



CBD Oil for Anxiety and Depression: Everything You Need to Know about Using CBD Oil for Curing Anxiety & Depression (Paperback)

By Dr Craig Peckham

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...



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