



## **CBD Hemp Oil: A Few Drops Can Change Your Life**

If you haven't already heard about cannabidiol (CBD) hemp oil, you probably will. Derived from cannabis, this dietary supplement has shown promise for relieving pain, epilepsy, neuromuscular spasms, arthritis, chemotherapy side effects, skin conditions, stress and much more. Understanding CBD hemp oil may help you decide whether it's right for you.

First, even though CBD hemp oil comes from the cannabis plant, CBD will not make you high. While cannabis affects the body's natural endocannabinoid system which controls sensations like pain, mood and appetite, there are many varieties of the plant. Some, like marijuana, have high amounts of tetrahydrocannabinol (THC) which is psychoactive. CBD is obtained from industrial hemp, rich in cannabidiol with very little THC.

Legal in 44 states (including S.C.), CBD hemp oil contains potent antioxidants that prevent oxidative stress associated with gastrointestinal, neural and immune disorders. In fact, the U.S. Department of Health and Human Services holds a patent<sup>1</sup> for the use of CBD oil to treat neurodegenerative diseases such as Alzheimer's, Multiple Sclerosis and Parkinson's, autoimmune diseases including lupus, rheumatoid arthritis and fibromyalgia, and inflammatory diseases such as Crohn's.

In addition, CBD acts as a natural analgesic and anti-convulsant. Clinical studies<sup>2</sup> have shown just a few drops of CBD hemp oil can reduce epileptic seizures, chronic pain, anxiety and depression. The oil also been shown to improve sleep, energy levels, digestion and immune function, as well as reduce sebaceous oil production, making it effective in controlling acne and psoriasis.

When buying CBD hemp oil, it's important to purchase it from a reputable source. Ideally, the oil should be non-GMO, pressed from hemp leaves and stems (rather than seeds), processed without chemicals and preservatives, and be proven not to affect drug tests. For this reason, make sure your CBD hemp oil states that it is not psychoactive.

Although the oil can be dispensed several ways, the most common is to place a few drops under the tongue. The amount needed varies since each person metabolizes hemp oil differently, so you should acclimate to the product gradually. Also, even though CBD hemp oil is a supplement and not a medication, you may want to consult your doctor before using it. To learn more about CBD hemp oil and its therapeutic benefits, visit [thehempoilbenefits.com](http://thehempoilbenefits.com).

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<sup>1</sup> U.S. patent number 6,630,507.

<sup>2</sup> British Journal of Clinical Pharmacology, National Center for Biotechnical Information.

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