

Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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Heeding the Call

By Heidi Beck



"Eight centimeters, eighty percent effaced, and zero station." As soon as the midwife announced my clients progress, I pumped my fist in the air and smiled broadly at her. My client jerked her head up to face me and with tears spilling over mouthed, "I am so proud of myself!" After 26 hours, many of them in the hospital and on Pitocin, my client's body had finally taken over. I immediately began forming my mental plan of attack. My client wanted so badly to have this birth, her third, without an epidural, and this was much farther than she had ever made it into labor, without one. I was overjoyed with how hard she had worked and how far she had come, but I knew from experience that we had the hardest part yet to go. As soon as the midwife helped her stand, I took my position. Knowing a surge would hit her hard, as soon as her feet touched the floor, I gripped her arms, and filled with a new surge of adrenalin and positive energy, we swayed back and forth.

When the surge finally released its grip, my client looked up at me and repeated how proud she was of the work she had accomplished. I pulled her in for a quick embrace and her husband and I gushed over her achievement. We didn't have much time before the surges picked up their pace and stole her focus from us. I slipped easily back into my strength of gentle but firm encouragement as we moved from deep squats by the bed, to sitting on the birthing ball, kneeling backwards on the couch, and finally finding a break on hands and knees on the bed. I was in my element and saw her finish line running towards us with every wave. As I focused on my strategy for the next step I was momentarily stunned when my client suddenly moaned, "I want an epidural." I recovered quickly knowing most laboring women ask for relief as they draw near the end. I knew my clients wishes and I knew we were extremely close to delivery. I also remembered her sadness after her second birth when the epidural had failed her and she had doubted herself for months after the birth.

Setting my mind I followed my tried-and-true method of using distraction and helped her off the couch and to the shower as another intense wave gripped her abdomen. I encouraged her with how far she had come and how close she was now. As I whipped on the shower to the perfect temperature the midwife took her position behind her knowing her sounds meant birth was not far off. My client's husband was by her side as I quickly dashed out to grab towels. I was stunned as I returned to see a flash of fury exchanged from my client to her husband. With her voice flat and angry she said, "I want an epidural." As a surge tore her focus away her husband looked at me with confusion and concern. I stepped in and wrapped a towel around her. She looked at me and cried again, "I want an epidural."

"Ok," I said, "I will let them know." I nodded to the midwife as she dried off and asked the nurse if she would call the anesthesiologist. I couldn't help but feel disappointed that I had failed her, and a bit confused on how close she was. The anesthesiologist arrived quickly and was finished in a matter of minutes. I followed my pattern at this point of getting my client comfortable and then began tidying the room for delivery. I began to pray that the Lord would reveal to me what had just happened here. I prayed for my client and for her peace in this and I was immediately struck with an insight only God can provide. I walked quickly to my client's side and sat by her bed. She looked at me as though ashamed and I could have cried. I took her hand and said, "I am so proud of you. You spoke up for yourself when we did not understand you. I am so sorry I didn't listen. I hear you now and I understand."

While she napped for the next hour, I reflected on the truth I realized.

Some women believe they need an epidural because the pain is too much, and some really do need it! There is a reason they were made. But my client, at this moment, had no longer needed one but wanted one. She had proven to herself that she could do it and had made it extremely far. But giving birth crying out in pain, exhausted and in the midst of chaos on the floor of a cold shower with midwives and nurses all around, was not what she wanted. She wanted to rest for a while and gather her thoughts. She wanted the room to settle down and become quiet again before she and her husband welcomed her surprise baby. And two hours later they welcomed a true surprise indeed. What they both believed to be their third baby boy turned out to be a ten-pound three-ounce baby girl.

After five years of being blessed to be a doula I have never stopped learning something new on every birth. I am so thankful to my clients who trust me enough to welcome me along on this most intimate of journeys. But to my repeat clients I am even more overwhelmed with a thankfulness of both trust and friendship.

A little about the author...

Heidi has been a doula for a little over 5 years. Assisting in many different births, she enjoys the growth and wisdom with each one. When Heidi isn't witnessing miracles, she is loving on her 5 babies and taking care of a vast array of farm animals with her husband Kory.

#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

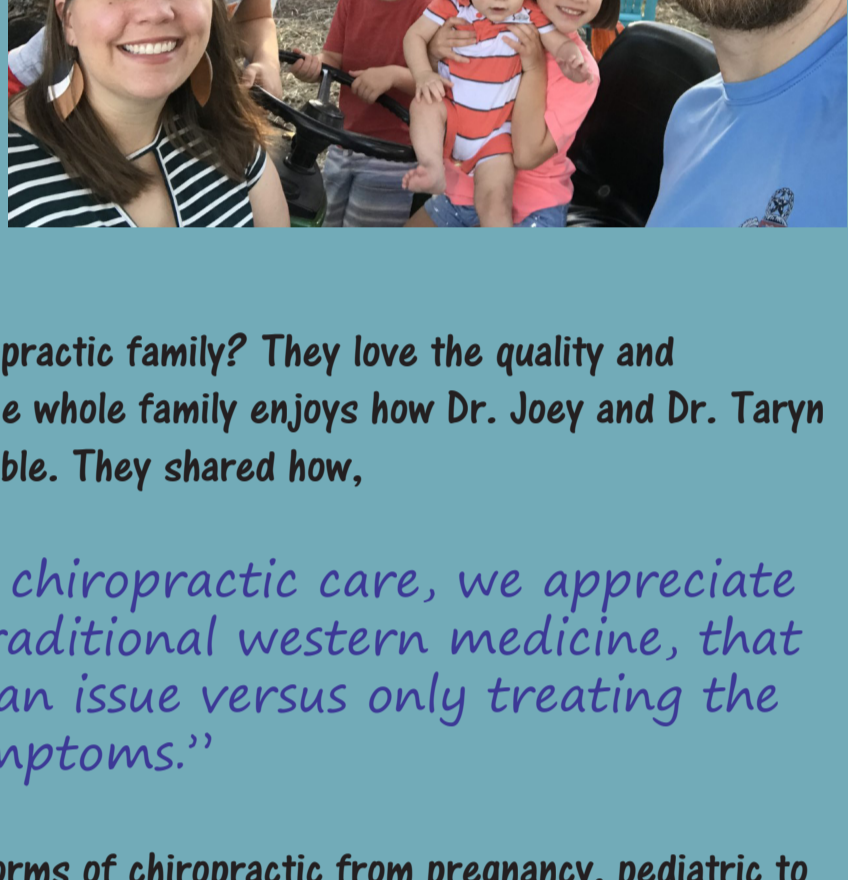
Upcoming Events

Friday 19th November	Amethyst Biomat promo November 1-19		Thursday 25th November	National Adoption Day	
Thursday 25th November	Thanksgiving Day		Monday 29th November	Cyber Monday	
Tuesday 30th November	National Day of Giving			#GIVING TUESDAY	

Patient of the Month

Look at this beautiful family! Meet Matt & Rachel (married 10 yrs.), Jack(7), Caroline(6), Henry(4) and Judge(7 mo.).

This family is such a ray of light when they come to the village. Rachel always has a laid back, easy-going vibe. The kiddos are always so sweet and full of laughter. Matt brings a warm smile when he walks in. We love to hear family stories when they come in. They shared how they recently began celebrating the Sabbath. They enjoyed sharing with their children the benefits of intentional rest at the end of their week, and how it brings such quality family time together.



Why did they choose us to be their chiropractic family? They love the quality and thoroughness of care that they receive. The whole family enjoys how Dr. Joey and Dr. Taryn always listen and make them feel comfortable. They shared how,

"Having not grown up in chiropractic care, we appreciate an alternative answer to traditional western medicine, that looks at the root cause of an issue versus only treating the symptoms."

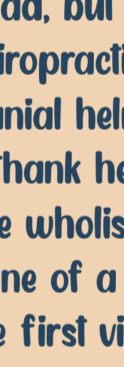
The James family have experienced all forms of chiropractic from pregnancy, pediatric to adult. We really enjoy having families that grow with us through all the stages and seasons. Thank you James family being one of those families!

Prayer Request

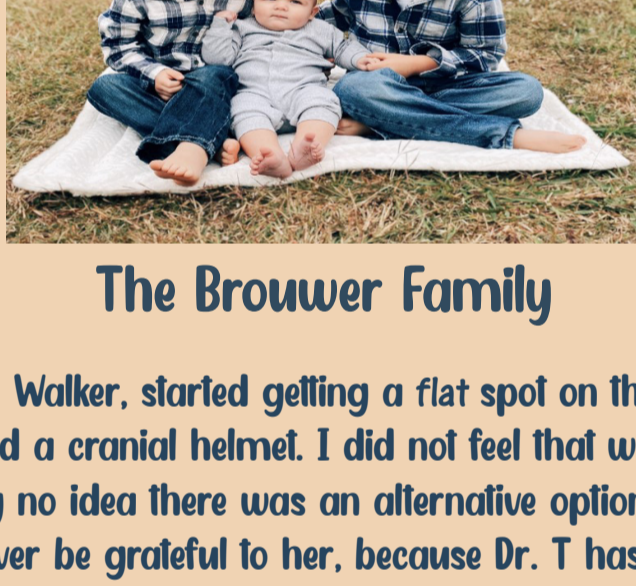
We invite you to share in our dreams! We have always had plans of offering a wide array of natural services and products that help cultivate healing and health!

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



The Brower Family

My 3 month old son Walker, started getting a flat spot on the back of his head. My pediatrician recommended a cranial helmet. I did not feel that was the right choice for my sweet baby. I had absolutely no idea there was an alternative option, until a close friend referred me to Dr. Taryn. I will forever be grateful to her, because Dr. T has changed our lives! Just the first appointment at Peace of Life, really opened my eyes to a whole new world of healing. I solely started going to help my sons head, but quickly realized all the amazing benefits of chiropractic care.

My son not only never has to wear a cranial helmet, but he is now thriving, and the happiest little guy you will ever meet. I can never thank her enough, for all she has done and continues to do! The chiropractic care, along with the wholistic healing that they provide, is unlike anything I have ever seen before. They truly are one of a kind. I did not know a lot about chiropractic care, until I found Peace of Life. In just the first visit with Dr. Taryn, I learned so much essential information about my baby and why he was getting a flat spot in the first place.

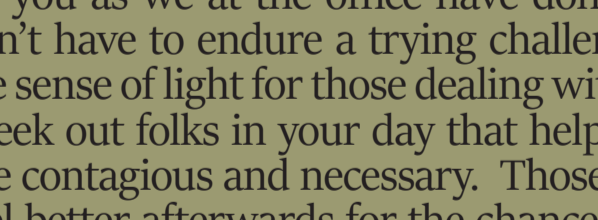
"I really had no idea that chiropractic could help with his head, plus so much more. All the benefits of going to the chiropractor are still absolutely mind blowing to me."

I tell everyone about it, every chance I get! If your thinking about going, my advice is, don't wait any longer, and just go, because it really will open your eyes to a whole new world. I love bringing my family to a place that truly cares about your overall health and wellness. Thank you Peace of Life, and Dr. Taryn, for showing me a whole new way to care for my family.

Chiro Corner



ASSESSING YOUR DURABILITY



Back at the beginning of 2021, I wrote on the topic of "Durability", and how our daily choices added to or took away from our own ability to withstand. Sadly, it isn't uncommon to see or hear of someone's personal season is under attack and they struggle with their own Durability whether it be physically, professionally, personally, etc..

First off, let me share with you as we at the office have done our best to acknowledge and appreciate that you don't have to endure a trying challenge on your own. We as a village have tried to be some sense of light for those dealing with trying times. Beyond our village, I challenge you to seek out folks in your day that help lift you up and vice versa. Those energy exchanges are contagious and necessary. Those folks that walk away from my encounter and you feel better afterwards for the chance to see them as keepers in my book all day! Can we say healthier relationship? :thinking_face:

Secondly, with a surplus of positive folks in your life, I challenge you to ask yourself have you made the best health decisions this year to improve your Durability. I'm talking your food choices, your activity choices, and most of all your thought choices (chemical, physical, and emotional inventory). Follow me with a visualization in your head of the information on the news. I guarantee you after an hour of that malarkey your mindset and frequency is way down. Now if you have children for instance, look at some photos of them with you on vacation. Don't you just get pulled back that moment? Don't you feel the temperature of the sun at the beach? Don't you feel the crisp air in the morning at while in Colorado? Can't you hear the sounds of nature as you're at a lakehouse rental at sunset? You feel that endorphin level rising? It's nice right?

We have been in a spiritual, physical, and emotional battle for too long to count, but I am asking you not to let life get your Durability down. We're praying you know in your heart we're inquiring about your life when we visit with you to care for you not to make small talk, but to ensure you we're wanting you to leave our office more durable than when you arrived. Assess your entire village. Assess your physical, chemical, and emotional status. Overall, assess your Durability over the course of this year and make modifications where needed. Taking action suppresses fear and anxiety when it comes to your own goals. I hope this humble advise from someone who is challenging himself to do these steps gets you moving towards a more durable you. God Bless and have a wonderful holiday season.

In Love and Service,
Dr. Joey

Health Hack



**Tastes like Apples.
Warms your Core.**

Hot Apple Cider from Skratch
We know that cold weather won't stop you, but dehydration will. Even when it's cold out, if you're exerting yourself, you're sweating, and losing both water and electrolytes that need to be replaced.

We have got you covered!
This fall & winter, our Hot Apple Cider Sport Hydration, mixed with hot water, will keep you warm and hydrated. We won't leave you out in the cold! Available for a limited time.

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!