

Monthly Newsletter



Growth + Grit.

May arrives differently than the months before it. The ground thaws, the light shifts, and after months of turning inward, surviving winter and the weight it carries, here's a quiet invitation to move outward again.

Just as new growth erupts through the soil, roots ground deep, leaves stretch toward the sunlight, Canadians begin to emerge from the long quiet of winter. Plants don't force their growth, they follow the season's cues, moving at the pace of nature. Your wellness works the same way.

Wellness isn't a straight line, it's a journey made of seasons - and spring is often when that journey starts to feel possible again.

Growth takes grit. And the good folks in this community know grit in ways that most will never fully understand. But grit alone doesn't heal. It needs rhythm, rest, and people who understand how much it takes to keep showing up, while also making space for what's beginning to bloom.

We're glad you're here.
-Recover Cann

This Month's Mission:

The 5 Senses Series: Smell

Grounding Through Scent

Recipe: Terpene-Rich ECS Bites

Mental Health Week: May 5-11



The 5 Senses Series: Stop to Smell the Flowers

Our sense of smell is wired differently than our other senses. It has a direct route to the amygdala and hippocampus - the brain's centres for emotion and memory. The feelings evoked by smell aren't in your imagination, they're a result of your anatomy.

A single scent can return you to a childhood kitchen, a summer trail, or a person you love - all before your thinking mind has had a chance to catch up. For many veterans, it also means the opposite is true.

Diesel fuel. Burning. A particular smell of a place you never wanted to be. These scents can instantly pull the nervous system back to moments it

hasn't fully left - not because something is wrong with you, but because your brain is doing exactly what it was designed to do under stress. It learned to protect you by remembering, and that wiring kept you alive. The issue is that the brain doesn't always know when the danger has passed.

If a smell has ever hit you out of nowhere and brought something with it - a sudden spike in heart rate, a shift in mood, a heaviness you couldn't explain - that's your nervous system in action. You're not overreacting. You're not broken. You're carrying a memory in your body, and your sense of smell is a key that sometimes unlocks it without permission or warning.



Grounding with Smell

Unwanted smell-triggered response?

Try using a **Safe Scent Anchor**.

Have one scent on-hand that you associate with safety: an essential oil, a tea, or anything that carries a good memory. When a difficult smell arrives uninvited, bring your safe scent to your nose deliberately and take one slow breath in. This isn't about overpowering the trigger - it's about giving your nervous system a different signal to support safety and calm.

Terpenes: Nature's Aroma

Terpenes are the aromatic compounds that give flowering plants their scent - the zest of a citrus peel, the calm of a lavender field, the sharpness of a pine forest. They're not just pleasant smells; they actively protect plants from stress, predators, & pests, while attracting pollinators.

In humans, terpenes interact with the nervous system, immune system, & endo-cannabinoid system (ECS), causing effects ranging from uplifting & energizing to calming & relaxing, depending on the terpene.

Terpenes matter: strains with the same THC % can feel very different due to terpene profiles - not just the "sativa" vs "indica" labels.

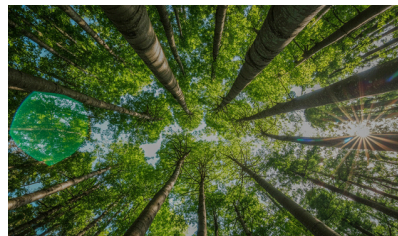


Myrcene

Aroma: Earthy and musky.

Myrcene is associated with the grounding, heavy calm often felt with "indica" strains - promoting pain relief, relaxation & reducing inflammation.

Found in: mango, juniper, eucalyptus & **Pomelo Skunk Pre-Rolls.**



Pinene

Aroma: Pine and fir trees.

Pinene is the reason a walk in the trees feels clarifying. Associated with focus, alertness, & open airways, emerging studies suggest it may also support memory retention.

Found in: pine (trees and nuts), basil, hemp hearts & **'Northern Lights' strain.**



Limonene

Aroma: Bright and zesty.

Limonene is like a ray of sunshine, often found in uplifting "sativa" strains. It may ease anxiety, boost mood & support overall wellbeing.

Found in: citrus peel, mint, rosemary & **Refresh CBG + CBD Mango Gummy Drops.**



β -Caryophyllene

Aroma: Peppery and spicy

Coming in hot! β -Caryophyllene is the only terpene known to directly activate ECS receptors, offering anti-inflammatory, pain-relieving, & anti-anxiety support unlike any other terpene.

Found in: black pepper, cloves & **'Gas Cake' strain.**



Nutrition (est/ball)
 Calories: 135
 Protein: 5-7g
 Healthy Fat: 6-8g
 CarbsL 10-12g
 Sugar: 5-6g

ECS Nourishment: Terpene Rich Protein Balls

The ECS doesn't run on cannabinoids alone. It's supported by sleep, movement, connection, stress management, and by the foods you eat every day.

This protein ball recipe offers a nourishing base - whole food ingredients that support your body and your ECS in one simple, make-ahead snack. Try a terpene-rich twist to tailor your batch to what your system needs most right now.

Dry ingredients:

- ½ cup oats
- ¼ cup almond flour
- 3 Tbsp hemp hearts
- 2 Tbsp pumpkin seeds
- 1 Tbsp chia seeds or flax seeds
- Pinch of sea salt
- ½-1 scoop protein powder (optional)

Wet ingredients:

- ⅓ cup natural nut butter
- 4-5 pitted dates (finely chopped)
- 1 Tbsp honey or molasses
- 1-2 Tbsp warm water (if needed when mixing)

Directions:

- Pulse oats and pumpkin seeds briefly in a blender/processor to create a coarse meal.
- Add almond flour, hemp hearts, chia seeds, protein powder (if using), and spices.
- Add peanut butter, chopped dates, and honey/molasses.
- Mix until a dough forms. If dry, add 1 Tbsp water at a time.

Roll into 10-12 balls and refrigerate 30 minutes to set.

Limonene

For the mornings you need some pep in your step.

To the above, add:

- Zest of 2 lemons
- ½ cup shredded coconut (unsweetened)
- ¼ tsp turmeric

Pinene

For mid-day clarity and focus boost.

To the above, add:

- ¼ cup toasted pine nuts
- ¼ tsp dried rosemary
- ¼ cup dark chocolate
- 1 tbs coconut oil

β-Caryophyllene

Spice up your life and fight inflammation.

To the above, add:

- 1 tsp cinnamon
- ½ tsp cardamom
- ¼ tsp ground cloves, ginger + black pepper
- ⅛ tsp nutmeg + allspice



Mental Health Week - May 5-11

You served, You're still here. That matters.

Mental Health Week is a national reminder that psychological wellbeing is not a bonus - it's the foundation. For veterans navigating PTSD, moral injury, chronic pain, and the long road of transition, mental health care is often complex and still too hard to access.

This week, Recover Cann invites you to check in. With yourself, or with someone else.

Not a quick "I'm fine."

A real buddy check. How is your body today? What has your nervous system been carrying?

The ECS plays a direct role in emotional regulation - in how we

process stress, how we move through fear, and how we find our way back to steadiness after hard experiences. Supporting your ECS is part of supporting your mental health. That includes sleep, movement, nutrition, connection, and when appropriate, thoughtful cannabis use.

You don't have to do all of it. You just need your next steady step.

If you or someone you know needs support, Veterans Affairs Canada's 24/7 assistance line is available at 1-800-268-7708.

Thank you for reading!

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