



REDS CBD OILS

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What are the possible side effects of CBD oil consumption?

CBD oil has been slowly growing in popularity as more and more places have been legalizing the use of marijuana and its products. CBD, or cannabidiol, is a compound that is found in the marijuana plant, however, it is not toxic nor is it psychoactive. The actual compound that causes the euphoric high associated with marijuana is tetrahydrocannabinol, also known as THC. While CBD oil is made mostly of cannabidiol, it might also contain some amount of THC.

CBD oil actually consists of a carrier oil that contains all of the active compounds, including THC and CBD. CBD oil comes in many forms, including tinctures, under-the-tongue sprays, and soft gel capsules. There are also a few CBD oil creams and salves that can be directly applied to the skin. The exact concentration of CBD varies with each product.

Are cannabinoids and marijuana the same?

CBD is actually the second most common active compound in marijuana. While it is an essential part of marijuana, it is actually derived from the hemp plant, a strain of cannabis that was specifically bred for industrial purposes. While CBD does form a part of marijuana, it does not cause a high.

How does CBD oil act on the human body? The cannabinoids found in the CBD oil go and interact with the cannabinoid receptors in the brain. This affects the endocannabinoid pathway in the brain and this helps deal with psychosis. While the



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exact mechanism by how it affects the brain is yet to be determined, it is known that it helps regulate serotonin. Serotonin is an important neurotransmitter that controls our feelings of wellbeing in the human body. Cannabis Oil has also been known to reduce the psychoactive effects of delta-9-tetrahydrocannabinol on the human brain.

The benefits of CBD oil

There have been many claims made about CBD oil being able to treat nearly every disease on the planet, but most of these claims are not backed by scientific evidence. That said, there is strong scientific evidence that CBD is effective in treating many forms of anxieties. CBD oil is able to help control generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, social anxiety disorder, and post-traumatic stress disorder. It has even been shown to help people who are anxious about speaking in public.

CBD oil has also been proven to help treat some types of childhood epilepsy syndromes which do not respond to conventional anti-seizure medications. Childhood epilepsy syndromes like Lennox-Gastaut syndrome and Dravet syndrome are extremely hard to live with, studies found that CBD was able to reduce the frequency of seizures; in a few cases, they stopped altogether. Epidiolex, the first-ever FDA approved cannabis-derived medicine, is used to treat these conditions.

Is CBD oil legal?

The legality of CBD oil varies from region to region. So before you start using CBD oil, check the laws that govern the consumption of cannabis products in your area. CBD oil



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faces much less legal pressure than marijuana as it contains much lower levels of THC, but it still does face legal pressure. However, more and more regions are slowly legalizing the usage of CBD oil.



[Side effects of CBD oil](#)

CBD oil can trigger many side effects, including

- Dry mouth
- Nausea
- Vomiting
- Anxiety
- Changes in appetite
- Fatigue



- Irritability
- Changes in mood
- Diarrhea
- Dizziness
- Drowsiness
- Liver inflammation and damage

People who should use CBD oil with extra caution

Studies have shown that patients affected by Parkinson's disease exhibit worsened muscle movements and tremors when they take high concentrations of CBD oil. Thus it is crucial that they consult their doctor about the dosage.

Extensive research has not been conducted on the effects of CBD on pregnant and breastfeeding women. A study found that CBD increased the permeability of the placental barrier, this will increase the chances of potentially dangerous substances coming in contact with the fetus. Thus it is better for pregnant and breastfeeding women to avoid CBD products.

A few studies even found that CBD oil aggravated sleepiness, digestive disturbances, irritability, and seizures in children affected by refractory epilepsy.

Can CBD oil interact with medications?

CBD oil has been known to interact with many drugs, including benzodiazepines, antihistamines, and calcium channel blockers. There is not much data available on CBD



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oils interaction with other drugs. Thus, consult with your doctor to know if CBD oil will interact with the drugs that you might already be taking.

The major safety concerns with using CBD oil

CBD oil by itself does not pose many side effects and is actually very beneficial to the human body. However, the major issue is that CBD products in the market are primarily sold as supplements, rather than as medications. Thus they are not regulated by government authorities. This has led to nearly 70% of the CBD oil products sold online were mislabeled. A few of them even had significant amounts of THC. This can lead to severe side effects when consumed

The other major issue is that the optimal CBD dosage for medical conditions is yet to be determined. This combined with the mislabeling makes it very hard to take the right amount of CBD oil. Thus it is best to start with low doses and slowly keep increasing the dosage until you are able to get the positive benefits. However, there are a few individuals who will not be able to experience any benefit from CBD oil at any concentration.

Conclusion

CBD oil has been slowly growing as a major alternative remedy for many ailments. It does not possess any of the mental effects of marijuana while having many great health benefits. However, like with any medication, CBD has a few side effects, but these side effects are not as severe as conventional medicines. You must, however, choose products from credible manufacturers as most of the CBD products are mislabeled. So it



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is essential to consult with your doctor regarding what products to use, at what dosage, and whether it will interact with any medication you might already be taking.

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