

## Hemp: “High” on Health!

Where can you find totally digestible plant protein, the most perfectly balanced omega 3&6 fatty acids and yummy taste? Hemp seeds! This perfect food is the new kid on the health block and is getting more press all the time as “nature’s power food” for people, pets and livestock. For years hemp was black listed because of its cousin marijuana, but hemp is clinically tested free of THC and its claim to fame is health. The two plants look and grow alike but the purpose is definitely not alike.

We all know the value of protein in the diet of all mammals but not all protein is created equal. The digestibility of the protein is key to its value in the diet. Protein is the building block of all the cells of the body and is what keeps us feeling satisfied for long periods of time. Combine the best proteins with nature’s best omega 3 & 6 fatty acids and you have the key food to health.

Health journals cannot say enough about the value of the omega fatty acids. These healthy fats are proven to improve skin, hair, heart health, cognitive functioning, and inflammation, a major contributor to arthritis. In Dr. Mercola’s latest health newsletter he states that omegas not only address the pain of inflammation but make you healthier. They aid with weight loss. Omega 3 fats work right inside body cells to speed the conversion of fat into energy, boosting your metabolic rate as much as 10%. The reduction of cholesterol is also another benefit. Hemp seed and hemp oil has the most perfectly balanced omega fatty acids and is the lowest in saturated fat of any oil. Hemp oil has an essential fatty acid profile that most closely resembles the ratio of EFA’s required by the body for proper cell division, growth and maintenance.

The benefits of the components of hemp seed are complimented by the great taste of hemp! Imagine, a food this healthy that tastes like sunflower seeds and other great nutty flavors. It is easy to incorporate hemp into your diet through eating it with cereal, fruit, and salads. Mixed with nuts or on its own, these foods are loaded with complex carbohydrates, fiber, lignins and

protein. Just a tablespoon can satisfy hunger, stabilize blood sugar and give quick energy. Unlike other oils, the omegas in hemp oil are not altered by cooking temperatures so hemp and hemp oil are great in all cooking.

Is hemp for people only? No, pets, and livestock also find this healthy food highly palatable and the health benefits are key to animals as well as humans. Since discovering this great food I have incorporated it, into the diets of my dogs, cats, llamas and alpacas and have had success with it feeding it to horses, goats and whole seeds to parrots and other tame birds.

The hemp has been very effective in the diet of my German Shepherd Dogs. Their coats are in optimal condition and shedding has been almost eliminated. The hemp dog cookies are a great hit with all the dogs that have eaten them. They are the healthiest, tastiest dog treat available! The ground hemp seeds for pets are easy to include in diets as a top dressing, mixed with wet food or an ingredient in raw food diets.

The llamas and alpacas love the hemp. I have used it as an aid to milk production, enrichment of the diets for weanling age animals and as a key addition to the minerals fed free choice to the herd. The addition of hemp to the loose mineral makes it more palatable and keeps the dustiness of the minerals under control. Two years ago one of the best young male llamas ever born on my farm broke his shoulder on the ice. After months of treatment the break has healed but of course arthritis has set in throughout the injured area. Arroyo has been eating the hemp in his grain ration for the last few months and his permanent limp is less pronounced and even in the cold weather he seems much more comfortable than I ever thought possible. Hemp is known for the relief of inflammation and it has been put to the test here. Last summer the farm was graced with twin girls and the hemp is a daily part of their diet. If the lid is loose on the hemp bucket, they will knock it off and enjoy the hemp straight!

Two local cattle farms are feeding the hemp stocks left in the fields to their cattle with great results. The cattle eat it readily and these farms have not had a case of bloat since the cattle have been eating the hemp. At Northlands

Farm Fair in Edmonton, Alberta, the heavy horses competing in the horse pulls ate the hemp out of my hands. The angora goat breeders were very excited about the skin and hair benefits for their goats.

The value of hemp incorporated into the daily diet of all animals and people is new and gaining credibility and popularity.

To find out more about this powerful food check out [www.wrancho.com](http://www.wrancho.com)

The recipe for the famous Hemp Dog Bark Cookies:

2 cups Pro Mega Pet ground hemp seed  
1cup bran flakes  
2 cups quick rolled oats  
1 cup wheat germ  
2/3 cup vegetable oil  
2/3 cup molasses  
2 cups chicken or beef broth.

Mix dry ingredients, mix wet ingredients and combine. Roll in hands and flatten. For best results cook on parchment paper at 350 for about 15-20 minutes. Add dried cranberries for added nutrition and urinary tract health.

The recipe for super Hemp Power Bars:

2 cups Pro Mega Hemp Heart seeds  
2 cups quick rolled oats  
1 cup slivered almonds  
½ cup whole almonds or other nuts  
1cup shredded coconut  
Any dried fruit  
1cup of your favorite flavored chips, peanut butter, chocolate etc.  
1egg  
½ cup melted butter  
½ cup sweetened condensed milk

Mix dry ingredients, mix wet ingredients and combine. Press onto a cookie sheet lined with parchment paper. Bake at 350 for 20 minutes. For variety use raisins and cinnamon, dates, ginger pieces or other favorites. Enjoy!