

The Higher Path Chronicle

www.thehigherpath.com

Experience Life Elevated

May 2021

Our Favorite
AAPI-Owned
Brands

VET • CBD

potli

GRIZZLY PEAK
FARMS

mellowo
HANDCRAFTED MASHMALLOWS

APOLLO

Fuzzies
4 HEALTHY INGREDIENTS

INFLUENCE • INSPIRE • INNOVATE
STIIZY
EST. 2017

Support these companies by going to thp.la/aapi and putting their products in your cart for pickup or delivery! We will donate a percentage of these sales to <https://www.asianmhc.org/> and <https://aapip.org/>

Hits from the blog

Written by The
Higher Path Staff



Read more about AAPI-Owned
Brands at thp.la/blog

Be Mindful this May

Why Mindfulness Is Our Top Priority

It's been a long year and some odd-months since the pandemic began and switched up EVERYTHING we knew. Yes, there have been some positive changes brought on by Covid (such as the ability to get your favorite strains delivered directly to your doorstep).

But, we can't ignore that with so much change and loss came a myriad of mental health issues. Adults who reported symptoms of anxiety disorder and/or depressive disorder spiked nearly 30% over the course of the pandemic year (*National Health Interview Survey*).

At The Higher Path, we take mental health & wellness very seriously. That's why we shifted our focus to all things mindfulness & mental health for the month of May, coinciding with AAPI Heritage Month.



Terpene of the Month: Limonene

Limonene is one of the most common terpenes in nature; it can be extracted from orange peels, citrus fruits, and, our favorite plant, of course!

We're highlighting **limonene** this month for its mood-enhancing and anti-anxiety effects. Strains dominant in limonene include Green Crack, Chem D, Purple Starburst, GSC, Gorilla Glue, Very Berry, and many more.

Aside from easing anxiety, limonene has been shown in studies to inhibit free radical cells in leukemia cells, which suggests a decrease in inflammation and cell damage that would normally contribute to a disease. And, it is often used in eco-friendly botanical insecticide such as mosquito candles. What's your favorite terpene?

To read more about terpenes visit our blog at thp.la/blog

Lessons I Learned From My Immigrant Mother

Anytime it feels like no one could understand what I'm going through, my mom finds a way to remind me of her determination and relentlessness throughout her entrepreneurial journey. When my mother and my father first started out in building the business in the bay area, they would work weekdays selling the inventory. And on weekends they would bottle and package the inventory. Their good friends, who I call Uncle Chien and Auntie May, were always around to help out on the weekends with the packaging. She knows that every business starts somewhere, and you have to segment time to be efficient with your work.

When my mom first stepped foot into the Americas, she landed in LAX. She changed her name from Pei Ling to Linda and began working for her father, delivering orders of broad bean paste, sweet flour paste and chili oil to restaurants all over Southern California. Finally, she was then given the opportunity to move north to the Bay Area and expand the business after her arranged marriage with my father. My mom learned from my grandfather the belief that hard work always pays off. Neither of them were willing to give up, and they both sacrificed immediate comfort to set themselves up for longer term success.

When building her business, my mother always wanted to make sure that the company offered a wide variety of quality products. This is what motivated me to create more products beyond the honey. Today, Potli makes Honey, Olive Oil, Chili Oil, Apple Cider Vinegar and Sriracha. They are essential ingredients, sourced up and down the coast of California while paying homage to my heritage in food and in culture.

A portion of the proceeds from Potli products goes to [asianmhc.org](https://www.asianmhc.org) this month. Find Potli on our website and see what the fuss is about.



Read the whole letter on our blog! [Thp.la/blog](https://thp.la/blog)



Donate to the Alma Backyard in this QR code for a chance to win the Comfort Giveaway by Potli! ALMA exists to re-claim lives of formerly incarcerated people, re-purpose land into productive urban farms, and re-imagine disenfranchised communities in Los Angeles as a hub for transformation.



See Potli in-store on May 20th, for Save The Bees Day!



What is CBG? By Mackenzie

Seriously, what is CBG? Why is it different from CBD, THC, THCv, etc.? Too many random letters going on if you ask me! Let me break it down for you to simplify it: CBG, otherwise known as cannabigerol, is simply a cannabinoid compound found in the early stages of a growing cannabis plant. It holds the nickname "mother of all cannabinoids" due to its ability to convert into CBD and THC, as well as other important compounds. If not extracted in time, the CBG will convert into other forms and won't be found once the plant is an adult.

Realistically, only about 1% of the plant is ever CBG, making it harder to find on the market and thus more expensive - farmers would rather use CBD for this reason. There are no psychoactive effects from CBG, making it quite similar to CBD. So - why choose CBG, if it's harder to find and typically more expensive? CBG has been known to have more relief benefits than CBD. CBG interacts directly with our cb1 and cb2 receptors in our brain, while CBD struggles to do so and mainly interacts indirectly through the endocannabinoid system. Basically, CBG goes straight to the pain/inflammation source, while CBD dances around for a while before getting there.

Not enough studies have been done to find what CBG can absolutely fix, but a few ailments have been known to be helped by this. Those ailments include glaucoma, inflammation, huntington's disease, tumor growth, and drug-resistant bacteria. Again, there are not enough studies yet for an absolute answer on CBG and its effects on certain ailments, but there is enough proof that it is equally, if not more, beneficial than CBD. Wyld's new 1:1 Pear CBG gummies are an amazing example of what CBG can do for you. These gummies are a "bubble bath for the brain" - similar to a cup of coffee in the morning. It gets you going, energized, and ready to take on the day without any anxiety. Normally, a cup of coffee would give me the jitters, and 10 mg of the would make me anxious. By adding the CBG it balances the effects beautifully, making the morning bearable for those who hate to get up and go.

If you're lazy like me and want to stay in bed forever, try these!



Delivery is free EVERY DAY!

Ordering delivery is easy. Just go to thehigherpath.com and start an ONLINE ORDER and toggle to DELIVERY. Order by 6pm Saturday-Thursday for Same-Day Delivery or by 9pm on Fridays!

Remember!
USE YOUR LOYALTY POINTS!

For every dollar you spend with us, before tax and after any discounts, you accrue correlating points that are saved to your profile. You can use these for dollars off of your order in tiers, so you can save your points for more money off a future order.

250 POINTS = \$10 OFF
500 POINTS = \$20 OFF
1000 POINTS = \$40 OFF

To redeem your loyalty points, simply click "redeem reward" at checkout to apply them.

If you don't see that button, you do not have 250 points...yet!
You may also ask your budtender or consultant to redeem your points for an in-store order.



420 was a hit! Thanks for making it such a fun day for us! We hope to recreate a little bit of the same magic every month on the 20th for Customer Appreciation Day. Check out thp.la/deals to see the promos for CAD!

Buzzword: The Biphasic Effect By Ari

Within a dark time, cannabis appears to have provided a bright light at the end of the tunnel. But cannabis will behave differently in one person's body than another. Just because your short, thin friend can eat 100mg of cannabis doesn't mean it's weird that you can't - it's just the way your endocannabinoid system processes the cannabinoids you're consuming.

Last year, adult recreational sales in California alone hit 4 billion dollars -almost doubling the previous year. Many new and existing customers turned to cannabis as an aid. With that said, it's important to dive in a little deeper to cannabis, specifically for those trying new products - or trying for the first time - to understand one very important word: biphasic. Biphasic meaning, a little cannabis can be good for one person, whereas a lot of cannabis can do too much for another.



Start Slow...



Most of us have experienced consuming "too much," of a cannabis product. Maybe it was that sneaky 10mg edible we swore hadn't kicked in so we took another. Maybe it was one too many hits of a new strain we've never tried before. Or maybe you have no clue what I'm talking about because your tolerance is so high. Either way, the biphasic effects happen to everyone; and Cannabis affects us all differently. So, make sure to start low, and go very, very slow. A little can do more than you think, and a lot can turn you away completely. Ask your budtender for details on the biphasic effects of cannabis and what product could be right for you.

Cannabis for everybody means cannabis for every body!

