

What happens if you mix CBD with nicotine?

Mixing CBD with nicotine blends a calming relaxant with an active stimulant. This combination alters how your body processes both substances, potentially dampening the stimulating jitters of nicotine while changing how long the compounds stay active in your system.

Physiological Effects

- **Opposing sensations:** Nicotine speeds up your heart rate and wakes up your brain. CBD works to calm your nervous system. Together, they may cancel out some peak effects, leaving you feeling neutral or slightly unbalanced.
- **Metabolic changes:** CBD can inhibit liver enzymes that process other chemicals, which may cause nicotine to stay active in your body a bit longer.
- **Reduced anxiety:** Some users find that CBD helps smooth out the nervous jitters or fast heart rate spikes caused by heavy nicotine use