

The Shocking Truth About CBD Oil



Life throws tons of responsibilities and commitments each day. But everyone is craving for easy-going, and fulfilling life. However, it's not easy to get through the- to-do list items and, at the same, get happiness and success, which we all are anticipating.

Individuals all over the world have been utilizing amazing and excellent hemp properties for years. CBD frequently gets used in the form of capsules or oil for general wellness. Smart shoppers boost their vivacity by implementing new products in their routine. We have been running research and studies about the benefits of our Mother Nature gem (CBD) over the years. And in the article, I will discuss reliable, quality, and proved CBD oils benefits and uses. Keep reading!

CBD OILS.

CBD occurs naturally, and it does not contain the psychoactive properties that affect or impair an individual's mental state. Often CBD is extracted from hemp. Generally, ancient people used hemp to purify water, or using the fiber in making clothing, or control the weed. In contemporary society, CBD oil can be used in your skin to maintain focus, enhance recovery from work out inflammation, among others. Discussed below are some of the benefits of using CBD oil.

ENABLES AN INDIVIDUAL TO NAVIGATE EVERYDAY STRESSES.

Stress originates from every angle, that is from our professional duties, pressure from the family, tight schedules that need you to be available all day long, and other demanding activities that we partake each day. We may have friends to help us through our situations, but sometimes they are busy when we need them the most. Ideally, it's common that sometimes just as we get everything in control, suddenly something new is thrown in the mix again.

It would help if you didn't worry anymore because CBD oil got you through both the expected and unexpected situations. CBD oil is a relaxing agent that will help you settle your heart rate, clear your mind, and regain control and focus. CBD oil enables one to get back on track and make the journey smoother.

CBD OIL FACILITATES DEEP AND BETTER SLEEP.

Sometimes it's not the quantity sleep that matters; it's the quality. Most of us may lay down for hours but not sleep soundly. Sometimes it may take some of us a long time to drift away or wake up several times during the night. Only to wake in the morning tired and exhausted than we were the previous day.

Therefore, if you have sleep problems, use CBD oils. CBD oils will improve your sleep cycles, enhancing your quality of sleep. An alternative to CBD oil, one can use CBD gummy and melatonin that is loaded explicitly with sleep needs in mind.

CBD ENABLES ONE TO CALM DOWN.

It's just amazing how some people have their life figured out. But most of us to arrive at what we want there must be a trial and error process, may it be in the career, or college or other life situations. Other times at work, we have tight schedules like colleagues or client meetings, business trips, we need to meet deadlines, and all these work-related stress needs lots of creativity. And during these overwhelming circumstances, we need to get ease and calm down for a while to incorporate, work, and make decisions effectively.

Thus, our CBD oils will help you reduce worries and anxiety each day in your life. CBD oils calm your nerves, which enables an individual to get more focused. Thus, if you need to get your projects done or emails answered, use the CBD oil, and you will get focused than ever before.

CBD OIL HELPS TO FIGHT DRY SKIN.

No matter the season, some people have dry patches on their skins and have trouble in maintaining moisture in their skins. Skin is the largest organ in the body, and having it dry and cracked is the most uncomfortable experience since it's a total hustle to keep it glowing and moisturized.

CBD oil comes to rescue our skins by maintaining optimum moisturization. Alternatively, you can use CBD creams that come with the same impacts on your skin. We have different skins, and our bodies react differently; therefore, as it is with every product, its effect is seen after some time, thus be patient.

CBD OIL WILL ENABLE YOUR PET TO STAY STRONGER FOR LONGER.

Aging makes individuals weaker, and it's a bit hard to see one not able to do what they used to do before efficiently. Even our pet's age as time goes by, and they are no longer active or passionate as they used to be. Pets serve as a part of the family, and they mean so much to their owners.

However, you can keep your pet more active and comfortable by using CBD oil. CBD oil supports joints and hips for animals; thus, a single drop will have your pet moving more efficiently. As much as you are incapable of keeping your pet alive forever, you can keep them happy and fresh with CBD oil.

CBD OIL HELPS TO REDUCE INFLAMMATION AFTER WORKOUT.

Individuals who like fitness, working out is non-negotiable. Thus, workouts such as running, yoga, spinning, or lifting are the order of the day to maintain strength, health, and longevity. However, life commitments and schedules in both work and family sometimes lead partially to skipping these routines. Aching muscles and soreness are the primary reasons for skipping fitness routines because the recovery process takes time.

You don't need to worry anymore since CBD oil will fight the battle against workout induced inflammation. CBD oil will speed your recovery process, enabling you to continue moving towards achieving your fitness goals.

ENABLES YOUR PET TO FEEL RELAXED.

Pet owners have so much compassion for their pets, and they usually notice any shift in their pet's personality. Thus, when you spot skittish, anxiety, or other unusual behavior to your pet, you don't need to get so much tensed. Use the CBD oil to calm their nerves and anxiety. You can use a small amount of the CBD oil to get the response from your pet first.

CONCLUSION.

CBD oils are used widely across the globe. However, as you continue using our CBD oil, it's important to note that our bodies respond differently to any products. Therefore, to some individuals, effects may commence immediately while to others regular use will earn you results; therefore, be patient.

Best Ways To Take CBD

There are many types of cannabinoids in plants but Cannabidiol (CBD) always stands out among the rest. CBD stands for Cannabidiol, and unlike its cousin Tetrahydrocannabinol (THC), it does not have psychoactive effects; that is, it won't get you high.

Currently, the CBD market is experiencing a boom across the world. From CBD oil to tinctures and gummies, many companies are embracing CBD due to its widely acclaimed health benefits. For some people, CBD is a component of their daily routine diet in addition to medication and vitamins. Others also prefer soaking themselves in a CBD bath at the end of the day.

According to Rick Weismann, president of High Falls Hemp, a US-based CBD company, the effectiveness of each way of taking CBD depends on the person. Some clinical trials also suggest that sublingual transmission and inhalation are the best ways of taking this cannabinoid. But then sublingual and vaping are the most effective as the CBD is absorbed right into your bloodstream.

Where should CBD reach?

The way of taking CBD you choose will depend on where you want it to reach. If you want to achieve some health goals, then it's essential to figure out the CBD target. If your target is closer

to the mucous membrane or skin, then go for some local products such as a topical and suppository. It has the highest CBD concentration and will deliver it to your preferred target. On the other hand, if you want CBD to travel from your bloodstream to the brain, the immune system and other locations take CBD orally.

Top Four Ways of Taking CBD Oil

1. Inhalation (Vaping/Smoking)

The best way of taking CBD oil is inhalation; it's the fastest and enables CBD to pass its effects to your bloodstream and lungs faster. You can smoke the cannabinoid by smoking or vaping. Typically, if you prefer smoking then you have to use an oil rig that is identical to a water pipe. You will then heat a nail and place CBD oil on it using a dapper. When the heated nail comes into contact with the CBD oil, it produces smoke; you'll then inhale this smoke. The other option for smoking is rolling out a joint of marijuana.

However, this method makes you consume large quantities of THC, a cannabis compound that makes you "high." The advantage of smoking CBD oil is it's easy to control the concentrations you will take. You'll also get high concentrated CBD oil and consumer it faster. However, it can be harsh on your lungs or throat, and you may require some specialized tools, i.e., dabber and oil rig.

The second option for inhaling CBD is vaping it. With vaping, you'll require a vape pen starter kit. Vaping is the best alternative for smoking if you want maximum effects without undergoing the harsh effects of smoke on your lungs or throat.

The advantage of vaping is you get the highest CBD concentrations for the best results. Besides, you can control your dosage easily, and you won't have to cope with harsh smoke going through your throat and lungs. However, it requires extra accessories such as a CBD vape pen, and you can take higher dosages than the one that is ideal for your body.

2. Ingest It Orally

Well, if you have never taken CBD before, then ingesting it orally is the best place to start. You may already be using pills or capsules, and therefore ingesting the CBD tinctures will not be a challenging task. Besides, capsules have their specific concentrations, which makes it easier to control dosages. Controlling the CBD dosage is important and you should try lower dosages initially and increase gradually until you find which works for you. Most users begin with a 25mg capsule and increase their dosage slowly until they reach their optimum concentrations. But note that unlike smoking, capsules take 45 minutes or more to be absorbed into your system.

Besides, pills and capsules, you can also try CBD tinctures. You consume tinctures by putting them under your tongue and leaving it for about one minute. You can also add it to your food or your popular smoothie food. The last option is the gummies that are available in a wide array of sizes and flavors to suit your taste.

3. CBD Dabs

Concentrated extracts such as waxes, shatters, and CBD isolates are in the dabs category. CBD dabs is a powdered CBD containing CBD only. Since its pure, it contains high concentrations of CBD but without the characteristic smell or taste of oils. CBD dabs are versatile as you include them as an ingredient of many products. When you infuse CBD isolate with terpenes, they become shatter, which closely resembles some marijuana strains. But don't worry since shatters are legal as they do not contain other cannabinoids.

Depending on the terpenes you add, it can lead to many aromas, which are ideal for various individuals. Wax is a type of CBD concentrate which is manufactured following the same processes. Dabbing is a general term for heating these different forms of CBD concentrates to vaporize them. The vapor can then be inhaled; these processes require some specialized tools for creating the vapor.

4. Topical Application

If you are looking to use CBD oil for muscle pains and aches, then try a topical application (on your body). The best feature with topical applications is they work faster and targets an area for pain and injury relief. Besides, you'll find many topical uses of CBD products in the market. Most of these topical CBD oils come with other natural and herbal remedies, so you'll get additional benefits from using them.

You will be glad to know that there are many ways in which you can take CBD oil to your body. The method you choose depends entirely on you, and you'll be glad to know that most are effective in delivering CBD to your body. If you are an experienced vaper, then try vaping or smoking. On the other hand, if you don't prefer smoking, then ingest CBD orally or apply the topical oils.

Where Is CBD Oil Legal

Is CBD oil legal in the US?

Purchasing CBD oil in the US is federally legal as long it does not contain more than 0.3% tetrahydrocannabinol (THC). However, some states have put restrictions on how someone can purchase CBD oil. For instance, the state of Virginia requires residents to use CBD oil only if they have a valid prescription.

What are the FDA regulations regarding CBD oil in the US?

- The FDA has only approved one product of CBD oil, a prescription drug used to treat two rare types of severe epilepsy.
- It is illegal to advertise or market CBD oil by labeling it as a dietary supplement or by adding it to food.

- FDA has limited scientific data about CBD oil benefits and safety. Users, therefore, need to consider the risks of CBD oil before taking it. All therapeutic benefits of CBD oil remain uncertain.
- The FDA will continue to update the public as it gets more data about CBD oil.

What states is it legal and illegal, and why?

You can easily purchase CBD oil in the following states as long as you meet the minimum age of 18 years and above:

- California
- Alaska
- Michigan
- Washington DC
- Washington
- Vermont
- Oregon
- Michigan
- Maine
- Massachusetts

The following states allow people to purchase and consume CBD oil for medical use only. To buy CBD oil in any of these states, you need to have a prescription from your doctor or a medical marijuana card. These states include:

- Arizona
- Delaware
- Hawaii
- Connecticut
- Florida
- Arkansas
- Maryland
- New York
- Minnesota
- Illinois
- North Dakota
- New Mexico
- New Jersey
- West Virginia
- Rhode Island
- Pennsylvania
- Oklahoma
- Utah
- Missouri

The following states do not allow the purchase or consumption of CBD oil for any reason unless it is used for a specific reason, as stipulated under the state law.

Alabama – CBD oil is only accessible to those suffering from severe and chronic medical conditions that causes a seizure.

Indiana – people can only access CBD oil that does not contain more than 0.3 THC

Georgia- CBD oil is only accessible for prescription patients suffering from debilitating and degenerative conditions. THC must not be higher than 0.5%.

Iowa- CBD oil is only purchased from a dispensary and is only available to those suffering from certain medical conditions such as ALS, epilepsy, and cancer.

Kansas- the content of THC must be 0%.

Kentucky- Only allows the consumption of CBD oil with a THC content of not more than 0.3%. It must be prescribed by a licensed physician.

Mississippi - only allows the consumption of CBD oil under the guidance of a licensed physician. Its CBD content must not be more than 15%, and THC must not be more than 0.5%.

North Carolina – CBD oil can only be purchased people suffering from server epilepsy

South Carolina- CBD oil is only legal to people suffering from severe epilepsy

Wyoming – CBD oil only accessible by people who have severe epilepsy. THC must be 0.3% or less.

Virginia- CBD oil is only accessible when prescribed by a licensed physician and must contain less than 0.3% THC.

Texas- anyone can buy or sell CBD oil as long as its THC level does not exceed 0.3% as has been independently tested in the lab to confirm its purity and potency.

If you live in the following states, then your option of accessing CBD oil is extremely limited. All cannabis products in these states, including CBD oil, are illegal. They include:

- Nebraska
- Idaho
- Nebraska

Where can I buy CBD oil?

You can buy CB oil both online and offline on stores that have been licensed to sell CBD oil. Please only buy CBD oil from reputable online and offline stores that have proven to sell high quality and genuine CBD oil.

What are the side effects of CBD oil?

Before we list the possible side effects of CBD oil, it is important to note that CBD oil is generally safe if used correctly as prescribed. People suffering from long term medical conditions such as diabetes and high blood pressure, pregnant and lactating mothers, and those who are currently under medication are advised to first consult their physician before using CBD oil.

Possible side effects of CBD oil include:

- Change in appetite
- Anxiety
- Dry mouth
- Drowsiness
- Diarrhea
- Nausea
- Changes in mood
- Tiredness

Will CBD show up on drug tests?

CBD should not show up on a drug test. However, if the CBD oil contains some traces of THC, it will show up on a drug test. This means that in some cases, using CBD oil may lead to a positive drug test. CBD oil's quality and composition play a huge role in determining if it will show up on drug tests.

What are some benefits of CBD oil?

- Aids in cancer treatment
- Possible treatment for epilepsy
- Helps to manage anxiety and depression
- Helps to relieve pain
- It helps to reduce acne
- It can benefit those suffering from drug addiction
- It helps to reduce the risk of suffering from heart disease

How to use CBD oil for pain?

CBD oil can be applied topically, orally, or sublingually to relieve pain.

Topically: Apply CBD oil directly to the affected pain areas. Applying it directly will help reduce inflammation and pain as well as treat achy and stiff joints.

Orally: Add CBD oil direct to breakages or food and consume orally.

Sublingually: Apply CBD oil under your tongue. It is one of the quickest ways to relieve pain because the active ingredients will be absorbed directly into the bloodstream.

Finding the right dose is a bit of trial and error, but most patients begin with a dose of 2.5mg of CBD.

How to use CBD oil for anxiety and depression

Expert recommend that you take an oral dose of 300 mg CBD oil. It will drastically reduce anxiety and depression.

What is CBD oil tinctures?

CBD tincture is an extract made using a mixture of alcohol and water to extract certain compounds from the cannabis plant. CBD tinctures are an extract of hemp in liquid form combined with a mixture of peppermint/cinnamon oil or glycerin. It is more bioavailability due to the presence of alcohol.

What is the difference between CBD oil and CBD tinctures?

- CBD oil can be ingested using vape method, while CBD tincture can be ingested by mixing it in food due to its alcohol content.
- CBD oil cannabidiol is oil bases while CBD tinctures have an alcohol base
- CBD tinctures have a more extended shelf life compared to CBD oil because it is made of isopropyl alcohol
- CBD tinctures have a more pleasant taste because it is available in multiple failovers while CBD oil has unpleasant taste when consumed orally.

What is the positive relationship between CBD oil and Epileptic Seizures?

Research has shown that CBD oil can significantly reduce the frequency of seizures in epileptic patients by up to 50%. Most patients see a significant reduction in epileptic seizures after seven months of using CBD oil.

Where To Buy CBD Oil

The CBD sales have been increasing rapidly in the United States after the passing of the 2018 Farm Bill. According to Hemp Intelligence Business Journal, the US sold \$130 million products containing cannabinoids in 2016 alone.

And this figure is expected to rise in the coming years according to market analysts' review. The Hemp journal also predicts that the sale of CBD product sales will reach \$2.1 billion in 2020.

Buying CBD oil online has grown in popularity as well as trustworthiness. Manufactures are listing their testing guidelines, where the product was grown, and test results. Making a purchase online is not only fast, efficient, and safe, it's the popular way to shop for trusted brands that offer you value for your money. Click on the arrows and see some of the many products that CBD is in and how it has changed our lives in the way we consume the product.

Click on any of the links below to be taken directly to the company's website for more product information and inventory. Below is the list of top CBD companies in 2020 in no particular order.

1. **Verma Farms**

website: <https://vermafarms.com/>

Products: CBD Gummies, CBD Dried Fruit, CBD for Dogs, CBD oil, CBD topicals

2. **Calm By Wellness**

Website: <https://calmbywellness.com>

Products: Hemp CBD Oil Tinctures, Hemp CBD Gummies, Hemp CBD Topicals, Medical Grade Hand Sanitizer, CBD Pet Treats

3. **Diamond CBD**

Website: <https://www.diamondcbd.com>

Products: CBD Oil, Edibles, Capsules, Vapes, Raw, Drinks, Bath & Body, Smokable, Creams, Pets

4. **Pure Touch Botanicals**

Website: <https://www.puretouchbotanicals.com>

Products: CBD Balms, CBD Bath Balms, CBD Cartridges, CBD Lotions, CBD Tinctures

5. **Organica Naturals CBD**

Website: <https://www.organicanaturals.com>

Products: CBD Oil, CBD Soft Capsules, CBD Concentrates (Distillate and Isolate), Zero High CBD, Pet-Friendly CBD

6. **CBD BioCare**

Website: <https://www.cbdbiocare.com>

Products: CBD Gum, CBD Oil, CBD Liquid Capsules, CBD Coffee Pods, CBD Pain Relief Balm, CBD Facial Scrub, CBD Ageless Cream, CBD Soft Pet Chews, CBD Pet Spray

7. **CBD.co**

Website: <https://www.cbd.co>

Products: CBD Oil, CBD Edible (Chocolates, Candy), CBD Water, Syrups, Protein, Tea, Shots, CBD Patches, CBD Haircare, CBD Vapes, CBD Oil for Cats & Dogs, Free The Leaf Smokable, Pre-Rolls

8. **CBD Pure**

Website: <https://www.cbdpure.com>

Products: CBD Oil, Liquids, Soft gels, Muscle & Joint Cream, Shop For Pets

9. **Just CBD**

Website: <https://www.justcbdstore.com>

Products: CBD Gummies, CBD Edibles, Capsules, CBD Vapes & Vape Pens, Jet Setters, Full Spectrum Tinctures, Sugar-Free CBD Gummies, CBD Protein Bars, CBD Bath Bombs & Soap, CBD Honey Sticks & Coconut Oil, CBD Isolate, CBD For Pets, CBD Topicals

Green Roads

Website: <https://www.greenroads.com>

Products: CBD For Beginners, CBD Coffee & Tea, CBD Oils, CBD Night Time Gummie, CBD Hand Sanitizer, Apple Kiwi Bliss CBD Oil, Variety Bath Bombs Combo, CBD Roll-On, Formula Dose Plunger

11. PETLYcbd

Website: <https://www.petlycbd.com>

Products: CBD Chews and Treats for Dogs, Pet Hemp CBD Oil for Large Dogs, Pet Hemp CBD Oil for Cats

12. Honest Paws

Website: <https://honestpaws.com>

Products: Calm Bites, Relief Bites, Calm Peanut Butter, Wellness Coconut Oil for Cats and Dog, Calm Soft Chews

13. Nanocraftcbd

Website: <https://www.nanocraftcbd.com>

Products: CBD Oils, CBD Capsules, CBD Roll-On, CBD Superfood Green Powder, Black Cherry CBD Energy Water, Immune Boost + CBD Oil Softgels

14. Quant Vapor

Website: <https://www.quantvapor.com>

Products: Premium Electric Grinder, Matte Grinder, Glass Water Pipe Adapter, Desert White Marble

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