## How Can You Use CBD Oil for Diabetes?

There are a number of positive links between CBD oil and diabetes, including the following:

### 1. Prevention

One of the most important ways that CBD possibly affects diabetes has to do with preventing the disease from occurring in the first place.

People who are more likely to be diagnosed with diabetes — specifically type two diabetes — often have insulin resistance and high fasting insulin levels. They also have low levels of high-density lipoprotein cholesterol.

The results of a [five-year study](https://secure.jbs.elsevierhealth.com/action/getSharedSiteSession?redirect=http%3A%2F%2Fwww.amjmed.com%2Farticle%2FS0002-9343%2813%2900200-3%2Ffulltext&rc=0&code=ajm-site) showed that people who used cannabis or hemp on a regular basis had fasting insulin levels that were 16 percent lower than participants who had never used cannabis.

These people also had higher levels of high-density lipoprotein cholesterol, as well as insulin resistance levels that were 17 percent lower than those who had never used cannabis.

People who had previously used cannabis or hemp but were not current users also had better fasting insulin, cholesterol, and insulin resistance levels compared to those who had never used it. But, their results were not as good as those of current users.

### 2. Treats Insulin Resistance

Insulin resistance occurs when the body’s cells reject insulin, which is produced by the pancreas to regulate blood sugar. When the cells reject insulin, they cannot absorb glucose (sugar), which is needed for energy. This causes glucose to build up in the bloodstream and lead to high blood sugar levels.

Insulin resistance is a key factor in prediabetes and type 2 diabetes.

Researchers aren’t totally sure how CBD works to treat insulin resistance. But, many believe that credit belongs to CBD’s powerful anti-inflammatory benefits.

Many studies have a shown a connection between [chronic inflammation and insulin resistance](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1483173/).

When inflammation is reduced, the immune system and cardiovascular system function better. A lack of inflammation can also improve cell growth and improve sugar metabolism.

If all of these systems throughout the body are working as efficiently as possible, the chances of developing insulin resistance and diabetes are decreased.

### 3. Prevents Obesity

Obesity and a large waist circumference are well-known risk factors for type two diabetes.

Research shows that cannabis and hemp use has been linked to a smaller waist circumference, a lower BMI (body mass index) and decreased obesity levels.

CBD performs several different functions in the body that contribute to its weight management benefits. In addition to helping users get rid of extra weight in the form of inflammation, it may also act as an appetite suppressant. As a result, it would help people avoid overeating and gaining weight.

CBD may also contribute to the process of [fat browning](https://www.ncbi.nlm.nih.gov/pubmed/29102386). During this process, white adipose is converted to brown adipose. White adipose stores energy (calories), but brown adipose improves the body’s energy-burning capabilities.

In short, CBD is believed to help the body burn calories more efficiently.

### 4. Treats Neuropathy

For people who currently struggle with diabetes, neuropathy, or nerve damage, is a common occurrence. Most diabetics experience neuropathy in the hands and feet, but any organ can be affected.

Common symptoms of diabetic neuropathy include pain, numbness, and tingling in the affected area.

Studies suggest that CBD appears to work better than conventional medicine when it comes to treating diabetic neuropathy.

[One study](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755639/) found that CBD could be used to both relieve pain and prevent additional neuropathy.

Researchers believe this is the case because CBD may increase the body’s levels of nerve growth factor. CBD may also protect the liver from oxidative stress, which seems to contribute to the development of neuropathy.

### 5. Speeds Healing for Skin Complications

In addition to neuropathy, many diabetics also struggle with chronic skin sensitivity and irritation.

Common issues include sores on the feet and rashes on various parts of the body.

CBD may help heal these skin conditions and provide diabetics relief from the itching, burning, and general discomfort that accompanies them.

CBD’s anti-inflammatory and moisturizing benefits may help soothe irritation. They may also speed up the body’s natural healing processes. Studies suggest that CBD has anti-aging properties, too, that may be beneficial for healing and preventing painful skin conditions.

CBD oil can be used for skin irritation. Many people report that CBD-infused lotions and creams are also highly effective for those who want a more targeted treatment method.