

The Higher Path Chronicle

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Experience Life Elevated

March 2021

10 Brands to Support this Women's History Month



Read more about our women-owned brands at thp.la/blog

March is Women's History Month!

Cannabis & The Female Body

By Mason

Women and cannabis have always been in tune with one another. Did you know the plant we know and love is a female? Or that a woman's cycle can coincide with her cannabis? Studies suggest women can have a higher tolerance for THC compared to men (no surprise there) or can be more sensitive to THC depending on their menstrual cycle. During the estrus (estrogen) phase, estrogen is produced and sensitivity to THC is increased where micro-dosing is more advantageous. Studies done with rats have found that THC is along the same intake pathways as estrogen which is why sensitivity can be increased or decreased. For evolutionary purposes, women contain more body fat than men which means higher amounts of THC are stored in fat cells rather than absorbed into the bloodstream. This



Illustration by Felicity Marshall

takes place during the diestrus (progesterone) phase where THC moderates the amount of progesterone produced and reduces the production to a safe level alleviating the PMS symptoms. Macro dosing (taking larger doses) can be very effective at alleviating symptoms during this time while tolerance is increased.

Knowing your cycle and how cannabis can fit within it can help moderate PMS symptoms, reduce hot flashes, cramping, mood swings, etc. Tinctures such as Cosmic View's Restore or Inner Balance can help you moderate your dose depending on your cycle and is one of the easiest ways to utilize cannabis' healing benefits. Try also using Cosmic View's topical Cycle Soothe that is made specifically for menstrual cramp relief. Come ask your budtender about how these products can work for you!

Wine Anyone?

By Ari

Yes, please! But of course, what is wine without the purple teeth, the ever-looming hangover the following day, and many, many calories. (not to mention the embarrassing dance moves you would never dare show off in a sober state). Wanting a change? Well me too. House of Saka is the liquid savor from our cannabis heavens. The brilliant brand is an LGBTQ woman-owned powerhouse that is stocking up people's fridges all over the state.

Saka comes from the legend of Saka. It was an ancient civilization composed of amazing, brave, and magical women who ruled the lands, utilizing the cannabis plant for their rituals of power and spiritual guidance. What better reason to try out such a fantastic brand? We all know that drinking your cannabis is the new thing. But what about a luxury experience that comes right from the heart of Napa Valley? You read that right! THE wine haven of America.

Two different blends are available: white (the chardonnay at 6mg THC and 1mg a glass), and the pink pinot noir at 8mg THC and 2mg CBD). If you are unfamiliar with cannabinoid potency, this translates to the perfect dose per glass! If these numbers are a bit too high, you can even water it down with a seltzer which makes the ever-delightful experience last even longer. If you are wanting to try out the newest craze (and dare I say, fun!), in the industry talk to your budtender today. House of Saka is waiting for you.



House of Saka's Pink, Alcohol-free Rosé

Our Passion for Cannabis Compassion

We can all agree the world could use a little bit more compassion, right? In these trying times, there's nothing a little compassion can't help! Our philosophy at The Higher Path has always been deeply rooted in compassion. It's our simple way of saying "thank you" to all who've extended a helping hand to us along the way. From our industry predecessors, who fought tirelessly for our current ability to get cannabis in the hands of folks who need it most, to our small business neighbors on Ventura Boulevard, who offer us a parking space when our hands are full of donuts for our team! We're committed to paying it forward, and one way we've been able to do just that is through our compassion program.

What is the compassion program?

- The compassion program proudly provides free medical cannabis and cannabis products to low income Los Angeles residents in accordance with the SB-34 Dennis Peron Brownie Mary Act. We are delighted to be able to offer tested and high-quality medical cannabis free of charge to our lower-income medical cannabis customers through our compassion program. We've always been in it to help people, and now we can help more than ever.

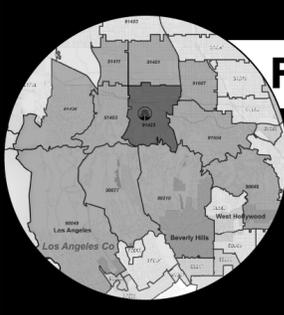
How do I apply?

- You must be a current Higher Path member with a valid MMIC or Doctor's Recommendation, if those apply to you head to thp.la/compassion and fill out the brief application! Simple as that!



3 Ways to Get Help From Our Team

- CALL US** if you need help with your online order or a quick product recommendation? Call us Daily 9am-10pm to speak to a budtender! **818.385.1224**
- TEXT CHAT** with a budtender daily from 12pm-8pm to get help with your order! Click the icon on the bottom right corner of our website or visit thp.la/chat
- VIDEO CHAT** with a LIVE knowledgeable budtender! Just visit thp.la/VideoChat, fill out a quick form, and you'll be face to face with a member of our team! Monday through Friday 9am-5pm.



FREE Daily Delivery!

Only \$50 order minimum in area codes:

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To order delivery, place an online order like usual and click the "delivery" button. Place your order by 6pm or 9pm on Friday's, to receive same-day delivery, 7 days a week!

Try These Tinctures!

We'd like to think there is a tincture for everyone. Whether you're looking for pain relief, reduced inflammation, or simply seeking a product to provide relaxation, there's an oil with just the right cannabinoids for you. Here are some of our favorites, available now at The Higher Path.

Awakened's 3:1 CBDA-Rich Tincture

CBDA's most prominent feature is its anti-inflammatory properties. Research shows that it is a thousand times more potent than CBD for reducing inflammation. This makes it fantastic for arthritis, body recovery, and post-workouts. CBDA can also help fight nausea and anxiety by directly activating a serotonin receptor (serotonin being the chemical responsible for sleep, anxiety, moods)



Cosmic View's 3:1 CBD Restore Tincture

This tincture has a CBD-rich ratio of 3:1, making it ideal for daytime use for work or simple tasks. What we love most about this tincture is its ability to make the body feel whole. CBD harmoniously regulates serotonin levels, which helps with appetite, mood swings, and anxiety.



Read more of about our favorite tinctures in our most recent blog post! thp.la/blog

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