

# 9 Reasons CBD Oil Is Great For Bodybuilders and People Into Fitness



## Introduction

Cannabidiol (CBD) is a non-psychoactive component of the cannabis plant. It is found in flowers, seeds, and the stalk of cannabis plants that include marijuana and hemp. Cannabidiol is among the more than 400 compounds that are found in cannabis sativa.

Scientific and clinical research suggests CBD's potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centres in the United States and elsewhere. Further evidence suggests that CBD is safe even at high doses.

So why would CBD be a great supplement for bodybuilders and people who are generally into fitness to take? Here are 9 reasons why CBD Oil and CBD products are great for bodybuilders.

## CBD Oil Reduces Inflammation

Research is showing that chronic inflammation may be the common factor in many diseases (1). Inflammation and the harm it can cause on the body is out of scope for this article, but just know that inflammation is bad and it's a must to keep it at bay if you want to keep your health in good standing.

Cannabinoids are potent anti-inflammatory agents and they exert their effects through induction of apoptosis, inhibition of cell proliferation, suppression of cytokine

### DISCLAIMER

Cannabis Oil CBD is classed as a food/dietary supplement. Whilst this product has had amazing results for many people with all types of ailments, we cannot (and Do not) CLAIM that it has any specific healing powers. Feedback and reviews from users of this product speak for themselves. We encourage you to research CBD Oil for yourself – we're certain you will be both encouraged and inspired by your findings!

@CorkCBDProducts – [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie)



production and induction of T-regulatory cells (Tregs) (2). CBD has a distinct way of interacting with the endocannabinoid system that appears very promising for therapeutic applications with relation to inflammation.

What's promising is that several studies demonstrated a very impressive calming of the immune system microglia/cytokine response along with promising anti-inflammatory improvements in patients with rheumatoid arthritis (3,4).

## Anxiety and Stress Relief

One of the great benefits of supplementing with CBD Oil is that there are many studies that show it helps to alleviate stress and anxiety related symptoms. (5,6) There was also a study done more recently in 2014 that shows that CBD oil had anti-anxiety and antidepressant effects (7).

So why would this be important for bodybuilders? Stress and anxiety can cause increased heart rate, increased blood pressure, as well as an increase in the catabolic hormone cortisol. If you're always in a heightened state of anxiety your body is going to be in a constant conflict with itself and it will take a lot longer to recover from your workouts and may actually cause muscle breakdown due to elevated levels of cortisol.

Another plus of CBD oil is that it can have a calming, zen like effect. This is perfect for people who are using powerful anabolics like trenbolone. CBD oil will help keep your head level.

## Improved Digestion

It's no secret that when people think about cannabis they pretty much automatically think about the munchies. But did you know that the CBD in cannabis can possibly help with digestion. Cannabis has long been known to stimulate appetite, but as the research dives deeper into the world of marijuana, including cannabinoids other than THC, we are discovering that it may have many applications for our digestive system.

While a lot of the research being done is still fairly new, it is speculated that cannabinoids could be a powerful remedy for digestive issues, because they interact with the cannabinoid receptors concentrated in the brain, stomach, and intestines. These receptors include the CB-1, CB-2 receptors, and serotonin receptors. The CB-1 receptor, in particular, has been found to regulate nausea and vomiting, stomach acid regulation and protection from stomach acid. Most studies show that CBD oil for digestion helps alleviate gastrointestinal inflammation.

This is great news for bodybuilders because we all know that it takes a lot of food to get big. The problem is that our digestive systems have a hard time trying to digest all of this food which can lead to inflammation, gas, bloat, and stomach pain. Another

### DISCLAIMER

Cannabis Oil CBD is classed as a food/dietary supplement. Whilst this product has had amazing results for many people with all types of ailments, we cannot (and Do not) CLAIM that it has any specific healing powers. Feedback and reviews from users of this product speak for themselves. We encourage you to research CBD Oil for yourself – we're certain you will be both encouraged and inspired by your findings!

@CorkCBDProducts – [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie)

big issue is that if your body is not digesting all of this food properly, you're not getting all of the nutrients that these foods provide. Look at it like this. If you have 2 guys with the same genetics, the same training style, the same drugs, the only real difference between them will be how their body process the nutrients that they take in. The one who has better nutrient absorption will reign supreme. So, do yourself a favour and get in some CBD to help digest all of that food. It would be a shame for it to go to waste.

## CBD Helps Increase Metabolism and Burn Fat

The active compounds in CBD oil assist our body in increasing the concentration of cellular mitochondria and also improve their activity. These changes allow us to burn additional calories in a given period of time.

When treated with CBD, all the above changes taking place in your body would coincide with a suppressed appetite. As a result, you will need to eat lesser calories for feeling full. So, with a high metabolic rate, you will succeed in losing more calories than you consume pretty easily.

Consuming suggested doses of CBD on a regular basis would also reduce the rate of occurrence of a physiological process called lipogenesis. For those who don't know, lipogenesis involves the production of proteins responsible for the creation of various lipid compounds.

One factor that plays a huge role in making cannabidiol oil a highly effective weight loss remedy is its ability to trigger a procedure known as "fat browning". CBD works by transforming the white adipose tissues stored in the human body into brown adipose tissues. Brown adipose tissues help us in burning more energy compared to the white tissues, which are more prone to storage and generally get stored.

CBD consumption also helps in increasing metabolism in the human body. It is a known fact that an increase in metabolism helps us in burning more calories than the amount consumed by us.

## CBD Oil Can Help Decrease Appetite

So, we just briefly touched on how CBD can help improve digestion and how THC can actually stimulate appetite but don't get the THC confused with the CBD. CBD has properties that have actually been shown to decrease a person's appetite.

While supplementing with CBD, all the above changes taking place in your body would coincide with a suppressed appetite. As a result, you will need to eat lesser calories for feeling full. So, with a high metabolic rate, you will succeed in losing more calories than you consume easily. This makes CBD oil a great supplement for anyone looking to lose a few pounds or who is trying to get into contest shape.

### DISCLAIMER

Cannabis Oil CBD is classed as a food/dietary supplement. Whilst this product has had amazing results for many people with all types of ailments, we cannot (and Do not) CLAIM that it has any specific healing powers. Feedback and reviews from users of this product speak for themselves. We encourage you to research CBD Oil for yourself – we're certain you will be both encouraged and inspired by your findings!

@CorkCBDProducts – [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie)

## CBD Oil May Lower Blood Pressure

In a recent study, nine healthy male volunteers were given 600 mg of CBD or placebo in a randomized, placebo-controlled, double-blind, crossover study. Cardiovascular parameters were monitored using a finometer and laser Doppler (8).

The study showed that CBD reduced resting systolic BP ( $-6$  mmHg;  $P < 0.05$ ) and stroke volume ( $-8$  ml;  $P < 0.05$ ), with increased heart rate (HR) and maintained cardiac output. Subjects who had taken CBD had lower BP ( $-5$  mmHg;  $P < 0.05$ , especially before and after stress), increased HR ( $+10$  bpm;  $P < 0.01$ ), decreased stroke volume ( $-13$  ml;  $P < 0.01$ ), and a blunted forearm skin blood flow response to isometric exercise. In response to cold stress, subjects who had taken CBD had blunted BP ( $-6$  mmHg;  $P < 0.01$ ) and increased HR ( $+7$  bpm;  $P < 0.05$ ), with lower total peripheral resistance (8).

This data shows that acute administration of CBD reduces resting BP and the BP increase to stress in humans, associated with increased HR (8).

This is great news for not only bodybuilders but anyone who is looking for a natural way to lower their blood pressure. We all know that taking certain supplements, and hormones can have a negative effect on blood pressure, but by adding CBD to your supplement arsenal you can help combat these side effects in a natural way.

## Lower Blood Glucose Levels

The underlying factor in diabetes is insulin dysfunction, and cannabinoid receptors have been found in the islet cells of the pancreas that produce insulin. Intriguingly, the activation of CB1 receptors have been previously linked to insulin production.

A five-year study, published by in the American Journal of Medicine in 2013, took an in-depth look at the effects of cannabis on fasting insulin and insulin resistance. The results showed that regular users of cannabis had 16 percent lower fasting insulin levels and 17 percent lower levels of insulin resistance than patients who had never used cannabis, both of which are symptoms of insulin dysfunction. Those who had used cannabis in the past found similar but less pronounced improvements in insulin dysfunction, leading the researchers to conclude that these effects dissipate over time (9).

Once again this is great news for anyone looking to burn fat and drop weight. Why? Because when we keep our blood glucose levels stable our bodies go from fat storing mode to fat burning mode and vice versa, if blood glucose levels are elevated we go from fat burning mode to fat storing mode. So, keep your body burning like a furnace with a few drops of CBD oil.

## Improved Sleep

### DISCLAIMER

Cannabis Oil CBD is classed as a food/dietary supplement. Whilst this product has had amazing results for many people with all types of ailments, we cannot (and Do not) CLAIM that it has any specific healing powers. Feedback and reviews from users of this product speak for themselves. We encourage you to research CBD Oil for yourself – we're certain you will be both encouraged and inspired by your findings!

@CorkCBDProducts – [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie)



Earlier we talked about how CBD has the ability to reduce anxiety, which can be helpful in reducing sleep difficulties and improving sleep quality. CBD may increase overall sleep amounts (11), and improve insomnia (12), according to recent research. CBD has also been shown to reduce insomnia in people who suffer from chronic pain (13).

Sleep is another very important part of the equation when it comes to building muscle. We always hear that muscle is made in the kitchen, or in the gym, but it's really made when we sleep. This is the time of the day that the body uses to repair itself. If you're lacking in the sleep department you could also be lacking in the gains department.

## Reduction in Joint Pain and Arthritis

CBD affects your immune system, which naturally makes it helpful for autoimmune conditions like rheumatoid arthritis. A study published in the journal *Rheumatology* from Dr. Sheng-Ming Dai of China's Second Military Medical University found that CB2 receptors are found in unusually high levels in the joint tissue of arthritis patients. The use of CBD Oil is shown to fight inflammation in the joints by activating the pathways of CB2 receptors (10).

We all know that lifting heavy and doing lots of cardio can be hard on the joints. A little CBD oil goes a long way helping to reduce pain and inflammation in the joints. Instead of slamming a bottle of Motrin or Aleve why not give an all-natural remedy like CBD a try.

## Summary

CBD is an amazing compound that has many practical applications to improving our quality of life. This article is really just the tip of the iceberg as to what CBD can really do for us. I believe that we're going to be seeing more CBD supplements rise to mainstream stardom in the next few years, especially if the amount of research that is being done continues. If you're interested in shopping around for CBD supplements I would highly recommend checking out @corkcbdproducts on Facebook or at [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie). Thanks for taking the time to read this article and I really hope it has opened up your eyes to all of the wonderful benefits of supplementing with CBD.

## Sources

### DISCLAIMER

Cannabis Oil CBD is classed as a food/dietary supplement. Whilst this product has had amazing results for many people with all types of ailments, we cannot (and Do not) CLAIM that it has any specific healing powers. Feedback and reviews from users of this product speak for themselves. We encourage you to research CBD Oil for yourself – we're certain you will be both encouraged and inspired by your findings!

@CorkCBDProducts – [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie)



1. [https://www.health.harvard.edu/newsletter\\_article/Inflammation\\_A\\_unifying\\_theory\\_of\\_disease](https://www.health.harvard.edu/newsletter_article/Inflammation_A_unifying_theory_of_disease)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2828614/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/20679217>
4. <https://www.ncbi.nlm.nih.gov/pubmed/10920191>
5. <http://journals.sagepub.com/doi/abs/10.1177/0269881110379283>
6. <http://www.nature.com/npp/journal/v36/n6/full/npp20116a.html?foxtrotcallback=true>
7. <https://www.ncbi.nlm.nih.gov/pubmed/24923339>
8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5470879/>
9. [http://www.amjmed.com/article/S0002-9343\(13\)00200-3/fulltext](http://www.amjmed.com/article/S0002-9343(13)00200-3/fulltext)
10. <http://rheumatology.oxfordjournals.org/content/early/2014/01/16/rheumatology.ket447.long>
11. <http://journals.sagepub.com/doi/abs/10.1177/0269881112474524>
12. <https://www.ncbi.nlm.nih.gov/pubmed/7028792?dopt=Abstract>
13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2503660/>

#### DISCLAIMER

Cannabis Oil CBD is classed as a food/dietary supplement. Whilst this product has had amazing results for many people with all types of ailments, we cannot (and Do not) CLAIM that it has any specific healing powers. Feedback and reviews from users of this product speak for themselves. We encourage you to research CBD Oil for yourself – we're certain you will be both encouraged and inspired by your findings!

@CorkCBDProducts – [www.corkcbdproducts.ie](http://www.corkcbdproducts.ie)