



Understanding Inflammation

Inflammation plays a role in many common health concerns, including joint discomfort, stiffness, and chronic pain. As we age, inflammation can become more persistent, affecting mobility, sleep, and quality of life.

CBD & Cannabis Guide

UNDERSTANDING HOW
CANNABINOIDS MAY SUPPORT
COMFORT, MOBILITY, AND
OVERALL BALANCE



EFFECTS INCLUDE:

**Joint discomfort · Stiffness ·
Reduced mobility · Fatigue · Pain
patterns**



Why People Explore CBD

Inflammation balance

Discomfort management

Recovery after activity

INTENTIONAL LIVING, LLC

Inflammation Support

FIND YOUR BALANCE



How CBD May Support Your Wellness

Key Terpenes for Balance

Beta-Caryophyllene

CB2
SUPPORT

☐

Myrcene

RELAXATIO
N

☐

Limonene

MOOD
BALANCE

☐

THC Notes

LOW &
SLOW

☐

Safety First

CONSULT
MD

☐

The Cannabis Nurse

Theresa Strahan, BSN, RN, CNHC

intentionallivingtoday.com

How to Approach Safely

Start low, increase slowly

Choose quality tested products

Be consistent with use

Listen to your body