

PINE HILL FARM WELLNESS COLLECTIVE

+ market

WHAT'S NEW AT PINE HILL FARM?

Thank you to our local & online communities for showing so much love and support the last couple of years, and especially the last year since we opened our first store. Each and every one of you make our hearts melt with appreciation, gratitude, humility, and motivation to keep doing what we are doing!

We are so excited to share that our very own Pine Hill Farm sister, Leanne has completed her PhD in nursing research! She's worked very hard on this over the last five years and was even able to tie in a little side research involving CBD in the veteran population! We're so proud of her and excited for what this means for our business and future plans. As healthcare professionals, we truly believe in lifelong learning and this accomplishment is a true testimony to our commitment to that.

Tis the season for sniffles, stuffies, and bugs. If you haven't had a chance to try out our new wellness spa services, please do! Our family halotherapy (dry salt) room is so effective even after one visit! To book online, please visit www.thepinehillfarm.com/wellness-spa/ or call the spa at 920-390-2874.

To learn more about our very popular Bioscan health screening service, please call 920-390-4462 or visit our website to learn more. Please keep in mind we are booked into February for this service, however remote testing is available using DNA test samples. This is a great option for someone who lives out of state or would like to get in sooner than what is available on our booking calendar. Please contact us for more information on both of these options at 920-390-2874.

Thank you for shopping locally and choosing us for all of your CBD needs, local gifts, and wellness services! It is because of you Pine Hill Farm is a place to be happy!

LET'S TALK: CBD & ANXIETY

CBD has a promising role as alternative therapy in the management of anxiety disorders.

Evidence demonstrates CBD's efficacy in reducing anxiety behaviors relevant to multiple disorders, including PTSD, generalized anxiety disorder, personality disorder, obsessive compulsive disorder, and seasonal affective disorder.

In general, CBD has a high safety profile, is well-tolerated and associated with minimal adverse effects.

To determine appropriate dosing for your specific symptoms, please get in touch with our team today. We are happy to help guide you along your CBD journey!

DID YOU KNOW?

Evidence from human studies strongly supports the potential for CBD as a treatment for anxiety disorders. In rodent studies, scientists found that CBD interacted with the serotonin receptor, affecting emotions and anxiety-disorders.



Schier ARD, Ribeiro NP, Silva AC, et al. Cannabidiol, a Cannabis sativa constituent, as an anxiolytic drug. Rev Bras Psiquiatr. 2012;34:S104-S117. doi: 10.1016/S1516-4446(12)70057-0.

CONNECT

Store: (920) 390-4462

Email: info@thepinehillfarm.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm

UPCOMING EVENTS

- 11/3 Creative Flair Salon Holiday Open House (Delafield)
- 11/4 Milk & Cookies w/ Mr. & Mrs. Kringle at Pine Hill Farm's market
- 11/15 Stoll's Olde 109 Holiday Shopping Event
- 11/21 Stolley's Hogg Alley Holiday Shopping Event

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥

Holley Schwartz of Holley's Honey and Holley's Hobbies! Holley lives on a dairy farm outside of Watertown with her husband and you can find her talents at Pine Hill Farm's market, which include local honey, beeswax candles, and flower arrangements from flowers grown on her farm! Visit Holley at https://www.instagram.com/holleys_hobbies/.