



# MMJPR NEWSLETTER

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“Why is marijuana against the law? It grows naturally upon our planet. Doesn't the idea of making nature against the law seem to you a bit . . . unnatural?”

~ Hunter S. Thompson

## WELCOME TO A NEW WORLD IN HEALTH CARE.

Happy spring! March is an exciting month for us at MMJPR. This month we have some amazing tips for travelling in Canada with the legalization of cannabis. Check out some unique hemp products, reduce your stress by planning your trips ahead and check out this months super food - carrots!

We are very pleased to bring you this seventeenth issue of our MMJPR Newsletter.



## The Cannabis Traveller

Everyone loves to travel, but travelling with cannabis, even after the new legalization of cannabis, can change into a nightmare if you plan on taking any with you.

When cannabis is legalized in Canada, that doesn't mean we've changed our border rules. Even with a medical prescription, travelling with Cannabis on you while crossing the border, might turn into a very scary customs debacle.

Examples of penalties around the world for serious drug charges include 20 years imprisonment in Tunisia, 30 years imprisonment in Venezuela, and the Death Penalty in places like, : Algeria, Indonesia, Iran, Malaysia, Singapore and Thailand.

When we travel abroad, we are all subject to the laws of the country you are visiting. Just because we will be the first G7 country to legalize cannabis, doesn't give us the right to expect other nations will be so tolerant. There can be serious consequences including arrest, prosecution and imprisonment!

With so much at risk in travelling with cannabis, why not consider travelling to a destination that includes a more relaxed outlook on cannabis as well as somewhere where you can buy cannabis as freely as you might back home? In this way, you completely avoid border crossings, and put yourself at less risk, so you may enjoy your vacation more freely.

Hop a plane to Denmark, where there is a suburb called Christiania within the city of Copenhagen that's

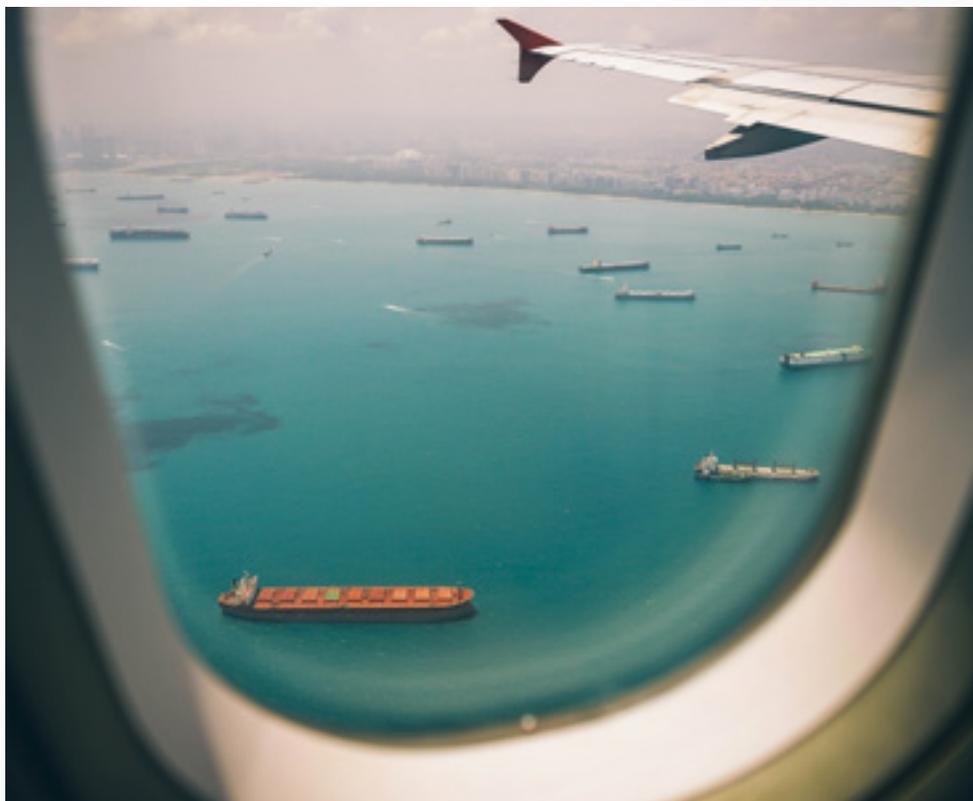
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governed by its own laws separate from Denmark or Copenhagen. One of the things their laws allow are cannabis sales. So, enjoy all the sightseeing in Copenhagen, then plan a visit into Christiania for some cannabis. But don't forget the amazing sights including ancient castles and Rococo architecture, and feast on some of the fabulous restaurants! It can be your Nordic fairytale getaway!

Another cool destination might be Uruguay. Uruguay legalized the use and possession of cannabis in 2014 and legal cannabis is thriving there now. This South American nation became the first country to fully legalize cannabis. The Capital City is Montevideo which has a ton of other great things to see and do, from stunning architecture to pristine beaches. Visit the Mercado del Puerto where you can gorge on their famous barbeques, meat, meat, with more meat! Don't forget to stroll the Rambla, the waterfront area and people watch while drinking the regions 'mate', a bitter tea made with dried yerba leaves.

And let's not forget Amsterdam, although many tourists believe that cannabis is legal in the Netherlands, the government prosecutes on possession of 5 grams or less, the actual sales are tolerated only in 'special coffee shops', so proceed with caution. Some of the best things to do in Amsterdam are visiting the world class museums, taking a boat ride on the canal, and what might go better with cannabis than a tour of the famous world class brewery where it all started for Heineken.

Should you be inclined for a more laid-back vacation destination look no further than Costa Rica.'



Cannabis has been decriminalized in Costa Rica and it is widely available. Hike to volcanoes and take in the diverse rainforest and wildlife' or spend your time lounging on a beach and get into that peaceful Latin American country's 'pura vida' groove!

Even with Trump as President, you can still enjoy some of what the United States can offer in places like Alaska, Colorado, and Washington. Remember Colorado legalized cannabis for adults 21 and older and is legally allowed to sell it since 2014. Nicknamed the 'The Mile-High City' by cannabis lovers, Colorado now has the most developed canna-tourism market, with plenty of legal dispensaries, and 420-friendly hotels and tour groups. However, it's important to stay at accommodations that promote cannabis as there are still places within some of the before-mentioned States that are not as tolerant to cannabis seekers. Be sure to smoke it all before you cross the border to come home again!

But I have an undying love for our own great nation, our rugged coasts, and great outdoors have never seemed more appealing. So, get in touch with your nature-friendly side and explore the gorgeous wilderness and breathtaking landscapes of your own backyard! So, after October this year, what better vacation destination than the only country that's fully legalized recreational marijuana?

# NEW MEDICAL MARIJUANA CENTRE OPENING IN HAMILTON, ONTARIO

Hemp products are turning up everywhere! But here are a few products that are truly unique and may help to transform the way we live in the future.

Lignin is found in the cells, cell walls, and between the cells of all vascular plants. Lignin is responsible for what we call fiber in our food and in trees that woody feature. Cannabis Lignin made from industrial hemp, which can be used in the production of many other things including various fuels, plastics, and even chemicals.

We live in a disposable culture with massive amounts of cardboard and plastic going to landfills or dumped in our oceans without much thought. Both cardboard and plastic are detrimental to our environment, and as researchers and scientists look for ways to improve our planet now, here are some great new products that are on our horizon.



## Cardboard & Plastic

From biofuel to bricks, Hemp fiber has demonstrated it is not only good for just making paper, fabric, and rope, it can also be used to make cardboard. Using hemp to make cardboard is more advantageous than using wood, as hemp grows much faster, this will help cut down on our deforestation. Hemp is also naturally acid-free thereby won't yellow with age or become brittle, and we would be able to recycle cardboard made from hemp up to seven times, compared to our existing wood pulp cardboard which can only be recycled 3 times.

We all know plastic is very bad for the environment, adding to that disturbing fact, it has been reported that 93% of Americans have BPA in their urine, according to the CDC. But that's another way the many uses for hemp can help. Hemp plastic is non-toxic and biodegradable, making it safer for the environment.

## Hemp Beauty Products

The uses for hemp in beauty products are endless, from anti-wrinkle creams to mascaras, there are thousands of different uses now being made using hemp. Now we can even choose from beauty products derived from either the hemp seed oil or derived from the hemp stalk.

Hemp seed oil does not contain cannabinoids, but does contain vitamins and minerals that are apparently great for our skin. For people with problem skin types or conditions such as acne, psoriasis or eczemas, you may wish to talk to your doctors about hemp soaps!

Beauty products that contain CBD are found in hemp stalk-derived products, and some people suggest using it for its anti-inflammatory effects.

## Reduce Travel Stress by Planning Your Trip Ahead

9,215 Canadians aged 16 and older responded to the 2017 Canadian Cannabis Survey. The survey was designed to seek a greater number of respondents who use cannabis in order to obtain more detailed information on cannabis use in Canada, such as frequency of use and methods of consumption. As such, it is important to note that the Canadian Cannabis Survey is not a general population survey and its results are not representative of the Canadian population.

### Key highlights from the Canadian Cannabis Survey include:

- 28% of respondents considered smoking cannabis occasionally for non-medical purposes to be completely socially acceptable, compared to 19% for using tobacco (including cigarettes, cigars or snuff) and 56% for consuming alcohol.
- 94% of respondents who reported using cannabis in the past 12 months smoked cannabis; 34% consumed it in food; 20% consumed cannabis through a vape pen and 14% using a vaporizer.
- 18% of respondents who reported using cannabis in the past 12 months consumed cannabis daily; more than half of respondents (55%) reported using cannabis 3 days or less per month.
- 75% of all respondents reported that cannabis use affects driving. This drops to 50% when looking at respondents who reported using cannabis in the past 12 months, while 24% of responded "it depends"; 7% responded "I don't know"; and 19% responded that it does not affect driving.
- The majority of respondents did not specify how much time it takes before it is safe to drive after cannabis use. Almost one in four respondents (23%) said they did not know when it was safe to drive after cannabis use. More than one in three respondents (36%) said that it depends on the person's tolerance, weight and quantity used.

## Hemp Milk

Made from hemp seeds, sometimes known as hemp hearts, comes one of the most delicious uses for hemp; hemp milk. Packed with highly-digestible plant proteins, amino acids and essential fatty acids as well as tons of vitamins and minerals, hemp milk is very nutritious. Hemp milk also makes a great alternative to dairy products and tastes similar to almond milk.

## Hempcrete

Can you build a house using hemp? You betcha! Hempcrete is essentially bricks made from hemp.

These building materials are made by mixing the core of the hemp plant with a lime binder and water. Hempcrete has tons of benefits such as being fireproof, and resistant to pests like mice and cockroaches, they are also “earthquake resistant” because of their low-density which makes them less likely to crack. But the best reason why we should be building houses with hempcrete is for its incredible insulation properties, hemp bricks allow walls to breathe so homes stay cooler in the summer and retain more heat during the winter, thereby reducing a home's energy costs.

The unfortunate thing about hempcrete, is they are quite costly. As builders and developers look for only ways to increase their profits, and the fact that hemp farms are limited, it is unlikely we will see more hempcrete houses until these circumstances change.

## Hemp Fuel

One of the most important and relevant uses for hemp: is biofuel. A much-improved alternative to gasoline which derives from fossil fuels. There are two distinct biofuels possible from hemp. Sometimes called ‘Hempoline’ and ‘Hemp Diesel’. These biofuels are derived from hemp and have the ability to power various machinery including cars. Hempoline made using the plant's biomass is a great source of cellulose. This cellulose can be extracted and converted into fuel. Hemp fuel could not only decrease our need for fossil fuels, but it could potentially help reverse the greenhouse effect.

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## Reduce Travel Stress by Planning Your Trip Ahead

Spending more on a holiday doesn't always mean having a better time, especially if you constantly have to check your wallet. Here are places to go and people to talk to, to get the best stress-free travel deals.

Go to the source. Airline pricing is an extremely competitive game. Prices on Internet travel sites offer some pretty great deals, but the airlines themselves are trying to take back the game. In many cases, the airlines can meet or beat the rates on the most popular websites. Always check those airline websites or to give them a call on their 800 numbers—you may be surprised.

World traveler? Talk to an agent. If you think all travel agents charge more for airline tickets than the airlines themselves, think again—especially when it comes to around-the-world travel. And while airline consortiums offer these tickets, it's almost always best to go through a third party. For a myriad of complex reasons, you'll typically find the lowest rates for this type of travel through travel agents. Tickets purchased through airlines could be twice the price offered by travel agents who specialize in these global adventures. The main reason for this is the regulation of international airfares.

### Super Food of the Month – Carrots

Carrots are an amazing source of vitamins and minerals and can be eaten cooked or raw. They add a touch of sweetness to many dishes and are tastiest when served with beef in a homemade stew!

#### Try This

Use carrot juice in place of water in homemade bread or pizza dough. It'll add a little sweetness and a whole lot of nutrients. Or try substituting carrot juice for broths in soups, stews and pasta sauces.



Talk the hotel manager's prices down. Here's something the big hotel chains will never advertise: You can negotiate with them. There's always someone in the hotel who is authorized to cut a deal, and doing so is easy. Just tell them you'd love to stay there, but their price is high and you'll probably end up staying somewhere else. If there are empty rooms in the hotel, you can bet you'll get a deal. Another surefire way to get a better rate is to ask, "Is there a lower rate I qualify for?" The hotel manager could, on the sly, give you the friends and family rate, or any other "special" rate he has. In the end, hotel managers prefer selling you a heavily discounted room to leaving it empty.

Know your ABCs. Hurricanes not only do major damage, but they also scare the heck out of tourists. So what to do? The best place for a Caribbean vacation are the ABC islands: namely, Aruba, Bonaire, and Curaçao. They all lie outside the path that hurricanes have been following for hundreds of years. So next time you book that summer getaway, be sure to sneak a peek at these less-traveled gems. Trash your cookies. You're shopping for a flight on the Web and the flight prices seem to keep going up, not down. Why is that? Many Internet sites install "cookies" on your computer when you visit. A "cookie" is a collection of information that will almost certainly include your user name and the date and time you visited the site. Sometimes travel websites use this information to increase their prices if you repeatedly run the same searches for airlines or hotels. If you price a flight, and go back to the site a few hours later only to find that the price has increased, it's probably a cookie at work. Before you buy a ticket, erase the cookies from your computer.

And remember to never travel with cannabis or go against the laws of the country you are travelling to.

