



Natural Health Research Institute

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CBD for Health

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As the interest in natural remedies grows, cannabidiol (CBD) has become a popular choice for enhancing health and addressing various diseases. Derived from the cannabis plant, CBD is known for its therapeutic properties without the psychoactive effects associated with tetrahydrocannabinol (THC). But what exactly is cannabidiol, and how can it benefit your health?

As early as the 19th century, interest in the pharmacokinetics of the active constituents of cannabis, the cannabinoids, began to illuminate the potential benefits for human health. CBD is one of over 100 cannabinoids found in cannabis. It is typically extracted from hemp plants, which are a variety of cannabis cultivated for their low THC content. Once extracted, CBD can be formulated into various products, such as oils, capsules, topicals, and edibles, each offering different concentrations of CBD for various purposes.

Health Benefits of CBD

Numerous studies suggest that CBD may offer various positive effects on the body, making it a favored choice for those seeking natural remedies. Let's explore some of the key health benefits associated with CBD:

Pain Relief: One of the most recognized benefits of CBD is its potential to alleviate pain. CBD interacts with the body's endocannabinoid system, which regulates pain perception. By binding to certain receptors in the brain and immune system, CBD may help reduce pain and inflammation. Furthermore, studies have shown that CBD can also be effective in managing chronic pain conditions such as fibromyalgia due to its ability to suppress pro-inflammatory cytokine expression.

Joint Health and Inflammation: CBD has emerged as a promising natural remedy for managing joint-related issues and inflammation. Recent studies have shown that CBD possesses anti-inflammatory properties, making it favorable for those suffering from conditions like arthritis. By inhibiting specific enzymes responsible for inflammation, CBD has been found to provide relief and improve joint mobility.

Mental Health Disorders: CBD has gained attention for its potential to alleviate symptoms of mental health disorders like anxiety and depression. Recent studies have shown that CBD interacts with the brain's serotonin receptors, which play a crucial role in regulating mood and emotions. By modulating serotonin levels, CBD may help improve mood and reduce anxiety symptoms. Additionally, CBD's anti-inflammatory properties could also contribute to its potential benefits for mental health. Although more research is necessary to fully understand the mechanisms, CBD holds promise as a natural alternative for supporting mental well-being.

CBD for Neuroprotection

CBD may protect the brain through its anti-inflammatory and antioxidant effects. Inflammation and oxidative stress contribute to the progression of neurodegenerative diseases like Alzheimer's, Parkinson's, and multiple sclerosis. CBD has been found to be highly effective in decreasing inflammation and oxidative damage, potentially slowing down these degenerative processes.

Moreover, CBD shows promise in alleviating symptoms of neurodegenerative diseases, such as tremors, muscle stiffness, and cognitive impairment. CBD's interaction with the endocannabinoid system may regulate neurotransmitter function and promote neurogenesis, the growth of new neurons.

Aside from its potential benefits for neurodegenerative diseases, CBD also promotes overall brain health by enhancing neuroplasticity, the brain's ability to adapt and form new connections. This can improve learning, memory, and cognitive function.

While more research is needed to fully understand CBD's neuroprotective effects, current findings are promising.

CBD for Mental Wellness

Anxiety and depression are prevalent mental health conditions that significantly impact daily life. Studies show that CBD may help alleviate symptoms of anxiety and depression by interacting with brain receptors that regulate mood and emotions. CBD has potential anti-anxiety and antidepressant effects, providing a natural alternative for those seeking relief.

PTSD, or post-traumatic stress disorder, can arise after experiencing a traumatic event, causing symptoms like flashbacks, nightmares, and intrusive thoughts. Preliminary animal studies suggest that CBD may help manage PTSD symptoms by reducing anxiety and improving sleep.

CBD's potential as a treatment for addiction is another area of interest. Substance abuse and addiction are complex issues with severe consequences. Research indicates that CBD may have therapeutic properties aiding addiction recovery. Findings from a double-blind, placebo-controlled study suggest that CBD may modulate brain circuits associated with addiction, reducing drug cravings and withdrawal symptoms.

CBD Dosage and Safety

When using CBD for health and disease, determining the right dosage is crucial for optimal results. CBD dosage can vary based on factors such as body weight, the condition's severity, and the consumption method.

CBD is generally well-tolerated, but like any supplement or medication, it can have side effects. These are typically mild and may include dry mouth, diarrhea, fatigue, and changes in appetite. It is advisable to start with a low dosage and gradually increase it until the desired effects are achieved. Consult with a healthcare professional before using CBD, especially if you have underlying medical conditions or are taking other medications.

Taylor Woosley studied biology at Purdue University before becoming a 2016 graduate of Columbia College Chicago with a major in Writing. She currently resides in Glen Ellyn, IL.

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Breast Cancer Awareness Month



A woman in the U.S. today has a 1 in 8 chance of developing breast cancer over her lifetime and a 1 in 39 chance of dying from breast cancer. But there is hope. Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.

Several factors for developing breast cancer are completely out of your control, such as genetics, family history, race, ethnicity, breast density, and being born female. However, modifying certain lifestyle choices and behaviors can lower the chances of getting breast cancer, even in people at high risk. This may include maintaining a healthy weight, exercising regularly, eating a healthy diet, avoiding alcohol, breast feeding if you can, evaluating hormone use, and reducing stress. Vitamin D, vitamin C, selenium, curcumin, fish oil and flaxseed are some of the supplements that help support breast health.

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