



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 2 Issue 11 | November 2020

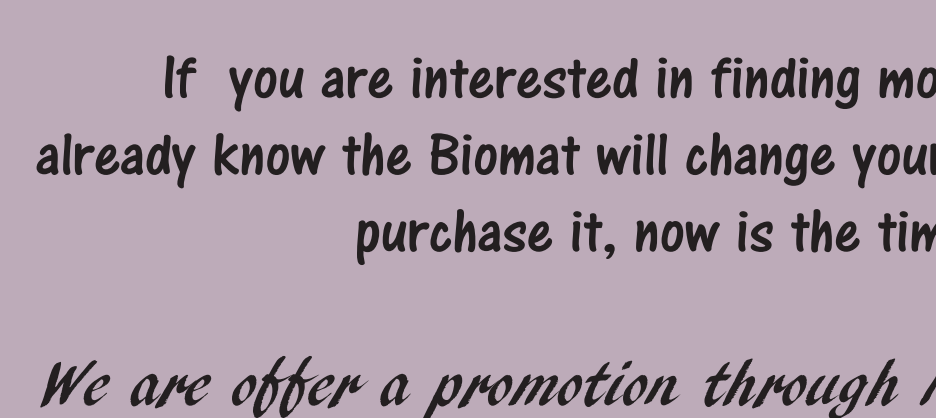
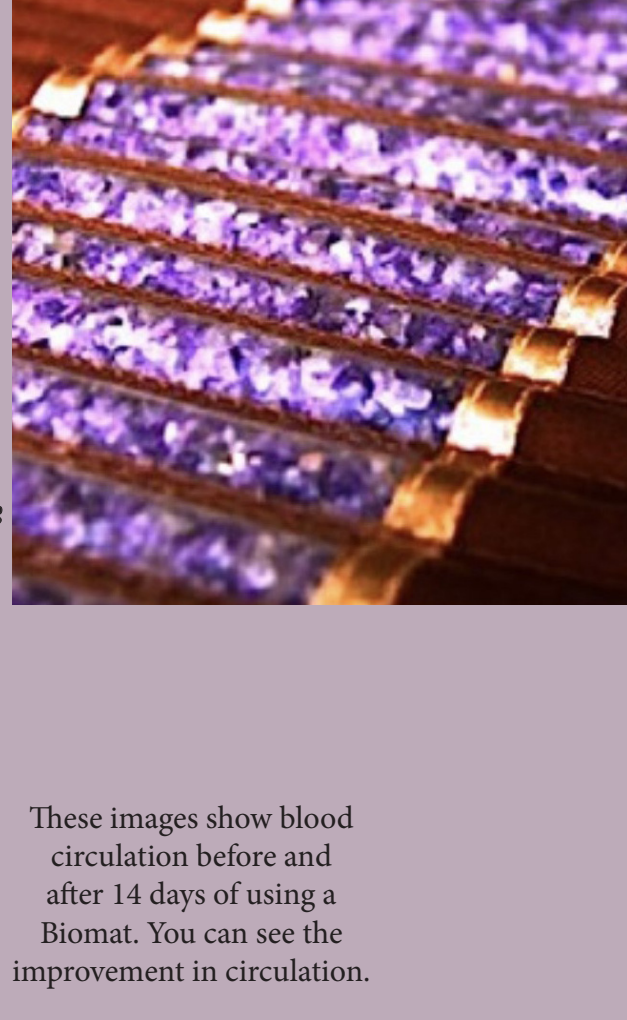
## Biomat: A helpful Therapy for Reducing Inflammation

You have probably heard all of us at some point mention about the wonders of the Biomat. Whether it be at the therapy tables where we have a mini Biomat or in the LET/ massage room where we have a professional size. The Biomat is a staple for us, because we have all seen its amazing benefits!

The Biomat produces far infrared rays and negative ions that activate healing at the cellular level.

With the use of 17 layers of unique materials, the Biomat allows you to enjoy a serene and relaxing experience, while you benefit from the built-in technology. You can expect decreased inflammation, relaxed muscles, increased well-being, reduced stress, and improved circulation.

Tourmaline makes up one of the layers producing negative ions; it is shown to relieve stress and increase energy levels. Amethyst is used for its superconducting capabilities; it is the source of the natural infrared rays that penetrate 6-8 inches into your body. Specialty fabrics are woven in to intercept electromagnetic waves that cause damage to your cells as well.



These images show blood circulation before and after 14 days of using a Biomat. You can see the improvement in circulation.

If you are interested in finding more information or already know the Biomat will change your life and want to purchase it, now is the time!

We are offering a promotion through November 16th. Call us for all the details!

## #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

WED  
11  
NOV

Veterans Day!

FRI  
13  
NOV

National Kindness Day

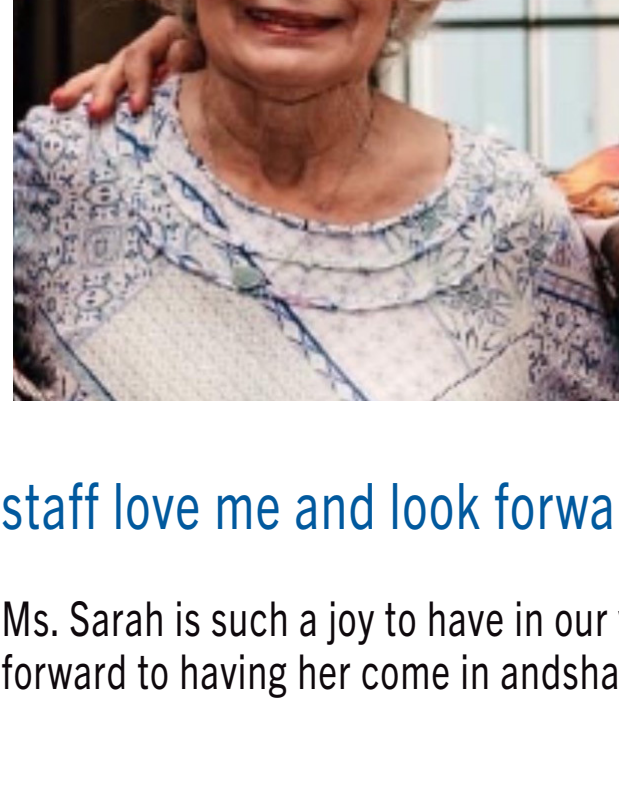
WED-MON  
25-30  
NOV

Thanksgiving Holiday  
Wednesday, November the 25th  
we will close at 12:00 PM.  
We will reopen on Monday,  
November the 30th.

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

## PATIENT OF THE MONTH

Ms. Sarah, our November patient of the month shines with such sweetness and strength! She has been a Midlothian resident for many years and her knowledge and roots extend



many amazing memories. Ms. Sarah has always come in to the village with this beautiful smile and a plethora of bouncing curls. She has played a role in many community charities. It would not be a surprise if you saw her playing with children in a backyard or taking something up to the church for some function. Ms. Sarah definitely has a routine and consistency is key to staying on top of your health. Ms. Sarah is a shining example of making sure everything is taking care of.

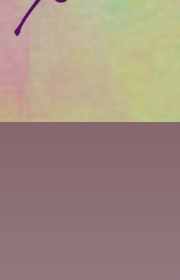
She takes chiropractic very seriously so that is why she incorporates into her monthly health regimen. Chiropractic plays a role in keeping her health needs in balance so that she can conquer all of her roles.

"Anytime I come in I know all the village staff love me and look forward to taking care of me."

Ms. Sarah is such a joy to have in our village! We love everything about her and always look forward to having her come in and sharing her many memories and stories!

## PRAYER REQUEST

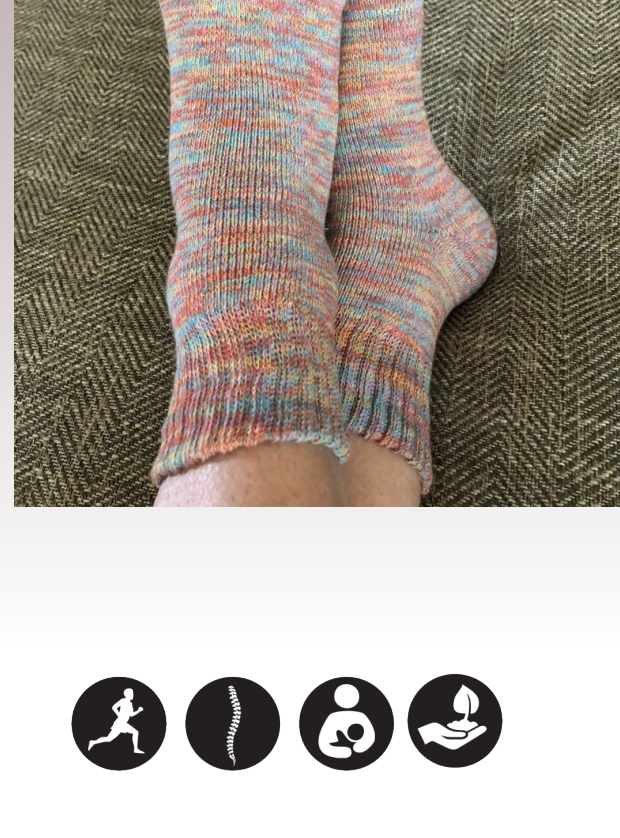
In our pursuit of relocation and expansion into a Wholistic Health Retreat, we have found a property that is well out of our financial reach, but it is PERFECT for our vision!!! Please pray for provision or our next interest to steal our attention! We are so excited to bring you the



## TOTALLY TESTIFYING

Our very own Leah shared how she has been experiencing very tired feet after standing all day! She had tried many different ideas, but none had completely helped. She finally found a remedy that helped her achy feet feel relaxed and stretched.

My-Happy Feet are socks designed to separate and stretch your toes. They allow you to move the separation portion of the socks down at your pace so that there is no pain or discomfort.



## Chiro's Corner



### Serotonin is One of Your Body's "feel good" Neurotransmitters

By Dr. Joey Lowery

Serotonin is one of your body's "feel good" neurotransmitters. When levels are low, you may experience anxiety, depression, irritability, impulsive behavior, insomnia, low self-esteem, etc... and it can trigger cravings for sweet/ starchy foods, which will give you a temporary boost but will then be followed by another crash (bummer).



As the days get shorter and the nights grow longer, serotonin levels naturally drop. According to the Mayo Clinic, this natural decrease in serotonin may play a role in seasonal affective disorder or seasonal depression, which is a real issue.

Our bodies need a certain amount of carbohydrate in order to produce adequate serotonin, so if you're sticking to a keto diet through the darker season of the year, you may be putting yourself at a higher risk for serotonin deficiency symptoms during the time when it's already most likely to happen.

If serotonin levels are low when the holiday treats come out, well... good luck avoiding lots of bingeing.

As usual, nature provides us with what we need to stay in balance during this (and every other) season. In the fall/ winter months, we have an abundant harvest of starchy foods. Enjoy adding sweet potatoes, carrots, beets and a variety of other starchy root veggies to your diet. If you're getting all the carbohydrate your body needs in order to maintain balance through the foods provided by nature, you'll be far less inclined to load up on sugar and other refined carbs. The holiday season can be difficult enough with refraining from a variety of sweets at your convenience, but do not beat yourself up over the cravings. There are many healthy options out there for you to enjoy so those "feel good" neurotransmitters can work with you.

## VILLAGER HIGHLIGHT

Rebecca was born in Lubbock, Texas with her three older brothers. She spent most of her childhood in West Texas and Southeast Texas. Her family moved to Cedar Hill in 1988, where they stayed and she graduated in 1996.

Rebecca has a beautiful family that consists of her son Ryan and his wife Leslie, Chaney who is currently attending a local college, and Tyler who is currently at Oklahoma Christian University.

Rebecca keeps her life pretty busy with her dogs Mia and Maya. She has countless hobbies which include hiking, jogging and spin class. She loves her Stonegate church!

She shared that her favorite success is parenting three independent wonderful children! We are so blessed to have Rebecca in our village. She is sure to offer so many beautiful gifts to our amazing village.



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!

