



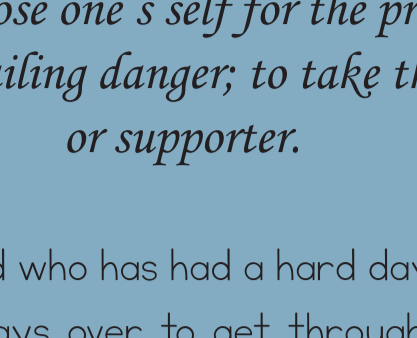
# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 3 Issue 10 | October 2021

## Standing in the Gap

By Mandi



*To stand in the gap- to expose one's self for the protection of something; to make defense against any assailing danger; to take the place of a fallen defender or supporter.*

Have you ever noticed the friend who has had a hard day and you bring them coffee? Are you the co-worker who stays over to get through a little rush at the office? Standing in the gap. These people are a rare breed.

Neuroscientist and psychologist, Abigail Marsh describes in her book *The Fear Factor* (2017) how she found evidence that there is a difference in the brains of people who are highly empathetic to others. Marsh found in her study that the controlled group, that had engaged in extreme selfless acts with no reason or expectation, had an 8% larger amygdalae. In other words, their brain is bigger. :)

I recently went to a funeral. At the funeral, the common statement made was, this person was someone who, "stood in the gap." They were always there when you needed them. They prayed over you every chance they could. They always were there to make sure everyone was heard. After I left I literally couldn't stop thinking about how they were described and how they/we were all blessed to have known them.

Whether you call it empathy, compassion, standing in the gap or all of these; one thing is certain. These people provide a bridge to help perceptions be seen. They make sure everyone is heard. They put out fires of misunderstanding. They give a voice to those who can't express their emotions. They provide a solace to grief. They are the warrior for the wayward.

We all have uniqueness that compliments each other. I am so thankful for the standing in the gap people. It is comforting to know when the world disappoints us or we need someone to recognize us, that they are there. If you don't have one in your life, GET YOU ONE!

They are fierce and they will stand in the gap for YOU!

#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.

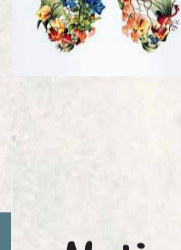
#LifeCanChangeWithJustOneAdjustment  
#NeverHadTheirSpineChecked



## Upcoming Events

Saturday 25th October

**Amethyst Biomat promo November 1-19**



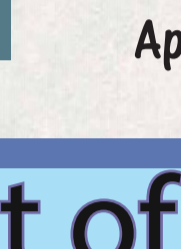
Monday 26th October

**National Day of The Deployed**



Tuesday 27th October

**National Lung Health Day**



Wednesday 28th October

**National Chocolate Day**



Sunday 31st October

**National Caramel Apple Day**



## Patient of the Month

Meet our wonderful patients of the month, David and Amy Rose. David and Amy have been on a path of health and balance most of their lives, but especially as they have matured. They became a blended family at the age 44 and have lived their best lives since. To date, they have 7 children, 6 in-love (in-law) children, 11 beautiful grand children and growing! Our motto each year is "here we grow."



There son-in-law, JD, introduced them to Peace of Life. They have been hooked ever since.

The office has become an extension of their home. From becoming friends with the staff to talking politic with Dr. Joey. They feel at home and welcome by everyone!

The Rose's love the method the doctors use in practice. They are physical people! They enjoy being able to come in for their regular visits, because it gives them the balance of overall health they desire. Amy mentioned,

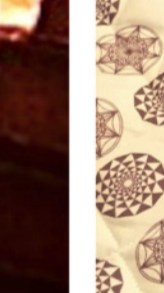
*"It's funny how you mention a place of concern and Dr. Joey and Dr. Taryn can immediately find that little rascal and help you breathe through the "good pain" of putting it back in place."*

David and Amy feel like they are here to live their best life and it shouldn't have to be painful or hard! We are so grateful that the Rose family chose our village to make home. They truly are ones who live their best life and we are thankful they share it with us.

## 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 tree 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!



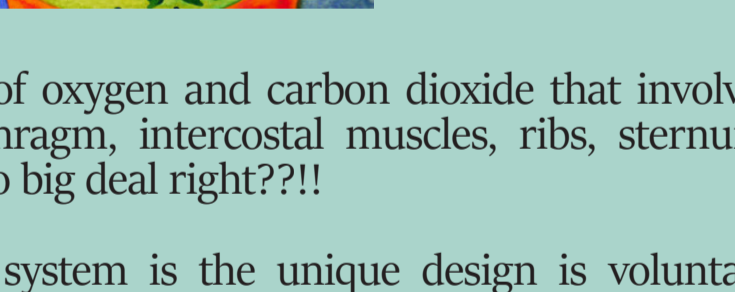
## Amethyst Biomat

**Biomat Promo November 1-19, 2021**



**UNIQUE INNOVATION IN BIO TECHNOLOGY**

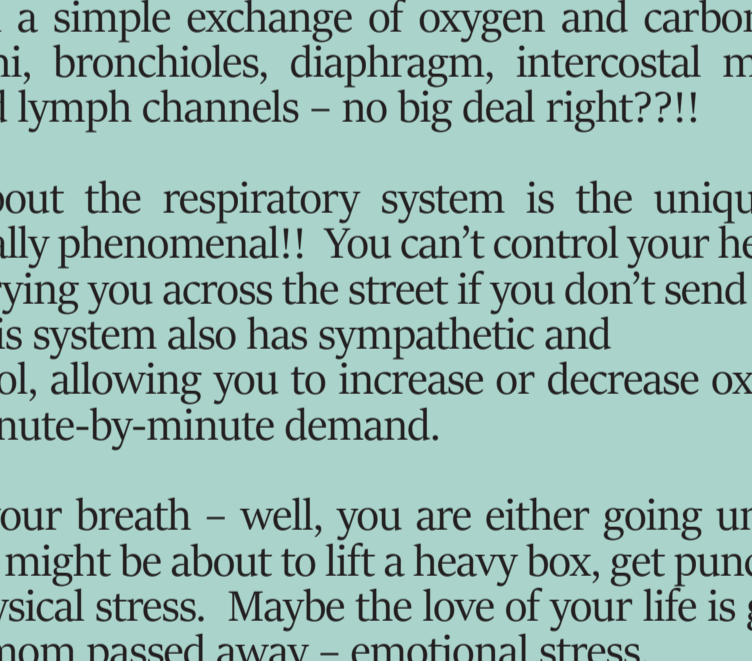
- The Biomat's 17 layers consist of:
- Surface material: Silicon urethane with carbon
- Waterproof layer
- Amethyst layer for transferring natural infrared rays
- Hyrax cotton layer for thermal insulation
- TCCA layer for natural negative ions
- Nano Copper fabric layer
- Quantum Energy layer (peach and grape seeds)
- Copper fabric layer for electromagnetic interception
- Carbon fiber layer for electromagnetic interception
- Fiberglass layer
- Thermal preservation layer
- Silicon and Teflon reverse currency heating layer with EMF interception
- Nonwoven fabric layer
- Aluminum layer for reflection of infrared rays
- Nonwoven fabric layer for heat preservation
- Thermal protection layer
- Bottom material: High quality cotton with brass pattern



## Chiro Corner



### WHY HOLDING YOUR BREATH IS MAKING YOU TENSE



Breathing - such a simple exchange of oxygen and carbon dioxide that involves trachea, lungs, bronchi, bronchioles, diaphragm, intercostal muscles, ribs, sternum, nerves, circulation, and lymph channels - no big deal right??!!

One thing I LOVE about the respiratory system is the unique design is voluntary and involuntary. It's really phenomenal!! You can't control your heartbeat rate or rhythm and your leg is not carrying you across the street if you don't send a signal from the brain to do so. Obviously, this system also has sympathetic and parasympathetic control, allowing you to increase or decrease oxygen supply as needed in response to your minute-by-minute demand.

So, why do you hold your breath - well, you are either going under water OR you are bracing for stress. You might be about to lift a heavy box, get punched in the stomach, or dive under water - physical stress. Maybe the love of your life is getting on one knee, or you just learned your mom passed away - emotional stress.

The one stress that you may not be as aware of is chemical. Chemical stress is experienced when pressures or stimulus changes. For example, you are climbing a mountain, running a marathon, or falling asleep.

These variable follow 2 rules:

1. Boyle's Law - the relationship between pressure and volume
2. Autonomic Nervous System - the division of the nervous system that sends signals to respond to stress

I would like to qualify why I think most people hold their breath unconsciously in response to chemical stress. From my perspective - caring for people's reaction to stress --> injury, the majority of people do not mindfully connect to where and how their body is processing the level of stress they are exposed to. Are you?!! Do you know when to say no? Do you practice adequate self-care? Do you plan good nutrition? Do you get enough sleep? Do you stop to heal when you have been injured (physically or emotionally)? If you answered no to these - you are part of the majority.

Now the epiphany!!! When you hold your breath, you are actively reducing oxygen distribution to tissues. This creates a hypoxic (and acidic) environment that reduces chemical reactions at all tissues, although for the purpose of inspiring relaxation, I want you to think about the muscles. Decreased chemical reactions -> decreased range of motion and nutrients -> TENSE! Not only is there a chemical consequence for what you feel, but there is also a mechanical consequence that creates limited movement in aiding respiration -> feeds the cycle.

Now that I've shared the bad news, the GOOD news is that you are the commander of your voluntary and involuntary respiratory system!! You can CHANGE your mindfulness, practices, habits, and attentiveness to what YOU need!

STEP 1: Learn how to breathe. Practice different techniques. The one I personally love the best is doubling my exhale in relation to my inhale. No matter what technique you use - relax the rest of your body WHILE you are practicing.

STEP 2: Identify your stress. Find routines and disciplines that support your goals

STEP 3: Prioritize where stress tends to show up in your body. Find ways to actively nurture that system. If you have a natural health professional on your care team, ask them for help.

STEP 4: Check in with your breathing at intervals throughout the day. Set a timer on your phone or tie a deep breath to something you do regularly -> throughout the day.

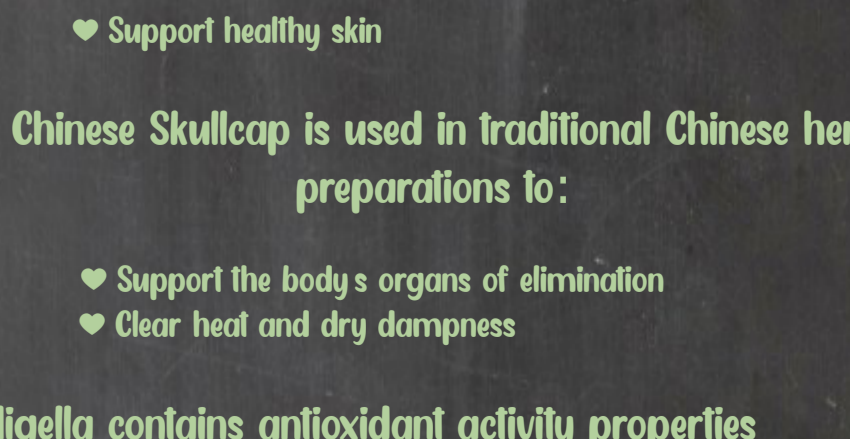
STEP 5: Exhale on exertion. Coordinate your exhalation with any moving or lifting that you do repetitiously (even sit to stand) or that aggravates your body. Practice makes perfect!

STEP 6: Check your posture! When you stand/sit/sleep in an ergonomic position, it is easier to get maximum respiratory function from your tissues.

Enjoy NOT holding your breath!! I hope you find a trick or two that you can implement easily into your day to help you benefit from maximum oxygen intake and the relaxing affect on your body that exhalation offers!!

In Love and Service,  
Dr. T

## Health Hack



**Albizia is traditionally used in Ayurvedic herbal preparations to:**

- ♥ Enable a normal response to occasional seasonal stresses
- ♥ Support a normal immune response
- ♥ Maintain normal respiratory tract function
- ♥ Maintain healthy breathing passages to support normal breathing
- ♥ Support healthy skin

**Chinese Skullcap is used in traditional Chinese herbal preparations to:**

- ♥ Support the body's organs of elimination
- ♥ Clear heat and dry dampness

**Nigella contains antioxidant activity properties**

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!

