



## The Non-Stressful Side of CBD

By David Nadel | February 04, 2020

If there's one thing that we are all too familiar with, it is stress. Stress is becoming a more and more common complaint among Americans, and it's easy to see why. Our lives are spread more thinly than ever before, as many of us have to work extra-long hours to make ends meet, while also trying to manage responsibilities involving friends, family and the home.

What we know is that stress is a lot more dangerous than we once thought. Through many clinical studies, we've discovered that stress affects a lot more than just our minds. Therefore, needless to say, we all need to figure out a more efficient way to chill out.

Lots of us have entertained various techniques to reduce everyday stressors with varying levels of success. At CBD American Shaman, we offer a [wide variety of CBD-infused products](#) that you can take regularly, each with their own unique formulations and all containing the highest-quality CBD extract that money can buy.

In addition to talking about the effects and causes of stress and CBD's effect, we'll also be discussing the best ways to go about using CBD to manage daily stress levels. This way, you'll know exactly how to buy and utilize hemp for the best possible results.

## **Stress: The Epidemic of the 21st Century**

Take a step back for a second and ask yourself when was the last time that you felt completely free of stress. When was the last time you didn't have a single worry on your mind? When was the last time your body didn't feel tense all over due to the effects of stressful circumstances and events?

Chances are, you're having a hard time right now. And, we don't blame you.

So, what is stress? Stress is actually a chemical reaction that takes place within the hormonal system. See, thousands of years ago, our ancestors depended on the stress response to get them out of danger. When we feel threatened, our mind secretes cortisol, a hormone that, once in the bloodstream, stimulates the nervous system so that we can think faster, move faster and get ourselves out of danger easily. This has helped our ancestors survive. The stress response produces a series of chemical changes that increase our heart rate, deprioritize digestion, cause our minds to have racing thoughts and cause our muscles to tense up. While these side effects may have once helped us, now they get in the way more than anything.

## **Coping Mechanisms for Stress**

There are different ways to cope with stress, with some being more useful than others. Many people turn to yoga, meditation and other practices for trying to calm the mind, but not everyone has time to engage in these practices daily. Some people even decide to see a professional therapist for help managing their stress.

## **CBD and Stress: What the Research Says**

So, what does CBD have to do with stress levels? Well, for one thing, CBD and other hemp cannabinoids work with the body's endocannabinoid system, which utilizes cannabinoid receptors to produce chemical changes that may regulate bodily processes such as hormonal secretion and mood.

CBD is a natural, plant-derived product that can be bought over the counter, and sometimes, it's blended with stress-relieving plant derivatives such as kava, lavender and other herbs and botanicals. Lots of people these days use CBD daily for occasional stress.

## **How Can You Actually Start Using CBD?**

Well, the first thing that we recommend to everyone is that they speak with their doctor prior to starting a CBD regimen. It's always good for your doctor to know what you're taking, whether it be plant-based or not.

We recommend that you choose a milligram strength that reflects your individual situation. Higher strengths of CBD are more potent, and you know the potency level that's best for you based on how you feel.

Another key factor when it comes to using CBD is consistency. Due to the nature of the endocannabinoid system, it seems best to use CBD daily, as this allows those compounds to gradually build up in the system, potentially making them more efficient and effective. You can start with the suggested dosage level that's found on the product's label. You can gradually increase your daily dose as needed after a couple of weeks, if you feel that this is necessary.

Now, how you choose to take CBD is your call. CBD can be vaped, ingested or applied via sublingual administration as a tincture. No one method is objectively better than the other, so simply choose the one that most appeals to your personal preferences, and don't be afraid to experiment if need be.

## **Keep Calm and Try CBD**

Stress is something that we all experience from time to time, as it's a natural human response when things don't go our way, or when we feel that we are in danger. However, everyday stress is becoming more common, and this is extremely unhealthy. There are things you can do to prevent or at least attempt to limit it while also using the guide above to go about buying and using CBD products properly.

*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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