



HEMP/CBD NEWS

JUNE 2023

UNLOCKING THE POWER OF HEMP HEARTS

Nutritional & Delicious Marvels for a Healthier You

Hemp hearts, also known as hemp seeds, offer numerous health benefits and can be incorporated into your diet in various ways. Here are some of the benefits and usage suggestions.



Benefits of Hemp Hearts

Nutritional profile: Hemp hearts are packed with essential nutrients. They are an excellent source of complete protein, containing all nine essential amino acids. They are also rich in healthy fats, particularly omega-3 and omega-6 fatty acids, which support heart health and brain function.

Digestive health: Hemp hearts are a good source of dietary fiber, promoting healthy digestion and regular bowel movements. Adequate fiber intake can also help prevent constipation and maintain gut health.

Heart health: The balance of omega-3 and omega-6 fatty acids in hemp hearts can help reduce bad cholesterol levels, lower the risk of heart disease, and support overall cardiovascular health.

Anti-inflammatory properties: Hemp hearts contain compounds such as gamma-linolenic acid (GLA) and cannabidiol (CBD), which have anti-inflammatory properties. These compounds may help reduce inflammation in the body, benefiting conditions like arthritis and inflammatory bowel disease.

Mineral content: Hemp hearts are a good source of essential minerals like magnesium, phosphorus, potassium, and zinc, which are necessary for various bodily functions, including bone health, muscle function, and immune system support.

Weight management: The combination of protein, healthy fats, and fiber in hemp hearts can promote satiety, help control appetite, and support weight management.

Usage Suggestions:

- Sprinkle on salads
- Blend into smoothies
- Mix into yogurt or oatmeal
- Incorporate into baked goods
- Make hemp milk
- Use as a topping
- Snack on their own

GET A FREE SAMPLE!
SCAN BELOW



THE 'LAID BACK' MARIJUANA MYTH

Understanding the Effects of THC vs CBD

Many people report using marijuana to cope with anxiety, especially those with social anxiety disorder.

However, what many do not know is that while lower dosages of THC (the psychoactive compound in cannabis) can reduce anxiety, higher doses can increase it. Frequent cannabis use is also a potential risk



factor for violence and aggression. It is also important to note that in the '80s, marijuana used to have a THC concentration of 2-5%, while today the quintessential psychoactive substance could go up to 25% - marketed as 'more is better'. Conversely, CBD appears to decrease anxiety at all doses that have been tested.

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CBD Alternative

Unlike THC, CBD lacks the psychoactive properties that create the "high" sensation in cannabis products. Instead, it provides your body with soothing feelings that can help mitigate anxiety, pain, insomnia, depression and even seizures.

So what's the difference between CBD and THC?

Both hemp and marijuana plants are of the same species - cannabis. The primary differentiating factor between the two is the level of THC that you will find contained within the flowers that these plants produce. While the definition varies from state to state, you will typically find that any cannabis plants

that produce flower with less than 0.3% THC will be considered hemp, while those that contain more than 0.3% THC are considered marijuana plants.

What are the CBD options?

CBD can be ingested (Gummies, Capsules), smoked (prerolls/flower), and/or balms. We like to call it, 'Wellness, without the high'. As with any product, choosing a reliable and premium product is the key. There is significant evidence that CBD is effective at treating insomnia, anxiety and pain provided that proper dosages are applied.

CBD HARMONY GUMMIES

Natural Relief in Every Bite

Hinkle Hemp's premium CBD Harmony Gummies offer a convenient and delicious way to address chronic pain, insomnia, social anxiety, seizures, and muscle spasms. Handcrafted to order, these gummies are designed to provide a balanced wellness experience.

Unlocking the Power of CBD

CBD gummies, like Hinkle Hemp's Harmony Gummies, become more effective over time. Some users report significant benefits within a week, while others may require up to a month of regular use. Patience is key when incorporating CBD into your routine.

Recommended Dosage

For optimal results, take 2-3 gummies per day, as needed. Consult with a healthcare professional to determine the right dosage for your specific needs.

Crafted with Care

Hinkle Hemp ensures premium quality by sourcing CBD from organic hemp farms and conducting rigorous testing.

Each Harmony Gummy is made-to-order, guaranteeing freshness and potency.

Embrace Natural Relief

By incorporating Hinkle Hemp's Premium CBD Harmony Gummies, you can embark on a balanced wellness journey. Find respite from chronic pain, achieve better sleep, reduce social anxiety, and alleviate seizures and muscle spasms.

Conclusion

Hinkle Hemp's Premium CBD Harmony Gummies offer a delicious and convenient way to experience the potential benefits of CBD. Tailored to address various wellness needs, these gummies provide natural relief. Discover the transformative effects of Hinkle Hemp's handcrafted gummies and take a step towards a balanced lifestyle. Consult with a healthcare professional to determine

your ideal dosage and enjoy the benefits of Hinkle Hemp's Premium CBD Harmony Gummies.



*At Hinkle Hemp, we prioritize people over profit.
As such an educated consumer is our best customer.*

Hinkle Hemp is a Veteran and Women-Owned Company

James Hinkle, Farmer of Sunlight

A former Marine Sergeant with a BS in Business Administration, James is the Farmer of Sunlight at Hinkle Hemp farm. He grows, maintains, harvests, and processes - as well as creating genetics and product content.

Amy Coy, Farmer / Product Development

Amy is a seasoned farming professional that grows, maintains, harvests, and processes - and creates genetics / product content.

Pattie Meyer, Harvester of Wellness

As an Award-winning multimedia design professional, Pattie combines her extensive experience in creatives, with project and quality management for optimum customer satisfaction & fulfillment.

HAVE QUESTIONS?

We'd love to hear from you.

Scan the QR CODE below and use our contact form.



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