

How to Take CBD Oil in Five Amazing Ways?

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Over the years, CBD oil has gathered a massive following around the world – thanks to the many benefits users are claiming. Studies also solidify its value as natural alternative medicine. FDA has even approved some CBD products to reduce epileptic seizures.

Cannabidiol, better known as CBD is one of the hundreds of cannabinoids found in the Cannabis sativa plant. Unlike the popular tetrahydrocannabinol or THC, CBD is non-psychoactive and non-toxic.

For decades, researchers continue to discover the benefits humans could get from this natural extract. However, not everyone likes its earthy taste.

Manufacturers continue to innovate and improve their [CBD products](#) to cater to everyone's needs and preferences. Here are five amazing ways on how to take CBD oil:

CBD Topicals



Lotions, balms, creams and salves are CBD-infused products mostly used for pain and inflammation treatment. These products are rubbed in the infected area to localize pain.

How does a CBD topical actually work? Once it is massaged on to the skin, its essence flows with the bloodstream. It then permeates and attacks the source of pain until the affected area is soothed.

Bodybuilders and athletes can benefit from using CBD salves since these people strain their muscles and joints most of the time. The product is also used to treat skin conditions like psoriasis because of CBD's antioxidant property.

CBD Vape Products

CBD vape products are next to CBD oil concentrates when it comes to popularity. They are well received by the vaping community as a powerful tool for smoking cessation. The product does not contain THC and nicotine.

Aside from that, the vape oil can help reduce anxieties and alleviate pain. Non-smokers are also encouraged

to use this as an alternative to CBD concentrate as it also helps in having a good sleeping habit.

CBD Gummies

Among the edible category, CBD gummies are the most popular in the growing CBD population. The treats are not just enticing snacks; they help treat pain and relieve stress.

They come in cute gummy form, that's why users grow to love the product. Since a CBD gummy is chewed, its effect can be felt after a few hours. However, that effect would linger in the body – taking away the pain for a long time.

CBD Capsules and Pills

People who are not a fan of CBD concentrates can opt for the capsule or pill form. What's great about this product is that one can get the exact dosage he needs per intake without the initial oily taste.

Each CBD capsule contains an exact amount of CBD oil drops and is taken orally with at least 25 mL of water. It comes with a price, though, since it is only available in The United States.

CBD Tinctures

CBD tinctures are liquid in the form with high CBD potency. They are made from hemp flowers cooked in low fire with grain alcohol for hours. The solution is then combined with essential oils like peppermint to overpower its bitter taste.

This concoction has zero to 0.3% THC, so it does not give the "high." Due to its strength, it is highly recommended to take CBD tinctures in small doses. Holding the drop under the tongue for a minute gives fast relief from pain.

Benefits

All products mentioned have the same goal: wellness. They can do the following:

- Localize pain
- Treat inflammation
- Combat anxieties, stress, PTSD and other behavioral issues
- Regularize sleeping habits

- Reduce epileptic attacks
- Help in smoking cessation and drug abuse withdrawals
- Decrease discomfort from cancer-related pain
- Reduce the use of insulin for Type 1 diabetic patients
- Moisturize skin
- Help reduce muscle stiffness and spasms caused by neurological disorders like multiple sclerosis
- Regulate Inflammatory Bowel Disease (IBS) and its effects
- Help in decreasing ADHD and autism symptoms (further studies are being conducted)
- Reduce arthritis attacks
- Help in the treatment of fibromyalgia

Hundreds of researches are being conducted to maximize the use of CBD oil. The legalization of industrial hemp farming in the United States has a strong impact on the scientific community as researchers take on the responsibility of knowing the the maximum potential of CBD.

Final Thoughts

The discovery of CBD quenches people's thirst in finding a better and natural alternative to traditional medicine. It did not stop from CBD oil; manufacturers have become more creative and competitive as time goes by. That is why the "wonder" oil can now be enjoyed in different forms.

As many people become aware of its benefits, more positive effects are being exposed. Testimonies from users are backed up with laboratory tests. The list of ailments CBD oil can help alleviate becomes longer each day.

The only thing CBD oil needs now are worldwide acceptance. Some people still do not accept the use of the hemp plant because of the cultural stigma branded to it. Nonetheless, the power of CBD oil can speak for itself.