

# Why **Cyclefit** Sells CBD

Benefits:

**Pain & Inflammation** *The Centers for Disease Control estimates that 50 million American's (20.4% of the US) have chronic pain, defined as pain most days or every day for at least the past six months*

- Assists in regulating sleep, appetite, pain and immune system response, reduces chronic pain, reduces inflammation and interacts with neurotransmitters - **1st Department of Internal Medicine Clinic, AHEPA University Hospital, Aristotle University, Greece**
- Other studies have shown significant reduction of sciatic nerve pain and inflammation - **Department of Neuroscience and Behavioral Sciences, Ribeirão Preto Medical School, University of São, Brazil**
- Still other studies report that CBD is effective in treating pain related to multiple sclerosis and arthritis. CBD, is already approved medically in several countries for this purpose - **Department of Neurosciences, University of Messina, Italy**
- **Summary:** CBD, especially in combination with (very low levels of) THC, may be effective in reducing pain associated with diseases like multiple sclerosis and rheumatoid arthritis

**Anxiety & Depression** *According to the World Health Organization, depression is the single largest contributor to disability worldwide, while anxiety disorders are ranked sixth.*

- “effective in treating symptoms of anxiety, particularly social anxiety” - **Marcel Bonn-Miller, University of Pennsylvania School of Medicine**
- Used to safely treat insomnia and anxiety in children with post-traumatic stress disorder – **US National Library of Medicine**
- Significantly less anxiety, cognitive impairment and discomfort in speech performance – **National Institutes of Health**
- **Summary:** Using CBD has been shown to reduce anxiety and depression in both human and animal studies

**Cancer and Related Symptoms** *Approximately 38.4% of men and women will be diagnosed with cancer at some point during their lifetimes (based on 2013–2015 data) – National Cancer Institute*

- CBD may have anticancer properties. For example, one test-tube study found that concentrated CBD induced cell death in human breast cancer cells - **Beth Israel Deaconess Medical Center, Boston**
- Another study showed that CBD inhibited the spread of aggressive breast cancer cells - **California Pacific Medical Center, Research Institute**
- CBD may also help reduce chemotherapy-induced nausea and vomiting, which are among the most common chemotherapy-related side effects for those with cancer - **Department of Clinical Pharmacology, Medical University of Vienna, Austria**
- **Summary:** CBD has been shown to help reduce symptoms related to cancer and cancer treatment, and may even have cancer-fighting properties. This is currently an active Cancer research frontier

**Heart Health** *Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were men*

- Recent research has linked CBD with several benefits for the heart and circulatory system, including the ability to lower high blood pressure. High blood pressure is linked to higher risks of a number of health conditions, including stroke, heart attack and metabolic syndrome - **University of Alabama at Birmingham**
- Additionally, several animal studies have demonstrated that CBD may help reduce the inflammation and cell death associated with heart disease due to its powerful antioxidant and stress-reducing properties
- One study found that treatment with CBD reduced oxidative stress and prevented heart damage in diabetics with heart disease - **Laboratories of Physiological Studies, National Institutes of Health, Bethesda, Maryland**
- **Summary:** CBD may benefit heart health in several ways, including by reducing blood pressure and preventing heart damage

## **Neuroprotective Properties** *Epilepsy, Alzheimer's, multiple sclerosis and Parkinson's disease*

- One study found that CBD reduced spasms in 75% of 276 people with multiple sclerosis who were experiencing muscle spasticity that was resistant to medications - **Neurological Rehabilitation Center Quellenhof, Germany**
- Another study found that CBD oil significantly reduced seizure activity in children with Dravet syndrome, a complex childhood epilepsy disorder, compared to a placebo - **New York University Langone Comprehensive Epilepsy Center, New York**
- "Last month [June 2018], a U.S. Food and Drug Administration advisory panel unanimously recommended approval of CBD to treat childhood epilepsy" - **WebMD.com**
- Several studies have shown that treatment with CBD improved quality of life and sleep quality for people with Parkinson's disease - **Department of Neuroscience and Behavior, Faculty of Medicine of Ribeirão Preto, University of São Paulo, Brazil**
- Additionally, test-tube studies have shown that CBD may decrease inflammation and help prevent the neurodegeneration associated with Alzheimer's disease - **Karl Group, Behavioral Neuroscience, Western Sydney University, Australia**
- **Summary:** Through early research, it is apparent that CBD has shown to effectively treat symptoms related to epilepsy and Parkinson's disease. CBD was also shown to reduce the progression of Alzheimer's disease in studies

## **Acne** *Acne is a common skin condition that affects more than 90% of the population*

- Studies found that CBD oil prevented sebaceous gland cells from secreting excessive sebum, exerted anti-inflammatory actions and prevented the activation of "pro-acne" agents like inflammatory cytokines – **US National Library of Medicine**
- Further findings; conclude that CBD may be an efficient and safe way to treat acne, thanks in part to its remarkable anti-inflammatory qualities - **Cellular Physiology Research Group, University of Debrecen Hungary**
- **Summary:** CBD may have beneficial effects on acne due to its anti-inflammatory qualities and its ability to control the overproduction of sebum from the sebaceous glands

## **Other benefits:** *CBD has been studied for its role in treating a number of health issues other than those outlined above*

- **Antipsychotic effects:** Studies suggest that CBD may help people with schizophrenia and other mental disorders by reducing psychotic symptoms - **Institute of Psychiatry, Department of Psychosis Studies, King's College London**
- **Substance abuse treatment:** CBD has been shown to modify circuits in the brain related to drug addiction. In rats, CBD has been shown to reduce morphine dependence and heroin-seeking behavior - **Department of Psychiatry, Université de Montréal, Canada**
- **Anti-tumor effects:** In test-tube and animal studies, CBD has demonstrated anti-tumor effects. In animals, it has been shown to prevent the spread of breast, prostate, brain, colon and lung cancer - **California Pacific Medical Center Research Institute, San Francisco**
- **Diabetes prevention:** In diabetic mice, treatment with CBD reduced the incidence of diabetes by 56% and significantly reduced inflammation - **Hadassah University Hospital, Department of Bone Marrow Transplantation & Cancer Immunotherapy, Israel**
- **Summary:** Some studies suggest that CBD may be an effective treatment for diabetes, substance abuse, mental disorders and certain types of cancers

## **Side Effects** *Although CBD is generally well tolerated and considered safe, it may cause adverse reactions in some people*

- Side effects noted in studies include only: diarrhea, changes in appetite & fatigue
- CBD is also known to interact with several medications. Before you start using CBD oil, discuss it with your doctor to ensure your safety and avoid potentially harmful interactions