

## THE ENTOURAGE EFFECT

In 1998, Dr. Mechoulam and his team introduced the idea of the entourage effect. This research validated the hypothesis that different cannabinoids work synergistically on the endocannabinoid system, enhancing their activity. When smoked on its own, CBD has been shown to have positive physiological effects on the body. These include parasympathetic nervous system activation and appetite induction. Combined with THC, it reduces the paranoia and anxiety normally associated with cannabis use.

Some of the seminal scientific studies on this effect were done in Brazil in the 1970's. Studying the habits of recreational users and the effects of chronic use, re-searchers found that high doses of THC on its own produced anxiety and panic—but adding CBD significantly reduced those symptoms in patients. The subjects receiving the mixtures showed less anxiety and panic but reported more pleasurable effects.

Pharmacologically, there is a host of evidence mixing THC and CBD together is beneficial. Sativex®, made by GW Pharmaceuticals, is one of only two cannabis-derived prescription medications available for use. Containing a 1:1 mixture of THC:CBD, as well as trace amounts of other cannabinoids from the whole-cannabis extraction process, Sativex® has been shown to treat multiple sclerosis (MS) and to reduce the pain-reduction threshold in terminal cancer patients.

More studies are needed to show how our favorite cannabinoid cousins can best pair together to create the desired effects.

### CBD FOR ANXIETY

One unique study discussed the effects of CBD on social anxiety in people and the underlying neural processes associated with it. Patients were either given an oral dose of CBD or a placebo. The study focused illustrated that CBD indeed reduced social anxiety.

As cannabis becomes legalized in more states, additional studies will bolster the existing research showing that CBD can remove the anxiety, physical response, and fear of illnesses like PTSD.

Lulu's CBD Chocolates contain wild harvested fair trade, heirloom, unroasted cacao beans.

