



How does cannabis work?

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Just like your respiratory and cardiovascular systems, everyone has an **endocannabinoid system (ECS)**. Your ECS has an important job: **It is responsible for keeping all of your other systems in balance with one another as you encounter stress throughout your daily life.**

Your ECS is made up of **CB1 receptors found in the brain and nervous system, plus CB2 receptors in all of your organs and immune cells.** When cannabinoids bind to these receptors, our bodies can communicate more effectively with themselves and **return to internal balance.**

On a fundamental level, cannabinoids are helping neurotransmitters cross from the presynaptic terminal of one cell to the post-synaptic terminal of another cell at a balanced, healthy rate.

Your ECS is supported by cannabinoids, which are compounds found naturally both within your body **and** in the cannabis plant.

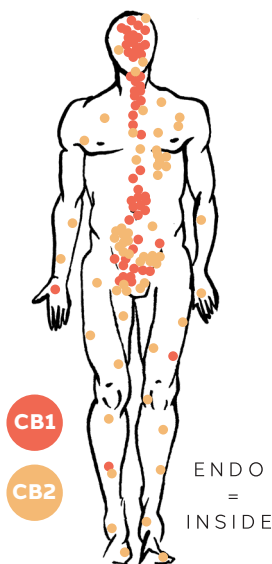
Cannabis produces **phytocannabinoids** that are very similar to your body's own **endocannabinoids.**

*Sometimes, our bodies can have an **endo**cannabinoid deficiency and need extra support.*

*If this happens, we can supplement with **ph**ytocannabinoids derived from the cannabis plant.*

You can think of cannabinoids like you would any other nutrient. For example, if you're deficient in potassium, your doctor may tell you to eat more bananas. **If you're deficient in cannabinoids, you can consume more cannabis.**

Did you know? Research is suggesting that some conditions may be directly connected to an endocannabinoid deficiency. This includes migraines, fibromyalgia, Irritable Bowel Syndrome, chronic pain, and epilepsy.



Two Phytocannabinoids: THC and CBD

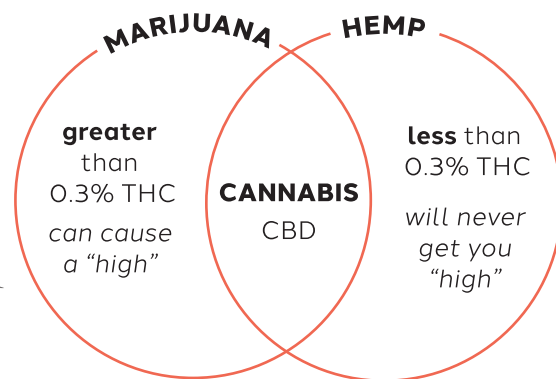
THC primarily binds to CB1 receptors in your brain and nervous system, **making it responsible for the 'high' or intoxicating / psychotropic experience often associated with cannabis.**

CBD is a non-intoxicating cannabinoid known for its highly therapeutic potential. Rather than binding to your receptors, CBD's primary function is to slow the breakdown of your own endocannabinoids so that your body can use them more effectively.

Hemp vs Marijuana

Cannabis, just like many other plants, has a variety of species, each with a slightly different chemical makeup.

The terms marijuana and hemp are two names that we have assigned to distinguish a particular plant's cannabinoid profile from another. Every cannabis plant is likely to have some amount of all cannabinoids, but what distinguishes hemp from marijuana is its level of THC.



The 2018 Farm Bill made hemp legal across the country. Companies are now creating CBD products from that hemp that can legally be shipped nationwide.

CREATED IN COLLABORATION WITH *Hempseley*



The 3 Major Types of Cannabis

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When it comes to cannabis, the **cannabinoid profile** of the plant or product will determine the level of “high” you experience.

There are over 100 different cannabinoids found in the cannabis plant, but the two most commonly found in dispensaries are THC and CBD. THC and CBD are found in a wide variety of ratios when growing and manufacturing cannabis, and **the industry has begun categorizing these into three primary “Types” of cannabis.**

↑ MORE HIGH ↓ LESS HIGH	Type 1 THC-Dominant	THC is the cannabinoid known for its intoxicating or psychotropic properties, also known as a “high.”	THC acts similarly to your body’s own natural endocannabinoids. THC primarily binds to CB1 receptors in your brain and central nervous system. <i>Type 1 cannabis products are a popular choice for anyone seeking a psychotropic experience alongside their symptom relief and management.</i>	Research suggests that THC’s properties include: <ul style="list-style-type: none">• 20x the anti-inflammatory action of aspirin• Analgesic• Anxiolytic• Antidepressant• Antiemetic• Muscle relaxant• Antiproliferative• Anticonvulsant• Immune modulation• Appetite stimulant
	Type 2 Balanced CBD:THC	When balanced with CBD, the psychotropic effects of THC are reduced to create a more mild and balanced experience.	While a 1:1 ratio of CBD:THC is perfectly balanced, other ratios of up to 1:5 or 5:1 could also be considered a Type 2 “balanced” product. <i>Type 2 cannabis products are a popular choice for anyone new to cannabis who’s looking for symptom relief without getting “too high to function.”</i>	The Ensemble Effect is a theory that using THC and CBD together can enhance their therapeutic properties. Research suggests that when THC and CBD are used together, there’s an increased likelihood of anti-inflammatory and analgesic effects. CBD may also help reduce some of the negative side effects of THC, like paranoia and cannabis-induced anxiety.
	Type 3 CBD-Dominant	CBD is a cannabinoid that doesn’t create a high when used alone or in the presence of small amounts of THC. Outside of hemp-derived CBD with less than 0.3% THC, common CBD-dominant ratios found in dispensaries include 10:1 and 20:1 CBD:THC.	While CBD can loosely bind to some of your ECS receptors, its primary function is to slow the breakdown of your body’s own naturally produced endocannabinoids so that you can use them more effectively. <i>Type 3 cannabis products are a popular choice for anyone who is sensitive to THC or looking for symptom relief without experiencing a “high.”</i>	Research suggests that CBD’s properties include: <ul style="list-style-type: none">• Anti-inflammatory• Analgesic• Anxiolytic• Antidepressant• Antiemetic• Muscle relaxant• Antiproliferative• Anticonvulsant• Immune modulation• Antipsychotic

When dosing any new product, always start low and go slow. Download our Microdosing guide at myfeelstate.com/blog