

# CBD for Asthma

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## Asthma is a chronic disease that affects the respiratory system.

The disease is very common and affects almost 300 million people worldwide. In fact, in 2011 250,000 people died from asthma. An asthma attack occurs when airways become narrowed and restrict airflow in and out of the lungs. This restriction usually causes coughing and wheezing while trying to take a breath. There is no cure for asthma. Triggers for asthma attacks include pollen, smoke and smoking, even the flu.

### How CBD Works To Relieve Asthma

Current treatments like bronchodilators have advantages and also limitations, such as numerous side effects. Plus those suffering from drug-resistant forms of asthma still suffer despite intensive treatments.

The body has a vast system called the endocannabinoid system or "ECS" that is our body's messenger system. CBD targets cannabinoid receptors and could prove to be a preventative therapeutic method for controlling asthma. Asthma is a form of inflammation in the airways; CBD works to reduce inflammation by inhibiting the activation of C fibers through CB2 receptors and maxi-K+ channels.

Even though scientists are still grappling to find the exact methods through which CBD creates such promising results, a lot of people already using CBD for asthma stand as living proof, through their testimonials, that CBD is more than capable of offering asthma sufferers relief.

Because hemp based CBD contains NO THC, it will not create the "high" associated with cannabis. This allows the use of CBD on a daily basis without restrictions.

### Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. When taking CBD for asthma, dosing can vary widely depending on the extent of symptoms you are experiencing. Consider the use of CBD to assist and maybe replace pharmaceuticals. If using an inhaler, it is recommended to always keep it handy for major reactions. CBD is an all-natural alternative that does not build up in your system and cannot be overdosed.

May we suggest trying one of our [CuBED Hemp based CBD Tinctures](#). Available in 1200mg or 3600mg concentrations, mixed with our exclusive Extra Virgin Olive Oil from Italy or with All Natural Hemp Seed Oil. [Our Graduated Dropper](#) makes it simple to dose properly.

It is important to consult with your healthcare provider before starting any supplement program. Many prescribed medications cannot and should not be stopped all at once.

It has been suggested to start with a dose of **10mg to 15mg** of CBD twice a day. After a few days, you may want to reduce prescribed meds incrementally while increasing your CBD dosage the following day. Steps of **10mg** are suggested to help monitor changes. Monitor your symptoms; be aware of how you feel. Don't hurry the process. Wait 2 to 3 days between changes. This will allow you to determine the dosing that your body requires to meet your goals, while documenting how your medications interact.

Always keep emergency controls like inhalers available, if needed.

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