

CBD for Anxiety

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Is CBD for anxiety a workable solution or a trend? [Anxiety](#) is no joke. It can be a debilitating condition. It can include unpleasant feelings of dread, inner turmoil, and even heart palpitations.

Anxiety disorders affect almost 300 million people worldwide. This was likely higher during the pandemic. Did you experience some anxiety during the last two years? Do you know someone who has? Maybe you have already tried conventional and alternative medicines to no avail.

But have you tested CBD? Extracted from the cannabis or hemp plant, you won't need to smoke it (unless you want to). And it doesn't get you high.

But what are the risks of using CBD for anxiety? And *how* is CBD good for anxiety?

What is CBD?

CBD stands for Cannabidiol, one of the [113 cannabinoids](#) found in the cannabis or hemp plant. It is entirely unlike its famous cousin, Tetrahydrocannabinol (THC). THC causes the "high" associated with cannabis. Breeding cannabis plants with a blend of THC and CBD is becoming the norm since many people like the buzz THC provides but appreciate CBD's relaxing effects.

CBD isn't psychoactive like THC, but it isn't quite correct to call it "non-psychoactive." CBD doesn't leave you feeling intoxicated like THC does. But CBD does act on our cannabinoid receptors. We have these receptors throughout our brain and body, and CBD interacts with them subtly but effectively.

This makes CBD a risk-free approach to combating anxiety since you can't overdose on it. And side effects, should you feel any, are non-life-threatening.

Consuming CBD is safe and easy. It is not addictive and has no known adverse side effects. If you're suffering from anxiety or know someone who is, trying out CBD is definitely worth a shot! CBD is also safe for [children](#).

Can I Give CBD To My Pet?

Dogs and cats can experience anxiety too! And like humans, they have an [endocannabinoid system](#). Endocannabinoids act as neurotransmitters in our (and our pets') nervous system. This means CBD can help produce "feel-good" chemicals like dopamine and serotonin.

However, it's important to note that dogs and cats are far more sensitive to THC than humans are. If you decide to treat your pet's anxiety with [CBD](#), make sure it's THC-free. [CBD for Pets](#) is 100% safe and has a mouth-watering chicken flavour.

How Do We Know to Use CBD for Anxiety?

It's not precisely clear [how CBD](#) treats anxiety. Research suggests CBD helps regulate the brain's

serotonin levels. This affects your mood, behaviour, sleep, and digestion. A lot of anti-anxiety medications on the market work by regulating serotonin levels. Recent studies on humans have shown positive results.

[In one of these studies](#), researchers looked at CBD's role in treating generalized social anxiety disorder (SAD). SAD is one of the most common types of anxiety disorders. It is rarely resolved without treatment, and even then, there is no guarantee.

Unpleasant side effects remain a problem. And patients report never feeling entirely free of their disorder, even with medication.

What the Science Says

Researchers investigated CBD's efficacy in SAD patients by using tomographic imaging. This allowed researchers to create a 3D map of the brain and place CBD's role. There was a placebo group involved and a healthy control group. The researchers used public speaking to test anxiety levels. Fear of public speaking is common. In patients with SAD, it is a fate worse than death.

The researchers looked at blood pressure and heart rates. They measured the physiological effects of public speaking on both the healthy control group and the SAD patients. Splitting the SAD patients into two groups, one received CBD, and the other received a placebo. And in true double-blind fashion, researchers didn't know who was who. Which patients had taken CBD and which had taken the placebo?

Researchers found CBD significantly reduced anxiety in SAD patients. Their discomfort levels were on the same level as the healthy control group. The study concludes that CBD can interact with our cannabinoid receptors to inhibit social anxiety fears.

The mechanics of how CBD reduces anxiety may not be obvious. After all, how do chemicals in the brain produce thoughts? It is a question beyond the scope of this piece. But it's clear CBD for anxiety is becoming a viable option backed by scientific research.

Dosing CBD for Anxiety

So how much CBD is enough? Fortunately, there is no lethal overdose. There is also no overwhelming shift of consciousness. So there's no real risk or harm in taking more than you need. Which can happen when you're a beginner attempting to dial in what dose works best for you.

[Studies have found](#) doses between 300 and 600 mg to be the most effective at reducing anxiety in people. (Animal doses are much smaller.) But at the same time, these studies call for further research. So you're best to work with your mental health care professional. *Especially* if you're already on anti-anxiety medication.

If you're looking at higher doses, [oils and drops](#) are your best bet, as they pack the biggest punch. If you prefer ointment, [CBD balms are an option](#). You can also drink it!

[Get your CBD and daily vitamin C requirements all in one go](#). If you're looking for a rapid onset of its healing properties, [smoking the herb](#) is the most effective option. And there is [CBD hash](#) for higher concentrations of the cannabinoid. [You can also vape it](#).

In Summary

If you've found anti-anxiety medications aren't working or have too many unpleasant side effects – CBD might be for you. Relying on CBD alone may not work. But in conjunction with therapy and other methods, it can help.

We've only touched the surface of CBD research into anxiety. Every year, researchers publish more studies on CBD. One day we may fully understand CBD's role in reducing anxiety. Yet, it's evident in preliminary studies that CBD is producing anxiolytic-like effects.

Already approved by governments for reducing epilepsy, CBD for anxiety may be the next approved treatment. Far from a trend, CBD for anxiety is a working solution.