

Pros and Cons of

CBD Oil

BY TRINITY SCHOOL OF NATURAL HEALTH



220 PARKER ST. WARSAW, IN 46580

TO ENROLL: (800) 428-0408, OPTION 2

CURRENT STUDENTS: (800) 428-0408, OPTION 1

INFO@TRINITYSCHOOL.ORG

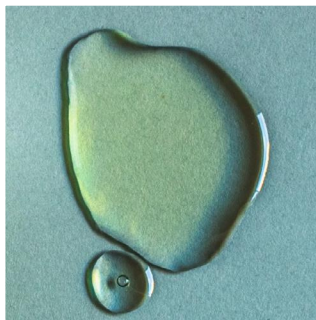
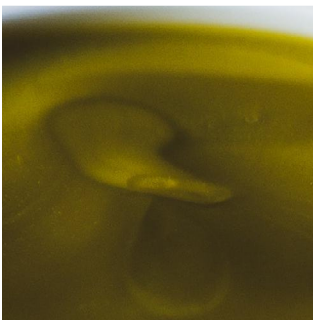
What is CBD Oil?

What comes to mind when you think of CBD? Many people immediately think about the medical and recreational drug, but the cannabis plant contains more than just THC, the compound associated with feeling “high”. CBD is short for cannabidiol, one of the chemicals in cannabis with the most health benefits. In recent years, CBD oil has become more popular as a natural way of addressing certain physical and mental ailments, including chronic pain and anxiety.

A common myth surrounding CBD oil is that using it may cause you to experience psychoactive effects. But CBD oil generally doesn't contain any tetrahydrocannabinol¹ (THC).

There are several different ways to use CBD oil in everyday life, including² :

- **Topical** – Apply CBD-infused skin and hair products such as creams, balms, and shampoos
- **Sublingual** – Apply CBD oil drops under the tongue
- **Ingested** – Swallow CBD capsules or CBD-infused food or beverages
- **Inhaled** – Breath in vaporized CBD oil through a diffuser



3 Benefits of CBD Oil

While researchers are still discovering new advantages of CBD oil, many studies have shown positive contributions to both physical and mental health. Here are three of the most common benefits of CBD oil:

1. Reduces Ramifications Associated with Anxiety

When life gets overwhelming and you need a natural relaxer, CBD oil has been shown to improve some symptoms related to anxiety disorders. In a study of 72 individuals taking CBD oil capsules each day, more than 79% reported feeling calmer within the first month, and they continued to feel more tranquil for the duration of the study.³ Consult with a natural health professional to see if CBD oil capsules may be helpful for you.

If you prefer not to take capsules, topical solutions can be found at most retail stores. For example, you can try taking a warm shower with CBD-infused shampoo and body wash or a bath with CBD-infused bath salts.

While studies show the advantages of CBD oil for anxiety, other breakthroughs may be on the horizon as researchers investigate how CBD may be used for other mental health symptoms.⁴

2. Helps Relieve Chronic Pain

Cannabis has been used to combat pain for centuries, but scientists recently discovered that CBD plays a complex role in its pain-relieving effects.⁵ CBD interacts with receptors in the brain, controlling the speed at which nerve signals pass between nerve cells and lessening pain.⁶

Scientists are still studying the effectiveness of CBD in response to different types of pain. Though many CBD oil remedies for pain seem to be most potent when combined with THC, research suggests that CBD oil is also successful for nerve and back pain when used on its own.⁷

3. Can Decrease Inflammation

CBD oil can be a helpful remedy for various types of inflammation. This is due to CBD's effect on the body's endocannabinoid system, which is involved in regulating several functions, including sleep, appetite, pain sensation, and immune system response.⁸ As a result, using CBD oil can reduce inflammation, support skin amidst ailments like eczema, and contribute to healthy blood pressure.

Side Effects of CBD Oil

While using CBD oil does not pose any serious health concerns, every person's body can react differently. However, you should not use CBD oil if you are breastfeeding or pregnant. Some of the possible side effects of CBD oil include:

- Nausea
- Diarrhea
- Fatigue
- Changes in appetite or weight
- Skin reactions, such as a localized rash, from topical application

Consult with your physician about whether CBD oil is right for your body's needs.



Conclusion

CBD oil presents a variety of health benefits, and you can easily incorporate it into your everyday life. Whether you want to support your mental health or manage chronic pain, the calming effects of CBD oil on the body and mind could be beneficial. If you're interested in trying CBD, talk to a natural health professional to see which product is best for you.

At Trinity School of Natural Health, we teach you how to maximize your natural wellness, adopt a healthier lifestyle, and equip others to be healthy too. Enroll in our Endocannabinoid Professional program today by calling 800-428-0408, option 2, or visit our website to learn more at trinityschool.org/program/ep.

References

1. <https://www.verywellhealth.com/cbd-oil-benefits-uses-side-effects-4174562>
2. <https://www.everydayhealth.com/marijuana/cbd-oil/>
3. <https://www.everydayhealth.com/marijuana/cbd-oil/>
4. <https://www.healthline.com/nutrition/cbd-oil-benefits#mental-health>
5. <https://www.healthline.com/nutrition/cbd-oil-benefits#pain-relief>
6. <https://www.verywellhealth.com/cbd-oil-benefits-uses-side-effects-4174562>
7. <https://www.healthline.com/nutrition/cbd-oil-benefits#pain-relief>
8. <https://www.healthline.com/nutrition/cbd-oil-benefits#pain-relief>