



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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Let's Talk Skin

By Nikki Houston

Hi, I'm Nikki. I've been an Esthetician for 15 years. In case you are unfamiliar with an esthetician's job, I am the one you go see if you want a facial. Whether it be for relaxation or to help with a skin care issue or both!



That being said, did you know that your skin is your body's largest organ? Here are just a few simple steps to keep your skin healthy and youthful.

1. Hydration is key! Drink water and plenty of it. Drinking half of your weight in ounces a day will help to achieve adequate hydration.
2. Stay away from refined sugar and processed foods. Eating these types of food on a regular basis can cause inflammation inside your body that show up as inflammation on your skin. Acne, Rosacea, eczema, psoriasis etc. are all culprits of inflammation. Choose foods that are rich in antioxidants like vegetables and fruit.
3. Exfoliate by using an enzyme, a retinol or even chemical peels. As we age, our skin cells do not turn over as quickly, resulting in dull looking skin that can often feel dry. Exfoliation will keep your skin healthy, rejuvenated and feeling refreshed. If you aren't sure which exfoliation treatment is best for your skin type, I recommend scheduling a consultation with your local Esthetician to help.
4. Wearing sunscreen every single day is so important. You cannot achieve healthy skin without protecting it from UV rays and free radicals. I recommend a mineral sunscreen instead of a chemical sunscreen. Look for ones made with zinc oxide or titanium dioxide.
5. Perfectionism or flawlessness is never the goal when it comes to your skin or anything in life. Slow down and be kind to yourself. May you have joy this year and always.

Love,
Nikki

#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

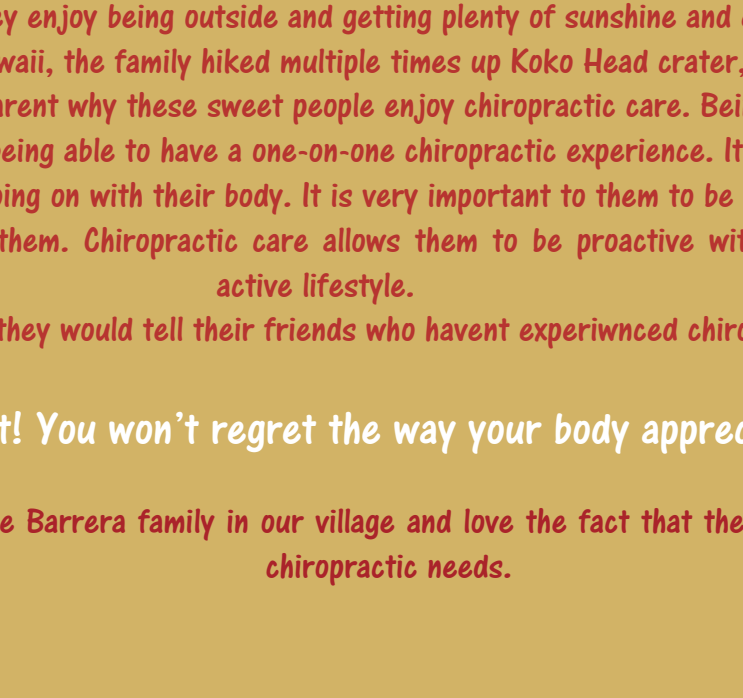


UPCOMING EVENTS

- Monday 1st February: National Freedom Day
- Sunday 7th February: Send a card to a friend Day
- Sunday 14th February: Valentines Day
- Wednesday 17th February: Random Acts of Kindness Day
- Tuesday 23rd February: Product of the Month DEMO Innate Choice Omega Sufficiency

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



Meet the Barrera family! Lots of smiles and joy ooze out of all the precious faces in this family. This family is very active and are constantly going! They enjoy being outside and getting plenty of sunshine and exercise.

While living in Hawaii, the family hiked multiple times up Koko Head crater, which is 642 feet up. It is very apparent why these sweet people enjoy chiropractic care. Being very personable, the family loves being able to have a one-on-one chiropractic experience. It allows them to be able to share what is going on with their body. It is very important to them to be able to stay in-tune with what their body is telling them. Chiropractic care allows them to be proactive with their goals of a healthy, active lifestyle.

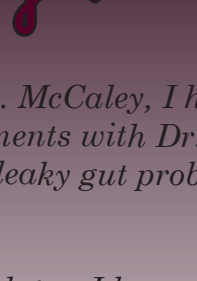
What is the one thing they would tell their friends who havent experimnced chiropractic care?

“Do it! You won't regret the way your body appreciates it!”

We are grateful to have the Barrera family in our village and love the fact that they chose us to take care of their chiropractic needs.

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

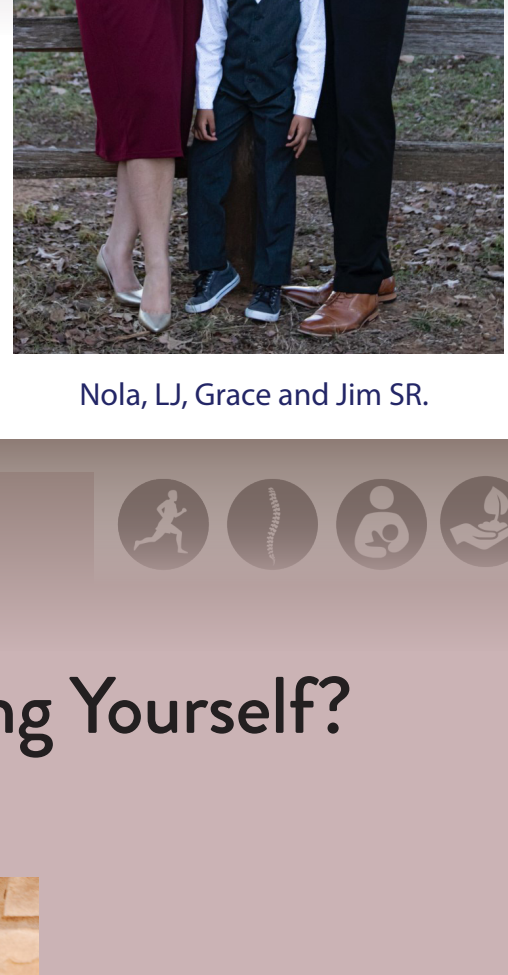
Before starting Lymphatic Therapy with Ms. McCaley, I had just made it a routine to get my monthly adjustments with Dr. Taryn and also followed a liver cleanse to heal my leaky gut problems in January of 2019.

Since coming to Ms. McCaley a few months later, I have seen an improvement in my digestive system after one visit! Pairing LET with my chiropractic adjustments & a healthy lifestyle, I was no longer suffering from leaky gut syndrome! I have more energy and have no more pain! Along with cleansing out my internal system, I became pregnant after two treatments of LET! I would have to say that there is something to be said about getting healthy to house a miracle inside!

What a blessing we receive in 2020! We will be welcoming our third child come March 2021!

Thank you Peace of Life team for being such great advocates for taking care of our physical temples here on earth!

Forever Grateful,
Nola Osarenive



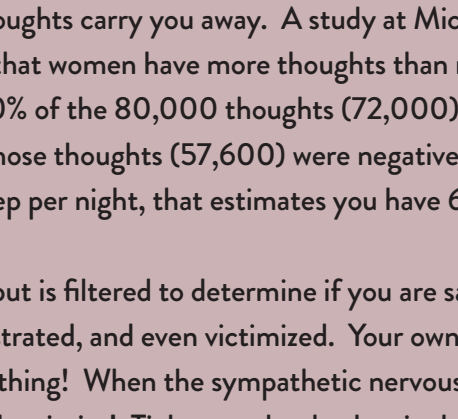
Nola, LJ, Grace and Jim SR.

CHIRO CORNER



What Have You Been Telling Yourself?

Taryn Lowery, DC



What Have You Been Telling Yourself?

Self-talk is a term we are all familiar with. That little voice in your head that usually stays on spin cycle most of the day, turning the same thoughts over and over – even sometimes while you try to sleep. What is the common theme of that voice? Is that voice someone you would like to hang out with?

There's science and common sense that tells us the input to our brain and body has an affect on our next move. If you get a compliment from a stranger, you might decide to wear your hair like that again. If you get punched in the face, you might decide to fake dead – lol! If you feel safe in a conversation, you might decide to get some feelings off your chest. There is a lot to be said about the influences around us. Some say you are the average of the five people you spend the most time with. Who spends more time with you than that inner voice?

It is common to live on autopilot and let your thoughts carry you away. A study at Michigan State University suggests a person has 80,000 thoughts a day. Some sources say that women have more thoughts (72,000) men within that average. (MSU, in advocacy for mindfulness, also published that 90% of the 80,000 thoughts (72,000) were a previous thought (remember the spin cycle analogy). Furthermore, 80% of those thoughts (57,600) were negative. It's easy to see how Stinkin' Thinkin' can wreck your mood!! If you get 8 hours of sleep per night, that estimates you have 60 negative thoughts per minute – one EVERY SECOND!

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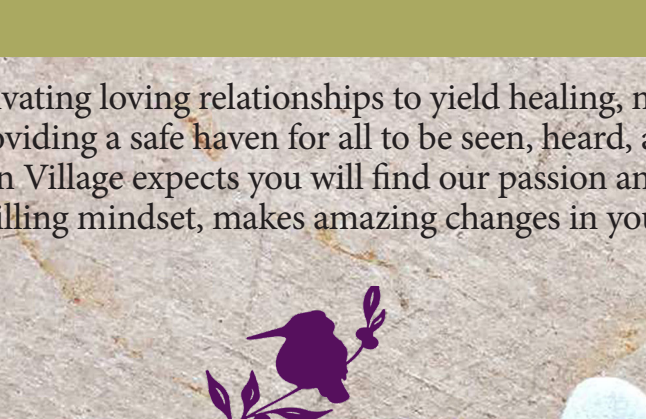
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HEALTH HACK



With February being Natinal Heart Health Month, We decided to share our most heart supportive supplement!

WHO NEEDS OMEGA SUFFICIENCY?
EVERYONE!

Omega 3 EFAs are extremely important in the structure and function of every cell in the body and the function of your cells is what determines your health. Your cells are what determines your immune function, healing, hormone levels, heart function, cholesterol levels, blood pressure, digestion, moods etc. Literally, the function and health of your cells determines every aspect of your health.

Our mission is cultivating loving relationships to yield healing, movement, balance, connectionand 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 mindset, makes amazing changes in your quality of life!

