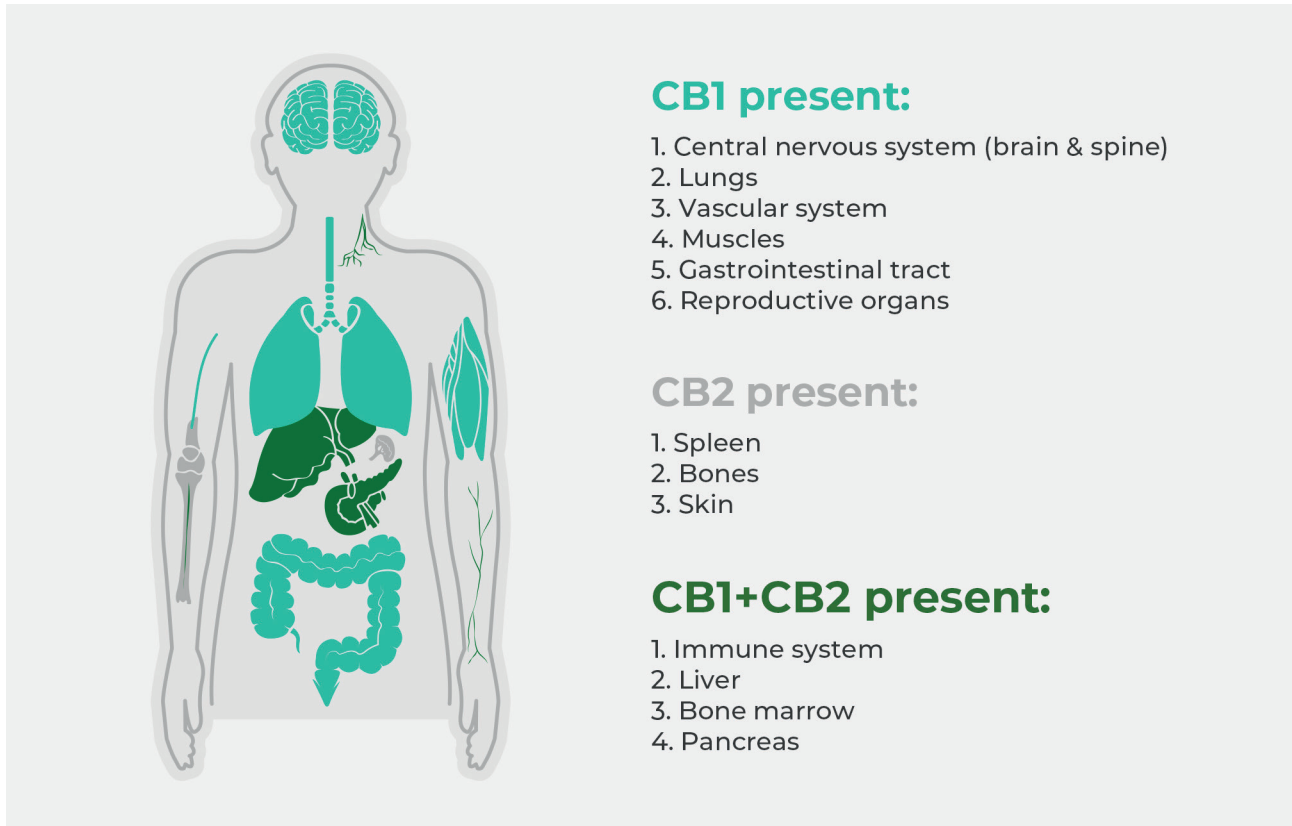


Understanding the Endocannabinoid System (ECS)



1. The ECS is involved in keeping the body and all of its physiological functions and processes in balance including regulating appetite, the sleep cycle and the immune system (inflammation), as well as the pleasurable effects of exercise.
2. There are two main endocannabinoid receptors: CB1 receptors found in the brain and spine, which regulates pain sleep and appetite; and CB2 receptors, found in the immune system and regulates inflammation.
3. There are two main types of endocannabinoids produced naturally by the human body: anandamide (AEA) and 2-arachidonoylglycerol (2-AG). THC, CBD and other plant-derived cannabinoids (phytocannabinoids) mimic AEA and 2-AG, and can be used to treat problems where there is a shortage or dysfunction in the operation of these two endocannabinoids.
4. Disruption of the ECS is thought to be a cause of many health problems, from fibromyalgia to irritable bowel disorders. Chronic pain, insomnia, anxiety, depression and high levels of stress are also associated with endocannabinoid dysregulation.
5. Cannabinoids act on multiple receptor systems, giving cannabis a multi-pronged therapeutic effect that can be used to treat physical, mental, emotional and spiritual pain. Cannabis is a pharmacy in a plant.