

## **PEA – PALMITOYLETHANOLAMIDE, A NATURAL PAINKILLER**

PEA is a natural substance produced by the body; it is very effective and safe to use as a supplement for pain and inflammation.

### **WHAT IS PALMITOYLETHANOLAMIDE?**

PEA is a natural, protective, fatty molecule produced in our body, and in animals and plants. PEA can be found in food such as meat, eggs, soy beans and peanuts.

Nobel Prize winner Levi-Montalcini identified PEA as a naturally occurring molecule, describing its value in treating chronic infections and pains. Following her discovery, hundreds of scientific studies have been carried out to show that it is very effective and safe to use. PEA is described in scientific writings as a natural painkiller.

### **WHAT DOES PEA DO IN OUR BODY?**

PEA is a fatty acid amide molecule involved in a variety of cellular functions in chronic pain and inflammation. It has been shown to have neuroprotective, anti-inflammatory, anti-nociceptive (anti-pain) and anti-convulsant properties. Often in people with chronic disorders, the body does not produce enough PEA, which causes problems.

Taking PEA to supplement the body's shortage is may be beneficial if you have chronic and neuropathic pain and inflammation, as has been demonstrated in clinical trials. These include peripheral neuropathies such as diabetic neuropathy, chemotherapy-induced peripheral neuropathy, carpal tunnel syndrome, sciatic pain, osteoarthritis, low-back pain, failed back surgery syndrome, dental pains, neuropathic pain in stroke and multiple sclerosis, chronic regional pain syndrome, chronic pelvic pain, postherpetic neuralgia, and vaginal pains.

### **WHO SHOULD TAKE A SUPPLEMENT OF PEA?**

Anyone with a painful or chronic health disorder, even if you are taking medication for these complaints, as it has been shown to enhance the effect of medication. People who react to or find no benefit with anti-neuropathic or anti-convulsant drugs for nerve pain may benefit from PEA, this has been shown in large studies for sciatica and carpal tunnel syndrome.

## **PEA + B VITAMINS FOR NERVE PAIN & INFLAMMATION**

PEA is a fatty molecule that helps support the myelin nerve sheaths for good nerve function.

Deficiency of vitamins from the B group can not only cause nerve pain, but also increases it. Additional unpleasant symptoms could also occur, such as a wobbly gait, tingling and stinging of the hands and feet, a feeling as if one is walking on barbed wire or cotton wool or even numbness of the hands and feet.

Too little vitamin B1 leads to disturbance in the functioning of the nerves and consequently to neuropathy and nerve pain. When adding vitamin B1, the pain decreases and the nerve function improves. Vitamin B1 can be taken together with PEA, this provides optimal support to the functioning of the nerves, prevents nerve pain or worsening pains. Recent studies have shown that many people with chronic pain, elderly people and diabetics have an inadequate amount of these vitamins in their blood. This is one of the reasons that these people cannot be treated only with painkillers; they need more than that. PEA plus B vitamins supports the nervous and immune systems in cases of nerve pain.

## **ARE THERE ANY SIDE EFFECTS?**

There are no known problematic side-effects. PEA can be taken together with any other substance. It enhances the pain-relieving effect of classic analgesics and anti-inflammatories.

Palmitoylethanolamide can be used in combination with other substances without any side effects.

## **HOW DO I TAKE PEA SUPPLEMENT?**

PEA is available in capsule form and as a topical cream. Best results are achieved if taken by mouth for 2-3 months (400mg/1 capsule 3 times a day is the proven dose to start on) and this can be used in conjunction with the topical PEA cream. Palmitoylethanolamide capsules support the nerves from within, while the PEA cream calms the nerves on the skin. It is readily available in Europe (PEA Pure) and can now be purchased in Australia via compounding chemists without a script. We recommend [Stenlake Compounding Pharmacy](#) in Sydney, [The Compounding Lab](#) in Brisbane, or try your local compounding pharmacy.

## **More information:**

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