

# CBD for Parkinson's Disease

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## Parkinson's Disease (PD) affects up to 1 million people in the U.S.

Doctors diagnose as many as 60,000 new cases each year. Parkinson's strikes 50 percent more men than women. The average age of onset is 60.

### What is Parkinson's Disease?

Parkinson's is a neurodegenerative disorder and its symptoms generally develop slowly over years. PD affects predominately dopamine-producing (dopaminergic) neurons in a specific area of the brain called substantia nigra. Dopamine is a chemical that facilitates smooth movement of muscles. When a person suffers from Parkinson's, the brain cells that produce dopamine deteriorate and shut down due to unknown reasons. Symptoms generally develop slowly over years. The progression of symptoms often varies from one person to another; due to the diversity of the disease.

Common movement-related (motor) symptoms of Parkinson's disease include tremor, bradykinesia (slowness of movement), limb rigidity, muscle spasms, and gait/balance issues. Non-Motor symptoms may include apathy, depression, constipation, sleep behavior disorders, loss of sense of smell, and cognitive impairment (e.g., memory loss, dementia).

### How CBD Works To Relieve Symptoms of Parkinson's Disease

CBD has neuroprotective properties that make it a potentially effective therapeutic aid for neurodegenerative diseases like Parkinson's.

CBD is an all natural supplement that works through the body's own endocannabinoid system (ECS) to help relieve many symptoms of Parkinson's disease. 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. It has been seen that when Parkinson's disease patients use CBD as a therapeutic aid, they show improvements in sleep habits, pain, bradykinesia, tremors, rigidity of limbs, and motor impairments. Because CBD is anxiolytic, it may also enable improved mood and sleep patterns while decreasing psychosis.

### 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 Parkinson's disease, 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 2-3 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 reduce it with the same results. You cannot overdose CBD but be aware that very high consumptions may act as a mild sedative.

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