



# 10

## Natural Supplements to Support Your Endocannabinoid System

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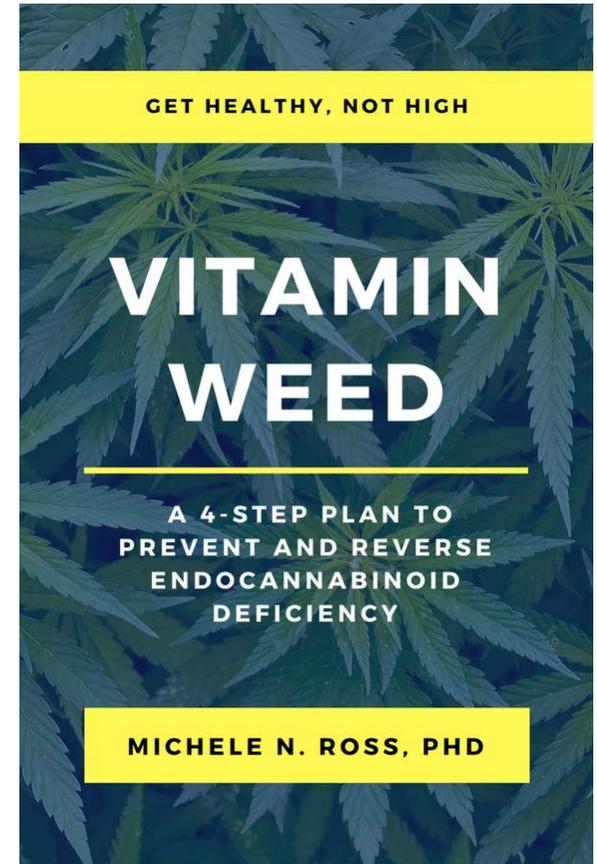
# Get Healthy, Not High

The easiest way to activate your endocannabinoid system is by using cannabis, also called medical marijuana, weed, or pot. The active ingredient in cannabis is THC, and it binds to cannabinoid receptors in your brain in body to have effects like pain, spasm, and anxiety relief, reduction of inflammation, increased appetite, and euphoria (high).

It is impossible to overdose on cannabis or the cannabinoids in it such as THC or CBD. While THC will cause a high, CBD will not but provides many of the same benefits of THC-containing cannabis. Another benefit is that you don't need to go to a marijuana dispensary to buy CBD.

Supplements that come from other plants besides cannabis or hemp also have active ingredients that can support your endocannabinoid system. I've included ten ways to support a healthy endocannabinoid system (ECS) in this guide.

I hope you find some ways that work for you.



# 1.

## Cannabidiol (CBD)

CBD is a cannabinoid made in the hemp or cannabis plant. Hemp oil will contain mostly CBD and little THC, while cannabis oil will contain both CBD and THC or only THC.

CBD boosts levels of your natural endocannabinoid anandamide that bind to your CB1 and CB2 receptors, relieving pain, improving sleep, boosting focus, balancing your endocannabinoid system, and regulating all other neurotransmitters.

CBD is a powerful antioxidant as effective as Vitamin C or E at reducing inflammation in the brain and body. CBD also activates the 5-HT<sub>1A</sub> serotonin receptor that relieves anxiety and improves mood. CBD can help reduce use and cravings for alcohol, nicotine, and other drugs if trying to maintain sobriety.

CBD comes in oil, tincture, pill, candy, patch, and cream form.

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# 2. Astragalus

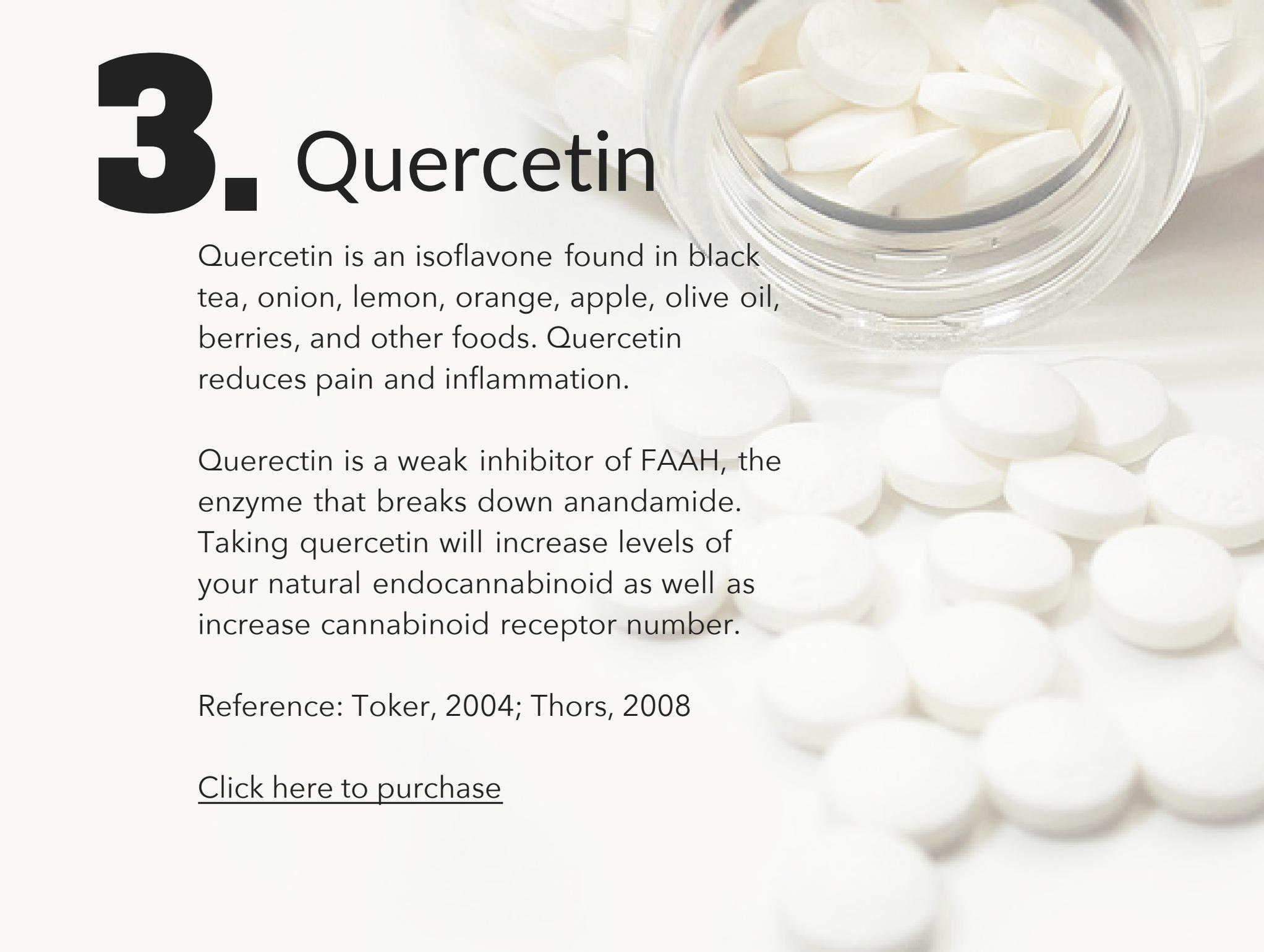
Astragalus root is an adaptogen that reduces your body's response to stress. Chronic stress can shut down your endocannabinoid system, creating endocannabinoid deficiency. Taking astragalus can protect your endocannabinoid system in times of unavoidable stress.

Astragalus also contains formononetin, an isoflavone and phytoestrogen that weakly activates FAAH, the enzyme that breaks down anandamide.

References: Wu, 2016; Westmark, 2014.

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# 3. Quercetin



Quercetin is an isoflavone found in black tea, onion, lemon, orange, apple, olive oil, berries, and other foods. Quercetin reduces pain and inflammation.

Quercetin is a weak inhibitor of FAAH, the enzyme that breaks down anandamide. Taking quercetin will increase levels of your natural endocannabinoid as well as increase cannabinoid receptor number.

Reference: Toker, 2004; Thors, 2008

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# 4. DIM

Diindolylmethane (DIM) is a fatty acid found in brussel sprouts, turnips, cabbage, mustard and cruciferous vegetables including broccoli, cauliflower, kale, cabbage, and kohlrabi.

DIM weakly activates cannabinoid type 2 (CB2) receptors, which reduce inflammation and pain. DIM is also used for enhancing immune response in cancer patients.

References: Yin, 2009; Vivar, 2009; Watson, 2013.

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# 5. Falcarinol

Carrots contain falcarinol, a polyacetylene that activates both CB1 and CB2 receptors and may be protective against some cancers.

Cooking carrots actually releases more falcarinol than eating them raw or drinking carrot juice. Carrots combine great with raw cannabis juice to cover up the bitter taste of the raw cannabis and may amplify its anti-cancer effects. Falcarinol is also found in red ginseng and parsley to lesser extent than carrots.

References: Kobaek-Larsen, 2005; Tan, 2014; David, 2015; Kobaek-Larsen, 2017.

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# 6. Biochanin-A

Biochanin-A is a flavonoid and phytoestrogen found in soy, peanuts, alfalfa sprouts, red clover, chickpeas, and other legumes.

Biochanin-A inhibits FAAH and activates PPAR $\eta$  receptors, boosting the endocannabinoid system. Biochanin-A protects the brain and reduces cancer growth.

References: Sehdev, 2009; Thors, 2010; Wang, 2015; Chundi, 2016.

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# 7. Echinacea

Echinacea is an herb commonly used to prevent and shorten duration of colds.

Echinacea contains N-alkylamides that bind the cannabinoid type 2 (CB2) receptor and PPAR-gamma receptor, inhibit FAAH, and has anti-inflammatory properties.

References: Gertsch, 2006; Raduner, 2006; Spelman, 2009, Woelkart, 2008.

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A glass dropper is shown in the upper left corner, with a single drop of golden olive oil falling from its tip into a glass bottle below. The bottle is partially filled with the same golden liquid. The background is a soft, out-of-focus orange and red gradient.

# 8. Olive Oil

Olive oil is used in cooking and is a staple of the Mediterranean diet. Olive oil is also a base for some THC and CBD-containing cannabis oils.

Olive oil increases the number of CB2 receptors in fat tissue, which reduces inflammation and growth of fat cells. This may support healthy weight loss.

Reference: Notarnicola, 2016.

# 9. Support Groups

It's easy to be confused by the endocannabinoid system, especially since your doctor wasn't taught it in medical school. You don't have to struggle alone learning how to use CBD or cannabis.

I started a private Facebook group called "Vitamin Weed" if you're looking to connect with other patients for support and advice.

[Click here to join](#)

If you haven't started reading ***Vitamin Weed: A 4-Step Plan to Prevent and Reverse Endocannabinoid Deficiency***, you can pick up a copy at Amazon.

[Click here to buy my Vitamin Weed book](#)



# 10. Health Coach

As an Integrative Health Coach, I support clients who want to manage chronic pain and other health conditions through natural methods including cannabis, diet, lifestyle changes, and mindfulness. I create a supportive environment that will enable you to achieve your current and long-term health goals.

By working together, you will begin to thrive, and not just survive your chronic disease.

I want to help you live your healthiest and happiest life. [Click here to schedule a free break-through session with me today](#) :



# Disclaimer

The information provided in this document is for informational and educational purposes only and should not be construed as medical advice. Note that statements in this presentation have not been evaluated by the Food and Drug Administration (FDA). Please consult your physician or other qualified health care professional before changing your diet or taking new supplements.



Cheers to your health,

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