

Does CBD Oil Get You High?



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CBD continues to rise in notoriety worldwide for its wellness-promoting properties, seeing a rapid expansion of CBD products, including everything from under-the-tongue tinctures to flavored vape cartridges. That's why it's more important than ever to distinguish the effects of CBD from THC.

THC is the most commonly known cannabinoid in the cannabis plant. It is mainly responsible for the "high" most people associate with cannabis. However, CBD is an entirely different, non-intoxicating compound. You can't get high from CBD alone.

Because CBD offers so many wellness benefits, it would be a shame to avoid it simply because you think it will make you feel stoned. Here's a quick breakdown of what a cannabis high is and why CBD doesn't produce one.

Why Does THC Make You Feel High?

When you consume cannabis, you ingest a compound called Tetrahydrocannabinol (THC). To understand this better, you need to take a closer look at [anandamide](https://www.leafly.com/news/science-tech/meet-bliss-molecule-anandamide-cannabinoid) (<https://www.leafly.com/news/science-tech/meet-bliss-molecule-anandamide-cannabinoid>). This is a cannabinoid that humans and animals create on their own. It binds to cannabinoid receptors to help build internal balance. Think of THC as the spare key for the lock that binds to cannabinoid-1 (CB1) receptors. CB1 receptors are heavily expressed in the brain (as opposed to CB2 receptors, which are more prominently expressed in the immune and digestive systems), and may be the reason THC triggers a euphoric response.



Other, less-pleasurable effects of a THC high can include red, dry eyes, dry mouth, anxiety, paranoia, and fatigue. People often cite these effects as their reason for not experimenting with cannabis products — THC, CBD, or otherwise. These concerns are understandable but ultimately misguided. Full or broad spectrum CBD oil allows you to experience the cannabis plant's wellness-promoting properties without the risk of experiencing THC-induced side-effects.

CBD Oil — Providing All of the Benefits Without Any of the High

When you consume cannabis, you benefit from all of the cannabis plant's cannabinoids and terpenes — each providing its own set of wellness benefits. However, within this full profile of cannabinoids and terpenes is the aforementioned THC, which you might want to avoid.



Full or broad spectrum CBD oil, like [MyRemede CBD Oil](https://www.myremede.com/myremedecbdtincture-300mgcbdlemon) (<https://www.myremede.com/myremedecbdtincture-300mgcbdlemon>), allows you to still benefit from all of the cannabis plant's synergistic wellness properties without experiencing any of the "high" effects of THC. By law, CBD oil can only be made from hemp plants containing no more than 0.3% THC, which isn't nearly enough to produce any noticeable effect.

If you're concerned about having any THC in your body whatsoever, CBD isolate is always an option. An isolate removes the presence of THC entirely, but it also provides the benefits of a single cannabinoid, meaning you miss out on the dozens of other wellness-promoting cannabinoids and terpenes present in the plant. Full spectrum CBD oil preserves the hemp plant's entire cannabinoid profile. THC is present, but only in trace amounts less than 0.3%. Broad spectrum CBD oil is similar to full spectrum, only with trace amounts of THC further reduced to minimize the risk of THC effects.

Takeaway

CBD oil often gets lumped in with cannabis, which can deter people from trying it for fear of getting high. However, THC is the main ingredient that causes you to feel high from cannabis use. As long as a CBD product is tested by an accredited third-party lab to show that only trace amounts of THC are present, the risk of feeling even mild intoxication is exceptionally low.

Armed with this information, you can hopefully feel confident enough to start incorporating CBD oil into your everyday life without the fear of getting high. A parting piece of advice: make sure that you reap all of the benefits of the cannabis plant by opting for a full or broad spectrum CBD oil instead of a CBD isolate. That way, you benefit fully from all of the cannabis plant's cannabinoids and terpenes, minus high-inducing concentrations of THC.

For a full spectrum CBD-rich hemp extract that comes with a certificate of analysis, treat yourself to [MyRemede CBD Oil](https://www.myremede.com/myremedecbdtincture-300mgcbdlemon) (<https://www.myremede.com/myremedecbdtincture-300mgcbdlemon>) today!

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