**What has led to the popularity of CBD OIL?**

Cannabidiol also known as CBD has been at the focus of media attention over the last few years. If you type “**CBD Oil**" in Google, you will find 193 million results that include CBD articles popular websites. The primary reason that has led to the popularity of CBD oil is its benefits. Another reason CBD is so popular is that CBD is not psychoactive.

**CBD is a natural remedy**

A natural product is something that derives from the nature. CBD derives from the Hemp plant. However, not every CBD product is 100% natural, as CBD can be produced synthetically. It is easy to access in a variety of varieties. If you do a quick Google search, you will come across a myriad of websites that sell CBD products in various forms. If you visit Amazon or any other online store, thousands of CBD products will appear when you search for them.

**Therapeutic impact of CBD oil**

* Epilepsy, Neuro-inflammation,
* Nausea, anxiety and sleepiness,
* Schizophrenia and arthritis
* Cigarette smoking addiction
* Acne and diabetes
* Chronic pain and depression
* Heart disease and Crohn’s disease

In a study, researchers found that CBD oil could help people who are suffering from anxiety. In the study with animals, the results showed that CBD could modify the way that brain receptors respond to serotonin, one of the chemicals that are associated with mental well-being.

Receptors are tiny protein molecules attached on cells, which are able to receive chemical signals and assist cells in responding to various stimuli.

**Neurodegenerative diseases**

Neurodegenerative disease is a term for a range of conditions, which primarily affects the neurons in the human brain, including diseases such as Alzheimer’s and Parkinson’s disease. In a research paper by scientists, it was found that CBD might represent a very promising agent with the highest prospect for therapeutic use in the treatment of neurodegenerative disorders.

**High blood pressure**

Hypertension or high blood pressure affects 35% of people who are over 25. It increases to 55% in adults who are 65, counting more than 400000 deaths each year. In a study conducted in 2009, researchers injected CBD in rabbits. After an injection of CBD, the heart rate and blood pressure began to reduce. The study found that the administration of CBD oil in a short period reduced blood pressure.

**Treatment of epilepsy**

The most exciting aspects in the medical treatment field seem to be the efficiency of CBD oil in treating epilepsy. In January of 2018, FDA approved the first CBD-based medication for treating rare epilepsy with severe symptoms in patients who are two years old and over. CBD is an anti-inflammatory, anticonvulsant, anxiolytic and antipsychotic drug. It could be the beginning of the Iceberg.

**Conclusion: because it is safe**

If you consume pure CBD, it is safe. Some of the side effects (if taken excess) include diarrhea, fatigue, insomnia, weakness, lower appetite, and increased liver enzymes. The safest quantity to consume per day is unknown. You must consult with your doctor. We suggest you to avoid consuming CBD if you are pregnant, or going through any medication.

