

As a new cannabidiol (CBD) user, one of the toughest questions to answer is:

How much CBD should I take? The answer to this question will vary depending on the type of product you're taking, the results you're looking for, and a number of personal factors unique to each person, such as general health, genetic factors and diseases already present in the body. Beginning “low and slow” with 4-6 drops twice daily while working your way up is the best way!

Understanding the Factors at Play

Everyone's Physiological Makeup is Different

Each of us has a unique and different endocannabinoid system and how CBD interacts with that system will be different as well. The following factors also need to be considered when finding your ideal dosage:

- **Tolerance** - to cannabis, drugs or other substances.
- **Weight** - heavier people tend to require more CBD per dose.
- **Metabolism** - faster may require more CBD per dose.
- **Diet and social habits** -smokers and heavy drinkers require more CBD per dose

Your Reason for Taking CBD Products

CBD has such a wide range of health benefits that the reasons for taking it can vary greatly among users. One person may simply take it for general health, while another uses it to improve the quality of their mood and anxiety. Some may use it to avoid serious surgeries, seizures and pain, and to reduce inflammation, which usually require higher doses.

CBD Dosage General Guidelines

Mild to chronic pain has been shown to be treated effectively in the 10-20mg CBD per day range, sleep and mood disorders require 25-40mg per day, while serious conditions like epilepsy are treated with hundreds of milligrams per day. What this means for you is that finding the right dosage will be key and you must not give up if you think it isn't working for you if you have not reached your saturation point, or “sweet spot”. As a general rule of thumb, 15-25mg daily has been shown acceptable for general health when your body has been detoxed and starts metabolizing the CBD properly.

How Do I Take My Oil and Find My Correct CBD Dosage

- **Begin taking CBD at a low dose.** Drop under your tongue and hold there for 30-60 seconds. This allows direct entry into the bloodstream, giving you the most benefit. Why waste it?
- **Spread out your doses.** Morning and evening, two hours before or after other medications allows your organs to metabolize both of them independently.
- **Stay the course.** Continue with the same dosage for at least a week before adding more.
- **Adjust accordingly in small increments.** Take more if needed to establish a baseline, keep in mind that less is more. Taking too much to begin can cause headaches and possible nausea.

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