



PINE HILL FARM

HEMP INSPIRED WELLNESS

WHAT'S NEW AT PINE HILL FARM?



Pain is the number one reason that people are turning to cannabis medicine as an alternative or supplemental therapy to traditional care. We are excited that our very own Pine Hill Farm sister, Leanne, who is experienced as a pain management RN, will be working closely with veterans during her PhD dissertation on cannabis use, specifically in the veteran population. In fact, she recently submitted her first article for publication review with the peer-reviewed, academic journal *Military Psychology*!

It is extremely crucial people and healthcare providers learn and understand the research behind cannabis medicine and its effectiveness, despite whatever personal opinion they may have on the topic. Complementary therapies including cannabis are a passion of ours on the farm and we hope that you will continue to follow and support our efforts as we seek more education and information in this amazing field of health!

LET'S TALK: PAIN!

- Pain is the number one reason people seek any medical care.
- Pain is the number one reason that people are turning to cannabis medicine.

Science is revealing that the cannabinoid and opioid systems can work synergistically to achieve greater pain relief. Studies suggest that small amounts of cannabis taken in conjunction with opiates will improve the effectiveness of the medication. This allows for a safe and integrative health approach to managing severe pain.

DID YOU KNOW?



Cannabis was Queen Victoria's favorite medicine for menstrual cramp related pain.

CONNECT

Call/Text: 414-737-4100

Email: thepinehillfarm@gmail.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm

UPCOMING EVENTS

Wednesday, April 14th: Pine Hill Farm at Breathe's 3-year anniversary event

Friday, April 16th: Rockford City Market evening event

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses♥

Meet Melissa Thomas of Forward Movement & Massage! With a holistic approach to wellness, Melissa offers personal training and massage therapy. For an exceptional massage with a purpose, check out Melissa (or Chad) at www.forwardmovementandmassage.com!