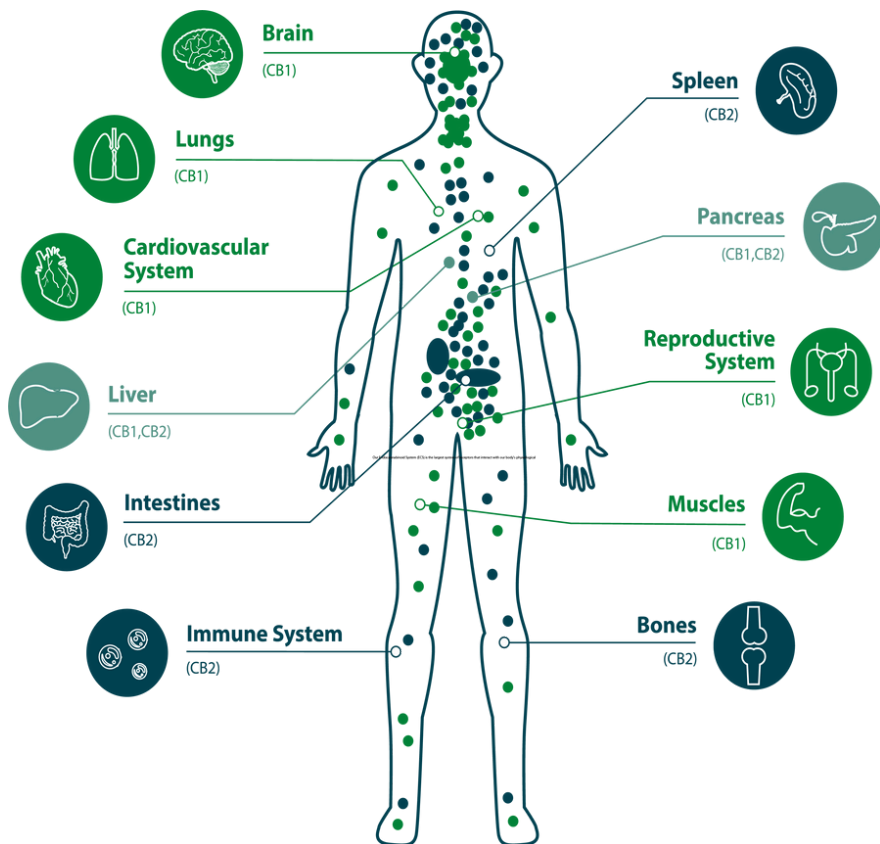


# The Endocannabinoid System and You

At Temple Health & Wellness, we understand the potential of natural wellness solutions. Cannabidiol (CBD) is a naturally occurring compound in the cannabis plant that many people find promising for its potential health benefits. Studies suggest CBD may support a healthy inflammatory response, chronic pain management, and even anxiety reduction and stress relief.



## CB1 Receptors

CB1 receptors are primarily found in the brain and central nervous system.

- Lower anxiety
- Lower blood pressure
- Lower intestinal inflammation
- Relieve depression
- Reduce fear and paranoia

## CB2 Receptors

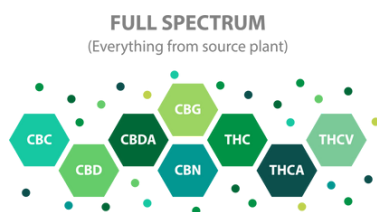
CB2 receptors are mostly in the peripheral organs, especially cells associated with the immune system.

- Help with alcohol and nicotine addiction
- Increase appetite
- Neurodegenerative disease
- Reduce inflammation
- Stress response

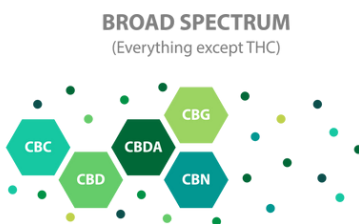
CBD FITS LIKE A KEY and binds with CB1 and CB2 receptors to interact with the individual.

## THE DIFFERENT SPECTRUMS OF THE CANNABIS PLANT

Cannabidiol (CBD), a natural compound found in hemp, interacts with our body's endocannabinoid system (ECS). When choosing a CBD product, variety is key! Full-spectrum CBD includes all the plant's natural compounds, while broad-spectrum offers similar benefits without THC. CBD isolate provides pure CBD for targeted effects.



Full Spectrum CBD encompasses all the additional cannabinoids from the plant (including <0.3% THC), terpenes, and flavonoids. These elements collaborate in what is commonly known as the "Entourage Effect," amplifying the health advantages of CBD.



Broad Spectrum CBD is akin to Full Spectrum CBD but devoid of THC, maintaining 0% of it. It retains all other plant cannabinoids, terpenes, and flavonoids, ensuring the "Entourage Effect" that amplifies the health benefits of CBD is still in effect, much like Full Spectrum products.



CBD Isolate is produced by extracting and isolating the CBD from the Full Spectrum extract, eliminating all other molecules and leaving the CBD in its purest, anhydrous state. The result is a white, high-purity CBD powder devoid of THC, which can be incorporated into a range of CBD products like oils and topicals.