

# **CBD for Crohn's Disease**

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## **CBD Reduces Inflammation in Chron's Disease**

Using CBD oil has been known to reduce and prevent inflammation all over the body, and your intestines are included in the healing package. Nearly 700,000 people in the United States have some form of Crohn's disease. This chronic disease is caused by inflammation in your digestive or gastrointestinal tract, which is why CBD solutions have been getting attention in the medical community.

## **What Is Crohn's Disease?**

Crohn's disease is a chronic inflammatory bowel disease (IBD, not to be confused with IBS which is an irritated bowel and not an inflamed one) that is known for inflammation in the digestive or gastrointestinal (GI) tract. It is an incurable disease that increases the risk of cancer in areas affected. While it can be anywhere along the digestive line from your mouth to your anus, it is most commonly found at the end of the small intestine.

## **Symptoms of Crohn's Disease**

- Frequent, recurring diarrhea
- Rectal bleeding
- Unexplained weight loss
- Fever
- Abdominal pain and cramping
- Fatigue and a feeling of low energy
- Reduced appetite

The pain can range from moderate to severe, which is when people start looking for good pain killers and anti-inflammatories and steroids. But eventually, the body can build tolerance or the treatments just don't work. And you're left with a painful experience anytime you want to do something that helps us survive: eating.

### **Why Use CBD**

Cannabidiol (CBD) is a chemical found in the cannabis sativa plant. Even though it comes from the same plant as the chemical THC, it doesn't have the same ability to give a psychoactive effect. Which just means you don't have to worry about that "stoned" feeling you might be trying to avoid.

CBD has very mild side effects compared to other medications. There is no risk for physical dependency, which makes it a great candidate for pain relief considering the opioid epidemic.

More and more research has been coming to light about hemp oil and its curing properties because of its interacting with a system in the body called the Endocannabinoid System (ECS).

### **The Endocannabinoid System and Crohn's Disease**

Recently discovered, the endocannabinoid system resides in the brain and regulates the body; this includes the gut. The ECS tells your body how hot to be, how much acid to have in the blood, and even how much pain you feel. It is also closely interactive with your immune system, which makes cannabidiol a great candidate to help with autoimmune diseases.

Generally, if you are having inflammation or pain that is chronic and constant, your ECS is out of sync and needs some help. By using hemp oil medications, you can help your body figure out how to work properly without a long list of nasty side-effects while the CBD naturally reduces inflammation.

This is why most people are turning to CBD treatments, they need something that works. By using CBD, you aren't just getting help from chemicals outside of your brain. It also helps revamp and pump up the chemicals that are already in your brain that may need a "pick me up". One of the neurotransmitters that is affected by CBD that is most relevant to people in pain is anandamide (AEA).

### **CBD Slows Anandamide Breakdown**

Anandamide (AEA) is produced naturally by the brain and is known for its ability to regulate pain.

Studies suggest that AEA has the ability to reduce inflammation as well as pain. When they studied patients with these symptoms and measured their AEA, they found that patients with lower levels of Anandamide had more inflammation than the patients with higher levels.

There are many medications that are out there that help prevent the breakdown of AEA. Slowing the breakdown process has shown improvements in pain and inflammation, but CBD oil does more than just help the neurotransmitters stay active for longer.

Using hemp oil treatments for your pain is becoming more and more suggested as research is finally unfolding the wonderful benefits behind CBD. One of the most important things that cannabidiol does for pain is blocking enzymes from breaking down AEA, CBD increases Anandamide levels you already have.

CBD lacks the ability to communicate with the brain directly, which takes away any chance of a psycho-active reaction.

By using CBD oil for Crohn's disease, you are attacking the disease in all of the places it is attacking the body. It protects the stomach, it reduces pain, and it decreases inflammation. All in one medication that has a surprisingly

short side-effect list. Another great thing about CBD medications is all the forms it comes in. If you are uncomfortable smoking your medicine, that's okay! CBD comes in pills, liquids, and foods to cater to all audiences. Check out our store today to find the calm in your GI tract's storm.