



Top 5 Benefits of CBD Oil

CBD has been found to be an effective treatment option for multiple physical and psychological conditions. But, before you start, here are a few benefits you should know.

Did you know that there are more than 100 chemical elements present in the cannabis plant, with CBD oil being only one of them? This oil has not only proven to be an effective treatment for insomnia, stress and other medical conditions, it also helps improve mental health.

The best part is that although found in the cannabis plant, it does not have any intoxicating properties and is safe for use by anyone.

However, it is important to buy CBD oil, glass bong bowls and other devices only from the best online smoke shop, says [BomDiggidy](#), a leading provider of a wide range of CBD infused products, including body butter, lip balm, soap and roll-ons.

1. Reduces Anxiety and Depression

According to the [Anxiety and Depression Association of America](#), 6% of Americans are affected by depression and 18% by anxiety. CBD oil has proven to be one of the best cures for these mental health issues. Serotonin is a natural mood enhancer, released in the brain, and the usage of the oil can help regulate and stabilize this process.

A study published in the Journal of Psychopharmacology revealed that an oral dose of 400mg could help alleviate depression and social anxiety. It also helps the brain minimize and control the breakdown of Anandamide, the “bliss” element. This, in turn, improves the mental state to a great extent.

2. CBD and Cancer

Research shows that non-psychoactive CBD oils have anti-cancer properties. In fact, it can even help kill cancer cells in humans and prevent them from spreading across the body. Apart from this, many side effects of chemotherapy and other cancer treatments, such as nausea, pain, vomiting and so on are relieved or prevented.

3. Helps Improve Sleep

CBD improves the quality of sleep for people with arthritis and Parkinson’s disease. Since it is a good cure for a number of other discomforts, such as pain, stress, anxiety and so on, it automatically induces sleep by taking care of the discomfort.

4. Cures Skin Conditions

CBD has been also proven to improve skin conditions like acne, by fighting inflammation. It is widely being used in creams and lotions to help clear breakouts by reducing sebum production. CBD oil also has antioxidant properties, which fight wrinkles, dullness and other signs of aging skin. It also works great for people with sensitive skin because of its soothing properties, which minimize redness and other types of irritation.

5. Helps Ease Chronic Pain

When taken in a moderate amount, under the tongue, CBD oils can help in curing chronic pain and inflammation in the human body, including multiple sclerosis and arthritis. This is done by influencing the endocannabinoid receptor activity and affecting the neurotransmitters. It also minimizes surgical and nerve pain.