Is PICO IV Worth It? CBD Straight Into Your Bloodstream Transcript

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Introduction to Intravenous Cannabinoids

If you've been dealing with ongoing If you've been dealing with ongoing symptoms for years, seen multiple symptoms for years, seen multiple doctors, tried different treatments, and doctors, tried different treatments, and you're still not where you want to be, you're still not where you want to be, today I want to introduce something I today I want to introduce something I would seriously consider much earlier if would seriously consider much earlier if I were starting over. Intravenous I were starting over.

What the Endocannabinoid System Does

Intravenous canabonoids, often referred to as PICO canabonoids, often referred to as PICO IV, because what I've seen over the IV, because what I've seen over the years is that when you begin to years is that when you begin to understand how this system in the body understand how this system in the body actually works, you start to see actually works, you start to see possibilities that most conventional possibilities that most conventional approaches completely overlook. And once approaches completely overlook. And once you see it, you can't really unsee it.

you see it, you can't really unsee it.

Dr. Bloomu2019s Background and Channel Focus

And that raises an important question. And that raises an important question. Hi, I'm Dr. Fred Bloom. I'm an Hi, I'm Dr. Fred Bloom. I'm an integrative and holistic physician. And integrative and holistic physician. And on this channel, we talk about complex on this channel, we talk about complex chronic illness, root causes, and how to chronic illness, root causes, and how to actually move forward when things actually move forward when things haven't worked the way you expected. If haven't worked the way you expected.

Why the Endocannabinoid System Matters

If you find this helpful, go ahead and you find this helpful, go ahead and like, subscribe, and feel free to like, subscribe, and feel free to comment as we go. I read them. What I comment as we go. I read them. What I want to talk about today is something want to talk about today is something that is still very misunderstood even that is still very misunderstood even among physicians and that is the among physicians and that is the endockinabonoid system. Most patients I endockinabonoid system. Most patients I see have never heard of it. Many doctors see have never heard of it. Many doctors were never trained in it and yet it is were never trained in it and yet it is one of the most important regulatory one of the most important regulatory systems in the human body. That's not an systems in the human body. That's not an exaggeration. This system is connected exaggeration.

How Dysregulation Shows Up in Chronic Illness

This system is connected to essentially every major system to essentially every major system neurologic, immune, hormonal, digestive, neurologic, immune, hormonal, digestive, and its job is very simple. Maintain and its job is very simple. Maintain balance, maintain stability, maintain balance, maintain stability, maintain what we call homeostasis. Now, here's what we call homeostasis. Now, here's where it becomes clinically interesting.

where it becomes clinically interesting. If you've been dealing with persistent If you've been dealing with persistent symptoms, not one symptom, but a symptoms, not one symptom, but a pattern, fatigue, poor recovery, pattern, fatigue, poor recovery, inconsistent function, things that don't inconsistent function, things that don't quite make sense together. Very often, quite make sense together. Very often, what I see is not just a single problem.

what I see is not just a single problem. It's a loss of regulation. And that's It's a loss of regulation. And that's where

this system comes in. Because the where this system comes in. Because the endockinabonoid system is not just endockinabonoid system is not just another pathway. It's more like the another pathway.

Supporting Regulation with Pico IV

It's more like the system that helps coordinate all the system that helps coordinate all the other systems. And when that system is other systems. And when that system is not functioning optimally, things start not functioning optimally, things start to drift slowly at first, then more to drift slowly at first, then more noticeably, and eventually you end up in noticeably, and eventually you end up in a situation where everything feels off.

a situation where everything feels off. But nothing is clearly wrong enough on But nothing is clearly wrong enough on standard testing, which is exactly where standard testing, which is exactly where many of my patients find themselves.

many of my patients find themselves. Now, here's the part that most people Now, here's the part that most people don't realize. Your body already don't realize. Your body already produces its own canabonoids. You've had produces its own canabonoids. You've had them since before you were born. They them since before you were born. They are essential for development, are essential for development, regulation, and survival. So, this is regulation, and survival. So, this is not something foreign. This is something not something foreign. This is something foundational. And when that system foundational. And when that system becomes depleted, disregulated, or becomes depleted, disregulated, or simply not functioning efficiently, the simply not functioning efficiently, the body loses some of its ability to body loses some of its ability to self-correct.

self-correct. self-correct. And that's where the concept of And that's where the concept of supporting that system starts to make supporting that system starts to make sense. This is where Pico IV comes in.

sense. This is where Pico IV comes in.

Why Route and Formulation Matter

And I want to be very clear here. This And I want to be very clear here. This is not about recreational use. This is is not about recreational use. This is not about getting high. The formulations not about getting high. The formulations used in this context are used in this context are non-csychoactive canabonoids. What we're non-csychoactive canabonoids. What we're talking about is using plant derived talking about is using plant derived compounds to interact with a system that compounds to interact with a system that already exists in your body to support already exists in your body to support regulation, to support balance, to regulation, to support balance, to support the body's ability to do what support the body's ability to do what it's designed to do. Now, why it's designed to do. Now, why intravenous? Because route matters. When intravenous? Because route matters. When something is taken orally, it goes something is taken orally, it goes through digestion, metabolism, and through digestion, metabolism, and there's variability. When something is there's variability. When something is administered intravenously, it becomes administered intravenously, it becomes more direct, more controlled, and more more direct, more controlled, and more predictable. And clinically, what I pay predictable. And clinically, what I pay attention to is not just what something attention to is not just what something does in theory, but what patterns I see does in theory, but what patterns I see over time. And what I've seen is that over time.

Entourage Effect and Multi-System Support

And what I've seen is that when this system is supported when this system is supported appropriately, patients often describe appropriately, patients often describe something interesting, not dramatic, not something interesting, not dramatic, not extreme, but noticeable. They feel more extreme, but noticeable. They feel more regulated, more stable, more like regulated, more stable, more like themselves. And that's a phrase I hear themselves. And that's a phrase I hear often. Let's go a little deeper because often. Let's go a little deeper because this is where the pattern recognition this is where the pattern recognition becomes important. The endockinabonoid becomes important. The endockinabonoid system works through receptors system works through receptors distributed throughout the body.

And distributed throughout the body. And these receptors influence multiple these receptors influence multiple pathways simultaneously. So instead of pathways simultaneously. So instead of targeting one pathway, you're targeting one pathway, you're influencing a network. And when you influencing a network. And when you combine multiple canabonoids together, combine multiple canabonoids together, CBD, CBG, CBN, and others, you create CBD, CBG, CBN, and others, you create what's called an entourage effect, what's called an entourage effect, meaning they work together across meaning they work together across different pathways at the same time.

different pathways at the same time. That's very different from most That's very different from most conventional approaches, which tend to conventional approaches, which tend to be single target. And that difference be single target. And that difference matters because complex problems often matters because complex problems often require multi-system regulation, not require multi-system regulation, not single point intervention. Another single point intervention.

Who May Benefit and Common Misconceptions

Another pattern I've noticed is that many pattern I've noticed is that many patients who have been struggling for patients who have been struggling for years are not necessarily missing one years are not necessarily missing one thing. They are missing coordination.

thing. They are missing coordination. Their systems are not communicating Their systems are not communicating efficiently. Their recovery is efficiently. Their recovery is inconsistent. Their responses are inconsistent. Their responses are unpredictable.

unpredictable. unpredictable. And when you start supporting regulatory And when you start supporting regulatory systems instead of chasing individual systems instead of chasing individual symptoms, you sometimes see a shift. Not symptoms, you sometimes see a shift. Not overnight, but gradually. and overnight, but gradually. and importantly more sustainably. Now, I importantly more sustainably. Now, I want to be careful here because this is want to be careful here because this is not for everyone and this is not not for everyone and this is not something I would apply universally. So, something I would apply universally. So, let's talk about who should pay let's talk about who should pay attention. If you're someone who has attention. If you're someone who has tried multiple approaches and things tried multiple approaches and things help a little but didn't fully resolve help a little but didn't fully resolve if your symptoms seem to involve if your symptoms seem to involve multiple systems rather than one multiple systems rather than one isolated issue. If you've been told your isolated issue. If you've been told your laps are normal but you don't feel laps are normal but you don't feel normal, then this is something that may normal, then this is something that may be worth understanding. Not necessarily be worth understanding. Not necessarily jumping into but understanding. On the jumping into but understanding. On the other hand, if someone is doing other hand, if someone is doing well, stable, recovering appropriately, this stable, recovering appropriately, this may not be necessary and that's may not be necessary and that's important because good medicine is not important because good medicine is not about doing everything. It's about doing about doing everything. It's about doing the right thing for the right person at the right thing for the right person at the right time. There's also nuance the right time. There's also nuance here. This is still an evolving area.

here. This is still an evolving area. There's still education needed even There's still education needed even among practitioners. There are still among practitioners. There are still misconceptions.

misconceptions. misconceptions. One of the biggest being that anything One of the biggest being that anything related to canabonoids is automatically related to canabonoids is automatically recreational or psychoactive. That's recreational or psychoactive. That's simply not accurate. And that simply not accurate.

Restoring Coordination in Complex Illness

And that misunderstanding has slowed down misunderstanding has slowed down progress in this area. Another important progress in this area. Another important point, this is not a replacement for point, this is not a replacement for everything else. This is not a shortcut.

everything else. This is not a shortcut. This is not a standalone solution. It's This is not a standalone solution. It's one piece of a larger strategy and when one piece of a larger strategy and when used appropriately it can complement used appropriately it can complement other approaches by improving regulation other approaches by improving regulation which then allows other therapies to which then allows other therapies to work more effectively. If I look back at work more effectively. If I look back at how I approached patients earlier in my how I approached patients earlier in my career, I focused more on individual career, I focused more on individual problems, infections, problems, infections, toxins, toxins, toxins, hormones, and those are still important.

hormones, and those are still important. But what I've learned over time is that But what I've learned over time is that unless the system as a whole can unless the system as a whole can regulate, you can correct individual regulate, you can correct individual pieces and still not get the result pieces and still not get the result you're looking for. And that's one of you're looking for. And that's one of the reasons this topic matters because the reasons this topic matters because it shifts the focus from fixing parts to it shifts the focus from fixing parts to restoring coordination. So the takeaway restoring coordination. So the takeaway here is not that this is the answer. The here is not that this is the answer. The takeaway is that this is a system that takeaway is that this is a system that most people have never been taught about most people have never been taught about that plays a central role in how the that plays a central role in how the body maintains balance and that can be body maintains balance and that can be supported in ways that are very supported in ways that are very different from what most patients have different from what most patients have experienced. And I'll leave you with a experienced. And I'll leave you with a few questions. Has anyone ever explained few questions. Has anyone ever explained the endockinabonoid system to you in the endockinabonoid system to you in this way? Does this idea of regulation this way? Does this idea of regulation versus symptom treatment match your versus symptom treatment match your experience so far? And would you want me experience so far? And would you want me to go deeper into how this fits into a to go deeper into how this fits into a full treatment strategy? Because for full treatment strategy? Because for many people, I see this is the moment many people, I see this is the moment where things start to make more sense.

where things start to make more sense. Not because it's complicated, but Not because it's complicated, but because it connects the dots in a because it connects the dots in a