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CBD Oil FAQs: Factual Things That You Need To Know About CBD Oil

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When the word “cannabis plant” is heard, some people automatically associate it with its most commonly known mind-altering and sensational “high” effect on the users, disregarding that this plant comprises many other components that are beneficial to our health and body system.

According to studies, a cannabis plant is made up of approximately 120 cannabinoids. The widely known and studied cannabinoids include tetrahydrocannabinol (THC) and cannabidiol (CBD). The CBD, extracted from the cannabis plant, was discovered in the 1940s and was infused or made into different products, including the CBD oil. To know more about CBD oil, feel free to continue reading:

What Is CBD Oil?

CBD oil is one of the few CBD products that is now used by some people to relieve chronic pain and many other illnesses. It is made of the infusion of CBD extract from the cannabis plant and other carrier oil such as Medium-chain triglyceride (MCT) oil, coconut oil, hemp seed oil, avocado oil, olive oil, etc.

When buying a bottle of CBD oil, you must consider some factors to ensure that you are purchasing the right one for you. A CBD oil can be [reviewed](#) on many different metrics, the most important ones being the transparency of the brand, its nutritional profile, and price. You must also check the potency of the CBD oil to know the dosage that your body needs.

How Do You Use CBD Oil?

There are different effective ways on how to consume or take CBD oil. You may use it as a tincture by placing some drops under your tongue and leaving it there for a few minutes until the CBD infiltrates your bloodstream. You may also infuse the right dosage of CBD oil on your food or drinks, depending on your choice.

Kinds of CBD Oil

CBD products can be classified or known to have three main types, including the isolate, which contains CBD compound only; full-spectrum containing all THC and other cannabinoids; and broad-spectrum that contains other cannabinoids except THC. Each of these CBD types determines what kind of CBD oil you are purchasing. There are various brands and kinds of CBD oil. Some of

them include:

Receptra Naturals

If you want to opt for the best full-spectrum CBD oil, you may choose Receptra Naturals. It has 0% heavy metals, pesticides, and residual solvents. Receptra Naturals contains both cannabinoids (such as THC, CBG, and CBC) and [terpenes \(such as limonene, caryophyllene, and linalool\)](#).

R+R Medicinals Tincture

R+R Medicinals Tincture is the most affordable brand of full-spectrum CBD oil. It contains 9.3% CBD, 0.23% THC, 0.15% CBG, 0.24% CBC, and 0.34% Terpenes. R+R Medicinals Tincture has also undergone the potency test, pesticide test, heavy metal test, and the microbiological test, making it safe and clean to use.

Joy Organics

If you want to have a THC-free CBD oil, you may opt for the Joy Organics brand of broad-spectrum CBD oil. Joy Organics does not contain THC, but it contains terpenes, another hemp-derived compound with anti-depressant and anti-anxiety effects.

Benefits of Using CBD Oil

Unlike the THC compound of the cannabis plant with a mind-altering effect on the user, CBD is psychotropic or anti-psychoactive. Meaning, it can relieve pain and treat some illnesses, but it does not affect how our brain works. CBD Oil, as a CBD product, has a lot of medicinal and health benefits, including:

It Can Relieve Chronic Pain

It is hard to move and function if you feel some uncontrollable sharp pain in any part of your body. CBD oil can help you relieve this chronic pain as it can modulate our body's inflammatory and the [endocannabinoid system](#) responsible for pain perception.

It Can Reduce Anxiety and Depression

Anxiety disorder and depression are mental and psychiatric conditions that make a person feel several negative feelings and emotions such as worry, anxiety, and fear. There are different methods to cope with these mental conditions, but taking CBD oil might help as it can activate our body's serotonin receptors and regulate our serotonin or happy hormone level.

It Can Treat Cancer

CBD oil can help treat cancer as it can help slow down the growth of a tumor, which is a cancerous lump that is made up of abnormal cells. It can also help alleviate the different symptoms of cancer and the side effects of various cancer treatment methods (e.g., chemotherapy, surgery, radiation therapy, etc.), such as chronic pain, nausea, fever, and vomiting.

Takeaway

It is always better to have prior knowledge about a specific thing before you choose to purchase it. By reading these FAQs on CBD oil, you now know what it is and what you can get from using it. While it has a lot of good health benefits, always remember to use it moderately. Take only the right dose that your body needs to avoid complications if there are any.

Photo by Elsa Olofsson on CBD Oracle

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