



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 1 | March 2019

One Small Moment at a Time

By Dr. Taryn Lowery, DC

Our practice, our care, and our relationships are built on five letters...one word, TRUST. We treasure the opportunity to share our gifts and light with all that enter our doors. Over time we have learned that the best way we can honor the time and optimism that you invest in us is to earn your trust.

"Trust is a product of vulnerability that grows over time and requires work, attention, and full engagement. Trust isn't a grand gesture, it's a growing marble collection."
~Brene Brown

So, Brene Brown isn't just a random quote that we fell in love with online. My love for her work started with an email. In 2012 we were in construction mode at our current location. I was making a lot of important decisions that I knew would be the foundation for what our brand represented and WHO we would become. Coincidentally (just kidding - coincidence - rrrriiggghhhhhh), my dad enjoyed a Ted Talk featuring Brene and shared it with me. When I watched it, it spoke to me. Not just the kind where I think, "Oh that is cool" like usual (my brain gets busy and is easily overwhelmed). This video shook the foundation of my life, and resultantly shifted mine!!! Brene spoke about what was the make-up of my heart...who I was. It was like I had a medical condition that I had traipsed the globe (really just 18 moves in 18 years - another story for another time) trying to find a diagnosis, and she finally diagnosed me. In 20 minutes and 50 seconds, she not only gave me permission to be who I was, but she made it sound cool, allowing me to embrace it.

From there, I wrote a little synopsis of what I gleaned from the video and integrated it into our email signature. Shortly after, on October 15th of 2012, just two months after our practice was open, a precious woman named Jeany Mercer came in. She said she saw our logo, and she had to see what we were about. As we talked, she told me that she was a Life Coach. I told her I wanted to learn more. Our conversation became more emotional and personal very quickly. She mentioned she was a facilitator for the work of Brene Brown. I'm sure my face looked puzzled as I searched through my references and experiences trying to find that name! I finally had my light bulb moment, shared my story with her. We both cried and hugged, knowing that we were a part of something more!

It goes without saying, a little of who I am today is a product of what I have learned from embracing my organic desire to connect with people, and the authenticity that I conduct my relationships with. Sometimes I leave our little village to find that our way is not the normal way. I find myself in gratitude for our awesome God that made my heart the way He did, and how He has woven me into the lives of some incredible people, like you!

So the next time you are here and your eyes glance across one of the two marble jars in our office, you will know the story. Hopefully you will also be reminded of the importance of the work, attention, and full engagement that is required to build trust with the people you love. Thank you for helping us grow our marble collection, one small moment at a time!

In Love and Service,
Taryn Lowery, DC

Upcoming Events

TUES
5
MARCH

Medi Herb Bacopa Complex Demo

SAT
30
MARCH

Essential Oils Class for Emotional Balance

WED
20
MARCH

First Day of Spring

SUN
7
APRIL

World Health Day

THURS
21
MARCH

AloeLife Cherry Berry Demo

FRI
19
APRIL

PLC Office Closed for Good Friday

PATIENT OF THE MONTH



Imagine the diligence and fortitude it would require to start your own business. Gary McCoy, our patient of the month for March did just that. In fact, the same characteristics it takes to start a business from the ground up is the same way he chooses to do everything in life.

Gary "The Real" McCoy and his wife, Tracy, founded Hillbilly Nutrition in 2011 in their own words, "as a place to teach and share all the things surrounding the grass roots movement to eat better, source local, and cook with clean ingredients." On their farm they are currently raising pork, lamb and eggs!

They enjoy their beautiful sprawling farm with their two daughters. Tracy, Gary's wife, has beautifully written both of their girls adoption stories on their blog. Gary takes his whole health, and particularly the role chiropractic plays in it, very seriously! In relation to chiropractic he says,

"I like how you can take something that is whole body and work to strengthen it, mold it and repair it to function properly."

He shares that he finds it, "amazing how every part of your body talks to every other part and that you aren't just "popping" our backs and necks, but really making the information highway work and communicate properly."

Gary knows that running an active farm as a business is hard work and requires physical and mental strength. His way of keeping his body in optimal performance is getting his adjustments. One thing that Gary tells his friends who haven't tried Chiropractic before is, "Give it a try. what do you have to lose besides the pain?"

We are so thankful for Gary's insight and great loving spirit. Gary is a great example of a patient who is given advice and applies it. That makes him a great villager at Peace of Life because he's reaping the full benefits of what Chiropractic care is intended for.

Want to Find Harmony in Healing?

One of the amazing parts about our bodies is our athleticism and ability to do incredible things. One of the things that comes with exercise and athletics is the occasional injury or development of acute pain. Recovery has a timeline; We can either take the time to allow it to heal on its own time or we can apply focused attention to a troublesome area. No one understands this better than Peace of Life Chiropractic's own Dr. Joey Lowery, who has devoted years of education to this area through his B.S. and M.S. in Exercise Science prior to chiropractic college and years of dedication to this area in his practice.

For existing patients with an injury or acute pain, we offer a unique service called Remedy and Restore, which is based on NeuroKinetic Therapy. With focus placed on the harmony between the nervous, muscular, and fascial systems, recovery is proven to be quicker and more efficient. We will perform a brief, focused assessment of the current injury. Expectations will then be established. Once we have gone through the diagnostic process, and answered any of your questions, we will begin your treatment.

RESILIENCE & Recovery



VISIT INCLUDES

- Re-Examination, Adjustment
- Manual therapy
- Active Rehabilitation
- K-Taping

BENEFITS INCLUDE

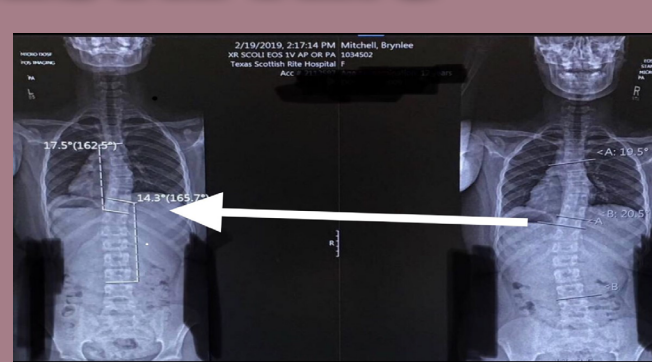
- Faster Recovery
- Reduction in Pain
- Improved Range of Motion
- Enhanced Performance
- Efficient Tissue Healing
- Reduce Chronic Myofascia Patterns

TOTALLY TESTIFYING

Brynlee is a beautiful and sweet 12 year-old who started coming to our office in September of 2018 looking for help with scoliosis.

Brynlee has been diligent in following recommendations. She went back to her scoliosis doctor at Scottish Rite for a check up on her progress. With a combination of compliance and consistency, she experienced some dramatic changes! She had an 8 DEGREE reduction in curves!

The possibilities with chiropractic care are endless. You just have to take a leap of faith. These photos are a four month difference!



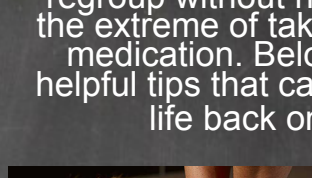
"Our girl got a great report at Scottish Rite today! Left is today vs four months ago! Thanks to lots of people praying, appointments with Dr. Taryn every 2-3 weeks and doing her stretches, her scoliosis is improving!"

- Brynlee's mother, Amanda

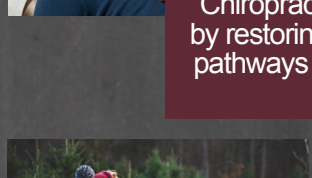
Health Hack

Sometimes in life we can find ourselves easily distracted, mildly fatigued, or even a little forgetful.

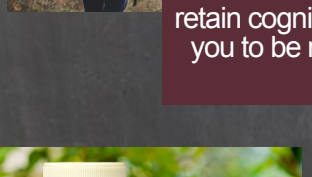
When we experience these symptoms, often times we can regroup without having to go to the extreme of taking prescribed medication. Below are some helpful tips that can help you get life back on track:



Chiropractic adjustment helps by restoring the communication pathways between your brain and body.



Recreational therapy helps maintain a positive outlook and retain cognitive function. It allows you to be refreshed and clear-headed.



Medi Herb's Bacopa Complex combines the herbs Bacopa, Schisandra, Eleuthero, and the essential oil Rosemary to help enhance mental clarity and support cognitive function. To learn more click [here](#)

CHIRO'S CORNER



Just Breathe

By Dr. Joey Lowery, DC

You've heard this statement before, and probably said it yourself. However, do you feel confident that you're breathing properly? Many patients we visit with do, and yet when assessed they see that breathing pattern is actually holding them back from reductions in pain, increased range of motion, and their ability to reduce their stress. Yes, you read correctly. Breathing properly can be a valuable weapon against bouts of lengthy stress and discomfort in our lives.

What role does stress play in breathing? Stress is inevitable, and necessary in minor bouts because stress is a stimulus the brain requires to respond to in order for our bodies to operate against. Chronic stress however is what invites a negative impact on our breathing (i.e. shallow, loud on inhale, increased pain in the shoulders, hips, or lower back, etc.). Our brain is doing only what it is meant to do, which is respond to the stress, but we're constantly in a state of "running from a predator" as far as our brains are concerned.

Let's talk about one muscle in particular that has a big impact on breathing. The diaphragm is located basically in the middle of our torso just below the bottom ribs. This dome shaped muscle connects to the pelvic floor and the spine to create this "theatre" like presentation. If the brain alters breathing mechanics to combat against chronic stress then you have a recipe for a dysfunctional diaphragm.

Now the question, "What is my diaphragm doing to my breathing pattern?" Getting assessed by myself or Dr. T can help answer that question. Proper breathing mechanics can open the door to many benefits physically and emotionally. Stress isn't going away for us anytime soon, but with a proper change in your breathing pattern, you can see and feel a huge change in your body and mind.

In Loving Service,
Dr. Joey

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!

