

CBDITS4ME



Top 10 CBD Oil Uses Every Woman Over 40 Needs to Know!

Did you notice it? The very day you blew out 40 candles on your birthday cake, things started to take a subtle shift. You used to be able to sleep through the night, and now you're suddenly dealing with insomnia. You thought painful periods were a thing of the past? "Think again," says your uterus. And where did this knee pain come from?

We're going to let you in on a little secret...
It's not just you.

Women everywhere have been suffering in silence with these brand new conditions that start popping up in their 40's and 50's, but we're here to shine a super bright light on what you thought was just happening to you, and how to use a simple, natural solution to get actual relief.

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Sex drive? What sex drive?
I have more mood swings than my teenager
Migraines are not fun
It's a like a desert down there
Thermostat-ruining hot flashes
What's that noise? Oh, it's my joints
Ouch! Why is sex painful now?
I sleep like a baby... I'm always waking up in the middle of the night
My doctor says I have osteoporosis
How CBD Oil Can Fix the Most Common Conditions for Women Over 40

Below is a list of the 10 most common ones and a promising natural treatment for chronic pain, mood swings, insomnia, osteoporosis, and more – in the form of CBD oil.

But, what is CBD oil? Cannabidiol (CBD) oil is the healing compound that's extracted from the cannabis hemp plant. In other words, you can reap the healing, relaxing, pain-relieving benefits without getting high.

(This is a major reason why so many people – especially women – are trying CBD oil for pain... because not only does it relieve pain, it doesn't impair your judgment!)

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1) Low Libido

After 40, low sex drive in women is not uncommon and happens because estrogen levels drop so drastically. You'll find yourself having trouble getting aroused or generally less sensitive to touch, which can challenge a couple's intimacy.

One way to remedy a low libido is to boost serotonin levels. Serotonin is a neurotransmitter that stimulates sensation, activates sexual desire, and soothes anxiety. Researchers have found that CBD can boost serotonin which, in turn, helps lower stress and anxiety while making sex less tense and more enjoyable again.

We love hearing women describe how CBD helped them reclaim their sex lives:

2) Mood Irregularities

The same drops in hormones like estrogen and testosterone tend to lead to mood swings, which is one of the most common symptoms of menopause. Women often flock to their doctors in hopes of lifting their mood but are met with prescription antidepressants which come with a long list of harmful side effects.

Unlike the psychoactive property of cannabis (THC, the part associated with the high), researchers have found CBD oil to be a fast-acting and potent antidepressant. In an era where antidepressant drugs are handed out like candy, CBD oil seems like a perfect alternative for anyone looking to boost their happiness – completely naturally.

3) Migraines

When it comes to painful and debilitating migraines, you can find frequent or extreme estrogen fluctuation at the root of it all. It's important to note that women experience migraines differently and to varying degrees. However, they tend to stop after menopause when estrogen levels go down and stay down.

But in the moment, CBD oil can be a lifesaver that helps keep the pain at bay or even eliminate it! Numerous studies have strongly suggested the benefits of CBD use both in combination with other drugs and independently to ease pain caused by migraines.

4) Vaginal Dryness

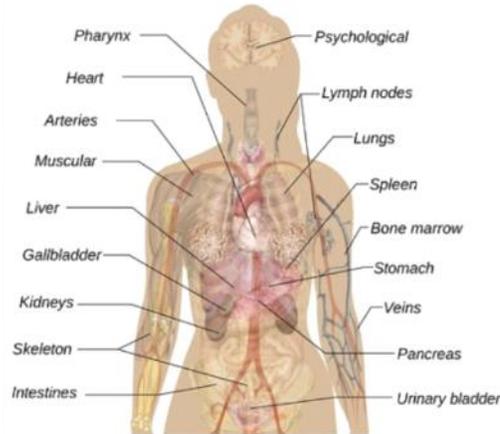
You may be asking yourself, why am I dry down there all of a sudden? It comes as a shock to many women who hit 40 and suddenly start experiencing vaginal dryness. As estrogen levels drop, the mucous membranes in vaginal tissue produce less and less natural lubricant. This can lead to painful dryness and less elasticity and strength.

Any woman who has ever tried the average lubricant to combat dryness may have noticed a chemically, synthetic smell... Not a comforting scent to notice when applying it to your most intimate parts. CBD oil has a very faint natural odor.

More importantly, increased lubrication and the ability for CBD to be absorbed, to give relief that so many women are seeking!

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Female Anatomy



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5) Hot Flashes

These bursts of heat can feel like hell on earth... or your face, neck, and chest. According to doctors, hot flashes are arguably the earliest and most common symptom of menopause. In addition to heat, you may also experience a rapid heartbeat, sweating, blotchy or flushed skin, and a chilled feeling afterward. To combat hot flashes, people can use CBD oil to boost serotonin levels which lower body temperature.

6) Joint Pain

Studies in favor of CBD oil for joint pain are mounting as more and more people are tired of synthetic dangerous drugs that are mere band-aid fixes. While more human studies are needed, a 2016 study published in the European Journal of Pain found that transdermal CBD reduced inflammation and pain in arthritic rats. Researchers applied a CBD gel topically for four days in a row. To their surprise, inflammation and overall pain in the rats significantly decreased without side effects. So, if you're looking for some chronic pain relief, considering a transdermal CBD oil is a perfectly safe route to explore!

7) Painful Sex After Menopause

Sex is one of the greatest and most intimate gifts you can share with your partner. But countless women – menopause or not – are avoiding it because of the anxiety and pain that never seems to go away. Because CBD is such a powerful anti-inflammatory, both emotionally and physically, women are exploring its various uses to ease the tension leading up to sex and increase arousal during it. Some women don't have sex for months or even years just because it hurts so much. But CBD is finally allowing women to make sex enjoyable again by helping eliminate the anxiety, muscle tension, and vaginal dryness. All-natural CBD even increases your chances and enhancement of orgasm.

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8) Insomnia

Sleeping problems are a combination of menopausal symptoms – hot flashes, mood swings, pain, and more. Any sort of discomfort, menopause or not, tend to keep the average person up tossing and turning into the night. Although you can take sleeping pills, they come with health risks you might not want to take, including constipation, dizziness, daytime drowsiness, tingling in your extremities, headache, heartburn, stomach pain, or worse. In addition to reducing anxiety, CBD oil has also been shown to help insomnia in people who suffer from chronic pain or post-traumatic stress disorder.

9) Menstrual Cramps

Isn't it ironic that menstrual cramping is a side effect of menopause? More and more doctors are open and willing to recommend using CBD to their patients for cramps. Dr. Shivani Amin even told POPSUGAR that “[CBD is] the most powerful anti-inflammatory compound of the [cannabis] plant” and is [proven to be 60 to 100 percent more effective than ibuprofen].”

Many women suffer from severe menstrual cramps and use Midol and ibuprofen. CBD oil can maximize muscle relaxation and give pain-relieving properties of cannabis without a psychotropic ('high') effect. Because CBD is anti-spasmodic, it's possible to start relieving cramps in under 20 minutes and may last more than 20 hours! And you don't even experience the traditional high from typical cannabis use, “just relief, basically.” Ditching the Midol and Ibuprofen for all-natural plant-based CBD oil sounds like the perfect trade to us.

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10) Osteoporosis and Osteopenia

Estrogen is a key player in maintaining strong bones, so you can see why menopause poses such a problem for women in the forties. When estrogen levels start to decline (in combination with muscle loss and the natural aging process), bones grow weaker and more brittle. As each day passes, your bones are replaced less and less with new, healthy cells which leads to diseases like osteoporosis and osteopenia.

To avoid the risk of breaks, fractures, and bruises (especially during menopause), researchers have looked to CBD oil in order to maintain or increase bone density! In 2009, a review in the Annals of Medicine found that CBD treatments could, in fact, help prevent bone loss associated with menopause. Are you bruising more easily than before or feeling weaker as the months go on? Reaching out to your doctor about a personal CBD treatment might be worthwhile. Do you have any of these symptoms?

Having any of these painful problems does not mean you have to mask it with over-the-counter drugs with scary side effects. Regardless of what you hear, the research pouring into the health benefits of CBD is amazing!

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Brightfield Group and HelloMD conducted the largest survey to date about CBD usage and even found that women are more likely than men to use CBD. However, what was more incredible was that nearly half of them end up ditching traditional medicines!	
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