

20191017-CBD-Quick-Summary

Science of CBD points to help is reducing stress responses in the body. In apostle Paul's letter to Philippians shared with us the way God blesses us with stress relief (**PEACE**)

Phil 4:4-9

4. Rejoice in the Lord always. I will say it again: Rejoice!
5. Let your gentleness be evident to all. The Lord is near.
6. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
7. **AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.**
8. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
9. Whatever you have learned or received or heard from me, or seen in me—put it into practice. **AND THE GOD OF PEACE WILL BE WITH YOU.**

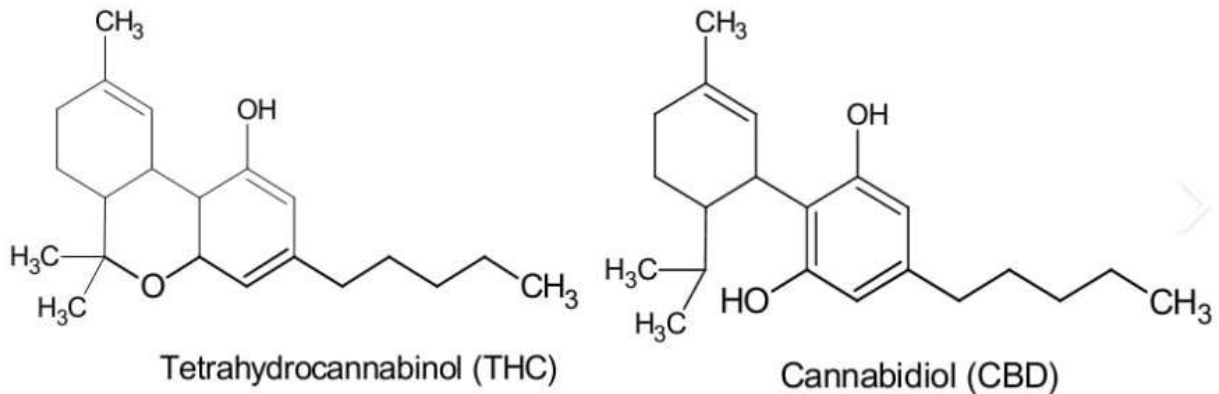
Summary

4. Rejoice – feel and show great joy
5. Show/share your joy with those around you – remember the Lord lives in us and those around us
6. Communicate **ALL THE TIME** with God, all day every day – always with thanksgiving
7. God will share with you his might **PEACE** which will guard you
8. During your waking hours think of excellent and praiseworthy things which are true, noble, right, pure, lovely, and admirable this will help a loving mind/heart/soul in God image
9. Put the stuff Jesus teaches us into practice and God of PEACE will be with you

CBD

What is it?

Cannabidiol – can-na-bi-dial (CBD) is a naturally occurring compound **found in the resinous flower of cannabis or hemp**, a plant with a rich history as a medicine going back thousands of years in the Far East. While cannabidiol is mildly psychoactive, how it interacts in your bodies is very different from those of THC (tetrahydrocannabinol). Chemically they look very similar, but are different.



What does it do?

It is used predominately for its **ANTI-EPILEPTIC**, **ANTI-ANXIETY**, and **ANTI-INFLAMMATORY** effects.

How does it work?

1. We have a complex signaling system within our body, **endocannabinoid** system
 - a. Central nervous system – spinal cord and brain
 - b. Peripheral nervous system – all the rest of the nervous system within the body beyond the spinal cord and brain
 - c. Digestive and immune systems also connected to the nervous system
2. Brief description of endocannabinoid system
 - a. Cannabinoids (The chemicals signaling molecules) pass information from nerve cell to nerve cell.
 - b. This system helps regulate processes of the body such as
 - i. Pleasure/pain, thinking/concentration, movement/coordination
 - ii. Sensory/time perception, appetite, mood, and memory
 - c. We produce cannabinoids for this system (endogenous cannabinoids)
3. Primary function of cannabinoids system is believed to be the promotion homeostasis
 - a. Homeostasis defined
 - i. Tendency of a physiological system of higher animals, to maintain internal stability
 - ii. This is like the job of a thermostat in a house or cruise control in a car
4. **WITHOUT THE ENDOCANNABINOID SYSTEM**, the immune cells which defend our lungs aren't regulated to the appropriate healthy sensitivity, and this can **lead to autoimmune diseases** and even asthma.
5. CBD & THC are both cannabinoids which work within this chemical signaling system.
 - a. CBD – Non-psychoactive, that means it doesn't produce the "high" associated with THC. It known for its ANTI-EPILEPTIC, ANTI-ANXIETY, and ANTI-INFLAMMATORY effects
 - b. THC – Psychoactive producing the "high"
 - i. Psychoactive – "of or relating to a substance having a profound or significant effect on mental processes"