



MMJPR NEWSLETTER

Volume One, Issue Twenty-Seven

December 2018

“We shall, by and by, want a world of hemp more for our own consumption.”

~ John Adams

WELCOME TO A NEW WORLD IN HEALTH CARE.

Happy Holidays from MMJPR. 2018 has been a landmark year for Canada and the Canadian cannabis industry. We saw the legalization of cannabis in Canada and the wide acceptance of it in every day life of Canadians.

We end 2018 with another great issue of our MMJPR newsletter. This month we have some tips for a health holidays, an overview of the state of Cannabis in Canada and a feature of our super food of the month... Apples!



Have a Healthy Holiday

Small Changes, Big Benefits

One of today’s major health concerns could be affecting you right now, it’s not heart disease, diabetes or obesity, though it’s linked to all three. It’s out-of-control blood sugar! Our love-affair with sweets and carbs puts us at risk for higher insulin levels which in turn can damage long-term health. You’d be surprised at how little things can make a big difference. Here’s a quick and easy plan to help you stay the course during the holidays and beyond.

Take an after-dinner stroll

Exercising after you eat acts like a “magic eraser” for excess blood sugar, keeping it at lower, healthier levels even in those who are not at risk for diabetes, according to one study. Mayo Clinic researchers explain that activity enhances insulin’s efforts to push blood sugar into your cells. And you don’t have to run a marathon or even break a sweat—walking the dog is all it takes to lessen the effect of holiday goodies.



Switch to whole-grain bread

Having just two slices of whole-grain bread a day instead of white bread reduced risk for type 2 diabetes by 20 percent in one study that followed over 150,000 women for more than 15 years. The fibre and bran in whole grains digest slowly, so it takes longer to convert a whole grain's starches into sugars. And grains like oatmeal and barley have the ability to hold blood sugar steady for hour after hour, thanks to "resistant starches" that break down very slowly in your digestive system.

Sleep more than six hours a night

Short-sleepers had significantly higher A1C levels (a measure of long-term blood-sugar control), according to one University of Chicago study. Getting less than six hours of shut-eye per night boosts levels of the stress hormone cortisol, which messes with your body's ability to absorb blood sugar efficiently. Poor-quality sleep has the same effect, so go for deep, high-quality sleep. Set yourself up for sugar-pampering slumber by skipping caffeine after noon and banishing TVs, laptops, and cell phones from your bed and surroundings. Prime yourself for dreamland with a warm shower, cozy sheets, and a cool, dark bedroom.

Take 15 minutes a day to relax

Pausing for a daily relaxation break doesn't just melt stress; it can lower your A1C levels by a respectable 0.5 percent. Enjoying a bit of cannabis, or just good, old-fashioned deep breathing can rein in risk for diabetes-related complications such as heart disease, kidney failure, nerve damage, and vision problems by 17 to 35 percent. Daily stress-reducing techniques including muscle relaxation, deep breathing, and positive mental imagery conveyed these healthy benefits to people with type 2 diabetes, according to a Duke University study.

Lift weights twice a week

Adding strength training to your weekly exercise roster provides double the blood-sugar benefits, Canadian researchers report. Compared to people who just rode an exercise bike or only did strength-training moves, people with type 2 diabetes who did both saw their A1C results fall twice as far—from a good 7.4 percent to a great 6.5 percent! All it took was 20 to 45 minutes of cardiovascular activity (like walking, biking, or swimming) three times a week plus two to three short strength-training sessions per week.



Floss your teeth

High blood sugar interferes with your body's ability to fight infection. But gum disease, it turns out, also makes blood-sugar control more difficult. Do your part by flossing your pearly whites daily and seeing your dentist regularly. In one study, people with out-of-control blood sugar who got treatment for gum disease found it much easier to keep their blood sugar within a healthy range.

Talk to someone who shares your problem, if you have a health issue

Discussing your health issues with someone who understands helps considerably. In one study of 244 people with diabetes and high blood-sugar levels, those who got encouragement from others saw A1C levels fall. Those who didn't saw levels rise. Phone calls and face-to-face conversations gave study volunteers needed support when they talked with other people who shared their condition. Remember to always speak with a health-professional first.

Eat more nuts

Replacing some of the grains in their diet with a handful of nuts helped people in one University of Toronto study lower their A1C levels significantly—and reduce levels of heart-threatening LDL cholesterol, too. Try a mix of unsalted, dry-roasted or raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews, and macadamias. Because nuts are high in calories, swap out other carbohydrates (such as bread or a roll) to make room.

Go for a swim

Take off your sneakers and hit the pool. A low- to moderate-intensity water-exercise program lowered blood sugar more than exercise classes on dry land in one recent West Virginia University study. Aqua-aerobics can give your heart, lungs, and whole body a workout. And moving against the natural resistance of the water builds muscle, too. The result: Your body absorbs more blood sugar, makes more muscle, and even boosts the ability of muscle cells to burn blood sugar for fuel. Perfect!

Eat more cinnamon and cloves

As little as a quarter-teaspoon of cinnamon a day can lower your blood-sugar levels by as much as 18 percent. Cloves have similar benefits thanks to compounds that improve your body's ability to process blood sugar, studies show. Sprinkle this dynamic duo on oatmeal, yogurt, fruit salad, even on chicken or into stews. Or simply swirl a cinnamon stick in a mug of hot coffee.



Cannabis in Canada

Many Canadians have celebrated the fact that cannabis is now legal in Canada for both recreational and medicinal purposes. The federal Cannabis Act came into effect just this past Fall and made Canada the second country in the world, after Uruguay, to formally legalize cannabis for recreational use.

Although medicinal use of cannabis was legalized nationwide in 2001, (under certain conditions outlined in the Marihuana for Medical Purposes Regulations, which later became known as the Access to Cannabis for Medical Purposes Regulations, issued by Health Canada), and, all seed, grain, and fibre production is permitted only under licence by Health Canada. Many recreational users are surely finding cannabis to relax, or enjoy a deep sleep, and are finding relief from the many stresses of living in the city. Although some recreational cannabis users don't quite understand how cannabis works in helping them to destress their daily life. This technological age we live, and the feeling of always being "on", can wreak havoc on our health and well being – stress is widely accepted now as being at the root of many of our ailments.

The stress of our daily life can feel oppressive and lead to further ailments and/or more serious medical conditions, so it's no wonder many Canadians look to cannabis improve their relaxation. However, it's important to use cannabis responsibly, even recreationally, so take more down time and tune the world out for a few hours a day, to help you to decompress on your own, rather than relying on cannabis for that quick relief.

Recreational users need to be aware of how and when they might use cannabis, to keep yourself safe and off the road.

I suspect there will now be solid medical studies in Canada that will demonstrate how and why cannabis works for some and not others, and with some illnesses and not others, only time

will tell us more. Furthermore, Prime Minister Justin Trudeau announced that recreational use of cannabis would no longer violate criminal law – making this legalization like that of alcohol use in Canada, limiting home production, distribution, consumption areas and sale times. The legal process removed cannabis possession for personal consumption from the Controlled Drugs and Substances Act; while implementing taxation and strengthen punishment of those convicted of either supplying cannabis to minors, or of impairment while driving a motor vehicle.

Currently, there are more and more producers, and stock options for cannabis as a commodity, which some investors will surely benefit greatly from – but one thing is clear – cannabis is here to stay.



Education Supporter

Superfood of the Month - Apples

You've heard the old saying an apple a day keeps the doctor away, but 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!

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

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.

TRY THIS!

Homemade applesauce is incredibly easy and quick to make: Cook chunks of apple with just a little bit of water over a low flame, and in about 15 minutes you'll have applesauce. Certain apples will even melt into a delicious purée.

