

The Endocannabinoid System

The new science in health is our Endocannabinoid System and our Gut Biome. It's new, we're all learning, and the knowledge is evolving rapidly. I hope this handout will help explain what CBD oil and Hemp Oil are and how they may help us.

What's an Endocannabinoid System?

We all have one. The basics are a 4 step process:

Step 1. We all make cannabinoids – “endo” means we make it ourselves.

Current research has identified 2 endocannabinoids that we make

1. Anandamide
2. 2-AG (2 arachidonoyl glycerol)

Step 2. We have receptors on lots of cells in our body. The majority of these receptors are found in the brain and the gut. As an embryo, the brain and gut are together, then they separate and we thought that was then end of that, but it isn't. There continues to be an incredible amount of communication happening between the brain and the gut via our Endocannabinoid System. Remember the saying “trust your gut?”

Step 3. Our Endocannabinoids go to the receptors and the receptor allows the endocannabinoid into our cells. A signal is then created and either signals inside the cell or goes out and signals in the body.

Step 4. We then make an enzyme to break down the signal so it doesn't keep signaling.

What is Hemp Oil?

Hemp Oil is made from the Hemp plant. It contains over 100 phytocannabinoids. Phyto means plant. Plant (phyto) cannabinoids from hemp work in our body much like our own endocannabinoids. Our receptors allow them in our cells and a signal is created.

What is CBD oil?

Cannabidiol. It is only ONE of the over 100 phytocannabinoids in Hemp Oil. When most people buy or use CBD oil they are actually using Hemp Oil. Buying an oil that contains ONLY CBD in most cases isn't as good as buying a full spectrum Hemp Oil. If you read the label it usually says Hemp Oil on the back.

Why isn't CBD isolate (by itself) better?

The best way I've found to explain this is to compare Sea Salt versus Table Salt. Sea Salt contains over 80 minerals. Only one of those minerals is Sodium. We all know Sodium by itself or too much Sodium isn't good for us. However, Sea Salt is rich in lots of minerals and is good for us, our cells, and helps balance out the Sodium at a helpful level rather than harmful level. Hemp Oil is better for us than CBD oil if our Endocannabinoid System isn't working right.

What is Hemp Oil good for?

1. Chronic Pain
2. Mood – anxiety, depression
3. Gut health – such as IBS – irritable bowel syndrome
4. Insomnia

Why would I need Hemp Oil?

1. Some of us don't make enough Endocannabinoids
2. Some of us make too many enzymes and break down the signal too rapidly
3. Some of us do both – we don't make enough and we break it down too rapidly

How can I test my Endocannabinoid System to see if it's working?

You can't. But someday we will be able to. They are currently testing it in the scientific labs. For now we have to work with symptoms and quality Hemp Oil to know if it's your Endocannabinoid system. This reminds me of the hormone pioneers initially working with symptoms until saliva hormone testing was developed.

How do I know if Hemp Oil will work for me?

Get a good quality Hemp Oil and take it for 2-4 weeks. If it helps – it's your Endocannabinoid System.

If it doesn't help?

1. It's not your Endocannabinoid System or
2. You're not using a good product

What dosage of Hemp Oil should I take?

10 – 40 mg

Start low and increase slowly – every 3-4 days – based on your symptoms.

What about Quality?

Quality really, really matters. I recommend Ananda Professional Hemp Extract. It is grown at a farm in Kentucky, processed in their own state-of-the-art facility then shipped directly to us. MOST IMPORTANT OF ALL it is tested to make sure it has exactly what it is supposed to and it doesn't have any contaminants.

What Hemp Oil do I recommend?

Ananda Professional

How do I take it?

- CAPSULE - take 1 day for 3-4 days then increase to twice daily if needed
- TINCTURE – use ½ -1ml – hold under tongue for 30 seconds then swallow, it's ok to drink water after
- GUMMI – chew 1 gummi up to 2 x day
- TIMING Figure out what time of day you need to take it so you are awake in the day and sleeping at night. It's 50/50 – meaning 50% of people have to take it in the morning so they sleep better. The other 50% have to take it at night to sleep better. For pain, gut health, and mood – again figure out the time of day that helps your symptoms the most.

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