

Sleep & Wellness



Model, mother and KORA Organics CEO **Miranda Kerr** discusses the importance of a good night's sleep and gives us her routine to ensure her busy schedule makes time for rest

DISCOVER

how CBDistillery is using CBD oil and rest and relaxation in a fast-growing market

LEARN

why Emmy-Award winning talk show host Dr. Oz thinks we need to get better at sleep

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Let Sleep Be Your Meditation



Deepak Chopra, M.D.,
Author, "7 Spiritual Laws
of Success"

**By thinking of sleep as a
state of meditation, it's
possible to find a new
pathway to relaxation.**

Modern sleep research focuses on the physical side of sleep, because our modern notion is that sleep is a brain function. That's one way to look at it, of course. But there's an ancient tradition

that looks at sleep from a spiritual perspective. Sleep, in fact, can be the most profound state of meditation.

Everyone has experienced, since childhood, that a good night's sleep feels pleasurable. In the yoga tradition of India, sleep is blissful because we go to a level of pure consciousness. The endless activity of the mind has ceased, and by going into pure consciousness, the mind is renewed and refreshed. There are no everyday worries and demands in deep sleep. Stress is totally absent. Even without noticing this experience, which is open mainly to trained yogis, the average person has a lingering sense of pleasure upon waking up.

It takes intensive periods of meditation to experience the bliss of deep sleep, but

there are ways to use sleep as a very effective meditation. Here are two of them.

Meditation No. 1: Before sleeping

Lying in bed getting ready to fall asleep, review the events of your day. Let your mind roam easily through any event that comes to mind. View these images in a calm, quiet state, letting them flow through your mind. If feelings and sensations come up, let them rise and fall naturally. This meditation allows the unresolved feelings from your day to disperse naturally. The result is that you fall asleep in a better frame of mind and the next morning wake up refreshed.

Meditation No. 2: Waking up

When you first wake up in the morning, there is a kind of shadow zone before your mind starts thinking. You are awake in a state of quiet mind. Lie on your back, open your eyes, and experience this first waking moment. Don't focus your eyes on anything; just stare at the ceiling. Just be in the experience of eyes open with no thoughts. In this way you are discovering that your mind settles naturally into a meditative state. Once you know what this experience is like, you can return to it anytime during your day. It's a very effective way of centering yourself and letting mental distractions fade away.

Give these two meditations a try. They are easy and effortless, and they put sleep in a new, unexpected light. ■

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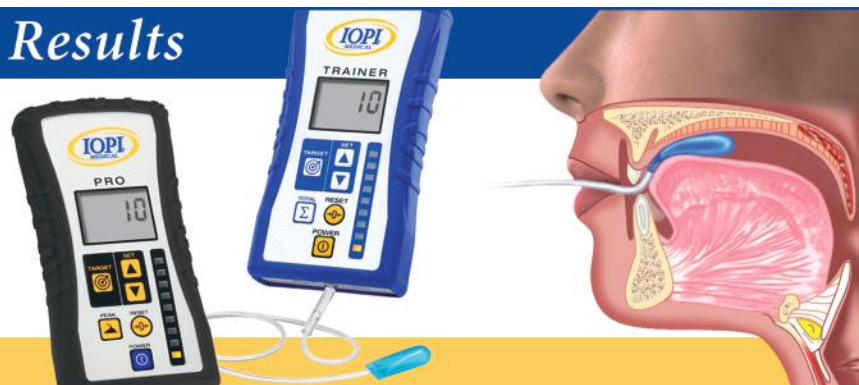
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MMA Fighter Michelle Waterson Explains How CBD Helps Her Relax and Recharge Her Body

American mixed martial artist Michelle Waterson is on a strict diet and exercise regimen — she works out four times a day. She has a busy home life in Albuquerque with her husband, seven-year-old daughter, two dogs and a cat. Plus, she has a robust social media following.

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CBDISTILLERY

After a long day of workouts, family life and business meetings, she relaxes and recovers by eating a gummy bear, made with hemp-derived CBD.

CBD, short for cannabidiol, is one of 113+ phytocannabinoid chemicals in industrial hemp plants. The plant extract is different from THC (tetrahydrocannabinol), the cannabinoid associated with marijuana's intoxicating properties, as CBD does not produce a high effect. According to the Food and Drug Administration (FDA), CBD products are legal if they contain less than 0.3 percent THC, therefore allowing industrial hemp CBD products to be shipped nationwide.

Mainstream adoption

"CBD and cannabinoid products have been around for centuries," says Chase Terwilliger, CEO of CBDistillery, a Colorado company that's been producing hemp-derived CBD for three years. "Just recently in the past 10 years, it's

started to become part of the wellness communities' daily regimen."

CBD has gone mainstream, making its way into food, drinks and wellness products. The Agricultural Improvement Act of 2018, which removed hemp from the Controlled Substances Act — effectively legalizing industrial hemp on a federal level — paved the way.

"It was a bipartisan effort to say: 'Hemp is not marijuana. Hemp, CBD, can provide benefits to our citizens,'" says Terwilliger. "That was huge for us."

Relaxed and recharged

Waterson credits the CBD gummy, which also has melatonin, with helping her, "recharge my body and reset my mind."

"Taken in the evenings, CBD, especially the nighttime CBD gummies, allows me to rebalance my body after a long day of training so I can enhance my recovery," says the 33-year-old, who has been taking the 30mg THC-free gummy at bedtime for months. "These products work for me and are crucial to my daily regimen. If I don't have a good night's sleep, my body isn't fully recovered and then I go back into training not at 100 percent, which can be dangerous."

She also uses other CBDistillery products like the tinctures — liquid extracts taken under the tongue. Recently while training,

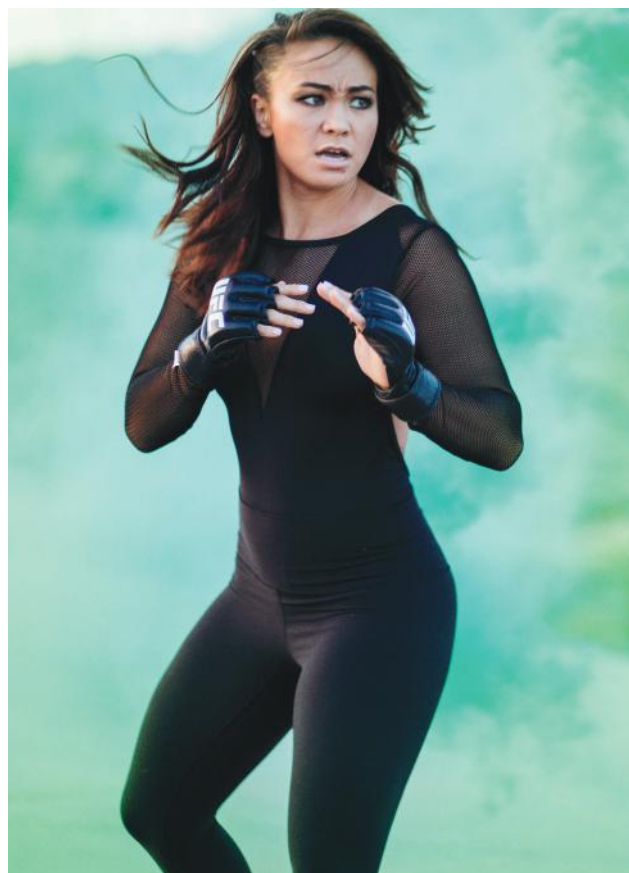


PHOTO: MEGAN KAMAUCHA

Waterson got a black eye and used a CBD cream on it.

Waterson, has a warrior attitude inside and outside the octagon. Also known as "The Karate Hottie," she was ranked the No. 1 women's atomweight fighter in the world from 2013-2014. Cur-

rently she's ranked No. 8 in the Ultimate Fighting Championship (UFC's) strawweight division.

Wellness overall

"CBD has a lot of benefits," says Nic Smith, Pharm.D of Smith Pharmacy in Little Chute, WI.

"According to the World Health Organization's Critical Review Report dated June 2018, CBD has a 'good safety profile,' meaning it has not been shown to have negative side effects except in rare instances when mixed with certain pharmaceutical drugs." He further explained, "As always, we recommend checking with your medical care provider if you are taking prescription medication, are pregnant or breastfeeding."

Smith's pharmacy has been selling CBDistillery products over the counter for more than a year. He says a typical dose of a CBD tincture starts at 15 mg a day.

He advises patients to read labels and consult a pharmacist when choosing CBD products. Not all products are the same. Many companies like CBDistillery have QR codes on their products so users can scan the code and see the laboratory breakdown of ingredients.

Many consumers like Waterson who use CBD praise its restorative qualities. "CBD has given me the confidence to know I am training at 100 percent," she says.

Terwilliger is pleased Waterson likes the CBD products for her recovery and training regimen: "She's such a great example of how beneficial this product could potentially be for certain individuals." ■

Kristen Castillo

Montel Williams: CBD Helped Improve My Life

The TV host says that taking CBD is helping him get a good night's sleep.

Nearly one-third of Americans aren't getting enough shut-eye, according to the Centers for Disease Control and Prevention. But what if a natural supplement could help you fall asleep — and stay asleep?

That's one of the potential benefits of cannabidiol, or CBD — something about which former TV host and current entrepreneur Montel Williams is raising awareness.

"I know unequivocally when I've missed taking my CBD pills

for a day or two. My sleep is not as solid," says Williams, who's followed the CBD industry for 20 years.

A review of preliminary research published in April 2017 in Current Psychiatry Reports suggests that cannabinoids, including CBD, may play a role in treating sleep disorders such as sleep apnea and insomnia, as well as nightmares in individuals with post-traumatic stress disorder. Preliminary studies in mice also suggest CBD may help relieve anxiety and stress, according to an October 2015 review in Neurotherapeutics.

Those advances add to what Williams, who has launched his own line of CBD gel capsules, has experienced firsthand when using CBD to manage pain and symptoms of multiple sclerosis.

With CBD oils, gummies and pills saturating the market, "it's kind of like the Wild, Wild West out here," Williams says. The cleanest products, he explains, are made with hemp terpenes, which are plant chemicals. The CBD is extracted using carbon dioxide, cryo-ethanol or oxygen.

Dosage is key, too. "You need to be saturating with 50-60 milligrams per day, so I would look

“When I've missed taking my CBD pills for a day or two. My sleep is not as solid.”

for a product with larger doses in them," he says. Doing this will help cannabinoids trigger your endocannabinoid system receptors, essentially helping you experience their full effects.

Above all, when looking for a CBD remedy, be sure to choose carefully. "A lot of people jumped into the marketplace trying to make money and not thinking about what it is they're really selling," he says, "so it behooves you as an individual to do the research and look at the product before taking it." ■

Melinda Carter

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These 3 Supplements May Better Your Sleep

On any given night, a third of Americans struggle with sleep problems such as insomnia. Natural supplements can help you fall asleep more easily and get more out of your nightly slumber.

As a sleep doctor, it's a question I get asked by patients all the time: How can I improve my sleep without prescription medication? In combination with good sleep hygiene, there are supplements that can help you relax, strengthen sleep-wake cycles and improve the quality and quantity

of your nightly rest. Here are three of the most well-researched, effective supplements I recommend for better sleep.

1. CBD

Among the most calming and stress-reducing cannabinoids, CBD is also one that delivers the most help for sleep. CBD can alleviate anxiety that interferes with nightly rest. One thing I especially like about CBD is that it relieves anxiety without causing changes to healthy sleep-wake cycles.

In small doses, CBD can stimulate alertness and reduce daytime sleepiness, which is important

for daytime performance and for consistent sleep-wake cycles. A consistent sleep routine is the single most important factor that leads to healthy rest. Studies show CBD can significantly reduce insomnia symptoms.

2. Melatonin

It often surprises people to hear that melatonin isn't a sedative. It improves sleep by helping to strengthen the body's sleep-wake cycles. Melatonin is a sleep facilitator, helping the body transition into a state of rest. Increasing melatonin levels can shorten the time it takes to fall asleep and increase

overall sleep amounts. It can also improve the quality of sleep and reduce daytime sleepiness and fatigue.

Melatonin is helpful in treating jet lag. When I travel, I take melatonin about 90 minutes before bedtime in my new time zone and make sure to get a dose of bright light exposure first thing the next morning.

3. Valerian

The valerian plant has an ancient history as a sleep aid and a natural remedy for stress and anxiety. Valerian's sleep benefits come primarily through its ability

to reduce anxiety. This herbal supplement helps to boost production of GABA, a calming brain chemical that promotes sleep. Valerian has been shown to help people fall asleep more quickly, reduce restless sleep, increase sleep amounts and improve symptoms of insomnia. Research also shows valerian is effective in treating sleep problems linked to menopause.

Natural non-prescription supplements are available, and, with some homework, can make bedtime less stressful. ■

Michael J. Breus, Ph.D., DABSM, "The Sleep Doctor"



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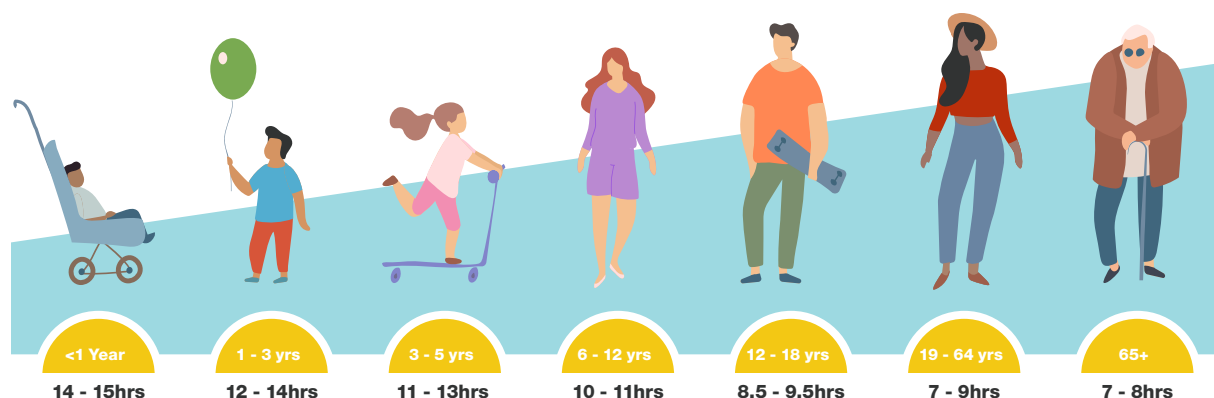
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The Consequences of Poor Sleep



RECOMMENDED AMOUNT OF SLEEP AND AGE

Most adults should be getting 7-9 hours of sleep, but there are real risks for those who fall short of those recommendations.

Missing one night of sleep is a normal occurrence for individuals around the globe. But what if you lack sleep on a regular basis? What if you're unable to obtain quality sleep due to a sleep disorder? Those consequences may be more serious.

Sufficient sleep is one of the pillars of good health, along with regular exercise and a balanced diet. We characterize good quality sleep as having sufficient duration, satisfactory depth, seamless continuity and well-balanced architecture. Recurring lack of quality sleep can lead to long-term health risks such as hypertension, diabetes, heart disease,

stroke, cognitive alterations and even gait disturbance.

When children are deprived of sleep, they become irritable and hyperactive. Since the major episode of growth hormone liberation occurs in association with deep sleep, sleep deprivation can lead to stunted growth. One study is searching for biomarkers in saliva and hair samples of toddlers who are not sleeping well — meaning very soon researchers could have biological evidence that lack of sleep harms developing minds and bodies.

In adults, sleep deprivation looks different. It usually causes fatigue, poor concentration and reduced memory. Stretching one poor night into chronic sleep loss can lead to irritability, mood swings and several mental disorders such as depression.

Outside of physical health, sleep deprivation can lead to poor attention

while driving, increasing the risk of motor vehicle accidents. On the job, poor sleep quality reduces work productivity. In the United States, the economic cost of insufficient sleep among the working population is \$411 billion per year.

Because sleep deprivation shortens telomere length in DNA, which facilitates chaotic cellular growth, it can increase the risk of various forms of cancer. Clinical studies suggest that telomere shortening may be a contributing factor for breast cancer risk among female shift workers such as nurses and flight attendants.

We're promoting the importance of healthy sleep on March 15, 2019 — World Sleep Day — to raise awareness of the importance of getting a quality night's rest. ■

Antonio Culebras, M.D. and Liborio Parrino, M.D., World Sleep Society

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Dr. Oz Has 5 Tricks for a Better Night's Sleep

If counting sheep keeps you asleep, more power to you. But if you feel that experts with sleep advice are pulling the wool over your eyes, best-selling author, professor, surgeon and TV host Dr. Oz has some answers.

When beloved TV personality Dr. Oz talks about sleep, he cuts straight to the chase: Sleep, he insists, is “the single most underappreciated problem we have in America.” For the most part, we pretend like it isn’t a problem. We cram more into our days, drink more coffee, rely on short-lived carb energy boosts, stay up later and act like naps are only for kindergarteners.

The health guru happily showed off his napping couch

and shared his most important tips for improving sleep habits and hygiene.

1. Find an app

You can’t improve your sleep health until you understand your current sleep patterns. Dr. Oz suggests starting your journey to smarter sleep by tracking your sleep habits and gathering data. Thanks to a number of apps, anyone can keep a log of both duration and quality of sleep, which allows troubled sleepers to pinpoint days and times when their sleep is better or worse.

2. Do the 20-minute challenge

Another place for would-be better sleepers to start is getting to bed 20 minutes earlier

than normal. For many, that new bedtime turns out to be “shockingly early,” Dr. Oz admits. Pick the right bedtime and count back, making sure to account for time to brush your teeth, wind down, and, if you want to read, switch from digital devices to paper. Bedtime isn’t when you start getting ready for bed; it’s the reason you’re turning out your light.

3. Embrace darkness

Sorry, phone addicts: Dr. Oz recommends falling asleep in a totally dark room. He warns that falling asleep to the light from a phone, table or television is disruptive to your circadian rhythm. In the morning only natural light can truly get your body on its circadian cycle. If

you have blackout curtains or don’t get much natural light, a sun lamp is a smart investment.

4. Pillows over PJs

To align your spine while you sleep, Dr. Oz says to sleep with two pillows under your neck and a pillow between your knees. When you turn on your side, the knee pillow takes pressure off your spine and keeps your joints from touching. This pillow strategy has the added benefit of preventing restlessness caused by discomfort. Sleep in loose, cotton, moisture-wicking pajamas—such as a favorite old T-shirt. If your favorite sleeping attire is your birthday suit, no problem! But you might want to invest in a thick comforter, because you’ll hit your ideal sleep stride when the room is 68 degrees Fahrenheit or colder.

5. Keep it natural

Dr. Oz is emphatic: “Sleeping pills are not the answer.” Though they may seem like a tempting solution for sleepless nights, they provide less than 10 minutes of extra sleep a night, at the cost of a fractured sleeping pattern. If you use sleeping pills more than three times a week, it’s time to visit a sleep doctor. Alcohol before bed also disrupts normal sleep and isn’t advisable.

To make the case for sleep, and plenty of it, Dr. Oz takes us back to the beginning: “If you’re sleeping, an animal can eat you,” he says. “Evolution tends to evolve to protect you. So what evolutionary benefit is there lying asleep for eight hours unless there was something really important about it?”

So you’re a lot less likely to be mauled by a tiger today, but the point still stands: Go to bed! ■

Emily Gawlak

Stop Stress from Hijacking Your Sleep

Stress attacks our natural daily rhythm leaving us tired and wired, and unable to get the rest we need to be healthy, happy and strong.

According to The American Institute of Stress, 75-90 percent of all medical visits are stress-related, and chronic stress in the United States costs upwards of \$600 billion annually.

It’s because our rhythms are disrupted when we’re stressed and spread too thin, forcing us to adapt. These adjustments can wind up hurting us, not helping us.

Sleep disturbances increase activity in the part of the brain that’s correlated with anxiety, as our brains keep us on high alert.

So how can you quiet your mind in the middle of a stress-filled life? Some of the best sensory techniques to shift from “fight or flight” sympathetic activation to “rest and digest” parasympathetic restoration include:

Sound: Listening to calming music or binaural beats that provide a mellow soundtrack can help unwind the mind.

Smell: Aromatherapy calms the brain through the olfactory centers that have a direct link to the amygdala to calm and settle.

Sight: Guided visualization takes you to another place—where you can imagine being in a relaxing environment such as the beach, enhanced by sounds of waves gently crashing.

Taste: Teas that include plant elements like chamomile, lavender or valerian help soothe.

Touch: A hot bath or jacuzzi increases body temperature temporarily and then enhances relaxation as the body cools down.

With a more restful nervous system, breathing patterns naturally begin to adjust to a more rhythmic pattern. Then we can sleep better and prime the mind to wake up and see the world through a better lens.

Heidi Hanna, Ph.D., Executive Director, The American Institute of Stress

Sleep Tips for New Parents

Why is it important to prioritize sleep for new parents?

Well-rested parents are happier parents. When they have a baby that doesn't sleep through the night, parents need to adapt. A recent study suggests that a parent misses out on the equivalent of six months of sleep in their child's first two years. Every new parent feels this way, and it's nice to know science backs us up on this.

What are some easy ways to engage a child in relaxation?

Using essential oils like lavender during bath time and before bedtime can help a child relax. In our household we had a routine of bath, books, breast and bed. We would take a calming bath and read a couple short books. Then my baby would nurse and we would go to bed. That routine really helped them go to sleep and stay asleep.

Xza Higgins, Founder, MommyCon

Here's How Miranda Kerr Unwinds From Her Day-to-Day Stress

What are your favorite ways to de-stress?

I love to cook. I put a good playlist on, pour a glass of wine and dance around the kitchen. It's a great way to unwind from a hectic day. I love massages and Reiki treatments. It's a great way to release tension, help clear emotional blockages and impart a wonderful sense of relaxation. Throughout the day, I use calming aromatherapy and essential oils. I find regular yoga, meditation and getting out in nature — a walk or a swim in the ocean — are great ways to manage and overcome stress. Deep belly breathing is another technique that really works for me. My favorite of all is switching off my phone

and just being present with my husband and two sons.

How did you first get into yoga and meditation? What have been the biggest benefits for you?

Regular meditation and yoga helps me stay calm and centered. I meditate at least three times a day. I practice Kundalini yoga at least three times a week. It's the yoga of awareness and is based on a method to awaken your senses and consciousness.

What's your best advice for working through stressful situations?

Be patient and keep an open mind to

change. You may not see someone else's perspective immediately, so allow yourself time to process new information and don't be afraid to ask for that time before offering your opinion.

How do you build yoga and mindfulness into your schedule?

If things don't go to plan — which is more often than not — I just try to prioritize and navigate through the day as calmly as possible. The best way for me is to write a list of what I need to achieve and then set about methodically ticking off one thing at a time. If I can take 15 minutes to meditate, or set aside some time to exercise, I feel much more balanced and am able to give so much more to my family, work and friends.

What is your nighttime routine to prepare for sleep?

Ambience is important to me, so I like to dim the lights and light a few candles around my room and bathroom and put some calming music on. Then I do my evening skin care routine. I cleanse my face before bed, no matter what. Every other night, I apply my new KORA Organics Noni Glow Sleeping Mask. I often have a cup of chamomile tea and then meditate before bed to help relax and unwind. My bedroom is my sanctuary and a calm space, so I don't take phones or laptops to my bed.

Do you ever practice yoga and mindfulness with your kids?

Flynn has grown up seeing me meditating and doing yoga, so those things are second nature to him. If you are introducing meditation or yoga to your children, I think you need to engage with them and do it with them, too. Make it a family activity. ■

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Is CBD the Anti-Inflammatory of the Future?

According to a doctor specializing in hemp studies, cannabidiol could serve important functions in many bodily systems.

What if there was a plant that could help you bust stress and anxiety without the risk of dependence or withdrawal? With cannabidiol, or CBD — a compound found in cannabis that won't make you paranoid or give you the munchies — that hope can be a reality for some.

To reap these potential benefits, you'll need to do your homework, says Dr. Alex Capano, chief science officer at Ananda Hemp and the first person in the United States to get a doctorate in the field of hemp studies.

First, understand how CBD works. CBD can help the body optimize its endocannabinoid system, which is comprised of receptors that regulate everything from our sleep-wake cycle to our immune system. Taking CBD can help restore lost endocannabinoids, which your body makes on its own to keep your systems in balance. “[CBD] is kind of just helping us harness the power of our own bodies better through plants,” says Capano. She adds that these effects suggest CBD may make a good alternative to addictive pain relievers and help treat neurodegenerative diseases, among other benefits.

But, when it comes to CBD, “more is not always better,” Capano says. Her advice is to start with 10 milligrams of CBD oil under the tongue (for the best absorption) 1-2 hours before bed in order to determine how the substance affects you. Increase your dosage by 5-milligram increments every three days, she says, but if you get the same result as you did with a prior dose, use less to avoid wasting money or taxing your liver. Since the delivery method isn't as direct for pills or soft-gels, she recommends starting with 15 milligrams per dose for these forms of CBD.

Learn where your product is coming from, too, says Capano, adding that November 2017 research published in the *Journal of the American Medical Association* suggests that the labels of 70 percent of CBD products sold online are inaccurate. “You've got to be a careful and informed consumer,” she says.

As a consumer, you can help propel efforts for more transparency. “I think that's on us as consumers to demand it because I think the market will respond if we demand it,” Capano says.

Melinda Carter

Hack Your Sleep Schedule by Understanding Ayurveda

Understanding the phases of sleep can help you get ready for more relaxing nights and better days.



PHOTO: SAHARA ROSE

Your cellphone and desk job might be sabotaging your sleep, but incorporating practices from Ayurveda, the world's oldest health system, might help you get longer, higher-quality shut-eye.

Within Ayurveda, there are three energetic sources, called doshas: vata, pitta and kapha. “They correspond to day/night cycles,” says Sahara Rose, a certified health coach and author of the book “Idiot's Guide to Ayurveda.” Each four-hour-long dosha occurs twice in a 24-hour day. Understanding these stages can help you understand your sleep schedule and encourage self-care.

“Between 6 p.m. and 10 p.m. is kapha time. And kapha time is the time you should be really winding down your day — it's the time that the sun sets,” Rose says. “That's when

we should do our nightly routine practices.” Meanwhile, the pitta time begins at 10 p.m., when the body is ideally asleep. “That's when we get our second wind of energy — when we're wanting to clean the house or decorate, and that's going to keep you up probably until 2 a.m., because 2 a.m. is when we shift into vata time, until 6 a.m.”

The importance of a routine

To set yourself up for success, think of sleep like you do sex, Rose recommends. “Sleep requires foreplay. You're not going to be able to suddenly shut down and go straight to sleep. It requires some time,” she says. Foreplay for sleep happens during kapha. During this time, Rose suggests, you should be staying away from electronics at least two hours before bed (or

using blue-light-blocking glasses if not), eating a light dinner, lighting candles, dry brushing, using oils and potentially engaging in meditation or night-time yoga. “Ayurveda would say to put yourself in bed by 10 p.m., even if you're not asleep; that's just going to help train your body that this is the time that we relax,” she says.

Getting your body in tune with the rhythms of the world by waking up before the sun rises, during vata, and getting at least 20 minutes of direct sunlight can also help.

“Being awake before the sun allows you to tune into the subtle vibrations before the world is awake — and everyone's going, and the energy is more overt — and to tune in with yourself,” Rose says. ■

Melinda Carter

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