

# Hemp Therapy

**HEMP PARDOX SL**



## HEALING WITH HERBS

**OUR NEW LOGO FOR OUR HEMP BUSINESS HEALING WITH HERBS IS A REPRESENTATION OF THE NATURAL HEALING PROPERTIES THAT HEMP POSSESSES.**

**THE SIMPLE, COLOURFUL DESIGN IS ACCENTUATED BY THE USE OF LIGHT AND DARK GREEN.**

**OUR AIM IS TO HELP PEOPLE FIND NATURAL ALTERNATIVES TO TREATMENTS.**


## HEMP THERAPY...

**HEMP THERAPY REFERS TO THE USE OF CANNABIS AND HEMP PRODUCTS TO TREAT A VARIETY OF MEDICAL CONDITIONS. THESE PRODUCTS MAY BE USED IN CONJUNCTION WITH OTHER THERAPIES.**

**SOME POTENTIAL BENEFITS OF HEMP THERAPY INCLUDE RELIEF FROM PAIN, REDUCED INFLAMMATION, AND IMPROVED SEROTONIN AND DOPAMINE LEVELS.**

*the truth about*  
**HEMP**

- easily digestible
- provides energy
- balances hormones
- high source of protein
- boosts immune system
- lubricates joints
- improves skin, eyes and hair
- contains omega 3, 6, 7, 9 SDA and CLA fatty acids
- rich source of phytonutrients (disease-protective elements)
- contains all 20 amino acids

**OPEN YOUR  TO HEMP!**

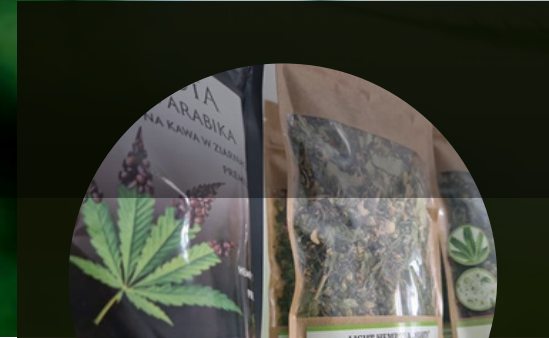
**OUR HEMP SHOP IS DEDICATED TO PROVIDING THE HIGHEST QUALITY PRODUCTS MADE FROM HEMP.**

**WE OFFER A WIDE VARIETY OF HEMP PRODUCTS, SUPPLEMENTS, AND MORE.**

**OUR ONLINE STORE IS DESIGNED TO PROVIDE CUSTOMERS WITH A ONE-STOP-SHOP FOR ALL OF THEIR HEMP NEEDS.**

**WE ARE HERE TO HELP YOU HEAL YOURSELF WITHIN.**

**[WWW.HEMPPARADOX.COM](http://WWW.HEMPPARADOX.COM)**



## **WHY YOU SHOULD TRY HEMP TEA!**

**HEMP TEA CAN RELIEVE ANXIETY**

**HEMP TEA IMPROVES SLEEP QUALITY AND MAKES IT EASIER TO DRIFT OFF**

**HEMP CAN EASE CHRONIC PAIN 4. HEMP TEA AND IBS.**

**HEMP TEA CAN RELIEVE NAUSEA AND AN UPSET STOMACH**

**HEMP TEA COULD TREAT EPILEPSY AND PREVENT SEIZURES.**

**HEMP TEA COULD HELP WITH INFLAMMATION 8. HEMP CAN IMPROVE HEART HEALTH**

## **BENEFITS OF HEMP COFFEE**

### **OMEGA 3'S AND 6'S**

**WITH HEMP COFFEE, YOU GET ALL THE BENEFITS OF COFFEE ALONG WITH THE ADDITIONAL BENEFITS OF HEMP.**

**HEMP CONTAINS MANY VITAMINS AND MINERALS THAT AID IN HEALTH.**

**THESE INCLUDE OMEGA 3 AND 6 FATTY ACIDS WHICH ARE ESSENTIAL FOR MAINTAINING WEIGHT AND BRAIN HEALTH. OMEGA FATTY NUTRIENTS HAVE BEEN SHOWN TO AID WITH THE SYMPTOMS OF DEPRESSION AND ASSIST WITH YOUR HEART HEALTH, DOING MUCH TO PREVENT HEART DISEASE.**

**HEMP-BASED COFFEE COMBINES THE HEALTH BENEFITS OF COFFEE AND HEMP INTO ONE SUPERFOOD DRINK. THE ADDITION OF OMEGA FATTY ACIDS HELPS MAKE COFFEE A GREAT TOOL FOR MAINTAINING OUR COGNITIVE HEALTH AND IS A GREAT SOURCE OF VITAMINS AND MINERALS TO START OUR MORNINGS OFF. ANYBODY WHO ENJOYS COFFEE SHOULD CONSIDER GIVING HEMP-BASED COFFEE A TRY.**



**CBD**  
Cannabidiol



**HEMP PARADOX  
FULL SPECTRUM.**

**WE HAVE HELPED LOTS  
OF OUR CUSTOMERS....**

USING OUR FULL SPECTRUM CBD TINCTURES REGULARLY CAN OFFER SUPPORTIVE BENEFITS FOR A HEALTHY LIFESTYLE.

OUR FULL SPECTRUM CBD PRODUCTS CAN PROVIDE AN ENHANCED "ENTOURAGE EFFECT," WHICH ALLOWS FOR A RANGE OF CANNABINOIDS AND TERPENES TO SUPPORT YOUR ENDOCANNABINOID SYSTEM

HOWEVER, IT DOES ALLOW THE THC TO WORK SYNERGISTICALLY WITH CBD AND OTHER CANNABINOIDS, OFFERING A WHOLE-PLANT EXPERIENCE UNIQUELY DIFFERENT FROM CBD ISOLATES OR BROAD SPECTRUM CBD OILS.

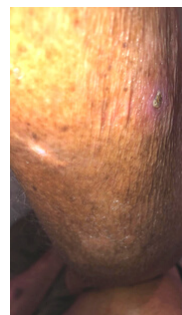
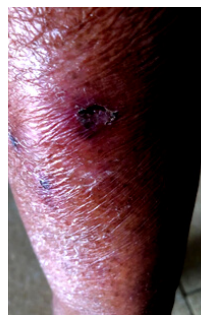
**HELPING PEOPLE IS SO REWARDING**

**CBD OIL IS A NATURAL SUPPLEMENT THAT HAS BEEN SHOWN TO HAVE A VARIETY OF HEALTH BENEFITS. IT IS DERIVED FROM THE HEMP PLANT, BUT UNLIKE ITS COUSIN THC, CBD IS NON-PSYCHOACTIVE AND WILL NOT GET YOU HIGH.**

**SOME POSSIBLE BENEFITS OF CBD OIL INCLUDE REDUCING ANXIETY AND DEPRESSION, IMPROVING SLEEP, AND RELIEVING PAIN.**

**IT CAN BE TAKEN ORALLY OR APPLIED TOPICALLY TO THE SKIN. WITH THE GROWING INTEREST IN NATURAL REMEDIES, MORE AND MORE PEOPLE ARE TURNING TO CBD OIL AS A SAFE AND EFFECTIVE WAY TO SUPPORT THEIR OVERALL HEALTH AND WELLBEING.**

**Before & After**



**HEMP PARADOX HEALING BALM**

**CBD IS A PROMISING INGREDIENT FOR WOUND HEALING THAT CAN PROMOTE REGENERATION WHILE REDUCING PAIN AND INFLAMMATION IN THE SKIN AND UNDERLYING TISSUES. HOWEVER, BECAUSE WOUND CARE PRODUCTS ARE APPLIED TO BROKEN AND DAMAGED SKIN**

**ALSO WE HAVE THE LOVELY LIDIA WHO IS WORKING WITH US DOING CBD/ CALIFORNIAN MASSAGE, THIS HAS BEEN VERY SUCCESSFUL AND WE HAVE HELPED A LOT OF OUR CUSTOMERS WITH PAIN AND INFLAMMATION, WHEN USING THE CBD MASSAGE OIL OR CBD HEALING BALM.**



*Hi I'm Lidia*

*I am a professional transpersonal therapist. I am also certified in somatic massage called Californian massage.*

*I have a strong foundation in the principles and techniques of transpersonal therapy and massage therapy.*

*My goal is to help my clients recover the regulation and balance of their systems and heal through the power of a true and conscious touch and natural remedies.*

*Book your appointment today for the Saturday 4th March for your free trial massage and discover the transformative power of CBD massage and holistic therapy.*

*Limited spaces available.*

*Check out all her reviews on her website [www.masajecalifornianoconlidia.com](http://www.masajecalifornianoconlidia.com)*



# HEALTHY RECIPES WITH HEMP

## HEAL WITH HEMP.



### EASY CREPE RECIPE

MAKE THIS EASY CREPE RECIPE IN JUST A FEW MINUTES. THEN TOP WITH SAVORY OR SWEET TOPPINGS.

1 CUP GLUTEN FREE FLOUR, LIKE THIS ONE FROM KING ARTHUR  
2 ORGANIC PASTURED EGGS  
1 ¼ CUP WATER  
1 TABLESPOON ORGANIC COCONUT OIL  
2 TABLESPOONS HEMP HEARTS  
¼ TEASPOON PURE VANILLA EXTRACT  
PINCH OF UNREFINED SEA SALT

#### INSTRUCTIONS

PLACE ALL INGREDIENTS IN A HIGH SPEED BLENDER AND PROCESS FOR 2 FULL MINUTES.

LET BATTER REST IN THE REFRIGERATOR FOR 1 HOUR.

LIGHTLY OIL THE BOTTOM OF A 5 OR 6-INCH SKILLET WITH EXTRA VIRGIN COCONUT OIL AND HEAT OVER MEDIUM HEAT UNTIL VERY HOT.

ADD ABOUT 3 TABLESPOONS OF BATTER AND QUICKLY ROTATE THE PAN TO COVER THE BOTTOM WITH THE CREPE BATTER. RETURN THE PAN TO THE FLAME AND COOK UNTIL THE TOP OF THE CREPE LOOKS DRY AND THE UNDERSIDE IS LIGHT GOLDEN.

FLIP THE CREPE AND COOK FOR A FEW SECONDS MORE. THE UNDERSIDE DOES NOT NEED TO BE BROWNED, BUT IT SHOULD BE DRY. IMMEDIATELY FLIP THE CREPE OUT OF THE PAN AND ONTO A PLATE.

STACK THE CREPES BETWEEN SQUARES OF WAXED PAPER AND CONTINUE COOKING UNTIL ALL OF THE BATTER IS USED UP.

### HEMP MILK

HEMP MILK IS NATURALLY LIGHT AND NUTTY IN FLAVOR, AND CAN BE MADE RIGHT AT HOME WITH JUST TWO SIMPLE INGREDIENTS.

1/2 CUP HULLED HEMP SEEDS (HEMP HEARTS)  
4 CUPS WATER

#### INSTRUCTIONS

ADD HEMP SEEDS, WATER, AND ANY ADDITIONAL SWEETENERS TO A HIGH-POWERED BLENDER.

BLEND FOR 1 MINUTE OR UNTIL THE MILK IS NICE AND CREAMY.

POUR THE HEMP MILK INTO A SEALABLE CONTAINER (SEE MY FAVORITE IN THE NOTES BELOW).

PLACE IT INTO THE FRIDGE AND STORE IT FOR UP TO 5 DAYS.



### ● HEMP FOOD FACTS

THE FOOD YOU EAT EVERY DAY CAN DETERMINE YOUR FUTURE HEALTH.

HEMP SEEDS CONTAIN MANY NUTRIENTS, INCLUDING PROTEIN, MINERALS (SUCH AS MAGNESIUM, CALCIUM, IRON, AND ZINC), AND VITAMINS. 3 WHOLE HEMP SEEDS CONTAIN 20% SOLUBLE AND 80% INSOLUBLE FIBER. 5 THE FIBER IN HEMP SEEDS MAY HELP DIGESTION. IT MAY ALSO HELP LOWER BAD CHOLESTEROL AND IMPROVE HEART HEALTH.

# CILANTRO HEMP PESTO



## INGREDIENTS

**2 CUPS PACKED CILANTRO LEAVES WITH TENDER STEMS (FROM 2 SMALL BUNCHES)**

**½ CUP SHELLED HEMP SEEDS (HEMP HEARTS)**

**1 MEDIUM JALAPEÑO, SEEDS AND RIBS REMOVED, ROUGHLY CHOPPED**

**1 GARLIC CLOVE, ROUGHLY CHOPPED**

**½ TEASPOON FINE SEA SALT**

**¼ CUP EXTRA-VIRGIN OLIVE OIL, MORE IF DESIRED**

## INSTRUCTIONS

**IN A FOOD PROCESSOR, COMBINE EVERYTHING BUT THE OLIVE OIL (THE CILANTRO, HEMP SEEDS, JALAPEÑO, GARLIC AND SALT). PROCESS UNTIL THE INGREDIENTS ARE VERY FINELY CHOPPED, PAUSING TO SCRAPE DOWN THE BOWL IF NECESSARY.**

**WHILE RUNNING THE MACHINE, DRIZZLE IN THE OLIVE OIL. CONTINUE PROCESSING UNTIL THE MIXTURE IS WELL COMBINED AND ALMOST CREAMY IN TEXTURE. I DESIGNED THIS SAUCE TO BE QUITE THICK; IF YOU'D PREFER A THINNER SAUCE, DRIZZLE IN A BIT MORE OLIVE OIL WHILE RUNNING THE MACHINE.**

**USE IMMEDIATELY OR STORE IN AN AIR-TIGHT JAR IN THE REFRIGERATOR FOR UP TO 5 DAYS.**

# NO-BAKE SEED BARS

## INGREDIENTS

**½ CUP SESAME SEEDS (70 G)**

**½ CUP HEMP SEEDS (80 G)**

**½ CUP SUNFLOWER SEEDS (75 G)**

**½ CUP UNSWEETENED SHREDDED COCONUT (50 G)**

**2 CUPS LIGHTLY PACKED, SOFT AND PITTED DATES (400 G)**

**½ CUP TAHINI, PEANUT BUTTER OR ALMOND BUTTER (120 G)**

**½ TSP SEA SALT**

## INSTRUCTIONS

**ADD THE SEEDS AND COCONUT TO A FOOD PROCESSOR AND PROCESS INTO A FLAKY CONSISTENCY.**

**ADD THE DATES, PEANUT BUTTER AND SEA SALT, IF USING AND PROCESS UNTIL YOU HAVE A THICK, STICKY DOUGH YOU CAN EASILY PRESS TOGETHER BETWEEN YOUR FINGERS. IF IT SEEMS TOO CRUMBLY, ADD 1-2 TBSP WARM WATER AND PROCESS AGAIN.**

**LINE AN 8-INCH SQUARE BAKING PAN WITH PARCHMENT PAPER SO IT STICKS OUT OVER AT LEAST 2 SIDES OF THE PAN. FIRMLY PRESS THE DOUGH FIRMLY INTO THE PAN, TAKING A FEW MINUTES TO REALLY WORK IT IN THERE UNTIL IT'S FLAT AND FIRM.**

**PLACE THE PAN IN THE FRIDGE FOR 30-60 MINUTES TO FIRM UP. THIS IS NOT TOTALLY NECESSARY BUT HELP THEM FIRM INTO A MORE SOLID BAR.**

**LIFT THE BARS OUT OF THE PAN AND CUT INTO 14 BARS, 16 SQUARES OR ANY OTHER PORTION SIZE YOU LIKE.**



**HOPE YOU ENJOYED OUR NEWSLETTER.**

**TILL NEXT TIME AND MORE NEW PRODUCTS IN OUR NEXT NEWSLETTER.**

**THANK YOU FOR ALL OUR CUSTOMERS AND  
SUPPORTING US ON OUR HEMP JOURNEY.**

**WE COULDN'T OF DONE IT WITH OUT YOU.**

**PLEASE SPREAD THE WORD AND HELP US GROW.**

**FOLLOW US ON FACEBOOK OR INSTARGAM**

**@HEMPPARADOX / @HOLISTICALTERNATIVES**



**WE ARE HERE TO HELP.**

**ANY INFORMATION OR QUESTIONS**

**EMAIL OUR TEAM**

**PAUL@HEMPPARADOX.COM**

**OR**

**RACHEL@HEMPPARADOX.COM**

**HEAL WITH HEMP**

**WWW.HEMPPARADOX.COM**