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CBD Oil for Beginners: What You Need to Know

Jamie Taylor · Tuesday, January 26th, 2021

Recently, CBD oil has been marketed as a safe, natural remedy for common ailments. From manufacturers hyping their CBD products to users who swear that it's the next best thing after sliced bread, it's easy to get overwhelmed by the buzz surrounding this plant-derived compound.

But there's a huge question probably looming in your mind right now. Is CBD oil really as wonderful as most health blogs claim it is? Well, this article is here to answer your questions about this substance.

Whether you're merely curious about CBD oil or looking to join the long train of users, here's everything you need to know about this substance:

What Is CBD?

Cannabidiol (CBD) is one of over 80 active chemical compounds found in the Cannabis plant. For centuries, this compound has been used as a natural remedy for a wide range of ailments.

A lot of people are more familiar with Tetrahydrocannabinol (THC), another active compound derived from the same plant. THC's popularity stems from the fact that it has psychoactive effects in addition to its medicinal benefits.

However, even though CBD comes with the same health benefits as THC, it has no psychoactive effects. This makes it a great choice for people who want to enjoy the therapeutic effects of Cannabis without feeling "stoned".

Health Benefits of Using CBD Oil

Currently, the available research and clinical studies on the health benefits of using CBD oil are insufficient. However, the discoveries so far have been positive. According to some studies, CBD oil is effective in the treatment and management of several health conditions such as:

- **Body pain**

CBD oil is popularly used as a remedy for general body pain in adults. Many centuries ago, marijuana was used as a pain-relieving compound. Recent studies further discovered that CBD and other active components are responsible for this pain-relieving effect.

A [study published in 2017](#) experimented on male Wistar rats and it was discovered that CBD

reduces pain associated with surgical incisions. An [older study](#) also experimented on rats and found that oral CBD treatment can reduce sciatic nerve pain.

Several human studies have also shown that this compound may be highly effective in reducing pain and muscle spasms associated with certain diseases.

- **Anxiety and depression**

Anxiety and depression are two common mental disorders that affect a large percentage of adults and teenagers worldwide. These disorders are typically treated with a wide range of pharmaceutical drugs or pills. However, even though the prescribed drugs are effective in managing these disorders, they may cause certain unpleasant side effects such as insomnia, headache and even sexual dysfunction.

Recently, some studies found that CBD oil may be effective in improving mental health and treating disorders like anxiety and depression. In fact, this compound has been used to treat anxiety in children who suffer from post-traumatic stress disorder (PTSD). As such, many people who suffer from mental health disorders are gradually gravitating towards CBD oil.

- **Acne**

Acne is a common skin condition that plagues a large percentage of teenagers and adults. This condition can be caused by a number of factors such as genetics, bacteria or even hormonal imbalance. However, the most common cause of acne is excess production of sebum.

Recent scientific studies have shown that CBD oil may be effective in reducing acne, thanks to its anti-inflammatory effects. This active compound also has the ability to prevent sebaceous gland cells from secreting excessive sebum, thereby treating sebum-induced acne.

However, more human studies on the use of CBD oil for acne are needed in order to validate this claim.

Dosage: How Much CBD Oil Should You Take?

Most people often wonder what the right CBD oil dosage is. As a beginner, it's advisable to start with a low dosage and apply caution when increasing your dose. This way, you can safely monitor how your body reacts to CBD.

If you're a first-time user, you could start with 5mg a day and then gradually increase the daily dosage to 10mg if you don't spot any adverse reactions after the first week. You could also follow the product's recommended dosage.

However, it's very important to consult your doctor first about the best product and dosage before taking CBD oil.

How to Take CBD Oil

Wondering how to take CBD oil? This active compound can be taken through a number of ways. It can either be ingested or applied topically.

If you're still unsure about how to take this product, here are some examples/recommendations:

- Add it to your coffee or tea: You can add the recommended CBD oil dosage to your morning coffee or tea. This way, if you're skeptical about the product's taste, your beverage will easily mask any strange or unpleasant taste.
- Place it under your tongue: Some people prefer to take CBD oil by placing it directly under the tongue.
- Apply directly on your skin: This method is advisable mainly when you're trying to treat acne.

Is CBD Oil Legal?

Here's a question that's probably wandering through your mind right now: is CBD oil legal? Well, the answer to this question depends on your state's laws. In some states, CBD oil products are legal while some states have declared it illegal.

As such, it's advisable to check your state's laws before purchasing this product.

How to Find the Best CBD Oil Products

Wondering how to find the best CBD oil products? For starters, you could check [CBD oil reviews](#) online for recommendations.

However, just before you make any purchase, ensure that the product is organic and has undergone sufficient third-party testing.

Final Thoughts

CBD oil is a popular natural remedy used to combat pain and other health conditions today. Studies have shown that this compound is also effective in treating certain mental health disorders.

However, despite the numerous benefits of CBD oil, it's important to apply caution when taking it. If you're a beginner looking to try out this plant-derived compound, consult your doctor first about the dosage to start with. If you notice any adverse reactions, discontinue use and visit a hospital.

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