

The Research Limitations of CBD and Cannabis Video Transcription

There is a lack of great research into CBD and how it works, and I think that can be attributed to the contentious status of cannabis and CBD in our country. There's been a prohibition on cannabis since the 1940s and unfortunately that concept between cannabis and CBD has sort of spilled over and even though CBD has no THC and is legal in all 50 states, it remains a concern for people that they're going to get into trouble using CBD, traveling with their CBD or having it in their home, but with the legality being safe in all 50 states and there being no risk for a psychoactive effect, CBD is totally different than cannabis or whole bud marijuana. It's important that we make this differentiation because cannabis is a highly controlled substance.

There are strong restrictions to access even for research purposes. Any therapeutic use that has come forward in the United States has come forward based on patient led initiatives at both the legal and political levels and any research that we have that's in any significant quality is done by great scientists and other countries, the UK, Canada, Australia, and increasingly in Italy (since they've approved the use of medical marijuana across their country just a few short years ago). Oftentimes study outcomes are impacted by patients who were previously using cannabis recreationally and have a bias toward the thought that it's going to work. There's other barriers to research because of the lack of availability of legally registered marijuana manufacturers.

In fact, there was only one legally registered marijuana manufactured in the United States. It wasn't until August 11, 2016 that the USDA announced that it would expand the number of registered facilities beyond the single current location in the University of Mississippi. The problem is that the weed that they were using is really old weed, nobody is using it anymore. If you're trying to do research on whole bud marijuana in the US, you were using a product that was really outdated and your research even just based on that wasn't going to be very valuable. Marijuana unfortunately remains classified by the DEA as a schedule one drug under the Controlled Substances Act. That is the most restrictive class of pharmaceuticals restricted at the same level as heroin and LSD.

Even though we've moved forward in legal and political levels, and medical marijuana, cannabis have been legalized in over half of our states and the District of Columbia, you're still going to see this confusion around CBD and cannabis. The use of a whole bud marijuana or a product that's a marijuana derivative, which is not legal across each state, needs to be handled carefully. You should base your use on what state you're operating in and what state you're working on getting treated in. However, CBD products are not cannabis or marijuana. CBD is derived from the same plant, but it is considered more medicinal than whole bud marijuana.

The CBD is responsible for reductions in muscle spasms, controlling insomnia, controlling anxiety and PTSD, stimulating appetite. CBD combined with other cannabidiols like the THC that gets you high may have additional benefits. Some people really believe that the addition of all the cannabidiols together is much better than the CBD alone. However, if you're using the

CBD alone, you get the benefit of no legal risks and you get to see if the CBD exclusively is right for you. When I'm working on research and preparing these presentations for you, I'm lumping it all together because I often have limited research and my ability to differentiate cannabis from the CBD and present a different research for different products is difficult simply because the research is limited.

However, I always tell you what was being used, what product and in the setting of CBD and cannabis in all 50 states, it's very reasonable and safe to use CBD, no legal risks and no risk of any psychoactive effect or an effect of getting high. The CBD doesn't do that. I'm amazed at the patients that I am working with that are experiencing significant improvements in their diseases with the administration of CBD and they are from all walks of life and all age groups.

Fears of getting high, fears of getting busted, fears of being the only one in your circle of friends to use these products, maybe largely unfounded at this point. If you have any other questions, come and check out all my videos at cbdandcannabisinfo.org and let's look forward to some really high quality research in the near future.