

Palmitoylethanolamide

Posted by helen - 28 Nov 2016 12:47

In my search for relief from horrendous daily muscle cramps, which start in my lower groin and consume, torso, neck, head and face 🙄
I have decided to try Palmitoylethanolamide (PEA) 2 capsules, twice a day. According to Dr Tennant, see link below, it can help reduce inflammation and reduce chronic pain. Please note there are so many natural supplements recommended to choose from, I couldn't take them all, so did some research first.

3 days into taking a USA brand Vitalitus, I'm feeling worse than ever - stronger pain/cramps, but will give it a couple of weeks. In the meantime looking for a European supplier to reduce the cost of importing from US.

Love to hear if anyone else has tried this compound and if they've found some reduction in pain. 🙄

Love & best wishes for low pain days, Helen 🙄

www.foresttennant.com/pain_management_patient_self_help.html

=====