

CANNABINOIDS IN A NUTSHELL

How Can Cannabinoids Help Me?

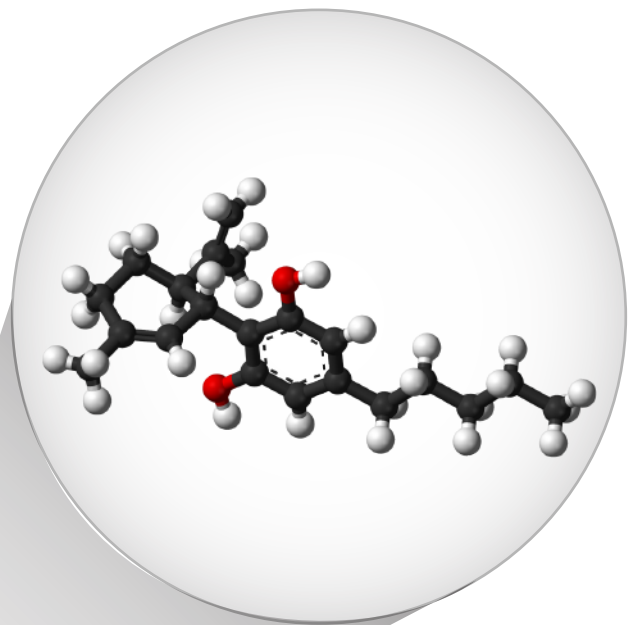


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INTRODUCTION

We all know what cannabis is - but what makes it medicine? What makes it one of the best natural remedies and cures for many ailments? Well, it's simply chemistry.

Cannabinoids are responsible for marijuana's effects on the body — and the reason users get high. They're also the reason why medical marijuana works to alleviate so many symptom-related ailments.



However, the relationship between cannabinoids and our bodies is complex. Because so many people use cannabis for recreational or medicinal purposes, a little information on cannabinoids can go a long way towards understanding how marijuana affects your brain and body.



CANNABIS & CANNABINOIDS

The cannabis plant, also known as marijuana, contains over 500 natural compounds. Cannabinoids happen to make up at least 85 of those compounds, according to recent research. And while some cannabinoids are psychoactive, others are not.

Out of the 85 cannabinoids, two stand out: tetrahydrocannabinol (THC) and cannabidiol (CBD). THC, known for its psychoactive properties, is the reason you feel buzzed after ingesting marijuana.

Most strains of marijuana sold on the market today are cultivated with higher levels of THC. While THC has medicinal benefits, too much can trigger anxiety and paranoia in some — particularly in novice users.

CBD is a non-psychoactive cannabinoid and actually works to calm your high. It's also believed that CBD has numerous medicinal benefits, such as anti-inflammatory properties and the ability to protect your neurons from injury or degeneration.



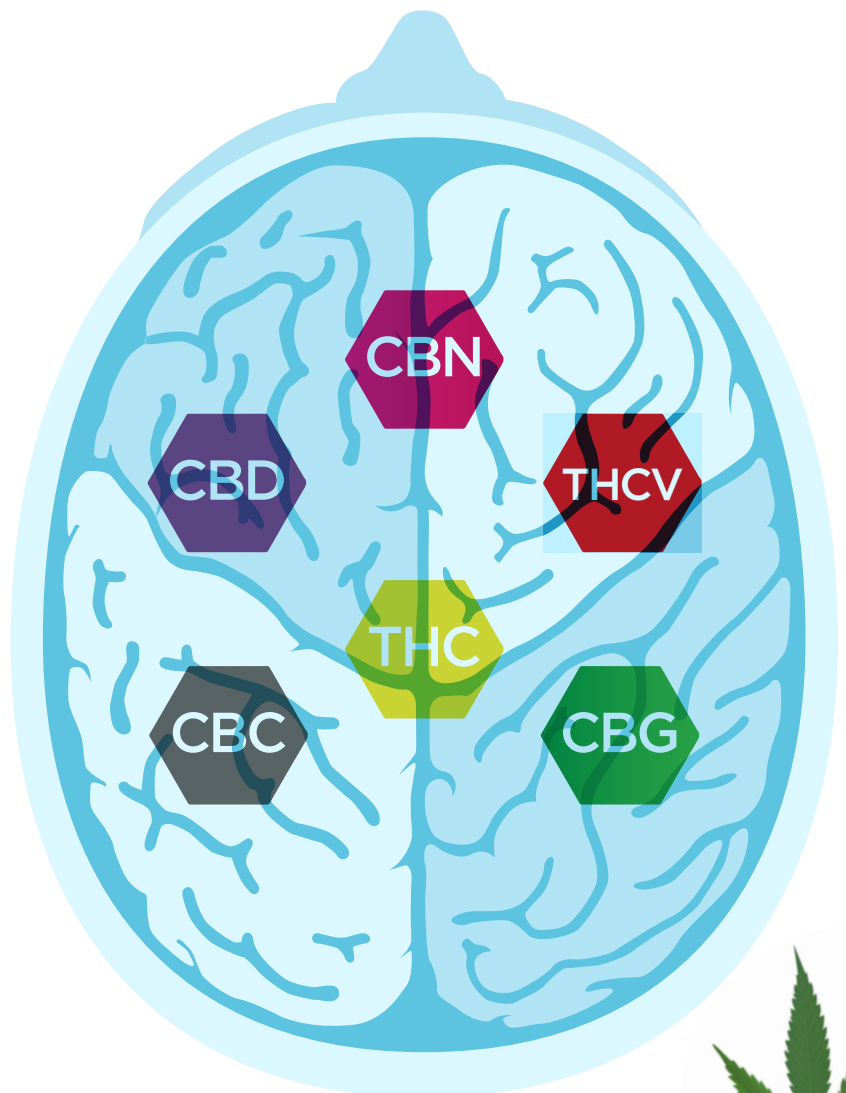
HOW DO THEY WORK?

In the early 1990s, scientists discovered the link between cannabis and feeling high. Your brain creates its own set of cannabinoids — similar to those found in cannabis — via the endocannabinoid system. The endocannabinoid system, named after *Cannabis sativa*, is responsible for many important functions, such as appetite, sleep, emotion and movement.

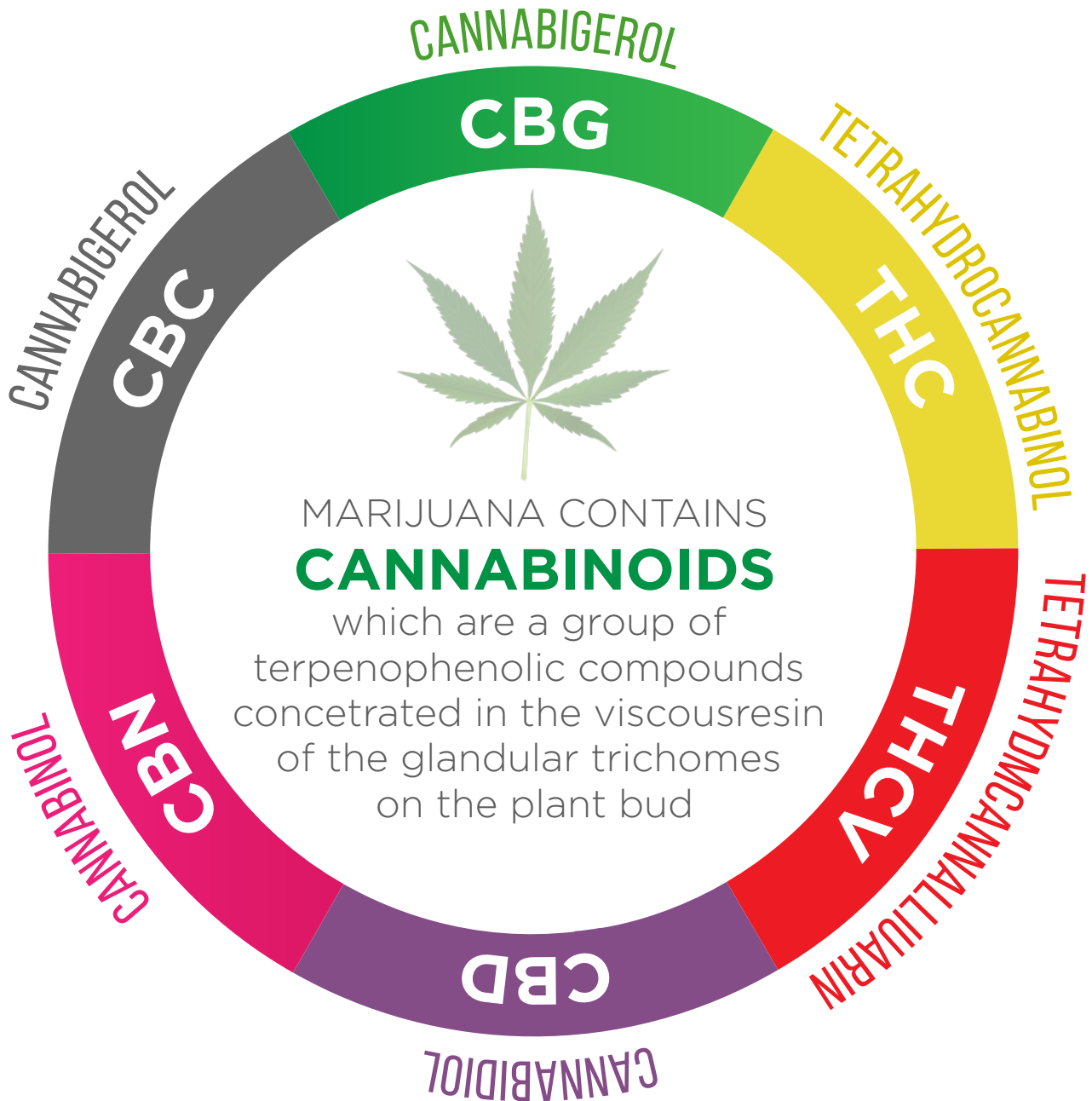
Cannabinoids work by interacting with specific receptors. These receptors are located within different parts of the body, such as the central nervous system and immune system.

Cannabinoids activate two types of receptors: CB1 receptors, located within the nervous system, the brain and nerve endings, and CB2 receptors, located within the immune system.

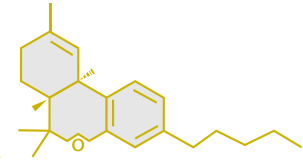
When marijuana enters your body, THC activates the endocannabinoid system by attaching to cannabinoid receptors. As a result, your reaction time slows, memory is affected, and judgment is impaired. Because of where CB1 receptors are located in the brain, you begin to feel high.



COMMON CANNABINOIDS



TETRAHYDROCANNABINOL (THC)



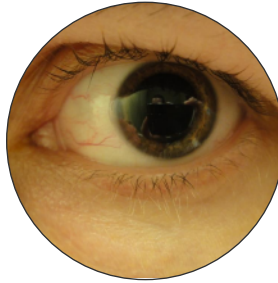
Tetrahydrocannabinol (THC) is the most common psychoactive cannabinoid. It is best known for causing the high you get from smoking marijuana. However, it also seems to have a number of medical applications, such as pain relief and the ability to improve appetite. THC helps with:



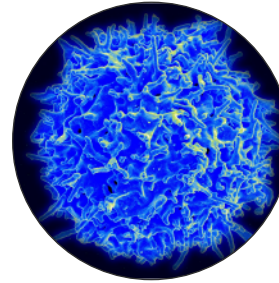
Stimulating
tissue growth



Easing muscle
spasms



Relieves chronic
eye pressure

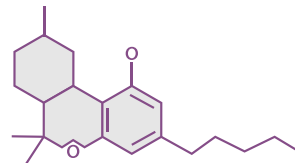


Controls certain
cancers



Controls anxiety
& eases nausea

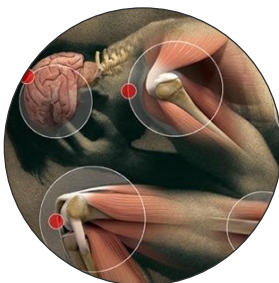
CANNABIDIOL (CBD)



Cannabidiol (CBD) is the second most common cannabinoid. Although it has no psychoactive effects, it appears to improve mood and alleviate pain. CBD has received a lot of attention lately because of its antipsychotic effect that calms the nervous system. Studies suggest that CBD may help with:



Decreasing
pressure within
blood vessel
walls



Eases nausea &
pain



Helps increase
bone growth



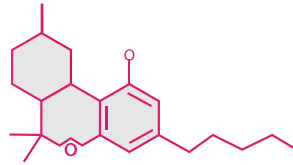
Helps control
epileptic seizures



Reduces the
risk of nerve
damage



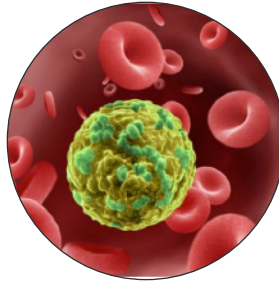
CANNABINOL (CBN)



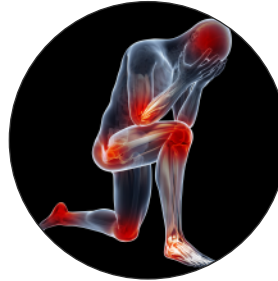
Cannabinol (CBN) is created from THC when cannabis is exposed to air — through a process called oxidization. CBN on its own provides a mild psychoactive effect, but when combined with THC can make you feel drowsy and induce sleep. CBN has been found to help with:



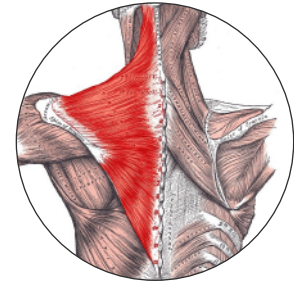
Acting as a
sleep aid



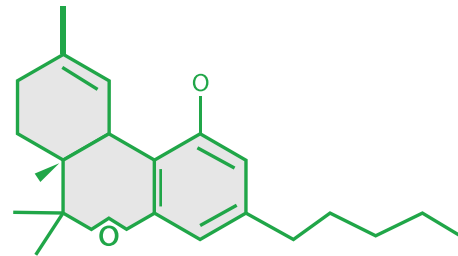
Fights free
radicals in the
blood stream



Suppresses
inflammation

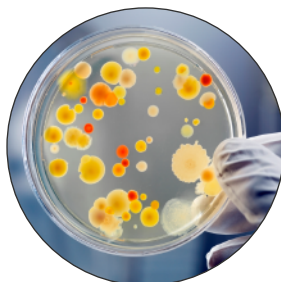


Suppresses
muscle pain
and spasms

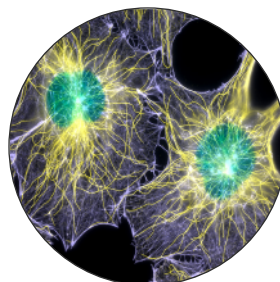


CANNABIGEROL (CBG)

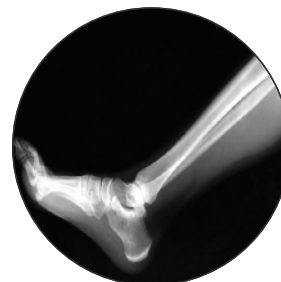
Cannabigerol (CBG), a non-psychoactive cannabinoid, is the building block for THC and CBD. It has been shown to reduce intraocular pressure, making it ideal for glaucoma patients. In addition, CBG has been found to help with:



Stopping the
growth of
bacteria



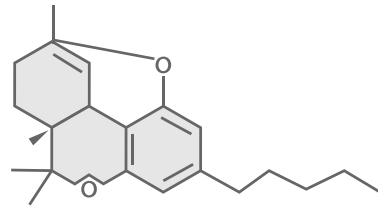
Encourages cell
growth and
repair



Stimulates bone
growth



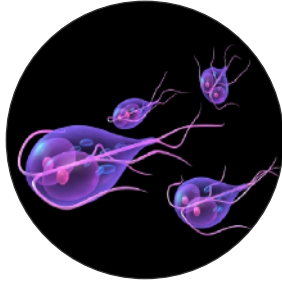
CANNABICHROMENE (CBC)



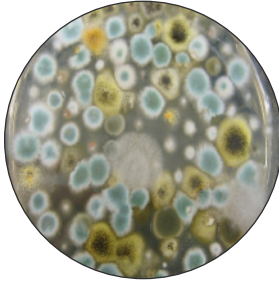
Although cannabichromene isn't the most popular cannabinoid, research suggests CBC could be very beneficial. CBC has been found to help with:



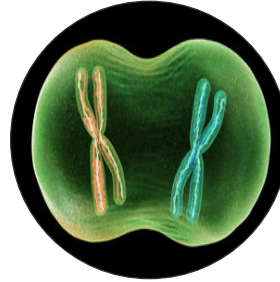
Stimulates bone growth



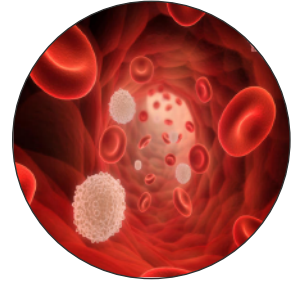
Stopping the growth of bacteria



Stopping the growth of fungi



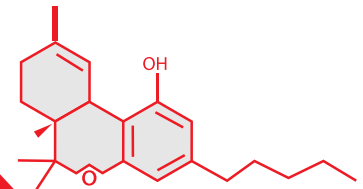
Encouraging cell growth



Assisting in the contraction of blood cells

While each cannabinoids works independently, used together, they create an entourage effect, which multiplies the benefits of each individual cannabinoid. This is something that you should discuss with your local prescribing doctor or the pharmacist at your local medical marijuana dispensary.

TETRAHYDMCANNALLIARIN (THCU)



Tetrahydmcannalliarin (THCU), is also a little-known cannabinoid, and while the studies aren't as prevalent as others on this list, it can be worth the effort to seek out. Current studies are being done to see if this cannabinoid has any healing degree from Type 2 Diabetes patients. THCU has been found - in some cases - to help with:



Suppressing the appetite



Controlling obesity

