

Overview of the Endocannabinoid System (ECS)

Function of the ECS: *Homeostasis* (equilibrium) - The ECS acts as an internal biological balancing mechanism of the brain & body

→ Protect

→ Relax

→ Eat

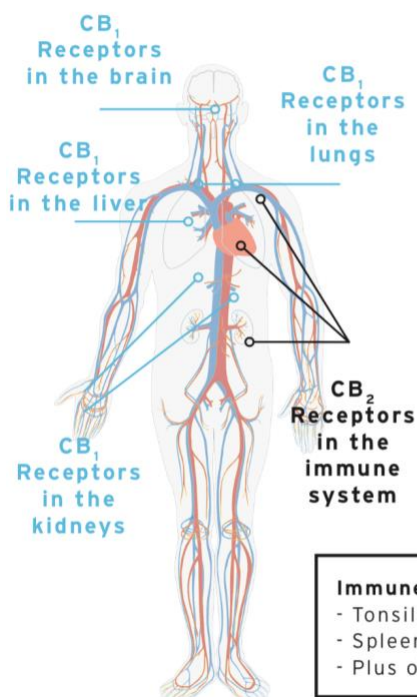
→ Forget

→ Sleep

Function	Description
Protect	Protects the body by stimulating the immune system to mount a response to a foreign pathogen
Relax	Helps maintain balance in response to acute or long-term stress and breakthrough or persistent symptoms
Eat	Stimulating or suppressing the ECS can increase or decrease hunger. ECS stimulation is helpful in conditions like HIV/AIDS wasting syndrome or chemotherapy-induced nausea and vomiting
Forget	Disrupts short-term memory, which is important in conditions such as PTSD because it helps patients relax, potentially forget nightmares or flashbacks, and better process the trauma
Sleep	Restorative sleep can help reduce inflammation and pain

ECS, endocannabinoid system; **PTSD**, post-traumatic stress disorder.

Source: Taing, M. *The Science of the Endocannabinoid System*. *American Journal of Endocannabinoid Medicine*. Vol 2 Issue 1. April 2, 2020. Available at: <https://ajendomed.com/articles/the-science-of-the-endocannabinoid-system/>. Accessed on May 30, 2020.



The ECS acts as a biological balancing mechanism to regulate normal function in the body including memory, mood, eating, sleeping, forgetting, and protecting cellular function.

The two most common methods for consuming cannabis are: inhalation (smoking or vaporizing) and ingestion (prescription synthetic capsules or edibles).

Immune system consists of:

- Tonsils
- Spleen
- Plus other cells and body systems