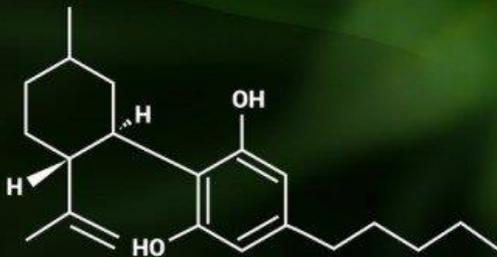


# FACTS ABOUT **CBD**



## Can Someone Be Allergic To CBD?

By Spike Bowan | June 10, 2018

### Is It Possible To Have An Allergy To CBD?

With [CBD oils and products](#) becoming more popular and relevant, there have been more cases of people showing adverse symptoms to CBD. Some of these symptoms are considered side effects or sensitivity to CBD, while other symptoms are allergic reactions to CBD.

An allergic reaction can occur from any product the body sees as an allergen. The most common allergies occur from foods, medications, insect stings, pollen, and pet dander. Since CBD is derived from the cannabis plant called hemp, CBD contains properties like pollen and histamine that can cause allergic reactions. Although allergies to CBD are rare, it is possible for people to be allergic to CBD. CBD has also been known to help with allergies due to the antihistamine and anti-allergenic properties.

An allergic reaction to CBD oil can range from an itchy nose to breathing problems. It is important to stop using CBD at the first sign of any negative side effects from CBD. To understand the difference between being allergic to CBD or exhibiting side effects from CBD, it is important to understand the different symptoms of both.

## What are the side effects of CBD?

There are a handful of side effects that some people might experience from using [CBD oil](#). These side effects are not considered allergic reactions to CBD, but might be caused by using too much CBD at once or due to a sensitivity to CBD. Some common side effects of utilizing CBD oils are:

- Interactions with other medications
- Dry mouth
- Increased tremor in Parkinson's patients
- Low blood pressure
- Lightheadedness
- Drowsiness

## What happens if I'm allergic to CBD?

According to the American Academy of Allergy, Asthma, and Immunology, someone with allergies to CBD can exhibit symptoms after inhaling, touching, smoking, or consuming any products containing CBD. An allergic reaction happens when the body's immune system overreacts to a substance that the body sees as a threat. To protect the body, the immune system will produce antibodies called Immunoglobulin E, which cause the symptoms of an allergic reaction.

These reactions vary depending on the person's immune system and the number of Immunoglobulin E their body releases. An allergic reaction does not always occur on the first exposure to the allergen, and allergies can change over time.

Since CBD is extracted from hemp plants, most allergic reactions to CBD are similar to seasonal allergies or allergies to pollen and fungi. These symptoms should go away if you stop using CBD. Some common allergic reaction symptoms to CBD oils are:

- Congestion and dry cough
- Runny nose and sneezing
- Nausea
- Eye irritation and redness
- Sore throat

Skin reactions may also occur after consuming CBD or using CBD as a [topical ointment](#). Skin reactions to CBD include:

- Hives
- Dry skin
- Blisters
- Inflammation and redness
- Skin irritation

Although rare, anaphylactic shock is a life-threatening allergic reaction that can be caused by an allergic reaction to CBD oil. When someone is experiencing anaphylactic shock, their body is flooded with chemicals that cause their airways to narrow and restrict breathing. If the following symptoms are being exhibited, it is strongly advised to seek medical attention immediately:

- Difficulty breathing, shortness of breath, or wheezing

- Dizziness or fainting
- Lightheadedness
- Confusion
- Loss of consciousness

## How are CBD allergies diagnosed?

Allergies to CBD can be diagnosed by a doctor through two methods: a skin prick test and blood tests. A skin prick test is simple and the results are quick, but it is not as accurate as a blood test.

A skin prick test is when a diluted allergen, such as CBD, is applied to the skin with a needle. After 15 minutes, if the location where the allergen was applied appears to be inflamed, red, or itchy, the person may be allergic to CBD.

With a blood test, a sample of blood is drawn to see if there are any present antibodies to CBD. If there are more antibodies than expected, the person is most likely allergic to CBD.

If you are exhibiting any of these side effects or allergic reactions, please stop using CBD and seek medical attention if the symptoms worsen. For those that are worried they might be allergic to CBD, allergy tests are an option for you. Understanding the differences between side effects and allergy symptoms may help you decide if CBD is right for you.

*This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. While research has shown that CBD has the potential to help provide beneficial outcomes for several complaints, it is advisable to seek the advice of a physician or other qualified healthcare provider when you have questions regarding any medical condition and when starting, augmenting or discontinuing any existing health routine.*

Learn more at <https://cbdamericanshaman.com/blog>