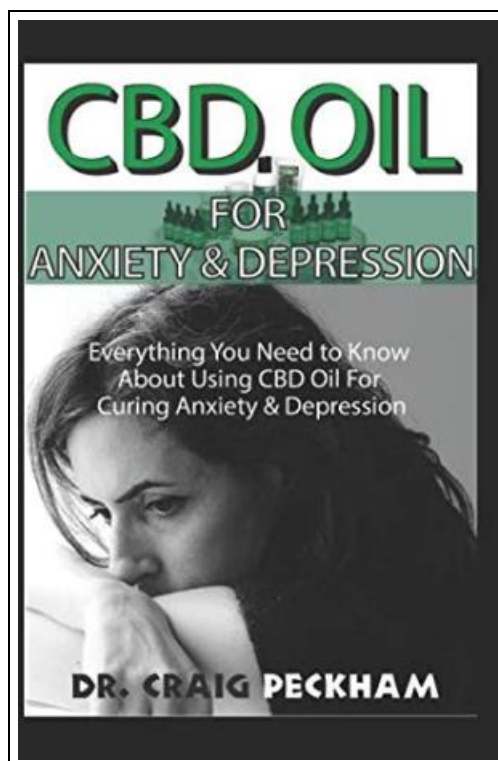


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Independently Published, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Anxiety and depression are often misunderstood conditions that afflict many, many people. In fact, up to one out of three people will be affected by an anxiety disorder or depression during their lifetime. While some have success combatting the conditions with pharmaceutical drugs such as SSRI antidepressants, these really shouldn't be relied on in the long-term as they come with numerous harmful side-effects. In technical jargon, cannabidiol, or CBD, is a chemical constituent of Cannabis sativa that's a pharmacologically broad-spectrum drug. In simpler terms, CBD has a wide array of potential therapeutic and medicinal effects, and cannabis (and hemp!) plants produce it naturally. For decades, CBD has drawn increasing interest for its effects on the nervous system. We tend to hear a lot about CBD in the context of treating epilepsy, multiple sclerosis, and nerve pain. But there's also the potential for treating a range of neuropsychiatric disorders, from trauma and depression to stress and anxiety. In this guide, we lay out the case for using CBD for anxiety. We also discuss how to dial in the best CBD oil dosage for anxiety symptoms, and explore the best CBD oil for anxiety relief. If you are one of the millions that suffer from anxiety or depression, however, there is hope. CBD, the non-intoxicating cannabinoid cousin of THC, is proving itself to be an effective anti-anxiolytic and antidepressant and is already helping thousands to manage their conditions and once again enjoy life. A potent calming effect, along with a slew of other health benefits, is why CBD-containing products such as CBD oil have become so popular. This book will explain how CBD works to reduce anxiety and depression, how you can use CBD oil to treat these conditions, as well as...



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