

CANNABIDIOL MYTH BUSTING



**Clearing Common
Misconceptions About CBD OIL**

Cannabidiol Myth Busting

Clearing Common Misconceptions About CBD

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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

As cannabidiol or CBD, continues to grow in popularity, many common myths and misconceptions have grown with it.

As you explore the pros and cons of incorporating cannabinoids into you or your family's home health care regime, you will quickly discovery that there is a plethora of confusing and contradicting information available out there. It's difficult to know what sources to trust and what information to believe.

Here, we address the top most common misconceptions and myths surrounding CBD, in an effort reveal the truth about CBD and help to solve any confusion you might have. You'll also learn about the state of legalization in the United States, as well as some of the benefits you've been missing that are available in CBD oil.

image

Get Straight on CBD Facts

Myth #1: CBD Can Get You “High”



Truth: CBD will never get you “high”.

CBD is often commonly referred to as *non-psychoactive*. While this is primarily true, we cannot discredit that CBD, in the most rigorous of senses, can modulate psychological domains such as schizophrenia, anxiety, depression, and addiction.

The common reference to CBD as a non-psychoactive compound is true in the meaning and sense that it is a non-intoxicating and non-addictive substance. CBD itself does not produce the same psychological effects that its controversial sister, THC, does. Using CBD will not cause you to have the same perceptual hallucinations or feelings of euphoria and bliss as THC or other “hard drugs”.

CBD from hemp plants contain only trace amounts of THC or tetrahydrocannabinol. For plants to be considered hemp, they can't contain more than .3% THC in their dry weight. This amount is so miniscule that it does not have an effect on the body. In contrary, CBD has also been found to drastically reduce the euphoric effect that is caused by THC.

Myth #2: CBD is Illegal Without a Prescription



Truth: Every person in the United States has a legal access to CBD!

Cannabidiol oil that is derived from hemp plants is interpreted to-be-excluded from the Controlled Substances Act of 1970 - the act that makes other cannabis plants and their extracts illegal in terms of federal use in the United States. What has become known as the “exception clause” states that the planting and harvesting of hemp is a legal action.

Although the question of whether this includes the chemical extraction of hemp's contents is widely debated, CBD commercialization is not being prosecuted on a federal level today. Because of this, CBD has recently experienced considerable growth from both local and online retailers.

CBD hemp oil is therefore widely available for legal use and purchase in all 50 states, regardless of each state's medical or recreation cannabis laws.

Myth #3: CBD from Hemp is Not as Good as CBD from Marijuana



Truth: CBD is the same, no matter what type of cannabis plant that it comes from.

While it is true that cannabidiol that derives from hemp plants is by dry weight lower than that of some specially bred cannabis plants; once the oil has been extracted the difference is negligible.

No matter what plant that it's derived from, CBD along with other cannabinoids work together in their interaction with your body's endocannabinoid system, in helping to regulate various vital functions and encouraging homeostasis. Your body doesn't have the ability to tell where the CBD originates.

Myth #4: CBD Can Turn into THC After Being Ingested



Truth: There is no known human enzyme capable of this transformation.

This myth derives from a scientific study performed in the 1940's, in which CBD that was immersed in a liquid similar to gastric acid (the type of acid that is commonly found in our stomachs) can be converted to THC.

Human CBD clinical trials that measured THC contents in the blood following regular CBD usage have never revealed such an effect. Furthermore, patients receiving CBD never reported any of the effects that resemble that of typically THC usage. As far as we know today, there are no human enzymes capable of such a transformation

Myth #5: CBD is Sedative



Truth: The sedative effects sometimes observed in cannabis products can be attributed to a non-cannabinoid compound called Myrcene.

Many people blame the sedative side effects of cannabis substance on CBD. This myth's origin can be tracked to early anecdotal reports, although recent evidence is particularly at odds with this idea.

Low to moderate doses of the cannabinoid CBD are recorded to be distinctly alerting and rather, an insomniac. CBD can in fact, counteract some of the mildly sedative properties present in THC. On the other hand, it has been observed that higher doses of CBD can sometimes interact with other types of drugs and produce sedative relative effects. According to the author of this study, this can easily be fixed by altering or lowering drug dosages.

The study concludes, that the real culprit for cannabis products sedative effects is the non-cannabinoid compound, Myrcene.

Myth #6: CBD Oil is Only Safe for Adults



Truth: CBD oil is safe for all ages!

While more studies still need to be conducted, research that has been completed so far concludes that cannabidiol oil is well tolerated and safe for kids.

Several medical studies investigating cannabidiol oil use in children that have been diagnosed with severe epilepsy have found it to be extremely beneficial. Some parents whose children have undergone these studies have even concluded that CBD use was truly life-changing for the health of their child and caused zero adverse side effects.

Plus, because CBD is considered to be non-psychoactive, it is considered to be safe by use of anyone regardless of age.

Myth #7: CBD is Similar to Rimonabant



Truth: Despite some similarities to the synthetic counterpart, CBD has been concluded to be extremely safe and without any adverse side effects of Rimonabant.

Rimonabant was a synthetically inverse agonist of the type 1 cannabinoid receptor. This was briefly available on the medical market but has since been removed due to its severe side effects.

CBD's chemical mechanism seems to resemble that of an indirect antagonist – one that blocks the access of molecular access of the receptor, as opposed to a direct antagonist.

Current clinical evidence suggests that CBD is considered to extremely safe in comparison to the synthetic cannabinoid copy, Rimonabant.

Myth #8: All CBD Products are the Same



Truth: Not all CBD products are created equal.

You've probably seen organic hemp oil at your local grocery or health store. Hemp oil is commonly derived from hemp seeds. While it can be a nutritious supplement and contain essential vitamins, essential fatty acids, and minerals, it might not contain CBD.

It's important to find products that are specially labeled as a CBD product, such as CBD hemp oil or CBD oil. While many products may contain CBD, it's also important to know that many products have varying levels of the sought-after cannabinoid, CBD.

This means that different products could have trace amounts of CBD, others have an abundance, while they both advertise as CBD. Purchase your CBD products

from a trusted source, and one that specializes in the manufacturing of CBD safely and legally.

Does CBD have sedative side effects? Is CBD a psychoactive compound? Does CBD turn into THC after being ingested? Where does CBD stand into relation of other synthetic cannabinoid drugs? Is CBD legal in the US?

These are just some of the questions you might ask when surveying the possible uses of cannabidiol for you and your family. Make sure that you stay informed with the most relevant health information and regulation of cannabis related laws.

Is CBD Oil Legal in all 50 States?

The legality of CBD oil continues to be a common concern and an issue of confusion. The onus is on the consumer to be informed about the CBD laws that exists in their state. The big questions that remains are: “Is CBD oil legal?” and “Is CBD oil legal in all 50 states?” More than a dozen states have passed CBD legislation, and here's a breakdown of CBD states.



Alabama

The University of Alabama at Birmingham (UAB) physicians/neurologists was granted the exclusive right to prescribe the CBD oil for treating debilitating epileptic conditions.

Delaware

The state permits the use of at least 15 percent [cannabidiol](#) but no more than seven percent tetrahydrocannabinol for treating intractable epilepsy or involuntary muscle contractions.

Florida

[Florida's CBD law](#) permits the use of CBD oil that is 10% or more of CBD and no more than eight-tenths of one percent of THC, for the treatment of seizure conditions, cancer, muscle spasms, Parkinson's, Alzheimer's, and PTSD.

Indiana

This state allows the use of cannabidiol containing least 5% CBD and contains no more than 0.3% THC for treatment-resistant epilepsy.

Iowa

Idaho's CBD law allows the possession of up to 32 fluid ounces of liquid CBD oil with a maximum of 15% CBD and .03% THC for intractable epilepsy.

Mississippi

Mississippi's CBD law permits the use of CBD that contains more than 15% CBD and no more than 0.5% THC to treat intractable epilepsy.

Missouri

Missouri's CBD-only law grants access to CBD that contains at least 5% CBD and no more than 0.3% THC to qualified patients with seizure disorders.

North Carolina

North Carolina's CBD-oil law allows specific universities to conduct trial studies of CBD oil (hemp extract) that is less than 0.3% THC and at least 10% CBD in the treatment of seizure disorders.

Oklahoma

Oklahoma's CBD legislation allows CBD oil that is no more than 0.3% THC for strict controlled medical studies of pediatric epilepsy.

South Carolina

South Carolina's CBD oil legislation established clinical trials of CBD seizure conditions, using CBD oil with more than 15% cannabidiol and less than 0.9% THC, to be provided by the Medical University of South Carolina.

Tennessee

This state's CBD law permits the use of cannabis oil containing cannabidiol (CBD) that has less than 0.9% THC in the prevention of intractable seizures, through a research program conducted by the Tennessee Tech University.

Texas

Texas' CBD law allows CBD oil having no more than 0.5% THC and not less than 10% CBD for the treatment of intractable epilepsy.

Utah

Utah's CBD-only law grants the use of CBD hemp oil having less than 0.3% THC, and as of 2016, at least 5% CBD (down from 15%) for the treatment of epilepsy.

Virginia

The state's CBD law permits CBD oil containing at least 15% CBD but no more than 5% THC for the treatment of intractable epilepsy.

Wisconsin

Wisconsin's CBD law allows the use of CBD for the treatment of "medical conditions" if the cannabidiol is in a form without a psychoactive effect."

Wyoming

Wyoming's CBD legislation allows CBD hemp extract with at least 15% CBD and no more than 0.3% THC for the treatment of intractable epilepsy.

These sixteen states have very specific CBD laws outlining the conditions that are permitted to be treated with CBD oil. They also specifically prescribe the percentage of CBD and THC that is allowable in the CBD extract. When in doubt about what is permissible, check whether or not CBD oil is legal in your state.

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CBD Oil Benefits You've Been Missing

CBD oil is a cannabis extract derived from cannabidiol, one of the numerous cannabinoids found in the cannabis plant. The main ingredient in CBD oil is non-psychoactive, meaning it does not produce a high in users like tetrahydrocannabinol (THC). There are many known CBD oil benefits, many of which you have been missing that could help maintain a healthy lifestyle and wellness.

Helps Quit Smoking



One of the benefits of CBD oil is it helps fight cigarette addiction. British researchers have reported that CBD oil could greatly reduce the number of cigarettes that a smoker consumed by reducing the craving for nicotine, along with withdrawal symptoms, when the CBD is administered through an inhaler.

Reduce Anxiety

CBD oil can help with [anxiety](#) by altering serotonin level in the brain, which plays a significant role in maintaining mood and balance. More specifically CBD oil can increase serotonin levels, which reduces stress and feelings of anxiousness, and improves mood.

Minimize Acne



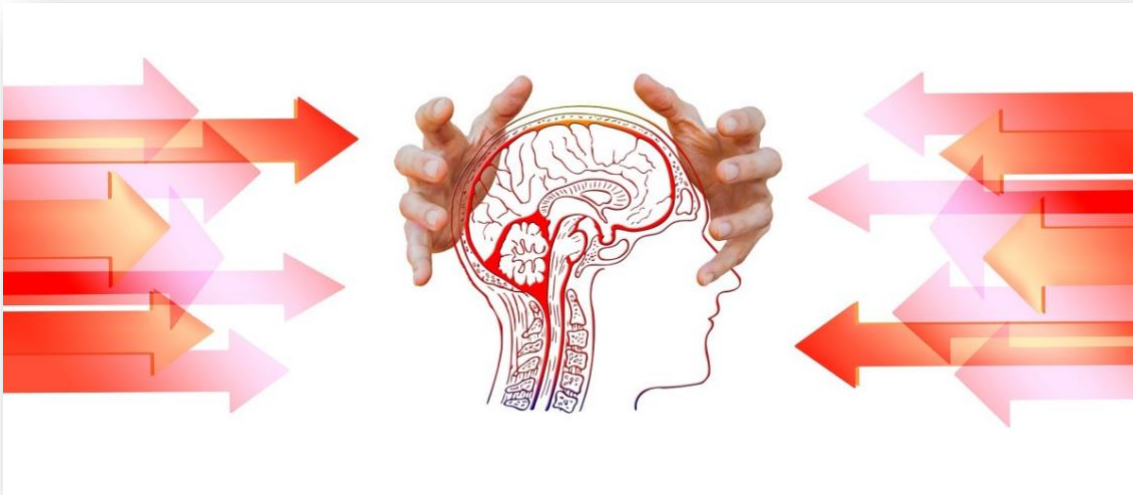
As a skin care product, CBD health benefits extend to treating acne, which affects the oily glands of the skin. Research reveals that CBD reduces the production of sebum (oily, waxy substance produced by the sebaceous glands) and inflammation resulting from clogged pores of the skin, which are the primary causes of acne.

Helps with Sleep

Whether it's insufficient sleep or insomnia, these are two common issues that affect millions. CBD oil can provide relief as a sleeping aid by producing sedating

effects. [Research](#) suggests that taken at a high dosage (160 mg), CBD could aid in restoring deep and restful sleep.

Relieves Pain and Inflammation



Pain and inflammation are common and are often associated with one another and are often treated similarly. CBD oil has been demonstrated to block neuronal transmission in pain pathways, and [studies](#) have shown that it diminishes chronic inflammatory and neuropathic pain, related to a number of conditions.

Soothes Nausea and Vomiting

Helps Regulate the Immune System



Immune system function and health are certainly important to protecting the body from the elements that can attack it and disrupt its equilibrium. At high concentrations, CBD can reduce inflammatory responses in patients with autoimmune diseases, by activating receptors in the human brain and body that regulate inflammation and immune cell activity.

Conclusion

CBD oil benefits are numerous and have been backed by scientific research that has served to validate its potential. This potent oil can cigarette addicts to quit smoking, reduce acne by minimizing sebum production, reduce anxiety by altering serotonin level, and aid in getting a good night's sleep. Furthermore, CBD can go a long way to reduce pain and inflammation, and also regulate immune system function. CBD health benefits are far reaching and should be touted.

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