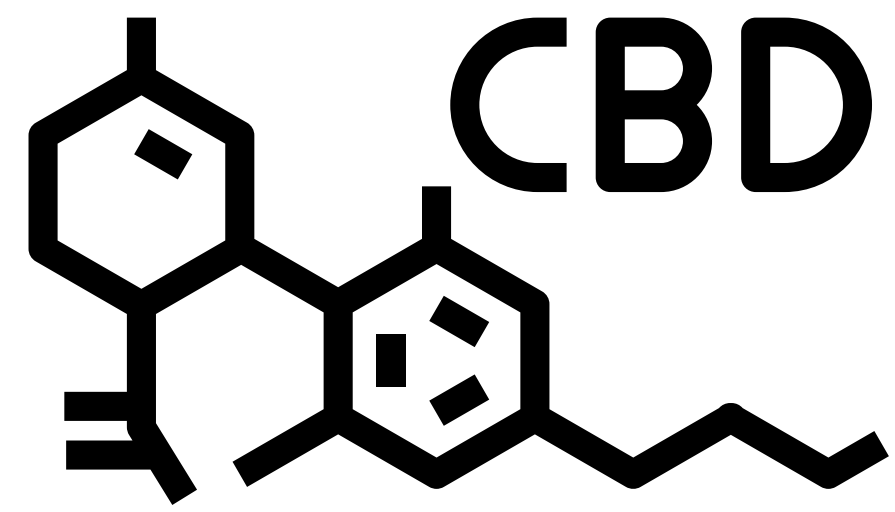


# Is CBD Right for You?



## What is CBD?

CBD stands for the word cannabidiol. It is one of the main components of Marijuana. Derived from the hemp plant, when ingested, **CBD alone does not cause a high**. However, CBD does have **calming effects**. According to the World Health Organization **CBD does not have any addictive qualities** and unlike marijuana is legal.

## A Real Experience

We know that college is a stressful time for students. Juggling academic work, making friends, and creating a new social life can be challenging. Unfortunately, some students turn to substances, like alcohol and marijuana, to relieve stressors. Marijuana is quite prevalent among college students, and it is most relied on to decrease one's stress. A marijuana user explained that she smokes marijuana joints regularly to help calm her down. She considers herself a healthy individual and began looking for an alternative to marijuana. She did some research and found that CBD is a better alternative to marijuana. **CBD can calm someone down without getting the "high" feeling**. According to the Social Influence Mapping, there is a social norm of regularly ingesting marijuana on college campuses. Close friends and community tie into the social norm.

## CBD is used to help:

- Depression
- Anxiety
- Seizures
- Pain
- Nausea
- Migraine
- Inflammation
- Psychosis or mental disorders



## How CBD is Different from Marijuana

Marijuana contains both THC and CBD. THC, or tetrahydrocannabinol, is the chemical in cannabis responsible for the “high” people experience. While CBD contains some THC it can have no more than 0.3% to be legal federally. THC, unlike CBD, can cause side effects.

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## Side Effects of THC Include but are Not Limited to:

- **Anxiety**
- increased heart rate
- Dry mouth
- Red eyes
- Slower reaction times
- Memory loss

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## Where to Get CBD

CBD can be purchased online or locally at any **trusted location**.

Some of the most popular CBD brands include:

- Cureganics
- CBDistillery
- Green Roads
- NuLeaf
- PureKana



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## How to Consume CBD

It is important to always **talk to your doctor** before choosing to use CBD.

CBD is often sold in the form of **gummies, oils, supplements, extracts, gels, and more**. A single dose of CBD ranges from **300mg to 600 mg**. Studies have shown that after a single dose of CBD anxiety levels of users have been shown to improve.



Consider these factors when determining how much CBD to consume:

- **Assess your sensitivity** to CBD
  - Tolerance to CBD may vary by the individual so it is best to start with a small dose and go from there
- Consider **other factors**
  - Consider the concentration of the CBD dose as well as your age, sex, weight, and overall health
- Consider the **symptoms you're treating**
  - What you are trying to treat will play a role in the dosage you will need
- Try a **dosage calculator**
  - Consider using a platform designed to help determine the correct dose of CBD such as [mydosage.com](https://mydosage.com)