



**The Good Clean Nutrition Podcast
Episode 17 Show Notes**

Episode 17: The Evolution and Evidence on Cannabidiol (CBD) and Cannabis with Janice Newell Bissex, MS, RDN, FAND

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy! Each episode provides healthcare practitioners and health-minded consumers expert information on current and trending topics. Today, Mary welcomes guest Janice Newell Bissex for a chat about the potential applications of using CBD for a variety of health issues.

Janice Newell Bissex, MS, RDN, FAND, is a Holistic Cannabis Practitioner, Registered Dietitian Nutritionist, and author. She teaches cannabis therapy and is Co-Program Director, Cannabinoid Medical Sciences at John Patrick University School of Integrative and Functional Medicine. She has written two books on CBD: *Simple Guide to CBD: Fact, Fiction, and a Path Forward* and *Simple Guide to Cannabis Gardening: From Seed to Weed*. Janice has her own line of the highest quality organically grown, phytocannabinoid-rich hemp CBD products for her clients that she sells under her Jannabis Wellness label.

To kick off the conversation, Janice shares how she, as a registered dietitian, became interested in cannabis and cannabidiol, or CBD. Her father struggled with negative side effects from traditional pain medications after surgery, and after observing how quickly medical marijuana helped relieve her father's pain, she decided to pursue further education to become a holistic cannabis practitioner so that she could help other people and teach fellow healthcare professionals about it. Janice continues by diving into the stigma around marijuana and the history of its use. She urges people to consider the large body of research proving that cannabis is effective for many applications such as pain, anxiety, inflammation, insomnia, cancer, and more.

There are over 100 cannabinoids in the cannabis and hemp plants, with the most popular being THC and CBD. Janice walks listeners through the main differences and overlapping health benefits between the cannabinoids THC and CBD. She goes on to explain the endocannabinoid system, sharing that our bodies have cannabinoid receptors from head to toe. The most studied cannabinoid produced by the human body on its own is anandamide, which is known to reduce depression and anxiety. THC and CBD are anti-inflammatories which reduce the signaling of pain in the body. They also aid in sleep by producing a neuro calming effect in high doses. In low doses, some people report feeling energized. They promote balance within the body and effects will vary slightly from one person to the next.

As far as dosing goes, Janice recommends starting at a very low dose of CBD and increasing as needed. She compares the popular methods for consuming CBD: tinctures, smoking, vaping, and edibles. She also discusses how to find a high-quality CBD product. The conversation ends with Janice encouraging healthcare professionals to seek out further education on cannabis and approach conversations with their patients and clients about cannabis with an open mind. Research suggests patients may even already be using cannabis or CBD without informing their healthcare provider. She believes patients with a variety of health conditions could be benefited by using cannabis.



Links:

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Connect with Janice Newell Bissex on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#) and visit her [website](#). Learn more about John Patrick University's first [Master of Science in Integrative and Functional Medicine with a Concentration in Cannabinoid Medical Sciences](#).

Referenced in this episode:

- Marijuana and Medicine: <https://www.ncbi.nlm.nih.gov/books/NBK230711/>
- 2003 NIH Patent: <https://pubchem.ncbi.nlm.nih.gov/patent/US-6630507-B1>

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