

 Recently, she was introduced to the potential benefits of Full Spectrum Hemp (FSH)/CBD (Cannabidiol) Oil. After a substantial amount of research and a self-trial to assist with symptoms related to Hashimoto’s Hypothyroiditis, Lankiewicz began recommending this product to her clients.

 Research shows numerous health benefits with use of FSH/CBD including anti-seizure, anti-inflammatory, anti-tumoral, anti-psychotic, anti-anxiety and stress, a reduction in cancer tumor-maker results, improved thyroid-makers, improved digestion with decreased Gastrophageal Reflux Disease, and increased energy, stamina, and concentration.

*What is Full Spectrum Hemp*

*(FSH)/CBD Oil?*

FSH/CBD is Cannabidiol. It is a non-psychoactive and naturally occurring component of the whole hemp/cannabis plant.

 It is extracted from specific varieties of hemp and is one of 113 chemicals substances known as cannabinoids (neurotransmitters) found in the cannabis plant. FSH/CBD is the second most abundant compound in hemp (next to THC, the psychoactive chemical in marijuana) and represents up to 40 percent of its extract. FSH/CBD oil or supplements must contain 0.29 percent or less THC to maintain its non-psychoactive effect and to be considered safe for use.

 CBD is considered Full Spectrum when the entire hemp plant has been used for extraction. Not all CBD products are created using the Full Spectrum method.

*How does FSH/CBD differ*

*from medical marijuana?*

The largest difference is the level of THC (Tetrahydrocannabinol). FSH/CBD oil is made from high-CBD, low THC industrial hemp, unlike medical marijuana products, which are usually made from plants with high concentrations of THC.

*As seen in Butler County Business Matters*

*November 2017 edition:*

***Q & A:***

**Full Spectrum Hemp Benefits**

*Wellness expert offers 1st-person review*

 Dr. Lorri A. Lankiewicz is the owner of Balance For Wellness Academy Inc. and Fyzical BY Balance For Wellness Inc. on Pittsburgh Road in Butler.

 Lankiewicz, known as Dr. Lorri, holds a doctoral and master’s degree in physical therapy, a bachelor’s degree in athletic training/sports medicine, and certificates as a personal coach and natural nutritional consultant.

 She spoke to Butler Business Matters about full Spectrum Hemp/Cannabidiol, what it is, how it works, how it is used and what can be expected.

 She holds numerous health and wellness seminars, whole health consultations, public and motivation speaking and consulting services via Balance For Wellness Academy Inc. throughout the year.

 During the Whole Health Consultations, Lankiewicz meets with an individual to review their current health status and concerns. The goal of these consultations is to guide individuals in an integrative approach to health.

 Many people are looking for an alternative plan or are seeking a second or third opinion regarding their healthy when they feel that they simply want improved health are not getting results with traditional medicine.

 Lankiewicz interviews the client, reviews health questionnaires, reviews blood panel results and creates a plan that includes nutritional changes, nutritional supplements and any other advice that is needed.

 CB1 receptor activation by FSH/CBD may improve memory, decrease pain and improve motor control. CB2 receptor activation may decrease inflammation, regulate the immune system and reduce cancer cell size and re-production. When the ECS is activated by FSH/CBD, it is known as the great “equalizer.”

 For example, it is known to increase appetite when a person struggles to gain weight as often occurs during the chemotherapy and to reduce appetite and cravings when the metabolism has decreased due to autoimmune or endocrine issues.

*What is ECS Deficiency or CED*

*(Clinical Endocannabinoid Deficiency)?*

The Endocannabinoid System can become depleted due to the stresses and strains of life, poor nutrition, lack of sleep and overall imbalance of the mind and body. When this occurs, the ECS cannot effectively carry out its role of bringing homeostasis to the body.

 The Signs of ECS Deficiency are: sensitivity to pain, feeling anxious or depressed, junk food addictions, poor metabolism, chronic inflammation/autoimmune disorder, migraines, intestinal dysfunction, skin conditions and interrupted sleep.

*What are the possible benefits of taking Full Spectrum Hemp/CBD oil?*

 The possible benefits of FSH/CBD supplementation may include a reversal of the signs of ECS deficiency. Research exists stating that FSH/CBD can reduce inflammation, regulate mood, improve neurological function and decrease pain.

As recently as August 2017, the FDA Deputy Commissioner Anna K. Abram acknowledged, “CBD has been shown to be beneficial in experimental models of several neurological disorders, including those of seizure and epilepsy.”

 FSH/CBD must contain 0.29 percent or less THC to not carry the psychogenic effects associated with marijuana. FSH/CBD can produce the positive effects of increased brain activity, improved memory and improved motor function without producing the feeling of being high. FSH/CBD will actually decrease the effects of THC (if both have been introduced to the body) by inhabiting the CB1 receptor (found in the brain and central nervous system) therefore blocking the THC from the receptor.

 FSH/CBD does not intoxicate; it simply goes to work to promote healing.

*What is the Endocannabinoid System?*

FSH/CBD is effective as it stimulates the Endocannabinoid system (ECS). The system was found in 1992 by researchers and scientists with the National Institute of Mental Health. The ECS is a unique communication system in the central and peripheral nervous systems that affects numerous actions in the body, including how we think, feel, and react.

 The ECS uses neuro-modulation, a physiological process by which a given neuron uses one or more chemicals to regulate a diverse population of neurons.

 In layman’s terms, FSH/CBD connects to numerous receptors in the body and therefore is able to affect numerous physiological activities. Other supplements and medications use synaptic transmission in which only one receptor is activated for a given response.

 This can be explained using an outlet and plug analogy. The ECS is like a long extension cord in the body that houses multiple outlets. The cannabinoids are neurotransmitters (the plugs) that bind with the cannabinoid receptors (the outlets).

 The two most highly researched receptors are CB1 (found in the brain/CNS) and CB2 (found in the body/PNS). These fall under a class of cell membrane receptors known as the G protein superfamily. These are the largest and most diverse proteins and contain cell surface receptors that act like an inbox for messages.

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*Is there anything that will assist with the metabolism of FSH/CBD?*

Rest, exercise, stress reduction, essential fatty acids, green food or a supplement to balance ph, minerals and the reduction of alcohol. 

*Are FSH/CBD products legal in Pennsylvania?*

Per the Medical Marijuana Inc. web site and its resources, “The consumption of CBD hemp oil is federally legal, as CBD hemp oil falls under the same importation and commerce laws as other hemp products. …Pennsylvania has no further policy specifically related to CBD hemp oil, so it is legal to purchase and use.”

*What types of FSH/CBD products are available and how are they made?*

FSH/CBD is available as an oil or elixir, capsules, topical ointments, sprays and vapes. The extraction methods vary and include liquid solvents, CO2, oil or NES vapor extraction. The most beneficial type of extraction allows for full integrity of all of the hemp compounds. Vapor extraction is solvent free and utilizes heated air and condensation to distill the active compounds of the plant.

*Are there any side effects or interactions with FSH/CBD?*

Any drug metabolized by cyto-chrome P-450 enzymes could potentially interact with cannabidiol. A person who is taking one or more of these medications who wishes to take FSH/CBD should be monitored by their health care professional to ensure that the drugs are being metabolized in their system.

*How much FSH/CBD*

*should be consumed?*

Each product should be evaluated for its efficacy. A certificate of authenticity should be available from the manufacturer that will ensure that the amount of FSH/CBD stated on the package is actually contained in the product. Not all products will contain Full Spectrum Hemp. The package should recommend a base dosage. It is best to work with a health coach or health care professional that can assist with proper dosing.