

## Jacob Hooy CBD Oil —A Natural Healer for Stress and Anxiety:

Are you stressed? Do you feel anxious about the events going on in your life? Are your insecurities coming in your way of a healthy lifestyle and a healthy relationship? Do you feel low and lethargic all the time? Do you feel left out and deliberately want to be sad at all times? Are you depressed?

There are so many questions that arise about the mental health. Some people accept that they have mental health issues, while others just think that there is something wrong with them. People generally suggest therapies to deal with these issues. Therapies can undoubtedly help, but for people, talking is much harder as they don't know how to explain the overwhelming thoughts and feeling that they experience all the time. So for such people, therapies are a torture.

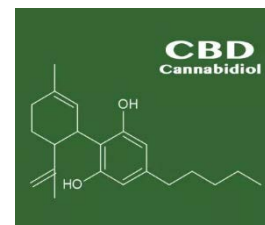
### Jacob Hooy CBD Oil

**Jacob Hooy**, a renowned name, and brand in the Dutch homeopathic world come with a new formula of its own CBD Oil. This oil is composed of various natural stress relievers with 2.75% CBD. The base oil is the hemp seed oil and a CBD paste is added to it with other ingredients. Its all-natural composition makes it even more effective, efficient and reliable. It is specially formulated to give the users immediate results. The proportion of ingredients is also balanced and appropriate. It comes in 3 volumes (10ml, 30ml, 100ml). The 10 ml bottle contains about 230 drops of the oil. The 30 ml bottle contains about 800 drops of the oil. And the 100 ml bottle contains about 2300 drops of the oil.



### CBD

CBD is an abbreviation for **Cannabidiol**. It is a cannabis compound that has many health and medical benefits. It helps people relieve from several mental illnesses as it works directly on the brain and releases stress relievers in the bloodstream. The person can even feel relieved from the physical pain. This compound is an excellent option for the patients who are trying to get rid of pain, anxiety, depression, psychosis, seizures, alcoholism, migraine, PTSD, BPD, epilepsy, and other conditions in which a person may feel low and lethargic at all times. This compound is derived from the cannabis plant. It is the same plant from which marijuana is produced. Although marijuana is illegal, CBD is safe and legal to use and carry.



### Composition

It contains the following ingredients:

- *Hemp Seed Oil (75%)*
- *Hemp seed paste (25%)*

- 2.75% CBD (247.5 mg)
- 0.15% CBG
- 0.25% CBC

## **Dosage**

If you are a new user, then it is preferred that you start it by taking small doses. Like 1 one drop in the morning and 1 in the evening. Observe the changes, and then gradually increase the dose. Do not take more than 15 drops per day. You should also not take it more than 2-3 times per day.

If we talk about the directions for intake of this product, then they are pretty simple. As it is in the oil form, so there is no need for water or a liquid to consume it. Just drip the drop of the oil, under your tongue, by using the attached dropper. Let it stay in your mouth for a minute and then swallow.

It is directed to dip it under the tongue because there are many membranes under the tongue, that easily absorb the fluid through mucus and spread it in the bloodstream. But if you are uncomfortable, you can always mix it in any fluid or food and then take it.

## **A few symptoms of stress, anxiety, and depressions**

Following are some of the symptoms which stress, anxiety, and depression have in common:

- *Constant irrational fear and worry*
- *The feeling of hopelessness, worthlessness (pessimism)*
- *Loss of interest in the things which you once loved*
- *Feeling low, fatigued and lethargic*
- *Loss/excess of appetite*
- *Loss/excess of sleep*
- *Mood swings*
- *Mostly in the confused state*
- *Abdominal pain*
- *A headache*

## **Benefits**

It penetrates in your bloodstream

It contains CBD which helps to relieve pain

It contains a small amount of THC as well which helps in the process of soothing

It calms the person from the physical as well as the mental pain

It is highly efficient and usually starts to show the result after 30 seconds of the use

The person who uses it can feel an instant shift in the mood

The inflammation and chronic pains can be subdued by using this oil

The person will also feel more active and more flexible towards life.

### **Side effects**

Some reviews of Jacob Hooy CBD Oil have claimed that as long as they were taking the dose on the regular basis, they were feeling happy and contented. But when they discontinued the use, the depression hit them back with the same force.

So, this means that the product is not a permanent cure for depression. Although for some people, this product gave them a better life as they mend their way of life and became free of depression and anxiety.

### **Precautions**

- For oral ingestion only
- Should not be used for vaping
- Do not take the dose for more than 2-3 times per day (a maximum of 15 drops altogether)
- Shake well before use
- Save in a cool and dry place
- Keep away from the reach of children

### **Final verdict**

This product is in demand these days as many people all across the globe are suffering from at least one of these mental health issues. This product is fast, effective and contains no artificial flavors or compounds. It is all-natural and has no potential harmful effect on the body. It soothes and calms the nerves in the most convenient and easiest way. It is an alternative for the therapies that people usually resent. Although medical consultancy is very important and should not be avoided at any cost, if you have tried and have still not been satisfied with it, then you can always switch to a switch alternative, like Jacob Hooy CBD Oil.