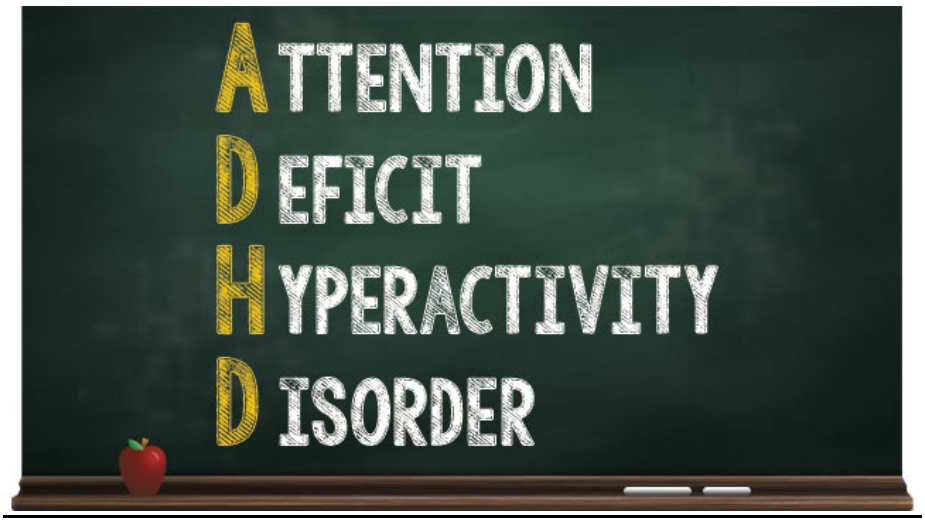
CBD for ADD & ADHD



Cannabidiol, or CBD is helpful for people with attention-deficit disorder and attention-deficit / hyperactivity disorder. Studies and anecdotal evidence both support this notion, and perhaps you've even

heard your family, friends or choice of media mention the positive effects CBD can have. Let's explore CBD as an option for better focus, calm and concentration instead of traditional pharmaceuticals.

Those who suffer from ADD and ADHD may experience difficulties with focus, attention and concentration. This influences work environments, classrooms and nearly any social setting. Some say the brains

of people with attention deficit disorders just work differently. Neurological and/or chemical imbalances overwork the brain, making sensory perceptions accelerate and overwhelm its ability to process

external stimuli. It's very frustrating to feel constant pressure to change behaviour when the most popular methods of treatment attempt to control chemical imbalances through prescriptions and counselling.

Fortunately, there are herbal alternatives that have proven effective and are increasingly being recognized within the medical community.

Cannabidiol, or CBD, is one of at least 80 'cannabinoids' found in marijuana and has been reported by people to help balance the brain's dopamine levels, creating and sustaining a level of calm.

This is the similar biological mechanism that soothes spasms associated with epilepsy, muscular dystrophy, and multiple sclerosis.

While CBD's are non-psychoactive, (they don't make you 'stoned' unless high levels of THC, another cannabinoid, is included) they do have a proven track record of producing a positive effect on the endocannabinoid

system (ECS) - a natural, internal biological system exclusive to mammals that regulates many functions in the brain and body.

CBD helps to regulate and improve the endocannabinoid system, producing a myriad of complex positive effects, perhaps balancing the brain's dopamine levels to create and sustain a level of calm. As such, CBD is responsible

for the 'body high' associated with marijuana, and when isolated can provide a lot of the positive benefits of marijuana with much fewer psychoactive and neurotoxic effects from THC.

Dr. Franjo Grotenhermen and Dr. Eva Milz conducted and analysed a clinical study in Germany between 2012 and 2014 that demonstrated successful therapy and treatment of ADD/ADHD with cannabis.

Among 30 patients that were treatment-resistant to conventional pharmaceutical therapies such as methylphenidate, atomoxetine and amphetamines or their derivatives like Ritalin and Adderall, 22 of them ceased

all stimulant use and switched to cannabis as their sole treatment. In a randomized controlled trial, King's College in London demonstrated a nominally significant improvement in hyperactivity/impulsivity and a trend

for improvement in inattention from the use of cannabis as a way to treat ADD / ADHD symptoms. There were further indications for improvement in activity and cognitive performance as well as emotional lability. The study

reports that *"…effects across multiple measures showed consistent improvements in cognition and behaviour"*. Studies like these and anecdotal evidence has emboldened some doctors to recommend CBD to help with treatment

of ADD and ADHD through the calming effect it has on the endocannabinoid system that affects both the brain and the body.

CBD for Anger Management

Anger management is something that the majority of the population can probably benefit from. Many of us are quick to boil, which can cause many health problems. Anger control issues stem from a chemical

imbalance in the brain, and there are a new way people are taking care of it; cannabidiol (CBD).

The Endocannabinoid System and Anger

The ECS is a system that regulates your body. It sends out the right neurotransmitters so you can react appropriately, and it tells your body how fast to metabolize to make sure you absorb the right amount of nutrients

in the food you eat. However, if your ECS isn't functioning properly, you can get symptoms like sensitivity to anger.

One abnormality that plagues patients that are dealing with anger problems is the imbalance of Catecholamines (CA). CA are neurotransmitters in your brain that mediate a lot of the central nervous system functions. This includes:

*Memory Processing

*Emotion

*Cognition

*Motor Control

*Endocrine Modulation

Which is what gets those hormones into your nervous system.

Having too much or not enough catecholamines can result in disorders, including ones that have poor anger management as symptoms like PTSD.

There are three main catecholamines: Dopamine, Epinephrine, and Norepinephrine. Each of these has a lot in common, but they all have different jobs to do.

DOPAMINE

Essential for motor control and emotional learning

Low Dopamine: Hard to think and focus

High Dopamine: Overload in the brain making it hard to for it to process information

Helps with emotional responses

Moderates cognitive functioning

Helps with problem solving and sensitivity

Controls the perception of change

EPINEPHRINE

Adrenaline drive or “Fight or Flight” response

Released during times of anxiety, excitement, fear, or other responses to stress

Regulates functions such as metabolism, sleep, and heart rate

Too much can look like:

- Anxiety

- Hyperactivity

- Adrenal Fatigue

Too little can look like:

- Depression

- Not enough cortisol the stress hormone

- Difficulty recovering from illness

- Persistent adrenal stimulation

More commonly known in helping with allergies through the EpiPen

NOREPINEPHRINE

Improves memory and focus

Helps with attention and mood

Not enough can look like:

- Inability to focus

- Anxiety

- Moodiness

High levels can result in manic episodes as you get with Bipolar Disorder

Similar to cortisol but is only produced on an as need basis and returns to normal after the stressful event

Anger Management With CBD

Knowing more about where anger stems from, it makes it easier to figure out what to target to make it easier to handle. Anger is the response to stress, creating hostility, irritability, and even rage.

By targeting your brain's anxiety, you can work on dealing with your anger.

CBD for Anxiety

When you let CBD into your body, it begins to search through your body like a flat tire. It finds the holes and inconsistencies and tries to fix them. If you have a chemical imbalance that is associated with the Endocannabinoid

System, taking CBD can help regulate that imbalance. During a study that had 400 people, they administered placebos and hemp oil medication. Of the people who received the CBD, their stress levels were significantly lower

than the group with the placebos. There was also a study on people with social anxiety, who were put under social stress while being given CBD medications. Those who took the CBD had better cognitive functioning as well as

lower stress levels. The subjects that didn't take CBD had higher alert levels, which is very common in people with anger management problems.

They have even discovered that by using hemp oil, you can help calm your overactive brain by regulating your neurotransmitters. They found that when treated with CBD, your reactions to situations that elicit fear or panic are

much less severe. This gives you the ability to think clearly during moments of panic, which are quite often in the minds that are battling anger management.

More Than Just Anxiety

Many people have anger problems because of the pain they are in. You might not think of it right away, but people with chronic pain build up irritability. Luckily, if you are angry because of pain, CBD can help with that too!

CBD raises the level of a chemical in your body that regulates your pain called anandamide (AEA). This is also known as the body's own brain produced THC. CBD blocks enzymes that break down AEA, which prolongs the effects making pain management a little easier. Hemp oil medications also elevate the level of already existing AEA, helping those with deficiencies receive the internal pain management they deserve.

Whether it is from outside sources or internal ones, anger management can be difficult for anyone. In our shop, we have tablets that slowly metabolize in your body, giving you long-lasting effects that can help you with anger management. For moments when your anger is about to break everything around you, tinctures are a quick way into the bloodstream to help you calm down. Check out our shop today to find the perfect medicine for your anger management!

CBD for Weight Loss

CBD is helpful against obesity. It is much more common these days to be overweight or obese than to be at a healthy weight. Being overweight does more than lower your self-esteem, it comes with a laundry list of health problems.

Health Problems Related to Being Over Weight

- Heart Disease and Stroke
- Diabetes
- High Blood Pressure
- Cancer
- Gallbladder Disease
- Osteoarthritis
- Gout
- Breathing problems like sleep apnea and asthma

Most people gain unhealthy weight by eating too much and not exercising enough. If this is you, just changing your daily habits can make the world of a difference. Only 5%-10% improvement on your weight can have substantial health benefits.

However, being overweight or obese isn't as black and white as some people tend to believe. "Just eat better!" "Exercise more!" Well, yes that *is* what you should do. But sometimes, it's not that easy.

Many people turn to fad diets, diet pills, and even eating disorders to lose weight. But now we have something safer and healthier than an extreme liquid diet. Cannabidiol (CBD) is a healthy, safe, effective alternative that could change our world as we know it.

More Than Just an Eating Problem

There are people who are overweight that just need more self-discipline to make their life better. However, there are people that eat as healthy as they can and exercise as much as they can getting nowhere. There are also people who have ailments that make it difficult to exercise, which is something that is already difficult to motivate yourself to do on a normal day, right?

Common Reasons for Being Overweight or Obese

- **Pregnancy**
  This is the most common unintentional weight gain cause. Women will eat more for their baby and have a hard time taking those pounds off afterward.
- **Menopause**
  More fun for the ladies! Menopause makes your body go through hormonal changes, making women gain weight from the lack of estrogen.
- **Hypothyroidism**
  This is when your thyroid gland is underactive, which causes weight gain. It also makes you tired and your skin not as clear.
- **Cushing's Syndrome**
  High levels of cortisol are accompanied with Cushing's Syndrome, making people who are affected gain weight. It generally affects the face and the body while your limbs may still be thin.
- **Increased Stress**
  You increase your cortisol production under stress, which can lead to a bigger appetite making you overeat
- **Pain**
  Many times people get into an accident, have a slipped disk in their spine, had a surgery in their leg that never seemed to fully recover, making exercise almost impossible. Being in severe chronic pain keeps you off your feet, making you gain weight.

How Can CBD Help?

With so many different ways to gain weight, there is no way that CBD oil can help with all of them, right?

Wrong!

CBD works with your endocannabinoid system. This is our body's regulator, and CBD makes sure that the system itself is regulated. The endocannabinoid system regulates appetite and energy disbursement. It also regulates lipid and glucose metabolism. This basically means it tells your body when to be hungry, what to do with all the stuff you eat, and what chemicals are used.

How Does It Work?

Studies have shown that using CBD medications reduce obesity by blocking receptors that may be going crazy in your brain. Telling your brain to not eat when you aren't hungry, and telling your brain to burn fat you don't need, and even telling your body that glucose is okay when it thinks it isn't.

CBD also helps with a process called “browning” in your fat cells. You have two types of fat in your body, white/yellow and brown. The white/yellow fat is stored excess calories your body doesn’t use after you eat. Brown fat, sometimes called “good fat,” generates heat by burning calories. Studies have shown that when there is more brown fat, the rate at which energy is burned is increased. This reduces the amount of fat in the body, what everyone wants.

CBD does more than just fix your appetite and burn off your fat. It reduces pain, inflammation, and skin diseases. This means that people who experience chronic pain which makes them unable to exercise as much as they would like can now begin to try to work off the weight they don’t want.

I’m Not Obese, Just Over Weight

For those trouble spots and weight that just doesn’t seem to fall off, taking CBD while exercising can help you burn that fat off. CBD can stimulate genes and proteins that help break fat down, and decrease the proteins involved in making fat cells.

You don’t have to be obese to benefit from the weight loss benefits of CBD oil. Simply wanting a slimmer figure or healthy way of life is enough to try hemp oil as a natural diet alternative. Check out our store today to find your new diet supplement!

CBD Benefits – Common Health Benefits of CBD

Scientific research now shows the many health benefits of CBD Cannabidiol. Cannabidiol is a component of marijuana but it does not produce the psychoactive effects that have made marijuana attractive for recreational use.

CBD benefits are real because CBD does produce strong medicinal and therapeutic effects for even the most common conditions.

Digestive Aid

A healthy appetite is vital to a healthy body, especially when the body is healing. Some illnesses decrease the appetite to the point of preventing the body from healing itself. CBD stimulates appetite, according to

the National Cancer Institute. In the human body, CBDs bind to cannabinoid receptors in the body. Scientists believe these receptors play an important role in regulating feeding behaviour. CBDs stimulate appetite when they

dock onto these receptors.

CBD also eases nausea and vomiting. This is especially helpful for individuals enduring chemotherapy and other treatments for serious diseases.

Analgesic

CBDs bind to CB1 receptors in the body to relieve pain. CBD also has an anti-inflammatory effect that reduces swelling.

Anxiety Relief

CBD may alleviate severe social anxiety. Generalized Social Anxiety Disorder, or SAD, is one of the most common forms of anxiety disorders that impair quality of life. Some consumers complain of increased social anxiety

after marijuana use but this may be due to low levels of CBD proportionate to the higher levels of THC.

In a 2011 study, scientists wanted to study the effects of CBD on people with SAD. The scientists selected 24 people with this condition who had never received treatment for SAD then divided participants into two groups.

One group received 600 mg of CBD while the control group received a placebo. The scientists then asked study participants to take part in a simulated public speaking test while researchers measured blood pressure, heart rate and

other measurements of physiological and psychological stress.

The CBD group showed significantly reduced anxiety, cognitive impairment and discomfort in their speech performance. In comparison, those in the placebo group presented higher anxiety, cognitive impairment and discomfort.

According to the National Institute of Mental Health, approximately 15 million adults in the United States have social phobia and about 6.8 million have a generalized anxiety disorder. Traditional treatment usually involves

counselling and medications. Treatment with CBD may be better than anti-depressants because it acts quickly and does not cause side effects or withdrawal symptoms.

Cancer Spread

The National Cancer Institute details several studies into the anti-tumour effects of CBD. One study in mice and rats suggest CBDs “may have a protective effect against the development of certain types of tumours.” CBDs may do

this by inducing tumour cell death, inhibiting cancer cell growth, and by controlling and inhibiting the spread of cancer cells.

One study by California Pacific Medical Centre suggests CBD “turns off” the gene involved in the spread of breast cancer. These scientists found CBD inhibits ID-1, an action that prevents cancer cells from traveling long distances to

distant tissues.

Antipsychotic

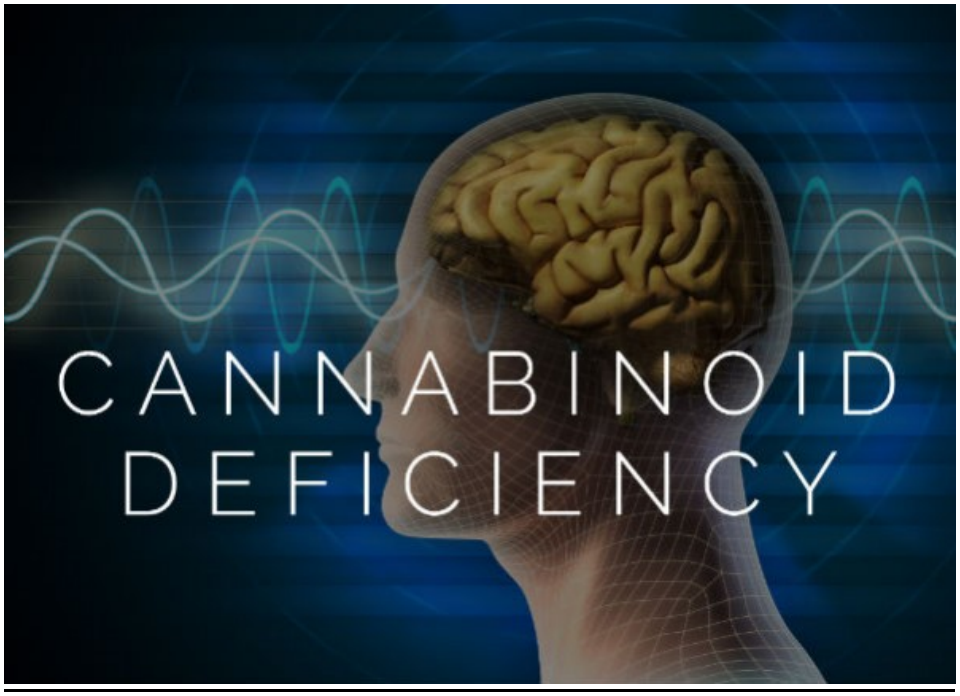
CBD relieves psychotic symptoms associated with schizophrenia, according to research by University of Cologne in Germany. Schizophrenia affects about 1.1 percent of the population, or approximately 2.4 million adults in the

United States.

CBD continues to surprise medical researchers with the variety of common health benefits it provides. An increasing number of scientists, physicians and consumers are learning about these health benefits and incorporating

CBD into a healthy lifestyle plan.

What is the Clinical Endocannabinoid Deficiency Syndrome



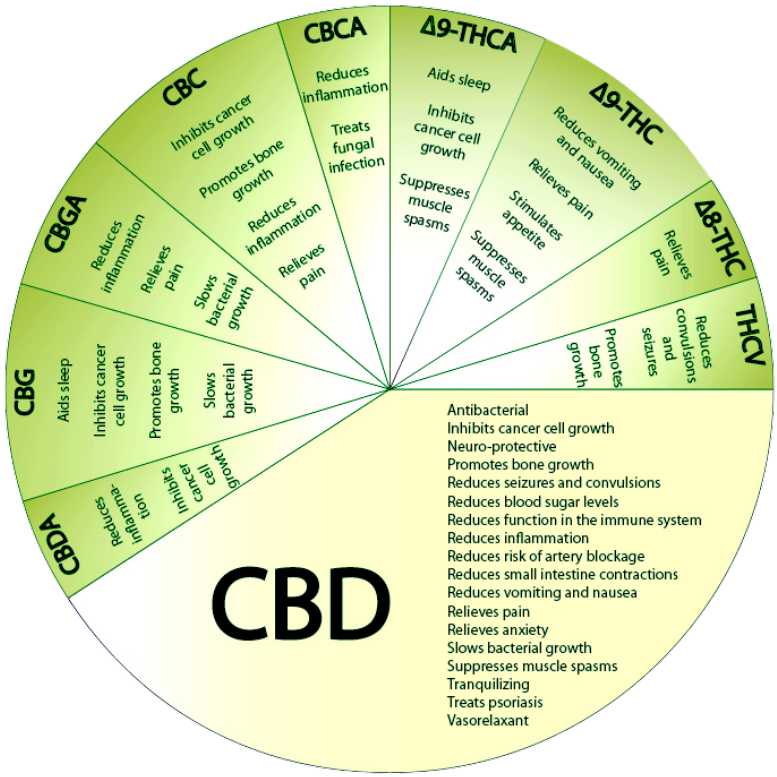
Clinical Endocannabinoid Deficiency (CECD) is a condition where an individual produces a lower amount of cannabinoids than experts consider to be essential in the promotion of health, vitality, and well-being.

Scientists now believe CECD may play a role in the following conditions:

- Fibromyalgia
- Pain

- Anorexia
- Depression
- Irritable Bowel Syndrome (IBS)
- Migraines
- Multiple Sclerosis (MS)
- Post-Traumatic Stress Disorder (PTSD)
- Neuropathy
- Huntington's
- Parkinson's
- Motion Sickness
- Autism

What Are Endocannabinoids



Human, reptiles, birds, and fish all synthesize endocannabinoids (research is still being done on invertebrates) naturally. In fact, the prefix "endo," literally means "made in the body."

Endocannabinoids are part of the more extensive endocannabinoid system that regulates appetite, pain sensation, mood, memory, and so much more.

There are three essential parts to the endocannabinoid system:

- Endocannabinoids (anandamide, 2-arachidonoylglycerol (2-AG), n-arachidonoyl dopamine (NADA), and virodhamine (OAE))
- Endocannabinoid receptors (CB1 and CB2)
- Endocannabinoid-moderating enzymes (such as MAGL and FAAH)

How Does the Endocannabinoid System Work?

Enzymes regulate the endocannabinoid system by stimulating the synthesis of endocannabinoids in order to raise their levels or signal their destruction in order to reduce their levels.

Endocannabinoids are lipids, which are a particular type of fat that interacts with the nervous system to cause specific changes in the body.

Endocannabinoids latch onto individual endocannabinoid receptor cells to make these changes in the nervous system happen. All mammals produce endocannabinoids that bind to endocannabinoid receptors.

Endocannabinoids act in contrast to more well-known neurotransmitters such as serotonin, dopamine, and norepinephrine.

Dopamine, for example, is synthesized in advance, stored in the vesicle, and then released (in response to stimuli) from the presynaptic cell, where it crosses the synapse, lands on the postsynaptic cell, and causes activation.

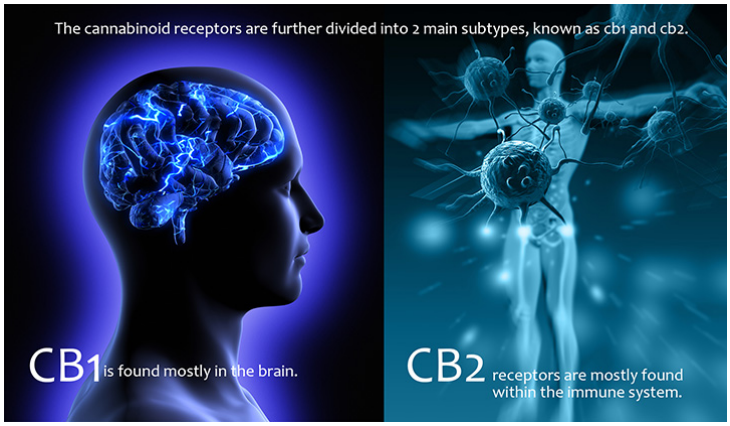
Endocannabinoids, on the other hand, are integral components of cellular membranes that we appear to manufacture on demand. As they are hydrophobic, they cannot travel very far in the body and exert only local effects.

This limited effect contrasts with things like hormones, which reaches farther and impacts the whole body.

Endocannabinoids also travel backwards. The begin by leaving the postsynaptic cell and end at the presynaptic cell where there are high concentrations of axons which release conventional neurotransmitters.

This allows the postsynaptic cell a ‘flow control’ of sorts, enabling endocannabinoids to mitigate the flow of neurotransmitters coming from the presynaptic cell.

Endocannabinoid Receptors



There are two main types of cannabinoid receptors, CB1 and CB2; CB1 receptors are most highly concentrated in the brain, while CB2 receptors are primarily in the immune system.

In the brain, these CBD receptors are found to have the highest concentration in the limbic system. The limbic system is not a separate part of the brain but is a collection of the hippocampus, hypothalamus, piriform cortex, amygdala, and more.

Benefits of activating the CB1 receptor can include:

- Relieving depression
- Increasing myelin formation
- Lowering intestinal inflammation
- Decreasing intestinal permeability (Leaky Gut Syndrome)
- Lowering blood pressure
- Lowering anxiety
- Reducing fear and paranoia
- Increasing BDNF levels
- Increasing PPARγ expression
- Reducing GPR55 signalling
- Lowering prolactin

First discovered in 1993, CB2 receptors occur most commonly in the spleen, tonsils, thymus, and immune cells such as mast cells, monocytes, macrophages, B and T cells, and microglia. Only a small number of these receptors exist in the brain.

Activating the CB2 receptor induces macrophages to destroy beta-amyloid protein — the primary component of the amyloid plaque found in the brains of people with Alzheimer's disease. This may help explain why there is research underway to try and determine if CBD can help Alzheimer's patients.

Changes in CB2 receptor function happen are not unusual and can happen with nearly every type of human disease whether they are cardiovascular, gastrointestinal, neurodegenerative, psychiatric, autoimmune, or pain-related illnesses. The better we can understand this system, the better we can understand what happens in our bodies and how to find relief and functionality.

The Magic of Phytocannabinoids

Some plants, cannabis, in particular, produce a substance similar to endocannabinoids that interact with our body's cannabinoid receptors. These phytocannabinoids, literally plant-made cannabinoids, can have a profound effect on the body. While there are many plants that produce substances that act upon cannabinoid receptors, the cannabis plant is the only know to produce cannabidiol (CBD).

Other plants containing cannabinoids include:

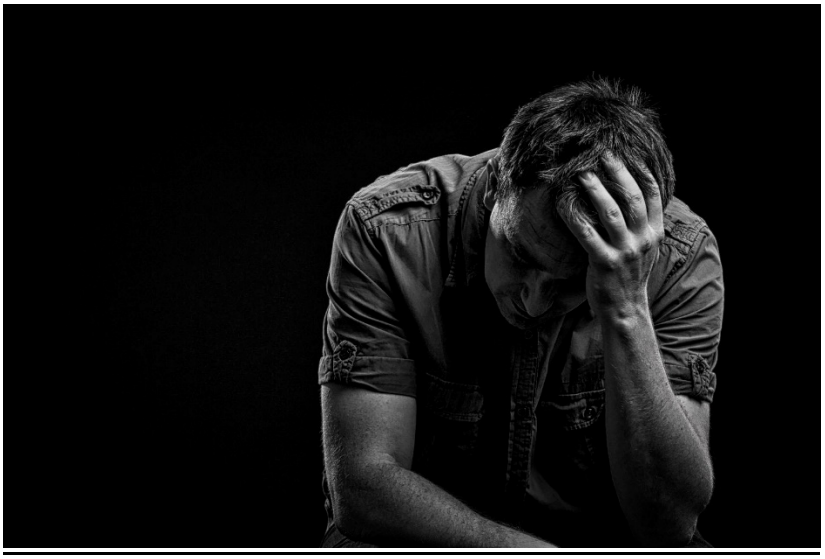
- Kava (Piper methysticum)

- Black Pepper (Piper nigerum)
- Rosemary (Rosmarinus officinalis)
- Liverwort (Radula marginata)
- Helichrysum (Helichrysum umbraculigerum)
- Electric Daisy (Acmella oleracea)
- Echinacea (Echinacea purpurea)
- Cacao (Theobroma cacao)
- Truffles (Tuber melanosporum)

When phytocannabinoids interact with our body's endocannabinoid receptors, they often have a therapeutic effect – improving the overall functioning of the endocannabinoid system.

Excessive or deficient endocannabinoid levels can cause body systems to perform poorly, as can be seen by the cluster of illnesses believed to have a root in CECD.

Endocannabinoid Deficiency, CBD Oil, and Migraines



Research published in Neuroendocrinology Letters reviewed scientific publications to study the concept of CECD and the possibility that endocannabinoid deficiency can cause migraines.

This study found that anandamide controls the receptors associated with migraines and that this endocannabinoid strongly influences the periaqueductal grey matter – an area known as the "migraine generator" in the brain.

The researchers also found cannabinoids block spinal, peripheral and gastrointestinal actions that promote the pain associated with headaches, fibromyalgia, irritable bowel syndrome and other conditions.

In other words, increasing cannabinoid levels may reduce symptoms associated with clinical endocannabinoid deficiency syndrome.

By inhibiting FAAH, CBD is known to boost anandamide levels in the body.

Other ways which CBD may assist with migraines include:

- **Activating the 5-ht1A Receptor (at high doses):** The 5-ht1a receptor helps regulate anxiety, addiction, appetite, sleep, pain perception, nausea, and vomiting. CBDA (the raw form of CBD) shows an even higher affinity for this receptor than CBD.
- **Antagonizing GPR55 Receptors:** GPR55 receptors are widely distributed in the brain (especially the cerebellum) and help control bone density and blood pressure. Additionally, GPR55 promotes cancer cell proliferation when activated. These facts may explain CBD's use by individuals with osteoporosis and high blood pressure.
- **Activating TRPV1 Receptors:** Involved in regulating pain, body temperature, and inflammation. Substances targeting TRPV1 receptors include anandamide, AM404 (a metabolite of acetaminophen), capsaicin, and various cannabinoids such as CBN, CBG, CBC, THCV, and CBDV.

How to Use CBD Oil for Endocannabinoid Deficiency

It would be great if we could you one number and say is the perfect amount for consumption across the board, unfortunately, it doesn't work that way. There are many factors that go into deciding on the ideal serving size and it would be irresponsible to ignore these variations between individuals.

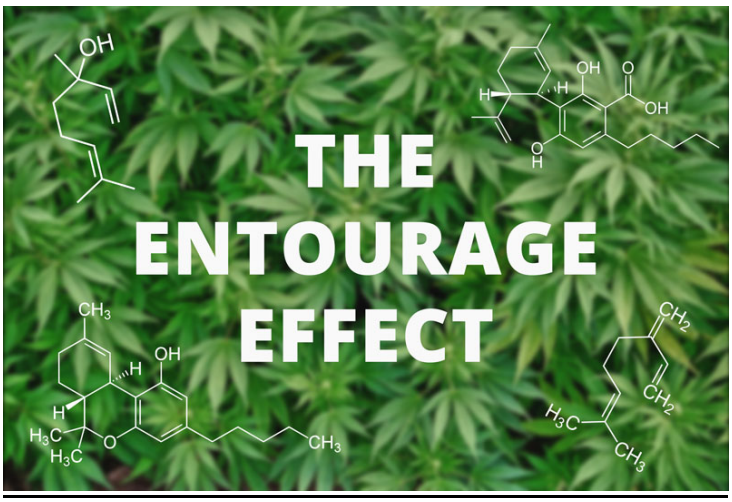
While it is not as ideal as a single number, we at CBD Oil Review (COR) have done an extensive analysis of hundreds of products that has led us to develop an official COR Serving Standard.

The COR Serving Standard is 25mg of CBD, taken twice daily.

If this amount does not have any impact, our analysis also suggests increasing the amount of CBD you are using by 25mg every 3-4 weeks until you have found the results you are after.

Similarly, if your condition gets worse, reduce the amount you are using by 25mg until you find the right balance.

What is the CBD Entourage Effect?



A large part of alternative medicine revolves around using the entire plant for medicinal purposes rather than isolating or producing the active ingredient in a laboratory.

Herbalists excel at matching holistic, plant-based treatments to a variety of ailments, which, in practice, is known as whole-plant medicine. Whole-plant medicine has been in use for thousands of years in ancient healing arts such as Ayurveda and Traditional Chinese Medicine.

We live in a world of pills and quick fixes; and this alternative and holistic approach may seem old-fashioned, but there is change in the air and the isolated chemicals so many of us are consuming may be quickly going out of style.

Mounting evidence suggests that medical substances may be more effective in their whole and natural state.

This phenomenon, called the entourage effect, results when the many components within the cannabis plant interact with the human body to produce a stronger influence than any one of those components alone – it's a synergistic effect.

To understand the concept, think of it in terms of human interactions. We all have gifts and abilities that can carry us to a certain point in life. Sometimes, we'll meet another person who has different gifts and abilities. When partnerships are formed between two people, and abilities are combined, achievements can be made that were otherwise unimaginable.

When we combine multiple compounds in their natural state, we don't end up with the sum of each part; instead, we get a multiplying effect. The different compounds can amplify each other's chemistry, making the overall plant more effective in addressing unwanted symptoms.

The entourage effect becomes especially evident when comparing the effects of tetrahydrocannabinol (THC) (the psychoactive component of the cannabis plant) with the effects of using the whole plant.

When pure, synthetic THC became available (as the drug Marinol) in the mid-1980s, scientists expected it to work just as well as using the entire cannabis plant. However, they quickly discovered that patients preferred to use the whole plant instead of Marinol.

As it turns out, cannabis contains more active compounds than just THC. Over 85 cannabinoids have been found to work in conjunction with THC to produce the relief that is often reported by cannabis users.

In particular, the compound known as Cannabidiol (CBD) modulates the effect of THC on the human body.

Scientific and clinical experimentation has revealed that a cannabis plant which contains far more THC than CBD makes the user feel intoxicated or "high." Hemp, which contains the inverse ratio (more CBD than THC) can relieve symptoms without the psychoactive effect of marijuana.

However, specially bred cannabis that contains roughly equal amounts of THC and CBD were shown to be the most effective in terms of symptom relief and pain. These findings indicate that the ratio of THC to CBD plays a crucial role in determining the efficacy of the cannabis plant for therapeutic applications.

If using the entire plant (or plant extract) is so much more useful than lab-produced drugs, why don't we use the whole plant more often?

Well, there are several obstacles to overcome before the holistic approach can become feasible on a widespread scale in the U.S. These obstacles include:

1. Quality control is poor, resulting in potentially contaminated, adulterated, less effective, or even unsafe herbal products. The Food and Drug Administration (FDA) does not strictly monitor herbal medicine products as it does for medical products.
2. The potency of botanical extracts is inconsistent, as the environment and weather conditions affect each year's crop of plants.
3. Botanical products do not undergo standardization due to insufficient knowledge and understanding of all the components that contribute to the therapeutic effect.

In the next several years, ongoing research should shed more light on whole-plant medicine, giving us increased insight into plants like cannabis, how they interact with the human body, and how these plants can be harnessed for medicinal purposes.