

THE Buzz



Runner's High

With exercise, your body produces its own cannabis-like molecules of bliss.

So, by now you're probably familiar with cannabinoids—they're the compounds in the cannabis plant that are responsible for its effects. THC is the one responsible for the psychoactive "high." CBD is the one with all sorts of medicinal benefits. And those are just two of more than 128 phytocannabinoids ("phyto" meaning "produced by a plant") in marijuana. But did you know that our body produces its own cannabinoids as well?

Called endocannabinoids ("endo" meaning "of the body"), these tiny molecules of lipids circulate in the brain and body, working on receptors to cause

a variety of effects, maintaining balance in the brain and body in a process called homeostasis. If you've ever experienced the elusive buzzy, euphoric I-can-do-anything feeling at the end of hard exercise known as the runner's high, you have your endocannabinoids—not your endorphins—to thank.

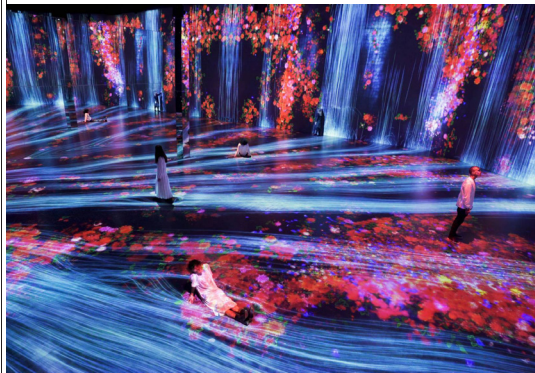
Research from Wayne State University School of Medicine summarizes nearly two decades of work on the topic and confirms that it's not endorphins but rather endocannabinoids that are the star of the show. "We found that exercise consistently boosted endocannabinoid levels across studies," says Hilary

A. Marusak, a neuroscientist at the university. "The effects were most consistent for a chemical messenger known as anandamide—the so-called 'bliss' molecule, which was named, in part, for its positive effects on mood."

And it turns out you don't need to go running to experience runner's high. Running, swimming, weightlifting, and cycling are all shown to deliver a boost in endocannabinoids. What matters most is the level of intensity. Push yourself hard enough, and your body rewards you by flooding your system with cannabis-like molecules of bliss. **S**

PHOTO BY ATLAS GREEN VIA UNSPLASH

Artehouse Miami



Art + Tech + House = Artechouse, which calls itself “the nation’s first innovative art space for art and technology.” The art incubator is supporting and working with experiential, tech-driven art, merging art, science, and technology to stimulate the senses.

You have until August 31 to check out “Renewal 2121,” an Artechouse original production created in collaboration with artists from around the globe—including visual designer Yuya Takeda, scenery from Design Foundry, and music by Mario Hammer and the Lonely Robot. Together, the artists utilize the power of creative technology to transport experiential-art-goers to an imagined future 100 years from now where they traverse through a cyberpunk cityscape, an interactive market, a busy data center, and a taiko drum experience to find nature blooming in the most unexpected places.



LEFT PHOTOS BY TEAMLAB

BY THE NUMBERS

\$4.6 BILLION

Sales of CBD products in the US in 2020. By 2026, this market is expected to grow to 16 billion dollars in value.

26 PERCENT

of Americans consume cannabis in some form according to MRI-Simmons’ findings from its National Cannabis Study, which captures the full spectrum of cannabis use across the US.

\$33 BILLION

The expected revenue from sales of marijuana by the end of 2022, according to a new study by MJBiz



SUMMER PLAYLIST

Libby is the free library app that makes borrowing a book (digital or audio) way easier than baking a pie. A library card and a few taps of your fingers are all you need to access your local institution’s digital catalog. Here are some suggestions from our recent Libby history.

Our Country Friends by Gary Shteyngart

An author locks down with friends, lovers, and rivals and lives to write fiction about it.

The Friend by Sigrid Nunez

Reminder: Dogs are the best.

An Absolutely Remarkable Thing by Hank Green

The power of a post: An out-of-this-world tale involving aliens, social media, and collective consciousness wrapped up in a witty narrative that had us laughing out loud while walking the dog.

The Incendiaries by R.O. Kwon

What would you do if your college girlfriend joined a cult and blew up your life?

Leave the World Behind by Rumaan Alam

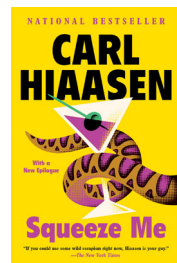
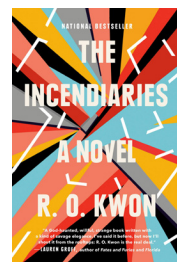
If you booked an Airbnb in the middle of nowhere this summer, you may want to skip this book. It’ll hit a bit too close to home, and you didn’t travel all that way to be feeling unsettled all week after you’ve finished it in one day because it’s too good to hit pause.

Squeeze Me by Carl Hiaasen

A literal lol modern metaphor involving a giant snake eating the ultra-wealthy denizens of Palm Beach.

The Hate U Give by Angie Thomas

Tears were running down our faces just 10 minutes into this YA novel about a teenage girl grappling with the very adult topics of racism, police brutality, and privilege





Climb the mountain so you can see the world, not so the world can see you.”

—David McCullough, author, narrator, popular historian, and lecturer

VACATION-MINDED

How to put your brain on “away.”

Fact is, you can't relax on command, even when you want to. Given the ironclad grip stress and digital demands have on you 24/7, your brain's wheels are still spinning long after you've turned on your “out-of-office” auto reply. That's because stress activates the sympathetic nervous system (SNS), your flight-or-fight nervous response, and we can get hooked on the adrenaline that fuels it. While it's helpful when you're juggling meetings and to-do lists and all the things that make up your everyday life, it also makes it difficult to relax, even when you're lying on a beach towel on the first day of your long-overdue getaway this summer.

Science says cannabis may help with that. A 2018 study published in the *Journal of Affective Disorders* suggests smoking cannabis can significantly reduce short-term levels of depression, anxiety, and stress. It may also contribute to worse overall feelings of depression over time, so, you know, everything in moderation.

If you're feeling blue, one puff of something high in CBD and low in THC is optimal for reducing symptoms of depression. For anxiety, the researchers found that two puffs of any type of cannabis will do you good. And if you're so stressed, you can hear the knots in your back grinding against each other when you roll your shoulders (same, dude, same), pack yourself a big ol' bowl of Harlequin, Sour Tsunami, or Cannatonic and go to town. Study participants reported the largest reductions in stress after taking 10 puffs or more of a CBD-dominant strain.

But before you do, take a moment to try to relax so the bliss-inducing cannabinoids aren't doing all the heavy lifting. Take some big, deep breaths, pull your shoulders out of your ears, let your muscles relax. The antidote to your SNS is your PNS, your parasympathetic nervous system, which, fueled by the release of beta-endorphins, can create a relaxation response in the body and mind. You can help it along by *acting* relaxed, even if you don't feel it quite yet. Lead with your body, and your mind will follow—to someplace more mellow. Enjoy your stay.



Summer Reading

An ode to the audiobook

All the good intentions in the world don't make it easier to find the time to get lost in the books on your summer reading list. So let someone read to you; they'll do it with more inflection than the voice in your head will, anyway. And, no, it's not “cheating.” In a study published in the *Journal of Neuroscience*, brain scans show that listening to a book stimulates the same cognitive and emotional areas of the brain as reading does. So, you can leave your guilt next to the stack of hardcovers on your nightstand, grab your headphones, and get lost in a good read while you go about your day.