



# HEMP APOTHEKE

*Hemp Apotheke is your premier source for Pharmaceutical Grade Full Spectrum Hemp Extract and CBD Isolate.*

We carry an extensive selection of products from the very best companies. Each product in our curated collection of Hemp Extracts is of pharmaceutical grade and free of pesticides and chemicals. Stop by our store in Santa Fe, New Mexico or shop right here online.



In an effort to support children’s physical and mental wellbeing during these challenging times, Hemp Apotheke has put together a special gift basket for those between the ages of 8 and 17. Any child of that age coming to the store with a parent who mentions this article, automatically qualifies. Valued at over \$40, the basket includes a tin of CBD gummies, bath salts, a passive diffuser with essential oil and a CBD honey stick. Other products can be purchased to add to the basket, if desired, and a minimum purchase of \$50 is requested, in order to enable this gift basket program to continue. The offer will remain active as long as supplies last.

messages we put out to the universe, determine what comes back to us. We hope this gift basket will help age-appropriate children to shift their perspective, and trust that this, too, will pass.”

Something practical that Basse suggests for both children and adults, is to take a few moments to carefully massage the stomach area. This helps to loosen any ‘stuck’ particles in and around the gut, at the same time alleviating any feelings of helplessness. As we all know, maintaining balance during these times can be a multi-faceted challenge, which makes it even more important to find ways to support, not only ourselves, but each other. ■

“The gift is intended to restore a sense of personal empowerment and promote a more positive outlook,” explains Basse. “Never underestimate the power of the mind. Our thoughts, and the



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## YOUR GUT KNOWS WHAT’S UP AND IT’S IMPORTANT TO PAY ATTENTION

*By Anya Sebastian*

**THE ARRIVAL OF COVID-19 HAS INEVITABLY RESULTED IN AN INCREASED FOCUS** on healthcare as the number one priority, and finding ways to boost immunity is an obvious place to start. Taking care of the digestive tract has become particularly important, as more people come to understand that the gut is home to the immune system and interest in CBD, in particular, is significantly on the rise.

“CBD has proven to be highly effective in promoting gut health,” says Gyana Basse, the owner of Hemp Apotheke, “because it works with the parasympathetic nervous system to balance the microorganisms, the flora, in the gut.”

For optimum results, CBD should ideally be used in conjunction with a healthy diet, probiotics, and supplements formulated to support and strengthen the immune system. “Fermented foods, like kimchi, sauerkraut and kombucha, are especially good for promoting and protecting gut health,” explains Basse. “Medicinal mushroom products are also very effective and come in different forms—capsules, powders and tinctures—to accommodate all tastes.”

Hemp Apotheke stocks a wide selection of Host Defence mushrooms, created to deal with a number of different issues. The powders can be dissolved in water, sprinkled on food, or used in recipes like the ones reproduced here. They can also be combined according to personal preferences, so an immune-boosting powder could be paired with one that helps to alleviate allergies (something else we’re dealing with right now) and in case you’re wondering, there is no after-taste.

Anyone interested to learn more about the products available, can consult Hemp Apotheke’s newly launched website, [hempapotheke.com](http://hempapotheke.com). There you will find information, news, and stories of personal experiences, as well as the option to ask questions, seek advice and purchase products online.

Adults are not, of course, the only ones to have been affected by the events of the past year; children of all ages, from toddlers to teenagers, have been profoundly impacted too. Stress is widespread and rising rapidly, often accompanied by feelings of depression, frustration and helplessness. Circumstances beyond their control have completely disrupted, not only their daily routines, but their entire way of life.

### GREEN MACHINE POPSICLES

- Time: Prep 5 minutes; Freeze 6 hours
- 2-4 servings
- 2 tsp MycoBotanicals Greens Powder
- 1 cup of orange juice
- 1 cup full fat coconut milk
- ½ of a banana
- ½ cup pineapple chunks
- Put all ingredients into a blender and puree until smooth.
- Pour mixture into popsicle molds;
- freeze for at least 6 hrs.



### SMOKY HUMMUS

- Time: 15 minutes | 4 servings
- 2 tbsp Host Defence mushroom powder of your choice
- 2-15oz. cans chickpeas, or 3 cups soaked/cooked chickpeas (Save liquid from cans or cooked chickpeas.)
- ⅓ cup fresh lemon juice; ¼ cup tahini
- ¼ tsp each of cumin, chipotle powder, smoked paprika
- ⅛ tsp cayenne pepper; 1 tsp salt;
- 2 chopped garlic cloves; 3 tbs extra virgin olive oil



In food processor, combine all ingredients, along with ⅓ to ½ cup of reserved liquid from chickpeas. Blend well until smooth (2-3 mins.). Add additional liquid and/or olive oil for desired consistency. Add more cayenne, chipotle, or lemon juice to taste. Serve topped with smoked paprika and a drizzle of olive oil. Enjoy!