



PINE HILL FARM

WELLNESS COLLECTIVE

+ market

WHAT'S NEW AT PINE HILL FARM?

It's beginning to look a lot like Christmas very early at Pine Hill Farm's market. The store is looking festive and we are so excited to participate in several shopping events in historic downtown Watertown this season!

Drum roll-- The Wellness Spa of Pine Hill Farm is officially open at 118 N. Water Street in Watertown. It's hard to believe this was the location of our wellness market under a year ago until the expansion in June. Time flies!

We've got a ton of new customers so let us take time to introduce Pine Hill Farm. Founded by three sisters (Jackie, Leanne, and Lynley), they share a passion for integrative healthcare and holistic medicine. Their passion for natural health and wellness led them to begin growing certified organic hemp on their family's 6th generation farm in Lebanon. After a couple of years traveling to events and markets, and even speaking at healthcare conferences, they opened the wellness collective in their hometown.

Pine Hill Farm collaborates with other holistic providers, local vendors, and small businesses. All of their products are made in small batches, with love, locally.

For a unique wellness and shopping experience, or to learn about Bioscan health screening- call, email, or stop by!

Just like the sign painted on the window and hanging from the brick wall says, Pine Hill Farm is truly "a place to be happy!"

LET'S TALK: CBD & BODY HOMEOSTASIS

Every person has an endocannabinoid system. When that system is out of balance, disease can occur. CBD indirectly promotes healthy endocannabinoid activity by interacting with cannabinoid receptors throughout the body. These receptors play a role in balancing areas like reproduction, the immune system, digestive track, inflammation, and sleep.

Since the endocannabinoid system is directly involved in so many homeostatic processes, CBD helps support homeostasis, or whole body balance. CBD is not the only way! Other ways to support the endocannabinoid system are:

- Increase Omega-3 Fatty Acids
- Exercise Regularly
- Manage Stress Better
- Lower Alcohol Consumption and Increase Water
- Chiropractic Care, Massage, and Acupuncture
- Consume Green Leafy Vegetables

To learn more about CBD for your health, contact us today!

CONNECT

Store: (920) 390-4462

Email: info@thepinehillfarm.com

Visit: www.thepinehillfarm.com

@thepinehillfarm



UPCOMING EVENTS

- 11/5, The Wellness Spa Grand Opening Celebration!
- 11/18-11/20, Women's Only Weekend (WOW) Downtown Watertown
- 11/25, Black Friday Shopping (in-store and online)
- 11/26, Something Special From Wisconsin Holiday Fair (Johnson Creek)



DID YOU KNOW?

Studies showed that rats in social isolation produced less cannabinoid receptors, while social play and grooming behavior increased function of the ECS. Socializing can be great for stress reduction and enhancing ECS function.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses

Meet Erin Kelly from Kelly's Greens in Wauwatosa! Erin is a Wisconsin native-- business professional turned cannabis baker entrepreneur! You might have snagged some of her famous treats at our open houses. All of her goodies are handcrafted and scratch-made with Wisconsin-grown organic hemp. To learn more about Kelly's Greens, visit <https://kellysgreens.com/>.