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Educate Yourself: One Surprising Natural Health Practice

Once a taboo subject, the rising popularity of cannabis has led to a growing acceptance in society. Contrary to what many believe, its uses are not just recreational. In fact, every human's body produces endocannabinoids naturally, which is how people maintain their moods, regulate their sleep cycles, and even manage pain.

The uses for cannabis vary, and few involve the psychoactive substance tetrahydrocannabinol (THC), which is the cause of the stereotypical high that comes from smoking marijuana. In contrast, cannabidiol (CBD) oil has been found to relieve migraines, depression, anxiety, seizures, and other conditions—all without the euphoric and often addictive effects attributed to THC.¹

The Endocannabinoid System

Few people realize that the endocannabinoid system is part of every person's body. Researchers first identified it in the 1990s and have since discovered that it plays a critical role in regulating several bodily processes such as sleep, mood, appetite, motor control, learning, memory, and reproduction.² Essentially, the endocannabinoid system normalizes and maintains internal functions, ensuring that bodies operate as they should.

When people use THC, they often feel the common euphorogenic or intoxicating effects associated with it because the THC binds to receptors in the endocannabinoid system. However, CBD does not create that experience—in fact, scientists have discovered that CBD doesn't bind to the same receptors as THC at all. Instead, many believe that CBD prevents the body from breaking down endocannabinoids, which can increase their beneficial effects.³

Experts are still discovering the full value and function of the endocannabinoid system, but it is clear that it plays a critical role in maintaining homeostasis in the body. That is why, if someone is not producing enough endocannabinoids for self-regulation, supplemental uses of CBD oil can have an impact on overall wellness.

A Holistic Understanding of Cannabis

The negative connotation of cannabis is slowly fading in society. People are now realizing that its use is neither right nor wrong. Instead, it can be implemented in conjunction with other strategies to maximize well-being. THC is known for its negative side effects—but only because cannabis has been hybridized to contain more than the natural amount of THC. When this happens, side effects like paranoia, anxiety, and cognitive impairments are common.⁴ In contrast, CBD actually counteracts many of these side effects, which makes it a valuable tool for those who want to take a holistic approach to their well-being.

Even the World Health Organization has recognized CBD as generally safe and effective, and there is very little evidence that it causes damage or health problems.⁵ Since it does not produce intoxicating effects, those who use it can find a dosage that works for them to help return their body to a healthy, regulated state—whether that's by reducing migraines, relieving anxiety, or improving mood. Endocannabinoid professionals do not work blindly; they promote the connection between physical and mental health, understanding the role cannabinoids play in the restoration and well-being of the whole person. To be most effective, cannabis should be used as an enhancement tool for those who want to take a natural approach to healthy living.

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Supplemental Tools

Many people assume the only way to use cannabis is by smoking or vaping—but that is not the case. For example, CBD oil comes in many forms, and it can be taken as an extract that is dropped under the tongue or even a pill swallowed with water. Some researchers also say that cannabis has anti-inflammatory benefits that may fight acne and make skin healthier.⁶ As a result, many skincare and beauty companies have incorporated CBD into their products.

Cannabinoids have proven to have valuable capabilities for maintaining wellness. By better understanding cannabis, people can pursue the best supplemental tactics to help them overcome their day-to-day struggles.

Education: The First Step

Before adding cannabis to a natural health routine, it is critical to understand the science and history behind it. It is not simply a drug that causes euphoria; many of its forms hold significant potential for a healthier and fuller life—but only if you invest in the education that will help you reap its benefits.

At Trinity School of Natural Health, we know how much mystery surrounds the history of cannabis—and we can give you a strong foundation. [Our course on cannabis education](#) will aid you on your journey to becoming an endocannabinoid professional, which will allow you to educate and serve both yourself and the people around you.

REFERENCES

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