

What is CBD Oil?

Written by Chloe McAllaster

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Everyone is looking for that one miracle cure-all that can remedy pesky ailments like inflammation, pain, stress and anxiety. CBD oil seems to be the latest fad product people of all ages and medical backgrounds can't stop swearing by—but what exactly is CBD and how do you know if it's right for you? Marie Saloum of GreenPharms Dispensary explains why CBD might be the answer to your prayers.



What exactly is CBD?

CBD is a non-psychoactive component of the cannabis plant. This means that you will not experience any high or hazy feeling from using a product that contains only CBD.

How is CBD harvested?

CBD goes through a special extraction process, meaning that some products on the market may contain solely CBD while others may also have an element of THC—the principal psychoactive component of cannabis. The extraction process determines the composition of the CBD product.

What should I look for on labels when purchasing CBD?

The most important thing to consider when purchasing CBD is where you're buying the product from. Dispensaries supply CBD products manufactured specifically for the highest potency and overall best product. Conversely, there is a lot less regulation over smoke shops and convenience stores. Labels will also tell you if the product is hemp-derived or CBD isolate. Hemp-derived CBD could contain traces of THC, so you may show up positive for THC on a drug test if you're using an ingestible product. CBD isolate contains no THC whatsoever. The last factor to consider is the ingredient list. Avoid products you are allergic to and consider additives that have warming and cooling effects or create scents and flavors.

What if I've tried CBD in the past but didn't notice any positive effects?

If at first you don't succeed, try, try again. Saloum emphasizes that CBD oil is not a one-size-fits-all product. Due to the fact that everyone's endocannabinoid system is different, something that works for your sister or friend may not work for you. One crucial aspect of finding the right CBD product concerns dosages. If you're looking for a product to help manage pain, you may need a higher dosage of CBD. Anxiety, on the other hand, may be treated using a completely different dosage. Check labels to be aware of milligram dosages, and don't get discouraged if a product does not work for you.