



## Health

# The Best Cannabis Strains For Back Pain, As Chosen By Lift & Co. Users

Need a strain for a strain? Here are some of the different types of cannabis that members of the Lift & Co. user community recommend.

By **Lauren Wilson** · Nov 12, 2018



Almost everyone deals with **back pain** at some point or another — pent up stress and tension in the shoulders, strain from overexertion, chronic pain from injury or ailment, or the now all-too-common “**text neck**.”

Whether it's occasional aches and pains or a chronic back ailment, there may be a strain that can help with symptoms. Here are the top five strains for back pain, according to data compiled from reviews by the Lift & Co. community.

## CBD Capsules by CannTrust

*Hybrid, THC: <1mg/capsule CBD: 10mg/capsule, \$72 for 60 capsules*

**Terpenes:** *B-caryophyllene, myrcene, humulene, linalool*

These hard-shell vegan capsules are non-intoxicating and great for daytime use. They're also high in the terpene beta-caryophyllene, which is a potent anti-inflammatory that helps the CBD pack an extra powerful punch for pain.

Lift & Co. users are loving these CBD-dominant capsules for their ease of use (just swallow them!) and long-lasting effects. According to Lift & Co. member **Rosemary 108**, “The capsules do not have a taste, it takes approximately half an hour to an hour to kick in and last for about anywhere from 4 to 6 hours and then I need to repeat. Easier to handle or carry in purse. With the CBD oils or caplets you don't get high off of it, so you can actually function through your day especially when I use it at work.”

## THC: High Cannabis Oil by Peace Naturals

*50/50 Hybrid, THC: 23.3mg/ml CBD: 0.5mg/ml, \$49 for 20ml*

**Terpenes:** *Will vary*

This high-THC oil from Peace Naturals harnesses all the pain-fighting power of THC, and many Lift & Co. members also report combining this oil with another high-CBD oil for optimal effect and experience.

According to **Mickeymakayla**, “Before taking the oil my back was completely seized and the pain was very intense, and after about 45 minutes after taking the oil I felt completely relaxed and absolutely no pain at all.”

## Orellium by MedReleaf

*Indica, THC: 5-8% CBD: 9-14%, \$12.50/gram*

**Terpenes:** *Myrcene, guaiol, alpha-bisabolol, beta-caryophyllene*

The nearly balanced THC:CBD strain boasts lesser-seen terpenes like guaiol, which has a delightful piney scent and is known to have great anti-bacterial properties. It also contains alpha-bisabolol, which is a fragrant compound found in chamomile that has anti-inflammatory and antioxidant benefits.

Lift & Co. member **radiosity** says, “This is my go-to strain for pain when I have to stay clear-headed. The CBD helps with muscle aches and pains and calms any anxiety, the THC is just enough to take the edge off but doesn't get me hyper or anxious.”

## Canna Oil 10/10 by Canna Farms

*Hybrid, THC: 10mg/ml CBD: 10mg/ml, \$70 for 25ml*

**Terpenes:** *Will vary*

Canna Oil 10/10 doubles up on pain relief by harnessing the anti-inflammatory benefits of both THC and CBD, while curbing intoxicating effects with a 1:1 balance of THC and CBD.

According to Lift & Co. member **Piercedsunshine**, “The balance in THC and CBD leaves me feeling really relaxed and calm but not high. I'm able to function at work and don't feel impaired.” **Agentorange** adds, “Excellent product! Suffer with chronic lower back pain and chronic stiff neck with pain and arthritis in hand, great relief using 10/10 oil.”

## Baleen by OrganiGram

*Hybrid, THC: 5.9% CBD: 10.5%, \$9/gram*

**Terpenes:** *Alpha-pinene, myrcene, beta-pinene, limonene, guaiol*

Named after the gentle giant of the ocean, this strain is both powerful on pain but easy on the mind thanks to the high CBD content. “Baleen is such a good strain for so many reasons. It's very mild but buildable if you'd like a bit more relief. It's hardly noticeable in the right amount while still giving you effective pain relief,” says Lift & Co. member **catattack**.

Member **Sion** adds “You take it in the morning or during the day ... Baleen is amazing. I have severe back pain and muscles spasm. Daytime hours, this CBD strain helps remaining active without most of my pain.”