



Management of Pain with CBD Oil

Summary

Arthritis and CBD: how to manage pain with CBD Oil	2
Managing Pain: why CBD Oil is better than opioids	4
Which kind of pain can we manage with CBD Oil?	6



Arthritis and CBD: how to manage pain with CBD Oil

Cannabidiol is one of the most interesting compounds found in the Cannabis sativa plant. Nowadays, it is already employed in many treatments, especially in pain management.

However, the information concerning this substance is often targeted by stigma. Contrary to what you may think, CBD can not cause the "high" effect associated with the most traditional uses of the plant.

CBD is a safe and natural substance, that does not hinder our organisms. In this post, you will learn how CBD Oil can be used to manage pain in people suffering from arthritis, or joint pain.

Keep reading!

CBD Oil for managing Arthritis

Pain management is one of the many uses of CBD Oil is known today. The majority of studies has proved that CBD has pain-relieving and anti-inflammatory properties in animals but was not extensively tested on human subjects.

Some research, however, already has been deployed and the thesis stands. Nowadays, some people administer daily dosages of CBD (often sublingual) to manage pain caused by arthritis. Those people also reported improvements in sleep and anxiety disorders.

Is CBD Oil safe for managing joint pain?



CBD Oil is not a psychotropic medicament but rather a natural compound. The pain-reliever property of CBD is due to its integration with our endocannabinoid system. With that, CBD helps our organism to balance pain perception and other issues, like trouble sleeping and improving the mood.

Does CBD treat Arthritis?

Cannabidiol does not offer an alternative way to treat Arthritis. Instead, it helps to manage the chronic joint pain associated with the disease. That means the use of CBD must not replace any medication prescribed by your doctor.

CBD is great to manage pain and must be taken only as that. It will not cure nor treat any other condition.

Yet, the substance, especially CBD oil, is a great choice to deal with chronic and recurring pain. If you suffer from Arthritis, the cannabidiol can become a nice tool to go through the day.

How to use CBD Oil to manage pain from Arthritis?

The symptoms of Arthritis are the swelling and the tenderness of one person's joints. That can cause chronic joint pain, which only gets worse with age. That pain can be relieved by administering CBD a few times a day and in moderate dosages.

If this will be your first time taking cannabidiol, know that this will not cause any dependence nor addiction. CBD is safe to use and to be taken daily. That makes the compound helpful in relieving pain associated with chronic conditions.

To manage joint pain with CBD Oil, start with small dosages until you get used to its effect. Then, slowly adjust the dosage until you find the right amount to relieve your pain.

Finally, find a reliable producer and stick to it. This is the best way to ensure you are taking a product with the same amounts per service, composition and quality.



Managing Pain: why CBD Oil is better than opioids

Chronic pain is a serious problem faced by many people today. Whether it is arthritis, nerve damage, post-trauma, postsurgical, and even cancer, those cases of pain can last over one year.

To deal with chronic pain, the most common substances are opioids, which can have side effects on the patient. As an alternative, cannabidiol can be a great ally to manage pain, without the downsides of opioids.

So, in this post, we will explain why CDB is a much better option than opioids to manage chronic pain. Keep scrolling!

How opioids work in the body

Opioids are infamous, as is the cannabidiol and other compounds extracted from the cannabis plant. Both, if ignored the stigma, have real applications to patients suffering from chronic pain.

Opioids are neural activity suppressors, meaning they can block the pain signals transmitted to the brain and central nervous system. This can make the feeling of pain vanish, which justifies the use of those compounds in serious cases of chronic pain.

However, the prolonged use of opioids is associated with several side effects, such as constipation. One could also cite nausea, vomiting and other negative effects. The worst, probably, is the risk of chemical dependence.



CBD is a better option for chronic pain

Since chronic pain requires administration for extended periods, substances like opioids have a clear downside. No one wants to become a hostage of its treatment, therefore CBD is a much better option for pain management.

CBD Oil is not an addictive substance. Contrary to what a lot of people think, cannabidiol does not have psychoactive effects and is a safe product with many medical uses.

That means CBD does not produce any intoxicating effects. [Research](#) from 2017 by the World Health Organization stated that CBD can not be associated with abuse potential, thus confirming the fact it is not addictive.

Apart from pain management, CBD is already proven to be useful for depression, sleep and anxiety disorders. The substance interacts with our cells CB receptors, helping stabilizing serotonin levels and reducing the perception of pain.

That said, we must remember that research about the long-term uses of CBD is still in its early stages. However, there is nothing that points to the fact that moderate dosages of CBD can create dependence.

If you suffer from chronic pain, then CBD Oil is a great alternative to more complex options such as opioids. If you want to try safer and most natural ways of managing your pain, then CBD is the right choice.

Always remember to pick up a good supplier that inspires your trust. It is good to stick with one producer because the chain of production can vary, meaning different products of different brands may have a different composition, standards etc. To ensure you are having the same product, choosing a reliable supplier.



Which kind of pain can we manage with CBD Oil?

Cannabidiol is one of the most intriguing substances studied by modern medicine. Although there is still too much stigma shrouding its real-world applications, CBD has proven to be a great ally in pain management.

Despite the fact CBD is very promising, a lot of people still knows nothing about its uses. Even with research being deployed, society still lacks much understanding of cannabidiol.

So, in this post, I will enumerate all the kinds of chronic pain that can be managed with CBD Oil. Then, I will show you a few tips with you want to leave the stigma behind and try out the benefits of CBD!

Which types of chronic pain can be managed with CBD Oil?

CBD is used nowadays as a pain-reliever by many people suffering from chronic pain. Due to its rare and few side effects, it is a much better option than opioids, for instance. CBD can be used to manage pain caused by a series of factors, such as:

Neuropathic pain

This kind of pain is caused by damage to the nerves. Research from [2017](#) and [2018](#) shown there is a potential application of CBD and other cannabis-derived substances in this kind of chronic pain.



Arthritis pain

Joint pain is quite common today and tends to get worse with age. CBD is very promising to deal with arthritis pain, but research was only conducted on animals so far, lacking conclusiveness in human cases.

Postsurgical pain

Some procedures may leave patients with chronic pain that lasts months. In those cases, CBD can be effective in managing pain, especially because it is a rather natural compound. However, only a physician can say whether it is safe to take CBD immediately after a surgery or any interventional medical procedure.

Multiple Sclerosis

This autoimmune disease can generate pain and spasms in the entire body. CBD is a very natural form of coping with chronic pain, so can be used to manage the pain caused by muscle spasms.

Other forms of Chronic pain

CBD is a compound that has proven to have pain-reliever and anti-inflammatory properties. Therefore, it can be used in a great array of cases as a pain management substance, more natural and safer than many other options in the market today.

How to use CBD Oil to manage pain?

There are just a few things to consider before taking the step on self-administering CBD Oil. One of the most important things to bear in mind is that research on the long-term use of CBD still is in its early stages. So, do never abuse it.

That said, reports have already shown that CBD is not addictive, so you can take it with ease of mind and stop whenever you want to.

The right to start is with small dosages two or three times a day. Slowly, adjust the serving so it can properly relieve you from pain.

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Finally, pick a good supplier and stick with it. This is the best way to ensure you are getting good products with the same standard of production.