

Northfield

NEIGHBORS

Women of Wellness
in Northfield!



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Happy Holidays Northfield!



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The season is upon us! This year some of the emotions are stronger than in years past. A stronger feeling of gratitude and thankfulness fill our hearts. There is also more reliance on our fellow residents to take proper precautions to keep each other safe. There is an urgency to stick together as a community. Supporting our businesses by shopping local and helping the less fortunate in our area of plenty, has risen during this holiday season. Our health has never been more important than now...which is a perfect segway into our cover story! Women of Wellness in Northfield!

These women are all phenomenal – I can tell you this because I know each and every one of them and have a great deal of respect and admiration for them all. They have either touched my life or the lives of my family in an extraordinary way with positive results. Collectively, they have changed my life. Here are a few examples:

Dr. Lori Halvorson and her team (including Bernard the Australian Shepherd) welcomed me into their practice with open arms. Upon being tested at the office in Northfield, I learned I suffer from significant hearing loss – since I was 5 years old and had tubes put into both ears. You can imagine my reaction after living with the loss for so many years...shock and disbelief. Dr. Lori and her team helped me come to terms with the loss and navigate my options. They helped me choose hearing aids and even helped me program my phone so I can take calls and listen to music through my hearing aids! My life has completely changed and I owe Dr. Lori and her team a great deal.

Debbie and Dr. Marvin Talsky are also gems on Central Avenue. I have seen first hand the benefits of Chiropractic, of essential oils and even weight loss using the Zeronal Non-invasive laser treatment. The treatments are 45 minutes long and you can work or play with your phone during them. It works if you follow the program and I am proud to say it is helping me!

Dahlia Fahmy has helped both Harlan and I and we have spent much time at Sport + Ortho healing our sports injuries. Sport + Ortho is much more than physical therapy. It is a hands on personal approach to physical wellness...and they make it fun!! Dahlia has an amazing team to fix any ailment and get you back on track!

Kelly Moretta is a brand new sponsor of Northfield Neighbors! Kelly has helped me with a holistic approach to healing and is a positive influence in my life! Kelly is all about the community of Northfield and her wellness knowledge and healing sessions have had a dramatic impact on my overall well being and outlook. Thankful to know her and can't wait for you to meet her!

Every one of the women has a great deal to offer you in terms of wellness. Consider them as you plan for 2021!

Welcome another new sponsor, FuFluns Foods, who offer natural health conscious supplements, environmentally focused products that are sourced in the US, and extracted using a 500 year-old method. The method purifies the properties of the plant or fungi which is a "farm to table" method, rather than chemically with large scale production. Very helpful in many areas of one's life. Enjoy his story and for more information view the website at www.fuflunfoods.com.

An event that will stir your hearts – the Hunger Resource Network Outreach Day. Back in mid-November the event dispersed over 126,000 lbs. of frozen chicken to shelters and soup kitchens throughout the greater Chicagoland area. What a heart-warming event! To learn more about tackling hunger in our own backyard, visit www.hungerresourcenetwork.org.

Don't forget that if you are looking to patronize any business, please check our sponsors and expert contributors who bring this news to you! Special thanks to all of our sponsors! This publication comes to you courtesy of the sponsors of Northfield Neighbors. Please visit all of them as they are the pillars of support that bring this magazine to your mailbox.

Northfield Neighbors' Facebook page is live and accessible for all! Search on '@NorthfieldNeighborsBVM' and give us a like. It is another way to reach out with your comments and suggestions. Our mission is to bring people together. Take your time reading, enjoy the stories, and catch up on any updates through our Facebook page! As always please send along feedback via phone, email or Facebook. We welcome it! After all, Northfield is home!

Our community matters and support of each other will offer solutions for success. Each resident is part of the answer. The world is changing and our community strength will help us find our way through the challenges that allow for success, happiness, gratitude, thankfulness, and love for our fellow man! Have a wonderful holiday season and a Happy New Year! Let's make it our most welcoming and supportive time for Northfield and our future, 2021 can't come fast enough!



Happy Holidays,

Beth & Harlan Chemers
Publishers



Women of Wellness in Northfield!

By Eric Klein | Photos by Sari Pina

Today's approach to wellness is not what it used to be! The industry has transformed into a multi-disciplinary approach that incorporates modalities such as chiropractic, massage, yoga, spiritual coaching, nutrition and more.

The Northfield women that practice this approach are making a huge impact. They inspire, promote change, and stand firm in their desire to help people change the way they view wellness. They are practitioners, healers, influencers, role models and coaches. They all come at their area of expertise with vastly different approaches. What they have in common is courage and the capacity to influence and redefine wellness for an entire generation.

We have assembled a group of impressive women that inspire wellness in the Northfield area. Their combined experience address many of the pressing issues facing women with powerful approaches to care and wellness. These women are working hard to address issues in wellness such as body image & weight loss, hearing & cognitive function, nutrition and the list goes on. From hair loss to functional physicians to spiritual health, these women are forging a better balance to treating not just symptoms, but the entire person.

Dr. Lori Halvorson owns 'Lake Forest Hearing' in Northfield, Lake Forest and Lincoln Park and is joined by her team of: Kristen Halvorson, Dr. Kiran Silwal, Bernard (Australian

Shepherd) and Dr. Meg Hebb (not pictured). Dr. Lori is a Board Certified Doctor of Audiology, a Mensa Member, MS from Rush, Doctor of Audiology from A T Still University of Health in Arizona. She grew up in Chicago, ran a water ski school and sold boats and snow skis. She worked at the McHenry Outdoor Theater to put herself through school. Lori is driven to "help people hear better and brains age younger." Dr. Lori and her team at Lake Forest Hearing offer hearing protection, ear to brain hearing and communication assessment, hearing aids and hearing treatment including hearing training, auditory processing training, hearing exercise and nutrition, tinnitus treatment and management. Dr. Lori is truly an ambitious visionary in the audiology world, publishing ground-breaking research on fetal hearing. She leads each day with an "indomitable spirit" and her energy and optimism are inspiring. Dr Lori "loves every one of the 11,316 ears which connect Northfield residents to the people and sounds they love! Every ear, every age, everyone matters." www.lakeforesthearing.com, 847.295.1185

Kelly Moretta is a Reiki Master Teacher and Spiritual Based Life Coach at Awakenings Holistic Wellness. She is deeply passionate about her work as a Healing Arts Practitioner, and her life is centered around creating a harmonious balance within and without on all levels - physically, mentally, emotionally and spiritually. Kelly shares her gifts, knowledge and wisdom to assist others in awakening to



Left to right: Dr Meena Malhotra, Heal n Cure; Bibi Frederick, Zinzino; Savita Laura Jachim, Awakening Wellness Healing; Debbie Talksy, Talsky Tonal Chiropractic & Wellness; Susi Roos, doTerra; Chanel Kwak, HairLab Chicago; Debbie Ansay-Martinez, HairLab Chicago; Dr. Kiran Silwal, AUD, Lake Forest Hearing; Dr. Lori Halvorson, AUD, Lake Forest Hearing; Kristen Halvorson, Lake Forest Hearing; Bernard (Australian Shepherd), Lake Forest Hearing; Kelly Moretta, Awakenings Holistic Wellness; Ilyse Tariq, Therapeutic Bodywork by Ilyse; Bridget Schrank, Healthy Constellations; Dahlia Fahmy, PT, MBA, FAFS, PCM, Sport + Ortho; Evey Schweig, AADP, Health Coach

and creating their best life! Awakenings Holistic Wellness offers individual and group sessions for Quantum & Reiki Energy Healing, Spiritual Based Life Coaching, Sound Healing, Home & Land Clearings/Blessings, Swedish Reiki Energy Massage & Pre-Natal Massage with Reiki, as well as a mindful selection of holistic products to support their clients at home. They also offer certification classes for those wishing to learn more about Energy Healing and Holistic Wellness. To stay positive every day, she always remembers that "I am the creator of my reality & my life and that I have the ability to choose and create what I experience!" Growing up in Northfield, it holds many fond memories for her. "It was a special place to grow-up and still holds that same small-town charm today! When I moved my business here a year ago, it felt like coming home! www.awakeningsholisticwellness.com, 847.212.9453

Dr. Meena Malhotra, is a double Board Certified Physician, leading expert, and an invited speaker for Integrative and Functional Medicine. She found Heal-n-Cure Medical Wellness in 2005 to help motivated people to achieve optimal health and success in their personal and professional lives. As the Medical Director at Heal-n-Cure, we have been treating health concerns from a Functional Medicine perspective by addressing the root cause rather than symptoms. This approach is oriented to identify the complexity of disease. Their treatment targets specific signs of disease to resolve symptoms and restore optimal health by incorporating nutrition, hormone balance, fitness, and optimized body composition for permanent

weight control. Meena's Board Certifications are from the American Board of Internal Medicine (ABIM) and the American Board of Obesity Medicine (ABOM). She has presented to clinicians at pharma events, Obesity Medicine conferences, contributed articles to wellness blogs, the Huffington Post, and given presentations on preventive care, wellness and obesity on TV and Radio in Chicago. Meena believes "there is a purpose for every interaction . Some to teach you, some to test you, some to release you from the karma cycle, some to bring the very best of you." www.healnure.com, 847.686.4444

Debbie Talksy is a wellness advocate and weight loss expert at Talksy Tonal Chiropractic & Laser Wellness Center. She grew up in Evanston, graduating in 1976 from ETHS. She has worked as an administrative assistant in the fields of advertising, hospitality and healthcare for 40+ years. She has travelled, studied with religious and spiritual teachers and practices living an "awakened life." Talksy Tonal Chiropractic and Laser Wellness Center provides unique, proactive healing and wellness approaches to enhance your healing, immune system, performance and appearance. Marvin Talksy, DC is in his 56th year of Chiropractic practice. He has developed newer Tonal work in the field and teaches DCs throughout the world. They also offer Zeron low level laser technology for fat loss and body contouring. Debbie considers herself most fortunate for rich life experiences, good health, loving family and friends, and work that she loves. Being a mom of a young adult who has Down Syndrome "keeps things real!" She loves meeting amazing



people and finding reasons to be grateful! Her family has found friendly, professional neighbors in Northfield. "There is an ease and openness about people we've met in this community. We are so happy to have opened our new office here and look forward to getting to know you." www.talskytonalchiropractic.com, 847.401.7957

Debbie Ansay-Martinez and Chanel Kwak are co-founders of Hairlab Chicago, specializing in treating hair loss. Debbie is a first generation Filipino-American, attending beauty school while still in high school. She received her Bachelors' degree in Business Management from National Louis University and was a master colorist for 24 years before pursuing her passion in the hair loss industry after personally losing her own hair. It became her mission to serve others experiencing the trauma of hair loss. Chanel is originally from Seoul, South Korea, immigrating with her family during her early teen years. After a few years in college focusing on art and fashion, she attended multiple beauty and fashion schools. She first started in the industry as a makeup artist, later finding her true passion for hair. After pursuing hair for 25 years she found her calling to the hair loss industry after a personal experience.

Hairlab Chicago offer medical grade treatments for clients dealing with hair loss and scalp abnormality. They work closely with dermatologists, nutritionists, and therapists within the community to provide the best care for their clients. They also provide 3D cranial prosthetics, all hand crafted from Italy for the most undetectable hair system in the market. Their goal is to empower women by making sure that each client feels and looks good to achieve optimal confidence. Debbie is "Blessed and grateful for everyday. I stay positive by waking up every morning being thankful and forgiving yesterday. To always love and live in the present."

Chanel is "an artist that designs and creates hopes and possibilities to help other people to achieve better self- confidence and feeling beautiful inside-out." www.hairlabchicago.com, 847.999.9585

Dahlia Fahmy is a physical therapist and owner of seven Sports + Ortho locations across Chicagoland. Sports and Ortho is a physical therapist owned clinic whose main purpose is to deliver hands-on quality care – it is quality, compassion and individuality that makes them unique. Dahlia graduated from McGill university in Montreal in 1993 with a degree in Physical therapy, and has also completed her MBA, manual therapy certification and is a Fellow of Applied Functional Science as well as certified in dry needling. Dahlia's clinicians are all either fellowship or certified in kinetic chain biomechanics – this knowledge helps them find the cause of the dysfunction, not just treat symptoms. Dahlia says she is "a very caring person who gives 110% to all my patients. I'm fun to be around and I like to put a smile on people's faces." Dahlia loves communities like Northfield because "everyone just sticks together." www.sportsandortho.net, 224.282.8133

Savita Laura Jachim is a Holistic Practitioner, massage therapist and yoga instructor. "I meet people where they are at. I connect with my clients and together we discover their needs and desires and so the journey begins." Savita describes herself as "a spiritual being having a human experience. I strive to be my best human self and give that same space for others as well. The greatest gift I can give another is being present - "holding space" and allowing for experiences to happen." Her life's purpose is a continuum of lessons around: creating meaningful relationships, awakening to the consciousness that I AM, trusting the power and presence of oneness, holding these truths for others' healing and wholeness and to have some good laughs along the way. Her process is very much client led and sessions are customized using the services that best fit as directed by her experience and intuition. Services offered include: Holistic & Spiritual Coaching, Therapeutic Massage , Reiki & other Vibrational Energy systems, Remote Healing with The Body Code and Emotion Code, Meditation & Yoga Nidra, Doterra Essential Oils (Wellness Consultation & Education) and Oneness Meditation Circles (2x month). Savita "loves the small town feel that Northfield has. It feels more quaint and quiet than the grandeur of the "Northshore". When I was forced to move my practice from Glenview a couple of years ago, I felt like I didn't even know Northfield. I kind of stumbled across this "diamond in the rough". I continue to discover more and more like-minded practitioners and appreciate the great location just off the Edens."

Bibi Frederick is a wellness consultant representing Zinzino, A Swedish nutritional company, offering cutting-edge, test-based nutrition, which provides you optimal health. She was born in Copenhagen Denmark to a Greenlandic Inuit father and Danish mother. Her educational background is as a nurse's aide, and she was involved in home health care and later worked as a vision therapist for two Doctors of Optometry. She came to the US after meeting her husband

doing volunteer work in West Africa, on the hospital ship M/V Anastasis. Bibi is passionate about health, and loves to help people experience better health by taking very simple, science-based steps. She got started with Zinzino because she saw her own health improve, like skin issues, digestion, dry eyes and severe knee pain. Zinzino also gave her the option of creating residual income and working with flexible hours - something that was important to her as a mom. Bibi's faith in God is very important to her, "He gives me the perspective that I need and keeps me grateful for what He has given me." www.zinzino.com, 847.414.9025

Evey Schweig is Health Coach that teaches her clients about the benefits of healthy eating and lifestyle habits. She also uses her creativity to help them take what they know and apply it to their everyday routine. For instance, a client may already know what she should or shouldn't be eating, but not necessarily why she should or how to do it. As a health coach, she guides her clients to understand their true motivation for change and helps them make choices that are as satisfying as they are healthy. One client describes her as "a wellness Guru that makes eating healthy, easy and tasty." She loves that, "because being healthy shouldn't be about restrictions, but rather learning new exciting ways to add in new food experiences." She is not happy until her clients feel good about themselves and the changes they are making.

Evey helps women get out of their "rut" and take control of their health again through nutritional guidance and lifestyle "tweaks." Since every client is different, each program is crafted specifically to their goals and needs. They work together to formulate a plan that truly motivates them to achieve their goals. That can mean concentrating on food triggers or how to make simple dietary changes. Many times, it involves looking into other lifestyle factors such as stress, sleep patterns, and fitness levels. These surprisingly can also have an adverse effect on health and weight. One effective tool she uses is the Food Inflammation Test. The results from this test help pinpoint the specific foods that are causing inflammation in the body. By eliminating these foods, her clients have seen remarkable improvements in weight, flagging energy levels, bloating, and even mood swings. In addition to working with individual clients and leading group programs, she also offers health presentations for community groups and corporate health and wellness programs. www.eveyschweig.com, 847.212.4517

Susi Roos of Blossoming Heart is often described as "The Queen of Empowered Self-Care." She thinks that stems from her belief that now, more than ever, self-care is an essential form of healthcare. Because she was a holistic nurse long before there was holistic nursing, she used to be described as the weird nurse or at least the nurse that did weird stuff. When holistic nursing came along, all of a sudden, she was

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described as a valued resource! Susi is passionate about helping people upgrade their self-care (physical, emotional, and spiritual when open) to help improve existing health conditions, reach wellness goals, age gracefully and feel good about who they are. She does this utilizing nutrition, essential oils, supplements, mind-body techniques, energy medicine and spiritual practices. She describes herself as a cancer coach, working with people who are choosing conventional, integrative or totally non-toxic approaches. Her techniques empower self-care to harness the body's own natural cancer-fighting and healing and helps cancer clients make informed choices - using those choices to help them navigate or implement them. "Educated, open-minded, self-motivated people" are her favorite people to work with, and she considers that a demographic of Northfield! revsusi@blossomingheart.com, 847.977.6313

Ilyse Tariq, Owner of Therapeutic Bodywork by Ilyse, describes herself as a mom to teenager's at home and a therapeutic bodyworker in the office. As a therapist she genuinely cares and focuses on each individual and their unique needs - thriving on the positive outcomes. Ilyse worked for many years with adults with cognitive and physical disabilities. She was responsible for running programs that stimulated them both cognitively and physically. Her job was to lead the departments at dementia facilities, skilled nursing facilities, adult day programs, assisted living


facilities and independent living facilities. Later she became licensed as a massage therapist with special certification in manual lymphatic drainage, oncology massage, craniosacral therapy, stationary and glide cupping. The therapies are non-invasive and the objective is to assist the body in its own healing. Plans are based on the needs of each individual. She says "the most important quality of any healer is to hear their client." Ilyse makes sure to give clients time to share concerns and questions for a healthy and beneficial partnership. Collaborating with clients physicians, trainers and therapists for the best outcomes is an important part of the process. Ilyse describes Northfield as a "warm and welcoming town. There's a laid-back vibe to it. For a small place it has an abundance of personality!" www.byilyse.com, 847.452.2960

Bridget Shank is a compassionate empathetic healer who is always striving to help those in need. As a licensed acupuncturist and certified yoga instructor at Healthy Constellations, she says "Everything is connected. Even the stars and planets that cover the night sky play a role in the gravitational pull on our wonderful home we call Earth. This realization allows me to take a deep breath and a sigh of relief to know that a problem I might be experiencing is an even smaller grain of sand amongst the cosmos." She offers acupuncture, cupping, moxibustion therapy, gua sha therapy, herbal medicine and dietary consultations based on Chinese medicine theory. Her specialty is working with pain, but she truly enjoys diving deep into the psychological components that create discomforts in our body as well. She also finds it extremely rewarding working with those who are undergoing cancer treatments as well as end of life care, and considers it is an honor to be a part of anyone's health journey, regardless of where they are at along the way. www.healthyconstellations.com, 786.597.0853

This group of women is just a fraction of the wellness options available to you in Northfield! If you would like to see your favorite wellness practitioner included in this group or you are a practitioner yourself, please reach out to Beth Chemers at bchemers@bestversionmedia.com 847.980.2267. Be well!



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Sleep & Chiropractic

By Alex Halstead | Expert Contributor



Sleep is one of the most important things to our health, as it lets our body and mind reset to start the next day refreshed. It is estimated by the CDC that 1 in 3 adults do not get enough sleep per night. When our sleep is not adequate and not providing our bodies with its much needed rest, our health can start to deteriorate. Chronic sleep deprivation can cause mood shifts and lack of concentration, as well as weaken our immune systems leading to more serious health issues such as high blood pressure, weight gain, and heart disease.

A lot of the time we may think we are getting enough sleep because we are in bed for 7-8 hours, but most of the time it ends up not being restful and we wake up still feeling tired. Many of us are guilty (myself included!) of needing that wake-up cup of coffee or two before we feel

ready for the day. One of the biggest issues associated with sleep is actually falling asleep. Trouble falling asleep is common in most adults and we end up scrolling on our phones, watching TV, or tossing and turning dealing with anxiety or a wandering mind for significant amounts of time before we actually fall asleep. What many people don't know is that according to the National Sleep Foundation, one-third of chiropractic patients who have received an adjustment have seen an immediate improvement in their sleep. Falling asleep with ease is one of the added benefits of chiropractic care!

The quality of our sleep can be attributed to the state of our central nervous system and if it's not functioning optimally, our sleep will suffer. At Atlas Upper Cervical Chiropractic, we specialize

in adjusting the cervical spine to improve nervous system function. What we see in a lot of cases is that by relieving tension and pain through chiropractic adjustments we in turn improve the quality of sleep.

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Awakenings Holistic Wellness

By Kelly Moretta | Community Corner

Awakenings Holistic Wellness is an intimate holistic & spiritual wellness center that has been serving the North Shore community and beyond for 7 years providing clients with a relaxing, rejuvenating, supportive, and inspirational atmosphere where all of their mind and body needs can be met.

Kelly Moretta, owner, started the business to offer her life's wisdom and knowledge of how to live an awakened life – one that is based on holistic practices, personal empowerment through energy awareness, and becoming the creator of the life of your dreams. She is passionate about assisting others in awakening to their true potential and through her own life's journey is living proof that you can change your energy and therefore your life to be one filled with love, joy, abundance and what she refers to as magic and miracles!

Kelly's clients refer to her as a spiritual alchemist as she offers her wisdom as well as many energy based healing modalities and spiritual gifts to meet the needs of each client regardless of the life challenges they may be faced with. Recognizing that everything is energy and everything is connected, positive change can be created on all levels, physically, mentally, emotionally & spiritually. With this awareness, she assists her clients in bringing balance and harmony back into all areas of their lives. Whether working with her privately or in a group session or class, you will find an authentic, loving, trustworthy, compassionate, and gifted guide for your journey.

Kelly is a Quantum Energy Healer, Reiki Master Teacher, Spiritual Based Life Coach, Sound Healer, Ascension Guide, and Earth Keeper deeply committed to the healing & restoration of our sacred earth, Mother Gaia, which provides our sustenance for life. She works with clients in private sessions, group sessions, group certification classes and also works with your sacred space facilitating home

and land clearings and blessing ceremonies. In addition, she offers her wisdom in the use of sacred plants and plant medicines, essential oils, & other earth elements such as crystals to support your wellness journey on all levels.

Kelly's passion to create a more harmonious world is reflected into the local community through her unique services as well as her creation of community within Awakenings Holistic Wellness. She is now co-creating with two highly regarded energy practitioners. Gentle Spirit Massage offers Reiki Energy infused Swedish and Pre-Natal Massage, and Energy Positive Radiance, providing Reiki Healing, EFT, and Wellness Coaching. Through this unification and co-creation at Awakenings, they offer a home away from home that guides and supports you in exploring self, living from an awakened state of being, and maintaining the foundation for a long, healthy, joyful and abundant life while sharing it with your families, in your home, and the community~

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The Supply Chain of Hemp-And Its Impact

By Perry Galanopoulos | Business Profile

Consumers are choosing hemp as a natural alternative to pharmaceuticals. However, many hemp products are ironically pharmaceutical-ish in nature yet don't follow the science! Taking a CBD isolate is akin to taking Vitamin C, instead of eating an orange. The market is dominated by these mass producers who use environmentally destructive factory farming practices, industrially extract, heavily process and then market as a natural. First we will define quality, then compare how artisanal producer's supply chains differ from mass producers, and the impact to the end product.

Leading hemp researchers (Dr. Mechoulam, Dr. Russo) and practitioners (Mr. Leinow and Dr. Moskowitz) support The Entourage Effect, a notion that synergy occurs between the natural interaction of the over 400 identified compounds found in hemp, thereby making the whole plant more effective than any one component¹. These phytochemicals primarily include cannabinoids, terpenes and flavonoids², but also include chlorophyll, fatty acids, waxes and other naturally occurring compounds. From a potency perspective, hemp that is rich in these phytonutrients would be the first facet of quality. Secondly, contamination is a dirty secret in the hemp industry, and is why many CBD products are processed, clear or yellow and don't look, smell or taste like a plant. So, being naturally clean of

contaminants and unprocessed is the second facet of quality. The third is a product that is grown sustainably, or even better regeneratively, to have a positive environmental impact on our planet. As a supply chain expert, I researched from seed to shelf how hemp products are produced, and how the different modes impact both the final product and our environment. The focus should be on the plant and planet first.

Farming

Broadly, there are two approaches to farming hemp, agriculturally (field cultivation) and horticulturally (garden cultivation). The philosophies are different in that agriculture focuses on creating one habitat; the meadow or "field" is used to lower costs, increase yield and compete on price. Alternatively, horticulturists provide a little more "TLC", using strategies to promote ecological succession, diversity of landscapes, and are more focused on quality and preserving the environment.

Agricultural hemp operations produce commodities (similar to corn and soybeans), and it's all about size and scale. To accomplish this, farmers look for seed genetics that are easy to grow, pest resistant, cheap and drought resistant, which makes GMO appealing. Since hemp can grow just about anywhere, and agriculturally grown hemp will ultimately go through a number of processing steps, plant quality, potential contamination and location are not priorities. Growing indoors avoids contamination and increases the number of harvests / profitability. However, there is a tremendous carbon footprint to growing indoors due to the energy requirements.

Just as some grapes produce jelly, others produce a fine Bordeaux or Brunello wine. Horticultural farming is part science and part art, and it all begins with seeds. Early flower initiation, high resin content and complex flavor (robust terpene and cannabinoids) are all plant genetics that produce a quality plant, and in hemp's case, The Entourage Effect. Location is paramount - great sunlight, moderate temperatures, rich soil and distance from heavy industry and contaminants. Outdoor hemp plants are part of the local ecosystem, and grow naturally under the cycles of the sun, moon and stars. Organic is a good place to start, but sustainability and regenerativity are key to saving our planet. (Many organic farmers will lay plastic down on beds to retain water, prevent weed growth and avoid using pesticides. Micro plastic particles can then leach into the soil and pollute the environment.) The best hemp is hand planted, weeded and harvested- without plastic or pesticide-leaving the earth's soil richer for the next season.

Extraction

The choice of extraction material and method usually follows the farming practice. Large scale agricultural producers focused on cost will harvest using machinery which cuts the plants at the ground level, and then grinds up the stalks, stems, seeds and flower into "aerial parts." CO₂ is then passed through the aerial parts under pressure and temperature to extract the terpenes and again at a higher temperature to extract the cannabinoids. CO₂ is great for selectively extracting parts of the plant. But, keep in mind, It is also used to remove the caffeine molecule to decaffeinate coffee and to dry clean clothes. It is cheap to run and easy to scale - ideal for mass production.

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on Quality and the Environment

Horticultural growers are more focused on plant quality, and want to preserve that quality through to the final product. Hemp flower (bud) grows sticky glandular hairs called trichomes, and this is where most of the precious cannabinoids, terpenes and flavonoids are located, not the “aerial parts”. To preserve the trichomes/quality, the delicate flower should be hand harvested. Some solvents (butane or hexane) shouldn't really be used, but organic alcohol is instead a natural and highly effective solvent, produced by the plants and for the plants.

Post-Extraction Processing

Once the hemp has been extracted it is ready to use, either in a concentrated state as RSO4 (Rick Simpson Oil) for acute conditions, or more commonly diluted with a carrier oil such as organic MCT coconut oil.

However, depending on the quality, condition and intended use, it may be taken through multiple post-processing steps to break down the plant's components and remove contamination: Winterization - is used to refine the hemp extract by mixing it with ethanol and taking it down to a sub-zero temperature. The intention of this step is to remove the waxes and lipids, but chlorophyll and some of the terpenes are often lost as well. Distillation - is a process for separating different compounds based on the differences in boiling and condensation temperature. It's used to selectively concentrate desirable compounds while removing impurities. Chromatography - is a way of further separating and purifying chemical compounds. In the case of hemp, it further isolates the cannabinoids, primarily the CBD and THC. The plant has now been broken down into single molecule(s). At this point you would think there is nothing more we could do, but some have found ways to “enhance” this molecule. Nanotechnology uses ultrasonic therapy that in theory shrinks the CBD molecules making them more available to your body. These products are rumored to have a very quick onset but a shorter duration of narrower effect.

Product Classes

Isolates usually appear clear and only contain CBD. Taking a CBD isolate is akin to taking Vitamin C, instead of eating an orange. The Entourage Effect is lost because all of the other beneficial compounds of the plant have been removed by a laboratory technique called chromatography. How or where the plant is grown is irrelevant, so it is often farmed as inexpensively as possible.

Broad spectrum products are becoming popular and are often marketed as Full Spectrum without the THC. This is true, but what they really are is a combination of cannabinoid and terpene isolates. Anyone without training or oversight, can purchase isolates and create their own concoction. Cannabinoids do not have a lethal dose, but terpenes do. In concentration, terpenes come with a pretty scary safety data sheet (SDS). Terpenes are also added to “enhance” poor quality hemp. When terpene and/or cannabinoids are listed on the ingredients label, it means the manufacturer has “enhanced” the product with an isolate. These products are potentially dangerous and should be left to regulated companies with very strict quality assurance programs.

Factory Full Spectrum appears off yellow and may have a faint cannabis smell. Anything that has not gone through the isolation process can be called full spectrum, even industrially farmed, extracted and processed hemp. Cannabinoids and terpenes are limited. If available, you need to check test results, as some products are “fuller” than others. Often much of the plant's compounds have been lost.

Unprocessed Artisanal Hemp Extract - These products are from smaller farms sourced from high quality flower, or “A” buds. They contain a robust profile of cannabinoids, terpenes and other phytonutrients. Plants that are naturally free of contaminants do not need processing. Fufluns' products fall into this category. We proudly follow leading practitioners and pioneers, work with passionate farmers and artisanal extractors, not big business.

Testing

Testing is paramount to quality and safety, and should be performed multiple times throughout the supply chain. Cannabinoids and terpenes represent quality. Contaminants include pesticides, heavy metals, microbial, mycotoxins and in most cases solvents. Typical testing points include flower, crude, mother oil and finished products. Contamination tests should be performed at the crude/concentrated level. However, very few farms' hemp can pass at this level (which is why there is so much processing).

Ensuring quality, safety and transparency in the hemp industry is for the most part as simple as defining product classes, requiring all manufacturers to provide complete test results for their class at certain points within the supply chain, and within set guidelines.

Conclusion

Hemp has been consumed for over 5000 years, and has the potential to help heal both humanity and our planet. However, strong demand and loose regulation has incentivized mass production, and science to isolate and “enhance” hemp's compounds. Education is paramount to increasing consumer consciousness, and avoiding both the environmental and quality mistakes of the factory food industry.

About the Author

Perry is a veteran of the supply chain industry and an expert in distribution. The majority of his time was spent implementing solutions for Fortune 500 companies in the food and beverage industry. He received an MBA with honors from DePaul in 2007. His passion for health, natural foods and the environment led him to question why all of these plant (hemp) products are clear or yellow instead of green. His background in supply chain found the answers - big business, mass production and profiteering. The mission became clear. Pay close attention to the science and supply chain to provide optimally grown, nutrient dense products, never compromising quality or the environment. Perry is married with three children and resides on the north shore of Chicago. FuFluns donates 1% of all revenue to environmental causes through 1% For The Planet, and provides flexible pricing to businesses and individuals with special needs.

Carriage Hill Kennels a One Stop Shop for Your Pet's Needs

By Francine Barnes | Expert Contributor

Started by Jim and Doris Cocallas, Carriage Hill Kennels has been family owned and operated since 1961! They have since passed away and the business is now run by their children, Francine Barnes and Chris Cocallas as well as their children, Bob Barnes and Jimmy Cocallas making it a third-generation family business!



Carriage Hill Kennels offers a variety of services to suit your pet's needs. Boarding for dogs and cats, grooming, training, swimming, and day care. The pool is an indoor heated chlorine free, zero depth pool for your furry friend to swim in. You can drop your dog off for the day where it will swim with other dogs for thirty minutes or you can schedule a private lesson where you hang out on the deck while your dog enjoys a swim.

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A Burrito Saved My Wife

By Eric Klein | Community Corner

Standing awkwardly socially distanced in line to pick up my burrito at the Chipotle counter, the man in front of me on his cell phone looked upset. I overheard his conversation, and it appeared he was talking to his daughter about his wife that was in a nursing home. It sounded like she had given up, and he thought she would die soon.

The line was long, and it gave me the opportunity to tell the gentleman that I specialize in helping seniors find care options, and that I would like to hear his story and see if there was anything I could do to help. His wife was diagnosed with Alzheimer's several years ago, and they had been living independently in their home. Her cognitive decline was obvious, but he had been committed to taking care of her at home until the end of her life. The daily routine was difficult, but he endured out of love and a sense of obligation. Like many seniors, a fall had life changing consequences. The trip to the ER and then a nursing home rocked their world.

What I remember most about the conversation is that the impact of her diagnosis had not really registered over all these years, until the moment the nursing home told them she was Covid positive. It was at that moment she appeared to give up her will to live, and nothing could be said to him to ease his fear that her death was imminent. Joel was now calling his daughter to say the nursing home wanted to call in hospice.

I am a senior care manager and transitional care consultant. I often encounter seniors and families in crisis. Very often I have to help seniors confront their worst fears such as feeling powerless to deal with a disease that will slowly erode their mind. At times like these, the conversations with them often make all the difference in the world. Sometimes we find that the medical system has not served them well, and a fresh set of experienced eyes on the situation can offer them hope.

The Chicago area has some of the best long term senior care options available. Joel's wife was not in one of them. A quick call to the facility revealed her Covid test was now negative. I pulled out a napkin and outlined a plan that included PT, proper nutrition and hydration, a

recommendation to a neurologist that would help with proper medication management, and an assisted living community that would invest in her care plan and get her back to her baseline if possible.

A few weeks after our encounter, I followed up with a porch visit at the assisted living community. Joel was excited to see me and told me "a burrito saved my wife!" He asked me why I do what I do and why I stopped to talk to a stranger holding up the line at Chipotle. I told him that our brief encounter gave me an opportunity to demonstrate compassion, lighten the emotional load in a time of crisis, and develop a plan that would give them many more years enriched by the care of a wonderful assisted living community. That day, not only was I able to offer my time and hope to a lovely man, but my life was enriched by those moments as well.

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Heartland Heartbeat

By Julie Matos | Pet Corner

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