

# Gastrointestinal Issues and Cannabis



Digestive health and how it affects overall health is becoming a larger part of how people view their wellbeing. One reason is likely the growing number of cases of gastrointestinal issues. In 2016 alone, 22.4 million people were diagnosed with some form of disease in their digestive system.

Gastrointestinal (GI) issues have many sources and just as many symptoms, meaning there is no singular, simple option for treatment. Efforts to change lifestyle can be effective but is not always possible and the side effects of commonly prescribed medications can have a negative effect. There is another option to help people who struggle with GI problems, using cannabis in a way that works naturally with the body's system.

## COMMON GASTROINTESTINAL PROBLEMS

Crohn's, Celiac, Gastroenteritis, Reflux, Irritable Bowel Syndrome, Colitis, Diverticulitis, and Gastropasty are all considered gastrointestinal disorders which affects the stomach and intestines. A common element between them is chronic inflammation, which can lead to infection, irritated throat and gastrointestinal lining, abnormal contraction of the muscles that line the intestine, or misfiring nerve endings in the intestine. Warning signs can include cramping, abdominal pain, bloating, gas, diarrhea, nausea, vomiting and constipation. This unhealthy digestion can be triggered by certain foods, stress, or changes in hormone levels. While everyone experiences some of these symptoms from time to time, there are certain criteria that qualify these symptoms as a gastrointestinal disease, which includes the frequency of symptoms, the amount of pain, and the effectiveness of bowel movements. Unfortunately, these chronic conditions can last for an extended period, if not years. The best recommendations to curb the effects of gastrointestinal issues are simply good suggestions for anyone: sleep well, exercise, drink enough water, eat a healthy amount of fiber, and avoid foods that trigger symptoms. Gastrointestinal issues are uncomfortable and can affect someone's lifestyle, and many treatments are often intrusive and bring on more problems than they solve.

## STANDARD TREATMENTS

Treatment for gastrointestinal disorders typically include a doctor assessing the symptoms to determine if further testing is required. Doctors may want to perform a sigmoidoscopy, in which they examine the lower part of the colon, or preform a colonoscopy, which examines the entire colon. Patients who

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*"I'd be the first person to say 'no way' to using pot and had never used it before. Now I'm a believer. I've been doing some trials with other products but keep going back to Sensi Chews. It has been life changing. It not only helps with my insomnia but also calms down my intestinal issues."*

Rex, Los Angeles CA



have to undergo these procedures may find them excessive and costly. If the gastrointestinal issue is coming from a problem inside the digestive tract, medications like fiber supplements, laxatives, and anticholinergic medications, which relieve painful bowel spasms, may be prescribed. If the root of the problem is psychological, tricyclic antidepressants or SSRI antidepressants are typically prescribed medicines. These drugs help with depression, which can cause tense muscles around the intestines and cause pain, reduce activity in the neurons that control the intestines, or relieve anxiety about digestive problems. These are powerful drugs and may alter brain chemistry, making depression worse, and can cause drowsiness, dizziness, and even constipation. Many find these drugs leave too much to chance, but there is another way to help reduce the symptoms of these difficult and uncomfortable digestive problems.

## CANNABIS AND DIGESTION

Cannabis is a highly effective tool in promoting digestive health and combatting gastrointestinal issues. It has been used to this effect for thousands of years, but after a period of prohibition the use of cannabis to promote digestive health is becoming popular again. A 2012 study found patients who were given cannabis to treat their gastrointestinal problems had significant improvements in their pain, health perception, depression, social functioning, and ability to work. This versatility is a result of receptors found all over the body, in the brain, muscles, and internal organs. Cannabis is uniquely positioned to aid in digestion. The THC in cannabis can ease anxiety, relieve pain, and improve the user's state of mind, all while CBD is reducing inflammation, relaxing tense muscles, and creating regularity in the digestive process. Not only can cannabis be used to help treat the symptoms of disorders, it can help address the root of the problem and reduce the severity of the symptoms in the future. The key to using cannabis to treat gastrointestinal issues is finding the right product and dose.

## SENSI PRODUCTS TO THE RESCUE

Nearly all of Sensi's products can be used to treat gastrointestinal issues. For users hoping to relieve their stress, anxiety, inflammation, or want general digestive aid, Sensi Caps CBD Softgels, Sensi Chew CBD Platinum, and Sensi Chew CBD Gold all have high concentrations of CBD for many gastrointestinal symptoms. Products like Sensi Chew Hybrid, Sensi Chew Sativa, and Sensi





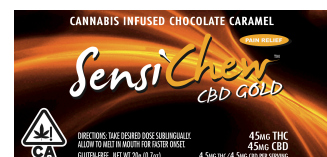
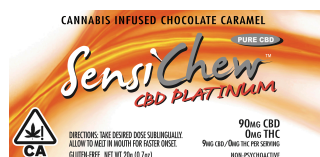
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*"This is the perfect medicine for me. Because of the relief Sensi Chew gives me, I've been able to eliminate all pharmaceutical pain management. I wish all patients who suffer from autoimmune disease, chronic pain, anxiety and nausea had access to this medicine. With Sensi Chew I never worry about consistency and potency. My quality of life has improved a great deal and I'm finally able to care for my family with a smile. Thanks Sensi Chew! "*

NG, Mission Viejo CA

Chew Indica are all THC-based products which can be used to assist with inflammation, pain, relaxing muscles, and sleep, an important aspect of improving overall health and aiding in the digestive process.

## STRESS, ANXIETY, ANTI-INFLAMMATION



## INFLAMMATION, PAIN, RELAXING MUSCLES



## REFERENCES

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