

Cannabidiol suppresses all of the major activators involved in immunologic disease including T lymphocytes and natural killer cells that regulate immune response while preserving the cells that prevent infection. CBD suppresses all of the inflammatory cytokines that perpetuate and exacerbate immune reactions as well as cause tissue destruction and recruitment of macrophage cell types. In many cases cannabidiol has replaced a host of state-of-the-art “modern” biologic drugs like Enbrel and Remicade without side effects and provided excellent control of serious rheumatoid conditions as well as inflammatory bowel diseases. Furthermore, cannabidiol uniquely increases ANTI-inflammatory cytokines, halt the disease and eliminate the need for strong analgesics. In fact, cannabidiol has consistently shown to have significant analgesic effects that can reduce the need for opioid medications by 80%. Thus, patients can experience a three pronged benefit: immune, inflammation and pain control using a safe, natural and healthy product without side effects or drug interactions.

- Acute Dose: Definitive studies are lacking. My clinical experience suggests that 60 mg per day is highly effective for this condition. Adjust as needed for benefits.
- Frequency: My suggestion is CBD two to three times daily. If liquid, put under the tongue or into the mouth. Swish but avoid swallowing as long as possible to maximize the mucosal absorption, then swallow. The doses do not all have to be the same. If capsule, just swallow. Best absorption is in association with fatty food or meal.
- Formulations: Elixinol comes in several forms: Capsules of 15mg, Tincture 100mg CBD in 1oz, Tincture 300 mg CBD in 1oz; Tincture 3600 mg CBD in 4oz; and X Pen, 1000mg CBD in 10 mL tubular oral dispenser. There is no evidence that one is better than the other. The X pen is the most natural product with entourage support. A newer product, Hemp Oil Liposomes 100-300mg in 1oz., is water soluble and may be more potent per mg than the oils and better tasting. Tinctures are highly effective topically using several drops rubbed into the joint or area of pain or trauma.
- Side Effects: rare. occasionally, vivid dreams, fatigue, mild/moderate headache, mild reflux shortly after dose and meal. CBD is not toxic and has no overdose levels. If fatigue, reduce the preceding single dose and add to another dose such as before bed or add a fourth dose to regimen.
- Interactions: CBD can potentiate or make some drugs stronger in their effect on the body, reduce other medication dose. Suspect one of these medication if any side effects appear. Clobazam is one such medication.
- Nutritional support: omega-3 oils help CBD by stimulating the endogenous cannabinoid system (ECS) in the body. Hemp oils are a healthy source for omega-3, 1T per day. Avoid all processed foods especially sugar. Supplement Vitamin D to keep serum levels above 30ng/mL ideally between 60-100ng/mL. Iodine in the form of kelp. Diet: ketogenic has been effective in this condition. A ketogenic diet consists of very low carbohydrate, high fat, and modest protein, without grains or dairy. It cuts out almost all carbohydrates. There now quality ketone products on the market that appear effective in multiple disorders with or without the ketogenic diet. For more information go to <https://goo.gl/54UHv>
- Maintenance Dose: Keep adjusting the dose, timing and frequency to meet your particular needs. Many users are able to reduce their CBD dose to 1/4 of their acute dose after 2-3 months.

Other effects of CBD reported:

- significant relief of pain, anxiety, neuropathy
- relaxed and expressive facial muscles
- relaxation of whole body
- improved memory, mental clarity
- improved task orientation and focus
- increase rate of speech
- decreased stomach, intestine cramping
- decreased nausea, improved appetite
- feelings of compassion
- lifting of mood, well being
- improved ability to express positive emotion and feeling
- enhancement of the senses: taste, smell, and vision
- enhanced libido (sexual desire and/or function in adults)
- improved sleep
- skin and hair improvements

<http://prohealthadvisor.com> offers additional clinical services including

- Clinical support by Dr. Blair for CBD or disease management
- Nutritional and medical coaching by Registered Dietitians experienced in Low Carb/ketogenic diets and use of CBD.

CBD is not approved for use as a treatment of any medical condition. This information is based on animal studies as human trials have not been done. My recommendations are suggestions that should be considered with your licensed health care provider as we do not intend to give you medical advice.