

THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic



April Showers Bring May Flowers

- Earth Day
- BOM; Heidi's GrowHaus
- New CBD Products Available At Trillium



Earth Day

Purchase a reusable
Trillium Tote



April 22nd is Earth Day! This day reminds us to stay in a green state of mind and remain conscious of the positive impact we can make on the environment. Help us cut down on plastics and other hazardous material by purchasing our ecofriendly reusable Trillium totes. **With each tote purchased, we will donate \$1 to The Canopy Project.** For every dollar donated, Canopy Project will plant 1 tree in communities most at risk from climate change and environmental degradation.

Fun Facts:

- Earth Day was founded by Senator Gaylord Nelson on April 22, 1970
- Every year in the U.S. nearly 200 billion beverage containers are sold, two-thirds of which are landfilled, incinerated or littered
- Recycling, reuse and remanufacturing account for 3.1 million jobs in the U.S
- More than 100 billion pieces of junk mail are delivered in the United States each year

Business of the Month: Heidi's GrowHaus & Lifestyle Garden



Heidi's GrowHaus is a homegrown, woman-owned greenhouse and landscaping company that values the natural world and sustainable gardening. They sprouted in 1979 with Heidi's Lifestyle Gardens, a fine gardening and landscape design and install firm. In 2016, they planted their roots in a five-and-a-half-acre campus where they grow thoughtfully-selected annuals, perennials, herbs, veggies, shrubs, evergreens, fruit trees, and more. Heidi's GrowHaus has over 40 years of experience, and are committed and passionate about the green industry, offering native plants that provide numerous benefits to the landscape. The staff is 57 percent female and includes expert horticulturalists who create and maintain beautiful gardens to enhance their clients' encounters with nature.

We love forming connections in our community with other small businesses to help them thrive. Please go and check out our April Business of the Month, Heidi's GrowHaus, for all your gardening necessities and go to <https://www.growhausmn.com/events> to find out about fun monthly events they have to offer.

Ask Us About our CBD Products



CBD CLINIC LEVEL 04 Pain Relief Ointment targets muscle and joint pain with two naturally-derived analgesics, camphor (5%) and menthol (7%). The extra strength formulation penetrates deeply through the skin to deliver cooling and heating relief directly at the source of discomfort. We've included additional terpenes found in peppermint, tea tree, eucalyptus, and clove oils in order to enhance the cooling effects of the active ingredients. This product is a must-have for anyone who experiences upper back pain or has other significant sore spots.

- Safe & Effective Pain Relief
- THC-Free
- Dermatologist Tested & Hypoallergenic
- Ointment Base
- 250mg Hemp Oil Extract per 44g Jar
- Active Ingredients: 7% Menthol, 5% Camphor



Try out our **Charlotte's Web cbd gummies**. They are infused with hemp-extract and have many health benefits. Take a look at the varieties we offer including: **Recovery, Calm and Sleep**, which are specific to fit your everyday needs. Check them out at our front desk. & ask the doctor for more information!