

# PINE HILL FARM

## WELLNESS COLLECTIVE

+ market

### WHAT'S NEW AT PINE HILL FARM?

Can you believe that August is here? For the Pine Hill Farm family, that means just a few more weeks left before the kids are off to school. It also means we are closer to the grand opening of our wellness spa, located at 118 N. Water Street in Watertown (our former wellness collective + market location). We are so excited to expand our health and wellness offerings to Watertown and surrounding communities. Sarah Hogan continues to offer massage therapy at this location, along with medical skincare services by Melissa Muller of Mirrored Image Beauty & Wellness. The spa will soon include an infrared sauna, spacious enough for a quick hot yoga or stretching session, with sequence cards available to use at each visit! And if heat isn't your thing, we'll be offering halotherapy (or salt therapy) in a comfortable salt room, suitable for one person, a couple friends, or the family.

In preparation for back-to-school AND cold'n'flu season, we're ramping up our immune boosting products in store and online. Be sure to check out all of our adult and kid-friendly supplements, like elderberry, apple cider vinegar capsules, quercetin, vitamin D, vitamin C, zinc, CBD, and more. Even better, we recently launched our newest functional supplement CBD gummies which offer 15mg of CBD/CBDA with elderberry and vitamin D! We love to promote health and wellness and share this knowledge with our customers, so if you haven't had a chance to stop by our new wellness collective + market at 200 W. Main Street in Watertown, please do make the trip sometime! We've truly got something for everyone at Pine Hill Farm! It's our happy place and we want it to be yours too!

### LET'S TALK: CBD FOR IMMUNITY

The endocannabinoid system is known to play an important role in regulating immunity and scientists consider it to be one of the "gatekeepers" of the immune system.

Cannabidiol (CBD), a non-euphoric component of Cannabis sativa, is a phytocannabinoid that acts on the endocannabinoid system and may have the ability to maintain a balanced and healthy immune system.

Additionally, CBD supports overall immunity by promoting a healthy inflammatory response, maintaining healthy gut microbiota, and providing a calming effect for healthy stress response.

### DID YOU KNOW?

Several animal studies have found CBD to balance the immune system by reducing the activity of T cells, B cells, and both T helper and T cytotoxic lymphocyte subsets (cells that fight infections, cancer, pathogens, etc.). CBD has also been found to support the activity of natural killer (NK) cells, a type of white blood cell that is involved in the body's response to the presence of viruses.

### CONNECT

Store: (920) 390-4462

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

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

  @thepinehillfarm



### UPCOMING EVENTS

- Saturday 8/13 & Sunday 8/14, Riverfest Vendor Fair, Watertown
  - Thursday 8/25, 9am, Urban Poling Walking Group/Workshop with Dr. Cochran/ Doctor Physical Therapy
- \*free wellness classes will relaunch in September, please stay tuned!



### SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥

Meet Brynn of Heart + Honey Elderberry! We love Heart + Honey Elderberry because they are a small, family business who offers the highest quality, most delicious products to support immunity! All elderberry products are locally made in small batches, in a fully-licensed and inspected kitchen. To support your immune health, you can find Heart + Honey Elderberry products at Pine Hill Farm or visit [www.heartandhoneyelderberry.com](http://www.heartandhoneyelderberry.com).