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ABOUT

This PDF was created to accompany **my video** about the science behind and potential benefits of CBD. It is a resource to find extra reading if you want to do a deeper dive into the research behind CBD and want to read more to understand the function of the endocannabinoid system in the body. I suggest watching my video first for context



RESOURCES

This PDF contains my favorite videos, articles, and websites that I used in researching CBD. To view any article or video, click on the title or associated image. Enjoy!

JOIN ME TO LEARN MORE!





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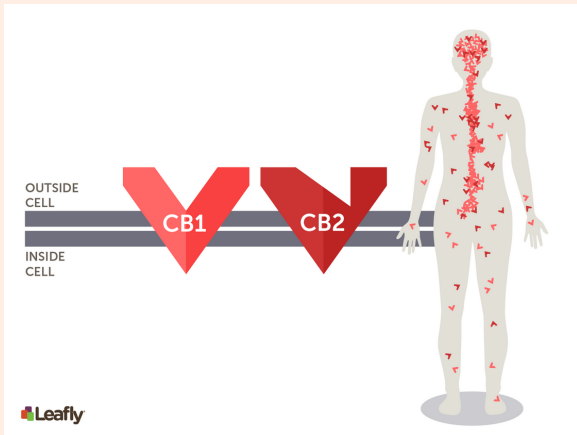
WHAT IS THE ENDOCANNABINOID SYSTEM?

This article describes the function of the endocannabinoid system and its role in disease

THE ROLE OF ENDOCANNABINOIDS IN ORGASM

This article explores how CBD and THC interact with the CB1 and CB2 receptors to generate a pleasure/reward response. It is actually a very useful article to learn about CBD--it's not just about sex!



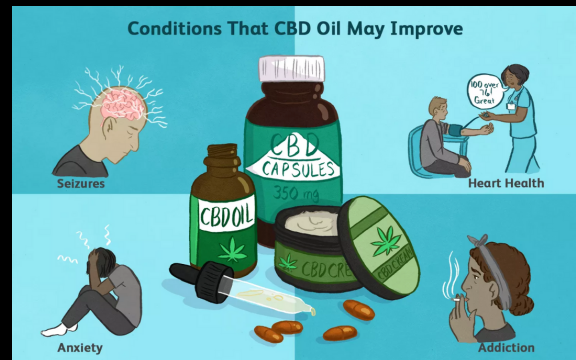


WHAT IS THE ENDOCANNABINOID SYSTEM AND WHAT IS ITS ROLE?

This article dives into how the endocannabinoid system plays a critical role in our health and well-being by regulating a key aspect of our biology

CBD OIL: BENEFITS, USES, SIDE EFFECTS, AND SAFETY

This article looks at the different diseases and health issues that CBD has the potential to help treat. It also goes into the possible side effects and safety concerns of CBD. It has a few good sources cited.





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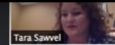
7 BENEFITS AND USES OF CBD OIL (AND SIDE EFFECTS)

A great article that goes into the biggest potential benefits of CBD oil and cites the most relevant research. Must read if you want more scientific studies on this topic!

DR MATT ANDRY - SCIENCE OF CBD

This is the BEST video I found that gives a really good overview of the endocannabinoid system, how CBD interacts with the ECS, and the potential benefits of CBD given this knowledge. There are sources cited in the video if you want to read more scientific studies too!

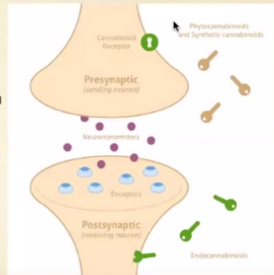
Dr Matt Andry Science of CBD



Endocannabinoid System (ECS): Body's Primary Tool of Homeostasis

Regulates/Balances:

- Nerve Function
 - pain signals, anxiety levels, sleep, seizure threshold, neuron growth & repair, attention
- Movement coordination
- Immune system/ Inflammation
 - injury repair, swelling, pain
- Energy Intake & Storage:
 - appetite/metabolism
- Cell life-cycles/apoptosis
- Reproduction: hormone levels, implantation
- Circulatory System: Blood pressure, pulse rate
- Bone Development: osteoblast activity



you want to switch
tone or speaker

28. *Alger. Cerebrum.* 2013 Nov-Dec; 2013: 14.



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DEMYSTIFYING THE ENDOCANNABINOID SYSTEM

In this TEDx talk, Dr. Ruth Ross describes what happens in the brain when introduced to tetrahydrocannabinol (THC), one of the primary ingredients in cannabis.

THE INSIDE STORY OF CANNABIDIOL

What is CBD oil? What are the benefits of CBD? How does CBD work? This video gives the inside story of cannabidiol and details the benefits and physiological effects of CBD on the human body.

