

# The mystery behind widespread hemp use

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Hemp is a variety of the cannabis plant that is grown for industrial purpose. The emphasis here is placed on industrial. Unlike marijuana, a cannabis plant used for recreational and medical purposes, hemp has many industrial uses and benefits. Hemp also contains active compounds called cannabinoids, such as CBD. In the past several years, there has been an influx of personal testimonies and research promoting the benefits of CBD. With this information, we are learning that hemp is even more than its industrial application.

### **Benefits of hemp in various industries**

Hemp is a commonly used word for the cannabis crop used in industry rather than the type of Cannabis used for recreational drug use. The simple definition of hemp is a herb. Industrial hemp is produced in many countries in the world, the major producers being Canada, France and China. Hemp is a bio mass which has widespread uses in many industries. It is used in textile industry, medical industry, paper industry, biodegradable plastics, food and fuel.

Hemp can also be viewed as one of those products which support the objectives of Green Living. This is because hemp is one of those industrial products which do not need any pesticides or herbicides, besides prevent soil erosion and also produce oxygen. They can also be substituted for harmful products containing chemicals and dioxins which decompose very easily.

Hemp is used in clothing by using a blend of flax, cotton or silk and can be put to use in furnishings as well. The inner two fibers are woodier in texture and can be used in non woven items like animal bedding and litter. Research

proves that hemp, being a strong and quick growing fiber, can produce 250% more fiber than cotton and 600% more fiber than flax.

The oil obtained from the seeds of hemp can be utilized in manufacture of oil-based paints, in cooking and also in plastics and creams. Hemp, as a fiber, is a vital raw material needed to produce ropes, sacks and canvasses. Other general uses of hemp include its usage in some countries to strengthen concrete. Hempcrete is that material used commonly in France, which contains hemp and serves as a construction material. Moreover, hemp is used to produce such a bio composite which Mercedes uses in order to manufacture the internal panel in some of its automobiles.

The use of hemp cannot be restricted to one particular industry. Apart from being used in construction work, hemp is also an abundantly used product in food items. It contains about 80% of fatty acids and even larger proportions of amino acids which are necessary for a healthy life. It can be consumed directly in the form of salads or the seeds can be used to produce hemp milk or in baking and even in a range of products varying from cereals to hemp protein powder, non dairy hemp ice cream and many others. Hempseed oil is a dietary supplement and being edible oil it has one of the major advantages attributable to its storage; it can be frozen for longer periods of time and generally does not need any preservatives to retain its quality. Iron deficiency is rampant worldwide and hempseed is viewed as one of the healthiest ways to overcome such deficiency, since it contains calcium and iron along with other minerals. Its anti inflammatory property highlights its use as a medicine as well. Hemp has more eco friendly benefits to offer

which include its properties as a purifier to remove impurities from waste water and other by products. To add to its eco friendly nature, hemp also helps in killing weeds, since it has abundant growth and dense plant leaves. It thus helps to boost organic farming by discouraging the use of herbicides for weed control.

Previously, till the Industrial revolution hemp was used in almost every industry but gradually each industry substituted the use of hemp with the use of some other fiber. Filtered hemp oil was once used to power diesels as well but we do not see that happening now. In the same way, the use of hemp in ropes was replaced by abaca or manila, while its use in manufacturing sacks was replaced by jute. Use of wool and nylon became very common in the carpet industry while synthetics and cotton took over the netting applications. Hemp pulp was once popularly used in paper production and holds very little significance as a raw material to manufacture paper, as with improvement in technology, it is wood pulp which has proven more environment-friendly and also cost effective. Not ignoring the multitude of ways hemp can be used, it cannot be denied either that the industry does not remain a very large but developments are being made to revive it.

Hemp is made from the cannabis plant. The part of the plant used to make hemp is the stem, whereas the leaves are used most often for marijuana. Hemp itself will not work to get anyone “ high.” Hemp also contains low levels of THC, the infamous psychoactive compound found in marijuana. Instead, hemp is bred to have high levels of CBD, a legal and non-

intoxicating compound. Many people take hemp-derived CBD oil as a daily supplement to support a balanced endocannabinoid system and to target specific concerns without a high. To better understand the versatility of the hemp plant, let's dive into the basics of the two major hemp extracts.

## **Hemp Oil**

Hemp oil is not a traditional oil and relatively new to the human diet. Hemp oil extract is an oil derived from the stalks and seeds of the cannabis plant. It contains 70% polyunsaturated fatty acids (PUFAs), roughly 55% in the form of Omega-6 linoleic acid. Hemp oil is increasingly being used in the manufacturing of bodycare products, medical drugs and relief medications.

## **Hemp Seeds**

Hemp seeds, though, seem to be a different matter altogether. They contain all the essential amino acids those building blocks of protein which our body can not manufacture on its own. Flax seed also contains all the essential amino acids, but unlike flax seed, 65% of the protein found in hemp seeds is globulin edistin. What is globulin edistin? It's a simple protein that our bodies need to build the immunoglobulins necessary to repel infection. The best way to ensure your body has enough amino acid materials to build these globulins is to eat foods high in globulin proteins.

## **Why patronise Soma Sacred Seeds for all your hemp related product needs**

Soma Seeds has some of the best quality products that the CBD and hemp market has to offer. This is because not only do we manufacture many of our products in our own lab, but we have them tested in a third party lab for their efficacy and potency. With this extra control over quality, we are

confident that we are providing you and your family with the best possible product. If you have any questions, contact us today and we will be happy to answer any questions you may have.

By now you've probably heard that CBD or hemp has some very real benefits, and perhaps you've been considering trying it for yourself, but something is stopping you. Maybe you can't get past the stigma associated with hemp or you're afraid it will leave you feeling loopy and tired. We get it. hemp is still controversial and there are a lot of misconceptions swirling around about what it can and can't do, and how it does and doesn't make you feel. We have great confidence in hemp importances in almost every industry otherwise Soma Seeds wouldn't be here.