



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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The Art of Responding Instead of Reacting

By Maggie Grayson

Whether it's an interaction with your spouse, child, co-worker, friend or YOURSELF I have found ONE thing to be most transformative in my relationships.

Taking the time to respond instead of react. It may look like a single breath before a response. Or honoring yourself with some quiet time to process before a response. It can look quite different to each of us, but the similarity is that we get to tune into our true self instead of just react from a place of ego. When we pause to honor ourselves and the person we are in a relationship with we immediately reconnect to love.

I totally understand that the outside world may see us this behavior of pausing as odd. How dare we not respond to a text or email right away? Or even ask to be excused for a moment to think about the conversation. Change is good! Start doing things differently if you'd like a different outcome.

All that to be said, there is ONE thing that I have found to be most effective to supporting my practice or responding instead of reacting, and that is meditation.

Sitting with myself each and every morning for at least 10 minutes has been transformative to my body's homeostasis. And when our body is in balance it is easier to see clearly and tune into yourself.

Give it a try. Commit to 10 minutes of time with yourself each morning. Don't over complicate it. Just sit, in stillness, by yourself, for ten minutes, breathing. Let me know what changes you notice. Connect with me on Instagram @maggiegrayson143



#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

#liveschanged :



Upcoming Events

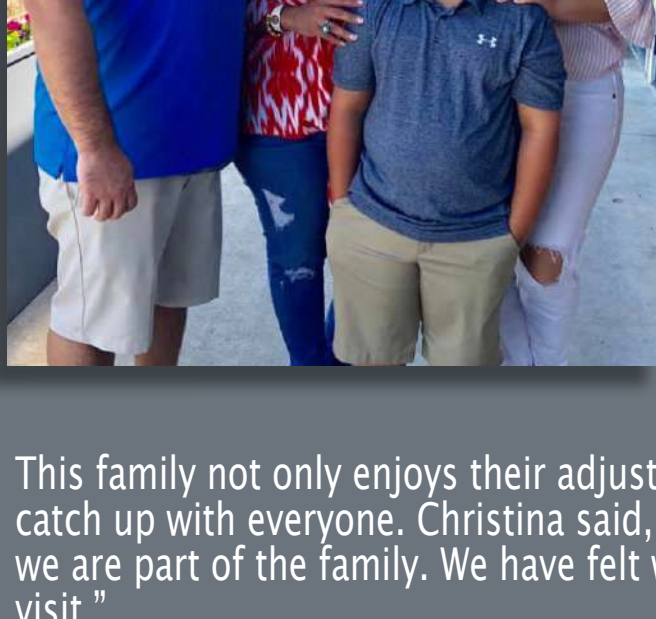
1-7 MAR National Sleep Awareness Week

TUE 17 FEB St Patrick's Day

16-22 FEB National Brain Awareness Week

SAT 21 MAR Your Best Birth Class

PATIENT OF THE MONTH



Talk about a ray of sunshine! The Clemmons family is just that. You can always feel the love when this family comes in the doors. Christopher and Christina are no stranger to our village. We have enjoyed serving them for over seven years.

All three of them have their specific reasons why they look forward to their appointments. Christopher enjoys talking to Dr. Joey about all things BBQ. Christina makes her travel schedule around her appointments and will never leave the building with out her ears being adjusted. Camden has yet to lose his smile when he is in the office. He always looks forward to Dr. Joey giving him a hard time.

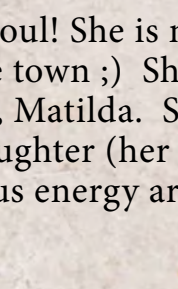
This family not only enjoys their adjustments, but truly look forward to coming to catch up with everyone. Christina said, "Every time we walk in the doors, it feels like we are part of the family. We have felt welcomed, appreciated, and cared for in every visit."

This family loves chiropractic because it provides solutions to many ailments without having to resort to surgery or medication. It is a valuable resource to have always. The Clemmons shared that when friends ask them about chiropractic they always tell them that, "Prior to committing to any type of surgical procedure, they always consider chiropractic as a solution. It's a game changer for our family!"

The Clemmons family is so beloved here at Peace of Life. When Christina said, "We have experienced several 'moments that matter' in our life that we have shared with Dr. Joey and the entire office," It made our hearts beat with joy! We are so thankful for these moments and all the moments we get to be a part of with this precious family.

Prayer Request

For our current 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 most incredible place to heal, connect, balance, and move!!



Staff Member of the Quarter

Jayme is a Midlothian native with a hippie soul! She is married to Stan Fletcher. She is related to half of the town :) She has a beautiful, curly-headed, blue-eyed little girl, Matilda. She is an amazing mom, wife, daughter, and granddaughter (her BeBe is THE BEST!). Her joyous spirit and vivacious energy are our favorites!



After many adventures, Jayme was called to be a massage therapist in 2007!! She dove in head first at the American Institute of Allied Health in Lewisville, TX. She has practiced a variety of techniques in an array of environments (she loves ours the most!!). She has developed an art of her own. Her intuitive hands can turn a frown upside down!

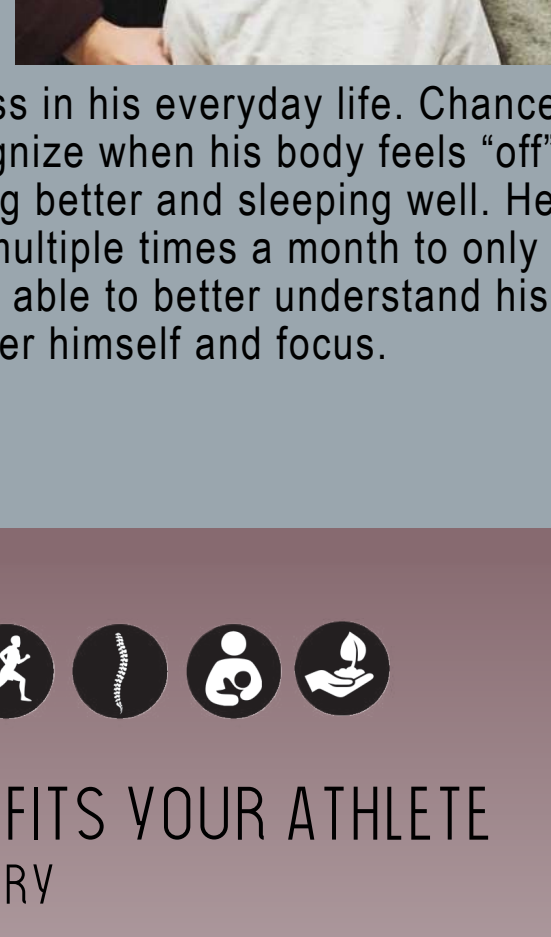
Jayme also found inspiration in the emotional healing qualities of massage. She is a certified Level II - Usui Reiki Ryoho. She uses her training and experience to exchange love and light with her clients. Reiki a really beautiful, restorative therapy that helps bring harmony to the body!

Her favorite things = FAMILY!! She loves celebrating all the occasions & has the social calendar of a celebrity! Her daughter is the axis of her world. Matilda = cute + sweet!!!

Once you experience Jayme's massage, you will understand why she is a sought-after therapist! #musclewizard #wearesoblessed #thankyouforchoosingPLC

TOTALLY TESTIFYING

Chance was born at 27 weeks gestation. He had a very rocky start to his life and spent 91 days in the NICU. Chance is now 9 years old and overall very healthy. He is smaller than kids his age and has been diagnosed with ADHD this last year.

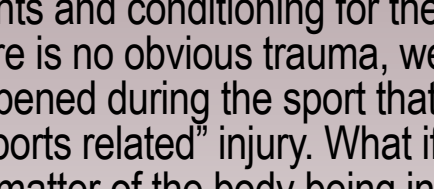


Knowing the side effects of ADHD medications, and Chance already being on the low end of weight for his age, I sought out alternative treatment. I am very into treating your body as a whole and wanted to find ways to teach Chance how to cope with and manage his diagnosis rather than start with medication.

Dr Taryn has done wonders for Chance! She involves him on all of his treatments and provides him with ways he can cope with stress in his everyday life. Chance loves going to get adjusted. He can now recognize when his body feels "off" and ask if it's time to see Dr T yet. He is eating better and sleeping well. He went from having his folder signed at school multiple times a month to only 2 times this year! He's proud of himself and is able to better understand his ADHD and things he can do to gain control over himself and focus.

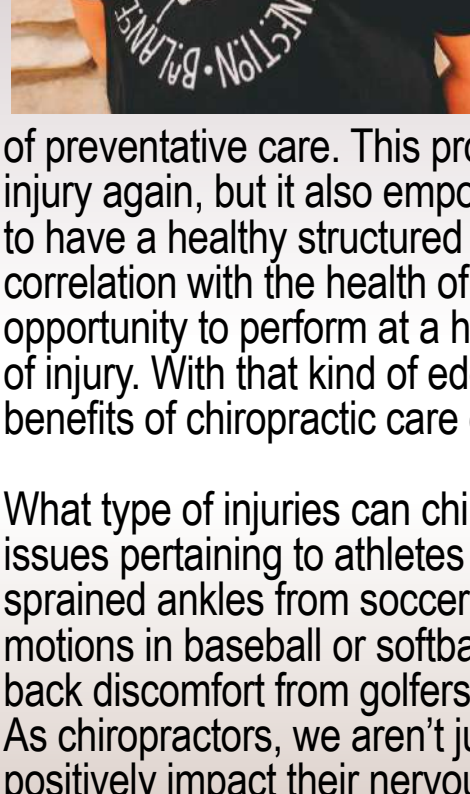
- Chance's mother, Tami

CHIRO'S CORNER



WHY CHIROPRACTIC CARE BENEFITS YOUR ATHLETE

BY DR. JOEY LOWERY



This time of the year brings on a wide variety of sports kicking off. The variety of sports going on right now can invite the opportunity to have an injury occur. Often, these injuries will occur from a traumatic event during play, or during weights and conditioning for the sport. However, when there is no obvious trauma, we think while the injury happened during the sport that it is categorized as a "sports related" injury. What if I were to tell you it may be a matter of the body being in a state of imbalance and the sport shed some light on it?

In many cases, our patients seek our help regarding an injury they felt during practice and/or play. While we examine and explain what we feel is the cause of the issue, we also do our best to educate on the importance of preventative care. This proactive approach not only reduces the chances of the injury again, but it also empowers the athlete with the knowledge of how important it is to have a healthy structured and aligned spine. The health of his/her spine has a direct correlation with the health of their nervous system. The athlete's body has a better opportunity to perform at a high level, recover quicker, and greatly reduce their chance of injury. With that kind of edge over their competitor, the athlete can now feel the benefits of chiropractic care during competition.

What type of injuries can chiropractic help? We often see various musculoskeletal issues pertaining to athletes such as but not limited to: "Jumpers knee" from basketball, sprained ankles from soccer or track, shoulder and elbow discomfort from throwing motions in baseball or softball, lower leg troubles with marathon runners, and lower back discomfort from golfers. These types of injuries tie back to postural alterations. As chiropractors, we aren't just trying to get the athlete back into play, but also trying to positively impact their nervous system so they may feel, function, and perform at their highest level. Wait a minute, that means that everyone needs a chiropractor! (Insert smirk from Dr. Joey here)

In Love and Service,

Joey Lowery, DC

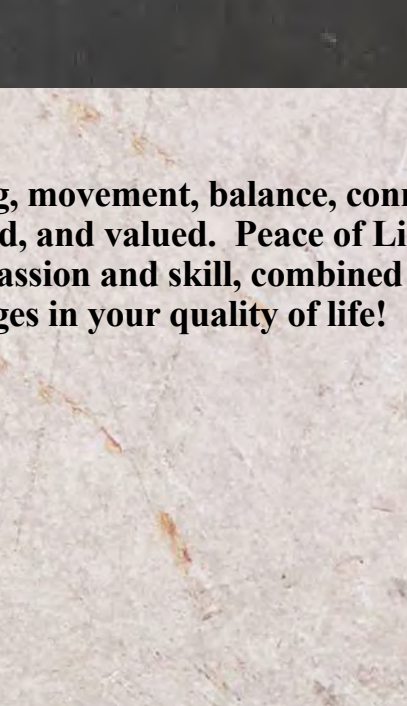
Health Hack

With crazy Texas weather we are definitely in need of options! What most people think would be an unlikely option to help promote the body's normal resistance function, promote vitality, stimulate healthy immune system response and encourage adaptive response to occasional stressors; the Reishi and Shitake mushrooms can.

These mushrooms are considered an adaptogenic herb. It helps the body deal with negative effects of stress, inflammation and depleted energy levels. Their antioxidant abilities help strengthen the body's defense against many stressors that effect the body.

Benefits

- Promote the body's normal resistance function
- Promote vitality
- Stimulate healthy immune system response
- Encourage adaptive response to occasional everyday stress



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!

