

[@mycbdplus](#)

## Stigma Surrounding CBD Seems To Have Diminished

Stigma surrounding CBD seems to have diminished, mainly due to its increasing popularity in relieving a variety of personal symptoms. 🌱

Now we know that CBD is a wonderful potential adjunct to people's pain treatment plans, reduces overall reduced stress and anxiety levels, and helps with PTSD symptoms (such as having nightmares and replaying negative memories 🌑).

In fact, an exciting field of CBD medical research is opening up as we... type, as a result of continued new treatment potential!

We're excited to hear more. 🙌

Until then, if you are ready to give CBD a try, tap the LINK IN BIO to visit our website! 🌐

We source and develop the best CBD Full Spectrum products you could find. That means organic, great value, and third-party tested for quality and consistency. Our products vary in strength, too, so you can regulate your intake perfectly.

Time to try them out yourself and let us know your thoughts! We're here to answer any questions. 📌

## Hemp Is Hope Not Dope

Drop a 🙌 if you agree!

Suddenly CBD seems to be everywhere – should it be? We think YES! 😊

The first CBD-derived medication already got approval from the US Food and Drug Administration, which gives us hope that CBD will soon start being used as a treatment in numerous diseases.

For example, about 470000 children in the US have epilepsy – and while promising advances are being made in the treatment field, it's CBD that provides hope for 'intractable' (or uncontrollable) epilepsy.



Even if you don't need treatment, people have experienced amazing benefits from using CBD to treat pain, insomnia, and anxiety. What do you think CBD could help you with?

Are you ready to give CBD a try? 🌱

If you are, tap the LINK IN BIO to visit our website! 🌐

## **You Don't Need Another Inspirational Quote, You Just Need CBD**

Do you need CBD? 🤔

Ever-increasingly popular, CBD is being heavily studied for its potential role in easing symptoms of many common health issues, such as mild anxiety, acne and heart rhythm problems.

But wait – there's more!

CBD also helps patients with debilitating conditions, including cancer, epilepsy, lupus, Parkinson's disease, and related diseases, by providing a natural alternative for pain and symptom relief.

AND it turns out CBD can be used even to treat or, at least, improve mental health conditions such as insomnia, depression, obsessive-compulsive disorder, and schizophrenia!

Don't get us wrong, we're all for inspirational quotes – but CBD? We're all for CBD too! Aren't you? 🌱

If you are ready to try CBD and see what it can do for you, tap the LINK IN BIO to visit our website! 🌐

## **CBD for Stress and Anxiety**

Your mindset and your emotional landscape make THE BIG difference. 🌱

Even if your diet, sleep and exercise routine are perfect (and you're drinking enough water) if you're constantly stressed or anxious or have very negative thoughts you won't feel completely healthy.

How are your thoughts and your mindset? Are you always stressed or anxious? Do you need to distress, but don't know how to change how you feel, even when you're... resting? 🙄

Then you may want to give CBD a try. Cannabidiol, widely known as CBD, provides relief for symptoms caused by chronic pain, but also stress, anxiety, and insomnia.

While it's easy to feel overwhelmed with the quantity of CBD products on the market, with enough research it's possible to find a product that meets your needs. How about starting with our products?



We source and develop fantastic CBD Full Spectrum products: organic, great value, and third-party tested for quality and consistency. From CBD coffee to CBD capsules, you name it – we've got it!

Give CBD a try – tap the LINK IN BIO and visit our website! 🌐

## Healthy

It's easy to think of health as something we can measure with numbers, whether it's weight, waist size, pants size, or other numbers. But health now carries much more meaning behind it. 🌱

Being healthy is also about your mindset, how you talk to yourself and your thoughts about yourself and life. When you're stressed, anxious or depressed, you're suffering in ways that can be invisible to other people.

We are on a mission to help you take back your health (physical and mental!) and power, and return to your natural self quickly – through the power of CBD.

We source and develop the best CBD Full Spectrum products you could find. That means organic, great value, and third-party tested for quality and consistency. Curious?

Give CBD a try – tap the LINK IN BIO and visit our website! 🌐

## Benefits of Using CBD for Sports Recovery 1

What are the benefits of using CBD for sports recovery? 🌱 (PART 1)

1. Quality sleep is one of the most important aspects of recovery. During sleep is when your body repairs, recharges, balances hormones and drops fat! CBD supports healthy sleep cycles without causing drowsiness.
1. Studies suggest that CBD aids with reducing pre and post-exercise inflammation. These anti-inflammatory benefits can help you recover faster, improve your training, and avoid delayed muscle soreness.
1. Cannabis is an analgesic, which helps to relieve pain both during and after exercise. Many athletes use CBD post-workout to help manage pain from muscle aches to sore joints and older injuries.
1. CBD has anti-catabolic properties – this means that it can reduce the breakdown of lean muscle tissue and even help build more muscle mass!

We source and develop the best CBD Full Spectrum products you'll find: organic, great value, and third-party tested for quality and consistency. Our products vary in strength so you can regulate your intake perfectly.

Stay tuned for part 2 to find out more about how you can use CBD for sports recovery! Until then, if you are ready to give CBD a try, tap the LINK IN BIO to visit our website! 🌐

## Benefits of Using CBD for Sports Recovery 2

What are the benefits of using CBD for sports recovery? 🌱 (PART 2)

1. Intense workouts cause blood flow to be diverted from the stomach, which may result in nausea. The anti-emetic effect of CBD helps reduce nausea during and after exercise.
1. : Dehydration, muscle sprains, and nerve damage are just a few causes of muscle spasms. CBD has antispasmodic properties and may help you reduce these spasms.
1. Intense workouts require additional calories for optimal recovery, and CBD can help you stimulate your appetite in a healthy way.
1. With its ability to lower blood pressure and reduce inflammation, CBD is currently being researched as a therapeutic solution for numerous cardiovascular diseases.

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Now you know all about how you can use CBD for sports recovery! If you are ready to give CBD a try, tap the LINK IN BIO to visit our website. 🌐

## CBD Infused Coffee

Are you a ground coffee or instant coffee kind of person? ☕

Either way, just your luck – here at MyCBDPlus we've got both! Our CBD Coffee is more than just your average cup of coffee though. Let's start with our instant coffee...

☕ With its delicate profile, sweet notes, and aromas, our CBD-infused instant coffee has a rich, invigorating taste that is perfect for early mornings and late nights.

☕ As for our original CBD-infused arabica coffee, it has a beautifully smooth taste and super calming effect. The CBD infused ground coffee is best used in a Cafetiere (French Press).

We only use Rainforest Alliance (RFA) Certified luxury arabica ground beans that are 100% natural, precision-infused at the point of roast and third-party lab tested to ensure there no banned cannabinoids are used.

That means it's THC free, too. 🌱

Both our 100% natural, Tanzanian blend CBD Infused coffee options are smooth and delicious – the perfectly effortless way of including CBD into your normal daily routine!

Curious to try our coffee? Tap the LINK IN BIO and visit our website! 

## **CBD Oil Drops**

CBD oil drops – what are they, and what can they do for me? 

Our CBD drops taste great and act fast! 

Benefits and medical uses of CBD oil include anxiety and pain relief, anti-seizure and neuroprotective (CBD oil helps reduce the inflammation that can make neurodegenerative symptoms worse!)

No doubt our CBD oil drops are a firm favourite amongst our customers. We've even created a premium and powerful version with an amazing fruit taste. 

We did this by using an MCT oil base carrier, meaning no natural hemp taste if you don't like it.

To use them, simply take 3-5 drops under your tongue 3 times a day, and leave in mouth for 1-2 minutes for optimum absorption. 

Each 10ml bottle contains approximately 120 drops, and we recommend taking your CBD sublingually (under the tongue).

This way, it is absorbed by the mucous membrane under the tongue and near the brain which has many cannabinoid receptors.

It bypasses the digestive tract so less CBD is lost due to filtration, meaning it retains its original potency. 

Ready to give CBD oil drops a try? Tap the LINK IN BIO to visit our website! 

## **Hashtags:**

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#hemp #hempheals #ilovehemp #hempoil #hemplife #CBDoil #CBDcapsules #CBDforstress  
#CBDforthepeople #cbdforanxiety #cbdforpain #cbdforhealth #cbdforsleep #cbdforathletes #cbdforall  
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