

5 WAYS CBD HELPS WITH MUSCLE RECOVERY AFTER A WORKOUT

AND WHY YOU'RE SEEING MORE AND MORE ATHLETES USING IT



Exercise, while good for us, you know the wear and tear that occurs naturally in the muscle, leading to pain. The good news is, ibuprofen and other pain relievers aren't your only option.

1. CBD CAN RELIEVE INFLAMMATION

Because cannabinoids have an anti-inflammatory effect, they can help your body recover faster. In addition, a CBD oil tincture, caplet or lotion can help with strains and pulled muscles.



2. CBD CAN RELIEVE MUSCLE SORENESS

CBD is one of the more than 113 different cannabinoids found in hemp plants. It interacts with the endocannabinoid system to affect bodily processes like pain perception, appetite and sleep quality.

3. CBD CAN INCREASE RECOVERY TIME

While some inflammation can stimulate training adaptations, excess inflammation can slow down your recovery. Stop the inflammation and maintain your routine.

4. ATHLETES ARE USING CBD

Evidence has shown that a third of cyclists, triathletes, and runners are or have been cannabinoids users (mostly ≥ 40 years of age, male, THC + CBD consumers ≤ 3 times weekly, and exercise 5–7 days per week) (**Zeiger et al., 2019**). Also, a quarter of university athletes report using cannabis-related products (**Docter et al., 2020**). Especially in contact sports like rugby, the use rate of CBD is 28%, increasing with age, and reporting pain relief and sleep quality improvements as perceived benefits (**Kasper et al., 2020**).

5. THE SCIENCE BEHIND IT

For those who love to know the science, here's a paper on **Potential Role of Cannabidiol on Sports Recovery: A Narrative Review**

