



PINE HILL FARM

HEMP INSPIRED WELLNESS

WHAT'S NEW AT PINE HILL FARM?



It's no secret that we are healthcare professionals with a passion for integrative medicine. Even with the growing scientific evidence showing cannabis as an effective healthcare option, we still encounter clients whose primary care providers are unfamiliar with cannabis as a potentially beneficial healthcare option. We are looking to build a recommendation list of primary care providers who are familiar and knowledgeable about recommending cannabis or CBD to their patients. Is this your doctor? If so, please let us know or forward them to our website so that we can get them added to our growing list. If you know of a physician or other healthcare professional who would like more education on this topic, we'd be happy to make a connection. As lifelong learners, we continue to expand our cannabis knowledge. Most recently, through courses at the University of Arizona Division of Integrative Medicine and the Holistic Cannabis Academy, in the areas of

pharmacokinetics & pharmodynamics, pain management, and mental health.

LET'S TALK: MEDS + CBD!

Many meds are metabolized in the liver using the enzyme cytochrome P450. CBD, THC, and other cannabinoids are also metabolized this way when taken orally. Drug-drug interactions could occur by increasing or decreasing the effect of the prescription medications. For example, someone taking the blood thinner Warfarin may find they need to decrease their dose of Warfarin when taken simultaneously with CBD. It is important to know that drug/drug interactions are rare, but typically occur when very high doses of cannabinoids are taken orally and simultaneously with certain medications. Ways to reduce potential complications: use an alternative form of CBD, such as topical or sublingual; take 1-2 hours after your prescription medication. *Always consult your healthcare provider before use. If they are not familiar with CBD dosing, we are happy to speak with them or you on the specifics.

CONNECT

Call/Text: 414-737-4100

Email: thepinehillfarm@gmail.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm

UPCOMING EVENTS

- 6/5 & 6/6: 9am-4pm, Holy Hill Art Farm Market
- 6/13: 8am-3pm, Deerfield Market Expo

Wednesdays: Dousman Market
Thursdays: Lake Geneva Market, Burlington Market (every other)
Fridays: Williams Bay Market, Rockford City Market
Saturdays: Oconomowoc Market

DID YOU KNOW?

Drug-drug interactions between pharmaceuticals and cannabis medicine are more common if both drugs are taken via the oral route simultaneously (versus sublingual, topical, inhalation, transdermal, etc.).

Zendulka, O., Dovrtělová, G., Nosková, K., Turjap, M., Šulcová, A., Hanuš, L., & Jiřička, J. (2016). Cannabinoids and Cytochrome P450 Interactions. Current drug metabolism, 17(3), 206-226. <https://doi.org/10.2174/1389200217666151210142051>

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Our way of supporting other small, local businesses♥

Meet Dr. Kate of Essence Family Chiropractic in Oconomowoc! She specializes in family wellness with an emphasis in maternal and pediatric care. At her office, you'll be sure to benefit from the personal attention, passionate approach, and individualized care given at each visit! Check out Essence Family Chiropractic at www.essencefamilychiropractic.com!