

# CBD and Immunity: What You Need to Know

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In the midst of the pandemic, people have become more aware and concerned about their immune health. In a time like this, the use of **CBD for immunity** has gained more perspective than ever.

So, if you have been asking yourself, “**does CBD help the immune system?**” you’re not alone. **Cannabis and the immune system** have been more prevalent in the news these days. That’s why this subject is worth exploring. Do you want to find out about the link between **cannabis and the immune system?** If yes, keep reading to know if **cannabis suppresses the immune system** or boosts it.

## What is the immune system?

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Before we look into CBD's use for immunity, let's first understand the immune system.

Your immune system is the natural mechanism fighting against any external risks that our body faces. Whether it is a germ, an infection, or a virus, your immune system is there to help fight it. Of course, the stronger your immunity is, the higher the chances are that you'll win against the health risk.

The immune system comprises white blood cells. Two types of white blood cells play a significant role in immunity: lymphocytes and phagocytes. The lymphocytes detect and fight against the toxins. They're also known as T-cells and B-cells. The phagocytes work to neutralize the toxic effect of these harmful invaders by absorbing them. This keeps the invasive toxins from spreading throughout or growing in your body.

## How CBD affects immunity

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Now, the real question is, does CBD help the immune system?

CBD is a molecule extracted from cannabis. Though there is not extensive research on the health benefits of CBD, the future of CBD does seem to be promising. The FDA has only approved Epidiolex (containing CBD in oral form) for the treatment of a rare disease.

That's why we cannot say much about the legalization of CBD. The potential positive effects of CBD on the immune system are under investigation.

The FDA requires numerous clinical trials before considering medical approval for any supplement. Researchers are still finding out if **CBD is an immunosuppressant**.

CBD oil and the immune system, in particular, are the subjects researchers are focusing on. What it does, for the most part, is it acts as a CBD immunosuppressant. This helps with maintaining well-being.

The way a CBD immunosuppressant works is by keeping the internal fighting system at bay. Chronic pain and autoimmune diseases trigger the immune system to be in a constant state of stress against a detected harmful toxin. What this does is increase inflammation and put the person in a continuous state of pain.

CBD work to suppress the immune system to give it some rest. It prevents your immune system from overworking itself without any benefit. Therefore, this might help maintain immunity. When the immune system is distracted by chronic pain, it loses strength to fight against other health issues. CBD oil may repurpose the immune system to act more efficiently, which is healthier for the patient.

Meanwhile, excessive stress can lead to low energy. When CBD suppresses the immune system, it acts as a substance to enhance bodily functions. While doing so, CBD or CBD oil may lessen the excessive production of lymphocytes and secretion of cytokines. This is great for people who are looking for natural ways to boost energy.

This isn't the only way of linking cannabis and the immune system. **CBD oil and the immune system** might act together as efficiency boosters. On top of that, it might encourage the death of harmful cells and keep them from reproducing rapidly. The phagocytes absorb the harmful invaders in your body. CBD appears to encourage your immune system to continue this function to minimize the spread of toxic cell growth in your body.



## Building tolerance

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One primary concern that people have when using CBD for immunity is its effect on your consciousness.

CBD is derived from the cannabis plant, and is not known to have psychoactive effects. Moreover, CBD is usually consumed in the form of an oil or some other diluted product. These products are manufactured for medical purposes.

Since CBD is diluted with a carrier oil, the concentration consumed is typically pretty minimal for each dose, and dosing is intended to be gradual. However, you should consult your healthcare practitioner before starting your first dose of **CBD for immunity**.

## The question

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So, does CBD help the immune system? Researchers are still making efforts to answer this question. However, CBD for immunity can be a great option for those who are looking for enhancing their productivity levels. CBD oil may ease the discomfort, and work as a soothing agent to maintaining your health. This might also lift moods.

CBD is under investigation for many other uses in addition to its function as an immunosuppressant. Therefore, under the supervision of your health care practitioner, make sure you proceed safely and patiently.

Discovering your optimal dose of CBD takes time and is not one size fits all.

If you're someone who is looking to calm the immune system responses, CBD products are something you may wish to add to your routine.