

# CBD for Multiple Sclerosis

More than 400,000 people in the United States and approximately 2.5 million people globally suffer from Multiple Sclerosis (MS).

Common symptoms of MS include progressive motor control loss, bladder and bowel problems, vision and sensation loss, pain and depression, plus muscle weakness and inflammation.

## What is Multiple Sclerosis?

MS is a disease of the central nervous system that often leads to disablement. The body's immune system mistakenly attacks and destroys the myelin sheath that protects and insulates the nerve fibers. Myelin moves signals between the brain and the rest of the body, so the loss of myelin will cause a disruption of these signals.

## How CBD Works To Relieve Symptoms of Multiple Sclerosis

CBD has properties that relieve spasms, anxiety, epileptic seizures, and is anti-psychotic. These properties may be effective as a therapeutic aid for MS. Inflammation is a natural immune response by our body and with MS this response can be difficult to control. By reducing inflammatory molecules, CBD limits them from reaching the brain and spinal cord. So it is possible the CBD prevents uncontrollable inflammation in MS patients and relieves many of the associated symptoms.

## CBD for Multiple Sclerosis

Currently there are a few pharmaceutical products available for MS treatment, like Sativex and Nabiximols. They carry a number of negative side effects that need to be dealt with to maintain quality of life.

CBD is an all natural supplement that works through the body's own endocannabinoid system (ECS) to help relieve many symptoms of MS. CBD has been used to relieve:

**Abdominal Complaints** – For MS patients a 30% to 50% reduction in abdominal pain and constipation have been reported.

**Antispasmodic** – CBD has been demonstrated to both reduce the frequency and severity of muscle spasticity.

**Analgesic** – Because CBD reduces inflammation to neural tissues, pain from muscle spasms can be reduced.

**Anti-inflammatory** – CBD can reduce the cells attacking the central nervous system, which inflames and damages the myelin sheaths.

**Antidepressant** – Up to 50% of people affected with MS experience depression throughout the course of the illness. This is usually caused by damage to the nerves that regulate mood or as a side effect of pharmaceuticals used to treat MS. CBD has been shown to battle many of the effects of depression.

Multiple Sclerosis has no cure and the current therapeutic aids focus on limiting the progression of the disease while relieving its symptoms.

## Considerations on CBD

CBS is an all natural extract. With no THC to create any psychoactive effect, we can assume CBD might be a safer alternative to prescription medication. It is important to consult with your healthcare provider before starting any new supplement program. CBD does not build up in your system and cannot be overdosed.

## 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 Multiple Sclerosis, dosing can vary widely depending on the degree of symptoms and if you are presently using prescribed medications. It is important to add the supplement slowly into your system, in order to identify the "sweet spot" dosage that provides the best relief for you.

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 small dose of 5mg to 10mg of CBD, twice a day. Monitor changes over a 4-5 day period, and continue to carefully increase the dose by 5mg steps if required. This slow step system will allow for the body to come into balance with the cannabinoids; it may take several weeks. Be aware of how you feel; don't hurry the process. Once a dose has been established it may be possible to combine your two doses into one and possibly reduce it with the same results. You cannot overdose CBD but be aware that very high consumptions may act as a mild sedative.

You may require a higher dose which will require you to take multiple droppers of tincture. If this occurs, contact our Customer Service Department and ask about our custom tinctures. Our lab can create a higher dose concentrated tincture to make administering easier.

## 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.