

# THE THERAPEUTIC USE OF CANNABIS

## CBD FOR SKIN AND BONE

### TOPICAL CBD

#### Hydration

CBD creams used to care for normal to dry skin on the face and body helps to give skin the structural support it needs to keep hydrated and sustain a healthy environment. In addition, CBD creams can have potassium, lactic acid and urea, all of which contribute to more sustained hydrating effects. Dry skin cells tend to build up and clog the pores and CBD is effective in spurring the proliferation of new, healthy skin cells. Lip balms are becoming also popular for harsh winter exposure to dry cold and sun, as will be the aftersun creams for sunbathing burns.

#### **Acne**

Acne Vulgaris is well-studied and has a number of alleged triggers, including hormonal imbalances. Acne results from overactive sebaceous glands that cause bacterial infections to occur in the skin. This leads to inflamed, painful physical manifestations on the face and body. The psychological symptoms of acne can be just as harmful,

making it difficult for some individuals to build self-esteem or pursue a professional career. The antibacterial potential of CBD to cleanse acne-affected skin and combat its symptoms including pain, inflammation and redness, has been well proved.

## **Psoriasis**

Psoriasis is accentuated by inflamed, painful rashes that cause sufferers to experience a near-constant, itchy sensation. This autoimmune inflammatory disease is derived from a number of diverse triggers, including other autoimmune diseases, liver and kidney diseases and family genetics. Regardless of the cause, psoriasis patients endure extreme discomfort, emotional strain and low levels of Vitamin D.

In addition to the benefits posed by active ingredient CBD, Vitamin A in the cream supports normal cell and helps to balance moisture content. Psoriasis contributes to a lack of proper cell communication and bogs down the skin's defenses. CBD encourages proper healthy cell communication and proliferation of keratinocytes, the outermost layers of skin affected by psoriasis also combats the different triggers and painful itching associated with the autoimmune inflammatory disease that psoriasis is.

For best results, remove large flakes before applying the cream.

## **Atopic dermatitis**

Also known as eczema and though primarily afflicting children, eczema can affect people of all ages. Eczema appears in painfully itchy patches found in multiple areas of the body, including the knees and elbows

Among other triggers, eczema can be caused by allergens and CBD has been shown to produce not only anti-inflammatory benefits, but anti-allergic ones as well.

Additional ingredients can be used to address the inflammatory and allergic triggers of eczema, promoting immune health and proper cell proliferation like white curcumin and GLA essential fatty acids

## **Deodorants**

Axillary hyperhidrosis is a big problem worldwide and the many products used to treat it have caused much health concern among the general population due to unconfirmed suspicions of inducing cancer, that's why any new product based on CBD that shows efficacy to treat this condition must be welcomed

## **BONE HEALING PROPERTIES**

Bone fractures of all types are among the most common injuries affecting millions of individuals of all ages and

both genders worldwide. Healing of bone fractures is affected by multiple environmental, systemic, local, and pharmacological factors

Bone cells express cannabinoid receptors and endocannabinoid metabolizing enzymes. Cannabinoid receptors are also expressed by skeletal sympathetic nerve terminals and cannabinoids have an important role in the regulation of skeletal remodeling and mass.

The CBD-induced stimulation of fracture healing occurs during the later phases of healing (after 6 weeks) when osteogenesis, rather than chondrogenesis prevails

One other factor that may affect the bone mechanical properties besides the mineral content and previously unexplored in the context of fracture healing is the quality of the collagenous matrix determined by the degree of the collagen intramolecular and intermolecular crosslinking, which is in turn regulated through expression of the enzymes catalyzing this process ,and CBD has been seen to enhance the osteoblastic expression of one of them, the lysyl hydroxylase 1 (PLOD1),one of the few collagen crosslinking enzymes reported to be associated with bone quality. Of interest is the fact that this effect was not seen neither by THC alone nor by a combination of CBD+THC, on the contrary THC or the combination had

The collagen crosslink ratio is an estimate of collagen maturity, which is important to bone quality and tissue mechanical properties; this may therefore explain the enhanced mechanical properties found with CDB specifically 8 weeks after fracturing, a time point representing primarily bony bridging of the fracture gap.

This CBD induced transient enhancement of the healing process manifests as an improved biomechanical properties of the fracture callus and may have far-reaching significances, beyond the improvement of fracture healing, in instances such as Ehlers-Danlos syndrome, bronchopulmonary dysplasia, bicuspid aortic wall–associated aneurisms, and cancer metastases.

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