Cultural Daily

Independent Voices, New Perspectives

An Easy Introduction To CBD Treatment

Our Friends · Wednesday, July 13th, 2022

You may have heard of CBD, but how much do you know about it? CBD is becoming more favoured by medical professionals as a way of treating a huge range of health problems, from pain caused by chronic illness to symptoms caused by anxiety and stress. You can buy CBD to improve your general well-being – read on to find out more about these products and the health benefits that come with them when used as a treatment.

What is CBD?

CBD is an all-natural substance that is extracted from the cannabis plant – it does not result in any adverse side effects or the 'high' feeling associated with cannabis as a drug, it is completely safe to use. it is becoming more popular as an alternative to traditional medicine, as it is packed with health benefits like anti-inflammatory properties, the ability to soothe aches and pains, as well as being able to help with anxious thoughts and feelings. It comes in a range of products that we will look at in more detail below, from oils to take orally, or creams to apply topically – there is something to suit everyone.

How does it work?

So, how does this natural product help us with such debilitating health issues? CBD interacts with the endocannabinoid systems around our body and helps to balance out any issues we may be feeling in the way our body functions, such as our immune or digestive system, and our appetite. As well as this, it can change the way the receptors in these systems react to pain and can create an anti-inflammatory effect to reduce swelling and discomfort internally and externally. When it comes to our brains, CBD can work with the chemicals that cause happiness to reduce feelings of depression, as well as stress, so we can feel calmer.

Health benefits

As we've previously mentioned, implementing CBD into your diet can have a positive impact on your overall health and wellbeing. Here are some of the benefits that you might find if you choose to add CBD to your day.

- **Pain relief:** The anti-inflammatory properties in CBD make it a great pain reliever. It can help to soothe conditions like arthritis and MS, as well as IBS that occurs internally. It can promote the healing of skin cells and can help reduce redness in sore or broken skin.
- **Reduces anxiety and stress:** If you find that your daily life suffers due to symptoms caused by

stress and anxiety, CBD can help you feel calmer – it can reduce levels of cortisol and promote higher levels of serotonin.

- **Relaxation:** If you struggle to unwind, CBD relaxes the muscles throughout the body so you can rest and find a moment of calm in an otherwise stressful day.
- **Skin conditions:** If you suffer from acne, psoriasis, or eczema, using CBD cream to apply to the irritated areas can help to reduce itchiness and pain, as well as improve the overall look of your skin to make it smoother and clearer.

Who can benefit?

Because CBD is natural, if you suffer from any of the above issues, you can benefit from adding CBD products into your day. If you decide to give CBD a try, it can take a little while to get used to the dose that you're taking. It is always best to start with a small dose and work your way up as and when needed. Unfortunately, there is no perfect dose for everyone – you must give CBD a couple of weeks to take effect – so don't give up! You may have to choose a stronger product if you're looking to manage chronic pain, or you could choose something easy to take if you're hoping to implement it into a busy day. With the range of products on offer, there is a treatment to suit everyone. We'll look at some of the most popular products to choose from below.

What type of products are available?

The most well-known CBD product is oil. This product comes in a bottle with a dropper, so you can take it easily by placing a drop under your tongue. It is convenient, and you can add it to your favourite food and drink. CBD cream can be used topically to help soothe joints and injuries if you'd rather use something externally. If you have a sweet tooth, CBD gummies are great to take with you on the go so you can feel a little bit of calm throughout your day. There are also products like CBD teas and coffee that are an easy way of getting your daily dose, as well as sweet treats like cookies. You can choose something to suit you, so you can feel all the benefits that this natural health product has to offer.

Photo by Kimzy Nanney on Unsplash

This entry was posted on Wednesday, July 13th, 2022 at 6:31 am and is filed under Check This Out
You can follow any responses to this entry through the Comments (RSS) feed. Both comments and pings are currently closed.