

iHemp

FOOD - FIBRE - HEALTH

New Zealand Hemp Industries Association Inc

FEB 2021 #14

Hemp Seeds 6 health benefits backed by Science

Crunchy Hemp Heart Granola

Chicken & Hemp Fritters

Creamy Hemp Seed Dressing or Dip

Wendy's Classic Chocolate Hemp Fudge

Hemp Seed Crisp Bread

Protein Power Burrito

Lemony Hemp & Cashew Aioli

Basil & Garlic Pesto

Hempy, Banana, Strawberry, Granola Breakfast

Raw Choc, Kiwifruit, Hemp Smoothie

Junk Mail Cocktail

Hemp Heart & Mixed Seed Crackers

Hemp Green Smoothie

Black Rice & Hemp Salad

Hemp Banana, Berry Pudding

Hemp Parmesan Cheese

Hemp Nog
Nicki Mackinnon

NZHIA'S FEB 2021 HEMP FOOD RECIPE BOOK



KEEP CALM

AND
MAINTAIN
HOMEOSTASIS
homeostasis.co.nz

RELAX



FOOD SUPPLEMENT

Ingredients: Hemp Seed Oil + Phytonutrients + Ayurvedic Herbs:

Brahmi - Memory enhancement, mind calming

Jatamansi - Calming, anti-stress

Vacha - Clarity of thought, Lucidity

[Buy here](#)



KEEP CALM

AND
MAINTAIN
HOMEOSTASIS
homeostasis.co.nz

SLEEPYTIME



FOOD SUPPLEMENT

Ingredients: Hemp Seed Oil + Phytonutrients + Ayurvedic Herbs:

Brahmi - Memory enhancement, mind calming

Sarpagandha - Anti-inflammation

Shankpushpi - Anti-stress, anti-restlessness, Anti-depression

[Buy here](#)

FEB 2021

NEW ZEALAND'S BEST



06

Hemp Seeds 6 health benefits backed by Science - **Marco Fantham**



08

Crunchy Hemp Heart Granola
The Hemp Farm



10

Chicken & Hemp Fritters
Pure Heart Aotearoa



12

Creamy Hemp Seed Dressing or Dip
Chia Sisters



14

Wendy's Classic Chocolate Hemp Fudge
Kakariki Fine Foods



16

Hemp Seed Crisp Bread
New Hemisphere



18

Protein Power Burrito
Rebel Bakehouse



20

Lemony Hemp & Cashew Aioli
New Hemisphere



22

Basil & Garlic Pesto
New Hemisphere

HEMP FOOD RECIPES



24

Hempy, Banana,
Strawberry, Granola
Breakfast - *Hemp Hub*



26

Raw Choc, Kiwifruit,
Hemp Smoothie
Homeostasis



27

Junk Mail Cocktail
Good Herb Soda



28

Hemp Heart & Mixed Seed
Crackers
The Hemp Farm



31

Hemp Green Smoothie
The Brothers Green



32

Black Rice & Hemp Salad
The Brothers Green



34

Hemp, Banana, Berry
Pudding
NZHempress



36

Hemp Nog
Nicki Mackinnon



37

Hemp Parmesan Cheese
Nicki Mackinnon



HEMP SEEDS 6 HEALTH BENEFITS

MOST NUTRITIOUS FOOD ON THE PLANET

Hemp Seeds contain only trace amounts of THC, the psychoactive compound in marijuana.

Hemp seeds are exceptionally nutritious and rich in healthy fats, protein and various minerals.

Hemp seeds can be consumed raw, cooked or roasted.

Hemp seed oil is also very healthy and has been used as a food and medicine in China for at least 3,000 years

6 Health Benefits of hemp seeds that are backed up by science

1. Hemp Seeds Are Incredibly Nutritious

Hemp seeds are rich in healthy fats and essential fatty acids. They are also a great protein source and contain high amounts of vitamin E, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc. ([1](#), [2](#))

2. Hemp Seeds May Reduce Your Risk of Heart Disease

Heart disease is the number one cause of death worldwide. Hemp seeds are a great source of arginine and gamma-linolenic acid, which have been linked to a reduced risk of heart disease. ([3](#), [4](#), [5](#), [6](#), [7](#) [8](#), [9](#), [10](#), [11](#), [12](#))

Pictured: Hulled Hemp Seeds (Hemp Hearts)



BEST PROTEIN, BEST FATS, ALMOST NO CARBS

3. Hemp Seeds and Oil May Benefit Skin Disorders

Hemp seeds are rich in healthy fats. They have a 3:1 ratio of omega-6 to omega-3, which may benefit skin diseases and provide relief from eczema and its uncomfortable symptoms. ([13](#), [14](#), [15](#), [16](#), [17](#))

4. Hemp Seeds Are a Great Source of Plant-Based Protein

About 25% of the calories in hemp seeds come from protein. What's more, they contain all the essential amino acids, making them a complete protein source. ([18](#), [19](#))

5. Hemp Seeds May Reduce Symptoms of PMS and Menopause

Hemp seeds may reduce symptoms associated with PMS and menopause, thanks to its high levels of gamma-linolenic acid (GLA). ([20](#), [21](#), [22](#), [23](#), [24](#), [25](#), [26](#), [27](#), [28](#))

6. Whole Hemp Seeds May Aid Digestion

Whole hemp seeds contain high amounts of fiber — both soluble and insoluble — which benefits digestive health. However, hulled or shelled hemp seeds contain less fiber. ([29](#), [30](#), [31](#), [32](#))

See last page for: References to scientific data



CRUNCHY HEMP HEART GRANOLA

HempFarm
NEW ZEALAND

Crunchy Hemp Heart Granola

Shopping List

- 1 Cup of natural honey
- 1 Cup of natural maple syrup
- 4 Cups of rolled oats
- [1 Cup of hemp hearts](#)
- 1 Cup of almonds roughly chopped
- ½ Cup of walnut pieces
- ½ Cup of sunflower seeds
- ½ Cup of pumpkin seeds
- 1 Cup of mixed dried fruit eg. apricots, raisins, cranberries, apple pieces or banana chips
- 1 ½ Tsp of cinnamon

Method

Preheat the oven to 180°C fan bake

1. Warm the honey & maple syrup in a small pot or in the microwave for 1min to gently combine.
2. Combine all the dry ingredients to a large bowl.
3. Add the warm honey & maple to the dry mix. Mix it all together thoroughly.
4. Spread the mixture evenly onto a baking tray lined with baking paper.
6. Place into the oven in the middle and bake for 20-35 min.
7. Every 10 minutes or so throughout cooking give it a wee mix so the nuts don't burn. We are looking for a nice even golden-brown look all through so if you have to pop it back in for another 5 or so minutes then do so.
8. After cooking allow to cool, then break into small clusters and store in an airtight container and eat within 1 month.

TIP: Use homemade hemp or other plant based milks to compliment this yummy vegan breakfast treat.

CHICKEN & HEMP FRITTERS



pure heart
AOTEAROA

hemp's golden gift

Chicken & Hemp Fritters Ingredients

3 Large chicken breasts

2 Large eggs

1/3 cup Mayonnaise

[1/3 cup Pure Heart Aotearoa Hemp Heart Protein Powder](#)

1 1/3 cups shredded mozzarella cheese

1 1/2 Tbsp chopped fresh dill

1/2 tsp salt or to taste

1/8 tsp black pepper

[2 Tbsp Pure Heart Aotearoa Hemp Heart Oil](#) - can use more to help crisp the fritters up while cooking.

Ingredients - Garlic Aioli Dip

1/3 cup mayonnaise

1 garlic clove pressed

1/2 Tbsp lemon juice

1/4 tsp salt

1/8 tsp black pepper

Directions

Using a sharp knife, dice chicken into 1/3" thick pieces and place them in a large mixing bowl. Tip: If chicken breast is partially frozen, it will be a little bit easier to slice.

Into the mixing bowl, add remaining batter ingredients: 2 eggs, 1/3 cup mayonnaise, 1/3 cup protein powder, 1 1/3 cups shredded mozzarella, 1 1/2 Tbsp dill, 1/2 tsp salt and 1/8 tsp black pepper, or season to taste. Stir the mixture until well combined, cover with plastic wrap and refrigerate 2 hours or overnight.

Heat a large non-stick pan over medium heat and add 2 Tbsp hemp heart oil. When oil is hot, add the chicken mixture a heaping Tablespoon at a time. Slightly flatten out the tops with the back of your spoon and sauté uncovered 3-4 min on the first side, then flip and sauté 3 min on the second side or until outsides are golden brown and chicken is fully cooked through* Repeat with remaining fritters adding more oil as needed.

To make the aioli (if using), combine all ingredients in a small bowl or measuring cup and stir together until smooth.

CREAMY HEMP SEED DRESSING OR DIP



Chia Sisters

Creamy Hemp Seed Dressing (or Dip)

Ingredients

1/2 Cup Chia Sisters Hemp Hearts
1 TBS Organic Apple Cider Vinegar
2 TBS Organic Cold Pressed Olive Oil
1 TBS Fresh Lemon Juice
1 Tsp Onion Powder
2 Tsp Nutritional Yeast
1/2 Tsp Salt 1/2 Tsp Black Pepper
2 TBS Fresh Whole Italian Parsley
1/3 Cup Water

Method

Add all ingredients into a Nutribullet or high speed blender (add wet ingredients first) and blend until all combined a thick creamy consistency is reached. Enjoy

Taryn's note:

"This recipe is a creamy delicious dressing that's great for salads, but also a perfect dip served with fresh crunchy vegetables like carrot or cucumber sticks. Ready in just minutes, it's a healthy option full of the amazing health benefits of hemp seeds."

Chef

Taryn Fitz-Gerald @wellnesswithtaryn



*Pictured: Wendy & Andrew Bell
of Kakariki Fine Foods*

WENDY'S CLASSIC CHOCOLATE HEMP FUDGE



Wendy's Classic - Chocolate Hemp Fudge

Ingredients:

250gm Melted Butter
1 Tin of Condensed Milk

Mix together and add two packets of crushed plain biscuits.

4 Tbsp Cocoa,
1 cup coconut,
1 cup [Wild Rivers Hemp Hearts](#)
(iHemp readers special price)
1 cup sultanas or apricots.

Refrigerate, ice the top and cut.



HEMP SEED CRISP BREAD



NEW ZEALAND.COM
Licence No.100531



Ingredients

1 c cornmeal flour

1/3 cup new hemisphere™ Hemp Seed
Hulled

1/4 cup pumpkin seeds

1/4 cup sesame seeds

1/4 cup flaxseed (linseed)

1 tsp salt

1/4 cup omeganz™ Olive Oil

1 1/4 cup boiling water

Method

Preheat oven 150°C Fan Bake.

In a large bowl mix together all the dry ingredients. Add the omeganz™ Olive Oil and boiling water.

Divide the mixture between three baking trays lined with non-stick baking paper. Using another sheet of non-stick baking paper on top, roll out and flatten the mixture with your hands.

Cover the whole baking tray and make sure the mixture is very thin otherwise the crispbread will be chewy instead of crisp. Bake 30 minutes or until golden brown.

Serve with pickled cucumbers and a selection of fine cheeses.



new hemisphere™

PROTEIN POWER BURRITO



Give your body and mind a boost with this big on flavour, big on goodness burrito. Veges, spices, grains and greens, all wrapped in the delicious nuttiness of our hemp seed wraps.

Takes 30 minutes to make

Makes 4 burritos

Protein Power Burrito Ingredients

- 1 cup cooked quinoa
- 1 tin black beans, drained & rinsed
- 2 small golden kumara, cut into chunky chips
- 2 chicken breasts
- 1 Tbsp olive oil
- 3 tsp paprika
- 1 tsp ground coriander
- 1 tsp cumin seeds
- 1 clove garlic crushed
- $\frac{1}{4}$ red cabbage, finely sliced

1 cup coriander, lightly packed
1 lime, juiced
4 Rebel Bakehouse Hempseed Wraps
½ cup plain natural yoghurt
1 Tbsp hulled Hemp Seeds

Method

Preheat oven to 200°C.

Stir black beans and 1 tsp paprika through the quinoa.
Season with salt and set aside.

Meanwhile, add olive oil, 1 tsp paprika, ground coriander, cumin seeds and garlic to a large mixing bowl and stir to combine. Add the two whole chicken breasts and toss until fully coated. Line a large baking tray with baking paper and place the two chicken breasts in the middle. Place the kumara around the outside and drizzle with a little olive oil and season with salt & pepper. Place in the oven and roast for 20 minutes, or until the chicken is cooked through and the kumara is soft and caramelised.

Add the cabbage, coriander and lime to a bowl and toss to combine.

Place the yogurt and remaining paprika in a bowl and stir to combine.

To assemble, place a bed of quinoa & black beans in the middle of the wrap, top with half a sliced chicken breast, a quarter of the roast kumara and a large handful of the cabbage slaw. Drizzle with the yoghurt sauce, sprinkle on hemp seeds and wrap up nice and firmly. Repeat with the remaining 3 wraps.



LEMONY HEMP & CASHEW AIOLI



NEW ZEALAND.COM
Licence No.100531



Ingredients

1 ½ cups of raw cashews, soaked in water overnight.

1 tbsp Dijon mustard

½ cup water

3 tbsp new hemisphere™ hemp seed oil

Juice of half a lemon

1 clove of garlic, peeled

1 tbsp apple cider vinegar

Sea salt, Pepper

Method

Drain the soaked cashews, and then rinse well. Place in to a food processor or high powered blender along with the remaining ingredients and a large pinch of sea salt and pepper. Blend until smooth and creamy.

You can add a little more water if needed to achieve the perfect consistency.

Recipe makes a small jar full. Will keep for 3-4 days in the fridge.



new hemisphere™

BASIL GARLIC PESTO





NEW ZEALAND.COM
Licence No.100531

Ingredients

3 parts Fresh Basil

1 part Spinach

3 heaped dessert spoons new
hemisphere™ Hulled Hemp Seed

½ cup grated Parmesan Cheese

Juice of ½ a lemon

¼ tsp Salt

3 Tbsp new hemisphere™ Garlic Hemp
Seed Oil

Method

Place Basil and Spinach in a blender or Nutribullet. Add Hulled Hemp seed, parmesan cheese, lemon juice, salt and Garlic Hemp Seed Oil.

Turn on blender for 15-20 seconds, shaking it all down as it mixes. Take care not to overmix. Serve with breads or crackers.

This was a crowd favorite at The Food Show Auckland.



new hemisphere™

HEMPY BANANA, STRAWBERRY, GRANOLA BREAKFAST




Ingredients

- 1 Banana
- 3 Strawberries
- 1 Tbsp Rolled oats
- 2 Tbsp Homemade Granola
(Cashew, Almonds, Pumpkin seeds, Corn flakes, Dried
cranberries, Coconut chips and Sunflower seeds)
- 1 Tbsp Peanut butter
- [1 Tbsp Hemp hearts \(Hulled Hemp Seeds\)](#)
- 250ml Soy milk (Calcium plus)

Directions:

Mix all ingredients in a bowl - Enjoy ;)

A man with a beard and short dark hair, wearing a yellow t-shirt, is smiling and holding several hemp-based products. He is standing in front of a dense green leafy background. The products he is holding include a bottle of InZone, a bag of Hemp Connect, a bag of Royal Hemp Super Green, a bottle of Hemp Seed Oil, and a small jar of Hemp Heat. He has a tattoo on his left arm and is wearing a black watch on his right wrist.

Eduardo Zanata:
*I became a big fan of
the Hemp Plant*

THE MIRACLE PLANT THE SISTER OF MAN A GIFT FROM THE GOD'S

Eduardo became a big fan of the hemp plant and decided that he needed to do whatever was in his power, to take the health benefits of the Miracle Plant to the people. Eduardo came up with a project called the [Hemp Hub](#), where people could educate themselves about how beneficial hemp is and all manner of hemp based products could be bought. The [Hemp Hub](#) is a reseller for a number of prominent New Zealand and Australian brands. You can buy superfoods, health supplements, skincare, clothing, etc. This turns out to be a convenient business model bringing together consumers, makers, and distributors of hemp goods, all in one place. □

RAW CHOCOLATE, KIWIFRUIT, HEMP SMOOTHIE



Instructions for 1 serving:

- 1) Shave a tablespoon of Raw Cacao (or cocoa) into the blender container.
- 2) Add a pinch of Sea Salt (just a tiny, bit which activates the taste of the chocolate).
- 3) Add a sweetener; up to 1 tablespoon of powdered Jaggery and/or Raw Majool Date to taste.
- 4) Add 1 whole peeled Kiwifruit.
- 5) Add 3 tablespoons of [Wild Rivers Hemp Hearts](#).
- 6) Top up with Spring Water
- 7) A dash of Cinnamon
- 8) Wizz that up and serve in an attractive glass with a slice of Kiwifruit and or shaved chocolate on top.



GOOD HERB SODA

JUNK MAIL

By Andrea Marseglia

INGREDIENTS

40ml Seedlip Spice 49
15ml Honey Syrup
5ml Apple Cider Vinegar

HONEY SYRUP

Mix 1:1 honey & water
until dissolved

GARNISH

Frozen grapes
Hemp hearts

METHOD

Top with Unwind

Shake & strain over ice
Top with soda

GLASS

Coupe



Creation: @shotsbysmitch



HEMP HEART AND MIXED SEED CRACKERS

HempFarm
NEW ZEALAND

Hemp Heart and Mixed Seed Crackers

Home-made crackers – quick, easy, versatile and waste-free. Using [HempFarm® hemp hearts](#) makes these extra nutritious and yummy.

The gelatinous chia and flax seeds are there to hold the other ingredients together, but you can experiment with whichever seeds you may have at home. You can also add oats or buckwheat groats to the mix, otherwise keep it completely gluten and grain-free. Serve these with your favourite cheese or with this delicious Hemp and Walnut Pate.

Ingredients

[1/4 cup Hemp Hearts](#)

1/2 cup Sunflower seeds

1/2 cup Pumpkin seeds

1/4 cup Sesame seeds

1/4 cup Poppy seeds

1/4 cup Chia seeds

1/4 cup Flax seeds

1/2 tsp Salt

1 cup Water

Method

1. Pre-Heat oven to 170°C.
2. Place all the seeds and the salt into a mixing bowl.
3. Add the water and mix to combine, leave for 15 min allowing the chia & flax seeds to soften and bind everything together.
4. Line a tray with baking paper. Tip the mixture on to the tray and evenly spread it out as thin as possible, without creating any holes, approximately 4mm thick. Then sprinkle with some flaky sea salt.
5. Bake for 30 min.
6. Remove the tray from the oven and slice the sheet with a pizza cutter or butter knife into desired cracker sizes. Then return to the tray back into the oven and cook for another 20-30 min until crisp with a slight golden colour.
7. Remove from oven tray and place on a cooling rack until completely cold.
8. Place the cold crackers in an airtight container until needed.



NEW ZEALAND

100%
GROWN
IN NZ



Creamy and nutty deshelled hemp seeds
for snacking and enriching every meal

Superior Wholefood Plant Nutrition

Available in 60g, 200g & 450g pouches.

HempFarm® food and skincare products are available online
and at selected retail outlets.

Phone 07 560 1020 · hempfarm.co.nz



NEW ZEALAND.COM
Licence No.100524

HEMP GREEN SMOOTHIE

Hemp Green Smoothie ingredients:

- 1 cup coconut water
- 1 banana
- 1 cup fresh pineapple
- 1 heaped tsp protein powder
- 1 Tbsp hemp oil
- 1 cup leafy greens (I used Kale)
- 1 tsp organic almond butter
- A small handful of mint

Blend well in a high powered blender for a minute or two
and enjoy a digestive treat!

By Ella Bailey

[@ellabailey_myhempkitchen](https://www.instagram.com/ellabailey_myhempkitchen)

Growers of hemp at MOMONA FARM
South Waikato Tirau



Sustainable
Hemp^{ltd.}

BLACK RICE & HEMP SALAD



The
Brothers
Green

The Brothers Green are a Christchurch-based hemp company with a vision to encourage New Zealanders to make educated decisions around food choices, ultimately increasing the connection to their food and local food producers.

The Brothers Green grow hemp in the Hurunui region and package it in eco-friendly packaging to sell in its raw form and ready-to-eat products. As well as being anti-inflammatory and packed with Omega 6s and 9s, their NZ Hemp Seed Oil has been declared as some of the best tasting oil.



Black Rice & Hemp Salad

(Serves approximately 5 people as a side dish)

Ingredients:

- 1 cup black rice
- 3 small-medium sized kumara or small pumpkin, chopped into chunks
- 1 tsp cinnamon
- 1 tsp curry powder
- 1 tsp paprika
- 2 large peppers, chopped
- Approx. 1/4 of a cauliflower
- 2 big handfuls of spinach
- 2 tbsp balsamic vinegar
- 2 tbsp maple syrup
- [1 tbsp The Brothers Green Hemp Seed Oil](#)
- [2-3 tbsp The Brothers Green Superfood Garnish \(organic hemp hearts\)](#)
- Cranberries or pomegranate to garnish

Method:

1. Preheat oven to 220°C
2. Put rice on to cook – follow the instructions on the packet
3. Chop vegetables into chunks (you can add extra vegetables if you have them in the fridge)
4. Combine spices to coat your kumara and cauliflower – you may need oil to help the spices stick
5. Roast kumara in the oven until it's 3/4 of the way ready (roughly 15-20minutes)
6. Add the rest of your vegetables to the oven and cook for a further 10 or so minutes
7. When the rice and vegetables are done, add to a bowl with spinach and toss until well mixed.
8. Make your dressing by combining balsamic vinegar, hemp oil and maple syrup. Drizzle over salad
9. Take your cranberries and as many hemp hearts as you please (you can never have too many!)

HEMP, BANANA, BERRY PUDDING



Hemp, Banana, Berry Smoothie

Ingredients:

2 Just ripe not over ripe bananas
2 Cups organic Berries
2 Tbsp light coconut milk
Maple Syrup or pitted dates (optional)
2 Tbsp Hemp seeds
2 Tbsp chi seeds
1/8 Tsp ground cinnamon

Method:

Add bananas, berries and coconut milk to a food processor and mix to combine or mash together by hand. The taste and adjust sweetness if needed adding maple syrup or pitted dates (optional) and blend to combine.

Next add hemp seeds, chia seeds and cinnamon and pulse that to combine. Transfer to 3-4 serving dishes.

Cover and refrigerate to chill for at least 2 hours, preferably overnight. Will keep in the refrigerator for 3 to 4 days.



HEMP NOG



Hemp Nog...

Hemp works so well as a plant based alternative to the egg and cream in eggnog, as the natural occurring sulfur compounds gives a slight eggy taste and the healthy fats whip up nicely.

Ingredients:

1/2 a cup of soaked hulled hemp seeds.

1 cup of water or a plant based milk of choice if you want it more creamy.

A small handful of ice cubes

3 tablespoons of coconut sugar (more or less to taste).

Pinch of cinnamon and nutmeg (more or less to taste).

Method:

Put all ingredients except alcohol in a blender and blend on high for at least one minute or until very creamy. If you want to add alcohol do that at the end and pulse a couple of time. Serve in a glass with a pinch of nutmeg on top.

HEMP PARMESAN CHEESE



Hemp Parmesan Cheese

Ingredients:

- * 3/4 of a cup of hulled hemp seeds.
- * 1 garlic clove(crushed) or 1/2 a teaspoon of garlic powder. (More or less to taste and optional).
- * 2 tablespoons of a good quality nutritional yeast.
- * Salt to taste.

Method:

Put all the above ingredients in a blender or food processor and pulse. Scrape the sides every few pulses to prevent it turning into a paste. It's ready when it looks like a gritty and very slightly green (depending on the hemp used) Parmesan cheese. Use as you would Parmesan but can go hard as super healthy.

*The Hemp Nog and the Hemp Parmesan Cheese submitted by:
Nicki Mackinnon nickimackinnon@gmail.com 021-129-5430*

You are invited to the
NZHIA iHemp Summit and Expo
20-22 May 2021, Rotorua



The New Zealand Hemp Industries Association Inc
is the go-to resource to help you with your iHemp journey,
for more information and to join go to



HEMP SEEDS 6 HEALTH BENEFITS (Page 6, 7 Scientific data ref)

[1 Hempseed as a nutritional resource: An overview](#)

[2 Nutritive quality of romanian hemp varieties \(Cannabis sativa L.\) with special focus on oil and metal contents of seeds](#)

[3 The top 10 causes of death](#)

[4 Nitric oxide and pathogenic mechanisms involved in the development of vascular diseases](#)

[5 Dietary nitrates, nitrites, and cardiovascular disease](#)

[6 Association between dietary arginine and C-reactive protein](#)

[7 Inflammation, aspirin, and the risk of cardiovascular disease in apparently healthy men](#)

[8 Gamma-linolenic acid inhibits inflammatory responses by regulating NF-kappaB and AP-1 activation in lipopolysaccharide-induced RAW 264.7 macrophages](#)

[9 Gamma-linolenic acid inhibits inflammatory responses by regulating NF-kappaB and AP-1 activation in lipopolysaccharide-induced RAW 264.7 macrophages](#)

[10 Effect of dietary hempseed intake on cardiac ischemia-reperfusion injury](#)

[11 Preventive and treatment effects of a hemp seed \(Cannabis sativa L.\) meal protein hydrolysate against high blood pressure in spontaneously hypertensive rats](#)

[12 Cholesterol-induced stimulation of platelet aggregation is prevented by a hempseed-enriched diet](#)

[13 Fatty acids, the immune response, and autoimmunity: a question of n-6 essentiality and the balance between n-6 and n-3](#)

[14 Dietary n-6 and n-3 fatty acids in immunity and autoimmune disease](#)

[15 Metabolism of polyunsaturated fatty acids by skin epidermal enzymes: generation of antiinflammatory and antiproliferative metabolites](#)

[16 Efficacy of dietary hempseed oil in patients with atopic dermatitis](#)

[17 Plants used to treat skin diseases](#)

[18 Isolation and Primary Structure of a Methionine- and Cystine-rich Seed Protein of Cannabis sativa](#)

[19 Evaluating the quality of protein from hemp seed \(Cannabis sativa L.\) products through the use of the protein digestibility-corrected amino acid score method](#)

[20 ACOG committee opinion. Premenstrual syndrome. Number 155--April 1995 \(replaces no. 66, January 1989\) Committee on Gynecologic Practice. American College of Obstetricians and Gynecologists](#)

[21 Prevalence, impacts and medical managements of premenstrual syndrome among female students: cross-sectional study in College of Health Sciences, Mekelle University, Mekelle, northern Ethiopia](#)

[22 Essential fatty acids for premenstrual syndrome and their effect on prolactin and total cholesterol levels: a randomized, double blind, placebo-controlled study](#)

[23 The regulation of prostaglandin biosynthesis by the manipulation of essential fatty acid metabolism](#)

[24 Gamma linolenic acid: an antiinflammatory omega-6 fatty acid](#)

[25 The role of essential fatty acids and prostaglandins in the premenstrual syndrome](#)

[26 The effects of Cannabis sativa L. seed \(hempseed\) in the ovariectomized rat model of menopause](#)

[27 Effective Anti-aging Strategies in an Era of Super-aging](#)

[28 Calcium, gamma-linolenic acid and eicosapentaenoic acid supplementation in senile osteoporosis](#)

[29 Fiber and prebiotics: mechanisms and health benefits](#)

[30 Health benefits of dietary fiber](#)

[31 Metabolic effects of dietary fiber consumption and prevention of diabetes](#)

[32 Whole grain, bran, and germ intake and risk of type 2 diabetes: a prospective cohort study and systematic review](#)