



# PINE HILL FARM WELLNESS COLLECTIVE

+ market

## WHAT'S NEW AT PINE HILL FARM?

We've got exciting things happening in-store and online! This month marks the launch of our new, functional supplement gummy line. Our signature "Sweet Dreams" gummies are packed with 15mg of CBD and 5mg of melatonin for relief when you need it! "Calm, Cool, Collected" with 15mg of CBD, L-Tyrosine and L-Theanine, are formulated to ease anxiety, nervousness, and depression symptoms. Stay tuned as we continue to expand this line!

Great collaborations continue at the wellness collective. Dr. Joy Cochran is a physical therapist who specializes in treating adults with neurologic conditions, geriatrics, and balance/falls. We're pleased to announce her as our wellness workshop presenter on April 28th, where she'll educate on Urban Poling (for weight management, balance, core strengthening, and so much more). Inquire with Pine Hill Farm to learn more about urban poling and to sign up for this informative workshop.

We are so honored to announce that Sara Hogan has teamed up with the wellness collective to provide massage therapy services! Read below for more on Sara and please contact Pine Hill Farm to schedule your deep tissue or relaxation massage.

Our BioScan SRT introductory promotion ends this month (\$65, reg. \$125). Contact Lynley at [info@thepinehillfarm.com](mailto:info@thepinehillfarm.com) to learn how this health technology can help you identify and manage allergies, imbalances, and body stressors using a multi-modality approach, including electrodermal technology. Schedule online through 4/30. \*Regular price for introductory scan resumes 5/1.

Finally, join us Saturday, April 30th at our open house from 9am-3pm for raffles, giveaways, samples of our new CBD items...and anything else we can pack into this amazing day!

## LET'S TALK: CBD FOR ALLERGIES

According to statistics, allergies are the sixth main cause of chronic illnesses in the United States, affecting roughly 19.9 million adults, as stated by the Centers for Disease Control and Prevention (CDC).

Cannabidiol (CBD) is said to possess anti-inflammatory properties that could be useful in managing allergies.

- One example of how CBD can help with allergies:
  - reduces the antibodies that trigger histamine (the cause of inflammatory response from the body)

*A study in 2009 found that cannabinoids are capable of inhibiting the activation of a specific type of white blood cell (T-cells) in mice. By impairing the release of these cells, CBD may be able to lessen antibody responses and reduce allergic symptoms.*

## DID YOU KNOW?

Terpenes, which are present in full-spectrum CBD oil, have shown to help lower antibody levels, as seen in a 2014 study. Researchers learned that alpha-pinene, a common terpene in Cannabis, significantly decreased the clinical symptoms of allergies in mice.

## CONNECT

Store: (920) 390-4462

Email: [info@thepinehillfarm.com](mailto:info@thepinehillfarm.com)

Visit: [www.thepinehillfarm.com](http://www.thepinehillfarm.com)

  @thepinehillfarm

## UPCOMING EVENTS

- SATURDAYS AT THE STORE  
11am-1pm: Local Vendor Product Sampling
- Wed 4/20: 9am or 5pm, CBD 101
- Thu 4/21: 9am or 5pm, All About Allergies
- Wed 4/27: 9am or 5pm, Gut Health
- Thu 4/28: 9am or 5pm, Urban Poling w/ Dr. Cochran/ Doctor Physical Therapy
- Sat 4/30: 9am-3pm PHF OPEN HOUSE!!

## SUPPORT SMALL...SHOP LOCAL!

*Our way of supporting other small, local businesses* ♥

Meet Sara Hogan, licensed massage therapist who has recently teamed up with our wellness collective! As a Watertown native, Sara has been practicing for several years in the Oconomowoc area and eager to expand services to clientele to her hometown. For deep relaxation or therapeutic massage for chronic pain, Sara will customize your massage to meet your individual needs! Contact Pine Hill Farm to schedule your massage today or email Sara at [sarahoganlmt@gmail.com](mailto:sarahoganlmt@gmail.com).