



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.

Summer is on its way and the month of May is prime time to get started planning your summer vacations, trips and just having fun. But what some of us neglect to take care of is our sleep. Sleep and proper sleeping habits will make your life better and make everything easier.

Join us for this seventh issue of our medical marijuana newsletter and learn how manage our sleep schedules, get started with some super foods that will help us manage and regulate sleep and get some exciting news on the medical marijuana industry in Canada.



Brands Play an Important Role in Legalizing Marijuana

With Canada's move to legalize, regulate and restrict access to medical marijuana for responsible adult use, Prime Minister Justin Trudeau's lofty goals of choking off the illegal market won't happen overnight.

Deloitte estimates the illicit cannabis trade in Canada totals \$8 billion, as stated in a Huffington Post recent article. That's a lot of money flowing to gangs and organized crime and simply changing the law won't automatically take the money and power away from that black market.

Legal producers will likely be undercutting their illegal counterparts, while incurring the added costs of taxes and other regulatory costs.

The challenge here requires a sensible, and progressive regulatory framework that enables legal producers to eliminate black market producers through competition.

Low taxation, responsible branding and in-store marketing are the most powerful tools we have at our disposal to eliminate this black market. Professional legal producers must be allowed to explain to consumers why their products are superior to those offered by all competitors, including illegal ones.

Consumers need to know what they're buying and feel safe and secure in obtaining from their source. With thousands of cannabis strains offering different

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effects, numerous ways to consume cannabis and the myriad agricultural processes used to grow the plant, packaging information is critical to give consumers a secure and informed choice.

Packaging and critical corporate branding will be a must to ensure no advantage is given to black market operators and other, less scrupulous producers able to offer low-quality products at low prices.

With no branding, informative branded packaging and/or information on their products to explain the advantages of their brand to their potential customers, the result would only push consumers to purchase larger quantities of low-quality product, which is the exact opposite desired result of the vision our public health professionals are advocating.

Plain packaging would also have the unintended effect of closing down the smaller growers, whom without branding, will not be able to differentiate their products from larger, well-financed competitors who can undercut them.



Furthermore, limiting THC potency and restricting product formats will give the black market a monopoly on products that a portion of the market desire. Legislation should provide reasonable product restrictions aimed to prevent overconsumption, such as requiring producers to sell defined quantities of marijuana in tamper-proof packaging. Overly strict prohibitions on already-popular products, however, will only serve embolden the black market and prevent the federal government from protecting Canadians.

The federal government would be wise to look at Colorado and Washington, where marijuana advertising is restricted, but branding and in-store promotion are still allowed. These jurisdictions understand that because cannabis is a complicated product, brands play an important role in helping adults make informed purchasing decisions.

This is a supremely difficult time for Canada as we approach cannabis legalization and regulation. If the desired result is to keep cannabis out of the hands of our young people, and over consumption then we must allow producers and distributors to brand their products in a responsible way.

The Importance of Sleep

'You've made your bed, now lie in it,' so the saying goes. But for some of us it's more like: 'You've made your bed, now lie awake in it.'

Sleeping has an enormous positive impact on the quality of our lives and supports our natural recovery processes.

Many people struggle with sleep, whether it's an illness, general body aches and pains, or the high stress levels of our daily lives, or in the case of shift workers, sleep is the number one thing we should demand of ourselves. It's not easy but we can start with the basics, our sleep environment!

Your sleeping environment includes your bedroom (or whichever room you sleep in) and your bed, including the frame, mattress and bedding. Your sleeping environment should have certain characteristics to ensure each night's sleep gets off to the best possible start with no interruption. You should feel at ease in bed and enjoy the time you spend there.

The Cardinal Sins of Bad Beds



Sleeping in a bad bed puts you at risk of developing muscle cramps and backache, and generally suffering from a poor night's sleep. Avoid the following at all costs:

Beds that sag in the middle. This often occurs when mattresses get old. Your spine will sag right into that big dip in the middle.

Beds that are too soft will fail to support certain parts of your body properly and will respond to your movements with an annoying bounciness.

Beds that are too hard force your body to adopt an uncomfortable posture. The spine gets pushed out of its natural shape, putting excessive pressure on the intervertebral discs.

Plump, heavy pillows put pressure on the vertebrae in the neck

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How to Create the Right Conditions for Sleep

If you are one of many that experience trouble getting to sleep or sleeping soundly through the night and you feel flat and drowsy during the day, there are a few things you can do to improve the situation. Provided you are not suffering from a serious sleep disorder caused by an illness, your lifestyle and sleeping habits will play the most significant role in determining the quality of your sleep. And even if you are receiving medical treatment for a serious sleep disorder, making changes to certain lifestyle habits can improve the chances of your treatment succeeding. Sleep experts use the term 'sleep hygiene' to refer to all the things that we can do ourselves to improve the quality of our sleep.

Good sleep hygiene means making specific changes to your habits and your sleeping environment to improve (or regain) your ability to fall asleep and sleep soundly through the night. The first step is to take a close look at your bedroom.

If you want to fall asleep, you need to give your body the right signals. An environment that is dark, quiet and not too warm makes it easier to get to sleep, while light and sound in the morning will help to wake you up.

Getting the indoor climate right – an appropriate temperature and humidity with adequate ventilation – is also good for your health. Being too hot or too cold can prevent you from falling asleep and may lead to muscle cramps or chills.

Low humidity can dry out the airways leaving you parched and uncomfortable.

Your bedroom should be quiet. Close the windows and doors. If you have the option, it is better not to sleep on the side of the house nearest the street. Before you go to bed, open the window up to let in plenty of fresh air. Your bedroom needs to be completely dark. Windows should be fitted with blinds, shutters or curtains that block out as much light as possible. Dawn simulator alarm clocks, which gradually increase the brightness in the room as your wake-up time approaches, are highly recommended.

Your bedroom should have a humidity level of around 15 per cent. Appliances that either humidify or dehumidify the air are an effective

way to maintain an appropriate humidity level.

Your bedroom should be relatively free of dust. Carpets, artificial plants and other decorative items quickly gather dust, which often contains allergens that can irritate the airways and impair sleep.

Your bedroom should not have any potted plants or cut flowers in it, although plants produce oxygen during the day, they give off unhealthy carbon dioxide at night.



Your bedroom should be a place of rest and relaxation, not an all-purpose junk room. The bedroom is not the place for computers, televisions, exercise equipment, laundry racks or the ironing board.

Herbal Teas and Their Properties

| NAME | EFFECT | RECOMMENDED AMOUNT |
|----------------------|---------------|---|
| Chamomile | Calming | may help relieve anxiety and cramps; recommended for stress-related stomach-ache or indigestion Three to four cups a day, the last just before bedtime |
| Hops | Calming | may help promote sleep One cup in the afternoon and one before going to bed Lavender Calming (may help relieve anxiety and reduce stress); may help you get to sleep and sleep through the night; mood elevating One to two cups of lavender tea before bedtime |
| Lemon balm | Calming | may help relieve mild anxiety and reduce stress; help promotes sleep; relieves bloating and abdominal cramping, especially when associated with stress or tension Three cups a day, ideally at mealtimes |
| Passionflower | Calming | helps you get to sleep and sleep through the night; increases overall sleeping time (especially in people suffering from nervous tension) Two to three cups a day; ideally, the last cup should be a blend with other calming herbs |
| Peppermint | Calming | relieves cramps; relieves bloating; especially recommended for stress-related digestive problems such as irritable bowel or stomach-ache One to three cups a day, the last before bedtime |
| Valerian | Calming | (may help relieve mild anxiety; promotes sleep (may help you get to sleep and experience more restful sleep) For nervous tension, several cups a day; for sleeping difficulties, a cup before bedtime |

How to make an infusion

Therapeutic herbal teas are generally prepared as infusions by pouring boiling water onto the dried, finely chopped plant matter.

Allow the tea to infuse for the recommended amount of time (as advised by a herbalist or from the packet's instructions) in a pot or cup with a lid – porcelain or earthenware teapots are best. Once the tea has infused, pour it through a strainer (or cloth filter) and it's ready to drink. This method works best for preparations containing leaves, flowers or seeds.



It is sometimes said that radiation from power cables or electromagnetic fields from devices such as cordless phones can have a disruptive effect on sleep. There is no scientific proof of such a link but experts believe that some people are more sensitive to electromagnetic radiation than others.

Telephones do not belong in the bedroom unless you are expecting an urgent call. Just being near a telephone is a sign that you are available to be contacted and this can contribute to a level of arousal that may impair your sleep

A good bed is essential to a good night's sleep! During the night, especially during deep-sleep phases, your bed will make or break your chances of getting a good night's rest. You will change position anywhere between 20 and 40 times during the night. It is important that your bed supports and relieves pressure on



your body, and that it does not restrict your movement in any way. Your spine should be able to maintain its natural curvature no matter what position you are in, which means the surface of the bed needs to be right for your back – not too soft and not too firm. If you experience back pain for no apparent reason first thing in the morning, it's a sure sign your sleeping arrangements could

do with some improvement. Even if you cannot feel it in your back (yet), a substandard bed will be having a negative impact on your sleep. It is worth checking if there is anything about your bed that needs to be changed.

Bedcovers should be lightweight and breathable. Wool and down quilts are especially good; high-quality microfibre and other special fillings are recommended for arthritis sufferers or people who especially feel the cold.

You can adjust how warm you feel in bed with the choice of material and number of layers you use. Men tend to prefer cooler covers than women. Warmer bedding should be used in winter. Use standard sized pillows, around 45 cm x 70 cm (18 in x 28 in), that are washable and not too heavy.

What you wear in bed depends on the climate and season. On chilly nights choose sleepwear in soft cotton-knit fabrics as they are warm and comfortable, and breathe well. During the heat of summertime you may prefer to wear nothing at all.

After 4 pm, you should avoid drinks that contain caffeine or guarana – a South American plant that has berries containing large amounts of caffeine. This means keep away from coffee, cola and energy drinks. The body needs at least 6 cups (1.5 litres) of fluids a day, but from the late afternoon onwards you should aim to meet that target with water, diluted fruit drinks or herbal teas.

May Super Food of the Month – Green Tea

The healing powers of green tea have been valued in Asia for thousands of years. These days, green tea is incorporated into everything from ice cream to skin cream—but the best way to take advantage of its health benefits is still just to drink it! Black tea is also under review for health benefits, though tea's primary healing agents, called catechins, may be altered in black tea during processing. Catechins, which have powerful antioxidant properties, are also responsible for tea's soothing flavour and aroma.

Is there anything more comforting than a warm cup of tea? Here's another reason to feel relaxed: Preliminary research suggests that drinking green tea may help to prevent cancer and heart disease.

What's In It

Epigallocatechin gallate (EGCG): One of a class of flavonoids called catechins, EGCG is believed to be the most potent compound in green tea. With the purported capacity to fight cancer at all stages, EGCG may have the antioxidant power to seek out and destroy harmful free radicals; the ability to inhibit an enzyme needed for the growth of cancer cells; and the capacity to induce apoptosis (cell death) in cancer cells without damaging healthy cells. Researchers are also currently examining EGCG's potential role in reducing LDL or "bad" cholesterol.

Pass the Milk

Rest assured that adding milk to tea will not diminish the benefits associated with its healthy compounds. A study found that the addition of milk to black or green tea did not



adversely affect antioxidant content or activity in 21 healthy study participants. It also might be worth buying a teapot and some loose tea; research conducted at the United States Department of Agriculture showed that the levels of catechins in instant teas and bottled teas were lower than in freshly brewed teas.

A rainbow of green teas

In the same way that "black tea" can mean anything from Earl Grey to orange pekoe, there isn't just one type of generic green tea—although the selection at most Canadian grocery stores might make it seem that way. Why not switch it up? Visit a specialty Asian supermarket to find such delicious varieties as Japanese genmaicha (savory green tea with roasted rice) and sencha (a variety that many people in Japan drink every day).

How to relax and still lose weight

Evidence suggests that drinking green tea may promote weight loss. Though the amount of green tea required to achieve weight loss has not been specified, researchers suggest that long-term consumption of green tea may decrease the incidence of obesity. Studies have also found that people who drink five cups of green tea daily are likely to improve their cholesterol levels—although that might be too much caffeine for some.

The Caffeine Question

Tea leaves contain twice as much caffeine, weight for weight, as coffee beans do. But when measured by volume, tea has only half as much caffeine as coffee, because tea is drunk weaker and coffee is more completely extracted from the grounds. A cup of green tea generally contains around 35 mg of caffeine.

