

AMETHYST



CRISTINA

Get Ahead of the Curve
How to Find Love in 2025

Cannabis for Sleep Problems
What You Should Know

4 Uses For
Low-Dosage THC Edibles

Hailey
Lucy
Remington
Yulia



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ON THE COVER

Cristina

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FROM THE EDITOR

Issue #14 is here, marking the start of a brand-new calendar year and the beginning of Amethyst Magazine's monthly release of new issues and content. No more waiting every other month! We're planning to open a store in the first quarter, so you can buy prints, calendars, and other cool stuff. As always, we're committed to making the subscriber experience the best it can be.

First up in this issue, 'Golden Hour Glam'. It was shot the same day and in the same studio as Cristina's editorial from Issue #13. I'm sure she'll become a fan favorite. The top and dress are metal and somewhat heavy but she wears them well.

Next is 'Sunday Morning', an editorial shot in Kiev, Ukraine by Anton Tkachenko with Yulia as the model. The lighting is beautiful and warm in an apartment setting. Yulia will be featured in more of our work this year.

We've got three articles next: 'Get Ahead of the Curve: How to Find Love in 2025', 'Cannabis for Sleep Probs: What You Should Know', and finally '4 Uses For Low-Dosage THC Edibles'.

'Loft Seduction' features a new model, Remington. She recently moved to LA from NYC and it was great shooting with her in this apartment-like studio. There's a video that goes with this editorial that'll be available in a week. We plan to work with her again soon.

'Wild at Heart' brings back former cover model, Lucy. This is a shoot we did a while back in a parking garage in Studio City late at night. We used natural light and the headlights from the car to get some cool shots..

This issue is rounded out with 'Fishnet Fantasy'. Hailey returns in this editorial shot against an interesting wall and in stockings. It's simple and sexy.

I hope you enjoy this issue! Don't forget to check the website next month and every month for new photos, videos, and improvements to the website to make it even better than before.

So relax, and enjoy this issue of Amethyst!

~ Jeff Gottlieb
Editor-In-Chief



GOLDEN HOUR GLAM

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Get Ahead of the Curve:

How to Find Love in 2025

Are you looking for love in the new year? With so much uncertainty in the world, it can be difficult to know where to start. But don't let that discourage you. By preparing now, you can get ahead of the curve and find the love you're looking for in the coming year. This blog includes tips and strategies for finding love, from online dating to networking events and more. Read on to learn how to get the most out of your search for the perfect match.

Being open to different types of love

As the world evolves, so does the concept of love. In the new year, being open to different types of love will be essential for finding a lasting connection. Instead of limiting yourself to traditional notions of romance and relationships, it's important to look beyond the surface and explore all kinds of love.

It can be helpful to consider the many forms of love that exist, such as friendship, self-love, platonic love, family love, and, of course, romantic love. Be open to all these possibilities, as they may lead you to the connection you're looking for.

It's also important to consider different types of relationships when looking for love in the new year. Instead of relying on labels like monogamy and polyamory, focus on what works best for you and your potential partner. Maybe it's something as simple as a "friends with benefits" situation, or maybe it's an exclusive relationship.

Lastly, consider looking for connections with people from different backgrounds. Diversity is always a plus, and exploring different cultures can be a great way to find love.

Diversifying your dating pool

If you're looking for love, it's important to diversify your dating pool. This means expanding the types of people you are willing to date beyond the stereotypes that society has set. For example, instead of just looking for someone in your age group, why not broaden your search and explore all age ranges? In addition, instead of sticking to one type of ethnicity, try looking at different backgrounds, cultures, and nationalities.

Finally, diversifying your dating pool means accepting that you don't have to limit yourself to one type of relationship. There are many different types of relationships, from casual dating to long-term commitment. If you're open to exploring different types, you'll be more likely to find someone who shares similar values and beliefs.

Incorporating technology into your dating life

With the advent of technology, dating has become easier and more accessible than ever. From online dating apps to social media platforms, there are plenty of ways to meet potential partners in the digital age.

One of the best ways to take advantage of technology when it comes to dating is by creating a profile on a dating app or website. This will allow you to connect with people from all over the world and narrow down potential matches based on your interests and preferences.

There are many different types of dating apps available, so make sure to do your research and find one that works best for you.

It's also important to remember that technology doesn't always have to be used for meeting people. You can also use it to stay connected with those you already know. Social media platforms are great tools for keeping up with old friends and staying in touch with people you might not otherwise be able to. You can also use these platforms to connect with people who share similar interests, giving you a better idea of who might be compatible with you.

Finally, don't be afraid to embrace video chatting to get to know someone. Video chat allows you to communicate in real time, eliminating awkward pauses or misunderstandings. This is also a great way to ensure that you're talking with someone who is actually interested in getting to know you better.

Technology offers many opportunities for finding love these days, so don't be afraid to take advantage of them. With a little effort, you can find your perfect match and start a meaningful relationship!

Making time for dates

Finding time to date can be challenging, especially if you have a busy career or family life. However, it's important to make time for dating if you want to find love in the new year. Here are some tips to help you make the most of your dating life:

- Schedule dates in advance. Find out when you can fit a date into your schedule and plan accordingly. This way, you won't forget to make time for it.
- Make the most of your spare time. If you have an extra few hours during the week, use it to go on a date. You'll appreciate having the time to get to know someone new.
- Don't be afraid to reschedule. If something comes up that prevents you from making it to a date, go ahead and reschedule. Your date will understand and appreciate your willingness to make time for them in the future.
- Make time for yourself. Taking care of yourself is important too. If you have time, go out alone and enjoy some time by yourself. This will give you the space and energy to focus on your dates later.

Being yourself

When looking for love, being true to yourself is the most important part. It's easy to get lost in trying to please someone else, but it's important to remember that at the end of the day, you need to be happy with yourself first. Before you even start looking for a potential partner, take some time to think about what makes you unique and confident.

If you don't know how to express yourself or find yourself uncomfortable in certain social situations, consider taking some classes or workshops to help you learn how to express yourself. You could also look for support groups or communities dedicated to helping people discover who they really are.

Once you have a better understanding of who you are and what makes you special, you'll be able to go into the dating world with a more positive attitude. Confidence in yourself will make it easier for someone else to connect with you. Plus, it'll make your future relationship more stable and healthy.

It can be difficult to stay true to yourself when looking for a partner, so take time for yourself as well. Spend time alone doing things that make you happy and bring out the best version of yourself. Make sure your dates don't take away from that. They should add something to your life.

Be open, honest, and authentic. Remember that finding the right person isn't just about finding someone who likes you; it's about finding someone who accepts and loves you for who you are. By being yourself, you'll be able to attract the right person into your life and make sure that your relationship lasts in the new year and beyond.

Cannabis For Sleep Problems - What You Should Know

Falling asleep and staying asleep through the night would seem like the most natural process in the world. Unfortunately, millions of people have sleep problems that prevent them from getting a restful night's sleep, and the lack of rest affects their lives in negative ways. Those suffering from insomnia and poor sleep have a wide range of remedies to help them get a better night's sleep. Cannabis is growing in popularity as a sleep aid, both because it is effective and because it has fewer side effects than other methods. Here are some facts you should know about cannabis products for sleep problems.

What the Research Says

Under current federal law, cannabis is still categorized as a Schedule I drug with high risk for abuse and no medical benefit. As a result, research on the benefits and risks of cannabis use is thin and incomplete. However, a number of small studies, such as one published in the journal, *Clinical Neuropharmacology*, suggests that cannabis can be effective in treating a number of sleep problems. The compounds may be helpful for conditions such as posttraumatic stress syndrome, restless leg syndrome, sleep apnea and chronic pain. Generally, it is recognized that more research is needed to clearly define the parameters for use to provide greatest effectiveness. In the meantime, however, cannabis is growing in popularity in the wider medical community as a good option for sleep disturbances.

How Cannabis Works For Sleep

The endocannabinoid system of the human body contains cannabinoid receptors, which are a natural part of how the dopamine neurotransmitters in the brain function to regulate body systems. The compounds in cannabis bind to these receptors, which increase the amount of relaxation-producing adenosine in the body. As a result, the individual experiences a greater sense of relaxation and relief from discomfort, which fosters deeper, more restful sleep.

Types of Cannabis Best for Sleep

Cannabis products are available in a number of strains and formulations. Sativa is generally recognized for having an energizing effect, and therefore, may not be a good choice for those seeking a deeper or less-interrupted sleep cycle. Indica is recognized for its relaxing qualities and is generally recommended for sleep. Hybrid

compounds of both sativa and indica are also available and may work better for some people. In addition, how the cannabis is processed can affect its potency and effectiveness. Rick Simpson Oil, RSO, is a method of extracting cannabis from the plant that preserves many of the essential components and is thought to provide a stronger and more effective compound for use.

Cannabis Delivery Methods

One of the advantages of cannabis use for sleep is that it offers a number of methods for delivery of the compound. Individuals can smoke the flower, or bud, of the plant. The oil can be used in a vape delivery device. A tincture can be administered under the tongue for rapid absorption into the system. Edible gummies offer an accurately dosed amount of the compound for easy use. Each method may offer advantages for the individual patient.

Side Effects From Cannabis Use for Sleep

Smoking cannabis can have a detrimental effect on lung function and can lead to chronic bronchitis or other conditions. Some individuals may experience daytime sleepiness or impaired memory from long-term use of cannabis for sleep. Side effects can be a result of a particular dosage and can be alleviated by changing the dosage, timing or type of the cannabis. Over time, using cannabis for sleep can lead to reduced effectiveness and a return to nighttime wakefulness or disrupted sleep.

Quality sleep is critical to general health, your daily performance, your mood and your overall sense of well being. Cannabis offers another option in the arsenal of compounds used to relieve insomnia and disrupted sleep cycles. If you are having problems getting a good night's sleep, talk to your doctor about the benefits of cannabis and whether it may be helpful for you.

4 Uses For Low-Dosage THC Edibles

For many cannabis consumers, the most desirable effects are mild and mellow. For these individuals, edibles with low doses of THC hit the "sweet spot."

Low-dose gummies and other THC edibles can assist with pain management, getting to sleep at night, anxiety relief, and more.

Here are four of the most helpful uses of low-dosage THC edibles.

Note: cannabis edibles should only be purchased from a licensed retailer and used lawfully. Talk with your doctor before using cannabis products if you have concerns about the interactions of cannabis with your medications or medical conditions.

Improved Sleep Quality

For some users, a small dose of THC has a mild sedative effect. This is likely the result of THC increasing the brain's level of adenosine, a naturally occurring chemical that suppresses arousal and makes us feel sleepy.

A high dose of THC may interfere with sleep or cause next-day drowsiness. However, a low-dose edible at bedtime can be the perfect solution for relaxing the mind and opening the door to restful sleep.

Chronic Pain Management

According to the United States Centers for Disease Control and Prevention (CDC), more than 20% of Americans live with a chronic pain condition. Unfortunately, over-the-counter pain medications are often insufficient for helping with major pain. Meanwhile, prescription opiates are addictive and dangerous.

Low doses of THC offer pain relief without psychoactive effects. This is believed to occur as a result of THC calming down activity in the brain receptors that control pain responses. For many individuals who deal with chronic pain, low-dose THC edibles offer a welcome alternative to traditional pain medications.

Relief for Stress and Anxiety

Cannabis has always been known for its ability to mellow out the human mind. However, high doses of THC don't always have a relaxing effect. An intense high may lead to an overactive mind that's hard to calm down.

Before legalization, cannabis consumers didn't always know how much THC or what type of THC they were consuming. This led to unpredictable effects.

These days, cannabis users have more control over their dosage. They can find the perfect dose and purchase products that provide a consistent experience. For many, that experience includes stress relief and the reduction of anxious thoughts.

At low doses, THC is often the ideal solution for "taking the edge off" without producing side effects or an intense high. Consuming a low-dose edible can help ease social anxiety, provide light stress relief, and calm down the mind after a stressful day.

Appetite Stimulation

"The munchies" are a well-known side effect of cannabis use. For many recreational users, snacking is part of the fun. However, appetite stimulation can also be wonderfully therapeutic.

Loss of appetite is a common side effect for individuals dealing with a range of medical conditions and treatments, such as:

- *Anxiety
- *Irritable bowel syndrome
- *HIV
- *Chemotherapy
- *Hospice care

At low doses, THC has a mild but noticeable effect on appetite. Two separate benefits may occur: increasing hunger and making food taste better. These effects can be incredibly helpful for individuals who are struggling to get down food.

While THC is famous for its psychoactive effects, low doses provide a more mellow experience. Low-dose cannabis edibles provide helpful benefits without interfering with a user's sense of calm or control.

If you're not sure what to expect from different dosages, ask your local dispensary staff for recommendations. Always consume cannabis products safely and responsibly and discuss any healthcare concerns with your doctor before use. (*References: Centers for Disease Control and Prevention [cdc.gov/mmwr/volumes/72/wr/mm7215a1.htm#:~:text=During%202021%2C%20an%20estimated%2020.9,Hispanic%20American%20Indian%20or%20Alaska](https://www.cdc.gov/mmwr/volumes/72/wr/mm7215a1.htm#:~:text=During%202021%2C%20an%20estimated%2020.9,Hispanic%20American%20Indian%20or%20Alaska)*)



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