

CAPTAIN GLENN'S NEWSLETTER



Wisdom from Captain Glenn

It's not what you eat, it's not what you digest, it's what you assimilate to your cellular system. That's my forte'.

Words of Thunder

May I get your attention here on something? "Decision Fatigue" is a real thing. Many people are confused as to what to buy and why. It is my intention to alleviate any misnomers that you may have around health and wellness. Susan Powter used to say, "You've been lied to." Well, there may be some truth to this statement. As I share knowledge with you, it is my hope that you will have greater ease and understanding in your life which will lead to self-empowerment. If I can help do that, then I am fulfilling my mission.

**Please check in with your healthcare provider to integrate these practices into your current health regimen. We do not make claims that these products will heal your ailments, although we feel it may be a supportive on your health journey.*

Elixir of Life Drink Yourself to Wellness

What's the buzz about CBD? Over the past few years, it seems as though CBD, also known as Cannabidiol is all the craze these days. CBD is just one of many different compounds found in the oils of the cannabis (hemp) plant. Hemp and CBD oil is different than it's THC cousin in the way that it interacts in the body. Most are aware of the effects of THC - the effects of CBD and hemp have also been extensively researched for over 25 years, although much of these findings have not been known mainstream until now. Numerous positive testimonials showcase that this is not a flash in the pan, in fact there is solid data to reflect and support these endorsements.

As a culture, we've been using cannabis for thousands of years. Although, CBD is a more recently



discovered "pain remedy". CBD has been touted as an anti-inflammatory agent, as well a stress reliever and therapeutic balancer.

That said, hemp oil is my suggestion as a way to work with any of the symptoms related to health ailments.

There have been numerous case studies done around the healing benefits of hemp/CBD oil. From helping relieve the symptoms of epilepsy to reducing cancer cells in the body, these powerful Cannabinoids and Phytocannabinoids are showing up in a lot of



The Alchemical Mixture: Hemp and My Life Elixir Tea

1. First brew the tea as directed
2. Then take (orally) the amount of hemp prescribed on the bottle and by your healthcare practitioners.

*Note; Drink the tea after you have applied the hemp oil in your mouth

*It is important that you take the proper dose of hemp oil for your individual, unique biochemistry needs. The amount needed will vary person to person. Proper dose means you have control. When using the Life Elixir Tea, you can use a smaller amount of hemp oil due to how they assimilate together.

Hemp Consideration

The concern certain individuals have around THC showing up in their systems when using hemp oil is mitigated by the use of Elixir of Life tea as it is a powerful cleanser that helps flush the system and rebalance.

*People ask me all the time, "Is hemp oil legal?" My extensive research working within the cannabis industry, while helping to educate the public, has me more cautious about the individual laws in each state as they vary tremendously. My suggestion would be to check with your local and state laws on the use of hemp products to ensure you abide by the current legal criteria.

scientific research as people are looking for other ways treat their symptoms.

In fact, with the more recent upswing of hemp on the market, we're seeing that this whole body health tonic also has a very positive affect on the nervous system. By getting into the endocannabinoid (neural) system of the body (our happy center) these little peace warriors balance our emotions by connecting to our cannabinoid receptors. That's a lot of jargon to simply say, there are places in our body that are specifically designed to receive the compounds found in hemp. We literally were created to consume this plant to help rebalance our spirit, mind and body. How's that for fun science?

While serving in the US Navy, I experienced things that have led to a PTSD diagnosis and upper cervical injuries. Over the years, I've been exploring practices and methods that would serve in balancing my mind and easing physical pain. Using organic, whole foods, spirituality (prayer & meditation) and my Life Elixir Tea (more on this later!), I was able to pass the rigorous flight physicals required every 6 months in my career as a commercial airline pilot.

Most recently, in January 2019, I developed an alchemical "healing" mixture combining CBD/Hemp oil with my Life Elixir Tea. This powerful duo not only took care of the chronic pain in my upper cervical area, it also consistently helped me to feel more balanced in my day to day life. What this means is, I was able to clear inflammatory toxins from my body as well as from my mind. Pretty cool concept, wouldn't ya say? For many folks this is revolutionary, the idea of finding something that supports clearing their mind as well as their body. How does this happen you say? Well, you'll just have to tune in for more thoughts on this and many other pertinent topics for our times.

~ So long y'all,
Captain Glenn



p.s. To enjoy my special blend of Life Elixir Tea please visit my website or call: 970-903-5311