If you haven’t yet heard of CBD oil, you will soon. It’s one of the hottest, trendiest products on the market, and it claims to be a cure-all for whatever ails you. Celebrities are not only talking about and endorsing a variety of CBD oil-infused products, but they’re also creating and selling product lines of their own. CBD oil can come in everything from your morning coffee to your nighttime facial crème. It seems everyone wants to get in on the latest craze.

Young people are becoming increasingly more aware of the vast claims made about this “magical elixir” as well; so it is important to learn more about it so that you can share the facts with them and help them cut through the extravagant marketing claims.

What is this supposed miracle potion; is it safe; is it legal; and what exactly does it do?

By definition, CBD is short for cannabidiol, a compound found in and extracted from the cannabis plant. CBD oil may contain very low levels of THC, the compound in marijuana that produces a “high” – but that is not always the case.

The claims of health and wellness benefits stretch far and wide. In fact, ads for CBD oil claim it can address:

- Inflammation
- Pain
- Anxiety
- Depression
- Post-traumatic stress
- Insomnia
- Cancer
- Liver health

In addition to assertions of medical benefits, there are claims that CBD can prevent hangovers, help with acne and assist in social situations. You can now find CBD in health and beauty care for both people and
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Know! encourages you to share this Parent Tip with friends and family.

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