



# CBD Oil for Anxiety: How Does It Work?

## CBD Is Effective in Treating Anxiety According to the Studies.

In a [recent article](#) by Medical News Today, the authors answer the question, 'Is CBD Oil good for anxiety?' The authors found preclinical and clinical evidence that established CBD as an effective treatment for numerous types of anxiety disorders, including:

- generalized anxiety disorder (GAD)
- post-traumatic stress disorder (PTSD)

- panic disorder (PD)
- obsessive-compulsive disorder (OCD)
- social anxiety disorder (SAD)

The authors provide additional supporting arguments for CBD as an antidote to anxiety:

*In a more recent 2020 study, researchers evaluated CBD's effects in 397 adults living in New Zealand. The study participants received medical CBD prescriptions for a variety of ailments, including non-cancer pain, cancer-related symptoms, neurological symptoms, and mental health symptoms.*

*All groups reported improvements in their overall quality of life after 3 weeks of CBD treatment. The individuals who received CBD treatment for anxiety or depression reportedly experienced improvements in their ability to perform daily functions and reduce pain and anxiety or depression symptoms . . . 70% of study participants reported some level of satisfaction with CBD treatment, ranging from good to excellent. Only 9.9% of participants experienced adverse side effects, such as sedation and vivid dreams. An even smaller portion of the study population (0.8%) reported worsening symptoms.*

The Sisters won't make the claim that CBD will cure your anxiety, specifically, but we affirm that for most people, it is an effective anti-anxiety medicine.



## **The Best Way to Treat Anxiety Is to Remove the Source of Anxiety.**

The Sisters are holistic in our approach to healing, so we look for the source. We know that a whole lot of people wouldn't have to be looking for anxiety medicine in Palestine, if they weren't being bombed and tormented all the time. There are a whole lot of people in America who wouldn't be seeking anxiety medicine if another round of stimulus money came out to save them from joblessness and homelessness. 'Holistic' means looking at everything and right now, everything is heavily influenced by lockdowns and social distancing.

"God only knows what history will teach us about the anxiety we all suffered during this period." Said a journalist to me recently, as she talked about how hard it is not to see her

mother, residing in an assisted living home just miles from her. How hard it was to teach an old lady to use zoom, she explained. And how all the face-time in the world can't really make up for a hug, a hand-holding or a kiss.

Also, if you are a liar, CBD won't work for you. If you lie or purposefully victimize others, you have to cure that before you are going to cure your anxiety. Your body knows when you spread untruths or if you put a spin on truth to gain some advantage, and your body will be anxious because you do that.

## **Lockdown Is Like Imprisonment and Many Are Suffering.**

A New Yorker article titled "Is it too soon to die?" reflects most people's opinions about the ongoing pandemic.

More and more adults are recognizing that CBD isn't just for cancer patients in prohibition states. It treats anxiety in old folks, young folks, and their pets.

The best results we have seen in dealing with anxiety don't rely completely on the CBD, but rather make CBD a one side of a five-pointed star that includes all these things every day:

- exercise
- plant-based diet
- herbal supplements suitable to your age
- good sleep
- time alone for daily meditation

All of these things contribute to each other and the CBD is included in item the herbal supplement category.

## How Does CBD Physically Work to Alleviate Anxiety?

This [Healthline article](#) of April 2020 summarizes how CBD works in regard to anxiety in your body:

*The human body has many different receptors. Receptors are protein-based chemical structures that are attached to your cells. They receive signals from different stimuli. CBD is thought to interact with CB1 and CB2 receptors. These receptors are mostly found in the central nervous system and the peripheral nervous system, respectively.*

*The exact way CBD affects CB1 receptors in the brain isn't fully understood. However, it may alter serotonin signals. Serotonin, a neurotransmitter, plays an important role in your mental health. Low serotonin levels are commonly associated with people who have depression. In some cases, not having enough serotonin may also cause anxiety. The conventional treatment for low serotonin is a selective serotonin reuptake inhibitor (SSRI), such as sertraline (Zoloft) or fluoxetine (Prozac). SSRIs are only available by prescription. Some people with anxiety may be able to manage their condition with CBD instead of an SSRI.*



## How Do the Sisters and Their Customers Use CBD to Alleviate Anxiety?

The Sisters encourage their customers to experiment with taking the CBD ingested and combining with the use of the topical salve.

- 25 mg per day to 150 mg per day in drops or gelcaps
- Small amount of topical salve behind the ears or neck (morning and night, or as needed)
- A cup of CBD tea when an anxiety attack is coming on



Our gelatin capsules are made from pure plant oil and the drops are coconut oil base (primary ingredient), infused with the CBD from the medicinal hemp plants. The gelatin capsules have more medicinal compounds.

Begin with one gelcap or  $\frac{1}{2}$  dropperful of the CBD-infused drops and then increase or decrease dosage depending on how well it works or doesn't work for your anxiety.

Be experimental, be holistic in approach. Reach out to us if you have any questions. These are anxious times. We must all be willing to share our tips and tricks for coping with stress.