



Treating
ANXIETY

**CBD could, if scientific trends continue to confirm its usefulness,
help replace dangerous pills.**

Casual observers of the medical cannabis saga might not have noticed the release of a 2011 study published in the journal *Neuropsychopharmacology* that was the first official case in which an experiment suggested CBD could help those who suffer from social anxiety disorder. Looking back on it now, however, it's hard to not see the study as a forerunner of today's CBD health craze.

One of the most common anxiety conditions affecting the everyday lives of millions of sufferers, social anxiety disorder can be associated with 18 percent of the U.S. adult population. Many of these patients are treated with selective serotonin reuptake inhibitors (SSRIs) like Prozac and Zoloft, which work by cutting off the reabsorption of the neurotransmitter serotonin into the brain. This means more of that serotonin—which affects your cognition and,

put it very simply, induces a feeling of calm and well-being—is flowing through your synapses while the SSRI is blocking it from heading back to the brain. The 2011 study showed in a small sample size that CBD seemed to act in a similar way to SSRIs in preventing anxiety before public speaking, which would introduce a natural and nonaddictive alternative to SSRIs into the medical canon.

In a similar 2016 Spanish study, it seemed to be confirmed that CBD can affect the same serotonin receptors as SSRIs, producing in this case an even faster result than the prescription medication. “The fast onset of antidepressant action of CBD and the simultaneous anxiolytic (antianxiety) effect would solve some of the main limitations of current antidepressant therapies,” wrote the study's authors. In other words, it might help reduce the prescription of drugs with a high risk of abuse.

PATIENTS SPEAK

Randi Sether, digital marketing strategist at MagicalButter.com, uses CBD as an alternative to pharmaceuticals, as well as to high-THC cannabis.

Before CBD, what was your treatment like?

I managed anxiety by consuming large amounts of high-THC cannabis strains, plus SSRI medication.

When and how did it become clear CBD was a better option for treating your symptoms?

The more I heard first-hand accounts of the entourage effect and the benefits of adding CBD to balance out the THC I was consuming, I became

encouraged to add it to my regimen. After about a month of ingesting a 10mg dose of CBD tincture under my tongue twice a day, I gradually felt a sense of calm and relaxation. From there, I slowly weaned down off of my anxiety prescription.

What does CBD offer you that more conventional treatments do not?

Topicals and lotions containing CBD (and THC) work amazingly well for my carpal tunnel pains I have after a long day on the computer. I've found that cannabidiol coupled with capsaicin and menthol makes for a soothing, quick pain relief because of the anti-inflammatory properties.

What would you say to someone who is skeptical about CBD's therapeutic value?

I encourage those who are skeptical to continue to do research into CBD and their specific ailment. There are countless groups on Facebook with people around the globe discussing CBD and what you're going through.

What do you think future research about CBD will reveal?

I think future research into CBD and the other 70-plus cannabinoids in the cannabis plant will reveal new natural prevention and treatment options, unhinging society's dependence on pharmaceuticals.

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