

# CBD for Migraines

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In the U.S., more than 38 million people suffer from migraines.

Migraines can cause extreme throbbing pain unlike your usual headache. This can be unbearable and may even cause a trip to the hospital if left untreated. Recently studies have shown that the cause of migraines is neurological. The cause may in part be the excitation of a nerve responsible for sensation in the face. When the nerve is stimulated, it causes the release of a variety of neurotransmitters (among them serotonin, which is also associated with mood change). These in turn cause the blood vessels that surround the brain to expand and inflame. People who suffer with migraines may have symptoms such as:

- Pain on one side or both sides of your head
- Pain that feels throbbing or pulsing
- Sensitivity to light, sounds, and sometimes smells and touch
- Nausea and vomiting
- Blurred vision
- Lightheadedness sometimes followed by fainting

## How CBD Works To Relieve Migraines

CBD has shown to help relieve symptoms of migraines. Within our bodies we have what is called an Endocannabinoid System (ECS). Our ECS is essentially an internal messenger that regulates many functions including the settlement of pain. Migraines are associated with inflamed blood vessels, so the anti-inflammatory aspect of CBD gives many people tremendous success with pain relief. CBD also has an anti-coagulation property that helps circulation. An important thing to remember is that CBD is not the compound that generates a "high". It has actually been shown to reduce the effect of THC which is the compound that is associated with a "high". CBD is a hemp-based product that has miniscule to zero amounts of THC within it and has no psychoactive properties.

## 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 migraines, dosing can vary widely depending on the severity of the symptoms you are experiencing. One goal to consider is to use CBD to supplement or possibly 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 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.

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