

How does CBD work? (Simplified Version)

We all have what is called an Endocannabinoid system that looks after our circulatory system, pulmonary system, skeletal system, muscular system, and nervous system. All animals except Insects have this same system. There are 3 parts of the Endocannabinoid system – Cannabinoids, Receptors and Enzymes. This system naturally makes Endocannabinoids, that means Cannabinoids made by the body. Phytocannabinoids are Cannabinoids made by a plant.

Our body uses Cannabinoids to help with pain, balance hormones, help digestion, help us learn, deal with inflammation, help us sleep, maintain homeostasis, and generally help our organ's function. Now the receptors in our bodies, CB1 and CB2, are the signals that tell us when there is a problem. Imagine these receptors are little LED lights and they light up when we have a problem. When we have pain, inflammation, stress, etc., the body lights up the receptors signaling we need help. Sometimes the body has several receptors lighting up all at the same time signaling we have several problems.

The body then makes Cannabinoids, the 2 main ones are Anandamide and 2-AG, to go to the source of the problem and help to bring it into balance. We also then have Enzymes which help break the Cannabinoids down so they can be used effectively and recycle them back into our bodies to keep the balance.

The problem is that unfortunately we can't always keep up with creating enough Cannabinoids to do everything we need them to. Some people just don't make enough to begin with as all our systems are different to some degree. Our diets, lifestyle and lack of exercise can affect our body from making enough Cannabinoids. This can then cause our bodies to be out of balance which then leads to disease and illnesses. The use of Pharmaceuticals can also affect the body from making Cannabinoids which can cause us to need more pills which keep us on a vicious cycle of being out of balance.

So where does Cannabis and CBD fit into this story?

Cannabis has been discovered to naturally make Phytocannabinoids. In fact, the Phytocannabinoids made by Cannabis mirror the Endocannabinoids made by our body. Scientists have discovered that by taking Cannabis orally or topically we can effectively use the Phytocannabinoids to help our bodies keep the balance we need when our systems are depleted of Endocannabinoids.

We give our system CBD; it then goes on a search mission to find receptors looking for help. It binds to those receptors, then the Enzymes break it down so it can be used effectively. Once it has the system back into balance the Enzymes keep working to break the CBD down further so the body can absorb it to keep that balance.

You may have heard there are other Cannabinoids made by the Cannabis plant. There are around 100 different Cannabinoids but the one we associate with Cannabis the most is THC.

This has wrongly had a bad rap for decades. Back as early as 29 BC, Cannabis was being used as a medicinal herb and continued to be used into the early 1900's when it was prohibited, becoming illegal to be used as a Medicine. Some very powerful men were behind giving this Natural and Helpful plant a bad reputation because of their greed but that is a whole other story.

THC is different to CBD as one of its properties stimulates and binds to the Receptor in our brains that is responsible for Bliss, this is what gives the 'high'. It also binds to other receptors in our bodies, stimulating help for many illnesses and diseases. Much research has been done into the benefits of THC and they are only just scratching the surface with its potential.

Fortunately, Cannabis has been rediscovered as an effective help for many ailments. In fact, through the research of Cannabis they actually discovered the Endocannabinoid system and realized it was the system that ran all of our other systems. Without it maintaining homeostasis, our bodies could run into distress causing problems.

I have been talking about Cannabis or as some know it, Marijuana. This is a plant just like other plants and has many varieties and strains. The strain that we get CBD from is Hemp. For a strain to be categorized as Hemp it must have less than .3% THC in it. This means that there is no chance of any 'high' and is safe to drive. It will not show up on a drug test as the THC content is below the level tested. There will be no altered effect from using CBD Oil.

Some may ask why it has THC in it at all? Well, the best way to source the CBD is to use the whole plant, we refer to it as Full Spectrum. That is how it was created, and it is best not to mess with its structure, so they use all of the plant. The whole plant comes with many other beneficial properties as well, such as, Terpenes and Flavonoids. There are over 400 different Terpenes found in the Cannabis plant and they have properties that help with Anxiety, Sleep, Depression, Energy to name a few. They are the part of the plant responsible for the Aroma, just like an Essential Oil.

Flavonoids help regulate cellular activity and fight off free radicals that cause oxidative stress on your body. In simpler terms, they help your body function more efficiently while protecting it against everyday toxins and stressors.

[Cornerstonehemp.com.au](https://www.cornerstonehemp.com.au)
cornerstonehemp@gmail.com