

CANNABIS

WORLD JOURNALS

The positive effects of cannabis on health and sports

Edition No. 14 | November 2021

The ideal cannabis
strains for athletes

Athletes who support and
use cannabis and its
derivatives

The sports world and
cannabis sponsorships

Including cannabis
derivatives in sports



ENTERPRISE OF THE MONTH

Consulting Cannabis Canarias

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Edition 14





Our magazines **CannaMed** and **CannaLaw**, dedicated to the therapeutic and legal regulation areas of cannabis respectively, have decided to join forces to offer you a new biweekly magazine about cannabis: **Cannabis World Journals**. **CannaMed** magazine and **CannaLaw** magazine are now sections of **Cannabis World Journals**, and along with these you can find another two brand new sections in order to provide a global look about the plant: we are talking about **CannaTrade**, with the goal of revealing the rhythm of the business established around cannabis; and **CannaGrow**, dedicated to the botany and cultivation of the cannabis plant.

Cannabis World Journals is the most complete magazine about cannabis for demanding readers like you. Without further ado, receive the warmest welcome to Cannabis World Journals.

Enjoy!

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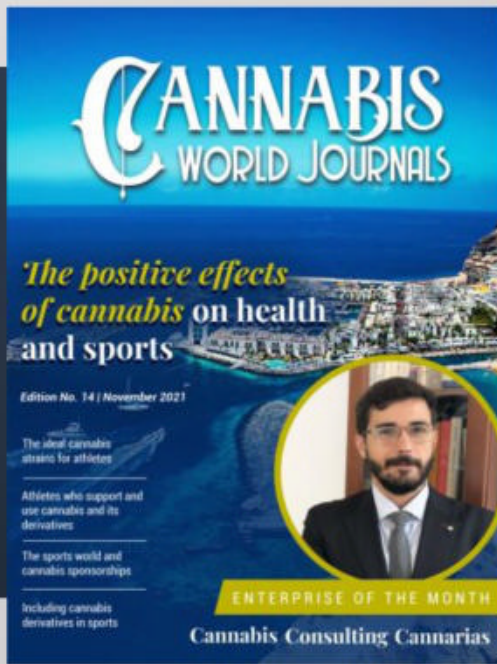
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The positive effects of cannabis on health and sports

Much has been said about the benefits of medical cannabis. Some see it as a possibility for entrepreneurship and income production. Others use it as disease treatment. Over time, this sector has grown strong thanks to government regulations increasing to expand its use, leaving behind the stigma attached to the plant.


Currently, some sectors are still reluctant to explore the benefits of medical cannabis. The sports sector is one of those areas benefiting. Despite its technological advances, it sees cannabis as that extra push to improve performance through different disciplines. However, many do not know that it has many properties to overcome muscle injuries or any other pathology.

According to different studies, athletes subject their bodies to high stress through exercise. Resulting in fatigue, pain, nausea, and even rupture of ligaments, bones, muscles, and trauma. A large percentage is unaware of the properties offered by CBD, which acts as an analgesic and anti-inflammatory substances

granting benefits to the heart, lungs, and brain.

Nowadays, some athletes have ventured to use medical cannabis to treat their injuries, and why not, to improve their performance without the need to be classified as doping. The World Anti-Doping Agency (WADA) considered reviewing the status of cannabis in its list of prohibited substances this year. This action is directly related to the American athlete Sha'Carri Richardson, suspended from the last Olympic Games in Tokyo for testing positive for marijuana in an anti-doping test.

In this 14th edition, Cannabis World Journals will review the benefits of medical cannabis in sports. Through studies, research, brand analysis, and worldwide case studies, we will show you how the relationship between the plant and sports gathers more followers is going. Lastly, with Brazilian Paralympic volleyball player Eduarda Olivera's testimony we will portray how the industry becomes a comfort to people with disabilities but who see in sport a way to figure and consolidate their dreams and goals.



Cannabidiol and Anxiety:

What should we know before taking it?

Before the pandemic, the worldwide prevalence of anxiety disorders was 3,824 cases per 100,000 inhabitants. Later it increased to 4,802 per 100,000 inhabitants, equivalent to 374 million people worldwide, with women and young people being the most affected (1).

Today we can count on a pharmacological arsenal of antidepressants and anxiolytics as well as non-pharmacological therapeutic options such as yoga, mindfulness, psychotherapy, exercise to treat pathological anxiety. In recent years, the use of cannabidiol (CBD) has gained popularity as a therapeutic option to lessen this condition. But what should we know about it?

Scientific studies show that CBD significantly reduces symptoms in people with social anxiety disorder. This condition manifests because of the person's experiences during social exposure by way of palpitations, restlessness, trembling, sweating, facial flushing, accompanied by a fear of public humiliation that generates high levels of fear. With the administration of 300 mg of CBD, 30-60 minutes before social exposure, subjects experience a significant reduction in anticipatory anxiety and during public speaking (2).

In another context, some people have anxiety as a symptom associated with conditions such as chronic pain, Parkinson's, and epilepsy. In



which anxiolytic benefits have also been evidenced with using CBD as an adjuvant (3), this last word is fundamental to understand the use of CBD, and in general of medical cannabis, as a treatment for different medical conditions.

Rarely is CBD the first choice or used in monotherapy. If a person has a severe and disabling anxiety problem, it is more likely to use, as the first choice, anxiolytic/antidepressant medications combined with psychotherapy. High-quality scientific studies showed them to have higher efficacy in controlling anxiety symptoms.

CBD, unfortunately, is not "potent" enough by itself to mitigate a panic attack or successfully treat a severe anxiety disorder. It generally works well when integrated with conventional background treatment, i.e., if used as an adjuvant (conventional medication + CBD).

An additional point to keep in mind is that, although CBD is a plant extract, and considered "natural" it is not harmless. It can have adverse effects such as diarrhea, dry mouth, dizziness, and fatigue, among others. In addition, at the hepatic level, it can interact with different medications that could eventually be dangerous (with anticoagulants such as warfarin) (4).

My recommendation is that, if you want to use CBD to reduce anxiety levels, it is important not

to self-medicate and to consult a psychiatrist trained in medical cannabis before taking it. The most important thing is to make a good diagnosis, choose a quality product and provide security in interactions and adverse effects. To make sure that the medication is, as far as possible, as safe and effective as possible.

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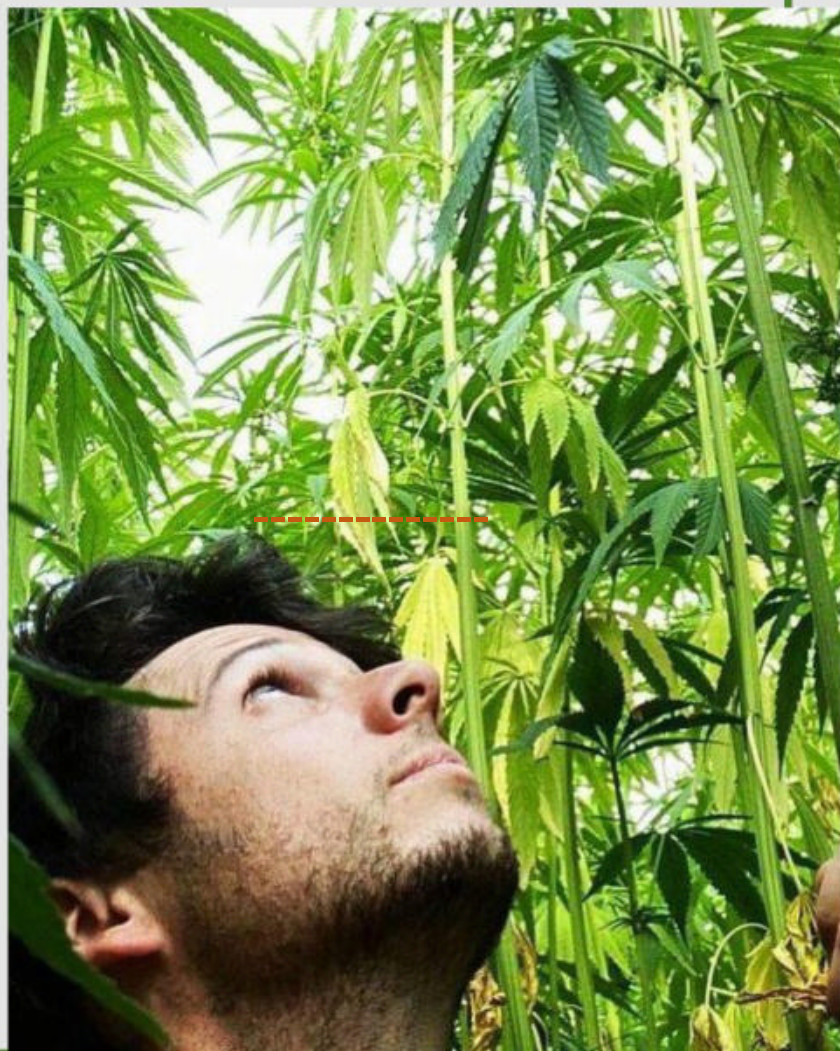
He studied medicine and psychiatry at the Pontificia Universidad Javeriana in Bogotá, Colombia. Subsequently, he completed a high specialty in Neuropsychiatry with the National Autonomous University of Mexico and trained in medical cannabis prescription at the Santé Cannabis Clinic in Montreal, Canada.

He has studied with the University of Colorado Boulder on the medical uses of cannabinoids and has been a speaker in cannabis diploma courses with the Technological University of Monterrey. Recently he published a study on the perception, beliefs, and knowledge of Colombian psychiatrists concerning medical cannabis in the prestigious *Journal of Cannabis Research*.

Marijuana Business Daily will be in Las Vegas.

From December 11 to 13, one of the most important annual conferences in the medical cannabis sector will occur in Nevada, La Vegas. We are talking about the Marijuana Business Daily, an event that brings together major companies and exponents of the medical cannabis industry. An estimated 35,000 people from 70 countries, 1,300 exhibitors, and more than 1,250 investors in the industry will attend. It will be a three-day program filled with more than 50 expert sessions on different topics. Delegates from countries that greatly influence the cannabis market, including Colombia, Mexico, and Brazil, are expected to participate.

Marijuana Business Daily®



The Hemp Project: PROYECTO CÁÑAMO

The Civil Association PROYECTO CÁÑAMO (The Hemp Project) from Argentina, studies, learns, and educates people about the hemp plant through its varied cultivation possibilities and industrial applications. This project contributes to developing knowledge and experiences about the cannabis plant and its multiple derivatives. Showing its potential as a productive, effective, and efficient tool, both economically and in agricultural and industrial sustainability.

THE IDEAL CANNABIS STRAINS FOR ATHLETES

The cannabis market is opulent. You can find a great variety of hybridized genetics to produce a product with both morphological and genetic very interesting characteristics: a great diversity of aromas, flavors, and, above all, specific cannabinoid content that generates the desired effects for its destination.

Today you can find a great variety of "strains" that work very well for athletes. Thanks to the concentration of certain cannabinoids that have great benefits such as: muscle relaxation, contraction, pain treatment, combat anxiety, managing stress, and many more properties.

For this reason, some varieties which are perfect for the treatment of some symptoms that may occur in athletes before, during, and after training and competitions:

- **CASEY JONES:** it has a concentration of 14% THC, with

a Sativa predominance. One of its most characteristic terpenes is the limonene, the taste can be earthy. It has an energizing effect, making the athlete feel lively and happy. It helps with feelings of stress.

- **BRUCE BANNER BX 2.0:** this variety also has Sativa predominance. It has won numerous prizes since it contains up to 30% of THC. It also has a medium/high production and a flowering period of 10 weeks. In terms of effects, it generates a vigorous and high-spirited person, which translates into enthusiasm for competitions.

- **SOUR DIESEL:** it is a strain created in 1990, it has a Sativa predominance of 70%, the bloom takes ten weeks, it has a very strong terpene the caryophyllene very present in the cloves, in combination with the cannabinoids especially with the 19 of THC which it contains, it generates relaxation, it helps to fight stress, the chronic pain, the anxiety, the tension, and the migraines, in the sportsmen especially it helps a lot with the concentration.

- **BUBBA KUSH:** a variety with an 80% Indica predominance. It grows thick and compact buds covered with resin, with an 18% THC and 0.22% CBD content. It has characteristic smells and flavors such as spicy, diesel, citric, earthy, and coffee. It is a very relaxing variety that also fights sleep disorders and muscular pains.

- **DURBAN POISON:** this pure Sativa is originally from the South African port city of Durban. It has gained worldwide popularity for its sweet smell and its energetic and uplifting effects. Durban Poison is the perfect strain to help you stay productive during a busy day, explore the great outdoors, and light up creativity's spark. Unique flavor with hints of licorice and anise. The flowering is short (between 8-9 weeks). It also induces a positive and long-lasting effect.

- **OG KUSH:** it is a Californian classic with delicious taste and aroma. It has a high THC content (+20%) and a relatively short flowering period. It yields generous quality buds. This variety is suitable to combat chronic pain, anxiety, stress, insomnia, migraines, and muscle spasms.

There are many cannabis varieties created by the crossing of parents with characteristics of interest that can generate great health benefits. With hybridization, it takes several years to reach stabilization and conservation of the strain. This breeding work is possible by protecting the mother plant and generating clones that replicate the genotypic characteristics. Nowadays, the quantity of varieties is innumerable, and many of them can help you improve the development of your discipline.

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*“Hemp oil saved my life in many ways”
Edwarda Oliveira, Paralympic athlete*

The story of Edwarda Oliveira could be a source of inspiration, perseverance, discipline, and even a bit of gallantry. This Brazilian Paralympic volleyball player was born without one of her limbs: her right leg. As she grew older, her pain during the change of prosthesis became worse and "unbearable."

Although traditional medicine did its thing, her exhaustion due to the long training days and championship competitions became another obstacle. That's when she decided to explore the medical cannabis industry. Even though she says it was difficult "to start, accept and understand its use," today she considers "that medical cannabis saved her life."

Edwarda had a pleasant conversation with our editorial team, we share this interview with you below:

Cannabis World

Journals (CWJ): Tell us a little about your life. How did you get into volleyball?

Edwarda Oliveira (EO): I am from Parana in Brazil. I have always practiced sports since I was little. My parents are teachers, they encouraged me, and I learned about volleyball every day. Even when my colleagues said I could not play, my mother believed in me. She said I could do it, not having a leg for me was never an obstacle. My friends, my family always motivated me. They always believed in my potential.

“I take pure CBD oil for anti-doping testing purposes, and when I am out of competition, I take full-spectrum since THC is detected by doping in 15 days or less”.

“The only bad thing about medical cannabis is people's prejudice. And the challenge is to put on the T-shirt to continue to understand that cannabis is a healing plant and has many beneficial properties”.

*In the expert's
room:*

Interview with
Edwarda Oliveira
Paralympic
Athlete

I started in volleyball when I was ten years old, training every day. When I was 12 years old, I participated in my first championship in Paraná. But a coach from Maringa told me he knew of a Paralympic Championship. Until then, I did not know about the Paralympic modalities. I said I wanted to know, and everything happened very fast. Already in 2013, I was on the Brazilian volleyball team. In 2015, I moved to São Paulo. I had to choose between the sport or continuing my normal life. But, with the support of my parents at the age of 14, I moved alone to São Paulo.

CWJ: When did the interest in medical cannabis start?

EO: When the Anti-Doping Agency (WADA) approved CBD, I saw an opportunity to look for a natural remedy that would provide me with what I needed to improve my quality of life, and so it was. CBD surprised me for all its components. My goal was muscle pain relief, since practicing volleyball sitting down demands a lot from the upper extremities. The arms are used for everything, and I reached a point when I could not do my daily tasks such as picking up my hair, lifting my arms, putting on my makeup because I felt so much fatigue.

However, I encountered hemp oil, which I think saved my life in many ways (laughs), and I just looked it up for pain and insomnia. The pandemic came, and since I am very active, staying at home doing nothing was like a punishment for me. I started having anxiety crises, I didn't feel calm, I was quite restless. I had difficulties falling asleep, and I didn't have things to spend my time on.

CWJ: How did you discover medical cannabis?

EO: People avoid wanting to know about cannabis, and my first contact was through social networks. However, from the United States, where they are more informed, they told me that I had to try it, that it had saved many people's lives, so it was when a friend from the Brazilian Paralympic Athletics Committee encouraged me to start using it.

CWJ: Brazil is a country that is still debating medical cannabis legalization. Is your guild aware of this? Do they accept the use of CBD in their sports routines?

EO: In the beginning, people were very complicated and full of prejudices. It was difficult to explain that you don't talk about marijuana or drugs with psychoactive and illegal effects or about criminal acts until you talk about medical cannabis. As its name indicates, it is a medicine. It is a powerful plant full of beneficial properties and with many important points.

The hardest thing was to start, to accept and understand its use. I had no follow-up from my medical team because they had prejudices against it. From the first moment I talked about it, mentioning that there was a cannabis association that wanted to offer sponsorship and they were looking for athletes, they told me no, in fact, they told me that I was going to get involved with something dangerous and that I didn't know if it would compromise my career because of the doping issue, that it was going to affect my life. However, I no longer trusted that criteria and decided to start with a doctor

“My teammates started to notice the difference because I wasn't as tired and stressed as they were. I told them it was CBD, gave them all CBD to try, they liked it, and they all came back from Tokyo looking for sponsorship”.

from the association. We did an online consultation. I said I needed the oil for pain and insomnia, and we discovered it is useful for many other things. Now I can tell people and change that negative view of medical cannabis.

CWJ: How does your medical prescription work?

EO: I started with 0.5 mg a day, she gave me some freedom to take it twice a day or part-time, according to the demands of my body, and for me, it was a high dose, so we decreased the concentration. I told her that a dose of 0.25 mg was enough, but I already felt a difference on the first day in terms of insomnia and on the second day concerning body aches and pains. My body responded positively because it is something that has a natural response. I take pure CBD oil for anti-doping testing purposes. When I am not competing, I take full-spectrum because THC is detected for doping at an interval of 15 days.

CWJ: How does anti-doping work with medical cannabis?

EO: In my case, I had THC and CBD oil, I was told I could use both for 15 days before traveling to the Tokyo Olympics and then continue with CBD. I got the call, and the next day I was doping tested. They take you by surprise. The athlete must have a good knowledge of the regulations, of the rules. It has to be a fair competition for everyone. I think that's the biggest goal of WADA (World Anti-Doping Agency) because in many cases, a woman who attacks at 180 km/h is not going to compete with a woman who attacks at 80 km/h, it's unfair. So, I think it is correct for all this rigorousness that they do.

CWJ: If you go out on the street with your CBD and you are caught by federal authorities, could you be arrested?

EO: I have the documentation that allows me to have and use the oil. There are four documents: ANVISA, association, medical prescription, and

a statement that authorizes me to have the substance. I keep the documents in my cell phone. If they stop me, I have to show and prove that it is correct, that it is not illegal.

CWJ: You always have to have the documents on you, even for medicinal purposes? Is it the same situation when you leave Brazil?

EO: Yes, and there was a lot of bureaucracy to get into Japan. They are very strict with everything that enters the country. In my case, I had to send a photo of the medicine, the product package insert, and the medical prescription. In the case of the oil, I sent copies of four documents: ANVISA, the association, the statement and the medical prescription, and the photo of the bottle front and back.

CWJ: Have you ever gone to a country where the regulations are the same or stricter?

EO: Not many people have realized what it is. If you pick up the bottle it looks like makeup, few people see it. In Japan, one of the police officers saw that it had the cannabis leaf and the U.S. flag on the label, and that caught his attention. But once I traveled to the United States, there was no problem, they didn't even ask me for a prescription. It depends a lot on the country, some countries are very strict. In Japan, you can't even carry fruit because you can go to jail.

CWJ: We understand that you also use medical cannabis cosmetics, can you share a little about that with us?

EO: Actually, it was all random. I always post about the oil and what the sponsors post. Every time I share information for people to associate with the subject. There's a doctor who follows me on social media. She messaged me and said she was a cannabis doctor. She was developing cannabis-based products. She gave me a huge line of products like face serum, hair serum, shampoo, conditioner, and massage cream, all CBD-based, and that's when I started using them.

CWJ: After seeing the many benefits of cannabis, have you noticed any side effects from its use?

EO: The only thing wrong with medical cannabis is people's prejudice. And the challenge is to put on the T-shirt to continue to understand that cannabis is a healing plant and has many beneficial properties.

CWJ: Have you ever been judged by the medical society, or even by your teammates?

EO: Every day, when you say it's a cannabis product, you have to go in and explain it. I say it's a very hard phase because people already have a preconceived idea and don't want to give it up.

CWJ: After using cannabis products, have you noticed any difference in the use of natural and synthetic medications?

EO: Of course, there is a total difference, starting with the fact that it is something natural. I always say that God is good, he won't give you anything that comes from the earth that is bad. I always look to CBD and cannabis medicine for pain and insomnia. But I also suffer a lot from cramps. I am one of those who tends to spend all day in bed because I suffered from ovarian cysts. CBD helped me with that so much that the gynecologist asked me what medication I was taking because I do not feel cramped anymore, and the ovary clots are decreasing. I told her I am just taking CBD.

I started CBD because of the pain because it's so hard to be a high-performance Paralympic athlete; and I had a better emotional, body, and physical response and my skin seems to be thankful that I'm taking CBD.

CWJ: What can you say about the benefits of cannabis in sport?

EO: I think the biggest benefit is that you stop relying on so many supplements, so many

pharmaceuticals, it makes a difference. For example, because I'm a high-performance athlete, I need more vitamins, more energy, more body replenishment, but you spend a lot of money on those supplements.

I used to spend about \$200 a month on supplements. I used to use supplements for energy, for pain, but after CBD, no more of that. I think this is the biggest gain for an athlete, you don't depend only on CBD. I say dependence, but it's a good dependence because it's a natural product, there's nothing else, it's just the plant with its derivatives. That's the biggest gain for me as an athlete, is not to depend on a million pharmaceutical and industrial products that in theory make a difference in my results.

Medically CBD has a big difference, I've always been a very stressed person, but CBD brings me clarity and calmness, which I think someone different than you is playing.

CWJ: Does anyone else on your volleyball team use CBD?

EO: I'm the only one sponsored, but I offered CBD to everyone, and they liked it. When I went to the Tokyo Olympics, I brought a bottle, and I wasn't feeling pain. When you are at the peak of your career, about to enter the Paralympic Games you have to train every day, and the training and concentration load is very big, the physical and mental effort is also huge. My teammates started to notice the difference because I wasn't as tired and stressed as they were. I told them it was CBD, I gave CBD to all of them to try, they liked it and they all came back from Tokyo looking for sponsorship.

CWJ: Let's talk a bit about your physical disability...

EO: I always say that my case is the most peaceful because I was born with this disability, I didn't have that annoying part of

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



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losing a body limb. I always joke with my friends that it would be strange for me to have a leg. I don't know what it's like to have a leg. For me, it's normal, different from a person who had an accident.

CWJ: How did you get into volleyball?

EO: It's part of my history, the sport has been in my life since I was little. Being born without a limb, I was the type of girl who climbed trees, I was always the type who liked to play, and in physical education. I was the best student, the teachers started to notice that I had some ability. One of the PE teachers was a volleyball coach, a friend of my mother's, she agreed to let me go with him. Physical activity was a win for me because since I was born without a limb, every year I had to change prostheses as I grew up.

The annual change period is difficult at first when you change the prosthesis. The leg did not fit in the prosthesis, and it hurts while getting used to it. Sport helped speed up the adaptation of my leg to the prosthesis. So, I kept doing it, practicing, training, and winning championships, I met a coach who invited me to get to know Paralympic volleyball, and already after a month, I was training.

CWJ: You are a self-improvement role model. What message would you give to people?

EO: Sport taught me to be who I am, to be responsible, to be human, to be mentally tough because there are situations to which you need to adapt. Sport taught me to live together, to be strong, and to be confident. I think it has a lot of benefits for a person's life, but each person will have their own understanding. What I have to say for everyone is to be strong, to not give up on your dreams, to understand that there will be hard times that you will have to go through, but that you will get through them, and that there will always be light at the end of the tunnel and that, if it's up to you, there will be no limit to anything in your life.



The Medical Cannabis Legalization Debate Is Still Going Strong in America



REGULATIONS

In the United States, there are two levels of drug legislation: federal and state. In all scenarios, federal laws take precedence over state laws, including those on recreational cannabis use.

These are their primary federal laws:

Controlled Substances Act 91-513 of 1970: This law established a system of classifying drugs into five categories, ranging from Schedule I (high abuse potential, significant safety risk) to Schedule V (acceptable therapeutic use). Cannabis was included in Schedule I.

Anti-Drug Abuse Act. 99-570 of 1986: This law

stipulated mandatory minimum sentences for offenders, including those caught using cannabis, it was determined based on the amount of cannabis they had. In 1988 an amendment was made adding minimum sentences for minors found consuming cannabis.

ACCESSIBILITY

So far, more than 30 states have created laws allowing the use of cannabis and its derivatives, including CBD, for therapeutic or recreational use within their territories. However, CBD remains illegal at the federal

level and technically is classified as an illicit drug.

CULTIVATION

Federal law classifies cannabis cultivation as "drug manufacturing" and therefore makes it a criminal offense. It is illegal to possess, buy and sell cannabis seeds. Therefore, shipping them into the United States is not allowed.

The 2018 Farm Bill, removed hemp (and its by-products) from the list established by the Controlled Substances Act. Also, some states have legalized cannabis cultivation, and seeds can be sold and purchased in those states.

JOBS

According to a recent study by New Frontier, if the forecasts regarding the total legalization of cannabis come true, this could bring the United States close to 130 billion dollars in tax revenues, in addition to creating around 1.6 million new jobs.

PROJECTIONS

According to some analysts at Cowen, the investment bank, the estimated value of the cannabis industry could soar to \$100 billion by 2030, if legalization occurs in the next few years..

ACTUALITY

Recently, the United States has been on front-page news due to the addition of New York to the states that have approved the legalization of cannabis. Its inhabitants are now authorized to possess up to three ounces of cannabis for recreational use or 24 grams of concentrated cannabis in the form of plant-derived oils.

From the age of 21, people will be able to use, smoke, or consume cannabis products, share them with others who meet the age requirement and store up to two kilos of cannabis in their homes, taking "reasonable measures" to ensure it is in a safe place.



Hemp water for Chilean athletes

Karina Vázquez created a hemp-based drink that became a favorite among those who practice sports in Chile.

Despite the 'stop' signs that have slowed down medicinal cannabis legalization, medical trends or advances during the last months of the year continue. It benefits ordinary people, but now it is seen with good eyes in athletes, especially in high-performance athletes. In Chile, the medicinal use of cannabis is recognized through decree 84, which modifies regulations 404 and 405 of psychotropic and narcotic drugs..

In the area of sports, several athletes have taken advantage of the benefits of hemp. Karina Vázquez is a Chilean entrepreneur, who relied on the plant's therapeutic properties, especially hemp, to market 'Agua de Cáñamo', a purified drink with natural fruit flavor based on hemp seed, and is also suitable for vegans.

Karina said that the drink "reduces fatigue and tiredness; it naturally activates energy, contains a lot of fiber, so it is a functional product." This makes it great for athletes who must undergo the hard workouts

that are part of their performance. The Chilean managed to start her brand after working with some products derived from the Cannabis segment.

Even though medical cannabis is legalized in Chile, starting her own business has not been easy, and as almost all things first made a previous phase of research. "It has been a journey of many satisfactions, of deepening the knowledge of the plant, of learning, of playing with its flavors, of learning about the target market and applying its needs," she explained.

"Agua de Cáñamo is produced with hemp



essence, is innocuous, (without THC or CBD), it is designed for all adult public. That is, it contains no sugar, rich in proteins, vegetables, and essential amino acids, among other ingredients".

Knowing about the growing industry has become Karina's primary motivation for the prosperity of his enterprise. She considers that her interest "in the Cannabis industry is born from a deep knowledge of it, to be part of a growing market, to create awareness and de-demonize the plant and to be a contribution in an uninformed world."

Considering her initiative to create a product that benefits everyone, especially athletes, Karina continues to expect the industry's growth so that her drink can cross borders. She explains that Agua de Cáñamo "is in the process of expansion within the national territory, capturing more hemp friends, doing a rigorous work of image and advertising. We believe we are on the right path and are on the verge of entering the international market."

Athletes who support and use cannabis and its derivatives.

2021 has been a key year for the cannabis industry, even more so when it is already beginning to become a regular part of different sectors such as sports. Its relationship has generated controversy, but that has been fading with time. We can mention that the World Anti-Doping Agency opened the way in 2018 when it excluded cannabidiol (CBD) from the list of banned substances.

Several world-renowned athletes use it as a treatment against pain or inflammation and in the recovery process.

The truth is that due to the advances and studies between cannabis and sports, it has been concluded that they are great allies for health, and the window is open to take advantage of its therapeutic benefits.

Medical cannabis arrived breaking barriers in different sports organizations such as the UFC, the NBA, and the NFL. Karl-Anthony Towns of the NBA spoke about the therapeutic benefits of cannabis for athletes and stated that he regularly consumes it for his competitions, to the point that 80% of the players also do so. Below is a list of some world-renowned athletes who currently use medical cannabis:



Usain Bolt

He ranked as the fastest runner in history. Bolt is known to endorse the benefits and use of cannabis for its medical effects.



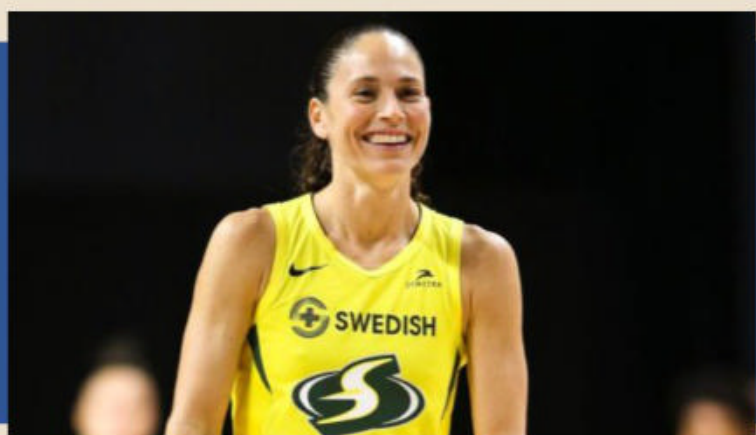
Flavie Dokken

She is a former bodybuilder who aims to change the bad image surrounding cannabis use, especially for those who lead an active lifestyle. Since 2018 she has been working hand in hand with Wana Brands, serving as a voice and great support for other athletes to enjoy the benefits of hemp for injuries caused by stress and workouts.



Ricky Williams

Former American soccer player and famous cannabis user. His career was interrupted by the constant criticism and punishment he received for using cannabis to treat his anxiety and depression problems. Williams has founded Real Wellness Herbal, his brand of CBD-based products.



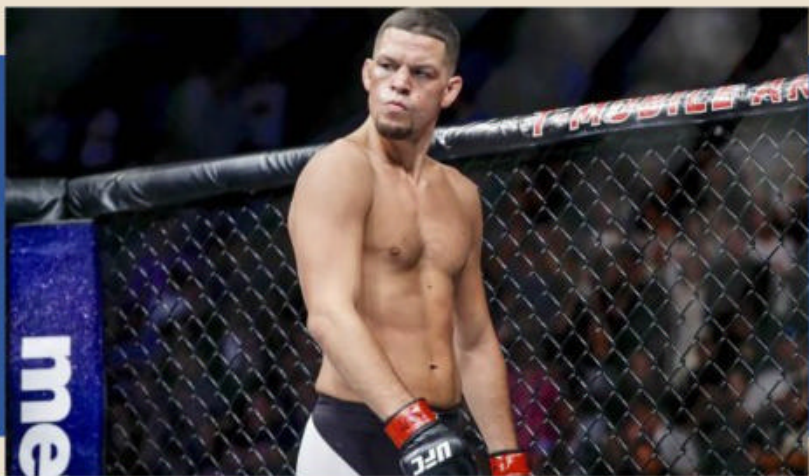
Sue Bird

She is an American basketball player. She starts her daily routine by rubbing Mendi's CBD-based balm on her knees. With this CBD-based routine and the correct daily approach to her recovery, Bird can sleep better at night and feel more prepared for the next training session or game.



Derrick Morgan

The famous American soccer player is one of the most striking examples of professional athletes who defend the legalization of medical cannabis..



Nate Diaz

Elite player in the practice of mixed martial arts UFC, and who considers that vaporized CBD is the only thing that manages to soothe his pains after a competition.



Mike Tyson y otras Personalidades

Medical cannabis has become a source of business for retired sports personalities such as former boxer Mike Tyson, who arguably leads the way. The world legend opened a ranch in California to advance research on the impact and benefits of using medical cannabis. On the other hand, Cliff Robinson (former NBA player) or former Australian footballer Mark Bresciano have found cannabis a gold mine and main source of income after sport. It is relevant to mention there is a long list of athletes, whose support of cannabis benefits is evident. Figures such as Mike Tyson, Megan Rapione, or Conor McGregor defend it. Showing once again that despite the difficulties that have arisen, cannabis is triumphing in the sports world.



Karl Anthony

American basketball star who publicly acknowledged the use of medical cannabis,

ENTERPRISE OF THE MONTH

CONSULTING CANNABIS CANARIAS



With the constant changes in the medical cannabis industry, it is becoming increasingly important to have companies that instruct users, entrepreneurs, and other agents on navigating the industry. Here is where Consulting Cannabis Canarias makes an entrance. This firm in the Canary Islands, dedicates itself to comprehensive consultancy, with a clear vocation to professionalizing and industrializing all aspects of the cannabis and hemp sectors. .

In this opportunity, CWJ has sat down with Consulting Cannabis Canarias founder, Juan Antonio Inurria Rivero, to talk about the challenges, advances, and particularities of having a company in this industry.

CWJ: Tell us a bit about your company, how it began, and its objectives.

Consulting Cannabis Canarias (CCC): If we talk about personal motivations, I met the cannabis plant more than ten years ago through my mother, who suffered from some diseases and had to be treated with cannabis. Instead of accessing it through the black market, we decided to start growing it, which has paid off because patience, knowledge, and understanding of the benefits of the plant have gradually led us to become professional in the sector.

Subsequently, Consulting Cannabis Canarias was founded, a company dedicated to positioning the Canary Islands in the global framework of this new emerging industry.

We are an integral consultancy firm, with a clear vocation to professionalizing and industrializing all aspects of the Cannabis and Hemp sector. We have specialized in offering an exclusive integral service for those entities that intend to work with the Cannabis Sativa L. plant or its derivatives.

We focus on the primary agents of the sector, currently composed of pharmaceutical companies. We help them position themselves in the Canary Islands and transform the raw material into export-quality medicine to the world.

The range of companies we service is wide, from seeds and substrates producers or fertilizers to new technologies and home automation corporations or apps applied to the industry. It is also worth mentioning assembly and machinery

or luminescence for artificial crops companies. A special mention of waste management businesses and firms dedicated to research, development, and innovation.

We understand that the guarantee of the Canary Islands as a high-yield cultivation area is only one of its many advantages.

We carry out administrative, logistic, legislative, and human resources tasks to provide the whole company with its line of business. Our work includes the entire administrative and legal process up to the materialization of the transformation and adaptation project.

The work team is made up of a network of collaborators and industry professionals who, for more than a decade, have trained and specialized in the agricultural, legal, administrative, and technical aspects.

CWJ: How has the regulatory issue and the experience in Spain been for the cannabis industry?

CCC: I must clarify that hemp cultivation has been legal in our country since 1999. Crops that fall within the norm can establish in Spain and the Canary Islands with their particularities.

The cultivation of Cannabis Sativa L., on the other hand, is possible and regulated as long as the destination of the production is the pharmaceutical industry. In this case, cultivation must have multiple security requirements, the support of a pharmaceutical company, and that the entire product is sold beforehand. The totality of the production must be exported outside Spain. In this case, if all the requirements are met, it is essential to obtain a license from the Spanish Agency for Medicines and Health Products (Agencia Española del Medicamento y Productos Sanitarios, AEMPS).

There are currently around 14 licenses for research and 10 for production.

As for the cannabis clubs, cannabis users can organize themselves and be in a common space to consume cannabis. As long as they comply with certain conditions. For example, the space is smoke-free, and that it is a non-profit legal entity, that is to say, a non-profit association. It cannot be a company but a group of friends who rent a shared space and use it to consume and learn about this plant.

CWJ: Why this project in the Canary Islands?

CCC: The Canary Islands is one of the most important geographic strategic locations to carry out this kind of project and research, given its unparalleled climatic conditions and powerful tax advantages. The Economic and Fiscal Regime of the Canary Islands (Régimen Económico y Fiscal de Canarias, REF) favors all companies in this sector that want to position themselves in the islands.

On the one hand, we have the Canary Islands Special Zone (Zona Especial Canaria, ZEC), an entity where companies can apply to pay only 4% corporate income tax. There is the Investment Reserve (Reserva de Inversiones, RIC) that allows reinvesting up to 60% of the corporate income tax in the main activity of your company. And lastly, the Free Ports Network that in the Canary Islands has multiple other advantages.

On the other hand, there is the climate, just as cannabis is a wonder of nature, the Canary Islands is its paradise for its cultivation since it has all the requirements established for its optimal production.

The Canary Islands enjoy a typically Subtropical climate but with some particular characteristics that are made possible, in part, thanks to the more than 18 microclimates that occur on an island like Tenerife.

These optimal climatic conditions combined with the knowledge of the environment and the use of advanced cultivation techniques make it possible to produce up to 6 harvests per year, that is to say, a flowering ready for harvest every 60 days.

Several years ago, we decided to work in this sector, thanks to extensive personal experience researching this type of crop. Inspired by our archipelago and its benefits, wanting to attract large multinationals to the Canary Islands, and export talent, innovation, and qualified personnel trained in our land.

CWJ: When providing an integrated consultancy service, which is the one that is most in demand?

CCC: We find the most service demand in industrial hemp given the facilities available to establish a crop, as they do not require complicated permits. There is a great demand for technical and legal advice regarding cultivation licenses.

CWJ: Our readers would like to know how accessible is this industry in terms of cost?

Yes, of course, it is accessible depending on where you are. We can identify three cannabis business models which are cannabis clubs, industrial hemp, and medical cannabis investment. They are accessible in terms of investment

Cannabis clubs: 10 thousand to 60 thousand euros- This could be the initial investment for any bar or small business establishment investment.

Industrial hemp: 100 thousand euros is somewhat affordable, you could set up a tomato farm.

Medical Cannabis: it is a 3 million euros minimum investment. From our professional experience, we have innumerable requests and taxes. Is not lacking is money, but lacks buyers. One of the requirements to be granted a license is that the entire production of medical cannabis must be bought even before the first seed is grown. We meet daily with companies that knock on our door, depending on their case analysis, it is carried out. If they do not have a pharmaceutical company that can buy the product, it cannot go through. This is why we discard several cases because they do not have this fundamental requirement.

CWJ: Can you tell us a bit about the 2030 Agenda?

CCC: Yes, of course, we are committed to the maxims of Agenda 2030, and knowing the added value of Cannabis plants, we are convinced that this plant could save Planet Earth. It is a jewel of nature from which we can take advantage of everything and which represents potential in various fields:

Hemp's Sustainable Uses

In the industrial field, we can obtain the ideal substitute for the plastic that pollutes our seas and stop the deforestation that devastates our forests by replacing it with cellulose from hemp fiber. We can also obtain construction materials more efficiently and ecologically.

We have the possibility of obtaining vegetable protein from its seeds, which are an excellent food supplement for humans and animals, while we can generate part of the fodder for animals derived from its leave

It is possible to manufacture hygiene and cosmetic products with cannabis oil, thus reducing dependency on chemicals that generate so many health problems, achieving more sustainable products, and less polluting the environment.

In the medical field, and thanks to the plant's phytocannabinoids, we have a potential ally to alleviate many pathologies affecting mankind and various mammals. They could be treated with medicines that use the active principles of the plant as a base.

It is possible to reduce polluting gases emissions by introducing cannabis or its derivatives in various manufacturing processes. Thanks to the cultivation of cannabis capturing more greenhouse gases than any other crop, we can eliminate heavy metals from farmland and be a real alternative to plastic and paper from oil and the felling of trees.

Individual and collective prosperity can be achieved thanks to the cannabis industry. It generates a huge amount of direct jobs and associated services.

We want to create a sustainable industry with little environmental impact and process crops from Africa. We have access to hemp crops in free zones. The 2030 agenda is in sync with us.

Thanks to cannabis and hemp cultivation we can achieve an alternative sustainable future, working in the present.

CWJ: Can you explain to our readers about these so-called cannabis clubs - we see that one of your services is advocacy for this type of entity?

CCC: They are very natural in our country, and we specialize in implementing legal entities that encompass the activities of private and individual users of the cannabis plant. Through a communication project with the administration pioneer in the Canary Islands, we give assistance and support constituting this type of entity.

The social clubs organize under the protection of Article 22 of our Constitution, the Right of Association. They are non-profit organizations.

of cannabis consumers who come together to have a private space for consumption, creating a closed and controlled circuit of self-supply. All this is based on risk prevention and harm reduction

We work with companies, and individuals, providing comprehensive support solutions, Cannabis Social Clubs, from the formalities for its constitution to the management of the same once constituted, including its defense in legal proceedings and tax and labor advice.

CWJ: Does the company have plans to expand in the future? What are your objectives for the next five years?

CCC: Knowing that it is already regulated and taxed in many European countries, the United States, and Canada, and protected by an international perception, in our consultancy we carry out positioning and advertising work in countries focused on showing the enormous comparative advantages of the archipelago. Emphasizing, among other things, that the Canary Islands' energy dependence needed to develop cultivation projects weakens by having a stable 18-hour photoperiod.

CWJ: Where has the company experienced the most resistance in the progress of the cannabis industry?

CCC: It is natural for a new industry to encounter contingency walls that we have to break down. Each country has its particularities, social, legal, or cultural. However, I believe that they all have a transversal problem: regulation. That is to say, the excess of regulations (prohibitionist) or the lack of them.

Our clients, who generally come from countries like Canada, Germany, or Norway, identify this as the main obstacle to entrepreneurship in this sector.

CWJ: In terms of legislation, you talk about various sectors involved in the industry, how do you think they should be involved in the regulation, is it necessary to involve the private sector:

CCC: The national assembly constitutes all the State's powers in old revolutionary France. We should follow suit, to count on all the elements of the sector, from the technical part to the political powers and undoubtedly of the private sector. It is not possible to decide on the free market aspect in our country without counting on them. We are always in dialogue with the institutions and public offices to create this harmonious relationship. In the Canary Islands, I only have words of gratitude for the inclination of the public authorities. In this sense, the Councilor of Agriculture of the Canary Islands Government has always favored the primary sector of the Canary Islands.

CWJ: The saying says that the cannabis industry is the industry of the future. Why do you think this statement is true?

CCC: All industries have their stumbles, there are always going to be drawbacks, we must have a mentality to build, grow and move forward. There may be disappointments, but you see, we got to the moon, and now we are thinking about getting to Mars.

CWJ: What would you say to entrepreneurs who want to be part of this industry?

CCC: I recommend people who want to enter this industry to be patient, little by little things bloom. The plant does not grow from one day to the next, some days the weather will not be suitable, slowly we are blooming. Also, to be informed and trained.



CBD, the key to a healthy and winning athlete

At the recent **Tokyo Olympics**, numerous elite athletes began speaking publicly about how they integrate CBD into their preparation and care routine.



Anemia, excessive fatigue, plantar fasciitis, ankle sprain, ACL strain, hamstring pull, low back pain, muscle strain, runner's knee, shoulder trauma, shin splints, patellofemoral syndrome, sciatic nerve pain. What do these injuries have in common? Although it may not seem like the most obvious answer, there is a very high possibility that your favorite athlete's professional career was interrupted by some trauma or injury.

An athlete's professional career is quite short, usually extending no more than 15 years. This is due to two aspects: first, the demanding physical condition necessary for optimal performance in each sport, and second, the impact maintaining such conditions has on their minds and body as time passes.

How can this be remedied, and how can an athlete extend an active sports life?

The answer is directly related to finding methods that allow for optimal care of your body and health over the years. As a consequence of this search, many athletes decide to undergo therapies and rehabilitations both within traditional medicine and in new innovative and avant-garde treatments. For them, the most important thing is to do what is necessary to remain professionally active.



Among the new therapeutic proposals, we find CBD, the active ingredient in cannabis. Scientifically proven, this element offers palpable benefits to athletes in three areas: **1) Pain and inflammation relief, 2) Stress reduction, and 3) Better sleep**

The balance between these **three areas of health** reflects directly in a faster recovery and a longer career, however; it was not until a few years ago that the use of cannabis in sports began to be demystified. Although there was already a social movement to push for the legalization of this plant medicinally, it was the World Anti-Doping Agency in 2017, by excluding CBD from the list of banned substances that had a resounding impact on the professional sports world.

It was evident at the last Olympics in Tokyo

when numerous elite athletes began speaking publicly about how they integrated CBD into their preparation and care routine. Athletes like Megan Rapinoe, Sue Bird, Devon Allen, Haylie McIneny, Shelby Houlihan, Nneka Ogwumike, Blake Leeper, and many more. People who are no longer afraid of being shunned, or censured, for admitting that this ingredient from the cannabis plant helps them be the best in their respective disciplines.

All these athletes are stars in their sports disciplines and suffered multiple injuries during their participation in high-profile, world-renowned competitions. They are all brand ambassadors for MENDI. A manufacturer of CBD-based products created by Rachel Rapinoe, the twin sister of professional soccer player Megan Rapinoe.



Mendi CBD: The cannabis brand for athletes.

It is a brand that was born as a treatment for muscle injuries, anxiety, and insomnia. Currently, athletes from different parts of the world use it without any restriction.





Rachel Rapinoe

MENDI was born in 2017 in Portland, Oregon, as a startup of CBD-based products specially designed to help athletes recover better and faster and improve their performance on the field. Rachel Rapinoe, who had to cut her professional soccer career short due to numerous injuries, found cannabinoids to be a more natural way to take care of her health.

It is MENDI's mission to empower people through natural products of the highest quality. Therefore, they have designed two product lines: edible (CBD gummies, gel capsules, oil tinctures) and topical (ointment stick, massage oil, bath salts).

MENDI products are designed to relieve pain, reduce anxiety and stress, improve sleep, enhance energy and concentration, fight inflammation and improve appetite.



Each product line is available in two versions: THC-free and full-spectrum CBD. They meant to facilitate taking them on trips. The THC-free line is for all those athletes who must regularly submit to anti-doping tests and do not want to be suspended. Depending on what each athlete needs and looks for in CBD, these products let them create their personalized care routine.

The ever-expanding acceptance of using cannabis and its derivatives in the world of sports has allowed MENDI to lead the market for these types of products as a brand designed by athletes for athletes. The normalization of the use of CBD to strengthen, improve and care for the health of these professionals not only pays off financially for this small company.



CBD

The medicinal use of CBD has numerous advantages, opening up a range of opportunities for professional athletes and the sports sector in general. Contributing to the extension of the professional life of each athlete generates new avenues of investment and growth for all involved, in addition to taking care of the most important aspect of all: HEALTH.

One of the most popular brands in the last Tokyo 2020 Olympics was Mendi CBD, which turned out to be innovative by introducing cannabidiol (CBD). For the first time, athletes legally consumed this non-psychoactive compound of cannabis during their training.

Mendi CBD was founded in 2010 by Rachael Rapinoe (a former soccer player). She noticed the difficulties many athletes had in managing pain during and after training. That was her starting point to gather hemp-derived natural resources and create a CBD product line designed for athletes. But these are products which can be used by people who travel frequently or need to recover from long stressful days.



Rapinoe has dedicated herself to entrepreneurship in the cannabis industry and expanding the natural options available to athletes. Her products seek to alleviate different symptoms during sports practice; they improve sleep, stress, and anxiety; they also help relieve muscle pain, possible injuries, and improve the athlete's focus, energy and attention.

An impactful factor in this venture was the different professional competitors participating in the last Olympics, who are the brand's ambassadors, among them Megan Rapinoe (women's soccer), Devon Allen (men's hurdles), and Haylie McCleney (women's softball), which propelled this business to another level.

Mendi and other businesses are examples of the cannabis industry's expansion. It is also significant its acceptance by the sports industry, capitalizing on the various therapeutic benefits to ensure the safe performance of professional athletes.

The sports world *and* cannabis sponsorships

Cannabis has also permeated the sports world. More and more brands are sponsoring athletes from different disciplines who support CBD consumption that benefit the athletes' performance. World-known athletes such as Rob Gronkowski, Mike Tyson, Joe Montana have put their names next to big CBD companies.

Some leagues such as the NFL and NHL have shown interest in clinical research to determine how cannabis can be a tool that benefits athletes. The NHL Alumni Association, for example, teamed up with Canopy Growth to study the efficacy of CBD in treating retired players suffering from neurological disorders after suffering concussions.



These are some of the sponsorships in the sports world:

USL and Functional Remedies

In 2020, the second division soccer league in the United States signed a 4-year contract with Functional Remedies, a full-spectrum hemp oil producer company named Synchronicity. The products of this line will appear in the stadium advertisements, social networks, websites, and applications of this league.

Vegas Light and Nuwu Cannabis

In 2018 the Vegas Lights FC team, a USL Championship expansion team based in Las Vegas, signed a sponsorship deal with Nuwu cannabis, a dispensary located in the same state and owned by the Paiute native tribe.

NWSL and CBD companies

The National Women's Soccer League in the United States has been a pioneer and leader in sponsoring medical cannabis companies. Currently, various CBD companies sponsor three franchises.

UFC and Love Hemp

The UFC is one of the companies with the biggest number of sponsorship deals with CBD-producing companies. This year they signed a 5-year multi-million-dollar deal with Love Hemp Company, one of the UK's leading CBD brands.

The future of *cannabis* and *sports* businesses

The list of CBD companies that have sought sponsorship partnerships with athletes, teams, or leagues is growing, with entrepreneurs seeing such deals as a way to provide their companies with a wider global audience and increase brand trustworthiness. Large companies such as

Medterra, Aurora Cannabis, and Lazarus Naturals already have sponsorship deals in the sports world. The NBA, MLB, and NHL are some leagues likely to enter this market soon.

Cannabis and Business in the World of Sports

Important figures in world sports have seen medical cannabis as a method to help their colleagues and incidentally a business opportunity.

Prominent and renowned athletes have decided to invest in the cannabis industry; this has generated a positive impact worldwide because it helps to defragment the continuing stigma surrounding the plant.

Allen Iverson and Al Harrington, former professional basketball players and considered among the best players in the NBA, created a line of cannabis-based products that became the first multinational company whose founders belong to the black community.

David Beckham, who under his own investment firm DB Ventures is involved in Cellular Goods, a company that produces CBG and CBD-based skin care products..

Floyd Landis, an American professional cyclist who won the 2006 Tour de France and lost that title to doping, founded Floyd's of Leadville. A company specialized in the sale of cannabis in the city of Denver, with which he intends to sponsor a third-category cycling team.

Kyle Turley, is a former American soccer player who participated in 9 seasons in the National Football League (NFL) who suffered an injury that caused him problems such as Alzheimer's and vertigo. He was treated with medical cannabis. He is the founder of Neuro XPF, a company that helps athletes with CBD products.



On the other hand, golf is a sport that is known for its relationship with cannabis. During the last years, this substance has been used by:



Australian **Marc Leishman**, who is the spokesman for the Cativa CBD brand.

The American **Rickie Fowler**, ambassador of the Kadenwood brand.

Not to mention that the Professional Golfers' Association (PGA) has partnered with Cannaray CBD, one of Europe's leading Cannabidiol (CBD) brands. This alliance aims to teach PGA members about the benefits of CBD in the sport through educational materials, free samples, and discounts on their products.



Cannabis' legal status and Olympic athletes after Tokyo 2021

There have been many changes regarding cannabis and sports in recent months. Especially after several athletes repeatedly confirmed how it brings them a sense of well-being after a hard practice. The events that affected athletes who were preparing for the long-awaited Tokyo 2021 Olympics must be considered. Such as the case of Sha'Carri Richardson, who explained having used cannabis to deal with a painful personal situation, which resulted in her disqualification and a debate about cannabis on the list of substances not authorized for sport.

Following this, the White House recommended modifying the cannabis rules after the sprinter was banned from representing the United States in the Olympic Games. In addition, this action generated widespread criticism, and several black activists pointed out that the policy did not consider African-American athletes. In this sense, although the professional leagues have proved that cannabis does not increase the athlete's performance, unfortunately, it is still prohibited within the list of Olympic disciplines.

On the other hand, these eventualities are to reconsider if we are being fair with the athletes

who last a lifetime as in the case of Richardson, dedicating herself to train in her routine to fulfill her dream and this is taken away from her overnight, and she is not allowed to attend the highest sporting competition such as the Olympics. It is a matter of too little information. Although, it has been shown that cannabis, far from being a cause of ills and sorrows, only helps welfare and health improvement.

In this sense, the World Anti-Doping Agency maintained a hard attitude, alleging that the cannabis prohibition was because it is maintained outside sports. Also, many athletes are role models for children, which is why it did not hesitate to support Richardson's disqualification. However, she did raise the tolerance level of tetrahydrocannabinol, the active ingredient of cannabis Sativa. In other words, the organization in charge of coordinating and controlling sports doping, created by the International Olympic Committee, with this measure seeks to reduce cases of adult-use cannabis.

Cannabidiol and sports performance:

reviewing the most relevant evidence and recommendations for future research



Cannabidiol (CBD) initially gained scientific interest due to its anticonvulsant properties but growing evidence of other therapeutic effects has attracted the attention of additional clinical and non-clinical populations, including athletes. Unlike cannabinoids with psychoactive activity such as $\Delta 9$ -tetrahydrocannabinol ($\Delta 9$ -THC), CBD is no longer banned by the World Anti-Doping Agency and appears to be safe and well-tolerated in humans. Additionally, it is available in many countries with the introduction of over-the-counter "nutraceutical" products

This review will explore the various physiological and psychological effects of CBD that might be relevant in the sport or exercise context and identify key areas for future research.

Currently, there is a need for more direct studies on CBD and sports performance. The evidence for this review came from preclinical studies and a limited number of clinical trials

in non-athlete populations. Preclinical studies have observed consistent anti-inflammatory, neuroprotective, and analgesic effects of CBD in animal models. Preliminary preclinical evidence suggests that CBD may protect against gastrointestinal damage associated with inflammation and promote traumatic skeletal injuries healing.

However, more research is needed to confirm these observations. Early-stage clinical studies suggest that CBD may be anxiolytic in "stress-provoking" situations and people with anxiety disorders.

While some case reports indicate that CBD improves sleep, strong evidence is currently lacking. Cognitive function and thermoregulation appear to be unaffected by CBD, while effects on food intake, metabolic function, cardiovascular function, and infections require further study. CBD may exert several physiological, biochemical, and psychological effects with the potential to benefit high-performance athletes. However,

more controlled studies in athlete populations are required before drawing definitive conclusions regarding the utility of CBD in supporting athletic performance.

This review focuses on effects that have been demonstrated in vivo and generally avoid attempting to predict functional effects based on in vitro data-oriented targets, given the numerous molecular targets of CBD and the fact that exercise itself induces complex biochemical changes.

Exercise-induced muscle damage: muscle function, pain, and injury:

CBD modulates inflammatory processes.

CBD attenuates the accumulation of immune cells (e.g., neutrophils, macrophage lymphocytes), stimulate the production of anti-inflammatory cytokines (e.g., Interleukin (IL)-4, IL-10), and inhibit the production of pro-inflammatory cytokines (e.g., IL-1 β , IL-6, IL-8, tumor necrosis factor (TNF)- α) and reactive oxygen species.

Neuroprotection: cerebral concussion and sub concussion.:

The precise mechanisms underlying CBD neuroprotective effects are not fully understood. But they might involve decreased inflammation, oxidative stress and excitotoxicity, and increased neurogenesis.

Bone health:

Research reported that CBD improved the healing of femoral fractures in Sprague-Dawley rats. Specifically, chronic CBD treatment decreased callus size four weeks after fracture and improved biomechanical properties of the bone at eight weeks (i.e., maximal strength, work to failure in a 4-point bending test).

Sports performance anxiety (SPA):

Moderate doses of CBD can be anxiolytic in stressful situations and people with emotional affective disorder. Studies confirm the efficacy of CBD (in conjunction with behavioral therapies) on pre-competition anxiety, nutritional intake, energy expenditure, symptom perception during exercise (e.g., ratings of perceived exertion), and sleep in athletes who are negatively affected by SPA.



CBD exerts some physiological, biochemical, and psychological effects that have the potential to benefit athletes.

There is preliminary evidence of anti-inflammatory, neuroprotective, analgesic, and anxiolytic activities thanks to CBD. Also, there is the possibility that it may protect against gastrointestinal damage associated with inflammation and promote healing traumatic skeletal injuries.

However, it is important to recognize that these findings are preliminary, sometimes inconsistent, and from preclinical studies. Such studies are limited in their generalizability to athletes (and humans in general) and often administer high doses of CBD that may be difficult to replicate in humans. The central observation is that studies directly investigating CBD and athletic performance are lacking, and until they are conducted, we can only speculate regarding their effects. Nevertheless, this review suggests that rigorous, controlled research clarifying the utility of CBD in the sports context is warranted.





Including cannabis derivatives **in sports**

There has been growing interest in the use of cannabis or its derivatives at the sporting level after the World Anti-Doping Agency (WADA) in 2018 excluded CBD from its list of prohibited substances-as this cannabinoid has no significant psychoactive effects-this important step allowed its use in professional sports such as basketball (NBA), baseball (MLB), mixed martial arts (UFC), field hockey, and in athletes at the Tokyo 2021 Olympic Games.

Many people have become interested in including this product in their daily life benefits from it in their sports practice. But, how to use it? The most important thing when starting to use medical cannabis is to find the most appropriate dosage. Nowadays, we know it has to be personalized and determined by a specialist. The desired effect and the user's health status must be evaluated. If using tinctures or drops, generally start with low doses of 2 mg in two doses per day (preferably before or after meals) and for one week. If the desired benefits are not achieved, increase the dose progressively (5-10 mg) every three days.

Among the advantages of the use of CBD, besides its therapeutic effects as an

anti-inflammatory, analgesic, anxiolytic and relaxing, are the different presentations available in the market according to the regulation of each country, among them can be found oils, tinctures, gel capsules, drinks, edibles, sprays, serums, patches, oils to vaporize, as well as creams for topical application. To achieve the desired objective with muscle-joint pain and to accelerate muscle recovery processes, topical presentations such as oils, ointments, balms, and creams are recommended due to their localized effect. However, when the athlete presents symptoms like lack of appetite, one of the most common applications is vaporized inhalation. If relaxation is needed to reduce inflammation and control anxiety, the best way is to administer it sublingually in CBD oil drops.

There are multiple ways and benefits for athletes today to incorporate cannabis and its derivatives in their daily practice. Even the use of cannabinoids such as THC is not allowed. However, research, evidence, and controlled clinical studies conducted in the future will inform us if this cannabinoid could be included as a component of products to be used in this area.

Cannabis “Up Close”

Lemon Haze



This is a very popular strain Sativa-dominant hybrid obtained by crossing Silver Haze and Lemon Skunk. Its flowers are large and fluffy with a green hue threaded with orange pistils. The trichomes of the flowers when ripe give it a yellow glow. This is a characteristic trait of the psychoactivity in this variety produced by the high THC content, close to 25%.

Because of its high THC content and its citrus combination of terpenes, Lemon Haze provides an energizing boost perfect for

sporting activities and a relaxing finish. It is also useful in relieving chronic and neuropathic pain, and as a muscle relaxant. It can be used to treat mild to moderate symptoms of stress and depression and it helps those with attention deficit disorders to maintain concentration on individual tasks. Those who are not used to or have a low tolerance to the effects of THC should use this Sativa with great caution.

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