



# Top 10 Benefits of CBD Oil

By CBD American Shaman | May 07, 2020

Cannabidiol (CBD) is a natural compound derived from cannabis plants. CBD is one of over 100 cannabinoid compounds that can be found in these plants. Hemp-derived CBD oils contain no more than 0.3 percent tetrahydrocannabinol (THC), which is the intoxicating cannabinoid found in marijuana that creates a high effect.

Hemp has been used as a therapeutic treatment for thousands of years and new research continues to reveal more benefits that cannabis products have to offer. CBD is used as a wellness product to promote wellbeing and overall wellness.

## What Does CBD Do?

Before diving into the benefits of CBD oil, it is important to understand how CBD works with the human body. CBD works with the body's natural endocannabinoid system (ECS) to help regulate a range of functions. This regulation of functions keeps the body in a state of homeostasis. The ECS is a signaling system in the body that uses endocannabinoids, which the body naturally produces, to

interact with cannabinoid receptors throughout the body. When CBD interacts with the ECS, the CBD can help facilitate the endocannabinoids binding with the receptors to improve the chemical communication between the receptors and the cells the receptors are regulating. CBD has also been known to mimic endocannabinoids and stimulate the ECS to help regulate certain functions in the body.

Here are some of the benefits of CBD oil:

## 1. Helps Ease Minor Discomfort

One body function that the ECS helps regulate is the nervous system, which is the system that controls nerve function, muscle repair and formation, joint function and other vital organs. In a 2018 Research Review, researchers revealed that CBD has the ability to ease discomfort by impacting the activity between a number of factors in the ECS. Since the receptors in the ECS lead to a cellular reaction in the nervous system to activate regulation, CBD can help stimulate the endocannabinoids and regulate the nervous system. CBD can also help increase the impactfulness of the endocannabinoid system and lead to better results, thus easing any mild discomfort throughout the body.

## 2. Provides Positive Mental Support

CBD can help you cope with everyday stresses, provide positive mental support, and help maintain your mood. Research has shown that CBD may change the way the brain receptors respond to serotonin, which is the chemical associated with emotional health and happiness. The receptors in the brain are proteins that transmit chemical communication to other cells in the brain to invoke a response and stimuli. When CBD is introduced into the brain, it affects the receptors in the brain to respond to serotonin in a more efficient way, which may result in a sense of calm. By improving the way the brain responds to serotonin, it can help support overall mental wellbeing.

## 3. Supports Joint Health

Joint health is very important when it comes to staying active and mobile as you age. A study from 2017 found that CBD can support joint function by supporting the joint nerves and promoting cartilage health. When CBD interacts with the CB2 receptors located in the ECS, it has the ability to support health joints in the face of harmful cells. CBD also lowers the production of collagen antibodies, helping to maintain your joint cartilage function. Collagen is an important amino acid the body produces to protect and rebuild joint cartilage and improve joint function. When CBD interacts with the receptors responsible for regulating joint function, it can help stimulate better results and overall joint health.

## 4. Supports Cardiovascular Health

When it comes to heart health, it's important to make sure you are taking the right steps to ensure your cholesterol and blood pressure stay in a healthy place. In a study published in 2017, some of the participants saw support for healthy pressure after using CBD oil. This means that CBD may help some people support their cardiovascular function in order to keep them healthy and feeling great.

## 5. Improves Rest

For some people, CBD may make them drowsy, which could be useful to promote a restful sleep at night. If CBD makes you sleepy, using CBD before bed could help you get to sleep faster. Since CBD also helps relieve everyday stresses, it can help a person relax at the end of a long day so they can rest more peacefully at night. But CBD affects everyone differently. For some, it could induce a sense of calmness and drowsiness, while in others it may increase their energy levels and help them stay awake, alert, and focused.

## 6. Boosts Energy

Since the endocannabinoid system helps regulate many functions in the body, CBD can help give the ECS an extra boost to help regulate these functions. That extra boost from CBD may translate into an **increase in energy** because the body is returning to a state of homeostasis. The energy that one feels after taking CBD may feel similar to a caffeine pick-me-up without the caffeine jitters or inability to fall asleep at night.

## 7. Neuroprotective Properties

Researchers have found that CBD has the ability to generate neurological benefits by supporting normal functioning of the nervous system and brain. When CBD interacts with the endocannabinoid system, it can help brain function through promoting the development and growth of new neurons. This is done by facilitating and stimulating endocannabinoid receptor activity which helps regulate brain functions.

## 8. Supports Immune System Health

One of the functions the endocannabinoid system helps regulate is immune system response. CBD has been shown to help support and strengthen immune system health by improving ECS functions. Research has shown that cannabinoids, including CBD, can decrease the release of cytokines in the body. CBD helps support the immune system by decreasing cytokine production and by improving the functions of the ECS.

## 9. Promotes Clearer Skin

One study conducted with human subjects discovered that CBD has the ability to promote normal oil activity in the sebaceous glands. These glands produce sebum, the substance that hydrates the skin with natural oils. When CBD regulates the production of sebum, the skin is more likely to maintain a healthy environment. Not all CBD users will experience this benefit, but people with skin blemishes caused by oily skin could see visual improvement.

## 10. Promotes Overall Health

The main function of the endocannabinoid system is to maintain a state of homeostasis for the body. Homeostasis is the balance and stability of the body's internal processes that may change with external conditions, such as body temperature and other crucial processes. CBD can play a role in helping the ECS work properly to help maintain homeostasis and regulate various functions in the body. This is because CBD enhances the efficiency of the body's existing endocannabinoids interacting with the cannabinoid receptors that regulate various functions. CBD can also mimic endocannabinoids and stimulate the ECS to create the same results that endocannabinoids invoke.

CBD can be beneficial to your overall health by interacting with your body's natural endocannabinoid system.

## CBD Benefits Takeaways

CBD has a wide range of health benefits, from promoting positive mental health to supporting joint function. It is important to note that CBD affects everyone differently, so there is no guarantee that any of these benefits will occur. If you experience any **adverse side effects**, it's advised that you discontinue using CBD. Overall, CBD is safe and works with the body's natural systems to promote a state of homeostasis and overall well-being.

*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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