

Client Handout: What is CBD?

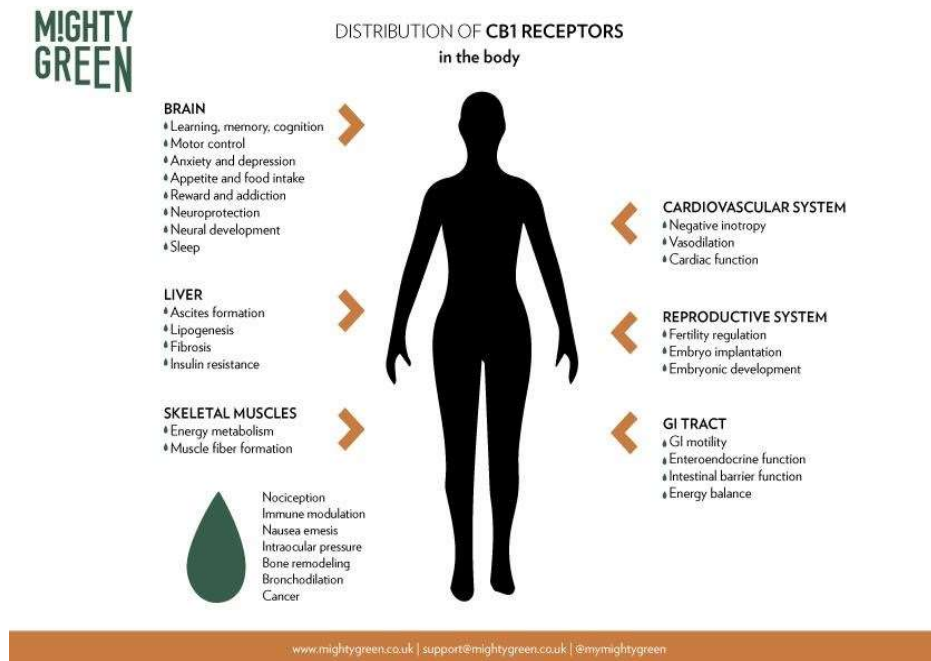
CBD is one of many mighty molecules found in Hemp. Across the world, Hemp has been used as a medicine for a wide range of conditions and ailments. Chinese, Indian, Egyptian and Greek pharmacopeias document the properties and use cases for Hemp, dating back thousands of years. Today, modern science has attributed many of the benefits of Hemp to CBD, and its family of related compounds known as cannabinoids.

How Does it Work?

Cannabinoids are phytochemicals that are unique to Hemp. They are very similar to chemicals the human body produces naturally, which are called endocannabinoids.

Endocannabinoids keep the body and its many processes in sync with one another, by acting as chemical messengers that are constantly ensuring the body is balanced. Endocannabinoids deliver messages to special (cannabinoid) receptors, which are found throughout the body.

Here is an illustration which shows just how widespread one type of cannabinoid receptor (CB1) is, and how many biological functions it controls.



Cannabinoids, as structurally and chemically similar compounds, can help endocannabinoids achieve their goal of whole body balance. CBD and related cannabinoids can be especially useful when endocannabinoids are deficient or overabundant, which is when biological imbalance and illness can occur.

CBD actually works as something called an adaptogen. CBD can morph to meet the needs of each individual as an adaptogen, whether they have either a high or low level of endocannabinoids, they may find their balance.