



## **Hemp for Health Tips**

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## 50 Hemp for Health Tips

1. Hemp seed is made from a different variety of cannabis than marijuana. It will never get you “high” in any form.
2. Like flax, hemp seeds contain all nine complete amino acids – without bitterness or need for soaking. (Which do you prefer – flax or hemp?)
3. Did you know that raw hemp seeds taste amazing? They are not rough on your digestive system and add flavor to any recipe.
4. If you hate all raw grains and cereals - you consider them “gut sandpaper” - try hemp seeds. They’re gentle, smooth and nutty.
5. Protein powder tip: Soy contains phytic acid, which has been known to block mineral absorption. Hemp does not.
6. On a gluten-free diet? Add hemp flour, oil, seeds and powder to your list of staples.
7. Did you know that schoolbooks used to be made from hemp paper until late in the 19th century?
8. Hemp seed oil has been used for centuries as a clean –burning lamp oil. And artists preferred it to linseed oil for thinning paint.
9. If you have trouble digesting soy protein powder and whey puts you to sleep (not pleasantly), try hemp protein powder instead. (No gas, too!)
10. Vital globulins in hemp fight antigens in the bloodstream, making it a “must have” food for those with immune system diseases
11. Use hemp seed oil in salad dressings and baking. It is a great source of vitamin E and contains 8g. Omega-6 and 2.5g. Omega 3.
12. If you like nut milks, you’ll probably also like hemp milk, which tastes slightly “nutty”. Or make it yourself from unhulled seeds!
13. Those with allergies: Be aware that hemp milks usually contain either carrageenan, brown rice syrup or both. Check the ingredients!
14. 3 tbsp. toasted hemp seeds contains 170 calories. (1.5g fat, 14g carb, 8g protein – perfect for a snack!)
15. Did you know that hemp seed was successfully used in a 1955 Czech study to

counteract the severe “nutritional deficiencies” caused by TB?

16. The best way to store hemp food products (especially hulled hemp) is to freeze, refrigerate or keep it in a cool, dark place.
17. Know your hemp facts! Hulled hemp seeds contain niacin, B-6, folate, thiamine and riboflavin, as well as Omega-6 and 3.
18. 1 tbsp. toasted hemp seeds sprinkled on hot or cold cereal contains less than 1g fat, 4g. carb and 3g protein.
19. Sprinkle quality, organic hemp seeds on salads, cereals, muffins, breads and yogurts. And do try them in soups.
20. Hemp oil is healthier than coconut oil because it contains no saturated fatty acids. (Coconut does!)
21. Like flax, hemp seeds contain all nine complete amino acids – without the bitterness or need for soaking. Which do you prefer?
22. Among many other super-nutrients, hemp contains both arginine and histidine – essential for proper childhood growth.
23. What is the most unusual food you have ever paired hemp seeds with?
24. Tip: When baking with hemp seed or flour, don't bake at temperatures over 350 °F (177 °C). Adjust your cooking time to suit.
25. Fascinating Fact: For centuries, all ships' ropes were made out of hemp – and 19th century artists painted on hemp canvas.
26. In addition to being a rich source of polyunsaturated essential fatty acids, hemp is a sustainable and renewable resource.
27. Don't store hemp seeds in transparent containers. (Light produces free radicals in the oil content.)
28. The definitive hemp storage fact sheet:  
<http://www.innvista.com/health/foods/hemp/hemp-food-storage/>.
29. To make your own hemp milk without carrageenan OR brown rice, blend ½ c. fresh, raw hemp seeds and 5 c. water for at least 1 minute.
30. Home-made, fresh hemp milk should be used up within 2 days.
31. Hemp works particularly well in chocolate-based recipes: It really brings out the flavor and adds body and texture.
32. Try adding 2 tbsp. fresh, raw hemp seeds to your next smoothie. (You'll be adding essential fatty acids and almost 6 grams protein!)

33. Don't panic if you see microscopic flecks in some commercial hemp milks: These are nutrient-packed bits of hull.
34. Hemp milk may separate if you freeze it. (If it doesn't, it will most likely have had Xanthan gum or carrageenan added as a thickener.)
35. Hemp skin lotions last all day without the need for reapplication – and particularly helpful to those with acne or dry skin.
36. Hemp's Omega-6 GLA not only helps you maintain healthy skin, hair and nails, it fights inflammation too.
37. Hemp seeds used for cooking, eating, drinking, wearing, skin care, etc. contain no THC – the active ingredient in marijuana.
38. Flax seeds, raw, need to be soaked and create slimy mucilage. Hulled hemp seeds taste slightly nutty and crunchy, and melt in your mouth.
39. Flax seeds, ground, release cyanide. Soy products produce oligosaccharides (which gives some people gastric problems). Hemp is harmless.
40. Whenever possible, consume hemp in raw forms: Heating can destroy some of its nutrients.
41. Hemp allergies are highly uncommon. If you react, you may be allergic to additives like carrageenan -or the plant's pollinating agent!
42. "Hemp hearts" are just hulled hemp seeds. Add to soup for a creamy texture. (What do you use hemp hearts in?)
43. Almost 70% of hemp protein is derived from edestin, a protein that is easy to digest and helps produce antibodies to fight toxins.
44. When buying hemp skin care products, check the ingredients: You may be afflicted by another substance you're allergic to, if you don't.
45. Many blogs and review sites touting the benefits of hemp are affiliate sites with biased reviews. Read Amazon reviews – they're real.
46. Dry hair? Try hemp shampoo and conditioner. The rich Omega-3 and Omega-6 emollient content in hemp seed oil make it particularly effective.
47. Use toasted hemp seed as a garnish for vegetables and casseroles – and include them in your pastry for custard or chocolate tarts.
48. Wherever your recipe calls for nuts – be it muffins, salad or garnishes – try using hemp instead.
49. Beef up your morning oatmeal with a tablespoon or two of hulled hemp seeds. (What's your favorite way to use hemp?)

50. Want a convincing tan without spending a fortune? Try a hemp tanning lotion, which works gradually without turning “orange”.

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