

# Peace WITH ENDO PODCAST

## **PWE30: CBD Oil & Chronic Pain Relief**

**Aubree:** Welcome to the Peace with Endo Podcast. My name's Aubree Deimler. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo.

This is episode number 30 and on the show today we have Joy, who is the founder of the company Joy Organics, who offers high quality, organic CBD oil products. I've been using them for the past couple of months with great results so I'm excited that she's here today to share some of her story and wisdom with us. Thanks so much for being here, Joy.

**Joy:** Thanks so much for asking me Aubree.

**Aubree:** So can you share a little bit more about you?

**Joy:** Well I am a mother of four, grown awesome kids. I have six grandchildren. I'm married to my high school sweetheart for 150 years, actually 33 this year, and before I started this retail space and business I did women's events, empowering women around the world.

**Aubree:** So when you started on a holistic journey what problems or symptoms were you looking to solve?

**Joy:** You know I feel like my holistic wellness journey started years ago but I was always looking for natural ways to feel better with my gut health, feel better with energy, fatigue issues. When I went gluten-free that changed everything for me. The most recent wellness journey was I wasn't sleeping so I would say it's been about two years since I had a good night's sleep without taking something over the counter and so that really started on the journey of what can I do naturally to help me sleep?

I also injured my shoulder. I was headed to Africa. I was going to three countries. I was going to be gone for three weeks and I had a suitcase full of books that I was taking to a refugee camp, a school, and I just lifted that suitcase wrong and hurt my shoulder, and so I was looking for natural ways to heal the shoulder. I didn't want to go get an MRI. I didn't

want to have surgery. I wanted to do this naturally, and I was looking for something to help me sleep.

So what happened I had gone on that trip to Africa, when I came back my oldest son came to visit who happens to be my... a partner in my business, Jared, and he had been researching CBD from the business aspect along with the health aspect. He also was having a hard time sleeping and he asked me if I had ever tried it for sleep. Honestly at that point, this was early spring, I don't know if I had ever heard of CBD, certainly didn't recognize it. So, we actually went to a store in Florida and got some CBD and that night I actually slept through the night, which for me was kind of miraculous. I also got some cream and put it on my shoulder and got relief from my injury.

So, again Jared had kind of started researching CBD out for his own wellness, for his own sleep issues and also from the business aspect and he was really trying to get my husband to go into business together and I really wasn't a part of it I was enjoying the benefits of CBD, sleeping through the night and getting pain relief from my shoulder, but really wasn't interested in doing anything but what I had been doing, which is speaking at women's events, and just through the course of... he was visiting us in Florida for about a week and it was just kind of an ongoing conversation we were having about CBD and went on this journey of oh what if we started a business?

And with that we started thinking about names and my name came up (laughs). So, I tell people this business kind of found us, and especially found me, because I wasn't really looking for anything, but I did have such great results with my own CBD journey that I did want to share it with everyone else.

And then it was about who was going to manufacture this for us. So we did a lot of research and narrowed it down to the company we chose, which you know, for us it was important to be organic. It was important for me to be full spectrum, and THC free. I wanted to have it available for children especially. I didn't want any THC and I know other people, you know, for religious reasons, or an adverse reaction to THC. A lot of people do get drug tested for their jobs. I didn't want to have THC. So, we're super happy with... with the company we found.

**Aubree:** And that is a question that people often ask is... does CBD show up on a drug test? If you are...

**Joy:** No. If it's THC free. It's the THC that would show up in your drug test. Ours will not show up in a drug test and we've had people tested.

**Aubree:** Great. So I'd love to chat more about the CBD industry and how, you know, not all products are created equal. So can you share a little bit more about that?

**Joy:** Yeah, and I think, Aubree, that goes back to like when we were really looking for manufacturers and doing our research the things that we were looking for is... was a full spectrum product, and so what that means is that we have in our main ingredient is Cannabidiol, but we have a hundred plus minor cannabinoids, plus thirty plus terpenes, and what that does when you have the CBD along with the other cannabinoids and the terpenes there's what they call an entourage effect, so it kind of opens up our receptors to receive the CBD fully.

Right now with the CBD industry it's hard to know what you're getting. A lot of companies offer CBD from China. You just don't know what you're getting so I would urge your listeners to do their research, you know where... where are... where are the CBD companies getting their CBD from? Is it organic? Is it full spectrum? You do want a full spectrum product to get that entourage effect.

And a big misconception in the CBD industry is that you have to have the THC for it to be effective and I promise you that's not the case, you know I can't make any medical claims, but I can speak from my own situation and how it's affected me and the results I have found and I'm in the store so I hear testimonies day after day of how literally people use this phrase that it's changed my life.

**Aubree:** And I can tell also from experience that I can definitely tell the difference with Joy Organics like it does... it works better. So I can speak from experience with that as well.

**Joy:** You know let me share a couple of things that I didn't know I would get relief or results from when I started taking it. I started taking it for sleep, but also these two things were surprises to me. I had gut issues. I was not diagnosed with IBS, but I had IBS symptoms. I traveled a lot and I would just have to be on anti-diarrheal traveling is non-stop. Since I've been on CBD, it was about six weeks in for me taking our product that I noticed I wasn't having IBS symptoms so that was for me huge, and my family can attest to how big that was for me. **I feel like it's healing my gut.**

The other thing that was kind of a surprise for me is hormone balancing. So I am 53, and I would wake up numerous times in the night just being hot or cold, hot or cold, you know, blankets on, blankets off and I don't have that anymore, and you know, I'm not sure is it balancing my hormones, it's helping me sleep, it's doing all these things.

But for my family a big one that I've heard is anxiety. You know I feel like we're kind of all A-type personalities. We're go-getters. We're all about, you know, getting things done and I don't know that I would call us anxious, but clearly... clearly we all are and have had great results with... with our products with anxiety.

But I wanted to share a testimony that I heard. I had a woman come in for pain with endometriosis and she got the tincture and she didn't live in state so she traveled back home and a couple of weeks later her mom came in and said Joy I want you to talk to the daughter, and put the daughter on the phone and the daughter basically said thank you for giving me my life back. I wake up with a level eight pain, because of the endometriosis. I have the tincture next to my bed. I take that. I lay there for a few minutes and then I can actually live my life.

But we have people come in with chronic pain. I have children who are bi-polar. I have a couple of children who are on our products for severe sensory perception issues where you know I had one mom say thank you for giving my daughter's life back, you know, she's a totally different kid on our products as opposed to not being on our products. Severe ADHD, but chronic pain is a biggie. Aubree I feel like right now people are on the defense taking CBD, you know, they're desperate for pain management, inflammation, sleep, anxiety, where I feel like the future CBD is going to be like a vitamin C or a fish oil, where people are going to be taking it for overall wellness, as a preventative.

**Aubree:** Absolutely.

**Joy:** Yeah.

**Aubree:** And I think coming from you know living my life with chronic pain and taking the over the counter stuff, you know, taking ibuprofen for years and Tylenol and all of these things that are now coming out showing that these could actually have long term health impacts and I know for me it was tearing up my stomach, like I reached a point where I'm like I can't take ibuprofen anymore because it's literally like tearing up my stomach.

**Joy:** Yeah.

**Aubree:** And also from a hormone perspective it stops up ovulation, and that's messing with your hormonal balance as well, so CBD does serve as an alternative.

**Joy:** Yeah.

**Aubree:** To these things that they're coming out and showing have long-term impacts, and when it comes to the anxiety piece of it. I'm glad that you brought that up. I've heard that the... because I know that you guys just came out with a vape pen, and that helps better with anxiety. Have you heard that? It's more like of an instant kind of thing?

**Joy:** Well. Yeah. Well yes. The thing about the vape, whether it's for anxiety or chronic pain, it's instant. So, the vape is the number one way, the best bioavailable way to take your CBD, because it's instant. You know number two and three would be a vaginal suppository and a rectal suppository. I'm not sure if we're going to come out with those.

**Aubree:** (laughs)

**Joy:** But then you would have our soft gels would be next, because it's water-soluble. But the vape is... we've had great results with the vape. The vape is instant.

**Aubree:** Nice. So what product do you usually recommend, is that what you usually recommend starting with to help if you have chronic pain?

**Joy:** Not necessarily. The vape is instant, but it doesn't last very long. You're going to get three to six hours of relief you might need to take it more often. I... for chronic pain I recommend the soft gel. It's a water-soluble soft gel, which means you're going to absorb the majority of that product, and it's going to last a long time. Our soft gels even after twelve hours you still have half that dose in your body.

**Aubree:** And you have some that have the curcumin.

**Joy:** Yes, which is known for anti-inflammation. So the soft gel's going to last the longest, but it takes about an hour to kick in. The tincture is super quick. I mean I recommend that generally for people with anxiety because it's... if they don't want to vape, because it's the... it's the next fastest acting. It takes effect in about ten minutes, and what I do is I take a soft gel in the morning, but I have my tincture with me if I'm standing in the store all day and my back hurts or I get a headache I... I take some tincture, and that's going to kick in about ten minutes for me.

**Aubree:** Nice. And I've also recently tried the cream, the topical CBD, which helps as well if you've got joint type issues going on. That stuff's great.

**Joy:** I love our salve. So that's the same water-soluble CBD that we have in our soft gels. That's in our salve. And you know I have people come in with neuropathy or knee pain or shoulder pain and I always ask when they come in do you have anything on you that hurts? So that they can take a sample of the salve while we're talking, and it's transdermal, and it's pretty quick, you know. I have a lot of people say I think it's psychosomatic but it's already working. No, it's actually already working.

**Aubree:** Mmhmm.

**Joy:** It's that fabulous.

**Aubree:** Well any final words of wisdom for our listeners today?

**Joy:** Like I said earlier, Aubree, I feel like right now people are coming in especially I see people in the store they're coming in because they're desperate for relief from pain, inflammation, sleep, anxiety. Those are our top four I would say. Every person should be on a CBD product. A quality, full spectrum, THC free product for overall wellness as a

preventative like we take fish oil and vitamin C. You don't have to wait until you're sick or you know, in pain, or you can't sleep and I would encourage your listeners to do their research on the products that they're getting. I am proud. I mean the products have my name on it. I am proud to sell these products. I'm proud of you know our manufacturing facility and how they process our products. So I would encourage your listeners to you know seek out a good CBD product, and take it as a wellness product.

**Aubree:** So, I recently partnered with Joy Organics and am able to offer listeners 10% off when you use the code [peacewithendo](#), that's all one word, when you check out over at [joyorganics.com](#) and I'll include a link to that as well in the show notes for those of you that do want to check them out further.

Well thanks so much for coming on today and sharing, you know, some of your story and successes with us. It's great.

**Joy:** Yeah. Absolutely. Thank you.

**Aubree:** If you enjoyed this episode, I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at [peacewithendo.com](#) or on Facebook, Twitter and Instagram [@peacewithendo](#). I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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