



# CBD Oil Benefits: What Is CBD Oil Good for?

If someone asked me the question, 'what is CBD oil good for?', I might just launch into a list of things people have reported to us, or things we have noticed first-hand from using it, but I might also say, 'Are you talking about pure plant oil? Or an infused oil or tincture?'

People need to know that there are many forms that CBD oil comes in:

## **Pure plant oil**

Pure plant oil is expensive, but all plant, no other ingredients (100% hemp or cannabis plant oil). Be careful when purchasing pure plant oil because this is where rogue processing can introduce harmful chemicals to what is

otherwise a healthful remedy.

Our pure plant oil gelcaps are made with cold water extraction, no chemicals, but we can't say that about all oils on the market.

### **Infused oils**

Most infused oils have a base of coconut oil, olive oil or seed or vegetable oil. The medicine, then, is usually only 2 to 3% CBD and the rest is the oil base.

One might argue that CBD is CBD, but we argue that whether you are getting pure plant oil or infused oil makes a big difference in dosing. Pure plant oil is dosed in drops, where infused oils are dosed in fractions of teaspoons or full teaspoonfuls.



And then the next question is, are you talking about oil that you rub on your joints or oil you ingest? See? It's not a

simple conversation. But search engines treat it like it is a simple question. Here's what google says if you ask, 'what are the benefits of CBD oil?'

*CBD oil has been studied for its potential role in easing symptoms of many common health issues, including **anxiety**, depression, **acne**, and heart disease. For those with **cancer**, it may even provide a natural alternative for **pain** and symptom relief.*

*Feb 26, 2018*

Ecosia (the search engine that plants trees for searches) shows their top result from the Mayo Clinic declaring that CBD has no THC. That's both accurate and confusing at the same time. It's accurate because in this physical world, one medical compound does not usually contain another medical compound, but the CBD plant does contain THC, in very small amounts. Saying 'CBD has no THC' without saying whether you are talking about a medicinal compound or the plant, can cause confusion.

One thing that we all agree upon, uitendelijk, is that CBD is healthful and helpful in the vast majority of cases where people use it for health maintenance, and for relief from suffering. That's not a claim, that's how science is finally landing.



[This article from the New York Times in fall of 2019](#) sort of

summarizes the situation.

We believe that CBD acts like a vitamin in the system. If you have a vitamin deficiency, your body will absorb and use the multi-vitamin you introduce. If you don't need it, it becomes expensive urine, right?

CBD is appearing to be the same. Trials show that people who are nervous and upset, become calm from taking CBD. People who are already calm, experience no change from taking the CBD.

We wonder why some people use the CBD medicine to sleep and others take it first thing in the morning to help manage being awake. Perhaps the CBD compound, like the cannabis plant in general, is intelligent, cooperative, and collaborative in regard to all that is happening in a person's system.

The Department of Veterans Affairs began its first study with CBD last year, pairing the medicinal compound with psychotherapy. And an associate professor from the University of Sao Paulo in Brazil concluded, "Surprisingly, CBD seems to act faster than conventional antidepressants." The source of this information can be found in an [article by Healthline](#)

## **CBD Oil Benefits**

These are the most commonly-sited benefits of CBD:

1. pain relief (muscle, joint, fibromyalgia)

2. anxiety and depression
3. cancer treatment related symptoms
4. acne
5. neuroprotective properties (eases symptoms related to epilepsy, Parkinson's and Alzheimer's)
6. heart health
7. other issues like diabetes, substance abuse, mental disorders and certain types of cancers

Our customers have reported on all these things except the acne. That's a new one on us.

In addition, our customers have reported effectiveness in sleeping through the night, migraine prevention, diaper rash, skin burns and lesions, and certainly, in giving up harmful addictions.

These lists are not claims. All over the place one can see disclaimers saying that the science is not there yet. It's true, the science isn't there yet because for one hundred years, advancement in understanding the plant has been artificially suppressed by misguided politicians and lawmakers working on the wrong side of harming the planet and the people through deforestation and pharmaceuticals (the antagonists of hemp and cannabis).

So our governments have made it such that we can't study the plant (for one hundred years) and now we are living in the post-prohibition era where the FDA makes it illegal to talk about the benefits, really. I am putting my neck out here by simply listing the benefits of CBD oil in a blog on our website. The FDA may ask me to take it down; they may say it appears to be medical claim.



For the purposes of clarity, I will repeat something we tell anyone who asks us for dosage information:

*We are not allowed to give medical advice by law. We are not doctors or scientists, who must be licensed by the government. We are humble farm women getting the plant from the organic gardens to the sacred kitchens and then to the people in need. It is how we serve. We know that all medicines do not work for all people. We also urge people to keep seeing their doctors. After all, the doctors have the fancy measurement equipment, and most doctors, these days, are more helpful to our studies than hinderance, regardless of the pharma-centric value system they operate within.*

During these unprecedented times, while fascism is rearing its ugly head for the last time on planet earth (one can hope), people are naturally distressed. And though we make a living through providing CBD to the people, we believe that the number one thing people can do for their health is exercise and eat right. Good sleep is especially important to our cope-abilities as humans and right now, there is much change to cope with. Regular exercise and plant-based diet help with good sleep and good sleep help us deal with the stress of transitions.

Transitions are not easy for humans and we are, right now, experiencing what history will mark as the dividing time between patriarchal rule and the return to matriarchal rule. It is, in our belief system, the time to midwife in matriarchal rule and birthing is always a bloody challenging business. Always.