

A Woman's Guide to CBD

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CBD products have become more popular with both men and women in recent years. However, they often use them for different reasons.

A Gallup Poll found that women were more likely to take CBD for anxiety, while sleep issues were more common among men. Both sexes used CBD about equally for pain relief.

Still, there are many more potential uses, and only about 15% of the population currently use CBD. Older women may have the most to gain. That's because adults over 65 are less familiar with CBD but are more likely to have symptoms that could make it helpful.

Are you interested in learning more about natural remedies for a wide range of women's health concerns? Take a look at this quick guide to CBD.

Tips for Women Using CBD

CBD stands for cannabidiol, a chemical compound derived from cannabis plants. Research is limited, but many women are happy with the results they've seen.

Consider these:

- 1. Ease menopause symptoms.** There is some evidence that CBD can help reduce hot flashes, stabilize mood changes, and slow down bone loss associated with menopause. Your doctor can help you understand how it fits in with other options, including hormone replacement therapy and lifestyle changes.

2. **Relieve PMS.** More than 75% of menstruating women experience some form of premenstrual syndrome. Consider using CBD to relieve bloating and cramps and enhance your overall emotional health.
3. **Care for your skin.** You may have seen skin care products with CBD at your local pharmacy. Some fans say it helps to clear up acne, rosacea, psoriasis, and eczema by regulating glands involved in oil production.
4. **Reduce anxiety. Women are much more likely to struggle with anxiety, partly due to differences in brain chemistry and hormones.** CBD and other natural treatments may help you to relax safely.
5. **Sleep well.** Many women also have trouble sleeping, especially during menopause when anxiety and hot flashes lead to interrupted sleep. CBD could make your nights more comfortable.
6. **Talk with your doctor.** Side effects of CBD are usually mild, and may include dry mouth, diarrhea, and changes in appetite. Discuss any concerns with your doctor, especially if you're pregnant, breastfeeding, or taking certain medications such as blood thinners.

Tips for Women Buying CBD

Shopping for CBD can be complicated due to the lack of regulation. Studies by the Federal Drug Administration and other organizations have found that many products do not contain as much CBD as they claim, and some have harmful contaminants.

Keep these tips in mind:

1. **Be selective.** You can protect yourself by researching brands carefully. Look for

sources that demonstrate their expertise and commitment to educating consumers, as well as selling their products. Close relationships with growers and manufacturers are another positive sign.

2. **Read lab reports.** Ensure that you receive a certificate of analysis (COA) with your purchase. **The COA provides confirmation from an independent lab that the ingredients in the product match the claims on the label.**
3. **Seek support.** Companies that want to earn your trust will be happy to answer your questions. Check for contact information and speak with their representatives.
4. **Look for broad spectrum products.** **Compared to CBD isolate, broad spectrum products are usually more expensive and more effective.** The multiple compounds work together to reduce inflammation and relieve pain.
5. **Know the law.** CBD is legal on the federal level due to the 2018 Farm Act that legalized hemp and hemp-derived products. However, state laws vary and may continue to change. Ensure that you're in compliance.

CBD from reputable brands is usually safe for most adults, and millions of women find it helpful for menopause, PMS, and more. Talk with your doctor to see if CBD is a worthwhile option for you.