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Thread: [CBD Oil for Anxiety](#)

VKNS - May 17, 2023, 5:51 am

I've been using a CBD Oil tincture; 2000mg strength, 0.75ml under the tongue every day at mid day, for about 60 days now.

I have noticed a drastic reduction in my anxiety symptoms.

Has anybody else had success with CBD Oil/Gummies or any other variant?

Undead - May 17, 2023, 7:52 am

Personally, I haven't tried it but I have read that a lot of people take it for pain, anxiety and sleep issues. I've also read that CBD oil being sold on Amazon is just a scam and its hard to find good quality brands. Good to hear that its working for you though.

VKNS - May 17, 2023, 7:54 am

(May 17, 2023 07:52 AM)Undead Wrote: [\[CITE\]](#) Personally, I haven't tried it but I have read that a lot of people take it for pain, anxiety and sleep issues. I've also read that CBD oil being sold on Amazon is just a scam and its hard to find good quality brands.

Yeah you never wanna go for the standard Amazon stuff, and it's always necessary to look at third party lab reports (legitimate vendors put these on their websites) to ensure that you are getting what you are paying for.

I can't handle THC so I have to ensure that the THC levels in my tinctures are Trace.

Dread.Reaper - May 17, 2023, 8:02 am

Yea, I am scripted it for the same.

Works great.

MarjaDev - June 26, 2023, 2:35 am

Normally used only benzos, anyways It depend from the level of your anxiety

DashPHP - June 27, 2023, 12:36 am

(May 17, 2023 05:51 AM)VKNS Wrote: [\[CITE\]](#) I've been using a CBD Oil tincture; 2000mg strength, 0.75ml under the tongue every day at mid day, for about 60 days now.

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In regards to anxiety, have you practiced any breathing techniques before trying CBD?

Yesterday I had quite the anxiety attack and by god damn coincidence a tiktok video came on my FYP, which was all about using breathin and calmness to reduce the anxiety.

I was at a 7:10 on the anxiety scale.

After a few minutes of the breathing, I was down to a 3:10

GreenEggs - July 19, 2023, 12:59 pm

I tried CBD for a bit with no luck at all. Might try again now that mine is more “managed” with an SSRI.

Gold? - August 1, 2023, 3:31 pm

There's things for anxiety like St. John's Wort, CBD and THC is a good all around for its medicinal properties.

VKNS - August 1, 2023, 3:31 pm

(Aug 1, 2023 03:31 PM)Gold? Wrote: [\[CITE\]](#) There's things for anxiety like St. John's Wort, CBD and THC is a good all around for its medicinal properties.

Unfortunately I live in a country where any THC we get our hands on was likely grown in a bath tub and is certainly not good for anxiety.

I'll check out St. John's Wort though.

Thanks!

LazyJoker - August 14, 2023, 5:35 pm

Look into CBD Distillate. Crush it and put 700mg in a capsule. Can get more medicine this way in your system then a tincture bottle can offer

Tinctures are overpriced and only offer you small amounts of milligrams of CBD