

World Congress on
Pharmacology and Chemistry of Natural Compounds
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Diana Marie

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The bliss system: The ABC's of endocannabinoids, phytocannabinoids, cannabis and chocolate

What is bliss? How is it produced? And what are the precursors necessary for us to experience it? The workshop aims in the discovery of the endocannabinoid system, basic understandings of its role in human physiology and its contribution towards health and homeostasis of the body. Though only recently discovered, history has displayed the workings of it via treatments of this system with plant therapeutics. Phytocannabinoids and their service to the endocannabinoid system are explained. Preclinical trials over the past four decades have found that the cannabinoids show promise as an anti-inflammatory, anti-oxidant, neuro-protectant, anxiolytic. Further these natural compounds and their actions are explored. New data, current findings and phyto-therapies of *Cannabis* spp., cacao, other botanicals and exogenous compounds will be presented.

Biography

For the last quarter of a century, Diana has been passionately involved in all things natural. From being an educator and Master Herbalist to living off the grid for eight years, Diana is astutely aware of the natural world, while at the same time acting as a communication bridge between consumers and natural products. Her motto has always been "Food is Medicine;" and while supporting local farmer's markets and organic farming, she has dedicated herself to educating consumers about healthier choices in what they consume and what they believe. Diana's unique life experiences, education, and communication skills have given her the keen ability to take complex scientific information and present it in a way that is highly digestible.

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