



# MMJPR NEWSLETTER

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“I think pot should be legal. I don’t smoke it, but I like the smell of it.”

~ Andy Warhol

## WELCOME TO A NEW WORLD IN HEALTH CARE.

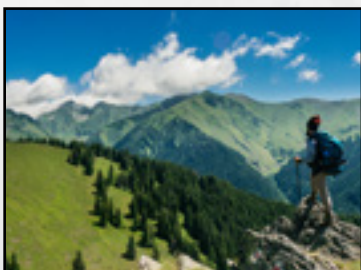
Its time to get outside! Summer is in full swing and the outdoors are calling. Now is the time to get out there with MMJPR and these amazing summertime tips

This month in our 21st issue of our MMJPR newsletter we have some fantastic tips on camping in the great outdoors and how to safely smoke cannabis when you are enjoying nature.

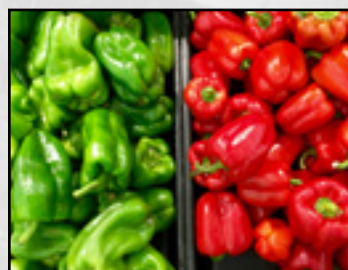


## How to find the right campsite

Don’t wait until it’s dark to find a place to pitch your tent. Look for a spot in daylight, so you can see the lay of the land. Choose a place that’s out of the wind but not directly under trees. Long grass indicates that the ground is damp, and stagnant water will attract biting insects. The best kind of campsite is a place that’s flat (and comfortable to sleep on), level, reasonably free of undergrowth and rocks and well-drained. When you put up your tent, put the back or the narrowest side facing into the wind—never the entrance.



**Can You Safely Enjoy Cannabis in the Great Outdoors?**



**Super Food of the Month – Peppers**

# Can You Safely Enjoy Cannabis in the Great Outdoors?

Canadians love summertime and what better way to spend our brief summer months but outdoor chillin'—more than 29 percent of us generally spend two to four hours in the sun on our summer days off. According to Statistics Canada, the results of the 2016 General Social Survey reported that many Canadians participated in some sort of out door adventure in the previous 12-month period.

In fact, more than 65 percent of Canadians reported going camping, hiking or backpacking; 44 percent had gone on a hike; 22% had either kayaked or been in a canoe; and 24 percent had pitched a tent either in their backyard, a national park, or while on a nature trek. So we're definitely not afraid to take advantage of our great natural resources and beautiful lakes and landscapes.

And although there are not as yet any statistics on Canadians' summer cannabis habits, there are for our alcohol consumption: Approximately \$9.2 billion worth of beer and alcohol was purchased between 2015 and 2016.



Certain strains of cannabis, once legalized for recreational use, can be used to help you enhance your outdoor experiences, as long as you are not operating a motorized vehicle—including a car or boat—or doing anything else that is might be considered dangerous to do while your judgement may be impaired. And of course if you're smoking it, responsible and safe use of combustibles is extremely important for avoiding the possibility of forest fires.

Recently, Curtis Jones, a member of British Columbia's North Shore Search and Rescue Team, issued a statement on the organization's website warning backcountry hikers not to get high while hiking because it can be dangerous in rough terrain.

"Generally speaking, whenever people go on the mountains and they aren't in their right frame of mind, it vastly increases their chances of having to utilize our services," said Jones in a phone interview with The Toronto Star. "It increases the risk for our members when we're going out there and not dealing with someone in a clear state of mind."

There are plans by several new organizations though, such as Flower & Freedom, headed by CEO Bethany Rae, whose mission is to empower people to explore cannabis as part of a healthy and active lifestyle in safe spaces including outdoors. For example, on Flower & Freedom's website you will see several forthcoming options such as "Outdoor Adventure Cannabis Tours" which will be available in Vancouver soon.

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# Super Food of the Month – Peppers

Sweet bell peppers and spicy chilies add colour and zest to your favourite dishes, while offering great protection against heart disease, vision loss and nasal congestion. Bell peppers are, surprisingly, better sources of vitamin C than citrus fruits. And chili peppers are even better for you: One raw red hot pepper contains more than 100 percent of the daily recommended intake for that vitamin. Capsaicin, responsible for the heat in chili peppers, may also prevent blood clots. Bell peppers all come from the same plant; their colour depends on how ripe they are. (Peppers only ripen on the vine.) You may also spot purple or almost-white bell peppers at farmers' markets. Their health benefits match those of the regular colours.

## What's In Them

**Beta-carotene:** This antioxidant pigment may help prevent eye diseases, cancer and heart disease. Red peppers are particularly rich in betacarotene, providing nearly 5 mg per cup.

**Capsaicin:** This pungent phytochemical, which supplies the heat in chili peppers, may ease congestion by increasing secretions in the nose and airways. Besides possibly preventing blood clots, studies also suggest that capsaicin may detoxify cancer-causing compounds and encourage cancer-cell death, or apoptosis. The hotter the chili pepper, the greater the capsaicin content.

**Chlorophyll:** Preliminary research suggests that this plant compound may stop healthy cells from mutating into cancerous cells and protect against environmental carcinogens.

**Lutein and zeaxanthin:** A diet rich in lutein and its antioxidant partner, zeaxanthin, may protect against certain forms of cancer, heart disease, macular degeneration (a type of vision loss) and possibly cataracts. One cup of diced fresh red peppers offers a lot of lutein, while orange peppers are a top source of zeaxanthin.

**Vitamin C:** Peppers are a major source of this essential vitamin, which may enhance our defense against respiratory ailments. The combined antioxidant power of beta-carotene and vitamin C in peppers may help to prevent cataracts and macular degeneration. One cup of fresh bell peppers supplies even more vitamin C (133 mg) than one cup of fresh orange juice (82 mg).



## Keeping Brain Tumours at Bay

A population-based study in California found that women who consumed large quantities of vegetables, including bell peppers, had the lowest incidence of a type of brain tumour called a glioma.

## Hot, hot, hot!

Chili pepper hotness is rated in Scoville units. One of the hottest peppers on record is the habanero, which is rated at 100,00 to 350,000 Scoville units. By comparison, a jalapeño—which you're much more likely to cook with—is rated 2,500 to 5,000. Pimientos and bell peppers have very few.

