



Understanding Cannabinoids & Terpenes

If you are living with metabolic syndrome, prediabetes, or diabetes, you understand how important balance is. Many adults are now exploring wellness approaches—and want clear, safe information.

Your body has an endocannabinoid system (ECS) that plays a role in maintaining balance across inflammation, metabolism, stress response, appetite, and energy regulation.

This guide offers a simple starting point focused on wellness education.

Get Started

Learn More
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Metabolic Health & Diabetes Support

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Intentional Living, LLC



CBD & Cannabis Guide

For Adults 50+



How CBD May Support the Body

CBD does not directly lower blood sugar. However, it may support inflammatory response, stress reduction, and overall system balance through ECS interaction.

This is why CBD is often used as part of a broader wellness approach that includes nutrition, movement, sleep, stress management, and medical guidance.



Key Terpenes:

Beta-Caryophyllene

Limonene

Myrcene

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Safety & Realistic Expectations

Start low and go slow. Use lab-tested products. Continue medical care. Speak with your provider. Monitor your body's response.

The goal is not perfection—it's informed, thoughtful decisions that support your health.

