

# Wholesome & WHOLISTIC

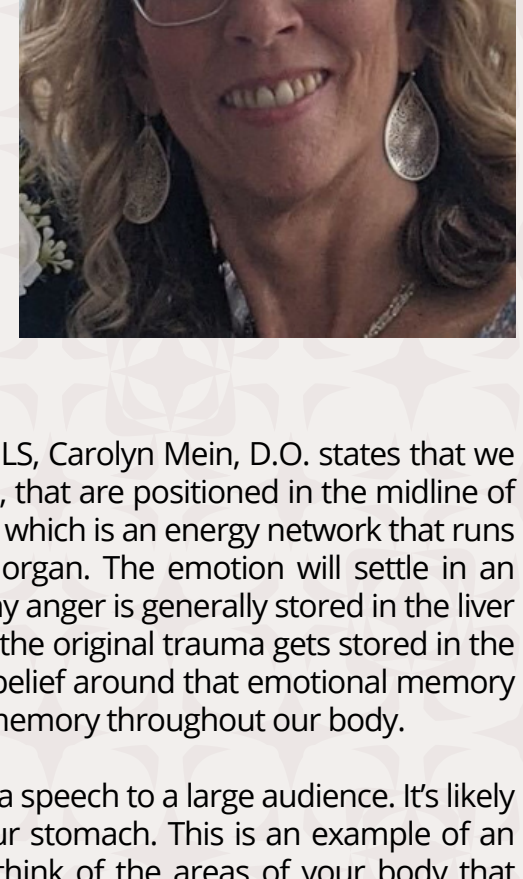
## Halcyon Village Newsletter

### Balancing Emotions

Volume 5 | Issue 12

By Dr. M. Christman, D.C.

It's no secret that we have an epidemic of emotional turmoil in our world. More and more people are taking antidepressants and anti-anxiety medications each year. Evidence is mounting that shows that our emotional state influences our physical health. Many medical doctors are realizing this connection. And while acute or recent traumas, whether they be minor or major, can cause disease in our physical being, many of the emotions that are disrupting our health can be linked to our childhood and even our infancy.



So, how can it be that an emotion that we experienced as an infant and that we likely do not remember can still have an effect on us today? The answer is through our mitochondrial DNA which is like our computer and battery and is where our energy resides. Chemicals, emotions, hormones, and thoughts get bound within this mitochondrial DNA creating subtle changes. These changes, when left to continue, can make substantial impacts on our 'computer' and 'battery' and ultimately our health. This is where cellular memory comes into play.

In her book, *RELEASING EMOTIONAL PATTERNS WITH ESSENTIAL OILS*, Carolyn Mein, D.O. states that we take emotions into our body through our energy centers, or chakras, that are positioned in the midline of our body. Once entered these feelings join into our meridian system, which is an energy network that runs throughout our entire body communicating with every gland and organ. The emotion will settle in an organ or gland that matches the frequency of the emotion. This is why anger is generally stored in the liver and grief or sadness is generally stored in the lungs. The memory of the original trauma gets stored in the limbic region, or emotional center, of the brain. Our mind creates a belief around that emotional memory which then creates an automatic emotional response in the cellular memory throughout our body.

Imagine if you were told that in one hour you would need to present a speech to a large audience. It's likely that you would immediately get that queasy, butterfly-feeling in your stomach. This is an example of an automatic emotional response causing a physical symptom. Now think of the areas of your body that experience chronic pain despite seeking treatment. Perhaps these are areas of the physical body that are being affected by stored emotions. Maybe your chronic knee or hip pain is being caused by the fear of taking the steps needed to progress you forward in some area of your life. There's a chance that your chronic shoulder pain is because you 'carry the weight of the world on your shoulders'.

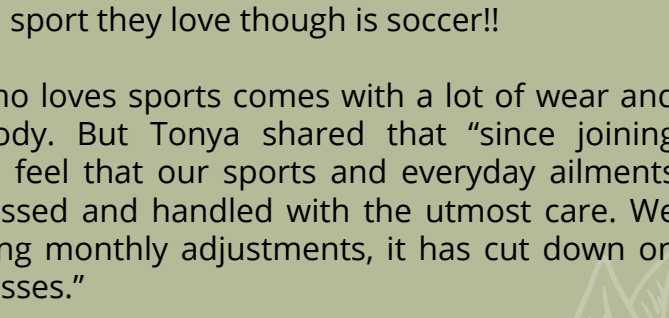
But we are not helpless victims of our emotions. As Louise Hay wrote in her best-seller, *HEAL YOUR BODY*, we do have the ability to take control and reverse the damage with awareness and consistency. If we consider the habitual thoughts playing through our head or the words we continually use to describe ourselves and our situations, these are good indicators of the tone of our deep-seated emotional patterns. Words and thoughts have the power to create our experiences and create changes in our DNA. There are treatments and tools we can use to facilitate the clearing of negative emotional patterns including various emotional clearing techniques, prayer and meditation, affirmations, essential oils, Eye Movement Desensitization & Reprocessing (EMDR), Brain Spotting and hypnosis, among others.

About the author:

Dr. Christman is a retired chiropractor and has been teaching people how to use essential oils for their physical and emotional health for over 10 years. She also helps people with emotional clearing using essential oils. Having experienced the loss of her oldest son and overcoming leukemia, Dr. Christman knows firsthand the effects emotions can have on one's body and how to come out on the other side victorious.

### #liveschanged

There is a first time for everything! We are incredibly grateful for the honor and joy of sharing the benefits of chiropractic care with someone for the very first time! Since we value this privilege, we want to celebrate.



#LifeCanChangeWithJustOneAdjustment  
#NeverHadTheirSpineChecked

### Patients of the Month



#### James, Tonya, Drew and Emma Walker

This month we are celebrating The Walkers as our Patients of the Month!! They are a family who LOVES all things sports related!! The main sport they love though is soccer!!

Being a family who loves sports comes with a lot of wear and tear on your body. But Tonya shared that "since joining Halcyon Village, I feel that our sports and everyday ailments have been addressed and handled with the utmost care. We feel that by getting monthly adjustments, it has cut down on the common illnesses."

When we asked what it is about Halcyon Village that they love they said, "Our love goes beyond Halcyon Village. We are very proud of Dr. Taryn and Dr. Joey for all of their growth and accomplishments.

If you are considering chiropractic care for you or your family Tonya would share with you: "Chiropractic care has changed our family's lives in so many ways. We feel loved as soon as we walk into the door. You won't regret giving their doctors a chance."

### Dates to Look Forward To



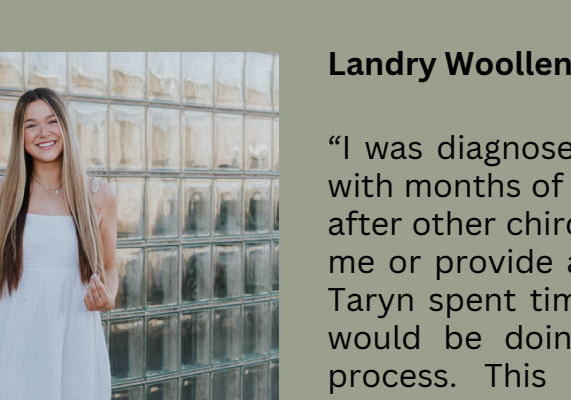
**Dr. Justin's Halcyon Village Anniversary**  
December 12



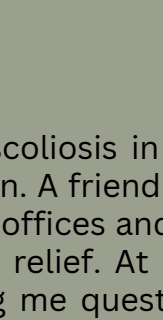
**Whoville**  
December 13



**Polar Express**  
December 20



**Closed for Christmas**  
December 21-26



**Julia's Birthday**  
December 25

## SPOTLIGHT ON LYMPHATIC ENHANCEMENT THERAPY

WITH MACALEY DAVEE

THE LYMPHATIC SYSTEM HAS THREE IMPORTANT FUNCTIONS: **DRAINAGE** AND MAINTENANCE OF WASTE PRODUCTS AND TOXINS AS WELL AS FLUID BALANCE.

**IMMUNE SUPPORT:** YOUR LYMPHATIC SYSTEM IS PART OF YOUR IMMUNE SYSTEM. IT PRODUCES AND RELEASES LYMPHOCYTES (A TYPE OF WHITE BLOOD CELL) AND OTHER IMMUNE CELLS.

**TRANSPORT:** THE LYMPHATIC SYSTEM SUPPORTS THE RETURN OF PROTEIN RICH MOLECULES, IMMUNE CELLS AND TOXIC MATERIALS, IT FACILITATES THE ABSORPTION OF DIETARY FATS FROM THE GASTROINTESTINAL TRACT TO THE BLOODSTREAM FOR METABOLISM AND STORAGE.

**START YOUR NEW YEAR BY BOOSTING YOUR LYMPHATIC SYSTEM**

**CALL HALCYON VILLAGE TODAY TO SET UP YOUR VISIT!**



## TOTALLY TESTIFYING



#### Landry Woolen

"I was diagnosed with scoliosis in high school after dealing with months of back pain. A friend recommended PLC to me after other chiropractic offices and therapies didn't work for me or provide any pain relief. At my first appointment, Dr. Taryn spent time asking me questions, explaining what she would be doing and helped me feel relaxed about the process. This was huge for me because my previous chiropractic experiences were not a positive ones."

However, after receiving care at Halcyon Village she said, "I was able to continue to cheer in high school and do all the activities I loved, which would have been very difficult to do without pain relief and management. The adjustments helped manage my pain and the chiropractors each offered therapies, stretches and techniques to lessen my pain level.

Now that I am in college, I still come in for occasional visits to help with back pain and headaches. The chiropractors are great at listening to my concerns and treating me for those specific problems. There isn't a chiropractor at Halcyon Village that I don't love. They have each given me their undivided attention when I come in for a visit. Dr Joey and Dr Justin have even taken time to recommend a chiropractor who is in the Lubbock area where I attend college. I truly feel they go above and beyond for me and my specific needs. I promise you will not be disappointed when you visit Halcyon Village."

If you are considering holistic health care, Landry would also tell you: "I know considering doing something new can be scary, but all of the chiropractors spent so much time with me and listened to me about how I was feeling. They incorporated many different techniques and ideas into my treatment even recommending a book to read to help me with managing stress and anxiety, which they felt was a part of my underlying problem with pain. This is not something I had even considered and helped open my eyes to where some of my pain could be stemming from. They truly took the wholistic approach in my treatment."

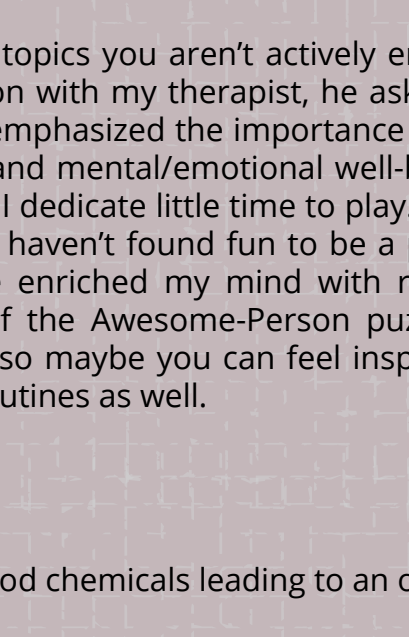


Lisa Sanders, LMT

## Massage Now Available

### Book Online Today With Jane

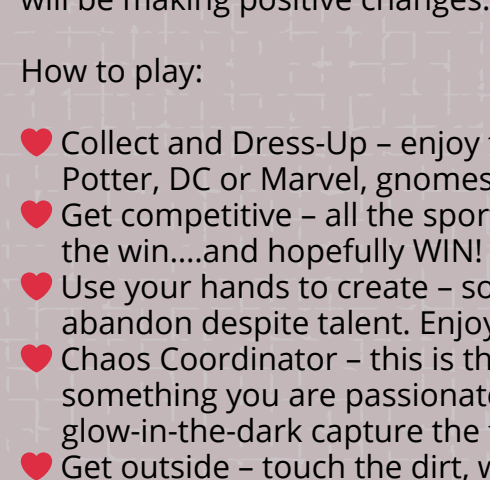
[Click here!](#)



## Chiro Corner

### The Role PLAY has in Resilience

By Dr. Taryn Lowery



You can't get inspired about topics you aren't actively engaged with, right? In a recent session with my therapist, he asked me about my goals for play. He emphasized the importance of play for healing, physical health, and mental/emotional well-being. I was embarrassed to say that I haven't found time to play. I work a lot....I rest a good bit, but I I dedicate little time to be a priority among all of the to-dos. He enriched my mind with reasons WHY play is a huge piece of the Awesome-Person puzzle. I'll expand on the conversation so maybe you can feel inspired to MAKE time for play in your routines as well.

Play impacts the brain:

- ♥ Play has been shown to release endorphins and other feel-good chemicals leading to an overall improvement in mood and stress reduction.
- ♥ The impact on the limbic system stimulates reward processing and reinforcement learning which yields improvement in motivation and drive.
- ♥ Attention is also improved due to the tickle at the anterior cingulate cortex when you play.
- ♥ The prefrontal cortex under the influence of play results in improved cognitive abilities and better emotional regulation.
- ♥ Play can also result in a sense of accomplishment, self-esteem boosts, and improved mood.

If you are already struggling in some of those areas....ok, maybe all of them, get ready to be blessed!The brain, like road construction in Texas, is always changing! It is called neuroplasticity. If you want to create positive change, give the brain "food" to move in that direction. Yes, the brain needs actual food full of nutrients and calories, but it also needs stimulus, or input, that gives it guidance on what skills you need to thrive. That stimulus dictates what changes happen in the brain. If you stare at a TV, live under fluorescent lights, stay up too late, live in a stressful environment, have unhealthy relationships, eat junk, and hydrate with sweet tea – you are making negative changes in your brain. If you PLAY and do the opposite of all the preceding examples, you will be making positive changes. Your brain is changing one way or the other – you get to choose!

How to play:

- ♥ Collect and Dress-Up – enjoy things, themes, characters, stories that inspire you. Coins, Harry Potter, DC or Marvel, games, arrowheads – whatever your interest is – be actively interested.
- ♥ Get competitive – all the sports, board games, card games, I Spy, box cars – enjoy the chance of the win....and hopefully WIN!
- ♥ Use your hands to create – some people have a trade or natural talent; some just create with abandon despite talent. Enjoy creating a something.
- ♥ Chaos Coordinator – this is the fun kind....not that overwhelming, stressed out stuff.Probably something you are passionate about – charities, fundraising, baby showers, birthday parties, glow-in-the-dark capture the flag. Whatever event that makes you smile and others feel loved.
- ♥ Get outside – touch the dirt, witness the sky, smell the flowers, hike the unknown. This is one of mine – love a beautiful day for experiencing nature.
- ♥ Laugh – make yourself laugh, make others laugh, tell jokes, plan an epic practical joke.Laughter is its own kind of medicine.
- ♥ Movement – feeling movement can be fun. Practice a new breathing technique. Enjoy a walk just to listen to the birds and let your body flow. Do some yoga, swim, move at the park, vacuum the floor (I know it's weird, but it's fun to me). It's the intention of the movement – feel exhilarated.
- ♥ Get social and share your story – it could be written, spoken, or sung. Expressing a story makes us all emot. Imagination is a place to visit where a lot of fun can be had!

It's probably easy to think of something fun if you just give yourself a minute. Planning it around your busy calendar and finding the energy and/or funds to enjoy may be an obstacle. I'm here to advocate we do it anyways! There are many benefits to having fun, and I can't think of one person I know that doesn't need more of it. I'm going to be re-organizing how I spend my time, energy, and money to allow myself the freedom of having fun. I hope you will join me! I look forward to sharing stories about an extra splash of fun that you had as a product of learning about the benefits on your health!

In Love and Service,

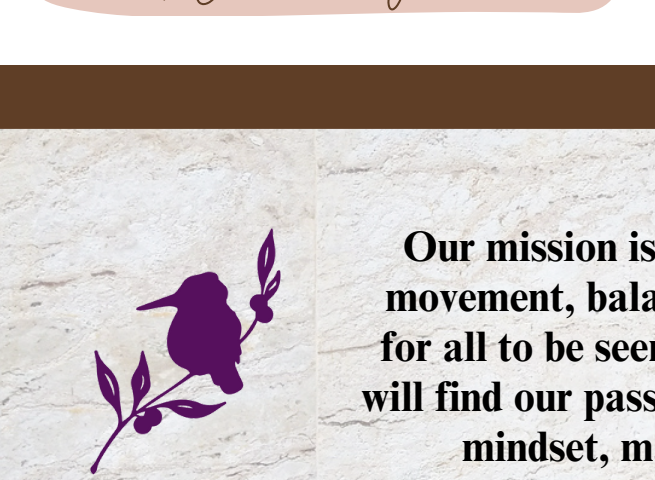
Dr. T

## Product of the Month | IntraMax/IntraKid



Drucker Labs manufactures and distributes the most complete, top of the line, all-in-one liquid nutritional supplements anywhere. These products are available exclusively through health care professionals. Initially developed for his own auto-immune disorder, Dr. Drucker found that other people could benefit from the supplements. IntraMax is the flagship product and has become synonymous with nutritional excellence.

Drucker Labs IntraMax and IntraKid are produced using cold-fill technology. This manufacturing process allows the 415+ ingredients to retain their maximum nutritional value while being enriched organically with naturally-sourced fluvic acid. In just a one-ounce daily serving, IntraMax 2.0 provides an array of vitamins, trace and macro minerals, prebiotics, antioxidants, digestive enzymes, fruits , vegetables , essential fatty acids, bioflavonoids, amino acids, and much more!



*Nicki's Review*

66

"Love love love Dr. Joey! He was able to get my migraines under control without the use of harsh meds. When I started seeing him I was having 3-4 migraines a week. After seeing him we were able to go a month without a migraine!!!! I have since moved but would make the drive to see him without a second thought!!!! Also the front of house staff is great!"

★★★★★

[Submit Your Google Review](#)

**Our mission is cultivating loving relationships to yield healing, movement, balance, connection and hope; providing a safe haven for all to be seen, heard and valued. Halcyon Village expects you will find our passion and skill, combined with your faith and willing mindset, makes amazing changes in your quality of life!**