



July 2018 Edition  
**Wellness Warrior Dispatch**

*Your Source of Natural Health News & Tips*  
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Wednesday, July 4: CLOSED for Independence Day. Happy 4<sup>th</sup> to all!

Dear Wellness Warriors,

We received sad news in May. Dr. D. Gary Young, founder of the Young Living Company, completed his life work on earth. He is being called by some “the father of modern essential oils.” He had experienced several recent strokes as a result of several severe head and other injuries due to farm accidents and athletic activities. Most people never knew about his nearly 40 years of pain and health trials due to these accidents, some of which he wasn’t expected to heal from.

He lived his life with passion--helping others live healthier lives using natural products. He seemed to excel in everything he did: husband and father, organic farmer, nutritionist, international business owner and entrepreneur, researcher, author and public speaker, horseman...well, it seems his accomplishments were almost never ending! He also started several charitable organizations to support people living in impoverished communities and those who experience natural disasters.

I watched most of his funeral online, listening to his co-workers, friends, and family speak of his attitude toward life, as well as his accomplishments, and one comment stuck with me. Apparently, he would advise people that

if they weren't accomplishing something good, "they were taking up space." I personally don't just want to "take up space" in my life on earth. I want to accomplish worthwhile endeavors and be an example of good.

I was also impressed by his loving approach to teaching and encouraging others, including his employees. He approached everything in life as though it were an adventure. Often, he would gently place his hand on someone's back, speak words of encouragement, and help to dispel the fear that may prevent someone from moving forward in life.

I would say, "Rest in Peace, Dr. Young," but I think his spirit is probably quite busy in Heaven! We're grateful to him for all the good things he brought into our lives, for his dedication to his mission in life, and for his example of greatness! I add my prayers for his wife and sons as they continue Gary's dream of making the world a better place.

Capt. Nan, Wellness Warrior

### **CBD: The Who, What, Where, Why, When, and How of It: Part I**

In the last few months, I have received an increasing number of inquiries about cannabidiol (CBD) prompting me to read several scholarly articles on the topic and research reputable companies for product availability. Following is a brief summary of what I've read so far. With on-going research, more information is coming available. One of the most scientific and detailed articles is in a lengthy article found at [www.wholefoodsmagazine.com](http://www.wholefoodsmagazine.com), June 2018 edition.

Come in to learn about CBD and hemp-based products **NOW AVAILABLE at Natural Health and Home**. Additional products, such as protein powders, are available by special order at present.

**What is CBD? How does it Benefit the Body?** CBD comes from industrial hemp, which is related to marijuana, but is NOT the same plant. DNA testing in recent years shows the differences in the plants. Hemp shows negligible levels of 9-tetrahydrocannabinol (THC), the compound in marijuana which cause people to "feel high". Thus, CBD is "non-psychoactive and is considered extremely safe." CBD may be used orally or topically on humans and most pets.

An article in *The Journal of Pediatric Pharmacology and Therapeutics* goes into greater detail in identifying, comparing, and contrasting the main types of cannabis:

*Cannabis* is a general term that refers to the 3 species of hemp plants (*Cannabis sativa*, *Cannabis indica*, *Cannabis ruderalis*).<sup>1</sup> *Marijuana* is a term that describes the dried leaves, flowers, stems, and seeds from the hemp plant that are often smoked for recreational and medicinal use. Marijuana contains various different chemicals called *cannabinoids*. Cannabinoids are the chemicals found within cannabis that interact with specific receptors, namely, cannabinoid (CB) receptors, within the body.

The over 60 types of cannabinoids currently identified differ by the degree to which they are psychoactive.<sup>2</sup> While delta-9-tetrahydrocannabinol (THC), the cannabinoid most commonly associated with marijuana as a drug of abuse, is psychoactive, other cannabinoids including *CBD* are not. THC has been linked to the development of schizophrenia, and a contributor to neurodevelopment deficits in adolescents.<sup>3,4</sup> Different marijuana strains will have varying amounts of both THC and CBD, and thus the concentrations and ratios of these different cannabinoids within a product ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5473390/>

**When Did Research Start?** Evidence of cannabis use has been found in 5000 year old records in China. Modern research on cannabis and hemp began in the late 19<sup>th</sup> century and later in the 1940s and 1950s. By the 1980s and early 1990s, researchers identified the existence of cannabinoid receptors named CB1 and CB2 receptors. CB1 receptors primarily affect the central nervous system (CNS: the brain and musculoskeletal tissues, whereas CB2 receptors primarily affect immune function, but may also affect the CNS.

Further research identified the endocannabinoid system (ECS). Research is ongoing around the world, including Japan, Israel, Germany, and the United States, on the benefits and potential risks of hemp products, including CBD.

**The Endocannabinoid System (ECS)** According to Sebastian Krawiec, author of “The Endocannabinoid System: Hemp and Beyond,” endocannabinoids are produced naturally in our bodies, but as with everything else in our bodies, stress, aging, and lifestyle may adversely affect the body’s ability to produce endocannabinoids. Phytocannabinoids (those from plants, such as hemp) may be taken to assist in maintaining homeostasis in the body. “It interconnects all systems, organs and tissues and responds to changes in the internal and external environment. Its whole purpose is to keep our bodies functioning at their best by adapting to change,” writes John Hicks, MD, author of “The Medical Power of Cannabis” ([www.wholefoodsmagazine.com](http://www.wholefoodsmagazine.com) June 2018).

**Why Use CBD? Who May Benefit?** According to Gene Bruno, Professor of Nutraceutical Science at Huntington College of Health Sciences, “cannabinoids and their receptors are found throughout the body (including the brain, organs, connective tissues, glands and immune cells)... Emerging research indicates that ‘eCB deficiency syndrome’ contributes to migraine, fibromyalgia, irritable bowel syndrome, psychological disorders, as well as other conditions.” Bruno cites research studies showing that “enhancing the endocannabinoid activity” may also help in

treatments of patients with somatic dysfunction, movement disorders such as Parkinson’s and Huntington’s diseases, chronic pain, neuro-degenerative diseases, mood and anxiety disorders, as well as inflammatory conditions, bowel dysfunctions, psychological disorders, multiple sclerosis and spinal cord injury, cancer, atherosclerosis, myocardial infarction, stroke, hypertension, glaucoma, obesity/metabolic syndrome and osteoporosis.

(For references, see the March/April 2018 edition of [www.naturalpractitionermag.com](http://www.naturalpractitionermag.com) and *The British Journal of Pharmacology* at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1760722/>)

Further, “CBD prevents the destruction of anadamide, increasing its presence at the receptor sites.” Thus, the ECS “helps modulate stress response...[in] areas of the brain associated with stress, fear, emotion and reward.” ([www.wholefoodsmagazine.com](http://www.wholefoodsmagazine.com) June 2018)

Additionally, researchers in Germany and England have shown benefits of CBD use for individuals with **ADD and ADHD**. In a German study, individuals who did not show benefits from Adderol or Ritalin showed improvements when they were administered CBD oil. <https://redstormscientific.com/cbd-oil-for-add-and-adhd-reviews/>

Products high in THC caused additional problems for individuals diagnosed with schizophrenia. In contrast, an article in *The American Journal of Psychiatry* argues that CBD may offer safe, **effective treatment for schizophrenia**.

After 6 weeks of treatment, compared with the placebo group, the CBD group had lower levels of positive psychotic symptoms ... and were more likely to have been rated as improved ... and as not severely unwell ... by the treating clinician. Patients who received CBD also showed greater improvements that fell short of statistical significance in cognitive performance ... and in overall functioning .... CBD was well tolerated, and rates of adverse events were similar between the CBD and placebo groups.

These findings suggest that CBD has beneficial effects in patients with schizophrenia. As CBD’s effects do not appear to depend on dopamine receptor antagonism, this agent may represent a new class of treatment for the disorder. <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2017.17030325>

**Product Types:** Some companies such as **Green Gorilla** are extracting the CBD from hemp (called an **isolate**) to make their products, according to Steve DeForrest, COO of Green Gorilla (Los Angeles, CA). The company does blend its CBD with olive oil as a carrier oil to moderate the taste of CBD, which may taste somewhat bitter by itself, while adding polyphenols, micronutrients which help in the prevention of cancer and degenerative diseases according to an article in *The American Journal of Clinical Nutrition*.

<https://academic.oup.com/ajcn/article/79/5/727/4690182>

The Barlean's company, however, uses MCT from coconut or palm kernel oil as their carrier oil in their new hemp line. MCT stands for medium chain tri-glycerides which scientists say for valuable for proper brain function and may help with weight management. (<https://draxe.com/mct-oil/>)

Another category of hemp products is made from **raw, whole-plant** phytocannabinoids (also called full-spectrum products). This type of product contains the nutrients and enzymes from the whole plant. (Maggie Frank, educator for **CV Sciences**, the parent company of Plus CBD [www.wholefoodsmagazine.com](http://www.wholefoodsmagazine.com) June 2018.) Author and researcher Michael Murray, N.D., tells us that whole hemp has an "entourage effect," working best with all its components.

Additionally, companies such as **North American Herb and Spice** (makers of Oreganol products) blend their product line with other herbal oils such as oregano, rosemary, peppermint, or hops and chamomile to create condition-specific products to aid in sleep, immunity, or mental/emotional function. ([www.oreganol.com](http://www.oreganol.com) or [www.NAHS.com](http://www.NAHS.com)) Several other companies are also adding other herbs or herbal oils to their CBD products to enhance effectiveness.

Finally, hemp and CBD products are now available for topical use (on the skin), blended with essential oils, and for pets. For information about CBD and **pets**, refer to the article in *Pets+* entitled "CBD & Hemp Products: What You Need to Know" ([www.petsplusmag.com](http://www.petsplusmag.com) June 2018 [42]).

**Non-Hemp/Cannabis Sources of Phytocannabinoids** Several other plants contain different types of phytocannabinoids, according to Carl Germano of Verdant Oasis. Phytocannabinoids in clove oil, peony, echinacea purpurea, Sichuan pepper, ginger, and magnolia each work synergistically with hemp. (See Michael Murray *et al* qtd in [www.wholefoodsmagazine.com](http://www.wholefoodsmagazine.com) June 2018.)

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