THE ENDOCANNABINOID SYSTEM (ECS)

ECS HAS 3 PARTS:

1. *Endocannabinoids or endogenous cannabinoids*
   - *Naturally and internally produced molecules*
2. *Endocannabinoid Receptors*
   - *Receptors receives and transmits signals Found throughout the body. Endocannabinoids bind to them, receiving information to signal the ECS to either down-regulate or up-regulate a chemical signals to establish homeostasis*
   - *2 main endocannabinoid receptors:*
     - *CB1 receptors - are mainly expressed in the brain and central nervous system. The THC family of cannabinoids are the only compounds that can robustly active these receptors*
     - *CB2 receptors - are more widespread in tissues of the immune system, peripheral nervous system, digestive system, and have been identified in key regions of the brain*
3. *Enzymes that either synthesize or metabolize*
   - *Responsible for breaking down endocannabinoids once they have carried out their function*

Sources:

- Backes, M. (2017). Cannabis Pharmacy: The Practical Guide to Medical Marijuana. New York: Black Dog and Leventhal.

- Dussault, D. (2017). Ganja Yoga: A Practical Guide to Conscious Relaxation, Soothing Pain Relief, and Enlightened Self-Discovery. New York: HarperOne.

- Furrer, N. (2018). A woman's guide to cannabis: Using marijuana to feel better, look better, sleep better--and get high like a lady. New York: Workman Publishing.

https://www.healthline.com/health/endocannabinoid-system https://www.periodicedibles.com/blog/ecs https://www.uclahealth.org/cannabis/human-endocannabinoid-system

ACTIVATE CANNABINOID RECEPTORS

The only way to activate the endocannabinoid receptors in your body is through 3 types of cannabinoids:

1. Endocannabinoids or endgenous cannabinoids - internally and naturally cannbinoids produced in the body
2. Phytocannabinoids - cannabis plant produced cannabinoids
3. Synthetic cannabinoids - created in a labatory

Created By: Cultivating Cannabis Culture

Learn more @ www.cultivatingcannabisculture.com