



# How Does CBD Oil Make You Feel?

By CBD American Shaman | June 23, 2020

Taking [CBD oil](#) can have many health benefits, but until you try it you might not know for sure how CBD will make you feel and what you should expect when taking it. There is no need to be nervous to try CBD because it's a non-intoxicating, natural health supplement that can help boost your wellness. If you're feeling cautious, just remember that hemp oil is a plant oil extract just like other plant oils used for aromatherapy, skin care, and wellness.

CBD works with your body's pre-existing endocannabinoid system to regulate your body's functions and improve overall health. Oftentimes people are concerned because CBD is from the same plant species as THC, the intoxicating cannabinoid. But CBD won't make you high or alter your mind as THC does. Keep reading to learn more about CBD and how CBD may make you feel.

## What is CBD Oil?

Before getting started, readers must first understand what CBD is and how it's made. CBD is the acronym for cannabidiol, which is a naturally occurring chemical found in cannabis sativa plants. The

word cannabis may raise some red flags, but there is no need to worry. Cannabis is the plant species that includes hemp and marijuana. CBD is typically derived from hemp because it's widely accepted and legalized, and it doesn't create a high in users. Hemp-derived CBD contains very small trace amounts of THC but not nearly enough to be intoxicating at all. CBD is used in various health products because of its ability to offer relief from discomfort and many other [health benefits](#).

## Does CBD Make You High?

CBD doesn't make you high, even though [full-spectrum CBD](#) products contain trace amounts of THC. THC, or tetrahydrocannabinol, is the psychoactive component found in cannabis plants that creates a high or intoxicating effect in users. Federal regulations dictate that hemp CBD must not contain more than 0.3 percent THC. This small amount of THC is not nearly enough to create a high in users. If you are concerned about the THC in CBD oil or live in a state where THC is prohibited, you can purchase [THC free CBD oil](#).

## What Does CBD Do?

When CBD enters the body, it interacts with the [endocannabinoid system \(ECS\)](#), which is responsible for regulating many functions in the body. These functions include mood, sleep, nerve function, stress, and muscle formation. The ECS is responsible for creating an overall sense of homeostasis, or balance and wellness, in the body by regulating the body's functions. CBD interacts with the ECS through the cannabinoid receptors scattered throughout the body. When CBD comes into contact with the cannabinoid receptors, it helps stimulate and enhance the effectiveness of the receptors' cellular response and communication. CBD can also increase levels of the body's natural cannabinoids, called endocannabinoids, for better ECS regulation. The way in which CBD affects you may differ from other users because everyone's body, ECS, and wellness needs are different.

## So How Does CBD Make You Feel?

Many CBD users say they feel a sense of positivity and calmness after taking CBD. However, there is not one specific feeling you should experience from CBD because everyone's body is different. The way you feel from CBD depends on a few varying factors, including the type of CBD, the amount of CBD taken, when you take CBD, and the way your unique body reacts to CBD. CBD may have different effects on different people, so the way you feel may vary from others. Here are a few common feelings people experience when they take CBD oil:

### Relaxed

Many CBD consumers claim that they feel a sense of relaxation and calmness after taking CBD. CBD tends to improve a person's mood and provide a positive mental state. This is because the endocannabinoid system regulates mood. CBD may also help minimize everyday stress feelings. Those who are taking CBD to alleviate minor discomfort or decreasing stress describe CBD as relieving these ailments and making them feel more relaxed. If you are searching for a way to relax more, CBD oil may be the answer for you.

## Energized

CBD makes some people feel an increase in energy and feel more alert. This increase in alertness is due to CBD stimulating and regulating the endocannabinoid system, translating into an increase in energy. However, some people may experience the opposite effects and may feel tired after taking CBD, since it tends to relax you as well. Feeling energized and alert is a great way to start the day, so people will often take CBD at the start of their day or when energy levels wane.

## Rested

Some people take CBD before bed because they feel it helps improve their night's sleep and helps them feel well-rested in the morning. CBD isn't a sedative but works as a mental relaxant to calm the mind and body. CBD improves rest by calming your mind so you are able to improve your resting state and slow down your racing thoughts.

## Focused

Some people may feel an improved sense of focus after taking CBD. Since the ECS works on regulating brain function, CBD may help improve the brain's focus when CBD is introduced into the body. CBD works by encouraging the production of endocannabinoids, which may improve the brain's function and focusing capabilities. Since CBD may improve mental state, increase alertness, and decrease stress, it may provide the brain with a clearer and more focused mental state.

## Balanced

Because the main function of the ECS is to provide a sense of homeostasis, one of the overall feelings CBD users seek and feel is a sense of overall balance. Homeostasis is the state of stable internal, physical, and chemical functions in the body, making the body find balance and equilibrium. CBD has the ability to improve the ECS and its functions to promote this balanced state in the body.

## CBD Feeling Takeaways

Although CBD is derived from plants in the cannabis family, it doesn't make the user high or have any intoxicating effects. CBD has the ability to make people feel relaxed, energized, focused, well-rested, and overall balanced. Now that you know more about how CBD can make you feel after taking it, you can make an educated decision in deciding whether 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.*

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