



CBD: A Physician's Testimony

Lucille Vega, MD

CBD: A Physician's Testimony –Lucille Vega,MD

Chemistry B.S.- University of California, Irvine

Biology B.S.- University of California, Irvine

Medical Doctorate- Dartmouth Medical School (Geisel at Dartmouth)

Residency- Brown University

Concierge Private Practice- Vega Direct Medical, Family Practice

CBD Trial – Dr. Lucille Vega with Atlantic V.V.O.

#1 Pain Question:

“Do you have pain?”

“What level on a pain scale 1-10 (10 being the worst)?”

65.5% Dropped their pain scale by at least 2 points or more

32.7% Dropped their pain scale by 50%

10.3% Eliminated their pain all together

(preliminary results)

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#2 Sleep Question:

“How many hours do you sleep at night?”

43.1% Gained more hours of sleep

18.9% Gained more than 2 hours of sleep Q noc

“How long does it take you to fall asleep (min/hrs)?”

34.4% Decreased by 30min to fall asleep

25.8% Decreased by 45min to fall asleep

20.6% Decreased by 60min to fall asleep

(preliminary results)

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#3 Abdominal Sx Question: (Pain, Nausea, Bloating, Diarrhea, & Constipation)

“Do you have any abdominal symptoms?”

“How often are you getting these symptoms(#days/week)?”

20.6% Eliminated at least 1 abdominal Sx

27.5% Decreased the frequency of Sx by 2 days/week

20.6% Eliminated all abdominal Sx

(preliminary results)

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#4 Headaches/Migraine question:

“Do you have headaches or migraines?”

“How often do you get headaches or migraines(days/wk or mo)?”

36.2% Reduced headache/migraine frequency

14.6% Eliminated headaches/migraines all together

(preliminary results)

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#5 Anxiety question:

“Do you tend to worry or have anxiety?”

“How often(days/week)?”

75.3% Reduction in intensity of anxiety symptoms

24.6% Reduced days/week of anxiety

(preliminary results)

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#6 CBD Drip Recommendation:

“Would you recommend CBD Drip oil to another person?”

88.7% Yes they would recommend CBD Drip (now EcoDrip)

(preliminary results)

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Other witnessed benefits of the Eco-Drip oil sublingually:

- | | | | |
|-----------------------|-------------------|-----------------------|--------------------|
| -Autism | -Facial Tics | -Varicose Vein pains | -Bipolar Hypomania |
| -PTSD | -Hemorrhoids | -Arthritis pain | -Telangiectasias |
| -Muscle Spasms | -Tendonitis | -Migraine prophylaxis | -OCD |
| -Concussion Sequela | -Bursitis | -Parkinson's Disease | -ADD/ADHD |
| -Diabetic Neuropathy | -Seizure | -Lowers Blood Sugar | -Crohn's |
| -Fibromyalgia | -Tourette's | -PMS | -IBS |
| -Tumor size reduction | -Alzheimer's | -Multiple Sclerosis | -Agitation |
| -Post Stroke Recovery | -Irritability | -Motion Sickness | -Claustrophobia |
| -High Blood Pressure | -Menstrual Cramps | -Hiccups | -Hoarding Disorder |

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Other benefits witnessed with CBD Drip (Eco-Drip) oil:



- Canine arthritis pain relief
- Canine separation anxiety reduction
- Canine vomiting relief
- Canine skin tumor reduction in size
- Canine anxiety alleviation from thunder, fireworks, and company
- Canine neurodegeneration

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Other CBD products: PainQuench Cream & Fresh Leaf Edibles

Pain Quench gave relief and/or resolved the following conditions (clinical observation):

- Muscles spasm
- Psoriatic patches
- Rosacea
- Skin Tags
- 1st & 2nd deg burns
- Arthritic pains
- Plantar Fasciitis
- Sun Burns
- Acne
- Carpal Tunnel
- Dyschromia
- Diabetic Neuropathy
- Bug Bites
- Cat Scratches

Fresh Leaf Edibles gave relief to the following conditions (clinical observation):

- Anxiety
- Sleep

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Minimum Effective Dosing Observed: (Sublingual, Buccal, and Oral)

General Anxiety/Worry: 2.5mg – 5mg/dose twice a day

Acute Panic/Phobia: 5mg-15mg-25mg/dose as needed

PTSD Trigger Prophylaxis: 5.0-7.5mg/dose twice-three times a day

Migraine Prophylaxis: 5mg-10mg/dose once-twice a day

Migraine Abortive: 10mg-15mg-20mg/dose as needed

Post-Concussion: 7.5-10mg/dose three times a day x1 week, then twice a day

Acute Pain: 15mg-30mg-50mg/dose as needed

Autism (adult): 25mg-37.5mg/dose three times a day

Alzheimer's: 5mg-7.5mg/dose two times a day

Dementia Sundowning: 7.5mg-10mg/dose as needed

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Most Common Negative Side Effects During the Study:

- Too Relaxing
- Mild Sx of hypoglycemia if taken a large dose without eating
- Not Effective
- Slight headache
- Tastes odd

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Clinician's thoughts about safety...

-Prefer Sublingual Dosing

- No complaints with medication interactions in trial
- Coumadin & Dialysis patients-no interaction complaints noted
- Do not have to worry too much about the First-pass effect (it uses CYT P-450)

-Oral Consumption

- Use minimal dose necessary, no complaints with 50mg or less @ 1x-2x/day

-Topical Application

- Used on dry skin without complaints, not recommended for open wounds

-Biphasic effect (too much a good thing could be taxing)

- Therefore start with 1-2mg at first and increase slowly only to the desired effect

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Clinician's thoughts about PUBLIC's safety issues...

- Product testing for heavy metals, organophosphates, and pesticides
- Lab Results should easily be found online or in packaging for consumer
- Regulations for mass production to comply with sanitary standards
- More research is needed on the effects of CBD
- More research is needed on the methods of delivery of CBD and other cannabinoids
- More education for physicians/providers since the public will be asking us for advice
- Labeling “Hemp extract” VS “CBD mg”, needs a definition
- Labeling should have the amount of mg/ smallest dosage unit (per drop, per edible...etc)
- Labeling should include amounts of other cannabinoids, carriers of the CBD, & the other ingredients
- Definition of what “Full Spectrum” vs “Broad Spectrum” vs “Isolate” on the labels

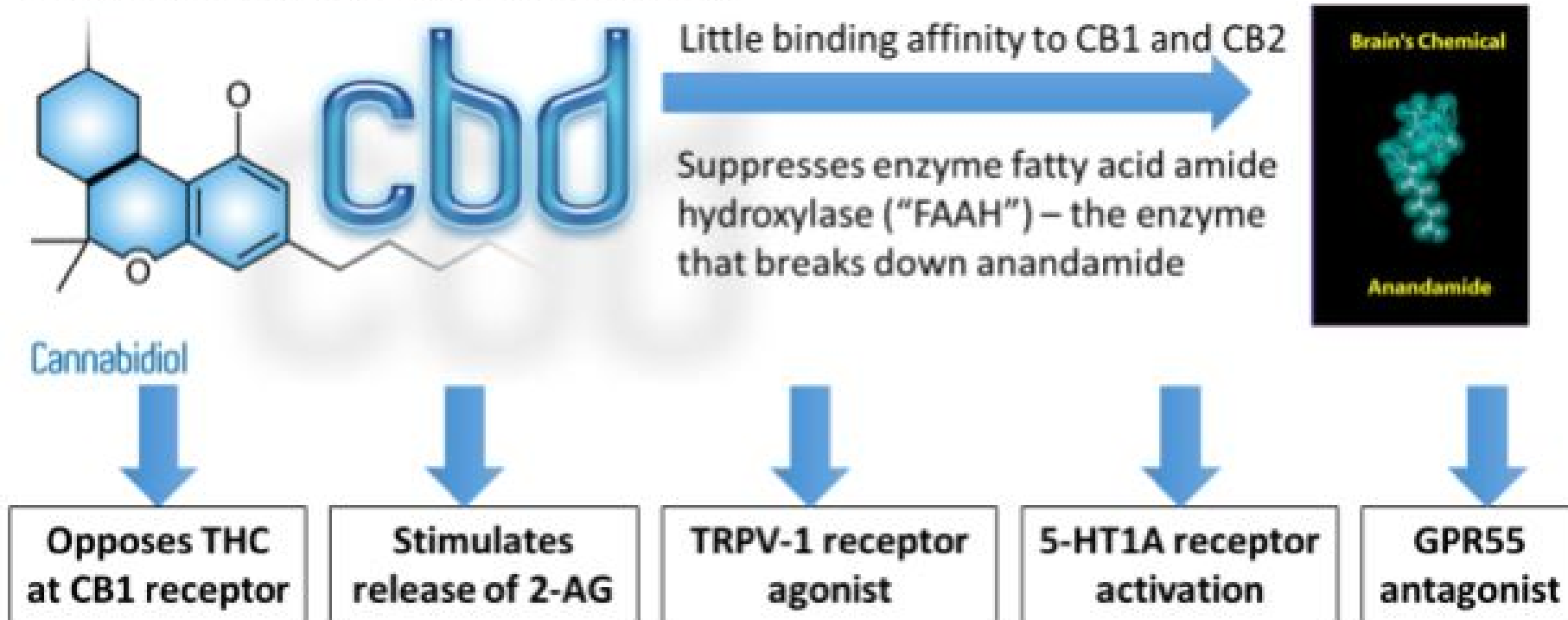
Cannabinoids:
Multiple
Medical
Benefits




Cannabidiol

THC may be the psychoactive component of cannabis effecting CB₁ and CB₂ receptors, but it is most likely that other cannabinoids found in the plant are also providing effects.

The cannabinoid that has sparked the most interest is a non-psychoactive component called cannabidiol (CBD).





Cannabinoid
Deficiency
Syndromes

- ECS deficiencies have been implicated in:
 - Anorexia nervosa
 - Chronic motion sickness
 - Fibromyalgia
 - Huntington's disease
 - Irritable bowel syndrome
 - Menstrual symptoms
 - Migraine
 - Motion sickness
 - Multiple sclerosis
 - Parkinson's
 - PTSD
 - Schizophrenia

(reviewed in Russo, 2016)

Cannabinoid Receptors

CB₁ located in:

- CNS
- Testes, uterus
- Adipose tissue
- Connective tissue
- Endocrine glands
- Exocrine glands
- Leukocytes
- Spleen
- Heart
- GI tract
- Liver

CB₂ located in:

- Monocytes
- Macrophages
- B-cells
- T-cells
- Liver
- Spleen
- Tonsils
- CNS
- Enteric nervous system

(reviewed in McPartland, 2008)

Cannabinoids
at the
Synapse

Endocannabinoid System

