Should CBD and CBG be used together?

Now we already know a little about these two cannabinoids extracted from the cannabis plant. Now we can look at why it is worth using CBG and CBD together. What effect does CBG have?

There are a lot of studies that show that a single cannabinoid has a positive effect on the body when consumed. But there is also a lot of evidence that the benefits multiply when you take more than one cannabinoid. This reaction is called the "entourage effect". The idea behind this phenomenon is that a mixture of cannabinoids works better than individually.

Ideally, when you take CBG and CBD together, they balance each other out. Cannabigerol acts directly on your receptors. Meanwhile, cannabidiol stimulates the enzyme that produces endocannabinoids (cannabinoids through your body). According to users, CBG alone can cause drowsiness, while CBD alone has a stimulating effect. When used in a mixture, the effect is more balanced.

The biggest differentiator is that CBD is more effective for physical/physical problems. Meanwhile, CBG is ideal for neurological/mental problems. For example, both CBG and CBD can produce effects that relieve pain and sadness. But the latter is more effective for pain, and the former is much better at dealing with symptoms of depression. Note that "generally" does not always mean. Some users say cannabigerol works better for them in pain relief, and others prefer cannabidiol for depression. Everyone is different and so taking CBG and CBD together can be a good way to ensure you get the full benefit of both.

The therapeutic effects of CBG and CBD

The studies and trials exploring the effects of CBG and CBD on humans are still incomplete. However, there are many preclinical studies and reports from users that shed light. They help us to better understand some of the potential benefits of these cannabinoids. Both CBG and CBD will not provide a psychoactive or intoxicating sensation. But they can provide other distinct therapeutic benefits, including:

Pain relief
Each of the known cannabinoids offers pain relief. One of the reasons marijuana is popular with people who suffer from chronic pain. A mixture of CBG and CBD can also be a very effective way to treat pain. The entourage effect could also help to brighten up a mood that has been dampened because of the pain.

Fighting bacterial infections
Both CBG and CBD have shown the ability to fight bacterial infections. Researchers tested the antibacterial potential of a variety of cannabinoids. They pitted CBD, THC and CBG against MRSA.

CBG (cannabigerol) outperformed other cannabinoids and worked similarly to vancomycin, a very powerful antibiotic. Combined with CBD, the results are likely to improve.

Anticonvulsant
People often use marijuana when dealing with conditions that cause convulsions or twitching. This includes epilepsy. CBD and CBG appear to have anticonvulsant properties, which helps to relieve or overcome epilepsy-related seizures. This can improve the lives of sufferers, especially those who suffer from seizures on a regular basis. Using a mixture of CBG and CBD can help these patients live a better life.

Improving mood
CBG (cannabigerol) can cause the body to stop absorbing serotonin. This can lead to a mood boost. On the other hand, CBD increases the level of anandamide in the brain. Thus, it inhibits the enzymes that break down anandamide. A low anandamide level is associated with depression symptoms. This interaction and the alleviation of depression leads to improved mood. A mixture of CBD and CBG can also help with other mood disorders. It shows promise in treating seasonal affective disorder (SAD pain anxiety depression).

Antidepressant
Cannabinoids like THC tend to trigger paranoia and anxiety. CBD and CBG, however, are famous for their potential antidepressant properties. When you take CBD and CBG together, it can help to balance your mood. Therefore, CBD and CBG can help with depression.

Cancer
Both CBG and CBD appear to have some anti-cancer properties. This is due to their ability to inhibit abnormal cell growth and proliferation. Studies also show that they can inhibit the formation of melanoma cells in the skin of mice. This prevents tumour growth.

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