

Can cbd grow new brain cells SM

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Can CBD promote neurogenesis, new cell growth in the brain? Well, the answer is possibly. We rightfully mourn the loss of brain cells as we age. As brain cells die we lose memories and capabilities. Formerly, it was thought that you had all the brain cells you were going to have once you entered adulthood, and that the only path was downward, related to stress damaging the brain or toxins, like alcohol, causing neuron loss, or just simply aging causing the brain to shrink.

Happily, this bleak picture has changed as neuroscientists have discovered that under certain conditions neurogenesis, or the development of new brain cells can happen. And these brain cells can refresh and rejuvenate an older brain. Other studies are more skeptical, and it appears that neurogenesis is more likely to occur in certain parts of the brain and less likely to occur in other parts of the brain, but there are small studies that show that Alzheimer patients regain some of their brain function after CBD treatments.

However, those treatments need to be aggressively supported with lifestyle modification. Sub-optimal diet conditions, like the American diet loaded in omega-six fats and processed foods, really limit the ability to promote neurogenesis. But a diet rich in healthy omega-three fatty acids, the Mediterranean diet, fatty fish, legumes, olive oil, avocados contribute to brain health.

If you're not eating right, and your brain cells are dying, you're not going to be able to promote neurogenesis. Fatty acids are critical to understanding neurogenesis and promoting neurogenesis in humans, because they're the precursors, they're the building blocks not only to the endo-cannabinoid system, but also to healthy, fresh new brain cells and maintenance of healthy myelin sheath, the insulative sheath that covers our neurons throughout our central and peripheral nervous system.

So will CBD promote neurogenesis? In the right conditions, possibly. In the wrong conditions, at least you'll sleep better and probably have a better mood.