

MAY 2023

The Seed

A MONTHLY
NEWSLETTER

FROM

CEDAR VALLEY FARMS

21st
Edition

TAKE SOME TIME
TO UNWIND:
FIND YOUR CODE
IN THE MIND!

Stop and Smell the CBD

As the wind begins to blow in the warmth and sunshine of the season, also comes the pesky pollen that leads to millions of Americans experiencing the annoying symptoms of Hay Fever or other allergies. If you're leaning more toward the natural side, CBD may be your springtime solution to ease the sneeze (or other springtime symptoms).



**CBD has potential
to help allergies!**

"A 2005 study demonstrated that CBD possesses immune-modulating effects throughout cells in the respiratory system, and acts as an antihistamine. The same study highlights the anti-inflammatory properties of cannabis".

Due to CBD's anti-inflammatory potential, it can help reduce the swelled areas near the nose, throat or mouth, easing the common array of springtime allergy symptoms.

Source: <https://www.noveltreemmedical.com/new-blog/2021/4/15/can-cbd-help-ease-seasonal-allergies>

One specific terpene, (compound found in hemp plants responsible for taste & smell) that is known to be specifically therapeutic for symptoms associated with allergies is Pinene. Check it out!

The start of a season as refreshing as spring is a great time to start a new wellness routine! Try any internal CBD wellness product from CVF to establish and maintain overall wellness and improve problems like inflammation from allergies!

Pinene

Anti-inflammatory

Bronchodialating

Antibiotic Properties

Memory-Boosting Properties

Pine Aroma

Take the *Sting* out of Spring



Did You Know?

Cedar Valley's CBD Relief Topical works GREAT on bee stings! Combined with the anti-inflammatory properties and ability to soothe soreness, it cools and calms these painful pokes. You'll rid the redness and forget about the frustration in no time!

Our customers have also reported that our CBD Relief Topical works wonders on nettles and poison ivy - two more outdoor dilemmas commonly seen this season!



Mental Health Awareness Month

May is mental health awareness month. While CBD can play a significant role in providing comfort for numerous physical ailments and injuries, perhaps its strong suit is its ability to create a calm and healthy mind. CBD is notorious for its potential to ease the psychological "stingers" like anxiety and depression. Establishing positive moods, thought patterns, and behaviors can contribute to overall health and happiness.



Everyone responds differently to CBD just as with medication. Finding the necessary help through doctors or medicine or simply products that work well for an individual is never discouraged. However, natural is certainly a nice consideration with significant potential & less risk for side effects.

Cheers!

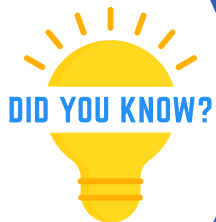
Now Trending...

→ CBD Cocktails ←



C is for Cocktails & CBD

Did you know the new trend is to add CBD to your favorite cocktail? It's a perfect time of year to do some spring cleaning of your your mind and clean out your drawer of stale habits that aren't contributing to your best self. Mix up your favorite spritzer with a drop of CBD (CVF's Nano Blend Tincture is perfect for this), schedule some self time for meditation, and take a sip to a new you!



Meditation is a natural method to improving symptoms of anxiety and depression. Practices such as focused breathing and body scanning can have effects similar to anti-depressant medications.

Meditation has been found to improve stress management, lower blood pressure, and boost immune function among other benefits. CBD and meditation pair perfectly for a new, natural niche!

MUSEFUL20

Easy, Breezy Lemon CBD Spritzer

MATERIALS

- Cocktail jigger
- Cocktail spoon

INGREDIENTS

- 15 mg CBD oil
- 2 oz lemon vodka
- ¾ oz lemon juice
- ¾ oz simple syrup
- 4 oz champagne
- Club soda
- Citrus twist from lemon peel (for garnish)
- Ice



INSTRUCTIONS

- Fill a large stemmed wine glass with ice.
- Next, add all of the liquid ingredients to the glass. Stir gently with the cocktail spoon.
- Add a splash of club soda to the top without overfilling the glass.
- Finally, add the citrus twist for garnish before serving!



May a Time for for Musing

Mental Health ♥ Mom ♥ Spring ♥ CBD



"A mother's love liberates." - Maya Angelou

May 14th is Mother's Day. Let her feel liberated when you free her from all her troubles with Cedar Valley's All-Natural CBD wellness products!

Celebrate all that "mom" is with our May Promos to SAVE and be entered to WIN a FREE CBD Body Lotion!

A-May-zing All Natural Selections

SAVE 30% on any of the following items this month:

AND be entered to win a **FREE CBD Body Lotion!**

automatic entry with purchase of any of these 4 items - winner announced at the end of the month!

Pairing internal + external CBD products provides better results!



Large
CBD Relief Topical

Immediate relief for serious soreness



Large
CBD Relief Roll-On

Roll-On Instant Relief with no mess



30 Ct CBD Isolate
Daytime Gummies

Establish focus & overall wellness



30 Ct CBD Isolate
Nighttime Gummies

Find quality rest, maintain comfort