



# CBD Oil Uses: How and Why to Use CBD Oil

By CBD American Shaman | May 12, 2020

Cannabidiol (CBD) oil has been known to play a role in maintaining and improving overall health and wellness. There are many uses for [CBD oil](#) and various ways to take CBD. Some may prefer eating CBD gummies after a workout because they feel it helps them relax and recover, while others may use CBD tinctures in their morning coffee to help with mental clarity. Whatever your reason for using CBD or the way you take it, CBD may be able to benefit you. Read more to learn about CBD oil uses, what CBD does, and how you can take it.

## What is CBD Oil?

Before exploring the various CBD oil uses, it's important to understand what CBD is and what it does. CBD is one of over 100 naturally-occurring cannabinoids found in the cannabis sativa plant family, which encompasses hemp and marijuana. Hemp-derived CBD oil is commonly used and

legal within the United States due to its low to zero traces of tetrahydrocannabinol (THC). THC is the cannabinoid in marijuana that creates the “high” or intoxicating effect in users.

CBD is made by extracting and isolating the compound from the plant’s flowers, leaves and stocks. When CBD is extracted from cannabis, it’s a thick, sticky paste. This CBD paste is then combined with other ingredients and carrier oils to create CBD oil and products infused with CBD.

CBD has been known to have a wide range of uses because of the way it interacts with the preexisting endocannabinoid system (ECS) in the human body. The ECS contains cannabinoid receptors that interact with CBD to help regulate and stimulate the system. The ECS is responsible for regulating a wide range of functions throughout the body to return the body to a state of homeostasis. Homeostasis is the state when the body’s internal processes are balanced and functioning properly.

## CBD Oil Uses

Many people use CBD oil for general health and well-being. Others use CBD to help alleviate discomfort or to promote a positive mental state and improved mood.

### Overall Health and Wellness

CBD oil can help improve general health due to the way it interacts with the endocannabinoid system. The ECS regulates and balances a wide range of functions in the body, including immune system response, discomfort, memory, mood and more. CBD interacts with the ECS to help return these functions to a more balanced state of homeostasis. When the body is in a state of homeostasis, the body is balanced, healthy, and can work properly.

### Mood and Mental Support

Another common use for using CBD is to improve mental wellbeing and provide a positive mental state. Since the ECS helps regulate the central nervous system, CBD can help stimulate the existing endocannabinoids to be more effective in regulating the functions of the brain. Research has also indicated that CBD can help people cope with everyday stresses and can increase levels of serotonin, the happy chemical in the brain.

### Muscle Recovery and Discomfort

CBD is also commonly used to help relieve minor discomfort and support muscle recovery. Since the endocannabinoid system supports muscle formation, nerve function, and joint mobility, CBD has been known to play a role in helping manage these functions. The endocannabinoids that signal the cannabinoid receptors for a cellular response in these areas are impacted to perform longer and more effectively when CBD is introduced. CBD can block the enzyme that breaks down endocannabinoids, allowing the endocannabinoids to stay active in the system longer. When endocannabinoids are able to perform for a longer period of time, they are able to have better effects on easing discomfort and improving muscle recovery.

### Joint Function Support

Another common use for CBD oil is to support joint and cartilage health. Mild discomfort associated with joint function may benefit from CBD, since it supports the health and function of cartilage. Since

CBD interacts with the endocannabinoid receptors that support joint health and manage discomfort, it is definitely worth a try for people with joint discomfort.

## Other Uses

There are many other CBD oil uses, but these are the most common uses. Other reasons people may use CBD may be to increase energy, improve mental focus, support brain function, and promote heart health. CBD can be a safe way to improve your health and support your endocannabinoid system. To understand the benefits of using CBD, read our [Top 10 Benefits of CBD Oil](#) article.

## Ways to Use CBD Oil

There are many ways to use CBD oil. Each method of using CBD may affect different people differently and vary in duration of effect. The [milligram amount of CBD](#) contained in each serving varies by product and doses may vary by method of administration.

### Ingesting CBD

There are many different kinds of [edible CBD products](#), including [CBD gummies](#), capsules, and drinks. These products come in a wide range of flavors and doses. CBD gummies and [capsules](#) can take longer for the body to absorb compared to CBD tinctures or water solubles. Ingesting CBD may take one to two hours to take effect because the CBD is partially absorbed by the liver and digestive tract.

In addition to edible CBD products, you can also ingest CBD by drinking it. Water soluble CBD products are the quickest and most effective way to ingest CBD oil. CBD water solubles are created using nanotechnology to break down the size of the CBD particles to be small enough to dissolve in water. These extremely small particles enter the bloodstream very quickly, allowing the effects to occur within minutes of consumption, rather than hours.

### Sublingual CBD

Sublingual is when a CBD product is placed under or near the tongue for 30 to 60 seconds before swallowing. This method is performed with [CBD oils, tinctures](#), sprays, or lozenges. Sublingual allows for fairly fast absorption because the CBD becomes partially absorbed under the tongue and the CBD begins to break down before entering the digestive system.

### Topical CBD

[CBD topicals](#) are made by combining CBD with a carrier oil, moisturizing lotion, or cream to make topical use more effective and pleasant. When applied to the skin, CBD topicals can target a specific area or body part to benefit the desired area only. CBD topical use can take 30 to 60 minutes to take effect and has a targeting effect that isn't possible with other CBD oil uses.

### Inhaling CBD

CBD oil can be inhaled through an electronic vaping cartridge or smoking the [hemp flowers](#). Inhaling CBD smoke or vapor can take less than 10 minutes to take effect, which makes it the fastest method

for CBD to enter your system. However, the effects of smoking CBD don't last as long as ingesting CBD. It is also important to purchase reliable and safe vape cartridges and smokable CBD products to avoid adverse effects that could be caused by counterfeit or low-quality products.

## CBD Use Takeaways

There are many uses for CBD, ranging from relieving mild discomfort to improving mental positivity. CBD can offer improved overall health. An official serving size for CBD use is not established, but it is recommended to start with a lower serving and work your way up, to ensure you are not taking more than you need.

CBD can be taken orally, topically, sublingually, or by inhaling CBD vapors or smoke. There are many different CBD products a person can use, like gummies, drinks, tinctures, and water solubles. The many CBD products and flavors available make it easy to find a CBD method that you enjoy.

*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.*

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