



## **The Best Way to Take CBD Oil**

Over the last few years CBD oil has been getting a lot of attention.

As research discovers more and more of its impressive health benefits from CBD oil, it is quickly becoming one of the most popular all-natural remedies for people looking to improve their health and treat various conditions.

However, for those who are new to the world of CBD oil, or are still researching about the best way to use it, there is probably a lot of confusion about all the different consumption methods. Understanding the best way to take CBD oil can be a challenge, especially all the varying opinions from the many different websites.

To help make things easy and simple, we organized this quick guide:

### **1) Under Your Tongue**

Put a few drops of your CBD oil under your tongue, and hold it there for a couple minutes. You've probably used this sublingual method of taking supplements before. By putting it under your tongue the solution will be absorbed quickly through your sublingual tissue and into your bloodstream. The tissue under your tongue is very absorbent and the CBD oil can, therefore, get to work in just a few minutes.

This the best method when you want fast-acting effects. For example, if you're treating pain, anxiety, sleeplessness, or some other uncomfortable condition, and you want fast relief.

### **2) Chew it**

CBD gummies and candies are becoming extremely popular as they are easy to carry and are inconspicuous. Just remember that as it must pass through

your digestive system before it reaches your bloodstream, the effects of swallowed CBD oil can take some time to take full effect. Depending on when you last ate, the effects may take as long as 60 minutes or more. On an empty stomach, effects can take as little as 15 minutes.

While effects may take a while to take hold, they will generally last longer. This makes oral ingestion a viable option for those who wish to treat sleeping problems or low-level pain.

### **3) Rub it into your skin**

CBD oil is very effective when applied topically. This involves rubbing it into your skin, allowing it to be absorbed through your pores. Effects can take up to 60 minutes to be felt. Generally, will need to reapply the CBD oil topically every couple of hours for the effects to be continuous.

This is a useful application method for using CBD oil to treat localized pain and injury, such as aches, cuts and sore muscles or joints. People with arthritis often choose to rub CBD oil into their affected joints.

Now you know exactly how CBD works, and, most importantly, the best ways to take it for different effects in different situations.

For a high-quality product that you can trust, visit us <https://www.cottonwoodcreekherbals.com> We offer a number of natural CBD oil products at amazing prices.