



## 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.

Spring is here, the snow is melted, the flowers are blooming and its time to get outside and get active again. Get outside have some fun and experience life to its fullest this April.

Join us for this sixth issue of our medical marijuana newsletter and learn how to get active, get smart about exercise and the best yet, some exciting news about cannabis in Canada.



## Canadian Government announces marijuana will be legal next year!

The current government ministers are going over the final details before they release their Liberal marijuana legalization plan. In late March of this year CBC News first reported the Liberal government will announce legislation in the week of April 10th that will legalize marijuana in Canada by July 1, 2018. The legislation will follow the recommendations of a federally appointed task force that was chaired by former justice minister Anne McLellan.

On Thursday April 13th, Prime Minister Justin Trudeau introduced into parliament legislation to legalize the recreational use of Marijuana in Canada. According to this legislation, each province will decide how they will distribute and sell cannabis within their borders and be responsible for the taxation and methods of sale.

Though the exact details of price and distribution are not finalized yet there are some rules and regulations that have been announced. The age to purchase marijuana will be set at 18, though provinces and raise that number if they wish. Each person will be allowed to carry no more than 30 grams (about an ounce) and households will be allowed to have up to 4 plants at a time.

According to reliable sources who are responsible for handling the roll out of the plan, some of the critical points of the task force include;

- Keeping children safe and keeping the profits of marijuana sales out of the hands of criminals.
- The legalization would not amount to an endorsement of marijuana as "advisable or recommended"
- The government is looking at policies for substances like alcohol or tobacco, which have restrictions limiting sales to "informed, consenting adults"



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Health Minister Jane Philpott stated, “Our responsibility as government is to make sure that we have appropriate regulatory mechanisms in place, that we have public health measures in place.”

There is still uncertainty regarding paying duties on marijuana sales as this is not the main focus of the task force.

The senior government official said the bill would propose putting the federal government in charge of licensing the producers ensuring the country’s marijuana supply is safe and secure. Provinces will have the right to decide how marijuana is distributed and sold and have the right to set prices.

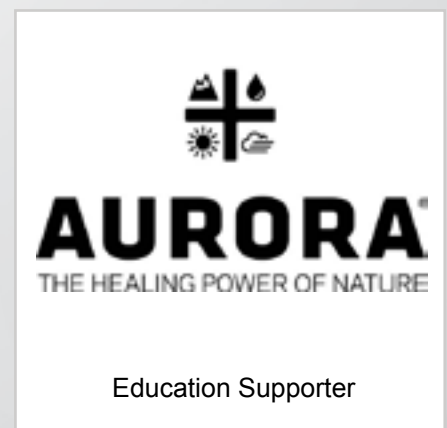
While the Provinces may appear to be set to approve the legislation, they all are concerned about regulations, and burdening their respective provincial dollars, in addition to keeping people safe. Quebec Premier Philippe Couillard told reporters “We should also be careful not to add too [many] responsibilities on the shoulders of the provinces — for example, regulation, implementation, how we will test people for this. We want to make sure that everybody will play [their] part in the implementation of the bill.”

Alberta Premier Rachel Notley said “We’re concerned about ensuring safety and health of young Albertans.”

The Nova Scotia Justice Department released a statement that said the province has not come to a decision on how marijuana will be distributed, but “will be guided by protecting public health and safety and focusing on a legal market.”

Ontario Finance Minister Charles Sousa said the province is still considering its options on how marijuana sales will be handled.

“The recommendation is to have government oversight in regards to how it’s distributed. The Attorney General’s Office already does a lot of that be it in alcohol, be it in tobacco, be it in spirits, wine, beer,” Sousa told reporters at Queen’s Park. “Those models exist and we’re looking at putting something in place that would be most appropriate.”



# Activity Quiz

Every day you balance work, family, home and an endless to do list and run a few errands! Your personal health always seems to take a back seat. But for those of us trying to feel less stress and less aches and pains at the end of day, a bit of activity is a must! This is your pop quiz to find out more about your current activity level so that you can adjust your busy schedule and re-energize and connect with your body to decrease your chance of serious diseases.

## 1. My daily walking habits are:

- a) I walk to the shower, to the car and to the café near work. I'm too busy for much else.
- b) I try to get up and move two or three times a day and usually take a nice walk at some point each day.
- c) I usually try to walk for a few minutes during my lunch hour.

## 3. If someone suggested that I lift weights, I'd:

- a) Laugh; dumbbells are not for me.
- b) Say that I already do, two or three days a week.
- c) Be interested. I know lifting weights is important; I just don't know how.

## 5. My general attitude about exercise is:

- a) Ugh; it reminds me of gym class.
- b) It's the best part of my day.
- c) I know I should do it, but it's the first thing to go when my day gets busy.

If you circled mostly **a's**, Dust off your walking shoes. Inactivity is bad for you. The good news is that exercise doesn't have to be boring or time-consuming. Just a few minutes of easy activity a day can dramatically improve your overall health. Put it high on your priority list.

## 2. My favourite recreational pastimes are:

- a) Watching my favourite TV programs, reading, renting DVDs and going out to restaurants.
- b) Walking, cycling and skiing; I like to be outdoors.
- c) A good game of golf, but we usually take a golf cart.

## 4. When I reach down to touch my toes, I can:

- a) Barely see my toes, let alone reach them.
- b) At least reach my shoelaces; on a good day, I can touch the floor.
- c) Reach my ankles, but I'm definitely not as supple as I used to be.



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# Tips for Maximizing Your Energy!

## Energize your life - It won't be as arduous as you think!

You're already taking the most energizing step possible by, well, reading this article! Carrying extra weight is tiring, so shedding a few pounds should give you an energy boost. Plus, people who exercise regularly also tend to sleep better. Want even more energy? Try a handful of these simple tips designed to boost your get-up-and-go.

### 1. Sip "short" cups of coffee throughout the day.

Down a triple shot of espresso just to bring your eyelids to half-mast in the morning? You may be inadvertently driving yourself deeper into a low-energy rut. Research from Harvard Medical School finds that frequent low doses of caffeine (the amount in a quarter-cup of coffee) were more effective than a few larger doses in keeping people alert.

### 2. Lighten your glycemic load.

Foods with a low glycemic load—like beans, bran cereal, barley, nuts, and yogurt—have less impact on your blood sugar than foods with a high glycemic load—like white rice, spaghetti, potatoes, cornflakes, baked goods, and sugary juices and drinks. Eating more low-glycemic foods will help you keep your blood sugar steady and avoid the lightheadedness and "shakes" associated with blood sugar drops, which usually follow spikes.

### 3. Slip in some strides.

Sneak in a brisk, 10-minute walk when you're feeling sluggish. Often, people with fatigue have a decreased supply of adenosine diphosphate (ADP), an intracellular "messenger" involved in energy metabolism. Translation: There's not enough "spark" in the engine. So jumpstart it with a brief jaunt.

### 4. Walk gratefully.

As you stride, focus on what you feel most thankful for. This simple technique combines the power of gratefulness with the positive effects of walking and exercise, flooding your brain with happy neurotransmitters and endorphins energizes the mind and body.

### 5. Chug two glasses of icy water.

Fatigue is often one of the first symptoms of dehydration, and if all you've sipped all day is coffee and soft drinks, it's quite likely you're dehydrated. Plus, the refreshing coldness will serve as a virtual slap in the face.

### 6. Try Siberian ginseng.

This herbal remedy stimulates your nervous system and helps to protect your body from the ravages of stress. Look for a supplement containing at least 4 per cent ginsenosides, and take two 100-milligram capsules daily. Cautionary note: Ginseng is off-limits if you have high blood pressure.



### 7. Have your thyroid checked.

If it's not producing enough thyroid hormone, it could be making you feel tired and rundown. A simple blood test will tell. Other symptoms of low thyroid are dry skin, weight gain, constipation, and feeling cold.

**8. Turn in 15 minutes early.** Every week, continue to go to bed an additional 15 minutes earlier until you find the right amount of sleep for your body. You'll know you've had enough sleep when you wake up feeling refreshed!

**9. Eat every four hours.** It's much better to continually refuel your body before it hits empty than to wait until you're in the danger zone and then overdo it. So every four hours (except, of course, when you're sleeping), have a mini-meal or snack. A mini-meal might be a bowl of whole-grain cereal—or a handful of roasted peanuts, or a hard-boiled egg and a sliced apple.

**10. Put yourself on a sleep schedule.** Wake up at the same time every day, even on weekends, no matter how little sleep you got the night before. By forcing your body to adhere to the pattern, you'll fall asleep faster when your head hits the pillow. Give it a few weeks to work.

**11. Get screened for depression.** Feeling fatigued and tired regardless of how much you're sleeping is a primary symptom of depression. Ask your doctor to administer a depression screening test, or answer the following questions, which studies find are good at predicting depression: 1) Over the past two weeks, have you felt down, depressed, or hopeless? And 2) Over the past two weeks, have you felt little interest or pleasure in doing things? If you answered yes to these questions, see your doctor.

## Super Food of the Month – Broccoli

**Broccoli's status as a super food is the result of its high levels of phytochemicals and their potential to mobilize the body's natural disease-fighting resources.**

### Nutrients Inside include:

**Beta-carotene:** This powerful antioxidant may help to neutralize cell-damaging free-radical molecules.

**Calcium:** Broccoli is a good non-fat, non-dairy source of this bone-nourishing mineral.

**Dithiolethion:** These anti-cancer agents may help to stimulate the antioxidant glutathione, a cancer-protective compound.

**Folate:** This B vitamin may help to reduce the incidence of cancer and certain birth defects. It may also help to control levels of homocysteine, an amino acid linked to heart disease. One cup of cooked broccoli has about 20 percent of your daily recommended intake.

**Glucosinolate:** Once ingested, the glucosinolates in broccoli break down into various healthy compounds, including indoles, sulphoraphane and isothiocyanates, all of which may be cancer-fighters.

**Indoles:** These compounds are thought to provide protection against hormone-related cancers, such as breast and prostate cancers.

**Insoluble fibre:** This type of fibre helps food move faster and with greater bulk through the digestive tract, promoting regularity.

**Isothiocyanate:** By stimulating the body's production of its own cancerfighting enzymes, isothiocyanates may neutralize potential cancer-causing substances. These phytochemicals also may combat carcinogens in smoke.

**Lutein:** This carotenoid may prevent colon cancer and certain eye diseases.

**Potassium:** Broccoli is a rich source of this mineral, which may help lower the risk of stroke and high blood pressure. (One cup of cooked broccoli has 456 mg of potassium, or 15 percent of the daily recommended intake.)

**Sulphoraphane:** This powerful phytochemical may increase the activity of cancer-fighting enzymes in the body, as well as reduce tumour formation.

So, looks like Mom was right—**eat your broccoli!** Researchers at the Johns Hopkins University School of Medicine have discovered that sulphoraphane, a chemical contained in broccoli, can kill *Helicobacter pylori*, a bacterium that causes stomach ulcers and often fatal stomach cancers.

## 12. Replace your pillow.

More restful, reinvigorating sleep may be within your reach quite literally—if you upgrade your pillow. Wake up in the morning with a sore neck? Opt for a soft, thinner pillow or a special “neck pillow.” In one Swedish study, a neck pillow enhanced sleep. These pillows come in different shapes; some are rolls, others are rectangular with a depression in the middle.

## 13. Supplement with roseroot.

Rhodiola rosea, also called roseroot, can help you better manage stress and zap fatigue.

Doses of 200 to 600 milligrams a day are typical, but check with your doctor first about possible interactions with other medications.

## 14. Breathe in energy.

Sit in a chair with a straight back, place your hands over your stomach, and breathe into your belly so that your hands rise and fall with your breath. Imagine you’re inhaling a white light that fills your body with vital energy. Do this for five full breaths. Then, as you inhale, tighten the muscles that connect your shoulders and neck, pulling your shoulders up toward your ears. When your shoulders are snug around your ears, hold your breath for just a second, then exhale as you release the tension and your breath in one big whoosh—as though you’re releasing the weight of the world from your shoulders. Repeat until you feel refreshed and revitalized.

## 15. Take a multi vitamin.

Research at the University of California at Berkeley found that the amino acid L-carnitine and the antioxidant aliphatic acid can boost both memory and energy, possibly by improving the way body cells produce energy. Bruce Ames, PhD, one of the study authors, says you can consume the right amount of both nutrients by taking a daily multivitamin and eating a diet rich in colourful fruits and veggies.

## 16. Get inclined.

Lie on your back and use pillows to prop up your feet so they’re higher than your head or, better yet, lie on an adjustable exercise bench or other surface that slants. In India, yogis do this to encourage blood flow to the brain, which is thought to fight fatigue and boost alertness

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