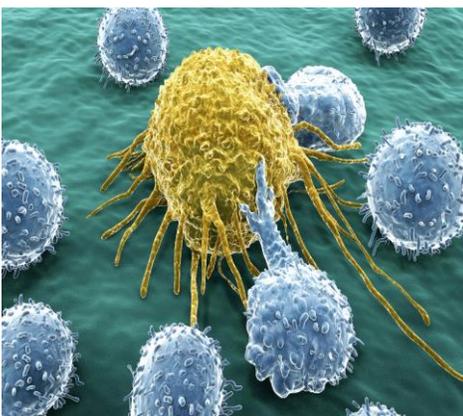


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Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 33 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



The picture above shows how CBD can contribute to the death of a Leukemia cancer cell.

Retrieved from:

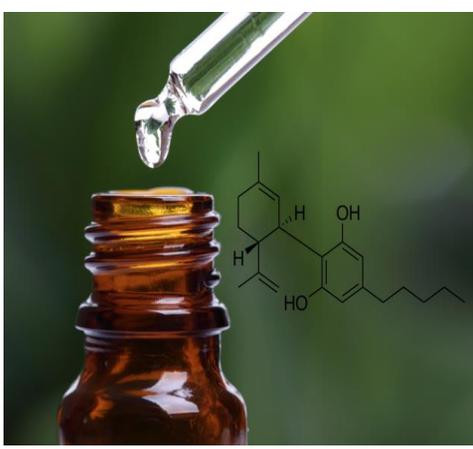
<https://zenpype.com/can-cbd-destroy-leukemia-cells/>

Hot Topics: The Health Benefits of CBD

CBD or Cannabidiol Oil is a type of medication that is making waves in the news lately, the benefits are largely supported, however controversy still surrounds this topic. CBD is derived from marijuana, but is unlike the drug THC, which has psychoactive effects, CBD has no effect on the mind and can offer medicinal benefits for many medical conditions including: Arthritis, Chronic pain, Cancer and even Dementia. CBD is mostly derived from hemp, not marijuana. According to an article published in Medical News Today, “The Human body has its own cannabinoids CB1 and CB2. CB1 receptors work in the centers of the brain that control movement, mood, pain, emotion and appetite- in this part of the brain that is where CB1 receptors can be found. CB2 receptors are associated with the immune system and are said to have an influence on pain and inflammation.

The American Model of Medicine (AMA), supports a clinical approach, many times utilizing pharmaceuticals over what is known as a holistic medicine. Perhaps it is not only the origin of CBD that cites controversy, but also the way we view medicine that may impact one’s view of CBD. Many synthetic pain medications are on the market to combat pain, so why should we be interested in another option to combat chronic pain among many other conditions? In the example of pain and inflammation, even over the counter drugs such as Aleve or Tylenol have a variety of side effects including heartburn and nausea (Retrieved from www.webmd.com). Medication for chronic or severe pain such as hydrocodone can cause side effects such as anxiety, dizziness, nausea and even lead to issues with addiction resulting from the use of the drug.

CBD does not have any known side effects other than drowsiness, dry mouth and low blood pressure and may pose less of a risk than pharmaceutical options recommended by a physician. According to a study published by the British Pharmacological Society, the research supported that cells that may contribute to pain and inflammation were being reduced significantly from CBD. The research surrounding CBD warranted that it should be investigated as an anti- inflammatory property. Finally, for those with Cancer, CBD can contribute to the death of cancerous cells. In summary, the benefits of CBD seem to outweigh the risks and/ or controversy surrounding this drug which could be promising news for the future of discovering alternative medicinal options for a variety of medical conditions.



For More Information and additional resources that discuss the Health Benefits of CBD, please visit:

<https://www.medicalnewstoday.com/articles/317221.php>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4189631>

<https://www.projectcbd.org/cancer>

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“Healing comes from when we choose to walk away from the darkness and move towards a brighter light.”

Dieter F. Uchtdorf
