



MMJPR NEWSLETTER

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A LETTER FROM THE EDITOR

MMJPR offers numerous benefits to both website visitors as well as advertisers, as it brings them together to exchange and connect on a subject that is of growing interest to patients with chronic conditions, growers of medical marijuana, healthcare practitioners, and anyone interested in improving health.

If you're interested in becoming part of the thousands of Canadians who are exploring the benefits of medical marijuana, MMJPR offers you this unique opportunity to do so

WELCOME TO A NEW WORLD IN HEALTH CARE.

MMJPR takes great pleasure in sending you this first issue of 2017 of our medical marijuana newsletter. Now is the time for new year's resolutions and time to get out and meet those goals we have set ourselves.

With the advent of medical marijuana as a pain supplement, we are only beginning to be aware of its potential. That's the starting point for MMJPR, a new national medical marijuana directory and forum that aspires to educate and inform Canadians as they evaluate all their health care and pain management options.



Could Medical Marijuana Impact Weight Loss?

It is not uncommon for the average person to associate weight gain with medical marijuana use as there is so much talk about experiencing 'the munchies', however, a recent study revealed that cannabis doesn't necessarily have much impact on your waistline. Researchers studied over 700 adults aged between 18 and 74, based on a Nunavik Inuit Health Survey, and found that, compared to people who didn't smoke marijuana, the pot smokers had lower body mass index (BMI) scores (26.8 versus 28.6, respectively). It was also noted that those who smoked pot had a reduced risk of developing diabetes.

The objective of the study was to ascertain the relationship between cannabis use, obesity, and insulin resistance, and it concluded "Cannabis use was associated with lower BMI, and such an association did not occur through the glucose metabolic process or related inflammatory markers...these associations were attenuated among those who reported using marijuana at least once but not in the past 30 days, suggesting that the impact of marijuana use on insulin and insulin resistance exists during periods of recent use." It was also noted these study participants found smaller waist measurements than those who did not smoke marijuana.

In addition to the weight control and diabetes prevention and management that these studies suggest, marijuana use has often been associated with a range of positive health outcomes. For more information on this study go to the Conference of Quebec University Health Centre, McGill University, Montreal.



The Satisfaction Diet



Got Sleep?

The Satisfaction Diet

Ever daydream about how perfect your life would be after you've lost a little weight? Say things to yourself about how you've look for a new job once you lose a few pounds or you'll find the right partner if only you could lose a few more pounds? Why wait? Turning the classic 'lose weight to live great' saying upside down and therefore living great to lose weight should be considered.

In one study, people who were happiest with themselves at the start of a weight loss program trimmed off twice as much weight as those who were the least happy. Dropping emotional and mental baggage before you dive into a diet and exercise plan – and boosting satisfaction with your body, your relationships and your life – is a quiet vote of confidence, a signal to your inner self that you are worth taking care of. Psychologists who specialize in healthy weight loss say a more positive sense of self can help smooth the emotional highs and lows that feed overeating and snacking. It builds resilience so you can weather the inevitable challenges and temptations ahead, like stress induced trips mid day to the office vending machine.

When people struggle, they begin to feel bad about themselves, so it's more difficult to handle better weight control, psychologists in this area also note links between body image and successful weight loss. When you feel better about yourself, you tend to do more good things for yourself.

Stop postponing satisfaction. Here are three ways to let go of mental weight that bog down your weight loss efforts.

1 Love Your Body Now

Concentrate and appreciate your own amazing talents now. Whether that be singing in the shower, being good at your job, or helping someone out of a jam, are all things that can make you feel proud about being you. Think

of all the things and ways that you can praise yourself on regardless of how much weight you carry around, and this self-praising turns into feeling better about something you did, and helps to improve your mood, which in turn, gives you an edge in keeping off the pounds. So, you can improve your body image even before you change your appearance. A healthy



body image is critical to loving your body now! Look in the mirror, what features do you like? Chances are you'll find more to admire. Start writing a list of all the positive activities you do in a day, alternatively, write about the ones you want to do and start crossing them off the list once you've done them. Once you start making your list, I bet you'll want to see how many other great things you can accomplish. We've



all admired the less than skinny woman or man, who is impeccably groomed and attired. Aspire to be like that person. Clean clothes and freshly ironed can go a long way to feeling happy about yourself. Ensure your body gets enough proper nourishment, fresh air and sleep. Joyful exercise like taking a tango lesson or luxuriating in a bubble bath offers you an opportunity of feeling deep down well being, this caring for yourself works to improve your body image and love your body now.

2 Live the Life You Dream About

Instead of waiting till you've reached some weight loss milestone, go out and do something that you may have been putting off. Or try doing something you know you do well, even better. Put some extra shine on a report for work, or break your current routine with asking a friend out who you haven't seen in a long time. Whatever, just start now, give it a whirl. Then, when you feel good about yourself, you deserve another pat on the back. Any one thing, or any new step you take, remember to secretly celebrate it. Celebrating each success helps build optimism, excitement and confidence. Don't let that nasty little voice in your head speak loudly, tune it out or turn it off! Give yourself a pep talk if need be, but keep a lid on that naysayer.

3 Eat for Real Satisfaction

Pain, stress, boredom, fatigue, grief and/or frustration all lead to the fridge, overeating and/or junk food binging. Unlearning emotional eating helps to focus on the physical satisfaction that healthy food delivers. Better ways that fill your emotional needs and beat stress at the same time. People without weight problems don't eat when they are upset. They handle stress in other ways. They problem solve differently, calling or asking for help as they need it, they often use walking or physical activity as an opportunity to 'work out' their problems and difficulties. According to researchers, emotional eaters don't reach for raw, fresh veggies and grilled salmon when their brains scream feed me. They go for high fat, high calories choices, like doughnuts, cakes and potato chips. If you think you are an emotional eater, next time

you find yourself heading to the kitchen, try some progressive muscle relaxation. Inhale and tense your feet, exhale and relax them, repeat with major muscle groups from your calves and shoulders, neck and face, or take a brisk walk outside. In a recent study in New Zealand, following a healthy eating program for 225 women, only those who learned stress management strategies lost weight.

Negative emotions are not bad, they usually signal a problem that lies somewhere below the surface. Even if you cannot solve the problem, whatever distress you may have experienced from this negative emotion will begin to ebb once you realize that you can tolerate problems. It is liberating to know that whatever the problem may be; it is how you handle it that offers you the most rewarding feelings at the end of the day. Seeking better options on dealing with stress, offer a more enjoyable mealtime experience.



Got Sleep?

HOW WELL DID YOU SLEEP LAST NIGHT?

Good sleep is essential for good health, yet a Statistics Canada study revealed that some 3.3 million Canadians either have problems falling asleep or staying asleep.

That's one in every seven of us! Research tells us that insufficient sleep can cause serious medical problems—high blood pressure, diabetes, obesity and depression, to name just a few. Researchers have also found that an inability to fall asleep or to maintain sleep can be an indicator of many underlying medical problems. And they've discovered, too, that insufficient sleep, whether by choice or of necessity, is a leading cause of accidents in today's world. If you're having trouble getting your seven hours-a-night, it may be time to re-evaluate your sleep habits.

WHY WE NEED IT TO STAY HEALTHY?

Emerging from a warm, cosy nest of pillows after a night of blissfully restorative sleep is heaven. You push back the blankets and everything seems brighter. Unfortunately, that experience doesn't happen as often as it should. We deserve better. Doctors can actually hook us up to a computer and see the neurological chatter on screen while we sleep, and this technology provides researchers with the data they need to prescribe treatment and advice.

Here are the very best surefire strategies for getting a good night's sleep from the top medicine

specialists from across the continent. No more tossing and turning. No more middle-of-the-night dialogues with yourself. Here's what to do.

TIMING IS EVERYTHING



A good night's sleep actually starts in the morning. The second your eyes flutter open, light shoots down the optic nerve and into the brain's biological clock. There it stimulates

the production of a smorgasbord of hormones that regulate growth, reproduction, eating, sleeping, thinking, remembering—even how you feel from minute to minute. “Sunlight activates the brain,” says Frisca L. Yan-Go, M.D., medical director of the UCLA Sleep Disorders Center. And activating it at the same time every morning synchronizes your body's biological clock. Then your body has a clear direction that at midnight it's supposed to be asleep and at noon it's supposed to be awake. Wake up at a different time every day and the clock is out of sync. You feel groggy and hungover for hours, and even when you start to feel a bit more alert after that first Starbucks, you really never achieve the mental edge of which you're capable.

5 Tips for a Deeper Sleep

Find yourself staring at the ceiling? Listen up.

1. Bright light stimulates wakefulness. Use dim lighting as bedtime approaches, and if you have to get up in the night use a small flashlight or low-wattage light. Similarly, use low light if you are reading in bed.
2. Keep computers, TVs and other gadgets out of the bedroom. They're distracting and the blue light emitted from screens and monitors will disrupt melatonin production and interfere with sleep.
3. “Camomile tea is gently relaxing, safe even for children. Skullcap, California poppy and valerian are stronger for true insomnia. There is a pharmacy in your backyard.”
4. Try soaking your feet in cold water, perhaps with some Epsom salts or bath oils. Dry your feet vigorously with a towel and give them a massage. This will stimulate the 72,000 nerve endings in your feet and help your nervous system relax.
5. If the breath is calm, so goes the mind. While lying in bed, try practicing a relaxing breath ratio for two minutes—inhale for four seconds, exhale for four seconds, pause for four seconds and repeat.

HIT THE SHEETS ONLY WHEN SLEEPY No, not just tired. Sleepy, as in your eyes are droopy and you keep losing track of what people are saying to you.

GET UP Sleeping from 11:30 p.m. until 2:00 a.m., tossing and turning until 4, then sleeping until 6 gives you eight hours in bed but only 4 1/2 hours of sleep.

That's a huge mismatch that can actually inhibit your sleep drive



and cause insomnia all by itself. To prevent that from exacerbating your sleep issues, when you wake at 2:00 a.m., get up and go read a book in the living room. Being up increases your sleep drive—which just could make you sleepy enough to actually fall asleep when you return to bed.

One caveat: Don't stay in bed when you're awake. A part of your mind will begin to associate the bed with being awake rather than being asleep. And that can turn on a nasty "I'm-not-going-to-sleep!" anxiety that will rev your engines whenever you get into bed. It's one of the most insidious—and potent—causes of chronic insomnia.

GIVE YOURSELF AN HOUR The one right before bed. You need it to wind down and transition from the woman-who-can-do-everything into

the woman-who-can-sleep. Unfortunately, most women are not giving themselves one single second. According to the 2007 National Sleep Foundation poll, during the hour before bed, around 60 percent of us do household chores, 37 percent take care of children, 36 percent do activities with other family members, 36 percent are on the Internet, and 21 percent do work related to their jobs.

Beware Sunday Night Insomnia Staying up late on Friday and Saturday nights and sleeping in on Saturday and Sunday mornings is frequently the gift we give ourselves on weekends after a hard week at work. Yet that little gift—small as it is—is enough to screw up our biological clocks. Even if you get to bed early on Sunday night, you will not be ready to sleep, and you will not end up being the happy camper you were expecting come Monday morning.

Feather Your Nest To lull you to sleep, you need to make your bedroom a sensuous haven, adding all the accoutrements of comfort and serenity in a beautiful setting.

Buy a New Mattress Don't even try to comparison shop. Every mattress in every store has a different name. And every owner of every mattress shop says that the mattresses in his shop are different—and better—than every other mattress shop on the planet. The truth is that the right mattress for you is the one that you try in your home for 30 days. Find a mattress shop that offers that option, pick out the mattress that you and your partner think is the most comfortable, make sure it has a guarantee and flash your plastic. Don't worry about coils and foam and luxury toppers. The mattress that allows you to sink into a deep, natural sleep in the one for you.

Soak A hot bath also helps you lower your body's temperature. Yeah, your temperature goes up while you're in the bath, but your body's response to the heat will be to drop your temperature way down low.

Shut the Drapes You sleep better in the dark. If your eyelids flutter open as you move from one stage of sleep to another, even streetlights or a full moon can wake you up.

Pull on Socks There's no solid explanation for it, but studies have found that wearing socks to bed helps you sleep. It may be that warming your feet and legs allows your internal body temperature to drop.



Become an Education Supporter

Reveal Your Inner Beauty

He or she may work in the next cubicle, shop at the same stores, go to the same gym. They are not stunningly beautiful, nor model-thin—and that's beside the point. These people possess something far better: An inner glow that says I'm happy.

Were they born with it? Maybe. But feeling deep-down fabulous isn't a matter of inheriting lucky genes. Experts say an inner glow that makes you feel great and warms the people around you can be cultivated. Here, seven traits that belong in the mix. Practice these and shine with beauty in all the right ways, both to yourself and others.

1 Stand Tall

What gives tiny ballerinas, mild-mannered yoga teachers and army generals their commanding presence? We're betting on posture! We don't mean ramrod straight. We mean the flexible, relaxed kind that keeps your spine healthy, and keeps you feeling and looking long and lean.

Good posture has a supple quality. It's healthier for your back (and more fun) to be a blade of tall grass swaying in the breeze than a fence post stuck in the ground. Feel it by standing with both feet planted on the floor and your knees bent ever so slightly. Tuck your buttocks under, firm your tummy muscles, relax your shoulders. Draw yourself up by keeping your head and neck in line with your shoulders. Allow your spine to be naturally and gracefully curvy: an inward curve in the lower back, an outward curve at the shoulder blades and another inner curve at the neck.

To check your stance, roll up a small hand towel. Stand with your back to a wall and slide the towel into the curve at your lower back. This support will help your spine assume its natural S-shape. When it feels comfortable, try squeezing your shoulder blades together. This opens your chest.

You'll feel instantly taller, slimmer and more confident—body language speaks volumes. In one study, volunteers rated a 125-pound woman with good posture as thinner than a 105-pound woman of the same height who slumped. In another, people who sat tall at their desks had more conviction in their own opinions. The bonus? Good posture protects against back, neck, hip and knee pain, allows your lungs to expand more when you breathe so that you take in more energizing oxygen, and may even help with digestion.



2 Laugh often

Humour may be the meat-and-potatoes of romance, so essential that in the shorthand lingo of personal ads "must possess GSOH" gets universal recognition as "you better have a good sense of humour." A willingness to celebrate the truly comic in us and in everyday events, without sarcasm or meanness, gives life a fine and fizzy tingle. Humour eases tension, makes both the profound and pathetic palatable, and connects us. From Joan Rivers to Whoopi Goldberg, funny people stay in the moment, entertain deep thoughts and dare to say the things everybody else is only thinking.

Are we wired for laughter? Consider this: By replacing raging stress hormones (cortisol) with feel-good brain chemicals (serotonin and dopamine), laughter can reduce your risk for a heart attack by a whopping 40 percent, and help your body process blood sugar better. Appreciate the lighter side and you'll live a longer life, researchers report. Married couples who laugh together stay together longer and feel happier.

Best of all, a good joke has the bonding power of social super-duper glue. Giggles and guffaws are contagious. We laugh more with others than alone. And once you've laughed, we bet your first instinct is "I've gotta tell this to so-and-so!"

You don't have to be the last comic standing to spread this fabulous fun. Your sense of humour is as unique as your fingerprints, or the amount of mayo you prefer on a turkey sandwich. Flaunting yours enriches the world. And consider humour a muscle that could use a workout once in a while. For your next night in, why not check out the comedy selection on Netflix, watch an episode of *The Rick Mercer Report* or spend the evening with the Comedy Network?

3 Connect with bliss

Maybe you've felt it during a late-afternoon walk on the beach, while holding a child or being intimate with your spouse, in the middle of a marathon or while working at some aspect of your job that you absolutely love. What causes it doesn't matter. Feeling flow does. Time stops. The rest of the world fades away. You're fully present, fully involved, fully alive.

This is bliss—the feeling of pure being that creates deep satisfaction. It changes us for the better. You can't define or measure it, but you certainly know when you have it, and amazingly, without you saying a word, others know it, too. Confidence, sensitivity and your sense of accomplishment soar—and spill over into your relationships. It may be that experiencing stretches of meaningful happiness on your own erases the unfair expectation that our mates, our kids, our friends will supply them for us. Or maybe it's that this deep happiness lets us find it in others, too.

Musicians, artists, athletes and even politicians all talk about the feeling of flow—but the good news is, we can all get there.

Start by noticing what gives you real satisfaction. Could be yoga or volunteering, training your dog or taking the kids outside for backyard kickball, writing the company's annual report or picking up the violin you loved playing in high school. (Hint: it's probably not kicking back and watching *Canada's Worst Driver*. Don't confuse relaxation with deep-felt satisfaction.)

4 Say 'thanks'

Once upon a time, gratitude was saddled with a reputation for being lame—something wimpy and Pollyanna-ish that Mom made you do. But researchers and real people are beginning to understand why feeling truly thankful (which, not coincidentally, is a core principal in most major religions) expands your own sense of well-being, then sends ripples into the world.

Gratitude changes your brain. Research shows that keeping a daily gratitude journal increases happiness by 25 percent, adds 30 minutes to nightly sleep, and boosts weekly exercise time by 33 percent. It lowers blood pressure 10 percent, reduces the amount of artery-clogging saturated fat people ate by 20 percent, too. Feeling thankful also increases feelings of optimism, reduces pain and fatigue, and boosts performance at school and at work. Alertness, enthusiasm, determination and attentiveness soar.

As a result, gratitude can be a booster shot for your marriage, let you feel more connected to others, and inspire you to help a friend, co-worker, neighbour or family member with a personal problem.

That's one kind of gratitude: an unspoken, internal acknowledgement of all that is good with you and the world. The other gratitude is the spoken one: the willingness to acknowledge the good that the people around you do with kind words. It could—and should—include your loved ones, but is as valuable to those you don't know by name, whether it's in a store or restaurant, on the street or on the phone. Not only does this type of gratitude lift your soul, but it lifts others as well. After all, aren't unexpected gifts the best of all?

5 Have (more) fun

Splash down a creek in your water shoes. Spend the afternoon at an amusement park. Go out dancing. Call up friends and go listen to your favourite music—the only thing that matters is that you love it. Hop on your bike, strap on your skates or grab your sled.

Your mission: Make childlike fun your No. 1 priority regularly. Because sometimes, the best expression of inner beauty is a wild, uncontrolled grin. You'll know you've arrived when you shout (out loud or to yourself) WHEEEEEEEEEEE!!!!!!!!!!!!!!!!!!!!

We know. Life becomes serious business as the responsibilities of adulthood multiply. But sometimes the best antidote just can't be found in a glass of wine, a bubble bath or a good book. Boring! Consult your inner child—the energetic and enthusiastic 12 year old living inside us all—for alternative suggestions. We'll bet two jellybeans that she'll recommend something a lot more active, a little less scripted.

One thing about fun: It grows when you share it. If you're lucky enough to have a circle of fun-loving buddies or co-workers, organize a kickball game or an office-wide floor-bowling contest. Get down on the pavement with your kids and make chalk pictures, then show 'em the moves that made you when you were in fifth grade.

Like laughter, fun is contagious. It'll put a glint in your eyes, a spring in your step—and give you a reputation for knowing how to have a really good time. That'll come in handy when recruiting friends to hit the water park with you next summer!

6 Be generous

Help your neighbour prune her gone-wild lilacs. Volunteer to tutor a child. Donate to a worthy cause. Lend your

best friend your favourite velvet shawl for an important night out. Lend a hand, and you get a portfolio of big paybacks.

The first one you'll notice is a “helper's high”—a surge of feel-good brain chemicals released when you call the tow truck for a family stranded on the freeway or volunteer to put up drywall in a Habitat for Humanity house. Helping out also activates areas of the brain crucial for planning and organizing daily life—so you may suddenly find you're a whiz at fitting in work, exercise, coffee with your best friend and getting Fido to the pet groomer on time. You'll even extend your life: In one study, volunteers saw a 60 percent decline in mortality. Pretty good!

Matching a cause that matters to you personally with the resources you have available to give is crucial. Crazy-busy at work and at home? A one-day volunteer event with friends may be better than a weekly commitment. Feel there are needs in your own neighbourhood or extended family that should be met first? Helping out people you know is no less important than signing up to do “official” volunteer work—and may help forge stronger ties in your own life. What counts is recognizing the gifts in your own life that you can share with others. Now that's true beauty.

7 Practice authenticity

Honesty. Compassion. Living your values. Roll 'em together and you get authenticity. This sterling quality is all about balance: You act on what's important to you, honor others and meet them as equals.

Authenticity's bedrock: Knowing and respecting yourself enough to make choices that reflect your deepest-held priorities. And finding ways—kindly, gently—to tell the truth. Psychologists say the more of your whole self you can bring to the table, the happier and more alive you'll feel. This, of course, is a process you can fill a lifetime with, not a one-day self-improvement project. Start by looking at areas of your life that line up with your values, and places that don't. Could be as simple as calling your aging father more often, picking up canned goods for the local food pantry, or switching to chemical-free products for your flower garden.

The things that save this trait from becoming a “but enough about you, let's talk about me” ego-fest are a group of brilliant brain cells called mirror neurons. They're the reason why everybody in a meeting at work crosses their legs when the boss does, why you yawn when your partner yawns, why you feel cold when your kid goes outside in winter with only a sweatshirt on. The great thing about mirror neurons is that they practically ensure human connection by creating empathy. They explain why you feel sad when someone cries, scared when your best friend confides her fears. Noticing and acting on these shared feelings is practically a blueprint for friendship and community. It is authenticity in action. And, by extension, the truest form of beauty there is.

