

## Top 5 Health Benefits of Using CBD Products

Written by AZFoothills.com

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You've probably noticed a lot of talk about CBD lately. You usually find it in oils or [edibles](#). Cannabidiol, otherwise known as CBD, is one of over 100 cannabinoids typically derived from the cannabis plant. While the extract is a component of the cannabis plant and is included in the marijuana bud, the chemical CBD itself does not induce any form of intoxication.

It is completely legal in all 50 states not just because it has few drawbacks, but also because it has many benefits. Although CBD is naturally found in the cannabis plant, most CBD extracts come from hemp—not marijuana. This part of the plant contains significantly lower levels of THC than the bud that is smoked to get high.

THC is an acronym for tetrahydrocannabinol, and it is the primary psychoactive cannabinoid found in marijuana. THC latches onto receptors in the brain that create the intoxication marijuana is known for, but without THC there is no high. CBD is a completely separate chemical.

As of 2021, THC remains illegal under federal law. However, the legality of marijuana with THC varies from state to state. Even in states where medical and recreational marijuana is legal, many people prefer to use CBD products because they do not inhibit cognitive function and still have all the calming and healing effects the cannabis plant is known for.

After the 2018 Farm Bill, which legalized hemp products, the door was opened to cannabinoid research. Therefore, CBD is rising in popularity for its numerous and significant health benefits. Unlike THC, which can cause mental dependency, paranoia, hallucinations, and a plethora of other adverse side effects, CBD has minimal side effects and is mostly known for its advantages.

In addition, there is another form of CBD oil—if you're not sure that you want to try one made from the same plant as cannabis flower. It's [CBD from orange peel](#). That's right, you can find oils and edibles of CBD made from oranges, and the science seems to show that terpenes from citrus peels are more pure, more consistent, and less waste-intensive than CBD made from hemp plants. Not only that, but this "citrus CBD" isn't bound by state-by-state regulation; it's available across the U.S.

Regardless of how you want to try these products, here are some of the benefits scientists believe CBD provides:

- **Relieve Pain and Inflammation**

Whether you suffer from arthritis, IBS, or other chronic inflammation disorders, CBD can help relieve and manage the symptoms of these conditions. The biggest benefit of CBD is that it is anti-inflammatory. A growing number of studies indicate CBD has significant anti-inflammatory properties that help reduce localized and systemic inflammation, discomfort, and alleviate pain related to these issues. Topical application of CBD is best for localized pain and inflammation, while oral supplements work best for systemic inflammation such as in the gut.

In patients with arthritis, studies show that CBD can improve their physical movement and overall pain levels when compared to study groups who were given placebo. A 2020 study showed that CBD significantly reduced pain for patients with symptomatic peripheral neuropathy resulting from brain and spinal cord nerve damage. Many people also use CBD as a natural remedy for IBS to lessen stomach cramps, diarrhea, and other gastrointestinal symptoms.

- **Reduce and Prevent Acne**

While it is known as a youthful problem, acne can be a persistent source of irritation for people of all ages. There are a variety of factors that cause acne, including genetics, bacteria, inflammation, and over productive sebaceous glands. Often, people treat acne by using harsh

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chemicals that can be harmful to their skin and cause even more breakouts in the future if not used correctly.

Emerging studies show that CBD oil can prevent excess sebum, which is the oil produced by sebaceous glands. CBD's anti-inflammatory properties can reduce the redness and swelling that comes with acne and clear up the skin in general. CBD facilitates irritation and inflamed skin overall. Even if you don't have pimples but blackheads or other blemishes, CBD can be useful. Additionally, CBD has antimicrobial qualities that may reduce harmful bacteria, preventing future skin problems.

- **Improve Your Mental Health**

Anxiety and depression are the most prevalent mental health issues today, and doctors usually treat them with pharmaceuticals that come with a litany of side effects. Some of these medications, such as benzodiazepines, are highly addictive and may even lead to substance abuse issues. CBD, on the other hand, can greatly improve anxiety, depression, and [post-traumatic stress disorder](#) (PTSD). That is why many people are now turning to CBD to treat their mood disorders and improve their mental health through a safe, natural means that has few side effects.

Perhaps the most popular benefit of using CBD products is their anxiolytic or anti-anxiety effects. This is due to the fact that CBD helps the brain's receptors bind to serotonin and dopamine (the brain's happiness chemicals) more effectively, leaving you in a better mood. There is even evidence that CBD may help decrease symptoms of PTSD in children. When used in tandem with traditional therapy, CBD can alleviate many symptoms of poor mental health.

- **Combat Substance Abuse and Addiction**

If you or someone you know is struggling with addiction, you know how hard it can be to get and stay sober. The withdrawals from a drug dependency can be life-threatening, which is why it is so important to get treatment as soon as possible. Whether you're going to rehabilitation treatment or you're quitting drugs or alcohol on your own, CBD oil may be able to help you overcome dependence on substances and addiction. Mounting evidence indicates that CBD has the potential to combat relapses, lessen the severity of withdrawals, and even rewire pathways in the brain responsible for the behaviors of addiction. While there are limited studies on the subject, CBD has shown promise in reducing opioid dependence in lab rats and in some human trials.

- **Promote Quality Sleep**

Insomnia and other sleep disorders can have a massive impact on your life. Prescription and over-the-counter sleep medications can be an effective treatment option for some; however, long-term use can often create more problems. Some people may become dependent on sleep medication or even addicted, and the quality of sleep you have can diminish over time.

CBD promotes a deeper sense of calmness and relaxation that results in higher quality sleep. Unlike other supplements like melatonin, there is no chance of developing a dependency on CBD and no adverse effects of stopping treatment cold turkey. CBD is an excellent, natural way to get a good night's rest without morning grogginess or other negative side effects.

So while CBD is found inside the cannabis plant, it has nothing to do with getting high. Instead it has everything to do with healing and calm. It can provide relief to a host of symptoms. It can calm the person. It can alleviate symptoms of poor mental health, pain, and even cancer. There are so many applications [and places](#) to learn about purchasing CBD that it is becoming one of the most central chemicals in the conversation surrounding physical pain and the opioid crisis. If you think CBD will help you in any way, why not give it a shot? The side effects are few and far between.