WWW.HEMPPARADOX.COM

GODS PHARMACY

Everything you need nature provides

EXPLORE THE WORLD OF HEMP
& GET TO KNOW US AND FOLLOW OUR JOURNEY.

MY FAMILY AND I CAME TO SPAIN 5 YEARS AGO WE WANTED TO FOLLOW OUR PASSION PLAYING A GREATER PART IN THE CANNABIS INDUSTRY.

WE ARE HUGE ADVOCATES AND ARE PASSIONATE ABOUT EDUCATING PEOPLE ALL ABOUT THE MEDICINAL PROPERTIES.

PEOPLE NOW HAVE ACCESS TO INFORMATION LIKE NEVER BEFORE, THIS HAS CHANGED THE WAY PEOPLE THINK ABOUT CANNABIS, SLOWLY BUT

SURELY WE ARE BEGINNING TO REALIZE HOW THIS SACRED PLANT WAS USED FOR THOUSANDS OF YEARS FOR MEDICINAL AND INDUSTRIAL USE PRIOR

TO ITS PROHIBITION. COUNTRIES AND STATES AROUND THE WORLD ARE LEGALIZING THE PLANT.

WE ARE EXCITED FOR THE FUTURE AND WE HAVE OFFICIALLY SIGNED TO A LIMITED COMPANY.

SUPPORT US ON OUR JOURNEY.

NEXT MONTH IS OUR 1 YEAR ANNIVERSARY.

HEMP IS ONE OF THE GREATEST, MOST IMPORTANT SUBSTANCES OF OUR NATION.









CBD FOR WELLNESS & HEALTH ISSUES'S.



ABOUT PRODUCT

FULL SPECTRUM CBD IS A TYPE OF CBD THAT NOT ONLY CONTAINS THE CBD EXTRACTED FROM THE HEMP PLANT, BUT ALSO THE OTHER NATURALLY OCCURRING CANNABINOIDS, TERPENES AND FLAVONOIDS. DURING THE EXTRACTION PROCESS, THESE COMPOUNDS ARE LEFT IN THE CBD OIL, WITH NO INTENTIONAL COMPOUND REMOVAL.

WHEN IT COMES TO FULL SPECTRUM CBD OIL, THERE ARE A FEW DIFFERENT OPTIONS FOR YOUR NEEDS. YOU MAY HAVE USED BROAD-SPECTRUM OR FULL SPECTRUM OILS FROM THE SAME PLANT BUT THEY ALL COME WITH VERY UNIQUE PROPERTIES THAT CAN HELP RELIEVE PAIN IN DIFFERENT WAYS DEPENDING ON WHAT CONDITION YOU'RE LOOKING TO TREAT FOR!

LOVINGLY GROWN AND PRODUCED BY THE BEST CANNABINOID THERAPRIES IN ANDALUSIAN.

CERTIFIED ORGANIC | 100% NATURAL

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.

PRODUCT SKINCARE & HEALING BALM 100% NATURAL

OUR FULL SPECTRUM HEALING BALM CAN BE USED DAILY OR AS NEEDED.

FOR BEST RESULTS, APPLY A VERY SMALL AMOUNT OF HEMP PARADOX HEALING BALM DIRECTLY TO THE AFFECTED AREA AND RUB IT IN FOR 30 TO 60 SECONDS. YOU WILL START TO FEEL RELIEF.





★★★★★ 43 mins ago

The product works well; Fever sore healed quickly and I have also used the balm to treat minor groin pain (overload). The balm has a good structure and is pleasant on the skin. So far I am very satisfied.

CBD FOR YOUR PETS

IN FACT, YOU CAN USE CBD FOR PETS, SO ENJOY THE THEY CAN RELIEF THERAPEUTIC EFFECTS OFFERED BY CBD PRODUCTS! HEMP CONTAINS MORE THAN A HUNDRED KNOWN COMPOUNDS CALLED CANNABINOIDS. ONE OF THE MOST WELL-KNOWN IS CANNABIDIOL. ALSO KNOWN AS CBD. CBD IS A NON-PSYCHOACTIVE COMPOUND AND IS POPULAR FOR THAT VERY REASON.





ENDOCANNABIOD SYSTEM

THE EFFECTS OF CANNABINOIDS IN DOGS STUDIES HAVE SHOWN THAT NEARLY ALL CANNABINOIDS CAN ACTIVATE CB1 AND CB2 RECEPTORS TO HELP MANAGE MANY AILMENTS, SUCH AS INFLAMMATION, PAIN, ANXIETY, CANCER, SEIZURES, AND NEURODEGENERATIVE DISEASES.

@HEMPPARADOX

@HOLISTICALTERNATIVES

HOLISTIC ALTERNATIVES.

BY RACHEL O'DONNELL

I HAVE A THERAPIST HER NAME IS NATURE!



THEY'RE ALL SKILLS THAT ARE BECOMING LOST IN OUR SOCIETY TODAY AND THEY ALL HELP YOU LEARN TO BECOME MORE SELF-SUFFICIENT.

GROW YOUR OWN FOOD

1. START YOUR OWN KITCHEN HERB GARDEN.

STUDYDING HERBLISM.

HERBALISM IS THE TRADITION OF STUDYING AND USING HERBS FOR THEIR HEALING PROPERTIES.

HEALING WITH HERBS!

NEW TO HEMP PARADOX COMING SOON.

RECIPE TIME ...



MANY OF US KNOW HEMP SEEDS ARE SUPERFOODS BECAUSE OF HOW NUTRITIOUS THEY ARE AND HOW THEY ARE BASICALLY NEARLY COMPLETE IN TERMS OF THEIR NUTRITIONAL PROFILE. BUT WHAT HAPPENS WHEN THEY BEGIN TO SPROUT? THEY WILL TURN INTO WHAT WE CALL HEMP MICROGREENS.

BUT WHAT EXACTLY ARE HEMP MICROGREENS?

HEMP MICROGREENS ARE SPROUTED HEMP SEEDS, GROWN UP TO 10CM HEIGHT (3,93 INCH). WHILE HEMP SEEDS ARE ALREADY HEALTHY ON THEIR OWN, HEMP MICROGREENS ARE TOUTED AS EVEN HEALTHIER BECAUSE THE SPROUTING PROCESS ADDS MORE NUTRIENTS SIMILAR TO HOW SPROUTED BEANS AND LEGUMES ARE MORE NUTRITIOUS FOODS.

COMING SOON TO HEMP PARADOX.

3 RECIPES TO BOOST YOUR IMMUNE SYSTEM FAST.

HEALING GINGER & HEMP POWER SMOOTHIE



INGREDIENTS

1 RIPE BANANA

1/2 CUP (HANDFUL) FROZEN BLUEBERRIES
1 HEAPED TEASPOON OF GRATED GINGER
2 HEAPED TABLESPOONS OF SHELLED HEMP SEEDS
1 HEAPED TEASPOON MACA POWDER
1 HEAPED TEASPOON OF TAHINI
3/4 CUP WATER (OR PLANT-BASED MILK)

INSTRUCTIONS

PUT ALL INGREDIENTS INTO A BLENDER, OR A JUG (FOR USE WITH HAND BLENDER).
BLEND UNTIL CREAMY SMOOTH AND ENJOY IMMEDIATELY.

TURMERIC & GINGER SWEET POTATO SOUP



INGREDIENTS

2 LARGE SWEET POTATOES (700G APPROX)
150ML WATER
400ML (1 CAN) COCONUT MILK - FULL FAT
1 INCH CUBED FRESH GINGER
1 LARGE GARLIC CLOVE
1 TEASPOON SEA SALT
1 TEASPOON TURMERIC POWDER
TWIST BLACK PEPPER
HANDFUL CHICKPEAS (PRE-COOKED)
HANDFUL FRESH PARSLEY

INSTRUCTIONS

CHOP THE SWEET POTATO INTO CUBES AND PUT INTO A LARGE SOUP PAN.

ADD THE WATER AND COCONUT MILK AND TURN ON THE HEAT (ONCE IT COMES TO THE BOIL, TURN IT DOWN TO A SIMMER).

IN THE MEANTIME, PEEL AND FINELY GRATE THE GINGER.

CRUSH THE GARLIC CLOVE.

ADD GINGER, GARLIC, TURMERIC, SALT, AND BLACK PEPPER TO THE PAN.

COOK FOR 15 TO 20 MINUTES (OR UNTIL YOU CAN EASILY PIERCE THE SWEET POTATO WITH A FORK).

PULSE A HAND BLENDER THROUGH A FEW TIMES — OR SIMPLY MASH THROUGH WITH A POTATO MASHER TO BREAK EVERYTHING DOWN INTO

PIECES AND HELP EVERYTHING MELD TOGETHER NICELY.

ADD THE CHICKPEAS AND THEN HEAT THROUGH AGAIN FOR A MINUTE (TO WARM THE CHICKPEAS UP).

FINELY CHOP THE PARSLEY AND MIX IN OR GARNISH WITH IT,

ENJOY!

GARLIC POTATOES WITH BASIL HEMP PESTO AND CHILLI



DIRECTIONS

PREHEAT YOUR OVEN TO 180C AND BOIL YOUR POTATOES FOR 20 MINUTES.

MEANWHILE, PLACE ALL OF THE PESTO INGREDIENTS INTO A BLENDER AND BLITZ. IF
THE TEXTURE FEELS TOO THICK SIMPLY ADD MORE WATER UNTIL YOU GET THE
DESIRED CONSISTENCY.

DRAIN YOUR POTATOES AND TOSS THEM IN GARLIC OIL, CHILLI FLAKES, SALT AND PEPPER.

TRANSFER THEM TO A BAKING SHEET AND PRESS DOWN FIRMLY ON EACH ONE WITH A MASHER.

BAKE FOR 10-15 MINS EACH SIDE OR UNTIL GOLDEN AND CRISP.

REMOVE THE POTATOES, TOP WITH PESTO, LIGHTLY DRIZZLE WITH HEMP OIL AND TOP

WITH FRESH BASIL LEAVES.

2 HANDFULS BASIL LEAVES
1 HANDFUL FRESH CORIANDER
2 GARLIC CLOVES
2 TBSP HULLED HEMP SEEDS
2 TSP PINE NUTS
2 TBSP NUTRITIONAL YEAST
2 TBSP EXTRA VIRGIN OLIVE OIL
4 TBSP WATER

FOR THE POTATOES
16 BABY POTATOES
2 TBSP GARLIC OIL
2 TBSP HEMP SEED OIL
2 TSP CHILLI FLAKES

HOPE YOU ENJOYED OUR NEWSLETTER TILL NEXT TIME!