

CBD for Fibromyalgia

Fibromyalgia can be associated with many Painful Symptoms.

The widespread fatigue, musculoskeletal pain, tenderness and even cognitive problems all are rooted to the many fibers of the body's endocannabinoid system. This is the system that senses pain and reports it to the brain. Fibromyalgia has no cure so treatment options mainly focus on pain management, not pain elimination.

In the pharmaceutical world there are many drugs for pain management. Unfortunately the human body can get used to certain doses and may require increased dosages to obtain the desired relief. Most pharmaceutical drugs also come with a wide array of health risks, unpleasant side-effects and even abuse.

The cause of chronic pain is still not fully known. It is thought that the brain chemicals that usually stop pain may not be working correctly while recovering from illness or injury. It may also occur without any known cause.

How CBD Works To Relieve Fibromyalgia

Our bodies actually have special receptors that react to the presence of cannabinoids. The body also produces its own cannabinoid compounds that it uses to reduce pain and maintain general well-being. The "ECS" or Endocannabinoid System is the messenger system in the body. The system regulates many functions and it is implicit in the settlement of pain. These special receptors are present in the pain circuits of the sensory nerve to the brain.

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

CBD for Fibromyalgia

When painkillers and sleep aids fail to provide pain relief, CBD can be used as a therapeutic aid to tackle a number of pain symptoms.

Chronic inflammation can damage tissues and be the cause of pain. Working as an anti-inflammatory, CBD may provide a short term cure and possibly a long term solution. Furthermore, unlike most pharmaceuticals used for fibromyalgia, CBD does NOT affect the kidneys, stomach and liver of its user.

Most pain is caused by stiffness of the musculoskeletal system. The anti-inflammatory effect of CBD for relieving pain can enhance muscle relaxation. Even when used as a pre-muscle relaxant, CBD will not cause issues while exercising or playing sports. Many MMA fighters and other pro-athletes now take CBD as a legal measure to fight pain during play and to improve post-play recovery.

When pain threatens the body's nerves, the imbalance often seriously impacts sleep cycles. Your body is fighting pain throughout the day and night keeping you from a sound sleep. This can often lead to anxiety problems. CBD is a neuroprotective cannabinoid that enables the user to fall asleep quicker and stay asleep longer by reducing pain and anxiety. Long standing fibromyalgic pain can often lead to depression.

The biggest point to understand when looking to CBD for fibromyalgia is that, contrary to what some people may believe, CBD does NOT make you "high". This effect is triggered by the chemical THC that is found in cannabis. Hemp naturally has miniscule to zero amounts of THC in its makeup. Hemp-based products are legal in most parts of the world, have no psychoactive effects and have a huge spectrum of possible medical applications.

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 pain, dosing can vary widely depending on the depth of pain you are experiencing. One goal to consider is to use CBD to replace pharmaceuticals 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. Most prescribed medications cannot and should not be stopped all at once.

It has been suggested to start with a dose of **15mg** to **20mg** of CBD. After a few days, you may want to reduce prescribed meds while increasing your CBD dosage the following day. Steps of **10mg** are suggested to help monitor changes. As you lower one and raise the other, monitor your pain level; be aware of how you feel. Don't hurry the process. Wait 3 to 4 days between changes. This will allow you to determine the dosing that your body requires to meet your goals.

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