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| **Section** | **Content** | **Comments** |
| **Blog Title** | **Exercising With The Help of CBD Products** |  |
| **Blog Body** | You get home from a long day at work and sit down in front of the TV to eat some dinner. Suddenly, you remember that you need to work out before you go to bed. It’s been a long day, but the exercise is necessary. What can you do to get that extra boost of energy? CBD can help! In this article, we will discuss some of the benefits related to using CBD essential oils as a way to enhance your exercise routine. If after reading this article you have more questions about CBD oil and exercise, we invite you to contact us at Nirvana Health and Wellness.  Don’t be afraid to start your path to wellness with our Essential Oils and CBDs.  Please contact us using our [contact form](https://nirvana-health-wellness.myshopify.com/pages/contact-us) online or email us at support@nirvanahaw.com.  CBD can be very helpful when it comes to exercise and recovery. Whether you’re going for a run, doing yoga, or meditating, CBD can really help you. Many people who do yoga use CBD as a way to enhance their yoga sessions. CBD can provide relaxation, which helps you relax and focus. Additionally, many people who meditate also find CBD to be beneficial as the   CBD essential oils can help you clear your mind and focus on your meditation. It allows you to get in the right mindset and stay on track. There are a number of reasons to use CBD oils as a part of your exercise routine. **1.**      **CBD can help reduce pain and muscle soreness**CBD is known to reduce inflammation and can also be effective in reducing pain. If you are an avid exerciser but sometimes have aches and pains that prevent you from working out the way you’d like to, CBD essential oils can help. The oil can be applied topically or added to a bath, the way you would add bath salts. The great thing about CBD is it helps with pain but keeps your mind clear because it doesn’t have any psychoactive properties. Some people use CBD as a way to manage their pain instead of using non-steroidal anti inflammatories (NSAIDS). **2.**      **CBC can aid in endurance**CBD has also been said to help with endurance during exercise. CBD can help boost endorphins during workouts, which often helps **you exercise** longer without becoming fatigued.**3.**      **CBD helps with sleep and improves energy** Anyone who works out knows that sleep is very important! If you aren’t getting enough high quality sleep, it’s going to be very difficult to have the energy to exercise. If you take CBD at night before bed, it will help you get a good night’s sleep and give you the energy you need the next day. **4.**      **CBD reduces anxiety**If you suffer from anxiety, you know that it can be hard to get anything done when you’re having a high-anxiety moment or day. By taking CBD essential oils, your anxiety **can** be reduced, and you will have more energy to spend on things you actually need to do throughout the day, such as exercising. [Some preliminary research](https://pubmed.ncbi.nlm.nih.gov/26092099/) shows that CBD relaxes blood vessels, lowers blood pressure, and lowers cortisol levels, which helps reduce stress and anxiety. Another important thing to note is that CBD is NOT considered a performance enhancing drug. This means that you if you are playing competitive sports, you can take CBD pre and post workout/competitionwithout worrying about breaking any rules! If you’ve never taken CBD before, make sure you try it first at a time where you don’t have anything important to do. Don’t try CBD oils for the first time right before a big game! See how your body reacts to it first. In summary, CBD has a lot of benefits when it comes to exercising. If you have significant pain or are worried about injuries, you should make an appointment with a doctor. But for everyday aches, pains, swelling, and lack of energy, CBD essential oils can be an incredible tool to help you improve your exercise routine. CBD is legal and is not the same as THC, the active ingredient in marijuana. This means CBD isn’t mind-altering the way that marijuana is. CBD has a lot of amazing benefits when it comes to exercising. It’s definitely worth trying.**Find Relaxation with CBD Products From Nirvana**Nirvana is a direct-to-consumer company that does not utilize multi-level-marketing to sell our products. In turn, we are able to provide pure therapeutic grade essential oils and CBDs at a value-rich price. This commitment is the core of our vision to be the leading direct-to-consumer essential oil company in the country. We partner with farmers and distillers throughout the world so we can produce the quality of essential oils you deserve.You can be assured that all of our Essential Oils and CBDs are 100% pure and authentic. To ensure that we consistently provide our customers with the purest essential oils, Nirvana works with an independent lab that utilizes all techniques available to test all of our essential oils and CBDs. They are all free of pesticides, synthetics, stretching or adulteration of any kind.  In a market where CBD products now abound, knowing which CBD provider you can trust is paramount. While many online stores sell CBD products, few demand the kind of quality control that we demand at Nirvana. Our independent lab ensure the high quality of the products we sell. In addition, we are always available to answer your questions with regard to proper dosage, and any problematic reactions that may result when you take CBD and other medications. We know that you want only the best when it comes to finding CBD products that improve your wellness. That is where we, at Nirvana, find a source of pride. We care about the harmony and peace of mind that you draw from our CBD and essential oil products, and we see our customers as part of our family. Let us bring you to a better, more stress-free, less anxious, more peaceful place. At Nirvana, your health is our highest priority. To learn more, or to start a path to wellness with our Essential Oils and CBDs, we welcome you to contact us using our [contact form](https://nirvana-health-wellness.myshopify.com/pages/contact-us) online or email us at support@nirvanahaw.com. We want to help you on a path to physical and mental nirvana. Nirvana – health and wellness for everybody. |  |
| **SEO Title**  | **Exercising With The Help of CBD Products** | * This is the Google snippet title used to make people click on the snippet/link.
* Length is 50-60 characters including spaces.
* Most important key words should be first.
* Key phrase should be first.
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| **Meta Description** | Nirvana Health and Wellness provides health and wellness for everybody. Contact us at support@nirvanahaw.com | * A tag in HTML that summarizes a page’s content.
* Search engines show themeta descriptionin search results when the searched for phrase is within the description.
* Up to 120 characters.
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| **Focus Keyword** | CBD Essential Oils | * Words you want to rank for.
* Can be a word or phrase.
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| **Social Post Body** | In this blog, we discuss the benefits of using CBD essential oils as an exercise aid.  | * This is the post description, not the preview description.
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