

Cannabis: How it Affects Our Bodies

Hemp oil, harvested from the hemp plant seeds, is 80% essential fatty (omegas 6 and 3) acids, which makes it the optimal nutrition and moisture protection for our largest organ, the skin. It is a poly unsaturated fat, with long molecule chains that enable it to penetrate the epidermis, dermis, and subcutaneous layers of the skin and deliver local therapy. Industrial hemp is currently defined as a cannabis sativa varietals that contain less than .03% THC.

THC stands for tetrahydrocannabinol it is one of the many cannabinoids found in the cannabis plant. (It just happens to be one of the more popular ones.) THC is the compound that is responsible for the euphoric or "high" feeling when smoked or ingested. THC has also been used as a remedy for nausea.

CBD stands for cannabidiol, and like THC, its abundantly present in the cannabis plant. Unlike THC, it is not psycho active, yet it still effects your brain. Instead of giving you the "high feeling", CBD tends to have a more calming effect. It also reduces pain and inflammation like THC. The pain reduction may be because the relaxing effects of CBD work on muscles to relieve spasticity. CBD is also used for anti-anxiety and anti-seizure.

Cannabis flower oil is produced by harvesting the resin derived from the flower of marijuana strains that are rich in THC, CBD and other cannabinoids. The levels of these compounds depend on the strain, climate and processing. For topical application, cannabidiol, because of its anti-inflammatory properties, has been shown to help a much larger group of medical concerns.

The CBD and THC partner as antagonists and allies in the body. Combining THC and CBD has an "entourage effect" where both properties compliment each others benefits. CBD inhibits the breakdown of THC in the liver, making the benefits of THC last longer. CBD seems to reduce the physiological effects of THC which would be desirable for those users who are more interested in the physically therapeutic benefits. Topical application of cannabis does not enter the blood stream. It works with the CB2 receptors on your skin. This network of receptors is activated by our bodies natural endocannabinoids and can be activated by phyto cannabinoids, or the cannabis compound found in plants.

Endocannabinoids in your body help maintain homeostasis. The phyto cannabinoids elevate your natural levels of endocannabinoids by blocking their metabolism. This

increases the effect you get from your bodies natural processes that are already working to regulate things like pain, mood, etc...

The terpene profiles are extremely important to the efficacy of therapy as they are the building blocks for certain vitamins, pigments, resins, essential oils and cannabinoids. They also interact with each other, creating a range of different smells, qualities and effects. There are over 120 terpenes produced by cannabis. Some terpenes alter the permeability of cell membranes, determining how much THC passes through. Others affect serotonin levels and dopamine chemistry. Terpenes are the effectiveness component for multiple non-cannabis essential oils sold and used everyday.

Aromatherapy from the terpenes are fundamental to the character and results obtained from the different products. Cannabinoids and terpenes have natural anti-bacterial and anti-fungal properties. They have regenerative effects on body tissue such as stopping the progression of skin sores while repairing skin from herpes simplex, fever blisters, eczema, psoriasis, acne, hemorrhoids, dandruff, dry chapped skin and first degree burns.



The anti-inflammatory and antispasmodic properties of cannabis help with swelling, bruising, muscle and joint pain, cramps, strains, contusions, headaches, and migraines. The analgesic qualities help deal with the pain associated arthritis, tendonitis, carpal tunnel, neuropathy, PMS, fibromyalgia, diabetes, multiple sclerosis, rheumatism, and there has been recent studies with its help in slowing down ALS.

Topically, even small amounts of cannabis are able to block pain receptors and open up pleasure receptors. **Cannabis Health And Beauty Aids - CHABA** - are considered to be any product used on top of the skin and are less than .03% THC by volume. They act as powerful localized therapy without any psycho-active effects. CHABA is completely legal for massage therapy use in the state of Washington. By reducing or eliminating pain, they will make you feel great but will not get you high. Because the dosage is low, CHABA will not show up with drug testing.

Using CHABA topically during massage, amplifies the healing and pain relief benefits. The results last longer. With permission, I use CHABA, as necessary, in massage and bodywork sessions. I do not charge an add on fee for the use of CHABA during a session. Products are available for purchase.