



An Unexpected Area of CBD Research: Anorexia Nervosa

One of the fascinating aspects of cannabinoid science is how many physiological systems appear to interact with the endocannabinoid system.

A 2026 randomized, placebo-controlled pilot study investigated CBD in 32 women with anorexia nervosa or atypical anorexia nervosa over 21 days.

CBD was generally well tolerated. Researchers observed a small but statistically significant group-by-time effect favoring CBD for increasing BMI. Some eating-disorder measures also produced potentially interesting effect sizes, although these differences were not statistically significant.

Potential application

This certainly does not establish CBD as a treatment for anorexia nervosa.

Instead, the study opens an interesting scientific question: could the endocannabinoid system influence some of the complex interactions between appetite, metabolism, anxiety, fear and eating behavior?

That question now deserves larger and longer clinical studies.

Reference

Sahota N, Grelotti DJ, Nguyen T, et al. Cannabidiol in anorexia nervosa: a double-blind randomized placebo controlled pilot study to test safety, pharmacokinetics, and symptom change. *International Journal of Eating Disorders*. 2026;59(7):1576–1587.

Dr. Peter Verdegem, Ph.D., MBA

