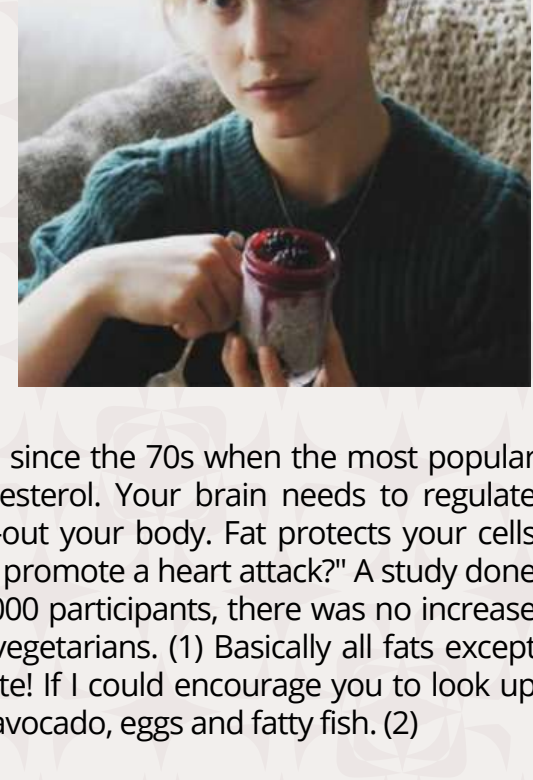


Macro and Micronutrients
By Darby Jewell Jett

You have probably heard of macro and micronutrients before, but what's the difference? Are you eating both? If so, are you getting enough of each? Hopefully, this will clear up a few things and inspire you to focus on health this next year!

MAKROS means "large" in Greek, and MIKROS means "small." In health terms, MACRONutrient refers to nutrients you eat on a "large" scale. These are carbs, fats and proteins. MICRONutrient refers to the nutrients you eat in "smaller" quantities, like vita-mins, minerals, antioxidants and probiotics. Usually your body can get enough micronutrients if you eat diverse macronutrients. Sadly, our culture has made it easy to eat poorly balanced and nutritionally lacking food. Lots of diets have emerged, promoting health, but these diets all usually remove one of the key macronutrients. Keto removes all carbs, Veganism removes all animal products, and the list goes on. But why do you need these macronutrients?



Fats: There has been a sharp increase of Alzheimer's and Dementia since the 70s when the most popular diet emerged: The Low-Fat Diet. Our brains are 60% fat and cholesterol. Your brain needs to regulate hormones, maintain memory, and replace cells and tissue through-out your body. Fat protects your cells from free radicals and disease. "What about heart health? Doesn't fat promote a heart attack?" A study done by the American Journal of Clinical Nutrition found that among 350,000 participants, there was no increase of heart disease or stroke between meat and dairy consumers vs. vegetarians. (1) Basically all fats except "trans fats." Meats and fish, oil, nuts, cheese and dairy, dark chocolate! If I could encourage you to look up the benefits for a few of my favorite fatty super foods, they would be avocado, eggs and fatty fish. (2)

Carbs: When you think of carbohydrates, do you think of pasta, burger buns and candy? Most people do; and, therefore, have considered carbs the enemy. But carbs are actually super healthy if you eat the right ones! They support thyroid function, balanced cortisol, male and female hormones, and mood and cognitive function. Besides this, foods with healthy carbs have high micronutrient content. How can you tell if a carb is a healthy one?

By how fast the sugar from the carbs hit your bloodstream. This is called the Glycemic Index, and foods low on the chart are less impactful on the blood-sugar. Try to stay away from the 4 whites: white potatoes, flour, sugar, and rice. Most all other carbs are okay: colorful potatoes, brown rice and other grains, legumes, and fruit are all wonderful! (3)

Protein: I can't overstate how important protein is for your body. Without it, your muscles, organs, and brain would deteriorate, and your bones and teeth would shrink. Protein is essential for muscle building, pregnancy, hair and nails, digestion, flushing toxins and blood sugar maintenance. To get sufficient protein, animal sources are optimal, fish and eggs being the best. But plant protein is a good option for a cheap dinner. (I love a bowl of lentils or quinoa and black bean salad!) (4)

Health boosters: The last thing to note is that non-starchy vegetables and probiotic rich foods are the healthiest things you could eat. (5) Vegetables are full of vitamins, antioxidants, minerals and are mostly water and fiber! (6) They should fill the bulk of your plate. Foods that are fermented or have probiotics help with digestion and gut health and are also some of the yummiest foods: yogurt, kefir, cheese, kombucha, sauerkraut, and dry, red wine! (7)

As we enter the next year, there is no better time to start fresh with your macro- and micronutrients, bringing the elements of a healthy body and mind into your new year!

(1) <https://academic.oup.com/ajcn/article/91/3/535/4597110>
(2) <https://draxe.com/nutrition/healthy-fats/>
(3) <https://www.healthline.com/nutrition/12-healthy-high-carb-foods>
(4) <https://www.healthline.com/nutrition/functions-of-protein>
(5) <https://www.healthline.com/nutrition/11-most-nutrient-dense-foods-on-the-planet#noHeaderPrefixedContent>
(6) <https://www.healthline.com/nutrition/antioxidants-explained>
(7) <https://www.healthline.com/nutrition/11-super-healthy-probiotic-foods>

About the author: Darby is a certified health coach who enjoys helping others with their health goals! If you are interested in learning more about Darby's healthy recipes and knowledge of nutrition check out her page: <https://www.facebook.com/darbyinthekitchen/>

#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.

795

#LifeCanChangeWithJustOneAdjustment
#NeverHadTheirSpineChecked

Patient of the Month

Denise King
This month we are celebrating Denise King as our Patient of the Month!! Something interesting about her is that she worked for the VA Hospital for 30 years and is passionate about helping our veterans who sacrificed so much for all of us. Denise is someone with such a big heart and we are honored to be able to celebrate her as part of our village!!

Denise shared, "I love Dr. Taryn and Julia! My day is always better after seeing these two ladies. I am so thankful I found Dr. Taryn. She is an awesome chiropractor and one of my favorite people. She truly cares about each and every person who walks through her door. She has truly helped me and my family so much. Dr. Taryn can tell me what's wrong before I even tell her. My neck and back issues have improved tremendously since she started seeing me. I am truly blessed to have found Halcyon Village and Dr. Taryn."

For someone interested who has never experienced chiropractic care, Denise would tell you, "Chiropractic care will definitely change your life. You think you need to live in pain every day but there is an answer to your problems. You need to see a good chiropractor. You will be glad you did."

WE ARE HIRING

Join Our Team Now

- Massage Therapist

Please send:

- Your resume
- 2 reasons you love massage therapy
- 2 techniques or skills you are especially talented at
- 2 reasons you would like to work with us

to peaceoflifechiropracticlive.com

Dates to Look Forward To

Veterans Day
November 11

World Kindness Day
November 13

Jessica's Birthday
November 18

World Hello Day
November 21

Thanksgiving
Closing at noon on November 22
Closed November 23-25

Giving Tuesday
November 28

HAPPY THANKSGIVING

In the month of November, Halcyon Village will be giving a complimentary laser session (current patients only, please) to each patient. We will have a list in the front for you to choose from and are happy to help you enjoy all the wonderful, healing you can gain from cold laser treatments. Please let the front office know when you would like to receive your session. Happy Thanksgiving from everyone at Halcyon Village!

TOTALLY TESTIFYING

Kay Lynn Day has allergies that make her feel run down and worn out. She shared that with Dr.T at one of her chiropractic appointments and Dr.T created a cold laser protocol to help!

Now that Kay Lynn has been using the cold laser protocol she said, "it has helped my allergies so much! By this time in the year I normally would have been sick in bed! The few times my throat has started to get sore or my nose starts to run by the end of the day things are all cleared up!! This has never happened before and I credit that to using the Cold Laser protocol!"

KANGEN WATER

Halcyon Village is now selling Jugs for you to fill up with Kangen water to take home! Be sure to ask about it at your next appointment.

INFO

- Buy a gallon jug from us for \$39 & get FREE refills
- Water is stable in glass longer than in plastic
- Will last 2-4 days at stable pH and charge

Want more information on Kangen check out this blog post: <https://tinyurl.com/kangen-water-info>

Is Your Body Acidic?

Many diseases thrive in an acidic environment.

Benefits of Kangen Water for health

- Release excess body fat and stored toxins
- Normalize blood sugar and insulin
- Normalize blood pressure
- Support healthy colon function
- Relieve asthma and chronic respiratory infections
- Stop abnormal gastro-intestinal putrefaction
- Reduce the proliferation of candida, fungus, and undesirable microform
- Reduce chronic pain
- Improve wound healing
- Slows down aging

CHANGE YOUR WATER ... CHANGE YOUR LIFE

Book Online Today With Jane

[Click here!](#)

Chiro Corner

Take the Plunge

By Dr. Justin McGuire

While running high school track, I remember being forced by the athletic trainer to soak in an ice bath to help recover from shin splints. Although my legs would feel much better after treatment, at the time, I thought it was cruel and unusual punishment! I would not have thought years later I would be submerging myself willingly in cold water! But it has truly become one of my most favorite health practices. I will admit that 100% of the time I dread getting in, but I am always glad I did with the amazing benefits that follow. What benefits? I'm glad you asked. More studies are coming out about the benefits of cold exposure. Here are some of them:

Reduction of inflammation/swelling in the body: Obviously, this helps to reduce joint and muscle pain.

Training the Vagus nerve: The vagus nerve runs from the brain, through the thorax, and down to the abdomen. This nerve is the main contributor of the parasympathetic nervous system and oversees crucial bodily functions, including controlling our mood, immune response, digestion, heart rate, and more. By training the vagus nerve, you train your brain and physical body to handle more stressful situations more adequately.

Helps reduce body fat: Research has shown that cold showers and cold exposure stimulate the body's production of brown fat. Brown fat is a specific type of fat tissue that generates energy by burning calories.

Helps Boost the Immune System: Studies have found that cold plunging increases the amount of leukocytes - white blood cells that ward off foreign substances and disease. When your body is shocked by cold water, the body stimulates leukocytes. By doing regular cold plunges, you can help your body build resistance to sickness.

Builds Resilience to Stress: Honestly, the plunges don't get any easier. However, this practice increases mental resilience and trains your mind/body connection to deal with stress more effectively as you learn to regulate your breathing in the cold water.

Improved Circulation: The process of cooling and warming after a plunge acts like a pump to boost circulation. This is crucial to remove toxins and deliver oxygen/nutrients more efficiently to your tissues.

Improved Mental Health/Clarity: Some studies report up to a 250% increase in Dopamine, along with improvements in Serotonin levels. These can result in clearer thinking, improved moods, reduction in anxiety, and even positive effects on depression.

If you have never done cold immersion, it can be a little daunting to get started. If you want to just "dip your toes in" you can begin simply with cold showers. Start slow by just turning water all the way cold for the last 15-30 seconds working up to a 2-3 minute cold shower. You want to be sure to run the water over your head and face to stimulate the vagus nerve. If you want to just go for it and do full immersion, you can simply use your bathtub. Just turn your water all the way cold and your ideal temperature is 60 degrees or lower to elicit the desired benefits. You can always add ice to bring down the temp. The goal is to get the water uncomfortably cold but still safe to sit in. I suggest beginning with 1 minute at a time and attempting to work up to 3 minutes. The latest research suggests that 11 minutes total per week is ideal for desired benefits.

Breathing is key!! When you first get in the water, it is a natural response to gasp. Make it a point to regulate and control your breathing as quickly as you can with long and slow exhales. I prefer to inhale through my nose and exhale through my mouth. Mastering your breathing will get easier over time and has a tremendous effect on your Parasympathetic nervous system.

Because cold plunges release adrenaline and other energy-boosting neurotransmitters, it's good to practice your plunge away from bedtime to avoid sleep disturbances. Doing your cold dip earlier in the morning will help give you clean, prolonged energy throughout the day.

If you can hack it, allow your body temp to come back naturally without bundling up or using a heat source. Yes, this is tough, but you would miss out on the beneficial metabolic effects by taking the easy way out.

**There is a small group of people that should avoid cold immersion:

- Those with cardiovascular disease or hypertension
- Those with Reynaud's syndrome
- Those who are pregnant
- Those with high blood pressure, heart disease, or other circulatory problems
- Those who have low body temperature at baseline
- Those who have pacemakers (unless they have medical clearance and/or direct medical supervision)

Hope this encourages some of you to try out a very simple and natural way to boost your health!

Yours for better health, naturally:
Dr Justin McGuire, D.C.

Product of the Month | Wobble Cushion

You can Gobble until you Wobble or you can pick up a NEW Wobble Cushion at Halcyon Village

These cushions are unstable when sat on causing the body to engage your lower back and core. Wobble cushions promote core stability, strengthens muscle tone, improves balance, and body posture.

You just place the wobble cushion on a chair or even the floor to create an unstable seating surface. This will help to improve your posture and core strength while engaging your muscles to maintain balance.

Ask your chiropractor about one today! Stop by and pick one up at Halcyon Village.

Submit Your Google Review

★★★★★

Our mission is cultivating loving relationships to yield health, 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!