



The (Apparent) Benefits of Cannabidiol

Whether or not there are really health benefits to consuming Cannabidiol (CBD) is mainly anecdotal for now. That said, hundreds of thousands of people agree that there are indeed benefits. They may be:



Pain Relief

It's thought that CBD interacts with the brain in such a way that inflammation is reduced and pain is alleviated.



Anti-seizure

A study published in *The New England Journal of Medicine* found that patients with Dravet syndrome saw their seizure activity reduced by an average of 38.9 percent when given CBD versus a placebo.



Anxiety

A promising study showed that CBD reduces the effects of anxiety, particularly in people who experience social anxiety.



Cancer

CBD has been shown to fight cancer in pre-clinical studies. That means that mammals have not been used in the studies, so to say that CBD is definitively effective in fighting cancer has not been proven.



Diabetes

In a study of non-obese mice prone to diabetes, CBD was shown to reduce the onset of diabetes by 68 percent.

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