

# CBD for Arthritis / Rheumatism

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**Arthritis is the leading cause of disability in the U.S., affecting over 54 million adults and 300,000 children. It is expected that by the year 2040 this number will grow by 49 percent.**

There are two common types of arthritis. **Rheumatoid Arthritis (RA)** which is an autoimmune disease where a person's immune system attacks their joints causing inflammation. Commonly affecting the hands and feet, it leads to stiff, swollen, and painful joints.

The second type of arthritis is **Osteoarthritis (OA)** which is a degenerative disease that affects joint cartilage and bones. OA often affects hip, knee and other joints, again causing pain and stiffness.

To date, a number of studies have shown that CBD could provide needed relief when used in a tincture or in topical form.

## How CBD Works To Relieve Arthritic Pain

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.

CBD has also been shown to be a hugely effective anti-inflammatory. By interacting with the C2 receptors in the ECS, it reduces the signal proteins, cytokines, which cause inflammation in the joints.

Even though research is just beginning, there are promising results related to pain relief using CBD. A lot of people already using CBD for pain stand as living proof, through their testimonials, that CBD is more than capable of offering great pain relief.

The additional point to understand when looking to CBD for pain 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 **10mg to 15mg** of CBD twice a day. 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 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.

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## CuBED Naturals

Binghamton, New York  
607-444-1983

[www.cubednaturals.com](http://www.cubednaturals.com)  
[support@cubednaturals.com](mailto:support@cubednaturals.com)

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