

UNDERSTANDING

Cannabinoids

From the body
to the plant

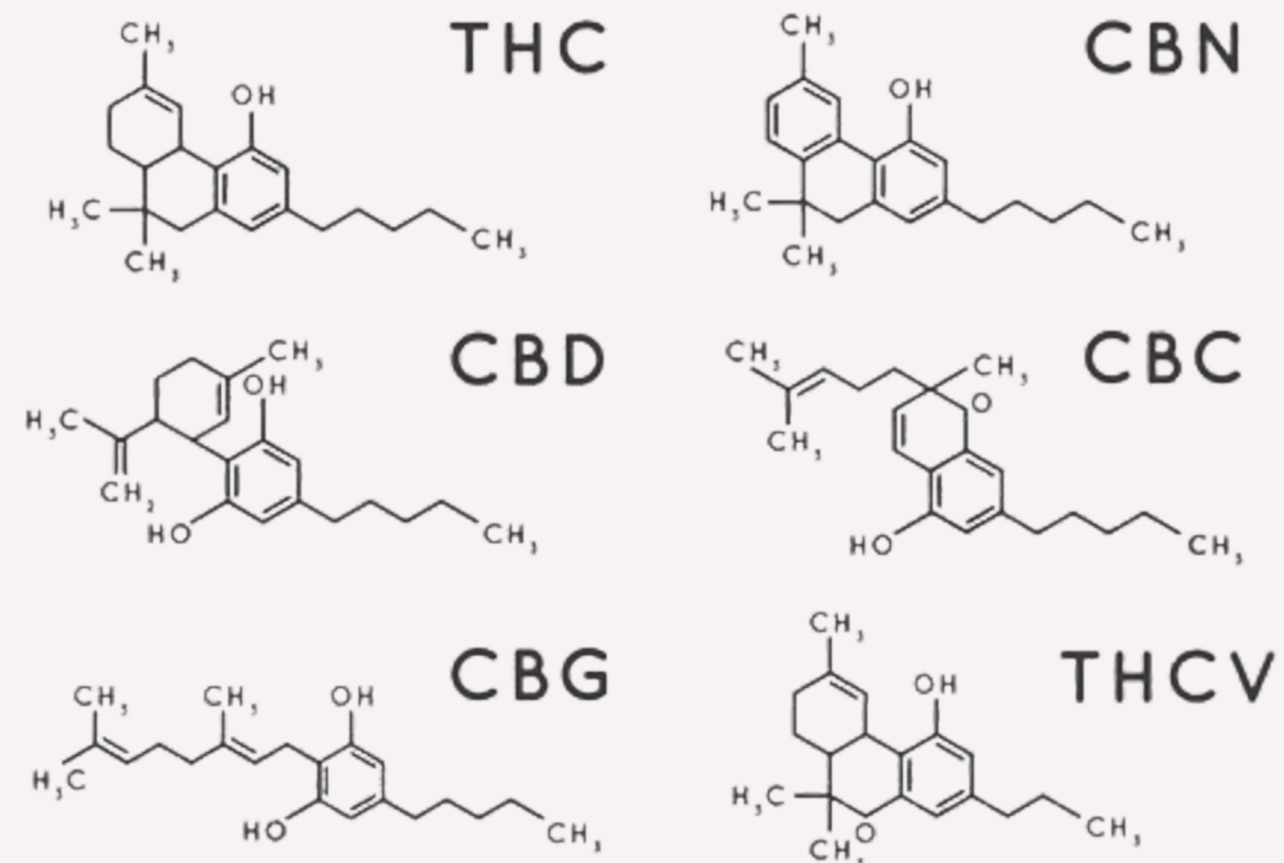


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What Are Cannabinoids?

TABLE OF CANNABINOIDS



Cannabinoids:

Are compounds that interact with your body's endocannabinoid system.

Common Cannabinoids and Their Functions

Anandamide & 2-AG = your body's built-in cannabis system

CBD = stabilizer and protector

CBC = anti-inflammatory and pain-relieving

CBG = emerging & multifunctional

CBN = sleep & relaxation

THCV = Energy amplifier & appetite suppressant

THC = powerful and useful, but it's also this cannabinoid most linked to negative mental health effects when overused.

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The Endocannabinoid System (ECS):

Our brains and bodies have a complex network of chemical signals and receptors. Among these are **CB1 receptors** in the brain, which are more common than many other types. They act like traffic controllers, managing neurotransmitters to adjust things like hunger and alertness. Additionally, there are **CB2 receptors**, primarily found in the immune system and peripheral tissues, which play a crucial role in modulating inflammation and pain.

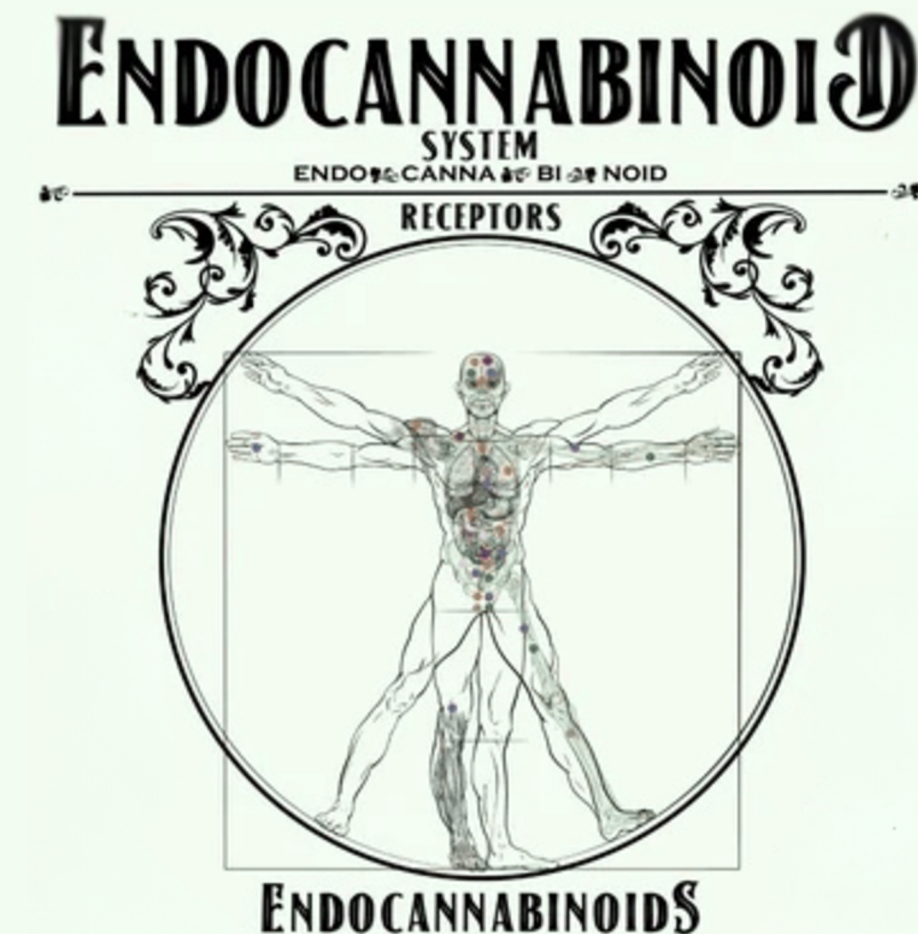
Our bodies naturally produce endocannabinoids, similar to those in cannabis, to activate these receptors.

The first discovered endocannabinoid was **anandamide**, named after the Sanskrit word for bliss. So, we all have these cannabis-like molecules in our brains. Humans have been using cannabis for about 5,000 years because it interacts with this ancient system.

The ECS regulates and controls many of our most critical bodily functions such as learning and memory, emotional processing, sleep, temperature control, pain control, inflammatory and immune responses, and eating. The ECS is currently at the center of renewed international research and drug development.

What is the ECS?

Endocannabinoid System



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Anandamide

What it is:

Anandamide is an endocannabinoid, a naturally occurring compound in the body, known for its potential role in mood regulation and overall wellbeing.

Where it comes from:

Anandamide is produced in the body through enzymatic reactions that involve the conversion of arachidonic acid derivatives.

What it does in the body:

Anandamide interacts with the endocannabinoid system, affecting:

CB1 receptors (central nervous system → mood regulation)

CB2 receptors (immune system → inflammation control)

May also influence **TRPV1 receptors** (pain perception)

Additionally, it can interact with PPAR receptors (metabolic processes)

Medical guidance often suggests consulting with a healthcare provider before using any supplements that might affect anandamide levels, particularly if you have pre-existing health conditions or are on medication.

“The bliss molecule”

Anandamide is an endocannabinoid known for promoting a sense of well-being without the psychoactive effects typically associated with THC. It plays a crucial role in regulating mood, memory, and pain, offering therapeutic benefits similar to CBD but through natural processes within the body.

Medical use:

While not FDA-approved as a treatment, anandamide is being explored for its potential benefits in mood disorders and stress management. Medical professionals advise caution and recommend discussing any supplements that affect anandamide levels with a healthcare provider, especially if you are taking other medications.

Important risks:

Though generally considered safe within the body's natural balance, altering anandamide levels can lead to:

Potential interaction with medications

More research needed to fully understand long-term effects

Effects people notice:

- ✓ Potential mood-enhancing effects
- ✓ May aid in stress reduction
- ✓ Possible role in appetite regulation
- ⚠ Naturally occurring in the body
- ⚠ Limited research on extensive effects

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2-AG

(2-Arachidonoylglycerol)

What it is:

2-Arachidonoylglycerol (2-AG) is an endocannabinoid, a naturally occurring compound in the body, involved in various physiological processes, including the regulation of immune function and inflammation.

Where it comes from:

2-AG is synthesized in the body through enzymatic reactions involving phospholipase C and diacylglycerol lipase from membrane lipid precursors.

What it does in the body:

2-AG interacts with the endocannabinoid system, affecting:
CB1 receptors (central nervous system → pain modulation & neuroprotection)

CB2 receptors (immune system → immune response regulation)

GPR55 receptors (widely distributed → bone physiology & cancer cell proliferation)

TRPV1 receptors (sensory neurons → pain perception & inflammation)

Medical guidance often suggests consulting with a healthcare provider before using any supplements that might affect 2-AG levels, mainly if you have pre-existing health conditions or are on medication.

“The synergy molecule”

2-AG is a prominent endocannabinoid that contributes to the regulation of appetite, immune system functions, and inflammation. Unlike THC, it does not induce psychoactive effects, making it a natural modulator of bodily processes. Its role in maintaining homeostasis and supporting overall wellness mirrors the therapeutic benefits seen with CBD.

Medical use:

While not FDA-approved as a treatment, 2-AG is being investigated for its potential applications in inflammatory and neurodegenerative disorders. Medical professionals recommend discussing any supplements that affect 2-AG levels with a healthcare provider, especially if you are taking other medications.

Important risks:

Though generally considered safe within the body's natural balance, altering 2-AG levels can lead to:

Potential interaction with medications

More research needed to fully understand long-term effects

Effects people notice:

- ✓ Potential anti-inflammatory effects
- ✓ May aid in pain management
- ✓ Possible role in neuroprotection
- ⚠ Naturally occurring in the body
- ⚠ Limited research on long-term effects

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CBD

(Cannabidiol)

What it is:

CBD, or cannabidiol, is a non-psychoactive compound found in cannabis that is gaining popularity for its potential therapeutic benefits.

Where it comes from:

CBD is extracted from the cannabis plant, and unlike THC, it does not produce a “high.” It is often derived from hemp, a variety of cannabis with low THC levels.

What it does in the body:

CBD interacts with your endocannabinoid system, primarily affecting:

CB1 receptors (brain → mood, anxiety)

CB2 receptors (immune system → inflammation, pain relief)

TRPV1 receptors (nervous system → pain perception, body temperature)

GPR55 receptors (various tissues → bone density, blood pressure)

Medical guidance suggests a consult with a healthcare provider before using CBD, particularly if you have pre-existing health conditions or are on medication.

“The calming, non-high cannabinoid”

CBD provides therapeutic benefits without the “high,” commonly used for pain relief and anxiety management, with minimal side effects.

Medical use:

FDA-approved CBD products exist (e.g., Epidiolex)
Used for epilepsy, anxiety disorders, chronic pain, and inflammation

Important risks:

High doses or long-term use can lead to:
Liver damage (when combined with certain medications)
Potential interactions with other drugs

Effects people notice:

- ✓ Pain relief
- ✓ Reduction in anxiety and depression
- ✓ Anti-inflammatory properties
- ✓ Seizure control (certain epilepsy syndromes)
- ⚠ Drowsiness or fatigue (in higher doses)
- ⚠ Possible interaction with medications

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CBC

(Cannabichromene)

What it is:

CBC is a non-psychoactive compound found in cannabis, known for its potential anti-inflammatory and pain-relieving effects.

Where it comes from:

CBC is produced in the cannabis plant through the decarboxylation of CBCA (cannabichromene carboxylic acid), which occurs naturally.

What it does in the body:

CBC interacts with the endocannabinoid system, primarily affecting:

CB2 receptors (immune system → inflammation)

CB1 receptors (central nervous system → mood and appetite)

May also influence **TRPV1 receptors** (pain perception)

GPR55 receptors (bone health and cancer cell proliferation)

Medical guidance suggests a consult with a healthcare provider before using CBC, particularly if you have pre-existing health conditions or are on medication.

“The mood boost, non-high cannabinoid”

CBC, like CBD, is a non-psychoactive cannabinoid offering therapeutic benefits without the “high.” It is being researched for its potential in pain relief and mood regulation, with minimal side effects. CBC is particularly noted for its anti-inflammatory properties and its ability to interact with other cannabinoids, enhancing the overall effectiveness of cannabis-based therapies.

Medical use:

While not FDA-approved, CBC is being explored for its potential benefits in inflammation, pain management, and mood disorders.

Important risks:

Generally considered safe, high doses of CBC can lead to:
Potential interaction with medications
More research needed to fully understand long-term effects

Effects people notice:

- ✓ Potential anti-inflammatory effects
- ✓ May aid in pain relief
- ✓ Possible mood-enhancing properties
- ⚠ Non-psychoactive
- ⚠ Limited research on extensive effects

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CBG

(Cannabigerol)

What it is:

CBG (cannabigerol) is a non-psychoactive compound found in cannabis, known for its potential anti-inflammatory and pain-relieving effects.

Where it comes from:

CBG is produced in the cannabis plant through the decarboxylation of CBGA (cannabigerolic acid), that occur naturally.

What it does in the body:

CBG interacts with the endocannabinoid system, primarily affecting:

CB2 receptors (immune system → inflammation)

CB1 receptors (central nervous system → mood and appetite)

May also influence **TRPV1 receptors** (pain perception)

Additionally, interacts with **5-HT1A receptors** (anxiety & depression)

Medical guidance suggests a consult with a healthcare provider before using CBG, particularly if you have pre-existing health conditions or are on medication.

“The Natural Soother”

CBG offers calming benefits without any psychoactive effects. Often referred to as the “mother of all cannabinoids,” it’s known for promoting relaxation and supporting overall wellness, making it a natural choice for those seeking tranquility without the high.

Medical use:

While not FDA-approved, CBG is being explored for its potential benefits in inflammation, pain management, and mood disorders. Medical professionals advise caution and recommend discussing its use with a healthcare provider, especially if you are taking other medications.

Important risks:

Though generally considered safe, high doses of CBG can lead to:

Potential interaction with medications

More research needed to fully understand long-term effects

Effects people notice:

- ✓ Potential anti-inflammatory effects
- ✓ May aid in pain relief
- ✓ Possible mood-enhancing properties
- ⚠ Non-psychoactive
- ⚠ Limited research on extensive effects

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CBN

(Cannabinol)

What it is:

CBN, or cannabinol, is a mildly psychoactive compound found in cannabis that is being explored for its potential therapeutic benefits.

Where it comes from:

CBN is derived from the oxidation and decomposition of THC, occurring naturally as cannabis ages. It is typically found in older cannabis plants.

What it does in the body:

CBN interacts with the body's endocannabinoid system, primarily affecting:

CB1 receptors (brain → sedation, appetite stimulation)

CB2 receptors (immune system → inflammation, pain relief)

TRPV1 receptors (sensory neurons → pain perception, body temperature regulation)

GPR55 receptors (various tissues → bone density, cancer cell proliferation)

Medical guidance suggests a consult with a healthcare provider before using CBN, particularly if you have pre-existing health conditions or are on medication.

“The Sleepy Cannabinoid”

CBN offers a range of therapeutic benefits, including pain relief and appetite stimulation, while its mild psychoactive effects can contribute to relaxation and sedation.

Medical use:

CBN is being studied for its use in sleep disorders, pain management, and appetite regulation.

Important risks:

High doses or long-term use may lead to

Drowsiness or fatigue

Potential interactions with other medications

Effects people notice:

- ✓ Sedative properties
- ✓ Potential pain relief
- ✓ Appetite stimulation
- ⚠ Mild psychoactive effects (less than THC)
- ⚠ Potential interaction with medications

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THCV

(Tetrahydrocannabivarin)

What it is:

THCV is a lesser-known compound in cannabis, often referred to as the “diet weed” due to its potential appetite-suppressing effects.

Where it comes from:

In raw cannabis, THCV exists as THCVA, but THCVA does not get you high
Heat (smoking, vaping, baking) converts THCVA → THCV
Over time, THCV can degrade into other cannabinoids with varying effects

What it does in the body:

THCV interacts with your endocannabinoid system, especially:
CB1 receptors (brain → mood, appetite suppression)
CB2 receptors (immune system → inflammation)
GPR55 receptors (central nervous system → bone density, pain modulation)

Medical recommendations suggest a cautious approach to THCV dosage.

It is often recommended to use it alongside CBD to help moderate its effects. Consulting with a healthcare provider is crucial, especially when combining THCV with other treatments.

“The diet weed”

THCV offers potential therapeutic benefits, such as appetite suppression and energy boosts, without the intense psychoactive effects typically associated with THC.

Medical use:

Research into THCV is ongoing, with potential uses including managing obesity, diabetes, and other metabolic disorders.

Important risks:

High or long-term use can have unknown effects, as research is still emerging. It’s crucial to remain informed about new findings.

Effects people notice:

- ✓ Appetite suppression
- ✓ Potential weight loss aid
- ✓ Possible energy boost
- ✓ Blood sugar regulation
- ⚠ Anxiety reduction (in low doses)
- ⚠ May not induce the “high” in low doses

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THC

(Δ 9-Tetrahydrocannabinol)

What it is:

THC is the main psychoactive compound in cannabis – the one that makes people feel “high.”

Where it comes from:

In raw cannabis, THC exists as THCA, which does not get you high
Heat (smoking, vaping, baking) converts THCA → THC
Over time, THC can degrade into other cannabinoids like CBN

What it does in the body:

THC interacts with your endocannabinoid system, especially:

CB1 receptors (brain → mood, memory, coordination)

CB2 receptors (immune system → inflammation)

TRPV1 receptors (nervous system → pain perception, body temperature)

GPR55 receptors (brain, peripheral tissues → bone density, blood pressure)

Medical recommendations suggest a cautious approach to THC dosage. It is often recommended to use it alongside CBD to help moderate its effects. Consulting with a healthcare provider is crucial, especially when combining THC with other treatments.

“The high-maker”

THC offers a range of therapeutic benefits, including pain relief and appetite stimulation, while its psychoactive effects contribute to an altered state of consciousness.

Medical use:

FDA-approved synthetic THC exists (e.g., Marinol)
Used for cancer-related nausea, appetite loss, neurological conditions

Important risks:

High or long-term use (especially in teens) can increase risk of:
Psychosis
Mood disorders
Worsening bipolar symptoms

Effects people notice:

- ✓ Pain relief
- ✓ Nausea control (chemo patients)
- ✓ Appetite stimulation (“the munchies”)
- ✓ Muscle relaxation
- ⚠ Anxiety or paranoia (at high doses)
- ⚠ Impaired memory and coordination

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Where can I find these Cannabinoids?

Licensed Cannabis Retailers:

These are businesses that have obtained a retail cannabis license from the DCC. They may operate:

- Storefront dispensaries – physical shops where consumers can walk in and purchase cannabis products.
- Delivery-only retailers – no storefront; they deliver to customers.

General Retailers:

These businesses have secured licenses to sell hemp products and may operate in the following ways:

- Storefront Retailers – physical stores where customers can enter and buy hemp products.
- Delivery-only Retailers – businesses that do not have a physical location and deliver products directly to customers.

It's important to note that these licenses are restricted to selling non-psychoactive cannabinoids and are currently undergoing restructuring and review. If you're seeking trustworthy products and the education you need, be sure to visit your local dispensary.



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