

# Cultural Daily

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## Using CBD oil to manage anxiety and other behavioural issues in dogs

Our Friends · Thursday, January 26th, 2023

The term *anxiety* brings a shudder to many of us. Our modern, hectic lifestyles get our hearts pounding and our palms sweating. Dogs can suffer from the same affliction, and it can affect your relationship with your pet.

Canine anxiety can manifest as yowling, hiding, and even aggressive behaviour. A study published on the RSPCA's site reports 7 million dogs in the UK have separation anxiety, but that is far from the sole cause. Fireworks, loneliness, past trauma can all trigger anxiety in dogs.

CBD oil for dogs can help relieve your pet's anxiety. A recent health trend in the UK, CBD oil's health benefits are just coming to the surface, for people and animals.

You might want to know more about CBD oil before you give it a try with your pet. We have a guide to help you. Read on for all you need to know.

### What Is CBD Oil?

Cannabidiol (CBD) is one of the compounds found in cannabis, and although it is not psychoactive, it can have many beneficial effects on the mind and body.

[CBD oil for dogs in the UK](#) comes from hemp, rather than what many of us know as *marijuana*. Hemp is also a durable textile, used to make clothes, bedding and industrial fabrics.

Doctors all over the world prescribe CBD to treat pain, inflammation, anxiety, auto-immune disorders and even epilepsy. The cannabis plant has been used medicinally for decades. but delta-9-tetrahydrocannabinol (THC) creates the *high*, while CBD offers most of the therapeutic benefits.

Manufacturers extract CBD oil from the hemp plant, mix it with carrier oils olive or coconut, then package it. It is concentrated and lasts a long time.

### How Can It Help Alleviate My Dog's Anxiety?

Like humans, dogs have a serotonergic system that transmits signals with the neurotransmitter, serotonin. This helps controls mood, sleep, pain, appetite and breathing. CBD binds to receptors within this system, [relaxing and calming humans](#) and dogs in most cases.

Like in humans, CBD is absorbed through your dog's skin or by ingestion. You can add a few drops to food or water. You can also buy treats infused with CBD that your dog will love.

You can increase your dog's omega-3 intake for the best results.

Due to its newness on the market, studies are ongoing, but CBD oil is safe to use for most dogs. You can try a little at a time, note down the dosage and effect, then take it from there. CBD is non-toxic in ingestible doses.

### **Where Can You Buy the Best CBD Oil?**

CBD is legal in the UK, hence the CBD shops you might notice on many of our high streets. THC, on the other hand, is controlled, but the best CBD oil contains little to none of it.

You can order CBD oil for dogs online or find it in your closest city. The latter is trickier, and for the best quality CBD oil, online stores offer greater options.

Look for [GMP-certified CBD producers](#). This gives you peace of mind your pet's CBD oil comes from professional sources, subject to regular inspection.

Many CBD oils use low-quality carrier oils. Olive and coconut are healthy, but for the best absorption, high omega-3 oils are best. Krill oil is an excellent source of this, so check the label before buying.

### **Peaceful Nights and Days for Your Dog**

We hope this guide helps you and your pet make the most of your time together. When your dog is relaxed, so are you, and CBD oil is on your best options to achieve this.

Check out the rest of our site for more health and lifestyle tips.

*Photo by [Kimzy Nanney](#) on [Unsplash](#)*

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