Can CBD Oil Help Treat ADHD?

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What You Need to Know About CBD Oil for ADHD

No matter where you live, CBD oil is popping up everywhere. It is sold online, at local CBD shops and most gas stations. It is becoming popular because it is new and associated with marijuana. However, there is no evidence CBD oil is effective at treating ADHD. In fact, there is proof CBD oil cannot treat ADHD. Before getting to that proof, let's examine CBD oil for ADHD to see what it is, what it does and how it is used.

What is CBD Oil?

CBD stands for cannabidiol, a non-psychoactive chemical of the cannabis plant. Unlike marijuana, CBD oil causes people to feel relaxed without getting them high. However, CBD can get you high, depending on the type.

There are two types of CBD. One kind is derived from the marijuana cannabis plant, and the other is derived from the hemp cannabis plant. Hemp and marijuana plants look and smell the same because they are both cannabis plants. Cannabis plants with 0.3% or less of THC (the chemical known as tetrahydrocannabinol that gets people high) are hemp. Cannabis plants with more than 0.3% of THC are marijuana.

CBD oil can be made from either marijuana or hemp. This is what confuses a lot of people from a legal and health-safety point of view. The marketers of CBD oil, in turn, exploit this confusion for their own gain by using terms such as CBD rich and premium CBD. They are able to do this because there are little to no regulations for CBD and CBD oil. For example, many CBD oil products claim to be natural. However, you cannot chew on a cannabis leaf and expect to get any benefits from CBD oil.

While CBD occurs naturally in cannabis plants, the process used to make it pure of THC is not natural. Whether it is derived from hemp or marijuana, the CBD oil sold on the market is about as natural as a McDonald's hamburger.

Unlike medicine prescribed to you by your doctor, the processes used to make CBD pure of THC are unregulated. Thus, any CBD product is at risk for chemical contamination, which might cause health issues.

Does CBD Oil Have Health Benefits?

There is evidence suggesting marijuana-derived CBD oil can help with epilepsy. There is no evidence linking hemp-derived CBD to any medical benefits.

More studies are needed to see if CBD oil is not only effective but safe to use for treatment in both adults and children.

To be clear, most of the people who benefit medically from CBD oil are using marijuana-derived CBD oil. Hemp-derived CBD oil is not prescribed as often by doctors because it lacks THC.

Unfortunately, nothing is proven at this point. Anyone who uses CBD oil to treat a health condition is experimenting on themselves.

Can CBD Oil Treat ADHD?

When it comes to ADHD, there is proof marijuana-derived CBD oil is harmful to managing ADHD symptoms. Remember, THC is the chemical that gets people high.

When THC gets someone high, it alters how their brain manages:

- Pain.
- Coordination and movement.
- Emotions.
- Mood.
- Thinking.
- Appetite.
- Memories.

In other words, THC makes some ADHD symptoms worse.

As for hemp-derived CBD, there is zero evidence of any health benefits. Studies in the future may prove otherwise, but for now, there is no reason to believe either type of CBD can treat ADHD.

Researchers and medical professionals have not found evidence that CBD oil is an effective treatment for ADHD.

At best, CBD oil is a supplement when it comes to ADHD treatment. At worst, it is a waste of money and possibly a health risk, especially for children and teens, which brings us to our next point.

Is CBD Oil Safe For Children?

There are no studies on the use of CBD oil in children.

An upset stomach or drowsiness may occur when first taking CBD oil. Others experience fatigue or drug interactions. Starting with a lower dose can reduce the likelihood of these side effects occurring.

Other side effects may depend on the way you use CBD oil. Vaping may cause lung irritation. This can lead to chronic coughing and other breathing difficulties, especially in people with asthma.

Talk to your doctor before you or your child try CBD oil.

How to Use CBD Oil for ADHD

In case you want to experiment with CBD oil, here's how you should use it.

First things first, make sure you have a full stomach. CBD works best when consumed with a lot of fats.

The two most effective ways to take CBD oil are by swallowing or letting it dissolve under your tongue. There are advantages and disadvantages to each way.

Swallowing

When someone swallows CBD, it passes through the digestive tract. There it gets absorbed into the bloodstream and travels throughout the body.

CBD oil takes longer to affect your body when swallowed, but the effects last longer (one to six hours) when

swallowed. It's best to consume CBD oil when you want to experience its effects for as long as possible.

If you want to swallow CBD oil, make sure you do not let it dissolve in your mouth.

Dissolving Under the Tongue

When taken this way, CBD oil gets absorbed directly into your bloodstream, where it travels throughout your body.

The advantage of letting CBD oil dissolve under your tongue is it comes into effect faster. However, it only lasts between 30 minutes to 5 hours.

In Conclusion

There are still more studies that need to be done on the effects of CBD oil for ADHD. If you still wish to try CBD oil after reading this article, be sure to talk to your doctor first before adding it to your treatment plan.