



## dwell with us

### About US

dwell CBD was started as a means to provide premium quality CBD and CBD-infused products with unmatched service and unparalleled commitment to our community.

Our commitment to providing world-class products and improved quality of life for people and animals is a passion for everyone at dwell, and we are committed to being good stewards of our natural resources to earn and retain the confidence our customers have placed in our company and products.

### Our Mission

To provide our customers with the highest quality CBD & CBD-infused products available, while serving our community with a commitment and dedication to wellness for everyone!



dwell cbd  
 173 E. Brannon Road  
 Nicholasville, KY 40356  
 859.554.5011  
[www.dwellcbd.com](http://www.dwellcbd.com)



# CBD for Womens Health

D W E L L

CBD

*wellness for life*

**Cannabidiol (CBD):** a naturally occurring plant compound found in the flower of cannabis, a plant with a rich history as a medicine going back thousands of years.

**Endocannabinoid System:** a biological system composed of endogenous cannabinoids (endocannabinoids) that are involved in regulating a variety of physiological effects.

**Premenstrual Syndrome:** a combination of typically unpleasant symptoms that occur around a week before menstruation.

**Prostaglandins:** hormones that cause inflammation and swelling in the body.

**Limbic system:** involved in motivation, emotion, learning, and memory. The limbic system operates by influencing the endocrine system and the autonomic nervous system, located in the brain responsible for emotions, memories, and arousal.

**Cortisol:** a glucocorticoid (steroid hormone), is produced from cholesterol in the two adrenal glands located on top of each kidney. It is normally released in response to circumstances such as waking up in the morning, exercising, and acute stress. Cortisol's far-reaching, effects play many roles in the body's effort to carry out its processes and maintain homeostasis

## CBD and PMS

Hormones called prostaglandins are responsible for many unfortunate effects that come with Premenstrual Syndrome (PMS). These may include cramping, mood swings, bloating anxiety & stress. Studies have shown that CBD may work to reduce the number of prostaglandins produced by the body, potentially alleviating many symptoms of PMS.

**Cramps:** Period cramps are caused by contractions of the uterus. They are triggered by a specific prostaglandin (PGF2A) and can be extremely painful and even debilitating. CBD may reduce the production of this hormone and lessens the frequency and intensity of cramps.



### Mood

**Swings:** CBD takes a holistic approach to balancing the body's natural chemistry. By responding to receptors in the Limbic and Endocannabinoid systems, CBD helps regulate mood by correcting hormone imbalances.

**Bloating/Indigestion:** CBD works better than other non-steroidal anti-inflammatory drugs (NSAID) because it does not block the production of enzymes crucial for digestive health. It also reduces the inflammation that can make digestion painful and difficult.



## Balancing Hormones

Ideally, our hormones should be produced at a regular rate; however, if the body is producing too much or too little of a hormone, this can have serious effects on the body.

Hormone fluctuations can occur naturally during puberty, menopause, and perimenopause, but they can also be caused by toxins or an unbalanced lifestyle.

Common symptoms of hormonal imbalance includes menstrual irregularity, weight gain, mood swings, vaginal atrophy, and hair loss.

In one study investigating the effects of CBD on plasma prolactin, growth hormones, and cortisol, researchers found that CBD helped to regulate the secretion of cortisol, the stress activating hormone. By influencing the regulation of hormones, CBD can act as a preventative measure against hormonal imbalance.

In addition, using hemp-based CBD products can be especially helpful in regulating hormones because Hemp is loaded with omega fatty acids and is high in gamma linolenic acid, an omega-6 fatty acid found in egg yolks, which is known to help regulate hormones.



*Dwell CBD products are all proudly grown and formulated in KY!*

At dwell CBD™ we take the science of hemp-derived cbd and cbd-infused products very seriously. dwell CBD™ is not simply a brand; it's a lifestyle and a commitment to wellness, through enriched natural resources and a focus on purity.

Our culture is as simple and pure as the process we implement for our products. Clean, honest and dedicated team members will continue to be the face of dwell CBD™ - because they are your friends, neighbors and family, they are the people you know and trust, they are the people who care about your health and wellness for life. Welcome to the family!

dwell CBD™ operates under the Kentucky Department of Agriculture in association with producers and farmers - within section 7606 of the U.S. Farm Bill and the laws of the State of Kentucky.

