

How trying CBD can help you keep up with your grandchildren

CBD might seem like something that only young people are trying out due to its associations with cannabis. However, more seniors are trying CBD than you think, and it can make a huge difference in their lives!

Don't feel like you're on your own if you're a senior who wants to try out CBD. In a 2020 survey, researchers found that [20% of seniors 65 and older had tried CBD](#), up from 14% in 2019. This demographic is quickly learning how powerful CBD can be.

If you're a grandparent who wants to stay healthy to have fun adventures with your grandchildren, CBD might be the answer to feeling young and enjoying this time with your family.

What is CBD?

CBD is a chemical found in cannabis. It's obtained from hemp, a cannabis sativa plant. CBD won't get you high, as it doesn't contain the compound in marijuana that causes this effect, which is called THC. CBD has been FDA-approved to treat epilepsy, but many have found that it can be helpful for other conditions as well.

Some health problems that CBD might help seniors with include:

- Insomnia
- Arthritis pain
- Chronic pain
- Inflammation
- Muscle spasms
- Alzheimer's disease
- Nausea
- Vomiting
- Anxiety

CBD isn't a cure all, but it's definitely a relatively risk-free option for reducing the effect of these conditions and symptoms. You can buy some high-quality CBD oil, capsules, gummies, or honey, and then see whether you see an improvement in your quality of life.

Here are some of the most helpful issues that CBD can tackle in some senior patients, and how this can make a difference to your family and grandchildren.

How CBD can help seniors with sleep

Many adults aren't happy with their sleep quality. It's common for seniors to have to spend more time falling asleep, and they often wake up more often at night. When you don't sleep well, it's much harder to sustain energy throughout the day, which makes it more difficult to spend a long amount of time with your family.

In a monumental study, 72 adults with anxiety and poor sleep were told to take some CBD every night before they went to sleep. After one month, [sleep scores improved in 66% of participants](#). Many swear by a dropper of CBD at night to fall fast asleep for hours.

One of the best things about CBD is that it has fewer side effects than common sleeping pills like Ambien. CBD isn't habit-forming, and it doesn't cause some common side effects of these medications like dizziness, impairment the next day, or mental slowing down.

Even taking CBD can be a relaxing ritual. You could use some CBD honey in a cup of chamomile tea to wind down before it's time to hit the hay.

How CBD can help seniors with chronic pain

Chronic pain can be debilitating, and it's a common issue for seniors. Being in pain can greatly affect your activity level, making it much harder to chase after or play with your grandchildren. If your pain was reduced, would you be able to bond more with the important people in your life?

Luckily, there's an even stronger link to pain relief for seniors with the help of CBD. In one survey, [42% of the Baby Boomer population reported greatly benefiting from CBD](#) to alleviate joint pain and other chronic pain. Another recent study discovered that those with chronic pain saw a [61% reduction](#) in severity after taking CBD. It's even been found that [CBD reduces pain 30% more](#) than traditional medication or medical marijuana alone.

Reducing your chronic pain can have huge impacts on your life. You can sleep better at night without pain, leading to better rest. You can stand and walk longer, allowing you to go on trips with your grandkids to the park or zoo. You can also enjoy this time with the people you love the most without being distracted by pain.

No matter your health concerns, CBD might make a difference in your quality of life. There's no guarantee that you'll be a person that benefits from it, but there is a great deal of evidence that it could be beneficial.

Want to give CBD a try? Brew some of your favorite tea, then add in some CBD honey. To determine whether you're having positive effects, use it regularly for about two weeks.

We hope CBD works for you, and you're up and playing with, holding, and enjoying quality time with your grandkids before you know it!