

Newsletter



CBD Relief

CBD for Pain

CBD is emerging as a promising pharmaceutical agent to treat pain, inflammation, seizures, and anxiety without the psychoactive effects of THC.

CBD for Digestion

CBD has been shown to optimize your gut health by keeping the correct pH levels in the intestines and controlling bacteria growth. This can also reduce inflammation which helps promote healthy digestion of food nutrient waste throughout your body.

CBD for sleep

CBD may be helpful for letting your body transition from rapid eye movement (REM) sleep to non-rapid eye movement (NREM) sleep more quickly.

Customer Feedback

Martin A - May 12, 2022

★★★★★

Great product! Helps me with stress and insomnia. I recommend it.

Claire Harris - May 10, 2022

★★★★★

I can't recommend this balm enough! After I broke my ankle last year it was left swollen and constantly aching. Within 2 days of using the healing balm the inflammation had gone down and the aching was significantly less!

Beryl - May 13, 2022

★★★★★

I have just started using this cream. Had a rash on my body used the cream twice a day and it cleared up. Used other cream in the past but didn't work.

Mrs c thistlethwaite - May 15, 2022

★★★★☆

I started 2 weeks ago with 1 drop per day. My arthritis is quite bad most days so I have just increased to 2 drops per day just few days ago. Today I feel some improvement for sure. I will keep you posted. By the way I do feel I have more energy as I was feeling quite tired all the time. So it has improved my sleep too. Thankyou so much.



Go Green!

Hemp...

The vitamins, minerals, and nutrients in hemp seeds can provide some significant health benefits. For example, hemp oil is rich in vitamin E, which is useful for helping keep your immune system functioning. It also acts as an antioxidant, helping reduce free radicals that can cause cell damage in your body.



Hemp is truly the most versatile plant nature has to offer and the healing qualities of the root should be enough for worldwide legalisation.

Hemp Recipes.



Hemp Paradox

EASY & HEALTHY RECIPES

Hemp foods are made from a variety of THC-free hemp, so they have no psychological effects. Hemp seeds are considered to be very nutritious. They offer a source of Omega-3 and Omega-6 Essential Fatty Acids or EFA's. They contain fibre, Vitamin E, B Vitamins and minerals including Magnesium and Iron.

NEW RECIPES

YOU'LL RECEIVE NEW
RECIPES EVERY MONTH!

CHIA, HEMP HEARTS & YOGURT BREAKFAST

Ingredient

1 cup Greek yogurt

1 tbsp chia seeds

1 tbsp hemp hearts

1 oz raspberries A handful of raspberries

1 oz blackberries

1 oz walnuts

Instructions

Add yogurt to breakfast bowl.

Add berries, walnuts and then hemp hearts and chia seeds.

Mix it up and enjoy: If you like the taste to be a bit sweeter, then feel free to add some honey on top or use vanilla greek yogurt. Both options will give you a sweeter taste. Alternatively, add softened bananas to the mix which tend to sweeten up the taste as well.

Super nutritious breakfast



The high concentration of raw cannabinoid acids in juiced cannabis, coupled with the perfect balance of fatty acids, could help improve cell function and reduce damage caused by free radicals.

Additional benefits of raw, juiced cannabis include reduced inflammation and the facilitation of two-way cellular communication.

Eat healthy and live fully

Hemp is a variety of the Cannabis sativa plant. It is not the same as marijuana, as it does not contain the high levels of tetrahydrocannabinol (THC).

1. The essential fatty acids contained in hemp reduce blood cholesterol and thus prevent plaque buildup in the arteries.
2. Hemp improves your memory and prevents diseases such as Alzheimer's and Parkinson's.
3. Hemp oil is often used for cosmetic purposes in products such as soaps, skin lotions and lip balms. It clears up skin conditions such as eczema, psoriasis, and dry skin.
4. Hemp is a natural appetite suppressant and helps you to feel full longer. Add 4 tablespoons of hemp seeds to your breakfast and reduce your food cravings for the rest of the day.
5. Hemp is rich in fibers and thus it keeps your digestive tract clean and healthy.
6. Hemp reduces your risk of breast, colon, and prostate cancers because of the antioxidants.
7. Hemp seeds are also essential if you are diabetic, as they control your blood sugar levels.
8. Hemp seeds are very rich in proteins and are great for vegetarians!



HEMP AND PISTACHIO-CRUSTED CAULIFLOWER STEAKS

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon coconut oil
- 1/2 cup hemp seeds
- 1/4 cup pistachios
- Zest from 1 lemon
- 1 medium-large head of cauliflower
- Sea salt and pepper, to taste

Preparation

- Preheat oven to 400°F and prep a baking sheet with parchment paper.
- Chop cauliflower head into steaks by first removing outer leaves, and slicing the cauliflower head in half. Depending on the size and shape of the cauliflower, you should be able to get 3-4 steaks out of it. Make sure the slices are thick enough so that most of the florets on the steak stay intact. You can leave some of the stalk.
- In a food processor, grind pistachios into small chunks, about the same size as the hemp seeds, and mix in a bowl with hemp seeds and 2 teaspoons olive oil. The mixture should be slightly soft but not too oily. Set aside.
- Season cauliflower with salt and pepper to taste. Heat your skillet/grill pan over medium-high with a bit of coconut oil. Once the pan is hot, add your cauliflower steaks, as many as will fit comfortably. You want to sear them, approximately 3-4 minutes on each side. Add each seared piece to your parchment-lined baking sheet as they are ready.
- Once you're all done searing each piece, grab your hemp-pistachio crust and start pressing it on top of one side of the cauliflower steak. The oil you added to the mixture will help this stick to the cauliflower and help it to not burn while it's in the oven.
- Now add the lemon zest over top and pop the baking sheet into the oven. Roast for 15 minutes at 400°F and then reduce heat to 300°F for approximately 5-7 minutes. The edges of the cauliflower should be browned slightly and you should be able to easily stick the middle with a fork. If you want it softer, you can keep it in a little longer, but keep an eye on it so the crust doesn't burn.



Hemp Brownies Recipe No Bake

- 1 1/3 CUPS/233G OF DRIED FIGS STEMS REMOVED OR OTHER DRIED FRUIT
- 1/2 CUP/140G OF HEMP SEED BUTTER
- 1/2 CUP/50G UNSWEETENED COCOA POWDER
- 1/2 CUP/50G OF PEANUT BUTTER POWDER OR PROTEIN POWDER OF CHOICE
- 2 TBSP OF WATER

INSTRUCTIONS

- ADD ALL THE INGREDIENTS TO A FOOD PROCESSOR AND BLITZ UNTIL EVERYTHING IS COMBINED AND A STICKY DOUGH FORMS.
- PRESS THE DOUGH ONTO A LOAF BAKING PAN. (IF YOU LINE THE PAN WITH PARCHMENT PAPER, IT WILL MAKE IT EASIER TO REMOVE THE BROWNIES.)
- USE YOUR FINGERS TO PRESS THE MIXTURE EVENLY INTO THE PAN. (YOU CAN PLACE A PIECE OF PARCHMENT PAPER ON TOP OF THE MIXTURE AS YOU PRESS IT INTO THE PAN TO PREVENT IT FROM STICKING TO YOUR HANDS.)
- ONCE THE PROTEIN BROWNIES ARE FIRMLY PRESSED INTO THE PAN, SPRINKLE THE TOP EVENLY WITH MORE HEMP SEEDS IF YOU LIKE, PRESSING THEM INTO THE TOP OF THE BROWNIES.
- COVER AND REFRIGERATE FOR AT LEAST 1 HOUR BEFORE CUTTING INTO SQUARES.