

CBD for Allergies

Allergies are the 6th leading cause of chronic illness in the U.S., with more than 50 million sufferers.

An allergy is our immune system's negative response to a substance that is usually harmless. Allergies can manifest in a myriad of symptoms such as sneezing, rashes, coughing, itching, hives, facial pain and swelling. Allergies can lead to more chronic conditions like asthma, COPD, and eczema.

How CBD Works To Relieve Allergies

With plenty over-the-counter and prescription medications available, research has suggested that CBD could be a more effective and safer option to ease the discomforts of allergies. A recent paper in the journal *Pulmonary Pharmacology and Therapeutics* discusses how CBD treatments have proven to stop the decrease of airway flow and make breathing easier. Further, when an allergen was introduced into the subjects, CBD helped to control the production and behavior of *Mast Cells*. These are white blood cells that signal when an allergen enters the body; they then produce histamines that causes all of the allergy effects. CBD cannabinoids go beyond and could also: control inflammation, open sinus passageways, manage pain, and relieve nasal pressure, which in turn helps to induce calmness and sleep.

Because hemp based CBD contains NO THC, it will not create the "high" associated with cannabis. This allows use, when over-the-counter solutions have restrictions.

With research just beginning, there are promising results related to allergy relief using CBD. A lot of people already using CBD for allergies stand as living proof, through their testimonials, that CBD is more than capable of offering a pain-free experience.

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 allergies, dosing can vary widely depending on the extent of symptoms you are experiencing. Consider the use of CBD to replace pharmaceuticals and over-the-counter therapies you might be taking. 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 (or over-the-counter) medications 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.

You may also want to look into topical CBD products, to be applied directly to painful joints and muscles.

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