



How to Maximize Your CBD Oil Experience

By Meredith Summers | June 20, 2018

Tips for getting the most out of CBD

Do you feel like you're not getting the most from your CBD oil experience? Have you tried it before only to wonder whether or not it's even working? You're definitely not alone if this is the case, but we could see how you might feel that way.

CBD oil has exploded in popularity in the recent past, but you may still be the only one you know who's tried it before. And when practically every viable website and source is telling you how amazing CBD oil is, you may be wondering if you're the only one who's not getting these incredible effects that you may have thought you'd have. See why this is, and how you can get more out of your experience.

CBD Is Not A Miracle Cure

CBD oil is amazing to say the least, but it's not a miracle cure. Let us repeat this again so you have a realistic view on the situation: CBD oil isn't a miracle. It may seem like a miracle to those who use it, but it's not going to make everything bad go away. You still need to practice good habits and learn how to take care of yourself if you're lagging in those areas.

But what CBD oil can do is give you the boost you need to get you over everyday hurdles. The reason why it's so difficult to get the most out of it is that there just isn't enough information out there to tell you the exact amount, type or the method you need to get the most beneficial results.

Take too little, and you likely won't feel anything. Take too much, and you may experience some of the less desirable side effects (e.g., nausea, dizziness, etc.) Plus, if you take too much, you're wasting CBD oil. At some point, CBD oil becomes ineffective in large quantities. (It's impossible to OD on CBD oil, which is the good news.) But what's your limit? How do you know? The answer is, you might not know UNTIL you try a few tricks.

Keep A CBD Journal

You won't find the best possible amount and concentration for you without some trial and error, so it's important that you write down how much you took, how you took it, and how you felt afterward. CBD oil is non-psychoactive, so you shouldn't have any trouble achieving the mental capacity you need to document everything.

Try Different Methods

Not everyone is going to want to [eat their CBD oil](#), just like not everyone is comfortable using a [vape pen](#). The method you use is going to have a lot to do with how your body feels, which can help you have a better experience. Much like finding the right amount for you, this is all about getting your hands on at least a few different options like [oral](#) or [topical CBD](#), and then going from there.

Be Patient

This is difficult to tell people to do when everyone is so used to getting what they want sooner rather than later. But being patient is one of the best ways that you can do to get more out of your experience. There are certain people who may not feel anything after taking CBD oil, either because of their body chemistry or because the right strain for them is still waiting to be developed. But giving CBD oil a chance even in light of these things may make more sense than not. Because that treasure trove out there of CBD testimonials is no joke.

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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