**Journal Pump**

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<https://canurta.com/journal/what-are-polyphenols/>

Polyphenols are powerful.

Polyphenols: A mouthful of a word for a mouthful of benefits.

Get educated on polyphenols.

More flavonoids = more fun.

#getyourpolyphenolson

Let's learn more about Polyphenols, shall we?

Polyphenols are natural compounds found across plants, fruits, vegetables and grains that have the potential to reduce your risk of chronic diseases.

[Link to a blog post]

Polyphenols are like the super-heroes of the food world: they’re natural compounds found across plants, fruits, vegetables and grains that have the potential to reduce your risk of chronic diseases like cancer and cardiovascular disease.

So how’s your diet doing? Could it use a little hero?

Never mind carbs, it's time to count your polyphenols.

Polyphenols: the little molecules that could.

If you think there are plenty of fish in the sea, wait until you find out how many polyphenols there are.

Polyphenols are a group of chemical substances found in plants that provide a ton of health benefits, and there are more than 8,000 types.

They come in all kinds of shapes and sizes—and tastes!

Flavonoids like quercetin and catechins can be found in fruits or cannflavins A and B in hemp.

Polyphenolic amides like capsaicinoids are what give chili peppers their kick.

Phenolic acids like lignans and stilbenes thrive in vegetables and whole grains, while resveratrol is what makes red wine so delicious, and ellagic acid is why you should never skip dessert.

The next time you're feeling lonely, just remember: there's always a polyphenol to match your mood.

Chances are, you've heard of antioxidants. But have you heard of polyphenols?

Polyphenols are part of the antioxidant family and have been shown to exhibit anti-inflammatory, antidiabetic, anticancer, and neuroprotective activities. These molecules help protect your body by improving heart health, lowering diabetes risk, and raising immunity.

Polyphenols are the superheroes of the molecule world.

They fight inflammation, diabetes, cancer and neurodegenerative diseases. Plus, they're good for your heart and boost your immunity!

What's the buzz about natural remedies for pain and inflammation?

We'll tell you—and it starts with hemp.

Hemp-derived cannabinoids are molecules that have been found to be natural bioactive compounds in the body that play a vital role in our health and wellness. They are generally viewed as safer and express higher bioavailability, fewer side effects, and lower toxicity than traditional drugs, and have been claimed to be essential to humans in reaching our full "genetically-determined lifespan".

At Canurta, we believe that the polyphenols in hemp can rival mainstream anti-inflammatories on safety and efficacy. Stay tuned for groundbreaking research findings and first-to-market product formulations from our hardworking team.

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Just a reminder that polyphenols are the future.

Stay tuned for groundbreaking research findings from our hardworking team to prove it.

Inflammation is kinda like a really annoying friend who shows up uninvited to all your ragers.

You don't want 'em, but they just won't go away.

Unchained from the bonds of inflammation.

<https://canurta.com/journal/the-opioid-crisis-where-are-the-safer-natural-alternatives/>

It’s time for ACTION.

The opioid crisis has reached alarming levels in Canada and the US, driven by both illegal and prescription opioids.

There were 24,626 apparent opioid toxicity deaths between January 2016 and June 2021 (PHAC), a number greater than the number of Canadians killed daily in motor vehicle collisions since 2015 (Belzak et al).

In the United States between 2020 and 2021, nearly 79,000 people between 18 and 45 years old died of fentanyl overdoses, as shown by a recent data analysis (Families Against Fentanyl).

Comparatively, between Jan. 1, 2020, and Dec. 15, 2021, there were more than 53,000 COVID-19 deaths among those between the ages of 18 and 49, according to data from the Center for Disease Control and Prevention (CDC).

What can we do? We must take action now to prevent this from happening again.

In the past three years, almost every demographic has experienced significant increases in opioid-involved and synthetic opioid-involved overdose death rates.

Black rates of overdose deaths stayed level until 2013. Then they began increasing, particularly among Black people aged 45–54 and 55–64 in large central metro areas. Why? Because the involvement of synthetic opioids in overdose deaths is changing the demographics of the opioid overdose epidemic (CDC).

Hey! We're Canurta. We build products that help people live better lives, and we're doing it with a community mindset—not just because it's the right thing to do, but because it's the best way to do business.

We believe a diverse team is a stronger team. And we also believe that progress happens through collaboration—so our company can't just be made up of people from all different backgrounds; our community has to be too! That's why we're not just reaching out to you, but working with you to create cannabis solutions that make life better.

We started Canurta in 2017 because we wanted everyone to have access to something we've always had: pain management solutions that weren't addictive or destructive. Now that cannabis is legalised in Canada, we've seen new options for managing chronic pain emerge. But that doesn't mean there isn't room for improvement—and that's what we're here to do!

We want you to know that you're not alone in this fight against chronic pain and addiction. Our team is always in discussion about the importance of community-building, and how guiding product development in tandem with diverse stakeholder partnerships can pave the way for natural alternatives to opioid dependency. We want your input too