INCORPORATING CANNABIS INTO YOUR YOGA PRACTICE

BRIAN KAHO
SHARING THE RUNNER'S HIGH

THE CASUAL ATHLETE
FITNESS SOLUTIONS, PERSONAL TRAINING AND WELLNESS PLANS FOR INDIVIDUALS OF ALL ABILITIES

Canna-Sesame Chicken Salad
PRE-WORKOUT MEAL WITH ANTI-INFLAMMATORY BENEFITS

Q&A with Riley Cote
HOCKEY PLAYER, COACH AND CANNABIS ADVOCATE

THE 420 GAMES
LOS ANGELES PREMIERE EVENT DRAWS ATHLETES TO COMPETE AND EDUCATE

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Dear Reader,

Thank you for picking up the March issue of the Emerald Magazine.

As we all know, “pot heads” aren’t lazy... The cannabis industry – and all those in it – have built a billion dollar market, one that rests heavily on health and wellness.

Successful entrepreneurs, educators, artists and athletes make up our industry today. We challenge stereotypes, break down barriers, and redefine what it means to be proactive. But again, you don’t need to take our word for it! Cannabis’s role in fitness speaks for itself.

The beloved 420 games kicks off in LA this year, and is a series of events that gathers thousands of athletes with a mission to de-stigmatize, educate, and share their journey of cannabis and holistic health.

Professional Hockey player, Riley Cote, believes cannabis is the key to focus and recovery. He advocates for its use, and has joined forces with other athletes to form Athletes for CARE – a non-profit organization that promotes health and wellness while utilizing alternative healing practices.

Whether you infuse cannabis into your workout or not, trainers are helping others find their focus, and the most effective recovery method. Personal trainer Greg Horton is helping people of all abilities build fitness plans. Read more about Horton in this month’s piece, “The Casual Athlete.”

Having a healthy mind is key to maintaining a healthy lifestyle. Feed your head (and belly) this month with a gourmet cannabis infused sesame-chicken salad, complete with anti-inflammatory toppings.

Maybe micro-dosing is more your thing ;) This month we bring you a sweet lemon tartlet recipe with just enough dosage to sense the herb, but not to taste it.

From all of us here at the Emerald, we welcome you to an early spring. Open your blinds, homes and hearts to all this season has to offer. From raindrops, to those well known West Coast sun showers, the time to plant our feet in the ground is now. Get a head start by walking, jogging, or even running there. With the Emerald’s Athletic issue in your hand, you’re unstoppable now!

Circle back around next month for our Craft Cannabis issue, where we’ll bring you the best in the west.

Cheers,
Christina De Giovanni
Publisher
JOINT RELIEF
Could There be Such a Thing as “Joint” Relief for Joint Pain?

RILEY COTE
Hockey Player, Coach and now Cannabis Advocate

BODY HIGH POLE DANCING
Access your Internal Power on the Pole

THE 420 GAMES
LA’s Premiere Event Draws Athletes to Compete and Educate
FOR PERSONAL TRAINER and wellness consultant Greg Horton, fitness is about looking past traditional models of exercise to engage the whole person rather than going for a specific physical “look.” For some of his clients, cannabis plays an important role in helping people achieve their optimal mental, emotional, and physical health and wellness.

Greg Horton provides fitness solutions, personal training, and wellness plans for individuals of all abilities under his brand, The Casual Athlete (TCA), based in London, Ontario, Canada.

Horton primarily works with people with physical disabilities, and when appropriate, his approach includes cannabis consumption as a supplement and aid for one’s journey to maximum health in mind and body.

REGULATING CANNABIS FOR WELL-BEING

Horton re-introduced cannabis into his life after he was diagnosed with PTSD, a decision driven by the emerging discourse on the effects of the plant on the disorder.

Horton takes the “less is more” approach; prefers to limit consumption to one-to one-and-a-half joints per day. He finds that lower doses help him control anxiety attacks, regulate his moods, and give him the mental clarity he needs to pursue his interests.

APPLYING WHAT HE’S LEARNED

Horton’s passion is people. Through The Casual Athlete, he applies a consultation method that invites his clients to share life stories and insights. He then creates a wellness plan that addresses the overall mental, emotional, and physical needs of each, individual client.

UNDERSTANDING THE APPROACH TO CANNABIS IN WELLNESS

Horton’s experiences with cannabis haven’t always been positive or productive, which is why he brings a particular sense of wisdom to his clients.

He began consuming cannabis at age 18. What he thought was a habit, he realized, became more of a medication.

“At the time, I thought using cannabis [was] a pastime,” he explains, “but in retrospect, I used it as an escape and a self-administered medication for anxiety and depression.”

“I had very little understanding of the effects, strains, dosage, or sourcing of what I was smoking and it resulted in major interference in my ambitions and goals,” he said.

Through this reflection, Horton saw an opportunity to use cannabis more intentionally, rather than curb it entirely.

“MANY OF THE PEOPLE WHO ARE ENGAGING THE FITNESS COMMUNITY ARE STRUGGLING WITH CONCERNS SURROUNDING WEIGHT, DISABILITY AND/OR SELF-IMAGE,” GREG SAYS, “IT’S EASY TO FORGET THAT THERE ARE MANY PEOPLE WITH DISABILITIES THAT NEED A FITNESS PLAN.”
Greg sees cannabis as one of the most effective supplements for fitness for those with physical limitations due to disability. This is best demonstrated through the progress of his client, Jon Davis.

Davis was in a motor vehicle accident seven years ago, which rendered him fully quadriplegic. At first, a lot of negativity surrounded his ability to recover and he worried about what skills he would be able to regain, leading to a lifelong emotional struggle as he tried to overcome his physical limitations.

Davis is a medical cannabis user. Cannabis has helped bring him into a positive emotional state before each workout. When he mentioned this to Horton, it prompted both to further investigate the connection between cannabis use and its effect on fitness.

When used pre-workout, cannabis helped Davis’ spasms decrease dramatically, and improved his muscular endurance. His drive to succeed in his workouts intensified, and most importantly, he felt his mind begin to heal through his positive feelings of motivation and physical progress.

Cannabis helps him be stronger, and more in control. “My body does what I want, when I want,” he added, “it improves the pathways from my brain to my muscles and nerves.”

Davis is his own guinea pig when it comes to finding products that work for him. “Knowing the [right] balance of edibles, smoking, and the combination is important,” he said.

“Products like an automatic joint roller for people like me would make life so much easier” Davis added, “a doobie is so much easier compared to bowls.”

With the help of Horton, The Casual Athlete, and cannabis, Davis can now bicep curl 30 pounds, bench press, and move his legs. He is preparing to go kayaking this summer.

Horton said, “Without cannabis, this process would have been torturously drawn out.”

But not everyone understands the value of The Casual Athlete, explained Davis. “In the eyes of other people though, well they shut us down. TCA uses techniques and exercises you wouldn’t usually see,” he added. “More focus on function has actually allowed me to do things I wasn’t able to do previously. Anyone in my situation needs that.”

WHERE DO FITNESS AND CANNABIS HAVE LIMITS?

Horton matches his clients’ interest in cannabis with the type of exercise they’ll be doing. “Oxygen is a natural and essential fuel for physical performance and anything taking up space that should otherwise be carbon dioxide or oxygen will negatively affect performance,” he explains.

This is why he wouldn’t recommend smoking cannabis before a cardio-heavy workout.

With his own clients, he recommends the use of edibles low in sugar in conjunction with an overall dietary plan for high performance or injured athletes, noting their anti-inflammatory effects.

When discussing cannabis access, Horton encourages his clients to explore the legal markets. He recognizes that there are various beneficial strains and methods of consumption that are targeted specifically to the athletic experience.

HIS HOPE FOR CANNABIS’ FUTURE

For the fitness and cannabis communities, Greg wants to use TCA as a platform to urge people not to just think of able-bodied people when thinking of cannabis.

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SHHH… This is just between us, OK? America’s family-friendly, national pastime gives Major League players a free pass to light up whenever they wish.

Baseball is the unspoken hash Heaven of professional sports, but there’s a dark side too. Turns out, professional baseball enforces a kind of class system, not just with money, but also in the freedom to use cannabis, medicinally or otherwise.

Here’s how it works. Major League Baseball (MLB) has three social classes: owners/managers (the upper class), major league players (the middle class), and minor league players (the working class). Owners and managers are basically beyond the gaze of the rest of us mere mortals, enforcing the rules for the other two classes. Players on a major league roster are governed by player-friendly union rules that prohibit random drug testing, while the minor league players work without the protection of a union, underpaid and randomly tested. “High Times” called minor league pay “so low it should be illegal.”

The setup is rigged to protect America’s national pastime from being tainted with tales of the demon weed. Major league players can enjoy and medicate with cannabis all they like. It’s “don’t ask, don’t tell.” The working class guys on farm teams are easy scapegoats, one or two sort of ritually slaughtered each season when they test positive, taking the fall, suffering fines and suspensions to prove, over and over again, that MLB has zero tolerance for cannabis.

Baseball has had a long, well-documented history of drug abuse, but it’s all been about performance enhancement. Stories abound of jars of amphetamines in the dugout. Steroid use was so rampant the U.S. Congress got involved, pressuring the industry to institute drug testing in 2003. And, of course, there’s the legendary abuse of alcohol among baseball players of every era. Can’t blame them though. The wear, tear and injuries suffered in professional sports always lead players to seek relief.

How ironic that the most benign of self-medication substances, now legal as medicine in a majority of states, is seen as so evil. It’s a completely 1950s attitude. Look a bit deeper though and even that antiquated attitude makes some sense from the owners’ perspective. Many minor league teams are in small, Southern U.S. cities, places known for their staunch, anti-cannabis attitudes. And, there’s the brand to protect, enshrining baseball as the squeaky-clean, family-friendly entertainment for all ages.

Baseball owners and managers are safeguarding an image, but the consequences are terribly unfair. Minor leaguers are randomly tested and someone takes the fall every so often to prove the image still stands, while the 40 players on each major league team roster do as they please. Definitely different social classes.

Rarely, a major league player steps into, or is shoved into the limelight. San Francisco Giants pitcher, Tim Lincecum, became a cannabis poster boy in 2009 after he was given a civil infraction and fined for possession of a pipe and approximately an eighth of flower. This happened off-season in his home state of Washington, mind you, but the fans know no seasons or state lines. Right away, the slogan “Let Timmy Smoke” sprang up on shirts, hats and on social media. If he had been in the minors, most likely he would have faced fines, drug rehabilitation, and a suspension. No punishment seems to have descended from the suits in the office though, and Lincecum, then an All-Star and two-time “Cy Young Award” winner, led the Giants to win the next World Series.

Other than Lincecum, a few other players stand out as cannabis poster boys. Dirk Hayhurst (San Diego Padres) claims in his 2012 book, “Out of My League,” that some guys play better ball on cannabis than without it, echoing claims of men in other professional sports. Hayhurst wrote, “a lot of guys… would otherwise be bouncing off the walls… [they are] better focused when they’re toked up.”

Retired player Ryan Tucker, whose baseball career was cut short by injuries, was reportedly planning, as of last spring, to open a cannabis greenhouse and dispensary, though no grand opening announcement seems to have been made yet. Tucker said to Leafly correspondent Donnell Alexander, “I got into the cannabis industry because it saved my life.”

Going back a few years to the heady 1970s, we had the cannabis champion Bill “Spaceman” Lee. The beloved Boston Red Sox Hall of Famer was always outspoken about his love for cannabis. He even ate it on his pancakes. It is part of his zany, party dude persona to this day. In 2016, he was reported to be planning to run for the Vermont governor’s seat. Old news for him; he ran for president in 1988 on the Rhinoceros Party ticket. Perhaps he’d like to try for the White House again in 2020, this time on the Party Party ticket. We could all use some humor coming out of D.C. these days.
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EUPHORIC. MAGICAL. An out-of-body experience where everything, for a wavering moment, becomes clearer. You might think that describes the last cannabis chocolate you enjoyed over the weekend, but it’s also how athletes often describe the “runner’s high.”

People can experience a runner’s high after a long aerobic workout: it’s a euphoric feeling that studies say decreases stress and increases pain tolerance. Sound familiar? The similarities between the runner’s high and the high you get from cannabis may be more than coincidental.

According to a 2015 study published by the National Academy of Sciences, the ability to experience a runner’s high may depend not on endorphins, as previously thought, but on your brain’s cannabinoid receptors. The same receptors that make the cannabis high possible.

While more studies are being conducted on how exactly cannabis affects exercise and athletes, this multi-faceted flower is already a part of many people’s morning jog. San Diego-based cannabis lifestyle blogger for the Hurt Guru, Roni Stetter, said she discovered early on that cannabis could help her lead a healthy, active lifestyle.

Stetter has always been an active person, and growing up she enjoyed swimming and other sports. That changed one day in high school when she dove into a pool the wrong way and dislocated part of her spine. She spent months in physical therapy and dealt daily with chronic pain. Doctor’s orders were to stay away from sports, and she reluctantly stopped her regular visits to the pool for swimming practice. She said she had to stop exercising so often, and that significantly impacted her health.
The medications Stetter was prescribed did little for the pain, but she discovered accidentally one day that when she smoked cannabis, she found relief. “I was a recreational consumer turned medicinal patient,” she said.

“When I went to college and I was free to smoke every day, then I really started noticing the benefits,” Stetter said. “I realized, ‘Wow! It really does help!’ On a long-term basis, I was able to get back into the gym. Before I had built up that THC tolerance, I just had so much pain I couldn’t even get myself to go.”

Getting back to the gym was an accomplishment, but she wasn’t done yet. Stetter said she started running and training, against the advice of her doctors. “I ended up running two half marathons pretty much after being told ‘Your knees are shot. You have the knees of a 60-year-old. You shouldn’t be running,’” she said. “With the pain management I gained from cannabis, I was able to.”

Stetter continues to use cannabis to lead a healthy, active lifestyle in new ways. She sat down to share more with us.

Q&A WITH RONI STETTER ON CANNABIS AND EXERCISE

EMERALD MAGAZINE: Do you consider yourself to be an active person?

RONI STETTER: Definitely. I consider myself a lifelong athlete even though there’s no way in hell I am going to compete! I can’t run anymore actually because of some other injuries that I have. It keeps compounding. Once you have imbalances in your body, [you] kind of just keep getting hurt. Your body is never really straight, and then your muscles are tensing up after a workout or whatever, and something might be a little out of place and then it’s just out of place. It’s definitely a constant thing.

I’ve been getting into cupping and different kinds of massage, like cannabis massage, that was one of the best things. Especially when I was running, I had this lady [who] would get out my calves and all my ankles and even up to my jaw, because I have jaw pain as well. So you can literally get any of that massaged by a skilled person with some cannabis oil and that’s really uplifting. It really doesn’t matter if it’s an Indica or Sativa strain for me. I end up having a dab before I go out. You walk into the gym listening to music, feeling that feeling — it helps you get in the zone. For me, it always helps me open my lungs, and I know for everybody it doesn’t have that same effect.

I usually dab oils. That’s really uplifting. It really doesn’t matter if it’s an Indica or Sativa strain for me. I end up having a dab before I go out. You walk into the gym listening to music, feeling that feeling — it helps you get in the zone.

EMERALD: What kind of sports or exercises do you gravitate toward?

RS: I’m back to swimming. I’m not like a formal student of yoga or anything, but I’ve learned yoga is great for pain management. It’s a great complement to any other sport.

EMERALD: What kind of cannabis consumption has helped you the most when it comes to running and exercising?

RS: Yes, but I have had some CBD energy bars that were actually really, really good. I don’t know if it’s the ingredients they used or the CBD they used, but that was a pretty good experience as well. There’s all kinds — edibles don’t have to be disgusting or really bad for you. They can be healthy for you like energy bars or snacks that go with your workout so you can get that affect. Of course, you have to eat them a little beforehand so they have time to do their thing.

EMERALD: Have you bought any recreational cannabis since stores opened on January 1st in California?

RS: I finally went (laughs). I didn’t go for the first month and a half. It was a cool experience. The tax wasn’t that bad. I got three pre-rolls for Valentine’s Day.

Find Roni Stetter at thehurtguru.com or on Twitter @rawnstet.
Could there be such a thing as “joint” relief for joint pain?

The medical community usually takes a conservative approach to new trends. The same might be said for their approach to the use of CBD, and cannabis related products, when it comes to treating sport related pain and injury. They want to see the results of long-term studies and evaluations before taking a definite stand.

History tells us that the cannabis plant goes back thousands of years, according to such sources as “The Religious and Medicinal Uses of Cannabis in China, India and Tibet,” published in the Journal of Psychoactive Drugs. The ancient Chinese told of its analgesic benefits over the centuries. It’s not even a new idea for treating pain and injury in modern sports activities. So where or when did sports and medicine really come together?

Sports Medicine dates back to the 5th century, according to NorthEast Spine and Sports Medicine Clinic. “During this time therapeutic exercises were performed at the Olympiads and the Gladiators were assigned a physician.”

However, it wasn’t until the 20th century that sport medicine emerged as a field of its own. The international community recognized the need for preventive medical care for athletes, especially Olympians, but it was not until the 1968 Summer Olympics that the first team physicians were approved.

Sports and exercise medicine, or SEM specialists, diagnose and treat medical conditions which athletes encounter. SEM doctors also advise patients on how to manage, or prevent injuries.

So how is cannabis used to treat sports related pain and injury today? Cannabidiol (CBD) is “the second most abundant cannabinoid produced by cannabis [and has] little or no psychoactive effects,” according to “The Leafly Guide To Cannabis,” which also states that “those in research and medicine are vigorously experimenting with CBD as a compound with immense pharmacological promise. CBD may also be an effective treatment for pain, inflammation and other conditions.”

In order to investigate America’s progress and general medical positions on use of CBD in sports, we need to start with a visit to the American College of Sports Medicine (ACSM), located in Indianapolis. They are the world’s largest sports medicine and exercise science organization and have over 50,000 members and certified professionals from around the globe. ACSM is “dedicated to advancing and integrating scientific research to provide educational and practical applications to exercise science and sports medicine,” according to their website, ACSM.org.
Dr. Pamela Peek, an ACSM Fellow and national spokesperson for the organization, was very forthcoming about the status of CBD research and recommendations. “We simply don’t have a position at this time because data is just coming in and we don’t have enough to say for sure.” She goes on to report, “It is a challenging situation because there are so many different compounds on the street so it’s hard to study. It is a real methodological challenge. Look at the history of cannabis. It’s just been in the last few years that all heck has broken loose! We just haven’t looked at it.” She chuckled at the double entendre as she noted the idea of using a “joint” to help with joint pain.

Overall, Peek feels we simply need to do more research.

To treat chronic pain among athletes, she noted that results were difficult to interpret because the athlete might also be using supplements and other compounds, therefore masking the effects of the CBD or cannabis. She could not make a recommendation at this time but is hopeful more studies will help determine the positive effects of CBD and cannabis.

Peek did point out a new and very important study for Northwestern University report also says, “There is a widely held view that natural cannabis may have advantages over pure THC in a number of cases owing to the ‘added value’ of the effects of the other molecules included.” Overall there seems to be a lot of anecdotal medical support for cannabinoids helping with chronic pain and joint relief, two of the most common problems for athletes. The report states “appropriate cannabinoids are effective in limiting joint pain at both the central and peripheral sites.” They go on to say that “In adults with chronic pain, patients who were treated with cannabis or cannabinoids were more likely to experience a clinically significant reduction in pain symptoms.”

JAHAN MARCU, PHD
CHIEF SCIENTIFIC OFFICER FOR AMERICANS FOR SAFE ACCESS

Chronic pain is a symptom of rheumatoid arthritis, and when it comes to chronic pain, we have 9,000 patient years of data showing that THC [the active ingredient in cannabis] effectively treats it.
RILEY COTE REMEMBERS the first time he tried cannabis “like it was yesterday,” he said. He was at a party when someone offered him, “cannabis oil dabs heated with the hot steel knives fresh out the old stovetop heating coils. I over consumed and vividly remember the paranoia, anxiety and the quickness of my thoughts.”

He was just 15 years old. Admittedly, his first experience with the herb was off-putting. It wasn’t until six months later that it all changed.

At 16 years old, Cote left his home in Manitoba, Canada, to join the Western Hockey League as a junior hockey player in Prince Albert, Saskatchewan. It was then that Riley first noted just how medicinal cannabis could be for athletes. Here, he said, he “discovered the sense of calmness and focus it brought without the interference of other intoxicants like alcohol.” This was when cannabis became a part of his life. “I remember coming home after my first season of junior hockey and ripping the bong before going into the gym and getting after it,” he explained, “I was intrigued by how it helped me focus and stay in the zone.”

HOW CANNABIS HELPS COTE

In 2004 Cote started his career as a professional hockey player in the National Hockey League (NHL) and is best known for his position as a Left Wing for the Philadelphia Flyers. Throughout his career he was involved in roughly 250 hockey fights, which resulted in numerous injuries and a plethora of medical ailments. While he was still playing, he stated that cannabis helped him most “with managing pain, anxiety, sleep and just an overall feeling of spirit and well-being.” He attributes his cannabis use and regular consumption of hemp-derived CBD oil from Receptra Naturals for his positive mental health, not only during his career, but throughout what he calls the “recovery process.”

Cote believes his regular consumption of cannabis is to thank for eliminating his major asthma symptoms, including severe asthma attacks, numerous hospital visits, and the need to constantly have an inhaler on hand. This is a topic that Riley doesn’t often speak of, but since learning about “the anti-inflammatory properties of cannabis, as well as its ability to act as a bronchodilator,” he stated, cannabis consumption may have something to do with the fact that he hasn’t carried an inhaler with him or suffered asthma symptoms since he was 16.

“If you can manage pain, anxiety, inflammation, sleep and protect your brain all with a smile on your face, to me it’s a no-brainer and it’s why cannabis is my herbal choice,” said Cote.

INCORPORATING CANNABIS, FITNESS, AND YOGA INTO HIS LIFESTYLE

Cannabis is part of Cote’s daily lifestyle and fitness regimen. He believes that cannabis is “the ultimate healing and recovery tool” for athletes and many others. He currently utilizes cannabis to manage his pain, which stems from the numerous injuries and surgeries he has endured throughout his career. His typical consumption method is vaping, but more recently he has also ingested cannabis in low dose capsules which contain 5-10mg of THC in coconut oil.

According to Cote, “The vape acts almost instantly for immediate relief, while the ingested cannabis plays a subtle role in calming the body as a whole,” he added. “I've
realized that less is more and this way I can sustain my pain management simply, but also find balance between managing pain and inflammation, and be fully focused and productive.”

His fitness regimen consists of mainly yoga and bodyweight exercises. He also loves to incorporate cannabis with yoga, noting that yoga is a game changer when it comes to addressing the pain and inflammation from the many years of wear and tear upon his joints. “The element of focus and being more conscious of your movements and breath take mindfulness to another dimension,” he said of yoga. “For years I’ve integrated cannabis into my training and workouts, which really help me dial it in, but when you really tune into how your body feels it becomes an even more valuable tool.”

The Next Hemptational Chapter

After Cote retired in 2010, his advocacy for medical cannabis and hemp grew stronger, the latter of which he gained an understanding and respect for during the last year of his career.

“My passion for hemp came from a combination of having experienced and understood the therapeutic, medical, and spiritual properties of cannabis and me discovering the nutritional profile of the hemp seed,” he explained.

During the last NHL season of his career, Cote changed his diet to a whole foods, plant-based one, that included plant-based protein sources such as hemp seeds. During this time, he gained a deep understanding of the digestibility and nutritive value of the hemp seed.

In 2010 Cote founded Hemp Heals Foundation, a 501(c)(3) non-profit organization, which he said is dedicated to “promoting hemp as a viable agricultural crop for farmers to mix into their rotation.”

Since this time Cote has been an outspoken advocate for hemp and medicinal cannabis alike. In 2016 he became one of the founding members of the Pennsylvania Hemp Industries Council. When asked what the biggest benefit hemp has to offer is, he said “It’s an overall healing plant and has the ability to change the world in so many different ways.”

A PLANT FOR ALL PEOPLE

In 2017, Cote co-founded Athletes for CARE, also a 501(c)(3) non-profit. Cote said the organization works to “promote health, wellness and alternative healing tools, not only for athletes and retired athletes, but also for the general public at large.”

Athletes for CARE is dedicated to providing a supportive community for retired athletes suffering from mental health issues, drug addiction, physical injury, and pain while helping to “normalize and legitimate the use of cannabis for a variety of conditions,” said Cote. He is hopeful that the organization will be able to help facilitate cannabis research to provide scientific backing to the growing number of anecdotal experiences heard from athletes all over the world.

When asked whether his role as a former NHL player and coach gave him a unique ability to be a voice for other athletes, Cote said, “Yes, I think so. Traditionally the stereotypical cannabis user is unremotivated, lazy and addicted. Well, that couldn’t be further from the truth.”

Advocacy in any movement has many different faces, said Cote. “In the cannabis movement there are a bunch of former professional and nonprofessional athletes – including myself – using our platform in the sports area to legitimize the use of cannabis and/or hemp-derived CBD to manage pain instead of addictive epidote, [to] manage inflammation, protect the brain, promote sleep and more. Not only for athletes but for all people.”

The Destiny Grow System

“For more information, please visit: ATHLETESFORCARE.ORG HEMPEAULSFOUNDATION.COM

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FOR MORE INFORMATION, PLEASE VISIT: ATHLETESFORCARE.ORG HEMPEAULSFOUNDATION.COM
“AS YOU LEARN TO HOLD YOURSELF IN CERTAIN WAYS, YOU ACCESS YOUR INTERNAL POWER,” explains Natalie Abeja, a business owner, dance teacher and mom.

ABEJA AND HER BUSINESS partner, Naomi Lettu, are the proud owners of Body High Pole Dance in Arcata, California. A micro-sized studio, the main room is painted hot pink, accented by floor-to-ceiling mirrors and tooth-picked with gleaming silver poles. The funky and inviting space is a study in contrast from the cold misty landscape outside the studio window at 9 a.m. on a Friday morning.
Body High’s pole-yoga fusion teacher, Amy Jo Molloy/Aijun, turns on a small space heater and begins warming up her students, leading us through juicy, feel-good iterations of downward dog and plank. Moments later, we’re plenty warm as we begin moving from our cruiser, a place far more sacred (and further south) than the core everyone talks about at the gym. At Body High, teachers invite students to move from a more primal place or what Abeja calls, “our little portable potters.”

“In our culture, women [females] don’t have permission to move in overtly sexual ways. As a stripper, I was given that permission to move in that specific way,” says Abeja. “But if you walk down the street dressed like Jessica Rabbit, you’re going to be seen as inviting unwanted energy. So often, there’s no space to do it.”

Enter Body High Pole Dance: Abeja and Leitu first started teaching impromptu pole classes in a friend’s garage. They steadily expanded into larger and more public spaces as the word got out. People would flag Abeja down on the street, asking, “Do you teach pole dancing?” They realized there was something there: Abeja developed her athletic prowess and toolbox of sexy moves while working as a stripper at Humboldt County’s legendary Tip Top Club. Abeja is unabashed about the classic hard-times tale that led her to the strip club, but she’s equally candid while sharing how dancing, and now teaching, have positively transformed her life. When her students started reporting back about breakthroughs in intimacy or having new confidence in public, Abeja realized how much the community needed a space like Body High.

When students sign up for “Beginner Pole” or “Stripper Style” courses, they’re guaranteed a safe, inclusive and stigma-free public space to explore bold and sensual movements, absent from the male gaze. Tweaking the business model based on their student’s diverse backgrounds, today Body High welcomes non-binary individuals and men, with students ranging from ages 15-65. (Their first male teacher, Ben, teaches “Pole Tricks” every Friday night at 6 p.m.) The social history of deriding pole dance as something done by a “certain kind of woman,” makes the art form an ideal conduit for empowering individuals who have been historically disrespected.

“Don’t let go of the pole!” Molloy/Aijun tells me. “That’s the most important thing.” Anyone who has braved a pole-dancing class knows that mind over matter is fundamental to enjoying the experience. But the Body High teachers aren’t shy about denying the raw strength and physicality required to gracefully whip your body around a slippery pole. A fiery red-haired yoga teacher, Molloy/Aijun has taught belly dance all over the world and understands how embedded primal movement is within non-Western cultures.

“That dormant stuff in the spine is no joke,” explains Molloy/Aijun, recalling how many student’s she’s seen release emotional blockages through moving the hips and pelvis. While an effusive and endlessly encouraging teacher, Molloy/Aijun doesn’t lie – pole dancing is hard! A credit to the athleticism required to fly around a pole, the International Sports Federation is currently observing pole dancing as a sport. If approved, it would be an official event in future Olympics. Though an exciting proposition that would honor hard working female dancers who paved the way, Body High isn’t too concerned whether people consider it a sport or an art form. They view pole dancing as way to heal trauma – and cannabis as medicine that can help.

When Abeja and Leitu named the studio, they settled on Body High as a nod to the region iconic cannabis economy. Abeja, believes that using cannabis helps students access deeper flexibility and can be a powerful learning tool. Students at the Arcata studio feel comfortable vaping in the parking lot before class, blending the historic rituals of herb and dance, as culture allows. In the future, the owners hope to teach classes where students can engage in “ritualistic medicine” together.

“A pole studio puts the power back in women’s hands,” explains Abeja. “Taking apart a femininity that’s been fragmented, and saying you can be all things, not just one thing,”

Turning judgments about stoners and strippers on their heads, Body High Pole Dance is thriving as a cultural center for body positivity, education, healing and femme-centered athleticism.
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Willow Creek - $549,000
180 Acres w/ views, permitted well, water storage, barn, shop, permits for 10,000 sf od.

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Heavy soil blend

**Good Stuff**
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Medium-heavy outdoor soil blend, wood and juice terpene availability

**Small Pot**
Ingredients: Aged Forest Products, Specially Formulated Compost Blend, Triple-Washed Coir, Peat Moss, Red Lava, Perlite, Special Fertilizer (Percentages of ingredients varies from Terpene Gold mix)

Light soil for small pots, wood and juice terpene availability, 

**Terpene Gold**
Ingredients: Aged Forest Products, Specially Formulated Compost Blend, Triple-Washed Coir, Peat Moss, Apple Pumice, Perlite, Special Fertilizer (Percentages of ingredients varies from Small Pot mix)

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THE 420 GAMES gather Olympians, pro football players, and athletes from all over the nation, proving cannabis users are anything but indolent.

Participants don’t have to run a marathon to be actively involved – rather, they can arm-wrestle a Ultimate Fighting Championship® (UPC) legend, watch a live Jiu-Jitsu match, or stroll along Southern California’s beaches.

This year, events will be held in Los Angeles (March 31-April 1, 2018), Pittsburgh (April 12th), Denver (July 8th), and San Francisco (August 11th).

The LA games, back for the third year, kick off with the signature 4.2 mile walk/run/bike/wheel each morning. Participants will loop around the Santa Monica Pier to Venice Beach, and back again.

Jim McAlpine, 420 Games founder, said, “traditional races tend to be 5K’s, or 3.2 miles. Our race incorporates an additional mile so participants can arm-wrestle a UPC legend, watch a live Jiu-Jitsu match, or stroll along Southern California’s beaches.

More than 100 cannabis companies, food vendors, and dispensaries will be on site. Their purpose: to educate and engage participants about how cannabis fits into an active lifestyle.

“An event like this, it gives them a value, [it allows them to] come out of the cannabis closet, express how they use it [and] how it enhances performance,” said Quigley.

Quigley, a Jiu-Jitsu and mixed martial artist, uses cannabis as an athletic aid. When consumed before, it helps him focus. “Then after, I find that high CBD products also help with recovery,” Quigley added.

McAlpine believes the plant doesn’t define a person. “You can choose to be a stoner and sit on the couch, or ride a bike up a mountain,” he said, “It’s not the plant that’s making you do either.”

“I’ve always been an athlete; I’ve always used cannabis in a health-oriented way,” he said. “There are many of us.”

McAlpine is also the founder of the New West Summit, and Power Plant Fitness, the world’s first cannabis gym, expected to open later this year in the San Francisco Bay Area. He broke the mold, and wanted to “teach the world that using cannabis doesn’t mean you’re a stoner,” he said.

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“Someday, it’s going to be legal to use cannabis in a gym,” McAlpine said. “I smoke it everyday, I don’t consider myself a stoner.”

What works for him may not work for others, McAlpine said. On that note, he encourages people to learn what works best for them.

An athlete’s exceptional ability to do just that – know their own body -- gives them an unparalleled understanding of health, and cannabis’ role in it, explained Ethan Britton.

As an elite athlete, Britton’s job was to be in

THE 420 GAMES: Athletes Everywhere are Coming out of the Cannabis Closet

BY MELISSA HUTSELL
tune with his body. "I know what I needed to make myself feel better," he added. "I knew the way my body responds to food, to drink, to medicine."

"My true education with the plant on its applications as it relates to [my] athletic career didn't happen until I got into the NFL," he explained.

Britton spent 15 years playing football, six of those as an offensive lineman for teams such as the Chicago Bears and Jacksonville Jaguars. Daily trauma, mounting injuries, and season-ending surgeries took their toll. Britton found himself in a spiral of pain, anger and discomfort, which he said, "felt like a nightmare."

Several athletes, including Britton, have spoken of the "T train," described as a line of players waiting to get a shot of Teladoc (a powerful opiate) to curb chronic pain, and get them through a game.

Pain management within the league relies heavily on the use of prescription anti-inflammatorys and opiates. Side effects of such medications wreak havoc on the body and mind, said Britton. He gravitated toward the cannabis plant instead. "My true education with the plant on its applications as it relates to my athletic career didn't happen until I got into the NFL," he explained.

It’s the “one thing that brought mental peace and recovery, and helped me relax after I’d come home from a 12 hour day of grind – [which included] meetings, weightlifting, and full-speed practice,” Britton believes that the existence of such knowledge should be enough for the NFL to embrace cannabis use among its players. It’s Britton’s personal experiences with cannabis that motivate him, and many others, to advocate for cannabis use in athletics. He currently works with Athletes for CARE, and co-hosts the Mindful Warrior Podcast with former NFL player, Nate Jackson.

Jackson once said that half of NFL players use the substance. "When asked whether that was a fair assessment, Britton said that’s "very conservative."

"The brilliance of the 420 games is that it draws attention to people who are constantly putting their bodies, minds and spirits through trauma and physical stress, Britton added. "Cannabis is an intricate part of the healing process [...]" said Britton, "athletes are at the forefront of understanding and applying this method of being."

Athletes are given the opportunity to be vanquished for social issues, notes Britton – take Jim Brown or Muhammad Ali here for example. "Cannabis [use] is among those social issues."

"My creativity with lyrics, rap patterns, and cadence to ride the beat was impeccable with cannabis," he continued. "I discovered how focused cannabis made me while rapping; with increased endurance for beatboxing. Time after time, I knew what was happening, but from the outside, looking in, I thought I was just high."" said Britton.

"I knew I was going to go for a run and didn’t think about how I would feel after I smoked," he explained. "So, I smoked the weed, and I was extremely high, but didn’t feel sluggish or tired. I felt a weird sensation of pleasure and energy. I grabbed my running shoes and went outside for a jog in my neighborhood. As soon as I began to run an instant rush of endorphins hit me. I was so in tune with my body and mind that the jog seemed effortless." According to Leaf Science.com, Dopamine is a primary brain chemical responsible for the pleasure you feel when eating, having sex, or when using drugs. It fuels our lab rat mentality, causing us to push that button until our fingers bleed – even if what we are doing is not good for us. Humans will self-medicate, the trick is knowing why, and being educated on healthful options.
In training others, Kaho said the cannabis topic is approached on a one-on-one basis. “Now that legalization is in effect in California, it’s getting easier to talk about cannabis and working out,” Kaho informed. “Before it was a hush-hush topic, but I could kind of tell when someone was open to it.”

With legalization, the covert drawing of a proverbial leaf in the sand with your toe, so to speak, in letting others know you are copacetic with the herb becomes easier. One of Kaho’s clients was already smoking a joint prior to his workout. “He smokes a joint just before the workout, to enhance his performance,” Kaho explained. “Then he smokes one after to quell inflammation and pain. Edibles are different. With smoking, the effects take about two–five minutes to kick-in; with ingesting, it takes about 20–30 minutes.”

Kaho likens his workouts to eating organic produce, stating it’s a holistic approach to a “green and organic workout,” with breathing techniques a big part of a runner’s high. Runner’s World.com gives advice on breathing techniques, advising, “inhale for three-foot strikes, exhale for two, inhale for three steps, exhale for two… inhale and exhale smoothly and continuously through both your nose and mouth at the same time.”

Kaho’s breathing techniques are unique, and though proprietary, he said he does incorporate the above two steps, adding eight more, with a total of 10 breathing steps in his runs with clients – with or without cannabis in the mix. “Every style of a workout has different postures and the numbers don’t correlate to health,” he shared. “Endurance breathing for runners is similar to a swimmer’s – the time they need to catch their breath, surface, catch air, then go back to swimming. I do this with running.”

With cannabis now legal in California, Kaho’s training with the beneficial herb is in demand. Gigs have included participation in the 420 Games, where he was awarded “Cannathlete of the Month” in February, 2018; training courses at Power Plant, a cannabis-friendly gym founded by 420 Games organizer, Jim McAlpine; and more workshops in the planning stages now.

The future looks fit and a bit green for the rapper turned trainer - excelling in both, thanks to cannabis. “This is my year!” Kaho announces enthusiastically. “As I work more closely with Jim McAlpine of the 420 Games, I’m finding more similarities in our passion and dedication to spreading the word of cannabis health fitness. As Jim would say, ‘coming out of the stoner closet,’ means speaking up and educating the masses on how cannabis can work for you.”

Follow Brian Kaho on Instagram @ WEEDOUTBADVIBES
“I’ve been a distance runner since I was 17 years old. I ran distance for the University of South Florida (USF). I was a track runner and a cross country runner. [After college], I moved to California and started training for marathons,” she said, “and it was probably the most intense training in my entire life, way more than collegiate training.”

“Doing that type of training, I never once took an Aspirin or Tylenol. I only used cannabis to recover. It was eye opening. I became faster as an adult using cannabis, than when I was a collegiate runner and not allowed to use cannabis.”

Morales studied Public Relations at USF. “My last job before I went full cannabis was in the National Collegiate Athletic Association (NCAA) internship program to become a coach. I was in the graduate program, doing the teaching and coaching hours, and then, I got fired,” she said.

“I was the track coach at Downey High School,” she explained. “Someone complained and said there was an inappropriate photo of me with cannabis products on my personal Facebook page… which my students had no access to. I wasn’t smoking or anything, it was a picture with a bong next to me.”

Morales said she never discussed cannabis with her students. “I would never discuss anything except running with my students.”

“When that happened to me, one thing I argued with the principal about was that so many teachers have pictures of themselves at happy hour. They’re not being fired. Why am I being fired?” His response; alcohol is legal.

To that, Morales explained that medical cannabis was also, indeed, legal in the state at the time. Ultimately, however, the principle insisted it just wasn’t a good look for someone coaching an athletic profession.

“My students tried to get me reinstated. They signed petitions, it was a whole ordeal,” she said, “It changed my life because I quit graduate school, I quit my job, and I just went straight into cannabis. I started making edibles, and I was bartending on the side just to get the company up and running […]’”

Betty Khronic cannabis bars are available in almond, peanut, or Cuban coffee flavors, along with the cannabidiol (CBD) option, including 60mg THC or 50mg CBD, 7g protein, 5g sugar, low glycemic.

The bars have a nine month shelf life. They contain no artificial preservatives, and products do not need to be refrigerated. The only sugars in the bars come from dates, almonds, coconut oil, pepitas, and chia seeds.

The bars contain no added sugars. Just the natural sugars from nutrient dense foods like dates, almonds, coconut oil, pepitas, and chia seeds.

Betty Khronic energy bars come in almond, peanut, and Cuban coffee flavors, as well as the cannabinoid (CBD) option, in almond flavor. The high amount of protein, 7g, combined with low sugar, 5g, means the body wastes less energy processing sugars with no nutrients and instead process protein to create energy.

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Khronic bars deliver 7g of protein, a solid 14 percent of recommended daily intake. Raw food is easy for the body to digest and absorb nutrients quickly. Athletes preparing for workouts, and also during recovery, can benefit from the last lasting energy from nutrient dense foods like dates, almonds, coconut oil, pepitas, and chia seeds.

The body can also intake the cannabis without being depleted by sugar. Cannabis reduces inflammation in the body, which is a major concern for athletes when combined with lactic acid in the muscles after workouts. Morales and I discussed some studies and clinical trials, in addition to

“EVER HEARD OF a runner’s high? Betty Khronic’s line of raw, vegan energy bars; elevate the approach by delivering cannabis in a near-perfect protein package.

“It’s great for pre- and post-workout,” said Katina Morales, owner and creator of Betty Khronic. She sat down for the interview, though seemed just as comfortable running sprints and jumping with a dancer’s poise on top of a building in downtown Los Angeles.

“According to the American College of Sports Medicine (ACSM), a 14 percent of recommended daily intake to meet the recommendation of 0.8g-1.2g protein per kg of bodyweight. A standard serving size for a bar is 110g. So, for a 70kg person, that’s 50-70g protein, right there. For a 110kg person, 110-150g. And these bars are 7g, right there. I have never seen a bar that does that for a single serving,” she explained. “7g protein, 7g, combined with low sugar, 5g, means the body wastes less energy processing sugars with no nutrients and instead process protein to create energy.”

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first-hand accounts of athletes addressing inflammation with cannabis.

Dr. Ethan Russo’s August 2017 article with Natasha Rydel and Kevin Remillard, called “Cannabis and Cannabinoid Research,” describes traditional applications of cannabis medicine dating back to 1542 when Leonhart Fuchs, a German physician and botanist, recorded in his herbal book that “ hemp root, boiled in water, and wrapped -- is also good for gout.” The article goes on to cover modern studies of the biochemical activity of compounds found in cannabis roots, including anti-inflammatory and antioxidant properties naturally available in cannabis plants. The article goes on to cover modern studies of the biochemical activity of compounds found in cannabis roots, including anti-inflammatory and antioxidant properties naturally available in cannabis plants.

As a collegiate runner, Morales did not use cannabis at all because NCAA regulations prohibit cannabis use. “We were drug tested. I was a ‘good girl’ and I didn’t do [cannabis].”

“Training in my adult life and using it, I was faster, more rested, and way less stressed out,” Morales said. “Training is so stressful. That stress of having to wake up to a regimen life everyday. For me that’s one of the hardest parts about it, harder than the physical part.”

Morales used cannabis to de-stress, and get motivated to run 20 miles in a day. “11 of being 29 years old, and wondering if she would be able to run in her 40s and 50s. “I said no to all the steroid shots and just started taking CBD and making my own THC [Tetrahydrocannabinol] oils.”

“I try not to smoke while I’m training because it’s not really that great for your lungs. I keep it to mostly tinctures and edibles, and intaking oil,” explained Morales. “At the time, around 2013 - 2014, there were no organic products, vegan products, or products without sugar. So, I started making my own oils to recover. Gratefully, I did recover from my IT band injury. She stills runs three-four times per week.

Some may think 60mg of THC or 50mg of CBD is a small dose of cannabis. For others, that may sound like a lot; so, feel free to break the bar down into smaller pieces. The truth is, this is an edible for athletes just as much as for anyone interested in cannabis edibles, but wary of a bad experience. There’s something about the lack of sugar that makes this bar exceptionally sweet, with long lasting energy. Blare the lazy stoner stereotype in the dust, and raise the bar higher with Betty Khronic.

PROFESSIONAL ATHLETES ARE driven to become the best versions of themselves; but who draws the line between what is a supplement and what is “doping” for an unfair advantage? That would be the World Anti-Doping Agency (WADA), and they made a historic change to their standards regarding cannabidiol (CBD) this year.

As of January 1, 2018, athletes now have the OK from WADA to use CBD, according to WADA’s 2018 “Prohibited List.” The new regulation suggests athletes stick to hemp-derived CBD because, “Cannabidiol extracted from cannabis plants may also contain varying concentrations of THC, which remains a prohibited substance.”

Though CBD wasn’t technically allowed by the WADA before, professional athletes were primarily tested for THC consumption, according to Emerc Delczeg, former International Federation of Bodybuilding and Fitness (IFBB) Professional League bodybuilder. He is the founder and creator of the dietary supplement, Hempcell.
THE PRACTICE OF combining cannabis and yoga can be traced back to “The Vedas,” an ancient Hindu text whose history spans all the way back to 2000 to 1400 B.C. Cannabis has been noted as one of the five sacred plants due to its uplifting qualities and its ability to release tension and anxiety when used purposefully. In today’s culture, many consumers are adding cannabis into their yoga practice, as people realize the plant’s healing properties create a deeper mind-body-spirit connection and help to calm the mind during meditation. Recognizing the intention behind consuming cannabis is the first step in the process.

UTILIZING THE PLANT MEDICINE THROUGH MEDITATION

Each individual should reflect upon their own reasoning behind using the plant medicine in conjunction with their yoga practice. Whether it be to release tension or anxiety, alleviate chronic pain, or to help guide one into the present moment—the practitioner should set an intention before practicing. When consuming for the first time before practice, one should remain mindful of the effects of cannabis on the body, and take note of it. It is important to be aware of your own personal experience with cannabis before practicing yoga as everyone has varying levels of tolerance and strains affect each person differently.

Utilizing cannabis in meditation is a great way to drop into the present moment. The effects of cannabis in conjunction with breath work allows the mind to slow down and thoughts to dissolve.

PAIRING HIGH CBD STRAINS

Pairing high CBD strains, such as Harlequin and ACDC, are a great option for novice smokers or for those who experience racing thoughts and anxiety from their higher THC counterparts.

STRAINS FOR YOUR YOGA PRACTICE

A strain like Granddaddy Purple helps to relieve pain, is anti-inflammatory, promotes sleep, and aids in alleviating depression and anxiety. Pairing high CBD strains, such as Harlequin and ACDC, are a great option for novice smokers or for those who experience racing thoughts and anxiety from their higher THC counterparts.

RESULTS OF CANNABIS AND YOGA

The cannabis plant holds many physical and emotional benefits that can help people reach a total state of relaxation and bliss. Utilizing cannabis and yoga allows one to heal both the mind and body in the safe space of their yoga mat. I invite you all to explore the potential of adding cannabis into your yoga practice and share the experience with others. As more people become educated on its benefits the more the movement will spread.

BY LUCY DAGNILLO

PHOTO BY KENESHA FACELLO
POT TALK

BY AMY WITT

WHILE HITTING WEIGHTS at the gym the other day, I overheard a meathead flirtingly ask a young female what she took before she came to the gym to get her “pump on.” I chuckled as I listened to her proudly recite her list of chemical and synthetic-ridden pre-workout snacks. Smiling to myself, I took a sip of water and was reminded of how satisfied I was with my relationship to my pre-workout supplement, Lamb’s Bread.

Unlike any other strain I have ever used, Lamb’s Bread, aka Lamb’s Breath, takes you on an exhilarating odyssey at the gym or in nature, running, squatting, lifting and hiking to heights that you’ve never been.

Loved by Bob Marley, this hard to find, tropical, sativa strain originated from Jamaica and leaves a very pungent sweet and tangy taste on the palette. Skunky and spicy in smell and taste, the buds are small, dense and bright green. It’s got a high trichome content, and diamond, glistening sticky buds. This rejuvenating, earthy strain instantly boosts mood, increases energy, productivity and creativity.

I start my mornings off with a Lamb’s Bread joint, a cup of coffee, and a couple of eggs – it not only empowers my thoughts, but increases my metabolism. In 2014, a “Men’s Journal” study reported, “The compounds Tetrahydrocannabivarin (THCV) and cannabidiol (CBD) found in cannabis may help raise metabolism, speed fat loss, and lower cholesterol.” In conjunction, lab results show that THCV is most abundant in sativas, and acts as an appetite suppressant.

The extremely uplifting cerebral high provides positive, introspective, intense mental stimulation that enhances confidence and focus. Accessing flow state with Lamb’s Bread, provides for a heightened experience, immersed in connectivity, enlightenment and an alert sense of consciousness. If you’re weightlifting or doing cardio, this strain aids focus on form – meaning you can train smarter by targeting specific muscles, push through five more minutes, or five more reps. Pair Lamb’s Bread with a high intensity jump rope routine, and some music, for best results.

Cannabis has the natural ability to take the things we love, and make us love them even more. To create something magical, combine nature, hiking and Lamb’s Bread. While climbing, it enables me to remove the monotony or the burning agony in my heavy calves, and replace it with a steady, rhythmic zone and competitive speed. With an elevated mindset, Lamb’s Bread allows me to explore, while amplifying my mental, spiritual, emotional and physical state.

This sativa will let you explore and push yourself to new limits – in and out of the gym.
THE PADDLE’S BLADE is placed gently into the water, as far forward as your twisting spine can reach. Then, a microsecond pause, followed by an explosive pulse of force as the spine recoils and your top hand drives the shaft of the paddle through the suddenly solid water. The blade moves less than a foot through the thick water, though the boat is propelled exponentially further.

A unique boat, the Outrigger Canoe is a Polynesian craft made to traverse the open ocean with speed and stability. The long, thin design allows the vessel to nearly fly over flat water, and pierce through the violently breaking swells of larger seas. Stability is achieved with the “ama,” a float that is held several feet off to the side boat by two sturdy crossbars called the “iakus.” The ama is the “outrigger” and is set on the left of the boat. If you are in trouble, just lean left and there is little chance that you will flip the boat, or “huli,” as in huli huli chicken. If you do flip, you will need to stay calm, so it’s a good idea to take another puff off that Super Lemon Haze pre-roll before you set off. Maybe take three puffs, as that bay wind can have way too much chill.

In the one-person canoe, you sit about 6 inches above the water. Down so low there is much less wind, and the anxiety of flipping into the abyss eases as you set off. The Lemon Haze intensifies everything. The thick bay air tastes like salt, mud, and crab. To the west the sun is melting into clouds of orange and purple, reflecting off the water like a Jackson Pollock painting come to life.

As you become part of the bay’s ecology, your connection to nature grows. You learn the graceful snow-white egrets that perch elegantly around the bay have really, really weird sounding voices. Like toads with colds. If you are lucky to find seals laying out on a mudflat during a low tide, and you quietly sneak up on them, they startle into a bullet-fast, shimmy-scoot across the mud like a fleet of chubby torpedoes. If you don’t time the tide right, you will find yourself float-trudging through deep, silky, bay mud — mud that will steal your flip-flop like a Menehune (a mischievous, mythical being according to Hawaiian legend) in the night.

The return portion of the stroke is effortless, with a slight lean forward and roll of the wrists the blade hops out of the water like a Malolo (flying fish). The blade feathers forward through the air like the wing of a pelican (there are no pelicans, or seagulls in Hawaii), returning to its starting position stretched far forward, a few inches above the water. Another microsecond pause before the blade is again submerged, and the stroke is repeated, over, and over again. Proper technique requires setting your deltoids on fire. The cannabis helps to focus on breathing rather than pain. Upon returning to the dock, a serene calm overtakes any discomfort from exhaustion, wind, or cold water. Putting up the boat you feel existentially accomplished, having communed with nature physically and psychedelically. A CBD infused chocolate just before bed helps the muscles recover though the night. And you fall asleep still feeling the sway of the bay’s water below you.
PAPA & BARKLEY IS leading the charge, expanding the growing topicals market with their discrete and highly effective trans-dermal Releaf Patches. A combination of both cannabidiol (CBD) and tetrahydrocannabinol (THC) patches deliver a potent kick I personally have never experienced from just a topical alone. Patches come in four varieties, which vary in potency.

Papa & Barkley's Releaf Patches caught my eye because they were the first cannabis patches I have come across in the five years that I've been a 215 patient. Awesome, I thought to myself, a topical I can apply without worrying about a messy application process or staining my clothes! I was interested in the CBD patch first, and was curious about how it would affect my workout routine, and the soreness I experienced trying to get back in the gym.

I applied the patch under my armpit after I finished my workout. I immediately experienced an intense heating and cooling sensation. ‘Well that’s different,’ I thought to myself. The sensation revitalized me as I felt my stiff muscles begin to relax. Then, about half an hour later, the CBD began to kick in, and my muscle stiffness vanished. I became more talkative on my daily commutes and even engaged in conversations I normally would have avoided due to social anxiety I commonly experience in public. After going about my day, I forgot the patch was even there; it comfortably fit on my skin without becoming a chore to manage to keep on.

When I removed the patch after the 12 hours, it came off clean, leaving absolutely no residue on my skin, which is sometimes common with bandages and other over-the-counter patches if left on for a significant amount of time.

The following day, I applied the 3:1 THC to CBD ratio patch in the morning to see if I could notice any subtle effects. Within 30 minutes, noticeable psychoactive effects began to set in. As the THC hit my endocannabinoid system, I felt a strong sense of relaxation and creativity, all while still being fully engaged with what I needed to do that day.

Whether a consumer wants psychoactive, non-psychoactive or even a happy in-between, Papa & Barkley’s Releaf Patches have you covered. Infused with premium whole plant cannabis flower resin, this slow release formula includes over 30mg of CBD for a 12-hour duration. Papa & Barkley are masters when it comes to the field of cannabis topicals and their Releaf Patch is a prime example of their craftsmanship.
Irish Soda Bread

A bread with humble, working class roots, Irish Soda Bread is a great recipe for novice bakers. Though you end up with a beautiful sweet and savory loaf, the recipe doesn’t require any leavening (i.e. yeast) or kneading. Just simply combine ingredients, stir, shape and bake! A warm slice of soda bread smeared with green canna-butter is the perfect addition to any St. Paddy’s feast. Or try a morning slice of soda bread toast with green butter for good luck!

BREAD INGREDIENTS:

- 2 ½ cups white whole wheat flour*
- 1 ¼ cup all-purpose flour*
- 3 tablespoons sugar
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 1 cup currants or raisins
- ¼ cup (4 tablespoons) cold butter, cut into pieces
- 1 ¼ cups buttermilk
- 1 egg

*Using only all-purpose flour will still make a wonderful loaf of bread. Though the name is confusing, white whole-wheat flour is actually milled from a softer variety of white wheat (not bleached whole-wheat flour, as the name suggests). In traditional Irish Soda Bread, white whole wheat is used to provide a more rustic color and flavor.

INSTRUCTIONS:

Preheat oven to 400°F. Lightly grease the bottom of round cake or tart pan (pictured).

Whisk together dry ingredients and currants or raisins in a medium-sized mixing bowl. Using a pastry blender, two forks or your fingers (always my preference), work the butter into the flour mixture until it has even consistency and no chunks of butter larger than a pea remain.

In a separate bowl, beat egg with a whisk and combine with buttermilk. Pour this mixture into the dry ingredients and mix to combine. If dough is too stiff and won’t hold together, add another tablespoon of buttermilk. If dough is too wet, add a few tablespoons of flour. Place dough on floured countertop and knead a few times before shaping into a ball and placing in your prepared pan. Use a serrated knife to score a 1/2 inch-deep cross across the loaf. Bake for 45-to-50 minutes (I baked mine 48 minutes), until it’s golden brown and a toothpick inserted in the center comes out clean.

Allow bread to cool on countertop until only slightly warm to the touch. Cut a large slice and smear with canna-butter — you’ll taste the luck of the Irish in every bite! Enjoy.

HUMBOLDT GROWN CANNA-BUTTER

Using trim from Humboldt grown Chemdawg, here’s my formula for a mild canna-butter that’s versatile in countless recipes:

INGREDIENTS

- 1 stick (1/4 lb.) Humboldt Creamery butter
- ½ cup water
- ¼ ounce high quality trim, decarboxylated at 250° F for 30 minutes

INSTRUCTIONS:

Combine butter and water in large stockpot over medium heat until butter is melted and simmering. Add trim and stir. Reduce heat to lowest setting and cook for at least 1 hour, stirring occasionally. Strain through fine mesh strainer; if you have any on hand, line strainer with cheesecloth for a more refined final product. Store canna-butter in the fridge.

Wanna know how much THC you’re consuming? Lab tested by Leaf Detective, Humboldt County’s first legal cannabis testing facility, my Humboldt grown canna-butter contains only 2.6 mg of THC per tablespoon. In comparison, many retail canna-butters are much stronger, but offer the advantage of knowing the exact potency of your edibles before consuming. If you want to save money by using DIY canna-butter or oil, start with a similar ratio to my ¼ ounce cannabis to ¼ cup butter. The low potency allows more flexibility in the kitchen. If using flower instead of trim, expect a higher THC potency. Finally, I always recommend decarboxylating your plant matter so that your canna-butter or oil performs regardless of what temperature you consume it.

BY NORA MOUNCE
Though living in a major city has its rewards and benefits, a trip out of town to Napa County, California is a treat. As a lover of all things sweet, it was hard to resist this tempting offer. And when you’re on a diet, everything cheat-worthy is even more tempting. But like the saying goes, you only live once, and with a diet in mind, here’s how I navigated my calorie count in wine country.

Stags’ Leap off Silverado Trail was our first stop. The second Stag’s, not the first, as we learned there are two. Visits are by reservation only, with a chance to reserve the Library for a full wine tasting with food pairing.

When counting calories, stick to white wine as they generally have less (roughly 140 cal per six ounce glass). But since this is a tasting, it’s okay to go for a little red too. Cabernet Sauvignon brings an average 130 calories per five fluid ounces. Our group tried both, in addition to wine on the ‘very-reserved’ list, or ‘rarely-served’ list as our host, Brian, joked. It’s best we don’t count those calories though, as the wine was dark and delicious.

Every wine was superb, as were the vineyard grounds. Brian gave a light tour and detailed the history behind the vineyard, which tells of a Native American fleeing hunters byway of a rock, now known as Stag’s Leap.

The second stop on our Wine in the West tour was the cozy estate of Duckhorn Vineyards. Their warm and welcoming patio with oversized wicker furniture is an inviting setting for an afternoon of wine tasting.

Fortunately, for those watching their intake, know the average pour is one ounce, so a tasting of Merlot brings in only 30 calories. With a few Merlots to try at Duckhorn, you can get out the door with less than 100 calories in your back pocket -- which really isn’t bad!

Duckhorn Vineyards, who took first place in the “Wine Spectator” for their 2017 Merlot, is not to be missed.

The third stop on the map was Grgich Hills Estates. When you beat the French at their own game, you know you have something good going on. Mike Grgich won the 1976 “Judgment of Paris” competition thanks to a group of French judges who blind-tasted his Chardonnay to fame. It was the first time anything like that had ever happened, and you can still feel the joy resonating there today. There’s a laid-back atmosphere and comfort at Grgich’s place. The wines are crisp, and the cheese platters are exceptional.

By the end of your wine tasting trip you may decide to finish it off with a sweet night-cap. Prager Winery & Port Works, located right off St. Helena Highway, is covered from head-to-toe in dollar bills on the inside. The fun runs high at Prager, and the ports live up to their reputation. The place is family owned, with the owner himself coming out to introduce his tasty selections.

Don’t think of this place as a calorie splurge, think of it as a cheat day well deserved. Because, after all that dieting, you’ve earned it!
This colorful grilled chicken salad is a fan favorite and a great pre-workout meal that offers anti-inflammatory benefits. It will also help you shed down fat without compromising muscle. According to Nick Tumminello on bodybuilder.com, you should consume a lean protein source like chicken breast, a fibrous carbohydrate source like salad, and a piece of fruit (preferably lower-glycemic sources like berries) 2-3 hours before your workout. This has all of that and more, plus it’s infused and chock-full of flavor. It also kicks in pretty quickly since the cannabinoids are in the dressing and are therefore more easily metabolized.

For the Chicken and Marinade:
- 6 boneless, skinless chicken breasts
- ¼ cup hoisin sauce
- ¼ cup barbecue sauce
- ½ teaspoon kosher salt
- 2 tablespoons sesame oil (plain)
- ½ cup of water

Steps to Marinate the Chicken:
- Pound the chicken breasts until the sides are even.
- Mix the hoisin sauce, barbecue sauce, kosher salt, and plain sesame oil into ½ cup of water and stir well. Pour the mixture into a 1-gallon Ziploc bag along with the chicken and marinate in the refrigerator for at least 4 hours, or overnight.
- Grill for 4 to 5 minutes on each side. I like to rotate each side 45º halfway through cooking time. Remove from the grill and let cool 5 minutes. Cut chicken breasts into bite-sized pieces.

For the Dressing:
- ½ cup blueberries, muddled
- ¼ cup pineapple juice
- 2 tablespoons “light tasting” canna-oil plus 2 tablespoons toasted sesame oil
- ¼ cup sesame oil
- 3 tablespoons rice vinegar
- ¼ teaspoon dry mustard
- 1 teaspoon minced garlic
- Pinch of salt and freshly ground black pepper

Make the Dressing:
- Make the dressing by mixing all the ingredients together in a small bowl. Set it aside to let the flavors develop.

Finish the Salad:
- Toss the kale, baby greens and broccoli. Top with the marinated chicken, orange supremes, berries, mango, snow peas, and cucumber.
- Drizzle with the salad dressing and sprinkle with crushed ramen noodles and sesame seeds before serving.

| 40 Minutes Prep | 12 side salads / 6 entrees |

**Canna-Sesame Chicken Salad**

**With Infused Blueberry Pineapple Sesame Dressing**

BY JEFFTHE420CHEF

PHOTO BY LEELA CYD

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Approximate THC per Serving:
- Chicken and Marinade: 10%: 2.5 milligrams / 5 milligrams
- Dressing: 15%: 3.8 milligrams / 7.6 milligrams
- Salad: 20%: 5 milligrams / 10 milligrams

*Approximate dose per serving is based on infusing 5 grams of cured/dried/decarbed cannabis into 5 ounces of oil.*
INGREDIENTS FOR LEMON CURD:
· 3 tablespoons butter, softened
· 2 tablespoons canna-olive oil*
· ¾ cup sugar
· 2 eggs
· 2 egg yolks
· 2/3 cup fresh lemon juice
· ½ - 1 teaspoon grated lemon zest, depending on how tart you like it

INGREDIENTS FOR CRUST:
· 3 cups large flaked coconut, unsweetened
· 2/3 cup coconut milk
· 1 egg white
· ½ cup almond flour (more if moist)
· 1/2 teaspoon vanilla extract
· 1 teaspoon lemon juice
· 1/8 teaspoon sea salt

MICRO-DOSE
Sweetly with Lemon Tartlets
BY NORA MOUNCE

MAKES TWO DOZEN TARTLETS

A sweet and elegant dish, these tartlets aren't potent enough for green flavors to come through. You'll just taste tart lemony sweetness on top of a gluten-free coconut crust! Though making lemon curd your first time can be challenging, it's sooo worth it. Just stir constantly while it's cooking to be on the safe side! A beautiful mini-dessert to satisfy your sweet tooth, these tartlets are perfect to share at a 420-friendly Easter brunch.

INSTRUCTIONS FOR CURD:
Combine butter, canna-olive oil and sugar in a stand mixer. Beat for 3-4 minutes. Add eggs and egg yolks one at a time, while beating. Add the lemon juice and mix for one more minute. At this point, the mixture will look curdled, but don’t worry about it! Pour the lemon mixture into a small saucepan over a medium-low heat, stirring often, until it becomes smooth and slightly thicker. Increase the heat to medium and cook, stirring constantly, until the mixture thickens. This step prevents little bits of egg from cooking and ruining your beautiful curd! The entire cooking process will take at least 10 minutes. Transfer the curd to a bowl, cover with plastic wrap, and refrigerate until curd is cold. It will continue to thicken in the fridge.

INSTRUCTIONS FOR CRUST:
Preheat oven to 325 F. Combine all the ingredients in a large bowl and mix well. Lightly grease two mini-cupcake tins with oil or butter. Using your fingers, fill each cupcake hole and then press your thumb into the center, making an indentation and pushing the crust up the sides—yes, you’re creating a small divot to plop the lemon curd into! Place each tin in the oven and bake for 15 minutes or until edges are golden brown. Remove from oven and allow to cool at least 10 minutes. When ready, use an offset spatula and carefully remove the crusts, running your spatula around the edges of each tartlet. Fill each generously with lemon curd. Serve and enjoy!

*Potency will vary based on your oil making method: using flower vs. trim, time cooked and whether raw materials were decarboxylated, which converts THCA to THC. I made my canna-olive oil using trim in a crockpot, yielding 33 mg of THC/tablespoon. If the lemon curd is evenly distributed among 24 tartlets, each contains 2.75 mg of THC. Again, this depends on the THC of your flower or trim material and your infused-oil formula. Store bought oils will guarantee potency, but are always pricier!

THC levels for this recipe were provided courtesy of the Leaf Detective, Humboldt County’s first legal cannabis testing facility.
With the sunshine pouring into my kitchen lately, I suspect it’s going to be a short winter. As someone who respects science and logic, I fear that climate change is largely responsible for the picnic weather on California’s typically cold and gray North Coast. As our disturbing political reality continues to take a toll on the environment, it’s even more sobering to realize we’re facing another three years with the current state of affairs. What misfortunes await the country and the world are yet unseen. If reading the news is making your stomach do somersaults lately, consider fortifying yourself with some calming medicinal support – it’s a long road ahead. Luckily, 2018 brought a wink of good news with the kick start of California’s recreational cannabis market, allowing anyone over 21 to purchase edibles, extracts and tinctures crafted to help us stay calm.

Two Humboldt County business owners, Gillian Levy and Susan Cleverdon, are passionate about promoting optimal wellness and radiant health. The pair opened Humboldt Apothecary in 2015, offering a line of holistic cannabis tinctures derived from whole plant medicine. Today, anyone over 21 can purchase the tinctures, choosing from formulas designed to treat insomnia, respiratory congestion, brain function, PMS, anxiety, and inflammation. Humboldt Apothecary’s Calm formula is intended to combat general anxiety via their 3:1 CBD to THC tincture, formulated to help regulate stress response. The tincture works synergistically with other healing herbs (lemon balm, skullcap, and passionflower) that are compounded in organic honey and alcohol. Overall, the tincture has an incredibly vibrant and sweet herbaceous flavor.

Blending the verdant and spring-like flavor of gin, a touch of grapefruit juice for color and the classic Lillet, the Pink Herb has a clean, almost bracing profile. The kiss of sweet herbs from Humboldt Apothecary’s Calm tincture is the perfect finishing touch.

The Pink Herb
Makes Two Cocktails

INGREDIENTS:
4 ounces grapefruit juice
4 ounces Lillet
2 ounces gin
1 dropper Humboldt Apothecary’s Calm Tincture
Edible flower blossoms* (optional)

INSTRUCTIONS:
Combine grapefruit juice, Lillet, gin and ice in a cocktail shaker. Shake vigorously. Strain and divide cocktail between two coupes or tumblers. Finish each drink with float of ½ dropper of Calm tincture and garnish with an edible flower. Cheers!

Stay Calm…
and Make This Cocktail

BY NORA MOUNCE
21% BIGGER YIELDS
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