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Beyond Cannabis: Halt Autoimmune, Metabolic and Neurodegenerative Disease With Common Terpenes, Polyphenols and Dietary Cannabinoids

Anne Angelone

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As research into medical cannabis continues to capture the attention of many in the scientific and medical communities (as well as many in the general public), we are also learning more about the health benefits brought on by the best combination of non-cannabis botanical compounds, foods, and lifestyle activities (e.g., acupuncture, exercise, and aromatherapy) that interact with the endocannabinoid system (ECS). Beyond Cannabis explores the synergistic use and potential health benefits of plant compounds, including polyphenols, terpenes, and dietary cannabinoids, other than the cannabis plant. Learn more about combining terpenes, polyphenols, and dietary cannabinoids (not from Cannabis sativa) for autoimmune, metabolic, neurodegenerative, and other inflammatory processes. Discover the precise foods and essential oils blends that tone the Endocannabinoid System.

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