

# 12 Things to Know When Trying CBD or Medicinal Cannabis to Ease Symptoms

Many people are turning to CBD or medicinal cannabis as a way to alleviate symptoms of a variety of conditions, such as chronic pain, anxiety, and insomnia. While these substances have shown promise in research studies, it's important to be informed about their potential benefits, legal considerations, and how to use them safely and effectively.

Here are 12 things to know when considering CBD or medicinal cannabis:



## CBD For Seniors: 12 Things to Know When Trying CBD or Medicinal Cannabis to Ease Symptoms of Aging & Improve Brain Health by David Coennen

★★★★★ 5 out of 5

Language : English  
File size : 5812 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Print length : 99 pages  
Lending : Enabled  
Screen Reader : Supported



## 1. Understand the Difference Between CBD and THC

CBD (cannabidiol) and THC (tetrahydrocannabinol) are two of the most well-known cannabinoids found in cannabis. CBD is non-psychoactive, meaning it won't get you high. THC, on the other hand, is psychoactive and produces the "high" associated with cannabis use.

Depending on your needs and preferences, you can choose products that contain CBD only, THC only, or a combination of both. It's important to note that products containing THC may have different legal considerations and regulations than CBD-only products.

## **2. Research the Legal Considerations**

The legal status of CBD and medicinal cannabis varies depending on your location. In some areas, both substances are legal for recreational and medical use. In other areas, they may only be legal for medical use or may be illegal altogether.

Before using CBD or medicinal cannabis, it's essential to research the laws in your area to ensure that you are compliant. You should also consult with a healthcare professional to discuss the legal and medical implications of using these substances.

## **3. Consult with a Healthcare Professional**

Before starting to use CBD or medicinal cannabis, it's important to consult with a healthcare professional. They can help you determine if these substances are right for you, considering your medical history and current medications.

Your healthcare provider can also recommend the appropriate dosage and administration method for your specific needs. They can also monitor your progress and make sure that you are using CBD or medicinal cannabis safely and effectively.

## **4. Start with a Low Dose**

When starting to use CBD or medicinal cannabis, it's important to start with a low dose and gradually increase it as needed. This will help you avoid potential side effects and allow you to find the optimal dosage for your needs.

The appropriate starting dose will vary depending on the product you are using, your body weight, and your individual sensitivity to cannabis. It's always best to consult with a healthcare professional to determine the best starting dose for you.

## **5. Be Aware of Potential Side Effects**

CBD and medicinal cannabis are generally well-tolerated, but they can cause potential side effects in some people. These side effects can include:

- Dry mouth
- Dizziness
- Nausea
- Vomiting
- Anxiety
- Paranoia
- Increased heart rate
- Low blood pressure

If you experience any of these side effects, it's important to stop using CBD or medicinal cannabis and consult with a healthcare professional.

## **6. Choose a Reputable Source**

When purchasing CBD or medicinal cannabis products, it's important to choose a reputable source. This will help ensure that you are getting high-quality products that are free from contaminants.

Look for companies that provide third-party lab testing results for their products. This will give you peace of mind knowing that the products you are using are safe and contain the amount of CBD or THC that is advertised.

## **7. Consider Different Forms of Cannabis**

CBD and medicinal cannabis come in a variety of forms, including:

- Oils
- Tinctures
- Edibles
- Topicals (creams, lotions, patches)
- Inhalables (vapes, flower)

The best form of cannabis for you will depend on your individual needs and preferences. If you are new to cannabis, it's a good idea to start with a low-dose oil or tincture. You can then experiment with other forms of cannabis to find what works best for you.

## **8. Be Patient**

CBD and medicinal cannabis can take some time to work. It's important to be patient and consistent with your use to see the full benefits of these

substances.

Many people find that they need to use CBD or medicinal cannabis for several weeks or even months before they notice a significant improvement in their symptoms. It's important to stick with it and not give up if you don't see results immediately.

## **9. Store Properly**

CBD and medicinal cannabis products should be stored in a cool, dark place. This will help to preserve their potency and prevent them from degrading.

It's also important to keep these products out of reach of children and pets.

## **10. Be Mindful of Drug Interactions**

CBD and medicinal cannabis can interact with certain medications. It's important to talk to your healthcare provider about all of the medications you are taking before using CBD or medicinal cannabis.

Some medications that may interact with CBD or medicinal cannabis include:

- Blood thinners
- Antidepressants
- Antipsychotics
- Seizure medications
- HIV medications

## **11. Be Aware of Potential Risks**

While CBD and medicinal cannabis are generally safe, there are some potential risks associated with their use. These risks include:

- Impaired driving
- Respiratory problems
- Cardiovascular problems
- Mental health problems
- Addiction

It's important to weigh the potential risks and benefits of CBD or medicinal cannabis before using these substances. You should also talk to your healthcare provider about any concerns you have.

## **12. Educate Yourself**

The more you know about CBD and medicinal cannabis, the better equipped you will be to make informed decisions about their use. There are many resources available to help you learn about these substances, including:

- Websites
- Books
- Articles
- Healthcare professionals

Educating yourself will help you to use CBD or medicinal cannabis safely and effectively.

CBD and medicinal cannabis can be beneficial for people with a variety of conditions. However, it's important to be informed about their potential benefits, legal considerations, and how to use them safely and effectively.

By following these 12 tips, you can make informed decisions about using CBD or medicinal cannabis to ease your symptoms.



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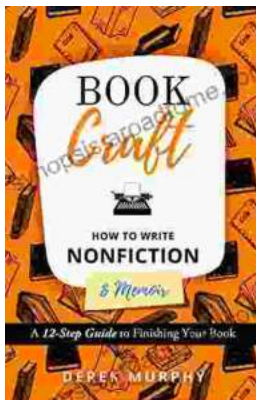
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