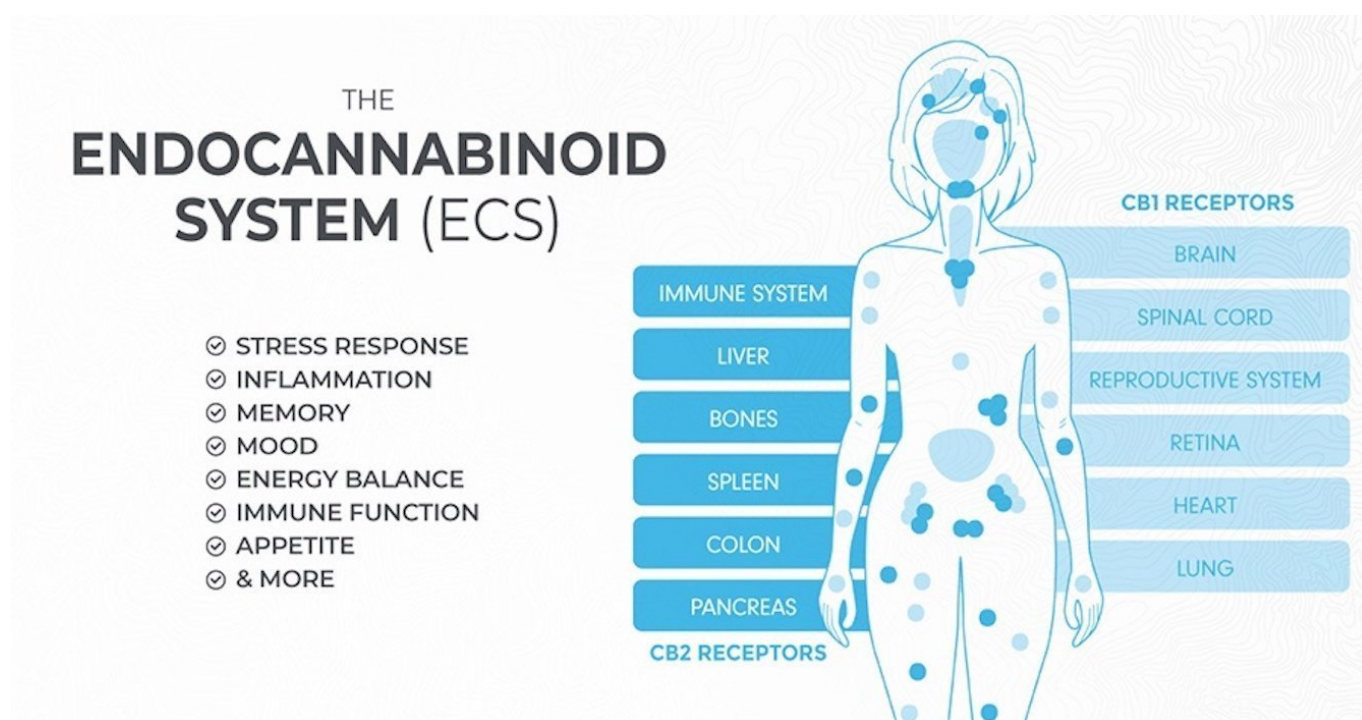


CBD WITH GUNS BLAZING-PAIN MANAGEMENT AND ANXIETY

Today we are going to focus on the maladies that so many of you asked about most often. First I am going to explain to you how CBD actually works. CBD is one of the more than 100 compounds in cannabis that create a drug like effects in the body, that includes the nerves and immune system. Called cannabinoid, these compounds mimic naturally produced compounds in our bodies that are called endocannabinoids that help maintain overall balance.



The endocannabinoid system (ECS) forms a major signaling

network that regulates memory, mood, pain, and hunger. CBD and other cannabinoids act as keys, locking and unlocking receptors, much like how dopamine and serotonin act as the messengers in the nervous system. Though most cannabinoids bind to the nerve receptors, however, CBD does not directly trigger receptor. Instead, it binds in a different spot, leading the normal spot absolutely free.



By doing this, it definitely makes it harder for receptor to activate. While this may seem undesirable, too much nerve activity can be a bad thing. If you are experiencing loss of sleep, or heightened stress, it may be from overstimulation of cannabinoid receptors. You must understand, unlike THC, CBD will not get you high, or arrested by our heroes in blue. It's easy to take, (I used it twice a day and I no longer have arthritis), and it compares very favorably to pharmaceuticals especially opioids; you can't overdose or get addicted, to CBD and its side effects are rare, and mild, extremely rare.

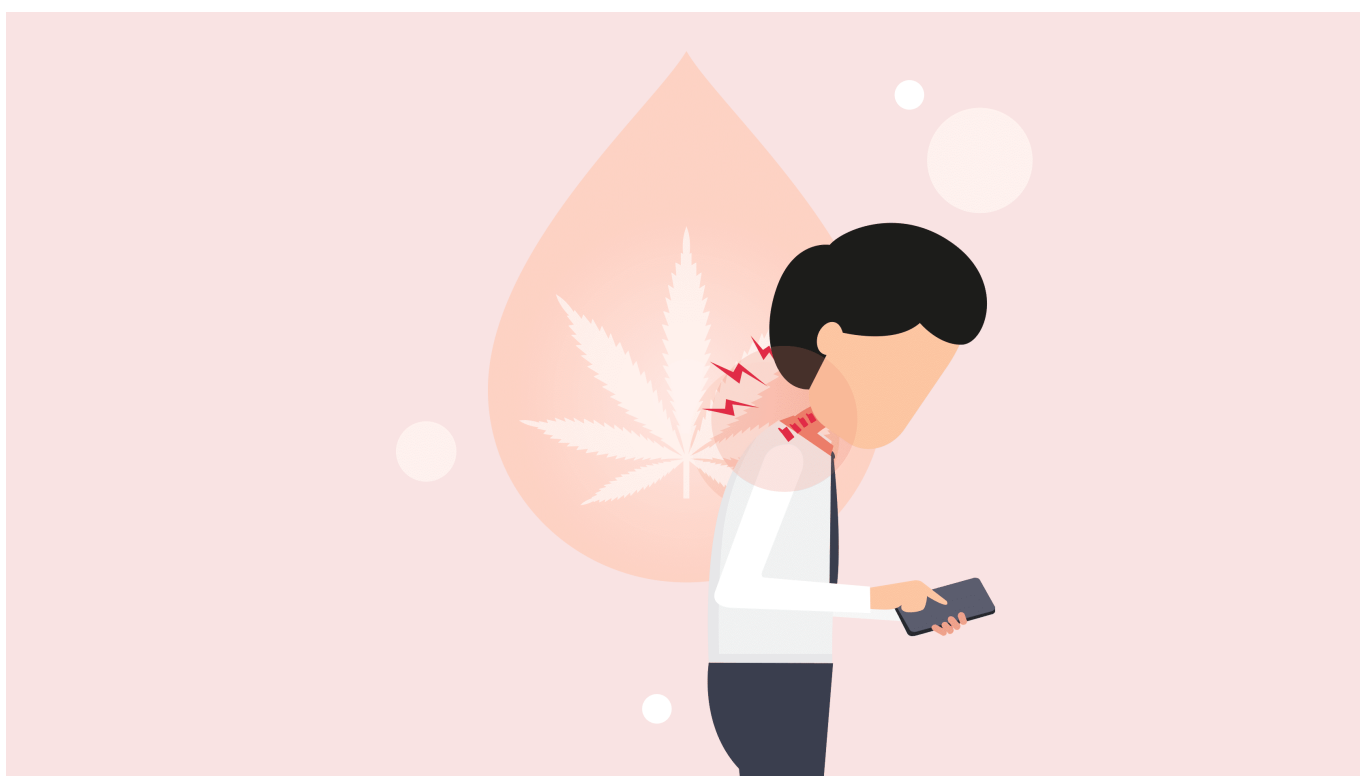
PAIN MANAGEMENT



There are 80 million Americans suffering from pain that lasts longer than three months, and our modern-day medicine has gone to extremely great lengths to develop pharmaceuticals to treat it. However, prescription and over-the-counter drugs, my God, they have many side effects, up to and including addiction, overdose, and in some case's death.



Emerging evidence suggests CBD is indeed very effective at working with our ECS to influence receptors that regulate inflammation and pain. It may even cause the body to produce endocannabinoid that will ease the symptoms. According to the researchers at the University of Colorado, several studies show that cannabinoid, like CBD will provide relief from chronic pain. (However, they're not for sure if it's because cannabinoid, have a direct effect on the intensity of the pain, or if they work by changing how we may perceive pain, or both.)



And in a recent report, published by the National Academy of Science, researchers have found that patients with chronic pain who were treated with products containing cannabinoids were most likely to report sufficient pain relief. A growing body of research suggests that CBD is also an antidote to neuropathic pain, which usually feels like a super burning sensation. In studies done at the Institute of Biomolecular Chemistry in Nepal, Italy, CBD directly influence TRPV1 receptors, a family of nerve channels that influences how we proceed pain.

ANXIETY



Nearly 40 million Americans struggle with anxiety, whose symptoms range from difficulty concentrating, insomnia, and headaches to high blood pressure and depression. The traditional approach has been therapy and prescription medication however, both can be costly, and some of these drugs have major side effects. CBD sidesteps the downsides, but not everyone seeking relief will experience CBD the same way. One may feel fewer benefits or slower release than other users. That's because every metabolism and set of stress factors is unique.

Anecdotal evidence of CBD's benefits is more plentiful than definitive science. But small studies in 2019 reported sufficiently reductions in anxiety among a majority of the test subject, and the National Institute on Drug Abuse says CBD has lowered stress in rats. In addition, brain scans have shown reduced anxious brain activity in humans that use CBD.



We have learned that the ECS manages serotonin levels, which impact how we perceive and experience the feelings of anxiety. My friend's, anxiety and depression are thought to be caused in part by a lack of serotonin, and CBD has been shown to mimic its effect in the brain. CBD may also help treat anxiety induced insomnia. A 2011 study done on individuals that were suffering from seasonal Affective Disorder showed the patients who received CBD instead of a placebo experienced lower anxiety levels. And for PTSD, several very recent studies showed CBD can stop nightmares and can also end mental looping.



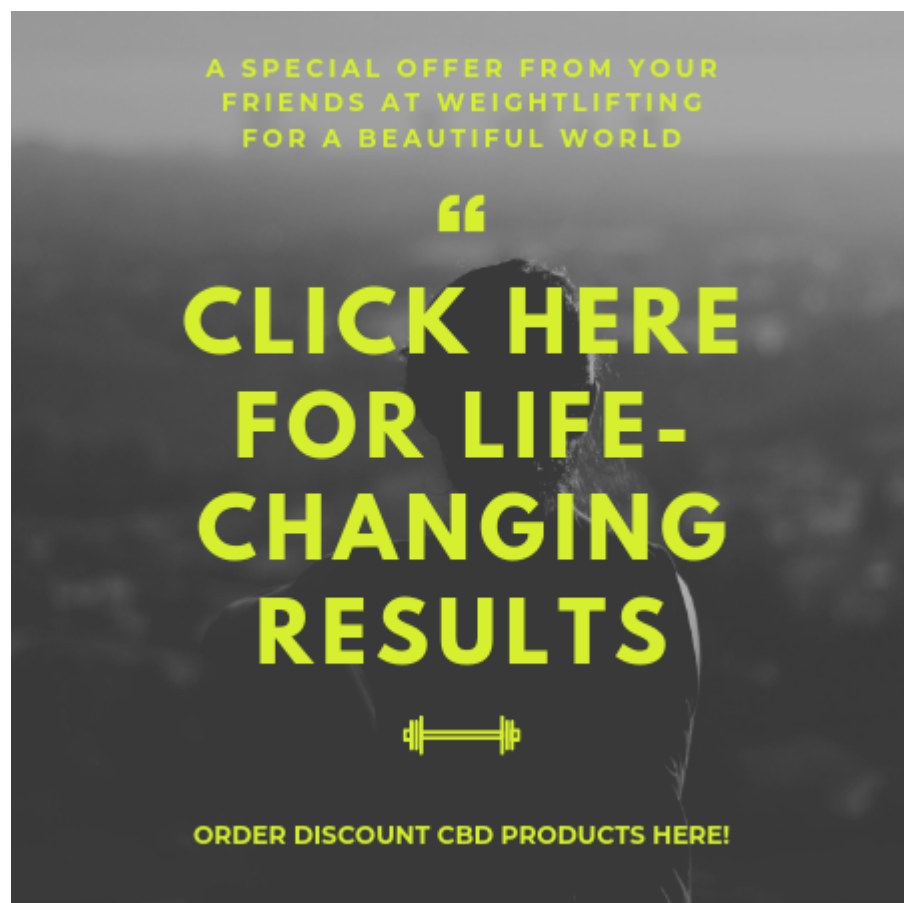
There is also reliable evidence that CBD can deliver the benefits of the two main classes of anxiety medications:SSRIs and benzodiazepines. SSRI's like Zoloft work by increasing serotonin levels. Since CBD can actually activate serotonin receptors, there is a big possibility that it can be helpful without the potential for any psychiatric addiction. Benzodiazepines like Ativan and Xanax work by affecting neurotransmitters, one of which GABA is known to suppress the activity of nerves.



Since anxiety is thought to be partially caused by some excess nerve activity, the drugs increase GABA's effects. Promising research in Australia has found that CBD may also alter the GABA neurotransmitter in ways that can enhance its effects. Let us be aware, however, that CBD may lessen the effect of some prescription medications. Researchers have found, that CBD is an inhibitor of a liver enzyme that gives help to break down drugs. With high doses of CBD, the enzyme might not function properly. To be on the safe side, you want to speak to your doctor before starting a CBD regiment.


Take it slowly, and work your way up to the dose that works

for you. The Research indicates that 10 to 20 mg once a day is a good starting place. Always keep notes on what you took, and at what time you took it, also how you felt afterward. Experiment for a couple weeks to find what seems to work for you best and gradually increase the amount you are taking, if you're not getting the results that you actually desire. However, CBD is not known to be addicting or result in harsh side effects, if any.



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My team and I, sincerely hope that this article has answered the many questions that has been given to us, on these topics. And please always remember, good health is a lifestyle. As always, if it's anything at all, that I, or my team, can do for you please reach out, our personal goal and our mission is to help you to be in the best possible condition that you can be in.

May good health and prosperity be always with you.

Humbly yours Paul Earl.

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