

# CBD WATER

By 2024, the cannabidiol (CBD) market could reach \$20 billion in sales. Companies are introducing new products to the market every day, ranging from edibles and cosmetics to food and beverages.

That's right: more people are *drinking* their daily dose of CBD.

CBD-infused water benefits your skin, immunity, heart, and more. Still, many people are on the fence about using CBD-infused water instead of other products.

## What Is CBD Water?

Before we dive into how CBD-infused water benefits the mind and body, let's answer the question, "What is CBD water?" first.

CBD is a chemical compound found in *Cannabis sativa* plants. Unlike delta-9-tetrahydrocannabinol (THC), CBD is not an intoxicating element. That means it won't make you high the way THC does.

Like THC, CBD offers a range of medicinal properties. CBD has been put into oils, gummies, capsules, lotions, and many other edible and topical matrices. CBD-infused water, on the other hand, is made by reducing the sizes of CBD particles until they have the appearance of being soluble in aqueous solutions.

Drinking CBD provides a way to maximize health benefits through greater bioavailability. What benefits?

## The Endocannabinoid System

Many creatures have an endocannabinoid system (ECS). This system is responsible for regulating essential functions, such as:

- Pain
- Appetite
- Sleep
- Immunity

Your body naturally produces neurotransmitters called endocannabinoids. These and Phyto cannabinoids interact with cannabinoid receptors through your nervous system. Using CBD, you can slow endocannabinoid receptor activity to reduce certain responses.

### 1. Pain and Inflammation

For example, CBD can potentially reduce inflammation. Unfortunately, ongoing inflammation can lead to:

- Obesity
- Cancer
- Asthma

- Arthritis
- Type 2 diabetes
- Heart disease
- Neurodegenerative diseases

Some people use CBD to reduce inflammation and sciatic nerve pain. While using CBD for pain relief is common, it's only the beginning. CBD has successfully helped rats with arthritis pain. Too much inflammation can cause rheumatoid arthritis to develop. According to the study, inflammation and signs of pain decreased after CBD was administered.

## 2. Multiple Sclerosis

Multiple sclerosis (MS) is an autoimmune disease that acts on nerves and the brain. Many MS patients experience muscle spasms as a result of their condition.

CBD-infused water might benefit MS patients. In fact, a CBD and THC-based oral spray called Sativex was designed for patients with MS. It's shown promising results in reducing levels of spasticity for patients while reducing symptoms. For example, 75% of the patients in a Sativex clinical study experienced reduced spasms after using Sativex.

## 3. Better Skin

Several external *and* internal elements can cause skin problems. For example, UV rays can cause our skin to age prematurely. Our diet can also cause acne flare-ups and redness. Acne is caused by genetics, inflammation, sebum production, and bacteria.

Some people have seen positive results after using CBD to treat skin concerns. CBD has anti-acne agents that target sebum production, inflammation, and proliferation—all contributors to acne production. Inflammation can cause an increase in sebum production, a natural oil that causes acne as well.

## 4. Anxiety and Depression

Anxiety and depression are the leading causes of disability worldwide. Both can impact a person's mental and physical health. Left untreated, depression can lead to suicide.

The pharmaceutical drugs some doctors prescribe for treatment can cause a number of side effects, including:

- Agitation
- Insomnia
- Sexual dysfunction
- Headaches
- Drowsiness
- Addiction and substance abuse

CBD can help some patients relieve their anxiety and depression symptoms by acting on a neurotransmitter called serotonin. Serotonin regulates our mood, which can help ease anxiety and depression symptoms.

## 5. Protection and Prevention

Using CBD can also help prevent diabetes and offer neuroprotection. Blood glucose levels and [inflammation](#) contribute to diabetes. As discussed above, using CBD can help reduce excess inflammation, which might reduce your risk of diabetes. Inflammation also impacts the body's insulin resistance and lowers blood sugar levels.

CBD's antipsychotic effects are also beneficial for patients with psychotic symptoms. It's thought that CBD can help patients with epilepsy and schizophrenia by decreasing the inflammation that causes cognitive decline.

CBD's anti-inflammatory property might help treat Alzheimer's disease and other neurological health conditions.

#### 6. Heart Health

As we age, our chances of developing a heart condition increases. Thankfully, CBD presents stress- and anxiety-reducing properties. CBD-infused water might benefit the heart and circulatory system by lowering high blood pressure levels. A high blood pressure level could cause a heart attack, stroke, or metabolic syndrome.

CBD contains stress- and anxiety-reducing properties. These properties might help lower your blood pressure, which would reduce your chances of developing heart disease.

#### 7. Sleep Aid

Remember, CBD interacts with the endocannabinoid system which regulates sleep. Without enough sleep, your cortisol levels will increase, leading to:

- Lower energy levels
- Weight gain
- Diabetes

Some people use CBD to help them relax and get the sleep they need.

One of the main problems with CBD water is that most brands contain very little CBD.

The amount in each serving fluctuates by brand, but most provide around 2–5 mg.

Although dosage recommendations can vary, most studies evaluating this compound's beneficial effects have used doses of at least 15 mg per day. Miami Alkaline Water contains 20 mg per bottle.

CBD is a highly unstable compound that requires careful preparation and storage to help preserve its medicinal properties.

In particular, exposure to light and air can cause it to break down, negating its potential beneficial effects.

Most CBD water is stored on grocery shelves under bright lights in clear containers for days or even weeks, degrading its CBD content.

One study evaluated the effects of certain storage conditions on cannabinoids and found that exposure to light caused the greatest loss of CBD.

Miami Alkaline Water makes small batches and has each batch analyzed by a third-party testing facility to guarantee it is of the highest quality. Miami Alkaline CBD Water is stored in dark blue containers to eliminate any loss of the medical benefits of our CBD Water.