

Treating CROHN'S

A painful condition that affects the digestive system, Crohn's disease's symptoms can be alleviated with cannabinoids.

While some patients are just getting used to the idea of trying a CBD salve for their sore limbs after a hard day, others have relied on CBD's medicinal properties for years, treating daily debilitating pain. For those suffering from Crohn's disease, like Peak Extracts

CEO Katie Stem, the CBD in medical cannabis can help with pain, nausea, vomiting, constipation and diarrhea. The disease, which causes inflammation in various areas of the digestive tract, can be treated, but because there is no cure, the relief offered by medical cannabis and its CBD-only cousins is even more precious to sufferers.

PATIENTS SPEAK

Katie Stem, Oregon-based CEO of Peak Extracts, explains how CBD works for her Crohn's pain.

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

It offers me relief in a form that is customizable for my symptoms and time of day. I have access to some diverse cultivars through our company, and the products we make (edibles, tinctures, vape pens) stay true to the characteristics of each specific strain. That allows me to take something for morning, night and different symptom patterns I may be experiencing. In addition, CBD products are far more affordable than

the western pharmaceuticals used to treat Crohn's disease.

What would you say to someone who is skeptical about CBD's therapeutic value?

At this point, there is far too much scientific evidence of CBD's benefits to treat specific conditions (such as epilepsy) for me to take generalized skepticism seriously. However, CBD is a very nonspecific molecule as it pertains to receptor interaction, unlike THC, and therefore can have varied effects based on what other substances are present at the time of dosage. There's also a wide variety of outcomes that one can expect based

on your own unique endocannabinoid system. If you don't have a deficiency syndrome (which is common among sufferers of autoimmune diseases such as Crohn's) then CBD might not impart the same benefits. Another factor is the extremely broad therapeutic index. It is nontoxic and we have yet to determine what the "effective dose" is. Some people report results at 5mg and others need more like 250 to 1,000mg. There are studies where the dosage was in the 6,000mg range with no ill effects, so we still have much to learn about how much is necessary to use. It also has a long half-life, so repeated daily dosing will have a cumulative benefit.

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