



# 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.

Its the Holiday Season and its time to deal with holiday stress. We know this time of year can be hectic and crazy but we have some techniques and great ideas on how to knock out stress and anxiety this holiday season.

We are happy to present you with this fourteen issue of our medical cannabis newsletter. In this issue we will present you with some evidence that cannabis can help you relive stress, how to be ther perfect party guest and our next superfood - nuts.



## Can Cannabis Act as Your Frontline Defense Against Stress?

Nothing can have a greater impact on your wellbeing than the way you look after yourself—and one of the best ways to maintain both physical and mental health is to act and think positively. Calm resistance to the adverse influences of stress, hostility and hopelessness can work wonders in the fight against chronic illnesses. Friendship, laughter and an outgoing optimistic attitude are the golden tickets to a longer life.

### Take Stress Seriously

Stress us is one of the most significant indirect causes of illness in the world today and plays a key part in triggering many health emergencies. Stress was found to be one of the nine most critical lifestyle factors contributing to cardiovascular disease, as evidenced in the extensive Interheart research study that followed more than 15,000 men and women from 52 countries who had all experienced a heart attack.

Other research has revealed that, if you are permanently stressed at work or at home, you double your risk of heart attack. Factors carrying the highest risk include a major conflict between family members and intense financial pressures, such as a business failure. Stress is also a significant risk factor for stroke.

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**Be the Perfect Part Guest**



**Super Food of the Month – Nuts!**

## The Devastating Effects of Chronic Stress

When we feel that an event or situation is stressful, our bodies' learned defense mechanism against danger—the fight or flight” response—kicks in. This leads to an increased release of adrenaline and other stress hormones, causing the heart to beat stronger and faster, raising our blood pressures and breathing rate, promoting sweating (because the body anticipates intense activity and sweat helps to regulate body temperature) and shutting down digestion and other non-essential functions. This response would have been helpful in the Stone Age when confronted by wild animals, it is much less so in the face of irritating internet delays and traffic jams. Persistent stress can lead to high blood pressure—a risk factor for heart attacks and stroke. Stress also prompt the body to release a hormone called cortisol, long-term exposure to which has been linked with abdominal obesity, high blood pressure and Type 2 diabetes.

## Mount a Work Offensive

Canadians and Americans work some of the longest hours in the world, and many of us admit that work stress spills over into our private lives, making us grumpy at home. Medical research links stress at work to an increased cardiovascular risk. British scientists analyzed data from a 12-year study of 10,000 civil servants and found that men and women under 50 who reported long-term work stress had a 68 percent increased risk of coronary artery disease. Those reporting the highest levels of work stress had high morning levels of the stress hormone cortisol and a consistently raised heart rate—evidence of increased cardiac instability.

Dealing with an unfair boss can send your blood pressure soaring. IN one study, researchers measured the blood pressure of female health-care assistants over three working days. When some of the women



*I'm under a really tight deadline on a project at work and am experiencing a great deal of stress. Is my health at risk?*

Meeting a demanding work deadline can make some people more susceptible to heart attack over the following 24 hours. Swedish researchers assessed 1,381 men and women who had survived a heart attack and asked them about their work in the previous year.

It turned out that 8 percent of the group—almost one in ten—had faced a high-pressure deadline at work in the 24 hours before their attack, and that such pressure was linked to a staggering six-fold increase in heart-attack risk over the following day. This short-term pressure was far more dangerous than an accumulation of less stressful events over the previous year.

worked under a supervisor they perceived as unfair, they showed average increased in systolic blood pressure (the top reading) of 15mmHg, and in diastolic pressure (the bottom reading) of 7mmHg—more than enough to produce a significant increase in the risk of a heart attack. Having a boss that you consider incompetent raises your risk too.

## Can Cannabis Help?

There are thousands of online anecdotal reports and claims that cannabis can help to relieve stress and many people swear that it can be an effective tool in their anti-stress arsenal. A recent double-blind study has shown that this may be true, at lower doses. In a report published in Drug and Alcohol Dependence, researchers from two Illinois universities set out to investigate the effects of tetrahydrocannabinol (THC)—the main active ingredient in cannabis—and its effect on stress.

Researchers wanted to test the oft-repeated theory that cannabis helps people to relax thereby relieving stress. The Illinois team investigated cannabis' stress-relieving properties at different intake levels. Forty-two healthy volunteers who were aged between 18 and 40 participated. All participants had some experience of cannabis but were not daily users. They were divided into three study groups and given THC in capsule form:

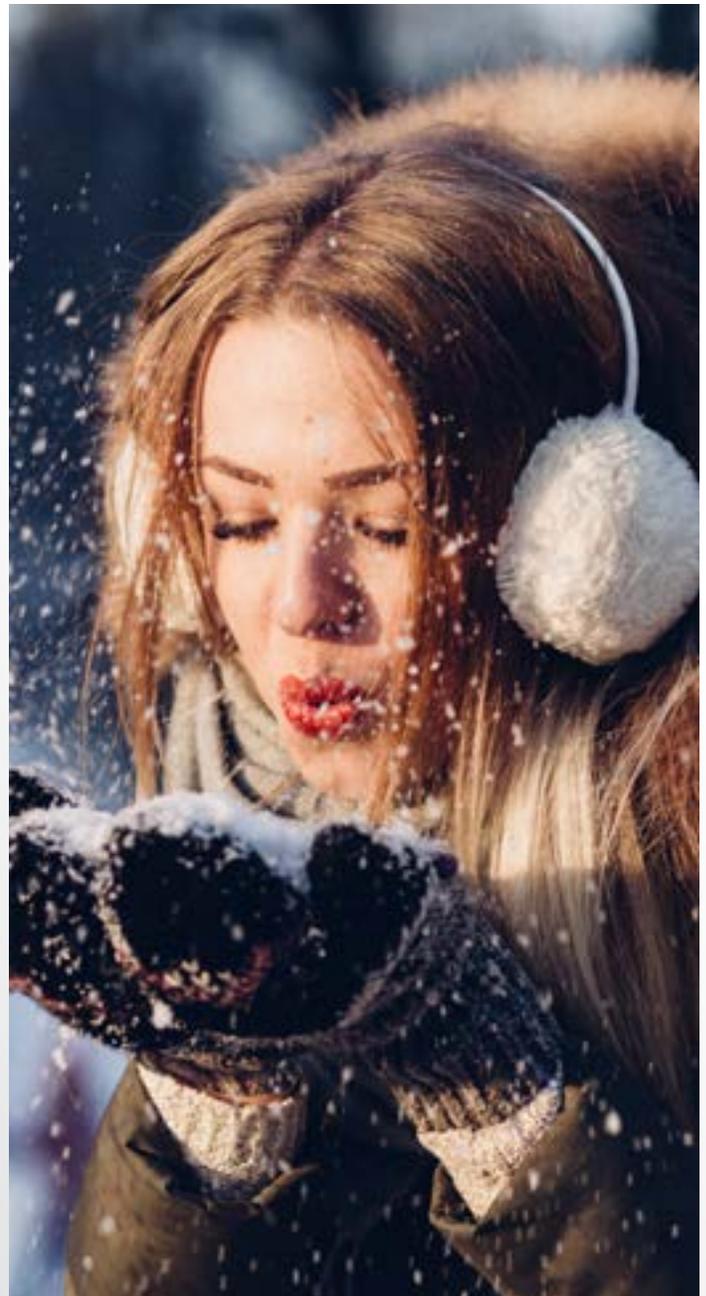
- Low: Participants received a dose of 7.5 milligrams of THC
- Moderate: Participants received a dose of 12.5 milligrams of THC
- Placebo: Participants received a capsule containing no THC

Although noting that there are some discrepancies when attempting to equate ingested cannabis to smoked cannabis, one of the scientists concluded, "The doses used in the study produce effects that are equivalent to only a few puffs of a cannabis cigarette. We didn't want to include a much larger dose because we wanted to avoid potential adverse effects that can result from higher doses of THC."

Over the course of the study, participants were engaged in two four-hour sessions, five days apart. Throughout both sessions, participants were asked to rate their stress levels and feelings about the tasks. Also, their blood pressure, heart rate and levels of cortisol were measured.

Those who received the low dose of THC reported less stress after the psychosocial test than those given a placebo. Also, their stress levels dropped faster after the test.

Although the study is preliminary, their findings are significant. As ever, more research will increase our understanding of how cannabis may help to fight stress.



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## Be the Perfect Party Guest

You know when that guest everyone is waiting for has arrived. There's a shift in the energy of the room. People around him (or her) become more animated, convinced that this is the place to be. There is suddenly more laughter, and space starts to open on the floor as the focus switches to the new center of attention. He's happy to be there and having him there makes other people happy too. People want either to be him or to be with him. You might not be the straw that stirs the drink, but you can be much more than just one of the cubes by being the Perfect Guest.

### Play the game

A famous actor once revealed why he always seemed so happy on TV talk shows. "I prepare myself—I do an acting exercise," he said. "I tell myself I'm playing a character who's enjoying himself" So it is with a party. The Perfect Guest is in character; he knows he's where he's supposed to be. He's not wishing he could be home watching the game or playing Farmville. He works the room like a practiced politician, lighting on this one and that one—an air kiss here, a man hug there—not sinking into conversation with any one person for too long but making everyone feel special for a moment.

### Be the bartender

Who needs a bartender when the Perfect Guest shows up? He's happy to pour the wine and crack open the beers, and he knows how to mix a mean martini as well as a minty mojito. He takes a load off the host by making sure everyone's drink is fresh. He's got a drink in his own hand, but he's not drinking much. He doesn't have to—he's already enjoying himself.

## Make the connections

The Perfect Guest knows how to make people comfortable. She can listen to your cares, then make you laugh and forget about them. She works hard (without showing it) to find what two strangers have in common. “Wasn’t your daughter thinking of going to school in Kelowna!” Ted and Alice here have a second home in Kelowna!” And once the connection is made, she slips away to connect some other wayward dots.

## Never let the party drag

A good party is like a good movie. You shouldn’t be thinking about it too much when it’s happening, but instead, on the way home, you’ll want to rehash everything: “Did you talk to that guy from Ethiopia?” “I’m so glad that people were dancing!” or “Wasn’t that cake amazing?” The Perfect Guest never lets things drag. If someone wants to start playing music no one wants to hear or goes on and on about some point that doesn’t matter to others, he gently redirects the course and guides the party through the rocky shoals.

## Wrap it up

When the host starts making signs that it’s time to leave, the Perfect Guest knows how to help wind things down by turning down the music, turning up the lights, helping with coats. Then he secures his position as treasured friend and all-time great party asset by helping the host or hostess clean up. Nothing says “The party’s over” like someone hauling out Hefty bags. Politely, of course.



# Super Food of the Month – Nuts!

December often brings lots of sugary treats, but why not try nuts this holiday. Just picture yourself and the family curled on the couch with a great holiday film and a large bowl of walnuts and pecans just ready to crack! Make sure you have plenty of nutcrackers on hand, so no one must wait!

Energy-packed and protein-rich, nuts may also lower the risks of cancer and cardiovascular disease. In addition to the nutrients listed below, nuts are an excellent source of the cardio-protective amino acid arginine. They also offer B vitamins.

Coconuts are the world's most popular nuts, followed by peanuts (which are legumes, but usually classified and consumed as nuts).

Certain nuts are higher in certain nutrients, as noted below. But more and more studies are confirming that all nuts are nutritional superstars.

The embryos of various trees, bushes and other plants, nuts are packed with all the nutrients needed to grow an entire new plant.

## What's In Them

**Alpha-linolenic acid (ALA):** Found in walnuts, this omega-3 fatty acid may alleviate arthritis and lower risk for heart attacks and strokes.

**Ellagic acid:** Walnuts are an especially good source of this antioxidant compound, which may inhibit the growth of cancer cells.

**Plant sterols:** Especially rich in pistachios, plant sterols help defend against certain forms of cancer and cardiovascular disease.

**Potassium:** High in pistachios (30 g provides 10 percent of the recommended daily intake), potassium, may lower blood pressure and stroke risk.

**Resveratrol:** Found in peanuts, this phytochemical may prevent cancer, high cholesterol and strokes.

**Saponins:** These cancer-fighting phytochemicals may boost immunity and promote healthy levels of blood sugar and cholesterol.

**Selenium:** Brazil nuts are extraordinarily rich sources of this powerful antioxidant, which helps prevent cancer, certain eye disorders and heart disease. (About 15 g of Brazil nuts has 420 mcg of selenium, or a whopping 600 percent of your recommended daily intake.)

**Vitamin E:** Nuts are one of the best food sources of this antioxidant vitamin, which may help prevent cardiovascular disease and cataracts. Almonds and hazelnuts contain the most, with 34 percent of the daily recommended intake per 30 g.



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