

Eight Common Misconceptions About CBD

As we learn more about the health benefits of CBD (Cannabidiol), its usage is growing in popularity. People are now using CBD to provide relief from anxiety, stress, seizures, PTSD, and insomnia; to protect against some brain diseases; to provide relief from chronic pain; to treat chronic skin conditions; to try treating cancer by natural methods; and more.

Despite this, there are still many skeptics due to a number of misconceptions out there mostly based on a misunderstanding of what CBD is, where it comes from, and what it does and doesn't do. Here, we are going to round up 8 of the most pervasive misconceptions and set the record straight.

CBD is a variety of marijuana.

Does CBD get you high? What does CBD feel like? CBD is a psychoactive agent, and it does exist in marijuana, but commercial CBD products are derived from hemp, which some mistakenly think is the same as marijuana. Marijuana and hemp are plants from the same family (cannabis), but they are not the same plants. THC, the compound in marijuana that gets people high, exists in CBD in tiny amounts (less than 1%, closer to 0%). These amounts are a third less than they are in even the weakest strains of marijuana. CBD *will not* make you high.

CBD is addictive.

Related to the misconception that CBD is marijuana and can get you high is the belief that it is addictive, but that is not at all true. There are even studies showing that CBD reduces the pleasure a body feels upon experiencing powerful painkillers such as morphine and that it thus helps block the addictive effects of those drugs. (This is *not* a suggestion that people can safely use heroin if they take CBD as well.)

Hemp and CBD products are illegal.

Hemp is not a federally banned substance. In fact, in 2018, there was a change in federal law that explicitly excluded hemp from the definition of marijuana because it does not come close to containing the THC levels that marijuana does. Thus, CBD derived from hemp is entirely legal in the United States whether you purchase it online or buy it over the counter.

Children can't use CBD.

Although there has been medical evidence suggesting THC is harmful to people when their bodies are still growing, this is not the case with CBD. There is no established evidence showing that CBD harms children, and some strains of it have been proven to benefit children with epilepsy by improving their health greatly.

In order to use CBD, you have to smoke it.

By far, the most common way people legally take CBD is in an oil form. There are multiple ways to do this, including swallowing it, putting it under the tongue, adding it to foods and beverages, and rubbing it into the skin. Now, there are many CBD-infused products such as lip balms, mascara, candy, honey, tea, and more.

CBD is a sedative.

Although some people do experience a relaxing effect from CBD and use it to reduce anxiety and stress, CBD derived from hemp is not technically a sedative because it does not have the THC levels of marijuana, which definitely can be a sedative. There are varieties of CBD that do work as a sedative, but they are not hemp-based, and they have undergone specific preparations to add sedating agents.

Only sick people should use CBD.

It is always a good idea to consult with a doctor about using CBD and other non-traditional health and dietary supplements, but because purchasing and using it does not require a prescription, you aren't required to first be diagnosed with an illness. Furthermore, people commonly use CBD to treat conditions that are not diseases or illnesses. Some common examples of non-disease conditions people treat with CBD are stress, anxiety, depression, sleep disorders, and PTSD.

The more you use CBD, the more you benefit, and there are no side effects.

The right amount of CBD varies per person, and factors such as your weight, metabolism, and your overall health can help determine how much you should use, and how often. Different ways of taking it deliver it in different amounts, and that is a consideration as well. Another consideration is side effects, which increase the higher the frequency and dose are. Known hemp oil side effects from very high levels of use include changes in digestion, lowered appetite, and feeling more tired than normal. CBD can also affect how some prescription medications work in the body. For all these reasons, even though you don't *have* to see a doctor to use CBD legally, it is still a good idea to discuss it with a physician to determine what the right amount is or if it is even right for you at all, especially if you are already taking prescription medications.

GoodFOR is a CBD oil product made from 100% organically grown hemp. It can provide pain relief, skin nourishment, and more. We even have a THC-free variety for those worried that the

very low levels of THC found in CBD oil still might put them at risk of failing a drug test. Our high-quality products are tested extensively because we put your health and safety first. [Shop now](#) to find the products that are best for you!

IMPORTANT: This written material has been prepared based on sources which you provided. Neither Flocksy or the creative who wrote the copy makes any claims whatsoever as to the accuracy of the information contained within, and they are not responsible for any legal or financial difficulty resulting from the use of this written material. We encourage you to review it thoroughly before disseminating it or using it in trade.

SOURCES USED:

<https://blog.barleans.com/six-common-misconceptions-about-cbd-hemp-oil>

<https://www.bestcbdoils.org/misconceptions/>

<https://cannacon.org/5-common-misconceptions-about-cbd/>

<https://www.foriawellness.com/blogs/learn/cbd-oil-thc-benefits-side-effects>