

Can CBD help with Alzheimer's disease?

Caleb McMillan

If Alzheimer's disease is related to inflammation and CBD reduces inflammation, then CBD should help with Alzheimer's disease.

Unfortunately, Alzheimer's disease is a little more complex than just brain inflammation. Genetics plays a role which is outside of our control.

But oxidative stress is a factor in Alzheimer's disease. And we know CBD is an antioxidant.

So what's the verdict? Can CBD help with Alzheimer's disease? Can it help relieve some symptoms?

What is CBD?

CBD stands for cannabidiol, one of the many compounds found in the cannabis or hemp plant.

Discovered in 1940, this phytocannabinoid didn't start hitting the mainstream until after the discovery of the endocannabinoid system in 1988.

CBD doesn't produce the intoxicating effects one usually associates with "marijuana." And because of this, CBD has been a popular supplement for people looking to reduce [anxiety](#) and inflammation or get [better sleep](#).

But can CBD help with Alzheimer's disease?

What is Alzheimer's Disease?

Alzheimer's disease is a type of dementia. It is the most common type of dementia, but there are others, including:

- Huntington's disease
- Lewy Body dementia
- Vascular dementia
- Frontopemporal dementia
- Parkinson's disease

Different factors cause each type of dementia.

Some of them, like Alzheimer's, are genetic and caused by environmental factors, old age and lifestyle choices.

Others, like Parkinson's, are caused by a loss of nerve cells responsible for producing dopamine.

Ultimately, what they have in common is their impact on a healthy functioning brain. People with Alzheimer's or another type of dementia will have trouble handling complex tasks or problem-solving.

In more severe cases, a patient may lose motor function and coordination.

They may also appear confused, anxious, depressed and even hallucinate people who aren't there. Or confuse someone for someone else from their past.

Can CBD Help with Alzheimer's Disease?

Watching a loved one mentally deteriorate in front of your eyes is heartbreaking. And while there's no cure for Alzheimer's, research on whether CBD can help with the disease is promising.

For example, we know CBD improves the plasticity of the hippocampus. This is the part of the brain responsible for cognition and memory formation.

We also have two studies asking if CBD could help with Alzheimer's. [A 2011 Australian study](#) found evidence that CBD benefitted those with Alzheimer's.

[Another study](#) researchers conducted on mice found positive changes as well. Mice with Alzheimer's were given CBD and had noticeable improvements in their thinking and mobility.

CBD can help with Alzheimer's disease because of how it works to reduce inflammation.

Can CBD Help with Alzheimer's Disease by Reducing Inflammation?

Sativex is the brand name of Nabiximols, a pharmaceutical cannabis extract approved in the U.K., U.S.A., and most other western countries.

A double-blind, randomized, [placebo-controlled trial](#) for the CBD-based drug showed promising results for Huntington's disease.

Huntington's disease is another form of dementia, like Alzheimer's, that kills healthy brain cells and causes mood and concentration issues for its sufferers.

According to the research, since CBD is an effective anti-inflammatory, it helps fight disorders and diseases caused or exasperated by inflammation.

But beyond inflammation, CBD is also an antioxidant. And oxidative stress is a significant cause of diseases like Alzheimer's.

If your loved has Alzheimer's, you probably wouldn't want to rely on CBD alone. But talk to their doctor and see how you can incorporate the cannabinoid.

CBD has anti-inflammatory, antioxidant, and neuroprotective properties. So the answer to the question, "can CBD help with Alzheimer's disease?" is a big yes!

Can CBD Help with Alzheimer's Disease? – Pros and Cons

CBD looks promising when it comes to helping alleviate the worst symptoms of Alzheimer's disease.

It's certainly no miracle cure-all, but if reducing inflammation and oxidative stress are your goals, then CBD is a safe way of achieving them.

That said, we should list the pros and cons so you can accurately weigh the benefits and costs.

CBD for Alzheimer's: Pro

- CBD is legal in most places if it is derived from hemp and has less than .03% THC
- The World Health Organization says CBD is generally safe and “well-tolerated.”
- CBD has little-to-no [side effects](#)
- Many human and animal-based studies show CBD as a promising treatment for dementia disorders like Alzheimer's
- CBD is anti-inflammatory and antioxidant

CBD for Alzheimer's: Con

- While the studies are promising, they're not conclusive regarding the relationship between CBD and Alzheimer's
- CBD can interact with other medications metabolized in the liver. If you or your loved one is already on Alzheimer's medication, talk to a doctor about incorporating CBD.
- Depending on where you are, CBD can be cost-prohibitive.
- There is no standard dosage for CBD as a treatment for Alzheimer's disease. And it can be difficult to judge how well the treatment works when dosing for another person with cognitive impairment issues.
- Not all CBD manufacturers are created equal. Some brands may mislabel their products or have inaccurate information (It is, for this reason, we suggest [Green Cuisine CBD](#)).

The Final Word on Whether CBD Can Help with Alzheimer's Disease

As mentioned, some CBD brands are going to be superior to others. When finding CBD for someone with Alzheimer's, we know you don't want to mess around.

That's why we recommend Green Cuisine CBD. We source our CBD from organic hemp flowers grown in the sub-alpine regions of Slovenia.

Our [CO2 extraction process](#) keeps solvents and other residues from showing up in the final product.

CBD for Alzheimer's disease can help, but it can be hard to figure out the best delivery method for your loved one. Fortunately, we have a wide range of options.

There are [herb](#), [hash](#), and [vaping](#) options. But if that doesn't interest you, we offer [balms](#) you can apply to the skin. As well as [drinks](#), [teas](#), [powders](#), and [CBD oil drops](#) for accurate dosing.

The great thing about CBD is its [benefits](#). Even healthy people can benefit from a daily CBD supplementation regimen.

You can try each product category and see what works for your loved one with Alzheimer's.

Suppose you find the balm isn't practical, for example. You can keep it for yourself, as CBD is a preventive therapy and effective at treating various conditions.

Whatever you choose, [we're here](#) to help!