

# The Effectiveness of Using CBD to Relieve Pain from Peripheral Neuropathy

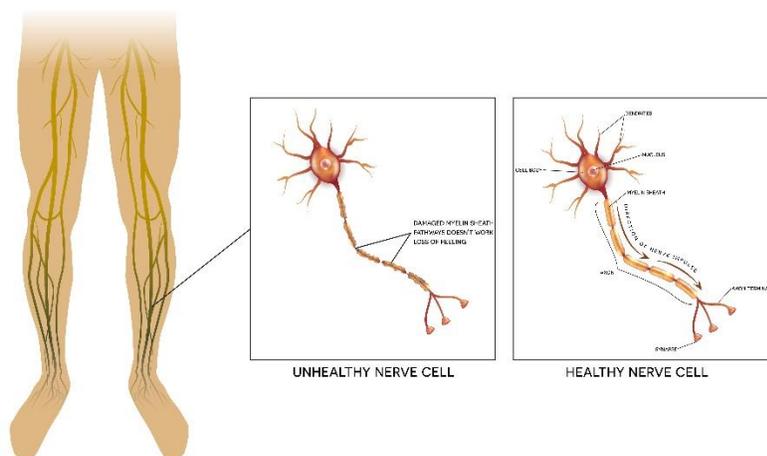
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It is estimated that there are more than 20 million people in the United States that are experiencing pain from peripheral neuropathy. The Mayo Clinic defines peripheral neuropathy as a condition that is a result of damage to the nerves outside of the brain and spinal cord, which often causes weakness, numbness and pain, usually in your hands and feet.

## PERIPHERAL NEUROPATHY

NERVE DAMAGE



The Mayo Clinic goes on to say that peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to toxins.

People with peripheral neuropathy generally describe the pain as stabbing, burning tingling and numbness. Some

people say that is like a firing that shoots up or down the leg or arm, but there is hope. In many cases, the symptoms improve and medications can reduce the pain caused by peripheral neuropathy.

As an entrepreneur in the CBD business with a specialty in pain relief, I have had the opportunity to speak with many people, both clients and the public, about

**their pain from neuropathy and the treatments used to relieve their pain. Here are some of my findings and conclusions.**

**First of all, if you are experiencing extreme pain, you should go see a doctor to get their professional analysis and treatment regimen for your pain issues. However, most people simply put up with the pain and occasionally treat it with ice, Advil, hot patches or other over the counter pain relief products.**



**With the advent of extracted CBD from the hemp plant, various products have been developed over the last several years to help with neuropathic pain, such as topical gels and creams, softgels and tinctures that are taken orally. These products can range in strength from 100mg to 3000mg of CBD dosage. I have found that as the dosage of CBD**

**increases in a product, the stronger the pain relieving capability becomes. Typically, dosages under 300-400mg are not very effective since you are only receiving about 10-13mg per day, which is a very small amount of CBD.**

**I am currently 73 years old and in my experience with neuropathy in my right foot and leg, the tingling and pain moves around from my ankle to my shin and then to my hip randomly. Sometimes the pain becomes so severe that it interferes with my sleep.**

**I started out taking one dropper of 500mg full spectrum CBD tincture sublingually every night before bed, which introduces about 16.6mg of CBD into your system nightly. I did this for two months and I noticed that it had an effect on my pain and my foot and leg were feeling better. The pain was reduced, but not to my satisfaction.**

**Next I graduated to 1000mg of full spectrum CBD nightly and also introduced a 1500mg Xfreeze gel roll on, which you apply in a circular motion to the external**

skin of the painful areas. I applied it to the areas that were hurting each night and I sometimes applied it during the day, if the pain cropped up.

This combination of cannabidiol pain relievers really did the trick. My pain was reduced dramatically and whenever it reappeared in a specific location, I would just apply the Xfreeze gel roll on that location and the pain would disappear.

So, my recommendation is to see a doctor first, but before you try some expensive big pharma drugs, try the natural approach of either a 500-1000mg CBD tincture or softgels and the 1500mg Xfreeze gel roll on applied directly to the skin of the painful areas.

To back up my anecdotal evidence on neuropathic pain relief, I researched the literature about CBD experiments on neuropathic pain. In one recent study, called **The Effectiveness of Topical Cannabidiol Oil in Symptomatic Relief of Peripheral Neuropathy of Lower Extremities**, researchers Xu, Cullen, Tang and Fang found that transdermal application of CBD oil can achieve significant improvement in pain and other disturbing sensations in patients with peripheral neuropathy. The treatment was well tolerated and may provide a more effective alternative compared to other current therapies in the treatment of peripheral neuropathy.



In this study, 29 patients with symptoms of peripheral neuropathy were put into two groups, 15 patients were treated with CBD and 14 patients were treated with a placebo. The study group was composed of 62.1% males and 37.9% females with a mean age of 68 years. The CBD group was treated with

250mg of CBD oil, which in my opinion is a very low dosage of CBD concentration.

The Neuropathic Pain Scale (NPS) was used biweekly to measure the pain levels in both groups throughout the study.

Many other clinical studies have confirmed these findings, which lead us to the overwhelming conclusion that CBD when used in sufficient dosages (500-1500mg) can relieve pain caused from peripheral neuropathy. My experiences corroborate this conclusion and I would add that two sources of CBD used in combination together would enhance the pain relief capability dramatically.

