

# CBD Oil: The Health Benefits vs the Myths



What does it help?  
CBD (cannabidiol) can help with many different health issues. It can help with:

- Pain and Inflammation
- Anxiety and Depression
- Insomnia/Trouble Sleeping
- Cancer
- Nausea and Vomiting
- Seizures
- Diabetes
- Heart Health

## • Addiction

There are many other health benefits of CBD as well.

### How Does CBD work?

CBD acts differently than prescription medicine because it affects the endocannabinoid system.

This system is involved with decreasing inflammation, and helping your immune system. It works on CB1 and CB2 receptors, and T-regulatory cells. It also affects several other

receptors in the body, which is why it helps with so many conditions.

### Is it Marijuana? No.

CBD oil is derived from Hemp. This allows you to gain all the health benefits without the high of marijuana.

CBD oil can contain the legal amount of THC, less than 0.3%. This is not enough to have any of the high associated with THC. Hemp based CBD is legal in all 50 states.

What is the best type of CBD oil?

There are several different formulations of CBD oil. They can mainly fall under 2 groups.

### Isolate:

This means that the product contains only a few of the cannabinoids. Most THC-free oils are isolates. These have less

cannabinoids, and a specific use.

### Full Spectrum:

These products include many different cannabinoids, and the oil can affect a wide variety of issues. Another benefit to this is that cannabinoids have the Entourage effect- which means that the cannabinoids can help each other be more effective.

An important part of selecting a CBD oil is to know where it comes from, and how it is grown and processed. You want to make sure there are no pesticides or herbicides used.

### How do you use it?

With the oil drops, you place the oil under the tongue and hold it there for about 10-20 seconds before swallowing.

Other forms of CBD oil can include: Capsules, Balms, Gummies, Tea/ Coffee.

To learn more or try a sample of CBD oil, come by Owensboro Family Pharmacy at 720 W Byers Ave. Owensboro, KY 42303 or message us at Facebook on our Owensboro Family Pharmacy page. 270-683-2400.

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## Potential Medicinal Uses for Compounds Found in Cannabis

**CBD:** reduces seizures

**THC:** causes a psychoactive "high,"  
relieves pain and nausea, stimulates appetite

**CBG:** stimulates bone and brain cell growth

**CBN:** mild sedative and sleep aid

**THC-Acid:** anti-inflammatory, suppresses  
muscle spasms

**CBD-Acid:** anti-inflammatory

**CBG:** anti-inflammatory, reduces anxiety,  
relieves pain, stimulates bone growth

**THC-V:** suppresses appetite, regulates  
blood sugar, could help with diabetes

