

A HEMP GUIDE

The Happy & Healthy You

A QUICK AND EASY GUIDE
TO HEMP AND HEALTH IN
THE NEW YEAR

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To those that
believed in us,
Thank You!

This E-Book
is for you.

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Chapter 1

Every year millions of people set New Year's resolution goals, only to fail within the first 90 days. Why is this?

The number one reason people quit within the first three months of the year and return to their normal every day lives, because the goals they are setting are long-term goals instead of short term goals.

Now, please don't misunderstand me, long-term goals are important. However, it's important to place your short term goals ahead of your long-term goals so that you can achieve these goals regularly and get a sense of accomplishment.

For example, my long Term goals include losing 200 pounds. To reach that long-term goal, I'm going to set a series of short term goals to keep me motivated

By sitting multiple short term goals you are able to reach those goals more easily. This will keep you motivated and allow you just stay on track to your bigger goal. Your end goal if you will.

This guide will hopefully help you get past the 21 day hump to develop positive habits and have a successful New Year's resolution this year.



The best thing to do when trying to create your New Year's resolutions is to create a list. Figure out what it is you want to accomplish over the next year, how are you envision your life being different from where it is today, And what you would need to do to accomplish these goals.

This year, the one thing that is different is the availability of cannabinoids to add to your fitness journey for this next year. What this means is that you have a larger variety of supplements to assist in becoming the best version of you.

In the following chapters we will discuss creating a plan, what kind of fitness goals you have i.e. eat better, work out more, get more sleep, etc. We will dive deep into adding hemp into your daily routine for overall health and what that can mean for your life.

You can be as active as you want to be, but if you are continuing to eat junk food, processed food, or just too much food in general (portion size), your progress will suffer.

Now, While this book will talk a lot about your fitness journey, this is not your normal fitness guide. This is our wellness guide.

I will show you how to incorporate hemp into your daily routine so that it can be an easy addition to your overall health and wellness.



Chapter 2

One of the easiest ways to get the nutrition from hemp is through Hemp Seeds. 1/4 cup (30g) of hemp seeds contain about 9.46 grams of protein and 7-8 grams of fiber.

These seeds are also a complete source of protein, meaning that they provide all nine essential amino acids. What this means is that the body can not make these 9 essential amino acids, they must be absorbed through your diet.

Relatively few plant-based foods are complete sources of protein, making hemp seeds a valuable addition to a vegetarian or vegan diet.

Hemp seeds contain an impressive array of vitamins and minerals and are especially rich in

Vitamin-E, magnesium, phosphorous, potassium.

They are also a good source of iron, zinc, and B vitamins, including niacin, riboflavin, thiamine, vitamin B-6, and folate.

The reason I titled this chapter "Vital Nutrition" is because the vitamins and minerals listed above are exactly that.

Without these the body would start to function less effectively and you definitely will notice a deficiency at some point.

Interesting lab tests from a study, published in the journal Food Chemistry, found hemp seed extract had antioxidant effects, potentially from the seeds' cannabidiol (CBD) content.

Results of a review from 2018 suggest that CBD and other compounds in the seeds may have anti-inflammatory, and neuro-protective effects in addition to regulating the immune system.

Because of this review it has been suggested that because of its potential properties, CBD may help with neurological conditions.

Lastly, these seeds contain high levels of omega-3s and a healthful ratio of omega-3 to omega-6 fatty acids.

The seeds also contain high levels of arginine, an amino acid that turns into nitric oxide.

Nitric oxide is essential for artery and vein dilation, and it helps keep blood vessel walls smooth and elastic. Lowering blood pressure, eating a healthful diet, and participating in varied forms of exercise may help to reduce the risk of heart failure.

Because of the amount of omega-3's in hemp seeds, in addition to the seeds' omega-3 to omega-6 ratio, it is thought to reduce inflammation.

Not only are these seeds Omega-3 & Omega-6 rich, Hemp Seeds are also a rich source of gamma linolenic acid (GLA), a polyunsaturated fatty acid which may also have anti-inflammatory effects.

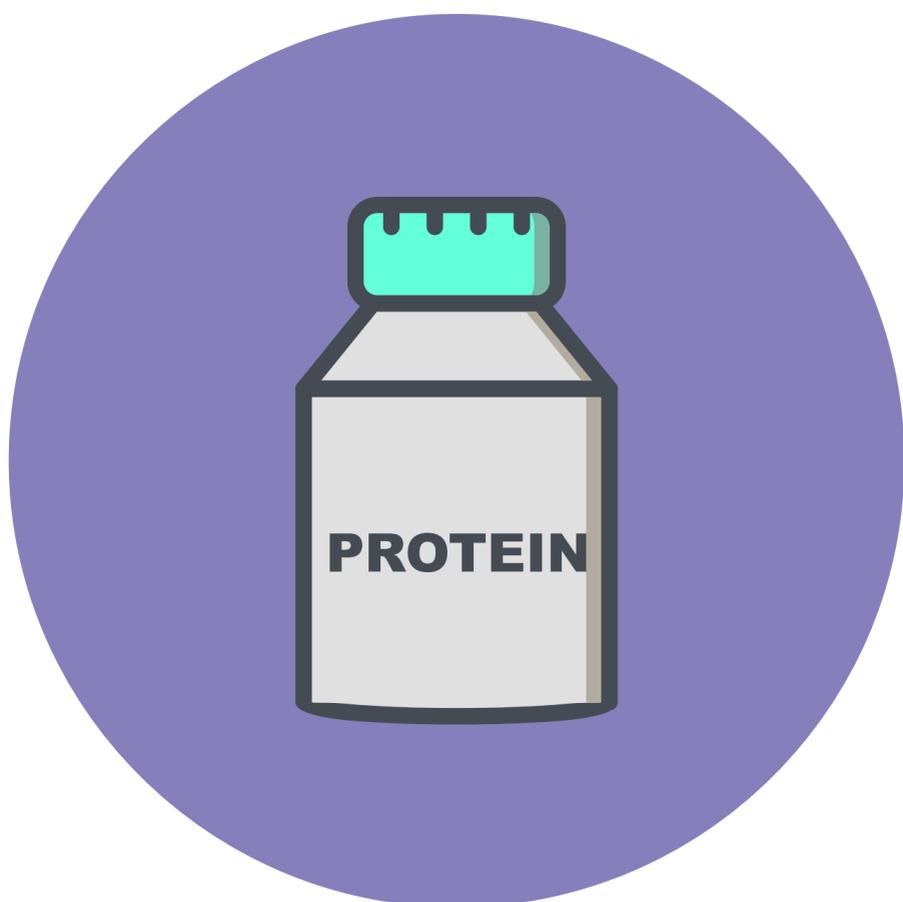
Some studies show that GLA can also act as a potent anti-inflammatory.

After Hemp Seeds, the next thing that I want to talk to you about is Hemp protein. Not only is hemp protein a complete protein, it is actually very easy for the body to digest.

Research has shown that 91-98% of the protein found in ground hemp seeds is digestible.

Because of this, your body can use almost all of the amino acids in hemp protein powder for important cellular functions, such as repair and maintenance.

It is believed that hemp is so easy to digest because it contains two proteins, edestin and albumin, which the body is able to break down very quickly.



One thing I did want to mention is that heat can affect the protein and reduce the digestibility by about 10% so when you are looking for a hemp protein, make sure you find one that was cold pressed.

Second to protein, fiber is also very important. Many health benefits have been linked to high-fiber diets, including a reduced risk of bowel cancer, healthier gut bacteria, and improved blood sugar.

It is believed that both men and women should consume about 25-40 grams of fiber per day. However, only about 5% of American adults actually meet this recommendation.

Using a hemp protein, or hemp seeds, everyday could help you get closer to the recommended 25-40 grams.

Unlike most other plant-based protein powders such as soy, pea, and rice, which are highly refined and contain very little fiber, Hemp protein powder is a great way to add both protein and fiber to your diet,

Chapter 3

Personal care is a very underrated topic. The skin, our bodies largest organ, was found to have its very own endocannabinoid system.

Because of this, topical hemp extract products like salve, balms, body butters, pain creams, lotions, scrubs, etc. are all great options, depending what you need them for.

I think that one of the most overlooked personal care regimens is exfoliating. This is a very important part because this help us sluff off the dead skin and allows the skin to breath.

A very easy way to do this and include hemp into this daily routine is to use a CBD infused sugar scrub.

Sugar helps to exfoliate the skin without causing micro tears on the skins. The sugar also helps to moisturize the skin adding to the benefits with this daily routine.

For example, every morning I start my day with a shower and this is the time that I exfoliate, I also use a CBD infused shampoo.

This has been a game changer for my scalp and also the health of my hair, especially my beard.

The next part of my routine is to make a hot cup of CBD infused Matcha Tea. This contains about 10 additional mg to my morning and I am all set the for the first half of my day.

Next, I apply my broad spectrum pain cream to both my knees. I then apply my CBD face serum, my CBD beard oil, and them my CBD salve to my hand.

This whole process take about 30 minutes (including the shower) and I utilize about 10-20 mg of CBD before my day even starts.

Not only is personal care important for the health of the skin but also for your mental heath as well.

It is important that you take time to treat yourself and really work on you over all health at least a few times a week.

There are so many ways that you could do this, however, in this chapter, we covered only a handful of options that I have found work really well to help you relax and enjoy physical and mental health.



Chapter 4

CHAPTER 4 | CONCLUSION

As we learn more about the endocannabinoid system (ECS) we are discovering a ton of things we didn't know about the human body

"In the 1990's, scientists discovered endocannabinoids, the natural cannabis-like molecules produced by the human body. Scientists began to realize cannabis exerted its effects, in part, by mimicking our endocannabinoids.

It appears the main function of the endocannabinoid system is to maintain bodily homeostasis—biological harmony in response to changes in the environment. (9)

Taxonomic investigation revealed that the endocannabinoid system is incredibly old, having evolved over 500 million years ago. Moreover, it is present in all vertebrates—mammals, bird, reptiles, amphibians, fish, etc, all produce endocannabinoids!

Research initially suggested endocannabinoid receptors were only present in the brain and nerves, but scientists later found that the receptors are present throughout the body, including our skin, immune cells, bone, fat tissue, liver, pancreas, skeletal muscle, heart, blood vessels, kidney, and gastrointestinal tract. (11)

We now know the endocannabinoid system is involved in a wide variety of processes, including pain, memory, mood, appetite, stress, sleep, metabolism, immune function, and reproductive function. (12,13)

Endocannabinoids are arguably one of the most widespread and versatile signaling molecules known to man."

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CHAPTER 4 | CONCLUSION

I argue, basing on the information that I have researched and the research that has been conducted by others, that the human body actually requires cannabinoids to function properly.

By adding hemp based products into your daily routine, you can ensure that you're providing your body with the amount of cannabinoids that it requires to maintain homeostasis.

This will lead to overall better health, both mentally and physically. As I write this, I am aware that many people have never even heard of the ECS. The idea that a plant (*Cannabis Sativa L.*) could provide us with something that is so detrimental to our health is ridiculous to some people. As far fetched as it sounds, I believe this to be true. I also believe that I was meant to share this message with any one willing to listen. If we can help to change even one life, we've fulfilled our purpose.

We are taught our whole lives that we need protein, carbs, fats, and vitamins, however, we don't talk about other things that the body may need. We know know that in addition to vitamins, minerals are just as important. We also know that the body does not need carbs and can absolutely function on ketones.

As our knowledge about the human body grows, so does the information about the things the human body needs. I hope this simple guide is a good starting point to help you slowly add hemp into your daily lives.

We will be creating more of these guides for different things like edibles and oil tinctures, however, in this guide we really wanted to focus on hemp and how to use it in our lives in a way that is not overwhelming and makes sense.

Thank you so much for reading this and have a healthy and happy 2020!

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