

# Can CBD Help You Quit Smoking & Drugs?

By: [www.ministryofhemp.com](http://www.ministryofhemp.com)

## RESEARCH SHOWS CANNABIS COULD HELP CURE YOUR BAD HABITS

Once considered a dangerous drug and the The Assassin of Youth, Cannabis is now being softly promoted to help you quit your drug addiction. Early research shows that Cannabidiol(CBD), found in cannabis, can help curb a wide range of addiction. Ranging from alcohol addiction, smoking, to even substance abuse, CBD (or a mix of high CBD and low THC) shows promising results to help reduce one's substance dependence. Here are some highlights from published clinical trials:

- Clinical trials proved that those treated with CBD significantly reduced the number of cigarette they smoked by ~40% during treatment (Source)
- A study used CBD for the treatment of alcohol-induced neurodegeneration. Neurodegeneration is considered to be the main cause of chronic and relapsing nature of alcoholism. (Source)
- CBD lowers stimulus cue-induced heroin seeking behavior, helping to prevent heroin craving and relapse (Source)
- CBD actually counterbalances the "high" effects of THC, helping to curb side effects caused by smoking marijuana (Source)

## HOW DOES CBD WORK IN OUR BODIES?

Recent research publications reveal that CBD has a lot of promising physiological benefits. There are publications that show it can help with conditions such as addiction, anxiety, depression, multiple sclerosis, cancer, stroke, obesity/metabolic syndrome, neuropathic pain, Huntington's disease, myocardial infarction, movement disorders, hypertension, glaucoma, seizure disorders, Parkinson's and osteoporosis, and MORE!

## **Sounds a bit too good to be true?**

The reason why CBD has shown to be so helpful in all of these illnesses is because of how CBD affects our bodies. When you take CBD, you're supplementing an internal system known as the endocannabinoid system. Discovered by Dr. Raehel Mechoulam from Hebrew University in 1992, this system is found across our brain, organs, glands, connective tissue and immune cells. It also has regulatory roles in many physiological processes including appetite, pain-sensation, mood, and memory. In this system, cannabinoids can help regulate every physiological system such as our nervous system, digestive system, reproductive system, immune system, endocrine system, and muscular system. By taking CBD, you are stimulating the receptors of your nervous system.

## **SO HOW DOES IT ACTUALLY HELP WITH ADDICTION?**

When it comes to substance abuse, the reason CBD is known to be so beneficial is because of its role in our neurosystem. To better understand this, let's take two examples: 1. Alcoholism & 2. Smoking Addiction

### ***1. CBD helps protect your brain against damages caused by alcohol***

When someone starts drinking alcohol excessively, the liquor damages our body in two main areas: our liver and our brain. Between these two, the reason one starts to rely on alcohol and relapses into a habit of drinking is because of the latter. Excessive alcohol causes neurodegeneration, which means that it starts to slowly kill off the neurons in our brain. This impairment causes behavioral and cognitive changes that increases the tendency for us to chronically relapse into substance abuse.

One of CBD's main benefits is known to be as a neuroprotectant. This means it protects (and even repairs) the brain from the damages caused by substances such as alcohol. In the study to test this hypothesis, "the CBD gel resulted

in a 48.8% reduction in neurodegeneration” in the patient. In layman terms, CBD helped protect the patient's brain from further damage.

## *2. CBD helps reduce withdrawal symptoms from smoking*

The most apparent behaviors of withdrawal symptoms from smoking are anxiety, insomnia, and irritability. These are mainly caused by the fact that nicotine and THC enhances the brain reward mechanisms, while also desensitizing the neuron receptors at the same time. When you stop smoking, your brain is asking for reinforcements through the signals of withdrawal.

CBD helps to reduce these negative symptoms by interfering with brain mechanisms responsible for the reinforcements. In parallel, CBD also stimulates the receptors of your nervous system, which prevents (or repairs) the neurons from being desensitized.

## **WHAT'S THE BEST WAY TO TAKE CBD?**

If you're looking to quit smoking, what type of product is your best bet? How about for alcohol addiction? Or any other substance abuse?

Our in-house research of combing through published papers and conducting our own survey show that there's no one perfect product (or even dosage). You might not feel a thing taking CBD capsules, while taking CBD tinctures sublingually (under your tongue) might make a world of difference. What works for one person won't work the same way for others.

So the best advice is to try a variety before making a decision. Don't buy the most expensive option or even the highest concentration. The best strategy is to start off at a smaller dosage and building up your intake gradually. If you're confused about the different type of products that are out there, check out our post on [Top 6 Ways to Take CBD](#).

One solid advice is to utilize CBD as a substitute to any drug dependence you might have had before. If you smoke, using a vape pen to smoke CBD will probably be more effective for you than taking CBD pills. Another method is to find ways that are most comfortable for you. If you think eating sweets can also help curb your cravings, then consider trying CBD edibles (candies or taffies).

Whatever you do try, know that the first couple of weeks will be trial and error. We hope you'll find the product that works for you.