The #1 BEST Pain Reliever: Palmitoylethanolamide (PEA) Transcript

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Introduction to PEA for Natural Pain Relief

Are you looking for natural pain relief with natural products that have good scientific evidence and safety? Well, in this video, I'm going to educate you on PEA.

In my opinion, this is the best natural paint reliever on the market with phenomenal research and one that I see helped many of my patients with great results.

I'm Dr. Mark Stengler, I am a naturopathic medical doctor. I've been in private practice for over 3 years and I have written 20 books on integrative medicine and nutritional therapies.

Now, palmitoyl ethanolamide is PEA, that's the long name for it, and it's a naturally occurring fatty acid derivative made in the body and found in foods.

It was first identified in 1957 and extracted from soy lecithin, egg yolk and peanut milk and has many studies done on it for the treatment of pain and inflammation.

What PEA Is and How It Works

In one research journal, it states that PAs actions have multiple molecular targets while modulating multiple inflammatory mediators, providing therapeutic benefits and many applications, including immunity, brain health, allergy, pain modulation, joint health sleep and recovery.

But in this video, I'm going to focus on pain that's in the body like the muscles and joints, for example. You know, PEA has a broad-spectrum analgesic effect, so it relieves pain.

It's been shown to be a great anti-inflammatory. What's also interesting, it's shown protective nerves, or it is neuroprotective. I was very impressed by a study in the journal Nutrients in 2023, and this was a systematic review and meta-analysis of 11 double-blind, randomized controlled trials.

So trials are very high quality, you can have very confidence in. And in these studies, patients had various types of pain, gynecological, neurological, musculoskeletal, even irritable bowel syndrome.

And 9 out of 11 studies report significant pain relieving effects. In those studies the dosages of PA ranged between 300 mg to 1200 mg daily.

Research on PEA for Pain and Inflammation

Also, another study published in the Journal of Nutrition and Food Sciences in 2021. This is a randomized double blind study comparing 350 milligrams of a highly absorbable PEA known as levagen to placebo for reducing adult joint pain.

And in this two week study, 35 people received the PE and 39 received a placebo. Now the pain scores were significantly reduced and those receiving the PA compared to placebo.

Another study I want to talk to you about was published in the Journal of Inflammopharmacology. In this randomized double-blind study, placebo-controlled, in adults with mild to moderate knee arthritis, it involved 111 people receiving PEA, high-absorbable PEa, and the doses of 300 mg, 600 mg or a placebo each day.

And what they found was that there were significant pain and anxiety improvements in PE group, the people who took the PE supplement. Also, I want to talk about the Journal of Pain Research.

In this study of eight clinical trials involving 1,366 patients, it was found that PEA was a safe and effective treatment for sciatic pain, which can be hard to treat, low back pain and carpal tunnel syndrome.

Now, how about safety of PEAs? Well, there's been numerous clinical trails demonstrating in over 1 500 people that there is no adverse effects with PEAS.

And the doses in those studies range between 300 to 1200 milligrams per day.

PEA Safety and Use With Pain Medications

So it has been extensively studied in both healthy and sick populations. Now patients ask me, can PEA be combined with pain medications? In many cases, yes, it can.

Of course, you need to check with your prescribing doctor first, but there has has research on this and they found that a combination of PEAs with analgesics such as Tramadol, Pregabalin, Gabapentin and Diloxetine never led to any adverse effects or interactions.

So we know that PEa can be used with other pain medication, But again, You need work with you doctor on that. And to date, no drug-drug interactions have been documented with PEA.

That doesn't mean they'll never find any, but to this point, they have not found it to be a problem. But PEa can be used just by itself. It has a powerful pain relieving and anti-inflammatory effect, so you don't necessarily have to use it with medication.

So this is one of the great things about PE. Now, I'm asked by patients, does PA work like CBD or cannabinoids? No, it really doesn't. It does indirectly activate cannaboid receptors 1 and 2, or CB1 and CB2, through inhibiting the degradation or the breakdown of the endocannabinodes.

it also increases receptor levels of CB 2 so it has an indirect effect.

PEA Compared With CBD and Turmeric

Now what I like to do with patients is use PA in higher doses by itself. But even better at I'd like you to use it combined with a high absorbable tumor extract.

Of course, tumor has very good studies on it for its anti pain and anti inflammatory effects. So the combination of the two together is what i generally like.

To use with patience. If you want more information on PEA and turmeric and go to my website drstengler.com or dr.stegler dot com. Um, you can find more than how to best use PA.

Well, I hope you liked this video. Subscribe to channel. I have many videos on many different subjects for integrative medicine, and I look forward to speaking to you soon.