

## Keeping it Current Raising Healthy Teens CBD

Did you know?

### CBD Won't Get You High

CBD has various health benefits but it will NOT get you high! Even though CBD comes from cannabis (the same plant species that brings us marijuana), CBD products contain little to no THC – the psychoactive chemical that creates a high, euphoric effect.



The cannabis plant produces over 500 chemical compounds; over 100 are cannabinoids (chemical compounds that produce a range of physical and mental effects).

Delta-9-tetrahydrocannabinol (THC) and Cannabidiol (CBD) are the two most common cannabinoids.

### The Facts:

- THC is delta-9-tetrahydrocannabinol, the main psychoactive ingredient in the cannabis plant. It's what makes you feel "high" when you smoke marijuana or eat an edible.
- CBD is the largest non-psychoactive component of marijuana, and interest in its effects is growing. The CBD industry has started to expand and market its products as "life promoting" to healthy individuals.
- Hundreds of online companies are selling this substance, with the market estimated to grow to \$2.1 billion in 2020. Tinctures, edibles, sprays, vaping liquid, capsules, and items such as gels, hand lotions, and shampoos are widely available, varying in price and cannabidiol content.
- Teens and young adults are using this substance as a homeopathic remedy for pain, depression, and anxiety symptoms, acne, and insomnia, and for boosting productivity. However, there are significant differences between compounds studied in labs for medical conditions like epilepsy and products that are sold to consumers for well-being.
- The biggest problem with CBD is that there is a lack of well-controlled trials and little understanding of the long-term effects. These products are, for the most part, unregulated, so users have to rely on the quality assurances of the companies that manufacture and sell them.

## The Risks

- Adverse events and side effects such as decreased alertness, changes in mood, decreased appetite, gastrointestinal issues
- Unreliable dosage and purity (not all are FDA-approved)
- Unproven health and wellness claims
- Unknown health effects

## Warning Signs

There are minimal side effects of using CBD so it is hard to tell if someone is using these products. If you suspect your child is using a CBD product, talk to them about cannabidiols. Share that they are unregulated so you do not know the levels of concentrations.

# CBD EFFECTS ON THE BODY

**BRAIN**  
Minimizes levels of chronic stress, used to act as an antidepressant and anti-anxiety compound.<sup>1</sup>

**HEART AND CIRCULATORY SYSTEM**  
Prevents plaque accumulation in arteries. Ability to lower high levels of blood pressure.<sup>2</sup>

**STOMACH**  
Acts as an anti-emetic and controls appetite. Helps to decrease immoderate gastric acid and diminish abdominal pain.<sup>3</sup>

**INTESTINES**  
Treat disease associated stomach pain, lessening nausea, and healing inflammation throughout the body.<sup>3</sup>

**PAIN MANAGEMENT**  
Eases joint pains treating chronic conditions like arthritis. When active, ingredient interacts with receptors to reduce pain and effects of inflammation.<sup>4</sup>

1 - R de Mello Schier, Alexandre, et al. "Antidepressant-like and anxiolytic-like effects of cannabidiol: a chemical compound of Cannabis sativa." *CNS & Neurological Disorders-Drug Targets (Formerly Current Drug Targets-CNS & Neurological Disorders)* 13.6 (2014): 953-960.  
2 - Jadrow, Khalid A., Gary D. Tan, and Soheila E. O'Sullivan. "A single-dose of cannabidiol reduces blood pressure in healthy volunteers in a randomized crossover study." *KCI insight* 2.12 (2017).  
3 - Ahmed, Momen, and Seymour Katz. "Therapeutic use of cannabis in inflammatory bowel disease." *Gastroenterology & hepatology* 12.11 (2016): 668.  
4 - Kozar, Ethan B. "Cannabidiols in the management of difficult to treat pain." *Therapeutics and clinical risk management* 4.1 (2008): 245.  
5 - Puckin, Linda A., Eric M. Koch, and Cheryl L. Lomberen. "Regulation of nausea and vomiting by cannabidiols." *British journal of pharmacology* 163.7 (2011): 1411-1422.

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