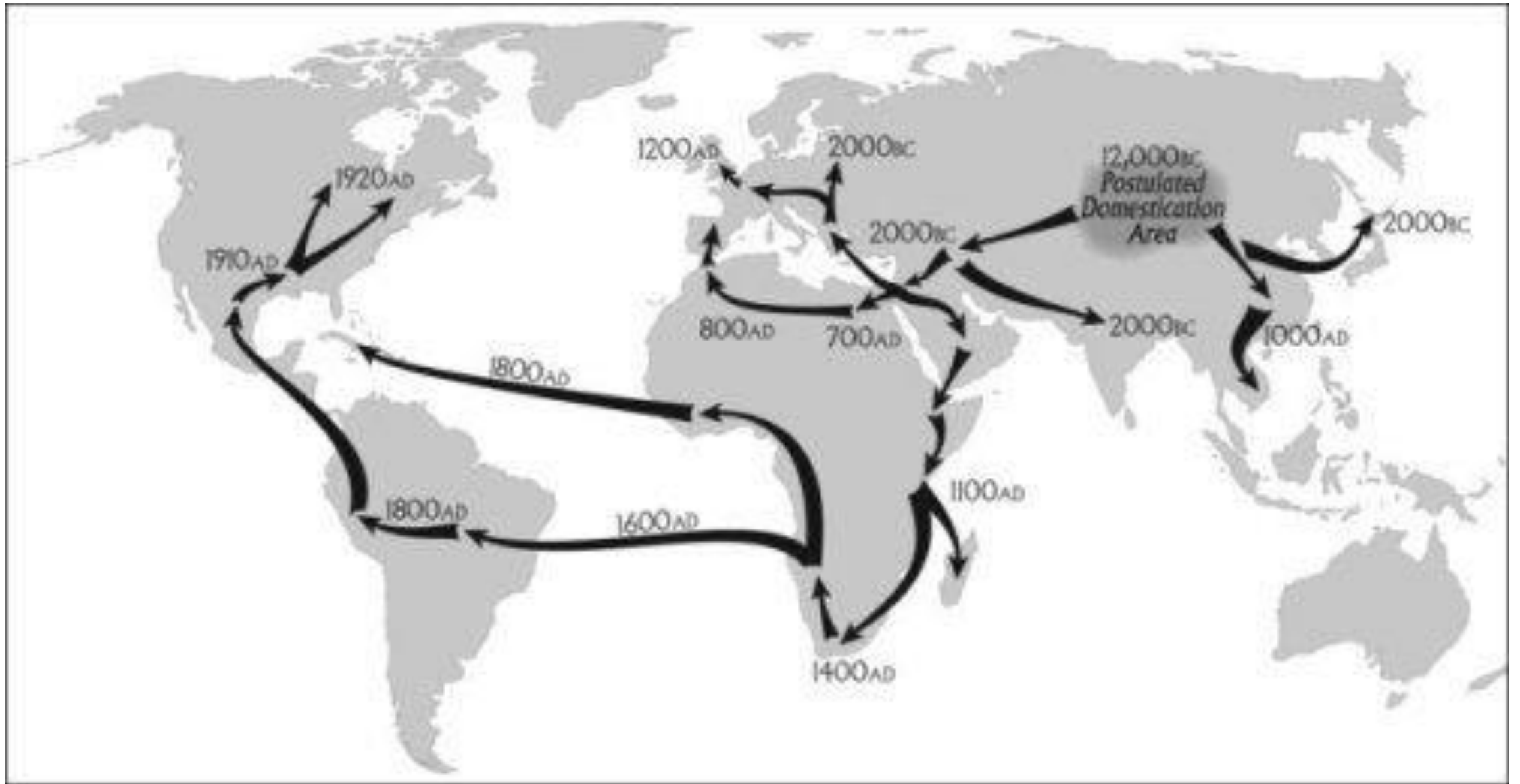




*Cannabis can...  
Hemp opportunities  
in South Africa.*

Tony Budden





# Definition of Hemp

- Hemp is a descriptive term that refers to the non-psychoactive uses and varieties of the Cannabis plant.
- These include fibre products (textiles), nutrition products, construction material, bio-composite, cosmetics, fuel, medicines, paper and more.





*Hemporium*  
Innovate. Educate. Cultivate

# Hemp as Nutrition

Predominantly from the hemp seed

- 25%+ Protein: Globulin Edestin and Albumin
- Omega 3 and 6 in the optimum ratio for the human body
- Shelled seeds, oil and protein powder
- Leaves and Flowers can be juiced or eaten too
- Grown organically with ease



# HEMP SEEDS



HEMP, THE MOST NUTRITIONALLY COMPLETE FOOD SOURCE IN THE WORLD.

## Per gram, Hemp has

MORE DIGESTABLE PROTEIN THAN SOY



MORE DIGESTABLE OMEGA'S THAN FLAX



MORE DIGESTABLE FIBER THAN KALE



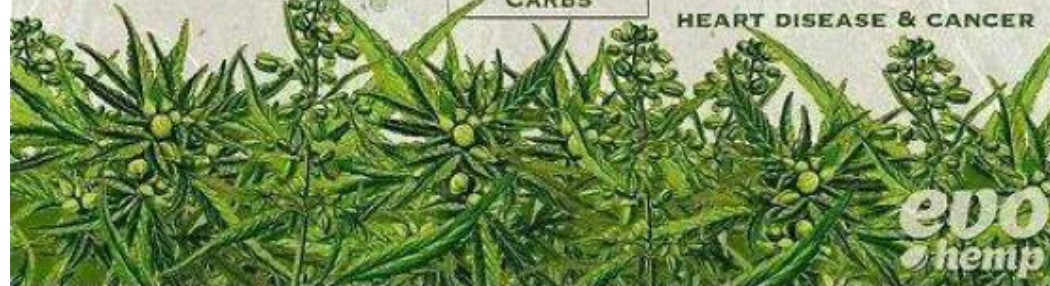
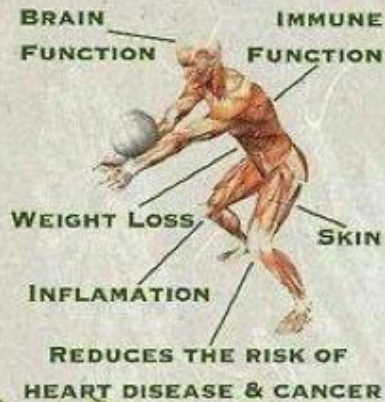
## Highs

CALCIUM  
IRON  
AMINO ACIDS  
FATTY ACIDS  
VITAMIN A  
ENZYMES

## Lows

SATURATED FAT  
CHOLESTEROL  
CARBS

## What is it good for?



evo hemp

# Hemp Healing at the Yiza Ekhaya Soup Kitchen



**Hemp seed oil offers healing without the buzz**

TANYA FARBER

It may seem like a simple spoonful of oil, but for epilepsy sufferer Sakubona Tshwela, 57, hemp seed extract — derived from the cannabis plant, but without psychoactive effects — has been a lifeline.

"I have had epilepsy since 2001," he said. "I have been taking hemp seed oil for three months. I feel much better than before. I had a fit two weeks ago, but that was my first in three months. Before that, I was having a fit almost every day."

Tshwela made no other changes to his diet or lifestyle.

Mickey Winefred Linda, who started the Yiza Ekhaya soup kitchen in Khayelitsha, Cape Town, where the hemp seed oil is given out, said: "When it first came here, there were those who were really sick. I would give them a spoon early in the morning before they ate. Others became interested. We firmly believe it is good for rheumatism, arthritis, and high blood pressure. It also helps those starting out with ARVs."

Linda said another epilepsy sufferer, Phuthumani Mxhasi, 25, had benefited from the oil.

Thandi Bile, who heads a non-governmental organisation called Mamelani Projects, said the oil had cleared up her skin and helped with constipation.

The evidence is purely anecdotal, but is supported by a recent study at New York University's Comprehensive Epilepsy Center. In the study, a purified cannabidiol compound in an oil base was given to 261 patients aged between four months and 41 years. After three months, the frequency of seizures had dropped as much as 45%.

Tony Budden, who imports hemp seed oil into South Africa, said hemp and dagga were derived from different varieties of the same plant.

**HERBAL HOUSE:** Mickey Linda gives Sakubona Tshwela a dose of oil; the building is also made of hemp

Pictures: ESA ALEXANDER



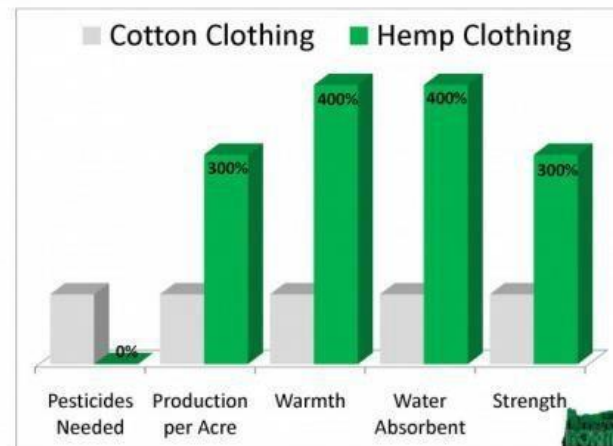
# Hemp seed oil in body-care products





# Benefits of Hemp fibre textiles.

- Breathability
- Anti-bacterial properties
- Thermo-regulating
- Durable
- Absorption of Volatile Organic compounds
- Grown organically so no pesticide residue



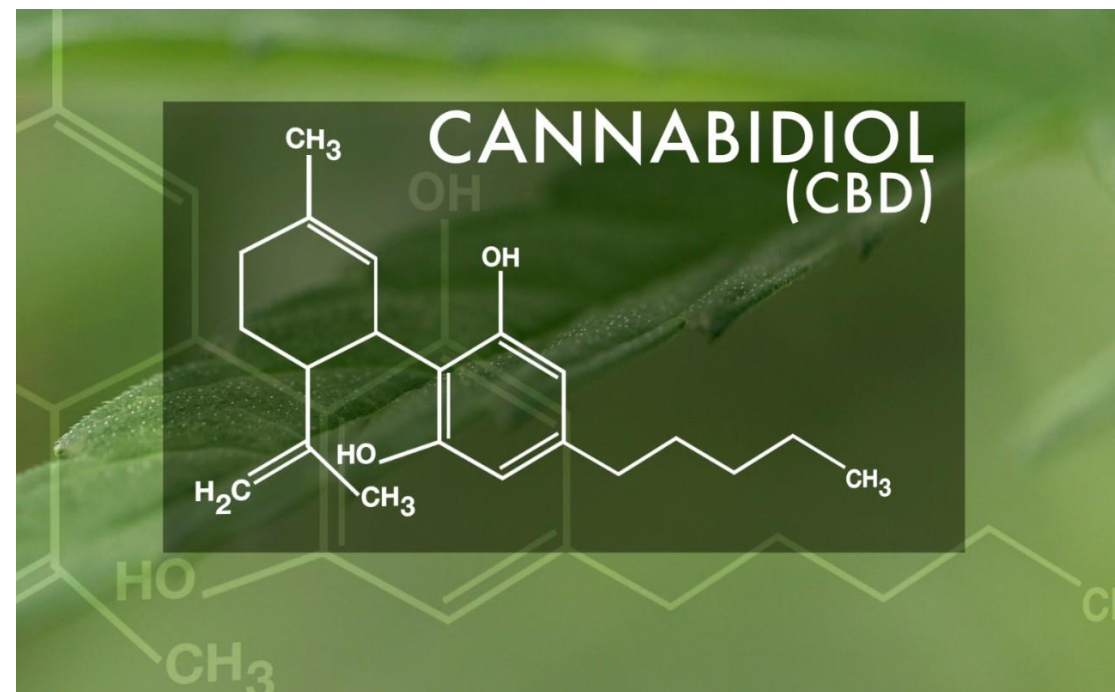
# Creating Healthy Homes

- Growing Houses
- Low-embodied energy
- Breathable walls filter air
- Humidity-regulation
- Insulation
- Low-toxicity environment



# Cannabidiol as a daily supplement

- Helps produce homeostasis in the endocannabinoid system
- Reduces anxiety
- Promotes healthy sleeping patterns
- Eases nervous system conditions
- Has been shown to reduce pain
- Can behave as a prophylactic against disease
- Non-psychoactive
- Non-toxic
- Non-addictive



# Environmental Benefits

- One plant, multitude of uses
- Does not require pesticides or herbicides
- Conditions the soil
- Absorbs carbon
- Uses less water than cotton
- Zero-waste



# Benefits to Humans

- Natural
- Biodegradable
- Digestible
- Superfood
- Natural homes
- Breathable anti-bacterial textiles
- Medicine
- Renewable Energy
- Earth and Body friendly cosmetics
- Multitude of products



# Cannabis worldwide



**183.3 million**

Users according to the UNODC



## Prevalence

Use by % of population, 2014 or latest data

- Less than 1
- 1 - 2.5
- 2.5 - 5
- 5 - 10
- 10 +

Insufficient data

## Most prevalent

- 1** Iceland 18.3%
- 2** US 16.2
- 3** Nigeria 14.3
- 4** Canada 12.7
- 5** France 11.1
- 6** New Zealand 11.0
- 7** Bermuda 10.9
- 8** Australia 10.2
- 9** Zambia 9.5
- 10** Uruguay 9.3



Thank You for your Attention  
Hemp- Good for you and your Planet  
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