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Nota di contenuto	1: Introduction -- Why This Book? -- The Structure of the Book -- Limitations -- Medicinal Cannabis as Part of a Holistic Therapeutic Approach -- Your Journey -- A Final Note from Dr. Blair -- References -- 2: Endocannabinoid System -- Introduction -- Purpose of the Endocannabinoid System -- Components of the Endocannabinoid System: Overview -- Endogenous Ligands: Endocannabinoids -- Endocannabinoids in Brief -- Synthesis of AEA and 2-AG -- Binding to Receptors (Extracellular and Intracellular) -- Transport Across the Plasma Membrane -- Intracellular Reservoirs Challenge Classic Understanding of Endocannabinoid On-Demand Synthesis -- Degradation of Endocannabinoids -- AEA Degradation -- 2-AG Degradation -- New Signaling Molecules Generated -- A Fine-Tuned Modulation System -- AEA and 2-AG in More Detail -- Anandamide (AEA) -- 2-Arachidonylglycerol (2-AG) -- Key Difference Between Endocannabinoids and Phytocannabinoids -- Endocannabinoid-Like Compounds: PEA, OEA, and Oleamide -- N-palmitoylethanolamide (PEA) and Oleoylethanolamide (OEA) -- Oleamide -- Cannabinoid

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Study of Pure CBD Versus Whole Plant CBD -- Animal Research of CBDA in Anxiety -- Human Research: Efficacy of CBD in Anxiety -- Surveys -- Regional Cerebral Brain Flow Studies: Anxiety and CBD -- Observational Study: CBD and Anxiety -- Case Studies and Case Series -- Randomised Controlled Trials: CBD for Treatment of Anxiety -- Systematic Reviews: CBD and Anxiety Treatment -- Scientific Evidence: THC in the Treatment of Anxiety -- Preclinical Research: Effects of THC on Anxiety -- Anti-inflammatory Effects -- Human Research: Effects of Cannabis and THC on Anxiety -- Brain Imaging Studies -- Survey of Whole Plant Cannabis: Are Some Strains Better in Alleviating Anxiety? -- Observational Studies -- Randomised Controlled Trials -- Systematic Reviews.  
Does Adding CBD to THC Lower Its Anxiogenic Effect?.

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Sommario/riassunto

This book functions as a clinician's guide to the use of cannabidiol (CBD) in the treatment of mental health conditions. It conveys the scientific evidence of efficacy of CBD as well as THC and addresses the social stigma attached to its medical use. The book describes the endocannabinoid system, how stress and the endocannabinoid system interact and key constituents, pharmacokinetics and safety aspects of medicinal cannabis, focusing on CBD and THC. Chapters on specific mental health conditions describe the underpinning pathomechanisms including how the endocannabinoid system is involved, and summarises the scientific evidence including animal and human research for the use of CBD and THC in treatment of such conditions.

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