

# The, two sides, of the same coin

By Diane Walsh

The elusive “Hemp Oil”. One of the intriguing -- some say, even magical -- “potions” Mother Nature, with her bobbing head and knowing smirk, bestowed on us mere mortals long, long ago. From Earth, is -- this -- oil!

It's oil from a very smart plant indeed. Into our imperfect and sometimes ill-stricken body-systems, it flows...absorbed by the multitudes, over the centuries. However, it's not without its foes. There is a twist. There always is..

From one variety of plant, is understood to be, the THC-laden hemp oil. Hash oil, or weed oil as it's coined, has been viciously labelled “The Devil’s Harvest”, and a menace to society. But just as war loaded as you might find one suspicious critic to be, will come dozens of other “Hemp Soldiers” who will claim it as the answer to effective cancer therapy.

From another variety of plant, with seemingly fewer enemies but not without undeserved skeptics, is the hemp-agri-food oil. In seeking to understand the types and true merits of the hemp plant, don't feel stupid if drawn in by the meme: the Angel's Oil vs. the Devil's Oil. I know I was.

The edible hemp oil, on which we'll focus in more depth, needs a precursor for useful discussion.

Cracking basic myths. When it comes to hemp oil, a line has been drawn in the butter, so to speak, separating the legal vs. illegal hemp plant. That is to say, there are almost impenetrable laws governing how society is allowed to manipulate/caress Mother Hemp, and for our own benefits.

The plant itself has literally been bifurcated.

Just as our understanding of its applications and efficacy here on earth has been doubly bifurcated into perceived “good” and “bad” hemp uses.

This, in my view, is misdirection, and I'll explain why.

Hemp is a whole plant, and should be seen as such, as that is the way it comes to us in nature. Medically active ingredients exist in the plant's botany, this is an “is” -- a given. It is how we choose to make use of its many uses that is at issue, constantly,

in society. The annoying part. There is nothing “wrong”, per se, with Mother Hemp. It doesn't have a bad side. It is society that assigns the label.

Sativa and Indica. Have you met them? 'Cuz, when it comes to oil made from a suspect plant in nature called Hemp, it is true that there are two distinctly different personalities. Certainly two known and differently understood varieties; Sativa and Indica.

The [falsely-ascribed] meme runs on a parallel with this. You know you've heard it! The magic-healer food -- and the demonic drug! The clandestine mafia-controlled taboo plant and the quasi-endorsed industrial/agri-food variety.

Pick your battle because the framework of the dichotomy has already been decided.

Good vs. evil. This is the construct with which we have been presented and the framework under which the war on drugs and the war on the poor and the sick is fought.

And this is where it all goes wrong.

An obstruction to understanding the way in which hemp gets misrepresented is what governments encourage. Starting with the devil's tool in splitting the legality of plant strains, this meme, in turn sponsored and cultivated by vested interests (by that I mean, big Pharma/Big Meat), prevents hemp from being understood, at all, as a whole plant.

Meet “good” Sativa. There is today, on the open market, a commercial/industrial/legal type of hemp oil. Hemp oil is a food, of course, in its own right, sold at the natural grocery store, and touted for its nutritional value. You may have heard of creamy hempseed nut butter. Quite popular.

Hemp oil is produced by cold-pressing the oil from seeds and is ingested as you would any other oil -- olive, corn or flax seed oil. It can be sprinkled on salad, or added in vinaigrette.

Hemp in this [legal] category is, also, found in body-care products, shampoo or soap, and hence we hear the term transdermal application. Refined hempseed oil is used in cream products for the skin, and is clear in colour.

But about that salad, and eating it with hemp oil -- for which you won't be arrested.

Hemp seeds have 25% quality protein and 40% fat in the form of oil. In the natural grocery store you will likely find hemp oil in bottles kept under refrigeration. Hemp oil is dark to light green, and has a nutty flavour. The legal requirement permitting 0.3 % THC or less, applies to all hemp-products. The general recommended serving is 2 tablespoons, converting to 9kcal/g. It is low in saturated fatty acids thus It can turn rancid, if left in the pantry for too long. It must stored properly in a cool/cold dark place, preferably in a dark glass bottle, away from the sun or heat. And of course it can be frozen for future use.

As a highly unsaturated oil, it has a relatively low smoke point and is not suitable for frying. It will quickly spark and spit. It does not do not contain THC. (Foodstuff THC content in Canada is 10 ppm or parts per million).

With its high fatty acid content, it is desirable for nutritional benefit because of its high omega-3 content. It also delivers some GLA (gamma-linolenic acid) that is absent from the fats we normally eat.

Hemp oil contains 57% linoleic (LA) and 19% linolenic (LNA) acids. These are the essential fatty acids (EFAs)-so-called because the body cannot produce them on its own and so must retrieve them from nutritional sources. The best sources are oils. Hemp oil is considered to lower risks of heart attacks because omega-3 fatty acids reduce the clotting tendency of the blood and improve cholesterol counts. It is for this reason this super-food is increasingly being recommended by health professionals. Omega-3 fatty acids and hemp oil have the added benefit of being an anti-inflammatory agent that makes them useful for those with autoimmune disorders. People with conditions such as arthritis may also respond well to consuming hemp-oil regularly.

On this point here does not seem to be any qualms (on the part of the government), assuming all regulations and permits are met. Hemp Oil Canada Inc. (HOCI), which sells hemp oil successfully as an agri- food from St. Agathe, Manitoba, has been operating fully since 1999. Hemp agriculture became legal again in 1998.

Getting back to the Indica variety -- still felt to be needing to be illegal. Botanically, THC-laden hemp oil is from the Indica

varieties, and is seen, by government, as the Devil's invention.

Indica is the clandestine incarnation of the hemp-plant varieties. The International Medical Veritas Association (IMVA) includes hemp oil for cancer therapy, we're told, but that's not without controversy. THC oil production is seriously illegal, despite the “Devil Spawns” we talked about earlier who swear to the health benefits of vaporization, extraction and inhaling cannabinoid essential oils or applying it to the skin.

Around 2,000 people have access to the medical marijuana program, a licence to possess hemp in Canada. Ordinary people can't individually make use of resin, i.e. resin as a medicine. Any information which supports a medical view of the therapeutic value of hemp oil -- that the justice system is designed to not only impede but actively participate in preventing the free use of hemp in medicine, which is seen to present loss of money for Big Pharma and legal-industry -- is categorically denied, and even suppressed.

The claim is that there is a pain reduction benefit, and that understanding is fairly irrefutable now. Cancer radiation kills everything in sight but doesn't give you a chance to live comfortably.

Why doesn't the system use THC to help alleviate pain or even help cure cancer? As a widely used substitute for chemical drugs- - it wants cancer patient to buy pharmaceuticals. Samuel Epstein in his book, *Cancer-Gate*, argues the point succinctly. The greater the disease, the greater the profit. Cancer is a big business.

Additional reading:  
1)[www.amazon.ca/Cancer-gate-How-Win-Losing-Cancer/dp/0895033542](http://www.amazon.ca/Cancer-gate-How-Win-Losing-Cancer/dp/0895033542)  
2) Ricky Simpson producing hemp oil out of Maccan, Nova Scotia, and facing the law [www.phoenixtears.ca](http://www.phoenixtears.ca)  
3) US government research into THC and cancer therapy, 2013 <http://www.whydontyoutrythis.com/2013/06/in-case-you-missed-it-government-confirms-and-reports-that-marijuana-prevents-or-cures-certain-cancers.html>

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## Victoria City Council endorses plan for \$10 per day child care

Through a resolution from Councillor Marianne Alto, Victoria City Council recently became the latest BC municipality to endorse the Coalition of Child Care Advocates and the Early Childhood Educators of BC's *Community Plan for a Public System of Integrated Early Care and Learning*.

Released in 2011, the Plan offers a concrete, innovative “Made in BC” solution to the childcare crisis facing families with young children. In the last two years the CCCABC and ECEBC have been advocating throughout BC for support of the Plan, and in that time many municipalities and Boards of Education from across BC have “opted in” to the Plan. (A list of organizations on record as supporters can be found at <http://www.cccabc.bc.ca/plan/endorse-the-plan/organizational-support/>.)

If and when government puts the Plan in place, child care will cost families \$10 a day for a full time program, \$7 a day for a part-time program, and will be free for families with an annual income under \$40,000. Every young child will have the right to participate in quality early care and learning programs that meet their needs. It will be up to families to choose what services work for them.

With new investment from the province, locally elected school boards will provide early care and learning programs in their communities with the operating funds they need to deliver quality programs. Early childhood educators will receive the respect and remuneration they deserve. Read the entire Plan at [www.ecebc.ca/news/integrated\\_project.html](http://www.ecebc.ca/news/integrated_project.html).

Here is the full text of Councillor Alto's Resolution.

Whereas Victoria residents value and welcome young children and their families in our community; and

Whereas access to quality, affordable early care and learning for families is an integral component in Victoria's economic and social sustainability, and our collective quality of life; and

Whereas the City of Victoria is committed to improving the quality of life for all our residents, including the youngest among us; and

Whereas the City of Victoria cannot, on its own, meet our community's child care and learning needs; and

Whereas the Community Plan for a Public System of Integrated Early Care and learning has the potential to be a blueprint to provide affordable, accessible childcare and learning opportunities for BC children, families and communities;

Be it therefore resolved that the City of Victoria endorses the vision and goals of the Community Plan for a Public System of Integrated Early Care and learning; and

Be it further resolved that the City of Victoria urge the provincial government to 1) endorse the Plan's vision and goals, 2) enact enabling legislation to guide the Plan's implementation and operation, 3) allocate adequate and stable funding to operate the Plan, and 4) work with communities to implement the components of the Plan that fall within provincial jurisdiction; and

Be it further resolved that the City of Victoria urge School District 61 to implement the Plan, work with parents, teachers, students, other districts and the provincial government to execute the components of the Plan that fall within school district jurisdiction; and

Be it further resolved that the City of Victoria will work together with residents and childcare advocates, the provincial government, and any other interests to promote and realize accessible, affordable, quality childcare in our community.

## Oak Bay-Gordon Head New Democrats

Profound thanks and great appreciation  
to our fantastic candidate  
**Jessica Van der Veen!**

Thank you to all campaign volunteers for your  
great work and support!

“See you at the Saanich Fair!”

You can reach your executive by mail to  
PO Box 5539, LCD 9, Victoria, BC V8R 6S4  
or email the president at [president@obghnewdemocrats.ca](mailto:president@obghnewdemocrats.ca)

## Cowichan Valley New Democrats

Keep in touch with your executive

Write to PO Box 102, Duncan, BC V9L 1P0  
Or email your president  
at [CowichanValleyNDP@shaw.ca](mailto:CowichanValleyNDP@shaw.ca)