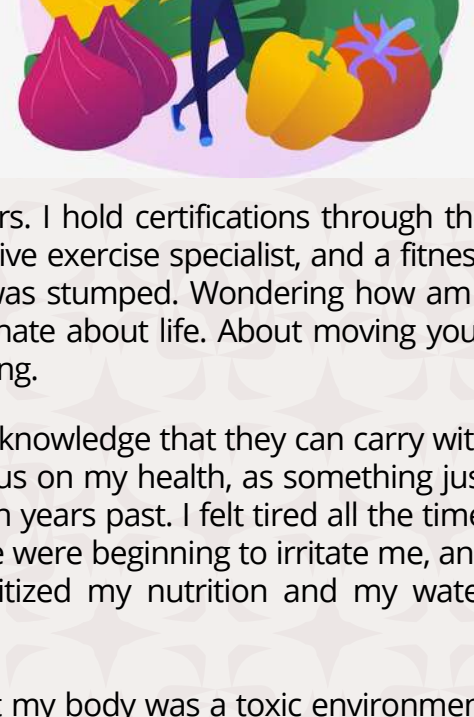


One Body. One Lifetime

By Tara Holley



Hey, Peace of Life family! My name is Tara Holley and I am honored to be able to share my story with all of you. I'm a Jesus believer & lover, wife, mom of 3, fur mom, Crossfit coach, project manager, beach lover, ice skater, and so much more!! I do love all these things and they are all things that make my world go round & put a smile on my face.

I have been in the fitness and wellness industry for the last 20+ years. I hold certifications through the National Academy of Sports Medicine, as a personal trainer, a corrective exercise specialist, and a fitness nutrition specialist. When I was asked to write about my passion, I was stumped. Wondering how am I supposed to put that into writing. Considering I'm mostly just passionate about life. About moving your body, eating well, eliminating toxicity from our everyday life, and traveling.

I have always strived to educate my clients holistically and give them knowledge that they can carry with them for the rest of their lives. Over the last 5+ years, I began to focus on my health, as something just seemed off. I was not recovering from my workouts as well as I did in years past. I felt tired all the time, no matter how much sleep I got the night before. The foods that I ate were beginning to irritate me, and not give me the same results they once did. I have always prioritized my nutrition and my water consumption, as the two best ways I can take care of myself.

Through lots of research, over a couple of years, I came to learn that my body was a toxic environment filled with heavy metals. I began to adjust my diet and the ways that I prepared my food to eliminate as many toxins as possible and remove the heavy metals that were present in my everyday life. As much as I focused on minimizing the toxins and heavy metals that I put into my body daily, I also needed to focus on eliminating the heavy metals that were already in my body.

My focus turned to the lymphatic system, as that is the filtration system for your body. I learned how to make detox teas and smoothies, that I drink regularly that help facilitate the removal of these heavy metals and toxins from your body. I also regularly used LET massage at peace of life, to help open up the drainage pathways in my body and expedite the removal of these toxins.

Through all of my continued research, I was diagnosed with BII, Breast Implant Illness. By the time this journey started with me, I had already had my implants for about 10 years. I had never heard of BII, and the more I learned about it and the symptoms that came along with it, the more I realized that my next course of action was to undergo an explant. I researched and contacted several specialists throughout the country. I eventually found a match and immediately got on the waitlist for the surgery, which is an elective surgery and not covered by insurance, as BII is not recognized by the AMA or medical insurance.

After being on the waitlist for about four months, we finally got the call and booked our appointment, with the hopes of finally removing the bulk of the toxins and heavy metals from my body, and returning to the healthy true me. It has been 18 months since my explant, and it has definitely been an up-and-down journey. Although most days I do feel better, have more energy and feel healthier, I still have days where I feel rundown and worn out. This educational journey has truly become a passion for me and educating myself and those around me, about how bad our food supply is, how bad our water is for us to drink, and just the amount of toxins that are in our everyday products that get absorbed into our body without us even knowing it. I'm very thankful for the peace of life family, especially Dr. Joey, and the support that they've shown me over the last several years during this journey.

I encourage everyone to take a hard look at your daily routines, the foods you eat, the things you drink, the medicines that you take, and genuinely ask yourself if this is what your body deserves. We only have one body, and one lifetime, and we should strive every day to be better for ourselves and our families. So passion...

SIMPLIFYING LIFE. Getting back to the basics, getting back to the way God intended us to live.

Xoxo,

Tara Holley NASM CPT,CES,FNS, CFL1

#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.

7

5

7

#LifeCanChangeWithJustOneAdjustment
#NeverHadTheirSpineChecked

Patients of the Month



Mechelle, Kenny, and Cassie Petty
Meet the Petty Family!! Kenny wanted to share that he likes Dr. Joey's light classic rock music during his Wednesday appointments! (and yes, he likes to stir the pot, too! -Mechelle) Don't you just already love them?! I know we do!

The Pettys also love to travel when possible! A few of their favorite places to enjoy, unwind, and unplug our beach time with family, cruising to different locales, or spending time in the mountains.

They shared, "We love the positive, healing atmosphere, learning how to help our bodies heal naturally, all the positive vibes shared, and the wonderful staff that make you feel like family. Dr. Joey has kept us all moving by providing us with avenues for overall wellness and quicker healing from injuries."

If you are thinking about chiropractic care, Mechelle would tell you, "Finding the right chiropractor is key, and Halcyon Village has three wonderful doctors that care about healing the whole person through chiropractic, education, and holistic avenues."

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 peaceoflifechiropracticallive.com

Dates to Look Forward To

October is National Chiropractic Month

National Be Nice Day
October 5

International Spread Joy Day
October 11

Fill It Up Friday - Village Closed
October 13

Chelsea's Birthday
October 16

World Spine Day
October 16

World Pediatric Bone & Joint Day
October 19

Dr. Taryn's Birthday
October 27

Halloween Closing at 4:00 PM
October 31

Happy HALLOWEEN FROM HALCYON VILLAGE

GET \$100 OFF ALL TOOTHPASTE IN THE MONTH OF OCTOBER AT HALCYON VILLAGE

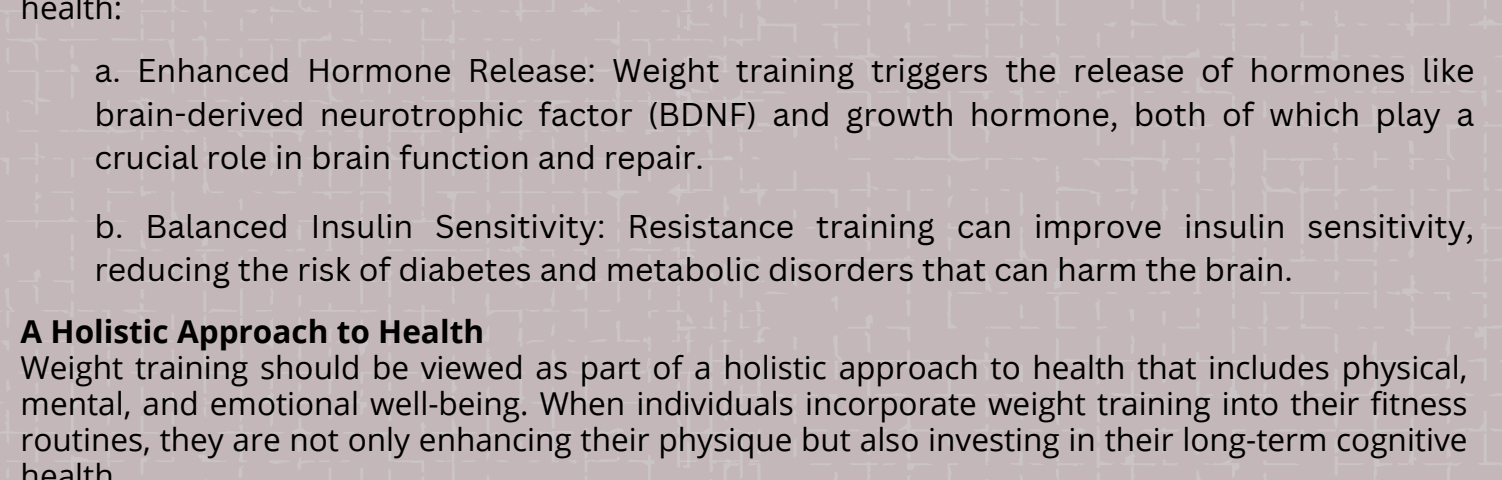
TOTALLY TESTIFYING

Everett Bennett
Everett first came to Halcyon Village as a newborn just under a week old! His mom shared, "he had an exaggerated startle reflex and was constantly in fight-or-flight mode. Taryn was able to help us understand him and his needs to help relax him and be more comfortable in the real world."

"Since getting Everett adjusted, his nervous system is so much more aligned. He doesn't startle as easily as he did. He's much more relaxed. We've noticed a major difference in his sleep, personality, physical muscle tone (not as tight), and his digestive system."

However, Everett is not the only one who has benefited from his care here. His mom also shared that "knowing Everett is more relaxed and isn't experiencing such high anxiety" brings so much comfort to them!!

Anyone thinking about holistic health care should know, "We have used chiropractic care from Halcyon Village as a whole family now. The education on vitamins, oils, the things we put into our bodies, and how it affects us is amazing!"



Is Your Body Acidic?

Many diseases thrive in an acidic environment.

Acidic = poor health

Neutral

Alkaline = good health

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

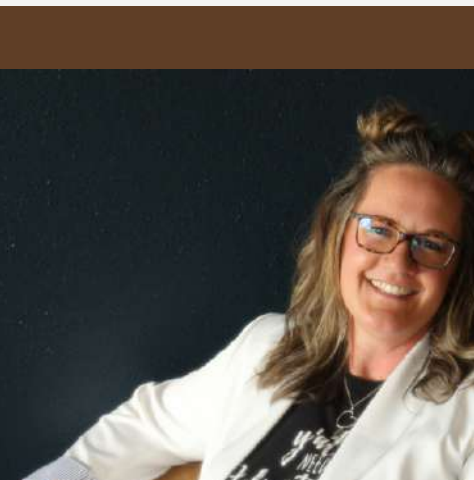
Book Online Today With Jane

[Click here!](#)

Chiro Corner

The Necessity of Weight Training for Brain Health

By Dr. Joey Lowery



In recent years, there has been a growing body of evidence supporting the idea that physical fitness isn't just about having a strong body but also a sharp mind. One area of exercise that has gained significant attention in this regard is weight training. While weight training is commonly associated with building muscle and enhancing physical strength, its positive impact on brain health cannot be overlooked. In this article, I chose to dive into the necessity of weight training as it relates to brain health.

Cognitive Benefits of Weight Training
Weight training, also known as resistance training, involves lifting weights or using resistance bands to build and strengthen muscles. But how does this activity affect the brain? Here are some key cognitive benefits:

- Enhanced Cognitive Function:** Studies have shown that regular weight training can lead to improvements in cognitive functions such as memory, attention, and problem-solving. This is attributed to the release of growth factors and neurotransmitters that support brain health.
- Stress Reduction:** Weight training can help reduce stress and anxiety, which can have a detrimental impact on brain health if left unchecked. Lower stress levels are associated with better cognitive performance.
- Neuroplasticity:** Engaging in resistance training promotes neuroplasticity, the brain's ability to adapt and rewire itself. This plasticity is essential for learning and memory.

Neuroprotective Effects
Weight training also offers neuroprotective effects, helping to shield the brain from age-related decline and neurodegenerative diseases:

- Reduced Risk of Cognitive Decline:** Research suggests that individuals who engage in regular weight training are less likely to experience cognitive decline as they age. This can translate into a higher quality of life in later years.
- Alzheimer's Disease Prevention:** Some studies indicate that weight training may help reduce the risk of Alzheimer's disease by promoting the growth of new brain cells and reducing the accumulation of toxic proteins.

Hormonal Regulation
Weight training has a profound impact on hormonal balance, which, in turn, can influence brain health:

- Enhanced Hormone Release:** Weight training triggers the release of hormones like brain-derived neurotrophic factor (BDNF) and growth hormone, both of which play a crucial role in brain function and repair.
- Balanced Insulin Sensitivity:** Resistance training can improve insulin sensitivity, reducing the risk of diabetes and metabolic disorders that can harm the brain.

A Holistic Approach to Health
Weight training should be viewed as part of a holistic approach to health that includes physical, mental, and emotional well-being. When individuals also incorporate weight training into their fitness routines, they are not only enhancing their physique but also investing in their long-term cognitive health.

In powerful, weight training is not just about building muscles and increasing strength; it is also a powerful tool for enhancing brain health and cognitive function. Its positive impact on cognitive function, neuroprotection, hormonal regulation, and overall well-being makes it a necessary component of a holistic approach to health. Whether you are young or old, engaging in regular weight training can contribute to a healthier body and a sharper mind, promoting a higher quality of life throughout your lifespan. It's never too late to get started, but if you're unsure of where to begin, seek out a qualified avenue to help guide you on your weight training journey. Thank you for your time to read this and God Bless.

In Love and Service,
Dr. Joey

Product of the Month | Richway BioMat

There is nothing spookier than a home without a BioMat! October is the chance to have your own and get 10% back as a gift card at Halcyon Village!

From October 16 until the 20th, we will be offering the Richway BioMat through Halcyon Village! The benefits of this hot crystal therapy must be experienced to be believed.

BioMats are a 5th generation design that draws on twenty years of in-house research and development. The high temperature settings are similar to the effects of a sauna, except more relaxing because you can lie down, close your eyes, and tune out the whole world.

With the medium and lower temperature settings, you will experience a wholesome and gentle warmth that relieves pain and tension, improves circulation, reduces stress and fatigue as well as speeds the healing of soft tissue. Anyone who has tried this will confirm it's more than just detoxification. It's a profound and rejuvenating whole-body experience. To get yours this October just call, email, or text the office and we will send you all the details!

Morgan's Review

“Absolutely love the experience here! Everyone is so welcoming! I have never felt better. Dr. T is amazing and super thorough treating mind, body, spirit. Love this approach and love these people!

[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!

