

What Are the Effects & Benefits of CBD Oil?

Cannabis strength has been soaring for the last few years, and the reason is its health beneficial cannabinoids. Cannabis comprises more than 100 cannabinoids; among them, two starring ones are CBD-Cannabidiol and THC-Tetrahydrocannabinol.

THC is the main ingredient that makes the whole cannabis plant psychoactive. On the other hand, CBD is a noble cannabinoid since it has a wide array of benefits while not exposing you to cognitive impairment like THC.

The CBD's nobility makes it the perfect choice to cherish maximum health benefits while not exposing yourself to intoxication. So for that, CBD products like oils, tinctures, edibles, etc., are widely available.

If you are also planning to incorporate CBD oil into your routine, read this guide till the end to find out its benefits and side effects.

What Happens if You Consume CBD Oil Daily?

Is it possible to take CBD every day? You can, and for the most effective results, you should in most circumstances. You can't get too HIGH on CBD, and because it's lipophilic (or fat-soluble), it accumulates in your body over time, enhancing the potential health advantages.

Health Benefits of CBD Oil

It is worth noting the research on CBD and its long-term effects are in the preliminary stages. However, some of the science-backed benefits of CBD are listed below.

Pain Relief Properties

Many people use CBD as a natural alternative to conventional, artificial painkillers, and the reason is it can effectively relieve muscle stiffness and pain.

With more and more studies surfacing in favour of non-psychoactive CBD's painkilling properties, people are increasingly inclined to this natural solution.

Research in 2018 a [study on mice by Elsevier](#) revealed that CBD minimized the inflammation symptoms by hindering the release of inflammation triggering compounds in the body.

A year later, another study suggested that the topical application of CBD can reduce skin inflammation problems and even scarring.

Lastly, in order for CBD oil to retain its benefits for as long as possible, we recommend [refrigerating the substance](#).

Helps to Quit smoking and Drug Withdrawal Symptoms

If you are someone you know is going through quitting the smoking phase, CBD oil will help ease its journey.

According to [preliminary research in 2013](#), smokers who were administered CBD inhalers reduced their smoking by 40% than those who were not taking CBD.

As CBD is highly regarded for its soothing and relaxing effects, it can effectively help smokers with the withdrawal phase after quitting smoking. A [study in 2018](#) suggested that CBD helped smokers with physical and mental withdrawal due to its soothing effects.

Another review [study](#) revealed that CBD also helps an individual with marijuana and methamphetamine addictions. The authors explained that CBD helped reduce substance use disorder symptoms such as pain, sleeplessness, and altered mood.

Looking at these studies, you can anticipate that CBD will be everywhere for its rehabilitation properties in the next few years.

CBD Oil Helps Calming Down

While consuming cannabis can trigger euphoria due to THC in its composition, CBD alone can help you get better after a long day.

A study in [2019](#) explained that CBD drastically improved the symptoms in study subjects.

Before this, another [study in 2015](#) also suggested that CBD helps in reducing anxious feelings in patients that participated.

Moreover, experts suggest that current medication has side effects such as drug addictions while CBD imposes no adverse effect. However, more confirmation is needed to approve that CBD has no harmful impacts on the body.

Acne

While CBD works for harmonizing the body's internal function, it can also help with skin inflammation. Note that acne is the most common symptom of skin inflammation.

In 2014, [researchers at the NIH](#) noticed that CBD's anti-inflammatory effect assists in lowering sebum production, which in turn reduces acne.

Another [research](#) also suggested that applying CBD to the skin can help reduce inflammatory skin conditions. About that, many skincare products manufacturers are incorporating CBD into their topical applications for its skin benefits.

This market hype even concerns experts as there is not enough evidence of its effectiveness.

Nerve Pain

Medical marijuana may be prescribed to those who suffer from persistent, intractable pain that has no response to therapy. CBD appears to play a role in this effect.

The rats that received CBD had less inflammation and neuropathic pain.

CBD binds to receptors in the brain that control the speed at which nerve signals travel between nerves cells, according to researchers. However, there aren't many studies on

CBD's effectiveness in treating pain over a long period of time. The majority of the published research contains THC. As a result, it is difficult to isolate CBD's specific characteristics.

Are There Any Side Effects?

However, CBD is a noble cannabinoid with no notable side effects; however, its effects vary from person to person hence entailing chances of adverse reactions in some individuals.

Some of the side effects that are approved by [studies](#) are:

- Upset stomach
- Changes in appetite and weight
- Fatigue

However, CBD itself does not induce severe side effects, but it tends to interact with other medications that you might be taking. It is always recommended to consult an expert before using CBD oil.

Moreover, in some [studies](#) on mice, researchers found that CBD can cause liver toxicity. However, the mice were fed unrealistically large doses of CBD.

The Takeaway?

CBD is the best remedy to keep your body's functions in harmony. It opens you up to a wonderland of health benefits while providing little to no side effects. However, keep in mind that CBD oil often comes with THC, which is a psychoactive cannabinoid.

So when you get oil, look for CBD oil with little to no THC in its composition to cherish its benefits without getting weary.

In conclusion, CBD is a substance that is found in marijuana. It can help you relax, with drug cravings, and nerve discomfort. CBD has different benefits and we hope this full guide helped seeing all of them.

Meta Description

We focus on detailing the various effects and benefits that you will experience by using CBD oil from relieving pain to decreasing acne - everything is here in this guide.