
Cultural Daily

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Why Everyone is Obsessing Over CBD Gummies

Our Friends · Friday, January 3rd, 2020

Tune in to the television or social media and you will hear something about CBD gummies. Everyone is obsessed with this manner of taking CBD.

The question is, why? Why is something as simple as a gummy candy infused with CBD so trendy right now? There are a lot of reasons why and we want to share those reasons with you.

Healthy Benefits Abound

Part of the reason CBD [gummies](#) have gained popularity has to do with the CBD itself. Studies have shown that CBD can help with several health issues, both physical and mental. As studies continue, the list of benefits grows. Most recently, the FDA has approved a CBD medication to treat epilepsy. Packing a health benefit into candy is exciting and promising for our future health. It's the equivalent of when Flinstone's vitamins first hit the market as a supplement for children.

Tackling Everyday Issues

People suffer from health problems every day. Some face acute pain from a sprain or abscessed tooth. A CBD gummy won't cure the sprain or tooth but it will make the pain bearable while you visit the clinic.

People with chronic pain have, rarely, often never had a day away from pain. They learn to live with it when it's manageable and rest when it's not. Many prescribed medications for pain are opiates, which are habit-forming.

CBD is a great option because it doesn't have many side effects, you won't get high, and it's not addictive. Depending on the type of pain you are dealing with, you may still need traditional medication. Do mention CBD use with your doctor to avoid drug interactions that could keep the CBD from working.

Struggling with [insomnia or a sleep disorder](#)? Yep, CBD can help with that as well. Many of us struggle to fall asleep and/or stay asleep. Relaxation is the hardest for those with a sleep disorder. The expectation of another sleepless night causes a lot of stress. Using CBD leads to your mind slowing down and the ability to relax for restful sleep.

How about anxiety? Everyone who has an anxiety disorder can tell you how debilitating it is. Benzodiazepines are often prescribed for anxiety and can lead to dependency. The ultimate goal is

to recover from the anxiety disorder and habit-forming medications can make it harder. Proper coping techniques and a CBD gummy can help many people.

More severe cases may require some use of medication with the CBD. Be sure to speak with your doctor about CBD use to get the best treatment. Don't worry, doctors and psychotherapists have been jumping on board with the use of CBD for treatment. Especially for people suffering from Post-Traumatic Stress Disorder.

Gummies Are A Better Option

We hear a lot about [vaping CBD](#) or taking the oil tinctures. This isn't everyone's cup of tea. Not everyone likes the taste of the oil and many aren't seasoned smokers. Taking a CBD gummy gives you an option that fits everyone's lifestyle. Best of all, it's discreet. In every town and every city, there are people still spreading misinformation about CBD.

If someone wants to be able to take some while at work, no one is going to question a gummy candy. Whip out a vape or drop some oil, people are going to ask questions. Vaping is often treated as smoking, you have to go outside to a designated area. You may find yourself in a situation where you can't do that...like flying in a plane. CBD gummies are convenient and perfect for any situation.

For people who are using CBD with their children and pets, a gummy is an answer. Kids won't turn up their nose at a piece of candy. Neither will some pets. There are more companies venturing into the pet sector by providing special pet treats with CBD infused.

If you are wondering about the effectiveness in comparison to CBD oil, wonder no more. CBD oil under the tongue has a quick response. You will feel it sooner but it will also wear off sooner. CBD gummies take a little longer because of digestion, but it also makes the effects last longer.

How Do I Find The Right CBD Gummy?

As with any product on the market, you need to read labels and know what you are buying. There are CBD products that don't live up to its hype and may contain harmful ingredients. The first thing to note is if the gummy is organic. Gummies made with organic materials and then infused with CBD are much better.

The [best CBD oil](#) works well with all-natural ingredients. You also don't have to worry about putting more chemicals in your body that are unnecessary. If you have to eat more gummies than usual in one day, healthier is better. Reputable brands on the market offer organic gummies. If it doesn't say organic and doesn't provide ingredients, request the ingredients list before you buy.

CBD Gummies Are Not THC Gummies

If you are new to the idea of CBD and gummy candies, there is an important distinction of product. A THC gummy contains the tetrahydrocannabinol from marijuana. THC gives you the "high" associated with marijuana.

THC gummies are not legal everywhere so be sure you know state laws regarding the product. CBD gummies do not have THC and will not make you high. At best, you will be relaxed but not high. Pay close attention to packaging to ensure you are making the correct purchase. Some

websites offer both types but make a clear distinction between the two. In stores, it can be a different story depending on the manufacturer.

Overall, CBD gummies are a fun choice for everyone. Perfectly discreet for those who want privacy about their use. Affordable and effective for all-day treatment. Safe to use for the entire household. Come in a variety of colors and flavors. Healthy when made with all-natural ingredients. You can't go wrong with a CBD gummy like the ones at [Penguin CBD](#).

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