



Health Benefits of Palmitoylethanolamide

Palmitoylethanolamide, or PEA, is a substance produced in small amounts by the body naturally to combat inflammation. Outside the body, it can be found in soybean lecithin, egg yolk and milk.

Since its discovery in the 1950's, PEA has been widely researched as a pain suppressant and anti-inflammatory. It has found to have little to no known side effects and several beneficial effects for the body.

1) PEA Reduces Pain and Inflammation

In humans, **PEA reduced the pain intensity** in patients given a PEA supplement than those without a PEA supplement. In one pivotal, double-blind, placebo-controlled trial in 636 **sciatic pain patients**, 50% pain reduction compared to baseline was achieved after 3 weeks of treatment.

PEA reduced pain levels in patients with back pain better than in patients not given PEA.

PEA decreased pain intensities in patients with **fibromyalgia syndrome, trigeminal neuralgia, chemotherapy-caused pain & women with pelvic nerve pain.**

2) PEA Protects the Brain

In stroke patients given PEA, **recovery outcomes, such as cognitive skills and brain status, improved** compared to stroke patients not given PEA.

PEA improved cognitive and social behaviour in **autistic children.**

PEA has been administered to diminish nerve degeneration in **Alzheimer's disease and early onset dementia** patients by counteracting the toxic brain derived beta amyloid protein.

PEA may **reduce brain inflammation and brain cell death in migraine patients.**

In rats, a pre-treatment of PEA reduced seizure duration, indicating PEA may also have **anti-epileptic properties.**

3) PEA Reduces Psoriasis, Eczema & Dermatitis

PEA as a topical cream with its anti-inflammatory properties has **extended the remission of eczema.**

PEA as a cream can reduce the total number of **psoriasis flares** a patient may experience and lessen the need for adjunctive therapy such as steroids, immunomodulators and systemic antihistamines.

4) PEA Benefits the Heart

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In mice with induced heart attacks, **PEA reduced heart tissue injury, levels of inflammatory cytokines, and cell death.**

Rats treated with PEA for 5 weeks had lower blood pressure than rats not treated with PEA.

5) PEA is Good for Eye Health

In patients with eye diseases, PEA has **anti-inflammatory benefits in eye cells** and may be used as a treatment supplement, especially for those with **glaucoma and diabetic nerve damage.**

In human patients with normal tension glaucoma, PEA treatment improved the visual field.

6) PEA Helps Gut Function

PEA is anti-inflammatory and can **help manage inflammatory bowel disease.**

In rats, **PEA lowered blood pressure and** also normalized intestinal movement in mice with irritable bowel syndrome.

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