



## Meet Our Local CBD Leader (and Her CannActive Life Product Line)

Wappingers Falls resident Mary Therese Yamamoto swam competitively until the end of high school, when painful hip tendonitis sidelined her for years. It wasn't until her children were ages 3 and 5 that she rediscovered the pool, her "happy place," and started taking aquatic fitness classes, which "gradually restored my body and mind."

However, frigid temps in the Northeast often postponed her beloved hydrotherapy, leaving her discouraged and sedentary for months, contributing to her seasonal depression.

When Mary Therese lost her father five years ago to pancreatic cancer, she couldn't help but wonder if a daily regimen of cannabis early on could've improved his prognosis.

As she read more about its medicinal benefits, she learned about CBD, or cannabidiol, and its anti-inflammatory properties and started using it for her chronic knee and hip issues. "I couldn't believe how much better it made me feel," she says.

Within a week of taking a daily CBD oil tincture, she says she felt "energetic, happy to get out of bed, and excited to be active with my kids. CBD gave me back my mojo."

### NATURAL HEALING AND RECOVERY

So life-changing was her experience that Mary Therese decided to launch her very own line of gold-standard CBD products that her family, friends and community could trust and she could "stand behind 100 percent," she explains. "I want to share my passion for all things CBD with anyone seeking a safe, natural alternative for healing."

No easy task in the male-dominated industry, she did a tremendous amount of research from 2019 to 2020, including attending CBD conventions, testing out many different products on her own chronic pain, and touring manufacturing facilities. She discovered an opportunity to help active, athletic women, like herself, as well as men.

In June 2021, Mary Therese launched CannActive Life, a line of products that are manufactured on a long-established, USDA Certified Organic farm in Colorado. She enjoys meeting with clients and offers local pickup and delivery options of her CBD oil, gummies, softgels, sport cream, salve and dog soft chews. She's excited to bring her mission to the local community, grateful that she's already helped "so many others in my life."

For example, through the pandemic, her daughter took a daily dropper of CannActive Life's CBD Oil to relieve COVID-related anxiety. Her 70-year-old mother no longer relies on daily Advil for inflammation relief and is pain-free with CannActive Life's Everyday Softgels. Her neighbor's aging dog uses CannActive Life's Pet Tincture to alleviate joint pain and climbs the stairs again. And



CBD Entrepreneur Mary Therese Yamamoto lives with her husband Frank and their children Billy and Julia in Wappingers Falls. She also is a water fitness instructor at All Sport Health & Fitness.

her 54-year-old friend takes CannActive Life's CBD Tincture for chronic knee pain and is back to routine yardwork and getting a good night's sleep.



Images courtesy of Mary Therese Yamamoto

### CBD FOR THOSE ON THE GO

Mary Therese, who now teaches water fitness classes at All Sport, points out that CBD can play a key role in optimizing health, "even for those always on the go." Incorporating CBD into your pre-workout routine is thought to help:

- Reduce post-workout soreness,
- Support bone health,
- Soothe pain from injuries and overexertion,
- Decrease the need for anti-inflammatory medication (NSAIDs), and
- Expedite rest and recovery with improved sleep.

While many claims about CBD are still up for scientific review, CBD is known to also improve mental health by stimulating the endocannabinoid system toward homeostasis—keeping everything balanced and optimal for health and well-being.

### WHAT YOU NEED TO KNOW ABOUT CBD

While tetrahydrocannabinol (THC) and CBD can come from the same plant and are often referred to together, Mary Therese explains that they are very different cannabis compounds with different effects. Most importantly, CBD won't get you high. With education a part of her mission, she also shares:

- How important it is to know your source. "China uses hemp to clean their polluted soil," she says. "You want to make sure you buy USDA Certified Organic."
- In the U.S., legitimate CBD must be third-party tested, and "your products should showcase those tests on their labels or website."
- CBD takes a couple days of consistent use before you truly feel the effects. "So don't expect immediate success."

More education will help break the stigma of cannabis, which "is a huge passion of mine," she says. "I'm thrilled to help others heal *naturally* without reliance on synthetic meds."

To find out more about how CannActive Life can help you and your family, including your dogs, visit [Cannactivelife.com](http://Cannactivelife.com) or email Mary Therese at [info@cannactivelife.com](mailto:info@cannactivelife.com). ♦