

WINTER 2021

CANNINA

Curious

WELLNESS
ISSUE

HOW
CANNABIS
SAVED US
DURING THE
PANDEMIC

WEARING
HEMP
IN 2021

SEX WITH
CANNABIS

CBD
FOR PUP
HEALTH

SUPERFOOD SUPERWOMAN

SOPHIE JAFFE

SHARES CBD
& WELLNESS ADVICE



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CANNA

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Curious

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SUPER FOOD SUPERWOMAN
SOPHIE JAFFE



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EDITOR'S *LETTER*

Finally, we can take a collective sigh of relief and let 2020 go! 2020 was definitely shitty in way too many ways to mention, but thank goodness for cannabis and CBD as natural antidotes for stress.

According to the article in our Culture section, the number of people smoking cannabis grew significantly during the pandemic. And, as the experts in our Wellness section note, CBD was also a go-to in 2020. With so many of us seeking natural ways to help us chill the 'F' out... We're not surprised.

If you read the article in the Our Story section, you'll see that the CannaCurious founders also dabbled more and more in CBD and cannabis in 2020. That, and launching this magazine, helped us relax a little in the midst of the chaos. With our minds more at ease, we were able to reflect on our lives and become more clear about who we are, and what we want our careers and lives to look like.

That seems to be the upside to it all... 2020 gave us all a little extra time to hopefully examine what's truly important to us, and consider more fulfilling ways of leading our lives.

For many of us, cannabis and CBD helped calm the mental chatter that was an inevitable part of this season of isolation. That settling of our minds in turn helped us take the time to review our lives and make new choices.

Undoubtedly, cannabis and CBD can be powerful wellness tools. That's what we're exploring in this issue... We hope you enjoy it.

**Cheers to 2021...
Finally!**

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. CANNACURIOUS MAGAZINE .



OUR
STORY

THE GODDESSES OF CANNACURIOUS

WRITER NICANOR GORDON SITS DOWN
WITH THE TEAM BEHIND THE MAGAZINE.



OUR STORY

THE WORD THAT COMES UP
AGAIN & AGAIN IN MY
INTERVIEW WITH THE TEAM BEHIND
CANNACURIOUS, IS **WOMEN**.

**The founders of the magazine know their target audience.
After all, it's for them... by them.**

According to Tekisha Harvey, Diana Sanmiguel and Kinisha Correia, to become Cannacurious is to challenge your preconceptions about cannabis. Fittingly, each of them is on a journey to demystifying and destigmatizing the plant. And, they want to take their readers along for the ride.

ON A JO



URN EY T O O



PICTURE BY CALLIN BYRNE @OHCACREATIVE

KINISHA CORREIA

grew up on the island of Jamaica, a country where cannabis is intertwined with the culture. "*Ganja was everywhere*," she states.

Her parents smoked and she dabbled herself in her teenage years. Now a freelance writer and editor, the opportunity to explore a field that's both familiar and yet always on her periphery, are equal parts interesting and exciting.

"I was interested in entering the cannabis industry, Tekisha was already there and Diana was the wiz who brought this all together," she shares.

FOR TEKISHA,

the cannabis industry seemed like a needed change of pace.

"After I ejected myself from corporate America, deprogramming my thinking – go to school, get a job, buy a house, a nice car, live and die – I wanted to have more power and control over how I lived."

Tekisha beams when she speaks. She's satisfied with the switch-up after fifteen-plus years in corporate, working branding and marketing in the fashion and food industries.

Bringing her services to the cannabis industry opened her eyes

to the potential of the plant – a medical marvel that alleviates many symptoms, with little to none of the side-effects of conventional medicine.

Tekisha explains that she finally feels free. No more working like a machine. No more covering her tattoos.

FOR DIANA,

it was a bit more complicated. She was born and raised in Colombia where drugs and violence were inextricably linked, and cannabis was just another drug adding to the upheaval. When she moved to the States, she eventually became more open.

Her first experience with CBD, she says, was testing CBD-infused cookies from a local company in her co-working space. Here was this thing that was supposed to relax you without getting you high. For her, that was a win-win. She tried it, and she liked it.

"I'm benefiting as a woman and as a mother. Even though I use cannabis, I'm still a successful woman. I'm still a good mother," Diana shares.

"I remember one time I had some extra [CBD] cookies. I was at home with my kids and they were driving me crazy. I thought, 'Ooooh!, let me take a bite of this cookie.' I felt so much better. They could just be kids, and I was okay with it. I wasn't overwhelmed."

BIRTHING THE BABY

The idea for CannaCurious was born during the pandemic during one of the trios many Zoom catch-up sessions..

Put together an experienced brand and product marketer, a veteran graphic designer, and a versatile writer and editorial director, all powerhouses in their fields, and you get a magazine. And, a pretty good one at that.

Their mission, Kinisha says, is to educate women about how cannabis can enhance their lives, and shift the male-dominated narrative around the plant. As women from diverse backgrounds, the team is also deeply committed to representation and inclusivity.

"The industry is very male-dominated and very one size fits all. They rarely speak to women," remarks Tekisha. "And, there's no messaging for those new on the path who aren't mature cannabis users."

She goes on to lament about the "stoner-type" image that brands lean into when marketing their products. It's unappealing to new consumers, she says.

"Even talking to brands...they get it." Tekisha continues, "Women have been left out of the conversation and now there is a desire to get

in front of the female audience. We're creating the venue."

"It's still hard for me to swallow - that women have been left out of the conversation. It's just crazy," Kinisha adds.

But starting a magazine during a - knock on wood - once in a lifetime pandemic, isn't easy. COVID-19 has led to more canceled plans than any of us can count. But, for the founders of CannaCurious, it gave them the impetus to launch.

"It gave us something to focus on. It helped us form a community and kept us accountable. We had to actually meet," says Kinisha.

Tekisha adds, "It also helped us become better friends. And, it helped us to figure out what we want for our lives."

On top of that, independence is alluring. According to Diana, "It's not about the client, it's about what we want to put out there. Our words, our designs, and our perspective... Our readers are just like us - women in their 30s and 40s from diverse backgrounds, who are looking for healthy ways to relieve stress, maintain wellbeing and live their best lives. We knew we would love to read something like this, so we created it."

LOOKING AHEAD


When asked 'what's next?' the three women beam.

CannaCurious was always going to be more than a digital magazine, but the fervor surrounding it caught them off-guard.

"We had no intention of printing the first issue of the magazine, but we did, because people love it. People want a print version of it," Kinisha smiles.

"The reactions have been very motivating and satisfying. The difference that we're trying to make is happening," Tekisha says.

Diana adds, "We want to change the stigma of cannabis being bad, and however we do it, that's where we want to go - to be a part of that change."



"WE WANT TO CHANGE THE STIGMA OF CANNABIS BEING BAD, AND HOWEVER WE DO IT, THAT'S WHERE WE WANT TO GO - TO BE A PART OF THAT CHANGE."

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FASHION



SAY HELLO TO HEMP FOR FOR CONSCIOUS FASHION!

SO, LET'S TALK ABOUT HEMP.

The fibery, THC-free little brother (it's actually really old) of marijuana has a lot going for it. But, what you probably didn't know was just how important hemp has been for fashion, and how it will save it in the future.

You're probably thinking, "Wait is fashion okay?"

It is, but it's not sustainable.

You see, there's a phenomenon called "fast fashion."

Have you or a loved one ever bought multiple fashion magazines in a year? Do you or someone you care about buy multiple looks for each season? This is fast fashion. And, it's costly - heavy on the wallet and heavy on the environment.

Now, how do we pump the brakes on fashion? The answer is: Slow fashion. Slow fashion involves sustainable production, slower schedules, fairer wages, human rights and less waste.

Slow fashion was named from the slow food movement that began in Italy. The slow movement is not just about reducing harm, but also about

lifestyle change and a transition away from larger chains, to more support for smaller, independent providers. In the slow movement it's important to not just own or consume, but to enjoy fully and mindfully.

HOW DOES HEMP FIT IN?

Well, hemp is nothing new... We are actually going back to hemp.

Ancient cultures have known of the textile benefit of hemp for millennia. Hemp has been found in materials dating back to early as 8,000 BC. Ancient Asian cultures such as China, India, and the Middle East, in particular, have been way ahead of the curve.



HEMP FASHION PIECES
BY ARRAEI COLLECTION

HEMP VS. COTTON

Let's look at how hemp stacks up against cotton – one of the most popular materials.

Firstly, cotton is single-handedly (single-plantedly?) responsible for approximately 25% of the total pesticide use of the planet. Older pesticides can stay in the human body for decades. Studies have concluded that pesticides can harm the nervous system, leading to birth defects, Alzheimer's, ADHD, leukemia and lymphoma. Frankly, you would be hard-pressed to find a disease not linked to pesticides.

Hemp, however, is naturally pest and insect resistant.



STRONGER THAN YOUR AVERAGE PLANT

Hemp is tough stuff. Its fibers can be processed into building materials. Meanwhile, who knows of anyone ever building a house out of cotton or polyester.

So, what happens when you make clothes out of a plant that can create buildings? You get incredibly durable clothes, that won't scuff, and that are also antibacterial.

Clothes made from hemp not only wick away sweat, but also won't get moldy or fester bacteria.

And, before you start picturing the latest runway fashion made out of concrete blocks, you should know that hemp has another unique property. While it's not as soft as cotton initially, it gets softer with every wash.

Most materials, on the other hand, get weaker – the threading comes loose or gets stiff.





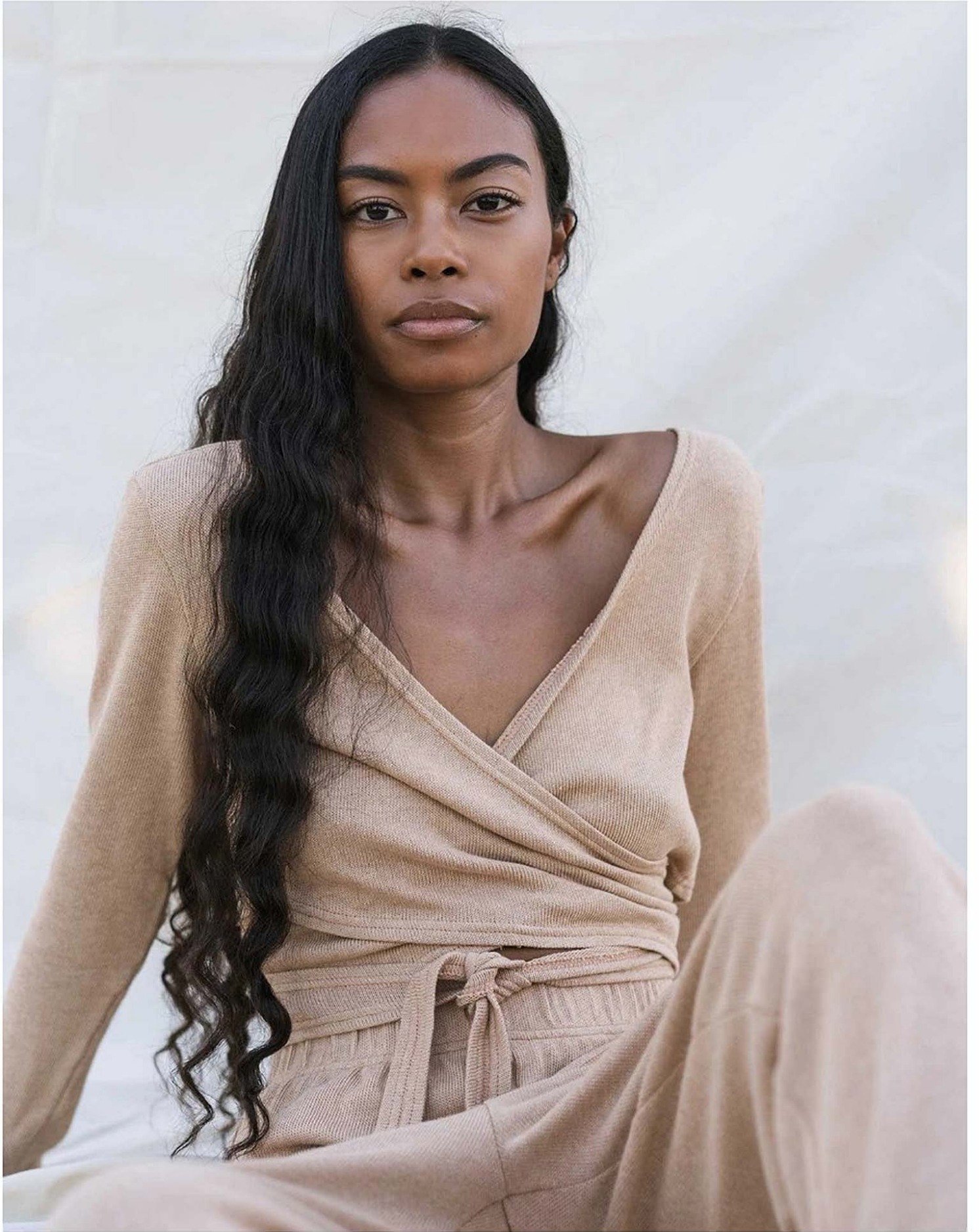
HEMP FASHION SPOTLIGHT: ARRAEI COLLECTIVE

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FEAST YOUR EYES ON SOME OF ARRAEI'S BEAUTIFUL DESIGNS.









. CANNACURIOUS MAGAZINE .

CULTURE

WELLNESS HACK: CANNABIS' ROLE IN THE PANDEMIC & THE FUTURE

BY ALESSANDRA INZINNA



TWENTY-TWENTY
SUCKED. THERE'S
NO WAY AROUND IT.

Kobe Bryant died, an airborne virus made your weekly grocery trip a life-threatening endeavor, the economy collapsed and the U.S. president wouldn't stop screaming nonsense into his void of mindless hordes. And, lately, time moves slowly.

C OVID-19 HAS LEFT AMERICANS PLAYING A WAITING GAME. WAITING FOR THE ECONOMY TO BOUNCE BACK, WAITING FOR THE VACCINE TO BEGIN ROLLING OUT, WAITING FOR THE VIRUS TO DISSIPATE SO WE CAN RESUME OUR JOBS, ACTIVITIES AND PUBLIC-OUTINGS THAT ONCE FILLED OUR SCHEDULES.

While we wait, a staggering 42 percent of the labor force now works at home and another 33 percent doesn't work at all, according to the Stanford Institute for Economic Policy Research. A majority of Americans have an uncomfortable amount of time to kill when just months earlier, we begged for more of it.

How does the country touted around the world for its career-focused, never-stop-to-smell-the-roses, hustle-and-bustle attitude, adjust to this period of stagnation?

WELL, WE SMOKE.



People want a break, and it seems we're turning to weed to get it.

EASING COVID-19 STRESS

President Donald Trump once suggested that accredited epidemiologists look into injecting Lysol to kill the coronavirus and clean the lungs. They gave a hard pass, and some picked up a joint instead.

Weed has absolutely no effect on curing COVID-19, and smokers and tobacco users are more at risk for contracting COVID-19, according to the World Health Organization. Despite this, people have turned to the psychoactive plant for relief from stress.

“Vice” industries, such as liquor stores, usually do exceptionally well in times of crisis and instability. People want help in coping with the absurdity around them.

According to a study done by American Marijuana, during the pandemic, 29 percent of smokers have begun smoking more weed than they usually would.

Smoking can cause damage to a person's otherwise healthy lungs, a valuable resource with the star of the pandemic being a lung-attacking virus. So, 28 percent of users switched to other means of consumption, such as oils and edibles. Seventy-two percent said screw it, and decided to keep smoking anyway.

People are smoking for relief, it seems. In that same American Marijuana study, 35 percent of participants tried to switch to other anxiety relief supplements, but 76 percent said weed worked better for them.



CORAL AND TARAH HINES, CO-FOUNDERS OF BUENA BOTANICALS, ARE FAMILIAR WITH USING CANNABIS TO RELIEVE STRESS AND PAIN. THEIR MOTHER SUFFERS FROM AN ARRAY OF MEDICAL PROBLEMS THAT CAUSE HER PAIN. SHE WAS STRUGGLING TO MANAGE ALL THE SIDE EFFECTS OF HER MEDICATIONS WHEN HER DAUGHTERS BROUGHT HER A SAMPLE OF CBD.

“She was saying how great it was; how it made her feel much better,” Coral says. “And we were thinking, like oh look... if it's helping her, then how many other people in our community can really benefit from this plant?”

Coral and Tarah started Buena Botanicals in March of 2019 and have recently seen their business take off due in part to the emotional needs of 2020.

“I think people are looking for more natural alternatives to manage whatever they have going on in their lives,” Coral says.

Buena Botanicals sells full-spectrum CBD, a non-intoxicating cannabinoid found in the hemp plant, and has also seen education on the healing properties of their products rise.

“They're [people] starting to become more aware about how cannabis can help them in their daily lives - with stress, or anxiety, or depression, or whatever they have going on day-to-day,” Coral says.

Besides the recent spike in demand, the CBD industry has grown exponentially in recent years. Business News Daily set the industry's growth rate at an annual average of 49 percent, reaching approximately \$20 billion in sales by 2024.

“CBD is a great industry,” Coral says. “It's definitely growing, it's going to grow even more.”

LEGALIZATION ON THE RISE

In the 2020 election, five more states passed provisions to legalize marijuana; adding up to 15 states total with legalized recreational weed.

Even conservative states have jumped on the train, with Mississippi, Montana, South Dakota and Arizona all voting to lift some restrictions on the drug.

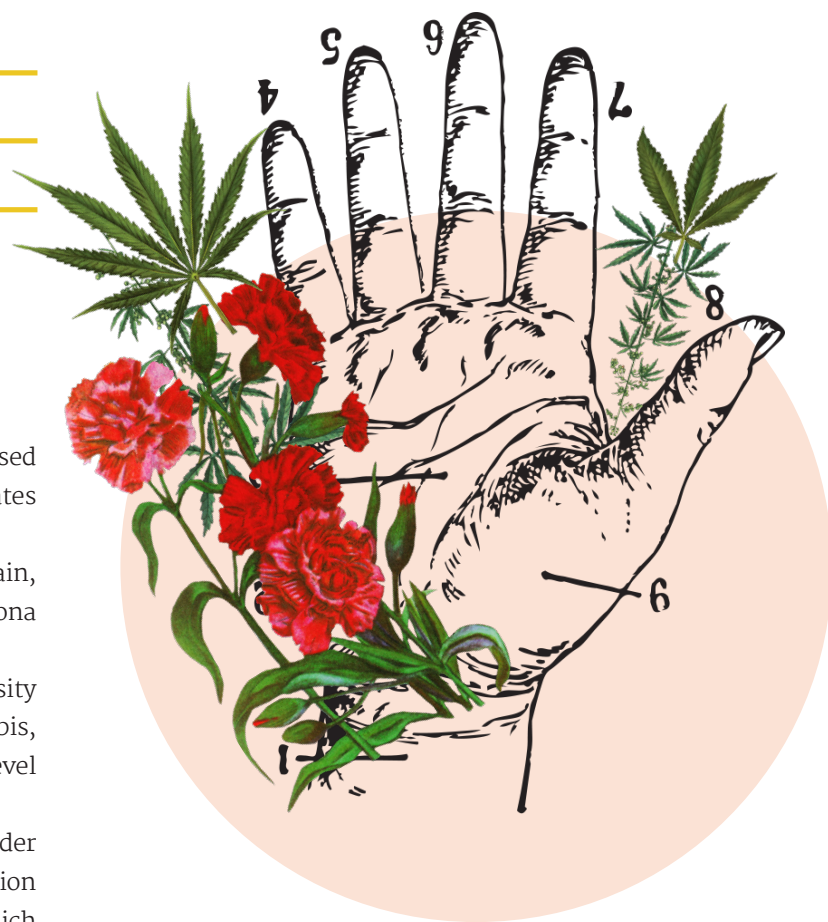
Professor Robert Solomon, co-chair for the University of California, Irvine Center for the Study of Cannabis, believes that the work to legalize weed at the state level is over, and now the battle goes to the federal level.

Cannabis, even if legal in the states, is still illegal under federal law due to that unfortunate bit of legislation called the Controlled Substances Act of 1970, which placed weed next to heroin in terms of addictiveness.

“I think the FDA will increasingly move to approve drugs that include cannabis, and we will put this last 50 years of the war on drugs behind us,” Solomon says. **“Another failure behind us.”**

Solomon has noticed that ex-military people, a usually conservative group, are finding that cannabis helps them manage pain and symptoms of post traumatic stress disorder.

“THIRTY YEARS AGO, A FRIEND'S WIFE WAS DYING OF CANCER AND HE COULDN'T BUY LEGAL WEED. HE SAID, 'DO YOU HAVE A WAY I CAN GET MY WIFE SOME CANNABIS TO SMOKE BECAUSE OF HER CANCER TREATMENT.' WE DID, AND IT WORKED,” HE SAYS.



Solomon also recognized another group easily turned to support cannabis: family members of cancer survivors, something he’s experienced first-hand.

Weed gets rid of nausea better than any drug on the market, Solomon shares.

Besides the potential health benefits, legalizing cannabis makes room for a number of clinical testing, studies and research to be conducted into the plant.

As of right now, no one knows for sure the long-term effects cannabis smoking can have on adolescent brains, fetuses, people with mental illnesses or developmental delays. The War on Drugs halted all potential studies with its strict criminalization of weed.

The federal government does grow its own infamous patch of weed run by the University of Mississippi and it is the only weed FDA-approved for clinical testing. The weed is so woefully bad, it’s unfit for the tests scientists want to run.

“Feds grow lousy weed,” Solomon says.

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Legalizing the drug on a federal level would allow the U.S. to catch up to countries like Canada and Israel, which already have started running studies on weed, he shares.

Legalization could also pave the way for the thousands behind bars for minor cannabis infractions to have their records scrubbed.

“We have put too many people, largely young African American men, in jail,” Solomon says. **“It'd be hard to identify a greater failure in American history than the War on Drugs.”**

EVERY 25 SECONDS, A PERSON IN AMERICA IS ARRESTED FOR DRUG POSSESSION, A NUMBER WHICH HAS TRIPLED SINCE 1980. BLACK AMERICANS ARE NEARLY SIX TIMES MORE LIKELY TO BE ARRESTED ON DRUG-RELATED OFFENSES, ACCORDING TO THE CENTER FOR AMERICAN PROGRESS.

Incarceration has shown little to no impact on drug misuse rates.

However, drug policies are changing. As of 2016, 26 states plus D.C. have removed the threat of jail-time for those possessing small amounts of cannabis. Thirty-five states plus D.C. have legalized medicinal cannabis use, and 15 states plus D.C., have legalized weed altogether, according to the Drug Policy Alliance.

Some politicians oppose those changes, like the governor of South Dakota, Rep. Kristi Noem, who infamously said, **“I've never met anyone who got smarter smoking pot.”**

“I've never met anyone who got smarter by being governor of South Dakota,” Solomon retorts.

Noem does not seem to represent her constituents, who just legalized medicinal and recreational marijuana on election day. South Dakota is the first state to legalize both facets of cannabis simultaneously.

With the states rapidly moving to lift restrictions, a massive shift in the cannabis industry will take place.

Solomon predicts that the legal plant will have an increase in taxes, cannabis will be able to be shipped through the mail, there will be an influx of foreign and local investment, changes in law enforcement, more synthetic cannabis production and an increase in entrepreneurial opportunities within the industry.

Americans have taken to the polls election season after election season, to show their representatives where exactly they stand on the topic of cannabis legalization.

And what they want, polls would suggest, is to put the War on Drugs in the ever-growing trash-heap of American history.

. CANNACURIOUS MAGAZINE .

SEX



SEX WITH CANNABIS: BRINGING RESEARCH INTO THE BEDROOM

BY AMANDA FISHER- KATZ-KEOHANE



I WOULDN'T CALL MYSELF A CANNABIS CONNOISSEUR, BUT I HAVE LIVED IN PLACES WHERE IT'S RECREATIONALLY LEGAL FOR YEARS AND ENJOYED IT A NUMBER OF WAYS FOR A NUMBER OF REASONS. MOST PREDOMINANTLY, IT WAS A HUGE SUPPORT POST-ABORTION, AND DURING A STINT OF INSOMNIA TRIGGERED BY INEXPLICABLE KNEE PAIN.

I had never considered the ways in which cannabis influenced my sex life. That is, until I began working at My Sexual Biography, a sex education and empowerment organization focused on discovery through personal reflection.

WHAT THE STUDIES SAY ABOUT SEX & CANNABIS

In June of 2019, our organization spent a month discussing the intersection of cannabis and sex, and oh boy, my mind was blown. So many people were talking about how cannabis influenced libido, testosterone, sperm count, and the satisfaction of an orgasm.

While a Psychology Today study found that **“marijuana's sexual effects are highly unpredictable, from strongly sex-inhibiting to strongly sex-enhancing,”** findings also revealed that 67% of respondents felt as though cannabis enhanced their sexual experience.

Likewise, a 2019 study in the Journal of Sexual Medicine reported that 38.7% of people who had sex under the influence of cannabis said that it made sex better, 16% said it made sex better in some ways and worse in others, 24.5% said it was sometimes better, and only 10% said that cannabis had negatively impacted their sexual experiences.

Some people said that it heightened all their senses and, therefore, intensified sex for them. Others said it made them desire sex more, and some said that their orgasms had become reliably more satisfying.

It all seemed too good to be true. Still, I was determined to learn more.

PERSONAL RESEARCH

All the research and reading got me thinking... How has cannabis affected my own sexual experiences?

So, I launched into some deep reflection, and definitely super-scientific experimentation, to determine if I would come to the same conclusions as these testimonials and studies.



CBD IS THOUGHT TO DECREASE INFLAMMATION, INCREASE BLOOD FLOW AND HELP WITH MUSCLE RELAXATION, WHICH MIGHT MAKE CBD-INFUSED LUBRICANTS A RELIABLE OPTION FOR WOMEN WHO HAVE PAIN DURING INTERCOURSE."

First, indulging in a heady Indica was not a sexy move, at least for me. I don't think it ever really led to an evening of lovemaking. Instead, it led to me closing my eyes the moment my head hit the pillow and mumbling sorry, babe to my (now) husband.

So, that was a no-go. But, I did have one of the best nights of sleep I'd had in awhile.

I must be doing something wrong, I thought.

A week or so later I tried a new approach and learned that it was a Sativa-hybrid that really took the cake. While I still felt heavy and relaxed, I was awake and alert. Often during sex I am bombarded with distracting thoughts that take me out of the moment. Did I lock the car? When is that article due? How do I look in this lighting?

But, those thoughts felt quiet this time. I was focused and present in a shared experience with the man I loved. And most of all: I was having fun! The freedom from my nagging thoughts allowed for just an overall good time. I started to understand what all the hubbub was about.

Still, my exploration didn't stop there.



THE WINNING CBD & SEX COMBO

I heard about CBD lube before and figured I should add it to the mix. You know... for science.

According to Dr. Kecia Gaither, **“CBD is thought to decrease inflammation, increase blood flow and help with muscle relaxation, which might make CBD-infused lubricants a reliable option for women who have pain during intercourse.”**

While I am privileged in that I don't often experience pain during sex, I do often have difficulty generating enough lubrication naturally (thanks, Zoloft) and could use some additional support in relaxing into the experience.

Right on time, I was gifted with a box of CBD wellness products as a wedding gift: CBD lube, CBD suppositories, and a CBD tincture. This was truly where the game changed for me. While I enjoyed my explorations with the Sativa-dominant flower, I was still a bit of a novice THC user. These CBD

products offered me the ability to experience sensory stimulation without the altered mental state.

In the end, what I discovered was how intricately connected cannabis use is with our sexual experiences – whether for the good or the bad – and that, how that experience is altered, is different for every person.

Most important in all of this is comfort and safety.

I recommend exploring first through self-touch and masturbation if you don't have a partner(s) that you trust wholeheartedly. It does no one good to explore substances you are unfamiliar with, in an unfamiliar setting, with an unfamiliar person. That's a recipe for a rather unpleasurable time.

AMANDA FISHER-KATZ-KEOHANE IS A WRITER AND OUTDOORSWOMAN WITH A PASSION FOR MAKING GLOBAL CHANGE. RIGHT NOW SHE IS DOING SO IN HER ROLE AS THE CHIEF OPERATING OFFICER OF MY SEXUAL BIOGRAPHY, A SEX EDUCATION AND EMPOWERMENT ORGANIZATION THAT HOSTS FREE AND LOW-COST WORKSHOPS ONLINE FOR ANYONE ANYWHERE.

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MARIJUANA



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CANNABIS SATIVA PLANT
CONTAINING MORE THAN 0.3% OF THC

FEDERALLY ILLEGAL
IN THE USA.

ADULT USE
IS LEGAL IN 15 STATES.

MEDICAL IS LEGAL
IN OTHER 21 STATES.

SS
FESTIVAL
VIEW





W O M E N
I N W E L L N E S S
DISCUSS CANNABIS & CBD



EXPERTS IN VARIOUS FIELDS OF WOMEN'S WELLNESS SHARE **WHY** AND **HOW** THEY USE CANNABIS AND CBD AS A PART OF THEIR WELLNESS ROUTINES. THEY ALSO PROVIDE IMPORTANT TIPS ON HOW WOMEN CAN INCORPORATE THE PLANT INTO THEIR LIFESTYLES AS A TRUSTY & EFFECTIVE WELLNESS TOOL.

THE SUPERFOOD SUPERWOMAN:

SOPHIE JAFFE

SOPHIE JAFFE IS THE FOUNDER OF THE POPULAR SUPERFOOD BRAND, PHILOSOPHIE, WHICH OFFERS A VARIETY OF POTENT SUPERFOOD BLENDS, AS WELL AS CLEANSSES. SHE'S ALSO A SOUGHT AFTER HEALTH AND WELLNESS EXPERT, CERTIFIED RAW FOOD CHEF, YOGA TEACHER, MOTHER OF THREE AND CO-HOSTS THE IGNTD PODCAST WITH HER HUSBAND, ADI.





E

WELLNESS

HERE'S SOPHIE'S TAKE ON THE POWER OF CBD FOR WELLNESS...

HOW HAS CBD HELPED YOU MANAGE YOUR MENTAL AND PHYSICAL HEALTH?

Sophie: I started using CBD in an honest and real way during the 2020 pandemic insanity. Before that, it was here and there and I didn't really have a true relationship with it. I loved the idea and benefits it gave, but was almost turned off by all the hype! Now, I use it often for my mental wellbeing and low-grade anxiety and I'm a huge fan.

HOW DOES CBD HELP YOU FIND BALANCE WITH ALL OF THE DEMANDS OF BEING A MOM AND AN ENTREPRENEUR?

Sophie: CBD helps me to balance the overwhelming stress and anxiety I often experience. When I support my wellbeing with CBD, I feel more capable to handle whatever is thrown my way. This year, especially, I realized I am in charge of my own body, being and experiences. I get to decide what energy and perspective I bring to every situation - even during a pandemic! CBD also helps me transition between all the different hats I wear with more ease and grace. From mama mode, to podcast recording with IGNTD, to being an entrepreneur at Philosophie and posting on my influencer account @sophie.jaffe, I hop back and forth. On strong balanced days, this is seamless. But, on challenging days, I take CBD and it helps me so much.

AS A SUPERFOOD EXPERT AND THE OWNER OF PHILOSOPHIE, WHAT ARE WAYS WOMEN CAN USE CBD TO MAINTAIN A SENSE OF WELLBEING, ESPECIALLY DURING THESE CHALLENGING TIMES?

Sophie: I find CBD can be extremely supportive for women, well, at ALL times. I put a CBD cream on my belly and it's a game-changer, whether during your period/cramps or for digestion and any anxiety. I've also been using CBD oil as a lubricant and it's wonderful for opening up emotionally and waking up the senses during moments of intimacy. Mostly, I find the biggest support in using it is for life transitions and to balance anxiety, and for sleep. Finally, I combine CBD tinctures with Philosophie superfoods for a beautiful tonic or superfood smoothie.

WHAT ARE THREE TIPS YOU'D GIVE WOMEN WHO ARE CURIOUS ABOUT TRYING CBD FOR THEIR WELLNESS, BUT ARE CONFUSED OR APPREHENSIVE ABOUT TRYING?

SOPHIE:

1 Start with taking a capsule around dinnertime and notice the difference you feel by bedtime. It helps transition you from daytime to evening really beautifully.



2

You can also add it to your coffee or morning tonic if you're someone that gets jittery or experiences anxiety but loves a cup of joe. I find it helps balance the effects (and add our Philosophie Cacao Magic for extra plant-based magic!).

3

Start slow. Figure out your correct dosage and find a brand you trust.

CBD HELPS ME TO BALANCE THE OVERWHELMING STRESS AND ANXIETY I OFTEN EXPERIENCE. WHEN I SUPPORT MY WELLBEING WITH CBD, I FEEL MORE CAPABLE TO HANDLE WHATEVER IS THROWN MY WAY. THIS YEAR, ESPECIALLY, I REALIZED I AM IN CHARGE OF MY OWN BODY, BEING AND EXPERIENCES. I GET TO DECIDE WHAT ENERGY AND PERSPECTIVE I BRING TO EVERY SITUATION - EVEN DURING A PANDEMIC!





THE VAGINA LADY:

RAMONA RILEY

Under the moniker, *The Vagina Lady*, Ramona Riley specializes in using natural methods to heal the reproductive system. She runs a successful consultancy called Cosmic Wombman, which offers a variety of services that help women get rid of common reproductive health issues such as fibroids, endometriosis, PCOS and even infertility. Also a doula and hypnobirthing therapist, Ramona helps women prepare for and have healthy pregnancies.

Here's what Ramona shared with us about reproductive health, cannabis and CBD...

WHY NATURAL MEDICINE VERSUS MORE CONVENTIONAL MEDICINE?

Ramona: When I was 29, I was diagnosed with a rare reproductive condition, and the options that were given to me didn't seem realistic. They seemed more like a death sentence. Because of that, I sought other ways to heal myself and came across holistic healing. I used herbs, supplements, sound therapy and crystals - all these methods - to heal my body. I ended up getting better, very quickly actually. I figured I couldn't be the only woman who goes through these things, feeling like I have no options and no one to guide me. I had to be looking for pieces of information here, and pieces there. If you weren't as driven as I was [and you shouldn't have to be], then you probably wouldn't get far. With what I learned, I created my business, Cosmic Wombman, to guide and help women heal their bodies.

HOW HAS CANNABIS HELPED WITH YOUR MENTAL AND PHYSICAL HEALTH?

Ramona: I smoke and vape the flower of cannabis - no additives, just the pure vape. I usually do one of these daily. I use it for relaxation or to focus, especially if I need to do something creative or artistic. CBD isn't something I use regularly, but I recommend it to my clients especially if they suffer from painful reproductive conditions such as endometriosis or Pelvic Inflammatory Disease. Especially if they're non-smokers.

ARE THERE ANY OTHER WAYS YOU INCORPORATE CANNABIS INTO YOUR LIFE APART FROM SMOKING OR VAPING?

Ramona: I use it as a tea sometimes, but not often. I feel like all it does is make me want to eat and sleep. That's it! And that doesn't work! I have to go to work! But I do love teas, so to have cannabis in the form of tea is good. I just can't overindulge in it.

WHAT THREE TIPS WOULD YOU GIVE WOMEN REGARDING CBD AND CANNABIS AND THEIR HEALTH AND WELL-BEING?

RAMONA:

1 FIGURE OUT WHAT YOU PREFER. If you've never smoked and it doesn't appeal to you, then find other options. CBD can help with nausea and painful periods. Edibles and vaping are other alternatives. Take your time and decide what works for you and your lifestyle.

2 DON'T THINK ABOUT THE JUDGMENT. Sometimes we're concerned about what everybody thinks or feels about what we're doing. The reputation of cannabis has improved so much over the last ten years - I can only imagine how much more it will improve in the coming years. As it becomes more accepted, it will be used as a mainstream healing and maintenance option.

3 TRY PUTTING CANNABIS IN YOUR VAGINAL STEAMS. I've had some clients that when I do vaginal steams, ask me to put cannabis in it. That's not something I usually do, but I do it for them so that could be fun as well.



THE WELLNESS WARRIOR: SHARON FEANNY

Sharon Feanny is a *holistic health and wellness expert, yoga and meditation teacher, and author of the Live Fit Kitchen cookbook*. She teaches a mix of ancient spiritual practices, self-care, clean eating, detox, yoga, fitness and meditation through a 12-week online course called Shakti at Home.

Here's what Sharon shared with us about wellness, cannabis and CBD...

WHAT IS YOUR CANNABIS STORY?

Sharon: I might not look it, but I'm fully Jamaican. Born and raised, generations of the family from here. That being said, we grew up in a demographic where ganja was very taboo.

I used marijuana, but I never abused it. I've always had this respect for it. Even from an early age, I would smoke it - not to get high or party, but for spiritual reasons and clarity.

I have plenty of bad stories about it... I used to pack it in my suitcase and bring it to boarding school. I grew up on a farm in Jamaica, and I used to have my gardener roll up my spliffs and just pack them into tampons and put them in my suitcase to bring to America. I'd sell them in college. You can imagine when you pop out a spliff the size of a tampon in America in the 80s. I was the most popular girl in college, I can tell you that. My nickname was "Spliff-Queen."

That was my initial story, but leading up to becoming a certified yoga teacher in '95 - this was before anybody was combining yoga with ganja - my best friend and I would practice something we called "Stoga", Spiritual Yoga.

So, before it was cool to smoke ganja and do yoga, I was doing it. Cannabis has always been a part of my practice. At the time it was smoking a spliff, but honestly over the last ten years, after kids, cannabis went out of my life for a while.

When I went through menopause, around 5 years ago - I'm fifty-five - I turned to CBD oil. I found smoking a spliff was too much for me. I just got too high and I couldn't deal with life; I couldn't be a proper parent.

When I went into menopause, two things happened to me: insomnia and anxiety. I never had anxiety before in my life.

So, for the last five years, I've been incorporating CBD into my life. Not just for my yoga practice, but as a tool for reducing inflammation in my body, for anxiety - especially at this time - and at night to help me to sleep. It's kind of this beautiful maintenance program for me that is part of my life now, that I share with all of my students.

Not only do I ingest the capsules and drops, but I also use CBD oil topically for pain. I use a CBD and rose oil facial oil too. I really think CBD has incredible anti-aging properties.

WHAT ARE THE BENEFITS CANNABIS USE CAN HAVE FOR WOMEN DURING THIS TIME?

SHARON:

1 Well first, just purely for health reasons... The way cannabis works is that it affects your endocannabinoid system which helps to reduce inflammation. It also has a really positive effect on your gut health. You have to be very mindful about how your gut is operating right now. That's where your immune system lives. So, cannabis has this amazing ability to increase your immunity and also reduce anxiety. When you're anxious, you're throwing a lot of acid into your system, bringing your whole hormonal system out of balance.

2 CBD can help reduce this anxiety without the THC, which takes you into 'loopy loop land' and I love 'loopy loop land' but sometimes you gotta hold that shit together. I find that pure CBD really helped me to function in a less reactive way. It takes the edge off.

CBD is just a great, safe tool to help you to access a calmer state quickly.

3 I also think sleep is a game-changer in life and many of us are not getting enough of it. We're spending so much time on Netflix, staying up later and messing up our sleep cycle. CBD and cannabis are great ways to help us relax and sleep more deeply.

4 It is also safe and effective for pain. If you're suffering from arthritis or headaches, migraines, or even PMS - you can topically use the oil or cream, whatever form you prefer.

5 And for anti-aging, it's so beautiful. One thing I tell women is that toxins are not just what you put into your bodies, but also what you put onto your bodies.

Every now and then I use cannabis in some cooking. I'll add it in olive oil or some stir-fry vegetables. But, I do have three kids at home, so I have to hold my shit together. If it was just me, I'd be in cannabis la-la-land all day long, but those days are not happening right now!



THE APOTHECARY GODDESS: JENNY SANSOUCI

The author of *The Rebel's Apothecary: A Practical Guide to the Healing Magic of Cannabis, CBD, and Mushrooms*, Jenny Sansouci is a writer, health coach, and the creator of wellness blog Healthy Crush. She's a graduate of the Institute for Integrative Nutrition, and has been trained by famed functional medicine doctor Frank Lipman, MD.

Here's what Jenny shared with us about cannabis, CBD and wellness...

HOW DID YOU GET INTO THE WORLD OF CBD AND CANNABIS, AND HOW DID THE BOOK COME ABOUT?

Jenny: In November of 2017, I found out that my dad had stage four pancreatic cancer. I'd been in the world of nutrition and alternative health for a decade, so I knew there must be something I could do to help him. I committed to learning and researching everything possible about alternative methods for healing, and cannabis was one of the main things that kept coming up in my research. So many cancer patients reported feeling relief from the side effects of chemotherapy, using cannabis. And, some even claim it has helped with the cancer itself. I'm not a doctor and can't confirm this, of course, but I found many anecdotal stories!

Cannabis seemed like a really promising addition to the traditional care he was receiving at the hospital, so we quickly got him a medical card, got his oncologist's blessing, and started him on a very high potency cannabis oil with a 1:1 ratio of THC to CBD. This is taken orally, and is often called RSO. His chemo side effects (nausea, loss of appetite, trouble sleeping) started to subside. Since he started taking the cannabis oil, he's been able to avoid almost all the common side effects of chemotherapy, and three years later, he's still undergoing his treatments, and he's feeling stable and has a great quality of life.

As I was researching cannabis for my Dad, I started to learn about the many uses for CBD. I started to incorporate it into my daily routine - to help me sleep, calm my anxiety, and ease my menstrual cramps and back pain. I started blogging about CBD and cannabis on my blog, and a friend of mine sent the blog posts to a book agent. The book agent asked if I'd be interested in writing a book on the topic that was geared towards the wellness uses of CBD and medicinal mushrooms (which I had also added to my Dad's routine), and we got started from there. I wasn't planning to write a book, but I had done so much research, I knew I wanted to get the information out in a bigger way that could potentially help more people.

DURING THIS PARTICULARLY CHALLENGING TIME IN GLOBAL HISTORY, HOW HAVE YOU BEEN USING CANNABIS AND CBD TO MAINTAIN YOUR SENSE OF BALANCE AND WELLBEING?

JENNY:

I have been experiencing more anxiety and trouble sleeping this year, so I use a full-spectrum CBD oil (the kind with .3% THC or less) during the day in lower doses (10mg or so) to calm anxiety. At night, I take another dropperful of CBD oil (around 25mg, sometimes more) to help me fall asleep. Lately I've also been experimenting with a 1:1 edible at night as well, with 5mg of THC and 5mg of CBD. I take that right before bed, and it helps to keep me asleep throughout the night. Since the effects of edibles take longer to kick than a tincture, and the effect of edibles lasts longer, it can be helpful for people who tend to wake up during the night. I think a dropperful of a tincture under the tongue coupled with an edible (even just a CBD edible with no THC), can be the perfect combination for sleep.

I COMMITTED TO LEARNING AND RESEARCHING EVERYTHING POSSIBLE ABOUT ALTERNATIVE METHODS FOR HEALING, AND CANNABIS WAS ONE OF THE MAIN THINGS THAT KEPT COMING UP IN MY RESEARCH. SO MANY CANCER PATIENTS REPORTED FEELING RELIEF FROM THE SIDE EFFECTS OF CHEMOTHERAPY, USING CANNABIS. AND, SOME EVEN CLAIM IT HAS HELPED WITH THE CANCER ITSELF. I'M NOT A DOCTOR AND CAN'T CONFIRM THIS, OF COURSE, BUT I FOUND MANY ANECDOTAL STORIES!

"I HAD DONE SO MUCH RESEARCH, I KNEW I WANTED TO GET THE INFORMATION OUT IN A BIGGER WAY."



WHY SHOULD WOMEN CONSIDER INCORPORATING CANNABIS AND/OR CBD INTO THEIR WELLNESS ROUTINES?

JENNY:

1 TO NOURISH the endocannabinoid system - All of us have a system in our bodies called the endocannabinoid system (or ECS). We have specific receptors that interact with the compounds in the cannabis plant. These compounds are called cannabinoids. We also produce our own internal cannabinoids - endocannabinoids are produced by the body, and phytocannabinoids are the ones that come from the plant. The ECS is responsible for keeping us in homeostasis, or balance, in virtually every system in the body. The ECS plays a key role in regulating our immune system, mood, inflammation, pain, sleep, and more. By taking CBD every day as part of a wellness regimen, particularly CBD that has other cannabinoids (chemical compounds within the cannabis plant) in it, we can nourish our ECS to feel more balanced.

2 TO CALM ANXIETY - Two of the endocannabinoids we produce in the brain (anandamide and 2-AG) have been shown to be linked to mood enhancement and

anxiety. Anxiety is correlated with low levels of these endocannabinoids, and taking CBD can boost those levels, which points us to why so many people use CBD for anxiety. When it comes to cannabis and anxiety in general, many people feel more anxiety when they consume too much THC, so I recommend using cannabis products that are higher in CBD.

3 TO EASE PAIN - One of the first things I tried when I started getting into cannabis was a cannabis suppository for my menstrual cramps. As someone who has had terrible cramps every month for most of my life, and relied on a lot of Advil to relieve the pain, I was shocked at how well it worked! I also use a cannabis topical for back pain. I fractured my tailbone a few years back, and it aches when I sit for too long. A cannabis topical really soothes that pain. I also use it to help relieve the pain of sore muscles or any injuries from exercise.



THE NATUROPATHIC HEALER: DR. KIMANI

A naturopathic doctor, certified yoga instructor, and Stanford graduate, Dr. Kimani Borland focuses on women's health through a whole self approach – body, spirit, mind, emotions, and environment. She offers in-person consultations, as well as telemedicine health chats, and yoga classes broadcasted around the globe.

Here's what Kimani told us about cannabis and CBD for wellness...

HOW WERE YOU INTRODUCED TO CANNABIS AS MEDICINE?

Kimani: So, because of how we were raised – with mommy and daddy as Rastafarians – that's what we lived and that's how we are. It was just normal. You have some mint tea and you have some ganja on the table – it was just normal. I was aware that it wasn't normal outside of the household. We had issues around that. It was very commonplace for discrimination [against Rastafarians] to be out in the open. So anyway, I was introduced to cannabis as what it is – as a sacrament, recreation, used as a medicine, all of the ways that you could use it. It just wasn't a big deal. Then going to school and learning about herbal medicines in the ways that I did, cannabis was just another one of those herbs.



As for my personal use, when something is normalized in a household, it reduces the sensationalism around it. You become a teenager and your friends begin to use it and they have to hide it from their family, and for me, it wasn't that big of a deal - I never felt the need to dive in and experiment in any way that was problematic.

I do believe that cannabis use should be reserved for after a certain age based on brain development.

When using cannabis, and I didn't learn this until after a couple of bad experiences, you have to be really careful about the strains and the dosage that you're using. It took me a couple of years to really refine how to use cannabis. For example, one strain might be a really bad idea for your anxiety, versus another strain. I think this is the kind of science that we need to learn and use accordingly and that's what I had to learn for my personal use.

IN WHAT WAYS DO YOU THINK CANNABIS AND CBD CAN ASSIST IN ALLEVIATING THE MALADIES OF QUARANTINE?

Kimani: We have to understand that plants can be used as allies. In the same way you can call up your friend when you're feeling lonely and feel better, or you can go for a jog when you're depressed and then feel better. There's a way we can use plants as our friends to be there for us at a time when we need them the most. When we're in a position when we're less able to do all the other things that allow us to feel connected or like we belong, isolation and loneliness are really problematic things to live in for a long time. In that way herbal medicines can come to the rescue and cannabis is one of our queen herbs.

There are herbs that we can use daily - most herbs we can use daily. But cannabis, because of how potent it is, can be used in singular, small doses and it would have its effect. For anxiety, in particular, we need to be cautious - if you use the wrong strain or the wrong form of cannabis, you can heighten the anxiety, because of how tweaked out you are. Either find the right type of cannabis, or try CBD, which will relieve anxiety without the side-effects of THC.

On the other hand, using the THC component, which is a really important part of the euphoria we experience

from using cannabis, is where the medicine lies for someone with depression.

Cannabis can elevate you beyond your current situation and it can help you to get deeper into your creativity. It can help you to get deeper into the natural world and your connection to the divine. It can have a really important role to play in treating depression and anxiety without the problematic side-effects. It's everything we need and want in medicine.

WHAT WAYS CAN CANNABIS BENEFIT WOMEN IN PARTICULAR?

KIMANI:

Anxiety and depression are at the top of the list. I think for women, the roles that we have to play in a society that is inherently patriarchal in energy and expectation, lead to stress, anxiety and depression. These are unique to the female experience. For example, many conditions that are caused by hormonal imbalances can be traced back to these underlying societal issues.

It's kind of a difficult concept to explain - the endocannabinoid system. Cannabinoids help to create a healthier neurochemical balance. Let's say that your brain experiences a reward from x amount of dopamine. Having a small amount of CBD or cannabis helps to regulate the internal state of the body allowing for a smaller amount of dopamine to experience the same rewards.

WHAT ADVICE DO YOU HAVE FOR PEOPLE REGARDING CANNABIS AND CBD?

Kimani:

1 Firstly, I'd say start with CBD. If you're newer or you don't have a lot of experience with cannabis, then start with CBD. It doesn't carry the jarring effects of cannabis.

2 Next, when you're comfortable experimenting, get familiar with different strains of cannabis. I'd prescribe different herbs for depression and different herbs for anxiety. Be aware of the kind of support you're seeking from the plant, and try to match that desire to the strain of the plant.

Editor's Picks:



5 CBD

B R A N D S

TO SOOTHE POST WORKOUT PAIN

CBD is a powerful anti-inflammatory and muscle relaxant that can be used to soothe specific areas of discomfort post-workout. Plus, it's all natural and works with the body's endocannabinoid system, helping you avoid some of the unpleasant side effects of over-the-counter pain relievers.

Here are a few of our faves to check out.

1



CBD MEDIC ACTIVE SPORT™ PAIN RELIEF STICK
\$29.99, 200mg of CBD

Made for active lifestyles, this solid sport stick gives you convenient, temporary pain relief on-the-go. This easy to use pain relief stick formula can be applied before, during, and after workouts, so sore muscles won't slow you down!

2



SHEABRAND'S MUSCLE, JOINT AND SKIN BALM
\$30.00, 50mg of CBD

This butter balm combines hemp extract, arnica oil and essential oils with shea butter to provide relief and nourishment to wounds, skin, joints and muscles.

3



MADE BY MARY'S MUSCLE FREEZE
\$30.00, 75mg of activated hemp extract

Relax tight muscles and ease tension with this blend of full-spectrum hemp extract, wholesome mango butter and cooling menthol. Apply this exhilarating blend of cooling botanicals to a targeted area to provide a cooling and relaxing sensation.

4



TAROT CBD BATH MAGIC - EUCALYPTUS CEDARWOOD
\$28.00, 300mg of CBD

Infuse your bath water with mineral-rich Epsom salts and melt away stress with this healing blend of eucalyptus, cedarwood, and 300 mg of CBD. The heat from a hot bath helps to heighten the anti-inflammatory properties of CBD and speeds up absorption into the body through the pores.

5



SELECT CBD PATCH
\$7.99, 20mg of CBD

These transdermal patches slowly and steadily release pure CBD hemp extract over 24 hours, giving your body the support you need pre and post-workout. Created to be sweat and water-resistant, activities like swimming and showering will not affect the patch.

EDITOR'S PICK



. CANNACURIOUS MAGAZINE .



MOTHERHOOD

GIVING KIDS CBD:

YOUR QUESTIONS ANSWERED

BY MASHA BELINSON

“Do what you have to do to find comfort for your kids. Give as much CBD as they need for as long as they need. Wean them off when things become stable,”

- My wise friend and mother, Jen Nayak.

Kids are home staring at screens all day thanks to COVID. My 15-year-old son is one of them. He has very little structure and moves from staring at video games, to his phone, to the computer. By evening, he's on a blue-light high and struggles to fall asleep. He's bored during the day, jittery at night, and anxious for normalcy. And he's not alone. Now more than ever, kids need a dose of calm, yet most mothers are unaware of how CBD can help.

I give my son CBD at night to help him sleep, but there are a variety of methods and reasons to take CBD. Whether kids are dealing with social stresses caused by the COVID-19 pandemic or other mental and physical ailments, I've personally seen the incredible ways in which CBD can make a positive impact on their health and wellness.

CBD is one of hemp's miracle compounds, and I want to spread awareness to moms everywhere who are concerned about improving the wellbeing of their children.

BUT FIRST, WHAT IS CBD EXACTLY?

- One of the most prevalent natural compounds in hemp and cannabis, *CBD interacts with internal receptors to support balance throughout the body.*
- *CBD is clinically proven to treat certain forms of epilepsy.* The FDA approved drug is called Epidiolex.
- Through clinical research, *CBD has been identified as a proven anti-inflammatory compound that can help manage anxiety, pain and depression symptoms,* and lessen the side effects of cancer treatments.



- *CBD is most commonly infused into oils*, but for most people CBD gummies and beverages are the most convenient options.
- *CBD is non-toxic, well-tolerated, and generally considered safe*, although the FDA is currently investigating to confirm the safest dosage and delivery method.
- *CBD is non-psychoactive*, so it will not get a person high.

WHAT TO DO BEFORE GIVING CBD TO YOUR KIDS

CBD's safety, efficacy, and non-psychoactive properties make it an ideal tool for natural healing. But that doesn't mean mothers should grab the first bottle they find and recommend it to their children. Parents should become subject matter experts and experiment with CBD before giving it to their kids.

My wise friend Jen Nayak says it best: "Every time I've considered giving one of my kids an alternative healing supplement, I've tried it first."

Jen's 16-year-old son Ravi was diagnosed with Split Brain Syndrome at birth. As a result, he suffers from non-verbal Autism, Tourette's Syndrome, migraines, gut health issues, anxiety, ADHD, and insomnia. He also deals with PTSD as a result of his father's death in 2016.

At ten years old, Ravi wasn't on prescription medication yet, but he struggled mentally, emotionally, and behaviorally. Jen knew she needed to find a source of relief. So, she crossed her fingers upon entering a new holistic store in South Florida. Luckily, the store owners were knowledgeable and that day Jen walked out with her first bottle of CBD oil.

"This was before CBD's popularity and wellness retreats. No one knew about CBD in 2014. The owners of the shop sat me down for a long talk. They explained how third-party laboratories tested their products to ensure quality and safety. They also talked about the value of full-spectrum CBD oils and the therapeutic terpenes they contain. It was so helpful to be in a safe space with experts," Jen says.

Jen went home and began taking the supplement to feel its effects.

"I started slow and low because the expense goes up considerably at higher dosages. I also felt it was crucial to know what the experience feels like from beginning to end before giving it to my kid."

Jen also scoured the web, read countless studies, and attended seminars to learn more about CBD.

I believe Jen's approach is the best model for mothers who don't have a strong background in hemp and cannabis. Whether it's from a local health store, medical dispensary, online forums, or clinical studies, mothers need to do their due diligence before administering and talking to their kids about CBD.

"The industry is filled with content. It's ironic, because I can barely find information about the prescription drugs my son takes, but I can get so much information about CBD and how it works," Jen says.

HOW SHOULD MOTHERS TALK TO THEIR CHILDREN ABOUT CBD?

Every child is different, and age matters. But generally speaking, kids don't care all that much about the science behind CBD. In fact, they may even be turned off by the fact that CBD comes from cannabis, yet it doesn't get them high. My son used to say, "Well, what's the point then?" But, know that when they're feeling bad, they want a solution. And every mother wants to give them one.

1 SHARE THE INFORMATION YOU THINK IS RELEVANT.

"Give kids an explanation that talks about concepts they understand, like pain and feeling scared. Relay the details that identify a problem and solution, and tailor the conversation around that," Jen says.

2 TELL THEM IT'S GOING TO MAKE THEM FEEL BETTER.

Mothers should ask their children about the symptoms they're feeling and tell them that CBD can help. This collaboration helps give children the autonomy to ask for what they need. "I'll say things to Ravi like; this will help the pain in your tummy. Kids care about the outcome. Not how it works and why," Jen shares.

3 ASK THEM TO SET AN INTENTION.

I believe in the power of setting intentions, which can be a fun way to introduce CBD to kids. By asking them to repeat a word like calm, happy or painless, you empower them to affirm their health along with taking the CBD.

4 EXPLAIN THAT THE EFFECTS OF

CBD CAN TAKE A FEW HOURS TO KICK IN. CBD can kick in immediately if it's inhaled or absorbed through the skin. But kids generally prefer CBD gummies or beverages, which taste delicious, but can take up to a few hours to work.

5 EXPLAIN THEY MAY NEED TO TRY A FEW DIFFERENT GUMMIES

Mothers have to prepare their children for the trial and error that comes along with CBD. Before giving their children CBD, they should explain it might make them calm and relaxed. Or, it might not make a difference right away. They may need to try a different blend. But along the way, they'll have fun taste-testing gummies and letting you know which product makes them feel the best.

CBD is not an isolated cure-all. But it is an essential ingredient in the recipe for whole-body health that also includes vitamins, exercise, and mental stimulation. CBD can be expensive at high dosages, but it's much more affordable than the process of acquiring Adderall and antidepressants, and it doesn't come with an endless list of side effects. Plus, kids can quickly taper off CBD when they don't need it anymore.

CBD is a solution that has benefits beyond pharmaceuticals, and every mother should remain open to the possibility.

IN HER ROLE WITH ACS LABORATORY, MASHA BELINSON OVERSEES MARKETING, STRATEGIC PARTNERSHIPS, EDUCATION. SHE MANAGES CONTENT STRATEGY, SEO/PPC, LEAD-GENERATION, ACQUISITION AND RETENTION. SHE BRINGS ALL HER PASSION AND EXPERIENCE TO CANNABIS. WORKING ACROSS THE BUSINESS FOR BOTH CANNABIS AND HEMP COMPLIANCE SHE STAYS ON TOP OF LEGAL, SCIENTIFIC AND COMMERCIAL DEVELOPMENTS, HELPING TO DRIVE WEB TRAFFIC AND SALES.



CBD FOR MOMS & MOMS-TO-BE



Somewhat of a Queen Goddess in the doula world, **Latham Thomas** is a birth doula whose prowess has even been recognized by Oprah Winfrey. The founder of Mama Glow, a global maternal health and doula education company, Latham is a celebrity doula and wellness guru for Alicia Keys, Ashley Graham, DJ Khaled, Tamera Mowry, Adrienne Bosh and others.

She's also the author of two bestselling books - *Own Your Glow: A Soulful Guide to Luminous Living and Crowning The Queen Within* and *Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy*.

Latham believes in the power of CBD for women's wellness.

She uses CBD topically during her menstrual cycle, and orally during times of great stress. "In the past 5 years I have deepened my relationship to CBD. Now I take a regular tonic by Momotaro Apotheca and its hemp infusion. It's amazing for helping me unwind particularly during the times we are living in today. 2020 was a challenging year for all of us. I see CBD as part of my mental health routine," she shares.

Topically, Latham also uses CBD cream or oil on her abdomen and lower back during her period, and reaches for Foria Wellness' AWAKEN oil to support her sexual wellness.

Although she believes CBD can be great for women, Latham does not recommend pregnant women ingest it.

"I don't recommend people use CBD internally during pregnancy. The cannabis industry is very unregulated in terms of products. Ingestibles are really tricky, and because we don't have evidence-based research speaking to the features and benefits that we know anecdotally, I can not recommend that pregnant people use a CBD

product internally. I think topically speaking, CBD oil and creams can be great during pregnancy to help decrease inflammation, and can help with pain relief and relaxation," she says.

She says cannabinoids have been found in breast milk, and believes this is a sign of how the body is primed for a relationship with cannabis. However, she does not think women should ingest CBD while breastfeeding.

"Even though CBD is natural, we don't yet know how it affects a developing baby and child, and what the long term effects might be for a baby who has been exposed to CBD through breast milk. There is a lack of published research on the safety of using CBD while breastfeeding," she explains.

Post-breastfeeding, Latham is all for women using CBD for general self-care and the alleviation of stress and pain. "Seek out reputable brands that use conscious farming practices, including women and minority owned brands," she advises.

When ingested at the right stage of a woman's reproductive journey, CBD can be a truly healthy part of one's self-care ritual, Latham affirms.



CBD, WELLNESS & MOTHERHOOD

A MOM'S JOURNEY THROUGH THE PANDEMIC

BY SHELLY-ANN THOMPSON

Florida-based mom of two, owner of Lioness Graphic Studio
and co-founder of CannaCurious, Diana Sanmiguel,
says her refuge for 2020 was CBD.

When the coronavirus pandemic hit home, the 39-year-old, fairly recent divorcee, felt like she had to quickly improve her mothering skills.

A self-described warrior-woman, lioness, Diana quickly grounded herself in a sense of peace at the beginning of the lockdown. Also somewhat of a bohemian, she recalls calmly riding the waves of the time, firmly believing that this must end and the world would just have to wait to see what would happen.

But, that bliss soon toppled over as cases kept increasing,

contagion seemed out of control and online learning began to feel more taxing. As time went on, Diana realized that being around her children all the time, on top of running her business at home, was more difficult than she anticipated.

“You go from seeing your kids three hours a day - dropping them to school around eight, nine. Picking them up around five, six. Then, spending some time with them before putting them to bed by 8:30. So, I had to adapt from that life of just having them a few hours a day, to being with them 24/7,” she reflects.

Though the kids split their time between her house and their father's, she admits that balancing more time with them along with the dozens of other responsibilities she has, became intense. Her work-life, for example, had to be regulated to part-time, when the kids were asleep or at their dad's - something she struggled to accept, considering the financial implications as a single mom.

Plus, as a true lover of life and people, Diana says she also terribly missed time for herself, out with friends. That time, she says, is a critical part of her self-care routine - something she holds of utmost importance.

Diana explains that for self-love and self-preservation, she had to find a new healthy outlet - and it was CBD. To self-soothe and maintain calm, she started vaping the plant regularly.

A NONTRADITIONAL APPROACH

Societal norms hold mothers with high regard, and for some, especially the older generation, the idea of moms using cannabis or CBD is nothing short of immoral.

But, Diana never feels guilty about using CBD. She knows she is doing something helpful for herself and her children.

As CBD has no psychoactive effects, it was the feeling of not being **"high"** that drew her to it. She's happy that CBD's health benefits are gaining traction, and that the difference between marijuana and CBD are becoming more widely understood.

Also, using CBD fits within her already nontraditional approach to motherhood.

With a seven-year-old son she describes as very emotional, and a four-year old daughter who is the complete opposite, Diana says that, along with CBD, she also practices yoga and meditation to maintain balance and mindfully be in the moment with them. She's also strongly against spanking, the style of reprimanding she grew up with.

"I teach them about discipline and rules, but I also allow them to be kids," Diana explains.

While so far she prefers CBD edibles and vaping, she says she's curious about other products and possible advantages.

"I've tried oil drops. I've tried the lotions for back pain. So, it's just not only about what can make me relax. I am learning about how I can use CBD when I'm dealing with other types of health problems," Diana shares.

RESEARCH BACKS UP NEW NORMS FOR MOMS

Fortunately, the taboo around CBD is changing as more medical research has been released.

In 2017 the World Health Organization stated in a report that CBD has therapeutic effects in the management of anxiety, muscular tension, restlessness, fatigue and problems in concentration, and the improvement of social interaction.

Mothers using CBD can also take confidence that, in 2020, the National Institute on Drug Abuse (NIDA) found that CBD has been proven to reduce stress. Study subjects were observed as having lower behavioral signs of anxiety, the NIDA reported.

The advice to mothers going through anxiety or other forms of parenting-induced stress, and seeking to try CBD, is first to do the research. Hear from other mothers who have used it, how they use it, when they use it and how often they use it. Speak with your doctor for guidance, especially if you have underlying conditions. Read the labels properly as there is a proliferation of unregulated CBD products that have flooded the marketplace.

Diana adds, **"Be open. I've learned that as mothers, we are the head of the family, and we're the ones who make everything work. CBD might help you cope with a lot of things that you're going through - anxiety, stress or just being tired. And it might help you find that balance or calm to deal with everything."**

All in all, 2020 has been Diana's most difficult year of motherhood. However, she survived the pandemic and is coming out of it an enhanced version of who she was before - even stronger, even calmer, and even more patient than she was before. Thanks to the help of CBD.

SHELLY-ANN THOMPSON IS A DIGITAL CONTENT CREATOR WHO IS PASSIONATE ABOUT MOTHERHOOD, BUSINESS AND THE UNDERSERVED COMMUNITY OF OLDER ADULTS - AREAS SHE WRITES ABOUT OFTEN.

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APOTHECARY

— FINE TEAS & REMEDIES —

FULL SPECTRUM CBD, BROAD SPECTRUM CBD, OR ISOLATE?

What does it all mean? One option isn't better than the other.

Depending on your goals, the type of CBD that works best for you can vary. You have the power to choose! Let's take a look at the differences between them.



<p>WHOLE PLANT</p>	<p>WHOLE PLANT MINUS THC</p>	<p>JUST CBD</p>
<p><i>Full</i> SPECTRUM</p> <p>The most complete form of CBD because it has all of the hemp-derived cannabinoids, including THC (but less than .03%, so it won't make you high). Having all of the compounds of the plant working together create the <i>Entourage Effect</i>, maximizing any potential health benefits.</p>	<p>Broad SPECTRUM</p> <p>Think of it as the THC-free version of CBD. This can be considered the best, because it still has the rest of the terpenes and cannabinoids to create the <i>Entourage Effect</i>, but without any THC.</p>	<p>Isolate</p> <p>Simply put, it's pure CBD. It has been processed to remove all other plant compounds leaving only 99% CBD. Isolate is typically less expensive than the other two, but doesn't have the benefits of the <i>Entourage Effect</i>.</p>

ENTREPRENEURSHIP

. CANNACURIOUS MAGAZINE .





WOMEN IN THE BUSINESS OF CANNABIS:

CARMEN BRACE OF ACLARA RESEARCH

After 20+ years in the consumer packaged goods (CPG) industry, **Carmen Brace** made a pivot. She went from being a Fortune 500 executive to opening Aclara Research – her consumer insights and data products firm, focusing on cannabis.

“I realized cannabis was not about getting high, it was about getting well,” she says as a matter of fact. This statement could be a theme for Carmen’s work. During a legislative testimony in Illinois regarding marijuana legalization, Carmen drops a bevy of impressive stats and figures. She deftly put a spotlight on the medical reasons why customers consume cannabis products and how that behavior can reduce dependency on opioids.

Aclara Research helps companies understand the cannabis market and their consumers. The organization has spearheaded numerous studies and surveys, collecting invaluable data, concluding that cannabis will be more disruptive to the CPG industry than Uber has been to transportation.

Aside from being a CEO, Carmen is also a Board Member of Chicago NORML, a public education foundation that focuses on the destigmatization of cannabis within the realms of wellness, politics and economic empowerment, among communities of color. She was also appointed by the governor of Illinois to its

Cannabis Advisory Committee, and is a member of the 2020 cohort of the business incubator powered by the Majira Project and Boston Consulting Group.

Aside from her list of outstanding professional accolades, Carmen is also a black woman. While that should have no bearing on the perception of her skill, unfortunately it does.

“HISTORICALLY, BLACK WOMEN HAVEN’T BEEN PERCEIVED AS CREDIBLE WITHIN THE BUSINESS WORLD,” SHE LAMENTS. SHE CAN FIND THE GRIM HUMOR IN IT, HOWEVER. AS BLACK WOMEN ARE CONSTANTLY UNDERESTIMATED, IT MEANS THEY CAN SURPRISE, AND IN BUSINESS THAT’S A COMPETITIVE ADVANTAGE, SHE SAYS.

The disparity in access to capital that black women face when compared to other groups makes operating as an entrepreneur incredibly difficult. However, for Carmen, this is just another narrative to rewrite.



“2020 has illuminated a lot of inequity across our country and in our daily lives. It’s been a hard and painful realization for me personally as I’m literally faced with what institutionalized racism looks and feels like in a deeper way than I acknowledged before. Less than 50 black women founders have ever raised \$1M+.... Less than 50!”

“As a black woman founder of a data company – who was her own angel investor – that makes me angry. It’s incredibly tough to be an entrepreneur and much tougher as a self-funded company. So, for me as a black woman founder, it has been very difficult,” Carmen shares.

The disparity of capital access tells a story that she’s going to shift, Carmen affirms. She’s also adamant about transforming these disadvantages into advantages.

HERE ARE TIPS CARMEN WOULD GIVE TO WOMEN WHO WANT TO ENTER THE SPACE AS ENTREPRENEURS:

1 HAVE A SUBSTANTIAL NEST EGG TO RIDE OUT THE LEAN EARNING YEARS at least 5 years of living expenses. I wish I’d started with more.

2 PUT IN 10K OF HOURS TO BECOME AN EXPERT IN YOUR INDUSTRY. The expertise you develop will be clear to investors and clients—and work in your favor.

3 CULTIVATE THE SPIRITUAL AND MENTAL TECHNOLOGIES NEEDED TO NAVIGATE UNFORESEEN CHALLENGES you will encounter as an entrepreneur. My Buddhist practice, meditation and spiritual counseling are key to my resilience and determination to win.

4 ASK FOR HELP. Many of us as black women grow up in families, which encourage us to be self sufficient and NOT ask others for help. This is a huge cultural mistake that can wreck your success trajectory. I am still learning this lesson.

5 WRITE A BUSINESS PLAN AND PITCH FOR INVESTMENT EARLY. I wish I had done this earlier but I thought I could do it on my own. Find a way to monetize, even at a low level to demonstrate traction early.

6 APPLY FOR THE MAJIRA PROJECT STARTUP INCUBATOR IN BOSTON. It’s a business incubator founded by Kerry Bowie, a thoughtful and well connected MIT alum who has partnered with the Boston Consulting Group to provide coaching and consulting resources to POC founders. Being a part of the Majira/ BCG cohort has been instrumental in connecting with the right advocates and experts to launch our pilots with Nielsen, Ipsos— and to launch our funding round.

. CANNACURIOUS MAGAZINE .

PET HEALTH





CBD FOR PUP HEALTH!

*A DOG MOM SHARES
HER STORY.*

BY NICANOR GORDON



Kathy Rivera knows the difference between surviving and living, & while her dog, Brownny Dash, was on a popular conventional drug, she knew he was not living a good life.

Kathy is a yoga and breathwork practitioner and the founder of Tiny Warrior Wellness, and her Yorkie, Brownny Dash, came into her life seven years ago in a bit of a state. Recovering from head trauma and an amputated paw, poor Brownny was prescribed phenobarbital – the strongest anti-seizure medication a dog can take.

Common side-effects of phenobarbital include lethargy, lack of coordination, agitation, anxiety, and hind weakness. Kathy saw how out of it Brownny was. **“I noticed his behavior and the lack of personality he had when he would take his dose,”** she says. She decided she couldn’t keep doing this to him, and was determined to find another way.

After some research on holistic medicine and some fruitless experimentation with melatonin and coconut oil, Kathy found CBD oil.

“I’d heard about CBD having successful results for humans with anxiety, sleep, and seizures,” she says. Kathy had nothing to lose. She decided to try a CBD oil tincture designed for humans, on Brownny.

Was Kathy worried about treating her dog with CBD? Not at all. The articles she read raved about the positive effects of CBD oil. It took a few trial and errors, but eventually she got the dosage for Brownny just right.


Now, Brownny is 11 years old... That’s 77 in dog years! Kathy beams about her

boy. **“He’s playful, charming, and damn cute!”** Brownny bounces around with the energy of a puppy. But, it’s not just a personality recovery, CBD might have had even more benefits for Brownny. Their veterinarian was shocked by how healthy his teeth and gums look despite Brownny suffering from tartar build-up before treatment. CBD gave Brownny a new lease on life, and a new smile too.

KATHY SHARES SOME OF HER TECHNIQUES WITH ALL THE PARENTS OF FUZZY KIDS OUT THERE:

- 1** She doses Brownny twice a day, giving him 3-4 drops with his meals.
- 2** Her brand of choice is Green Roads Pet CBD. Remember CBD does not get you high, so there’s no need to worry about your pet tripping out!
- 3** She warns to stay away from any tinctures with added fish oils. Nothing more than MCT oil, which is palm and coconut oil.

. CANNACURIOS MAGAZINE .



FOOD

INFUSED COFFEE RECIPES WE LOVE!

Two of this month's featured women in wellness share their favorite cannabis-infused coffees to start your day off right with a super-healthy buzz of feel good vibes!

INGREDIENTS & DIRECTIONS:

- ↳ MIX 2 SHOTS ESPRESSO WITH
1 CUP WATER
(OR USE 1 CUP REGULAR COFFEE)
- ↳ ADD 1 TSP. MUSHROOM BLEND
POWDER (I LOVE THE MUSHROOM
BLENDS FROM FOUR SIGMATIC, REAL
MUSHROOMS, OR SUPERFEAST)
- ↳ ADD 1 DROPPERFUL OF MINT
CHOCOLATE CBD OIL
(I LIKE LAZARUS NATURALS OR
CHARLOTTE'S WEB. CHOOSE YOUR
DAYTIME DOSAGE. I USE 5-10MG)
- ↳ ADD YOUR CREAMER OF CHOICE
(I LIKE A COCONUT/ALMOND MILK
BLEND BY THE NUTPODS BRAND)
 - ↳ USE A SPOON TO MIX ALL
INGREDIENTS IN A GLASS, OR BLEND
IN A BLENDER TO BETTER MIX
THE CBD OIL INTO THE LIQUID.
- ↳ **ENJOY!**

REBEL'S COFFEE

BY JENNY SANSOUCI

“This CBD and mushroom coffee is one of my go-to morning staples. I combine a mushroom blend powder with mint chocolate CBD oil, and add it to my regular morning coffee. Although some question the validity of using CBD and coffee in combination, I love the feeling— using a small dose of CBD takes the edge off of the caffeine, provides a little mood boost, and helps me to focus.” – Jenny



This and other recipes, along with information about CBD, cannabis and mushrooms, can be found in Jenny's book, *The Rebel's Apothecary: A Practical Guide to the Healing Magic of Cannabis, CBD, and Mushrooms*.



PHILOSOPHIE SUPERFOOD COFFEE

BY SOPHIE JAFFE

“I can’t survive a morning if I don’t get my morning boost. My go-to is this amazing superfood coffee. It has all I need to wake me up and fuel my body for the day. It’s basically self-care in a cup.” – Sophie

I N G R E D I E N T S

- ↳ 1 CUP HIGH-QUALITY COFFEE (I LOVE COLD-BREW OR BREWED)
- ↳ 1 CUP HOMEMADE CASHEW MYLK
- ↳ 1 TBSP PHILOSOPHIE’S CACAO MAGIC SUPERFOOD + PROTEIN BLEND (INCLUDES ALL ORGANIC CACAO, REISHI, MESQUITE, MACA, CHIA SEEDS, HEMP PROTEIN AND VANILLA)
- ↳ 1 TBSP OF PHILOSOPHIE’S COCONUT MAGIC COCONUT BUTTER (AN ORGANIC COCONUT BUTTER BLEND)
 - ↳ SWEETENER: ORGANIC HONEY OR PHILOSOPHIE’S CACAO BEE HONEY
 - ↳ 10MG OF A CBD TINCTURE
 - ↳ OPTIONAL: 1 SCOOP COLLAGEN OF CHOICE

D I R E C T I O N S :

ADD ALL INGREDIENTS INTO A BLENDER AND BLEND! POUR INTO A MUG AND ENJOY!

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learn about cannabis