

MARCH 2024

The Seed

31st Edition

**HIDDEN CODE
GLUE:
ADD CBD TO
YOUR NEW ROUTINE,
BUT SHOP WITH A CODE
YOU FIND IN GREEN!**

A MONTHLY
NEWSLETTER

FROM

CEDAR VALLEY FARMS

Spring Ahead!

MARCH
10

St. Pat's Day!

MARCH
17

SPRING!

MARCH
19

Rise & Shine into Spring!

“No winter lasts forever; no spring skips its turn.” -Hal Borland

It's finally here! We made it past the cold, dark months of hibernation and can finally look forward to the warm embrace of sunshine, the promise of new growth all around, and the vivid glow of longer days. March 19th marks the first official day of spring in our Northern hemisphere.

You may be anxiously anticipating the longer days and adding new spring projects to your agenda, but there's a good chance that your internal clock may have trouble adjusting to the spring equinox and may become out of synch with Mother Nature. To avoid any potential sleep disruptions and get the most out of your day, our best-selling CBD Nighttime Gummies are the natural nudge you need to a quality night's sleep. They're the perfect spring reset!

Where did Daylight Saving Time originate? Benjamin Franklin proposed Daylight Saving Time in 1784 to save money on candle usage. DST was adopted during

WWI to conserve energy by utilizing daylight. However, research suggests that the energy-saving rationale is outdated as lighting now accounts for less energy use, with extended daylight hours

leading to increased air conditioning and heating. With that said, unless you live in AZ or HI, we'll continue to spring forward on the 10th this month.

Along with DST, another significant event happening in March occurs on the 24th! It's our CEO, Kristin Anthony's birthday celebration! Don't forget to send her your warm wishes when you see her!

As plans begin to fill your calendar, don't forget to invite CVF to your spring adventures so that you can shine bright all season! Once you've reset your internal clock and had a quality night's rest from our Nighttime Gummies, you'll want to take advantage of a special tip from our CEO, Kristin Anthony. You can consider it step two in rising and shining into the sunny days of spring!

Who invented DST?

Source: <https://shorturl.at/bkl24>



Happy Birthday

MARCH
24

Kristin Anthony, CEO

Shine Bright with CBD



SPRINGCLEAN19



Now that our hibernation period is over, it's time to step out into the sunshine, shed some layers, and show a little more skin. Dry winter air may have drained your skin of all moisture and color, so perhaps you're feeling a little reluctant to showcase the shorts. However, our CEO has a secret beauty tip just for you, and it involves our NEW product!

This "new" product refers to our CBD Massage Oil. It is the same amazing formula but is now available in a more convenient, more affordable two ounce size. Our regular 16 ounce bottle is still available for retail purchase but has become more popular among spas and salons who offer our massage oil during their services. To appeal to use in any environment, we believe this new two ounce bottle will fit perfectly into your at-home relaxation repertoire.



Light Texture

Fresh Scent

CBD Infused

CEO Beauty Tip!



This Mix = Max Moisture!

With the fresh scent of lavender and citrus, the light, not-too-oily texture, and all the benefits of CBD combined into one formula, our CBD Massage Oil makes the perfect spring refresher. The CBD infusion helps with inflammation, deep soreness, increased relaxation, and an elevated moisture level.

If these features still don't have you beyond impressed, our CEO, Kristin, has a recommended beauty tip to take your skin's moisture level above and beyond imagination. **Her Tip:** Combine our CBD Body Lotion with our CBD Massage Oil and be **AMAZED** at the deep, long-lasting moisture and shine this adds to your skin. You will literally be stepping out into springtime with a radiant glow, one so bright you just have to see to believe!

Shorts for
Sure!

Get the Combo!

You might
even need
shades!

We have
those too!



Dirty Hands, Clean Soul



Once the sun and greenery begin to peak out and the temps pick up, we get the urge to strike up our green thumb and get our hands in the dirt. From landscaping, gardening, mulching, or even designing a new patio, our activity level sky rockets far past the winter days of hitting the couch and nestling under the blankets. That means using muscles that have been in hibernation since last spring, which can lead to intense soreness. Keep our CBD Relief Topical as your springtime staple. It's sure to soothe any kind of soreness and keep you moving comfortably through all you have on your to-do list!



Our CBD Relief Topical continues to be a customer favorite! From a kink in the neck, to a bee sting, to a serious injury, and even improving scar tissue, it's a **MUST HAVE!** All it takes is one try for you to realize you can't live without it.



Natural Healing



Have you ever noticed how refreshing it is to breathe in fresh air and get your hands in the dirt? There is research that supports the many benefits of slipping your hands in the soil. Literally getting in contact with nature can elevate your mind, ignite your soul, and help you feel “grounded”.

“Digging in the dirt really does lift your spirits. The digging stirs up microbes in the soil. Inhaling these microbes can stimulate serotonin production, which can make you feel relaxed and happier.”

Source: <https://shorturl.at/cMOQR>

One meta-analysis of research published in *The Journal of Preventative Medicine Reports* found that gardening has a wide range of health outcomes including reductions in depression, anxiety, and body mass index, as well as increases in life satisfaction, quality of life, and sense of community. Results of another study confirmed that gardening increases life satisfaction as well as improves vigor, psychological wellbeing, cognitive function, and mood.



Get your hands in clean soil! Hemp is considered a highly sustainable crop due to its environmentally friendly characteristics. It actually purifies the soil as it grows!

Phytoremediation is the process of hemp plants detoxifying the soil and removing harmful chemicals that may be present due to industrial or agricultural activities.

CBD

Exercise

Imagery

Nutrition

Relaxation

Mindfulness

Spring-Clean Your Wellness Practices

Have you been taking the same medications for a prolonged period of time only to get the same inadequate results? Have your ailments truly been solved or have only your symptoms merely been masked? Perhaps even worse is being left with unresolved health issues and a list of new problems in other areas of your body. If this sounds familiar, it might be time to clean out the medicine cabinet and make room for a more holistic approach.

“69% of drugs have 10-100 different side effects.”



To elaborate on the seriousness of side effects seen in drugs, an article from the National Library of Medicine stated that, “Sixty-nine percent of drugs have between 10 and 100 different side effects; 22% of drugs have more than 100 side-effects; only 9% of drugs have less than 10 side-effects.”

Side effects from drugs, or adverse drug reactions, are now a significant healthcare issue. To highlight the depth of this problem, severe drug side effects are believed to be the fourth leading cause of death in the US, totaling approximately 100,000 deaths annually.

“Side effects are the 4th leading cause of death in the US.”

Source: <https://shorturl.at/zPK26>

“Healing is not the treatment accomplished by a physician but is due to the self-healing within a human body.”

-Hippocrates

Our bodies have an incredible capacity to heal themselves, so why not approach with gentleness and patience whilst perhaps assisting ourselves with remedies from nature and time to heal? This is not to say that certain medications and pharmaceuticals have no place in healthcare, but healthcare providers today seem to rashly draw up the pen for another prescription too generously when a natural, safer method could be considered.

Honey, turmeric, apple cider vinegar, cayenne, cinnamon, lemon juice, mint, and bergamot are all natural ingredients often kept in the cupboard by those practicing holistic methods and rightfully so considering their healing potentials. However, consider the following list of ailments: arthritis, anxiety, insomnia, epilepsy, inflammation, migraines, IBS, nausea, eczema, psoriasis, PTSD, acne, allergies, bee stings, sunburns, dandruff, gout, oral pain, and depression. What if there was one natural remedy that could potentially solve all of these and more? While refraining from making any medical claims, it is worthy to note that many medical studies and personal experiences exist showing hemp-derived CBD to attain this power. Have you designated a section in your wellness cabinet for this natural wonder yet?