

JANUARY 2024

The Seed

A MONTHLY NEWSLETTER

FROM CEDAR VALLEY FARMS

29th Edition

HIDDEN CODE CLUE:
YOUR CODE STATES WHO WE APPRECIATE THE MOST. FIND IT IN A NEW YEAR'S TOAST!



Cheers to a New You!

Holiday festivities are finishing up, gathering guests are now gone, and perhaps you've noticed retail inventory is prematurely switching to spring. The sparse remains of the holiday can leave us feeling down and out, so now is the perfect time to focus on YOU!

If you packed on a few holiday pounds and that's just one reason your overall mood is in the dumps, it might be time to dabble into a little detox and begin some new, healthy routines. Check out how CBD can help boost you back to your best self and help you achieve your new year's resolutions!

Mood Elevation

CBD is known to be a natural mood enhancer due to its interaction with serotonin receptors. This can help dig you out of the post holiday dumps and gain inspiration to stay on track with your new healthy habits!

Anti-Inflammatory

Have you noticed your jeans or jewelry feeling a little tight and tough to handle or remove? When indulging in all of the festive foods and drinks, it often causes inflammation. CBD is known for its anti-inflammatory properties, which can be most helpful when doing a detox or just to deflate.

Mindful Practices & Exercise Recovery

To help improve your mood and establish healthy physical activity, CBD is perfect to infuse into activities such as meditation, yoga sessions, or any other kind of exercise. It provides a clear focus to apply to your new self wellness goals, which can lead to a deeper motivation and ultimately a steadfast habit.

Whether you're adding exercise to your routine as an addition to detoxing or just for its natural benefits alone, CBD can provide aid in recovery time from sore muscles and inflammation.

Celebrate all you could be in 2023, but take a toast to even more in 2024!

Road to Resolutions!





Rejuvenating Refresh

Much Needed Massage!

If you're looking for a way to refresh your body and mind after all the stress of the holidays, try a targeted or full body massage. Then, take it to the next level with CBD. With a CBD massage, you can expect to enjoy enhanced relaxation, decreased inflammation, and comfort from deep soreness.

Light & Fresh!

Our CBD Massage Oil is light and fresh in the way that a shower isn't needed shortly after. Often, regular massage oil leaves skin feeling excessively greasy and too potent with fragrance. After an application of our CBD Massage Oil, skin will feel perfectly moisturized and acquire light, fresh hints of lavender and citrus.

Coming Soon!

Currently, we carry our CBD Massage Oil in a 16 oz bottle listed at \$99.99, which may be a little heavy on size and cost, so we've decided to provide another option for all budgets and lifestyles. **COMING SOON:** We will soon offer our premium CBD Massage Oil in a 2.5 oz bottle that is less expensive making it perfect for sporadic at-home uses, travel, or just to give it a try!



Support Local!

If you're not quite ready to go big with the 16 oz bottle, can't wait that long to get your hands on the new size, and want a CBD infused, professional massage pronto, visit the Salt & Serenity Grotto in Wooster! They offer CBD Massages that include our Cedar Valley Farms CBD Massage Oil! Support two local businesses at once, and start your new year off feeling good inside and out!



VS.

SAD

A Light in the Dark

Hopefully you took time to toast all your happy moments and memories at the ringing of the new year. If you want to keep the holiday cheer strong and avoid the feelings of letdown now that all the holiday pomp has been put away, consider a natural mood boost with CBD.

Our serotonin levels can naturally drop when there is less daylight, and winter definitely deprives us of the light our minds and bodies need. This can make it challenging to stay motivated and in a positive state of mind. In fact, about 10 million Americans experience SAD, seasonal affective disorder, which mimics all the symptoms of major depression; this is obviously not conducive to achieving your new year's resolutions.

If you want to live a happy life, tie it to a goal, not to people or things."
-Albert Einstein

Serotonin is the neurotransmitter in the brain that regulates emotion, stress, and mood. CBD is a natural remedy that has shown potential to positively alter serotonin levels. Additionally, CBD has shown anti-inflammatory properties. How is this relative to depression? Some research suggests that depression is in part an inflammatory disease; therefore reducing inflammation naturally with CBD could reduce symptoms of depression.

CBD offers a natural, more gentle alternative to symptoms of depression without the many risks that can come with anti-depressant medications.

Our goal is to provide insight on the many potentials that CBD has a natural remedy. It has shown much promise to provide aid to a wide range of physical and mental ailments. However, these statements have not been evaluated by the Food and Drug Administration (FDA). Our products are not intended to diagnose, treat, cure, or prevent any disease.

"Setting goals is the first step in turning the invisible into the visible."

-Tony Robbins

"Seek to be worth knowing rather than well known."

-Anonymous

Explore More at Cedar Valley

If you're on board with starting new routines and setting new year's resolutions, maybe preparing more home-cooked meals is on your list. If so, and you're ready to pair your new exercise routine with a healthy meal, or are just looking to freshen up your mundane at-home menu, explore our other Cedar Valley company, Cedar Valley Meats! It offers another premium product that is raised with our own hands and not only packed with maximum flavor but plenty of health benefits too.

Cedar Valley Meats is our branch that sells premium Wagyu beef that is born and raised on our family farm. Our cattle are raised where they are free to roam our pastures naturally and given NO growth hormones, antibiotics, GMO's or chemicals that could impact the quality.

Wagyu beef is known for its exquisite flavor due to the natural marbling of the animal. Our beef is consistently graded prime, which is the highest grade of meat in the United States. Grading is based primarily on the amount of marbling, which gives it its flavor, tenderness, and juiciness.

Wagyu's increased fat percentage doesn't make it less healthy. Wagyu is rich in Omega-3 fats and contains all the essential fatty acids that are believed to lower the risk of cardiovascular disease. The oleic acid found in Wagyu beef is linked to reducing blood pressure and inflammation.

Wagyu Traits

Health Benefits

We offer all your typical favorites like ground beef, patties, and beef sticks and jerky along with steaks, roasts, specialty cuts, and even bulk options. Stock up your freezer this winter with either a quarter, half, or whole and ensure you'll be at the top of your game with all your new year's resolutions! We deliver within a 25 mile radius and are currently finalizing plans for shipping! Take it from one of our customers who upgraded her freezer with quality and flavor through Cedar Valley Meats!

Why Wagyu?

REVIEW

"I personally purchased a quarter and therefore I have been able to try many different cuts of beef. Each cut puts store or restaurant bought to shame. If you are on the fence about buying in bulk, you definitely should consider taking the opportunity now to try it. It's really one of the best meats I have ever had (and I have had a lot)."

-Kristin S.