



HEMP

The American Game Changer



Super Food
Climate Change
Green Building
Economics
Medicine

BY DARLENE MEA
"Together We Grow"

Hemp the American Game Changer

Disclaimer

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Hemp the American Game Changer

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Hemp the American Game Changer



Introduction

Welcome to the amazing world of Hemp, which is becoming America's next Game Changer. No doubt it's going to take all of us who understand hemp as an epic Industry and appreciate the powerful benefits of the Plant, to become educated and share our awareness! We are in pivotal times; this is a tipping point for sure. The future is in our hands. Our choices and actions will effect generations to come. Hence this e-book is here to serve you with discovery & enlightenment of the Cannabis/Hemp World.

I'm excited and very committed to being an integral part of the HEMP Media World. I am also very clear of Hemp's symbiotic relationships to all life and the importance of its re-emergence now.

The information collected here has been drawn from many viable sources. As the editor of Hemp Nation Magazine, I've decided to give you this research in video format as well, in case you want to share with those in your sphere. It'll be easier to share specific topics from the Hemp World in video.

We do have a bit of *a straight uphill climb* to reverse the 'false information' we've been told around the Cannabis Plant. However you should see the brilliant, amazing forerunners on this trail. No doubt, the locomotive has left the station. *So I say, all aboard, let's grow!*

In'joy,

Darlene Mea
Editor & Chief – Hemp Nation Magazine

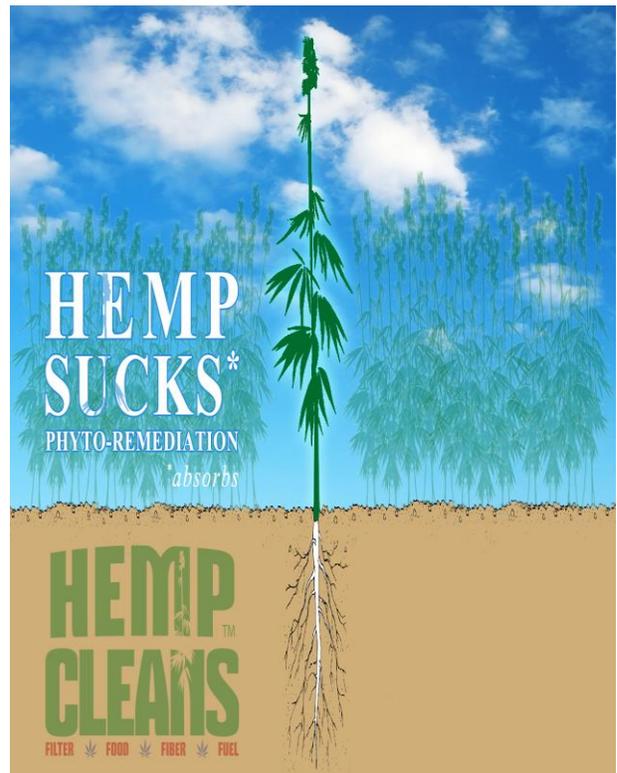
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Hemp... an Epic Game Changer

If you're reading this, you already know something major is happening, which is changing the course of our future in America, and throughout the world. The Cannabis plant is making a huge comeback after being somewhat untouchable for far too many years. As history shows, the Cannabis plant (also known as the "miracle plant") has been a part of our recorded history for over 12,000 years, and seemingly dates back to the beginning of time.

Cannabis, (Hemp and Marijuana) is a natural plant that is healthy for our world on many levels. Cannabis/Hemp can change and *will* change our reality in most beneficial ways – if we work together and educate ourselves to the actual truth surrounding these plants and push forward legislatively towards legalization, not only by the states but also and especially on the national level.

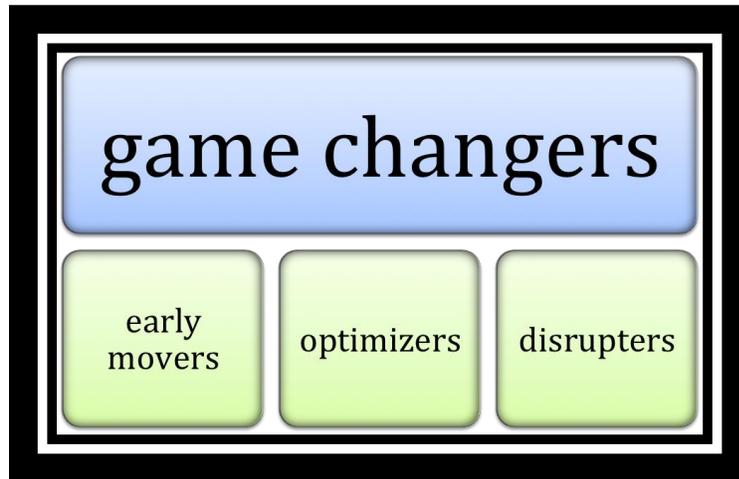
It seems if we stay on the trajectory we are currently heading, our country and our world may remain on this downward spiral of an eroding environment, flailing economy and rising health issues. Hemp, on the other hand, is one of the healthiest, most versatile and sustainable crops we have on this planet.



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Be a Game Changer!

It's up to each of us to do our part, get educated, get involved, be engaged and share. Hemp's multi-trillion dollar industry, exploding as we speak, has more benefits than we can mention in this e-book. **AND, the extreme importance for full legalization of the Hemp Plant in all 50 states on all levels of Government by Election time in Nov 2016, is our driving force.** What can Hemp do for you, and the rest of the world? Read on!



Even though there is over 12,000 years of recorded history regarding Cannabis and Hemp; for the last few generations, we have been completely misled, misinformed and dis-informed about the true nature and overwhelming uses of these extraordinary plants.

We can clearly see from the early 1930's until now, we have been deprived with what is naturally ours. Depriving our country and our people of our human rights and the ability to thrive. It's clear why our country and our people are somewhat of a mess... We have more unemployed, unhealthy people in this country today because we have nothing natural to stand on. With the Legalization of the Cannabis plant every one wins. Farming, Jobs, Industry, Made In America, Super Foods, Medicine, a major contributive solution for Climate Change and so much more.

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Cannabis – the Difference Between Hemp and Marijuana

Before we dive into the scientific or legal side of these two plants – I'd like to offer a simple explanation – one that seems to make it very easy to understand. Cannabis is a plant that has two strains, Hemp and Marijuana.

Both have cannabinoids, only one has THC, which is Marijuana. Hemp, on the other hand is very low in THC (0.03%), which you cannot get 'high' from. Many have experienced Marijuana as a relaxing, creative and safe recreational pleasure. Hemp, on the other hand is one of the most versatile, life giving plants on the planet, but we can't smoke it.



Yet, since 1937, even though one could never get 'high' on hemp, it was classified a Schedule 1 Drug, like heroin. And we were all led to believe Hemp and Marijuana are the same, when in fact, they are not! It's important to know the difference and be educated in the truth so you can easily empower others with this info!

Thanks to nearly 80 years of federal cannabis prohibition, public knowledge on the topic is limited to rumors and misinterpretations perpetuated online and in major media. Most people are still under old misconceptions of Cannabis, Hemp and Marijuana – It's extremely important that this misnomer be cleared up as quickly as possible.

We are in pivotal times in our country. HEMP is an answer to bringing the health of we the people and our country back. It's important to know the difference and move forward with HEMP as the evolution back to nature and the revolution to legalization.

The legal definitions have muddied the water in the past as hemp was declared at both federal and state levels, as an illegal drug... all in the pursuit of corporate growth of fiber, oil, plastics, chemicals,

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pharmaceutical industries... the list goes on! Now we are seeing legislation being passed in many states that redefines industrial hemp, making it legal to once again grow and produce products.

Hemp from the Beginning of Time...



Cannabis has been around – Even though it's reported 'the plant' has always been here. It's quite a impressive to know how many profound ways it was used and revered. We're finally beginning to understand the true reality of this amazing Cannabis plant, AND we are bringing it back by popular demand!

2900 BC - Chinese Emperor Fu Hsi References Cannabis as a Popular Medicine

"The Chinese Emperor Fu Hsi (ca. 2900 BC), whom the Chinese credit with bringing civilization to China, seems to have made reference to Ma, the Chinese word for Cannabis, noting that Cannabis was very popular medicine that possessed both yin and yang." *Source: jaars.org (accessed May 25, 2010)*

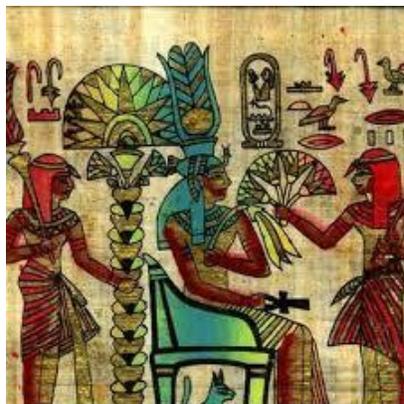
There is so much history on this plant you will be amazed – the three links below provide a wealth of information, the best history you'll ever read.

Here's 3 links of the complete Hemp history – quite impressive

<http://medicalmarijuana.procon.org/view.timeline.php?timelineID=000026>

<http://kushtourism.com/30-most-influential-moments-for-cannabis-part-1/>

<http://www.ukcia.org/culture/history/chrono.php>



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The Disappearance of the Cannabis Plant in America

The propaganda that happened in 1937 was highly due to the focus of ridding our country the ability to produce Hemp as The Multi-Billion Dollar Industry – much like Thomas Edison and Tesla with electricity. It was in 1937 when the decorticator was finally invented that HEMP was announced to be ‘The New Multi-Billion Dollar Industry’.

This was not going to be profitable for the profiteers, some of the obvious being, Hearst in the paper industry, DuPont in paint & plastics, as well as Pharmaceuticals, Oil, Gas and Cotton and AMA.

The Popular Mechanics article was the very first time in American history that the term “billion-dollar” was ever applied to any U.S. agricultural crop! Note: There was so little public attention and notice of the ban on

marijuana, or the resulting legislation (Marihuana Tax Act of 1937), that the editors apparently did not realize that it had already been outlawed when they published this article. Read the full article [here...](#)



President Obama Signs Farm Bill



In 2014 President Obama signed a bill bringing Hemp back for research. This is when things really went full speed ahead. President Obama Signs Farm Bill with [Amendment to Allow Industrial Hemp Research.](#)

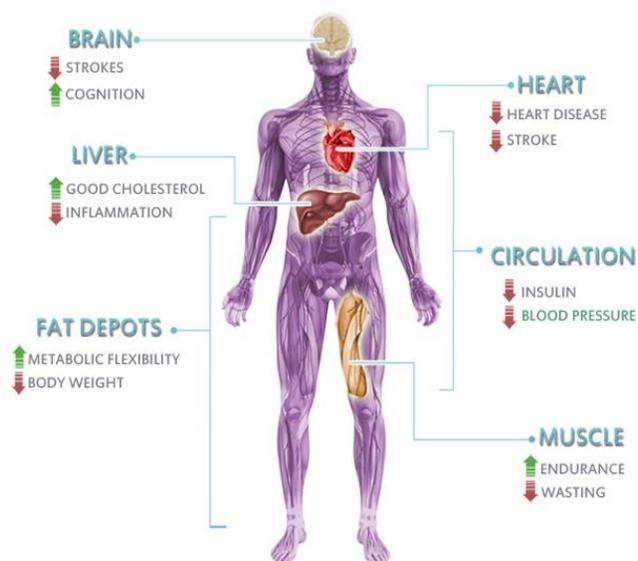
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Endo-Cannabinoid System

Every 'Body's' got one!

In 1902 Thomas Edison said, "There were never so many able, active minds at work on the problems of disease as now, and all their discoveries are tending toward the simple truth that you can't improve on nature." Cannabinoid research has proven this statement is still valid.

It's important to begin here on our quest for knowledge regarding our BODY and it's relationship to this amazing food for life, 'Cannabinoids' or CBD's. Cannabinoids are a food for our Endo-cannabinoid system. What's our Endo-cannabinoid System? It's our body's INTERNAL control system. Who knew we even had one? Well we do, and, denying us the knowledge of this and the legal use of Cannabinoids for this system in our bodies, is a huge insult to our human rights and the ability to live and thrive with a healthy system, naturally.

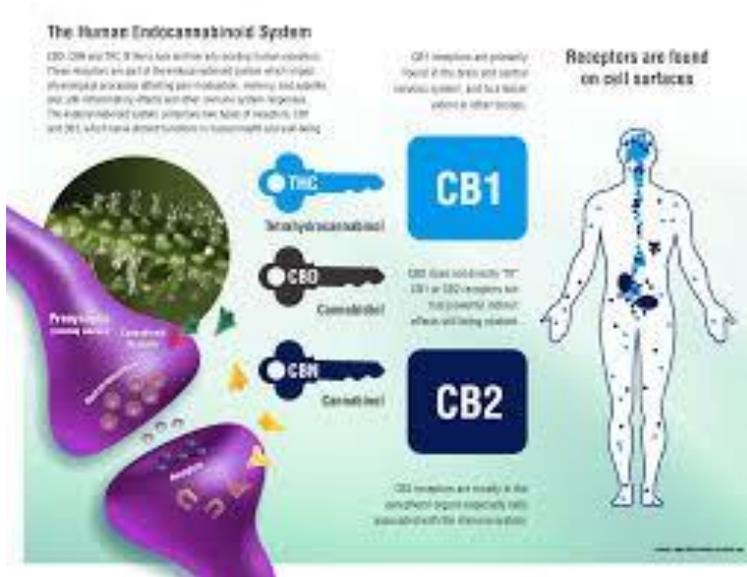


There is a wealth of an ever growing scientific studies arriving at the conclusion that, CBD's introduced into our bodies (in any variety of ways) according to thousands of years of history, have marvelous healing abilities and preventative medicinal benefits. It is logical to surmise that if we give our body the food it needs, we would not have so many hospitals and so many chronically sick people in our country. Our body's systems have been starved of the fuel it needs to survive and even thrive at peak performance.

Before I go further into the deeper functions of this system, I wanted share FYI that HEMP CBD's are legal to buy in all 50 states. Make sure to do research the company you purchase from.

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The EndoCannabinoid System ECS - The endogenous cannabinoid system, named after the plant that led to its discovery, is perhaps the most important physiologic system involved in establishing and maintaining human health. Endocannabinoids and their receptors are found throughout the body: in the brain, organs, connective tissues, glands, and immune cells. In each tissue, the cannabinoid system performs different tasks, but the goal is always the same: homeostasis, the maintenance of a stable internal environment despite fluctuations in the external environment.



Cannabinoids promote homeostasis at every level of biological life, from the sub-cellular, to the organism, and perhaps to the community and beyond. Here's one example: autophagy, a process in which a cell sequesters part of its contents to be self-digested and recycled, is mediated by the cannabinoid system. While this process keeps normal cells alive, allowing them to maintain a balance between the

synthesis, degradation, and subsequent recycling of cellular products, it has a deadly effect on malignant tumor cells, causing them to consume themselves in a programmed cellular suicide. The death of cancer cells, of course, promotes homeostasis and survival at the level of the entire organism.

Endocannabinoids and cannabinoids are also found at the intersection of the body's various systems, allowing communication and coordination between different cell types. At the site of an injury, for example, cannabinoids can be utilized to decrease the release of activators and sensitizers from the injured tissue, stabilizing the nerve cell to prevent excessive firing, thereby calming nearby immune cells to prevent release of pro-inflammatory substances. Three different mechanisms of action on three different cell types for a single purpose: minimizing the pain and damage caused by the injury.

The ECS, with its complex actions in our immune system, nervous system, and all of the body's organs, is literally a bridge between body and mind. By understanding this system we begin to see a mechanism that explains how states of consciousness can promote health or disease.

Reformatting these old patterns is an essential part of health in our quickly changing environment.

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Hemp the Super Food

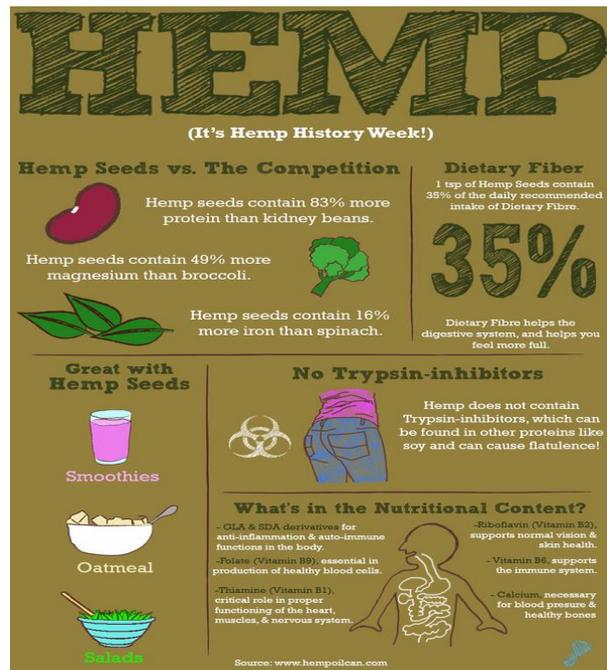
The Health Benefits of Hemp Seeds

Hemp seeds and their many by-products are nutritional powerhouses. Each seed is approximately 44 percent oil, 33 percent protein, and 12 percent fiber and carbohydrates. The rest is moisture. In addition to these macronutrients, hemp seeds have vitamins, important trace minerals, and phytosterols.

Omega-6/Omega-3 Fatty Acids: Omega-6 fatty acids are dominant in most vegetable oils. Not many contain enough omega-3 fatty acids, however.

Health experts agree that we need to consume both of these fatty acids and that for optimum health, we should eat them in a ratio of four to one. Most people are getting too little omega-3 and consuming a ratio closer to ten to one.

Recent research indicates that this off-kilter ratio is causing cardiovascular diseases, arthritis, diabetes, and other illnesses. The ratio of omega-6 to omega-3 in hemp seeds and oil is three to one. This overachieving ratio can help you to offset the fact that you likely consume too much omega-6 in the rest of your diet.



Skin Relief: In addition to the omega fatty acids, hemp seeds and oil contain some fats that are even more difficult to find in other sources. These are gamma-linoleic acid (GLA) and stearidonic acid (SDA). These are considered to be “super” polyunsaturated fatty acids and they have been shown in research to relieve symptoms of certain skin diseases including dermatitis. Be aware, however, that the amount of GLA and SDA in hemp seeds varies quite a lot.

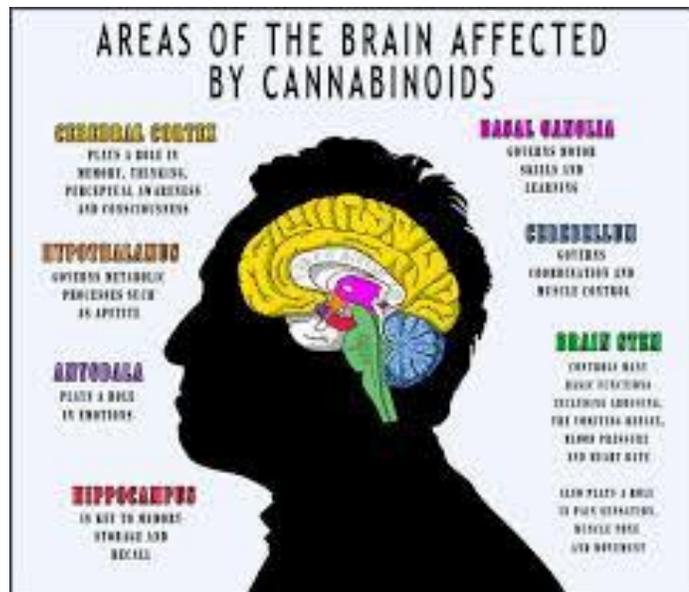
GLA: The benefits of consuming GLA do not end with your skin. Getting enough of this fatty acid found in hemp seeds may also increase your metabolism, reduce the symptoms of PMS, improve the condition of hair and nails, lower levels of bad cholesterol in your blood, and decrease inflammation in your body. The latter is of particular benefit to those who suffer with asthma, multiple sclerosis, arthritis, fibromyalgia, and other inflammatory diseases.

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Protein: Hemp seeds are an excellent source of protein, which makes them particularly useful for vegetarians and vegans. They contain nearly the complete set of amino acids, the building blocks of protein that are found in meat and dairy. The only plant source with a more complete protein profile is soy. The type of protein found in hemp seeds is easy to digest and absorb, and is better utilized in our bodies than the protein found in soy.

Immunity: Eating hemp seeds has been shown to improve the functioning of the immune system. There are many possible reasons, including the fatty acid profile and the phytonutrients, but also the presence in the seeds of globulin proteins, which are needed to have a fully functioning immune system. The seeds, oil, and milk all provide this immune-boosting benefit.

Brain Health: The fatty acids that are in hemp seeds and hemp oil are known to help benefit brain health. They play an important role in the brain and have been found to be lacking in the brains of patients with diseases like Parkinsons and Alzheimers. Diets rich in the fatty acids found in hemp, especially the ideal ratio of omega-6 to omega-3 fatty acids, have been proven in research to reduce or delay the symptoms of these brain diseases.



Weight Loss: The nutritional content of hemp seeds is such that they leave you feeling full and satisfied. The combination of fats, protein, and fiber are a powerful combination for feeling full. If you are trying to lose weight or maintain your weight, adding hemp seeds to some of your meals is a great way to help keep you from feeling hungry later in the day.

Phytosterols: Phytosterols are compounds found in some plants that resemble cholesterol. Research has proven that consuming these compounds can lower the amount of LDL, or bad, cholesterol in your body. Hemp seeds naturally contain high levels of phytosterols. There is also some evidence that phytosterols can help protect against cancer by stopping the growth of cancer cells and even actively helping to destroy them.

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you live. The entire Cannabis plant is a human right, and for purposes here, Hemp is vitally important to us now, and our future generations...

Environmental Importance of Hemp for Climate Change

The Earth's resources must be used at a rate at which they can be replenished. However, there is now clear scientific evidence that humanity is living in an unsustainable fashion, and that an unprecedented collective effort is needed to return human use of natural resources to within sustainable limits.



In 1989, the World Commission on Environment and Development, articulated what has now become a widely accepted definition of sustainability: "[to meet] the needs of the present without compromising the ability of future generations to meet their own needs." –Wikipedia

The various processes for converting hemp biomass into fuel are too numerous to be discussed in this article, but the most promising appears to be hydrolysis, because it can potentially yield 100 gallons per

ton by converting cellulose into fermentable glucose. **This means a single acre of hemp can theoretically produce ten tons -- or 1,000 gallons of fuel -- per growing season.**

The US Department of Energy and the Environmental Protection Agency are all on record **declaring the production of biodiesel and bioethanol as essential for addressing the environmental crisis caused by fossil fuels.**

When burning hemp as a fuel, carbon dioxide is released into the air, but is absorbed by the next crop, which can be harvested 120 days after planting. This quick growth avoids the build-up of carbon dioxide.

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Also, hemp is a very leafy plant and thus contributes a high level of oxygen to the atmosphere during its growth; between 20 and 40%. This makes up for the loss of oxygen when it is burnt as a fuel, which in turn, reduces unwanted effects of global warming, acid rain and the depletion in the ozone layer on the environment.

Air pollution is reduced since hemp is naturally resistant to pests and does not need pesticides and herbicides to be sprayed. Very little fertilizers are required, since it's abundant leaves fall into the soil and release the required nutrients and minerals, thereby creating better soil condition. Cotton and flax are known to consume 50% of all pesticides; hemp replaces cotton as a raw material in the manufacturing of paper and cloth, and flax fiber or seed for animal feed, animal bedding and paper.

Soil enrichment: The hemp crop grows dense and vigorously. Sunlight cannot penetrate the plants to reach the ground, and this means the crop is normally free of weeds. Its deep roots use ground water and reduce its salinity. Also, erosion of topsoil is limited, thereby reducing water pollution. The roots give nitrogen and other nutrients to the soil. After the harvest, this soil makes excellent compost amendments for other plants, and hemp cultivation can follow the rotation of agriculture with wheat or soybean. In fact, the same soil can be used to grow hemp for many years, without losing its high quality. The hemp plant absorbs toxic metals emitted by nuclear plants into the soil, such as copper, cadmium, lead and mercury.

Fabrics made of hemp do not have any chemical residue, and is therefore safe for consumers. Even if the fabric contains only 50% hemp, it can keep the UV rays of the sun from harming the skin underneath.

Hemp products can be recycled, reused and are 100% biodegradable. The growth speed of the plant is fast enough to meet the increasing industrial and commercial demand for these products. Switching to



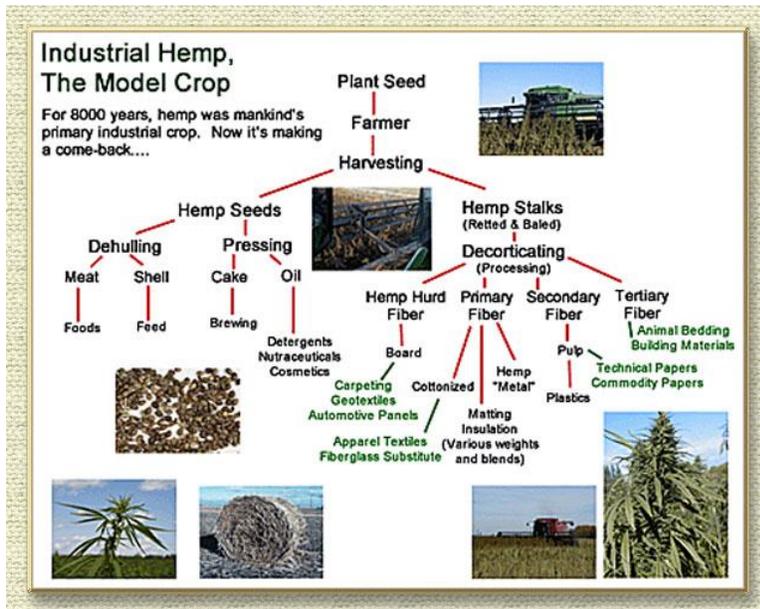
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hemp products will help save the environment, leaving a cleaner and greener planet for the next generation.

SOURCE: <http://hempbenefits.org/environmental-benefits-of-hemp/>

Hemp is the Perfect Green Building Material

Hemp is proving to be an excellent green building solution. Breathing in 4x the carbon dioxide (CO2) of trees during its quick 12-14 week growing cycle. Trees take 20 years to mature versus 4 months for Industrial Hemp! Our forests are being cut down 3x faster than they can grow! One acre of hemp produces as much cellulose fiber pulp as 4.1 acres of trees!!! (*Dewey & Merrill. Bulletin #404. U.S. Dept. of Age. 1916*)



Hemp cultivation and production do not harm the environment. The USDA Bulletin #404 concluded that hemp produces 4 times as much pulp with at least 4 to 7 times less pollution. (*Popular Mechanics, Feb. 1938*)

According to a [blog on HempNewsTV](#) in November 10, 2009 – *The demand for more environmentally-friendly building materials and techniques is at an all-time high and will, in all*

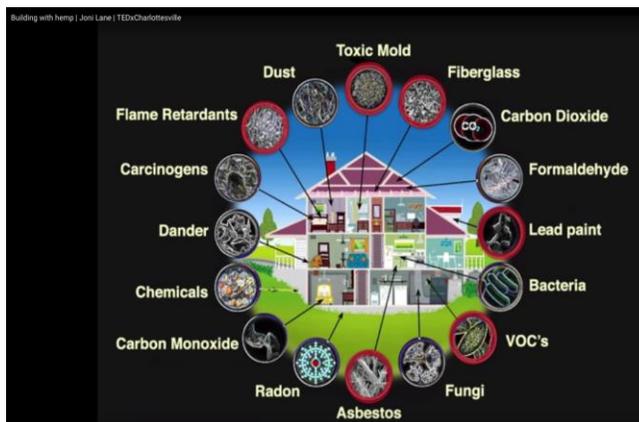
likelihood, only continue to increase. Since buildings account for 38% of the total carbon dioxide emissions in the U.S., it's obviously time for us to take a step back and rethink the way our buildings affect the environment. Among the new, greener building materials and techniques is a material that's not so new, but is rethought: HEMP.

The construction industry is feeling increased pressure to green up their practices, and **HempCrete** is finally available in the U.S., though not without significant cost. **Hopefully as more people in this industry become aware of the benefits of using HempCrete, they will drive legislation all the way to the federal level to make hemp legal.**

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Consider Some Facts About Hemp

- Hemp does not require herbicides or pesticides.
- Hemp can be grown in a wide range of latitudes and altitudes.
- Hemp replenishes soil with nutrients and nitrogen, making it an excellent rotational crop
- Hemp controls erosion of the topsoil.
- Hemp converts CO2 to oxygen better than trees.
- Hemp produces more oil than any other crop, and can be used for food, fuel, lubricants, soaps, etc.
- Hemp nut is a very healthy food, It's high in omega oils and is the highest protein crop (after soybean)
- Hemp can be used for making plastics, including car parts.
- Hemp makes paper more efficiently and ecologically than wood, requiring no chemical glues.
- Hemp can be used to make fiberboard.
- Hemp can be used to make paint.
- Hemp can produce bio-fuel and ethanol (better than corn).
- Hemp can be grown more than once per year.
- Hemp fibers can make very strong rope and textiles.
- Hemp has 25,000+ uses.



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Hemp Biodiesel Fuel

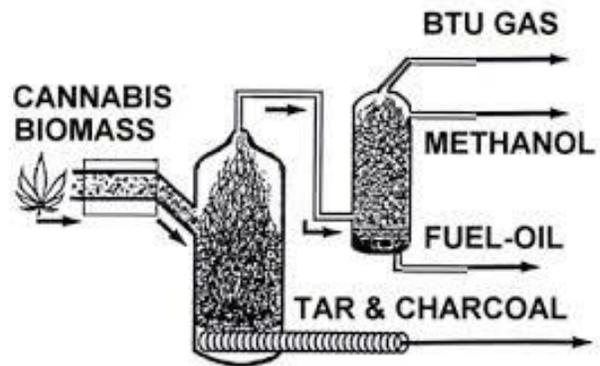
Can HEMP fuel America?

According to the United States Agricultural statistics, we have an excess of 450 to 500 million acres of farmland, unplanted. In order to produce enough the amount of methanol it takes to take care of all of our transportation needs we would need to plant from 12 to 34 million acres of hemp – this would produce the bio-mass necessary to fuel our country.

Environmentally friendly Hemp fuel sources:

The basics: Hemp can provide two types of fuel;

1. **Hemp biodiesel** – made from the oil of the (pressed) hemp seed.
2. **Hemp ethanol/methanol** – made from the fermented stalk.



To clarify further, ethanol is made from such things as grains, sugars, starches, waste paper and forest products, and methanol is made from woody/pulp matter. Using processes such as gasification, acid hydrolysis and enzymes, hemp can be used to make both ethanol and methanol.

In this day of oil wars, peak oil prices, climate change and oil spills such as the one in the gulf by BP, it's more important than ever to promote sustainable alternatives such as hemp ethanol. Hemp turns out to be the most cost-efficient and valuable of all the fuel crops we could grow on a scale that could fuel the world.

In addition, one reason that may have contributed to the hemp prohibition – may have been the realization that OIL production is threatened by any competing fuel source such as biofuel from hemp, especially one that requires no modifications to your car!

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Epic Videos on Hemp's Game Changing World

Health ~ Sustainability ~ Economics

I have researched what's current and what I feel is most important is: our health and wellbeing, the sustainability and symbiotic relationship with our planet, and new "Made in America" industries. I hope you will find these videos on the Hemp Industry, enlightening, fascinating and even exciting to know, we do have a future that is bright with the *highly versatile & sustainable World of Hemp*.



HEMP 4 FUEL - 95% Cleaner than Fossil Fuel

<https://youtu.be/M2N4EZxAJ4s>



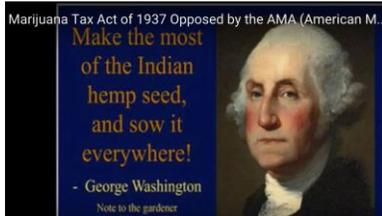
THE GROWING INDUSTRIAL HEMP MOVEMENT

<https://youtu.be/nTZbB9dsRww>



INDUSTRIAL HEMP SOLUTIONS

<https://youtu.be/ZavHPQ8ZCLE>



MARIJUANA TAX ACT OF 1937 OPPOSED BY THE AMA (AMERICAN MEDICAL ASSOCIATION)

https://youtu.be/Fv5nKVfcC_o

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ALEX JONES RANTS ABOUT HEMP, DUPONT, DOW CHEMICAL, VACCINES, MARIJUANA, TSA, AND MORE!

https://youtu.be/EtcDKibs_FQ



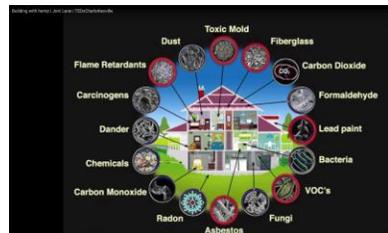
GLOBAL RESCUE'S CLIMATE CHANGE VILLAGE & INDUSTRIAL HEMP

<https://youtu.be/3BB4hJPdOyw>



MARIJUANA / HEMP HISTORY 101

<https://youtu.be/eY6UjUykdnA>



TEDX CHARLOTTESVILLE – INDUSTRIAL HEMP CREATES A SUSTAINABLE WORLD

<https://youtu.be/Lf--qYYG-Wo>



ZERO CARBON BUILDINGS IN THE FUTURE

https://youtu.be/9XTODDBBy_Bo



HEMP INC. IN THE NEWS

<https://youtu.be/cmxEoECxROU>

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TEXTILE & COMPOSITE INDUSTRIES - D8 HEMP DECORTICATOR DEMONSTRATION

<https://youtu.be/U8LFErsq6wI>



HEMP IN THE NEWS - OCTOBER 2015

<https://youtu.be/cmxEoECxROU>

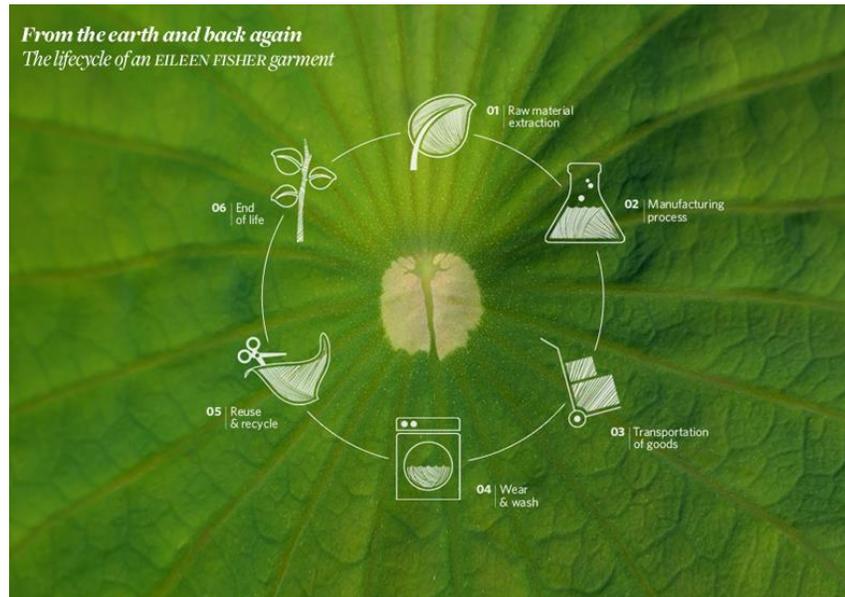


HEMP SEED: THE NEW SUPER FOOD?

<https://youtu.be/r9E8hvueWdA>

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Learn More About the Hemp Industry



Organizations dedicated to the education and legalization of Hemp.



VOTE Hemp - http://votehemp.com/what_can_i_do.html



National Hemp Association - <http://nationalhempassociation.org/>



Hemp Industrial Association - <http://www.thehia.org>

Check out these websites to stay updated with what's happening in the Industrial Hemp industry:



Hemp Inc. - www.hempinc.com



Hemp Nation Magazine - www.hempnationmagazine.com

Hemp Nation Magazine Website - www.hempnationmagazine.com
For more information: darlene@hempnationmagazine.com

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Conclusion



In closing, I know there's a lot of information here, and that it barely scratches the surfaces. I encourage you to explore and discover more about the "Hemp World".

Even though Hemp can be worn, eaten and taken as CBD's, (super food, cannabinoids for our Endo-Cannabinoid system*) and is legal to buy in all 50 states, it is still not legal to grow in all 50 states. Why you ask?

Indeed, we're asking too. Now, the Hemp train has left the station and the movers and shakers of this country are coming out of the woodwork for the Hemp Revolution and Victory... Hop on board, it's going to be a great ride!

The reintroduction of the Hemp industry to this country is a no-brainer, in my opinion. It would reinvigorate many aspects of our flailing economy by providing a wide range of Made in America Products to burgeoning industries. These products include; Super Foods, Medicines, Textiles, Clothing, Bio-Fuel, Plastics, Paper, HEMPCRETE and 25,000+ other uses we're continuing to discover, and re-discover, which of course leads to job creation across all sectors. Not only that, it's an industry that has eco-sustainable virtues, which could vastly contribute to a reduction in unsustainable products currently produced today. Using hemp could be instrumental in phasing out the many non-biodegradable and toxic products we purchase and replace them with healthy and environmentally friendly alternatives.

With education and awareness, we can hopefully get our brilliant American family on board to full legalization, and become a part of this Hemp Revolution for life, sustainability and freedom for all!

Become a Game Changer

Become a Subscriber to Hemp Nation Magazine, and be connected to the pulse of this epic industry.

