

# EFFECTS OF CBD OIL

on

## Anxiety And ADHD



Human bodies make cannabinoids (endocannabinoids) and have two endocannabinoid receptors - CB1 and CB2 receptors. Though CBD doesn't directly attach to these receptors, it stimulates the endocannabinoid system's activity.

### STUDIES SUGGEST:

1

CBD

+

cannabinoid and serotonin receptors in the brain

=

Relieve anxiety symptoms

2

CBD

+

the endocannabinoid system receptors in the brain and nervous system

=

Regulate body processes that:

- stabilize energy levels
- alleviate hyperactivity
- enhance focus



### REFERENCES:

1. CBD oil for ADHD: What the research shows; Open Access Government
2. The endocannabinoid system: Essential and mysterious; Harvard Medical School

Mom Junction

Source: [https://www.momjunction.com/articles/cbd-oil-for-kids-anxiety-adhd-dosage-safety-risks\\_00769659/](https://www.momjunction.com/articles/cbd-oil-for-kids-anxiety-adhd-dosage-safety-risks_00769659/)