



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

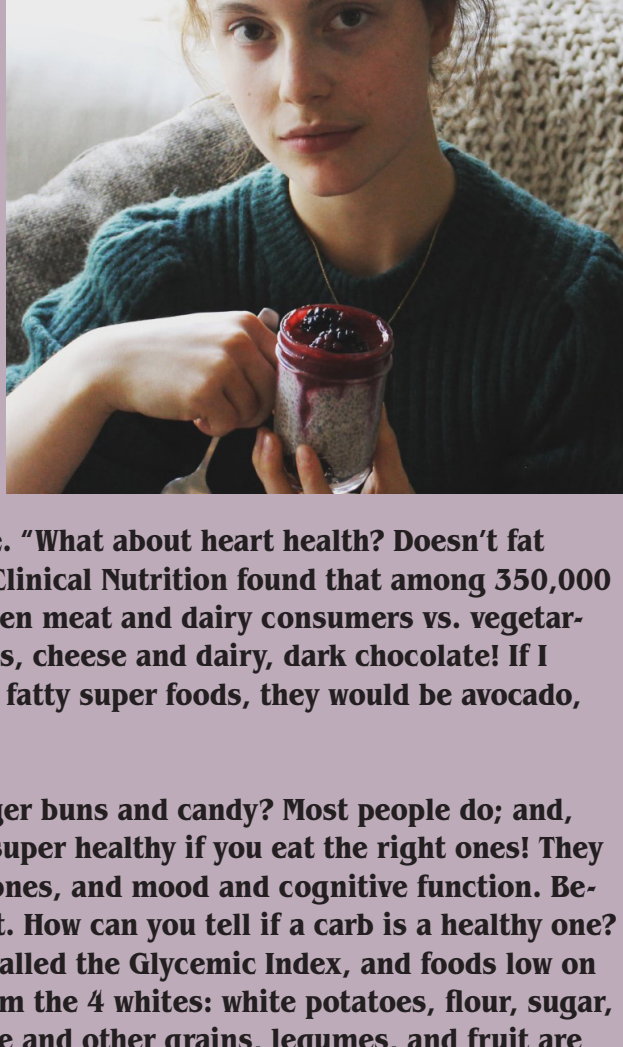
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## Macro and Micronutrients

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 in 2021!

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 vitamins, 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 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 throughout 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 2021, 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#\\_noleaderPrefixedContent](https://www.healthline.com/nutrition/11-most-nutrient-dense-foods-on-the-planet#_noleaderPrefixedContent)  
6 <https://www.healthline.com/nutrition/antioxidants-explained>  
7 <https://www.healthline.com/nutrition/11-super-healthy-probiotic-foods>

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

#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



## UPCOMING EVENTS

Tuesday  
19th  
JAN

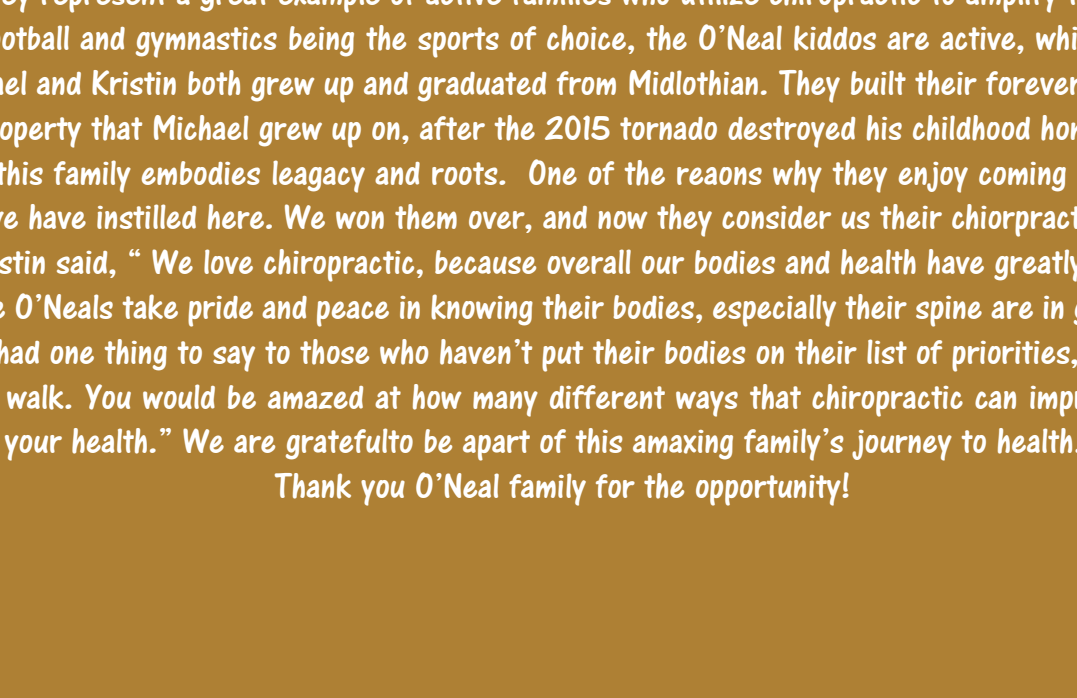
Product of the Month  
DEMO  
Standard Process Detox Balance Shake

Sunday  
14th  
FEB

Valentines Day

We would like to provide a gentle reminder that If you have tested positive or have been exposed to someone who has tested positive for COVID-19, or if you are showing symptoms of COVID-19, please let us know. Our priority is your health and safety, as well as the safety of the other patients and staff members in our village. We are grateful for the opportunity to serve you during this time.

## Patient of The Month



Michael, Kristen, Kady, Miranda, Tristin and Tatum

Meet The O'Neal Family! Aren't they cute? They are our patients of the month, not just because they are cute, but because they represent a great example of active families who utilize chiropractic to amplify their health. With soccer, football and gymnastics being the sports of choice, the O'Neal kiddos are active, which means mom and dad are too. Michael and Kristin both grew up and graduated from Midlothian. They built their forever home on the same property that Michael's grandpa grew up on, after the 2015 tornado destroyed his childhood home.

Everything for this family embodies legacy and roots. One of the reasons why they enjoy coming to the office is the deep roots we have instilled here. We won them over, and now they consider us their chiropractic care go to. In fact, Kristin said, " We love chiropractic, because overall our bodies and health have greatly improved." The O'Neals take pride and peace in knowing their bodies, especially their spine, are in great care. If they had one thing to say to those who haven't put their bodies on their list of priorities, "GO! Run don't walk. You would be amazed at how many different ways that chiropractic can improve your body and your health." We are grateful to be apart of this amazing family's journey to health.

Thank you O'Neal family for the opportunity!

## PRAYER REQUEST

We invite you to share in our dreams! We have always had plans of offering a wide array of natural services and products that help cultivate healing and health! More than ever, we have felt a closeness to that vision in the last year! We ask that you pray with us! We are looking for a property to build on that is a bit off the beaten path, but easy to access with water and trees!

If it were favorable to build on, that would be even better! We know it takes a VILLAGE so we ask you talk to us about it – ask questions – share your ideas - look for property – pray for provision! We love you and thank you for dreaming with us!

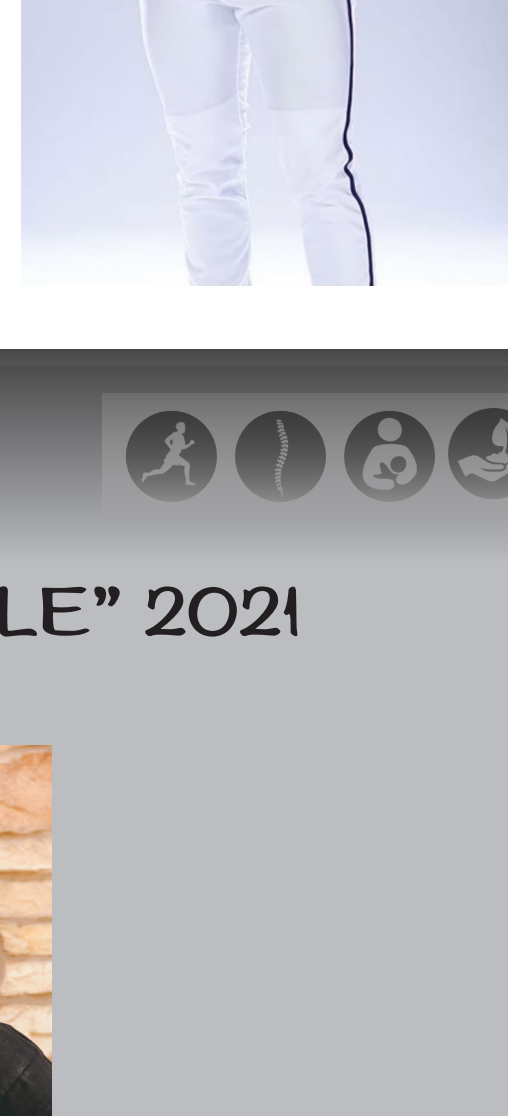


## TOTALLY TESTIFYING

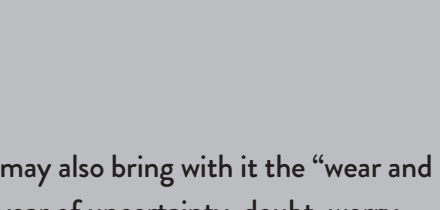
"CHIROPRACTIC CARE HAS BEEN A HUGE PART OF MY ATHLETIC CAREER. I FIND THAT CHIROPRACTIC CARE HELPS ME PERFORM AT AN OPTIMUM LEVEL. IT HELPS REDUCE THE PROBABILITY OF GETTING INJURED, HOWEVER, IF AN INJURY DOES OCCUR, CHIROPRACTIC CARE ACTUALLY REDUCES YOUR RECOVERY TIME. IT IS IMPORTANT TO ME TO TAKE CARE OF MYSELF NOT ONLY WITH MY NUTRITION, BUT WITH MY BODY ALIGNMENT TO HELP MY PERFORMANCE ON THE FIELD."  
-TYLER T.

TYLER IS CURRENTLY ATTENDING TARLETON STATE AND PLAYS BASEBALL FOR THE TEXANS. HE IS THE SON OF LT OUR "FOUNTAIN OF NURTURE." YOU MAY HAVE MET HER ON A TUESDAY OR FRIDAY.

TYLER HAS HAD CHIROPRACTIC CARE ALL OF LIFE AND WE ARE HONORED TO HAVE EXTENSION TESTIMONIES OF HOW CHIROPRACTIC CARE AFFECTS ALL FAUCETS AND STAGES OF LIFE!

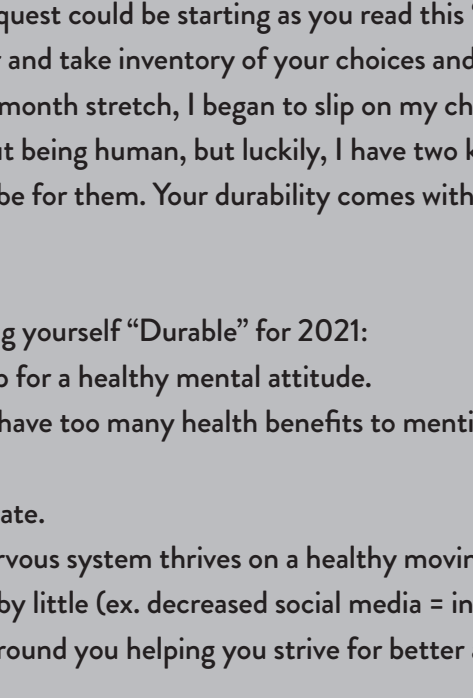


## CHIRO CORNER



## MAKE IT A "DURABLE" 2021

Joey Lowery, DC



The beginning of 2021 brings about new hopes, goals, and possibilities. It may also bring with it the "wear and tear" of 2020. What do I mean by that? I mean the bombardment of a year of uncertainty, doubt, worry, and inconsistencies. This obviously can take a toll on our physical, emotional, and spiritual health. Why am I writing about this? I see it as an opportunity to be "Durable."

The definition of "Durable" is stated as:  
\*Able to withstand wear, pressure, or damage; hard-wearing.

Whether you realize it or not, your daily choices add or take away from your durability in life. Think about it. You drink more soda than water daily (less durable). You eat more produce vs. processed food (more durable). You exercise 3 to 4 times per week (more durable). You get periodic massages, LET visits, and adjustments as oppose to not (more durable). You keep watching the news daily (less durable). Durability has no destination but is a journey, just like your health. Health and durability pertaining to us go hand in hand. Your personal durability quest could be starting as you read this "Chiro Corner".

Take an honest look at the previous year and take inventory of your choices and how it influenced your durable status. I know for myself at the beginning of this now 11 month stretch, I began to slip on my choices and my durability suffered a bit. I state this because I make no hallucinations about being human, but luckily, I have two kids and a loving wife that non-verbally get me back in my lane to be the best version I can be for them. Your durability comes with the right folks around you to help you along the way.

Here are some take home suggestions on making yourself "Durable" for 2021:  
1. A positive affirmation daily helps set you up for a healthy mental attitude.  
2. Regular physical activity and quality sleep have too many health benefits to mention here, but trust me, you'll be glad you did.  
3. Take time to get in a quiet place and meditate.  
4. Care for the only spine you have. Your Nervous system thrives on a healthy moving spine!  
5. Prune the negativity out of your day little by little (ex. decreased social media = increased books).  
6. Durability comes with supportive people around you helping you strive for better all around.

I leave you with a quote synonymous with durability.

"DIG DEEP-GET DELIBERATE, INSPIRED, AND GOING."  
- BRENE BROWN

Respectfully,  
Joey Lowery, DC

## HEALTH HACK



Welcome to the new you.



NEW YEAR! NEW YOU!

ARE YOU LOOKING FOR A REBOOT FOR THE 2021 START?

## SP Detox Balance™

- \* SP Detox Balance supports whole body detoxification.
- \* Supports the body's natural metabolic detoxification processes.
- \* Contains protein (17 g per serving) from pea isolates, pumpkin concentrate, oat flour and buckwheat flour
- \* Provides amino acids required for conjugation enzymes (phase II enzymes)\*
- \* Supports the body's natural toxin elimination function\*
- \* Excellent source of protein and iron
- \* Good source of choline, dietary fiber, plant-based magnesium
- \* Gluten-free

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. Peace of Life Chiropractic at Halcyon Village expects you will find our passion and skill, combined with your faith and willing