



HEMP PARADOX S.L

When we started Hemp Paradox our ambition was to produce the highest quality CBD products. Our mission is to lead the industry in bringing high-quality hemp cannabidiol (CBD) based products to the marketplace. We strive to educate the world on the benefits of hemp extract, and it is our goal to offer the industry's highest quality, most trusted products. What gives us the edge over most CBD retailers, is our close working relationship with the leaders of the industry, we can therefore replicate the industry standards and regulatory guidelines. We have a highly skilled team of hemp farmers and hemp extraction manufactures in the heart of Andalusia, from the beautiful picturesque village of Frigiliana to the southern mountains of the Sierra Nevada our hemp is produced organic and flourishes in a climate perfect for hemp cultivation.



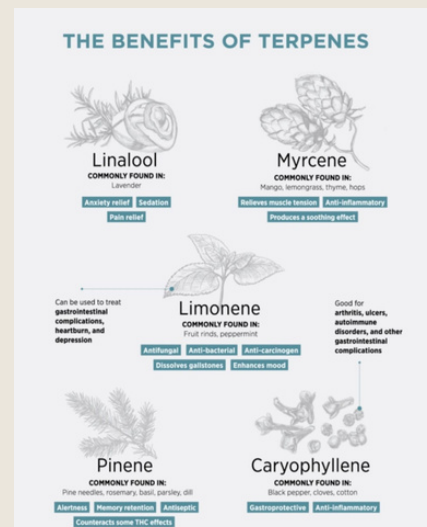
We had a visit to a Hemp farm what an amazing experience a man of knowledge when it comes to Hemp.

www.hempparadox.com



Early studies suggest cannabinoids may be beneficial at fighting cancer by: Helping kill some cancer cells Reducing the size of some other cancers Slowing the growth of cancer cells in one of the most serious types of brain tumor Reducing nausea from chemotherapy Increasing the effectiveness of radiation treatments

This terpene boasts a long list of possible benefits and beneficial properties, including: Anti-bacterial Anti-inflammatory Antioxidants Memory-enhancing Eucalyptol is also a stimulant, meaning it may increase blood flow and support your respiratory system.



CBD is also a powerful anti-aging antioxidant. Antioxidants strengthen cell membranes in the body by neutralizing free radicals that can damage your body's cells. This can reinforce collagen and general skin elasticity reducing wrinkles and keeping the skin looking young and healthy. CBD in other Cosmetics.



WHAT CBD FEELS LIKE

- *the absence of anxiousness*
- *the absence of pain*
- *the absence of sleeplessness*
- *the absence of stress*
- *the absence of foginess*

Customer's feedback from Oils and Healing Balm.

★★★★★ 20 hours ago

Having used both the CBD oil and Healing Balm for 6 months now I can not believe the positive impact it has had. The oil has helped massively as a sleeping aid and to dampen my anxiety levels on a day to day basis. The Healing Balm gives pain relief to my knee, which is weak and can be painful following a couple of injuries in the past. I apply this prior to dog walking and gym visits and the difference is amazing.

Hemp Paradox (owner)

19 hours ago

Thank you Diane for your great review.

★★★★★ 17 hours ago **NEW**

I had Knee pain , since I was a Child .No Doctor in Germany or the United States was able , to help me ,managing my pain .
I am now taking the balm and the oil, for two month and I am almost totally pain free. It took 58 years to finally got help.👍👍

↩ Reply 👍 Like

LATEST REVIEWS



5

★★★★★
8 Reviews

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

We Educate We Care!
Spread the word and make us grow.....

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Hemp Recipe Time....



Add a 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. eading

Just like hemp seeds, hemp microgreens are just as rich or even richer when it comes to beneficial fats mega-3 and omega-6 fatty acids. add to salads or garnish.

Let's booster your Immune system for the winter months with Hemp.

Lemon and Ginger Immunity Booster Shots



Whip yourself up a zingy immunity boosting shot to help fend off winter colds and illnesses. The antibacterial and anti-inflammatory qualities found in ginger and turmeric help to lessen cold and arthritic symptoms. Lemon and oranges are loaded with vitamin C and aid in detoxification and pH alkalization of the body. Hemp seed oil is rich in healthy omegas and GLA, an omega-6 fatty acid that helps to reduce inflammation.

Ingredients

- 1 orange
- 1 lemon
- 1 thumb-sized piece of turmeric
- 1 thumb-sized piece of ginger
- 1 pinch ground black pepper
- 1 tsp hemp seed oil

Directions

Roughly chop the turmeric and ginger, juice the lemon and the orange, and pop into your high speed blender.

Whizz for 30 seconds on high.

Strain through a nut milk bag, a fine mesh strainer or a clean tea towel

Divide between glasses, top each glass with a spoonful of hemp seed oil, and top with fresh cracked black pepper.

Store any leftovers in the fridge, although best consumed fresh!

(Freeze any left over pulp and use for smoothies later!)

Hempseed & Apple Bircher



A delicious bircher recipe that you can prepare the night before and have ready to go in the morning. Change your toppings depending on what you have in the pantry.

You can play around with the quantities for the hemp hearts, chia and coconut to suit and for a change, try pears instead of apple. Toppings will add extra texture, taste and yum!

Ingredients

Use the check-boxes below and mark the ingredients as you go

½ cup rolled oats

¼ cup desiccated coconut

¼ cup hemp hearts

1 grated apple – a Granny Smith or any tart apple will work nicely

1 tbsp chia seeds

½ cup yoghurt – any type

¼ cup water

¼ cup milk (any type, coconut would be nice)

1 tbsp honey or maple syrup to taste

Toppings

e.g walnuts, coconut flakes, extra fresh or dried fruit

Directions

Place the oats, coconut, chia seeds, yoghurt, water, milk, hemp hearts and honey in a bowl and mix to combine.

Cover and refrigerate overnight.

In the morning, grate in the apples and top with desired extras.

Pineapple Turmeric Cucumber Smoothie



Ingredients

2 cups pineapple

1 banana

1 cup cucumber

¾ cup coconut milk

1 tbsp fresh turmeric

1 tbsp maca powder (optional)

¼ tsp cracked pepper (necessary to help with the absorption of curcumin in turmeric)

1 cup ice cubes

1 tbsp Hemp Seed Hearts

Directions

Place all the ingredients in the blender, blend until smooth and enjoy!

Hemp lunches & Snacks

Hempseed, Sage, and Onion Stuffing Balls



You can even add hemp to your Sunday lunch this is one of my favorites.

Ingredients

- 1 Large Red or White Onion
- 1 tbsp Olive Oil
- 200 g White or multigrain bread
- 1 Beaten Egg
- ¼ cup Hemp Hearts
- ¼ cup Chopped Dried Cranberries
- 2 tsp Dried Sage
- 2 tsp Dried Mixed Herbs
- 1 pinch Salt
- 1 pinch Pepper
- ¼ cup Extra Hemp hearts for coating (optional)

Directions

1. Drizzle the oil in a frypan and cook the onion on a lowish heat until soft taking care not to burn.
2. Make the bread into breadcrumbs by either grating with a course grater or whizzing in a blender.
3. In a large bowl combine the cooked onion, fresh breadcrumbs, beaten egg, and the remaining ingredients. Mix until the stuffing mix starts to hold together. (A little extra olive oil can be used to help with this if necessary).
4. Roll into approx 12 balls.
5. Roll balls in extra hempseed if desired.
6. Bake for approx 30 minutes at around 180C.

Sweet Potato & Bacon Feta Salad



Ingredients

- 1 Large sweet potato
- 1 tsp Honey
- 4 Rashers streaky bacon
- Baby spinach, rocket, or mixed salad
- Hemp Seed Hearts
- Feta Cheese
- Optional: avocado, red onion, capsicum, tomato, sprouts etc.

Directions

1

Dice the sweet potato into 2cm chunks, and toss with a drizzle of oil and honey and bake at 200C for 25-30 minutes until tender. Should have started to caramelize a little.

While the sweet potato is cooking, chop the bacon and fry until nice and crispy. Toss the roast sweet potato and crispy bacon through the salad ingredients, top with your favourite dressing, and sprinkle with crumbled or cubed feta and hemp hearts.

Simple Hemp Oil Dressing

- 1 teaspoon wholegrain mustard
- 1 teaspoon liquid honey
- 1 tablespoon lemon juice
- 1 tablespoon hemp seed oil

Please Spread the word and let's bring hemp into our life.

Hope you enjoyed our newsletter till next time

