

In 2015, there was an article released by National Geographic that caused an absolute frenzy due to its controversial content. The title of the article read “Science Seeks To Unlock Marijuana Secrets” and pictured alongside the written material was a young girl being held up by her mother as she uses a dropper to place a strange liquid underneath her tongue.

Upon reading, we find that the strange liquid held inside the dropper was something called cannabidiol (or CBD), and the young girl in the picture was Lily Rowland.

Lily Rowland was a young girl whose quality of life had been impacted greatly by hundreds of seizures a day, that is until the mother-daughter duo discovered the magical power of CBD. They were astonished to find that once she added CBD to her daily routine, her seizures almost disappeared completely.

Of course, this sparked hysteria amongst readers. They could not fathom a “mother” willingly giving her child a compound associated with marijuana.

However, people were only angry because they were (like many) ill-informed about the compound itself. CBD is only one of the many compounds found in marijuana, but unlike its famous counterpart, THC, CBD is a non-psychoactive substance. In other words? It will not give you that “high” many people associate with cannabis products.

Over the past few years, studies have shown that CBD is truly an effective way to treat some forms of epilepsy, anxiety, inflammation and it can also reduce chronic pain.

If you were to ask anyone in my inner circle “How would you describe Tiffany?” they would respond with something along the lines of “consistently worried” (give or take similar adjectives). I’m one of those people who tends to overanalyze situations and act like a maniac about all the adverse outcomes that could (but not likely) occur.

For years, my anxiety went undiagnosed, but when I was finally diagnosed, everything I had been experiencing up until that point made sense. I now had a name to give the monster lurking under my bed. Up until now, I’d been able to manage it through different stress-relief outlets, but over the past few years, I’ve noticed my symptoms become noticeably worse.

As a 26-year-old woman, it’s hindering for me to have such extreme symptoms of anxiety, and so, after reading countless articles and testimonials about how well CBD has worked for many, I decided to try it out myself.

These days, CBD is pretty easy to come by, and after doing some research, I decided to purchase [Green Helix's Super Pure Tincture](#) since it had the most positive reviews and came from a reputable company. I found that one of the most significant issues first-time buyers have with buying CBD is that they are unsure what to look for when purchasing products. I learned that it is crucial to purchase high-quality CBD as it can make all the difference. I also learned:

### **1. It Matters How CBD Oil Is Created.**

Some companies will use cheap methods when extracting CBD oil which requires toxic solvents that are dangerous to our health. Trustworthy companies will use organic, pharmaceutical-grade ethanol to process CBD, which is the extraction process that releases the highest amount of cannabinoids and is the safest method of extraction.

### **2. The Source Of Your CBD Matters**

It is always important to know where your CBD is coming from since the hemp plant easily absorbs elements from the ground that it was cultivated on. Unfortunately, some manufacturers choose to purchase low-quality hemp to process, which is often polluted.

### **3. Check For Third-Party Lab Results When Buying CBD**

A high-quality brand of CBD will always provide third-party lab results to its consumers. These lab results help ensure that the oil is what it claims to be, without any impurities.

As a constant worrier, of course, negative thoughts began to flood my mind about whether CBD would even work for me. After realizing I had to try it out to see the results, I bit the bullet and administered a few drops underneath my tongue after a significantly stressful day. I wasn't expecting anything to happen immediately, which is probably why I was so surprised when something did happen....almost immediately. The feeling wasn't overwhelming at all, and it can best be described as the feeling you get when you first get into a bath. This feeling didn't last very long, but even after it melted away, I still felt, dare I say, calm?

I found that my usual stress of the day didn't follow me into the bedroom that night as it often did. Many times, my anxiety can keep me up until the wee hours of the night, or I find myself tossing and turning and getting a very restless sleep. The next morning I woke up feeling like a Disney princess probably does, (and I swear, the birds outside my window singing away only made that more true). I rose with that sense of calm still lingering, and it was easily one of the best nights of sleep I'd had in a while.

Since first trying out the Green Helix Super Pure Tincture five weeks ago, I noticed a massive change in my stress levels and anxiety symptoms. As a bonus, I've even

noticed that I'm not as sore after my workouts either. (As a person that uses working out as stress relief, this is indeed, a plus).

My friends and family have hilariously decided to keep their distance from me, seeing as I can't stop talking about CBD oil. The change I've seen in myself has been somewhat miraculous, and I know that I will continue to reap the benefits of CBD well into the future.

Although my little experiment is over, I've continued to supplement myself with this particular brand of CBD oil, (as it checks off all my boxes). It's comforting for me to know that this holistic method works for me.

Since CBD is so safe and the side effects have been non-existent, I recommend it to anyone and everyone who is looking for alternative options.