

CBD and Heart Health for Women

Women – this one’s for you. Did you know the No. 1 leading cause of death in women is cardiovascular disease? The American Heart Association reported that heart disease causes 1 in 3 deaths each year for women, surpassing the number of deaths caused by breast cancer.

To modify risk factors and improve heart health, doctors often recommend an improvement in diet, increase exercise, and avoid smoking.

So what role may CBD play in the cardiovascular system? Well, among many other benefits, it has been known to reduce inflammation, relieve anxiety, and help lower blood pressure, which are all associated with heart disease.

Here are just a few ways CBD may work to help your heart:

- Suppresses irregular heartbeat often induced by exercise, stress, or anxiety, thus reducing heart damage caused by irregular blood flow.
- Moderates cardiac dysfunction, oxidative stress that increases blood flow, scar tissue, and balances cell death signaling pathways in diabetic cardiomyopathy (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3579247/>), which is a blood sugar disorder that directly affects heart health.
- Protects the heart against drug-induced diseases of the heart muscle by aiding mitochondrial functions and biogenesis, which boosts energy and tissue repair and growth, respectively

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

In a study conducted in 2013, the British Journal of Pharmacology reported that CBD, in rodents, had successfully reduced vascular tension, a condition that causes unnecessary strain in blood vessels.



What about the Endocannabinoid System?

Our good friend, the Endocannabinoid System (<https://www.cannaisseurbrands.com/endocannabinoid-system-part-1>), contributes significantly to the overall condition of the heart. A recent study ([http://www.internationaljournalofcardiology.com/article/S0167-5273\(12\)00644-4/abstract](http://www.internationaljournalofcardiology.com/article/S0167-5273(12)00644-4/abstract)) found that deficiencies in the endocannabinoid system possibly contribute to chronic heart failure, and CBD is very useful in treating endocannabinoid deficiency. Further, the CB1 receptors regulate cardiovascular function in hypertension – high blood pressure.

Ladies, warning signs for heart troubles are different from those in men. They can include:

- Nausea
- Unexplained Fatigue
- Dizziness
- Heavy Chest Pain
- Radiating Pain
- Breathlessness

It is important to be aware of all health risks and solutions.

Follow us on our social media to learn more about the health and wellness benefits of CBD.