

Joydens Wood Pharmacy

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Opening Times

Monday 9am - 6.30pm
Tuesday 9am - 6.30pm
Wednesday 9am - 6.30pm
Thursday 9am - 6.30pm
Friday 9am - 6.30pm
Saturday 9am - 4.00pm
Closed for Lunch 1pm - 2pm

Your FREE Healthy Living Leaflet for April 2020

1. What is the best-known compound in cannabis?
2. What is cannabidiol (CBD)?
3. Is CBD psychoactive?
4. What are other names for cannabis?
5. What is the difference between marijuana and hemp?
6. What makes hemp legal?
7. What is the endocannabinoid system?
8. What does the endocannabinoid system do?
9. What are the endocannabinoid receptors called?
10. What conditions may CBD possibly help with?



Answers on the bottom of page two

What is CBD?

CBD is a cannabidiol which are a group of chemicals that come from the cannabis plant. The cannabis plant is often called hemp or marijuana depending on their level of THC (delta 9-tetrahydrocannabinol). THC is the best-known compound from cannabis and is psychoactive i.e. it gives people taking it, a "high". CBD is not psychoactive. Hemp plants are legal if they contain less than 0.2% THC. Over the years, marijuana farmers have selectively bred their plants to contain high levels of THC whilst hemp farmers rarely modified the plant. These hemp plants are used to create CBD oil as well as strong fibres



used to make rope and canvas.

How does CBD work?

All cannabinoids, including CBD, produce effects in the body by attaching to certain receptors. Our bodies produce our own cannabinoids. We have a system called the endocannabinoid system which is not fully

understood as yet but it operates in all higher-level animals from fish to humans. It consists of the cannabinoids (anandamide and AG-2), the receptors CB1 and CB2 and enzymes that make and destroy the cannabinoids. CB1 receptors are present throughout our bodies but many are in our brains and spinal cord. These deal

with co-ordination and movement, pain, emotions, mood, thinking, appetite and memories among other functions. CB2 are more common in the immune system. They affect inflammation and pain. It was believed that CBD attached to CB2 receptors, but it now appears that it does not. Instead it seems to direct our body to use more of its own cannabinoids.

What can CBD be used for?

The government has concluded that as CBD has less than 0.2% of THC, it is safe to put it on general sale but only as a food supplement. As it is a natural product, the large drug companies have no interest in investing money in getting a product licence that would mean CBD could be sold as a medicine. For this reason, nobody can make any health claims for CBD and it is up to individuals to try it and see if it helps their condition.

CBD stops your body from absorbing anandamide out of your blood stream which is associated with regulating pain. So increased levels of anandamide in the bloodstream may reduce the amount of pain you feel. CBD may also limit inflammation in the brain and nervous system, which may help people who are experiencing pain, insomnia and certain immune system responses.

Some people believe that CBD offers a natural alternative to over the counter drugs to relieve stiffness and pain, especially chronic pain.

There are published studies that suggest it may also reduce long term inflammation and pain in



some mice and rats.

CBD has a range of other promising possibilities such as smoking cessation and drug withdrawal, treating seizures and epilepsy, anxiety treatment, reducing some of the effects of Alzheimer's, acne and nausea from chemotherapy. However, more research is required to confirm these uses and CBD oil's long-term safety.

Side effects

Most people tolerate CBD oil well but there are some possible side effects. According to a review in Cannabis and Cannabinoid Research the most common side effects include tiredness, diarrhoea, changes in appetite, weight gain or weight loss.

Also using CBD oil with other medications may make those medications more or less effective, especially those that warn against consuming grapefruit. Further long-term studies will be helpful in determining any side effects CBD has on the body over time.

CBD might also interfere with an enzyme called cytochrome P450 complex. This disruption can affect the liver's ability to break down toxins, increasing the risk of liver toxicity. Also, as many other drugs are metabolised by the cytochrome P450 complex they can increase or decrease the effects of CBD. Before using CBD, you should talk to a healthcare professional.

For more information or to purchase CBD, please have a chat with one of our highly trained team

Answers: Q1, Delta-9-tetrahydrocannabinol (THC). Q2, It is another cannabinoid produced by the cannabis plant. Q3, No. Q4, Marijuana or hemp. Q5, Marijuana farmers have selectively bred their plants to produce high levels of THC while hemp farmers rarely modify their plants. Q6, It must contain less than 0.2% THC. Q7, It is a system which all higher-level animals have, that interacts with cannabinoids. Q8, It is not fully understood as yet, but it plays a role with co-ordination and movement, pain, emotions, mood, thinking, appetite and memory. Q9, CB1 - mainly found in your central nervous system (brain and spinal cord) and CB2 - mainly found in your immune system. Q10, Long term pain, drug withdrawal, epilepsy and anxiety.