

# What points you might want to know before using CBD oil

(Also see Personal Experience Note \* at end)

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## **Cbd Oil Or Cannabis Oil**

The first thing you have to know about this oil known as CBD is that it is hemp oil or cannabidiol. Said in common words is marijuana oil. Cannabidiol is only one of the 70 components that cannabis presents, but it is the most favorable to treat carcinogenic or anti-inflammatory problems. Also, it is recognized to be of great help to people suffering from epilepsy and is that it helps to control their attacks.

Surely if you suffer from any of these diseases or suffering you have been interested in knowing the properties of this oil. Before going



into detail to talk about the properties of cannabis oil we must clarify the CBD content that is necessary in this oil to provide its benefits.

This content is of great importance to know it before

going to buy any product that is promoted as CBD. [How to buy cbd oil](#) you have to consider the important aspects. It is advisable that before purchasing this oil you should be clear that the CBD extracted from recreational varieties does not have the same effect as those of hemp. It is therefore something to be considered.

## **Properties of Cannabis Oil**

You should know that cbd oil stands out as a therapeutic product for several reasons. Firstly, they aid to treat different diseases and ailments stand out, and secondly, the fact that they are made with a non-psychoactive compound.

On the other hand we can find the products that make up the compound THC, which is psychoactive and therefore usually produces dysphoric or euphoric effects. This is not the case with cbd oil.

In addition, it is necessary to emphasize the fact that the CBD has the capacity to neutralize the psychoactive effect of THC. According to this and the sensitivity of the person to this effect is that the professional who recommends the product can indicate a higher level or less of CBD.

## **Things to Consider About (this) Oil:**

- In the body there are two cannabinoid receptors, CB1 and CB2. These are activated when consuming the CBD and if a nontoxic option is chosen it does not create a habit. On the contrary, what is generated is a more adequate endocannabinoid system.
- It should be clear that each variety has a different proportion of this ingredient and therefore, depending on the particular need, more or less adequate options may be presented.
- In this way it must be understood that recreational marijuana usually has more THC.
- On the other hand and thanks to selective breeding can be found varieties with much higher levels of CBD and THC closer to 0. Although these varieties are not the most common with the passage of the years have become popular. In any

case it must be clarified that all cannabis have CBD in some quantity.

- The percentages of CBD vary, but generally range from 0.6 to 1%. Those varieties with less than 0.6 have a weak effect and those that are at 1% or more have a very strong effect.
- You should know that you can now find varieties with much more powerful levels, reaching more than 6%. Their effect is clearly greater but they are not too frequent.
- In addition, you should know that this percentage indicates the amount of CBD that is found in cannabis, comparing with the other elements that compose it.

## **The Medical Benefits of Cbd Oil**

Here we must talk about the [medical benefits of cbd oil](#). In this regard you should know that the therapist applications are several, highlighting the following:

- For its medicinal properties as an anti-emetic it helps reduce nausea and vomiting.
- Being a good antipsychotic is ideal for combating psychosis disorders.
- It stands out as an excellent anti-inflammatory, making it ideal for treating inflammatory diseases such as arthritis.
- It is an antioxidant, helping to combat neurodegenerative diseases.
- It also highlights its antitumor property, making it ideal for fighting cancer and its tumor cells.
- It is anxiolytic and a good antidepressant. That is why it is used in the problems of depression and for the disorders of anxiety and depression.

In this way cbd oil for its anti-inflammatory effects, its help to reduce pain, its antispasmodic effect, among other (effects) is highly recommended by a variety of specialists.

Among the treatments of diseases or ailments that make use of it are:

- Arthritis
- **Diabetes** (see <https://www.medicalnewstoday.com/info/diabetes>)
- The alcoholism
- Chronic pain.
- Post Traumatic Anxiety and Stress Disorder
- Infections resistant to antibiotics.
- Endometriosis,
- **Variety of neurological disorders.** \*

### **How Should I Consume It?**

To finish you must know the ways you can consume this oil and the recommended dosage. Its ingestion can be given in different ways: It can be smoked, inhaled or ingested. You should also know that different formats can be found. Liquid oil is the most popular.

*\* Personal Experience Note “Ingestion” in my case was holding a small amount in your mouth including under the tongue for as long as possible to allow that highly absorbent part of the body to process the oil directly into the bloodstream. I have seen elsewhere that simply swallowing it allows stomach acid to dilute the effects, while smoking it is, as I understand it, generally associated with recreational marijuana and THC ingestion. In my situation, a quite painful case of peripheral neuropathy, a ‘neurological disorder’ as mentioned in Derek’s article, resulted in hundreds of needles in my hands when simply trying to turn a door knob. Just a few days of holding CBD oil in my mouth alleviated that situation in my hands for several months. My type 2 diabetes, although not “cured,” was also “suspended” to the extent that my doctor said I no longer needed daily blood sugar monitoring. ~ Don Chapin*