

What's CBD?

CBD stands for Cannabidiol. It's the second most prevalent of the active ingredients in cannabis and an essential part of medicinal cannabis therapy.

How is CBD different to THC?

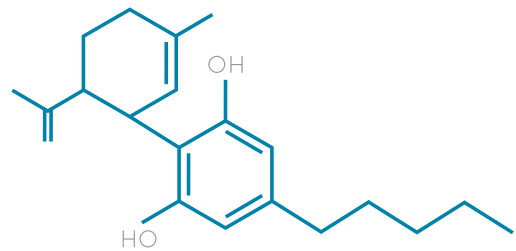
Unlike THC (Tetrahydrocannabinol), CBD (Cannabidiol) is a non-psychoactive cannabinoid compound. While CBD is a component of the marijuana plant, by itself it does not cause a "high". According to a report from the World Health Organization, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential... To date, there is no evidence of public health related problems associated with the use of pure CBD".¹

Potential medical benefits of CBD

CBD has enormous therapeutic potential. It has antioxidant, anti-inflammatory, anticonvulsant, appetite stimulant, antipsychotic, antitumoral, immunosuppressive, anti-diabetic, anti-psoriatic, anti-ischemic, antibacterial, antiproliferative, bone stimulant and neuro-protective properties. Due to its wide therapeutic window, it's effective in treating a variety of conditions. Currently, there is an FDA approved medicine in the US that is pure CBD known as Epidiolex. It has been effective in treating patients with epilepsy.²

Cannabidiol (CBD)

Non-psychoactive



The bottom line

CBD may be a safe option when treating anxiety, bipolar disorder, epilepsy insomnia, inflammatory pain or autism to name a few.

Currently, there's a lot of interest in CBD as a treatment option and high-quality, evidenced-based research is continually being conducted to further understand its place in treating a wide variety of conditions and ailments.

References

- [1. https://www.who.int/medicines/access/controlled-substances/5.2_CBD.pdf](https://www.who.int/medicines/access/controlled-substances/5.2_CBD.pdf)
- [2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6396837/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6396837/)

Research Papers

- CBD as potential treatment for Anxiety
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326553/>
 CBD as a potential treatment for psychosis:
<https://www.ncbi.nlm.nih.gov/pubmed/24309088>
 CBD as potential treatment for epilepsy:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5688214/>
 CBD's Anti-inflammatory properties:
<https://www.ncbi.nlm.nih.gov/pubmed/29632236>