**Can CBD Help Lower Blood Pressure**

Have you or your loved one been diagnosed with high blood pressure, and you are wondering if CBD can help? Well, you are at the right place. We will tell you whether CBD can or cannot help lower blood pressure.

It is no secret that hypertension is becoming a serious problem affecting a large number of people. Our lifestyle is the biggest culprit when it comes to hypertension. An unhealthy diet, limited physical activity, and lives characterized by a lot of stress worsen the incidence of hypertension.

There is a wide variety of conventional medications used to treat hypertension. However, users are always concerned about the side effects of the continued use of these drugs. Probably you are also worried and thinking about alternative approaches with minimal consequences. For this reason, you may be considering CBD as an alternative natural remedy for the safe relief of high blood pressure.

**Does CBD Lower High Blood Pressure?**

Yes! CBD has shown effectiveness in lowering blood pressure in healthy adults. It has also been found to reduce high blood pressure triggers.

Experts say that CBD widens blood vessels, thereby lowering blood pressure. When blood vessels are enlarged, they allow more blood to flow through the tissues promoting your overall health.

Additionally, CBD is effective in managing stress and anxiety. You see, hypertension does not just occur. It must be triggered by something, such as stress and anxiety. CBD users have reported reduced anxiety and stress levels. CBD is also effective in lowering the heart rate, which is associated with blood pressure. As such, CBD can be effective in managing blood pressure changes resulting from stress or anxiety.

**Is CBD Safe for Patients with Chronic Hypertension?**

Research has shown that CBD can lower blood pressure in healthy individuals. However, it may be essential to know whether it is safe for patients with chronic hypertension. You don’t want to risk your life by using something that may affect your health adversely.

*Well, what does research say*? Unfortunately, while there are several studies about the effectiveness of CBD in the treatment of hypertension, there are limited empirical investigations about its safety among hypertensive patients. Although the initial studies may be promising about the use of CBD in lowering blood pressure, its safety in chronic hypertension is unclear. It would help if you talked to your physician about your intention of supplementing with CBD.

*Why the safety concern*? Well, if you have been reading articles about cannabiols, you may have noticed that CBD enjoys a significant safety profile. Consequently, you may wonder why there should be a particular safety concern for its use in treating hypertension.

The concern emanates from the ability of CBD to dilate blood vessels, lowering blood pressure. *Wait, but that is a treatment goal in hypertension*? Of course, and that is how hypertension drugs work – dilating blood vessels to reduce blood pressure. However, too low blood pressure (hypotension) can be dangerous. If you are using CBD alongside your hypertensive drugs, you may experience hypotension, and that is the primary safety concern associated with the use of CBD for chronic hypertension.

**Final Thought**

It is now apparent that CBD can lower blood pressure. If you have been diagnosed with hypertension, you may consider it as part of your treatment. However, its safety has not been established. Before using any CBD product, talk to your doctor about it to avoid compromising your health.