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The endocannabinoid system and cannabis dosing for medical purposes

The endocannabinoid system (ECS) is a biological system composed of endocannabinoids, which are endogenous lipid-based retrograde neurotransmitters that bind to cannabinoid receptors, and cannabinoid receptor proteins that are expressed throughout the vertebrate central nervous system (including the brain) and peripheral nervous system. The endocannabinoid system is involved in regulating a variety of physiological and cognitive processes including fertility, pregnancy, during pre- and postnatal development, appetite, pain-sensation, mood, and memory, and in mediating the pharmacological effects of cannabis. Two primary

endocannabinoid receptors have been identified: CB1, first cloned in 1990; and CB2, cloned in 1993. CB1 receptors are found predominantly in the brain and nervous system, as well as in peripheral organs and tissues, and are the main molecular target of the endocannabinoid ligand (binding molecule), anandamide, as well as its mimetic phytocannabinoid, THC. One other main endocannabinoid is 2-arachidonoylglycerol (2-AG) which is active at both cannabinoid receptors, along with its own mimetic phytocannabinoid, CBD. 2-AG and CBD are involved in the regulation of appetite, immune system functions and pain management.

Biography

Raphael Bones studied medicine at Universidad Central del Caribe in Puerto Rico from 1996-2000. After graduation, he



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became a General Surgery resident and completed two years of training before moving to Internal Medicine and completing the residency program in 2005 at Hospital La Concepción, San German, Puerto Rico. On 2014, he completed a fellowship with the American Academy of Anti-Aging Medicine in Florida, US. During this year he focused his training on Functional Medicine and Metabolic Nutrition. He is also a self-taught expert on cannabis since discovering a book on History of Marijuana in 1997 while attending Medical School.

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