PINE HILL FARM
WELLNESS COLLECTIVE + market

WHAT'S NEW AT PINE HILL FARM?

Happy New Year! The wellness collective + market is up and running! We appreciate all of the support we've received over the last couple of weeks during our opening. We're adding new products weekly, including unique CBD supplements and local vendor items. Coming soon to the market will be full spectrum CBD suppositories, transdermal patches, and personal lubricant.

Now settled in our space, we're ready to launch our wellness services, including free CBD consulting, whole body health evaluation and consulting, and wellness support groups for a variety of diagnoses. In the Pine Hill family, we have two RNs who specialize in education and two rehab therapists who are certifed as holistic practitioners. We are all very excited to work with you to help you achieve your healthcare goals!

At the collective, we collaborate with other holistic modalities. Melissa from Mirrored Image Beauty & Wellness is a medical esthetician with a great deal of experience working in medicals spas across the midwest. Learn more by visiting https://thepinehillfarm.com/skincare/

We are also looking forward to adding a massage therapist in the coming weeks so please stay tuned for all the excitement. Be well!

LET'S TALK: CANNABIGEROL (CBG)

You've heard of CBD before, now let's dive into CBG. This is termed as the "mother of all cannabinoids" because they are all derived first from CBGA (cannabigerolic acid). CBG is typically found in less than 1% of the hemp plant, whereas CBD can be found in up to 25% of the plant. Because of this, a CBG isolate is rare and expensive and it is often combined with CBD in products to make it more accessible. Animal studies have shown CBG to decrease the symptoms related to inflammatory bowel disease, glaucoma, Huntington's Disease, and to have antibacterial properties against resistant bacteria, including MRSA. Taking a CBD full spectrum product is a good way to get the benefits of CBG if you are unable to find a CBG isolate or CBD/CBG blend. Ask us about our products containing CBG at the wellness collective in Watertown!

CONNECT

Call/Text: 414-737-4100
Email: thepinehillfarm@gmail.com
Visit: www.thepinehillfarm.com
@thepinehillfarm

UPCOMING EVENTS

- SATURDAYS AT THE STORE
  11am-1pm: Local Vendor Food Tasting or Product Sampling.
- Wed. 1/19: 9am or 5pm, CBD 101
- Wed 1/26: 9am or 5pm, Immunity & Wellness Workshop.
- Thurs. 1/27: 9am or 5pm, Diabetic Wellness Group

DID YOU KNOW?

A 2014 study found CBG to inhibit the growth of colorectol cancer cells in rats. CBG has potential to treat or prevent colon cancer in high risk individuals.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses

Meet April from Chandler House Bakery! She brings her experience and love of baking to Watertown, WI. Chandler House is the baker of many products found at the Pine Hill Farm wellness collective + market, including bagels and hot cocoa bombs! ***Love*** is the first ingredient in everything she creates because it's the most important thing in everything she does.

Check her out at https://www.chandlerhousebakery.com/