

CBD and Eye Health

Cannabis is the botanical name for the plant commonly referred to marijuana. There are many “strains” of this plant and one of these is called HEMP.

Hemp is a form of cannabis that does not contain any significant levels of THC — the molecule that creates the psychoactive “high” that people experience from smoking the other forms of cannabis. Hemp has been wrongly classified as an herb with no medicinal value. The active medicinal molecule is called Cannabidiol, or CBD.

In the eye, there are receptors on cells that are activated by both the THC and CBD molecules. The THC molecule has been shown to lower eye pressure in patients with glaucoma— a disease where the pressure inside the eye rises and leads to death of the optic nerve.

The CBD molecule receptors are located in the membrane behind the retina, where the process of Macular Degeneration likely begins. Thus, taking CBD might have an application in this disease. More research is needed to confirm this action, but the science is strong about the neuro-protective and antioxidant actions of CBD.



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CBD Oil and Eye Health



What is CBD?

Cannabidiol or CBD is a promising phytocannabinoid found in agricultural hemp. It has been recognized for its benefits on human and animal health and is capable of affecting nearly every biological process.

CBD is a non-psychotoxic— that is, it does not result in feelings of euphoria – and has a remarkable safety profile.

Since it's discovery in 1992, researchers have been investigating the existence of a central regulatory system called the Endocannabinoid System (ECS).

The ECS is made of cannabinoid receptors, self-made cannabis-like compounds and enzymes that create and inactivate them. The ECS is one of the most important physiologic systems involved in establishing and maintaining human health.

Endocannabinoids and their receptors are found throughout the body (including the eye). In each tissue, cannabinoids perform different tasks, but the goal is always the same: homeostasis, maintaining a stable internal environment despite fluctuations in the external environment.

CBD is important for the ECS because CBD modulated endocannabinoid tone and may keep healthy people healthy.

Benefits of Hemp

NUTRIENT RICH– Hemp contains excellent nutritional value, providing essential nutritional components called essential fatty acids that the human body does not produce naturally, and must be consumed by the diet. Further, emerging scientific research supports the consumption of CBD from hemp oil for general well-being.

NON-PSYCHOTOXIC– Agricultural hemp keeps you healthy, doesn't get you "high".

ECO-FRIENDLY– Not only is hemp renewable and fast-growing, nearly every part of the plant is useable– for food, fiber, building materials and fuel with an estimated 25,000 uses!

GOOD FOR THE EARTH– Hemp absorbs CO₂ and doesn't need herbicides to thrive. It also leaves the soil in better condition than it was before it was planted.



Dr. Jeff Anshel

Dr. Jeffrey Anshel, a native of Chicago and 41 year resident of Encinitas, graduated from the Illinois College of Optometry in 1975. He served as a lieutenant in the U.S. Navy from 1975-77 in San Diego.

Dr. Anshel has authored numerous articles about the nutritional influences on vision and stress factors that affect visual performance. He has authored seven books on eyes and visual stress related to computer use and nutrition.

Dr. Anshel also heads a consulting firm, Corporate Vision Consulting where he offers lectures and seminars to various groups and organizations on a variety of topics related to vision health and comfort.

In addition to his practice, Dr. Anshel is a consultant for CV Sciences, Inc. a company that offers botanical-based cannabidiol products that enhance health and quality of life.