

What is Full Spectrum CBD?

If an extract is full-spectrum, this means it contains all phytochemicals naturally found in the plant, including CBD, trace cannabinoids, terpenes, and essential oils. Full-spectrum extracts from hemp also come with a negligible THC content — below 0.3%. In fact, scientists found that these plant compounds have a better effect on the body when they work together, rather than alone. The full spectrum of the active compounds extracted from hemp work together to amplify the health benefits of each individual cannabinoid. Although non-psychoactive, full-spectrum CBD can give you a false positive during a drug test, especially if you consume high doses of CBD oil daily.

Benefits of CBD:

A sense of calm for focus; relief from everyday stresses; help in recovery from exercise-induced inflammation; and support for healthy sleep cycles. CBD A safe, non-addictive substance, help in recovery from exercise-induced inflammation; and support for healthy sleep cycles. Studies suggest that CBD may help with both falling asleep and staying asleep. CBD may offer an option for treating different types of chronic pain. A study from the European Journal CBD applied on the skin could help lower pain and inflammation due to arthritis. Another study demonstrated the mechanism by which CBD inhibits inflammatory and neuropathic pain, two of the most difficult types of chronic pain to treat.

How does CBD Work?

CBD functions by binding to cannabinoid receptors in the body's endocannabinoid system. The purpose of this system is to help our body stay balanced and in good overall health, even when external factors and certain lifestyle choices diminish our wellbeing. This system is made up of tiny receptors throughout our bodies that interact with cannabinoids—substances that are both produced inside of us (endocannabinoids) and found in certain plants (phytocannabinoids).

How is CBD absorbed?

Your body's absorption of CBD from the application area into the bloodstream is known as its bioavailability – maximizing bioavailability means allowing more CBD to be readily available for bodily use. Taking CBD through various means changes its bioavailability; however, choosing the best method of use for your needs will help ensure that you'll receive the most support from properly sourced CBD. Based on your needs and preferences, you can apply CBD oil and other cannabinoids through different methods. Your choice of administration can affect how CBD works with your body; common ways of administering CBD is through ingestion, sublingual, inhalation, and topical.

Is CBD Legal?

The 2014 federal Farm Bill granted state governments the legal right to grow and research industrial hemp through state-regulated agriculture and pilot programs. It also classified hemp and hemp-derived products with less than 0.3 percent THC separate from marijuana cannabis. With the passing of the 2018 Farm Bill, the growth, production, and manufacturing of hemp became federally legalized – allowing hemp-derived products, such as CBD oil, to become more readily available.