

Is CBD Oil Safe?

As CBD and CBD oil are quickly becoming popular topics in the world of natural and functional medicine, concerns and cautions around its use are also surfacing. Despite CBD oil's emerging reputation as offering therapeutic, non-psychotic treatment for a number of ailments, many prospective users are curious as to both its benefits and possible side effects. As CBD oil is a derivative of the cannabis plant, it's natural that the general population wants to know more about whether this substance is safe, and legal, to use on a day to day basis.

What is CBD?

CBD accounts for 40% of the cannabis plant's makeup. The cannabis plant itself is made up of over 400 chemical compounds, the two most prominent of which are CBD and THC. Both CBD and THC are themselves made of cannabidiols, which attach to various receptors in our bodies and produce different effects. A closer look at the biological structure and chemical composition of the cannabis plant reveals significant differences between TCH and CBD compounds (link to the article I just wrote, CBD vs THC, the differences), which accounts for their widely different usages, properties, effects, and benefits. Most notably, the CBD strain does not contain any psychoactive properties and is a non-intoxicating compound, while THC (sometimes referred to as [“The High Causer”](#)) is known for inducing the euphoric “high” for which cannabis is so widely known.

Is CBD oil legal?

The lack of information made available to the general population has led to a negative perception around all substances and products related to the term “cannabis,” including CBD oil. However, CBD is an entirely different strain to the THC found in substances like Marijuana, which is illegal across the majority of the United States due to its “drug-like” effects and its recreational overuse (however,

THC is also a popular medicinal resource for individuals suffering from chronic conditions).

As for the status of CBD products, legislation is slightly more ambiguous, and CBD is not legal in all 50 states due to possible crossovers with THC, despite [many oils having been shown to contain 0% THC content](#). Legislation does allow for certain parameters around hemp cultivation (as explained in the 2018 [Farm Bill](#)), but as not all CBD products are made from these legal farming methods, their legal status has not yet been standardized. And although the Drug Enforcement Administration (DEA) maintains that CBD is illegal, a spokesperson recently announced that [CBD oil use would not be targeted](#). Also, due to its near-complete isolation from THC compounds, a CBD-rich hemp oil won't result in a positive drug test when consumed.

Benefits of CBD oil

Quartz magazine recently called CBD a ["rapidly rising star" due to "its capacity to deliver mental and physical benefits."](#) In oil form, it offers a convenient and accessible means of consumption for individuals eager to experience these benefits.

It's worth noting that high doses of CBD oil may not necessarily produce a stronger or more desirable effect. Make sure you know the dosage which works best for you, to really enjoy the benefits of CBD oil!

Whether for medicinal, health, or personal use, CBD oil can treat some of the following conditions:

- Anxiety
- Joint-pain
- Post-traumatic stress disorder
- Menstrual cramps

- Insomnia
- Nausea
- Seizures
- Bowel inflammation and diseases
- Digestive disorders
- Mood swings
- Spasms

The main attraction of CBD for a wider audience of users is that it doesn't induce the psychoactive state of the THC strains of cannabis, making it a viable option for day-to-day use, whether at work or with family, or just relaxing on your own time. You can consume it with a vaporizer, in droplets under the tongue, or in a CBD oil-infused coffee!

Is CBD Oil Safe? Side Effects

So, if it isn't legal in all 50 states, and if police have made moves to [confiscate products containing the oil](#), doesn't this raise questions about the safety of CBD?

First of all, it is worth noting that the stigma surrounding the cannabis plant is still a central issue for the government, which may influence their approach to regulation and legislature. Although this is gradually changing, thanks to education and research surrounding the different strains found in the plant, the general population isn't necessarily aware of the differences. New laws surrounding the accessibility of cannabis-derived products could cause concern and outcry if not approached in the right manner. From this perspective, the fact that CBD is not yet legal in all states is not a flawless indicator of its safety. It is, however, currently patented by the U.S. government as a neuroprotectant and antioxidant.

In many cases, CBD oil is used as an alternative to prescription medication, which can be addictive and trigger a wide range of unpleasant side effects. In comparison, CBD oil is not known to be habit-forming.

It is often a question of, do the health benefits outweigh the risks? Some side effects have been reported when using CBD oil, and it isn't effective for everyone - whether trying to ease a health problem, or just curious to see its effects. You may possibly experience any of the following symptoms:

- Dry mouth
- Dizziness
- Changes in appetite
- Drowsiness
- Vomiting or nausea

CBD oil could also potentially interact with other drugs and medication you may be taking, so be sure to seek professional medical advice before deciding to take it on a regular basis. If you [do your research](#), however, and seek out good quality CBD oil in the right dosage, you should be on your way to reaping the benefits of this fascinating strain. Reaching out to peers who have had experience using CBD oil can also be reassuring, and may guide you in your choices and perspective of how it may benefit you!