What You ACTUALLY Need to Know About PEA (Palmitoylethanolamide) Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to PEA for Pain Relief

Are you suffering from pain, chronic pain? And you're looking for natural ways to relieve your pain. Well, as you watch this video, I'm going to go through a breakthrough in the natural product industry for a supplement known as PEA.

So as watch the video you are going understand the science behind PEAs and why it's really a valid way to help to decrease your levels. You know, so many people have problems with chronic pain, sciatica, low back pain neck pain.

Various reasons why people had pain and millions of Americans resort to using non-steroidal anti-inflammatory drugs, you know the ibuprofen, the Tylenol.

Then there's the prescription medications, especially the opioid family. And we all know what a problem that has been for addiction and even death for so much people.

But what do we have in the natural products, in a natural supplements which is really effective for pain? Yes, we have things like bromelain. We have turmeric, which is decent.

But really the best by far, in my opinion, is PEA. And PE A stands for palmitoyl ethanolamide.

What PEA Is and How It Works

This is a natural substance, a national agent you find in foods like egg yolks, for example. You find it in soy lecithin, albeit in very small amounts.

but you can concentrate it and take it into supplement form. The studies on PE are quite amazing and there's many of them. So let's go over the things that PE can do for you.

First of all, PA is known as a broad-spectrum analgesic, so it has a general pain-relieving effect. More than that, it's also anti-inflammatory. In addition, its neuroprotective.

It helps to not only relieve nerve pain, but protect the nerves from damage. randomized controlled trials or well-designed studies. Patients had different types of pain that they studied.

They had gynecological pain, say like menstrual cramps, neurological pain so nerve pain pain of the muscles and skeleton, and also irritable bowel syndrome where you get that abdominal cramping type of paint.

And what they found in nine of 11 studies was that TA had significant pain relieving effects.

Evidence for Joint and Nerve Pain

Now in those studies, the dosage that was used ranges between 300 to 1200 milligrams daily. Also, PA has good studies on for joint pain. In 2021, they did a randomized double blind study comparing 350 milligrams of a type of PA product compared to placebo for reducing joint and adults.

And in this two week study, They found that the pain scores were significantly reduced in taking PEA versus placebo. So definitely it's a supplement you should use if you're having more than mild joint Now, nerve pain, I've mentioned before, and they've done eight clinical trials involving over 1300 people, And they found that PA was safe and effective for treating sciatica pain low back pain and carpal tunnel syndrome.

And let's face it, those of us in clinical practice, we know those conditions can be difficult to treat. In addition, they did a study of 636 patients who had sciatic.

and they used doses of 300-600 mg of PEA and compared it to placebo. And after three weeks, those who took the PEAs at 600 mg a day had a 60% reduction in their pain levels.

Well, I hope you're enjoying the video. If you are looking for quality supplements, go to my website drstengler.com and there you can see the nutritional supplements I've been using with my patients for many decades.

They involve a lot of scientific research. Many of them I have created myself. So again, thank you for watching the Well, how about migraine headaches?

Migraine Relief and Safety Profile

That's certainly a type of pain. And migrain headaches are difficult to treat sometimes with natural products. But PA did very well. In 2022, they did a double blind study comparing PA to placebo for adults with migraines.

So at the start of a migrane, when a Migraine was coming on, the participants took the PA at 600 mg or placebo. And then they record their pain scale every 30 minutes for four hours or until the migraine went away.

If the Migraine had not resolved that to two hour mark, then a second dose was given. So what they found was those who took the PA resolved more headaches, had a lower pain score and reduced the need for acute migraines medication more significantly than placebo.

Again, that's really putting it to the test when you can help migrain headaches. Now, what about the safety of PEA? Because when you look at pain relieving products, especially the pharmaceutical drugs, obviously they have problems for liver toxicity, kidney toxicity can create heart problems, clotting problems.

But PEAs very safe. Matter of fact, over 50 years, the size has shown up to 1200 milligrams a day really does not have any harmful effects. In one study, the researchers stated the following, quote, numerous clinical trials involving more than 1500 subjects have demonstrated no adverse effects with doses of 300 to 1200 milligrams per day being studied extensively in both healthy and sick populations.

So anyways, PA is very safe and it's quite effective. I use it a lot with my patients. For those with acute and chronic pain, I'll use PA around 600 milligrams a day up to 1,200 milligrams today.

Dosage, Clinical Use, and Closing Remarks

That's more acute, serious type pain. Sometimes I'll combine it with a highly absorbable turmeric product as well. That's a nice synergistic combination.

In any event, if you're suffering from pain, talk to your health care provider about the use of PEA. It really is quite a breakthrough in the natural product industry.

For more videos on terms of chronic health disease, acute health problems, problems with pain. See more video on my YouTube channel.