Do You Use CBD Oil?

Transcription:

Bill 0:00
Bill from recoveryafterstroke.com. Thanks to everybody who responded to my previous video about the issues that they are experiencing with fatigue at the moment.

I'm going to take those questions and in about an hour, I'm going to have an interview with an occupational therapist

to discuss some of the challenges that people experience with fatigue, and then also to support those people by answering those questions and see if we can create a conversation about what people can do to minimize the impact of fatigue.

Bill 0:31
Now I've got a lot of good ideas that are around the nutritional side, what you can do nutritionally that can really support fatigue, and really make a massive difference to how we respond to our foods and how that influences the brain. But also David, my guest will have a whole bunch of information and ideas around about how he supports his clients during occupational therapy with managing fatigue.

Bill 1:02
Now, that is what's going to happen a little bit later today. But my question for you right now is about CBD oil. I've got to be honest, I don't know much about CBD oil. I keep hearing a lot about it. And it seems like people are using it for all sorts of things from stopping epileptic seizures, to reducing pain to decreasing anxiety, to you know, helping with other neurological symptoms.

Bill 1:27
And I'm just amazed every time I hear somebody share something about CBD oil, but because I don't know anything about it. I was wondering, What do you know about CBD oil, or even better if you're somebody who's using CBD oil, tell me about your experience on what it's like.

Bill 1:45

I might find somebody to create a conversation about this as well and have an interview about CBD oil and the benefits of it. Now, I understand that in some other countries apart from Australia, you know the research into CBD oil and the acceptance of CBD oil is advanced or away ahead of where we are in Australia.

Bill 2:07
We're just now starting to get some research into the topic. And it seems that people are taking it seriously. And so are doctors and politicians for the first time, which is amazing news, so if you've got a CBD oil story, whether it's a good one or a bad one, I imagine that not everybody has had amazing results with CBD oil.

Bill 2:30
Just leave me a comment below and let me know I'd be very curious to hear. And I'll see if I can find somebody that I can interview about CBD oil, its benefits perhaps and what path people need to go on if they're interested or curious about CBD oil. So that's it for me. Thanks so much for responding to the previous video. Please leave your comments below for this video. I look forward to reading them.