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CANNABIS INDUSTRY/COMMUNITY NEWS, INFORMATION & EDUCATION

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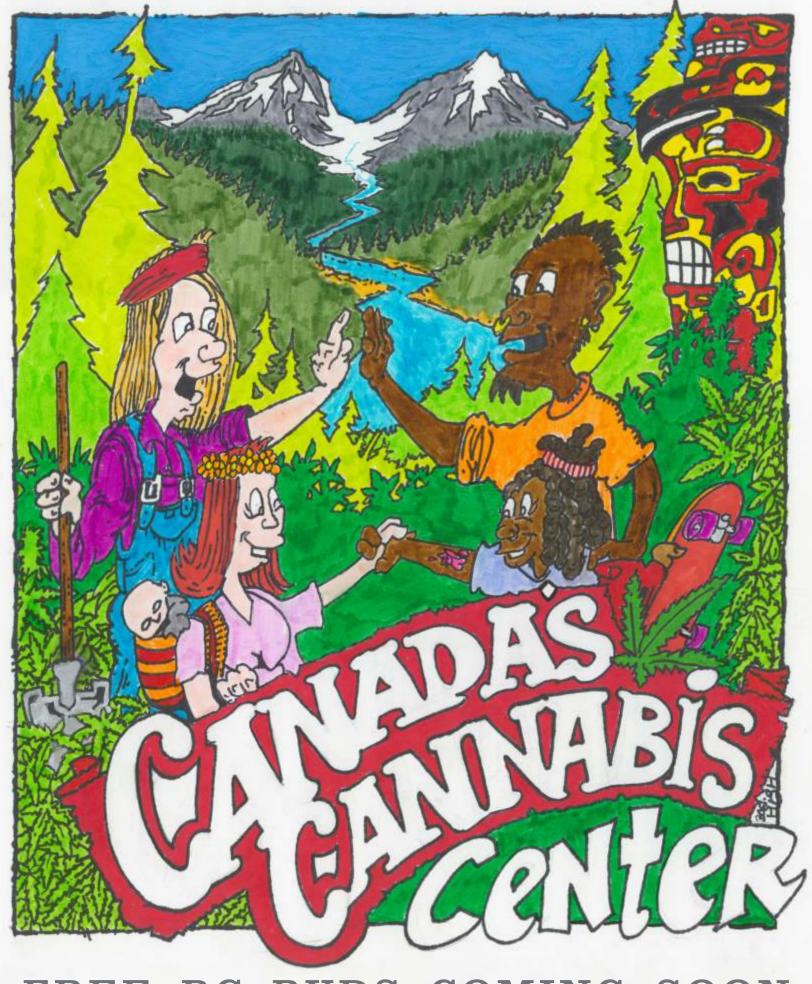
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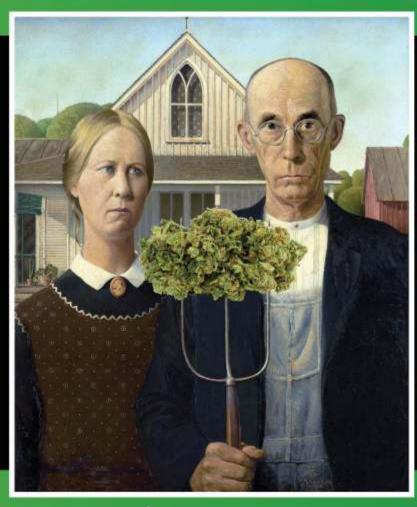
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HIGH! CANADA MAGAZINE EDITORIAL

"And I said to my body softly, 'I want to be your friend.' It took a long breath and replied, 'I have been waiting my whole life for this." — #NayyirahWaheed

This month we look at Men's Health and Men's Body Positivity with Sisters CBD and Herbal Life though the eyes of Canadian photographers @RyitPhotography and @Despayrefx. Special shout out to everyone who stepped up to support body positivity for @highcanadamagazine - including @sistercbd @cyriljameswilliams @evangheliak @greeko78 @unicornsarerhinos @despayrefx @Lamesdavies @jessicakimlu @ryitphotography @breeleighig Aiden Smith @bombshells exclusives @nicksface1 @hle deals @infinitypots official @frankiekennedytv @froses100 and @cndnsnowman

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HIGH! CANADA MAGAZINE

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High! Canada is distributed to age verified shops and services and by subscription.
High! Canada is intended to educate and inform adults over 21 about the complexities of cannabis consumption and reflects the multifaceted nature of this new industry.



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Barcelona, Spain is one of the most beautiful places on the entire planet. It is also home to an amazing cannabis community and arguably the best social cannabis consumption scene in the world. The rich cannabis history and culture in Barcelona make it the perfect backdrop to the International Cannabis Business Conference which is being held on March 12, 2020.

We have partnered with Spannabis, Europe's top cannabis expo, to form a super-conference that is a must-attend for anyone that is serious about succeeding in the emerging cannabis industry. Spannabis has been the world's largest cannabis trade show for a number of years, and the International Cannabis Business Conference is the world's premier B2B cannabis networking event for entrepreneurs and investors. Over 40 countries will be represented at our March super-conference in Barcelona.





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HIGH! CANADA MAGAZINE NEVS

t is amazing to see how many 'best of' lists Remo of Remo Nutrients has been on so far in 2020. Remo is internationally acclaimed and considered one of Canada's very best growers and is a medical cannabis patient as well. Back in 2001, he became one of the first people in Canada to be allowed to grow cannabis at home and carry it on himself legally, for medicinal purposes. Since then, he has been teaching people to grow safely and legally, and has been producing cannabis content on Youtube channel since 2006 (www.youtube.com/urbanremo). He developed the Remo Nutrients line in 2014 as a way to help people grow the cleanest and best cannabis, in a way that is both easy and cost effective.

Remo Nutrients was truly spawned from a passion for growing. As "Urban Remo", Remo has helped thousands of people to learn the skills necessary to produce a world class product. His expertise covers all levels of growing and has landed him 34 awards, worldwide.

Remo brings his vast experience to Remo Nutrients, creating 8 products that offer a complete system of the vitamins, minerals, and extracts that your plants need to achieve their maximum growth potential. By using pharmaceutical grade ingredients, our system opens up your garden's growth potential to the maximum degree. Remo's facility is located in beautiful Maple Ridge, BC.

Hobo Cannabis
Company Cements
Expansion into
Prairies with
Lethbridge Store
Opening

Lethbridge store opening signals Hobo's Alberta market entry with construction underway on two additional provincial locations

One of Canada's top-performing cannabis retailers, Hobo Cannabis Company ("Hobo") announces the opening and launch of its first retail store in Downtown Lethbridge, Alberta (305 6th Street South), with an additional two locations already under construction in Calgary Mission, and Edmonton Whyte Ave. The province was recently dubbed the top legal cannabis market in Canada, with more than \$123.6 million in sales (Statistics Canada, 2019).

"In the year since federal legalization, we've seen Alberta not only grow into but firmly establish itself as a leader in cannabis retail and production. To have the opportunity to support that industry growth and the community that's risen up around it, is something we're incredibly excited about as we open our first **Hobo Cannabis Company location** in Alberta," said Harrison Stoker, Vice President at Donnelly Group, the parent company of Hobo. "Our goal is, and will always be, to make the cannabis buying experience across Canada

disarming, compassionate and, fundamentally, human. Looking forward, we couldn't be more thrilled to bring that experience to Albertans, as we have to those in British Columbia."

Located in the heart of downtown Lethbridge, the 1120 square foot store will echo the contemporary aesthetic of its BC counterparts, leveraging a simple, functional design, a well-considered product range, and touch screen tablets situated throughout the sales floor, to deliver a modern, approachable cannabis browsing and buying experience. This marks Hobo Cannabis Company's sixth location nationally.

Working in harmony with Alberta Gaming, Liquor & Cannabis (AGLC), Hobo is targeting six Alberta locations before the end of Q3 2020. This news follows the launch of Hobo's fourth Vancouver location in the city's shopping district on Robson Street. Hobo recently announced its 15-store Ontario expansion plan, including ten stores in the Greater Toronto Area.

About Hobo Cannabis Company

Hobo Cannabis Company, a Donnelly Group venture, is a Canadian collection of privately-owned retail cannabis stores with locations in B.C., Ontario, and Alberta.

As a testament to Hobo's commitment to the consumer experience and making the



cannabis buying experience disarming, compassionate and human, Hobo will employ a contemporary aesthetic rooted in simple, functional design and feature a well-considered product range and frictionless technology.

Hobo Cannabis Company's six locations now include:

Downtown Lethbridge (305 6th Street South, Lethbridge), Robson (1173 Robson Street, Vancouver), Kitsilano (1952 West 4th Avenue, Vancouver), Airport (8425 Granville Street, Vancouver), Main (4296 Main Street, Vancouver), and Kelowna (2121 Springfield Road, Kelowna) offering consumers a selection of five cannabis intents: Move (THC dominant), Lift (THC leaning), Balance (equal parts THC to CBD), Calm (CBD dominant), and Rest (THC dominant).

For more information, visit www.hobo.ca



3 Sixty Secures Multi Year Contracts, and Expects to Release Results for the Year Ended December 31, 2019 Before Market Open on Tuesday, April 28, 2020

- Current customer wins in the first quarter 2020, are expected to add predictable recurring revenue for up to three years
- Commences security coverage for cannabis retail stores
- Enters into a formal contract w i t h a m a j o r logistics/distribution company in Ontario, to securely transport cannabis to retail stores in O n t a r i o
- Secures contract with Global Affairs Canada to provide high risk pre-deployment training, boosting its continuing clientdiversification focus.

3 Sixty Risk Solutions Ltd. ("3 Sixty" or the "Company") (CSE: SAFE) (OTCQB: SAYFF) (FSE: 62P2) is pleased to announce that the Company, which operates through its wholly-owned subsidiary, 3 Sixty Secure Corp., has secured multi-year contracts providing secure transport and guarding

services to a number of cannabis-based companies in Canada. The company expects these contracts to provide predictable recurring revenue material in nature for up to three years. Additional contracts under negotiation, align with 3 Sixty's strategic priorities which include significant organic growth, including a non-cannabis client base, coupled with the expansion of security services offered to existing customers within the legalized cannabis industry.

"We have been extremely impressed with the cadence and quality of agreements that we are engaging in," said Thomas Gerstenecker, Founder and CEO of 3 Sixty. "The company is confident that it is building an iconic brand that resonates with Canadian consumers and it continues to build a national distribution network for a significant part of the cannabis market. We are thrilled to have been selected to provide guarding and secure transport services by these leading companies who demonstrate clear growth ambitions, tremendous production capacity, and have supply agreements in place that can support their strategic intentions."

The Company has, and continues to secure contracts within the cannabis retail sector across Canada as it relates to safe and secure cannabis deliveries in multiple provinces, guarding and cash management solutions. In addition, our recent contract win as a third-party secure transport provider to the Ontario Cannabis Store's distribution provider, will continue to show significant growth (in revenue and operational footprint) for our

secure transport service line, as retails stores continue to materialize over 2020. Finally, Global Affairs Canada has selected the Company to provide high-risk security training for government employees prior to their deployment to hazardous locations around the world.

"2020 will see the Company not only continue to capture market share within the cannabis industry, but also drive a more diversified security service platform forward in other industry sectors," said Thomas Gerstenecker. "A strategy of providing security service offerings to a more diversified client base across other industries will demonstrate a less constrained approach, positively increasing opportunities for sustainable growth" added Thomas Gerstenecker.

3 Sixty will release its financial results for the year ended December 31, 2019 before market open on Tuesday, April 28, 2020. The Company expects to provide an operational update concurrent with the results.

Management will host its conference call on Tuesday, 28 April, 2020 at 9:00am EST to discuss the results.

Dial-in details are as follows:

Toll Free (North America): 1(877) 221-6399

About 3 Sixty Risk Solutions Ltd.

3 Sixty Risk Solutions Ltd., operating through its wholly-owned subsidiary, 3 Sixty Secure Corp., is one of Canada's leading security service providers to the cannabis sector, transporting approximately

\$250 million of product every month. 3 Sixty provides cannabis security consulting, guarding and secure transport security services to more than 600 customers and more than 100 licensed cannabis producers, including some of the world's largest, such as licensed producers owned by Canopy Growth Corporation. 3 Sixty has a staff of over 650 employees and employs a fleet of over 150 vehicles, which management believes provides a combined security footprint to approximately 35 million square feet of patrolled area.

Forward-Looking Information

This news release contains "forward-looking information" and "forward-looking statements" (collectively, "forward-looking statements") within the meaning of the applicable Canadian securities legislation. All statements, other than statements of historical fact, are forward-looking statements and are based on expectations, estimates and projections as at the date of this news release. Any statement that involves discussions with respect to predictions, expectations, beliefs, plans, projections, objectives, assumptions, future events or performance (often but not always using phrases such as "expects", or "does not expect", "is expected", "anticipates" or "does not anticipate", "plans", "budget", "scheduled", "forecasts", "estimates", "believes" or "intends" or variations of such words and phrases or stating that certain actions, events or results "may" or "could", "would", "might" or "will" be taken to occur or be achieved) are not statements of historical fact and may be forward-looking statements. In this news release, forward-looking statements relate, among other things, to: the business and operations of 3 Sixty. Forward-looking statements are necessarily based upon a number of estimates and assumptions that, while considered reasonable, are subject to known and unknown risks, uncertainties, and other factors which may cause the actual results and future events to differ materially from those expressed or implied by such forward-looking statements. Such factors include, but are not limited to: general business, economic, competitive, political and social uncertainties. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on the forwardlooking statements and information contained in this news release. Except as required by law, 3 Sixty assumes no obligation to update the forward-looking statements of beliefs, opinions, projections, or other factors, should they change, except as required by law.

Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this release.

The GROWING Summit-Evolving Cultivation in Canadian Cannabis

takes place on March 31 - April 1, 2020 in Kelowna, BC. The Growing Summit will bring the leaders of the Canadian Cannabis industry together, exploring traditional cultivation methods or legacy growing methods.

For more information visit www.growingsummit.com/



ONIT Sciences Making Headlines & Secures D is tribution Agreement for Mexico

ONIT Sciences has announced that it has secured a contract for the distribution of its products by Yei Tec S.A. De C.V. Yei Tec is a full-service distribution company with 70 seasoned sales experts covering all farming regions of the country and a team of 35 agronomists, who set input protocols for Yei Tec customers. The company currently services over 1,000 farms with sizes from 5,000 acres to over 100,000

acres, growing crops ranging from mango, guava and strawberries to corn, beans, zucchini, jalapenos and other peppers.

"We have enjoyed a very close relationship with our distribution partners in Mexico during their successfully testing of our product on a variety of crops," stated Jeff Moses, ONIT Sciences' chief marketing officer. "The Yei Tec team will promote, represent and market our products throughout Mexico, with a strategy to address each growing region by crop and season. We expect tremendous results from their efforts."

This contract provides Yei Tec with exclusive distribution rights to ONIT Sciences branded product throughout all Mexican territories. The agreement also provides that Yei Tec will not sell products that compete with ONIT Sciences in Mexico.

Call ONIT Sciences at (949) 317-1811 now to find out how you can participate in the tremendous upside potential of the medical cannabis market—while avoiding regulatory hurdles faced by growers, processors and retailers.



International Women's Day in the Cannabis Industry

For International Women's Day 2019 on March 8th - Nine Point Agency has reached out to share with us - a list of strong BC female leaders in the cannabis industry, for inclusion in any round ups or profiles to celebrate the day we publish. Women, as Nine Point Agency points out, are starting to make headway in the cannabis industry, holding nearly 37% of senior-level jobs. Furthermore, female participation at both a consumer and professional level is set to increase as the sector transforms into a consumer packaged goods industry with new product categories such as edibles and topicals.

In the US where these products are widely available, the number of female cannabis consumers grew 92% in the past year and the

Canadian market could soon follow suit. Here are some of the leading female cannabis executives presented by Nine Point Agency to highlight the industry's changing demographic.

Dr. Bin Huang, CEO at SpeakEasy

Dr. Huang joined SpeakEasy CEO following 18 years in CEO roles at life-sciences companies, most recently at Emerald Health Therapeutics Inc. Dr. Huang holds a PhD in cell biology and has held senior management roles in both startups and Fortune 500 corporations, as well as serving on the boards of several public and private companies as well as NGOs. In addition to her role at SpeakEasy she currently serves as chair of the board of directors at OncoQuest Inca clinical-stage Canadian biotechnology company, developing and commercializing products for the treatment of cancer.

Eleanor Lynch, Vice President Operations at Kiaro

Eleanor Lynch is a skilled retail executive with over 20 years of experience across multiple leadership roles. Working with large national retailers, Eleanor has a track record of growing brands across Canada with significant brickand-mortar presence and omnichannel excellence. She excels at building world-class retail teams who deliver premium retail experiences — a key attribute of Kiaro.

Tiffany Soper, President at Nine Point Agency

Founder of Nine Point Agency, Tiffany Soper specializes in cannabis marketing, branding and public relations and created the first cannabis specific PR agency in Canada. Tiffany has worked alongside and provided counsel for major cannabis brands across North



America, including Lift & Co., Tantalus Labs, Qwest, Choom, Kiaro, Burb and The Herbal Chef. As a result of her work, her clients have been promoted on CBC, Bloomberg, The Globe and Mail, Global TV, CTV and The Financial Post.

Emily Leung, Founder at Ohai Collective

Emily Leung is the founder of Ohai Collective, a Canadian cannabis lifestyle and accessories brand, and partners with other cannabis companies as a marketing consultant. Her professional career and experience stems from agencies, professional sports, and CPG. Ohai was created by combining her passion for storytelling, cannabis, and health & wellness. It is a means to shine light on a new world of possibilities—a new era for the modern day renaissance spirit.

Karli Fahlman, Community Manager at Tantalus Labs

Karli is the Community Manager of Tantalus Labs, where she leads community based events, collaborations, activations and cultural experiences. In addition to acting as the Marketing Manager for four years at Western Canada's largest event promoter and hospitality company, Blueprint Events, she was able to showcase her creative abilities as the assigned

marketing lead for the summer festival FVDED In The Park, responsible for all content management, designapproval, resource

development and audience growth.

Ally McIlwraith, Director of Marketing at BRNT

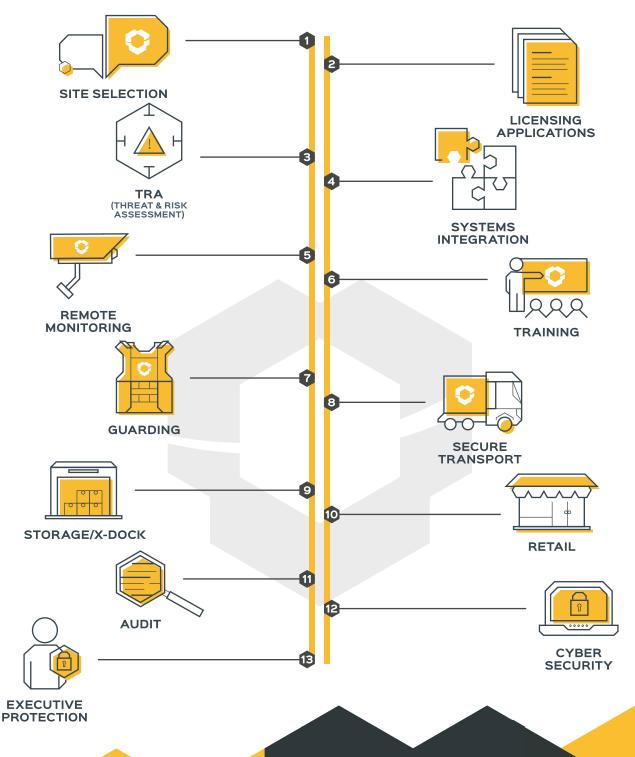
Ally is currently the Director of Marketing at BRNT Ltd developing brands in the very faced past cannabis industry. While a majority of her time is in her role, she dedicates some of her time to selectively work with one or two clients at a time.



#BalanceforBetter



SEED_{To}SALE SECURITY







Eva, it is such an absolute pleasure to have you back in the magazine for what, this is your third time?

I know! it's my honor by far.

We this issue, we teamed up with you and Bree Leigh and two amazing photographers (Despayrefx & Ryit Photography) to pull together two amazing body positivity photo shoot that are featured a little later on in this issue. Can you talk to us a little bit about men's health and why Sisters is standing up for men's health in such a big way?

We believe it's all about just paying it forward not just for women but for men too. We've tried to expand the line to really hit the men's health and body positivity with post workout sticks for working out so guys can feel good about working out, not taking four or five down days because they're so sore. We've tried to expand the line for like beard balms and hair and whatnot so men don't feel it's all about the women and women products. And we just love the men in our lives and come supporting us in our community that we just want to pay it forward and see everybody else doing good and taking care of themselves with the best products out there.

Amazing to hear! Let's take it back a little bit, bring us back to when you had the concept for Sisters CBD and how did you get that going in this in this particular market?

I grew up just wanting to help people and with the industry that I was in before, I was helping some people but not really enough of them and was really thinking about positive health and wanting to give back to men and women in Canada and how I wanted to bring healthy products onto the market for things that I believed in. I saw the products that were out there and the products that people are offering and I just wanted to bring something better to the table without the price tag that everybody else was asking so I wanted to bring an all-natural product, the best product that I could bring without fillers or without chemicals.

So we started a brand everything from edibles to tinctures. We've got vegan, we've got gluten-free,

we've got hard candies with no coconut oil in them just because we want to allow everybody to use our product, no matter what your, what allergies you have, what you can and can't take, what your body's intolerable to. We also wanted to bring you a beauty line as well with all natural products with CBD infuse because we know the benefits of CBD for everything from inside and out. Your hair, your anti-aging, your...the neurological system the brain...like it's just all around the I call it a magic molecule. We wanted to bring just a full line of products for health, beauty, all naturals. So we've teamed up with a herbalist, that's been a herbalist for 20-some odd years, almost 25 years to create a lot of the topicals and that's how we brought to you the topical lines that we, just, we get so many, so much amazing feedback from like the older generation loves our pain creams, the younger generation loves her anti aging and our hair, so we've just kind of gone across the board and there's a product for everybody on our line that somebody's gonna like, like it doesn't matter if you're a 19 year old girl that's just getting into beauty or an 80 year old lady or man that's got aches and pains and arthritis or you know just maintenance. You know it's just for everybody across the board that we want to bring a premium product without the premium price tag.

How many products do you currently offer on through the Sisters CBD line?

Currently our line is sitting at about 33 products although those are carefully formulated with your herbalist and with a lot of thought and consideration as to who will be using them and why, why they are using them. I mean we usually do like, like testers before we bring a product to the line, give out samples, get feedback, see what we can change, what we can change if we got a perfect product before we actually started distributing.

One of the things I love is that you're such a powerful female entrepreneur and that you've taken your vision and you've applied it nationally with Sisters CBD, do you find a lot of resistance to people that you've encountered across the country when it comes to using CBD or any hesitancy with starting CBD that you've run into?

Six months ago, it was interesting because talking to people about CBD, I'd say about 85% of people had no idea what CBD was so it was you know just talking to them and trying to just you know, like teach them about the benefits of CBD and now you talk to people, it seems like

Now it seems way more people know what CBD is. Either they're on it, they've been told to be on it. They've heard great things about it so I find, like in the beginning it was a little bit difficult because just the understanding people just didn't know what CBD was, they had no idea. They kind of you know, just had no clue but now because it is, people are more aware that I find that it's a little bit easier to, to talk to people about it than it was six months or a year ago.

Now what do you say to someone who has never used CBD to them and wants to give it a try, do you have recommendations for them? Are they surprised to see the variety of options that are available?

They are. And if they've never tried CBD, I always start them off with topical so it's usually the pain cream that I start them off with and from that I know, like the amount of feedback that I get how much it's helped, how people have tried so many other CBD products and haven't had relief and that and from the pain cream I find that's when they'll start with a pain cream and that's when they'll go on and try other products because

they tried the pain cream so they've tried the pain cream, they've now believe in the products see what the product can do from for them and then they'll start trying other products on the line.

Now we've noticed in the past year that you have a special affinity towards CBD and athleticism, could you tell us Sisters CBD focus on athleticism?

We know what you need for post workout and for pre-workout. CBD is amazing for repairing the muscles - for freaking everything right?

Like for giving you that energy to work out but then post-workout, it's great for the same thing repairing the muscles so you're able to get back into the gym within two days. Our pain cream like I said, is incredible for athletes and we've teamed up with a few MMA fighters that we sponsored them with, for their CBD and they're just loving the products.



It seems like now that we've got a few fighters, a lot more people, men and fighters or people that workout or whatnot are getting on board and trying it out.

That really ties into to what Sisters CBD seems, seems to us to be all about, is serving its community, being there for its brothers as being there for people who are in need of alternative treatment options.

We want this, we'd like to get back to just helping people. We hear so many different stories, so you know, we depend on who reaches out or the story that they tell. We understand that some people really, really need to need high doses and can't afford it so we try working with them and giving them, you know what they need with what they can afford. So we, like I said we're not all about the mighty dollar, we're just, we want to people want to see people move forward with their life and just you know, get off opiates or just get off drugs or you know just find a natural way to deal to cope and just to better themselves.

I like that. Now the future for Sisters CBD seems particularly bright, your brand is taken off across Canada and North America and, and I know there is a lot of European interest in CBD and in your brand...what, what's in store for Sister CBD as we edge into 2020?

Well, we of course want to branch out and be the biggest, not the biggest the best company all across the world. Like in Canada we've made our mark and we would like to see it go globally and hit up all the markets in Europe and whatnot but we also believe just in in quality over quantity. So slow growth, make sure you know everybody that we do have on board is happy with the product and always keeping the same consistency because even if we you know, do you end up going globally, we always want to have the same consistency, the same great product all across the board.

You do have amazing product and I have my personal favorites but um what, what's your best selling product? What are your best sellers?

Our best sellers are definitely the vegan wine o'clock gummies because even though people aren't vegan and they're hesitant to try them because they're like oh vegan, as soon as they try them they're hot because they taste like wine, they're incredible and they're low dose too so you can eat two or three of them to get your dose.

So you can get your sugar and get your, you know if you really like them, eat a couple.

You have a tattoo enhancer?

Oh yeah, We have a tattoo aftercare cream and yeah SPF Sun cream.

I haven't tried the SPF sun cream yet but I absolutely will, that sounds like an amazing product.

It is because, yeah you spend so much money on your ink and you're gonna be wearing it for the rest of your life right? So take care of that, put the SPF, the tattoo aftercare actually helps heal your tattoo two to three days faster. As long as you keep it moist and always applying the tattoo aftercare, you no scabbing, you got no flakes, no nothing and it just heals it beautifully without having to go back for any touch-ups.

I also know that Sister CBD is officially very fond of our four-legged friends, what does Sister CBD offer to our to fur babies?

We have a full line of pet stuff for our fur babies. We have a pet tincture, we have cat treats. Dried sardines which dogs seem to love as well. And we have dog treats, dehydrated Canadian beef, no additives, no preservatives. None of our pet treats actually have additives or preservatives.

We try to keep that as natural as possible as well and the feedback that we get from our dog treats is incredible, all dogs seem to love them. Yeah, we haven't heard any negative reviews about our pet treats. Plus we have a pet healing ointment that does miracles! Your pet has a scratch or you know in the wintertime, from the salt their paws get all marked up or cut up, the peeling cream within 24 hours totally heals your little fur babies over and it's amazing.

I love the fact that Sisters CBD looks after sisters, brothers and all of our animals too. Couldn't ask for a better product line and I am so happy that you took this time to sit down with us today.

Thank you Cy for having me and allowing me to sit down and speak about my path and for supporting me throughout everything and for giving me the blessing of having a third cover with your amazing magazine!

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STANDING UP FOR MEN'S HEALTH & BODY POSITIVITY!

Earlier this 2020, Eva from Sisters CBD and Bree from Herbal Life teamed up with High! Canada Magazine to produce a series of photoshoots intended to raise awareness for Men's health and for Men's body positivity. Two of the best photographers we know - Dave Dundas aka Despayrefx in BC and Ryit Photography in Ontario both stepped up to produce some amazing 'Full Monty' inspired shots with some of the best people we know.







Think about safety in everything you do.
Whether it's pulling out a chainsaw, going for a bike ride or grilling with the neighbors, safety is key.

HIGH! CANADA MAGAZINE





See that doctor. "Just because you are feeling well doesn't mean you are well. Have a tendency toward denial? Don't ignore things like black stools, vision loss, or chest pain. Unfortunately, men have a tendency to do just that."

HIGHL GANADA MAGAZINE



We all know that it's common for men to skip the doctor until they become sick, injure themselves or are faced with a serious health problem. And a majority of men will postpone seeking care for a few days to see whether they feel any better. It's the whole "if it ain't broke, don't fix it" line of thinking.

But there are steps the men in your life can take today to improve their vitality and help prevent health problems down the road. Of course, there are some things that can't be changed, such as family history and age, but every day choices can have a big impact on their current and future health.

Offer the men in your life the following tips for staying health (click here for a printable version):

Health Tips for Men:

Get routine health checkups, screenings and (don't forget) dental exams. Just because you're healthy doesn't mean you're off the hook. Going to your health care provider for regular checkups could just save your life. By keeping up with these appointments, your health care provider can make sure you stay



MENS HEALTH

up-to-date with immunizations (Yes, they're for adults, too!) and important preventive health screenings. It also gives you a chance to talk about any health concerns or changes you've noticed. Make sure to talk with your health care provider about your family medical history and ask which screenings you might need. For example:

- Body mass index (BMI)
 - Cholesterol
 - Blood pressure
- Certain cancers depending on risk factors, including your age and family history (e.g., lung, colorectal, prostate, skin)
 - Diabetes/blood glucose (sugar) level
 - Depression (Did you know men are four times more likely to commit suicide than women, which is thought to be due to underdiagnosed depression?)
 - Sexually transmitted diseases





Photography by @ryitphotography with @breeleighig @bombshells_exclusives @nicksface1 @hle_deals @infinitypots_official

HIGH! CANADA MAGAZINE

IN SUPPORT OF #BODYPOSITIVITY

And, if you're like most people, you dread going to the dentist, but add that to your "to do" list. Dental exams aren't just important for your teeth and gums; your mouth may also be a red flag for other health conditions. Learn more by clicking here.

Eat a healthy, well-balanced diet. Eating a diet that's low in fat (less than 7 percent of calories should come from saturated fats), cholesterol, and salt, and packed with fresh fruits and vegetables (two cups of fruit per day, three cups of vegetables per day for men up to age 50 and two and a half cups for men aged 51 and over), whole grains and fiber can help improve your health, prevent heart disease, diabetes and certain cancers.

Get moving. Try to get 30 minutes of moderate physical activity on most days of the week. Taking a walk, jogging, swimming and mowing the lawn all

count. But don't be a weekend sports warrior. Start slowly if you aren't normally active and gradually build up. No time? Research shows that even short bursts of physical activity—as few as 10 minutes of intense activity several times a day—can help men improve their health. Talk to your doctor about the right exercise program for you.

Lose the gut for good. It's important to maintain a healthy weight. Excess weight, especially around the waist, can be hard on your body. Carrying too much body fat forces your heart to work harder and increases your chances of heart disease and stroke, even if you have no other risk factors! So, try to curb weight gain as you age.

Drink alcohol in moderation. If you drink alcohol,



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BANGIN' BOY/BOI BODS AND BUDS!

Male Body Positivity is a rare unspoken sentiment that needs to be talked about. It's time for Self Care and Self Love awareness for all those who identify as a man to appreciate their body and cherish it to the fullest. Including Cannabis as part of a wellness regime can lead to feelings of euphoria, anxiety reduction, pain relief and increased mobility.

Be Loud and Be Proud of what you've got. Your body needs your TLC which includes THC and CBD to help activate, maintain and sustain your Endocannabinoid System (ECS) which regulates your mood, energy, metabolism, stress responses, muscle control, motivation and rewards. Giving yourself Cannabis will help your mind, body and soul!

The following are four stories of LGBTQ2S Male Body Positivity.

Haley, a TransBoi is a rugby player who is starting to take Testosterone. "I've always felt like a Boi. My four older siblings were always playing contact sports and I followed in their footsteps. In high school, I worked out so much, I gained a lot of muscle mass. Just naturally blessed. School bullies who tried to make fun of the way I looked, soon realized that my strong legs carry

me with confidence on and off the turf and I simply didn't care what they said. My sisters always stood up for my choices in my life. I'm lucky to have a family that supports my life's decision to transition. My Dad is proud that he has strong boys and and even stronger boi in me. My athletic muscular body type isn't for everyone but it suits me just fine and I love what I can do playing my favorite sport. So thankful my sisters are on my team! I feel supported by them; they love me no matter what. They have stood by me through thick and thin. My moods can be like bright sunny days or cloudy rainy days where my sisters' pep talks really brighten my outlook. I feel wholesome in loving the body that I have. CBD for my aches and to feel well balanced through life's daily activities. I hope to be an inspiration for other young athletes everywhere to be comfortable in the skin that you are in. Work Hard, Play Hard, Live Well!"

Oli, a TransMan feels sartorial in his everyday attire of well cut suits with matching ties. "Love being a man in a

RAINBOW SMITHE High! Canada Magazine BC Editor

nice shirt and jacket. I feel masculine and powerful. Sitting on my patio smoking a nice fatty brings me peace and introspection. For years I tried drowning my sorrows by drinking too much until I realized who I truly was. I made the necessary life changes, threw away all the clothing that made me depressed and nowadays I wear power suits for my work. For too long I tried to adhere to society's standards but like the Bard says 'To thine own self be true'. I finally feel at ease with my true authentic self. It's no wonder why people says that Cannabis changes lives. Smoking is much better than drinking and I know I have added years to my health just by making this switch. West Coast living at its very best!

Tyrone, a Temporary Mobility -Impaired Black Gay Man spends his retirement with his partner in their house gardening "Ever since it was legal, we decided to grow our four plants. Never realized how much care they needed! Just like an old guy like me. I'm Black, bald and beautiful; I can still grow my beard out! Too bad I'm in a wheelchair but I'm lucky to be alive. I was in a nasty car accident. Wish I could use my two legs to walk again soon but I feel too unsteady. Got to strengthen them over time. When I was younger, I thought I'd always be able to be mobile on my

own feet. Nowadays I have to be patient with myself and not feel dejected. Lucky for me, I've got a good strong supply of THC oil caps that help with all the residual pains from the multiple surgeries. Cannabis is a wonderful plant that looks good and makes you feel good too. Hopefully one day, I'll be able to play beach volleyball again and go for longer walks through rose gardens. Life is very short, so please enjoy yourself and everyday as if it was your last."

Bobby, a Two Spirited First Nations Pow Wow Dancer and Booty Shaker loves to move through time and space, to the drumming of his people and the deep pulsing house music beats at the local club. "I'm a big boy and I love it. I'm not afraid to break those perceptions and stigmas that so many people seem to have of bigger people. No one can dance like me and it's an awesome feeling knowing I impress and change people's minds.

People love watching me dance. When I dress up in my regalia, I feel so connected to my culture, spirituality and being able to show my moves is an amazing thing. Wearing my Eagle feathers and hearing the drums makes my heart pound with pride. The creator blessed me with my gift of fancy footwork. Smoking the sacred herb before I go to the

night clubs is where I can share a little bit of myself and my body made for moving to music. I always say 'You gotta love yourself before you can be with another'. Dancing is my gift that I love to share with others. People all around me, stop to watch me - a big boy effortlessly take command of the floor and express myself. I've made new friends from all over the world who tell me they admire my courage and my path in life. I'm an original Canadian! My body is good to me and I treat myself well.

I enjoy spa therapies and I often get manicures and pedicures too. You ever sit in one of those Footsoaks baths with infused bath crystals? Amazing for your tired legs. Remember to take care of yourself and of your body! Relish life and what it has to offer!

For Male Body Positive awareness, the world needs you, the body you present and your contribution to life.

Always consider yourself and your blessings that you give. You are the best you! Love yourself and Love will come to you!





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spokesperson for body positivity and overall health and wellness. Recently, Bree together with Sisters CBD sponsored our men's health men's body positivity photo shoots in order to bring some much-needed awareness to Men's Health and to overall body positivity. Thank you for taking the time to speak with us.

Bree, tell us how you got started in the cannabis industry in Canada?

Basically what led me to becoming a cannabis supporter was my epilepsy.

What does 2020 hold for you?

I always hope and plan for positivity.

What are some of the most important lessons you have leaned working within the Canadian cannabis space?

Some of the most important lessons I have learned is quality over quantity. I truly think the people in the industry who care about their own products, are the best.

If you could say one thing to a new cannabis consumer what would that be?

Figure out what works for you and do your research on CBD and THC.



Three things you love about cannabis?

I love how it helps me with my anxiety! I love how it helps people eat and I love my 420 times!

Three things you feel everyone needs?

1) CBD

2) Learn the benefits of Cannabis

3) Understand why the government promotes pills that make them money then natural ways to help us





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Cannabis Growing Market

This study analyzes U.S. demand for cannabis growing supplies by product, market, growing location, growing system type, and U.S. state. Growing supplies demand is reported in value terms (U.S. dollars) at the manufacturers' level. Cannabis production volume (in dry pounds) and value (U.S. dollars) at the grower level are also reported.

Cannabis Packaging Opportunities

This study analyzes U.S. demand for packaging materials used for cannabis products, segmented by packaging and container type in U.S. dollars for 2018, 2019, and 2024. Retail sales for cannabis products are also sized and segmented by cannabis delivery format. In addition, cannabis production volumes (in dry pounds) at the grower level are reported.

Cannabis Growing in Canada

This study analyzes demand for cannabis growing supplies in Canada by product, market, growing system type, and Canadian province/territory. Growing supplies demand is reported in value terms (U.S. dollars) at the manufacturers' level. Cannabis production volume (in dry pounds) and value (U.S. dollars) at the growers' level are also reported.

Freedonia





Cannabis and CBD: U.S. Retail Market Trends and Opportunities

This report analyzes cannabis and cannabis-related retail trends and opportunities in the U.S., with a focus on multi-state cannabis dispensary operators and food and beverage introductions, as well as market trends by state that highlight cannabis usage, regulatory, and dispensary location growth trends. The report also includes a 2019 cannabis market size by product delivery format, as well as detailed analysis of cannabis-related legal and regulatory trends at the federal and state level.



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