

The Known Benefits of the Endocannabinoid System (ECS)



What is It?

The Endocannabinoid System regulates balance in the human body. It processes the THC & CBD found in cannabis & hemp.

It helps in the normal function of the body's systems including:

Central Nervous	Skeletal
Cardiovascular	Immune
Gastrointestinal	Metabolic
Reproductive	

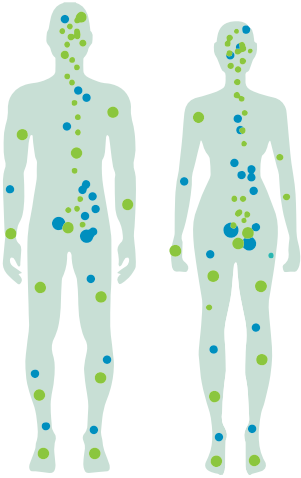


The ECS manages:

- health & wellness
- nerves & muscles
- immune response
- inflammation
- appetite
- blood pressure
- bone growth
- anti-aging
- disease prevention
- sleep promotion



The Endocannabinoid System Receptors for THC & CBD



CBD and THC receptors activate when we are sick, fatigued, anxious or not sleeping well. Likewise, the receptors are more relaxed when our body is well, in balance and healthy.

CB₁

Most CB₁ receptors are found in the central nervous system; the brain and spinal cord

CB₂

Most CB₂ receptors are found outside the central nervous system and affect our immune function.

How do YOU take care of your ECS?

Exercise	Acupuncture
Healthy diet	Meditation
Adequate sleep	Time in nature
Massage	Joy & laughter



As a certified cannabis nurse, I will coach you on the appropriate use of cannabis, including administration and drug to drug reactions.

EMPOWERING
PEOPLE
IN THEIR
HEALTHCARE


MELYNDA
RUCKELS RN MSN PHN

patient advocate • cannabis care

(916) 300-1263 • melynda@melyndaruckels.com

melyndaruckels.com