

How Cannabis Works

Components of the cannabis plant (phytocannabinoids) mimic chemicals in the human body (endocannabinoids). These chemicals are a critical part of our internal harm reduction system known as the Endocannabinoid System (ECS).

WHY IS CANNABIS EFFECTIVE?

The ECS plays a major role in ALL biological functions of the body including:

PAIN
IMMUNE FUNCTION

TEMPERATURE CONTROL
INFLAMMATION

HUNGER
NAUSEA & VOMITTING

When the ECS is unable to keep balance in the body, illness occurs. Cannabis can be effective at supporting the ECS into a more balanced state that supports healing.

ACTIVE COMPONENTS

Two primary classes of chemical components create the therapeutic benefits and side effects of cannabis:

Cannabinoids are largely unique to the cannabis plant. There are over 70 known cannabinoids. Only a handful of them have been researched. THC and CBD are the primary cannabinoids. Cannabinoids are created after plant material has been heated

THC – (Delta-9 Tetrahydrocannabinoid)

Most common cannabinoid. Thought to be the only psychoactive cannabinoid.

CBD - (Cannabindol)

The 2nd most common cannabinoid.

Non-psychoactive. Counterbalances the psychoactivity associated with THC.

Terpenes are the most commonly occurring class of chemicals in nature & are considered safe by FDA. They are what give cannabis its smell. For the maximum benefit choose cannabis with a strong smell.

Benefits of the Active Components

ACTION	THC	CBD
Protects Against Cancer	•	•
Reduces Nausea	•	•
Pain Reliever	•	•
Causes Drowsiness	•	
Increases Appetite	•	
Relieves Spasms	•	•
Decreases Seizures		•
Reduces Anxiety		•
Muscle Relaxant	•	•
Antimicrobial	•	
Antibacterial	•	•
Protects Nervous System	•	•
Anti-diabetic		•
Improves Blood Circulation	•	•
Relieves Psoriasis		•
Relieves Crohn's Disease	•	•
Anti-inflammatory	•	•
Bone Stimulant		•
Relieves Rheumatoid Arthritis		•
Antioxidant	•	•

SAFETY

- No risk of death due to overconsumption. There are few receptors activated by cannabis in the part of the brain that controls breathing and heart beat.
- Side-effects are generally mild and only last as long as the product is active in your system.

VERSATILITY

- The common denominators of disease and injury are pain and inflammation. Cannabis is effective at addressing both and more.
- Cannabis frequently can take the place of multiple medications. For example, one could use cannabis instead of 5 different prescriptions for pain, sleep, inflammation, nausea and depression.

SOURCE:

Chronic Relief: A Guide To Cannabis For The Terminally & Chronically Ill, By Nishi Whiteley
mychronicrelief.com