

CBD for Depression

According to the World Health Organization, 300 million people around the world are presently diagnosed with depression.

It is estimated that 15 percent of the adult population will experience depression at some point in their lifetime. Depression can affect nearly every aspect of a person's life. Also called Major Depressive Disorder or Clinical Depression, symptoms may include feeling such as sad, empty, hopeless, disinterested, angry, irritable, or frustrated. Lack of energy and sleep disturbances often occur. Appetite and weight can fluctuate, meaning reduced appetite with weight loss or increased cravings and weight gain.

Physical symptoms can lead to those of behavior: anxiety, agitation or restlessness, slowed thinking, speaking or body movements, feelings of worthlessness or guilt, fixations or self-blame, concentration, making decisions and memory, suicidal thoughts or attempts, unexplained pains such as back or headaches. For most people with depression, symptoms can be severe enough to cause noticeable problems in day-to-day activities.

How CBD Works To Relieve Depression

CBD has shown to help relieve symptoms of depression. It is believed that CBD activates the release of serotonin in the brain (one of the key factors in most anti-depressants). Presently used prescription SSNRI's (Serotonin-Norepinephrine Reuptake Inhibitors) can take weeks to become effective and then its side effects may be discouraging, again taking weeks to stop. CBD oil is an all-natural alternative.

Our bodies have special receptors that react to the presence of cannabinoids. The body also produces its own cannabinoid compounds that it uses to maintain general well-being. The "ECS" or Endocannabinoid System is the messenger system in the body, regulating many of its functions. The natural serotonin produced will not produce unwanted side effects.

With the promise of new research, there is expected promising results related to depression symptom relief using CBD. A lot of people already using CBD for depression stand as living proof, through their testimonials, that CBD is more than capable of offering a higher quality of life.

Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. When taking CBD for depression, dosing can vary widely depending on the severity of the symptoms you are experiencing. One goal to consider is to use CBD to supplement or possibly replace pharmaceuticals you might be taking. CBD is an all-natural alternative that 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 **10mg to 15mg** of CBD twice a day. After a few days, you may want to reduce prescribed meds incrementally while increasing your CBD dosage the following day. Steps of **10mg** are suggested to help monitor changes. Monitor your symptoms; be aware of how you feel. Don't hurry the process. Wait 2 to 3 days between changes. This will allow you to determine the dosing that your body requires to meet your goals, while documenting how your medications interact.

CuBED Naturals

Binghamton, New York
607-444-1983

www.cubednaturals.com
support@cubednaturals.com

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