

Breaking Free of Menstrual Cramps: How CBD Can Help You Live Your Best Life

There's no easy way to say it, so let's just cut to the chase: menstrual cramps are a drag. They come month after month, messing up a whole week and causing you no shortage of pain or discomfort. Sure, there are the usual medications and treatments that can help a little bit, but there is only so much that they can do. Recent research indicates that there is a potential solution: *cannabidiol* (commonly known as CBD). This is an extract of the cannabis plant that is safe, effective, and 100% natural.

CBD has the potential to help with a whole range of conditions, but [various studies](#) show promising results in its ability to provide relief from many of the negative symptoms of menstruation. Over the years, women have learned to just put up with it and accept them as yet another obstacle in our lives. However, CBD may help us more easily overcome these symptoms and devote more time and psychic energy to being creative, independent, and successful.

Its use is also linked to the concept of *homeostasis*; this is just a fancy way of saying that your body is in a state of harmony and balance. We all strive for this homeostasis, and CBD may be just the extra boost we need to achieve it.

Besides, who has the energy to smash the patriarchy if you're tired, moody, and doubled over in pain? Not only that, but you may be able to go the rest of your life without having some condescending guy ask, "Is it your time of the month again?" That alone is reason enough to try CBD!

What Causes Menstrual Cramps?

These unfortunate cramps are part of an overall monthly process known as *menstruation*, which is caused primarily by two hormones: *estrogen* and *progesterone*. Estrogen levels steadily increase over the course of the month, bulking up the lining of the uterus that is commonly known as the *endometrium*. During ovulation, the body then increases progesterone levels to make that tissue rich with blood vessels and nutrients for when an embryo is implanted.

If you're still living that single life and an embryo does not develop, then menstruation begins and your natural levels of progesterone take a nose-dive. Your body then expels the endometrial tissue and inflammatory chemicals known as *prostaglandins* increase. On top of whatever other problems you may already be dealing with, these prostaglandins are responsible for causing:

1. Pain
2. Inflammation
3. Bleeding
4. Contractions (cramps)
5. Diarrhea
6. Constricting blood vessels

Therefore, the feeling of menstrual cramps is really just the body's way of choking the blood supply to the endometrial tissue in the uterine wall. As this tissue and blood is expelled, the body experiences menstrual cramps that can be violent and distressing; it is like your body's way of kicking this unneeded tissue out. Over the years, this pain has been traditionally minimized, although every woman knows that it is very real and very annoying to have to constantly justify our experiences.

Recent research suggests that CBD can help with these symptoms, making it a vital tool in combating the negative consequences of menstruation. When used in conjunction with an overall healthy lifestyle, it may help turn your aching body from a scorched hellscape into a blooming meadow. Now, doesn't that sound nice?

The Cannabidiol That Does Not Get You High

Both *cannabidiol* (CBD) and *tetrahydrocannabinol* (THC) belong to the class of chemicals known as *cannabinoids*. These are all extracts of the cannabis plant, although CBD generally comes from hemp and THC comes from marijuana.

This is because CBD, unlike THC, [is not psychoactive](#); in other words, [CBD does not get you high](#). This may come as a disappointment to some users, but not everyone likes the feeling of intoxication that comes with using cannabis. CBD allows you to access all the medicinal qualities of the cannabis plant with none of the intoxicating effects, meaning you can go about your day-to-day life and not feel impaired in any way.

Furthermore, both of these cannabinoids interact with a regulatory system in the human body known as the *endocannabinoid system* (ECS). Like a boss, the ECS is responsible for a whole host of biological processes in our bodies, including sleep cycles, appetite, metabolism, and emotional states. [So any chemical that interacts with this system will automatically help control these various processes.](#)

It is also important to note that the ECS is primarily composed of two types of receptors:

1. CB1 - A cannabinoid receptor present mostly in the nervous system.
2. CB2 - A cannabinoid receptor present mostly in the immune system.

THC directly activates the CB1 receptors in the human brain, thereby causing the user to feel high. It is important to note that cannabis intoxication may cause the user to find Seth Rogen movies funny, so proceed at your own risk. CBD, on the other hand, directly inhibits the action of CB1 receptors and does not cause cannabis intoxication. Both cannabinoids, however, have the same basic medicinal qualities.

How Does CBD Help With Menstrual Cramps?

CBD may help your body beat back menstrual cramps in the following ways:

1. Pain relief – CBD is a [highly effective painkiller](#) that is non-narcotic with few side effects, making it tough on pain but gentle on your body. The mechanism by which CBD fights menstrual pain is desensitizing your overstimulated pain receptors; during menstruation, they go haywire as your whole uterus contracts violently.
2. Anti-inflammatory agent – This is one of the [most powerful qualities of CBD](#). It has [profound anti-inflammatory effects by decreasing prostaglandin production](#) as well as [inhibiting the release of inflammatory proteins known as cytokines](#). Inflammation is [specifically a function of the ECS and immune system](#), so CBD's interaction with CB2 receptors makes for optimum immune function.
3. Muscle relaxant – Remember that menstrual cramps are powerful contractions in the smooth muscle within your uterine walls. CBD decreases these contractions via its [interaction with the ECS](#).
4. Vasodilation – This is just a fancy way of saying that [CBD expands blood vessels](#). These blood vessels are surrounded by the same smooth muscle that causes uterine contractions, so [CBD relaxes this tissue](#), thereby allowing the [blood vessels to expand](#).

Furthermore, CBD also treats some of the secondary symptoms of menstruation. It is highly effective in treating GI tract distress, including diarrhea, and will help settle your stomach if you are having a particularly strong period.

So, let's set aside all this technical jargon for a second and get down to brass tacks: CBD has the potential to help you minimize the discomfort and distress of your menstruation so that you can live your best life. Who amongst us has felt creative, bold, or confident when our insides are being ravaged by our menstrual symptoms?

That is why Cheef Botanicals is committed to providing the very best products that are geared towards overcoming these symptoms. We want you to get back to doing what you do best: killin' it (however you choose to define that "it" in your life).

Lifegoals, Neurotransmitters, and Bliss

The process of menstruation does a number on your body and emotional state; this is collectively known as *premenstrual syndrome* or PMS. As women, we know that this term has been co-opted and used to justify all kinds of unfair generalizations towards us. Consequently, its meaning has been distorted and it has become a loaded term.

We all know that PMS is real and that the emotional symptoms are sometimes harder to deal with than the physical pain. We remain tough, however, and solidier

on day-to-day, killin' it in our careers, friendships, or families (or some combination of all three).

Amazingly enough, CBD can help us get through the severe mood swings that are part and parcel of PMS. This is because our brain has a mixture of neurotransmitters that interact with each other in complex ways; some neuroscientists refer to this as the *brain soup* (I know it's a goofy name, but they're scientists, not marketing executives). This brain soup is made up of a series of neurotransmitters that are responsible for emotional states and reinforcing positive behavior, including:

1. Dopamine – This neurotransmitter is crucial in regulating behavior that is involved with all the best things in life: sex, food, and friendships. As far as I'm concerned, ladies, dopamine is our new best friend. Drinks on Friday?
2. Serotonin – Low levels of serotonin have been strongly linked to depression, so maintaining higher levels results [in improved mental health and not feeling bummed out](#). It is vital in regulating mood, appetite, digestion, social behavior, memory, sleep, desire, and sexual function.
3. Anandamide – Also known as the “bliss molecule”, it is named after *Ānanda* (आनन्द), the Sanskrit word for “bliss”. During PMS, the body releases the hormone *cortisol*, which increases your sense of stress and causes mood swings. Anandamide can counter the effects of cortisol, thereby making it crucial in maintaining homeostasis.

So if you transition into Child's Pose after an intense yoga session and you feel that pleasant buzz of joy and bliss in your mind, just know that it's because of these three neurotransmitters and the brain soup that they swim around in. You have just achieved homeostasis, girl.

When we are suffering through a bout of PMS, the relative levels of these three neurotransmitters get completely out of whack and homeostasis effectively becomes a distant memory. I don't know about you, but I certainly do not feel any shred of “bliss” during that time of the month.

CBD, however, helps [regulate](#) and [maintain](#) healthy levels of these neurotransmitters, resulting not [only in more stable moods](#), but in reinforcements for positive behavior. That means that the next time you set some kind of #lifegoal for yourself that is potentially derailed by PMS, then taking CBD may help you stay focused and achieve that goal. Remember, you're unstoppable and never let anyone tell you otherwise, even your own body.

Is CBD Safe To Take For Menstrual Cramps?

CBD is, without question, exceptionally safe. This is especially true if you use it under the supervision of your physician, thereby ensuring that it will not be contraindicated in any other medications you may be taking.

Despite this impressive safety profile, companies like Cheef Botanicals still go that extra mile to provide you premium products that are tough on your symptoms but gentle on your body. This includes subjecting our inventory to extensive testing in order to control:

1. Dosage amounts - By controlling the potency of each product sold, you can take precise dosage amounts that can effectively treat both your menstrual cramps and the PMS associated with your period. The products sold will also be controlled to ensure that only CBD, and not THC, is present. This guarantees that it is legal everywhere in the United States and that it will not make you intoxicated.
2. Certified organic - The CBD oil that is used in the medicinal products comes from hemp plants that are cultivated in a controlled environment. Cheef Botanicals sources plants that are 100% organic. Consequently, no pesticides are ever used in any point of the harvesting process. You want your CBD products to be tough on your symptoms, but not your body.
3. Clean manufacturing process - CO₂ (carbon dioxide) extraction is the method used by Cheef Botanicals to create their CBD products. This process is green and environmentally friendly, thereby ensuring that no residual solvents or toxins are present in the final product that you consume.

These various tests are overseen by impartial investigators so that all Cheef Botanicals products receive *certificates of analysis* (COA's). This guarantees that your final product is safe, natural, and effective.

So try CBD today and start living your best life; you deserve it. Like I said before, get back to doing what you do best: killin' it.