

CBD IS HAVING A MOMENT



Is it just me or are CBD (cannabidiol) (CBD) products everywhere right now? Just try scrolling through Instagram or Twitter without coming across news articles on how and why you should try CBD, or claims on the beneficial effects of CBD products..

Despite the current trends around cannabis as a wellness product, there is still a lot of confusing misinformation floating around. In order to get the dish on CBD, we went to an expert: Dr. Millie Hernandez has spent the last several years, after surviving breast cancer and a double mastectomy, studying the link between topical products, airborne toxins, and cancer. She recently developed a toxin-free, all-natural skincare line infused with CBD sourced from regulated suppliers in Colorado.

The Therapeutic Effects

"More and more of my colleagues are accepting CBD oil as a natural way to help our patients manage their pain and illnesses. We're going to see the market boom as more doctors recommend CBD oil, and the product truly goes mainstream," Dr. Hernandez says. In the past, healthcare professionals could only rely on anecdotal data about cannabis. Now, as legalization is sweeping the globe (okay, maybe it's slower than a sweep but let's go with it), research is showing us what advocates have known for some time: "We have reached the point when scientists and universities have been able to research the effects of CBD and THC separately, and found that pure CBD oil on its own is safe to use."

Is it or Isn't It Psychoactive?

This is something we hear repeated often: "CBD is THC's non-psychoactive cousin and can be consumed without the user getting high." In actuality, it is psychoactive but in a different way than THC in that it is not impairing. THC binds to the CB1 receptor in the brain and creates that euphoric effect that we associate with being high. CBD, while far less intoxicating, is still noted for its anti-anxiety and anti-psychotic effects which means that it is, in fact, psychoactive.

CBD as a Health and Wellness Product

"I call CBD oil a 'super oil' because of all its positive health effects,"

-Dr. Hernandez.

"CBD oil contains an amazing number of antioxidants, which have been linked to helping prevent and fight cancer. Most people know that blueberries, pomegranates and dark chocolates are full of antioxidants - but so is CBD oil!" Antioxidants are also linked to heart health, lowering the risk of infections and they can prevent or slow damage to our cells from free radicals. "CBD oil has also been linked in studies to helping people living with eczema and other skin conditions, as well as helping relieve symptoms of anxiety, depression, stomach issues, and other health problems," says Dr. Hernandez