

A Nurses View On CBD, Renee Evans, RN

# **CANNABIS CULTURE**

**CHANGING LIVES ONE DROP AT A TIME**

Minneapolis, Mn  
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Text "CBDRN"  
to 555888

**A  
NURSES  
VIEW ON CBD**



### ***A Need for Naturopathic Approaches***

Being a nurse for 12 years, I have seen transition and need for naturopathic approaches. For the better part of my career, I have been an Emergency Room nurse, ranging from small-town ER to a Level One Trauma Center. Each site brought about a completely different perspective when it came to conventional defined practice, disease, clientele, and approach on health and wellness. At times, my team joked, “There is a reason why hospitals have revolving doors. We see the surface, not the whole picture.”

The term “Bounce-Back” refers to a patient who has been discharged from an acute care facility and readmitted within 30 days. The revolving door statement became very profound when I started to see how current medical modalities were addressing acute issues but also masking symptoms of an underlying problem.

I began a mind, body, and soul journey after having a personal health scare. At about the same time, I stumbled across CBD in my search to maintain my dog’s quality of life during his last few months.

### ***A New Perspective***



On May 28th, 2017, we were up at the family cabin when my 12-year-old Miniature Pinscher, Xzander, became very lethargic and ill. Since his birthday was on the 25th, I thought “he overdid it on his birthday cake.”

Unfortunately, we ended up in an ER vet clinic where he was diagnosed with severe “inflammatory response” in his gastrointestinal organs.

He was given subcutaneous fluids and medications to help with the pain and inflammation. After a few days passed, he still had no energy, no appetite, and was in severe pain. After two long car rides, ultrasound, and surgery, the diagnosis confirmed our biggest fear. It was devastating to the core. The vet told me to take Xzander home, as they were not sure how long he had to live. Instead, we decided to fight this.

I’ll never forget the conversation my Dad and I had as we left the vet that day. It’s what opened my eyes to a true alternative. That conversation is what gave us hope, what gave us an option, and what ultimately led to the best quality of life he could have ever asked for in his last days.

Like a knight in shining armor, CBD walked into our life. I started researching CBD for canines and found this to be an alternative option for him. We gave him his first dose of full spectrum CBD oil that day. Within 24 hours the miracle happened. He was eating, drinking, and to my surprise, running and playing with my other dog, Sula.

I thought, “could this truly be the CBD?” The more I researched, the more I learned about the astonishing healing power of CBD for humans and animals. For the first time in my life, I learned about the endocannabinoid system (ECS), it was like a lightbulb turned on inside of me.

As a nurse, (and knowing the propaganda behind hemp, marijuana, CBD, and THC) I was very skeptical! Witnessing the miracles happening with Xzander, I knew his story and truth needed to be heard by others. Although terminal, Xzander lived another eight months with real quality of life, which I believe was related to the use of CBD. It may have been borrowed time, but it allowed us to help others by sharing his story.

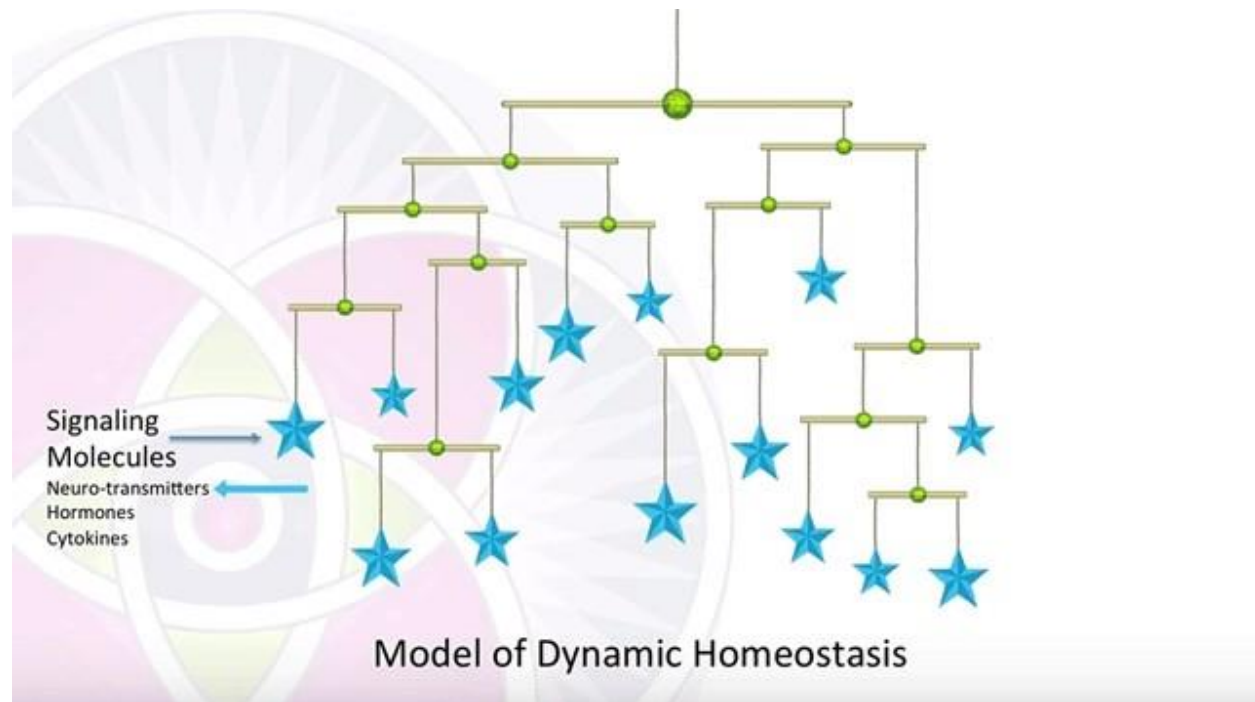
### ***CBD For Animals And Humans***

#### **All Animals Have An Endocannabinoid System (ECS)**



Researchers have studied the effects of CBD for decades. What they have discovered is that even the smallest sponges in the ocean have an endocannabinoid system (ECS).

The ECS is a vital molecular/chemical system that helps your body maintain homeostasis. Our bodies need to maintain homeostasis to function at their best.



**Homeostasis** is the concept that our bodies actively regulate and maintain conditions needed for optimum cellular performance. One can better understand homeostasis by looking at body temperature regulation, the exact reason why we shiver and why we spike a fever, this is due to our body trying to maintain balance with physical and chemical responses.

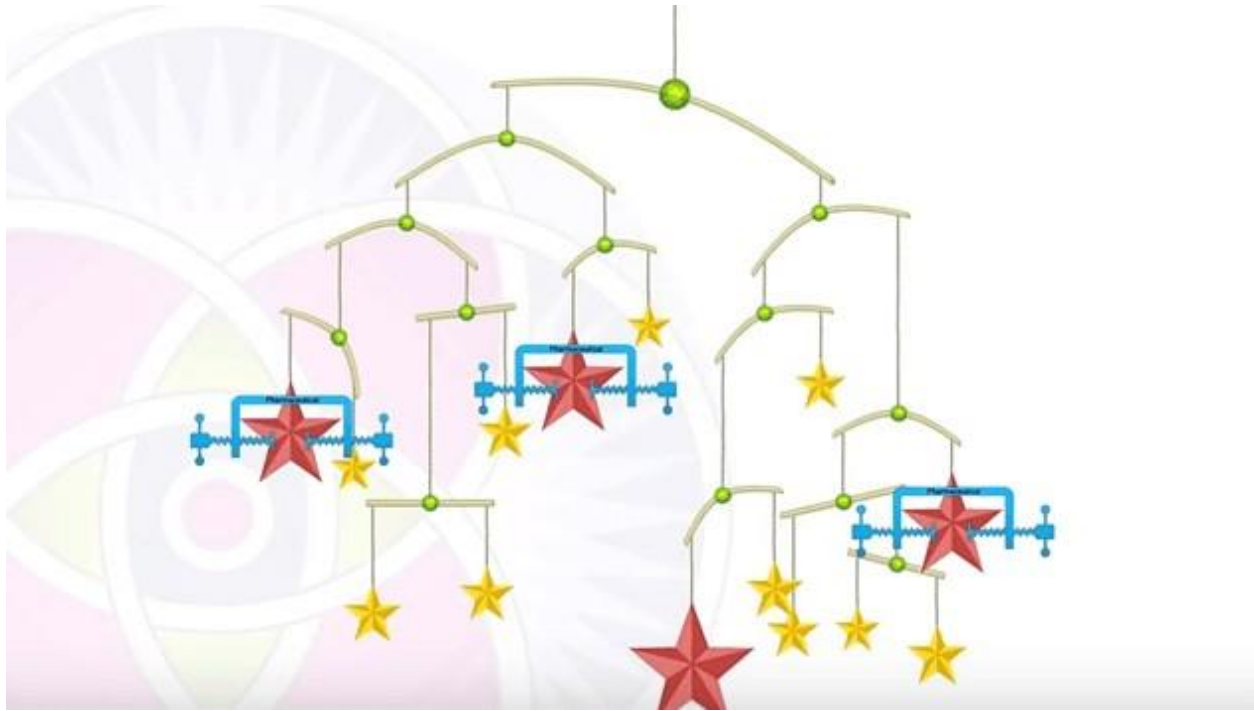
In this illustration of homeostasis, think of a mobile wheel that hangs in the breeze or above a babies crib. The stars indicating a specific body system, lets take you Neurological system for instance, the stars indicate a signaling molecule. Think of this as your nervous system, these represent neurotransmitters that create signals in your body. If this mobile was an endocrine system the stars would indicate hormones. If this mobile was your immune system the hanging stars would be cytokines. ALL signaling molecules that make that system work and function properly.



Now lets look at this mobile. Look at the red star that is big swollen and red. It gets weighted down as if you have taken a large paperclip and hung it on your mobile at home.

## *What would happen?*

It is going to pull down and everything in the mobile is going to shift. You cannot change any one element without effect everything else. What's interesting about this at first the mobile will bounce up and down shift from side to side, but eventually it calms down and the mobile finds a new home for its new homeostasis. Now take a closer look at the photo above. This is how dynamic our physiology in our body is. Even though some of the bars are no longer horizontal and hang lower than others your body adapts to this new state of normalcy. During this shifting and osculation is when your bodies feel sick and you experience symptoms, but our bodies will compensate the new balance will be found, and you can continue to function.



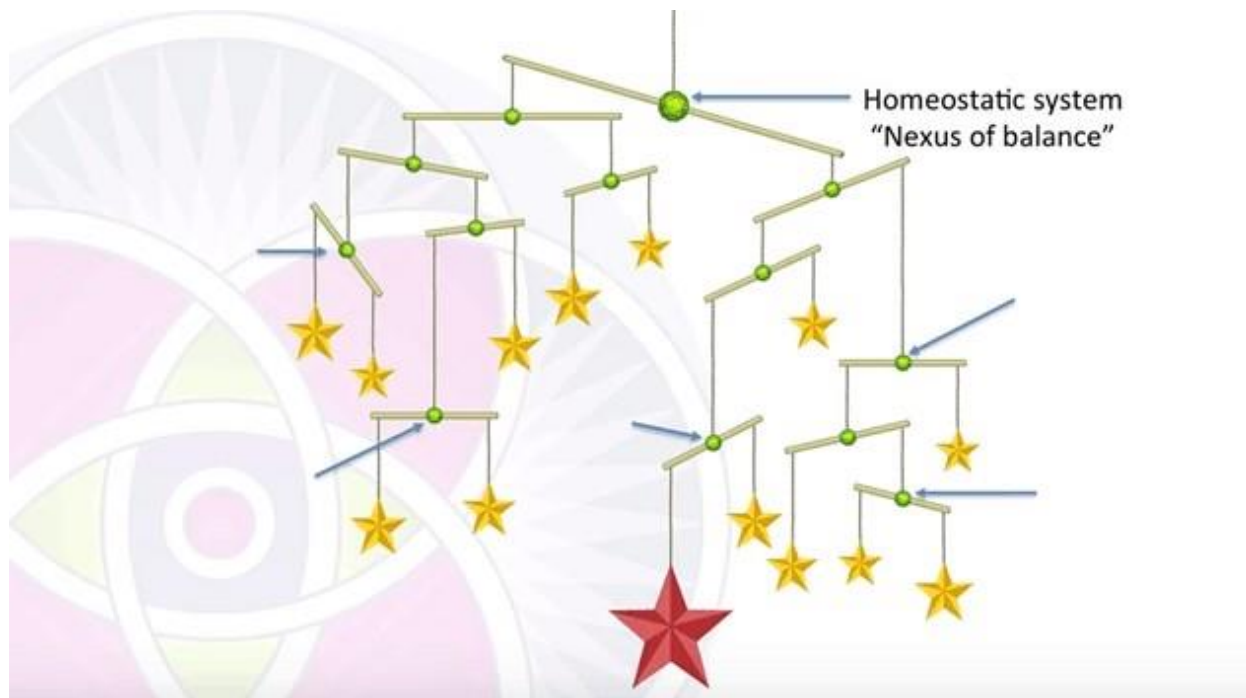
### ***What pharmaceuticals do to your body***

When we go to the doctor is usually when we have a dis-balance in our bodies. We go in get a pharmaceutical and the drugs are designed to clamp down on the symptoms. It is intended to do just that work with that specific symptom not to rebalance to cure the homeostasis that needs to be realigned in your system. So your bodies system is still unbalanced and becomes weaker and weaker. As we know these pharmaceuticals can cause many unintended side effects causing more and more “clamps” on your symptoms and body. Then you have to take a drug to counter react the symptoms it becomes a vicious cycle. Eventually you feel like your body is “better” but now you have all these artificial weights on your bodies physiology, which causes your body to be under a lot of stress. If you look at the above picture you can see that some of the, once horizontal bars, are



now bent. When that weight continues to pull on your system it will eventually break because of the tension placed on that body system. This causes the rest of the mobile to shuffle back and forth all over again causing more and more weakness in body symptoms. Have you ever noticed when you've been sick that it starts off as snuffle and then ends up in full blown pneumonia?

In a nutshell, pharmaceuticals drugs work at the level of the SYMPTOMS not the SYSTEM and cause the physiology of our bodies to change and weaken.

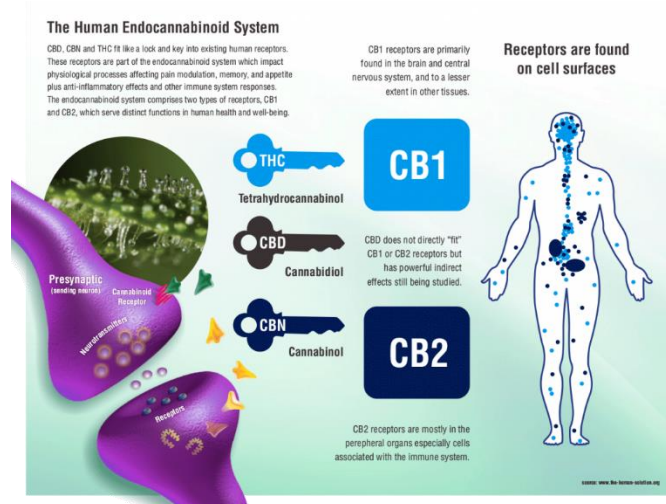


In walks our HERO, CBD!!!! CBD and all Cannabinoids work at the level of the body SYSTEM. It helps recreate homeostasis and balance in your body. Look at the chart above, CBD responds to the level of the system this is illustrated as the little green orb. Balancing this little green orb butts the mobile back into balance there for helping maintain homeostasis throughout your entire body. Therefore people start to notice an absence of

symptoms not only what they started taking CBD for but for many other accompanying imbalances in their bodies.

Click this link to see a video on this illustration:

<https://www.youtube.com/watch?v=3bZb10ZxpBk&t=15s>



## Three Components Of ECS And CBD's Role

Cannabinoid receptors exist on the surface of all cells, **endocannabinoids** are small molecules that activate

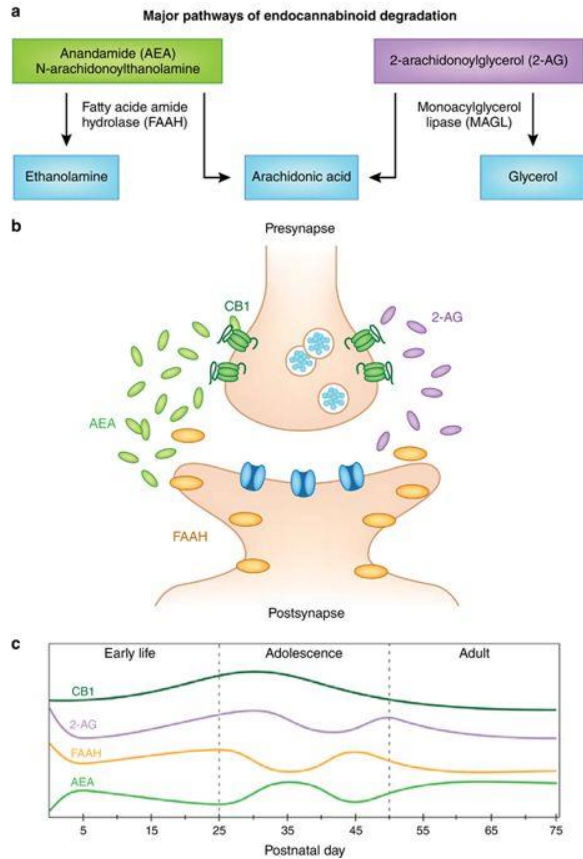
cannabinoid receptors, and **metabolic enzymes** break down the endocannabinoids after being used. They all work together to promote homeostasis.

Synthesized on demand (when needed), endocannabinoids (endo meaning “within the body”) are fat-like molecules within the cell membrane.

Endocannabinoids are naturally produced by cells in our body and are present since birth. Throughout the aging and disease process, we lose our naturally produced endocannabinoids. The number one reason it is imperative to supplement cannabinoids, as we lose them over time, is to

help our body fight disease. CBD, also known as cannabidiol, is a natural compound (cannabinoid) present in cannabis, but unlike THC does not cause a psychoactive effect. [Found](#) to influence the ECS, early research indicates that cannabinoids like CBD hold a lot of potential for treating a wide range of ailments.

## ***Endo-cannabinoids vs. Phyto-cannabinoids***



### **Endocannabinoids** are

cannabinoids naturally produced in the body.

(See above diagram). These are the cannabinoids in our body that natural put us in homeostasis. If you've ever heard of "The Runners High", endocannabinoids are responsible for that.

**Phytocannabinoids** are found in the Cannabis plant. THC, CBD, CBG, CBN etc. There are 113 different phytocannabinoids that mimic the

effects of the Endocannabinoids found in your body. Cannabis has been around for centuries we have had healing at our fingertips but unfortunately for many years it has been the unknown secret to health.

As mentioned above, endocannabinoids are found throughout the body: brain, organs, connective tissues, glands, and immune cells.

Endocannabinoids allow communication between organs and cells, helping stabilize the body's internal and external environment. When there is an injury, cannabinoids are found decreasing the stress response at the site of the cell injury to help stabilize inflammatory response and calming the nearby immune cells to prevent the release of stress/inflammatory chemicals in the body.

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## CBD vs THC

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### The Potential Benefits and Side Effects

<b>CBD</b> Cannabidiol	<b>THC</b> Tetrahydrocannabinol
Non-psychoactive	Psycho-active
Neuro-protective	Relaxant
Anti-convulsant	Appetite stimulant
Antioxidant	Drowsiness
Anti-psychotic	Analgesic
Anti-inflammatory	Euphoria
Anti-tumoral	Paranoia
Minimal to no side effects	Anxiety

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Supplementing your natural endocannabinoids with CBD (a cannabinoid) may help keep our body's endocannabinoid system in balance, therefore providing a better chance for overall health and wellness. As an ER nurse, I have seen life and death more times than I would like to admit. Given the opportunity to take something that might make such a powerful impact on our own lives, why wouldn't we?

I believe it is critical for everyone to supplement with cannabinoids, as we lose so many due to aging and disease. Now is the time to get educated, put skepticism aside, and see what CBD can do for you. Give yourself permission to be supported on a cellular level, to promote natural defense against disease, so your body can perform like the miracle it was intended to be.

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Renee Evans, RN, Natural Nurse Solutions LLC, is a Twin Cities-based advocate for CBD. For the past several years, Renee has been on a mission to educate people about the many benefits of CBD. She promotes CBD on her website [Holistic Healing Nurse-111](#) and at workshops and events around St. Paul-Minneapolis, MN. Renee is part of the Canviva Affiliate program. [Click HERE to order our Water-Soluble CBD for the Month of August 2019](#)

In July 2019 Renee officially became a Cannabis Nurse Consultant. She meets with clients and develops the most effective care plans based on each clients individual needs. To schedule a FREE intake [CLICK HERE](#).

***COMING THIS SEPTEMBER 2019:*** Renee will have her own brand and line of CBD products for humans and pets. To receive a catalog and 25% off send an email to [renee@hne111.com](mailto:renee@hne111.com), Titled "CBD NOW".