



# Wholesome & WHOLISTIC

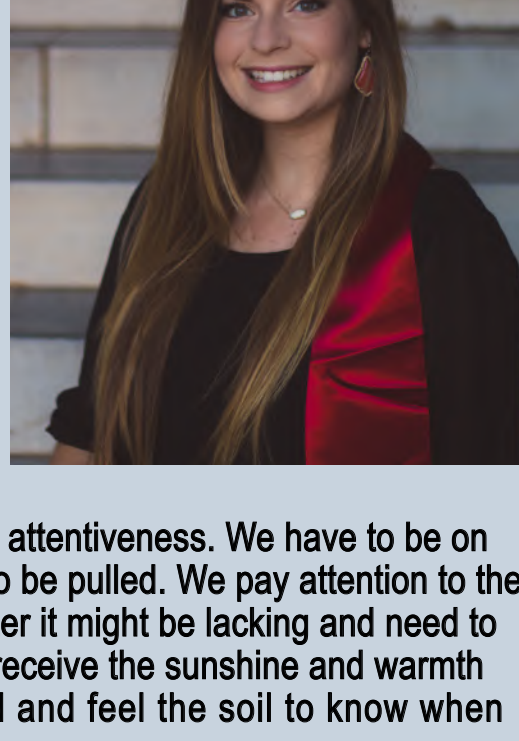
Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. | Iss. 9 | November 2019

## CULTIVATING HEALTH, HAPPINESS AND HARMONY

By Sinclair Newby, M.S. in Agricultural Communications

This time of the year is widely known for being the time associated with fall harvest season. Growing up in and being involved with agriculture and horticulture, I have seen many seasons of planting, growing, and harvest of many crops and gardens. Over the years, I have come to realize that the similarities between growing a healthy crop and plants mirrors our daily lives as we strive for health, happiness, and harmony in our personal growth.



Nurturing a plant of any kind takes time, patience, care, and attentiveness. We have to be on the lookout for any weeds trying to creep in that may need to be pulled. We pay attention to the color of the plant's leaves and determine what kind of fertilizer it might be lacking and need to help it thrive and grow. We place the plants where they will receive the sunshine and warmth they need to flourish. We watch for cracks in the ground and feel the soil to know when to water.

The same thing can be said for our bodies. Nurturing our body, health, and emotions also takes time, patience, care, and attentiveness. Try and find things that might be weeds in your life that could be removed. Listen to what your body is trying to tell you, and find ways to enrich your roots, and "fertilize" your life and health with things that make you thrive and bring you joy. Eat healthy, drink plenty of water, and get plenty of sunshine.

There are times during the course of cultivating a crop, garden, or other plants where the growing gets tough. Sometimes, unforeseen circumstances will try and set us back, such as an unexpected frost, drought, or damaged leaves. These are the times where we find strength in our roots and rely on faith that things can and will always get better. It reminds me of Jeremiah 17, verses 7-8: But I will bless the person who puts his trust in me. He is like a tree growing near a stream and sending out roots to the water. It is not afraid when hot weather comes, because its leaves stay green; it has no worries when there is no rain; it keeps on bearing fruit.

When you have made an effort to effectively cultivate something, you will see the fruits of your labor manifest in many ways. For some, it might be a field of healthy, golden ears of corn. For others, it might be a garden of ripe tomatoes and other tasty veggies. Others might just find joy in the first blooms of the flowers they lovingly grew from a seed in the ground.

We can also harvest the benefits of focusing on cultivating our health and happiness. These benefits come to us in the form of better sleep, improved mood, a strengthened immune system, decreased stress levels, and much more! I encourage you to take some time to consider the areas of your life that you are cultivating. Whether it be relationships, taking strides to improve your health, nurturing your emotional well-being, or just making the most out of life, find ways you can foster the growth of these areas to help harvest those benefits.

Fill your minds with those things that are good and deserve praise; things that are true, noble, right, pure, lovely, and honorable. Put into practice what you learned and received from me, both from my words and from my actions. And the God who gives us peace will be with you. - Philippians 4:8-9



## #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

## 2019 #liveschanged :



## Upcoming Events

The PLC Office will be closed November 28 and 29 for Thanksgiving and will be closed December 24 through 27 for Christmas

For massage clients, all dates above apply except for Thursday, December 26

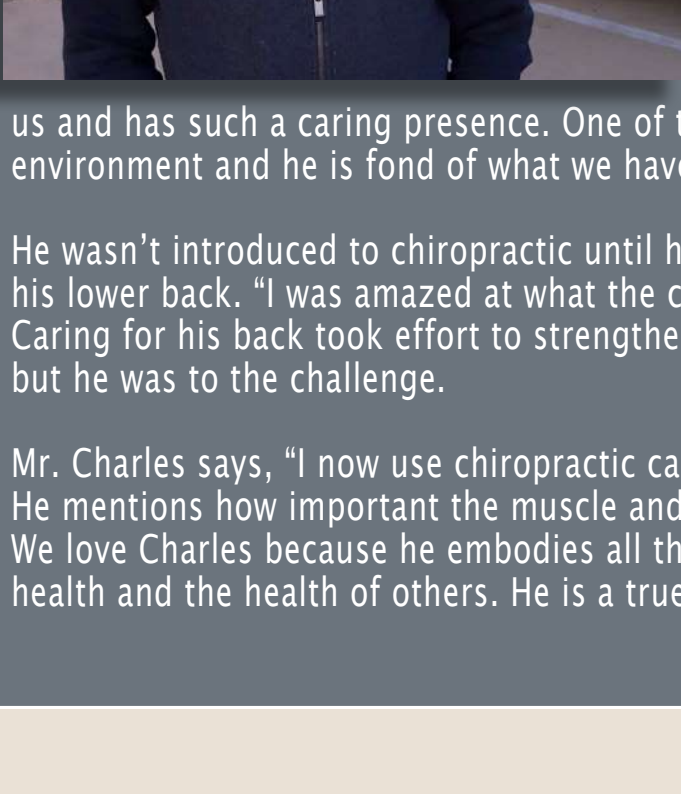
SAT 21 DEC

Your Best Birth Class

WED 1 JAN

PLC Office Closed for New Years Day

## PATIENT OF THE MONTH



Meet our Patient of the month Charles! Look at that smile! His spirit makes a grand entrance when he walks in the front doors.

Mr. Charles worked for the city of Dallas for 38 years in the Department of Transportation. It is no doubt, because he always carries himself with clarity and direction. He shared that his job really wasn't a job to him. He enjoyed it and all the interactions with people.

Charles is definitely a people person. He always comes in and has so much to say and be thankful for. He always interacts with each of us and has such a caring presence. One of the things he enjoys about coming in is the social environment and he is fond of what we have coined as "our cozy smell."

He wasn't introduced to chiropractic until his thirties when he was suffering from spasms in his lower back. "I was amazed at what the chiropractor did for me after just one adjustment." Caring for his back took effort to strengthen the muscles to prevent further back problems, but he was to the challenge.

Mr. Charles says, "I now use chiropractic care to promote my general health and well-being." He mentions how important the muscle and skeletal relationship is for overall good health. We love Charles because he embodies all the characteristics of someone who cares about his health and the health of others. He is a true fighter and a loving patient!

## Cold Laser Therapy

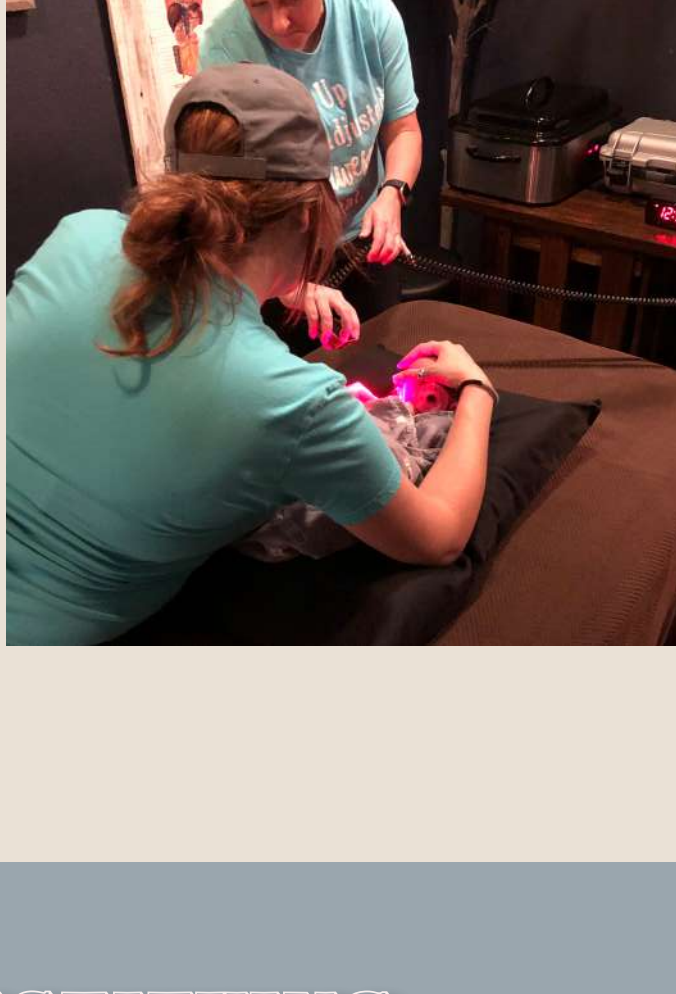
Erchonia's PL-Touch Level 2 Cold Laser - Proven Safe and Effective by the FDA. Low level laser therapy (LLLT), or cold laser, is a painless, sterile, non-invasive, drug-free modality that is used for a variety of conditions. During a laser treatment, a specific infrared light penetrates the skin and is absorbed by receptors in the mitochondria of the cell to promote energy production.

Cold laser can be used to care for your body in ways that will amaze you! Whether you are dealing with acne, indigestion, fractures, headaches, anxiety, concussion, joint pain, or a long list of other symptoms, cold laser could be a tool for you!

### BENEFITS INCLUDE

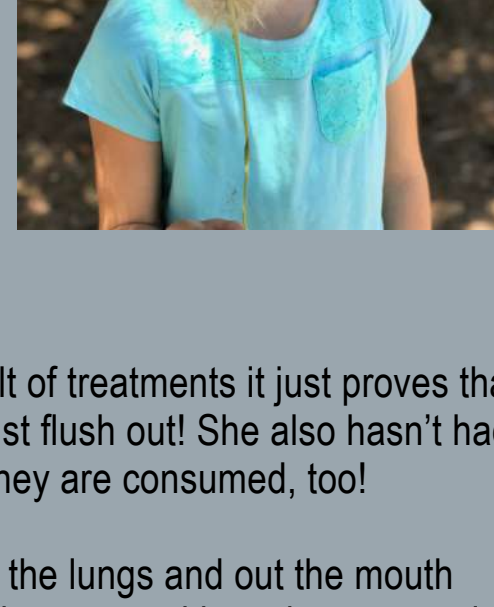
- Stimulates healing reactions
- Promotes protein and growth factor synthesis
- Expedites cell growth and proliferation
- Enhances blood and oxygen flow
- Reduces inflammation

## RESILIENCE & Recovery



## TOTALLY TESTIFYING

Journey has been seeing Dr. Taryn and the village staff for a few years now. She suffers from psoriasis, eczema, hives, PTSD, food allergies, nasal allergies/congestion and asthma. Thankfully, her health has drastically changed for the better through treatments such as: regular chiropractic care, supplements, cold laser and LET.



Recently, we added in monthly LET appointments. Within the first couple of treatments we were seeing AMAZING RESULTS! Treatments have left her nose empty of boogies and her lymphatic system thriving! For the first time since starting LET, she can now smell everything (including her farts!) She has also felt the burn from water going up her nose as she jumps into the pool (which is a total childhood right of passage)!

While that might seem as a negative or uncomfortable result of treatments it just proves that her nose is functioning properly! Because what goes up must flush out! She also hasn't had to use her nebulizer in over a year! Inhalers expire before they are consumed, too!

There is nothing like breathing freely through the nose, into the lungs and out the mouth without coughing! All of which couldn't be possible without the care and love that we receive from PLC! All in all We are extremely pleased with the rapid results we have seen with LET treatments in conjunction with a holistic approach to health and healing. And might I add the Lymphatic Enhancement Therapist is a GEM and a true lover of souls! Y'all won't be disappointed with a properly functioning Lymphatic system! - Journey's mother, Emily

## CHIRO'S CORNER



## THE BENEFITS OF KINESIOLOGY TAPE

BY JOEV LOWERY, DC

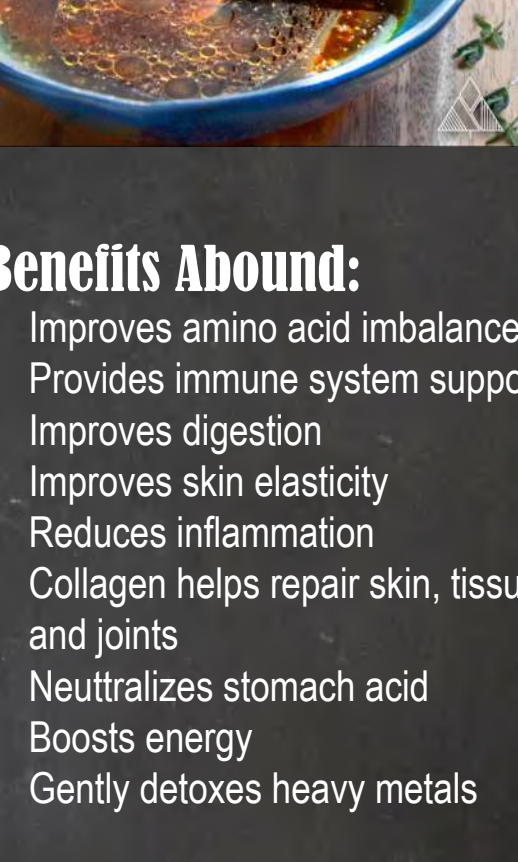
A common question asked about the use of kinesiology tape is, "What exactly does this tape do?" To not get too technical nor "geeky" with a response, I will keep it simple. When you are getting ready for your day, there is a good chance that at first the clothing feels different or unique to your skin. That very sensation of clothing on you stimulated these various tiny receptors in your skin to relay information to your brain so it knows what is presently happening in that region of the body. Over time, the sensation dampens and the sensation unknowingly decreases as far as our brain is concerned.

Now the use of tape is similar in sensation but the real influence is on the way you will move after it is applied on you. The brain doesn't think in muscle, but in movement. You should be taped in order to enhance the movement. Another bonus is the circulatory improvements that happen as a result of the outside skin lifting up from the inner skin layers. This allows for better bloodflow, increased lymphatic system function, and better healing. This benefit generally lasts for about 4 to 5 days. Another misconception is that it is only for athletes. Movement isn't an athlete trait, it is a human trait. Keep moving well!

## Health Hack

### Sipping Bone Broth with Great Lakes Collagen

Bone broth in the late 1800s was considered a staple on many stoves. Bone broth consists of preferably fresh organic bones with carrots, celery, garlic, onions, herbs and apple cider vinegar. Touted for helping with wound healing, promoting gut health, reducing overall inflammation, and those who suffer with immune system issues.



### Recipe

- 1 (16 oz) container of your choice of bone broth
- 1/3 teaspoon of sea salt
- 1 teaspoon of minced ginger or 1/2 teaspoon of ground ginger
- 1 teaspoon of turmeric or 1/2 teaspoon of ground turmeric
- 1 capsule of Standard Process garlic
- 2 tablespoons of Great Lakes Collagen

**Directions:** in a saucepan, bring bone broth, salt, ginger, garlic and turmeric to a boil. Reduce and simmer for five minutes, then strain into a mug. Add the Great Lakes Collagen and and stir until dissolved. Sip away and enjoy!

### Benefits Abound:

- Improves amino acid imbalances
- Provides immune system support
- Improves digestion
- Improves skin elasticity
- Reduces inflammation
- Collagen helps repair skin, tissue and joints
- Neutralizes stomach acid
- Boosts energy
- Gently detoxes heavy metals

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!

