

Skin Care and Cannabis

Almost 85% of patients who have skin disorders have tried alternative therapies to control their condition beyond doctor's orders. Things like bloodroot and zinc chloride that are present in black salve are supposed to draw infection or inflammation out of wounds or skin conditions to try to reduce the inflammation and control the symptoms a little faster.

Curaderm, which is a glycoside related to eggplants, tomatoes, peppers, potatoes has also been implicated in human wounds and helping skin conditions to heal faster. Frankincense in a test tube has been found to be active against leukemia, prostate cancer, breast and colon cancer, which is interesting because I love the smell of frankincense so I've been buying it just because I love the smell and not even realizing that it had value to help protect my skin. Also black raspberry, St. John's Wort turmeric.

But cannabis? Is there any data on cannabis being effective in skin? There's actually a surprising amount. Both the endocannabinoid system that is stimulated through our own inflammation and infection within our own bodies, but also the synthetic cannabinoids. Just the whole bud or the various products available at dispensaries. There's been studies on different mechanisms of administering cannabis. And in addition, topical cannabis treatments like CBD oils or CBD balms applied topically.

I'm gonna share with you some really amazing studies that have accompanying pictures that I have to say have very much moved me to recommend some of these products for people who are dealing with chronic skin conditions. Including myself. I have a long-standing history of a skin condition that has a genetic component. But that leads to quite a bit of eczema. Particularly involving my hands. And it's been a long time with multiple different products trying to get it under control. But with this data, I think I'm going to move forward with some CBD products and see if that local treatment could help to control the inflammation like it has in some of these studies. So I'll keep you updated.

There's been studies done for simple itching, for lichen simplex, atopic dermatitis, allergic contact dermatitis, for acne, seborrheic dermatitis, even more complicated conditions like scleroderma and psoriasis. In cell cultures and in animal models, there's evidence that cannabinoids, CBD, it has anti-cancer effects in the skin by metabolism through the COX-2, J-series, and prostamides.