

Like many of you, our fitness editor Gary Ward had heard about CBD but had very limited knowledge about what it was. Luckily, he has connections in all the right places. So they had a conversation about all things CBD ↓

THE TEAM

JSM  
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To all athletes, gym professionals personal trainers, and concerned individuals, no matter how much CBD you take, it doesn't have any psychoactive effect. It will not affect your mind in any immediate way.

GW I wanted complete clarity, so I asked Ed if it was legal to take and if I were under a governing body for instances being dope-tested as an athlete, could I fail?

EM CBD is a fully legal supplement and will not cause any athlete to fail any drug test. To make it clear, the only part

very interested to know why or how the experts got into CBD and wanted to know their experiences ...

MA I was first introduced to CBD when I learned that it could potentially help my mother, who is on various anti-psychotics or anti-depression medications, as well as other medications to counteract the side-effects that such strong pharmaceuticals induce.

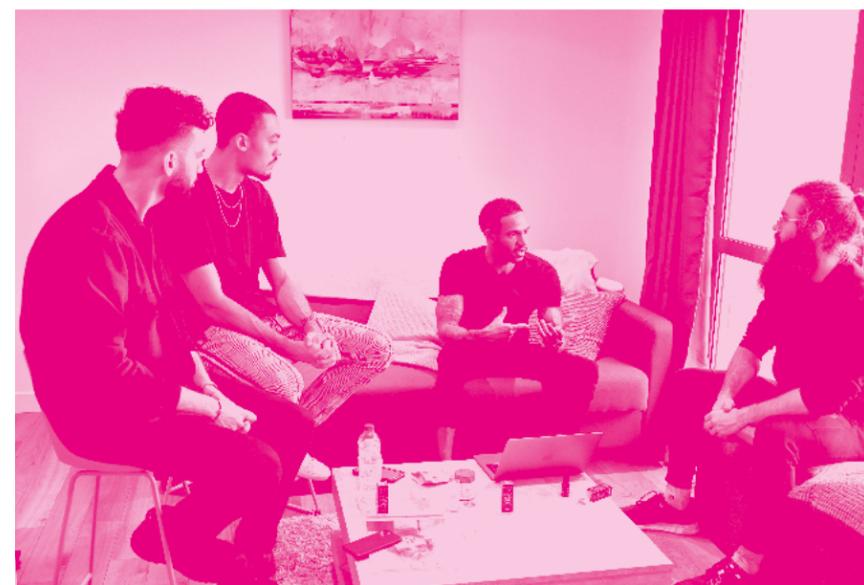
We do not have a robust understand of psychosis and have yet to develop a medication with a low side effect profile. The treatments seriously affected my mother's quality of life, by giving her a sedating effect that caused her to become numb to her feelings and surroundings. They also cause a huge spike in her appetite as well as involuntary tremors and shakes.

GW Moe spoke about the battle his mother faced with controlling her weight and all the other health issues that follow with excessive eating, as well as the difficulty in finding a CBD oil that works to a pharmaceutical standard and is also consistent from batch to batch. His passion is to find the right therapeutic window of CBD to allow her to stop taking anti-psychotic medication entirely, where CBD is shown to have a remarkable effect on treating schizophrenia.

GW I really wanted to understand the benefits of taking CBD and what the feelings or effects looked like. The experts described CBD as a health and wellness supplement.

EM We don't take supplements because we need them. We choose them for a purpose. For example, we would be fine without extra protein but we take it for faster muscular recovery and lean muscle gains.

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GARY WARD WITH JONATHAN STEFANNI-MACHADO, MOE ALRABIEI & ED MARIS

GW I made it very clear from the beginning that my own knowledge in the world of CBD was extremely limited so I wanted to know if there was any truth in the rumours I've heard.

that would make it illegal would be the presence of THC. If the THC levels were over the UK Threshold, which is 0.2%, you would have an illegal substance.

GW This number varies in different countries; I learned that in Switzerland THC levels could be as high as 1 per cent. A good practice would be to look for third parties testing ensuring THC levels are met during the extraction process, this should be provided. I was



TREED CBD OIL

JSM Many of us in the city live a pretty hectic, stressful lifestyle and so we find it difficult to shut down at night, and as a result our sleep quality can be affected. Not getting your deep sleep means that you don't allow your body to repair and recover as needed. Over a sustained period of time, this causes a chronic state of fatigue and tiredness, which will have an impact on your general state of mind, hormone production, the diet choices you make and so on.

MA The best way to describe the feeling of CBD is more the absence of particular feelings, be it inflammation, insomnia, anxiety or pain and discomfort. Unlike THC, there is no immediate psychoactive response. CBD helps the body to recognize imbalances, and this will be different for everyone, where finding the correct therapeutic window will vary from case to case.

GW I wanted to understand how the dosing worked and if there were any age restrictions with CBD

EM CBD binds to the receptors that already live in your body. It is a well-tolerated supplement, it is not a stimulant so can be taken at any age. Testing shows best results are usually recorded with people aged between 18-65.

GW I pushed the experts on dosing and what they would recommend as a starting point for someone looking

to take CBD. Jonathan added the ethos at treed was complete transparency. Their aim was to educate their consumers on CBD and the importance of dosing as this would allow understanding of their therapeutic window thus benefitting from CBD in a long-term, sustainable manner. They spoke about alcohol being the only dosing people are willing to experiment with or know their correct window.

JSM It would be easy for me to recommend, or say if you're 70kg take six drops twice per day but that would be me throwing numbers in the air. I will increase CBD after a heavy gym session or a few hours before public speaking or an event.

GW One of the things I'd seen and heard was CBD could have an effect on skin break-outs. I asked the experts if there was any truth behind this.

EM Firstly, skin conditions will vary with diet, lifestyles and genetics. However, it has been shown in studies that CBD reduces the healing time cuts, bruises and abrasions on the surface of the skin as it improves the inflammation recovery response. CBD will not improve on the collagen fibres in the skin that improves elasticity. It can speed up the process of a break-out as CBD quickens the inflammation response process during healing.

GW Is there anything we can do as consumers to maximise on the benefits of CBD?

JSM CBD works most efficiently when ingested with fat. So taking CBD and having healthy fats in your diet will definitely help.

GW It was really great speaking to the experts and we overran with the podcast, as it was so interesting discussing and learning about CBD. If you would like to see the full podcast, or for further information just head over to hello@treedcbd.co.uk

GARY WARD

Here are *Glass Man's* must-have items for being in and around the gym:

- 1 APPLE WATCH Series 5  
[www.apple.com](http://www.apple.com)
- 2 NIKE Lean Arm band  
[www.jdsports.co.uk](http://www.jdsports.co.uk)
- 3 Beats Powerbeats Pro Earphones  
[www.beatsbydre.com](http://www.beatsbydre.com)
- 4 YETI Water Bottle  
[uk.yeti.com](http://uk.yeti.com) from
- 5 Caps/Hats  
[www.rag2ritchesclothing.co.uk](http://www.rag2ritchesclothing.co.uk)

