



MMJPR NEWSLETTER

Volume One, Issue Thirteen

November 2017

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.

Fall is over and now winter has set in and so has the holiday season. As the weather gets colder, so does our need to stay warm. It is also the time to start getting out to enjoy the frosty and sometimes snowy weather and the fun that it can bring.

Join us for this thirteenth issue of our medical marijuana newsletter and get the low down on how to knock stress out of the park and use it to help improve your life. Don't forget about our superfood of the month, cabbage and how it can help with your stress.



Feeling Stressful? Can Cannabis Help?

A group of researchers at the University of Illinois suggests Cannabis - at low doses - can be an effective stress reliever.

One of the most common claims about cannabis is that it relieves stress and helps one to relax and so this recent study published in Drug and Alcohol Dependence demonstrates that this may well be true, but only at lower doses.

This group of researchers from the University of Illinois at Chicago (UIC) and the University of Chicago, IL, went through appropriate legislative channels to investigate the effects of tetrahydrocannabinol (THC) - which is the main active ingredient in cannabis - on stress.

They wanted to test the age-old adage that cannabis helps people to relax and can relieve stress. Although many people have heard these claims, there has been little scientific study on the matter.

Continued on Page 2



The Cabbage family



Rub Yourself the Right Way

Continued from Page 1

As Emma Childs, associate professor of psychiatry at the UIC College of Medicine, says, “Very few published studies have looked into the effects of THC on stress, or at the effects of different levels of THC on stress.”

The team from Chicago set out to investigate cannabis’ stress-relieving properties at different doses. In all, 42 healthy volunteers aged between 18 and 40 were studied. All had some experience of cannabis but were not daily users.

They were split into three groups:

- the low-dose group, who received a capsule containing 7.5 milligrams of THC
- the moderate-dose group, who received a capsule containing 12.5 milligrams of THC
- the placebo group, who received a capsule containing no THC

Although it is difficult to equate ingested cannabis to smoked cannabis, Prof. Childs says, “The doses used in the study produce effects that are equivalent to only a few puffs of a cannabis cigarette.” She goes on to explain the dose choices, saying, “We didn’t want to include a much larger dose because we wanted to avoid potential adverse effects or cardiovascular effects that can result from higher doses of THC.”

Neither the participants nor the investigators knew what doses had been given to which individuals.

Each participant took part in two 4-hour sessions, which were 5 days apart. They took the capsule, then relaxed for 2 hours, allowing it to enter the bloodstream.

In the first session, the participants had to spend 10 minutes getting ready for a mock job interview. They then had a 5-minute interview with laboratory assistants, who did not offer positive verbal or body language feedback. Next, they were asked to carry out a challenging mathematical task for 5 minutes - a task that, according to Prof. Childs, is “very reliably stress-inducing.”

During the participants’ second visit to the laboratory, they were asked to talk about their favorite movie or book for 5 minutes, and then to play solitaire for a further 5 minutes.

At the start, during, and after both sets of tasks, participants were asked to rate their stress levels and feelings about the task. Also, throughout the tests, heart rate, blood pressure, and levels of cortisol (a key stress hormone) were measured.

As predicted, those who received the low dose of THC reported less stress after the psychosocial test than those given a placebo. Also, their stress levels dropped faster after the test.

However, those receiving the higher dose of THC reported a more negative mood before and during the task. Beforehand, they were more likely to rate the psychosocial task as “challenging” or “threatening.”

Also, the moderate-dose group paused more during the mock interview than the placebo group did.



Across all three groups, there were no significant differences measured in blood pressure, cortisol levels, or heart rate before the task, during it, or afterward.

“Our findings provide some support for the common claim that cannabis is used to reduce stress and relieve tension and anxiety. At the same time, our finding that

participants in the higher THC group reported small but significant increases in anxiety and negative mood throughout the test supports the idea that THC can also produce the opposite effect.”

Although the study is on a relatively small scale, the findings are important because they begin to plug some gaps in our knowledge. Because of regulatory obstacles in the past, investigating cannabis’ effects was always challenging, however with medicinal cannabis use rising, more research is vital.



Education Supporter

Rub Yourself the Right Way

Massage offers a relaxing and pleasurable way of dealing with pain and stress relief and is widely available in a variety of forms, some are based on Asian medicine.

Common massage techniques include kneading of the limbs, pulling gently at the joints, pressing nerve areas and pressure points, and even stroking and tapping on the body with hands like mini karate chops.

Some of these massage therapies work by focusing on relaxing tense muscles, and others on stimulating circulation. Massage is proven effective relief for patients with sports and/or rehabilitation injury treatments.

As there are different massage styles you should choose one that is right for you and the only way to achieve your own personal preference is to try them. Try one of these....

Aromatherapy Massage

In aromatherapy massage, oils, known as essential oils with healing properties, are rubbed into the skin. Essential oils are extracted from various medicinal plants such as eucalyptus, rosemary, peppermint and many others by a process of distillation. They are highly concentrated, so only a few drops are added to a base oil, such as almond oil and then gently rubbed into your skin. This can have a localised effect and may also pass into the bloodstream to reach other areas of the body. It may promote the release of endorphins, providing relief from some painful conditions including muscle tension, chronic neck or back pain, and even help with arthritis pain.

Hot Stone Massage

Smooth flat stones, usually basalt or another iron-rich rock that can retain heat, are placed into warm water until they reach an optimal temperature and are then placed on parts of the body, usually along the spine or between your toes. Heat from the stones warms up the muscles and helps them to relax. In some cases, with patients who suffer from inflammation, marble is used and cooled in ice water and then placed the affected areas of inflammation. Several health benefits have been reported when using this type of massage therapy, such as back pain, arthritis, fibromyalgia and even hypertension.



Swedish Massage

This system of soft tissue and muscle movement was developed by Per Henrik Ling in the nineteenth century for relaxing rigid muscle fibres. The aim of Swedish massage is to loosen any muscular or tissue thickening around the joints. Swedish massage is recommended for those suffering from poor circulation and joint pain, and often utilised in physiotherapy to assist patients to regain limb movement following surgery, or long periods of bed rest or stroke. Also, useful for osteoarthritis, chronic back and neck pain, and even headaches.

Deep Tissue Massage

This is a penetrative form of therapeutic massage to restore movements in joints and improve blood and lymph circulation to all parts of the body. The non-use of muscles can sometimes have its origins in psychological issues or past traumas, so deep tissue massage may result in a strong emotional release as well as a physical response. With much slower movements and more pressure than other forms of massage, deep tissue massage may feel exceptionally painful to those not used to it. The massage therapist will also use their fingers, hands, elbows and forearms to focus on specific problem areas within the body. It may be helpful in relieving lower back pain, tennis elbow, fibromyalgia and osteoarthritis.

The Cabbage family

Russian peasants sustained themselves for centuries on this leafy veggie—and not much else. But even if your fridge is full of other, more exotic foods, you should still eat cabbage.

Cabbages are nutritional kings, as are their relatives, bok choy and Brussels sprouts. They're very low in calories (just 16 calories per ½ cup cooked) and high in fibre. Nutrient-rich and loaded with protective compounds, cabbage is surprisingly high in vitamin C, and members of the cabbage family may help to fight off cancer and heart disease. One study found that women who ate the most cabbage and its cruciferous cousins (such as broccoli and Brussels sprouts) had a 45 percent lower breast-cancer risk than women who ate the least. Those Russian peasants knew what they were doing!



Whats In them

Anthocyanins: Found in red cabbage, these antioxidant pigments may protect cells from free-radical damage.

Beta-carotene: Bok choy is extremely rich in this important antioxidant— it has more beta-carotene than other cabbages. Beta-carotene is linked to lower incidences of heart disease and certain kinds of cancer.

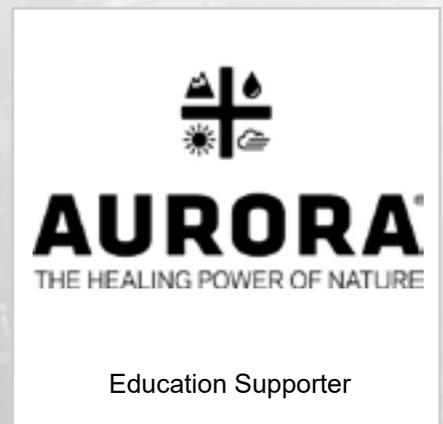
Dithiolethiones: These compounds may help protect against carcinogenic agents by increasing the body's reserve of glutathione, which has antioxidant properties.

Insoluble fibre: This fibre helps to alleviate constipation.

Folate: This important B vitamin is believed to reduce the incidence of cancer and birth defects, and may lower heart disease risk.

Goitrogens: Raw cabbage contains these compounds, which may slow down the thyroid. Consult with your physician if you have thyroid problems and you eat a lot of raw cabbage.

Indoles: Thought to deactivate estrogen, which stimulates tumour growth, indoles may protect against breast and prostate cancer. Savoy cabbage is an especially good source of indoles.



Isothiocyanates: These compounds may stimulate the enzymes which impede hormones that promote breast and prostate cancers.

Sulphoraphane: This isothiocyanate stimulates production of glutathione, a compound with antioxidant properties.

Vitamin C - Brussel Sprouts supply four times the vitamin C of their cabbage cousins. Vitamin C may help to improve immune function and fight off infections and viruses.

Maximizing the benefits

If you want to take advantage of cabbage's vitamin C content, it should be eaten raw. If you do cook it, however, be sure to steam, microwave or stir-fry for maximum retention of other nutrients.

Don't Be A Stress Head - Identifying Stress Factors

Stress is the biggest of all pain triggers. It worsens almost every kind of pain from migraines and arthritis to stomach cramps and fibromyalgia.

External pressures such as work problems or internal pressures including illness and pain, all contribute to stress levels. When you feel that your ability to cope is being outweighed by the demands put on you, stress has reached the point where it can have a harmful effect.

The first step towards managing stress in your life is to identify specifically what makes you feel stressed. This is not necessarily as straightforward as it sounds, as signs of stress such as fatigue and depression may not always be immediately obvious. However, you should try to analyze the frequency of particular stress symptoms as they relate to specific situations in your life. Typical physical signs of stress include:

- Headaches
- Grinding teeth
- Aching shoulders
- Sore neck and back
- Nausea
- Ulcers
- Indigestion
- Diarrhoea or constipation
- Shortness of breath
- Heart palpitations
- Skin problems
- Cold hands and feet



First try to be aware of the physical symptoms you experience when stressed. Then think about when such symptoms occur in relation to the other events that are happening in your life.