

Cannabis for GI Tract Disorders

How Cannabis Products Can Help

Gastrointestinal (GI) disorders affect 60-70 million Americans. Common conditions include gastroesophageal reflux disease (GERD), inflammatory bowel diseases like Crohn's and ulcerative colitis, irritable bowel syndrome (IBS), and chemotherapy-related nausea. Traditional medications can have adverse effects and limited efficacy. Cannabis offers a safe alternative for managing GI conditions.

Common GI Disorders

GERD causes heartburn due to stomach acid backing up into the esophagus. Symptoms include burning chest pain, sour taste, and trouble swallowing. Contributing factors include hiatal hernia, obesity, smoking, and certain foods. Proton pump inhibitors like omeprazole help reduce stomach acid but long term use raises health risks.

Inflammatory bowel diseases result from immune system dysfunction causing chronic intestinal inflammation. Ulcerative colitis affects the large intestine, while Crohn's disease can occur anywhere in the GI tract. Irritable bowel syndrome (IBS) involves recurrent abdominal pain and changes in bowel habits without detectable inflammation. Antispasmodics, anti-diarrheals, and antidepressants provide some relief but no cure.

Chemotherapy used in cancer treatment often causes severe nausea and vomiting. Anti-nausea drugs like ondansetron help somewhat but allow breakthrough nausea in over half of patients.

Cannabis for GI Disorders

Cannabis alleviates GI disorders through its cannabinoid and terpene constituents. The main cannabinoids Δ^9 -THC and CBD reduce inflammation, modulate gut motility, and ease nausea and pain. Terpenes like linalool provide muscle relaxation. Used together, cannabis compounds offer synergistic relief for GI conditions.

GERD - Cannabis reduces stomach acid secretion and esophageal inflammation to relieve heartburn. THC stimulates CB1 receptors to decrease gastric and small intestinal motility, allowing more time for food to digest. This lessens gastric distension that aggravates reflux. CBD inhibits gastric acid secretion. Terpenes like linalool provide antispasmodic effects to reduce painful stomach cramps.

Inflammatory Bowel Diseases - Cannabinoids help normalize GI functioning in IBD via their anti-inflammatory and immunomodulating properties. THC and CBD suppress cytokine release from immune cells to reduce inflammation. They also act on CB1 and CB2 receptors on enteric nerves to decrease gut hypermotility and smooth muscle spasms. This improves diarrhea and abdominal pain.

IBS - Cannabis alleviates common IBS symptoms of diarrhea, constipation, cramping, bloating, and visceral pain. THC slows GI motility to reduce diarrhea and intestinal contractions. CBD helps relieve pain and normalizes gut motility. The terpene beta-caryophyllene has gastroprotective effects. Together, cannabis compounds reduce IBS flares and improve quality of life.

Chemotherapy Nausea - Cannabinoids suppress nausea through their action on CB1 receptors in the brain. Orally ingested THC undergoes conversion to 11-hydroxy-THC which readily passes the blood-brain barrier to bind CB1 and reduce nausea signaling.

This offers an alternative to traditional anti-nausea medications that often fail.

Methods of Consumption Various cannabis delivery methods suit different GI disorders:

- Tinctures provide quick absorption under the tongue. Ideal for IBS symptom relief.
- Edibles and capsules release cannabinoids steadily as they pass through the gut.
- Beverages allow discreet, convenient dosing. Useful for chemotherapy nausea.

Topicals do not address internal GI issues but can alleviate associated muscle pain.

Halo Infusions' Product Offerings

Halo Infusions provides THC-dominant, CBD-dominant, and balanced 1:1 THC:CBD products to meet each patient's needs:

- Tinctures - Fast-acting relief in 5-15 minutes. Address sudden IBS flare-ups.
- Edibles - Provide longer relief for inflammatory bowel diseases.
- Beverages - Convenient dosing for preventing chemotherapy nausea.
- Topicals - Ease abdominal muscle spasms and pain.

Halo Infusions also offers non-psychoactive, hemp-derived CBD options for consumers wanting relief without the high.

The Entourage Effect

Along with THC and CBD, cannabis contains over 500 other compounds that provide synergistic therapeutic benefits. Terpenes like linalool and limonene offer anti-inflammatory, antispasmodic, and gastroprotective effects. Flavonoids and fatty acids also contribute to the entourage effect.

Halo Infusions uses a proprietary full spectrum process to retain these compounds from raw cannabis flower into finished products. This allows patients to benefit from the combined effects of cannabinoids, terpenes, and other phytochemicals for optimal GI relief.

Cannabis offers a safe, natural alternative to traditional medications in managing gastrointestinal disorders and improving quality of life. As research continues, product innovations will further help patients find the optimal cannabinoid ratios, doses and delivery methods tailored to their condition.

Our Infusion Methodology

Our whole-plant therapy embraces the holistic potency of botanical compounds, extracting the full spectrum of plant constituents for the extensive benefits they provide. This approach, with its roots in herbal medicine, recognizes the synergistic interplay of various components within the plant, fostering a balanced and nuanced therapeutic impact for enhanced well-being.

At Halo Infusions, our product lines are all based on full spectrum cannabis oil. Going a step further, we employ traditional Rick Simpson Oil (RSO) Ethanol extraction for its well-known 'gentler' process that results in maximized cannabinoid and terpene preservation.

FULL SPECTRUM **MULTI-CANNABINOID**

For more information, please email us at customer@haloinfusions.com, or visit us online at www.haloinfusions.com/edibles.