

The Endocannabinoid System

As wellness trends come and go, it has become clear that CBD isn't going anywhere, and that it's a trend that actually has the research to back it up. CBD is a unique type of compound in the natural world that behaves in a way quite different from other things that we consume daily. That's because cannabidiol is a **cannabinoid**, which is a type of plant compound that exists in the cannabis genus, to which both hemp and marijuana belong.

To fully appreciate the uniqueness of CBD, we need to understand how the body utilizes it. Cannabidiol is directly used by the endocannabinoid system, which is a fascinating bodily system that serves the function of maintaining homeostasis throughout the body.

So, by exploring the **endocannabinoid system**, we can then fully appreciate what CBD is capable of, while also getting a better idea of how to properly support this system with the compounds of the hemp plant.

Cannabinoids in the Hemp Plant

Today we will be focusing on hemp, as it's legal while marijuana is not. Hemp contains over one hundred unique cannabinoids, with each one being found in the buds of the female plant. Each cannabinoid is different, and interacts with the body in a unique way, thus producing its own specific effects. CBD is the dominant cannabinoid in hemp, meaning that there is more CBD than any other cannabinoid in the buds of the plant.

However, there are plenty of other cannabinoids which are now being studied for their own usefulness thanks to their distinctive properties including:

- **Cannabinol (CBN)** - may be promising for sleep.
- **CBG (Cannabigerol)** - may offer unique anti-inflammatory activity.
- **Delta 8 THC**- a mildly psychoactive compound that offers balancing properties to the nervous system.

The Role of the Endocannabinoid System

Some quick history: Back in the 1930s, medical researchers discovered that cannabidiol showed promise as an agent against epilepsy but could not figure out the exact mechanisms at work that allowed it to offer these properties to the neurological system. Decades later, in the early 90s, a team of researchers finally figured out what was unique about this compound, when they discovered the endocannabinoid system.

The endocannabinoid system explains why CBD affects us in the way that it does, and more specifically, why it seems to boast useful properties to every system of the body. The endocannabinoid system has the job of keeping the body in homeostasis, by

balancing every bodily process so that it works as efficiently as possible. The system consists of cannabinoid receptors located in every system of the body, with each one correlating to an adjacent process of the body.

Cannabinoid receptors can be found in the brain, the digestive tract, the skin, the muscular tissue, the circulatory system, the liver, the immune system and everywhere else. Each receptor has the job of regulating a particular process, whether it be mood, cognitive function, digestive inflammation, immune function, or anything else that pertains to our wellbeing. But cannabinoid receptors cannot do their job unless they receive regular doses of cannabinoids.

What has been discovered in recent years is that our bodies make cannabinoids on their own. But, for reasons not yet understood, most of us produce an insufficient amount. For a cannabinoid receptor to be capable of balancing a process of the body, it needs a cannabinoid. The cannabinoids in the hemp plant bind to cannabinoid receptors so that these receptors can get to work, regulating an important function that affects how we feel.

The endocannabinoid system seems to be a surprisingly intelligent system. It's likely that it sends cannabinoids like CBD to where they are most needed at the time of dosing. In other words, if you are dealing with chronic fatigue, a dose of CBD is most likely to concentrate itself in the regions of the brain and nervous system that deal with energy homeostasis.

Further, the endocannabinoid system explains why cannabinoids are nontoxic to humans, and why we can take exceptionally large doses of them without the risk of major side effects. This system efficiently stores excess levels of these compounds when they are not needed, saving them for a time when they are. In other words, you cannot develop toxic levels of CBD in the body, as the endocannabinoid system utilizes high levels of cannabinoids as needed.

The Endocannabinoid System in Pets

One fascinating discovery made a couple of decades ago was that all mammals have an endocannabinoid system, and this is why CBD products are being formulated specifically for pets. Their endocannabinoid systems seem to mimic ours in a way that enables the properties of cannabinoids to affect our pets in the same way they affect us. This is also why pets seem to have overall positive experiences when taking hemp on a daily basis.

While pets can take CBD, it is best to talk to your veterinarian before starting them on a routine. Also, you should not give your pet THC, as this cannabinoid is psychoactive, and therefore could be dangerous to cats and dogs.

Tips for Supporting Our Endocannabinoid System with Hemp

Now that you know how the endocannabinoid system works, let us talk about how to use hemp to best support it so that we can achieve homeostasis.

1. It's best to take CBD on a daily basis. This gives the endocannabinoid system a consistent level of cannabinoids that can be used as fully as possible. Many people find that taking it daily gives them better results overall.
2. Make sure to choose the best product for your needs.
3. Only choose a formula from a company that makes lab reports available. These lab reports show that the hemp extract is high in quality, as they come from third-party testing facilities.
4. Next, choose a milligram strength that is likely to be effective. The milligram strength tells you how many milligrams of pure hemp you're getting per dose. The higher the milligram strength, the more potent the product. Higher milligram strengths are ideal for people with a higher-than-average body weight, as well as those with more intensive needs.
5. Maintain a CBD routine, make sure that you prioritize your wellness so that your body can work as efficiently as possible. For instance, taking CBD daily while failing to eat a healthy diet would mean that the hemp would only be able to do so much in terms of supporting your body.

Final Thoughts

The body's endocannabinoid system is a complex and intelligent system which explains why CBD is so uniquely helpful to the human system. This is why cannabinoids like CBD seem to offer such widespread usefulness, both mentally and physically. To fully support the endocannabinoid system, it's important to choose a high-quality product and take it faithfully. This gives the endocannabinoid system what it needs to fulfill its role in maintaining homeostasis.