



# CBD Oil for Anxiety

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# Does CBD Oil helps fight Anxiety?

Cannabidiol, or CBD for short, has many uses for our most common health problems. Many of them are neurological and psychological, such as anxiety.

If you are still scratching your head about whether CBD can help you fight anxiety, this article is for you! Keep reading and get the facts!

## How does CBD work in the organism?

The chemical compounds known as CBD are not the ones responsible for the psychotropic effects that made cannabis plant so famous among some people (and so infamous among others). In other words, you can not get “high” using CBD.

Biochemically speaking, CBDs are organic compounds with the same formula than THC (the “high” compound), which is  $C_{21}H_{30}O_2$ . Despite that, their structure is different, which gives them different properties in our organism.

The CBD still affects your nervous systems. Although not completely understood, the CBD can react to certain receptors in our nervous cells, both in the central and the peripheral nervous system.

Medicine still needs further research to fully understand how the CBD really works in the organism. Nevertheless, it is proved that the cannabidiol raises serotonin levels in the user’s body.

Serotonin is the so-called “hormone of happiness”. It is associate with moments of pleasure, joy, and satisfaction. By the way, cases of depression and anxiety are associated with low levels of serotonin in the organism.

So, CBD raises your body’s natural reaction to happiness. Poetically speaking, CBD can give you happiness, or at least a bit more satisfaction. It does so even without the “high” effect.



# Fighting anxiety with CBD oil

So, now you understood CBD is not a drug and, still, has a quite interesting effect in our nervous system. It can raise our serotonin levels, thus being a great choice as treatment for low levels of this hormone.

Without going into many details on how the serotonin works, just know it is a neurotransmitter. That means it plays an important role in maintaining our brain's functions and our overall mental health.

Low serotonin is a real neurological condition that can be cured with a few treatments. The most common is the SSRI (or selective serotonin reuptake inhibitor), which uses, among other things, the well-known Prozac.

Anxiety disorders are caused by many different factors, even genetics. It can be a temporary feeling, or can be a real chronic challenge in your life. Any way it manifest, it is associated with low levels of serotonin.

There is research showing that CBD can treat generalized anxiety disorder (or GAD, for short) in humans. Beyond that, CBD has shown positive effects with patients with other forms of anxiety, such as social anxiety disorder and post-traumatic anxiety.

So, yes. **CBD oil can help you fight anxiety.**

You just must pay attention to a few things. For instance, sticking with CBD Oil of the same seller is recommended because you can easily manage your CBD intake because of it.

Authentic sellers not only provide high quality CBD, but also offer different potencies to offer the most comprehensive brands to everyone.



# **CBD oil for Anxiety:**

## **Everything you need to**

## **know about**

Nowadays, life is a mess. We are constantly hurrying, overloaded with work, and concerned with everything that is to be concerned about. Thus, a lot of us are constantly being held captive of anxiety.

However, in those modern days, it is quite easy to find ways to cope with anxiety. One of them is to use CBD, or cannabidiol. This substance, a gold mine for the medical and pharmaceutical sciences, is showing a lot of progress recently.

So, check this post out to know more about the most progressive uses of CBD today!

## **How to take CBD oil to treat anxiety**

CBD is best taken under the tongue, to accelerate its absorption and the manifestation of its effects. This way, the CBD is quickly delivered directly into the user's bloodstream.

The best hours to take the oil are in the morning and in the night. You can take it twice if you want to. If you ever find you mind is not in the right place or it is moving faster than it should, you can take another dosage to relief the anxiety symptoms.

One dosage typically has up to 50 mg, meaning you can take up to 150 mg of CBD oil safely each day. If you do not like the taste of the oil, you can mix it in other beverages, even hot one, like tea.

## **How long does it take to work?**



Delivered as oil, cannabidiol takes 30 minutes to 2 hours to manifest its effects and relief your anxiety symptoms.

## How does the CBD work?

CBD can is a substance that reacts with our nervous cells, affecting our levels of serotonin. Thus, it can potentially increase our mental health and overall sense of satisfaction.

Anxiety disorders has a lot of forms, but they are all associated with low levels of serotonin. Thus, the relaxing effects of CBD can make wonders in a stressed organism such as the modern-day workers.

Of course, those effects are not psychotropic since CBD is not the substance behind hemp and marijuana dizziness effects. In other words, CBD does not make you high.

## What else can be treated with CBD?

Beyond treating anxiety, CBD can be used to calm other mental disorders, such as anger and panic attacks. One of the most successfully applications of the substance, however, is to reduce episodes of seizure in people suffering from epilepsy.

As many specialists agree, CBD still has a long way to go. There is a lot to found about its pharmaceutical properties.

Anyway, we already know the CBO oil is a great way to relieve your anxiety. When buying the CBD oil, mind a few things.

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# Using CBD Oil to treat Anxiety in Kids

Have you ever heard about the thousands of pharmaceutical uses for the cannabidiol? By now, probably, every did. CBD can also help a lot with anxiety disorders, both in adults and kids.

Medicines based in this substance, such as the CBD oil, are already used in kids to help with a variety of problems. Anxiety is just one of them.

So, if you are seeking a way to help your precious child with anxiety, trouble sleeping, and stress, check this post and learn a bit more about CBD!

## Kids have anxiety too

We could digress a lot about the effects of modern life on adults. How we are stressed with so much work, how the responsibilities keep accumulation, and many more.

However, we fail to see that kids are often suffering with anxiety as well. Sadness and other bad feelings can target them during the development, due to a wide range of causes related to school, friends, family, and other factors.

It is manifested as many symptoms, such as trouble sleeping, being irritable, having too much fatigue, and other physiological manifestations. Of course, kids with anxiety can deviate from its common behaviour.

## Is CBD oil safe for kids?

Well, the first thing you must asked yourself was probably "is cannabidiol really safe for a kid to take?". The answer is yes, it is. Although it needs more research, there are plenty of uses of CBD in kids.



One of the most successfully ways CBD was applied is in helping kids with epilepsy. Beyond that, CBD-based medicine is already used commercially to help parents treat anxiety and hyperactivity in kids.

## How to use CBD oil to help kids with anxiety

One of the most popular forms to deliver CBD is the oil. It can be dropped below the tongue to a quick absorption, as many other medicaments. Since the cannabidiol oil may not taste great for children, this is the best form to deliver the liquid.

The CBD does have a distinctive aftertaste that will make your kid frown like she or he can not control it. But that is ok. They will soon be used to the taste.

A good way to deliver CBD for a kid is to divide the total in three dosages. The max a kid should take is half a milligram for each pound (or 0,5mg/pound). So, a 60-pound kid should take up to 30mg of CBD.

Those 30mg would be divided in three dosages of 10mg. So, give one in the morning, one in the afternoon, and one before bedtime. It will also help your kid sleep if she or he has any trouble.

Remember to deliver the CBD along with some food and everything will be alright.

Finally, if you so choose to give CBD to your kids, take some cautions. For instance, one of the most common advice we give is sticking with CBD Oil of the same seller, so you can easily manage your CBD intake because of it.

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