

CBD OIL BENEFITS FOR BETTER LIVING



CBD Oil Benefits for Better Living

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Due to changes in local, state and federal laws, the legal status of marijuana is continually in flux. *Always review regulations before pursuing the sale or purchase of marijuana products.*

Introduction

It's no secret that CBD or cannabidiol oil is used in the prevention and management of a variety of medical conditions and chronic diseases. People who suffer from arthritis, diabetes, cancers and age-related ailments have reported relief after using CBD oil products.

Every day you'll find a news story where CBD oil benefits an adult or child. Dogs are even entering into the limelight. With researchers discovering more and more of CBD's positive effects on the human body, it's easy to consider how CBD might be useful in other areas of daily life.

So how can CBD oil be used for better living? Let's explore the benefits.



CBD Oil Benefits for Better Living

Boosting Energy Levels

Sometimes, you just feel periods of fatigue and a lack of energy to accomplish simple tasks. This can occur in the morning right after you wake up or throughout the day even when you have not engaged in any physically tiring activity.

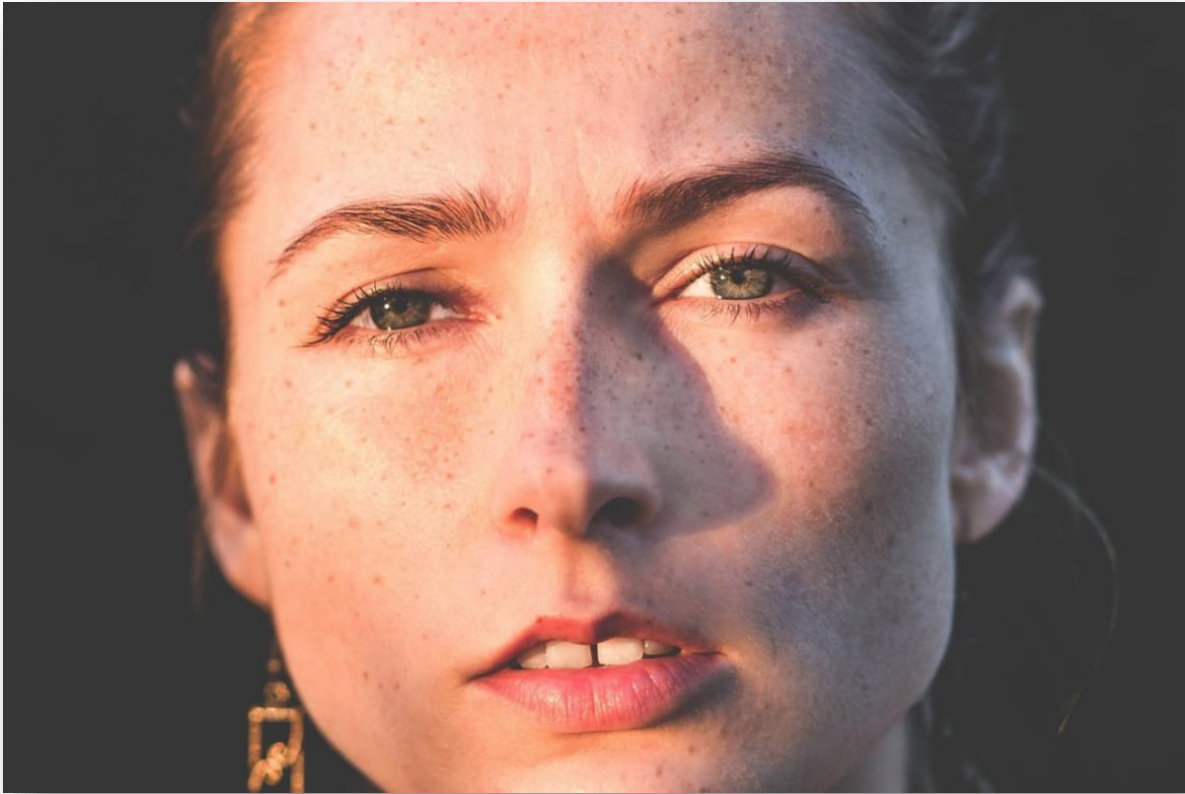
If this is a chronic or serious condition, it may be a good idea to consult a doctor, especially if this is on a day-to-day basis. This may be due to an outstanding medical condition or heart problem that needs to be addressed right away.

However, with minor cases, this could be a simple sign that your body is just low on energy. In these types of cases, CBD oil can help boost your body's energy levels, promoting wakefulness. CBD oil achieves this through the strengthening of your body's individual cells and promoting good working health conditions of these cells at all times.

Natural Skin Care

Adding CBD oil into your daily skin care routine can actually do wonders for your skin. Whether its softening rough skin, treating acne, or smoothing wrinkles, CBD oil can be an amazing treatment for your skin you just might fall in love with.

Studies have shown that CBD oil can actually reduce the inflammation that leads to breakouts of acne and skin stress. The oil has also been proven to protect your skin against and decrease the signs of aging. Furthermore, CBD oil can also protect against psoriasis and eczema. If you already have healthy skin, CBD oil can also promote healthy re-growth of skin cells and leave you feeling radiant and glowing.



Managing Anxiety, Stress & Insomnia

Anxiety is a very natural emotional feeling that everyone experiences to some degree when you are worried about situations and things that matter to you most.

One of the many benefits of CBD oil is its ability to calm nerves while lowering the feelings of anxiety or paranoia. CBD, administered on its own on a day-to-day basis, can reduce intense feelings of stress, panic and anxiety, without any of the psychoactive effects found in medical grade marijuana [high in THC].

Furthermore, CBD oil is sought after as an alternative to pharmaceutical drugs in the treatment of these conditions, because unlike its harsher counterpart, CBD does not harm organs such as the liver or kidneys. This means that CBD can be used for a considerably extended period of time without harmful effects on the body.

Small doses focused around the end of the day can also assist in the release of tension and promote pleasurable, relaxed feelings, reducing the effects of insomnia.

Heart Health

CBD oil is considered extremely volatile in the world of essential oils. This means that its compounds are super-reactive and interact with our bodies in a variety of ways. This reactivity is what helps keep our hearts healthy.

Our daily food consumption can leave us with a lot of saturated and unhealthy oils. These oils often are what lead to the build-up of cholesterol in the body, which is harmful to the cardiovascular system and what causes our hearts to have to work extra-hard to do its job.

Removing these harmful oils and fats from our bodies is difficult, but that's exactly what CBD oil does. CBD oil works to balance out the negative oils in your system and helps take care of the driving force of your body. This is all because the healthy fatty acids in CBD oil helps to stimulate our natural antioxidant processes while assisting in the reduction of cholesterol and its effects.

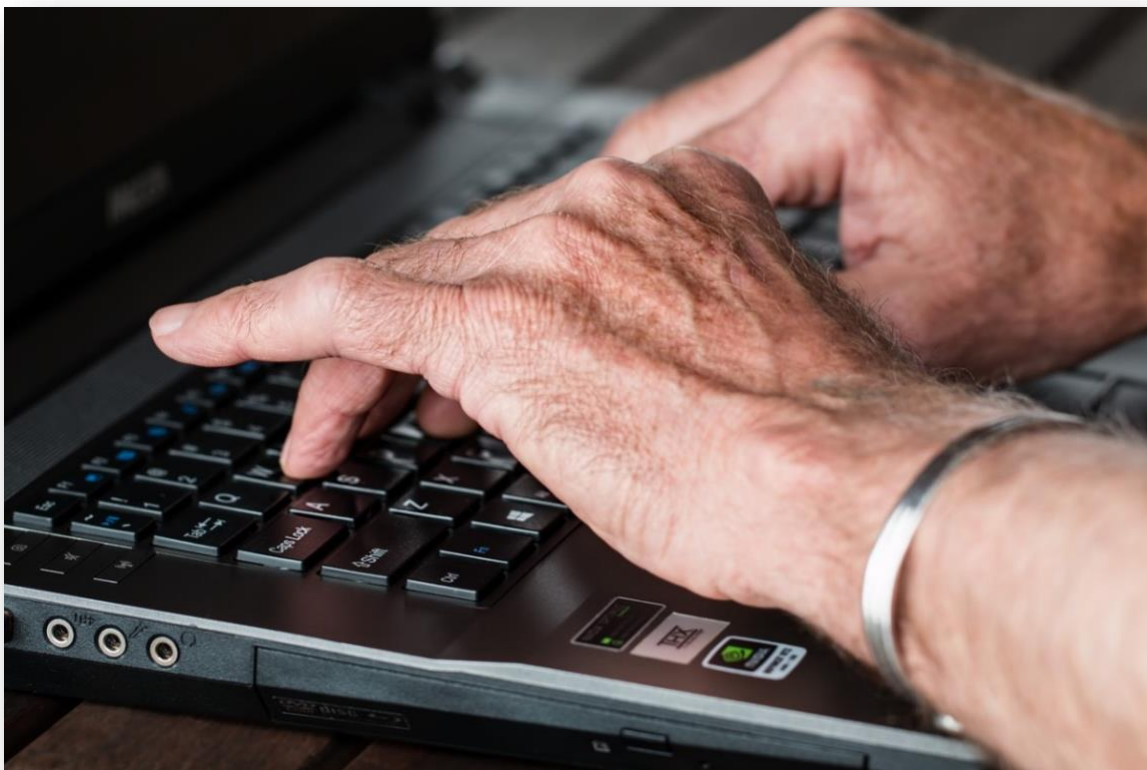


Nausea and Vomiting Relief

While nausea and vomiting can be a sign of ailments or pregnancy related symptoms, sometimes nausea can simply be caused by weather, upset-meant to certain foods and smells, or related to feelings of motion sickness.

CBD oil has special anti-nausea properties that help the suppression of vomiting and uncomfortable nauseas feelings in both humans and animals. If you are feeling symptoms of nausea, without being sick or expecting a child, CBD oil could be a beneficial and appropriate remedy.

Alleviate Daily Aches and Pains



If you are susceptible to daily migraines and headaches, adding CBD oil into your daily regime can be beneficial in areas that over-the-counter medicines fall short.

One of the most popular aspects of CBD oil is the fact that it can be ingested as well as applied topically. Massaging CBD oil into your muscles can increase

circulation and stimulate tissues. If you suffer from daily headaches, rub cannabis oil into your temples. You can do this at the beginning of the day as a preventative action as well.

Topical CBD lotions and oils are increasing in popularity in use among athletes and those that work out. Patches, creams and pure oils are commonly used to relieve soreness and muscle pain. CBD oil also contains anti-inflammatory properties, meaning topical use can also have a direct effect on muscle relaxation and swelling.

CBD Oil as an Antioxidant

CBD oil is well known for its rich antioxidant properties. CBD Oil contains high amounts of vitamin C or E intensities.

When your body uses oxygen to burn the food you are eating as fuel and energy, unstable particles known as free radicals can be released that are harmful for your body tissues. CBD oil contains properties that give the body the ability to protect itself from the stress and inflammation these free radicals can induce.



CBD Oil Benefits as a Preventative Medicine

Overall, CBD oil has a myriad of health benefits, from the fighting of serious chronic ailments to overall health and wellness, it's no secret that CBD oil has a vast amount of benefits for better living.

CBD oil can be used to promote everything from healthy hair, skin and nails to a healthy heart and even assist with managing stress, insomnia, anxiety and nausea. Adding CBD oil into your daily routine can come down to a single word: *prevention*. New benefits of CBD oil are being discovered every day, and the possibilities for health positives are literally all benefits with no risks. And since cannabidiol oil is without the psychoactive side effects of medical-grade marijuana, it is widely available and legal for use.

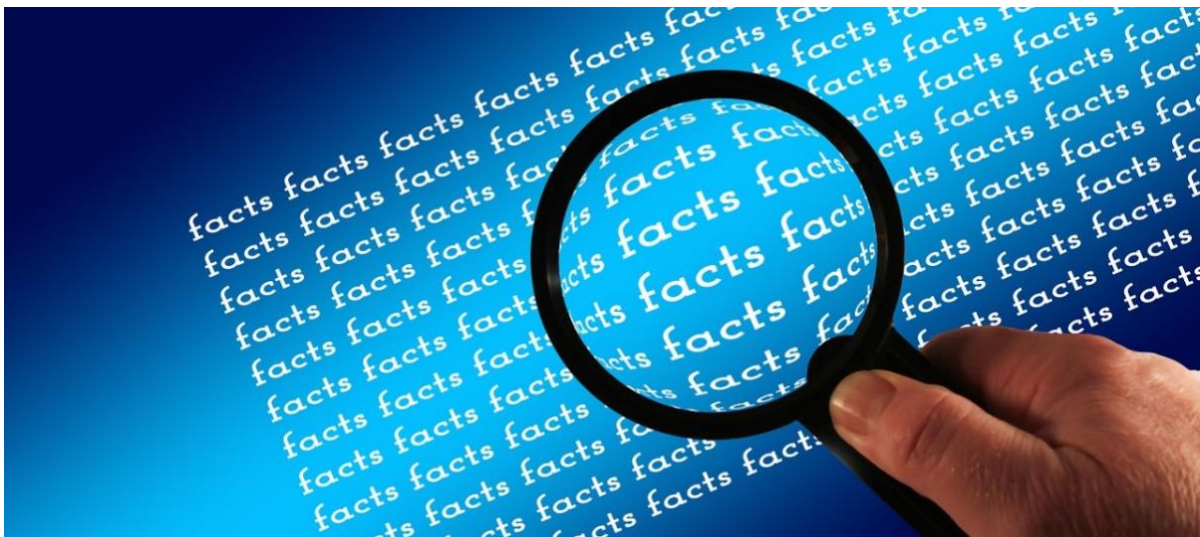
How to Use CBD Oil

So, you've made the decision to add CBD hemp oil into your health regime! Now you're likely wondering how to use CBD hemp oil and how to know if it's working for you.

We'll go over the following topics:

- Basic use of CBD hemp oil
- Best ways to use take your CBD hemp oil
- Optimal dosages
- What to look for when choosing a CBD hemp oil product
- Precautions with your CBD hemp oil

Let's review common questions regarding how to use CBD oil.



Frequently Asked Questions Answered

Best Ways to Take Hemp Oil

The best way to take CBD-rich oils, is one that provides optimal dosage with few unwanted side effects. Since most CBD oils contain little to no THC, while hemp oils contain no active THC, you won't have to worry about any psychoactive effects when taking and using CBD hemp oil.

CBD hemp oils and products are available in non-smoke-able forms have a variety of designated uses. CBD rich hemp oil can be taken orally in the form of beverages, tinctures, gel caps, edibles, and lozenges or applied topically, with lotions, creams, shampoos and even more. Hemp oils can also be available in the form of olive oil or other oils available for cooking and food.

What is the optimal dosage of CBD hemp oil?

Effective dosages of CBD-enriched hemp oil can be as little as a few milligrams when taken directly up to grams or more when cooking or in other products. If you're taking CBD hemp oil directly, start with small doses over the course of the day rather than one large dose. Use the same doses and ratios over the next few days to see how you feel and what might be the best dosage for you. Observe the effects and build up slowly to an amount you are comfortable with.

The compounds in cannabis are known for biphasic properties, meaning that high and low doses of the same substance can actually have opposite effects. Although CBD has no known side effects, it is believed that excessive amounts of CBD can be less effective than a moderate dose. Regarding hemp or cannabis therapy it is often believe that "less is more".

What should on look for in a CBD-rich oil?

Look for products with labels that are clear, if applicable the ratio of CBD to THC per does, batch number and manufacturing date. Select products that have quality ingredients with no trans fats, corn syrups, artificial additives, GMO's, preservatives and thinning agents.

Whenever possible, ask how the oil was made. Avoid products that have been extracted with propene, hexane, BHO or other hydrocarbons. Look for products that have safe and clean extraction methods such as food-grade ethanol, supercritical CO2 or extra virgin olive oil. Remember, all CBD oils should be verified to be free of pesticides, bacteria, mold, solvent residues and tested for quality and consistency.

Precautions To Keep in Mind When Using Hemp Oil



Although hemp oil has a number of positive health benefits, hemp oil should be avoided by people who take blood thinners or by prostate cancer patients.

Some things to keep in mind:

- Hemp oil can increase prostate cancer risk: Hemp oils create positive environments for the regeneration of cells. This can adversely promote the growth of tumors, specifically prostate cancer cells.
- It's an Anticoagulant: Hemp oil often helps the blood with anti-clotting effects. This could have a negative effect on someone already using blood thinners.

- High Doses can cause Cramps and Diarrhea: Large doses of hemp oil can have negative side effects, such as nausea, abdominal cramps and/or diarrhea.
- Should NOT be Heated: Heating hemp oil to high temperatures can dissipate and denature the positive unsaturated fats of hemp oil, turning them into saturated fats. Avoid things like vaporizing and direct high heat. When cooking with hemp oil, opt for low heats or add to your food after it has been heating, such as an olive oil or a salad dressing.

CBD Hemp Oil Benefits and Uses

Hemp oil has long been valued by health enthusiasts and scientists for its variety of health benefits. Hemp oil is generally used in cooking and the manufacturing of products, as a positive source of Vitamin E, polyunsaturated fats and Omega-3, Omega-6 fatty acids.



Hemp is also the only plant edible seed that contains gamma-linolenic acids, which forms into hormone prostaglandin PGE1. This promotes positive menopausal health and help to regulate hormonal balance. These unique components are encouraged by the body and known for their anti-inflammatory

properties, cancer-fighting radicals, and overall contribution the healthy living and well-being.

Some of hemp oil's most significant uses are for...

- Maintaining Hormonal Balance
- Energizing and Regenerating Skin
- Vegetarian and Vegan Health (omega fatty acids)
- Lowering Cholesterol
- Accelerating Metabolism
- Moderating Blood Sugar Level in Diabetics
- Boost Immunity and Increase Body Resilience
- Prevent Demyelination of Nervous System
- Promotes Healthy Cell Membrane Structure
- Helps Prevent Varicose Veins



Conclusion

Hemp oil is a great way to support overall well-being and add a something natural to your diet and daily routine. Hemp oil's natural constituents, phytocannabinoids, work by interacting with your End-cannabinoid system to support overall health.

Remember, to always know where your products come from, how they are made, and what types of ingredients that they contain. If you're not sure if hemp oil is right for you, consult your family physician or doctor and see what types of usage, dosage and products may be right for you.

