

How CBD impacts the brain

The medicinal benefits of CBD have been recognised for millennia. Documented in the medicine books of many ancient civilisations, it seems our modern civilisation is just about to catch up.

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Changes to laws surrounding the cannabis plant since the turn of the century, have meant scientists can once again study the plant in greater detail. With more in depth studies, come more in depth uses for the compounds found in the plant.

What is CBD?

One of over 60 cannabinoids found in the cannabis plant, *CBD is a non-psychoactive chemical compound* which can be extracted from industrial hemp. A 2018 World health Organisation (WHO) report found there to have been no incidences of abuse, dependence or negative impacts on health from the use of CBD.

How does it work?

Once consumed, the compound interacts with the body's endocannabinoid system (ECS). The ECS is a biological system within the human body that is made up of neurotransmitters which attach with cannabinoid receptors and their receptor proteins.

Making up part of the central nervous system, the ECS acts like a bridge between the brain and body. It is responsible for management of pain, sleeping patterns, appetite and immune response, amongst other bodily

functions.



How does CBD affect your mood?

The receptors in the ECS react to hormones, as hormones play such a large part in your demeanour, their levels can determine your mood. CBD promotes the production of hormones and can help you find the balance you need to elevate your mood and remain productive.

Two such hormones are serotonin and dopamine. Responsible for keeping you content and calm, but also engaged and excited, a healthy balance of serotonin and dopamine is crucial to productive functionality.

Promoting good moods

Dopamine is the hormone that is released when you partake in a high energy or exhilarating activity. When you finish a run, jump out of a plane, or even just watch sport, the excitement you experience is a dopamine release. Dopamine is like a reward system any pleasurable

activity and the reason for thrill seeking.

Serotonin works in much the same way, except it is a little more to do with activity. When you partake in physical activity the bodies muscles produce tryptophan. This amino acid is what your brain uses to produce serotonin and leads to the 'high' sensation felt after a run or visit to the gym.

These two hormones help with appetite, memory, libido and sleeping patterns, as well as many other important functions within the body. Sun light, exercise, sleep and even massages can all help with the production of serotonin and dopamine. Having the right balance of these activities means levels of the hormones do not end up depleted.

With serotonin and dopamine reliant heavily on sleep for their production, a healthy sleeping pattern is essential. As a relaxant, CBD helps calm the mind and body making it easier to wind down. With reduced anxiety and stress, the 'promise-land of nod' should be much easier to reach.

Working away whilst you sleep, CBD has also been shown to reduce sleep disturbances such as nightmares. By helping you maintain sleep cycles, your brain has a chance to regenerate all the essential hormones needed for a successful and productive day.

Diminishing dark thoughts

As well as producing hormones, CBD can also help in reducing them. Studies have shown that CBD can alter the flow of blood in the brain. In reducing the flow of blood to the area of the brain responsible for anxiety, a person's sense of anxiety is also reduced.

An anxious brain produces a hormone called cortisol. This can have a negative impact on the brain's response to situations and to general well-

being. Reducing the flow of blood to the area responsible for anxiety reduces the production of cortisol and in turn, helps you to relax.

When the brain is stressed, it experiences systemic inflammation, this also sees more cortisol released into the body. As CBD has natural anti-inflammatory properties, it helps to reduce the swelling, reducing stress and levels of cortisol.

CBD as an anti-Inflammatory

The anti-inflammatory properties of CBD can be attributed to much of its success as a medicine. As we mentioned earlier, the flow of blood and reduction in swelling on the brain has an overall positive affect on the mind and body.

There are many cognitive impairments associated with swelling on the brain that CBD can help with. Associated with anxiety, ADHD, depression, Alzheimer's, bi-polar or just stress, this swelling can be reduced with routine CBD intake.

Another benefit of CBD is its work as an antioxidant. Over time, oxygen can damage areas of our brain and CBD works to counter the oxidative corrosion in the brain, improving its shelf-life.

One common issue with strong links to oxidative damage is Parkinson's Disease. Using CBD as part of a daily routine will alleviate the death of brain cells through oxidative corrosion, of which we are all susceptible to by simply living.

CBD and the wellbeing market

As we uncover more and more about the plant, governments and governing bodies have been much less restrictive on access to CBD.

Companies like Goodrays in the UK are manufacturing and distributing various products that contain a healthy dose of the compound, delivered in a consumable such as soft drink or sweet.

Using certified CBD isolate (0% THC), their offerings are a simple solution making CBD part of your daily life. As simple as opening a can and drinking, 20mg of CBD are delivered into the body and get to work connecting with your endocannabinoid system.

The wellness market craves organic products, and as such the products Goodrays promote are healthy, organic, recyclable and sustainably sourced. Their work aims to bring to light the benefits found in the cannabis plants as well as bringing about a better way of life for their customers.

In a world where everybody is trying to be a little more productive, whilst leaving less of a footprint on the planet, Goodrays seem to have found a solution. You can [visit their website here](#).