

Monthly Newsletter



Three Years Strong and Growing with Intention

March 1st marks three years of Recover Cann.

What started as a mission to support veterans navigating medical cannabis has grown into a trusted community grounded in care, connection, and steady support.

We're grateful to every patient, clinic partner, and supporter who has walked alongside us.

Your trust continues to shape the work we do.

Thank you for being part of the journey.

This month at Recover Cann, we're Marching into Wellness.

March carries with it the momentum to reset routines that feel off-balance, rebuild consistency after winter fatigue, and reconnect with your body, your community, and your wellness goals.

With spring in the air, there's space to move forward — not with pressure, but with steadiness.

This Month's Mission:

Nutrition: Anti-Inflammatory Fuel

International Women's Day

The 5 Senses: Taste the Terps

Sour Power: A Sensory Reset

Cannabis in the Kitchen

Community Connections

Edmonton Highlights:

Last month, we had the honour of connecting with our Edmonton community through:

- **Women-Only Float Event**
 - An opportunity for nervous system regulation, relaxation, and community building.
- **New Life Canna Grow Tour**
 - An inside look at cultivation practices, quality standards, and the team behind medical cannabis production.

Showing up in person - listening, learning, and connecting - ensures our work remains grounded in the communities we serve.

Thank you to everyone who joined us and we look forward to continued connection at our future events!



Reflect & Rebuild

As spring approaches, ask yourself:

What feels ready for a gentle rebuild?

Is there:

- *One habit to reset?*
- *One boundary to reclaim?*
- *One anti-inflammatory food to try?*

You don't need a total overhaul, one steady change is enough!



Photo: Op Impact, DND



International Women's Day - March 8

We honour the women who serve - and those who paved the way.

As of 2024, women make up approximately 16-17% of total personnel in the Canadian Armed Forces, serving across all branches and ranks.

For these veterans, service does not end when the uniform comes off. Many women continue serving in different capacities - as mothers, caregivers, community leaders, partners, and professionals - often carrying invisible loads.

Female veterans often navigate:

- Chronic pain and invisible injuries
- Higher rates of musculoskeletal strain and chronic pain conditions
- Increased risk of PTSD, depression, and anxiety compared to male counterparts

- Hormonal health changes across the lifespan (including pregnancy and menopausal changes)
- Barriers to recognition, validation, and access to veteran-specific services

At Recover Cann, we honour women in service through:

- Understanding the unique differences between genders
- Practicing trauma-informed care
- Supporting safe, evidence-informed cannabis education
- Prioritizing whole-person regulation - sleep, pain, mood, and function
- Recognizing the layered roles women hold during and after service

To the women who serve - your strength, leadership, and resilience continue to shape the path forward.

We salute you.



The 5 Senses Series Continues: Taste the Terps



Taste is more than just preference - it's a regulatory signal.

Taste prepares the body for digestion, influences nervous system tone, and shapes how we experience satisfaction and satiety.

In March's Wellness Wednesday, we'll explore how taste supports:

- Rest-and-digest activation (parasympathetic nervous system engagement)
- Emotional memory and sensory association
- Mindful eating and intentional consumption practices

We'll also take a closer look at common cannabis terpenes and identify where they occur naturally in foods, herbs, and everyday ingredients. Understanding this overlap can deepen awareness of how flavour, inflammation, and cannabis effects intersect.

Sour Power

Sometimes calm starts with a puckered face!

Sour flavours provide a sharp sensory cue that can interrupt anxiety. The intensity boosts sensory awareness and present-moment focus, supporting a feeling of calm.

For a balanced cannabinoid kick, try Emprise Sour Green Apple CBG + THC Gummies (10mg). As always, start low and go slow. THC-naïve? Begin with ¼ gummy and wait 45-60 minutes before taking more.



Nutrition Strategies for Inflammation

National Nutrition Month isn't about dieting. It's about discovering the power of nutrition in managing our health - more specifically, choosing foods that lower inflammation to improve pain regulation.



Chronic pain is not just structural - it's inflammatory and neurological. The endocannabinoid system (ECS) also plays a regulatory role in:

- Pain signalling
- Immune modulation
- Inflammatory response

Through the winter, increased stress, reduced movement, and processed food intake can amplify inflammatory load, negatively impacting pain. March is an opportunity to gently recalibrate by adding these anti-inflammatory foundations:

- Omega-3 rich foods (fatty fish, walnuts, flax)
- Colourful vegetables and berries (polyphenols)
- Healthy fats (olive oil, nuts, seeds)
- Adequate hydration
- Stable meal timing (supports blood sugar regulation)

Reducing highly processed foods, excess sugar, and irregular eating patterns can support pain sensitivity and mood stability.

Small Shifts Count

- Add one additional vegetable to your plate
- Swap one processed snack for nuts, seeds or fruit
- Spice things up with turmeric, ginger, rosemary or pepper





Cannabis in the Kitchen: Infused and Intentional

Incorporating edible cannabis into balanced, anti-inflammatory meals can support nutrition, ECS function, and chronic pain management.

Pair cannabinoids with healthy fats like olive oil, nuts, seeds, or avocado to enhance absorption and consistency of effects.

Thoughtful integration of cannabinoids into whole food meals (instead of consuming alone) may encourage steadier onset, longer-lasting support, and more predictable therapeutic outcomes.

Bon appétit!



Jublee Fruit Bites

Fruit Bites offer a range of thoughtfully formulated cannabinoid options, in a plant-based, easy-to-dose format designed to support different goals and routines.

Try them crumbled into Greek yogurt with nuts and berries for a protein-rich, healthy-fat snack, any time of day.

Emprise Adv. Nano THC BevDrops

Prefer sipping over snacking? Water-soluble THC drops are a flexible, mixable option with a quicker onset (8-12 minutes). Personalize your favourite drinks with measured, predictable effects and greater control.

Try Nurse Kylie's favorite, "Cannabucha":

Add desired dose to ginger kombucha on ice with fresh lemon.

