

NOVEMBER 2023

The Seed

A MONTHLY
NEWSLETTER

FROM
CEDAR VALLEY FARMS

27th
Edition

HIDDEN CODE
CLUE:

HOLIDAY SHOPPING
IS MORE FUN WITH
A DEAL; LOOK FOR
A CODE THAT
REPRESENTS THIS
MONTH'S MEAL!

CB...D is for Digestion

It's the time of year where diets seem to bite the dust as comfort foods and cozy drinks barge in and ooze out from every corner. Additionally, it's the month of the year's biggest meal as we give thanks around harvest's table. If you've engaged in a bit of overindulgence, or are planning on it, aside from calming your nerves about potential weight gain, CBD may also help ease digestion. Take a look at how.



Improve
Digestion

Reduce
Inflammation

Calm
Nausea

Ease
Stress

Through your body's Endocannabinoid System (ECS), CBD helps maintain balance by regulating ECS functioning leading to efficient digestion.

CBD is known for its anti-inflammatory properties, which may be needed after overeating due to bloating or an inflamed digestive tract.

Again through the ECS, CBD can interact with receptors in the brain associated with nausea & vomiting, offering potential to calm these sensations.

The stress & anxiety (often seen during holiday time) can have an impact on digestive health. CBD can help ease these feelings to create a calm digestive process.

These statements are not evaluated by the FDA nor are attempting to diagnose, treat, cure, or prevent any disease.

Have your internal CBD remedies on hand before harvest time so that you allow plenty of time for CBD to begin binding to the receptors within your Endocannabinoid System and take effect. Continue use on a regular basis to maintain a healthy state of being and a blissful belly for turkey day!

EXPLORE TINCTURES
& GUMMIES!





Enjoying Every Moment

With November greeting us and December knocking at the door, we begin to feel the thrill and excitement of the holidays approaching. However, along with our joyful anticipation comes that six letter word that usually shows up uninvited...stress. Whether it be meal planning, holiday shopping, or meeting the extended family members, CBD is the natural nourishment your soul may need to deal with it all.

Holiday time is when we begin to hunt and gather things like ingredients, decorations, or even matching attire for the family festivities. Let this be the time to gather your remedies for a natural calm for any unexpected or perhaps predicted moments of discomfort during family get togethers. We love each of our family members dearly, but sometimes a select few can require a little extra patience. This year, enjoy every moment and truly revel in the joy of togetherness. If situations get tense, have your CBD on hand to keep your state of mind under control!

Blunt Bonnie

-Says *exactly* what's on her mind-

"Well, you sure have gained a few pounds since I saw ya last. Are you pregnant?"

"How could she?!"



Meltdown Milo

-Guaranteed to take someone to their breaking point-

"It's his 5th meltdown in 15 minutes! Where's his mother?!"



Same Joke Sam

-Tells exact same jokes year after year-

"I got a joke for ya!"

"Here we go again."



Hard of Hearing Harold

-Plan on repeating yourself least 9 times-

"Do what?"

"Huh?"

"Say it again now, Sweetie."

"Nevermind!"



Judgmental Janine

-Speculations are always out of line-

"Those jeans look like they came from the Goodwill if you ask me."

"Whaat?!"

"His hair is getting long...you know what that means."



The Gift of a Lifetime

With worries set aside, CBD can also help you begin checking some people off of your holiday shopping list. Endless healing potentials and CVF's versatile product line make natural wellness the perfect gift that will keep on giving long after the holidays come and go. Imagine giving the gift that improved someone's life...forever!

Give the Gift of Beauty

Seeing is believing! Try giving our CBD Moisturizing Body Lotion to someone special on your shopping list this year. It makes a gorgeous gift or stunning stocking stuffer. CBD, Retinol, & Hyaluronic Acid unite to revitalize skin enhancing it with a bright glow while wiping away wrinkles and mixing in long-lasting moisture. Bring out the true beauty that may be hiding beneath what the season's brisk winds have brought.

Fresh
Scent!

A dose of CBD a day keeps the doctor away! Taking a daily dose of CBD helps boost immunity, especially needed this time of year when cold and flu season is near. Avoid all the OTC meds by giving your immune system a boost and keeping pesky viruses at bay.

Give the Gift of Immunity

Give the Gift of Comfort

A body in motion stays in motion! Stay active even during the cold months when we feel tempted to stay under the blankets instead. Exercise is another way to boost immunity. Help someone fight off stiffness and soreness to stay comfortably active this winter by gifting them with our CBD Relief Topicals and Roll-Ons!

Give the Gift of Sleep

Quality sleep is just as important to stay healthy. Along with CBD, did you know CBN is another cannabinoid that is known specifically to help with sleep?



CBD for the Soul

When the winter months have officially blown in, we begin to seek warmth in various ways from cozy blankets and sweaters, extra cups of coffee, lattes, or hot chocolate, or even gathering inside for fun with family and friends. Here at CVF, we enjoy all of those seasonal traditions, but one thing that warms our soul more than anything is hearing our customers' stories about how our products have improved their lives. Below are some stories that we like to call CBD for the soul.

"I have struggled with anxiety for most of my life. I was skeptical at first if these would work, but after a couple weeks of taking them consistently, I can definitely tell a difference when I take them and when I don't! They help just take the edge off without any weird side effects."

-Sara B.

CBD Full-Spec Day Gummies



"Sometimes I do not feel focused or I may feel a little gloomy or heavy. A little squirt of this tincture does wonders to help me perk up my attitude."

-Beth S.

CBD Extra Strength Tincture



"I'm so pleased with my purchases. I am a believer in these products. I had total knee replacement surgery, and it has helped me with movement and pain management. It's been a journey, and these CBD products have helped me along the way. I can definitely feel the difference; it's unbelievable."

-Cindy M.

CBD Relief Topical



"I absolutely love these gummies. They keep me relaxed and calm, and they're not overwhelming. I absolutely love them!"

-Samra B.

CBD Full-Spectrum Day Gummies



"I feel like I have more energy and have solved my everyday soreness in my muscles." -Chris W.

CBD Nano Blend Tincture



"Definitely helps me sleep through the night."

-Sina D.

CBD Full-Spec Night Gummies



"Great product. My dog gets scared during thunderstorms. It really helps." -Susan H.

CBD Pet Tincture



"I was in so much pain from what I thought was a pulled muscle in my neck; turns out it is a herniated disc causing so much pain in my neck, shoulder, and all the way down my arm. **THIS STUFF RELIEVES THE PAIN!!!** Works so well!" -Amanda S.

CBD Relief Topical



"Today I groomed a dog that normally would have fought to bite the dryer...would have needed to be muzzled for the whole groom, and would have scratched me up fighting and attempting to bite during a nail trim. His owner had administered a dose of the peanut butter flavored pet tincture in our lobby prior to grooming. I started the bath right away. He fought for the bath and the dryer. I was able to notice immediately when the CBD had started to kick in. He settled right down. He was like a different dog! The effects lasted the rest of the grooming time! I am relieved that this product has proved to be working for our clients who need it as a seemingly safer alternative to veterinary sedation."

-Barker Shop Groomer, Terri

CBD Pet Tincture

