

the VOICE



Volume 10, Issue 2

What one might not realize is that regulation is put in place to protect the public from potential harm from practitioners. As such, this protection comes in the form of controls, restrictions and much higher practice costs. This is something that the Naturopaths and Chiropractors have had to deal with. Regulation does not mean that we would automatically be recognized by insurance companies. We are achieving insurance coverage without it and working with the government for recognition of our profession on a larger scale.

That said, some are still touting the merits of regulation and claiming to be pursuing it. Some may be collecting monies to help with the cause. The information that CANNP has to date indicates that nothing is being picked up and pursued at the Government level to regulate us. We have been told that this is extremely unlikely to happen because the government does not see us as potentially causing harm and therefore there is no need for them to invest the funds and years it would take to regulate. The healthcare model is likely changing and we will be at the table to promote nutrition practitioners, taking a stand for better recognition of who we are. CANNP is forging relationships with provincial governments, other industry professionals and insurance companies, to further educate about who we are, how we differ and all the good work we offer.

In many instances, our efforts come as a revelation to those in attendance. For example, in the Nova Scotia meeting with the government, they clearly stated that we had given them a great deal to think about and they claimed to have had no clue how impactful we were in the community.

When we meet with insurers, they too were surprised at what we have to say however, like the government, these are slow moving machines, and change takes time.

From time to time, we have reached out to the membership for assistance with our efforts. We always say that numbers speak volumes. The Corporate Campaign is a key initiative to put pressure on insurance companies. We have been told explicitly that if companies wanted nutrition coverage, then we would have a better chance of reaching the appropriate powers in the insurance industry. The latest change to the Sun Life policy (to the right) is clear evidence of this. Please, use the Infographic (available at cannp.ca under the pillar picture) and reach out to anyone you know who is involved with a corporation.

Together we can make change happen and create a stronger industry.

Wendy Gibson, BA, RHN, NNCP
Executive Director, CANNP

Latest and Greatest

More Insurance Coverage

CANNP will only claim coverage from companies which have sent us written confirmation. We recently did get acceptance from ClaimSecure.



As well, Sun Life Personal Spending Plans now include nutrition as an option for those with that particular plan.

Small but impactful steps!

4

A Different Way
to View Research

Social Media:
Ain't What It
Used to Be

5

The Write Way
Business Buzz
with Paul Fink

6

A Brief Guide to
Understanding
Cannabis

7

Science
Catching Up
Wild., Wacky,
Wonderful

8

Book Review

Power - One Hour

Have you taken advantage of our Power Hours?

Seriously — we had a one hour session with Lawyer Glenn Rumbell who was available to answer any of your business related questions. What a bonus!!! We were fortunate enough to be able to record that hour (**we are not always able to**) so it can be reviewed in the Members Only area, Podcasts and Inspired Events. There is certainly an advantage to tuning in live from the comfort of your office so that your questions and views can be explored.

Then we hosted James Elliot on June 19th who explored all things related to making your business a success including how to handle client road blocks.

For September, Ellen Novak will be joining us to explore the world of Cannabis.

To reserve your space we now require a **totally refundable** \$10 fee. Please watch for upcoming offerings and mark your calendars!

Colour Your Plate

After offering 6 talking vegetables, we began offering fruit, including *Billy the Beloved Blueberry* and *Bobby the Bodacious Banana*. *Colour Your Plate* has proven to be very popular. These 1-minute movies are directed to children, teaching them about fruit and vegetables (and healthy eating more generally) in a fun way — through animated produce. Please share with your clients. We will be offering new produce for limited periods of time so watch for news.

Corporate Campaign

The Infographic is available to all Members to pass along to clients, friends and families — anyone who has a corporate contact. We are eager to keep the pressure on the insurers through corporations. Let's get NNCP's added to benefits.

For Your Office

Are you looking for the perfect wall decor with an appropriate message? Made specifically for CANNP Members, we have had 3 original pieces of art reproduced in a poster version. Each is 11 x 17. Once these are gone, there will be no more made.

The posters are suitable for framing, colourful and speak to the principles that holistic nutritionists hold dear. You are welcome to purchase a set of 3 for \$45 plus \$5 shipping (to help cover the production costs.) Just drop us a note info@cannp.ca



We were pleased to give away a set of posters at the Nutrition Conference. They looked impressive, framed at our booth.

CANNP Presentation

New to CANNP? Want to learn more? We have a presentation all about us on the home page of cannp.ca. Click on the picture of the camera and view the powerpoint presentation. Let us know what you think and share it with your colleagues.

Show Time

We were pleased to offer free tickets to the Total Health Show tradeshow and gave away 10 tickets to the Main Theatre.

Watch for free access to the CHFA East show coming soon!
August 23rd deadline.

Please Help Us Out

When you contact us or make payment using your business name, please also include your Member name and/or NNCP number in your correspondence. This will make matching you to your information much, much easier.

Also, we still have a number of new grads who are looking for a mentor. This need not take a great deal of your time, and you can structure your interaction any way you wish. Let us know if we can count on you!

GoodLife Fitness

CANNP Members, with a valid number, are now eligible to register for a GoodLife Corporate Membership. This discounted rate comes with some impressive perks. Please remember that your GoodLife Membership is tied into your CANNP Membership so renewing on a timely basis is important.

Web Presentations

CANNP has prepared 4 short videos suitable for your website or to share with clients. You can get all four:

Food Therapy — Tips for Digestion
Label Reading
Macro/Micronutrients
Immunity

The administration fee of \$20 helps CANNP keep your fees in check!

You can review the content of each video in the Member Only area, Business Tools.

Professional Members only.

Please Note

CANNP is pleased to bring you many discounts and opportunities; we encourage you to use your best judgement and discrimination when choosing to participate. We do not endorse programs; we simply make them available to you as a benefit of membership. We appreciate the generosity of all our supporters.

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Practice Protection Committee

CANNP has reached out to several of the provinces and secured a representative from each. Together these dedicated Members form the Practice Protection Committee.

Our experience dealing across the country indicated that when we need to reach local governments and other officials, we are better heard when we have local voices. And so a plan was hatched.

We held our first meeting in June and we are so thrilled with this group. Every attendee is keen to keep us posted on any rumblings related to changes in our industry and CANNP has committed to support efforts as they arise.

We explored some very interesting ideas including the “Saved by Nutrition” book. As well we explored our next steps with the Insurance Challenge. We can’t thank this group enough for their dedication and insight.

Regarding Nova Scotia, our June meeting provided the ideal format to be brought up-to-date. The health situation in the province is in bad shape making our issue one that was put on the back burner until the fall. In the meantime, Lisa is working on reaching out to other modalities who will be impacted by this legislation, in the hope that they too will rally to keep the pressure on.

Have You Written a Book?

CANNP has prepared a supplement called *Cover to Cover* featuring books written by our Members. If you are interested in being included in the next update, please send the following: Title, Author, Copyright, Description and a method to order. Please note that if you are already included in the supplement, no need to send your info again.

The Free Stuff Just Keeps Coming

CORE 1 and CORE 2 were each available for the months May, and June, with CORE 3 appearing in July. These documents provide insight into how to Begin, Continue and Succeed in your business. Every giveaway is announced in the weekly mailings and each is for a limited time period. We love when you take advantage of what we offer. If there is something that you would like us to try to provide, we are all ears! Email us.

August we will be bringing our annual business card and logo design critique. Our graphic artist will let you know what you are doing right and what you might want to consider altering for a more professional look. Watch for details coming soon.

Enhanced Research Library

In the Members Only area, Research Tool you will find the Research Library, filled with links and apps which will support your efforts. Recently, we added a wonderful homeopathic reference library, should that be something that is of interest to you. Check it out — you never know what you might find to be helpful lurking there.

CAN is At It Again!

CAN, Canadian Action for Nutrition, a group spearheaded by the CANNP, is meeting again with the Ontario Government. Our hope in continuing to forge this relationship is to keep tabs on any legislation which may be pending and to secure a valued contact.

We also reach out to other provincial legislatures from time to time and are working on getting meetings with these folks as well. We will keep the Membership posted.

For Our Newest Members

Our more seasoned Members are well aware of all the fabulous benefits that CANNP offers but we wanted to take this opportunity to be sure that as new Members — overwhelmed by all that you have to take care of to get off the ground — know that we are here for you. In addition to all that we do on your behalf with insurers and the government, watch for the following:

Insurance - discounted E & O; optional extended health and dental; coverage for those employers that include Nutritional Counselling from Manulife, iA Financial, GreenShield, ClaimSecure and Blue Cross (Alberta) as well as the Sun Life PSP

On-going - Mentoring (when available); *The Voice* newsletter; Podcasts and Inspired Events; *Galens Watch*; Menu Plan template; Chat forum; Power Hours; access to health related shows across the country; discounts on products and services

Time Limited Offers - ABC's of Health; Organize Your Business; CORE 1, 2, 3; Business Card/Logo and Brochure critique; Grocery List; Check list of Healthy Habits; Plate Portion; Colour Your Plate - Talking Produce and more coming soon.

Fee Based options - Business Plan template; Starter Kit; Newsworthy; TrueView; Presentations for your site; Limited edition posters
More are available all the time — watch for news in your weekly eblast!

A Different Way to View Research

The world of scientific research is a complex one, fraught with statistical interpretation and the desire to be published — perhaps famous. This in part, could account for changing results we are witness to on a daily basis — eggs are good for you one day, but not the next. Cholesterol is evil needing to be medically control but then is it really? Is butter really better than margarine? Depending on the study, the method — the scientific answer can vary.

The truth is always true but all kinds of scientifically studied hypothesis results change all the time, making reports your clients hear on the news very confounding.

The issue is that the scientific community has a difficult time handling the uncertainty that is inherit in studies. In order to grasp uncertainly, they have devised an arbitrary threshold for the “p-value” which is what makes their findings “scientifically significant.”

According to NPR reporter, Richard Harris, there is a push in the industry to ban the concept of “statistically significant” which is often misused. According to Ron Wasserstein, Executive Director of The American Statistical Association, things have gotten out of proportion. He claims that scientists can massage data to meet this magical threshold or despite having interesting and worthwhile results — some of which may never be shared or divulged — they can’t make the numbers work.

Dr. Michael Gregor cites a study by Caldwell Esselstyn, *Updating a 12-Year Experience with Arrest and Reversal Therapy for Coronary Heart Disease*, which followed only 18 people, leaving the study open to much criticism. He says that we are used to large, randomized, standardized tests but that is only because these large studies often show small effects. In other words, you need a lot of people to reach the significant threshold.

The Esselstyn study of only 18 showed a 100% drop in coronary events after subjects stuck to a proposed diet. With such dramatic results, one would think that a

little common sense might prevail.

It is true, that scientists and the general public might be more apt to believe the validity of a result if it were deemed scientifically significant but Blake McShane of the Kellogg School of Management at Northwestern University, suggests we put too much faith in the concept. “All statistics naturally bounce around quite a lot from study to study to study. That’s because there is variation from one group of people to another and also because subtle differences in approach can lead to different conclusions.” He also claims that this explains why studies from one lab cannot be reproduced in a different lab.

The practice of relying on “statistically significant” is highly ingrained in the scientific research community such that change will surely face opposition.

Wasserstein says that “Uncertainty is present always. That’s part of science. So rather than trying to dance around it, we should accept it.”

Like Dr. Gregor, McShane suggests a more commonsense approach of stepping beyond the obvious yes/no answer in favour of exploring more important questions. When considering the nutritional value of an egg, ask how big the risk is of eating the egg and what are the costs and benefits to the individual and other out-of-the-box thinking.

Without a broader scientific approach, valuable information will be lost and results will be skewed. Without a broader look at the way studies are conducted and presented, the general public, your clients, perhaps you, will become more confused and perhaps reach a point when studies mean nothing relevant at all and should just be background noise.

https://nutritionfacts.org/video/flashback-friday-evidence-based-medicine-or-evidence-biased/?utm_source=NutritionFacts.org&utm_campaign=ce206cdef6-RSS_VIDEO_DAILY&utm_medium=email&utm_term=0_40f9e497d1-ce206cdef6-23669197&mc_cid=ce206cdef6&mc_eid=55c50441fc

<https://www.kqed.org/science/1939466/the-case-against-statistical-significance-in-scientific-research>

Social Media: Ain’t What It used to Be

We touched base with Kim McLaughlin, who provided us with great insight several years ago about tackling social media. And boy have things changed!

Kim explained that social media used to be “the great equalizer” but now, unless you are particularly savvy and have the resources in terms of money and time, keeping facebook, twitter and even LinkedIn and Instagram afloat is a tough job.

Most small businesses who have success with these platforms were established more than 2 years ago. With tightened algorithms, they no longer cater to the small business. Now it costs money to “boost” your viewings and to enhance your exposure. The fundamental question becomes, is it worth it? Will you actually secure more business by partaking?

Kim advises that we put our efforts elsewhere now. As a marketing specialist, Kim says, “Put money into establishing a great website and if you can, add a blog and keep it up to date by writing once a month.”

She also highly recommends joining a networking group and leveraging word-of-mouth. There are lots of professional groups around and they are not overly costly.

Kim still thinks that a LinkedIn page is worth it — for the time being. Her feeling is that in time, it too will be overrun and difficult to manage.

The take away message from Kim, once a social media advocate, is to remember what used to work for businesses and go back to it. There is nothing that will replace pounding the pavement, sharing your story face-to-face and counting on referral business.

Thanks Kim for setting us straight! The times they are a’changing!

Saved by Nutrition

This is the initiative to top all initiatives!

The reason this is like no other is that this may very well be the tool that we as an industry have been looking for. It is the brainchild of Michelle Post who brought it to CANNP and CAN. We jumped on board because we think it is a fabulous idea!

What: We are gathering true, amazing stories from holistic nutritionists — most of us are in the business because nutrition saved us. We are publishing a book of these tragedy to triumph tales and you need to be a part of it.

Who: CANNP is opening this up to non members through CAN and all you have to do is submit.

Why: Our personal stories are impactful testimonials of the power we have to help people lead healthier lives — we are living proof! Never before has there been an opportunity to gather wonderful stories of how holistic/natural nutrition can really transform lives.

Where: Saved by Nutrition (working title) will be used by the contributor, as well as the industry, to sell our services. Imagine how helpful this will be when you are giving a presentation and offer it for free or sale to the attendees, complete with your credentials and contact info. The books will be distributed to insurers to educate them about us and to government, HR departments, ND and chiro offices, among others.

It will be a showcase piece highlighting a full range of ailments and health concerns.

How: There are guidelines and hints on how to tease your personal story out on our website and Michelle is standing by to help you out — she has loads of experience. It is important to remember that your story is not a lesson or teaching moment, but a very personal sharing of the role holistic/natural nutrition played in getting you to where you are. Be sure to include where you attend school and all your other education in the bio section.

When: Please submit story by August 14th.

We are limiting the number of stories and pages in the book so act now — take some time to jot your story down and then submit it to Michelle and she will contact you to sort out any details (michelle@making-strides.ca).

With you, well, we can save nutrition!

Business Buzz

Paul Fink, BA, MBA, CPA (former), is a graduate from the University of Michigan and worked as a CPA at Peat, Marwick, Mitchell (now KPMG) in Detroit, Michigan, before moving to Toronto and becoming a leader in Commercial Real Estate Brokerage. Paul shares his extensive experience in business and his expertise in financial matters with the CANNP board.

No matter how right you think you are in a business situation, there is always a way to present your view which allows the offending party to save face. There are many times when being cynical or angry is justified, but it may not be smart. Though possibly a perfectly understandable response on your part, it is advisable to take a step back and cool your jets.

Consider this — you just may not have all the facts or your recall might be slightly flawed. Presenting with guns blazing, in an accusatory manner, will not serve you well and may in fact, develop ill will and burn hard sought bridges.

A better approach would be to start by stating your issue in the form of question. “I noticed that you was that intentional?”

The person may have a fair explanation or may not even realize that the incident occurred or could be perceived in a different manner. Give the individual the benefit of the doubt, the opportunity to offer the other side of the story and listen intently, with an open mind. Then answer thoughtfully with the goal of clearing the air and maintaining the relationship, moving toward your goal in a constructive manner.

If the situation comes with some urgency and a question seems too cumbersome, you may wish to outline the situation but do so from your own perspective and leave lots of space for the other person to present a view. You may be wrong about their intent. People make errors and cannot necessarily foresee all potential results.

For example, perhaps you forward an invoice for a service and it is clear that you are owed the money but payment has not come through. It may be as simple as the invoice was flagged as spam or that the individual had a personal issue that delayed payment, despite all good intentions. There is nothing to be gained by starting the conversation aggressively and accusing the individual of being negligent. Instead listen to their story and provide viable options to allow amends to be made.

Sometimes the story provided is something unforeseen and if you fire off a nasty email, you will never come to know the real tale and you will most likely lose a valuable relationship. If, on the other hand, being polite and constructive doesn't work, then formulate a more assertive approach. There is always time to get angry — later.

The moral of the story is an old saying you can get more with honey than vinegar ... so start that way. Vent to your partner or your friend, not to your business asset.

A Brief Guide to Understanding Cannabis

by Ellen Novack

Cannabis is a hot topic right now, especially from a holistic/medical perspective.

There are claims that it can help sleep, epilepsy, inflammation, pain, PTSD, enhance appetite and athletic ability and much more. Do I detect rolling eyes? How can one plant do all that? Is it simply a good excuse to feel high?

To explore this, we have to understand both how this ancient herb works within itself and within our bodies.

This article is not to provide medical advice but to share my research co-authoring *Healing Cannabis Edibles, Exploring the Synergy of Power Herbs*. Recent studies show that 4.2-million Canadians 15 years and older use cannabis, 40% on a daily basis. At the moment, Cannabis stores cannot keep CBD oil in stock.

Cannabis has been with us for centuries, with its cures for 100 ailments in China and India recorded circa 2700 BC.

Like other healing herbs the plant has strains, and within each strain are many compounds. Each plays its part alone with its own healing properties and in harmony with the other components. Many herbalists agree that the entourage effect, using all the components of the plant, is more effective than isolating components.

THC (Tetrahydrocannabinol) used to be the most familiar cannabinoid, the hero of the high. Yet CBD (Cannabidiol) is now taking centre stage, touted as the component most responsible for healing. The most common cannabinoid after THC and CBD is CBC (Cannabichromene) with properties that may encourage brain growth, block pain and inflammation association with osteo-arthritis.

There are so many health claims about Cannabis because of how it works within our body, in the recently discovered (1990s) endocannabinoid system (ECS). At the risk of huge oversimplification, this is a biological system designed to maintain homeostasis.

While our body creates its own endocannabinoids to regulate and balance the body, these are not as strong as cannabinoids from the Cannabis plant. When we

use Cannabis, we increase the amount of endocannabinoids present in our bodies. We are helping our bodies heal. Cannabis may be one tool along with many others to help manage eight medical conditions which we explored.

Loss of appetite

Loss of appetite is a real problem for people undergoing chemo or for the elderly.

Enter the munchies. Scientists Pertwee and Thomas explain that this is a real phenomenon: THC stimulates the dopamine release in our brain, which increases the taste sensations of food, causing us to want more.

A Yale University study explains that marijuana can change a brain circuit from telling the body it is full, to telling it to keep eating.

Another study showed that rats treated with CBN (psychoactive cannabinoid) ate significantly more than rats treated with cannabinoids CBD and CBG (non-psychoactive cannabinoids).

Athletics

A 2017 article reported that various athletes (including the Diaz brothers, champions in mixed martial arts) claim cannabis before training increases sensory awareness, allowing them to tap into the mind-muscle connection, making their movements more efficient. Many find it helps them focus.

Adam Hart, mountain athlete and author of *Power Foods*, finds microdosing on Cannabis supports his ability to be present and in tune with the environment; he explains that the first part of fatigue is in the mind and Cannabis helps him control his thoughts, providing a 30% increase in his endurance.

A slew of research reviews how CBD has been proven to help with recovery from injuries, including concussion.

Anecdotally, sativa strains are recommended for a pre-workout supplement and indica strains are optimal for recovery.

Anxiety

High amounts of THC in sativa strains may create feelings of paranoia and increase anxiety. Conversely, CBD affects the serotonin receptors in the brain to elicit feel-

WARNING: Cannabis is Not for Everyone

Despite all the wonderful information about healing, Cannabis is NOT for everyone.

Start low, Go Slow is the mantra.

Start with 2.5 milligrams THC per dose or less and increase 1-2 milligrams until you feel better or reach the max dose recommended for medical treatment (typically 10-15 mg).

Age, stress, frame of mind, physical fitness all play a role in determining how you work and react with Cannabis.

When taking edibles, realize that they take time to digest, between 30 minutes to 4 hours. Sometimes we think nothing is happening and reach for more. Be patient. However, if you feel you have ingested too much THC, don't panic. Eat carbs, baked potatoes, breads, sniff or chew black pepper, eat or go to sleep. Know that this feeling will pass.

Unless they are epileptic, Cannabis isn't recommended for anyone under the age of 25 since the brain typically isn't fully developed until then.

Other warnings:

- don't drive with cannabis in your system
- mixing Cannabis with alcohol will produce more impairment than either drug used alone
- women: abstain when planning to conceive or when pregnant
- not advised for those with mental illness or family history of schizophrenia

ings of calm, findings confirmed by Brazilian researchers in 2011.

Anxiety and depression often pair up and the same pharmaceutical meds are prescribed for both conditions. However, this is not true of Cannabis. Studies about depression and Cannabis contradict one

A new study claims that millions of lives globally could be saved if only people would change their diets to include more fresh produce. Imagine if a drug could save lives at that rate and had no side effects. In this case the drug is food, specifically fruits, vegetables, whole grains and nuts. Who knew? The study was published in *The Lancet*. It determined that 11 million deaths in 2017 were because of poor diet. It went on to point out that improving nutrition is more than simply focusing on healthy foods because much of what the population eats is beyond their control, filled with too much salt, too few whole grains and too little fresh produce. "This study affirms what many have thought for several years - that poor diet is responsible for more deaths than any other risk factor in the world," says study author Dr Christopher Murray, Director of the Institute for Health Metrics and Evaluation, University of Washington.

https://sciencesources.eurekalert.org/pub_releases/2019-04/tl-tlg040219.php

In a similar vein, Tufts University, Health Sciences Campus did a study that found that health insurance coverage through Medicare and/or Medicaid for healthy food would be highly cost effective after just 5 years and would ultimately improve health outcomes. The study estimated that the economic and health benefits would be seen if 30% of the costs were covered. There were two scenarios studied, a) 30% coverage of fruit and vegetable purchases and b) 30% coverage for fruit, vegetables, whole grains, nuts/seeds, seafood and plant based oils. Both were estimated to reduce healthcare utilization with savings of \$39.7 billion for a) and \$100.2 billion for b). Now this is a study worth taking to Canadian insurance companies!

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002761>

Seems as though a diet containing the compounds found in green tea and carrots was able to reduce Alzheimer's-like symptoms in mice. The mice were genetically programmed to develop the disease and the *Journal of Biological Chemistry* states that sometimes such findings do not translate to humans, but researchers are very encouraged. "You don't want to wait 10 to 12 years for a designer drug to make it to market; you can make these dietary changes today" says professor Terrance Town of the Keck School of Medicine. He suggests that a combination therapy may be the best approach for this disease and many others.

<https://neurosciencenews.com/alzheimers-like-symptoms-reversed-in-mice-usc-10859/>

Ah — the egg debate continues. A new study from the University of Eastern Finland shows that moderately high intake of dietary cholesterol is not associated with an elevated risk of stroke. Published in *The American Journal of Clinical Nutrition*, the findings are in conflict with some earlier studies. For most, dietary cholesterol plays a very small role in serum cholesterol levels. The Finland study looked at the existence of APOE4 which is the hereditary variant. They concluded that even in those genetically predisposed, the study suggests that a daily egg is not associated with a higher risk of stroke. The study will be further researched with a larger group as well as people who have pre-existing cardio disease and who also limit their intake of cholesterol.

<https://journal.com.ph/lifestyle/health-and-wellness/egg-consumption-does-not-increase-risk-stroke-study>

www. Wild, Wacky, Wonderful

<http://www.practicebetter.io?afmc=2q>

Better is another practice management tool to look into. Better claims to synchronize all your health management tasks so that you can save both time and money, and all from a single device. Better tackles your client onboarding, scheduling, billing, protocol management and progress tracking. Your clients can complete forms on line and you can provide all the details of your consultations with them through the platform. You can sign up for free and then pay to enhance your usage. Might be worth checking out!

<https://www.paprikaapp.com/>

Who doesn't want a better way to manage and access favourite recipes — either for private use or for client sharing? Paprika is an app that helps you organize your recipes, make meal plans, and create grocery lists. Using Paprika's built-in browser, you can save recipes from anywhere on the web. They offer a cloud sync service that allows you to seamlessly sync your data across all of your devices. Paprika is not free but it is not unreasonably priced.

<https://www.plantoeat.com>

It's a crowded sector, so finding the right fit for you and/or your business is important. Plan to Eat is built for all the do-it-yourselfers in the world. Other meal planning services will hand you a pre-made menu and shopping list that uses their recipes. With Plan to Eat you can collect your own recipes, those that fit your lifestyle, create a customized meal plan to accommodate your schedule, then go to the store with a list organized the way you like to shop. That's the beauty of doing it yourself. Despite up-front work to gather your recipes, you may end up having a much more useable and accommodating platform.

A Brief Cannabis Guide, con't

another so, to date, research suggests further exploration before using Cannabis for depression. However, there are studies anticipating exciting therapeutic breakthrough research for depression with the cannabinoid CBC.

Epilepsy

A 2013 CNN program by neuroscientist Dr. Sanjay Gupta told the story of Charlotte Figi, who had her first seizure at three months old. It couldn't be controlled and she was having 300 grand mal seizures a week. A doctor recommended high CBD oil and her seizures stopped, shortly after, so did their supply of the oil. The family reached out to the Stanley brothers, marijuana growers in Colorado. They welcomed the family and created what is now the famous CBD oil called Charlotte's Web.

Study after study has confirmed the effectiveness of CBD on seizures.

Many people react well to CBD oil from Hemp, but other studies have shown the benefit of a little THC in Cannabis to spark the effectiveness of the CBD.

A May 2018 New England Journal of Medicine article reported that patients taking just 20 mg of CBD per day had 42 percent fewer seizures on average.

Inflammation

As early as the 17th century, Nicholas Culpeper, in *Culpeper's Complete Herbal* wrote about the healing aspect of the Cannabis root.

Studies showing CBD reduced joint inflammation and inhibits its progress (Mitzi Nagarkatti et al 20019). Check for Cannabis with high concentrations of the flavonoids Luteolin and Cannflavin A. Cannflavin A may be 30 times more potent than aspirin.

Memory

One of my favourite studies shows that young mice treated with THC performed slightly worse in cognitive functions, but... cognitive functions of the elderly mice treated with THC closely resembled that of young, untreated mice. The treatment reversed the loss of cognitive performance in the elderly mice.

Layman's terms: good for the elderly, not so much for the younger.

Pain

June 2018 government released a report showing that opioid related overdoses claimed the lives of nearly 4,000 Canadians in 2017, a 34% increase over the previous year.

Studies have shown that Cannabis works synergistically with opioids to mitigate pain and can help reduce or eliminate opioid use. It also enhances the effects of opioids at lower doses.

Simon Haroutounian's 2016 research followed a group of 176 chronic pain patients in Israel. He found that 44% of them stopped taking prescription opioids within seven months of starting medical Cannabis.

An American study showed that between 1999 and 2010 the states that permitted medical Cannabis had an average of almost 25% fewer opioid overdose deaths each year than states where Cannabis remained illegal.

Sleep

Research has been slanted toward THC only because CBD strains were harder to find at the time. More recent studies are slanting toward a lower THC.

But all agree the strain to look for is indica.

A lab in California found that CBN might be the most sedative of all the Cannabinoids. They stated that a good dose of CBN is equivalent to 2.5-5 mg of pharmaceutical sedative diazepam (also known as Valium).

Book Review

***Healing Cannabis Edibles, Exploring the Synergy of Power Herbs* by Ellen Novak and Pat Crocker, 2019.**

Healing Cannabis Edibles, Exploring the Synergy of Power Herbs helps readers understand and use Cannabis to their advantage. Written by culinary herbalist Pat Crocker and journalist Ellen Novack, this guide and cookbook shows how to respect, cook and enjoy the healing power of Cannabis.

With about 100 recipes and 100 bibliographical notes, cooking tips, and well-researched chapters about the plant and how it works in our bodies, this book is a must for anyone interested in learning about the power of this herb.

Each recipe comes with precise calculations for a standard dose of THC:CBD in every serving. *Healing Cannabis Edibles* guides readers to experiment safely and cautiously with their own bodies to discover if and how Cannabis best serves them.

"This is an educational primer and health-oriented cookbook first," Novack says. "My journey into this project began when I was on the hunt for CBD strain Cannabis seeds to grow and make CBD oil for my epileptic son. The healing properties of Cannabis are miraculous to me."

Healing Cannabis Edibles is available in a number of stores (see website embracingcannabis.com), directly through Amazon.ca or embracingcannabis.com.

Ellen Novack has been writing for more than 35 years, for newspapers and magazines, business and corporations. She was national director of public relations for a hotel chain before opening an event planning and writing company, Grand Events, which she ran for almost 20 years.

Upon retiring, Ellen followed her longtime passion for gardening. She wrote a garden column for a national newspaper and a blog for a gardening magazine and co-authored *Gardening from a Hammock* with Dan Cooper, a practical guide to low-maintenance gardening. *Healing Cannabis Edibles, Exploring the Synergy of Power Herbs* with culinary herbalist Pat Crocker was published this fall.