



MMJPR NEWSLETTER

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WELCOME TO A NEW WORLD IN HEALTH CARE.

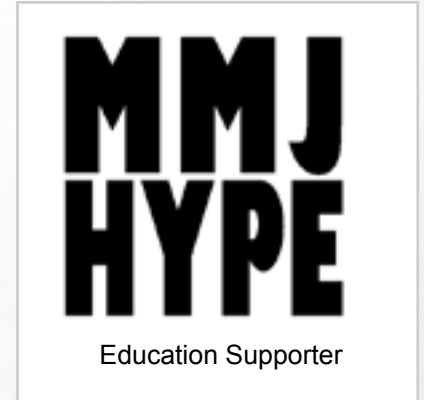
A LETTER FROM THE EDITOR

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

Fall is here and its time to get spooky. Shorter days and longer nights are coming and we all want the energy to get outdoors and enjoy the crisp air and beautiful turning of the leaves.

Join us for this twelfth issue of our medical marijuana newsletter and learn how to avoid that pesky cold and flu, use some amazing super foods to keep our energy up through those long nights and getting ready for the long Canadian winter that is almost upon us.



Cold and Flu, A Respiratory Story

You can catch a cold at any time of the year but here comes the flu season and you better get ready!

It's not the weather, not directly anyway. The colder it gets, the more we stay inside and are in close contact with others. That's when the germ sharing begins. We often use the terms "cold" and "flu" interchangeably, but we shouldn't. Both are respiratory infections caused by viruses and they share symptoms, but the flu is generally worse. When you become infected by the cold virus, your immune system unleashes a counterattack we recognize as cold symptoms: sneezing, coughing, and a runny nose.

Flu symptoms begin a few days after you are infected. Some of them are cold-like, but they often include headache, muscle ache, fatigue, and fever.



Super Food of the Month - Apples



'Tis the season!

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The flu season runs from November to April. According to Health Canada, 3 to 7.5 million Canadians will catch it each year, with children three times more likely to catch it than adults. The flu can be deadly, especially for older people, so people of all ages, are encouraged to get an annual flu shot.

There are a few things you can do to help yourself feel better, such as drinking fluids and resting. But when battling a bug, time is the true healer. A typical cold will last about a week, while it takes people about 10 days to recover from the flu. Here are ways to help you feel better—many people swear by them.

1. Wash your hands and do it often. Colds are typically passed from hand-to-hand or hand-to-object contact because most cold viruses can live for hours on objects. You then put your hand in or near your mouth or nose and then you're infected! You are most likely to come into contact with a cold virus by touching a contaminated object, such as a doorknob, handrail, or faucet. The most effective way to prevent these germs from spreading is to wash your hands frequently and well.

2. Carry hand sanitizer. Carry hand sanitizer gel or sanitizing wipes with you and you can clean your hands or the objects that you come into contact with, even if the closest water supply is miles away. It works!

3. Always sneeze into a tissue . . . Sneezing protects you by ejecting viruses and other detritus from the body at 85% of the speed of sound. The expulsion of up to 40,000 droplets, however, inevitably spreads a cold virus. Many people make the situation worse by trying to contain their sneeze with a hand, which then becomes covered in germs that can be spread. You can minimize the risk of spreading your cold virus by using tissues when you sneeze and making sure you wash your hands as soon as possible afterward.



4. But if you can't, use the crook of your arm. If you really can't get to a tissue, hold the crook of your elbow over your mouth and nose when you sneeze.

5. Lower the heat in your house by a few degrees. The dry air of an overheated home provides the perfect environment for cold viruses to thrive. And when your mucous membranes (of the nose, mouth, and tonsils) dry out, they can't trap those germs very well. Lowering the temperature and using a room humidifier helps to maintain a healthier level of humidity during the winter.

6. Suck on zinc lozenges. At the first sign of a cold, you might launch a preventative blitz by sucking on a zinc lozenge until it melts away. Then suck another every two waking hours. Or use a zinc-based nasal spray. In a study of 100 people in the initial stages of a cold, those who sucked on zinc lozenges every couple of hours recovered from their illness about three days earlier than those who sucked on placebo lozenges. Zinc is a crucial component of a strong immune system,



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Look After Yourself

You will recover faster if you take care of yourself rather than trying to tough it out:

- Don't struggle into work feeling dreadful, you'll only spread germs and feel worse.
- Stay in bed and get plenty of rest.
- Take your preferred over the-counter cold medicine. If you don't have one, ask your pharmacist for a recommendation.
- Drink plenty of fluids, including water, hot tea, and broth.
- Eat a healthy diet rich in infection-fighting nutrients, including antioxidants, bioflavonoids, and protein.

Always Remember to Get a Flu Shot

A shot once a year can prevent weeks of misery! According to Health Canada, over seven million Canadians catch the flu each year, but it is the very young and the elderly who are most adversely affected. Both groups have high rates of hospitalization due to flu.

Health Canada urges everyone over 65 to get an annual flu shot, and the Canadian Paediatric Society recommends it for all children between six and 23 months old. Children aged six to 10 are most likely to spread the virus due to their proximity to other children, so all kids over six months of age should get the flu shot every year, unless there is a medical reason not to.



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Debunking Myths Surrounding Flu Season

Now that flu season is here, time is right to debunk a few of those myths we hear about the flu shot every year:

MYTH: The flu shot doesn't work.

You might avoid the flu without one, but why take the risk? Each year, up to 75,000 hospitalizations and up to 1,500 deaths are due to the flu or its complications.

MYTH: You don't need a yearly shot.

You should get a flu shot annually because each year a new flu strain hits. The Laboratory Centre for Disease Control and other organizations predict which strain will be active and develop a new vaccine against it.

MYTH: The shot will give you the flu.

You can't contract the flu as a result of the shot because the vaccine is made with inactive viruses. However, the shot may leave your arm sore, trigger mild muscle aches and fatigue, and make you temporarily feverish.

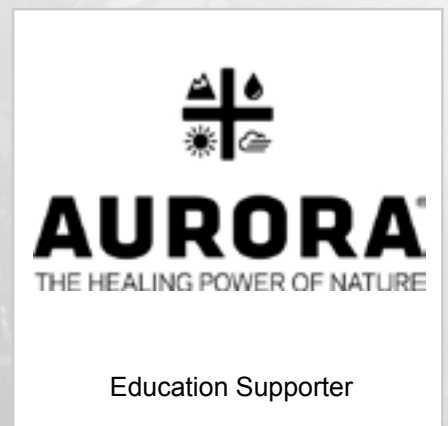
The best time to get a flu shot is between October and December. Flu shots are usually available at your local pharmacy or clinic.



BUT IF YOU DO GET THE FLU . . .

The flu has to run its course, and usually will in about 10 days, the first few days being the most difficult. Here's what you can do to help yourself, or someone else, should flu symptoms appear.

- Ensure you get plenty of rest. If you have a fever, wear light clothing and keep the room at a comfortable temperature, around 20°C.
- To avoid dehydration, drink fluids to replace those lost in sweat.
- Monitor for fever. Use over-the-counter cold medicines to provide relief and help you rest.
- A cool mist humidifier can help a stuffy nose and gargling with warm salt water can ease a sore throat.
- If the flu persists past two weeks, contact your doctor immediately.



Super Food of the Month - Apples

When bobbing for apples this month remember the old adage about an apple a day keeping the doctor away, it's true! Plus, apples are also called nature's toothbrush.

While apples don't actually clean teeth, they still enhance dental hygiene:

Biting and chewing an apple stimulates the gums, while its sweetness prompts an increased flow of saliva. This reduces tooth decay by lowering the mouth's bacteria levels.

Apples are packed with bushels of pectin, vitamin C and numerous phytochemicals that may help prevent heart disease and certain cancers. At about 80 calories each, they're also the perfect snack size—just the way nature grew them. They can even alleviate symptoms of allergies and asthma.

So take a bite and breathe easy!

Baking Smart!

For a low-fat indulgence, replace three quarters of the butter or oil called for in cookie, cake and brownie recipes with unsweetened applesauce.

Try This!

Homemade applesauce is incredibly easy and quick to make: Cook chunks of apple with just a little bit of water or juice over low heat and in a short time you'll have applesauce!

Certain apples will even melt into a delicious purée. Enjoy!

What's In Them

ANTHOCYANINS: Natural food pigments, anthocyanins have antioxidant properties that may defend against carcinogens. They may also lower LDL or "bad" cholesterol and prevent blood clots.

GLUTATHIONE: This antioxidant may have anticancer powers, and it improves the immune system's ability to fight off infections.

PECTIN: A type of soluble fibre that helps to lower artery-damaging LDL cholesterol, pectin in applesauce is also helpful in managing diarrhea. (One unpeeled apple provides nearly 4 g of dietary fibre, almost half of which is heart-healthy pectin.)

PHENOLIC ACIDS: Apples contain caffeic, chlorogenic, ellagic and ferulic acids, as well as other types of phenolic compounds that may help to fight cancer.

QUERCETIN: A flavonoid linked to a reduced risk of cancer development, quercetin may also help to prevent cataracts and reduce symptoms associated with respiratory ailments.

RUTIN: Rutin is a flavonoid that teams up with vitamin C to maintain blood-vessel health.



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