

CBD Vape vs. Gummies: Which Is Better?

The effects of the cannabis plant have been desired, dissected, demonized, and discussed for centuries. Until recently, cannabis has been seen mostly as a delinquent pastime for unmotivated teens and stoners.

But in the last few years, cannabis, and the cultural associations people have with the plant, have shifted dramatically. As people began to realize that cannabis has a multitude of health benefits - from anxiety relief to pain management, from nausea cessation to alleviating the lifelong trauma associated with post-traumatic stress disorder - cannabis's value has skyrocketed, leaving behind the stigma its usage once carried.

The Changing Cannabis Landscape

In response to this change in societal acceptance, a booming industry has sprouted surrounding the various uses of the plant. But aside from how society views cannabis, the most consequential (and profitable) development in the research of this versatile plant is the extraction of what is known as CBD.

THC (Tetrahydrocannabinol) is the compound found in cannabis associated with the high feeling of smoking weed. CBD (Cannabidiol), while also present when smoking weed, does not produce the same sort of intoxication that THC does. CBD has more subtle effects to help with anxiety and other conditions. Therefore, when the CBD compound was isolated, products could be created, allowing users to experience the anxiety-reducing effects at any time without the high.

But considering the boom that has resulted from this isolation of CBD, there is such a plethora of products to choose from and options to weigh. With all of these options available, it's important for you to determine how CBD might be the helpful and convenient to your life.

You've probably seen a wide variety of products, from soaps to patches with unintelligible numbers under them, seemingly signifying the product's strength. But how do you navigate this to find what's best for you? Here are a few things to consider to understand what works with your life.

The two most popular and easily accessible methods of consuming CBD are vaping and gummies (or any edible), so let's look at these two and identify the differences.

Gummies (Edibles)

Unsurprisingly, one of the most popular ways to consume CBD is candy. There are many such CBD-infused products, and they have multiple flavors and shapes. The benefits of CBD in this form and the resulting popularity are the ease and simplicity of consuming CBD in this way.

All that it requires is eating candy. The effects then begin to kick in between 20 and 60 minutes after consumption. For some, this is too long as it does not allow the edibles to be used as an emergency stress relief in situations where an immediate effect is desired. But many find the subtle, long-term effects to be exactly what they are looking for.

The variety of dosages available allows users to begin at a low dose and increase or decrease the dosage as they see fit. Thus, you can carry the edibles anywhere you go without any concerns or awkward moments and have them anytime.

This means they are excellent for use while at work or in any public space without anyone questioning or even noticing that you are administering something to yourself to assist with feelings of stress or anxiety. Beyond gummies, if you can imagine it, it exists in a CBD-enhanced form. You can even purchase the oil and create your own anti-stress snacks.

Vaping

The vaporizing method of ingesting CBD is a bit more complex and not as convenient as the most convenient possible method described above, but with more options for dosing and a faster effect. Choosing to vape CBD is indeed more involved than the simple act of purchasing and eating candy. Still, there are also certain benefits to vaping that the edible user sacrifices for convenience.

The most significant benefit is the speed by which the effects of the CBD can be felt. After vaping, the results are nearly instantaneous as it is absorbed through the lungs and directly into the bloodstream. As opposed to needing to be digested and introduced to the bloodstream through the stomach, where the compound is then broken down and finally enters the bloodstream, ingestion through the lungs is much more direct.

For the same reason, ingesting CBD through vaping is a better bang for your buck. Since an edible must be digested through the stomach and then produce the effects by interacting with fats in your body, the percentage of CBD that reaches the bloodstream is significantly less than the percentage that reaches your bloodstream through ingestion by vape.

So vaping works faster, and more of the CBD you ingest is utilized when compared to taking gummies. The downside of vaping is that it takes a moment to get familiar with using your vape if you aren't familiar already.

Within a week, you will be comfortable using it without a second thought, but it requires a bit of a learning curve. There is also a moderate upfront investment that basically pays for itself within a month or two compared to the consistent price of buying edibles regularly.

Conclusion

Both gummies and vaping are excellent methods of using CBD, but the important lesson is that you need to discover which one is better for you. Gummies are easy, featuring pre-set dosages with subtle and long-lasting effects. Vaping produces a faster effect with more ability to variate your dosage and tune your intake with more nuance and control.

In the long run, vaping ends up being a bit cheaper, but the difference is less important than what is best for you. Both are fairly simple to acquire and have been recommended by medical professionals to treat anxiety disorders, or even just occasional stress.

The anecdotal evidence is increasing, and the positive effects of both are becoming hard to avoid lately. You just need to decide which method makes the best sense for your own life and lifestyle.