



Contact: Cristina Blumenthal
CEO, Cb Botanica
(215) 766 - 8479
info@cbbotanica.com

FOR IMMEDIATE RELEASE
January 21, 2020

CBD for Pain Management: The Holistic Alternative to Opioids

By CB Botanica Staff

If you or someone you know are taking opioids for chronic pain, chances are you've tried other drugs and feel you have no alternatives left. You worry about becoming addicted, but you aren't sure what else to try. People like you are turning to Cannabidiol (CBD), a holistic alternative to opioids.

While opioids are known to be highly addictive, researchers say CBD is a non-addictive solution to pain management.

Research on CBD and chronic pain

Researchers are learning how CBD works to reduce pain and are assessing how well it works. They have determined that CBD interacts with receptors in the brain and the immune system to reduce inflammation, thereby relieving pain.

In a [2018 paper](#) published in *Frontiers of Pharmacology*, researchers reviewed studies conducted between 1975 and March 2018 that examined different types of pain, including cancer pain, neuropathic pain and fibromyalgia. They found that short-term trials support the use of CBD in the treatment of chronic pain in adults. Other studies indicate CBD can reduce pain for arthritis and migraine sufferers.

In addition, research is finding that CBD does not pose significant risks for patients and, according to a 2017 report from the World Health Organization, human studies have not shown CBD to be addictive.

The [World Health Organization](#) says, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential . . . To date, there is no evidence of public health related problems associated with the use of pure CBD."

(more)



A solution for veterans

In addition to people in the general population who suffer from pain of various kinds, CBD can be an alternative to opioids for veterans living with pain caused by injuries during deployment.

Two-thirds of veterans report they experience pain, and military physicians write millions of prescriptions for pain medication every year, especially during the transition to medical discharge. If the Veterans' Administration were to endorse CBD as an effective pain management solution, veterans would have the option of choosing a holistic, non-addictive alternative to opioids.

Be a smart consumer

Yet, using CBD is not completely risk-free. It can interact with certain drugs and supplements, so it is important to discuss this with your pharmacist. In addition, all CBD products are not equal.

The lack of federal regulation of CBD products means that some products on the market may be a waste of money at best and potentially unsafe at worst. With no labeling standards or dosage guidelines, it's hard to know what you're getting.

In fact, one 2017 study published by the *Journal of the American Medical Association* revealed that almost 70 percent of CBD products sold online are incorrectly labeled and could cause serious harm to consumers.

So it is critical that you buy from a reputable company that publishes its Certificate of Analysis from a professional, third-party product testing facility.

The Certificate of Analysis provides useful information such as the purity of the product and the amount of residual solvents and pesticides, which can result in unpleasant health effects. It also says where the plants from which the CBD was extracted were grown -- in the U.S. or overseas, where governance may be lax.

For more information on what to look for in a quality CBD product, please see [Cb Botanica's CBD Buyers Guide](#). Get educated about CBD and give it a try. Wouldn't it be a relief to get opioids out of your life while you still can?

About Cb Botanica

Cb Botanica was created by Better Life Ventures LLC to help consumers enhance their health naturally and improve everyday well-being through CBD products and educational content about CBD. Its award-



winning (Best Hemp Distillate 2019 by Indo Expo), full-spectrum tinctures are made with 90%+ pure CBD distillate, derived from organically cultivated, American-grown hemp. Our farm controls all aspects of product development from cultivation to extraction and product manufacturing. Its products have undergone professional, third-party testing by Proverde Labs and Botanacor to ensure delivery of the highest quality CBD products.

Web site: <http://www.cbbotanica.com>

###