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## Arthritis and CBD - how it can help you!



We know from the feedback from many of our customers suffering from various forms of arthritis that our CBD products make you and your pets! feel better - reducing inflammation and reducing pain - but anecdotes don't make for evidence! High quality academic research around the efficacy of CBD has been done, but almost all of it using studies on rats.

Results are really encouraging though, in this [study in rodents](#), the researchers found that topically applied CBD reduced joint swelling, reduced spontaneous pain and reduced inflammatory biomarkers. (This might explain why some of you have such successful results with our topical CBD 303 balm!)

However, that doesn't really bring us any closer to high quality, empirical evidence for the use of CBD products in arthritis in humans.

There are signs that the scientific community is catching up with what we believe to be the case for CBD. In December last year, we were delighted to see [The Lancet](#) report that a collaboration between The Arthritis Foundation USA, and rheumatologists and chronic pain specialists, would establish guidelines for use of CBD products by arthritis patients in the US, and we are really encouraged by the activities undertaken by [Project Twenty21](#), which will create the largest body of evidence in Europe monitoring the health of patients taking medicinal cannabis products.

We are going to explore further the benefits of CBD to those suffering from inflammatory disorders in two educational events we are holding in the Autumn - full details below:

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## Arthritis and CBD - what you need to know

We're sure you will have noticed that the sale of CBD products for health is now widespread.

Our educational seminars in October and November will aim to inform you as to the many benefits of CBD products, how to use them, and how they may help to alleviate the symptoms of inflammation-based illnesses such as Arthritis, without any side effects.

**14 October 2021**

5pm - 7pm @ Cappucino, Orba

**18 November 2021**

11am - 1pm @ Oceana, Benissa Costa

Speaker: Mandy Hazard, Qualified Medical Cannabis Practitioner

Limited capacity is available at each venue, so please register your place with Sue at The Healing Connection

Email - [sue@thehealingconnection.eu](mailto:sue@thehealingconnection.eu)

WhatsApp / Signal / Text - +34 634 359 658

A cash bar will be available for teas/coffees/refreshments

