



CBD Reduces Inflammation and Thereby Boosts Your Immune System

In this time of COVID, questions are being raised more and more every day on how to boost your immune system.

Many people around the world are wondering what options are out there for an immune system booster, especially if you, like most people in the world, are looking to move away from the dreaded pharmaceutical regime's "[side effects include](#)" to a more natural immunity method.

Because of the over-reach of big pharma and the physical consequences people are paying for that, more and more are seeking [immune-boosting supplements](#) and lifestyle changes to take charge of their own healing.

People are embracing ancient wisdom.



Some compounds of the cannabis plant are proving to be natural immune system boosters.

According to the [United States National Center for Biotechnology Information's article](#), [CBD is the way to go...](#)

“Conclusion: *Overall, the data overwhelmingly supports the notion that CBD is immune suppressive and that the mechanisms involve direct suppression of activation of various immune cell types, induction of apoptosis, and promotion of regulatory cells, which, in turn, control other immune cell targets.”*

The FDA Approves CBD

Forms of Cannabidiol (CBD) were recently [approved by the U.S.](#)

[Food and Drug Administration \(FDA\)](#) to treat rare forms of epilepsy in patients two years of age and older. Together with the increased societal acceptance of recreational cannabis and [CBD oil](#) for putative medical use in most states (and countries), exposure to CBD is increasing.



What is CBD?

[History and Therapeutic Uses](#)

“Cannabidiol (CBD) is a plant-derived cannabinoid that has structural similarity to the primary psychotropic congener in cannabis, Δ -tetrahydrocannabinol (THC). While CBD was initially isolated in the 1940s, its structure was not elucidated until the 1960s. Unlike THC, CBD is bicyclic, comprised of a terpene and an aromatic ring, and is a pentyl side chain. It exists as two enantiomers . . .” Science talk, all to say that it’s a compound of cannabis that won’t get you high.

*“...It is **also** clear that CBD possesses therapeutic benefit, and in some cases, the beneficial effects of CBD are for diseases for which other available treatments have not been efficacious”*

“...these observations demonstrate the critical need to continue research on CBD”

“...It is non-psychoactive, but has many beneficial pharmacological effects, including anti-inflammatory and antioxidant effects”

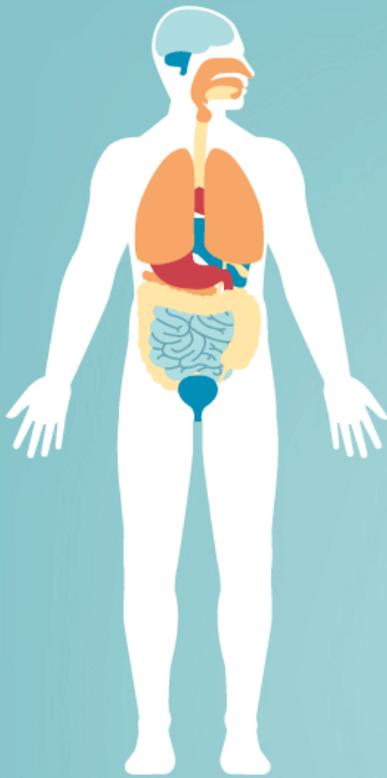
CBD helps Inflammation

Another benefit of CBD that directly affects your immune system is its ability to be [anti-inflammatory](#), based on more research done by the NCBI, NLM and NIH, published December 25, 2019.

Why is reducing Inflammation so important? It shows just how damaging it can be to the immune system, if untreated. Having a healthy immune system is all about having healthy organs and limbs and inflammation attacks the organs and limbs and bones and brain. See the excellent summary [chart](#) below that shows how dangerous inflammation is to the body.

How Inflammation Affects the Body?

"Inflammation is at the root of practically all known chronic health conditions"



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BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer's disease and MS.



CARDIOVASCULAR

Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.



MUSCLE

Inflammatory cytokines can cause muscle pain and weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



BONES

Inflammation interferes with the body's natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.



SKIN

Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count and disrupts thyroid hormone function.



LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.



GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Crohn's disease and Celiac disease.



KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.

The **fact** is, scientists, historians and archaeologists have found that cannabis has been used for thousands of years, to boost the immune system, reduce inflammation and assist with mental health.

Chinese Emperors and ancient Pharaohs knew that cannabis was good for immunity, something we are just figuring out for ourselves . . .