

## CBD Chocolate Covered Strawberries

You know what's a really great idea we bet you've never tried? CBD chocolate covered strawberries! ✨

Chocolate-dipped fruit is already a good idea... but here us out on this one before you run to the shops:

Given CBD's recent rise in popularity (we're not surprised!), we thought we'd mix things up a little and make CBD chocolate dipped strawberries for fun. The result? 'T was delicious!

You'll need a pint of fresh strawberries,  $\frac{3}{4}$  cup chocolate chips (dark, milk, or white, we won't judge),  $\frac{1}{2}$  teaspoon coconut oil and 1ml of CBD... or desired amount!

In a bowl, combine the chocolate chips and coconut oil and microwave for a minute. Then remove, stir and put it back. Continue to microwave on short intervals until it's all smooth 🍫

Now you can gently stir in the CBD concentrate (if the temperature is over 240 degrees, ideally)... and voilà! You're about to love this! But before you dip your finger in...

Wash and dry your strawberries well, and dip them right into the chocolate mix instead! 🍓

If you make this recipe, we'd love to see your results! Post and tag us – good things are to be shared! 😊

## Fresh Herbs

How would you like to keep your kitchen supplied with fresh herbs year-round? 🌿

While some varieties thrive on a sunny windowsill (or under grow light) and others not so much, follow this guide and you might find yourself the owner of an indoor garden in no time!

🏠 Choose a sunny window to start with. Your new plants may be indoors, but the more light you can provide for them, the better off they'll be! Herbs grown in strong bright light tend to have the strongest flavor, too.

🏠 Use pots that drain. Ensuring your pots have drainage is very important, because herbs don't like to be kept in standing water. Ensure there is a way for the water to drain out of the pot.

🏠 Don't combine multiple herbs in one container. You want the flexibility separate pots give you. If one herb comes under attack by an indoor pest like fruit flies, it'll be much more difficult to deal with it.

🏠 Space out pots. Make sure there is good air circulation between the plants. If they are too close, they may not receive enough air flow. Give them a little breathing room and even rearrange the herb garden from time to time.

🏠 Maintain a 60-70 degree temperature. This is the ideal temperature for most herbs – and homes! However, keep in mind that basil is a little bit special and needs a slightly higher temperature to thrive (around 75 degrees).

🏠 Keep herbs hydrated. Allow the pots to dry out somewhat between watering, then test the soil with your finger. On this note, water your herbs slowly to allow the ground to absorb the water. Otherwise it might just be drained out too fast!

The indoor herb garden will not only look great, but also keep your meals tasting fresh! Time to give it a try? Let us know how it goes 🌱

## Get Glowing Skin In 6 Steps

Healthy skin has an irresistible glow and energy, no matter the age ✨

While getting a glowing complexion isn't an overnight miracle, your skin is the largest organ that you have so you want to take good care of it... and put your best face forward!

Here are some tips for keeping those nasty blemishes at bay:

💚 Change your pillow cases and face towels often. Don't be fooled that it's clean just because you can't see any visible dirt. Drying your face with a dirty towel or not changing your pillow case regularly can lead to acne outbreaks.

💚 Get your beauty sleep of at least 7 to 9 hours. When you get a good night's sleep, you wake up refreshed and your skin glows naturally. Instead, sleep deprivation causes a decrease in blood flow to the skin surrounding your face.

💚 Eat for healthy skin. What you eat affects many aspects of health, including the skin. Optimise your nutrition by eating more antioxidant-rich fruit and vegetables, and healthy fats from oil, fish and nuts.

💚 Be consistent with your skin care routine. This will help with treating acne, wrinkles and uneven skin tone, and improving the clarity of your skin. It may sound cliché, but when you take care of your skin... It shows!

💚 Use Cannovia CBD Soothing Lotion. Treat your skin to a moisturizing lotion enhanced with CBD, Moroccan argan oil, aloe vera, green tea and chamomile to soothe, soften and hydrate. Your skin will feel the love!

♥ Drink lots of water. Water helps the body to flush out toxins, which gives you healthy skin. Aim for at least 8 glasses a day and you may notice that, by increasing your water intake, your skin has a more radiant glow.

Any more tips? Let us know in the comments!

## Guide to Meditation

Sometimes it may feel that there's not enough time in a day to start a daily meditation practice, or that these things simply aren't for you.

But if you choose to commit to a month, even a week, of five-minutes-a-day meditation practice, it will undoubtedly have positive results 🙌

And if you find that it really isn't for you? Well, at least you can say you tried!

There's a wide range of different types of meditations out there, each with its own benefits and absolutely worth looking into if it sparks your interest...

But, if you're a beginner, you may want to start with simply focusing on your breath ✨

Find a quiet spot where you can sit comfortably and be undisturbed for a little while. Then, simply, start focusing on how your breath feels, especially in the throat and nose 🧘

Thoughts will, of course, arise – especially at first. Simply observe them and let them go, like clouds. Gently return your focus to your breath and follow its rhythm, in and out.

Make time to practise everyday and be patient. You will soon see what the hype is all about, and meditation might just become another part of your day.

Let us know how it goes for you 😊

## Muscle Recovery Hot VS Cold Therapy

No pain no gain, but muscle pain is still ugly 🙄

So what is there to do?

Local therapy is probably the best option for small areas of pain, like one stiff muscle, a sprain or a strain (assuming that the pain is short-term!)

Hot therapy is recommended for general stiffness or to warm up muscles before activity.

Heat works by boosting the flow of blood and nutrients to an area of the body. You could use small heated gel packs or a hot water bottle 🔥

Cold therapy, also called cryotherapy, works by reducing blood flow to an injury site instead.

This reduces the swelling, pain, inflammation and muscle spasm. Use a water bottle filled with cold water or a pad cooled in the freezer ❄️

In many cases, alternating heat and cold may help as it stimulates the muscle to recover.

Another tip for rapid relief of stiffness and pain in muscles, effusions and swelling? Use the CBD Cooling gel as part of the recovery process.

Apply it to your muscles, joints, and whatever body parts you need to improve, daily or occasionally 💪

We look forward to hearing how much quicker your recovery process becomes!

### **Research backed benefits of meditation**

Mindfulness meditation, the type of meditation we usually think of when we talk about starting a daily meditation practice, has been shown time and again to positively impact our mental and physical health.

Interestingly but not surprisingly, one of the main benefits of meditation is that it improves attention and concentration... But are there others? Science says so, and we've gathered some to share with you:

🧘 Improved mental wellbeing. Meditation teaches us to focus on one thing, and let the rest go by. That doesn't mean that we don't notice it. We do. We observe it, and then we let it go, because we want our focus to be somewhere else. What a skill to have in today's world!

🧘 It helps reduce stress. Meditation is considered an effective stress-management tool, ultimately reprogramming the brain to build resilience, soften anxiety and reduce stress. How? It gives you the freshness of the present and asks you to focus on that and that alone.

🧘 It promotes physical wellness. It turns out that frequent meditators can improve their blood circulation, lower the heart rate and maintain a healthier heart. Meditation seems also to improve immune system functions and produce positive, lasting changes in the brain.

🧘 It supports improved attention span and boosts memory retention. As we age, our brain function gradually declines, but a consistent mindfulness practice seems to help bolster brain function, decelerate memory loss and enhance mental agility and alertness.

If you'd like to start to meditate, we advise you to make time to practise for a few minutes everyday and be patient with yourself at first... And, of course, let us know the results! 🙏

## The Benefits of Massage Therapy

Let's talk about why you need a massage, ASAP.

Massage therapy is generally considered part of integrative medicine. Research supports the health benefits of massage therapy for numerous problems – from the low-back pain we can all relate to, to conditions such as fibromyalgia.

But the number one benefit of receiving a massage remains... stress-relief 🧘

We all need to take time to relax, fully immerse ourselves in a tranquil environment and unwind from the week. This allows for us to clear our minds and release the stress and tension that we hold in our body. A holistic approach to this is – you guessed it! – a massage.

Massage therapy has physical, emotional and mental benefits, such as:

☀️ It relaxes muscle tissue, which in turn reduces any painful contractions and spasms. Massage can even reduce nerve compression.

☀️ Your range of motion increases. This is achieved through increasing the temperature of soft tissues by stimulating friction to an area of the body.

☀️ It helps strengthen concentration and memory and provides clarity of thought. The quality of your sleep will also increase as a result of receiving regular massage therapy.

☀️ Your mood is lifted, making you feeling lighter and more positive. Massage helps relieve stress by releasing feel good hormones.

The next time you need a good massage, we recommend the CBD Cooling Gel.

Packing Full Spectrum CBD with other cannabinoids, skin-nourishing Moroccan argan oil, and botanicals including organic aloe leaf juice, menthol, capsicum and camphor, our Cooling Gel is a topical powerhouse 💪

Cannovia CBD Cooling Gel can be applied to muscles and joints to chill the feelings of sore, tired body parts – and the CBD Soothing Lotion complements it nicely too.

Head to the link in bio to read more about these products ✨

## The Who, What, Why, When, Where, How of Mynd Gum

Life happens! And sometimes we need something extra to cope with the interferences, achieve peak performance, or simply carry on with it.

No, we're not talking about coffee this time ☕

Meet mynd™. With the mynd™ gum, you do your day, your way. But this isn't just a regular gum. So what is it? 🌀

mynd™ is just the right mix of hemp, nootropics and vitamins, all in a delicious piece of gum. It includes premium CBD and CBG hemp cannabinoids, it has no artificial colors and it's sugar-free, gluten-free, dairy-free, soy & nut-free, and vegan 🌱

You use it to match your state of mind with the moment. Absorption in the mouth is up to 5 x faster than when you drink or swallow, so you benefit from speedy results too. mynd™ gets your mynd in the mood, sooner rather than later 😊

When to use it? Every day is fine, as is only occasionally. Morning, noon and night are all perfectly acceptable times, too. As for that particular event you've just thought of? Yeah, you can have your mynd™ gum before, during or after. Whatever it is 📅 17

Where to use it? Wherever you want, really – at home, in the office or at play. Got anywhere nice to go? Try on the way. Or already there. Or after you've left. What I'm trying to say is, any place is a good place to pause and chew some mynd™ gum 🏠

How to use it? This is the fun part! You get to choose your state of mind (FOCUS, ENERGY, CALM or RECOVERY) every time. Then you simply open the respective packet of mynd™ gum, pop a piece in your mouth and chew it for at least 10 minutes 😊

As for who can use it... anyone, really. Well, anyone over 18. Share your pack with your friends, family, co-workers, teammates and neighbors, and let them see for themselves the benefits of mynd™ ... or better yet, share this post with them first! 🤝

#### Hashtags:

#massage #massagetherapy #betterwellnessnaturally #healthandwellness #wellnessthatworks  
#mentalwellness #emotionalwellness #toxinfree #veganproducts #calmyourmind #takecareofyourbody  
#sleepbetter #musclerecovery #cbdmovement #cbdcommunity #cbdproducts #cbdhealth #cbdoilproduct  
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