have discovered that Cannabidiol (CBD) has many useful effects. However, because of misconceptions about the hemp plant, CBD and THC, there are some hefty restrictions in place. The big thing to note with CBD and hemp is that they are different from marijuana in that they lack the psychoactive properties of THC.

The CBD is extracted from the plant matter either into a carrier oil or a tincture that can be used to deliver its benefits. The potency and appearance may differ widely due to the various formulas and amounts used by different companies, and unlike it's close relative that is normally bred to have higher amounts of THC, the plants that produce CBD are grown the way they occur in nature.

Many medical studies show all the health benefits that CBD has in areas including cancer, anxiety, pain relief, asthma and arthritis. People are loving it because it offers relief without any mind-altering psychoactive effects. Before diving into the ways that CBD can support health and wellness, it's important to understand some lingo. Being able to distinguish between the terms "hemp," "marijuana," and "cannabis" helps clear some muddy water. Cannabis is an umbrella term that includes both hemp and marijuana plants. Cannabis sativa is the scientific name of the cannabis plant (Cannabis = genus; sativa = species), and hemp and marijuana are just two different "varieties" of it.

The key difference between hemp and marijuana is that hemp contains essentially no THC. In fact, to be classified as hemp, a cannabis plant must contain less than 0.3% THC by volume. This is important because it's the reason why hemp products are legal to buy, sell, and ship.

Most CBD oils and CBD products come from hemp and this is the reason the industry is seeing such an impressive spike in popularity; anyone can jump online and order CBD oil and have it delivered right to their doorstep. Some CBD products also contain varying amounts of THC. These products are for medical use and are only available from dispensaries to people who have a prescription from a medical doctor.



**TO CONTACT REGENERATING HEALTH CO PLEASE CALL US AT 575-500-4545 OR VISIT REGENERATING.HEALTH**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## How does CBD work?

How does CBD oil affect our body? To understand it, you should first know about the endocannabinoid system. In your body, this system works to enhance the immune response, improves neuroprotection, promotes better sleep, relieves pain, and helps in stress management. Your body naturally produces cannabinoids, but scientists have learned that the system will also recognize and respond to cannabinoids from external sources, including the phyto-cannabinoid (plant-based) CBD.

The endocannabinoid system includes “cannabinoid receptors.” There are two major types of cannabinoid receptors in our bodies: CB1 and CB2. THC directly binds with these receptors but CBD initiates intracellular biochemical reactions that produce the variety of health results CBD is known for.

While CBD does not bind with CB1 and CB2 receptors like THC, it does engage several other receptors and ion channels like the vanilloid, adenosine and serotonin receptors. Through these channels, CBD effects anxiety, pain perception, inflammation, body temperature, blood pressure, bone density, energy, lipid uptake, insulin sensitivity, and other metabolic functions. While the research is still uncovering the ways that CBD acts on the body, there are already plenty of proven health supporting benefits.

### Here are some examples:

- By activating the TRPV-1 receptor, cannabidiol plays a role in the mediation of body temperature, pain perception and inflammation.
- CBD inhibits the FAAH enzyme, a compound that activates the CB1 receptor. By doing so, CBD minimizes the activation of CB1 by THC, reducing its psychoactive effects
- By activating adenosine receptors, CBD gives the anti-anxiety and anti-inflammatory effects of cannabidiol. Adenosine receptors are also involved in the release of dopamine and glutamate, two neurotransmitters that play major roles inside the body. Dopamine is involved in cognition, motor control, motivation and reward mechanisms, while glutamate is one of the major mediators of excitatory signals, being involved in memory, learning and cognition
- CBD have been shown to activate the 5-HT1A serotonin receptor, which causes anti-depressant effects. This receptor is also involved in a series of processes from pain perception, appetite, nausea and anxiety to sleep and addiction mechanisms.
- CBD blocks CPR55 signaling which decreases bone re-absorption and cancer cell proliferation; it also supports bone density and balanced blood pressure.

## Ways that you can use CBD Oil

As you research CBD oil, you'll be surprised to find that it has a remarkably versatile set of uses, such that everyone can probably find a way to make CBD a useful addition to their lives. But, is CBD right for you? In general, CBD is non-sedating while providing a calming, relaxing feel that almost lets stress melt away. Besides that, the science shows significant health benefits with minimal side effects (the most common is loose stools when CBD is used in very high doses).

**TO CONTACT REGENERATING HEALTH CO PLEASE CALL  
US AT 575-500-4545 OR VISIT REGENERATING.HEALTH**

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.



**The following is a list of CBD oil benefits that are backed by extensive research:**

### **Eases Stress**

The addition of CBD oil to your daily routine can induce a feeling of calm and well-being. As opposed to meds that are commonly prescribed when people struggle with stress-related disorders, CBD has minimal side effects. Some people have reported a slight increase in appetite, but that is a long way from the dangers of sleepwalking or intense withdrawal from prescription drugs.

### **Reduces Anxiety and Supports Mental Health**

CBD is very supportive in reducing anxiety and post-traumatic stress. The oil has extensively been used to treat social anxiety disorder, obsessive-compulsive disorder and depression. Schizophrenia also seems to respond to CBD treatment!

### **Lowers Risk of Cancer**

The CBD oil has anti-cancer properties. According to some research, cannabidiol is pro-apoptotic in nature and has anti-proliferative effects which make it highly effective in preventing the growth and spread of cancerous cells. CBD has been shown in studies to promote the death of cancerous cells in the breast. Cannabidiol also has anti-tumor properties and may be useful in preventing colon and lungs cancer. Your doctor can help you decide how to use CBD to support your cancer care.

### **Relieves inflammation and pain**

One of the most substantial and popular properties of CBD oil is that it is anti-inflammatory. It significantly reduces pain and stiffness by reducing inflammation. If you are suffering from chronic pain, Multiple Sclerosis, Rheumatoid Arthritis/Psoriatic Arthritis or Asthma, CBD oil may be beneficial. Instead of reaching for over-the-counter or prescription pain relievers and anti-inflammatories that have a ton of nasty side effects, consider CBD as a more natural option.

### **Helps Fight Insomnia**

There are a lot of people who struggle with getting restful sleep. Scientists have recently uncovered the incredible impact that good sleep has on the body and mind. In addition to being moody, poor sleep can cause people to be less productive and have a more difficult time losing weight. Studies involving CBD show that most people reported that they were able to get to sleep more quickly and sustain sleep for longer, uninterrupted periods.

### **Improves Heart Health**

CBD works to safeguard the heart and prevents any possible damage that can be caused due to high blood sugar and systemic inflammation.

### **Suppresses Nausea**

Cannabis is known well as an active and instant source of relief in case of vomiting and nausea. Some research studies show that CBD oil has an antiemetic impact and it also has anti-nausea effects. If you want to get rid of nausea, using CBD would be helpful. But, it is important to note there is a sweet spot. Where a low-dose use is useful in relieving nausea and vomiting, too much can aggravate nausea.

**TO CONTACT REGENERATING HEALTH CO PLEASE CALL  
US AT 575-500-4545 OR VISIT REGENERATING.HEALTH**

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.



## May Reduce Seizures

Seizures often occur when there is fluctuation in electrical discharge in the brain. Because CBD has been proved to have anti-seizure properties doctors can use CBD to help epilepsy patients and lower the frequency of seizures. In a study of children with Epilepsy, roughly 7 out of 8 children given the CBD oil were reported to have reduced their seizures by 50% or more. They even discovered that the kids experienced less sleep disruptions, and better mood. The few that did report side effects were mostly experiencing mild drowsiness.

## Diabetes Management

Diabetes can be dangerous if it's left unchecked. Changes in blood chemistry can be disastrous and cause all sorts of problems. It has been previously believed that nothing can be done for those who suffer with the type 1 version of this disease, but it's recently been uncovered that if treated in the early stages of the disease, negative effects can be lessened quite a bit. When doctors administer CBD oil to early sufferers of the disease, it limited the destruction of import cells in the pancreas that help produce and regulate insulin. This could mean that a massive step toward prevention of the disease has been made, but further study is needed to establish how this kind of treatments can be used, and when their most effective points in time might be.

## Lessens the Effects of IBS

Inflammatory Bowel Syndrome can be really unpleasant. People who have to deal with this inconvenient disease are prone to having to go to the bathroom multiple times in a day when it flares up, and the discomfort can make every trip an urgent matter. Fortunately, the anti-inflammatory properties of CBD oil can help to reduce some of the symptoms associated with the condition. The process that produces the effect hasn't been completely proven, but scientists believe that it could be that something in the CBD interacts with the peroxisome proliferator-activated receptor-gamma.

## How to choose a CBD Oil

CBD oils and other CBD products can vary greatly in price. Price differences are the result of the quality of the raw plant material, the extraction method and the final product form. Larger manufacturers may also be able to offer lower prices than small or artisanal producers.

### Extraction Method

One of the things to consider regardless of the final product you choose is the method of extraction. CBD can be extracted from the cannabis plant using a few different techniques. If you are familiar with Essential Oils, you may have heard of some of these methods.

- **Chemical Extraction.** The most popular method to extract CBD used to be by running harsh chemicals like butane or hexane over the raw plant material. While this method is still used, testing shows that trace amounts of carcinogenic compounds (like formaldehyde) are left over in the end product. Not good. Not the method you want in a CBD product.
- **CO2 extraction.** This method uses pressurized carbon dioxide (CO2) to pull CBD (and other phytochemicals) from the plant. CO2 acts like a solvent at certain temperatures and pressures but possesses none of the dangers of butane or hexane. While it is safe and effective, the process involves extremely expensive equipment. CBD extracted using this method is more expensive but has none of the risks associated with chemical extraction.

**TO CONTACT REGENERATING HEALTH CO PLEASE CALL  
US AT 575-500-4545 OR VISIT REGENERATING.HEALTH**

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.



Depending on the exact extraction process, the resulting product may be an “isolate,” or a “full-spectrum” oil. We can liken this to the difference between using Curcumin instead of Whole Turmeric Root or Allicin instead of whole garlic.

## Forms

Similar to Essential Oils, CBD oil comes in different forms and grades. Some products are better for occasional use and others are a better choice for more therapeutic use..

The top ways to take and use CBD oil are (listed in no particular order):

1. Concentrated Oils
2. Tinctures
3. Capsules
4. Topicals
5. Sprays
6. Vapes

When buying any of these products, it is important that you do your own research before making a decision on which product and concentration to buy.

As you consider CBD, do not be afraid to try and explore. With natural products, results often take a little time. Do not give up. Listen to your body and keep working to find what aligns with your health and your needs.

## Confused? If you're trying to keep track of all this, here's the cheat sheet:

- Marijuana mostly contains both THC and CBD, it gets you high, and, depending on the state you live in, it is illegal
- Hemp contains minor amounts of THC, 0%-0.3% is all that is allowed by law
- Hemp contains other cannabinoids, one of them is CBD
- CBD is non- psychoactive and no matter in how much you consume, it never gives the mind-altering effects that you get from marijuana.
- Both hemp and marijuana plants fall under the larger umbrella term of “cannabis” plants

**TO CONTACT REGENERATING HEALTH CO PLEASE CALL  
US AT 575-500-4545 OR VISIT REGENERATING.HEALTH**

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

