

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN



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CBD OIL—HARMFUL OR HEALING?

CBD oil is rapidly emerging as one of the most popular natural remedies on the market today. In some places like New York City, food trucks sell an assortment of candy and other products containing CBD. With no age restrictions on its use, some people—even children—are consuming CBD on a very frequent basis. While CBD oil is recommended for a long list of ailments with glowing reviews, consumers should think very carefully before jumping on the bandwagon. This article reveals the very potential dangers of use by otherwise healthy people so that you can make a truly informed decision for your family. Cannabis contains two chemical components of medical interest: THC—the plant’s famous psychoactive component—and CBD (cannabidiol), which is considered non-psychoactive. The highly fat-soluble cannabinoids in marijuana are stored in fatty tissue and cannabinoids can continue to affect mental performance, the immune system and other cellular activity after initial exposure. Unlike alcohol, which leaves the bloodstream in four to five hours, the psychoactive components of marijuana can remain in the body for days or weeks, impairing neurological function and reaction time. Therefore, daily or weekly users never completely detox from this drug and may be at risk for poor judgment and slowed reaction time. Cannabis potency has been increasing over the past seventy years. In the 1960’s, cannabis had a THC content in the range of 0.5 to 3 percent. By the 1990’s, the THC content had risen to around 6 to 8 percent, and today most cannabis flowers sold in dispensaries contain 20 percent or more THC. Cannabis has drug-like effects, some of which may be useful in medicine, but it is not a cure-all, and—like all drugs—it has side effects, including addiction. The cannabis industry has aggressively promoted CBD products to health professionals and consumers, claiming that the product can cure everything from cancer to seizures to digestive issues. The increasing availability and apparent popularity of over-the-counter CBD products have persuaded many consumers to take cannabis as a supplement. While CBD oil taken orally may not be “psychoactive,” it definitely has effects on the brain and is associated with side effects. *Epidiolex*, the first cannabis drug, is a purified form of CBD for the treatment of seizures. The drug comes with precise instructions as to dosage and use, with specific warnings against abrupt discontinuation. “When discontinuing *Epidiolex*, the dose should be decreased gradually. As with all antiepileptic drugs, abrupt discontinuation should be avoided when possible, to minimize the risk of increasing seizure frequency and status epilepticus.”

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The package insert also lists the following side effects: hepatocellular injury, somnolence and sedation, suicidal behavior and ideation, hypersensitivity reactions and withdrawal of anti-epileptic drugs. Fans of CBD oil claim that it is safe because it has zero inherent psychoactive properties like THC. Research from the 1970s seems to confirm that CBD is well tolerated up to 600 mg without psychotic episodes. However, more recent research disputes this assumption. A group of researchers in Japan discovered a disturbing problem with CBD. They found that CBD converts to THC, the same psychosis-inducing substance found in marijuana. The team of researchers found that when CBD comes in contact with an artificial gastric juice, it is converted into the psychoactive THC. When people ingest cannabis in cakes or cookies containing sugar, or in beverages containing alcohol, the stomach becomes more acidic and is more likely to convert relatively benign CBD into more powerful and dangerous THC. The latest research seems to indicate extreme caution when it comes to the ingestion of CBD oil especially by children. The journal *Future Neurology* warns that cannabis exposure crosses the placenta. Since CBD partially converts to THC under acidic conditions, women who consume CBD oil for morning sickness or other discomforts of pregnancy should understand that use may mimic using marijuana. Just because CBD oil is natural and works effectively to alleviate symptoms does not mean it is safe for your baby. Some CBD products and oil come from plants other than cannabis. Hops is one that is popular currently. Be warned that no matter where CBD comes from, the potential for conversion of CBD to THC in the digestive tract exists. CBD is ultimately a cannabinoid no matter what plant it comes from. Given these findings, it seems that the safest way to use CBD is as an oil or salve applied topically on the skin or intravenously to avoid the acidic conditions within the digestive tract. While the risks of THC exposure from CBD oil are likely of little concern for gravely ill people who desperately need it, for otherwise healthy people and children, beware!

Healthy 3 Ingredient Flourless Brownie Recipe

Preheat the oven to 350 degrees, grease a small cake pan and set aside. In a small pan melt **1/2 cup smooth almond butter**. In a large mixing bowl mash **3 medium overripe bananas** (approximately 1 cup). Add warmed nut butter and **1/4 cup cocoa powder** and mix very well. Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces. For a smoother batter, add all ingredients into a blender and blend well. For the best texture, enjoy refrigerated.



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*Winter is the time for comfort,
for good food and warmth, for
the touch of a friendly hand
and for a talk beside the fire:
it is the time for home.*



*Wishing you a warm holiday
season filled with wonderful
moments. We thank you for
your friendship and support.*