

So What Does CBD Actually Do?

Let's walk through a really simple way to explain how CBD helps endurance athletes.

As you well know, effectively managing specific physical challenges is critical to being a successful endurance athlete. When any one area gets too out of balance it has a negative effect on all the rest. So while we may manage them separately, they are all interrelated.

CBD can play a significant role to improve at least 6 of these areas as outlined here.



Fights Inflammation

CBD is known to be one of nature's best anti-inflammatory remedies. In fact, CBD reduced joint pain, swelling, and inflammation by as much as 47% in a study published in the European Journal of Pain. Because inflammation is so often the primary source of pain, this is perhaps the greatest benefit of CBD.



Speeds Recovery

CBD plays an enormous role in regulating & stabilizing the immune system, which enhances your body's ability to quickly and efficiently recover from physical exertion.



Reduces Stress & Anxiety

CBD has been shown to reduce anxiety and modulate the same systems in the brain as prescription anti-anxiety medications like Prozac and Xanax.



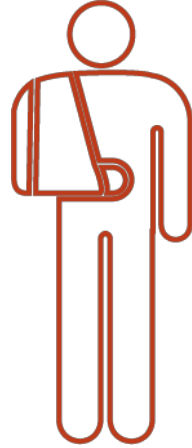
Enhances Sleep

In addition to reducing anxiety and stress responses, CBD works to maintain homeostasis in one's body. These two functions help regulate your ability to naturally unwind and fall asleep.



Alleviates Pain

CBD has been shown to effectively relieve pain in both muscles and joints by reducing inflammation and working with your body's endocannabinoid system.



Aids Injury Recovery

By reducing inflammation at the area of injury, CBD can play an effective role in helping the body heal faster from injury. Approved by the World Anti-Doping Agency as safe to use, athletes around the globe are now using CBD where in the past their injury treatments often relied on addictive narcotics.