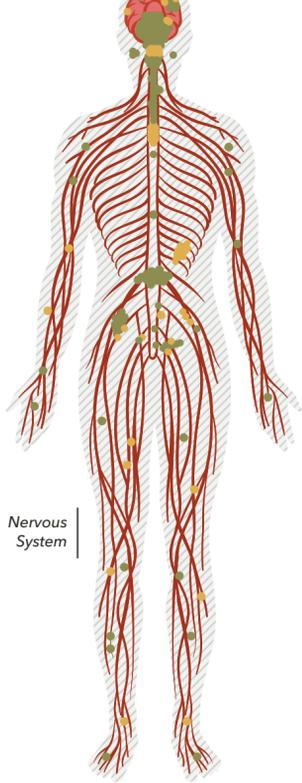


OUR ENDOCANNABINOID SYSTEM AND HOW CBD HELPS IT TO FUNCTION PROPERLY

— *What does the research show?* —

WHAT IS THE ENDOCANNABINOID SYSTEM?



CB₁ Receptor

Located in the brain, central nervous system, and many other parts of body

CB₂ Receptor

Found throughout the body on cells associated with our immune system.

ECS IS IN THE CENTRAL AND PERIPHERAL NERVOUS SYSTEMS

Central Nervous System

The central nervous system (CNS) is the part of the nervous system consisting of the brain and spinal cord. The central nervous system is so named because it integrates the received information and coordinates and influences the activity of all parts of the bodies

Peripheral Nervous System

The Peripheral nervous system (PNS) consists of the nerves and ganglia outside the brain and spinal cord. The main function of the PNS is to connect the CNS to the limbs and organs, essentially serving as a relay between the brain and spinal cord and the rest of the body

The ECS helps with regulating balance in many physiological and cognitive processes:



Digestion



Fertility



Pain Sensation



Memory



Thermo-regulation



Sleep

And more...

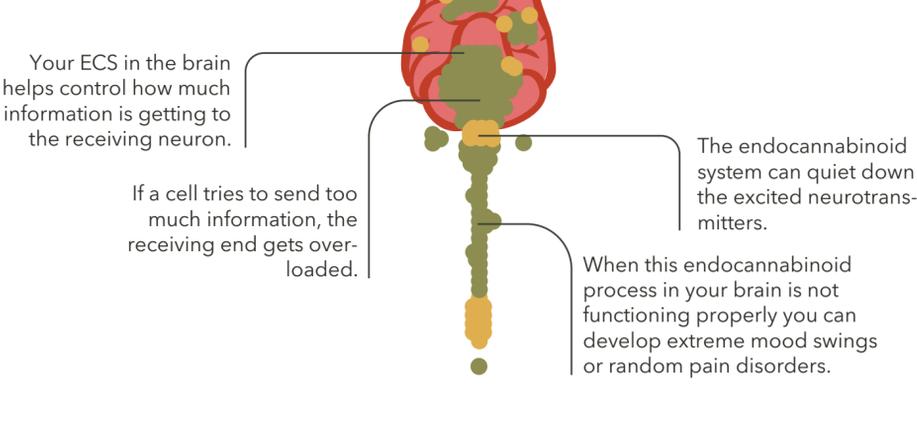
The ECS's main function is to help us regulate and stay in homeostasis.

Without the ECS we would run fevers, have mental breakdowns, and struggle with a variety of body pain

ECS was discovered in 1992 by Dr. Raphael Mechoulam, Professor Lumír Hanuš, and Dr. William Devane.

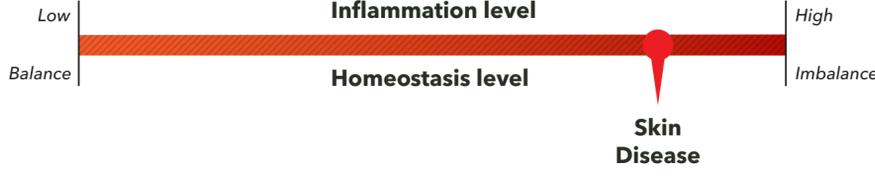
CBD users have found benefit with a wide variety of conditions. Mental, skin, and joint health are three examples:

MY BRAIN, ENDOCANNABINOIDS, AND HOW CBD HELPS



Taking CBD oil can help better regulate this system in your brain by adding cannabinoids into the system

MY SKIN, ENDOCANNABINOIDS, AND HOW CBD HELPS



Common skin diseases:

- Acne
- Eczema
- Psoriasis



Primary cause of skin diseases

- Inflammation

CBD helps reduce inflammation by attaching to CB2 receptors and calming symptoms

MY JOINTS, ENDOCANNABINOIDS, AND HOW CBD HELPS



CBD helps to reduce arthritis in joints and the pain associated with it by inhibiting the transmitters spreading the pain



CBD helps with cell regrowth so muscles heal faster and more completely. Great for body builders and workout enthusiasts!

It is important to follow certain guidelines when purchasing CBD oil:

FINDING THE RIGHT CBD OIL FOR YOUR ISSUE

Considerations when choosing the right CBD Oil for your issue



Quality product

Ensure you are buying a CBD product that has been tested for quality and safety



Administration method

With many ways to take CBD, be sure to identify the best way to relieve symptoms of your condition



Dosage

CBD dosing depends on many factors and the amount has a wide effect on a variety of people.



Interactions with other medicines

It's vital to understand if there may be an interaction with a medication you are currently on.

Head to www.relief-scout.com for more information and for a customized CBD product recommendation