

CBD for Addiction

Once considered a dangerous drug like Cannabis, Hemp based CBD is now being promoted to help users quit some addictions.

The United States Surgeon General reported that in 2015 over 265 million persons required treatment for addictions to alcohol or illicit drugs. Even with the many years of prevention information, there are still more than 45 million Americans smoking cigarettes.

Early research has shown that CBD can help in reducing substance dependence. In a recent pre-trial on smoking, it was shown that when using CBD, participants reduced their smoking habit by up to 40%.

Neurodegeneration is the main cause of addiction relapse and the chronic nature of alcoholism. CBD is a neuroprotectant that protects and repairs the brain from alcohol damage. Additionally, CBD has shown the ability to lower stimulus cue-induced drug or heroin seeking behavior by helping to prevent cravings leading to relapse. Interestingly CBD counterbalances the "high" feeling associated with the effects of THC, which helps to curb the side effects caused by using Cannabis.

How Does CBD Work

The reason why CBD is now showing promising results in the treatment of many conditions is because of how our bodies are affected by it. CBD is a cannabinoid compound that, when taken, supplements an internal system called the endocannabinoid system. This system is found across our brain, glands, organs, immune cells and even connective tissue. It plays a regulatory role in physiological processes like mood, appetite, pain-sensation, and memory. Additionally, effects on the immune system, nervous system, digestive system, reproductive system, endocrine system and muscular system, reveal that cannabinoids play a large role in our body's health. By taking CBD, you are stimulating the receptors of many of these systems.

CBD Helping Addiction

With the excessive use of alcohol, two main body areas are damaged - the liver and the brain. Damage to the brain is the reason alcohol dependency and relapses occur. Excessive alcohol causes the slow killing off of the neurons in our brain. This leads to cognitive and behavioral changes and may lead to addictions. CBD, being a neuroprotectant, protects and even repairs the brain from neurodegeneration. A recent study showed a 48.8% reduction of degeneration in subjects using CBD.

The most apparent withdrawal symptoms for persons quitting smoking are anxiety, insomnia, and irritability. This is usually caused by the fact that nicotine in smoking enhances the brain reward mechanisms, while also desensitizing the neuron receptors. So when you stop smoking, your brain craves for reinforcement via withdrawal signals or symptoms. By interfering with brain mechanisms responsible for these reinforcements, CBD reduces these negative symptoms. Again, this also prevents the brain neurons from being desensitized.

As with smoking and alcohol, opioid-dependent individuals are turning to CBD to help curb their cravings. After addiction treatment, the targeting of craving and relapse is a major goal for recovery therapies. Scientists have found that symptoms of cravings are mediated by increased transmission of the neurotransmitter glutamate, found in areas of the brain such as the hippocampus, the region of the brain responsible for learning and memory. CBD has shown a lessening of what are known as "cue-induced cravings" brought on by a stimulus like association. The reduction of anxieties can help to lessen the needs of dependent individuals.

Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. In taking CBD for addiction, dosing can vary widely depending on the degree of your cravings and withdrawal symptoms. A person with mild cravings and minimal symptoms may experience relief on as little as 15mg to 25mg CBD per day, with an occasional boost as situations arise. Being an all natural alternative, it does not build up in your system and cannot be overdosed.

May we suggest trying one of our **CuBED Hemp based CBD Tinctures**. Available in **1200mg or 3600mg** concentrations, mixed with our exclusive Extra Virgin Olive Oil from Italy or with All Natural Hemp Seed Oil. **Our Graduated Dropper makes it simple to dose properly.**

It is important to consult with your healthcare provider before starting any supplement program.

It has been suggested to start with a dose of **15mg to 20mg** of CBD. After a few days, you may want to increase your CBD dosage. Steps of **5mg to 10mg** are suggested to give time to monitor changes. Monitor your craving levels; be aware of how you feel. Don't hurry the process. Wait 3 to 4 days between changes. This will allow you to determine the dosing that your body requires to meet your goals.

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