PALMITOYLETHANOLAMIDE (PEA): A NEW DRUG FOR INTRACTABLE PAIN

Palmitoylethanolamide (PEA) is a biochemical activated by the body for pain and inflammation control. Researchers have now determined dosages and several companies market PEA. Our belief is that essentially every person with intractable pain (24/7) should give this new medicinal a therapeutic trial.

Unique Properties: PEA should be given a 1-to-2-month therapeutic trial because it is the only medicinal that simultaneously fights inflammation at the site of an injury plus the neuroinflammation in the central nervous system (CNS). It will attempt to heal damaged glial cells that are responsible for intractable or constant pain.

Effectiveness: About two dozen double-blind studies have been done to show it is not a placebo. German physicians claim they have cured" hundreds of cases of chronic pain. Our experience is far less, but we have found that about 80% of patients experience good results if it is used for four to six weeks. PEA provides acute and chronic relief. In most patients it progressively wears down baseline pain.

Dosages

Starting dosage is 600 to 1200 mg twice a day. This dosage can be increased if needed.

Use with Other Medicinals: One can simply add PEA to their current pain relief program. Opioids and other pain relief medications need not be stopped.

PEA Plus Luteolin: Some PEA products contain luteolin. This is excellent as luteolin boosts the effectiveness of PEA and it also is a preventor of Epstein-Barr virus reactivation.

Side Effects: No serious side effects have been reported. As a natural body biochemical it is quite safe to take.

Summary: If you have chronic or intractable pain, a 1-to-2-month clinical trial should be taken. You have much to gain and nothing to lose.

References

Skaper, S.D., Facci, L. & Giusti, P. Glia and Mast Cells as Targets for Palmitoylethanolamide, an Anti-inflammatory and Neuroprotective Lipid Mediator. *Mol Neurobiol* 48, 340–352 (2013).