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Dr. Nik Jasani Talks About CBD

CBD

Is It For Me?



Everyone has questions about CBD. Fortunately, Dr. Nik Jasani of Wellness Biosciences RX has answers. An expert in CBD, Dr. Jasani is happy to set the record straight regarding CBD.

What is CBD?

CBD is a compound found in the cannabis Sativa plant. There are 113 known compounds (also known as cannabinoids). Other compounds include DBDA, CBG, CBN, CBD, phenolics, and terpenes.

Why would I consider using CBD?

CBD can be used as a wellness based product for mild issues with stress, sleeplessness, mild aches and pains, it can be implemented in a step wise fashion before moving to traditional medications which can be utilized as the next step. Due to the minimal side effect profile and the interactions with our own endocannabinoid system these compounds can be utilized in a thoughtful way for mild ailments before moving to traditional medications.

How does CBD work?

To understand CBD, you must first understand that every mammal on the planet has a natural endocannabinoid system. This biological system consists of millions of cannabinoid receptor sites located primarily throughout the brain, central nervous system, and immune system.

What does the endocannabinoid system do? It helps us regulate our body's cellular communication, metabolism, memory, and

much more. CBD fits in like a lock and key into the endocannabinoid system receptors. This impacts physiological processes affecting physical modulation and appetite plus muscular effects and other immune system responses.

The endocannabinoid system has two distinct types of receptors – CB1 and CB2. CB1 is mostly found in the brain; CB2 receptors are found within the immune system.

What is the difference between CBD isolate and full-spectrum?

CBD can be used as a concentrated isolate to help address specific therapeutic needs, depending on the individual. CBD can also be used as a full-spectrum supplement, which means that the oil contains all of the naturally occurring compounds found in the cannabis plant, not just CBD.

By including all of the cannabinoids, full-spectrum CBD creates what's known as the "entourage effect," where the full group of compounds works synergistically together with our bodies to help support and regulate many of our body's internal processes.

What results can I expect with CBD?

CBD is a plant-based wellness compound that can result in numerous wellness-associated benefits, such as improvement in occasional sleeplessness, relaxation and stress, and improvement in joint and muscle function. Since the ECS system regulates so many processes in the human body, any molecules that interact with this system can illicit downstream effects in the body resulting in various wellness-associated benefits.



Wellness BioSciences Rx

For more information on Wellness Biosciences RX, check out their website, <https://wbrxglobal.com>, or email Sean at admin@wbrxglobal.com.