



MMJPR NEWSLETTER

Volume One, Issue One

November 2016

A LETTER FROM THE EDITOR

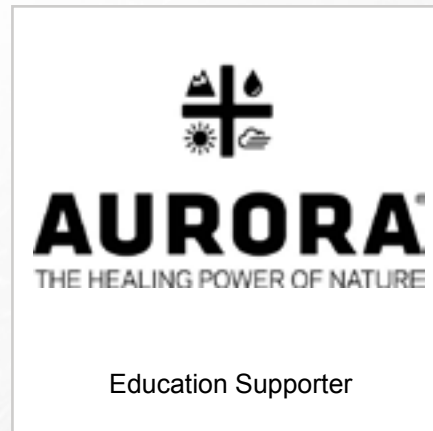
MMJPR offers numerous benefits to both website visitors as well as advertisers, as it brings them together to exchange and connect on a subject that is of growing interest to patients with chronic conditions, growers of medical marijuana, healthcare practitioners, and anyone interested in improving health.

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.

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.

MMJPR takes great pleasure in sending you this inaugural issue of it's monthly newsletter. We hope that it helps to provide you with all of the latest information about medical marijuana and its applications for the improvement of human health.



Could Medical Marijuana Relieve the Stress of Work and Aching Joints?

At the end of every work day, many of us often run to fitness centres or our local yoga studio to help with stress relief and our aching, sore muscles. Lately however, many are trying a new regime that includes medical marijuana before hitting the mats.

With the advance of marijuana being utilized to help with pain relief with little to no negative side effects, many now seem to be enjoying this heady mix to achieve the relaxation that yoga offers, while managing to enjoy the no pain stretching and movement too!

Medical marijuana users feel marijuana is the safest pain reliever on the market, so it should come as no surprise that this blissful combination seems to be cropping up

everywhere... (pardon the pun).

Some yoga instructors feel marijuana clears away tension and pain, so their students can enjoy the yoga postures with less resistance, which is key to obtaining the most benefits from doing yoga.

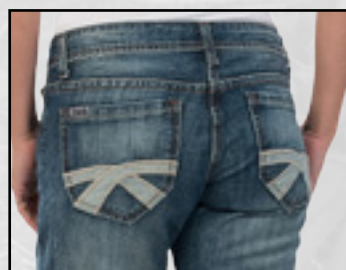


The Yogis and Sadhus of India have long been drinking a spicy drink called bhang. Bhang is an edible form of cannabis used in both food and drink and marijuana as we refer to it has long been considered a medicinal and spiritual herb in India.

There are a few purists who object to getting 'high' and doing yoga, but medical marijuana users say working with a trained yoga instructor, in a professional yoga setting, should be very therapeutic



Ample Organics Grows "Made in Canada" Seed-to-Sale Technology



Could Medical Marijuana Lower the Risk of Diabetes?

Ample Organics Grows “Made in Canada” Seed-to-Sale Technology

As the medical marijuana industry continues to grow at lightning speed, its surrounding government regulations are evolving in unexpected, unprecedented ways. It's a combination that makes for innumerable diverse challenges for cannabis producers, especially while rapidly scaling up operations. That's why in 2014, John Prentice created Ample Organics — the most comprehensive seed-to-sale software created specifically for marijuana producers.

Canadian-owned and operated, Ample Organics was designed from the ground up to be fully compliant with Health Canada's Access to Cannabis for Medical Purposes Regulations or ACMPR (formerly Marijuana for Medical Purposes Regulations or MMPR). As outlined in Health Canada's stringent regulations, Licensed Producers must keep meticulous records of every facet of operation, and independently manage their sales, shipping and customer relations. Licensed Producers must also comply with Health Canada audits. “Health Canada has the strictest regulations on medical marijuana anywhere in the world,” Prentice says. “The reporting capabilities and record keeping requirements are extensive.”

Leveraging the strongest modern software and hardware platforms, Ample Organics provides a truly holistic ERP solution for every aspect of cannabis production: complete tracking of every single plant through cultivation and harvest, including waste logging; detailed client database management; integrated e-commerce with a customizable web store; inventory-aware order fulfillment; simple one-click reporting; and much more.

Prentice points out that his software is also fully PCI compliant and meets the rigid requirements of The Personal Information Protection and Electronic Documents Act (PIPEDA). “Our software is built for security and we consider the protection of client information a top priority.”

Currently, all medical cannabis orders must be placed online or over the phone. To simplify this process, which can be extremely complicated, Ample Organics has integrated and automated insurance policies, prescription limits, and product potency thresholds. Looking to the future, Prentice is prepared for the cannabis sales model to evolve. “Canadians will expect options about where

and how to buy their product,” he says. “They may want to purchase a specific product. They may want to buy in-store, online or have it delivered to their home. Ample Organics will be right at the center of it all.”

Clinic networks, patient referral organizations and sales representatives have also been factored into the Ample Organics ecosystem. Those methods of patient acquisition have become increasingly important as the competitive landscape broadens. Ample Organics' ability to link new client accounts with referral sources has allowed Licensed Producers to boost client registrations significantly.

Perhaps the most important component of Ample Organics, especially in regards to compliance, is the cultivation management module, which uses a barcode scanning system to track every single plant from seed to harvest, and log every event and interaction in the life of each crop. Using that data, Ample Organics is also able to provide an overview of production times, expected yields and other enhanced reporting features.

In addition to plant management, Ample Organics leverages barcodes in almost every other physical process that occurs inside a facility. Prentice says that “barcode technologies are thoroughly employed to deliver enhanced traceability and chain of custody management through every step of the process.”

Prentice is excited about the future of Ample Organics. “Over the coming years, the way this industry works will change at a fundamental level,” says Prentice. That's why he believes that a customizable industry platform, built specifically for medical marijuana businesses, is the key to scaling effectively, growing efficiently, and maintaining regulatory compliance, however those regulations evolve.

“The medical marijuana world is really just beginning to take form. No matter how the regulations change, no matter how large or small your scale,” says Prentice, “Ample Organics has you covered.”



 AmpleOrganics

Sponsored Content

How To Defeat Stress

Research shows that excess stress leads to numerous symptoms, including insulin resistance, increased abdominal fat, elevated blood pressure, and reduced “heart rate variability;” this impairs your heart’s ability to react properly, increasing the risk of sudden death or fatal rhythm disturbances.

Your goal is to make small changes in your lifestyle to reduce excess stress so your life keeps humming along happily.

DO AWAY WITH STRESS

Stress reduction is big business—we buy self-help books, massages, and cruises—all in the name of relaxation.

But in reality, you don’t have to spend a penny to soothe stress, nor do you need a lot of time. First, eat well and exercise to bolster your immunity and burn off built-up stress: a healthy weight and general overall fitness make you much better equipped to deal with daily stress. Then practice a few of these mental tricks to stay cool, calm and collected in the face of eventhe most hectic day.

Focus and finish Canadians are obsessed with multi-tasking. When you split your attention nothing has your full focus, leaving you frazzled and dissatisfied. Instead of trying to do 10 things at once, try doing one at a time. Focus on and finish one job before moving to the next. With your full attention, each task will take less time, and you’ll feel a sense of control and accomplishment.

Enjoy some quiet time Some forward-thinking companies have “quiet rooms” where employees

. . . enjoying a supportive social circle protects your health and helps you to live longer

can escape computers, telephones, and meetings, if only for a few minutes.

Make sure there is somewhere quiet at home, too. A place that you can go to gather your thoughts when everything gets too much. It’s surprising how effectively just sitting there for 30 seconds can help to ease stress.

Get a pet Pet ownership helps people to stay healthy. Research in Australia and Germany shows that pet owners make fewer visits to their doctor each year, suffer fewer sleeping difficulties and are less likely to be taking heart medicine. Many other studies have found that people who have pets have lower blood pressure. And some of those studies have been done on people in the extreme stress category. For example, researchers at the State University of New York tested 48 stockbrokers (already taking medication for high blood pressure) in stressful situations, such as trying to calm a client who had lost lots of money because of bad advice. Those who had pets saw their systolic blood pressure rise from 120 to 126; those without a fluffy friend saw their systolic reading skyrocket from 120 to 148.

And, chances are your dog will get you up and moving. That exercise — and the unconditional love—are both good for your heart.

Take time off Vacation is a time to get away from the routine, from the job and from the stress of life. Yet surprisingly, four in 10 employed Canadians don’t actually use all of their vacation days. Even more shocking is that 76 per cent of those Canadians who don’t use all of their vacation time have up to 14 days of vacation left at the end of the year. This is definitely not a good way to avoid its harmful effects

See yourself succeed Before you embark on any stressful project, mentally rehearse it. As athletes are told “when you visualize a task,

you’re mentally programming yourself to act it through; then when you start, it’s second nature.”

Breathe deeply In a stressful situation, stop and take four or five deep breaths, inhaling so that your stomach rises. A team of European researchers has shown that deep breathing counteracts the physical effects of stress. It is almost impossible not to calm down when you breathe slowly and deeply.

Listen to music In one Hong Kong study, patients who listened to their choice of music during minor surgery under local anesthetic were found to have lower anxiety



levels, lower heart rates and lower blood pressure than those who did not listen to music. German researchers also found that levels of the stress hormone cortisol, which would normally rise during a procedure known as cerebral angiography, remained stable and blood pressure remained lower when the patients listened to music.

Massage it away Stress makes your muscles tense, which reduces circulation and thus the flow of oxygen and nutrients to the heart. Massage counteracts this by loosening them.

Don’t get upset Stress is your reaction to external events, not the events themselves. You may not be able to control what is happening, but you can control your reaction. The next time something makes you angry or

tense, pause and ask yourself, “Is this worth getting upset about?”

Shed a few tears Have you ever noticed how much better you feel after a good cry? That’s because tears flush out harmful chemicals produced during stress and release pent-up negative energy. If all else fails, let the tears flow. You’ll probably feel better afterward.

Be social Having a supportive social circle is something that helps you to live longer. However, if you are not blessed with a big social circle, reach out to others. One great place to start is through charity work. Helping a worthy

cause deepens your connection to humanity and promotes a feeling of greater purpose.



Education Supporter

Could Medical Marijuana Lower the Risk of Diabetes?



Recent U.S. research results revealed that regular smokers of cannabis experience fewer risk factors for diabetes than non-users, and furthermore the routine pot smokers seem to have better blood-sugar control overall.

These surprising results are based on a study of American adults who participated in the National Health and Nutrition Survey by the U.S.

Centers for Disease Control. The study group members underwent a series of medical and blood tests that provided information about each participant's blood-sugar control. The study revealed that the regular marijuana smokers, on average, had 16 per cent lower fasting insulin levels than group members who never smoked cannabis. These research results suggest that regular marijuana smokers use insulin more efficiently than non-users.

The results of three prior marijuana use studies have shown that users may be at lower risk for diabetes and tend to have less fat, but especially less belly fat — despite the fact cannabis smokers seem to eat more calories. Why? “The most

important finding is that current users of marijuana appeared to have better carbohydrate metabolism than nonusers,” according to Murray Mittleman, Associate Professor of Medicine, Harvard Medical School and lead researcher of the study. “Their fasting insulin levels were lower, and they appeared to be less resistant to the insulin produced by their body to maintain a normal blood-sugar level.”

... users of marijuana appear to have better carbohydrate metabolism than nonusers

Researchers say it's not clear whether marijuana or other factors—such as reduced stress levels—are the cause of the beneficial effects. It's too early for any conclusions says Mittleman. But, he added, “the metabolic changes that we are

observing are the sorts of things that are favourable with respect to indicating a lower risk of developing diabetes.” Mittleman recommends more cannabis research be undertaken

