Hemp oil is growing in popularity. Hemp oil is an ingestible fluid made through isopropyl or naphtha extract, which strips cannabinoids such as CBD from the plant material.

Primarily, hemp and marijuana are very different. Both are treated differently and offer distinct usages, and benefits. Biologically, CBD hemp oil is an extract from industrial hemp known as the *cannabis sativa* species. Alternatively, the cannabidiol (CBD) cannabis oil extract comes from cannabis plant’s *cannabis Indica* species. The latter produces the hemp we use to wear as well as eat.

The roots of Hemp are traced back to the modern-day Taiwan, as ancient cannabis cultivators recognized about 10,000 years ago that the plant is dioecious. In biological terms, it means one where the male and female reproductive systems take place on detached plants.

We learn from the Vaping360’s hemp oil guide, that the CBD market has grown in popularity, particularly since the surfacing of the miraculous story of a 5-year-old child Charlotte, whose seizures almost discontinued altogether with the orally-administered concentrate. Hemp oil is an ingestible fluid made through isopropyl or naphtha extract, which strips cannabinoids such as CBD from the plant material. Also, other hydrocarbon dissolving agents can be used to make comparable oils. Cannabidiol (CBD) oils can be blended with smoothies to better the taste or swallowed purely in the form of a CBD capsule.

Today, legally grown in the major parts of the world hemp can be found in beauty products, fashion, foods, paper, medicine and even the building industries. For instance, **Mercedes uses hemp in about every vehicle manufactured.** Pretty impressive from a plant that merely takes 120 days to reach full maturity and can be grown in rotation.

**INSIDE THE HEMP**

Hemp seeds hold in more polyunsaturated fatty acids than every other food and are the only nutrient to contain the fundamental human need of omega 3 and 6 (which helps to lessen your risk of blood clots, cancer, and inflammation). It is crucial to note that *essential fatty acids* (EFAs) from hemp oil are crucial for healthy skin, energy production, immune function, and mental health. Also, Hemp is an excellent way to get premium-quality gluten-free dietary protein.

Furthermore, Hemp contains low quantities of carbohydrates as well as B group vitamins, antioxidants, minerals magnesium, calcium, iron and zinc. Significantly, it is the only plant food source of vitamin D3 known to humanity.

Considering the facts above, hemp oil is the health trend you do not want miss in 2017 and beyond. Here is why:

**IT IS MEDICALLY COOL TO USE HEMP OIL**

Today, anecdotal evidence is progressively spreading in offline and online environs regarding many uses of cannabis CBD oil and hemp CBD oil. It is in use to treat a wide array of conditions such as its therapeutic use is prompting an interest among people who previously detested cannabis and its related products due to the stigma attached to the illegal substance.

Nonetheless, scientific validation is changing perceptions as hemp sourced products are successfully treating many chronic ailments such as epilepsy and sclerosis. It is also adding value to the everyday health issues traumatizing many millennials such as fatigue, soft tissue pain and insomnia. In addition to the above, hemp oil contains sitosterol which can assist in lowering the cholesterol levels. It also has tocopherols; whose antioxidant properties help forestall your cells from breaking down.

**HELP YOUR DIET**

The hemp oil has a nutty flavor that can enhance many flavors. For instance, it can be an olive oil substitute in many foods or recipes. However, it is significant to remember that the oil loses flavor and quality if it is heated above 160
degrees Fahrenheit, also making it unsuitable for fried food. It is a fluid delicacy that could be used to make salad dressing or sauté vegetables. If hemp oil is not available at a nearby health food store, then there is always the online option.

**HEMP CAN IMPROVE HEART HEALTH**

Contemporary research reveals that a staple diet of essential fatty acid Omega 3 may well lower the cholesterol as well as the risk of heart attacks. It is also anti-atherosclerotic and antithrombotic, and resists fatty deposits clotting your arteries. Further studies validate the richness of fish oil sourced omega 3. However, individuals uncomfortable with polluted fish stocks can rely on hemp seeds as a plant based alternative.

**HEMP BALANCES YOUR HORMONES**

It is a common tendency for women to experience hormonal imbalances such as premenstrual syndrome (PMS) at some point in their life. Medically, a primary contributing factor is the heightened levels of the hormone prolactin. *Research has found* that the Gamma-linolenic acid (GLA) contained in hemp seeds generates prostaglandin E1, which lessens the hormone interrupting effects of prolactin. A behavioral study on women with PMS who took 1g of essential fatty acids (210 mg of GLA) every day reported a considerable reduction in symptoms.