



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.

Its summer and this month MMJPR brings you our Spice Kitchen issue. We will explore a number of amazing ways that the spices in your cabinet can improve your health and help you live longer.

Join us for this eighth 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.



What you should know about the Access to Cannabis for Medical Purposes ACMPR

The Access to Cannabis for Medical Purposes Regulations (ACMPR) has replaced the Marihuana for Medical Purposes Regulations (MMPR).

What it means for individuals who require access to cannabis for medical purposes

Individuals with a medical need, and who have the authorization of their health care practitioner, will now be able to access cannabis in three ways: they can continue to access quality-controlled cannabis by registering with licensed producers, they can register with Health Canada to produce a limited amount for their own medical purposes, or they can designate someone else to produce it for them.

Under the ACMPR, those who are currently registered to purchase from a licensed producer may continue to do so without any interruptions to their supply. This may be the best method of obtaining medical cannabis that is grown using the Health Canada regulations for licensed producers.

Individuals who do not currently have access to cannabis for medical purposes need to discuss their options with their health care practitioner. The practitioner may complete a medical document if it is decided that cannabis is a good treatment option.

Individuals can then use their medical document to either register with a licensed producer to obtain fresh or dried marijuana or cannabis oil, or with Health Canada to be able to produce a limited amount of cannabis themselves or designate someone else to produce it for them.

No matter how individuals obtain cannabis - their possession limit is the lesser of a 30-day supply or 150 grams of dried marijuana or the equivalent amount if in another form.

If an individual wants to produce a limited amount of cannabis for his/her own medical purposes, or if an individual chooses to designate another individual to produce a limited amount of cannabis for his/her, they must submit an application to register with Health Canada and adhere to the strict guidelines set out by Health Canada. [Go to their website to find out more](#).

What it means for health care practitioners

The role of health care practitioners is unchanged by the introduction of the ACMPR. As with the previous regulations, an individual who requires cannabis for medical purposes must first get a medical document from an authorized health care practitioner. Like under the MMPR, the medical document contains similar information to a prescription, including:

- the authorized health care practitioner's licence information
- the patient's name and date of birth
- a period of use of up to one (1) year
- a daily quantity of dried marijuana expressed in grams

In a hospital setting, the person in charge of the hospital can allow fresh or dried marijuana or cannabis oil to be administered to a patient or, sold or provided to a patient or an individual responsible for the patient.



Please refer to the guidance available on the Health Canada website for more information about the authorization of cannabis for medical purposes, including the Daily Amount Fact Sheet (Dosage).



The Power of Spices

They put the kick in your chili and the yum in your Mom's recipe muffins. Life would certainly be dull without them. But did you know that your favourite spices also boast amazing health benefits? Turns out they do more than just taste good—they're good for you, too!

Caraway

Caraway is part of the carrot family and usually available as a whole seed. Its seeds are used to flavour rye bread and other European dishes, such as sauerkraut and goulash.

ITS SECRET POWERS

Caraway contains potential cancer-fighters, including limonene and small amounts of perillyl alcohol, which could help prevent breast cancer.

TRY THIS!

Add caraway to savoury soups and stews, salad dressings, relish, savoury muffins and bread dough. It goes well with cabbage, carrots, beets and pork.

Cayenne

This is a fiery spice derived from the dried pods of a particular variety of chili pepper, and is often used to flavour the hot dishes of Mexico and many other countries.

ITS SECRET POWERS

Cayenne's bite comes from capsaicin, an oil that can be used as a topical painkiller. When eaten, it helps open up congested nasal passages. Consuming cayenne and other hot spices is thought to stimulate the production of endorphins, the brain's natural mood enhancers.

TRY THIS!

Cayenne is a natural addition to chilis and salsas. For an unexpected twist, add it to chocolate sauce.

Cinnamon

Derived from the inner bark of two kinds of Asian evergreen trees, cinnamon is a sweet, warm and aromatic spice, most commonly used in baking.

ITS SECRET POWERS

Cinnamaldehyde in cinnamon may ward off bacteria such as *H. pylori*, which has been linked to ulcers. Cinnamon can relieve bloating, gas and heartburn, and may even have antibacterial properties.

TRY THIS!

Cinnamon is a great addition to pancake and waffle batters, but it's not only for sweet stuff: It also tastes great in savoury soups, stews and chilis.

Cloves

A strong and highly fragrant spice, cloves are the dried flower buds of the clove tree. They are available whole or ground.

THEIR SECRET POWERS

Cloves may fight bacteria (like *E. coli*) that can cause food poisoning. They also contain eugenol which may prevent heart disease by preventing blood from forming too many clots. Cloves can even be used as a natural breath freshener!

TRY THIS!

Cloves match well with ham and other smoked meats. Their wintry aroma and flavour also enhances barbecue sauces and sweet fruit-poaching liquids. They make a great addition to stir fries too!

Coriander seed

Coriander seed comes from the cilantro plant, but has a distinctly mild, slightly citrusy flavour. Coriander is often used in curry powder and as a pickling spice.

ITS SECRET POWERS

Coriander seed is thought to be helpful in relieving stomach cramps, and may have the ability to kill bacteria and fungus. It contains limonene, a flavonoid thought to help fight cancer.

TRY THIS!

Coriander seed is often used in Indian cooking. It also lends a tasty flavour to yogurt sauces, spice rubs and marinades. It matches well with fish and poultry.

TRY THIS!

Throw a little cumin in salsas, chutneys, relishes and even bread doughs. It goes well with corn, cabbage, carrots, onions, lentils, beans and potatoes.

Ginger

Ginger is sold as a fresh root, powdered, pickled or candied. All forms of ginger have an aromatic spiciness, although the fresh root is the ziest.

ITS SECRET POWERS

The gingerol, shogaol and zingiberene in ginger may help to prevent heart disease and cancer. Ginger can reduce motion sickness, nausea and vomiting, and has been shown to possess anti-inflammatory properties.



Cumin

My all time favorite, I put this stuff in everything! This mildly hot spice becomes extra fragrant when heated, and adds that certain je-ne-sais-quoi to Indian, Middle Eastern and Mexican cooking. It is available as a whole seed or ground.

ITS SECRET POWERS

Examined for its potential to ward off bacteria and food-borne microbes, such as E. coli, cumin may also have antioxidant and anti-cancer effects.

TRY THIS!

Throw a little grated or minced ginger in stir-fries (add it along with the onions at the beginning) and other Asian dishes for an extra-special flavour.

Mustard seed

Mustard seeds and mustard powder have a pungent, slightly smoky flavour, and are often used in spicy Indian dishes.

THEIR Secret Powers

Mustard seeds contain allyl isothiocyanates, which studies suggest inhibit the growth of

cancer cells. The volatile oils in mustard may clear congestion from colds and flu. It can also be used in a poultice to relieve pain and congestion.

TRY THIS!

Fry whole mustard seeds in oil before adding the ingredients for a spicy soup or curry. They're also delicious in pickled and preserved foods, as well as fresh, tangy slaws.

Nutmeg and Mace

These spices come from the same tropical fruit: Nutmeg is the shelled seed, and mace is the hull. Their sweet, warm flavours tend to be strong—a little goes a long, long way.

ITS SECRET POWERS

Eugenol, a monoterpene in nutmeg, is thought to prevent heart disease by preventing blood cells from forming too many clots. Nutmeg and mace may also have antibacterial properties which could destroy the food-borne bacteria *E. coli*.

TRY THIS!

Use these spices in cookies, cakes and pies—they go well with cinnamon—or even cheese and white sauces. They taste great with vegetables like broccoli and sweet potatoes.

Saffron

One of the most expensive spices in the world, saffron has a flavour that is delicate and unique. Use it in very small amounts, as it is fragrant and intense.

ITS SECRET POWERS

Laboratory studies suggest that saffron may be an important disease-fighting spice, due possibly to the substance crocetin, as well as carotenoids, which are believed to fight heart disease and cancer. Saffron is also sometimes rumoured to be an aphrodisiac!

TRY THIS!

Saffron is a traditional ingredient of the mouthwatering Spanish rice dish, paella. It goes well with seafood and chicken, and can be used in fresh pasta, pizza and bread doughs.

Turmeric

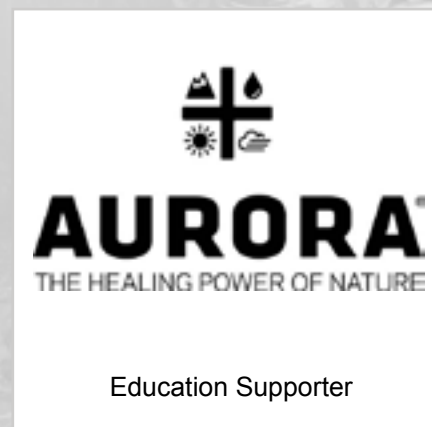
This spice gives curry powder its deep yellow hue. It has a delicate yet unmistakable flavour. But watch out: It tends to stain fabric so when you use it, best to have an old t-shirt on or an apron!

ITS SECRET POWERS

The curcumin in turmeric is thought to have a wide range of beneficial effects, and its antioxidant properties may fend off heart disease and cancer. Studies also show that curcumin holds promise in reducing cataract development.

TRY THIS!

Use turmeric in curries, savoury soups and stews, or in spice rubs and marinades. A sprinkling of turmeric also pairs well with yogurt sauces.



The Healing Power of Salt

You could say that as humans, all of us are “the salt of the earth”—not only the extra-good folks. That’s because humans require from 5 to 10 grams of salt every day. Over a lifetime, a person might take in as much as 292 kilograms of the stuff. Our bodies use salt, or sodium chloride, as an electrolyte, which is an electrically charged solution. This regulates the functioning of muscles and nerves and maintains our blood pressure, among many other critical operations.

Salt began to influence humans before the dawn of time. Neolithic settlements were founded at salt springs, and ever since our earliest days, salt has been an essential part of culture. In fact, controlling salt gave rise to three of the world’s greatest civilizations: China, Egypt, and the Roman Empire. The Romans built one of their major roads, Via Salaria, or “salt road,” from Rome to the Adriatic Sea to make it easier to transport the stuff. Roman soldiers were often paid in salt, and that’s where the word “salary” comes from.

The earliest known book about drugs, published nearly 5,000 years ago in China, described over 40 kinds of salt, along with two methods for extracting and converting it—methods that are stunningly similar to modern-day techniques.

Since ancient times, salt helped people preserve and transport foods. Not only did salted foods keep longer, but salt dehydrated fish and meats and made them easier to ship. Finally, salt has played a key role in historic events, from the French Revolution to the Indian drive for independence from British rule.

It’s no surprise that a substance linked so closely to life, both biologically and culturally, should have so many uses as a home remedy. Take simple salt water, for example. Because higher concentrations of sodium chloride draw water from surrounding tissues by osmosis, salt water helps soothe swollen gums and heal abscesses. Today, your dentist will tell you to rinse with warm salt water to ease gum irritation and speed healing. For generations, people suffering from head colds have relied on warm, diluted salt water, sniffed gently up the nostrils, to clear mucus from the nasal passages. And a salt-water gargle is a classic sore throat remedy.

Two teaspoons of salt in a pint of lukewarm water make a footbath that helps curb fungal infections by softening and cleansing the skin. Similarly, a salt-water soak makes it easier to remove a stubborn splinter. Salt water heated to body temperature may relieve earaches by loosening wax.

Buyer’s tip

When it comes to using salt in remedies, there’s no difference between kosher salt, sea salt, or table salt. However, table salt will dissolve quicker.

Good to Know

Salt may make a terrific home remedy on occasion, but don’t interpret that to mean it’s healthy to add lots to your food. Most North Americans get two to three times as much salt in their diet as they should, and for many people, that contributes to high blood pressure. The vast majority of us would benefit from lowering our salt intake. The best way to achieve that? Eat fewer processed foods.



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If you are male, here are 9 Tests that can save your life

Are you just too busy? Too Macho? Or simply in denial about your health? If you avoid tests that can help you live longer, here are the 9 tests that may save your life!

1. PROSTATE CANCER SCREENING

Manual exam of the rectum used to screen for prostate enlargement or nodules. If an abnormality is found, a doctor may order a prostatespecific antigen (PSA) test to confirm a diagnosis of prostate cancer.

2. COLONOSCOPY

An internal examination of the colon using a flexible instrument. Used to detect early signs of colorectal cancer, the third most common cancer in men. If caught early, the cure rate for it is over 90 per cent.

3. C-REACTIVE PROTEIN TEST

A blood test to measure inflammation in the blood, a condition that can lead to arterial plaque and ruptures and clots, which can cause heart attacks.

4. SKIN CANCER SCREENING

Visual inspection for lesions to prevent skin cancer. Recommended every year for men past age 40, especially for those who spend lots of time in the sun.

5. DIABETES RISK TEST

People who are overweight, who have high cholesterol or high blood pressure, or who have a family history of the disease are at

risk, but everyone should be tested at least every three years. Diabetes can lead to many other serious conditions, such as heart disease and even blindness.

6. CHOLESTEROL SCREENING

Measures fat in the bloodstream. Recommended for men 35 and over. High cholesterol can lead to coronary arterial disease and diabetes.

7. STRESS TEST/ECG

Recommended for men 40 and over with more than two heart attack risk factors (i.e., smokers, drinkers, family history of heart disease). Records the electrical impulses that make your heart beat, detecting abnormalities in rhythm and

heart damage, enlargement and inflammation.

8. EYE EXAM

The Canadian Association of Optometrists recommends eye exams every year or two between the ages of 20 and 64, and yearly ones afterwards. Every exam should include a test for glaucoma, the leading cause of preventable blindness in Canada.

9. TESTICULAR EXAM

A doctor will do one during a checkup, but all men should conduct a monthly self-exam, looking for lumps or swelling in the testes, scrotum and lower abdomen. Early detection of testicular cancer leads to cure in 90 per cent of cases.

Why Women Live Longer Than Men

Most centenarians are women. In fact, when it comes to living to 100, women outnumber men nine to one. Here are a few reasons why:

- Men are more likely to die from reckless or unhealthy behaviour or violence, particularly when they are young (15 to 24) or middle-aged (55 to 64).
- Testosterone— often linked to aggression—is produced in higher amounts in young men. By middle age, it is thought to increase “bad” cholesterol and decrease “good” cholesterol, making some men more vulnerable to heart disease and stroke.
- Men’s faster metabolic rates mean their “ticking clocks” run faster, and break down and even stop sooner.

DID YOU KNOW?

The Vanier Institute of the Family estimates that there are over 4 million fathers in Canada currently taking care of 8 million children who are under the age of 25!

All the more reason for men to take good care of themselves!

Super Food of the Month – Lentils

Lentils are the perfect weight loss food, with an ideal mix of slow digesting protein and complex carbohydrates. Plus, they cook quickly, no pre-soaking required, so there's no excuse not to use them in soups, salads and main dishes, even on busy weeknights when you can't wait for dinner. These low-fat, protein-rich legumes offer substantial phytochemical power, folate and an impressive amount of fibre, more than a quarter of which is the heart-healthy soluble type. Lentils also have decent amounts of iron and calcium and, because of their excellent protein content, they are wonderfully filling.

Fibre: Lentils are rich in insoluble fibre, which may stave off hunger and alleviate constipation, and soluble pectin and gum fibre, which help to lower cholesterol and stabilize blood sugar.

Folate: A half cup of cooked lentils provides almost half of the daily requirement for this B vitamin, which may be instrumental in preventing birth defects, cancer and heart disease.

Iron: Most lentils are good sources of this mineral, which is vital for immunity, healthy pregnancy and anemia prevention.

Isoflavones: These phytoestrogens may lower the risk for heart disease and manage some of the symptoms of perimenopause and menopause.

Plant sterols: Similar in structure to cholesterol, these compounds help reduce blood cholesterol levels by competing with dietary and body-synthesized cholesterol for absorption.

Protease inhibitors: Found in lentils (and other legumes), these plant chemicals may inhibit tumour growth by short-circuiting processes necessary for cancer-cell survival.

Saponins: These phytonutrients may prevent cardiovascular disease by binding cholesterol in the digestive tract. Studies suggest that saponins may also inhibit cancer by increasing the number of natural immune cells and blocking cancerous cell changes.

Tyrosine kinase inhibitors: These work with fibre to stabilize blood-sugar levels. Preliminary studies suggest that they may lower levels of a chemical in the blood that contributes to premature cardiovascular disease in diabetics.

TRY THIS! - Lentils can make a tasty, protein packed dip for fresh veggies. Just cook them until soft and purée along with garlic, plain non-fat yogurt and fresh lemon juice.

To ensure the best possible result eat foods high in vitamin C along with lentils to enhance iron absorption. To protect the B vitamin content, do not cook lentils in too much water, and if there is any cooking liquid that needs to be drained off, try to use it in the recipe or save it to use for soups or other dishes. Soluble fibre in lentils is made available as the lentils cook and the fibre dissolves, softening the legumes. They are truly a super food!



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