

# Cultural Daily

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## How CBD Gummies Can Improve Your Lifestyle

Our Friends · Thursday, February 20th, 2020

CBD gummies have been rising in popularity over the last couple of years, and with good reason. People all over the country are taking [THC free CBD gummies](#) to improve their mental and physical health, giving them the space and energy to make tangible lifestyle changes for the better. Keep reading to find out how CBD gummies can improve your lifestyle too.

### Scientific Background

Your body's endocannabinoid system is a series of neuroreceptors and neurotransmitters that communicate with every other system in your body. Researchers recently discovered the endocannabinoid system while looking into THC's effects on human physiology, but every other cannabinoid present in hemp and cannabis—including CBD—also interacts with this system.

The endocannabinoid system functions to restore homeostasis when internal and environmental changes happen. Some scientists now theorize that almost every bodily dysfunction ties back to an imbalanced or inhibited endocannabinoid system.

Researchers are currently investigating the powerful therapeutic properties of CBD, including its ability to help protect your nervous system, reduce inflammation, mitigate high blood pressure, reduce anxiety, improve symptoms of depression, and even fight growth of abnormal cells.

### What Does it Feel Like to Take CBD?

The benefits of CBD affect your whole self. Body, mind and spirit.

You may not notice it at first, but CBD has the power to positively impact your life in immeasurable ways. When you feel more balanced in life, you can create the space you need to bring about changes you want for yourself. Taking CBD is like taking a breath of fresh air that wipes away the cobwebs and allows you to see the possibilities again.

CBD is gentle in the way it works, and it takes a while to build up in your system. Do not take more just because you don't feel anything right away. The effects of CBD are generally more subtle, showing up in tiny, incremental changes that take place naturally as your mind and body come back into balance.

Here are a few of the amazing benefits to look out for, as you begin to incorporate [CBD gummies](#) and other CBD products into your life:

- Relaxed Muscles
- Clearer Head
- More Energy
- More Space to Make Changes
- Less Pain
- Deeper Breaths
- Fewer Unhealthy Cravings
- Better Digestion
- Increased Joint Mobility
- More Fulfilling Activities
- More Physical Endurance
- Better Sleep
- More Smiles
- Increased Level of Patience for Yourself and Others

### **How Much CBD Should I Take?**

Start with a smaller dose until you know what kinds of effects CBD will have on you. About 10mg is a good place to start, and lower-dose [THC free CBD gummies](#) are pretty easy to find. Give that a week or two before you up your dose. Remember, you can always take more, but once you've eaten those gummies, there is no turning back.

Many people find a sweet spot at around 20-30mg in the morning and at night, with a booster of around 10-20mg in the middle of the day. Just remember, however, that you are an individual and your needs may vary. Diet, level of activity, weight, and overall health will have an effect on how much you need. Start slowly and work your way to a dosing schedule that works for you.

### **When Should I Take CBD Gummies?**

Taking CBD to improve your lifestyle means incorporating it into your daily routines. To get the full benefits, you need to take it on a regular basis. CBD gummies are a convenient and discreet way to get the precise dose you need whether you are at home or on the go.

#### **CBD at Night**

CBD works to balance the sleep/wake cycle, so most people start taking CBD as a nightly supplement. The serotonin release CBD triggers, relaxes you into a peaceful slumber, and helps you fall asleep and stay asleep through the night. This may very well be one of CBD's most valuable benefits.

#### **CBD in the Morning**

Some people stick to just taking CBD at night because it makes them drowsy. For others, the balancing effect not only helps them sleep, but it also gives them a boost in the morning. Try taking a low dose to start, and see how that makes you feel throughout the day. People who swear by daytime CBD dosing say that it keeps anxiety, pain, and inflammation at bay all day long, leading to an elevated mood and greater endurance throughout.

#### **CBD in the Afternoon**

Taking a booster dose of CBD in the afternoon keeps the good feelings flowing at full strength all day long. CBD gummies can help the mid-afternoon slump and keep you going, so you finish your day out strong.

### **CBD Before and/or After Exercise**

Incorporating CBD gummies into your workout routine can take your fitness to a whole new level. CBD reduces inflammation and relaxes your muscles to prevent injuries while you exercise, and it reduces soreness after. The healing properties in CBD cut back on recovery time, so you can ramp up your fitness routine with shorter resting periods in between.

### **CBD for Meditation**

Meditation has numerous health benefits, from improving mental health, to lowering blood pressure and reducing heart disease. Why not take a dose of CBD gummies before you meditate? It will help calm your thoughts and take deeper breaths, enabling you to get the most out of this time you've made for yourself.

### **CBD for Creativity**

Creativity comes most freely when you are relaxed and balanced. Whether you are a dancer, musician, writer, painter, actor, or any other sort of artist, CBD gummies will help you tap into the moments of discovery you are looking for to enhance your life and your work.

### **Final Thoughts**

CBD gummies can help you make the small, incremental changes you need in order to see big improvements in your lifestyle. Start with lower doses until you know how they will affect you, and enjoy the lift you need to get the life results you're looking for.

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