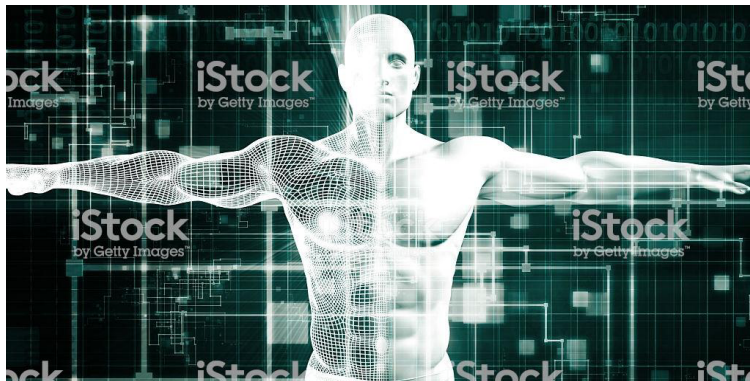




## Full spectrum hemp oil and your ECS



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You probably didn't know it, but you, and everyone you know, even your canine and feline friends, all have an ECS. While the endocannabinoid system (ECS) isn't entirely understood by medical science, it's thought to play a crucial role in a litany of bodily functions, including appetite, sleep, mood — even injury mitigation.

In general, the ECS can be thought of as your body's regulatory committee. When things get out of balance, the endocannabinoid system step in to bring order to the chaos.

### **Phytocannabinoids and endocannabinoids**

The universality of cannabinoids extends beyond the animal kingdom. Cannabinoids produced by our bodies are called, endocannabinoids. Those generated by plants: *phytocannabinoids*.

Our bodies have two networks of cannabinoid receptors: CB1 and CB2. CB1 receptors are found in our connective tissues, gonads, organs, and throughout the nervous system. CB2 receptors are mostly dispersed through the immune system and related organs — however, both versions can be found in a wide range of bodily tissues.

While many plants produce phytocannabinoids, as the name suggests, the cannabis plant is considered the most prolific. The cannabinoids produced by cannabis are so similar to those in our bodies that they can have a profound effect on our ECS.

### **The entourage effect**

Cannabis also generates terpenes and flavonoids — and more than 60 types of phytocannabinoids.

Terpenes are most readily detectable via smell. They're also found in pine trees, and lemon rind, which explains some of the smells associated with various cannabis strains.

Flavonoids are pigments, but they may have more of an effect than simply how they reflect light.

This is where the famous, and previously discussed, entourage effect comes in to play. Research suggests that the plant's smells and colors combine with its cannabinoids to have a greater impact on the ECS. Unfortunately, more research needs to be done before we'll have the answers as to why — nevertheless, the entourage effect has pushed full spectrum hemp oil into the cannabis spotlight.

### **The benefits of full spectrum**

Full spectrum hemp oil is being used to treat an impressive library of [maladies](#). Applications include:

**Pain relief.** Because full spectrum hemp oil contains THC, even in trace amounts, it can be more effective at treating pain than isolates or broad spectrum oils.

**Anti-anxiety.** Isolates and broad spectrum oils can help with anxiety, but not necessarily as effectively. The compounds found in cannabis can influence receptors in the brain responsible for fear and anxiety, thereby minimizing those responses.

**Anti-inflammatory.** One of the many uses for full spectrum oils is to reduce inflammation. Hemp oil can be used to relieve arthritis pain, or swelling associated with injury.

Of course, the downside to all this full spectrum cheer is tetrahydrocannabinol (THC). Nonetheless, without it, the entourage effect is less potent, if achieved at all.

Interestingly, full spectrum oils made from hemp are only socially problematic. They're non-psychoactive, so, aside from rather primitive laws — and the fears they create — full spectrum oils are nothing to be afraid of.

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**For publishing:**

**Page title:** What Are the Benefits of Taking Full-Spectrum Hemp Oil over CBD oil and Broad Spectrum Hemp Oil

**Meta description:** Full spectrum hemp oil is superior to isolates and broad spectrum hemp oils. The benefits extend to an impressive array of bodily functions, just as the ECS does.