



CBD

# MARIJUANA: EXCUSES ANSWERED!

JOEY FAUST (7-17-22)

**TEXT: Psalms 104:14 He causeth  
the grass to grow for the cattle,  
and herb for the service of man:  
that he may bring forth food out  
of the earth;**

**2 Peter 1:18 And this voice which came from heaven we heard, when we were with him in the holy mount.**

**19 We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn...**

**Genesis 3:18 Thorns also  
and thistles shall it bring  
forth to thee; and thou shalt  
eat the herb of the field;**

Ephesians 5:18 And **be not drunk with wine**, wherein is excess; but be filled with the Spirit;

Proverbs 23:31 **Look not** thou  
upon the wine...

33 Thine eyes shall behold  
strange women, and **thine heart**  
**shall utter perverse things.**

Galatians 5:20 Idolatry, **witchcraft...**  
21 Envyings, murders, **drunkenness,**  
**revellings, and such like:** of the which I  
tell you before, as I have also told you in  
time past, that they which do such things  
shall not inherit the kingdom of God.

**Lamentations 3:15 He hath  
filled me with bitterness, he  
hath made me **drunken**  
**with wormwood.****



*Addiction Journal, Jan. 20, 2022:*

**"Cannabis use produces  
persistent cognitive  
impairments..."**

**"A systematic review published today in the scientific journal Addiction has found that cannabis use leads to acute cognitive impairments that may continue beyond the period of intoxication. This Canadian-led meta-review...merged the findings of 10 meta-analyses representing more than 43,000 participants. "**

**"...cognitive impairments in areas including...making decisions, suppressing inappropriate responses, learning through reading and listening, the ability to remember what one reads or hears, and the time needed to complete a mental task."**

**"Marijuana smoking is associated with large airway inflammation, increased airway resistance, and lung hyperinflation, and those who smoke marijuana regularly report more symptoms of chronic bronchitis than those who do not smoke."**

**(Ann Am Thorac Soc. 2013;10(3):239-247;**

**<https://nida.nih.gov/>)**

"The THC molecules that pass the blood-brain barrier will find that they fit snugly into receptors that **ordinarily** receive compounds called **endocannabinoids, which the body produces itself...**" (LiveScience.com)

Proc Natl Acad Sci U S A. 2008 Jul 1:

**"Beta-caryophyllene is a dietary cannabinoid..."**

Weedmaps.com, 2019:

*"Cannabinoids Without Cannabis? Yes, and These Everyday Foods Have Them...Phytocannabinoids, which are cannabinoids found in various plants aside from cannabis, are responsible for activating CB1 or CB2 receptors..."*

**"Beta-caryophyllene** is one of the most abundant terpenoids found in the essential oil of cannabis that activates the CB2 receptor. However, it's not only found in cannabis - beta-caryophyllene is also commonplace throughout the plant kingdom and found in many herbal essential oils, **including clove, oregano, cinnamon, and black pepper...**"



"Like cannabis, other herbs  
activate the CB2 receptors,  
too...**Echinacea**..."

**Clove, oregano,  
cinnamon, and black  
pepper, black caraway,  
Lavender, etc!**

*Nutraceuticals: Efficacy, Safety and  
Toxicity:*

**" $\beta$ -Caryophyllene has the distinction of being the first known "dietary cannabinoid"...  $\beta$ -Caryophyllene...black pepper...cloves...and cannabis..."**

**"β-Caryophyllene has now been shown to be directly beneficial for colitis (Bento et al., 2011), osteoarthritis (Rufino et al., 2015), diabetes (Basha and Sankaranarayanan, 2014)...anxiety and depression (Bahi et al., 2014), liver fibrosis (Calleja et al., 2013; Mahmoud et al., 2014), and Alzheimer-like disease types (Cheng et al., 2014)."**

**Mo Med v.117(5); Sep-Oct 2020:**

**"Research shows that more than 40% of children with epilepsy who were given CBD orally had adverse events that included THC like symptoms..."**

***Epilepsy & Behavior; Volume 56,***

**March 2016:**

**"Anticonvulsant activity of  $\beta$ -  
caryophyllene against  
pentylenetetrazol-induced seizures..."**

**"B-Caryophyllene increased latency to PTZ-induced myoclonic seizures..."**

**" $\beta$ -Caryophyllene did not  
cause deficits in spontaneous  
or forced motor  
performance..."**



**"...most anticonvulsant  
drugs display adverse  
effects..."**

**"Interestingly, recent accumulating evidence indicates that  $\beta$ -caryophyllene is neuroprotective...For instance, administration of  $\beta$ -caryophyllene protects against cerebral ischemic injury in rats..."**

**"Altogether, these results suggest that  $\beta$ -caryophyllene is anticonvulsant in seizure models with substantial predictive value for discovery of new anticonvulsants..."**

**"Interestingly, we found that animals treated with  $\beta$ -caryophyllene displayed higher values of object recognition index than their vehicle-treated counterparts..."**

# Prostaglandins Other Lipid Mediat.; PMC

2019 Aug 7:

"Emerging Class of **Omega-3 Fatty Acid**  
**Endocannabinoids** & Their Derivatives..."

**"...endocannabinoids...are  
endogenously synthesized from  
the omega-6 and omega-3  
polyunsaturated fatty acids  
(PUFAs)..."**

**"In the study, just three capsules of fish oil a day - around 1080 mg of omega-3 fatty acids - were found to significantly reduce the incidence of seizures in patients with so-called drug-resistant epilepsy."**

**(<https://newsroom.ucla.edu>)**

Br J Pharmacol. 2010 Jun; 160(3):

"Phytocannabinoids beyond the Cannabis plant..."

"...**until recently**...THC and some of its naturally occurring derivatives were the only plant natural products known to directly interact with cannabinoid receptors..."



MedicalNewsToday, 2017:

"...it has [now] been shown that **THC mimics a natural brain chemical**, one of many 'endocannabinoid'— that is, cannabinoids that are **produced naturally in the body...**"

**"The body makes cannabinoids from foods that contain omega-3 and omega-6 fatty acids, such as eggs, meat, fish, and nuts."**

**"By conducting experiments on human cells and animal tissue, the team discovered an enzyme pathway that converts omega-3-derived endocannabinoids into **powerful anti-inflammatory molecules** that bind predominantly to cannabinoid receptors in the immune system."**

ScienceDaily.com, 2017:

"Omega-3 fatty acids fight  
inflammation via  
cannabinoids..."

**"A new study in animal tissue reveals the cascade of chemical reactions that convert omega-3 fatty acids into cannabinoids that have anti-inflammatory benefits - but without the psychotropic high..."**

**"The findings are published  
in the Proceedings of the  
National Academy of  
Sciences."**

**"Cannabinoids bind to two types of cannabinoid receptors in the body - one that is found predominantly in the nervous system and one in the immune system..."**

**"...inflammatory response...perception of pain...reproductive function...sleep/wake cycle...stress response...mood and anxiety...immune system...and more..."**

**"The human body produces a variety of endocannabinoids, some of which are derived from omega-6s, and some of which are derived from omega-3s..."**



**"...researchers fed mice a diet modeled after the Standard American diet - one high in omega-6 fatty acids, and low in omega-3s. Importantly, the omega-3-deficient mice displayed altered brain function and cannabinoid receptor activity in brain areas related to emotional behavior and mood disorders."**

**"Put more simply, mice that were deprived of omega-3 fatty acids showed reduced cannabinoid receptor activity and increased depressive behaviors, while these effects were not observed in the mice fed a balanced diet rich in omega-3s."**

**(Nordic.com)**

# Evid Based Complement Alternat

Med. 2019:

"Many essential oils (EOs) have anticonvulsant activity and might benefit people with epilepsy.

**Lemongrass, lavender, clove..."**

**"Internal use of EOs like sage, hyssop, rosemary, camphor, pennyroyal, eucalyptus, cedar, thuja, and fennel can cause epileptic seizures because they contain thujone, 1,8-cineole, camphor, or pinocamphone, which have been identified as convulsive agents..."**

**"Although this generation's AEDs tend to have fewer side effects, there is still risk for psychological complications, such as anxiety, depression, and cognitive impairment..."**

**"A large amount of evidence suggests that natural medicines may be one potential source of new antiepileptic drugs..."**

**"The peel of Citrus aurantium [**Bitter Orange**], also high in limonene, increases latency to both PTZ- and MES-induced seizures, increases sleep time in pentobarbital-treated animals, and decreases anxiety..."**

"Nigella sativa [**Black Seed**],  
which contains alpha-pinene, p-  
cymene, and  
thymoquinone...inhibits MES  
convulsions..."



**"In animal models, treatment with **eugenol [Clove]** decreased the duration and intensity of pilocarpine-induced seizures about threefold each and increased the latency by about 50%. Daily eugenol treatment in pilocarpine chronic epilepsy animals prevented neuronal loss in the hippocampus, decreased seizure stage, and decreased seizure mortality..."**

**"Eugenol is the primary constituent in *Eugenia caryophyllata* (clove) oil and some Mediterranean spice oils. One study on clove oil found that a dose of 0.1 mL/kg prevented all convulsions with a 100% survival rate in mice treated with MES protocol."**

**"Lavender** and other EOs high in linalool demonstrate strong anticonvulsive effects in animal models of seizure."

**"In one experiment with lavender oil, inhalation of 1 mL of the EO vapor 15 minutes before PTZ treatment prevented all convulsions in 100% of the animals and resulted in a 100% survival rate. All animals in the control group (PTZ but no lavender oil) experienced seizures..."**

"Some EOs contain constituents with convulsant activity...EOs of the species *Salvia officinalis* (**sage**), *Thuja plicata* (**thuja**), *Cedrus* spp. (**cedar**), *Hyssopus officinalis* (**hyssop**), *Eucalyptus* spp. (**eucalyptus**), *Cinnamomum camphora* (**camphor**), *Mentha pulegium* (**pennyroyal**), and *Anethum graveolens* (**fennel**)...have produced seizures when used both internally and **topically**."

**"EOs of camphor, rosemary, and eucalyptus...have produced adverse epileptic reactions in humans...[Even] topical application of these EOs can also cause seizures, especially in people with epilepsy..."**

**"CBD** itself has been shown  
anecdotally and clinically to  
provide benefit and significant  
relief to epileptic patients..."

Br J Pharmacol. 2010 Jun; 160:

"Phytocannabinoids beyond the Cannabis plant..."

"The dietary polyphenols **trans-resveratrol** and **curcumin**...were reported to bind selectively to the human CB1 cannabinoid receptor...and to exert potent pharmacological effects in mice..."

Mayo Clinic:

**"Plants as Medicine: Are Cannabinoids the Next Breakthrough in Plant Medicine?"**

**"If you've ever eaten **a carrot**, then you've consumed a cannabinoid..."**



**"Until recently,** scientists had identified cannabinoids only in the Cannabis plant, commonly called marijuana or hemp. **Current research,** however, has found cannabinoids in many plants, including **clove, black pepper, Echinacea...ginseng...**

**"What's more, we actually make cannabinoids in our bodies (endocannabinoids) that act on these receptors..."**

**-Myrcene...an important  
terpene found in  
cannabis.....is also found in  
high levels in...**Lemongrass**...**

Mol Neurobiol. 2011 Oct; 44:

**"Neuroprotection by Spice-Derived  
Nutraceuticals: You Are What You Eat!"**

**"Epilepsy...Black pepper Extract Prolonged  
anticonvulsant activity against audiogenic  
seizures in DBA/2 mice and against seizures  
induced in T.O. mice by NMDLA..."**

**"Clove...Eugenol...Suppressed epileptiform field potentials and spreading depression in rat neocortical and hippocampal tissues..."**

**"Turmeric Curcumin...Ameliorated seizures, oxidative stress, and cognitive impairment in pentylenetetrazole-treated rats..."**

**UPI, HEALTH NEWS JULY 14, 2022:**

**"Study: Even 2 to 3 beers a week may cause brain changes, cognitive decline...People who drink in moderation faced sobering news on Thursday from a large British research study: Even that amount of imbibing may be linked to brain changes and cognitive decline."**

**"Young people should NOT drink':  
Landmark study warns under 40s should  
avoid ALL alcohol for the sake of their  
health...Researchers, who published their  
findings Thursday in the Lancet, gathered  
data from over 200 countries..."**

**<https://www.studyfinds.org/>; July 15, 2022:**

**"Eating more fruit may keep depression away, improve mental well-being...They say an apple a day keeps the doctor away, but researchers from Aston University have found that eating more fruit may also keep the therapist at bay..."**