

All You Need to Know Regarding CBD Oil



CBD stands for cannabidiol oil. It is used to treat different symptoms even though its use is rather controversial. There is also some confusion as to how exactly the oil affects our bodies. The oil may have health benefits and such products that have the compound are legal in many places today.

What it is

CBD is a cannabinoid, a compound found in cannabis plant. The oil contains CBD concentrations and the uses vary greatly. In cannabis, the compound that is popular is delta 9 tetrahydrocannabinol or THC. It is an active ingredient found in marijuana. Marijuana has CBD and THCA and both have different effects.

THC alters the mind when one is smoking or cooking with it. This is because it is broken down by heat. Unlike THC, CBD isn't psychoactive. This means that your state of mind does not change with use. However, significant changes can be noted within the human body suggesting medical benefits.

Source

Hemp is a part of the cannabis plant and in most cases, it is not processed. This is where a lot of the CBD is extracted. Marijuana and hemp originate from cannabis sativa, but are quite different. Today, marijuana farmers are breeding plants so that they can have high THC levels. Hemp farmers do not need to modify plants and are used to create the CBD oil.

How it works

Cannabinoids affect the body by attaching themselves to different receptors. Some cannabinoids are produced by the body and there are the CB1 and CB2 receptors. CB1 receptors are located all through the body with a great number of them being in the brain. The receptors are responsible for mood, emotions, pain, movement, coordination, memories, appetite, thinking, and many other functions. THC affects these receptors.

As for the CB2 receptors, they are mainly in one's immune system and affect pain and inflammation. Even though CBD does not attach directly here, it directs the body to use cannabinoids more.

The benefits

CBD is beneficial to human health in different ways. It is a natural pain reliever and has anti-inflammatory properties. Over the counter drugs are used for pain relief and most people prefer a more natural alternative and this is where CBD oil comes in.

Research has shown that CBD provides a better treatment, especially for people with chronic pain.

There is also evidence that suggest that the use of CBD can be very helpful for anyone who is trying to quit smoking and dealing with drug withdrawals. In a study, it was seen that smokers who had inhalers that had CBD tended to smoke less than what was usual for them and without any further craving for cigarettes. CBD could be a great treatment for persons with addiction disorders especially to opioids.

There are many other medical conditions that are aided by CBD and they include epilepsy, LGA, Dravet syndrome, seizures and so on. More research is being conducted on the effects of CBD in the human body and the results are quite promising. The possibility of combating cancer and different anxiety disorders is also being looked at.

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