



CBD in Canada – how popular is it?

With the rollout of cannabis 2.0 in October 2019, selling various derivatives of CBD in Canada is absolutely legal. Earlier, even after the country had legalized recreational marijuana smoking in 2018, only registered medical patients could buy cannabis oil and other CBD edibles from a few licensed dispensaries upon showing a doctor's recommendation. Not now. Under the latest cannabis laws, anybody can purchase CBD in Canada and they don't need to provide any special document for that. As a result of this, the demand for cannabis oil and CBD in Canada has been soaring high for the last few months. If you believe the market analysts and trade experts, the CBD industry in Canada is all set to experience a spectacular boom very soon. To know more about the current CBD scene in Canada, keep reading this article.

What is CBD?

Before we continue our discussion on CBD in Canada, let's first understand what CBD is and why it is so popular all over the world. CBD or cannabidiol is a nonpsychoactive cannabinoid present in both the cannabis and industrial hemp plants. It has a range of medicinal properties which makes it very effective in treating various chronic health conditions and illnesses. Unlike THC or tetrahydrocannabinol – the psychotropic cannabinoid in marijuana – CBD doesn't produce any mind-altering, cerebral high. There is very little chance of feeling euphoric or sedated from CBD. According to Dr. Junella Chin, a

leading medical marijuana expert and osteopathic physician of USA, only 5% of the CBD users have reported feeling altered after taking cannabidiol, but typically 'they're the same people who have side effects from Advil or Tylenol'. There are no reported cases of fatal overdoses of cannabidiol. The healthcare professionals and medical experts from all over the world agree that CBD is as safe as the various food additives commonly used in the edibles and beverages industry.

CBD in Canada – therapeutic benefits of the cannabinoid

More and more doctors and healthcare professionals all over the world are now prescribing CBD to treat a variety of medical conditions. People self-medicate on cannabidiol to get relief from a range of physical as well as psychological symptoms. According to a late-2019 survey, 8.5% of the CBD users in Canada are taking CBD-only cannabis oils or other [CBD-infused products](#) to alleviate inflammation. Another 7.1% of them use it to relieve chronic anxiety while 4.4% take it to combat depression. If you combine the shares of the CBD patients suffering from different types of chronic pains, it accounts for over 14%.

There are scientific studies and clinical trials that show that CBD is also very effective in cancer treatment for relieving various side-effects like nausea, pains and vomiting. There is even an animal study which has revealed that CBD can put a brake to the aggressive growth of cancer cells in the body. However, this requires more studies and human trials.

Scientific researchers and medical experts believe that CBD has amazing neuroprotective properties that can be very effective in maintaining good neurological health. Numerous studies have proved that CBD can be very useful in treating epileptic seizures and multiple sclerosis. It is now recommended to the patients suffering from two of the most severe forms of epilepsies – the Dravet syndrome and the Lennox-Gastaut syndrome. Apart from that, the cannabinoid has been found to be effective in relieving Parkinson's and Alzheimer's related symptoms as well.

Dr. Mary Clifton, a New York medicine doctor and a leading CBD advocate says that there are clinical trials to show that CBD is also very effective in alleviating insomnia, sleep disorders, and nightmares common to PTSD patients.

CBD oil or cannabidiol-only cannabis oils in Canada

CBD oil or the cannabis oils which contain high amounts of CBD and negligible amounts of THC in them are considered to be the most natural and holistic way of consuming cannabidiol. There are both hemp-derived as well as cannabis-derived CBD oils in the market which can be classified as full-spectrum, broad-spectrum, and isolates. Full-spectrum CBD oils contain other cannabinoids like THC, THCa, CBG, CBN and various terpenes along with the CBD in them. Broad-spectrum CBD oils, on the other hand, have no traces of THC, but contain all other cannabinoids and terpenes in them, enhancing the entourage

effect and thereby the medicinal value of those products. CBD isolates is the purest form of CBD extracts that have no other cannabinoids or terpenes in them.

Nowadays, you can find a wide variety of CBD products in the Canadian [weed dispensaries](#). Besides the usual CBD-only cannabis oils, there are CBD tinctures, oral sprays, capsules, vape liquids, creams, ointments, various edibles like candies, gummies, confections and drinks etc. Some dispensaries also sell more innovative products like CBD-infused bath salts, bath bombs and lip balms.

There are many ways of consuming CBD oils. You can take it sublingually by placing a few drops of it under the tongue and holding it for 30-60 seconds. Consuming it orally is even easier and hence more popular. Just take the drops of CBD oil or edibles in your mouth and swallow it. The CBD will enter your blood vessels through the digestive system. You can also apply the oil topically on your skin or inhale it using a vape device or a bong. Every method will deliver a potent hit, but they work quite differently and have their unique advantages as well as disadvantages.

Currently, the numerous therapeutic benefits and [zero side-effects of CBD](#) make it one of the most sought-after cannabis products in Canada. The demand for top-graded CBD cannabis oils is fast increasing and more and more well-known cannabis growers are coming up with a range of unique and highly potent CBD products. The CBD scene in Canada is certainly lit and one would expect it to grow exponentially in the future. What are you waiting for! Go, be a part of the scene. Order some of the best CBD oils and ensure the overall well-being of your mind and body.

Our Best Products

[Indica](#)

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[CBD](#)

[Super Mario Organic Greenhouse \(AA\)](#)

[Twisted Extracts Sativa Jelly Bombs \(80mg THC\)](#)

[BC Vapes THC Distillate Cartridges \(Indica/Sativa/Hybrid\) \(1.1g\)](#)

[Bliss Edibles Party Mix Gummies \(300mg THC\)](#)

[Straight Goods Supply Co. – THC Cartridges \(1g\)](#)

[CBD Nation Organic Full Spectrum Tincture \(THC, 1:1, CBD\)](#)

[Bliss Edibles Tropical Assorted Gummies \(300mg THC\)](#)

[Straight Goods Supply Co. – Terp Sauce DISPOSABLE Vape Pen \(1g\)](#)

[Twisted Extracts Indica ZZZ Bombs \(80mg THC\)](#)

[Twisted Extracts Hailey's Comet Jelly Bombs 1:1 \(40mg THC : 40mg CBD\)](#)

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