



# What is CBD? Answers to All Your CBD Questions

By CBD American Shaman | May 26, 2020

You may have heard of CBD as a popular health and wellness product, but why is it such a prevalent item in wellness stores, beauty products, and even coffee shops? CBD is becoming one of the most popular wellness items in health stores because it has so many benefits to offer. Keep reading to learn why there's so much fuss about CBD.

## What is CBD Exactly?

CBD is short for cannabidiol, which is a naturally-occurring chemical compound found in cannabis sativa plants. The cannabis plant family encompasses hemp and marijuana, but hemp is typically used to make CBD products because of its chemical composition and legality in the United States. Cannabis plants contain over 100 cannabinoids, which are active compounds that have the ability to interact with the human body. CBD is the most prevalent cannabinoid in hemp because it accounts for the largest percentage of the plant's extract. CBD is extracted from hemp and manufactured into various CBD products like capsules, oils, beauty products, edibles, and bath bombs.

## Does CBD Get You High?

People may mistake CBD for a marijuana derivative, and although CBD is found in marijuana, hemp is typically the cannabis plant used to create CBD products. This is due to the low amounts of THC and high amounts of CBD found in hemp, whereas marijuana has high levels of THC. Hemp-derived CBD does not cause an intoxicating effect or high because the THC levels are so low. There are some CBD brands that offer THC-free products for those who live in states where THC is illegal or for people who are concerned about the effects of THC.

## Is CBD Legal?

The short answer is yes, but the legality surrounding CBD has been a gray area ever since the [2018 Farm Bill](#) was put into legislation. This Bill legalized the growth of hemp and the use of its products in the United States on a federal level, but it also gave power to the states to further regulate hemp. Federal regulations specify that CBD derived from hemp is legal as long as it contains no more than 0.3 percent THC. At first, some states legalized hemp CBD with this regulation immediately after the Bill passed. Other states continue to prohibit hemp products, until recently. Currently, all 50 states have legalized the production and use of hemp CBD. However, some states have further restrictions on CBD products. For example, some states do not allow any traces of THC in CBD products while some states restrict the use of CBD in food products. Make sure you understand the CBD regulations in your state before purchasing CBD so you can make an educated and legal purchase.

## Will CBD Show Up on a Drug Test?

Since CBD contains little to no traces of THC, it shouldn't show up on a drug test. However, since CBD is a product that isn't approved or regulated by the [Food and Drug Administrative](#), it may not be possible to know for sure if a CBD product contains the listed amount of THC. Some unreliable CBD brands may not test their products properly to determine the exact percentage of THC. You should always purchase CBD products from brands who publish their product test results. And if you have a job that relies on having a clean drug test, you may want to consider using [THC-free CBD](#) or avoiding it altogether.

## What Benefits Does CBD Have to Offer?

Many people rave about the health benefits of CBD, but what is CBD used for and why? The reason CBD has the ability to improve various health aspects is because CBD works with the body's natural [endocannabinoid system](#) (ECS). The ECS is a cellular signaling system that regulates many of the body's functions, including sleep, mood, nerve function, appetite, muscle recovery, and much more. The main function of the ECS is to create and maintain a state of homeostasis, or balance, for the whole body to work properly. When CBD is introduced into the ECS, it can help boost, stimulate, and assist the ECS to work more efficiently.

This is why CBD can help ease mild discomfort, support mental health, and affect appetite. The most common overarching benefit CBD users experience is the improvement of their overall health due to CBD assisting their ECS to return the body to a balanced state. CBD may also be beneficial to those

who experience discomfort in their joints or muscles, since there are cannabinoid receptors in cartilage and muscle tissue. Providing a positive mental state is a benefit many people enjoy, because CBD can balance the brain's happy chemicals. CBD can also help people deal with everyday stress due to its balancing effects. CBD may affect people differently and not everyone will experience all or some of these benefits. These are only some of the benefits of CBD, but there is still more research being conducted to discover more of the benefits CBD may have to offer.

## What Should I Look for When Shopping for CBD?

Not all CBD is made the same, so it's important to look at a few signs to determine if CBD is real before making a purchase. It's important to purchase CBD that states the potency in milligrams on the label. Not only is this a federal regulation, but it also helps you determine how much to take per serving. Read the ingredient list to make sure there aren't any unrecognizable ingredients. CBD products will contain either full-spectrum or isolate CBD with carrier oils and ingredients, like vegetable oil, flavoring, and a preservative ingredient. Check the label or the online store to see if the CBD manufacturer lab tests the CBD before distribution. [Lab testing CBD](#) ensures that the product contains the accurate amounts of the listed ingredients and potency, while also testing for purity and safety regulations. These are only a few of the tips in choosing the right CBD products; read more in our article about [Real CBD Oil vs Fake CBD Oil](#).

## What is the Best Way to Take CBD?

There are different ways to take CBD, but the best way is up to the preference of the user. The main ways to take CBD is by ingesting, inhaling, sublingual use, or topical application. Eating or swallowing CBD can take the form of [gummies](#), [capsules](#), drinks, and foods. When ingesting CBD, it may take longer to take effect since the CBD has to be absorbed through the digestive tract. Inhaling CBD smoke or vapor is one of the fastest ways for CBD to enter the system, but the effect may wear off faster and may not be ideal for some people. Sublingual is when [CBD oil](#) tinctures, or lozenges are placed under the tongue for 30-60 seconds for the CBD to absorb through the sublingual gland. [Topical CBD](#) is applied directly to the skin to help target a specific area. The best way to use CBD is up to the user and which benefits the user would like to experience.

## About CBD Takeaways

Hemp-derived CBD is a popular wellness product that is legal in all 50 states. There are many types of CBD products to choose from, but make sure you look for a reliable brand before making a purchase. CBD oil uses and benefits may vary by person because everyone's ECS and body is different from one another. CBD products can be eaten or drank, smoked or vaped, applied to the skin, or placed under the tongue to enter the body's endocannabinoid system. The way this system interacts with CBD is why we see so many different health benefits from CBD. Now that you know more about CBD, you can decide if you'd like to try using CBD.

## Why Choose CBD American Shaman

We offer a wide range of high-quality CBD products made with organic, terpene-rich hemp CBD oil. Our products are tested internally and by a third party lab before they are sold to make sure they are meeting purity and potency standards. Since we offer a wide variety of CBD products, you are sure to find a product that works 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.*

Learn more at <https://cbdamericanshaman.com/blog>