

The ECS is the most common neurotransmitter system in the brain and the second most common in the body. Using sublingual CBD extracts (usually 20-60mg/day) will impact the brain centers and organ systems in the body to improve these conditions.



CBD is very simple to use. For massage therapy it comes in a weaker cream or more potent gel. CBD topicals are odorless with no unpleasant menthol or camphor smell like all of the other topical products. It is fat soluble and therefore requires significant pressure and rubbing of the compound into the affected area. Use the topical on points that are exquisitely tender to palpation. About one minute of firm massage of the topical over a tender point will result in absorption of the CBD past the epidermis, into the dermis and subcutaneous tissue. As a general rule, if it hurts when you put moderate pressure on the area, then the CBD will help. This is especially true with spinal degenerative disk disease. In many cases clients with painful cervical or lumbar degenerative disks can have marked benefits with topical application of CBD. If there is exquisite tenderness to deep pressure over a cervical or lumbar segment, then try applying the CBD gel to the area for one minute with deep tissue massage. Many times the CBD will penetrate deep enough into the tissues to have marked benefits. For peripheral neuropathy, and fibromyalgia a weaker CBD cream should be tried first. Use larger amounts of the cream and rub it firmly into the larger affected area of tingling, numbness, or areas with pain to light palpation. More potent CBD gel can be tried if the cream is not getting good results. For most conditions it is recommended that you ask the client to use sublingual CBD extract for the systemic effects. High quality, safe, contaminant-free, whole-plant CBD extracts are recommended. In my observation over 95% of the CBD products online or in neighborhood stores are made with CBD isolate, may have contaminants and often have very low amounts of CBD. I have helped develop the lovely line of CBD extracts at www.TheHempDepot.org. These products meet all of the requirements and are moderately priced and shipped right to your office or your clients home. For more choices of products go to www.CBDoilreview.org and search "5 star" brands. The extracts are for sublingual administration. If you swallow the extract 85% will be metabolized by the liver to waste products that have no therapeutic effects. There extracts com in a dropper bottle for easy to measure doses that are applied under the tongue for best absorption. The effects of CBD therapeutic massage are often dramatic, so if a client does not have some measurable impact from the first massage session, look at the massage technique, and consider using more CBD topical next massage session.



In the past few years dozens of high quality research trials have been done with CBD. The World Health Organization (WHO) has recently recognized the therapeutic benefits and recommended that it not be listed as a controlled substance as longer. In 2017 the National Institutes of Medicine (IOM) released an 800page report on the 11 therapeutic benefits of cannabinoids including THC and CBD. CBD is very effective because it is mimicking our naturally occurring eCBs. We are replacing the eCBs that are deficient due to the effects of aging and stresses of life. By replacing what has been lost we are helping the body heal itself, and get inflammatory processes back in balance, and turn of pain thresh hold up in our brain up to a normal level.



CBD medications have a long half-life which means most people can use the sublingual medication once a day. However, for more severe symptoms twice daily sublingual dosing is recommended. For more details on dosing sublingual CBD extracts I strongly recommend my book for patients and caregivers called, *CBD: What You Need to Know* (Amazon \$10.99, Kindle edition \$4.99). This book provides the necessary education about the ECS, eCBs, THC, CBD and other components of hemp oil, legalities and discusses specific dosing guidance for 24 conditions. There is no high-quality research on CBD massage, however, the many practitioners that have been using it for fibromyalgia, arthritis and chronic headache clients say it last 10-14 days. CBD attaches to the cannabinoid receptors and stimulates them, but there is no enzyme to quickly metabolize the CBD so it has a half-life of several day. This 10-14 day duration of effect from CBD massage is particularly noticeable when it is supplemented with sublingual CBD extract daily.



The usual precautions should be observed when using any topical product, to keep away from the eyes, mouth, mucous membranes and infected or ulcerated areas. However, CBD has been shown to dramatically improve eczema and psoriatic plaques so the CBD topical can be used on red, irritated skin. CBD reduces fibrosis in tissues, and can safely be used on contractures, as well as Dupuytren's and Peyronie's fibrotic nodules. Studies suggest that CBD may be used in the future as a primary treatment of fibrotic skin and subcutaneous conditions.



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