

THE KEY TO LIVING

A PAIN-FREE LIFE



CASE STUDY

How a Mom of Two
Took Control of Her
Healing and Avoided
the Risk of a Narcotic
Addiction After Injury





LIVING A PAIN-FREE LIFE



About Jenny

Jenny is a married 41-year-old woman with two kids (ages 9 & 12) and works full-time in a fast-paced career in international communications.

When she is not at the office, Jenny leads an active lifestyle taking her children to weekly soccer games and karate practices, working out three times per week, and meditates regularly.

The Challenge

Jenny broke her leg in September 2019 and began using a combination of CBD/THC topicals as well as an even one-to-one tincture of THC and CBD to help with pain, inflammation, and to promote bone growth. Happy with her results, she found herself on the road to recovery.

Unfortunately, she reinjured her leg only four months after the initial accident. Although the pain the second time around wasn't as bad, she didn't want to go back to using narcotics. So she briefly considered using the cannabis tincture to help with her recovery especially when she was confined to complete bed rest.

Her hesitation due to price and flavor caused her to grin and bear it—even though she knew it had worked for her in the past. She decided to rely only on over-the-counter pain relief, which did not provide her with the necessary cannabinoids to stimulate bone growth.

The result? It took twice as long to heal the fracture and the bone density never returned to its pre-accident state.

When she reinjured the same place a third time, she knew she couldn't skip out on the cannabis and hemp treatment and reached out to Lucy's Natural Remedies for our help.



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The Solution

When Jenny first came to us, she was happy with the results she saw using the CBD/THC topicals we recommended, both with a cooling agent and without.

She noticed an improvement with the CBD tincture but was hesitant to try it again in January 2020 and again in September 2020 for a variety of reasons. It had been expensive, it didn't taste great so she didn't look forward to it, and it left her feeling slightly woozy due to the presence of THC. She was eager to start the topicals back up but wanted something to replace the tinctures for long-lasting relief.

While you will feel topicals start to work almost immediately, their effects aren't long-lasting. Jenny found it awkward to reapply at the office or even at home when she was on zoom calls with co-workers.

We decided on a customized order of Lucy's Lozenges with an increased amount of full-spectrum CBD so that she could simplify her day and just take one.

Not only did it help with her pain and inflammation, she found that the CBD also helped provide a calming effect that was much needed from the pandemic stress of 2020.

Her recent x-ray shows the bone fracture has healed and her bone density is thickening to where it needs to be again.





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Why now?

2020 hasn't been easy and it has been even harder on Jenny with only one good-working leg. She had to get back to work and take care of her two children. The pain needed to be addressed so she could get back to her daily routine of a working mom.

The cost ...

It wasn't so much a financial cost that Jenny faced, although the cost of the tinctures definitely was a consideration. It was the lifestyle changes that turned out to be a greater cost than she had factored. She found herself relying more on her husband to handle the daily chores, which never worked out either because he wasn't used to doing them or just didn't have the time because of work.



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The Results

- ✓ Jenny is pain-free
- ✓ She could return to her full schedule without feeling “high” or drowsy
- ✓ Her sons could count on her again to help with school and after school activities, doctor appointments
- ✓ Common errands like grocery shopping stopped being a monumental task of coordinating work and school schedules with her husband
- ✓ She no longer felt limited to taking the tincture after work because the lozenges were not making her feel too high. The 1:1 THC and CBD tincture had helped with the pain, but Jenny learned that her endocannabinoid system is very sensitive to THC and a full-spectrum CBD works better with her body.
- ✓ This had been a year-long experience of injury after injury resulting in Percocet prescription after Percocet prescription. Jenny knew she was only supposed to take the pills for two weeks, but the pain was still there even after the pills were gone. She started to worry she might become addicted to the narcotic. With our coaching and our products, Jenny was able to find the key to living her life pain free.



A woman with curly brown hair, wearing a green sleeveless top, is sitting at a desk. She is looking at a laptop screen which shows a video call with two people. Her hands are near the laptop keyboard. A green bottle is visible on the desk next to her.

Would you like help creating a plan to a healthier you!

I became a medical cannabis patient in 2015, but it wasn't until I started working at a dispensary that I fully understood the wonders of this plant.

I absolutely loved connecting with patients and watching them gain more confidence in their selections as I explained to them the differences between strains and which ones to try based on their needs. It made my day when they would come in the following week to thank me for the advice and to learn more. I saw them becoming healthier week after week, not just physically but mentally and emotionally as well.

I started Lucy's Natural Remedies to be a place for people to come and learn about cannabis and hemp, a place with reliable and trustworthy CBD products, a place where patients could go to take control of their healing.

Book a Call