

Opinion

CBD the Skin, Mind and Body

Leslie Michelle Brave, M.S., L.Ac**Acu-Skin, Mind and Body LLC, Denver, Colorado, USA***Abstract**

As fascinated and passionate as I am about all the beneficial uses of CBD derived from hemp, I wanted to do more research about the medicinal and historical uses of it. I was amazed to discover that hemp has well over 10,000 uses. The least processed form of the *cannabis* plant is hemp, used for rope to paper, clothes to concrete, even the materials to build homes and food to build our healthy bodies and at one time currency. Here are some versatile uses of hemp that have been used throughout the ages.

The first known hemp rope dates back before the last ice age! Archaeologists have even found relics made of hemp fabric are more than 10,000 years old (Figure 1).



Figure 1: On a nutritional level, hemp seeds are one of the highest quality proteins and balanced omega-3 and 6 fatty acids that have been eaten by people for eons.

In the settling of the United States, the declaration of independence and the US constitution were drafted on hemp paper. Thomas Jefferson and George Washington grew hemp on their plantations. Hemp was so vitally important to America during World War II that farmers and their sons agreed to grow hemp and were waved from serving in the military. Also, a woman by the name of Betsy Ross, took part in making the first United States flag out of hemp one the finest, strongest fiber available at that period.

***Corresponding author:** Leslie Michelle Brave, M.S., L.Ac, Acu-Skin, Mind and Body LLC, 677 S Colorado Blvd #100 Denver, CO 80246, USA, Tel: +1 3039218947; E-mail: leslie@acu-skin.com; Web: www.Acu-Skin.com

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Even some famous inventors used hemp for their creations. The string Benjamin Franklin used in his famous experiment was made from hemp. In 1941 Henry Ford manufactured the body of an automobile using a hemp-based plastic and it was powered by hemp ethanol fuel.

After nearly a century of suppression by political and social norms at the time, hemp is once again being revered as one of the most important plants on Earth.

Oldest known records of hemp farming go back 5000 years in China. For more than 1000 years before the time of Christ until 1883 AD. Although the hemp seed is tiny, we know it is the power to make a huge difference in the world.

Hemp is our planet's most important industry for thousands of products & enterprises producing most of the earth's fiber, fabric, lighting oil, incense, fiberglass replacement, lightweight sandwich boards, composite woods, kitty litter, potting mix, nappies, feminine care and beauty products, fuel, medicines & paper, as well as a primary source of protein for humans & animals.

What is CBD and Where Does It come from?

Hemp contains most of the CBD that people use medicinally. Hemp and marijuana come from the same plant, *Cannabis sativa*, but the two are very different. THC creates a mind-altering "high" when a person smokes it or uses it in cooking. This is because THC breaks down when we apply heat and introduce it into the body. CBD are different. Unlike THC, it is not psychoactive. This means that CBD does not change a person's state of mind when they use it. However, CBD does appear to produce significant changes in the body, and some research suggests that it has medical benefits.

People tend to overuse prescription or over-the-counter drugs to relieve stiffness and pain, including chronic pain. Authors of a study published in the Journal of Experimental Medicine found that CBD significantly reduced chronic inflammation and pain.

CBD has been proven to help people to quit smoking. A pilot study published in Addictive Behaviors, found that smokers who used inhalers containing CBD smoked fewer cigarettes than usual and had no further cravings for nicotine.

A similar review published in Neurotherapeutics found that CBD may be a promising treatment for people with substance use and disorders such as opioid addiction, alcoholism, drug withdrawals, anxiety, mood-related symptoms, pain and insomnia.

After researching the safety and effectiveness of CBD oil for treating epilepsy, the FDA approved the use of CBD (Epidiolex) as a therapy for two rare conditions characterized by epileptic seizures in 2018. They are Lennox-Gastaut Syndrome (LGS) and Dravet Syndrome (DS). The types of seizures that characterize LGS or DS are difficult to control with other types of medication.

Some researchers have gone so far to say that CBD may prove to combat cancer. Authors of a review published in the British Journal of

Clinical Pharmacology found evidence that CBD significantly helped to prevent the spread of cancer. The researchers also noted that the compound tends to suppress the growth of cancer cells and promote their destruction.

Authors of a review from Neurotherapeutics found that CBD may help to reduce anxiety in people with certain mood and behavioral related disorders such as:

- Post-traumatic stress disorder
- General anxiety disorder
- Panic disorder
- Social anxiety disorder
- Obsessive-compulsive disorder

Researchers note that current treatments for these disorders can lead to additional symptoms and side effects, which can cause some people to stop taking them.

Type 1 diabetes results from inflammation that occurs when the immune system attacks cells in the pancreas. Research published in 2016 by Clinical Hemorheology and Microcirculation found that CBD may ease this inflammation in the pancreas. This may be the first step in finding a CBD-based treatment for type 1 diabetes.

Initial research published in the Journal of Alzheimer's Disease found that CBD was able to prevent the development of social recognition deficit in participants. This means that CBD could help people in the early stages of Alzheimer's to keep the ability to recognize the faces of people that they know. This is the first evidence that CBD may slow the progression of Alzheimer's disease.

There are an ever-changing number of states that do not necessarily consider marijuana to be legal but have laws directly related to CBD oil. However, the laws in each state change frequently so please do your research regarding the uses in your state when taking orally.

CBD Benefits for Your Skin

The market is always ready to jump at a new oil trend. Enter CBD hemp oil, a non-psychoactive compound that has long been used for its therapeutic benefits, which include soothing skin, treating joint injuries and easing chronic pain. Studies have confirmed what has been thought and realized by traditional cultures for thousands of years. A 2014 scientific report found that because of its anti-inflammatory and sebum-reducing properties, CBD and can have a positive effect on acne-prone skin.

Additionally, results from multiple trials have also concluded that CBD strongly regulates the proliferation, migration and neurogenesis of Mesenchymal Stem Cells (MCSs). These adult stem cells can differentiate into the main types of precursor cells and have demonstrated anti-inflammatory, immune, metabolic and self-renewal properties.

Dermatologists agree that CBD's anti-aging and anti-inflammatory benefits are clinically proven. Hemp CBD oil is reputed to be the most unsaturated oil derived from the plant kingdom, so it is less pore clogging and a great moisturizer for dry, cracked skin.

Most CBD oil-based beauty products are legally available for shipping to most states with a THC concentration less than 0.3 mg. Some CBD products contain zero THC which is considered a "Broad

Spectrum" formula rather than a "Full Spectrum" formula, the 0.3mg amount.

This is the new frontier in skincare, and the companies and the practitioners using their products are paving the way. The industry has spoken: CBD is the new super oil!

In the beauty industry's experiments with CBD, several early adopters have confirmed the oil's incredible moisturizing and skin soothing properties, due to its high levels of essential fatty acids.

Since the days of Cleopatra, who used castor oil from the castor seed to nourish her skin, people have been obsessed with the notion that moisturizing oils are essential for beauty care and continue to be a beauty market craze, appearing in everything from your shampoo to your facial cleanser. Now medical practitioners are even using it in your therapeutic massages and medical facial treatments.

Acupuncture

Yes, even I have begun to use CBD for myself and within my practice. My name is Leslie Brave and I'm a Denver, Colorado based Acupuncturist and a graduate of the, Colorado School of Traditional Chinese Medicine. My native lineage comes from the Oglala and Yankton Sioux Tribes in South Dakota. My practice is called, "Acu-Skin, Mind and Body LLC". I practice Traditional Chinese Medicine and frequently use a technique called Cutaneous Acupuncture (Microneedling). It is a technique that treats the surface of the body with acupuncture needles. "Cutaneous" means, "of, or pertaining to the skin". I use a mechanical device called a Microneedling pen. It has 12 filiform needles which are grouped together in a removable one time use sterile head, and stimulates the skin superficially, without puncturing deeper tissues. In Ancient times, this technique, of cutaneous acupuncture, was used with tools called, "Seven Star", "Plum Blossom", or "Cluster" needles to superficially treat the skin surface using a hammering, tapping or stamping motion (Figure 2).

In Chinese meridian theory, and according to the Su Wen, "All vessels of the twelve meridians belong to the skin. Therefore, the origin of various illnesses begins from the skin". Not only can this therapy help you look beautiful, it can help you feel better as well. Indications for cutaneous acupuncture are:

- Pain
- Headache
- Myopia
- Gastrointestinal disorders
- Dysmenorrhea
- Local skin diseases and deficiencies
- Hypertension
- Intercoastal neuralgia
- Insomnia
- Dizziness and Vertigo
- Neurasthenia (like Chronic Fatigue Syndrome)

As Acupuncturists, we view the face as a micro system of the whole body. When treating the face, you get a full body treatment.

The face has acupuncture points corresponding to all parts of the body, with symmetry between the microsystem and the body. For example, the two ears correspond with the two kidneys, the two areas around the nostrils of the nose correspond with the two lungs (right and left) and the two eyes correspond with the two lobes of the liver (right and left), kidney and stomach.

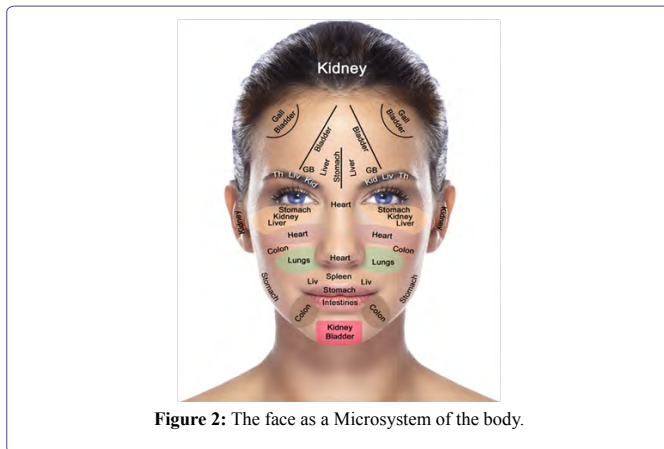


Figure 2: The face as a Microsystem of the body.

Facial and cutaneous acupuncture also enhances skin’s quality, texture and appearance due to increased blood circulation and oxygenation of the skin; promotes immune and endocrine systems, thereby optimizing hormone levels; and reduces stress, which promotes synthesis of neuropeptides and endorphins.

Nature provides redundancy in such magnificent designs as the human body. Our lives began in the womb as a single cell; therefore, there is a part of us in the whole, and the whole of us in the part, at the same time, as is true of everything in the universe. In acupuncture, this redundancy supports the resiliency of the meridian systems of acupuncture and demonstrates that there are several pathways from which to access the body’s qi meridians. Microsystems offer a unique approach to diagnosing and addressing specific health conditions as well as overall energetic imbalances.

Cutaneous Acupuncture (Microneedling) with Hyaluronic Acid and CBD

We’ve already talked about the many benefits of CBD to your skin. Let’s briefly discuss Hyaluronic Acid. Hyaluronic acid is a substance that is naturally present in the human body. Some people apply hyaluronic acid to the skin for healing wounds, burns, skin ulcers and as a moisturizer (Figure 3).



Figure 3: Cutaneous Acupuncture (Microneedling).

There is also a lot of interest in using hyaluronic acid to prevent the effects of aging. In fact, hyaluronic acid has been promoted as a “fountain of youth”. It is found in the highest concentrations in fluids in the eyes and joints. Hyaluronic Acid (HA) is available in a serum, cream, supplements and injectables and is a very important part in the

war against aging. Using it when doing a Microneedling treatment has the added benefit of better absorption into the skin.

Hyaluronic acid is a sugar that binds to and absorbs water; it gives a fullness and plumpness to the skin. As water is absorbed by the acid, volume is created, acting in the same manner as how a sponge soaks up water and becomes full to even out every little crevice. That effect is what we are constantly trying to replicate and with this treatment. When adding the effects of the CBD, the benefits are two-fold!

The creation of the micro-wounds, during the Microneedling treatment, allows CBD and HA to penetrate deeper into the skin than they normally would. This increases the skin’s ability to utilize the nutrients by up to 3,000 percent! Imagine how happy your skin will be when the absorption of the HA and CBD is that much better (Figure 4).

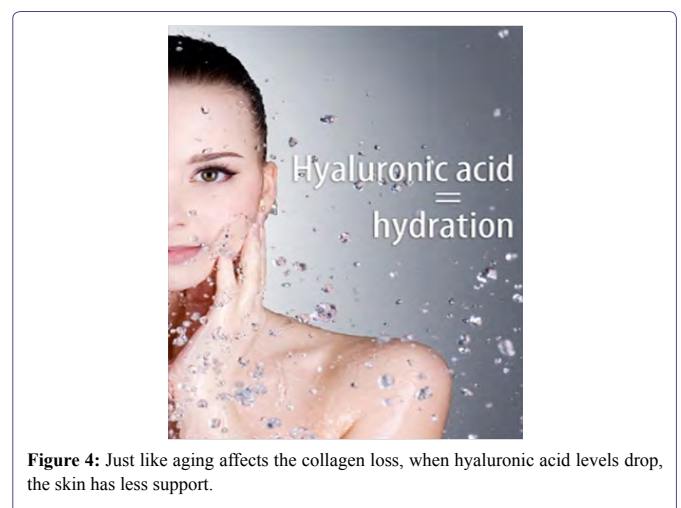


Figure 4: Just like aging affects the collagen loss, when hyaluronic acid levels drop, the skin has less support.

Microneedling therapy with HA and CBD stimulates the body’s natural healing process by creating and infusing these substances within the microchannels. This procedure leaves the top layer of the skin intact allowing for shorter healing time and the ability to treat many different skin concerns.

In addition, because CBD oil contains omega-3 and omega-6 fatty acids, it provides moisture and protection from sun damage (Figure 5).

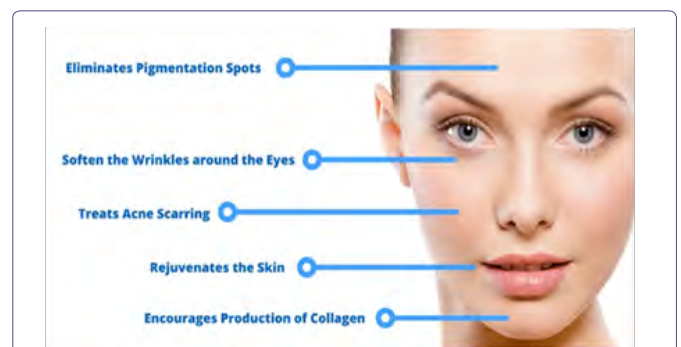


Figure 5: There are various doses that can be used on a person’s skin during cutaneous acupuncture (Microneedling). The average dose of CBD is 15 mg on a 9 x 9” area of skin surface. The body is stimulated by the acupuncture with CBD and Hyaluronic acid, by also producing collagen and elastin resulting in smoother, firmer and rejuvenated skin.

The motorized technology of the needle pen gives the Acupuncturist the ability to adjust the sterile needles to depths ranging from 0.25 mm to 2.5 mm. Keep in mind, estheticians who are not supervised by Medical Directors or who are not Medical estheticians are typically not allowed to go beyond 0.5mm in depth legally. This variable in depths allows for the treatment of deep wrinkles and acne scars in addition to delicate areas around the lips and eyes.

Clinical Studies have shown micro-needling as a safe and effective alternative to ablative laser treatments and chemical peels with no thermal injury to the skin and short healing time and the ability to treat any skin type. It is a skin transformative procedure for every person.

Clinical Studies are underway with Shriners Hospital for Children for the treatment of hypertrophic burn scars.

Microneedling used in conjunction with CBD and Hyaluronic Acid, is a safe and effective skin rejuvenating procedure that uses the body's natural cellular regeneration to stimulate collagen production.

CBD is also good for pets. I have an older dog, Ziggy, who is over 13 years old. Over the last few years, he started shaking and became anxious and difficult to handle. I took him to several Vets who gave him Prozac. After 6 weeks of time, Ziggy was still having difficulty with anxiety. The medication the Vet gave me made his anxiety worst.

The medication seemed to only increase his anxiety and he then developed a severe allergic reaction to it and almost died. I immediately stopped giving him the Prozac prescription for dogs. I called around and researched any alternative medications available that would help him. I was introduced to CBD and spoke with pet owners and pet store managers who thought it could help him. After he started on the CBD oil, his shaking stopped almost immediately. He was my old puppy again. I had witnessed a CBD miracle first-hand.

This experience is what started my journey into researching and incorporating CBD within my practice and as part of my patients and client's treatment protocols particularly when doing Microneedling and acupuncture. Having rediscovered this miracle plant and its many uses, from building shelter and creating recyclable products, to providing nutrients to our body and mind, to treating various health conditions, in animals and humans, and now helps in fighting the war against aging. I feel lucky to be in an era to have personally witnessed the CBD medicinal effect, and now able to utilize this oil within my own practice. This ancient life-saving miracle oil, called CBD, made from this simple plant hemp continues to heal our bodies and our minds in this modernized world.

In my 3 years of practice, I'm currently the only practitioner in the U.S. utilizing CBD and Hyaluronic Acid within my Microneedling treatments, and I've seen first hand the beautiful results.



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