



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.

Welcome to 2018! Its a new year and its time to keep up with those news years resolutions. Loosing weight, eating better are all great ways to improve your health and wellbeing.

We are happy to present you with this fifteenth issue of our medical cannabis newsletter. This issue we have some great ways for you to get more exercise even when you are at your desk. Also be sure to check out our superfood of the month, avacados!



VITAMIN "W"

. . . also known as walking

Imagine a "miracle vitamin" guaranteed to help you drop a clothing size or more; banish blue moods; secure you more shut-eye; slash your risk for heart disease, diabetes and cancer; and spice up life in the bedroom. Did we mention that it's also perfectly sae and costs virtually nothing?

You won't find this super supplement in ay pharmacy, but you can easily pick t up on the way to the store. It's "vitamin W"—also known as walking. The perfect dose? Hit the sidewalk (or the trail, treadmill or mall) for 30 minutes most days of the week. There's no need to buy special equipment or spring for a health-club membership.

Exercise is crucial to weight loss and healthy weight loss maintenance, and inactivity is blamed as the fourth-leading cause of death around the world. While researching exercise, the scientific community has disapproved many widely held "truths" about fitness in recent years.

Recent studies show that the right type of fitness for health and weight loss is much more accessible, and less strenuous, than we've been led to believe.

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Workout at your Desk



Super Food of the Month – Avocados!

A brief history of weight

Scientists believe humans have been on this planet for roughly 1 million years. For most of that time, no one but athletes and warriors bothered setting aside time to exercise. They didn't need to—most of their waking hours were spent hunting, building or battling enemies. Food was scarce, given the lack of refrigeration and electricity. Needless to say, this kept them lean.

This epoch ended about a century ago. In the past 100 years, thanks mostly to technology and industry, food not only became plentiful but food businesses discovered that the more sugar and fat they put in their products, the more people enjoyed them. Some of that is animal instinct—our bodies are naturally drawn to high-calorie foods as part of the self-preservation process.

At the same time we became sedentary. Television, computers, desk jobs, long vehicle commutes . . . it seems that life has conspired to keep our bottoms attached to seats. Here again, animal instinct is at play: Our bodies are naturally drawn to rest as part of the energy-conservation process.

Combine reduced movement with an increase in available food and you have the underpinnings of the modern obesity epidemic. Yes there are genetic causes for obesity. But for most Canadians, it's our sedentary lifestyles and our desire for convenience that result in fewer calories being burned. When was the last time you manually opened your garage door or took the stairs by choice?

Staying healthy now

So how do we maintain a healthy weight in these modern, high-tech times? There is only one effective way: Move more and eat less. Not one or the other but both. Adjusting only one rarely works. Merely eating fewer calories won't compensate for all the sitting we do. And no level of exercise can burn off all the empty calories in the typical diet. The remedy? A gentle, slow adjustment to both your eating and movement patterns. But how do you adjust your life for fitness? For several decades now, the government, scientists and the fitness industry have been telling us to put on workout clothes and get physical. They've recommended at least three 30-minute sessions per week, doing a precise mix of weight lifting and aerobic exercise. Unfortunately, roughly 80 percent of North Americans decide not to exercise.

And even when we try it, it doesn't work. Let's say someone—you for example—resolve to lose weight once and for all. You know you need to exercise, so you start running. You've heard you have to be hydrated so you grab an energy drink and hit the streets. But running is hard and leaves your body feeling sore and punished.

You go for it anyway, and afterward you feel you deserve a reward. So you stop by Starbucks and treat yourself to a latte and scone. Four weeks later you haven't shed a pound!

Be active daily

Your body is meant to move so you should move it—but in natural ways, as our ancestors did. Breakthrough research from recent years reveals that active daily living—including frequent short walks, taking the stairs rather than the elevator, regular stretches and movements, routinely picking up and carrying things—is healthier for you than a short intense gym workout followed by lots of sitting for the rest of the day.

The new fitness paradigm is to move a lot of ways that are fun and natural. Don't make it a chore, and don't think of it as another hassle you don't have time for: Just get out of your chair and move, as often as you can, for as long as you can.

Walk towards a new you

People who exercise know the tangible rewards. We're not talking about just health benefits. You'll never miss a bus since you can run a block to catch it. Shopping for clothes becomes a pleasure. You have more fun with friends—bicycling, hiking or enjoying a pickup game of hockey.

What Canadians need is a new way of quantifying activity. To keep from getting bigger, we need to start thinking smaller. Instead of measuring our exercise efforts in minutes and kilometres, we need to break it down to individual steps.

Canadian non-profit organization ParticiACTION recommends taking at least 10,000 steps a day. Studies have found that's the level at which you're burning enough calories to reduce the risk of obesity and chronic disease.

Despite those factors, the 10,000-step rule has yet to be widely adopted. Perhaps because most people don't wear pedometers, or because most of us have

no clue what all those steps mean in everyday terms. Here's a baseline to consider: Anything below 5,000 steps is counted as sedentary.

Wearing a pedometer will change your perspective on exercise. It will make you more conscious of being active; your concept of exercise will evolve from something you do for a specific time at a certain place (in the morning at the gym) to something you do all day, everywhere.

Experts believe that a shift in focus from "working out" to "being active" is key to getting fit for life. In fact, researchers at the University of South Carolina estimate that women who are active 75 percent of the day (running errands, gardening) expend 10 percent more energy overall than those who visit the gym for an hour but are sedentary the rest of the day.

Spread it around

Here's another way to look at it: Because we're so busy, most of us feel we need to put exercise in a box. It's kept separate from real life, as something that needs to be scheduled. Which means it will forever remain a chore or something easily bumped from our never-ending to-do list.

To lose weight and keep it off, spread exercise throughout your life. You can accomplish this by wiping the word "exercise" out of your vocabulary and replacing it with the word "activity."

Buy a pedometer

Here's what you're going to do: Head to your local sporting-goods store and buy a pedometer (about \$20). Put it on first thing in the morning and check it before and after doing, well, anything. Before long, you'll become a pretty good judge of how many steps you take doing your normal day-to-day activities. Now start to think about how to increase the number of steps you take in an ordinary day. One rule of thumb is to raise your activity level about 10 to 20 percent a week. If you're emerging from a winter of hibernation, consider yourself sedentary; add a bout 300 to 600 steps weekly. That'll not only keep you from straining yourself but motivate you psychologically by conveying a sense of progress.



Note that it doesn't matter how long or short your strides are, or whether your daily steps are taken uphill or down, indoors or out. For simplicity's sake, a step is a step is a step.

To start, put on your pedometer first thing in the morning and don't take it off until bed. Note the number of steps you take every day. At the end of the week, calculate your daily average.

Once you have a good idea of how many steps you're taking every day, begin to look for ways to beef up your step numbers by 10 to 20 percent. Brainstorm how you can add more steps every day, when you're running errands, working or tidying up.

Once you've succeeded in increasing your steps by 20 percent, calculate the number it would take to increase by another 20 percent. Work your way up gradually, and never feel that you have to exhaust yourself. You'll soon find that 10,000 steps isn't such a huge number after all!

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Workout at your Desk



Fight off the stiffness and soreness that come from sitting at a desk for hours at a time. The routines described below can relieve tension and stress and reduce tiredness, making it easier for you to stay active.

Neck Tilt – Keeping your shoulders loose and your face turned forward, lean your head toward your shoulder on one side and then the other. Bend your head forward to touch your chin to your chest, then gently lean it back as far as you can comfortably, Repeat the sequence twice.

Shoulder Roll – Raise your shoulders as high as they will go and roll them forward and backward until you feel the tension release.

Chest Expansion – Clasp hands behind your head and pull your elbows backward, moving your shoulders with your fingertips . Release.

Arm Stretch – Push your arms out straight to the sides, palms up, as far as they will go, then bend your arms and touch your shoulders with your fingertips. Release.

Arm Strengthening – Sit in a chair with firm armrests. Sit normally with your feet on the floor and place your palms on the armrests, pushing yourself up with your hands as if getting up from the chair. Hold when your legs are almost straight, then slowly lower yourself. Repeat twice on first day, four times on the second day and so on, aiming for 10 repetitions in total.

Wrist Pull – Keeping your shoulders relaxed, make a fist with one hand and flex it inwards as far as you can toward your forearm. Press your fist gently with the other hand and hold for 3 seconds. End by circling your wrist and clenching fist inwards and outwards three times. Relax. Do the same on the other side, then repeat.

Back Stretch – Fold your arms across your chest until your hands reach as far behind your back on the opposite side as possible, as if trying to hug yourself. Hold for 10 seconds. Then repeat with opposite arm on top. Next, place your palms in the centre of your back, elbows out, and arch your back forward, pulling your shoulder blades inward. Hold for 3 seconds and relax.

Thigh Stretch – Place one foot on top of the opposite knee, then bend forward to touch your forehead on your knee. Repeat on the other side.

Leg Lift – Sitting with your feet away from your desk, stretch your legs out as far as you can and raise each one in turn until it lifts your thigh away from your chair. Repeat 10 times on each side.

Super Food of the Month – Avocados!

Creamy, luscious avocados are a rich source of vitamins, minerals and phytochemicals—and they're the fattiest fruits on Earth. But don't worry: They are an incredibly concentrated source of good-for-you monounsaturated fat, and they can actually lower your cholesterol.

Researchers have found that replacing just 5 percent of your calories from saturated fat—the kind in butter or cheese—with monounsaturated fat could slash the risk of heart attack by more than a third. So you can relax and enjoy the luxury of a ripe avocado, knowing that your heart loves it as much as your taste buds do!

At about 227 calories per medium size avocado, a little goes a long way. Cut an avocado into five pieces and enjoy one piece for just 45 calories—half the calories of a tablespoon of mayonnaise, and much better for you.

Try this!

Turning ripe avocados into guacamole can be an invitation to chow down on chips. Instead, try using them in an original, healthy take on a creamy salad dressing: Purée one or more avocados with plain non-fat yogurt, lime juice, salt and a tiny touch of hot sauce. Drizzle over a salad of bell peppers, fruit slices and fresh greens.

What's In Them

Beta-sitosterol: This compound may block cholesterol absorption and reduce the discomfort of benign prostatic hyperplasia (BPH). It is also under review for the potential to prevent breast cancer.

Fibre: Just one avocado provides 34 percent of your daily recommended dietary fibre. This is good news: Soluble fibre removes excess cholesterol from your body, and insoluble fibre prevents constipation by keeping your digestive system running smoothly.

Folate: Avocados are also good sources of folate, with one avocado providing 57 mcg, or 28 percent of your daily recommend intake. This important B vitamin is linked to the prevention of neural-tube defects in fetuses, as well as the prevention of cancer and heart disease in adults.

Glutathione: Functioning as an antioxidant, this compound may neutralize free radicals that damage cells.

Magnesium: This mineral may help to reduce discomfort associated with premenstrual syndrome, migraines, anxiety and other disorders.

Oleic acid: A type of monounsaturated fat in avocados, oleic acid has been linked to lower cholesterol levels when substituted for saturated fat in a person's diet.

Potassium: Bananas get all the credit for being high in this important mineral, but half a medium avocado actually provides more potassium than an entire banana! Potassium helps transport nutrients to cells, maintain water balance, regulate muscle contraction and maintain a healthy nervous system and heart rate.



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