

CBD Oil

What is CBD oil and how can you use it to improve your health?



WHAT IS CBD OIL?

Cannabis is showing up in everything from skincare to cocktails to pet supplies. Understanding the benefits of the different forms will be important as CBD goes mainstream and you consider adding it to your wellness arsenal. There is a lot of confusing information about cannabis and its two main cannabinoids (plant compounds) – THC and CBD.

THC - responsible for cannabis' primary psychotropic effects.

CBD - has many beneficial medicinal properties. It is a nonintoxicant, meaning it does not have psychotropic qualities, or will not get you "high".

BENEFITS

What makes CBD so important medically is that it has such strong anti-inflammatory, anti-oxidant, and neuro-protective properties. This makes it a promising treatment for Parkinson's disease, Alzheimers disease, and all other neurodegenerative diseases that have a strong link to inflammation. CBD has also been shown to help regulate blood pressure and kill certain types of cancer cells, while simultaneously protecting healthy cells.

CBD has many benefits for the average user but is best known for its ability to reduce anxiety and provide a sense of calm. It has already been successfully used to help treat PTSD, and is known for its anti-depressant and anti-psychotic properties. CBD has antioxidant properties considerably stronger than vitamin C and E, so you will be seeing it in skin care products. As a powerful anti-inflammatory, with no known side effects, CBD is a useful over the counter option for pain management, and can help treat everything from arthritis to headaches.

HOW MUCH CBD IS RIGHT FOR YOU?

- 1.) **Start low and slow**, and be consistent when you begin taking CBD.
- 2.) **Find high quality products** that deliver consistent measurable amounts of CBD.
- 3.) **Look for a provider who practices organic farming**, uses state of the art distilling to extract the cannabinoid compounds and tests for quality and purity.

You also want to be using full spectrum CBD. When CBD is referred to as full spectrum or whole plant CBD, it means that the CBD contains other cannabinoids found in the hemp plant. CBD Isolate, on the other hand, is simply purified CBD that has been extracted from the hemp plant and isolated from the other cannabinoids.

From a consistency standpoint taking a soft gel or tincture will make it easier to measure amounts of CBD than taking edibles or transdermal patches. I do not recommend edibles for several reasons. Many purchased edibles have added sugar which is harmful to teeth and linked to increased inflammation. Edibles also vary in consistency and are harder to measure due to the fact that they get absorbed through the digestive system, resulting in a delayed response that can take hours. Inhalation (vaping) and sublingual (tinctures/drops) delivery systems will be more immediate and also contain more cannabinoids.

If you want to the most predictable results soft gels make it easy to titrate to your perfect amount and schedule. Quality soft gels can increase bioavailability up to 300% over oil based CBD tinctures.