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# Is It For You? Your Guide to CBD Oil and CBD Oil Health Benefits

Cannabidiol (or CBD) oil is a popular treatment for many common and not-so-common conditions. It is a compound isolated from the cannabis sativa plant, and it's been used throughout human history, contrary to what the recent hype might make you think. Unfortunately, this amazing therapeutic compound has been confused with the intoxicating compound tetrahydrocannabinol (or THC for short).



Many of its most common uses, such as skin treatment and pain relief have fallen out of use because of the status of cannabis sativa as a controlled substance. As more states have deregulated control of marijuana for recreational or medical use, Americans are discovering CBD oil health benefits. Here's what you need to know before you buy.

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## What Is CBD Oil

CBD is a naturally-occurring compound found in the cannabis sativa plant. It is extracted from resin of the buds and flowers of that plant and diluted with oil to create an ingestible or topical treatment for a variety of conditions.

CBD oil might also be found labeled as hemp oil, though these are more commonly made from the seeds, stems and leaves of the cannabis plant, and may only contain trace amounts of cannabidiol. The key difference between CBD and the compounds in marijuana known as THC is the “high” that THC gives. Cannabidiols contain no psychoactive properties. What they do is interact with the body’s endocannabinoid system to help the body adapt to stressors.

The human body has cannabinoid receptors all throughout its digestive, reproductive and immune system, and the phyto-cannabinoid (such as CBD) help to regulate functions in these systems. While CBDs may not be a true “cure-all,” they help regulate function in all parts of the body.

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Whew! Now, what specific CBD oil health benefits can you expect?

### CBD Oil for Chronic Pain & Soreness

The 21st century isn’t the first time we’ve seen cannabinoids used for pain relief. Marijuana has been used medically just as long as humans have been farming! So why is it such a buzzword now? Studies are showing that the CBD oil benefits for pain are so great that doctors have begun recommending it for their patients.

With legalization of cannabis on the ballots in so many states, people are starting to research the numerous benefits the plant has for human health. The fact is, your body creates its own cannabinoids (called endocannabinoids, which are neurotransmitters) that bind to cannabinoid receptors in your body. That’s right: your body is actually built to receive different types of cannabinoids!

Cannabidiols are called phytocannabinoids, and they perform the same action as the endocannabinoids produced by our bodies already, reducing pain. Studies show that CBDs can greatly reduce chronic pain by activating these neuroreceptors in your body! Taking CBD oil for pain works by activating these receptors, reducing inflammation and soreness.

### CBD Oil for Anxiety and Depression

In the United States, over 18% of the population (no follow) is said to suffer from highly treatable anxiety disorders, and only 40% of those people are taking steps for treatment. What’s more, many pharmaceutical drugs to treat these disorders can be addictive and often have myriad negative side effects. These can range from insomnia to drowsiness and agitation.

For some of the same reasons above, CBD has been shown to help symptoms of depression and anxiety in those who take it regularly.

As mentioned above, a 2011 study was performed in which 24 people diagnosed with anxiety disorders were given a placebo OR 600 mg of cannabidiols orally before a public speaking test. The statistically-significant results were that those who received the CBDs experience significantly less anxiety and detriment to their performance during the test.

The link between CBD and the treatment of anxiety and depression? Cannabidiols act on the brain's receptors in similar ways to serotonin, which has been shown to elevate mood.

### CBD Oil for Acne

Over 50 million Americans suffer from acne according to American Academy of Dermatology, and it can be very pesky to cure.

There is emerging anecdotal evidence that CBD oil benefits for skin can include reducing inflammation and treat acne. Acne stems from different causes, and whether it is an effective cure or not might depend on what is causing yours.

Acne is most often caused when hair follicles are clogged with dead skin cells, which cause whiteheads and blackheads to appear on your face, neck or shoulders. The place where your body produces the most skin oils is where acne is most likely to appear.

Hormonal imbalances can cause swelling and stimulate the oil glands in your skin. This can lead to increased oil production, which can cause acne.

So, what are the benefits of CBD oil for acne?

As your body attempts to force out the build-up of dead skin cells inside of your open pores and hair follicles, the skin swells and reddens. Like most other systems in the human body, cannabinoid receptors exist in the skin, and when these are activated by cannabidiols (CBDs), it can greatly reduce the visible signs of swelling.

CBD oils can also help to balance the symptoms that cause over-active oil glands, though scientists and health professionals are unsure of the precise link that causes this.

Taking a supplement of CBD oil as acne treatment can address the root causes of acne as well as deeper skin issues such as dry skin, skin inflammation and swelling. Our store carries a selection of CBD-based skin care products for you to explore.

### CBD Oil for Seizures

Though anecdotal evidence exists to show how CBD oil can help with every symptom ranging from acne to chronic pain, very few cures have gone through the rigors of FDA testing and approval.

In fact, in the US there is only one disorder for which CBD-based medication is an approved cure: seizures. Before CBD was approved, Keppra was the dominant cure for epilepsy.

Keppra has for years been the standard treatment for patients who experience chronic seizures. It is based on a chemical called levetiracetam and is a highly effective treatment. However, many of the side effects can impair social health.

Many, including various psychiatric symptoms, suicidal behavior, depression, fatigue and dermatological reactions, have caused patients to look for better alternatives. Enter CBDs.

## CBD Oil Benefits for Cancer Symptoms and Treatment Side-Effects

The incredible pain-reduction benefits of CBD oils make them a perfect alternative to pain medications. One of the newest and most serious treatments that CBDs are being tested for is cancer patients. The pain relief that cannabidiols provide, applied topically or taken orally, can seriously help relieve the symptoms of cancer and treatment.

To be clear, there is no current connection being made between CBDs and cancer treatment. However, cancer and cancer treatments both are extremely damaging to the body. Because of this, patients can experience many aches, pains and symptoms that can be mitigated while they go through various treatments.

Cannabidiols can help relax the body and help with pain management associated with chemotherapy. This is thought to be related to cannabidiols' anti-inflammatory properties, in which it reduces inflammation to alleviate soreness as well as the ways in which it interacts with cannabinoid receptors in the body.

CBDs have been found to relieve the aches and pains associated with chemotherapy, as well as treatment-induced nausea and vomiting.

### The Bottom Line

Cannabidiols are well-known for acting on a variety of neurological pathways in the body, helping to regulate the body by activating cannabinoid receptors throughout the body. Imagine what else research into CBDs will uncover!

Visit our shop to learn more about the CBD oils and topical creams we carry from Hale, Miracle Balance and Uttati. Our staff stays abreast of the latest research in our industry and is available to answer your questions! But if you're unsure of how it might interact with your current medications, consult your doctor.

If you have any experience with CBD oils, leave a comment below! We'd love to hear your story.