

7 Top Ways to Use CBD in the UK

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LONDON, UNITED KINGDOM, December 19, 2017 /EINPresswire.com/ -- Due to the array of medical innovation being espoused by researchers in the [Israel cannabis](#) industry of devices and methods that can be used to deliver CBD, it has gained a lot of attention throughout the medical industry. CBD has been proven beneficial on myriads of health conditions in both clinical and anecdotal evidence settings.

CBD can be derived from hemp or 'medical' cannabis. Hemp-CBD can be sold legally in the UK, across Europe and much of the world (excluding Israel).

For now, we present the 7 best way to [use CBD in the UK](#).

1. Tea

Hemp tea is the best way to consume CBD if you just want to relax after your busy day. This does not have the same effect of smoking CBD. The extraction method that you will use to create tea is less complicated. You simply add hemp flower to hot water and allow it to seep. Data shows decarboxilation does happen though not as effectively as using direct heat. This will allow a great amount of CBDa to disperse into the tea.

2. Sublingual CBD Spray

These are concentrated type of CBD that the user can spray under their tongue. Sublingual sprays are offered in different types of ratio which depends upon the desired result of the user.

3. Vaporising

Some people also choose to vaporise their CBD using vaporiser pen. This will immediately deliver the medical benefits of the CBD but without the negative effect of smoking. For those who are looking for an on-the-go vaporising, the disposable vape pen would be the best solution.

4. Topical Product

The topical product comes in a wide range of forms; it may be available on creams and salves. This allows the user to simply apply this on the surface of their skin. This will help you enjoy the pain-relieving and anti-inflammatory property of the CBD without the psychoactive effect. This will help people who are suffering from muscle pain and joint pain.

5. Tinctures

These are oil (often hemp seed or olive) or alcohol for a traditional herbal remedy type tincture. Often

sold in a dropper bottle which comes in varying concentration from 1% to 25%. This can be directly taken with the help of the dropper or it can be mixed with food.

6. CBD Oil

When looking for CBD oil, you should look for a product that was not extracted with neurotoxic ingredients. This may leave a trace of toxic residue on the final product. Perhaps the best extraction method of CBD oil is with the use of CO2.

7. Juicing

For those who are healthy-conscious, juicing may be the best option for them. By adding fresh leaves of cannabis on fruit juice or vegetable, you will be able to enjoy the tasty drink without the adverse effect of smoking cannabis.

These are great methods of consuming CBD not only because they will eliminate the negative impact of smoking. This will also help you control your dose due to the wide selection of products.

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