

A GUIDE TO CONQUERING
**OBSESSIVE
COMPULSIVE
DISORDER (OCD)**
NATURALLY WITH CBD

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DEDICATION

The trials and tribulations of Obsessive-Compulsive Disorder are very demanding. OCD is real. I'm not proud of it, but I've been there before. This guide is specially dedicated to those living with OCD or any other form of mental disorder.

My family, friends and health care givers who have helped save my life when I was caught in the web of OCD.

INTRODUCTON

CBD is all the rage these days and everyone who hears about it is at first sceptic. Yes, who wouldn't be? Its primary ingredient has widely been declared illegal in about 20 states in the US.

But wait.

You're like me. You're tired of all the troubles of Obsessive-Compulsive Disorder (OCD). Perhaps, you are looking for realistic ways to help (yourself or) people beat OCD at its own game. And beat it for good.

I've got you. We will be exploring just how you can conquer OCD naturally with CBD products.

This guide is a highly condensed version of years of research (let's add even more years of being the lab rat for my research) on how OCD works, and how CBD products can be helpful in combating this condition.

I'm compressing, medical sciences like herbalism, psychology and about 8 years of personal romance with OCD, into a tiny guide that shows you just how instrumental CBD products (and other natural treatments) can be in combating OCD.

So, my dear reader, let's begin our journey.

Chapter 1

EVERYDAY STRUGGLES OF OCD PATIENTS

Obsessive Compulsive Disorders have got to be one of the most misunderstood condition on the planet.

For those living with it, it feels like all the world must stop until you get that one nagging inefficiency straightened out. To the world, you're simply wasting productive time perfecting already perfect circumstances.

To us, we're just earnestly eager to see that something gets done. To those on the outside looking in, we're anxious and borderline extreme about nearly every situation.

Everywhere we turn, there seems to be somebody who thinks of us as freaks and misfits who has impulses they think we can control.

I do not blame any of these people and you, dear reader should not.

Because people who are not in your shoes have no idea how rough the road you travel is.

However, living with OCD takes a lot of willpower to perform the tiny and seemingly simple actions that will result in a difference in the outcome.

That sounded like a lot, and yes, it can be a lot.

I was homeless, living with OCD for eight years and suicidal thrice. This did not deter me from finding out how exactly to beat the compulsions I had with the life every time that I took a single step in any direction.

All that changed when I met the right doctor in 2009. With timely help, treatment and a confident mindset, I was lucky enough to overcome OCD. And the truth is that anyone can get all the help they need to overcome their OCD conditions. That's more reason why I've decided to lay down my thoughts and experiences down in this guide.

Chapter 2

CONQUERING OCD NATURALLY

According to research, OCD affects about 2.2 million Americans daily. That is about one in every forty adult Americans.

What is OCD?

OCD is a kind of anxiety disorder that takes charge of its victims' mind and starts affecting the everyday life in many negative ways. It comes with a spiral of obsessions and compulsions which trigger feelings of distress, thereby compelling the patient to behave in ways that helps him or her manage the distress caused by these obsessions.

Basically, the compulsions and obsessions disrupt the normal neurological functions in the body.

Wonder why you really need to take quick, effective steps to cure OCD? Or, help OCD patients find lasting cure and embrace life again?

The negative side effects are endless.

Negative Impact of OCD in Humans

The tortures and pains of OCD is highly debilitating and pathetic. If left unchecked, it can drive victims to the edge of their sanity. It is a bully that triggers one to perform habitual actions daily or hourly. It can be so grave and severe that it often leads to –

- financial problems
- poor grades at school
- Inability to concentrate
- Workplace or career problems
- Strained relationships and divorce
- Substance abuse
- Suicidal thoughts

The irrationality of OCD makes serious life choices a chore. But the thing is, the victim just can't stop.

The spiral most times doesn't stop at just OCD. It usually leads on to other mental disorders like hoarding disorder, depression and body dysmorphic disorder.

Bottom line is that relationships are on the verge of destruction by the aggressiveness displayed towards others. The gall to make the right decisions that will end the spiral are not the easiest decisions to make.

Now that you've learnt about some of the everyday struggles of OCD victims. Let's discuss the root causes of OCD.

Chapter 3

CAUSES OF OCD

The causes of the OCD condition are not really certain. In spite of the prevalence of OCD, researchers haven't been able to pinpoint an ultimate cause of OCD. However, there are plenty of theories out there. But many have narrowed down a number of causes to one or a combo of either genetics, variations in brain structures, pregnancy or environmental factors. Often times, OCD may be triggered by specific events such as:

- constant abuse
- personal crisis
- serious heartbreak
- overwhelming sadness
- grief or even the death of a loved one

The idea that OCD happens all at once is false. You need to understand that the symptoms start small. Then, it builds up in frequency and intensity before eventually taking full charge of the human mind.

What are the common signs and symptoms of OCD?

Obsessions Vs Compulsions

There's a huge difference between being a perfectionist and having OCD. Likewise, there are variations in the meanings of obsession and compulsion.

The symptoms of OCD are compulsions, obsessions or both. But it is very wise to see a highly qualified and experienced mental health specialist to check if you really have OCD or not.

Obsessions

Obsessions are repeated thoughts, urges, or mental images that cause anxiety in an individual. Some common scenarios of obsessions are:

Excessive fear. A kid may develop excessive fear of getting in contact with germs or getting embarrassed in an event. This could be *unnecessary fear of contacting germs or dirt from touching things that doesn't belong to you*.

The need to arrange things in an exact, symmetrical manner. It could amount to superstitious beliefs or thoughts that everything doesn't seem right. For example, *you feel the urging need to arrange and rearrange books until 100% exactness is achieved*.

Taboo or unwanted thoughts about sex or fanaticism. In many teens, adolescence is a time of sexual maturity. The mind of a teen may be clouded by *unwanted thoughts of being gay or sexual behaviors and orientations that seem disgusting to them*.

Compulsions

Compulsions are caused by obsessions. For people who suffer from OCD, their obsessive thoughts lead to repetitive behaviours which are termed compulsions. Here, the sufferer performs certain acts or rituals over and over again.

Different examples of compulsive behaviors

Checking: Obsessive thoughts or fear of insecurity may make you persistently check if a door is firmly bolted and secured.

Counting: Here, the need for perfection makes a kid to develop *patterned counting behaviors* in line with an array of colors.

Washing and cleaning. Excessive fear of contacting germs needlessly make you *spend long hours brushing your teeth, scrubbing or washing your hands till it starts bleeding*.

The symptoms of OCD vary in intensity, depending on the number of years the victim has been living with it. It may keep coming and going overtime.

Chapter 4

GETTING DIAGNOSED

Like I mentioned earlier in the last chapter, being a perfectionist is entirely different from having OCD. So, how do you get to know if you really have OCD?

It is worthy to note that only trained therapists can diagnose if you truly have the OCD condition. You're going to need a series of routine checks, blood test and examinations before you can be diagnosed of the condition.

So, when you visit a therapeutic health center for diagnosis, your therapist will find out three things. Whether –

- The person has obsessions.
- He or she has compulsive behaviours.
- The obsessions and compulsions take a lot of time and get in the way of important activities the person values, such as working, going to school, or spending time with friends.

Usually antidepressants are tried to control symptoms. Antipsychotics are sometimes employed as well as psychotherapy.

So, let's move on to the natural ways of treatment.

Chapter 5

EXPOSURE AND RESPONSE TREATMENT

Exposure and Response treatment is a more natural way of treatment. This technique involves triggering and experiencing the obsession while observing your response towards that situation. Similarly, you're using the situations to figure out a healthier way to cope with the anxiety generated.

Natural remedies in general require you to be even more mindful of your symptoms and reactions by studying your condition more closely.

You will need to learn to spot as many triggers to your situation and proactively take steps that will help you to successfully cope with the situation.

Meditation

Mindful meditation can help you avoid and control the symptoms of OCD. Meditation is most effective early in the morning and you could try these exercises from time to time.

- ✚ Close your eyes and hear the silence around you. One of the things we've unknowingly inherited is the anxiety that our technological devices can transmit unconsciously. Try to put away your mobile phone to help you concentrate and focus on spending some time meditating in a quiet, calm environment. Listen to the rhythm of your heart beat and pick out sounds you would normally ignore.
- ✚ Reach for the difficulties you experience about your situation and embrace those difficulties while trying to find solutions to those difficulties within yourself. Embracing your difficulties has a way of making you tolerate the tiny quirks that make you who you are. This puts things in focus for you, helps you to embrace your condition and lovingly respond to these changes.
- ✚ Let go of negative presumptions about your situation. Everything looks worse with despair. You will agree with me that the more hopeless a situation looks, the

more you are inclined to anxiety and frustration. All these begin the spiral into your compulsions and obsessions.

✚ Be mindful about everything you do. This may sound a little deviant from the carefree life you long to live. However, natural remedies require that you are careful of triggers, and your inner response to anxieties needs to be trained to avoid the compulsion to repeat things that you may have found safety in doing.

✚ Focus on causes other than yourself: yes, this is something that we find it very hard to do. There is that niggling voice somewhere that tells us that we need to just get rid of this itch. This voice repeats itself over and over and over again. It makes a lot of things, especially our obsessions, difficult to ignore.

Engage in Tension-relieving Activities

Nature, it has been said, abhors a vacuum, so fill up the space created by quelling those anxious thoughts and picking up a hobby. Pick up a hobby and find ways to ease tension created by the nagging obsessions.

In the end, make sure that you do not get yourself burned out by exercising fear and giving room to doubt the progress you have made.

To wrap up this subsection, it is important to note that every day comes with different challenges, so even though they are the off-days, there will definitely be other good ones.

See our article on how CBD is instrumental in relieving stress and its effects here

<https://earthecbd.com/stress-vs-cbd/>

Herbal Remedies

Herbal remedies are also used in some applications to combat OCD. But, a quick note of warning – these natural remedies should not be presumed to be 100% safe. This is because the combo of some of these remedies with other medication may require further laboratory tests. Also, if these natural remedies are strong enough to influence OCD or related symptoms, they sure can have other effects on the brain.

Some of the herbs include Borage and Milk Thistle - which largely remains unproven, but can be tried. But, please confirm these natural remedies with your doctor before usage.

Chapter 6

CANNABIDOL: The Game-changer

The use of Cannabidol (popularly referred to as CBD) is being legalized in a growing number of states of the US. Simply put, CBD oil is the concentrated, liquid extract of the marijuana plant.

CBD is NOT known to have psychoactive effects, that is, you do not get high from taking CBD products. This is solely because CBD oils are extracted without THC (tetrahydrocannabinol), the element responsible for the “high” effect of Marijuana, they are not illegal to use and they can be consumed.

Now, heave a sigh of relief.

CBD has proven to help in treating anxiety, insomnia, and pain and you can consume it as an oil or a pill or vape it.

The effectiveness of CBD product in calming my anxieties have made it such that I had no need of the Zoloft and anxiety medications with their side effects of dysfunction and their ability to negatively affect other areas of my life.

One of the assurances about CBD products is that there is no risk of overdose of this wonder drug, but exercise caution and purchase the drug from a reputable distributor.

Why? This is to ensure that you’re getting the premium CBD products from a source whose extraction processes are trustworthy.

It was the fear of ingesting badly extracted CBD products from manufacturers who carelessly extract CBD that led me to open a CBD products line.

[EarthE CBD](#) was born out a desire to help people who are struggling with illnesses that have effects of pain and anxiety, stress and addictions to improve the quality of their lives.

There has been no other mission that EarthE CBD has, but to combat this problem of producing high quality CBD products in a refined and controlled environment.

The bottom-line is to guarantee natural relief in a manner that is considerate and also fun to ingest.

CBD Vs OCD

CBD is fashioned to naturally treat the following aspects of OCD:

1. **DEPRESSION, ANXIETY AND SLEEP DISORDERS:** CBD has been used to treat depression in animals and insomnia and stress in a lot of patients with PTSD. The use of CBD in treating these issues has been shown to reduce symptoms of anxiety, panic attacks, and social anxiety disorders.
2. **REDUCTION OF SEVERITY OF OBSESSIVE AND COMPULSIVE** behaviours in humans and even pets (yep, EartheCBD has something for your cat that isn't catnip).
3. **Antipsychotic:** for the more severe manifestation of OCD such as schizophrenia, manic depression and bipolar disorder, CBD acts, **NOT AS A REPLACEMENT**, but as a useful addition to ongoing psychotic treatment.

The viability of this treatment is not just good old speculation. There are a lot of research as well as available evidence from users about the effectiveness of CBD in managing OCD.

CONCLUSION

In a nutshell, Obsessive Compulsive Disorder is a disorder that can be alleviated with natural products like herbs and CBD products, which EarthE CBD provides a vast range of, and a healthy personal attitude.

As for me, I am wholeheartedly focused on the production and sale of 100% natural CBD products, which I discovered was of tremendous use to me in learning to live with and overcome OCD. For me, the fulfilment I have gained in being of help and ignoring the nagging intuition to push people away is something that has been a reason I look forward to continuing the journey of championing OCD.

The journey to conquering OCD requires a determination to not live under the burden of this disorder. Don't allow a day to pass without developing a healthy routine and watching out for triggers of your obsession. And don't forget that CBD is destined to help you manage any form of stress or addiction that you're battling at the moment.

Please note that all of the following procedures are still currently being researched. There is evidence to suggest that they could potentially be helpful in reducing OCD.