

## Today's Apple Barn

Dean and Gayle purchased the Apple Barn 30 years ago and the bakery was built and first started operation in 2000. We will visit more of the history and fun facts in the upcoming winter newsletters. However, now we want to talk about today's Apple Barn and its continued growth; as well as a few new products.

One area that has grown in the past year is our offering of essential oils as well as CBD oils and products. There are several staff members that can answer questions about these products. It is not our goal to promote any of these products as a cure all; it's just recently that oils have hit the mainstream with CBD oil in the forefront. What we can offer is a base line of knowledge on the products offered to our customers and the health benefits. If you need further information, please contact us.

Copaiba is another essential oil that offers health and wellness to our customers. A little about the product; it can be used topical, internal or diffused. Benefits include the following:

- Supports the health of the cardiovascular, immune and digestive systems (if ingested);
- Powerful antioxidant;
- Helps calm, soothe and support nervous system;
- Promotes clear, smooth skin.

The offerings of essential oils and CBD products will continue to grow. Today's Apple Barn is a different place to shop. The foundation of who we are has not changed and we value our loyal customers and provide excellent customer service. We are looking forward to serving you. Remember you can contact us via instant message on Facebook or just stop by. We'd love to see you!!