

CBD for Muscle Pain

Muscle Pain is an Inescapable Reality!

Everyone at some point in life experiences varied levels of pain. Some have acute pain which is sudden onset pain due to a specific recent injury. This type of pain usually decreases and disappears with time as the injury heals. Chronic pain is due to long standing injury that causes pain. This typically lasts for more than 6 months. Either way, the presence of pain means that something is wrong. When muscles are exerted more than normal, which can happen as a result of any number of activities, the outcome is painful, achy muscles.

Muscle Pain and Athletics

Athletes as well as those who simply work out to stay fit may often experience muscle pain due to exercises and the various workouts they do. This is considered acute pain. After intense workouts, the muscles can become very achy and sore. Stretching, massage, ice pack on the sore area and a number of other remedial practices can greatly improve that unpleasant muscle soreness. Another very effective practice that more and more people are doing is using Cannabidiol/CBD in the form of a topical rub or moisturizer, or a tincture taken internally to relieve the pain associated with intense physical exercise.

How CBD Can Relieve Muscle Pain

To better understand the benefits of CBD, it is essential to understand the function of the Endocannabinoid System (ECS) within the body. The Endocannabinoid System functions to regulate pain, appetite, sleep, mood, memory and much more. Its purpose is to promote homeostasis, bringing about a state of balance in the body. Cannabinoids are special chemical compounds that act upon the ECS. Our body produces its own cannabinoids called endocannabinoids which bind to receptors in our cells. Other cannabinoids found outside the body are called exocannabinoids which are from plant-based sources. These cannabinoids function similar to the ones produced by the body. There are times when the body needs a boost of these compounds and that is where CBD comes in. CBD possesses excellent anti-inflammatory, neuroprotective, anti-spasmodic and many other beneficial properties which help to regulate the ECS. This is why more and more people are using CBD to combat muscle pain because of its anti-inflammatory action in the body. Pain is an inflammatory response in the body and CBD calms that inflammatory response. Overall, it could be beneficial as a pre and post workout supplement which might aid in a speedy recovery.

Furthermore, over 100 cannabinoids, have been discovered within the hemp plant. CBD is a non-psychoactive cannabinoid, extracted from the plant, and has a host of beneficial properties for the body. It does not have psychoactive properties which makes the user "high" like the compound THC. The hemp plant has little to no THC and a large percentage of CBD.

Dosing Thoughts

Research studies have used doses from 15mg to as high as 600mg. Typical CBD supplements provide **20mg to 25mg**. In taking CBD for muscle pain, dosing can vary widely depending on the degree of muscle pain and if you are presently using prescribed medications. Being an all-natural alternative, CBD 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. Most prescribed medications should not be stopped all at once.

Hopefully your muscle pain is temporary. For that it has been suggested to start with a higher dose of **15mg to 20mg** of CBD to ease the pain. If pain persists or returns consider taking an additional dose after 6 or 8 hours. The next day, if the pain persists, you may want to increase your CBD dosage. Steps of **5mg to 10mg** are suggested to give time to monitor changes. Monitor your pain levels; be aware of how you feel. Don't hurry the process. Wait at least a day between changes. If pain continues, seek medical advice as you may not just have sore muscles but may have injured your body. If you are experiencing chronic pain, check out our paper on "Chronic Pain and CBD."

CUBED Naturals

Binghamton, New York
607-444-1983

www.cubednaturals.com
support@cubednaturals.com

The information contained in this publication is based on common knowledge available on the internet. Information and/or products suggested have not been evaluated by the FDA. This publication and mentioned products are not intended to diagnose, treat, cure, or prevent any disease. Please consult your healthcare provider before taking any new dietary supplements.