



Why You Should Skip the High of Traditional Cannabis and Go Straight to CBD Oil

By Meredith Summers | June 12, 2018

The Great Cannabis Debate: CBD versus THC

Let's face it: some people enjoy altering their state of mind, and we all have our own ways of getting our fix. You may be able to alter your mind just by the simple power of smiling at other people or by taking your dog for a walk! But let's face it (yet again): most people need a little more to take the edge off.

So, why would we suggest that [CBD oil](#) may be the answer you're looking for if in fact you were looking for a way to get a little break from your problems? It's because CBD oil may be able to provide that outlet you've been searching for without interfering with your everyday life, and because it may be able to offer you similar (if not better) benefits than that of whole cannabis.

Relaxation Whenever You Want It

Let's say you're at work when you're called into your boss's office to discuss a new project the company wants to assign to you. You're nervous the project is going to be way too big to finish on time, and you're keenly aware of just how trigger happy the company has been with layoffs lately. In

fact, it may seem as though this project is really being thrown at you to be the eventual excuse as to why you're laid off!

No matter how you choose to handle the situation, the anxious thoughts aren't going to help you decide a course of action. CBD oil may be able to enhance your concentration and ability to relax that you need to make a smarter decision that actually benefits you! Once you no longer have that stress over your head, the path forward should become clear. You won't get those kinds of benefits with traditional cannabis. The cloudiness it causes in the brain may not only make you less efficient, it can also cause you to lose your job.

Also, some employers do test for all cannabinoids and not just THC, or they have specific policies regarding CBD, so please be sure to check your company's policies before using it. The last thing we want is to add to your stress by putting your job in jeopardy!

A Twist on the Traditional

Sometimes, it can be fun to break the rules. If you're always doing the right thing day in and day out, life can get pretty boring. But break too many rules and you'll end up regretting it. Constantly disappointing people can also get pretty old after a while too. [CBD oil](#) is a little bit of a rule-breaker because it hasn't exactly gone mainstream yet, but it's still not likely to put you or your loved ones in harm's way since it doesn't get you "high". If you have to take a hit or two off a vape pen of CBD oil when your toddler throws their 18th tantrum of the day, you're likely to get that little boost of resilience just when you need it most. You're doing something just a little unorthodox without jeopardizing yourself or your child!

People are going to do what they're going to do regardless of the mountains of advice out there. Whether it's a cocktail or an eight ball, the same general principle lies behind practically every vice out there. Some are certainly more natural and more beneficial to you than others, but it all stems from a similar seed. CBD oil has some beneficial qualities for those who can open up their ears to hear about it, but change will take time. As more research and information debuts on cannibidiol, hopefully people will become more open to trying something outside the box.

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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