

Vol. 8

Build Your Body & Keep Healthy

Reconnect with Nature



Reach Your Body Goals

A healthy outside starts from the inside.

Start your cannabinoid therapy journey today.

Let's get in to what cannabinoids can do for you!



INVEST INTO YOUR SELF!



GODS PHARMACY

Everything you need nature provides

Find the cannabinoid that's right for you.

This list of cannabinoids is just the beginning.

There are many more cannabinoids out there to learn about, and the research is only just getting started in this fields. Still, this should give you enough information to get started finding the cannabinoids that are right for you.

What are cannabinoids?

One of the main reasons Hemp has so many diverse uses is the plant's ability to produce a wide variety of different chemicals. In fact, there are over 500 different chemicals identified in Hemp. Some, like terpenes and flavonoids (the compounds responsible for the taste and smell of Hemp), are common in many different types of plants. But more than 144 of these chemicals are cannabinoids—compounds that are much rarer in nature but abundant in the Hemp plant.

You've likely heard of the cannabinoid tetrahydrocannabinol (THC), which provides cannabis with much of its medicinal value and also produces the intoxicating effects. Another commonly known cannabinoid is cannabidiol (CBD), which is praised for having medicinal benefits without the intoxicating effects. While these are the most well known and abundant cannabinoids, there are a plethora of other cannabinoids produced by the plant.

To truly understand how any type of medical hemp might affect you, it's important to have a basic understanding of how these active chemicals interact with your body and each other.

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NATURE IS MY MEDICINE

How cannabinoids interact with the body.

In the 1990's scientists researching cannabinoids discovered the endocannabinoid system (ECS), which is comprised of 3 parts:
endocannabinoids
cannabinoid receptors
enzymes designed to produce and destroy endocannabinoids

One of the most important pieces of the ECS are the receptors. The CB1 and CB2 receptors are the primary receptors in this system and can be found throughout the human body. THC, a plant cannabinoid, is known to interact with both of these receptors.²

Humans don't produce THC, so researchers attempted to discover why these receptors exist within the body. What they found was that all vertebrates have these receptors that interact with chemicals that the body produces naturally —called endocannabinoids. These endocannabinoids are produced by cells within the body in response to external factors, like pain or temperature. Endocannabinoids include the more well known molecules 2-AG and anandamide, as well as many less known endocannabinoids like virodhamine, and 2-arachidonoyl glycerol ether.

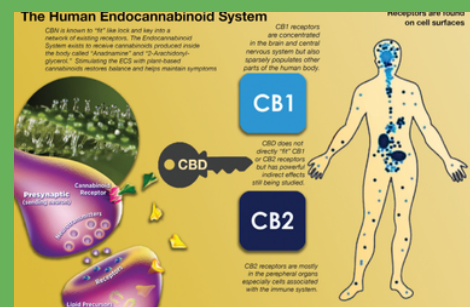
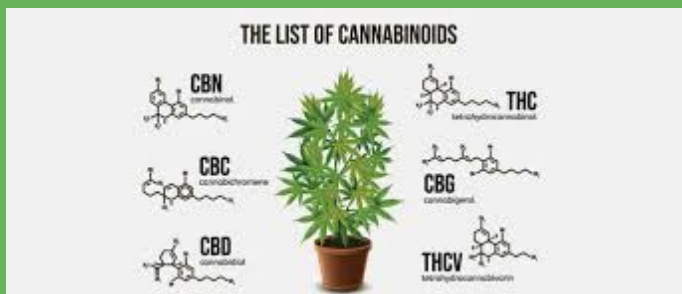
This interaction between the endocannabinoids and their corresponding receptors plays a crucial role in maintaining your body's internal balance or homeostasis. The endocannabinoid system regulates some very important aspects of

- your health, like:
- Appetite
 - Blood pressure
 - Body temperature
 - Energy
 - Heart rate
 - Immune response
 - Inflammation
 - Memory
 - Mood
 - Muscle control
 - Pain response
 - Sleep
 - Thirst

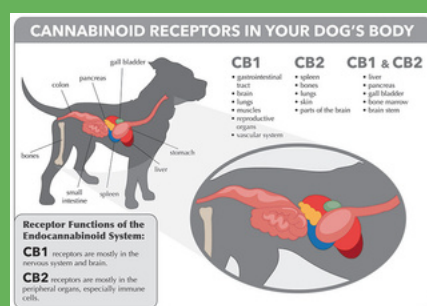
So, as you can imagine, it's pretty important to keep this system in good working condition.

Researchers suggest that endocannabinoid deficiencies could be partially responsible for many health conditions that respond well to cannabis. From depression and arthritis, to fibromyalgia and Crohn's disease, there are lots of conditions that may arise from a poorly functioning endocannabinoid system.

The cannabinoids found in the cannabis plant, which are often called phytocannabinoids to distinguish them from endocannabinoids, are very similar to the endocannabinoids that our bodies produce naturally. When consumed, these phytocannabinoids mimic endocannabinoids and interact with our CB1 and CB2 receptors or other parts of the ECS.



Also Animals have the same they have CB1 & CB2 Receptors.



Here at Hemp Paradox we educate and we care.

Full Spectrum
intended it to be

We have had huge feedback with our Full Spectrum Oils.



Get the full benefits of the terpenes and flavours..

Cannabis terpenes are mainly responsible for the smell in the plant. All the same, some terpenes act on the body's endocannabinoid system the same way cannabinoids do. The only difference is the fact that the body will absorb and use the compounds differently.

Let's get into the Hemp recipes it doesn't end there you can get your cannibiods from Hemp Food too it never ends.



Homemade Hemp Butter

This simple homemade Hemp seed butter recipe is made using only ONE ingredient!



Full of Omega 6 / Omega 3

Instructions

Blend the hemp seeds in a high-speed processor/blender. It's best to do so at intervals so the seeds (and machine) don't overheat. For a smooth hemp seed butter, blend for about 5-6 minutes, with breaks every 2-3 minutes.

Once the homemade hemp seed butter is ready, transfer it to an airtight glass container and keep this in the fridge for 1 month. It can also be frozen, for longer.

HEMP SEED & ALMOND TOASTED GRANOLA

Equipment

Baking Tray Oven, Bowl, Whisk, Measuring Cups

Ingredients

- ½ cup extra virgin olive oil
- ¼ cup pure maple syrup
- 2 tablespoon tahini
- 4 tsp vanilla extract
- 2 cups rolled oats
- 1 cup hemp seed
- 1 cup flaked almonds

Instructions

Preheat oven to 180 degrees Celsius.

In a medium sized mixing bowl add the olive oil, pure maple syrup, tahini and vanilla extract. Whisk to combine.

In a large bowl add the rolled oats, hemp seeds and flaked almonds. Stir to combine.

Pour the wet ingredients into the dry ingredients and mix through until all of the oat mixture is coated.

Pour the mixture into a baking dish and spread out evenly. Place into the oven and cook for 15 minutes. After 15 minutes, remove from the oven and stir, spreading out evenly again.

Return to the oven and cook for a further 15 minutes.

Remove from the oven and allow to cool completely before storing in an airtight jar.



[More healthy recipes....](#)

Hemp Protein Breakfast Berry Crumble



Ingredients

- 500g frozen (or fresh) mixed berries
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tbsp protein powder (optional)
- 1 cup oats
- 1/2 cup Hemp protein
- 1/4 cup maple syrup
- 1/4 cup coconut oil, melted
- 1/2 tsp sea salt

Directions

Pre-heat the oven to 180C.

Mix the berries with the maple and vanilla into a bowl and mix well. (If you want your berry mixture to be a little less juicy/liquid you can mix protein powder in now.)

Transfer to a baking dish.

Mix all the dry ingredients together in a separate bowl. Add in the maple syrup and coconut oil and mix well to combine. The mix should be slightly sticky and come together with your fingers.

Spread an even layer of the crumble on top of the berries.

Bake in the oven for 15-20 minutes, or until the top has turned golden.

Allow to cool for 5 minutes.

Serve with some coconut yoghurt for breakfast or ice cream for dessert.

Hemp Salsa

Ingredients

- 6-8 tomatoes, diced, seeds removed
- 1/4 bunch of coriander leaves, finely chopped
- 1/2 medium red onion, finely chopped
- 1/2 lemon, juiced
- 3 tbsp hemp seeds



Mix all ingredients well. Serve with tacos or beans.

hemp smoothies next.....

Hemp, Chia and Cherry Berry Smoothie



Ingredients

- 1/2 cup steamed, frozen cauliflower
- 1/2 cup steamed, frozen zucchini
- 1/3 cup frozen banana
- 3/4 cup frozen raspberries
- 1 scoop vanilla protein powder
- 1/4 cup plant-based milk
- 1 tbsp Hemp seed, Chia seeds
- 1/3 cup ice cubes

Toppings

- coconut flakes

METHOD

Combine ingredients in blender and top with coconut flakes, a big spoonful of Hemp seeds. To make the chia jam, add 1 cup cherries (or any soft fruit or berries) to a saucepan with a splash of water and a squeeze of fresh lemon juice. Bring to a simmer and cook until soft.

Mango and Hemp Smoothie Bowl



Ingredients

- 1 ½ frozen mangoes
- 1 spoon organic hemp protein powder
- 1/4 cup milk of your choice
- 2 tbs yoghurt of your choice
- mint and fruit to serve

METHOD

Pour most of the yogurt into the blender with the other ingredients.

Pour into a bowl then swirl in extra yoghurt and top with granola and fresh fruit.

Hope you enjoy our newsletter / Hemp recipes more exciting news is coming next month till next time.....