



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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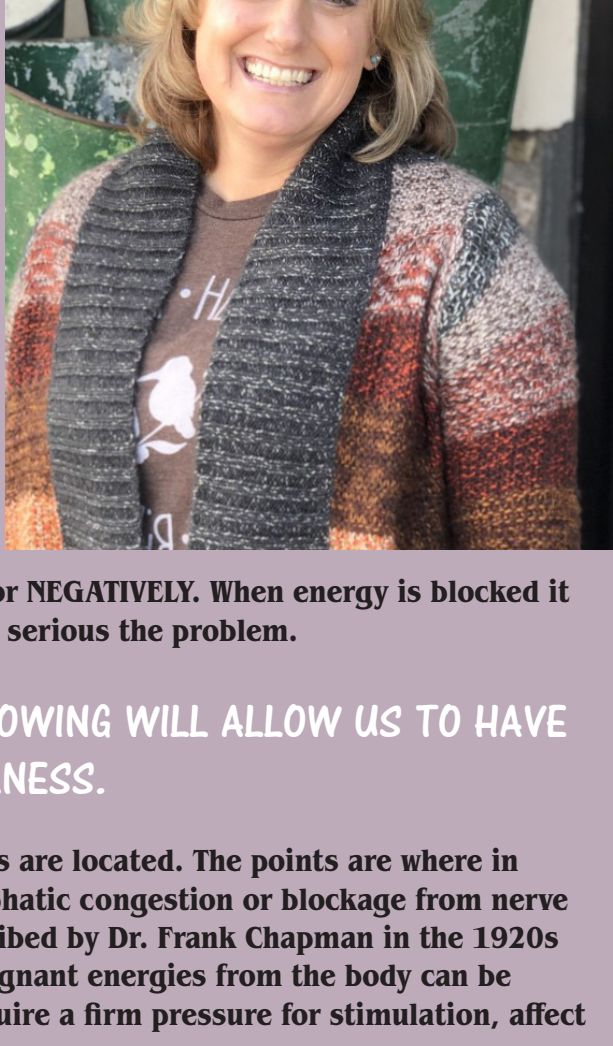
## What's Lymph Got to do with it?

What's lymph got to do with IT? If the IT on the table for discussion is pain, inflammation, digestive concerns, brain fog, hormone imbalances, fatigue or just feeling "stuck" in life- then the LYMPH could have a LOT to do with it.

We are all probably aware in some form, how the lymphatic system is a huge component in our health and vitality. With it being known as our RIVER OR LIFE, the highway of our immune system and home to 600- 1,000 (maybe even more) "soldier" lymph nodes- it's hard to not see just how important it is to keep it flowing properly.

There are many relationships that can influence the function and flow of our lymph. Our daily food choices, skin products, environmental pollutants, physical injuries and sedentary lifestyles may be some of the more familiar influences, but did you know our EMOTIONS are a major influence to the function of our lymph.

EMOTIONS? Yep! What you say matters-what you surround yourself with and absorb matters. The lymph can hold on to emotions. Your body stores emotions. Everything is energy, just in different forms. The body is constantly transforming that energy...POSITIVELY or NEGATIVELY. When energy is blocked it will begin to cause a problem- the longer it stays blocked, the more serious the problem.



**STUCK LYMPH = STUCK LIFE. KEEPING THE ENERGY FLOWING WILL ALLOW US TO HAVE OPTIMAL HEALTH AND WELLNESS.**

Tender spots on the body are often where neurolymphatic reflex points are located. The points are where in the body we hold blocked energy. They are known to arise due to lymphatic congestion or blockage from nerve sheaths at free nerve endings. When these points that were first described by Dr. Frank Chapman in the 1920s as gangliform contracted lymphoid tissue nodules are stimulated, stagnant energies from the body can be cleared and toxins are sent to the lymphatic system. These points require a firm pressure for stimulation, affect

different organs in the body and often more flexibility of the body is achieved when these points are massaged for 30-60 seconds.



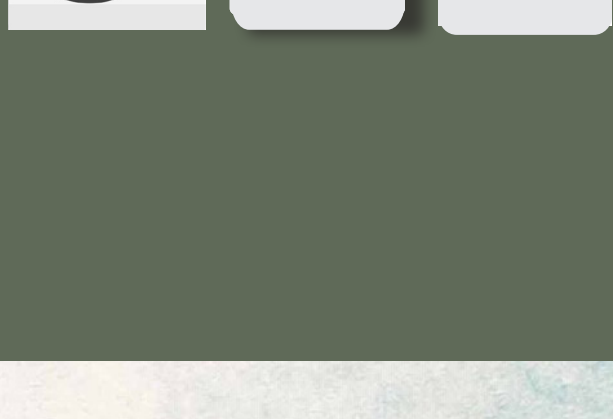
"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it." - Ann Wigmore

In Lymph Love, Macaley

## #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-MON  
23-28  
DEC

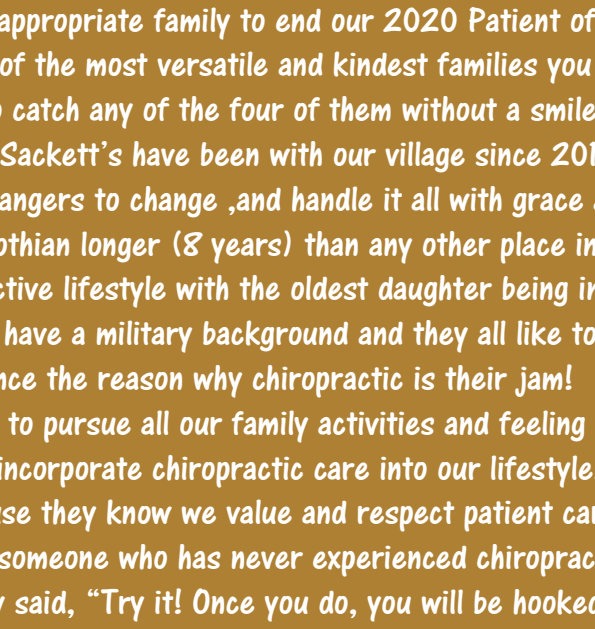
**Christmas Holiday**  
Wednesday, December 23rd  
We will close at 12:00 PM.  
We will reopen on Monday,  
December 28th.

FRI-MON  
1-4  
JAN

**New Year's Holiday**  
Friday, January 1st,  
we will be closed.  
We will reopen Monday,  
January 4th, at 7:00am.

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 opportunity to serve you during this time.

## Patient of The Month



Alexandra, Alicia, Mark and Daniela

What a more appropriate family to end our 2020 Patient of the Month!

The Sackett family are one of the most versatile and kindest families you would ever want to meet. It is very rare to catch any of the four of them without a smile on their face.

The Sackett's have been with our village since 2015.

They are no strangers to change, and handle it all with grace and kindness.

In fact, they have lived in Midlothian longer (8 years) than any other place in their 23 years of marriage. The whole family leads a very active lifestyle with the oldest daughter being in college and their youngest in high school. Mr. and Mrs. Sackett have a military background and they all like to keep their bodies in top performance! Hence the reason why chiropractic is their jam!

Mrs. Sackett said, "Being able to pursue all our family activities and feeling our best is why we incorporate chiropractic care into our lifestyle."

They chose our village because they know we value and respect patient care. When asking what they would tell someone who has never experienced chiropractic care, they said, "Try it! Once you do, you will be hooked!"

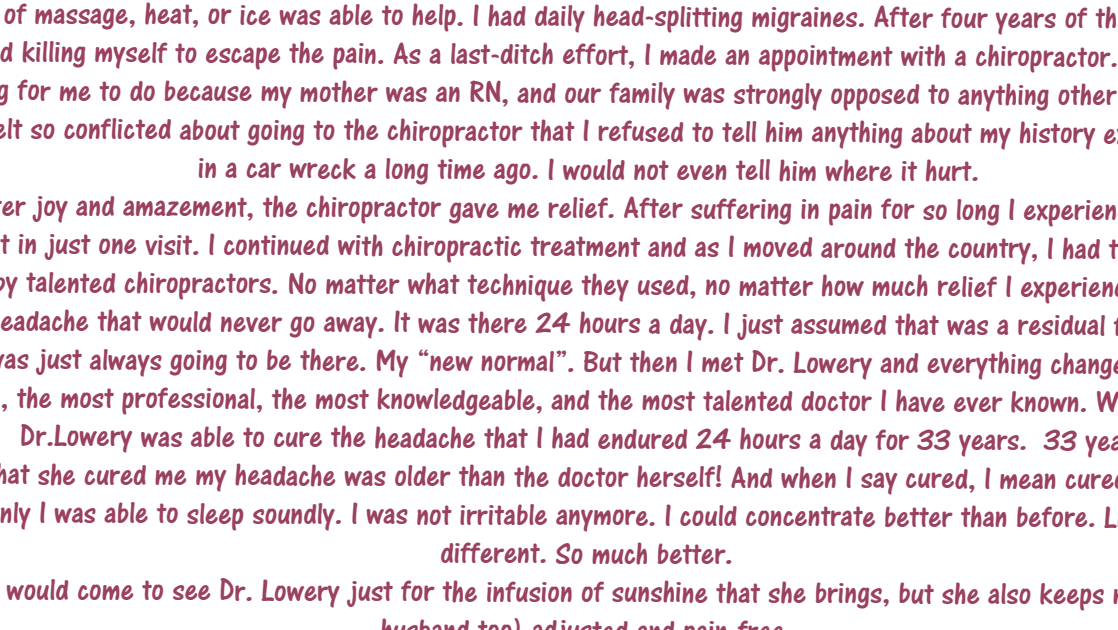
Sackett family, we are hooked on you! Thank you for being part of our village and being a great example for us all!

## 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



As a young girl I was involved in a car accident that left me with flexion/extension injuries to my neck. After everything else had healed I was still in constant pain in my neck and shoulders. I was prescribed muscle relaxants that were completely ineffective. No amount of massage, heat, or ice was able to help. I had daily head-splitting migraines. After four years of this with no relief, I considered killing myself to escape the pain. As a last-ditch effort, I made an appointment with a chiropractor. This was a very difficult thing for me to do because my mother was an RN, and our family was strongly opposed to anything other than "traditional" medicine. I felt so conflicted about going to the chiropractor that I refused to tell him anything about my history except it I had been in a car wreck a long time ago. I would not even tell him where it hurt.

To my utter joy and amazement, the chiropractor gave me relief. After suffering in pain for so long I experienced astounding improvement in just one visit. I continued with chiropractic treatment and as I moved around the country, I had the opportunity to be treated by talented chiropractors. No matter what technique they used, no matter how much relief I experienced, I was always left with a headache that would never go away. It was there 24 hours a day. I just assumed that was a residual from the accident and that it was just always going to be there. My "new normal". But then I met Dr. Lowery and everything changed. Dr. Lowery is, hands-down, the most professional, the most knowledgeable, and the most talented doctor I have ever known. Within a few visits Dr. Lowery was able to cure the headache that I had endured 24 hours a day for 33 years. 33 years!

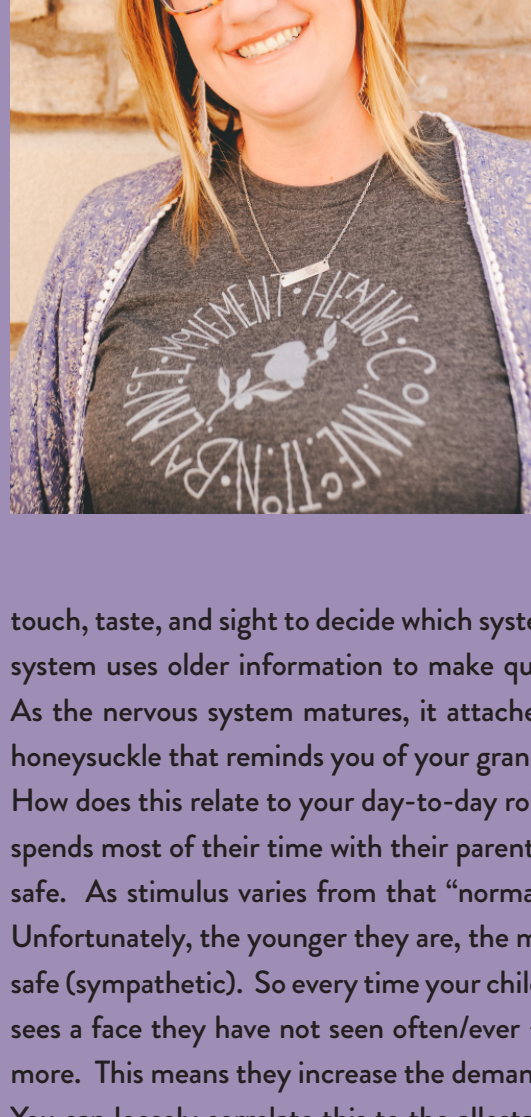
At the time that she cured me my headache was older than the doctor herself! And when I say cured, I mean cured. It is gone, gone, GONE. Suddenly I was able to sleep soundly. I was not irritable anymore. I could concentrate better than before. Life was completely different. So much better.

Honestly, I would come to see Dr. Lowery just for the infusion of sunshine that she brings, but she also keeps me (and now my husband too) adjusted and pain-free.

I am happy to have found chiropractic medicine. Considering the difference, it made in my life, it frightens me that I came so close to disregarding it based on my faulty preconceived ideas.

I am truly blessed and grateful to have found Dr. Taryn Lowery. She is a rare gem and such a talented doctor.

This is my testimony.  
Carol Walker



## KIDS & STIMULUS

Taryn Lowery, DC

I have two little humans that teach me daily!!! I try my best to learn from them and FOR them!! My husband and I both take parenting to heart and want to give our kids OUR best. As I read, listen, inquire, and observe, I find that there is always a new way to look at the same information. In trying to be the best mom and chiropractor I can be, I have found that stimulus is one thing that I can influence and regulate to help children thrive. I want to inspire you with what I've learned!

Stimulus  
/stimyales/  
noun  
1. a thing or event that evokes a specific functional reaction in an organ or tissue.  
"areas of the brain which respond to auditory stimuli"

The nervous system has countless jobs, but one very important job is deciphering stimulus to determine if you are safe or not. Safety = survival. It's not that simple, but it is. So, as a newborn, your brain starts processing every smell, sound, vibration, touch, taste, and sight to decide which system to activate – sympathetic or parasympathetic. As you grow and that space are most safe. As stimulus varies from that "normal" the nervous system must work (expend energy) to decipher the degree of safety. Unfortunately, the younger they are, the more black and white the conclusion is: mom=safe (parasympathetic) VS neighbor=not safe (sympathetic). So every time your child goes to a new place, hears a new tone of voice (smells a different odor), eats a new food, sees a face they have not seen often/ever – the amount of WORK that has to be done to maintain homeostasis is dramatically more. This means they increase the demand for vitamins, minerals, hydration, sleep, comfort, calories, and calm.

You can loosely correlate this to the allostatic load that many athletes use to determine how often and how hard they work out. Most commonly you hear the analogy of a cup. If the cup is full – you can handle more. If the cup is low or empty, you need to rest and refuel.

So, if you want to be supermom and have the best functioning kids on the block – moderate their stimulus! Make sure your outings and social activities don't drain their cup AND plan adequate time to rest and refuel. This might look like:

- ♥ Doing 2 errands per day for 5 days instead of 10 errands in 1 day
- ♥ Mandating rest the day before and after a birthday party or family gathering
- ♥ Planning extra cuddles adjacent to leaving for work and when you return home
- ♥ Limiting the amount of time you spend at a playdate
- ♥ Packing "safe" items that smell, sound, or look like home when your child is away

- I hope:
1. This inspires you!!
  2. You find that balancing stimulus helps your little human thrive like never before!!
  3. Your little human gets adjusted!!
  - a. Adjustments help the receipt and response to stimulus like nothing else can!!
  4. You feel like you can relate to your child's behavior in a more compassionate and understanding way!

In Love and Service,  
Taryn Lowery, DC

## HEALTH HACK

Holiday stress? There is no time or need for that!

Nevaton® Forte contains Skullcap, St John's Wort, Schisandra and Saffron to support healthy nervous system function including mood balance.



These herbs have been traditionally used in herbal preparations to:

#Calm the nerves and restore balance in temporary mood swings

#Support healthy nervous system response

#Encourage balance between the body and mind

#Ease the effects of occasional mild stress

#Help promote healthy mood balance

#Provide relief from occasional sleeplessness\*

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

