



HEMP/CBD NEWS

THANKGIVING EDITION 2023

Unwrap a Present of Tranquility, Renewal, and Generosity

As the holiday season beckons and Thanksgiving graces our doorstep, the mounting stress in our lives becomes more evident. At Hinkle Hemp, our mission is to empower you to live your best life.

In addition to our CBD products that foster balance and relief, I've recently discovered a transformative practice – **Guided Meditation by Kathy**. Taking just 10 minutes for yourself in a world filled with triggers and stressors can bring profound benefits.

To share this extraordinary experience with you, I've partnered with Guided Meditation by Kathy to offer a free healing and rejuvenating session. Simply find a quiet space, close your eyes, and listen.

The mental and physical health benefits of meditation are well documented:

Stress Reduction: Guided meditation aids stress management by triggering the body's relaxation response, lowering stress hormone levels.

Improved Focus and Concentration: Regular guided meditation enhances concentration and focus by training the mind to stay present and avoid distractions.

Enhanced Emotional Well-being: Guided meditation promotes mindfulness, fostering self-awareness and healthier responses to emotions for improved emotional health.

Better Sleep: Guided meditation, linked to improved sleep quality, alleviates insomnia and supports better sleep patterns through relaxation and calming effects.

Anxiety Reduction: Beneficial for anxiety disorders, guided meditation encourages relaxation, deep breathing, and mindfulness, aiding in managing anxious thoughts and feelings.

Pain Management: Guided meditation, a complementary approach for chronic pain, may reduce the perception of pain according to some studies.

Lower Blood Pressure: Meditation, including guided meditation, is associated with lower blood pressure, contributing to better cardiovascular health through induced relaxation responses.

Improved Self-Awareness:

Guided meditation fosters self-reflection, increasing awareness of thoughts and feelings for personal growth and better self-understanding.

Enhanced Mind-Body Connection:

Meditation practices, like guided meditation, highlight the mind-body connection, promoting awareness of how mental and emotional states impact physical well-being.

Coping with Depression: While not a substitute for professional treatment, guided meditation serves as a helpful adjunct for individuals dealing with depression, fostering a more positive outlook and improved emotional resilience.

As Thanksgiving approaches, **I just knew that my best gift to you would be to share this remarkable experience with you.** And many thanks to Guided Meditation by Kathy for letting me share this healing and rejuvenating guided meditation with you.

I guarantee this just might be one of the best 10 minute experiences **you gift to yourself.** Yes, a gift. Happy Thanksgiving.

SCAN THIS QR CODE >>
for your FREE 10 MINUTE
GUIDED MEDITATION WITH KATHY
plus get coupon code for
20% OFF PREMIUM CBD PRODUCTS





FEEL GOOD WHILE DOING GOOD!

Hinkle Hemp Partners
with Wildlife Rescue / Adopt an Angel

Celebrate the holidays with purpose! Hinkle Hemp is excited to partner with Wildlife Rescue/ Adopt An Angel PA, a 501(c)(3) non-profit led by President Diane Stizza. They focus on TNR, Spay/Neuter Clinics, and Senior Pet Hospice Care.

Art and Products for a Purpose

Explore our curated unique bundles featuring our Premium CBD Products paired with Diane's stunning artwork. Diane is a nationally recognized artist and all profits from Diane's prints and blankets go directly to support the non-profit, **making your purchase a meaningful contribution to animal welfare.**

Order Today and Make a Difference

Seize this opportunity to make a positive impact on animal lives while enjoying premium quality, artwork and wellness products.

Feel Good While Doing Good

This holiday season, choose to support a cause that matters. Place your order soon to contribute to the remarkable work of Wildlife Rescue/Adopt An Angel PA.

NOTE: Note that prints and blankets ship separately from Hinkle Hemp products. Place your order before Dec 10, 2023 to arrive by Christmas.



**Together, we can
make the world a
better place for
our animal friends.**

< SHOP NOW



"At Hinkle Hemp, we prioritize people over profit. As such an educated consumer is our best customer." - Pattie Meyer, Owner/Founder, Hinkle Hemp

Hinkle Hemp is a Woman / Veteran Family Owned Company
Main Operations: 500 Dry Hollow Road, Elizabethton, TN
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 **HINKLEHEMP.COM**



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Happy Holidays from Hinkle Hemp © 2023 HinkleHemp