CBD OIL CASE STUDY-

DAILY CBD OIL AS FOR PAIN RELIEF, ANXIETY, REDUCED NEED FOR ALCOHOL CONSUMPTION.

Overview:

CBD oil has been suggested as a pain reliever, anxiety reducer and used to combat alcoholism with zero 'high' side effects. The study is a personal experiment in the success (or failure) of daily CBD oil supplement.

Background:

I am a non-smoker, 34 year old, white male, 180 lbs, 5 foot 10 inches. I exercise daily and am an alcoholic.

Health Conditions:

Chronic headaches, shoulder pain, jaw pain & moderate to high anxiety.

Current Treatments:

I take a daily dose (5mg) of anxiety medication and daily alcohol (4-6 servings minimum) for pain and anxiety.

Experiment / CBD oil goals:

- Reduce headaches, shoulder pain, jaw pain.
- Reduce anxiety.
- Reduce alcohol consumption.

CBD oil regiment:

Recommended dosage, 15 drops under tongue 2 times daily, hold for 60 seconds.

Drinking: Sober as of 10/30/13 – I actually stopped drinking on my own before this experiment started, so unsure if that is still a point of discussion, I will rate alcohol cravings/consumption for others who may go that route as well.

CBD Journal: CBD oil started on 11/29/13, just over 30 days after last alcohol. Going a little above the recommended daily dosage to 3 times a day to see if initial effect is noticeable, or I feel a faster improvement of overall health.

Week 1: (documented on 12/1/13)

CBD oil has a resemblance to what I would imagine bong water tasting like. Has a very strong traditional "POT" flavor/aroma, even though I am taking the "peppermint" CBD oil. Interestingly is that there is absolutely ZERO high effect. Mentally it's a bit confusing to have a huge marijuana hora, and then feel nothing. Of course this is what was advertised with CBD oil and why I was mostly attracted to CBD oil, however just a small mental observation.. Perhaps I expected to feel something from an extract of MMJ/CBD oil.

Now for the facts as I see them. Remember I am using CBD to treat 3 health problems. I wanted to be rate progress of this experiment, so I am using 3 rating factors with 3 descriptors each.

They will be Improved/No Change/ Worsening and the descriptors of each will be: Mild, Moderate & Severe.

Work days seem to be the worst for the pain factors, and my initial rating below is for my first few days on CBD oil, however all days so far were holidays, so no work days yet involved.

- Reduce headaches, shoulder pain, jaw pain. ***Mild Improvement.***
- Reduce anxiety. ***Mild Improvement.***
- Reduce alcohol consumption. ***No Change / Although Continued Sobriety.***