



Wholesome & WHOLISTIC

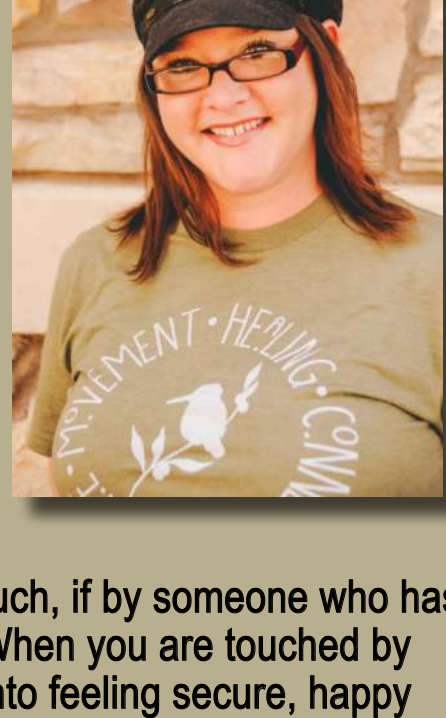
Peace of Life Chiropractic at Halcyon Village Newsletter

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The Healing Power of Healthy Human Touch

By Jayme Fletcher

We live in a world where it can be vital to your overall well being to receive positive, healthy touch from another human. A biofield is described as, "a field of energy and information that regulates the homeodynamic function of living organisms." We each have this biofield and it allows us to pass energy between each other.



Like a hug from a friend when your having a bad day. Touch, if by someone who has the right intent, has the ability to make you feel secure. When you are touched by another person, the signals sent to your brain translate into feeling secure, happy and comfortable. Then as you feel safe, and decrease stress, you increase your oxytocin.

Just as those with good intent make you feel safe, those with the wrong intent can make you feel bad. Have you ever experienced someone who is having a bad day and then they touch you? When you leave them you start to experience frustration or anger and you can't explain why.

With massage, knowing that intent plays a crucial role. It is imperative that I, as a massage therapist, meditate and clear any feelings I may have before touching my client. My goal is to always have impeccable intent and to approach each client with loving and healing purpose.

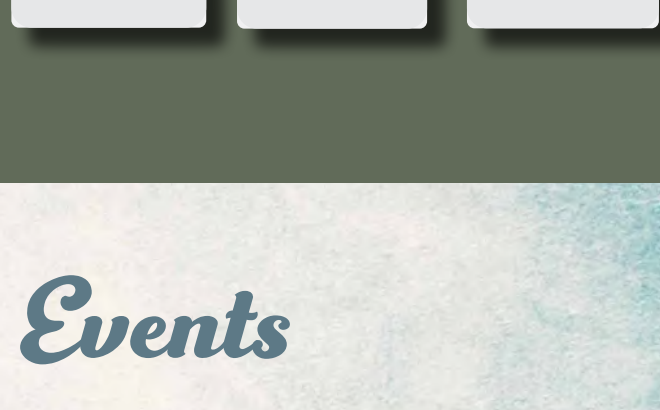
#liveschanged

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

#liveschanged :



Upcoming Events

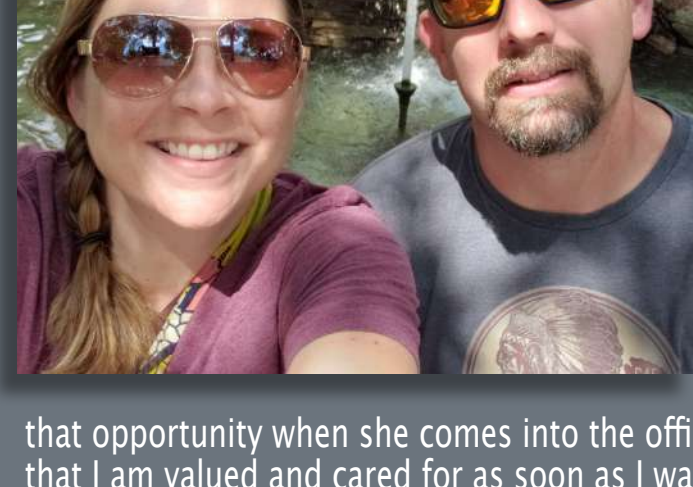
MON 13 JAN National Make Your Dream Come True Day

FRI 14 FEB Valentine's Day

SAT 18 JAN Your Best Birth Class

SAT 15 FEB PIC Office Closed

PATIENT OF THE MONTH



With the new year welcome new changes, and Andi is one of those people who thrives in change! Whether it be doing something new like leading a bible study to making bread from scratch, and we mean literally from the wheat berries scratch, she's up for the challenge! She has one of the strongest loves for Jesus and her love for others radiates!

If you think her talents stop there you are wrong. Andi has a love for all things making. She enjoys crafting and making cards for others too! Andi values and cherishes being able to spend quality time with others, and she said she gets that opportunity when she comes into the office to be taken care of. She said, "I love the feeling that I am valued and cared for as soon as I walk in the door."

This active lady is constantly on the go and that is why chiropractic care works so well for her. Andi mentioned when speaking about why she choose chiropractic care, "It is great for overall health support and easily accessible for everyone. In the case where there is an acute issue, there is drastic improvement, even with just one treatment."

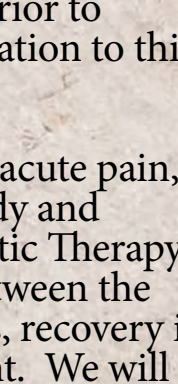
Andi shares in our love for spreading the word about chiropractic care. In fact, when she tells her friends, she always makes a point to say, "You will be amazed at the level and speed of your improvement!"

She is always sharing how confident she is in Dr. Joey and Dr. Taryn. Andi, we think you're amazing and talented!

Prayer Request

We have had a career-long vision of a retreat where people can become immersed in a healthy lifestyle. We humbly ask that you please pray for our plans to relocate.

For our current prayer request, we are looking for 5 to 10 acres of land that we can call home to the place that will help bring our vision to life.

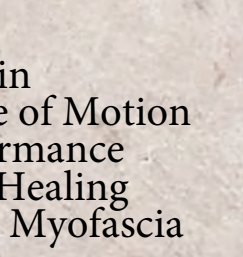


Want to Find Harmony in Healing?

One of the amazing parts about our bodies is our athleticism and ability to do incredible things. One of the things that comes with exercise and athletics is the occasional injury or development of acute pain. Recovery has a timeline; We can either take the time to allow it to heal on its own time or we can apply focused attention to a troublesome area. No one understands this better than Peace of Life Chiropractic's own Dr. Joey Lowery, who has devoted years of education to this area through his B.S. and M.S. in Exercise Science prior to chiropractic college and years of dedication to this area in his practice.

For existing patients with an injury or acute pain, we offer a unique service called Remedy and Restore, which is based on NeuroKinetic Therapy. With focus placed on the harmony between the nervous, muscular, and fascial systems, recovery is proven to be quicker and more efficient. We will perform a brief, focused assessment of the current injury. Expectations will then be established. Once we have gone through the diagnostic process, and answered any of your questions, we will begin your treatment.

RESILIENCE & Recovery



VISIT INCLUDES

- Re-Examination, Adjustment
- Manual therapy
- Active Rehabilitation
- K-Taping

BENEFITS INCLUDE

- Faster Recovery
- Reduction in Pain
- Improved Range of Motion
- Enhanced Performance
- Efficient Tissue Healing
- Reduce Chronic Myofascia Patterns

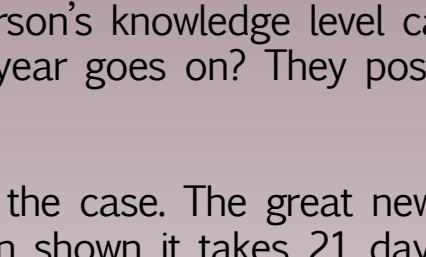
TOTALLY TESTIFYING

This has become my life for the last 3 years, counting out whole food supplements to keep hypoglycemia at bay, AND I couldn't be more happy about it! About 3 years ago, after my condition had become unlivable and getting ZERO help from my traditional doctor I stumbled upon a chiropractor who said, "I can probably help you." I didn't believe in that type of "hocus pocus" but I was desperate so I was willing. 3 years later and I can happily report a completely different quality of life! No snacks and juice in my purse all the time, less stress over skipped meal times. I feel kinda normal for the first time in as long as I can remember all because one kind man said, "I think I can help you."

- Jennifer S., shown to the right with her family Trevor, Bradley and Kyle



CHIRO'S CORNER



RESOLUTION ADVICE YOU CAN USE

BY JOEY LOWERY, DC

A new year is upon us, and with a calendar change comes a sense of self-improvement many people feel needs to be made in some arena of their life. Most folks look to tackle their physical health. Many choose to improve their dietary choices. The choice to improve a person's knowledge level can occur. Do these "resolutions" typically fade as the year goes on? They possibly can and do.

The good news is this does not have to be the case. The great news it does not have to be done in one day. It has been shown it takes 21 days for a habit to form. What if we were to "add" one good habit every 21 days? Over the course of a 365 day calendar, you've helped your resolution goals by adding 17 new habits! How amazing would your new year be, with 17 new beneficial habits? These habits have compounded your progress, in whatever arena it may be, exponentially! This is exciting to think about implementing into your 2020!

Try mapping out a "habit game plan" for the year in areas you'd like to improve upon. Every 21 days, execute your new habit into your day. For example, day #1 to #21 you will drink ½ gallon of water per day. Days #22 to #43, you will walk for 15-20 minutes per day. Hopefully, you get the point. It takes away the feeling of being overwhelmed, and hopefully lights a fire of excitement and enjoyment throughout your year. Good luck and Happy 2020!

In Love and Service,

Dr. Joey

Health Hack

Five Simple Tips for Winter Wellness

1. Take Time for Extra Sleep

With shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

2. Exercise Outside

Bundle up and take a walk. Even a 15 minute walk can make a big difference. Exercise naturally supports a healthy mood and energy levels.

3. Stay Social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

4. Eat Protein at Each Meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.

5. Focus on Fruits and Veggies

It's more important than ever during the winter to eat a wide variety of fruits and vegetables every single day, especially those with vitamin C. Think 'eat like a rainbow' when grocery shopping.

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 mindset, makes amazing changes in your quality of life!

