

Can you mix CBD oil with tobacco?

No, you should not smoke standard CBD oil with tobacco. Standard CBD tinctures and oils are suspended in carrier oils like MCT or hemp seed oil, which are designed for oral use, not for burning or inhaling. Heating and inhaling carrier oils can cause severe lung irritation and damage.

Why You Should Avoid It

- **Harmful Vapors:** Burning or vaporizing food-grade carrier oils creates toxic byproducts that damage your lungs.
- **Wrong Formulation:** CBD oil is made to be swallowed or kept under your tongue, not set on fire.
- **Lung Risks:** Mixing any combusted oil with tobacco compounds the general health risks of smoking.

Safer Alternatives

- **CBD E-Liquids:** Use specially formulated CBD vape juices in an electronic cigarette instead of oil.
- **CBD Flower:** Smoke or vape raw, dried hemp flower (in areas where it is legal) rather than oil drops.

Can you get a buzz from smoking CBD?

No, smoking CBD does not create a traditional "high" or euphoric buzz because cannabidiol is non-intoxicating. However, smoking hemp flower delivers CBD rapidly to your system, which can produce a noticeable shift in how your body feels.

What Smoking CBD Feels Like

- **Deep calm:** A heavy sense of physical relaxation.
- **Less tension:** A quiet drop in everyday stress or anxious thoughts.
- **Mild tiredness:** A slight feeling of sleepiness or heavy limbs.

- **Clear mind:** No impairment to your thoughts, balance, or coordination.

Why It Is Not a "High"

- **Different receptors:**

THC binds strongly to brain receptors to alter your mood and perception, while CBD interacts differently without causing intoxication.

- **Trace THC limits:** Legal smokable hemp contains less than 0.3% THC, which is too low to cause a traditional buzz.
- **The smoke factor:** Sometimes a mild lightheadedness from inhaling smoke or a drop in blood pressure can feel like a faint body rush, but it is not a euphoric high.