



In this edition ...

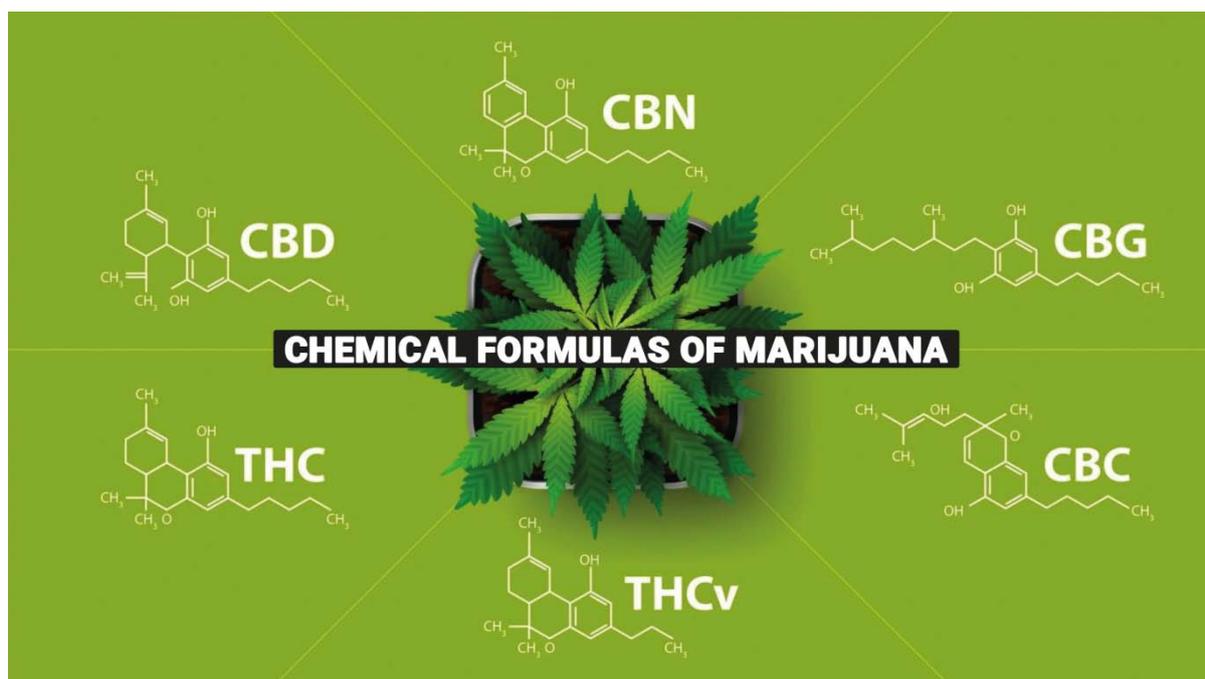
- **CBG - the 'Mother of all Cannabinoids'**
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## You've heard about CBD oil

### Now meet the 'Mother of all Cannabinoids' – CBG

Many people are now familiar with various products on the market containing Cannabidiol - CBD, a compound found in hemp and marijuana plants. CBD has been extensively proven to ameliorate a variety of medical conditions including arthritis, anxiety and depression, high blood pressure and other cardiovascular diseases, to name just a few.

However, you might not know that CBD is just one of over 140 cannabinoid compounds found in the plant. Another you may have heard of is the psychoactive compound found in marijuana, THC.



The 'Mother' of these clever little compounds is CBG - Cannabigerol. We like to describe CBG as the 'stem cell' cannabinoid, because it is the only cannabinoid that is present when young buds start flowering. In the very beginning of the flowering cycle, CBG starts to transform into separate cannabinoids such as CBDa, THCa, CBNa, etc. These are the precursors to CBD, THC, CBN, etc. CBG oils are therefore extracted from young flowers, at the start of the flowering process.

Research into the effects of CBG has been underway for a long time, although only in recent years has this been scaled up with the relaxing of the rules around cannabis for medicinal purposes. This is just a little of what we know about the power of CBG.

[A recent study at McMaster university](#) (1) in Canada found that not only is CBG antimicrobial and anti-fungal, it is effective even against MRSA, notoriously difficult to treat due to the prevalence of antibiotic resistance.

CBG is an [effective analgesic \(painkiller\)](#), [antispasmodic](#), [it is toxic to various types of cancer cells](#) (2) and [has a modulating effect](#) (3) on a variety of neuroinflammatory and neurodegenerative illnesses, including Huntington's disease, Parkinson's disease and Multiple Sclerosis (3) There is also some very promising research into the use of CBG for treating some specific physiological conditions such as [glaucoma](#) (4) and [inflammatory bowel disease](#) (5).

One of the most exciting pieces of research we've seen recently is the potential for CBG and other cannabinoids to be used in the treatment of cancer - particularly Glioblastoma - an aggressive type of brain tumour. [In this study](#) (6) published in February this year, CBG, in combination with CBD, demonstrated the ability to kill the Glioblastoma cells, and to limit their proliferation. (Similar effects have been seen in research into colorectal cancer, and certain types of skin cancer).

The Healing Connection stocks the highest quality CBG oil. If you'd like to find out more, or just have a chat with one of the team about the potential benefits of CBG for you or someone you care about, we'd be delighted to hear from you.

To get in touch: you can call us on [+34 634 35 96 58](tel:+34634359658) (we are on WhatsApp™ and Signal™) or email us at [sue@thehealingconnection.eu](mailto:sue@thehealingconnection.eu).

References:

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2. Ethan Russo MD - <https://bpspubs.onlinelibrary.wiley.com/doi/full/10.1111/j.1476-5381.2011.01238.x#b8>
3. Rahul Nachnani et al - <https://jpet.aspetjournals.org/content/376/2/204>
4. I Tomida et al - <https://bjp.bmj.com/content/88/5/708.full>
5. Francesca Borelli et al - <https://static1.squarespace.com/static/5dab51c52920995e635d4295/t/5e147fb801a8570f0fb0c39c/1578401729303/Borrelli2013BiochemPharmacol.pdf>
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## Acne and CBD

The skin is one of the largest organs in the body, and is a highly complex and active structure - it has its own immune system, it's our largest sensory organ and is the target for several hormones, for example Vitamin D.



The skin also plays its own part in the body's Endocannabinoid system which helps to keep various internal physiological functions running smoothly and in equilibrium.

Endocannabinoids are molecules made by your body, and in the skin, the Endocannabinoid system has anti-inflammatory effects, and it helps to suppress unnecessary activation of the immune system. It also helps the sebaceous glands to properly regulate the amount of sebum they produce. Too little results in dry skin, typical in those suffering from atopic eczema or contact dermatitis; too much provides the perfect incubation site for Acne.

Acne has affected lots of us at different life stages, particularly when our hormones are raging in adolescence, when we experience acute periods of stress or illness, or as a result of further hormonal changes at and around the menopause.

There are lots of contributing factors relating to outbreaks of acne, but common to all is the over production of sebum - a waxy/oily substance produced in the skin. Acne also can be painful, with inflamed and infected spots.

Two studies in 2014, and 2016 found that CBD actively inhibits the production of sebum, induced a novel anti-inflammatory effect, and has anti-microbial and antifungal properties, thereby addressing the imbalance in sebum production in the skin.

CBD is well known for providing pain relief on a systemic basis through the ingestion of oils or other edible products. However, if it is applied directly to the skin in the form of a salve or balm - known as 'topical' products, it can also help to alleviate isolated or local pain in, for example, arthritic joints or damaged muscles. This is because CBD penetrates the dermal and subdermal skin layers, reaching further than just the surface of the skin and binds with the endocannabinoid receptors in the dermal and subdermal layers.

The Healing Connection's 303 CBD Balm also helps to promote wound healing - from minor cuts and scrapes, to insect bites, post-surgical scars, and burns. Our supporting ingredients all feature inherent antimicrobial and anti-inflammatory properties. Our balm helps to reduce inflammation, increases vasodilation to support oxygen flow to the wound and accelerate healing time. Our 303 Balm is 100% organic, natural, whole plant CBD balm. It has just three ingredients: organic coconut oil, beeswax, and our custom formulated whole plant organic CBD.

We know from customer feedback that The Healing Connection's 303 CBD Balm is helping lots of you treat localised pain and inflammation, but we also know its properties have the potential to help a variety of skin conditions.

### ***Do you struggle with acne?***

If you struggle with acne, and would like to try the balm, contact us at [info@thehealingconnection.eu](mailto:info@thehealingconnection.eu) to buy a 30ml tin of our 303 CBD balm for €15 - a 50% discount on our normal price, to use daily. This offer is limited to the first 20 people with acne who would like to take part in our mini-trial. All we ask is for some before, during and after 'selfies' and to complete a weekly questionnaire for us while you're using it so we can get an honest appraisal from users as to its efficacy. If you don't see any improvement we will give you your money back.

To get in touch: you can call us on [+34 634 35 96 58](tel:+34634359658) (we are on WhatsApp™ and Signal™) or email us at [sue@thehealingconnection.eu](mailto:sue@thehealingconnection.eu).

For more information please go to our website <https://thehealingconnection.eu>.

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## **UK Fulfilment**



As promised earlier this year, we now have the ability to ship most orders\* for the UK from within the UK.

At a flat rate of £5 per product, postage is undertaken by the UK Royal Mail and in some cases, has been delivered even before we've logged the tracking references, so we're delighted our UK customers can now get cheaper, speedier deliveries!

\* all product lines on our website are stocked in the UK

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