



# HEMP PARADOX

Our News letter is here again and it gets more exciting every time.

Hemp is one of the most useful plants in the world, and also highly misunderstood. Considered a super food for countless health benefits, it's time to bring the power of hemp into your diet.

Hemp is thought to be the first domestically-cultivated plant, with evidence of hemp fabric dating to 8,000 years ago found in Turkey (former-day Mesopotamia). Other evidence suggests cultivation further back by two or more thousands of years.

**DID YOU KNOW  
HEMP IS A  
NATURAL FIBER'**

Hemp has the strongest (and longest) plant fiber in the world, resistant to rot and abrasion, and was in long use before DuPont patented nylon in 1937. It was used for ship rigging, military uniforms, parachute webbing, baggage and more.

Nature's Gift

# The Hemp Story

## Healthy, Hardy, Versatile

Hemp is one of the oldest, hardiest and most versatile plants on earth. It has been an important source of fiber, food and medicine throughout history. The industrial strain, known as *cannabis sativa*, produces fiber, flower, oil and seeds. The entire plant can be processed into a wide range of raw materials such as pulp, paper, fuel, resins and wax. In the construction industry, variously processed hemp is used as a main component in bricks, particle board, insulation, and hempcrete, a concrete-like mixture that can be plastered or sprayed onto interior and exterior walls. Hemp building materials reverse the damaging effects of greenhouse gases by locking up harmful CO<sub>2</sub> emissions. In essence, these materials breathe. They are also stronger and lighter than those used in traditional construction.

### SUN-LOVING, NATURALLY

Hemp uses sunlight more efficiently than most other plants, and therefore grows dense and vigorously, making it generally free of weeds, which fail under the canopy of a hemp field. It is also naturally resistant to pests, so rarely needs chemical treatment. Hemp limits topsoil erosion and its resultant water pollution, while its roots supply nitrogen and other nutrients to the soil and reduce ground water salinity. From a soil management perspective, hemp is perfect as a rotation crop because it replenishes the fields in which it is grown. It is especially complementary in rotation with wheat or soybean. Hemp grows to maturity in just 14 weeks

### FROM THE 28TH CENTURY B.C.

Hemp has been grown in almost all European and Asian countries throughout history, and served as an important raw material for making ropes, canvas, textiles, paper and oil products. The first rope in recorded history was twisted from hemp in China in the 28th century B.C., with hemp-based paper and clothing dating to about the same period. In the pinnacle of sailing during the 17th century, Europe's hemp industry had a heyday making sails rigging, ropes, nets, flags, and even seamen's uniforms for national fleets.

heading

## Nature's Gift

# Become a healthy you!

## New to Hemp Paradox



Rich dark green hemp oil is bottled into special high quality sunproof bottles to keep it fresh and its nutritional values intact. The percentage of Omega-3 and Omega-6 fatty acids in hemp seed oil is four times higher than in fish oil and its ratio 3:1 is considered optimal for a human body to absorb. No wonder that the product was awarded the Agrobalt gold medal in 2014.



Omega-3 and Omega-6 fatty acids and proteins to your body. They are considered to be one of the most nutritious products on earth and are suitable for vegetarians, vegans and raw foodies. Moreover, they do not cause allergies and can be consumed by people who do not tolerate lactose, gluten or sugar.

Hemp seeds are hulled mechanically, no chemicals or additives are used in the process, and the temperature is no higher than 40°C.

We encourage you to be resourceful and use this creamy nutty superfood to flavour to any dish at any time. Hulled hemp seeds will never kill your porridge, soup or salad. On the contrary, they will amaze you with unexpected, original tastes. Make yourself some hemp milk or a spread, rich in protein and polyunsaturated fats, flavour your granola or pastries, and you are in for a pleasant surprise.



Do you happen to know that some plants contain protein that is more than similar to human? Industrial hemp seeds can boast of all 9 amino acids that are essential to humans. This product is almost 50% plant-based protein, therefore it is considered to be the richest and most natural protein source for vegetarians, vegans and raw foodies.

Hemp seed protein is easily absorbed by the human system and, because of its splendidly balanced pH, does not cause any digestive problems. It also helps to rebuild and develop lean muscle mass, therefore is a perfect choice for athletes and people who lead an active way of life.



The tea has a calming effect, improves the quality of sleep and repose, and helps to balance the body after vigorous activities. The product contains 1,3-1,8% of cannabinoid (CBD), a chemical with an ever-growing list of scientifically proven positive effects. An increasing number of studies shows that CBD helps to fight anxiousness, depression, reduce inflammation and hinders the growth of cancer cells.

**Award and pamper your body.**

# Hemp beauty products



The hemp plant is famous for the numerous benefits it provides and unmatched benefits for the skin, hair, and general body complexion. Many industries are now using hemp as a raw material to produce beauty and wellness products which are in high demand in the society.

## Hemp Clothing

Wearing hemp clothing benefits the environment but also benefits you! Hemp fibers are 10 times stronger than cotton and one of the strongest plant fibers out there. Hemp fabric holds up and wears well! Plus hemp fabric absorbs dye easily and resists fading.



Hemp and leather belts, Hemp sandals also custom made as requested.

New arrivals coming soon!

Hemp jewelery , Hemp bags.





# Healing Balm

## Benefits of healing balm

Reducing pain and muscle soreness  
and tension

Thanks to the cannabinoids present in this product, the anti-inflammatory and antioxidant properties of hemp are increased tenfold. Your skin regenerates faster and your pain disappears in record time.

# CBD new arrivals!

## 15% Hemp Cbd Extract

15% organic full-spectrum CBD oil

This Full Spectrum CBD oil is a type of hemp extract that contains all the other cannabinoids found in hemp.

It can help treat chronic pain, anxiety, and many more conditions without the psychoactive effects caused by THC.



Nature's Gift

Paul and Rachel have been busy in are spare time, becoming self sufficient follow us on our journey!



Self-sufficiency is the quality of feeling secure and content with oneself, a deep-rooted sense of inner completeness and stability.



Before and after



## Our Healthy Greens



Nature's Gift



Study nature, love nature,  
stay close to nature. It  
will never fail you.

Frank Lloyd Wright

quote fancy

WE LOVE WHAT WE DO!

WHAT CBD  
FEELS LIKE

- the absence of anxiousness
- the absence of pain
- the absence of sleeplessness
- the absence of stress
- the absence of fogginess



Help us Grow!

We **INSPIRE**  
We **MOTIVATE**  
We **CARE**  
We **TEACH**

Book in with us for a free  
consultation or join us at are  
Q&A/Hemp monthly meet up every  
1st tuesday of every month. So if you  
have a friend who is curious about  
CBD/Hemp bring them along

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