

# CBD AND HEALTH

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**A**t Optimal Health Associates, we have been utilizing Cannabidiol (CBD) tincture oil, capsules and lotion over the last several months – as a primary intervention and secondary alternative for menopausal, psychiatric and neurological issues, bowel dysfunctions, rheumatologic and chronic pain difficulties and other conditions. The results have been meaningful to our patients, and thrilled the provider team.

CBD is the major non-psychoactive component of Cannabis Sativa L. (hemp). Since 2012, hemp plants have been selectively developed and grown, and a few manufacturers further purify their products, to contain high concentrations of CBD and very low amounts of the psychoactive component Tetrahydrocannabinol (THC).

In 2014, Congress authorized the growth, cultivation and marketing of industrial hemp (differentiated from marijuana plants) in states that have legalized such activities. Last year, Oklahoma's House Bill 1559 allowed for Cannabis Sativa L. (Hemp) containing less than 0.3% of THC by dry weight to be shipped into the state. The January Oklahoma State Pharmacy Board News, section 18.08, page 4, specifically allows for the use of purified synthetic derived (hemp) CBD oil that is completely absent of any THC whatsoever.

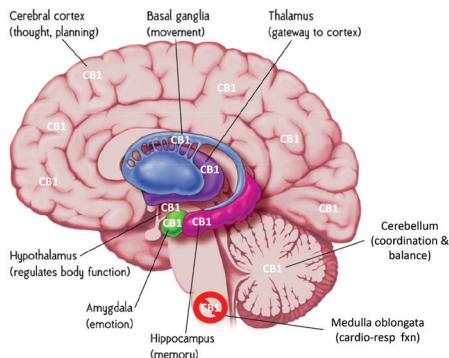
Why is this so important medically? It is simply because the body has a natural endocannabinoid system. The receptors for cannabinoids, CB1 & CB2 promote balancing for the overall health and wellness of the individual. CB1 receptors are located in the brain, lungs, nerves, muscles, vascular system and gastrointestinal tract. CB2 receptors are present in the immune system, bones, spleen, colon, pancreas and liver.

## Cannabis sativa

- | Marijuana                                 | Hemp  |
|---|---|
| • THC content 5-30%                       | • THC content <0.3%                                 |
| • Cultivated for THC from budding flowers | • Cultivated like bamboo: tall, thick, fast growing |
| • Grown under controlled conditions       | • Grown outside >20 ft                              |
| • Classified as illegal drug              | • Classified as food, legal to import into U.S.     |
| • Use: Recreational/medical drug          | • Use: Foods, oils, textiles, rope, fabrics         |

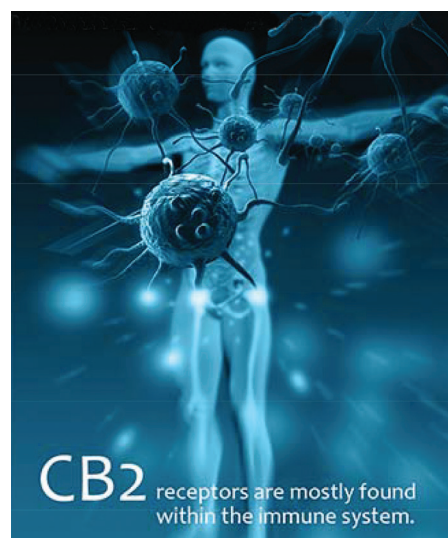
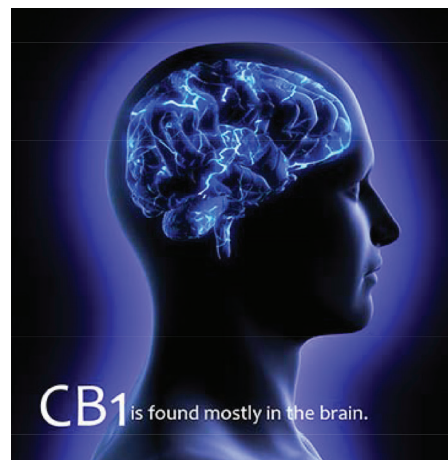
The endocannabinoid system, in turn, helps regulate a diverse series of bodily

functions ranging from immunological, involuntary nervous system, gut, central nervous system, bones, muscles, etc. It essentially is a normalization translator for the body. Cannabinoids can provide stabilization and augmentation for many of the physiologic processes which we all need to function optimally throughout the day. From a research perspective, CBD has been studied as both an add-on supplement and/or an alternative to narcotics, antidepressants, seizure medications, immune function modulators, movement disorder drugs and migraine treatments. There is currently no end in sight to all its potential uses for primary or secondary intervention. Over the next 5-10 years, as the data matures, we will be able to know with greater specificity how to use CBD most effectively.



Currently, it is reasonable to consider CBD in one of its various forms including oil (tincture), capsule or lotion for a variety of potential symptoms. *It is essential, however, to use a documented purified CBD completely free of THC and/or pesticides for it to be safe and to remain compliant with Oklahoma law.* Many available over-the-counter products do not meet state law, and will contain meaningful concentrations of THC. This can result in a *positive* drug test, with subsequent devastating results.

Consumers must be extremely vigilant when purchasing CBD from different vendors. It is much less costly for the retailer to provide impure CBD than a purified version. This is most often inadvertent, but the consequences for the individual remain in place. Possible reasons to initiate CBD as a therapy are best discussed with a knowledgeable healthcare provider. Dosing is individual, and varies based on the medical issue.



In summary, Cannabis Sativa L. or CBD has arrived in Oklahoma. It can offer potential benefits to assist in helping routine, difficult or refractory medical conditions. However, it must be remembered that not all CBD products are truly legal and safe to use, or *contain the same concentrations of CBD.* Identifying a purified product, specific to an individual's needs, is essential for an optimal outcome.

OPTIMAL HEALTH  *life starts here*

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