Top 7 Ways Verum Gold CBD Can Help You Live Your Best Life

CBD, AKA cannabidiol oil, is a product that many people know about and have tried. The continued popularity and growth does not go without reason as CBD offers many health and wellness benefits. In fact, some analysts estimate CBD products will account for over 2 billion of the health and wellness space by 2022.

A recent Gallup poll found that one in seven people in the United States said they’ve used one or more cannabidiol-based products. The poll also stated that 40 percent of the people surveyed use CBD infused products for pain, 20 percent use them to treat their anxiety and 11 percent say they use CBD to help them sleep.

Top uses of CBD products in the U.S. include:

* Depression and other behavioral health conditions
* Insomnia and difficulty sleeping
* Migraines and headaches
* Gastrointestinal and digestive issues
* Pain from arthritis and other inflammatory diseases
* Psoriasis and other skincare issues
* Muscle spasms and soreness

CBD laced products are in a bit of a legal gray area. The Food and Drug Administration (FDA) does not legally permit CBD infused food additives or dietary supplements, this leaves manufacturers looking for alternative methods to sell their products such as topical lotions, cosmetics and skincare products. The most popular CBD products being used to promote health and wellness include tinctures, topicals and capsules.

## What Exactly is CBD?

CBD oil comes from the same plant that produces marijuana. However; CBD that is derived from hemp is legal, while CBD derived from marijuana is illegal under the Controlled Substances Act. Confused? While hemp and marijuana both derive from the same plant, Cannabis sativa, they are two different substances.

Hemp has high levels of CBD, the medicinal compound, and only a trace of THC, the psychoactive compound that gets you high. Marijuana on the other hand is grown to contain ever higher levels of THC and lower levels of cannabidiol.

The DEA classifies marijuana as a Schedule I drug, meaning that any CBD derived from marijuana is considered illegal. Under the Farm Bill (the Agriculture Improvement Act of 2018) CBD that is derived from hemp, with no more than 0.3 percent THC, is legal.

Cannabidiol can help keep your mind and body in balance. Now that you know all you ever wanted to know about CBD, let’s take a look at the top 7 ways cannabidiol can help you live your best life.

## CBD for Behavioral Health Issues

Approximately 20 percent of people in the United States suffer from some form of stress or anxiety. CBD is a popular choice to relieve anxiety, panic attacks, depression and other behavioral and mental health conditions. CBD is used as an alternative therapy to help relax your mind and body. It may help reduce the effects of PTSD, lower feelings of isolation and calm the brain.

## CBD for Insomnia and Sleep

Insomnia is a serious problem as many people are not getting enough sleep, leaving you overwhelmed and spread thin. CBD relaxes your mind, helping you fall asleep and is associated with an overall improvement in both quality and length of sleep.

## CBD for Migraines and Headaches

CBD is showing great results in reducing symptoms of different types of headaches. Migraines go beyond a stress or sinus related headache with a typical migraine attack lasting between 4 to 72 hours. CBD products help reduce the frequency and severity of both headaches and migraines.

## CBD for Gastrointestinal and Digestive Problems

Since CBD helps balance your mind and body, it’s also showing great promise for treating gastrointestinal (GI) issues such as IBS, Crohn’s disease, ulcerative colitis and gastritis. CBD helps reduce inflammation in your gut, large intestine and other organs in the digestive tract making it suitable for treating a variety of GI disorders.

## CBD Helps Reduce Inflammation

While inflammation helps the body heal, chronic inflammation is a continual source of significant pain and anxiety. As an anti-inflammatory agent, CBD can help ease the pain and symptoms associated with osteoarthritis and rheumatoid arthritis. Besides arthritis, inflammation also plays a role in other diseases such as diabetes, cancer and asthma.

## CBD for Psoriasis and Other Skin Care Issues

CBD is used as a natural remedy to treat psoriasis and eczema. It may help decelerate skin cell division and as an anti-inflammatory CBD helps soothe a variety of skin conditions. While topical creams and lotions infused with CBD oil seem the logical choice when it comes to treating skin itching and irritation, CBD capsules are also being used to treat skin conditions from the inside out.

## CBD for Fitness Recovery

With all this talk of CBD as an anti-inflammatory, it only makes sense to use CBD infused products for post-workout recovery. CBD is the perfect choice for muscle recovery to treat generalized pain and soreness after a hard workout.

Runners, cyclists, swimmers and other fitness enthusiasts are using CBD products for tissue repair, reduced inflammation and muscle growth. CBD also helps support a healthy immune system and is especially helpful during a heavy training season.

## Overall Better Quality of Life

Get started on your path to recovery when you turn to Verum Gold for health and healing the way nature intended. Verum Gold is simply [the best CBD product](https://verum.biz/) on the market offering over 90 percent bioavailability.

## CBD Health and Wellness Research

Megan Brenan. 14% of Americans Say They Use CBD Products. Retrieved from: <https://news.gallup.com/poll/263147/americans-say-cbd-products.aspx>

Danielle Kosecki. Is CBD Legal? Retrieved from: <https://www.cnet.com/news/where-is-cbd-legal/>