



HISTORY OF CANNABIS &

WOMEN'S HEALTH

Historically used by midwives, herbalists, and healers for:

- Childbirth support
- Dysmenorrhea (menstrual pain)
- Menorrhagia (heavy bleeding)
- Menstrual irregularity
- Menopausal symptoms
- Hyperemesis gravidarum
- Urinary retention/frequency
- Postpartum hemorrhage

Cannabis use in women's health is not new, however modern research is just beginning to catch up with historical practice.

CONTACT US

Education-based and evidence-informed cannabis support for women across the lifespan.



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Patient Support Hours

Monday-Friday: 9a.m. - 5p.m. (EST)

Outside business hours by appointment.



THE ENDOCANNABINOID SYSTEM

WHY WOMEN RESPOND DIFFERENTLY

The Endocannabinoid System (ECS) helps regulate:

- Pain
- Mood
- Immunity
- Sleep
- Reproductive function

Female pelvic organs contain one of the highest densities of cannabinoid receptors in the body - this may explain why cannabis and ECS nourishment can significantly influence women's health conditions.

Some researchers propose that certain chronic conditions* may be linked to "clinical endocannabinoid deficiency," potentially influenced by:

- Chronic stress
- Hormonal cycles
- Contraceptives
- Diet
- Genetics
- Poor sleep

Evidence-informed strategies that support ECS balance and may improve symptoms include:

- Consistent sleep
- Weight training & movement
- Omega-3 intake
- Social connection
- Stress management
- Whole food diet

WOMEN & CANNABIS

Women change over time - hormonally, neurologically and emotionally.

Intentional cannabis use may serve as a supportive tool to help regulate health across the lifespan.

MENSTRUAL CYCLE & CANNABIS

Hormones fluctuate through the menstrual cycle and may influence sensitivity to cannabinoids.

FOLLICULAR PHASE

Estrogen rises, supporting increased energy and creativity. This may increase ECS receptor expression, enhancing sensitivity to doses. Consider using lower THC products.

OVULATION PHASE

Hormones peak and ECS receptor expression is at its highest. Social engagement, verbal fluency, and energy may increase. Some women may have heightened sensitivity to THC - dose mindfully.

LUTEAL PHASE

Towards the end of the this phase, hormone levels fall, which may influence ECS sensitivity. Irritability and inflammation can increase. Consider adjusted dosing strategies and calming cannabinoids.

MENSTRUAL PHASE

Hormone levels are at their lowest, influencing mood, pain, and energy. This phase calls for rest, reflection, and recovery. Some may require adjusted dosing strategies, compared to earlier cycle phases.

COMMON CONDITIONS & EMERGING EVIDENCE

MENSTRUAL PAIN & PMS

Approximately 90% of women experience PMS symptoms.

During menstruation, ECS signalling influences cramping, pelvic discomfort, mood shifts, and sensory sensitivity.

A survey found 90% of respondents reported relief from menstrual pain when using cannabis.⁽¹⁾ Cannabis may support the body's return toward balance.

Potential mechanisms:

- THC may support pain modulation & cramping relief.
- CBD & β -caryophyllene may support anti-inflammatory pathways.

FIBROMYALGIA (FM)*

FM is a chronic pain condition characterized by:

- Widespread pain
- Fatigue
- "Brain fog"
- Sleep disturbance
- Mood dysregulation

The ECS, a regulator of pain, mood, and sleep, has become a growing area of interest in FM research.

One study found:⁽²⁾

- ~50% of people reduced or discontinued certain medications
- >1/3 reported improved sleep & anxiety.

Balanced THC: CBD products may support symptom regulation.

ENDOMETRIOSIS*

Endometriosis is a complex inflammatory condition involving displaced endometrial tissue, often causing severe pain, fatigue and sleep disruption.

ECS receptors in uterine & endometrial tissue may influence pain signalling & inflammation.

Potential benefits of ECS support may include:

- Reduced pain & inflammation
- Improved sleep
- Anxiety support

PERIMENOPAUSE & MENOPAUSE

Menopause is marked by fluctuating and eventually declining estrogen levels, influencing mood, sleep, & thermoregulation.

Common symptoms include:

- Hot flashes
- Night sweats
- Insomnia
- Anxiety & irritability
- "Brain fog"
- Joint & muscle pain

A survey found cannabis was most commonly used for sleep, anxiety, focus, irritability, and joint pain - with 74% reporting symptom relief.⁽³⁾

When thoughtfully integrated alongside standard care (HRT, nutrition, exercise, sleep hygiene), cannabis may support thermoregulation, mood, and pain balance.

