



The Benefits of CBD for Elders

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CBD Oil for Elders: everything you need to know

CBD Oil has come a long way in proving itself one of the best assets in modern medicine. Its applications are constantly growing, as physicians and scientists are conducting more and more research on the matter.

However, a lot of people still feel unsafe about bringing this revolutionary compound to their lives, especially if they are elders. Yes, older people often are more vulnerable to experimental treatments, but CBD has already proven not to be.

So, in this post, I will hand you a complete guide about CBD uses for older people. I hope this can serve by showing how this relatively new practice can bring you a hundred benefits!

So, do not miss anything!

How does CBD work in the body?

Cannabidiol is a compound found in cannabis plants. Because of its origin, it still is a target of many governments' restrictions, both for commercialization and research. However, CBD is just one of the many compounds found in the mix.

The actual responsible for creating the psychotropic effect of cannabis is the THC or the tetrahydrocannabinol. CBD is chemically similar but does not tickle the same spot in our organism.

Instead, CBD has many users and can influence our pain perception, mood and sleep. Therefore, this compound is used for many people as a pain reliever and to deal with anxiety, depression, and sleeping disorders.



Is Cannabidiol safe for elders?

There is no evidence that people should be concerned about CBD safety. It has proved to be a safe, natural, and incredibly positive effect.

Although there is no research conducted on the effects of CDB on older people, that are people with more than 65 years reporting benefits from its uses without being harmed in any way.

CBD is a safe compound to be self-administered. This is the reason why it is already legal to commercialize it in the UK and other countries in the world.

If you have more than 65 years and you are thinking about trying CBD to relieve pain or deal with disorders, know that you can do it with ease of mind. The substance is safe for ingestion at any age.

How to take CBD Oil when you have more than 65?

Now that you are much more informed about CBD, it is time to have some practical knowledge too.

Being an elderly person, you must do everything with extra caution. CBD is a new thing in the medical field and even if you are a healthy young adult you must exercise care when taking CBD.

Start with a smaller dosage. An adult can take up to 5 milligrams per day, and then slowly adjust its dosage. An elder can start with half the serving and adjust the dosage much more slowly.

One of the best tips, beyond that, is to pick a single producer and sticking with it. This is the best way of ensuring a quality product and to administer stable dosages, since every manufacturer may have different standards of production.



The 5 Benefits of CBD Oil for older people

As we get older, our body is not the same. That makes it necessary to find ways to deal with chronic pain, managing stress, among other things.

The problem is that, as we grow older, the number of artificial medicaments we take tend to increase. So, the last thing you need is another drug, right?

Gladly, CBD is not a drug, but a natural compound that has no psychoactive effect on the human body. Instead, it has a lot of benefits for people, especially elders.

So, keep reading to find out!

5 benefits of CBD for elders

1. CBD is not another drug

Being an elder does not mean we can not have open minds about new treatments, and this is particularly true for cannabidiol. As said, the compound is not a drug, but a substance that interacts with our endocannabinoid system to help balance our body chemistry.

The psychoactive effect of the cannabis plant is due to a substance called THC, or tetrahydrocannabinol. To be commercialized in the UK and many other countries, the CBD products such as the oil must not have more than 0,3% of THC, making them inoffensive.

2. CBD's effects on the body are mild and safe

Elder people already must take many drugs as time passes. Heart, liver, lungs, a lot of conditions appear as we grow older. Therefore, it is not any substance you can put in your body since it can interfere with your regular drugs.



CBD can be used with other medicaments since it targets a specific part of our organism. Also, the compound is safer enough to be legal for self-administration. That said, always consult your doctor before starting to administer the dosage.

3. CBD Oil can help you fight pain

CBD can help us with mood, anxiety, depression, sleep disorders, and chronic pain relief. Conditions such as Arthritis and postsurgical pain can be common for people of age, thus making CBD a great ally to go through the day.

There are studies showing the CBD is also related to bone health. If that can be backed up by future research, CBD can become a common substance used in coping with arthritis.

4. CBD is a natural anti-inflammatory

Cannabidiol is a natural compound, extracted from the cannabis plant and not synthesized in laboratories. Among its properties, it has an anti-inflammatory effect that can help you relieving pain, whether it is chronic or momentary.

5. Prevention of Alzheimer's

One of the most promising research on CBD is used to prevent Alzheimer's disease and dementia. Without going into many details, CBD and other cannabinoids can eliminate a protein related to the development of this syndrome.

If you have more than 65 years and is thinking about trying CBD, do not forget to speak with your physician. When buying the product, do your homework and chose a reliable manufacturer. It is good to stick with a single to ensure you are taking a product that follows the same standards.



The most common applications of CBD for Elders

CBD is one of the most promising substances studied today in modern medicine. With we go through everything the cannabidiol can probably offer, we will quickly call it a miracle compound.

However, a lot of studies is still needed to give consumers the full certitude of CBD full effect on the body. Despite that, the substance has already found many uses, especially for elders.

In this post, I will enlighten you with all the benefits the CBD Oil can bring to elderly people these days. So, do not miss it! The thing you are looking for may be one of them!

The CBD applications for Elders

1. Pain relief and pain management

As we grow old, our body finds certain limits. That means we start suffering from chronic pain due to a life worthy of stress, medical procedures, or even nerve damages we may face during life.

The bonus with CBD is the fact it is a natural substance, extracted and not synthesized. It can be a great alternative treatment for prescription drugs, which often come with undesirable side effects.

2. Reducing the effects of Glaucoma



Research has shown that CBD can decrease intraocular pressure, one of the symptoms of Glaucoma. Much more studies are still needed to ensure the fact, but the signs are promising.

3. Greater appetite

Elder users of CBD Oil report a greater appetite. Because of that, CBD is often used to increase appetite in people undergoing chemotherapy.

Often when people get old, the loss of appetite comes shortly after. That can lead to undesired loss of weight and other nutrition-related problems. So, if you have a natural and safe CBD Oil to push a bit of appetite, that is great!

4. Depression and anxiety

The CBD interacts with our endocannabinoid system, which is responsible to balance our body chemistry and has an impact on our mood. Therefore, the compound can help us deal with disorders such as depression and anxiety.

Sometimes, life is intense, and our later days are the culmination of everything we lived so far. So, a few drops of CBD Oil can help you go through the day easier.

5. Insomnia

For the same reason CBD Oil influences anxiety and depression, it has impacts on our sleeping balance. The endocannabinoid system regulates our sleep, so the administration of CBD can help us fight insomnia disorders, which can be extremely helpful for the elders.

Thus, CBD can be a great ally for the elders. If you want to try it, you can do it with ease of mind. Just remember to talk with your physician and pick a reliable producer. Sticking with the same manufacturer will ensure you are having a product that follows the same standards.