

PINE HILL FARM

wellness collective

WHAT'S NEW AT PINE HILL FARM?

What a blessed holiday season it has been! Thank you for the support from our new and existing customers, you sold us out of gift cards well before Christmas Day! A few pieces of exciting news-- the Pine Hill market location won first place in the citywide winter wonderland window competition! Rumor has it, it was a tight race due to all of the above-and-beyond window art displays! After many stores on Main Street in Watertown went out of business years ago, the community was missing a connection to the downtown. Now, there are businesses thriving and new opportunities blossoming-- the excitement is inspiring and we are so thrilled to be in the center of it all!

The New Year allows us all a fresh start in so many ways. We're launching some amazing new detox protocols and services-- in store and for remote clients. Our goal is to focus on whole body health which includes mental health. We challenge you to set aside time for your body and mind in 2023. Poor mental health can lead to worsening physical conditions and diseases. Our infrared sauna and dry salt therapy can be an effective mood enhancer, even after just one session. If you haven't had a chance to try out our spa services, please do! To book online, please visit www.thepinehillfarm.com/wellness-spa/ or call the spa at 920-390-2874. We strive to make self care affordable to all!

Finally, we will be launching a Pine Hill wellness app later this month. This will allow us to integrate both of our locations, to make booking services and classes easier, shopping more seamless, and even allow YOU to earn and redeem points for major discounts on products and services! 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 & CANCER

According to the American Cancer Society, CBD has a promising role in symptom management related to cancer. More recently, scientists reported that THC and other cannabinoids such as CBD slow growth and/or cause death in certain types of cancer cells growing in lab dishes. Some animal studies also suggest certain cannabinoids may slow growth and reduce spread of some forms of cancer. Cannabis compounds can help with management of the following:

- allow the need for less pain medicine
- improve appetite and food intake
- treat nausea and vomiting
- treat neuropathic pain

There are now pharmaceutical drugs based on marijuana compounds that have been approved in the US for medical use. For example, Nabilone (Cesamet®) is a synthetic cannabinoid that acts much like THC. It can be taken by mouth to treat nausea and vomiting caused by cancer chemotherapy.

CONNECT

Store: (920) 390-4462

Email: info@thepinehillfarm.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm

UPCOMING EVENTS

- 1/7, 1/14, 1/21, 1/28: Saturdays at the Store (local vendor pop ups every Saturday at the market)
- 1/28: Downtown Watertown Businesses Open House Shopping Event
- 2/2: Stolley's Hogg Alley Winter Shopping Event

DID YOU KNOW?

A 2014 study found CBD & CBG to inhibit the growth of colorectal cancer cells in rats. Cannabinoids from the cannabis plant have the potential to treat or prevent colon cancer in high risk individuals.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥
Meet Courtney of Wilder's! Her adorable 'plants & more' shop offers an eclectically curated collection of findings to enchant and inspire! Wilder's mission is to create an inviting atmosphere, a unique perspective, and an inclusive environment to share with the community-- so take the pressure off of finding something specific, find something that calls you! Visit Wilder's at 314 E. Madison Street in Watertown, or online at www.wilderscollection.com.