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CBD for diabetes - experience, dosage & studies

Both type 1 and type 2 diabetes are chronic conditions that start in the body and produce too little insulin or become resistant to insulin. Insulin is a hormone produced by the pancreas that helps store and use glucose.

People with diabetes can also have problems such as high blood pressure, circulatory problems and nerve inflammation. Careful and consistent management of blood glucose levels is crucial to avoid harmful conditions such as:

- Vision loss
- amputation
- Kidney damage
- heart damage
- stroke

Medications commonly used to treat diabetes can cause unpleasant side effects such as nausea, stomach cramps and dizziness. Recent research and reports suggest that CBD may be a useful adjunct to therapy for diabetes.

Does CBD have a direct effect on blood sugar?

We know that the body's endocannabinoid system is an integral part of regulating energy metabolism, which is important for those living with diabetes.

New evidence suggests that "the endocannabinoid system determines the sensitivity of the insulin response in adipocytes". This means that the endocannabinoid system plays an important role in the body's response to insulin, increasing or decreasing insulin sensitivity. This is crucial for those taking insulin, as it could mean your blood sugar could rise or fall unexpectedly, making tight control difficult.

What are the benefits of CBD for diabetes?

Current research is investigating the potential therapeutic benefits of CBD. Some published studies have specifically focused on the areas of paediatric epilepsy, irritable bowel symptoms and pain relief. There is still much research to be done, and consumers should be aware that there is a lot of misinformation and anecdotal claims about the reported benefits online, so it is important to find reputable sources of information.

Are there any concerns about using CBD for diabetes?

Just like any other over-the-counter supplement or medication, there are obvious concerns with using CBD oil if you have type 1, type 2 or gestational diabetes. The concerns can range from the type and quality of the product used to various possible side effects.



There is a lack of clinical evidence to provide guidelines for the safety of taking CBD. In addition, CBD is only one of hundreds of cannabinoids, and it is unclear whether other cannabinoids such as CBN or THC that may be present in a CBD oil product may also have direct effects on people with diabetes.

What to look for when choosing a CBD product?

Currently, CBD is still an unregulated market and several studies have shown that some CBD products are misleading to consumers by either not delivering what is promised or containing additional ingredients that are not disclosed.

A very good CBD oil to choose for your diabetes condition is one that has been manufactured by a reputable company and also verified by a third-party laboratory testing company. This is because it is important to ensure that what is stated on the label is accurate and true.

What about CBD products that contain sugar?

Whether you have diabetes or not, if you really want to use CBD for health benefits and/or preventative wellness, it's counterintuitive to combine it with refined sugars, artificial colours and artificial flavours.

Instead, you should make your own CBD gummy bears at home with whole-food ingredients, such as fruit and vegetable purees and high-quality CBD oil extract or concentrate.

What do studies say about CBD for diabetes?

While research into the effects of cannabis use on diabetes has been ongoing for some time, there are currently very few studies specifically looking at the effects of CBD oil for treating the condition.

However, some researchers have suggested that CBD may offer relief from certain symptoms due to its anti-inflammatory properties. Chronic inflammation plays a crucial role in the development of insulin resistance, which is the trigger for the onset of type 2 diabetes.

Many of the studies investigating the effects of CBD on diabetes have been conducted in animals, some with promising results.

A study published in 2006 showed that regular administration of CBD significantly reduced the incidence of diabetes in mice. Lower concentrations of certain inflammatory cytokine cells were also found in the plasma of CBD-treated mice. CBD also appeared to inhibit destructive insulinitis, which is a disease of the pancreas.



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A 2010 preclinical study found that CBD not only helped reduce inflammation in a diabetic population of mice, but also reduced the likelihood of myocardial dysfunction or cardiac fibrosis, as well as treating cardiovascular disease that can occur in diabetics.

A 2019 study found that CBD's neuroprotective effects helped prevent inflammation and improve memory function in the brains of middle-aged diabetic rats.

Testimonials from diabetes patients

For Bella Maier, whose name has been changed for this article, using CBD oil as a supplement to her medication helps control her blood sugar levels in the morning. Taking CBD oil at night helps me prevent the dawn effect or elevated blood sugar levels. She also observes that taking CBD oil for two years has helped her reduce her anxiety and fall asleep easier.

On a diabetes forum discussing CBD oil for diabetics, one participant reports positively on the effects of CBD in combination with regular medication.

I am a type 2 diabetic, controlled by oral medication and diet. I have been taking CBD capsules twice a day and my morning sugar has dropped by 15-20 points.

However, for other people living with diabetes, the benefits of CBD are questionable. Another sufferer remarked:

'I've had my first trial in the last few days and I'm honestly not sure what all the fuss is about. Maybe I'm not dosing correctly, or my expectations are too high.

What do experts say about CBD for diabetes?

Dr Elaine Burns is a certified naturopathic doctor from the States. Although she shies away from endorsing CBD as a potential treatment for diabetes, she recognises that it can help manage certain symptoms.

CBD can help treat the secondary problems caused by uncontrolled blood sugar. Such as inflammation leading to diabetic neuropathies and eye damage.

Further researchers suggest that CBD may be most effectively used as part of a lifestyle approach along with diet and exercise to treat, prevent and manage exertional symptoms of chronic diabetic neuropathic pain, inflammation and some of the mood swings (anxiety and depression) typical of diabetes.

In addition, experts note that CBD may also provide prophylactic benefits by promoting faster metabolism of food to prevent or control obesity.

Conclusion

While studies in animals suggest that CBD oil may one day be recognised as a useful therapy for diabetics, there is currently a lack of studies in human participants to support its use, as well as data on appropriate therapeutic dosing.

We can look forward to what more research will bring us about the uses and medicinal possibilities of CBD. In the meantime, use reputable sources of information and talk to your doctor before buying CBD and incorporating it as part of your treatment.