



*Treating*  
MIGRAINES

**CBD could help those who suffer from these debilitating headaches,  
but prohibition has slowed research on its efficacy.**

**O**ne of the first things you're likely to read if you Google "CBD migraine relief" or any similar set of terms is that there is no conclusive proof that CBD is a specific against migraines. However, as Dr. Stephen Silberstein told the American Headache Society in October: "That does not mean they do not work.... What it means is that they have not been studied." Like so many other medical possibilities, federal prohibition keeps us relatively in the dark—at least officially—when it comes to migraines and CBD. "There is only one source of plants researchers can use, and they are at a research facility in Mississippi," Silberstein continued. "They are not the best, most pure plants for study."

For physicians like Silberstein, this scenario is particularly frustrating because of the wealth of

anecdotal evidence we have from adult-use states, where CBD oil is being used by folks who have turned to self-medication. Any physician would agree this is less than optimal, but according to Silberstein, CBD oil might be a benign example: "Theoretically, [CBD] should not interact [with other treatments] at all. It works on an entirely different mechanism. It might even prevent nausea and vomiting. I cannot think of any reason why it could not be used in conjunction with other migraine medications." Now that the FDA has made its first steps toward a door on which cannabis has been knocking for decades (more about that on page 58), the future is bright in terms of our ability to find out exactly how useful CBD is for migraine sufferers. Those in pain in prohibition states, for now, are left to wince and wait.

## PATIENTS SPEAK

*Madison Ortiz, better known to her sizable Instagram following as @HappyTokes, describes her experience with CBD.*

### Before CBD, what was your treatment like?

Since elementary school my doctors attempted to combat my array of symptoms with various pharmaceutical medications. I had adverse reactions to most of what was prescribed; some side effects were severe.

### When and how did it become clear CBD was a better option for

### treating your symptoms?

In 2011, my family doctor prescribed medical marijuana with direction to become my own advocate and learn as much as I could about cannabis. Aside from THC, CBD was one of the first components I knew of that existed within the cannabis plant.

I sampled a variety of CBD-isolate products over the years. I wasn't convinced of CBD's benefits until just over a year ago when a friend gave me a bottle of full-spectrum Water Soluble CBD tincture by HempLucid. Several healthy life changes were made simultaneously that contributed to my wellness, but

that full-spectrum, Water Soluble CBD was the catalyst to my health's metamorphosis. I was consistent with taking it every day through a whole bottle. One day, before my first bottle was gone, I took a deep breath and thought to myself how amazing it felt to be OK. Moments like that became more frequent. With this clarity and relief I continue to discover ways to better care for myself.

### What does CBD offer you that more conventional treatments do not?

I achieve sincere, consistent relief. I do not experience adverse reactions or side effects.

***"I took a deep breath and thought to myself how amazing it felt to be OK."***