



# CBD Oil



The latest rage among “natural treatments”, is CBD oil. It seems to be everywhere. And appears to be good for everything and harmful for nothing. As we know anything that has a beneficial effect has the potential to have a side effect. The other issue with non FDA products, is the lack of regulation. So what’s the real story?

Marijuana contains THC and CBD, two compounds with very different effects. CBD is not particularly psycho active. Some studies indicate the changes in the body from CBD are associated with medical benefits.

The human body produces cannabinoids. These cannabinoids react with two receptors known as CB1 and CB2 receptors. CB1 receptors in the brain are involved with coordination, pain, movement, emotions, mood, appetite, memories, and thinking. Whereas CB2 receptors affect pain and inflammation, and are more common in the immune system. It’s at the CB2 sites where CBD is purported to be active. It is the CB1 sites which THC effects.

I will mention some studies that suggest the following benefits with CBD. I want to emphasize that these studies certainly do not prove benefits and need to be monitored for side effects and issues that could develop with long term use.

CBD has shown potential benefits in the following areas and is shown to have pain reliever and anti-inflammatory properties. There is some promising evidence that CBD may help people quit smoking. For people who are dependent on opioids there may be some reduction in their cravings. Researchers noted that some symptoms experienced by patients with substance use disorders might be reduced by CBD. These include anxiety, mood symptoms, pain, and insomnia. Studies have shown possible benefits in some cases of epilepsy, neuronal injury, and psychiatric diseases such as schizophrenia. CBD has been studied for use as an anticancer agent. CBD has been associated with reduction of symptoms from various anxiety disorders such as postromantic stress disorder and generalized anxiety disorder, panic disorder, social anxiety disorder and obsessive-compulsive disorder. CBD is being studied for possible benefits for Acne, Alzheimer’s disease, and even type 1 diabetes.

And as promised side effects most commonly reported are tiredness diarrhea and decreased appetite. There has also been mentioned cases of elevated liver enzymes. There are different regulations that address the legality of CBD in the United States. There are also state laws that vary. Without going into the particulars, generally if CBD is derived from the hemp plant without THC it may be considered legal by most statutes. The problem is that some reports indicate that as much as one in five commercially available CBD products have THC as part of the ingredients. Of course this has health as well as legal ramifications.

So what's the bottom line? CBD, properly prepared, appears to be promising for a variety of health and mental conditions. More research and clarity regarding the quality and uses of the products are needed.

Here at the Legitimate Practitioner we recommend that an individual taking these products should be monitored by a healthcare practitioner who is familiar with the potential risks and benefits of these products as well as do their best to assure the quality of the product they are purchasing.

---