



WHAT'S NEW AT PINE HILL FARM?



Plants are enjoying their second month in the ground and thriving under the TLC of farmer Jon and his brother Nic. Other family and friends also participate in the daily field walks for weeding, pest management, and overall maintenance. The sisters of the farm continue to make appearances at regular weekly market and pop up events where they have the opportunity to educate hundreds of new customers on the cannabis plant and its potential for health, wellness, and healing. We always encourage our customers to keep in touch along their journey and most recently we've received great feedback from customers who are using Pine Hill's CBD products for symptom management related to cancer, stroke, fibromyalgia, and rheumatoid arthritis. Our customers are finding benefit using a variety of products including topical salves and balms, essential oil/CBD rollers, sublingual oil, and inhalation. With all of the options out there, we'd like to break it down for you this month as we focus our "Let's Talk" and "Did You Know" sections on CBD product options. While Pine Hill does not offer every single option available today, it's

LET'S TALK: CBD OPTIONS!

Cannabis product options can be overwhelming! Did you know it can come in all these forms: topicals, edibles, smokables, transdermal, sublingual, vaporizers, suppositories, pills, water, food and more! Below, learn how quickly some of the most popular product options are absorbed in your body!

Inhalation (Smoking, Vaping): 2-15 minute onset/ 2-4 hour duration. This is typically a "quick in, quick out" effect.

Ingestion (Edibles, Food, Capsules, Tincture Food/Drink Additive): 30 minute onset/ 6-8 hour duration. This method requires swallowing the product so it is metabolized by the liver, similar to medication pills.

Sublingual (Oil, Oil Based Tincture, Strips, Tablets, Sprays): 15-30 minute onset/ 2-4 hour duration. Absorbed under the tongue or oral cavity for absorption into the bloodstream for a systemic effect into the whole body.

Suppositories: 10-45 minute onset/ 4-8 hour duration. Suppositories dissolve in the body and can treat the local area, or the medicine may travel to other parts of the body through the bloodstream.

Topical (Creams, Salves, Oils, Sprays): 15-30 minute onset/ 2-4 hour duration. This is a localized effect that may support overworked muscles and joints in a particular area of the body.

Transdermal (Patches, Gels): 15-30 minute onset/ 4 hour duration gels, 8+ hour duration patches. This method is absorbed through the skin and into the bloodstream, without involving mucous membranes.

CONNECT

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UPCOMING EVENTS

- 8/14 & 8/15: 9am-5pm
Watertown Riverfest
Craft Fair Watertown
- 8/21: 10am-4pm
Breathe Salt & Sauna
Health & Wellness Expo

Wednesdays: Dousman Market
Thursdays: Lake Geneva Market
Fridays: Williams Bay Market
Saturdays: Oconomowoc Market

DID YOU KNOW?

Cannabis suppository administration rectally or vaginally may activate the cannabinoid receptors located in that region, which could be beneficial for local conditions like hemorrhoids, acute inflammation, and many genitourinary conditions.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥

Meet our good friends at Breathe Salt & Sauna in Johnson Creek, WI! A visit here will leave you feeling relaxed and rejuvenated! People of all ages can seek relief from breathing discomfort, skin complications, pain, depression and a myriad of other ailments through salt therapy, chromotherapy, infrared sauna, aromatherapy, and other wellness offerings. Check them out online at www.breathesaltandsauna.com.