

CBD Oil Pain Relief Therapy

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As I study the endocannabinoid system, I am stunned and amazed by the intricacy and the connectedness of the human body. Did you know there are more receptor sites for cannabinoids than there are for neurotransmitters? The endocannabinoid system provides a clear connection between the gut, the brain and the immune system. In fact, it orchestrates communication between them.

For years we have known that by healing the gut we can turn down inflammation caused by an over stimulation of the immune system. And we know if we can turn down inflammation, we can reduce pain. So it should be no surprise that as people are looking for opioid alternatives for pain relief, the topic of cannabinoids comes up. Let's consider some of the studies that relate to pain and inflammation.

JAMA did a systematic review of 28 randomized clinical trials over the last 67



years. The review concluded that cannabis therapy for marked pain relief and spasticity reduction is supported by high quality evidence. The National Institutes of Health looked at 15 randomized clinical trials and concluded that cannabinoids were effective for pain relief; and as you might expect, when studies used high levels of THC participants experience intoxication as a side effect.

These were large summary studies using all kinds of cannabinoid variables, in terms of dosing, types of cannabis used, percentages of THC, method of ingestion, etc. But

it is clear that cannabis has demonstrated the ability to significantly lower pain levels and has even shown it can help manage pain that has proven refractory to other treatments.

Let's look at 2 studies that are more appropriate for the integrative or wellness community. The first used CBD for opioid reduction. It took place at Maine Medical Center. 1,500 opioid users attempted to reduce opioids for chronic pain. Overall results showed a reduction in opioids and other medications:

Opioids: 76.7%

Anxiety meds: 71.8%
Depression meds: 37%
Sleep meds: 65.2%
Migraine meds: 66.7
Alcohol: 42%

The most recent study evaluated the effects of a full spectrum hemp extract that contained CBD and less than .3% THC on opioid use and quality of life indicators in chronic pain patients. It was a prospective cohort study. 131 patients were recruited from a private pain management center's investigative population. The primary inclusion criteria included patients between 30 and 65 years old with chronic pain who have been on opioids for at least one year. Ninety-seven patients completed the 8-week study and used 30 mg a day of a full spectrum hemp extract. Data was collected at three different time points: baseline, 4, and 8 weeks. Four different indices were used to evaluate improvement: Pain Disability Index (PDI-4), Pittsburgh Sleep Quality Index (PSQI), Pain Intensity and Interference (PEG); and a Patient Health Questionnaire (PHQ-4). After the 8 week trial 53% reduced or eliminated their opioids after adding CBD-rich hemp extract to their regimens. 94% reported quality of life improvements. The results indicated a significant relationship between CBD and the Pittsburgh Sleep Quality Index (PSQI- $p=0.003$), and Pain Intensity and Interference (PEG- $p=0.006$). There was a trend towards improvement but no significant relationship between CBD use and Patient Health Questionnaire (PHQ) and Pain Disability Index (PDI.).

Based on an earlier conversation, you know Biotics Research has partnered with Ananda Health and are using their technology in their full spectrum hemp flower extracts. The reality is that people in pain are using cannabinoids right now as alternatives to pain medication and the studies are clear that they are seeing improvements in pain, sleep and mood.

Determining the appropriate dose is tricky because when you use a full spectrum flower extract, you need so much less than if you were taking an isolated amount of CBD. There is a bell shaped curve so more is not better. As a reminder, the study I just mentioned used two 15 mg capsules or 30 mg of the full spectrum product. So we want to go low and slow. Start with 10 mg of the liquid or 15 mg of the capsule forms and wait for 3 or 4 days. If nothing happens, double the dose. Most people respond at 40 mg or less. Only 5% of people need 60 mg and rarely is more than 60 mg needed.

But here is the point as you read these and other reports. People are using cannabinoids right now as alternatives to pain. But they are adding unverifiable amounts of cannabinoids to their existing inflammatory life style and diet choices. This field is so unregulated that both the FDA and JAMA in two separate studies showed 91% and 74% of products did not meet label claims. But if we can use a product that has measurable amounts of CBD, plus over 110 other cannabinoids, 120 terpenes and the multiple flavonoids found in the hemp flower extracts, our results will be more consistent. And then by adding all the other anti-inflammatory diet and life style modifications that have been effective over the years, our results will surpass the results in the studies.

You can see a webinar on the link to the right that will give you a greater understanding of full spectrum hemp extract, as well as a book called "Road to Ananda" by Carl Germano.

As I have said many times, we live in exciting times and the more we learn about the intricacies of our bodies, the more we are fascinated. Thanks for taking time to watch, I look forward to being with you again next Tuesday.