

CBD for Anxiety

One doesn't normally think that Anxiety is healthy.

Actually anxiety is a critical adaptive response that is one of our body's coping measures. When safety and welfare are threatened, anxiety helps to recognize and avert the potential threat. However, when not managed effectively, these responses can be impactful, leading to clinically diagnosable anxiety-related disorders.

A huge segment of the human population is affected by anxiety-related disorders. 40 million adults in the U.S. (18 and older) have been diagnosed with anxiety disorder. Pharmaceutical companies have developed numerous drugs to treat these disorders. Tranquilizers like Valium and Xanax to Selective Serotonin Inhibitors (SSRI) like Prozac and Zoloft have come to market. These are some of the many drugs that are highly addictive and now being abused in today's society. While these drugs can be effective for many, there can be some unfavorable responses. Some patients can't tolerate the side effects and others don't see much improvement.

We are now slowly migrating back to Mother Nature for relief. This switch to a natural alternative has led straight back to CBD.

CBD has generated a lot of interest among scientists, clinicians and consumers in recent years. There is evidence that suggests that CBD counteracts the adverse effects of THC. There are numerous studies showing that CBD has strong anti-anxiety properties and when administered "as needed", it appears safe, well-tolerated and may be beneficial in improving the symptoms of a number of anxiety-related disorders, including:

- Panic Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Mild to Moderate Depression
- Generalized Anxiety Disorder (GAD)

How Does CBD Work?

It has been noted that CBD exerts a number of actions in the brain; that could be why CBD might be effective in treating anxiety.

CBD has been proven to be effective in boosting the availability of serotonin in the synaptic space of the brain. This added serotonin increases the signals that are transmitted by the brain cells, thereby boosting mood and reducing anxiety in certain cases. Some studies have shown that CBD's effect on serotonin may be faster than those of big pharma SSRI's.

The hippocampus in the brain is an area that plays a significant role in a variety of brain functions and is mostly associated with cognition and memory formation. Through brain scans of patients with anxiety, it has been noted that the hippocampus of the brain is often smaller. With successful treatment of anxiety, both CBD and SSRI's have been proven effective in promoting neurogenesis, or the birth of new neurons. Considering what CBD can do in therapeutic aid for anxiety-related disorders, it is imaginable to think that it may become a safer, effective, and favorable alternative to the available conventional drugs used today.

Considerations on CBD

CBD is an all-natural supplement. With NO THC to create any psychoactive effect, it can be assumed that CBD might be a safer alternative to prescription medication. It is important to consult with your healthcare provider before starting any new supplement program. The website: www.cbdsupply.store provides many articles and lists of benefits to help you make an educated decision on how CBD may help.

Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. In taking CBD for anxiety, dosing can vary widely depending on the degree of anxiety and if you are presently using prescribed medications. A person with mild anxiety, who is not taking prescribed meds may experience relief from as little as 15mg to 25mg CBD per day, with an occasional boost as situations arise. One goal to consider would be to lower or replace prescription meds. Being an all-natural alternative, CBD does not build up in your system and cannot be overdosed.

May we suggest trying one of our **CuBED Hemp based CBD Tinctures**. Available in **1200mg or 3600mg** concentrations, mixed with our exclusive **Extra Virgin Olive Oil from Italy** or with **All Natural Hemp Seed Oil**.
Our Graduated Dropper makes it simple to dose properly.

It is important to consult with your healthcare provider before starting any supplement program. Most prescribed medications cannot and should not be stopped all at once.

It has been suggested to start with a dose of **15mg to 20mg** of CBD. After a few days, you may want to reduce prescribed meds while increasing your CBD dosage the following day. Steps of **10mg** are suggested to help monitor changes. As you lower one and raise the other, monitor your anxiety level; be aware of how you feel. Don't hurry the process. Wait 3 to 4 days between changes. This will allow you to determine the dosing that your body requires to meet your goals.

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