CBD Oil May Ease Some of Your Fibromyalgia Symptoms

by AFRA WILLMORE

CBD Oil for Fibromyalgia

One aspect of Fibromyalgia which many sufferers find the most difficult to come to terms with is that there is no cure. Also, finding relief from symptoms of Fibromyalgia can be a case of trial and error on a case-by-case basis.

Recently, the use of Cannabidiol (CBD) products has been hailed as a panacea for all ills, fibromyalgia included. But is this all hype or is there any truth to the claims made about this natural product?

What Is CBD?

CBD is a chemical in the Cannabis sativa plant, which most people know as marijuana. Over 80 chemicals, known as cannabinoids, have been identified in the plant.

The main active ingredient in marijuana is Delta-9-tetrahydrocannabinol (THC) which is the element that gives the “high” the plant is famous for.

Cannabidiol is also obtained from hemp, which contains only very small amounts of THC.

Is It Legal?

Currently there are only three US states where marijuana is illegal in any form: Idaho, Nebraska and South Dakota.

Generally, if you are in a state or country where medical marijuana is legal, it’s likely that CBD is too, as long as the THC content is negligible. The amounts of permissible THC in products also varies from state-to-state.

Though the legality of CBD can vary from state-to-state, in general, one of the determining factors is whether the CBD is derived from hemp or marijuana.

While the two plants are very close relatives, they are classified differently under the law. At a federal level (and in most states), hemp-derived CBD is 100% legal; this is great news as most CBD products are hemp-derived.

Laws around marijuana-derived CBD are becoming less strict, but I strongly advise doing some research on your state’s CBD laws.

What Forms Is CBD Available In?

You can get CBD in oil or tinctures where cannabidiol is extracted from the plant and infused with a carrier oil such as coconut or hempseed oil. The oil or tincture is ingested as drops placed under the tongue, in prepared capsules, or in food or beverages.

You can also buy CBD vape or e-juice which is added to a vape or e-cigarette device. Be aware that many US states are banning vapes and e-cigarettes in public, so always check what the local regulations are before vaping in public spaces, including bars.

How Can CBD Help with Fibromyalgia?

CBD is believed to activate serotonin receptors, which play a role in pain perception and reducing inflammation. Recent studies have shown CBD can also help ease symptoms of depression too.

As a Fibromyalgia sufferer at times desperate for relief from pain as well as anxiety and depression, I tried CBD derived from hemp in a vape juice. I find it helpful mostly for the anxiety and depression, but I have also noticed some temporary improvement in pain within minutes of using the vape and for a short time afterwards.

People with Fibromyalgia often endure nights with little worthwhile sleep and worrying about lack of sleep can make the problem worse. My daughter suffers with sleep disorders related to the condition, and she has found a nightly 400mg CBD capsule to be really helpful; she finds she experiences longer periods of deep sleep.

Where Can I Legally Get CBD Oil for Fibromyalgia?

The status of CBD products including oil vary from state-to-state, so it's important to check the rules in the state you live in. Also, if you intend to travel within the US, check the rules in the states you are travelling through and the one you are heading to.

If you are travelling overseas you should also check the laws relating to CBD in the country you are going to and any you are travelling through, even if you will only see the transit lounge.

In some US states, those wanting to use CBD for medical use need to be registered in a "compassionate use registry" or need to be deemed eligible for a medical marijuana card.

The ProCon.org website offers useful state-by-state information which was last updated in December 2019. You could also check out this article from The Street which has an easy to follow visual guide for the law, state-by-state.

What Dose Should I Take for Fibromyalgia Symptoms?

CBD products should be labelled with how much CBD is in them — you may see this listed in mgs on the packaging. It's better to start low and build up, as too high a dose of CBD can make you feel ill.

Most studies which concluded that CBD has therapeutic benefits used a dose between 20 to 1,500 mgs per day.

Side effects from cannabidiol can include nausea, irritability and fatigue. It may also interact with other medications you are taking. For instance, CBD can increase the effect of blood thinning medications.

It's vital you buy any CBD products from a reputable store or supplier, as low quality or street products may not contain the advertised strength or quantity of CBD, or they may contain THCs at an illegal or psychotropic level.

In a recent report, the World Health Organization stated that "in humans, CBD exhibits no effects indicative of any abuse or dependence potential" and that "to date, there is no evidence of recreational use of CBD or any other public health related problems associated with the use of pure CBD."

Currently, the FDA has not approved a marketing application for cannabis for the treatment of any disease or condition. The FDA has, however, approved one cannabis-derived and three cannabis-related drug products. These approved products are only available with a prescription from a licensed healthcare provider, and Fibromyalgia is not yet on the list of conditions the drugs are available for.

Ask your doctor for the most up-to-date information on CBD use in your state. If you take any prescribed medication, you should check with your doctor before taking CBD oil for fibromyalgia. Your doctor can verify if any medications you're taking could have interactions with the CBD, which could put your life at risk.