



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 1 Iss. 10 | December 2019

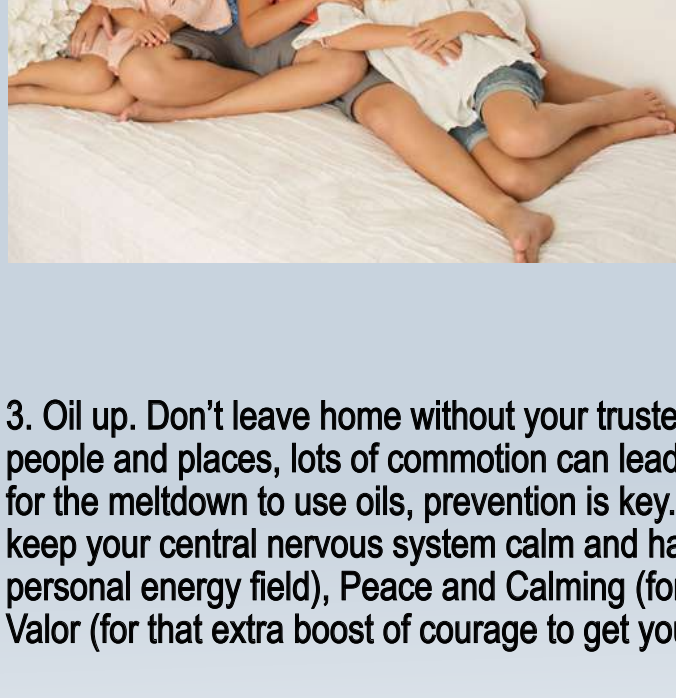
Tips for Managing Holiday Stress

By Maggie Grayson

Holiday break can offer an incredible opportunity for us to have quality time together as a family. Kids are home from school, you have taken time from work, family is in town...It all sounds magical, doesn't it?

Until you remember that your routine will be off, you may be eating foods that are usually not in house, and your kids are going to be spending lots of time together...cute bonding experience or social experiment gone haywire? You won't know until it happens, right?

As a homeschool momma of 4 (Jackson 13, Tucker 11, Annie 8, and Lucy 5) I've had lots of opportunities (that's what I like to call them) to navigate these times together. Here are my top 3 tips to make your holiday season with kiddos more enjoyable for all!

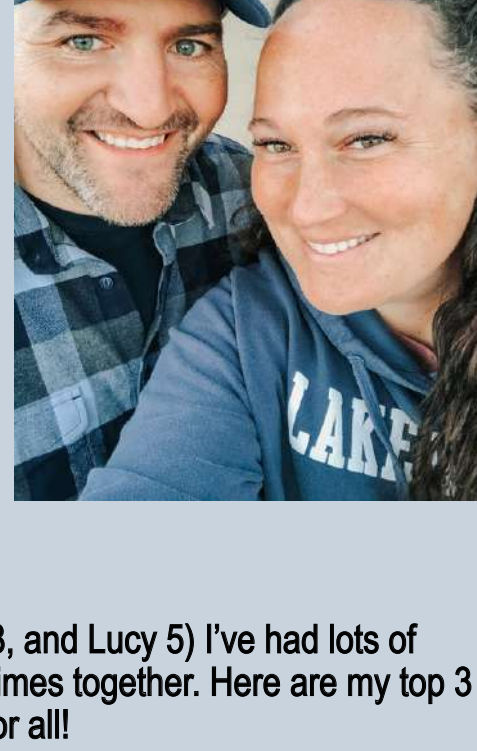


1. **Breathe.** Seems funny that we need a reminder to do that, but I guarantee that when things get stressful that you hold your breath. So 5 intentional breaths upon waking and every couple of hours, at least. In through your nose and out through your mouth.

2. **Limit foods that can cause hyperactivity and stress.** Dun, dun, dun, I know you're thinking that it is impossible, but I promise a little forward planning to leave out food dyes and artificial sweeteners will leave everyone's brains and bellies happier. If you indulge, commit to making it a one meal or one day exception, and then get back to your fresh, whole foods as soon as possible.

3. **Oil up.** Don't leave home without your trusted essential oils. Out of your daily rhythm, new people and places, lots of commotion can lead to big emotions for parents and kiddos. Don't wait for the meltdown to use oils, prevention is key. Regular application/inhalation of your oils will help keep your central nervous system calm and happy. Our favorites are White Angelica (to protect our personal energy field), Peace and Calming (for situations where energy or emotions are high), and Valor (for that extra boost of courage to get you through a day of "peopling").

You've got this! Be prepared, your peace is of the utmost importance. I'm rooting for you!



#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 PIC Office will be closed December 24 through 27 for Christmas

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



Your Best Birth Class



PIC Office Closed for New Years Day

PATIENT OF THE MONTH



The Tanner tribe is one of a kind and that is why they are our December patients of the month! Their family embodies a true tribe of love, courage and strength. Steven, a fireman and paramedic, and Emily, a homeschool mommy, truly have a family of authenticity. They have one biological child and four children that they have adopted.

They as a family have a true belief in mind, body, and spirit approach to healing! That is why they fit so perfectly in our village. They want the best for their family and so research and education play a huge role in governing their health.

Raising kiddos, the Tanner family realize that children are not only physically growing but emotionally growing as well. That is why chiropractic care is one of their leading sources of healthcare. They get the brain-to-body connection and how it is so important to our whole body response.

What do the Tanner tribe tell others that don't know about chiropractic? "Don't wait! If you truly want to start feeling your best, then now is the time to start this journey!"

Tanner tribe, we love you and we thank you for entrusting our village with your family! You are so very treasured!

Staff Member of the Quarter

Macaley is a fun-loving, faith-filled daughter, wife, and mom! She was born in Waco, and went to school in Milford and Frost. She met her husband, Dwayne through a friend at their gym. They fell in love, married, and began their happily ever after! In 2009, their sweet daughter Peighton was born.



Their family lives in Midlothian, and worship at Hillcrest Baptist Church in Cedar Hill. They enjoy spending family time together, eating Mexican food, and loving on their animals!

Macaley is Cooper Institute Certified Personal Trainer. She spent 8 years directing and coaching at Macaley's Rock Your Body Now Boot Camp. She served many women with her enthusiasm, encouragement, and killer workouts! After selflessly dedicating herself to her clients, she felt led to make a change in her daily service.

In January 2018 Macaley said yes to joining US!!! We knew from the moment we received her inquiry that she was the one!! Needless to say, she survived the rigorous interviews and became a part of our village. She began her journey with us as our Awesome Experience Cultivator. If you know our culture, and you happen to know Macaley, you can imagine how perfect she was at cultivating awesome experiences for you!!!

After serving our patients for 16 months, and a God-guided detour, Macaley felt called to expand her training to become a Lymphatic Enhancement Therapist! With the inspiration of a local therapist in tow, she began to explore all that LET has to offer, and now serves our patients in a totally new way!

When you meet Macaley you will find a big smile, a light-heart, and a lot of spunk! She can not only get what you need done, but she will shower you with love while she does it! We are excited for you to meet her and receive the benefits of her loving service!

TOTALLY TESTIFYING

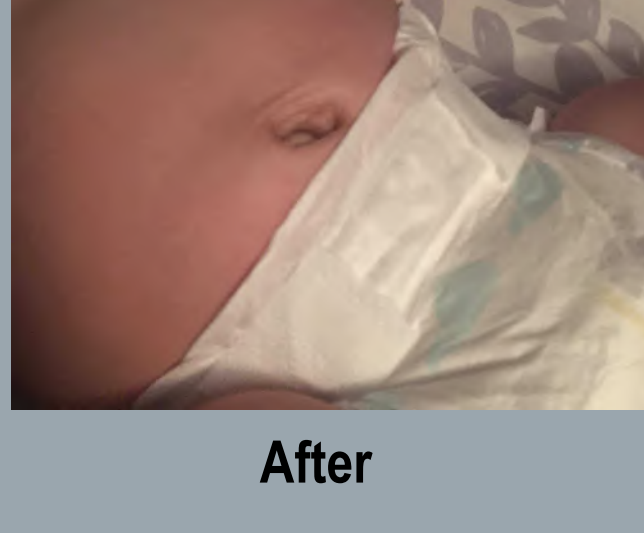
This sweet baby, Macy, was dealing with an umbilical hernia after birth. With several sessions of rocktape, this precious girl has had phenomenal changes!

After eight days, she had 50% reduction in the size of her umbilical hernia. Her mother also noted that the hernia did not protrude as far in to her diaper anymore.

After two months, this darling girl is doing much better and is much more comfortable thanks to the amazing benefits of rocktape. We are so thrilled that she is doing well! You can find out more information about rocktape in an article written by our very own Dr. Joey Lowery by clicking [here](#).



Before



After

CHIRO'S CORNER



ALLOSTATIC LOAD

BY TARYN LOWERY, DC

If you think your stress is responsible for you feeling less than optimal, this article was written for you! In caring for patients, I have found improved outcomes and more efficient progress by identifying how each person deals with stress differently. I like to differentiate between two main factors affecting the body's performance:

♥ External Stress - relationships, diet choices, pollutants, work environment, water source, etc

♥ Internal Stress - toxic thoughts, metabolic dysfunction, postural stress, hydration, etc

This input to the brain has a dramatic impact on the regulation of the body. When external or internal stress is received by the brain, it creates a cascade of chemical reactions to initiate a response to the stress. That response is some combination of a hormone change, pupil dilation, sweating, respiratory rate fluctuations, increased heart rate or countless others - very calculated and precise changes allow us to react to the stress. After the stress is relieved, your body should return to a "relaxed" state. This dynamic and adaptive process is called Allostasis.

The detail that I would like to encourage you to consider regarding allostasis is the long-term function of this process and the resultant "wear and tear" that it has on every tissue in the body. Whether you have had a major stress (macro-trauma) or a long series of minor stresses (micro-trauma), the effect can be similar. It has become more common for people to live each day experiencing one stress on top of the next. I like to think of it like the accelerator of the car getting stuck - every system is running at top speed and your brain is left to just navigate the traffic and roadways as best as possible to avoid a collision. This causes an overLOAD on the systems and begins to create dysfunction. When this happens, you have exceeded your Allostatic Load and your body is no longer able to dodge the other cars, the tire is flat, and you have run out of gas.

In the pursuit of health, vitality, good energy, awesome sleep, strength and resilience, Allostatic Load is something to keep in mind. If you are not feeling well, you may need to:

1. Decrease your sources of stress
2. Improve your body's ability to respond to stress
3. Both :)

One awesome thing about chiropractic adjustments is they offer improved Parasympathetic Nervous System performance which helps you not only heal, but it helps feed your brain information to take your foot off the gas and begin to apply the brakes. This is definitely something to consider when you plan your activities following your adjustment - keep the messages to your brain the same. Try a hot bath, breathing, meditation, prayer, laughter, joy, or a nap in the hammock. The more you optimize your Allostatic Load, the better you will feel...the better you will function!!!

In Love and Service,
Taryn Lowery, DC

Health Hack

Holidays mean making memories together with friends and family, and typically gathered around some delicious food! Did you know you can use essential oils along with the recipes for your favorite holiday dishes? Check out the recipe card below with information on how to cook a mouth-watering orange glazed honey ham with Young Living essential oils. You can also add some of these other great recipes to your favorite cookbook by clicking [here](#).

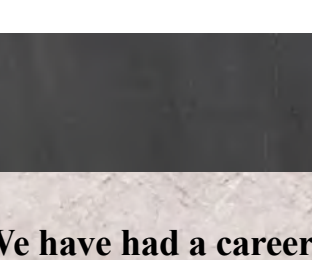
HOLIDAY COOKING WITH YOUNG LIVING ESSENTIAL OILS

ORANGE GLAZED HONEY HAM

YIELD: 12 SERVINGS

ingredients:

- 6 POUND HAM W/ BONE
- 1 CUP HONEY
- 1/4 CUP MAPLE SYRUP
- 1/2 CUP ORANGE JUICE
- 2 DROPS CINNAMON VITALITY™
- 2 DROPS CLOVE VITALITY™
- 3 DROPS ORANGE VITALITY™



directions:

1. COMBINE HONEY, MAPLE SYRUP, AND ORANGE JUICE INTO A DOUBLE BOILER. STIR UNTIL COMBINED AND BRING TO A BOIL.
2. REMOVE FROM HEAT AND ADD ESSENTIAL OILS.
3. LINE ROASTING PAN WITH FOIL AND PLACE HAM IN THE CENTER.
4. POUR GLAZE OVER THE TOP OF THE HAM.
5. COOK HAM AS DIRECTED ON THE PACKAGE.
6. FOR THE LAST HOUR OF COOKING, BASTE WITH GLAZE ON THE BOTTOM OF THE PAN. REPEAT UNTIL HAM IS THOROUGHLY COOKED.
7. FOR LAST 15 MINUTS OF COOKING, BROIL UNTIL GOLDEN BROWN.



FROM THE KITCHEN OF:

MAGGIE GRAYSON

1435656

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.

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!

