



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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My Holistic Journey

By Amanda Simon

My holistic health journey centers on motherhood, family, yoga, and cultivating a healthier palate. I have always been a strong believer in the mind, body, and soul. In the beginning, after high school, I pursued a career in massage. Massage is a holistic healer to the body and it helps with reducing anxiety, fights depression and improves immune function. This journey taught me the power of compassion and human touch. As a teenager, I struggled with anxiety, depression, and panic attacks. Not truly understanding the physiological breakdowns of anxiety, I spent a large portion of my life, up to my early twenties, in and out of doctor's offices and taking a wide variety of prescribed medications. Finally, my mind and body hit its breaking point. Of course, doctors are quick to jump towards another prescription regardless of the side effects. The justification has always been that all anxiety medication is a trial and error. At this point, I was always stressed out which ultimately led to me having to battle stomach ulcers. Being an active mom and wife who is always thriving with adventure, I was now forced into isolation, because I could barely leave the house.



One day I mustered up the courage to tell my psyche that I will not go on feeling helpless anymore. I went looking for answers outside the medical field and started to invest my time in self-help books speaking on anxiety and depression. These books suggested keeping a journal, changing your diet (mainly watching your caffeine and sugar consumption), yoga, and positive affirmation. As I started to check the items of success, I eventually took a yoga class by myself. Now, keep in mind at this point driving and leaving the house would cause me to have severe panic attacks. The combination of activities driving me beyond despair, while knowingly telling myself to proceed caused the first several months to be a nervous blur. Subtly, I told myself, over and over again, to trust the process. Thru this process and perseverance, I found myself. After a year of self-care, my self-esteem hardened, and I found myself not taking any medication.

I feel in love with the way yoga mentally prepared me to battle any psychological tyranny and found myself getting certified to teach others. I believe God put me on this spiritual journey to connect and help others. I found my calling with being able to combine massage therapy with yoga; I started each class with a head and shoulder massage to offer the power of touch. I always enjoyed ending the class with a gentle temple massage with essential oils. I found that positive affirmation instilled strength when I felt hopeless, so I always conveyed this in class. I never knew the story brought to the mat; however, I know the insecurities that exist at my mat and what is needed to try one's self to the next level. Teaching made me more aware of where I carry all my stress, my body alignment and catapulted me into trying chiropractic care.

I was pregnant with my fourth child and battling the anxieties that once haunted the old Amanda. Flashbacks yanked me back decades; fortunately, self-perseverance gave me enough strength to seek answers. A friend led me to an amazing chiropractor who specializes in pregnancy and infants while promoting holistic remedies, Dr. Taryn!

My journey with Dr. Taryn began five years ago and has grown into a friendship where family care is truly her specialty. She made herself available to walk me thru any concerns, worries, or fears I had during my pregnancy and at every breaking point offering me a calm voice. During my pregnancy, she was more of a blessing to me than she will ever know. It was Dr. Taryn who taught me about home births and midwives, and thru my adjustments I grew more interested in a natural environment to give birth. My first three daughters were delivered in a hospital, and I wanted to change the environment from relying on a standard doctor. This pregnancy was so different than the other times before. I had a heightened sense of smell, nausea, and I mimicked carpal tunnel syndrome in both wrists. Needless to say, I didn't get to experience a home birth because little guy decided to flip and became breeched. When I found out being breeched would possibly require a caesarean delivery, I frantically called Taryn's office to seek understanding and advice. I was panicky and mentally emotional because I did not know if I could handle a caesarean delivery—all my other children were natural childbirths without an epidural. When I called, I was within days of my due date. She returned my call with a calm tone to reassure me everything would be ok. Literally, her assurance was a huge weight being lifted and we worked together trying various holistic approaches to flip him back.

Brantley, being the boy he is, remained feisty and refused to turn, so we welcomed him into this world by C-section. I knew I would need Dr. Taryn more than ever to heal my body after my first caesarean delivery. I struggled with side effects from the epidural leaving me with lower back and hip problems. Her methods subsided my pain and helped me recover quickly so that I could start teaching yoga again, a challenging but worthwhile endeavor.

During my recovery, at one of Brantley's check-ups, his doctor claimed Brantley's head was forming incorrectly and would possibly need a helmet. The doctor informed me to return in four weeks to verify if the helmet would be necessary while giving me a pamphlet explaining the condition. I found myself calling Dr. Taryn's office, again, frantically. Dr. T tells me "we got this." Yet again, I find myself leaning on the experience and wisdom of Dr. Taryn. A few appointments later, Dr. Taryn was able to alter the diagnoses and the doctor informed me a specialist would not be necessary.

I believe God orchestrates people and things into coexistence for a reason. Dr. Taryn and The Peace of Life Village is a true blessing and has been there for me when my kids have had sports injuries, throughout my pregnancy, during postpartum, and ritual adjustments. Dr. Taryn's holistic methodology fits into my personal journey with healing the mind, body, and soul thru natural occurrences.

#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

Monday 1st
March

Self Injury Awareness Day

Sunday 14th
March

National Write Your Story Down Day

Wednesday 17th
March

St. Patrick's Day

Saturday 20th
March

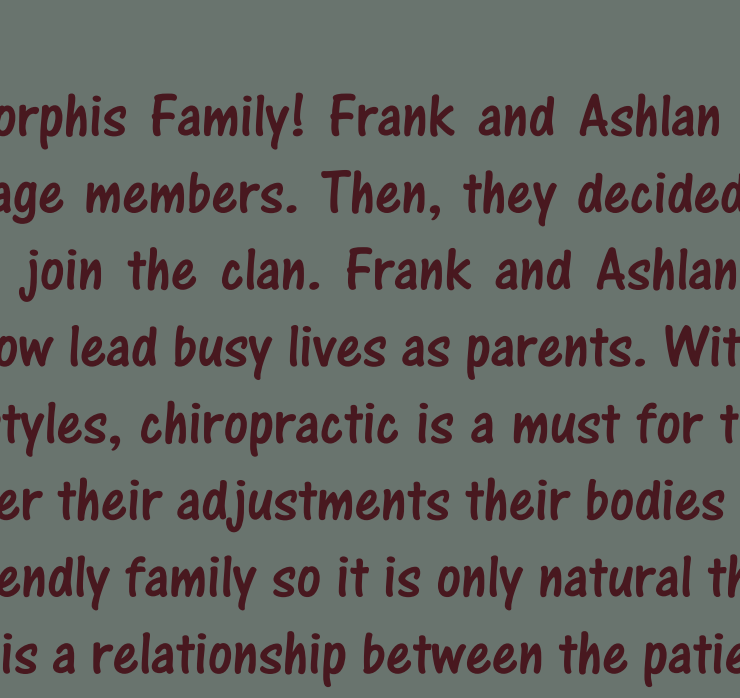
Spring Begins

Tuesday 23rd
March

Product of the Month DEMO

Nutripure Charcoal & Bentonite Clay

Patient of The Month



Say Hi to the Morphis Family! Frank and Ashlan have been a little over a year as village members. Then, they decided to have beautiful Emery and let her join the clan. Frank and Ashlan were high school sweethearts who now lead busy lives as parents. With leading busy and active lifestyles, chiropractic is a must for this family. They feel like after their adjustments their bodies function optimally. They are a very friendly family so it is only natural that they gravitated to us! Chiropractic is a relationship between the patient and the doctor. They love the investment that both doctors' take in their health.

When it comes to sharing with their friends about why they choose to have chiropractic, they said, "Chiropractic care isn't simply a quick fix. It's a way for you to take care of your body and mind that isn't invasive. It has taught us the importance of bodily balance and what joy it can bring to life."

We are blessed to have such a wonderful family in our village!

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!



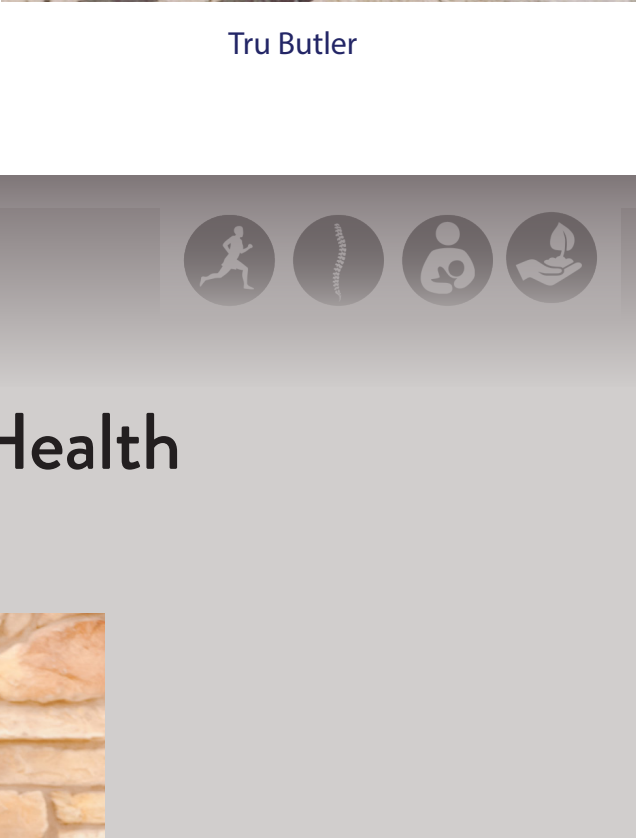
Totally Testifying

Tru has been seeing Dr. T since his first day this side of earth! On a Saturday evening after Christmas, Tru who is 3 years old, hurt his knee on the trampoline with his older siblings. The first thing I did was contact Dr. Taryn!

She checked out his knee and told me that his knee cap was out of place. We met back with her Monday morning; she adjusted him and his knee cap was finally back where it was meant to be. He was back again walking within a week!

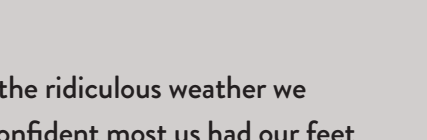
We followed up with her every week until he was totally healed! We believe she has God given abilities! We love her and everyone else at Peace of life and we are so happy to have been coming there for almost 8 years! They are like family to us!

-Chandler Butler



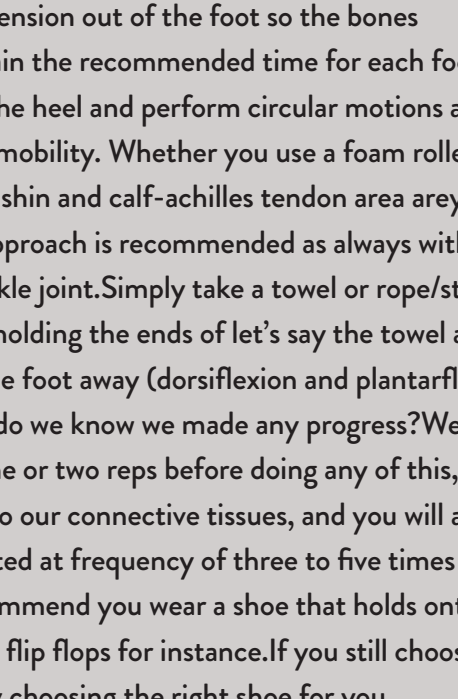
Tru Butler

CHIRO CORNER



"Foundational" Health

Joey Lowery, DC

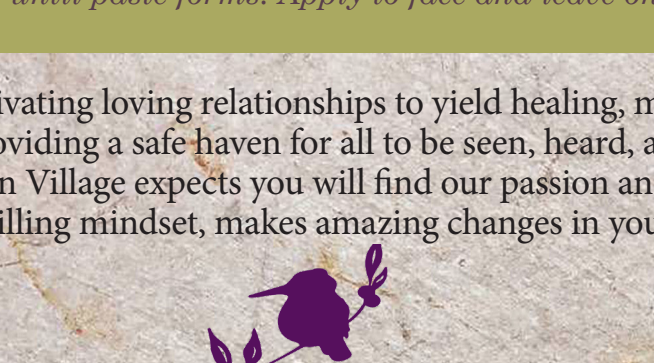


This February of 2021 was one to remember and forget on how you looked at it with the ridiculous weather we experienced in clothing and shoe of the month. I begin with this statement because I would be confident most us had our feet protected with these and how we wear not fitting of warmer temperatures. The good news is we're heading toward those temperatures, which means many of us will gravitate towards wearing a warmer weather type footing. Here's where we need to set the stage for a good experience so our feet (our foundation) stay happy. No one joint or group of joints are going to be impacted by a form of trauma without the body as a whole being impacted. There are 33 bones and 26 joints in the feet. Since they are our base, there is no way the rest of the body will not be influenced in some form. There be a variety of discomforts that come with the feet if they are not taken care of. I am here to provide some suggestionsto you so you decrease your chances of experiencing these discomforts. Let us start with some foot mobilization suggestions. The first one would recommend is using a tennis ball or lacrosse ball underneath the foot and applying a gentle pressure as you stand over the ball of choice to roll the arch in the foot over the ball. Think of a slice of pizza on the bottom of the foot with the point of the slice at the heel. The arch system in the foot basically looks like that, and so you will roll the foot in this image to help release tension in the connective tissues on the bottom of the foot. This can be done for one to two minutes per foot. Remember, a gentle pressure is recommended. A second recommendation is you sit down with the foot of choice in a position you can interlock your fingers and toes (ex. Left foot and right hand work together while the left hand braces the left foot for stability) from the bottom of the foot and perform circular patterns as to "shear" the tension out of the foot so the bones can move more freely. One to two minutes is again the recommended time for each foot. Lastly for foot mobilization, you will then take the same working hand and grab the heel and perform circular motions as to help mobilize it, for the same recommended time. We next move to the ankle mobility. Whether you use a foam roller, a mobility stick, a ball, or a massage therapy gun just to name a few, the front of the shin and calf-achilles tendon area are your focus here to reduce tension so the ankle joint is moving more freely. A gentle approach is recommended as always with a slow methodical pace. Next comes the ankle pumps with help really open up the ankle joint. Simply take a towel or rope/strap and while seated you will place it gently underneath the front half of the foot and while holding the ends of let's say the towel and your leg extended in front you gently pull the foot toward you but then gently push the foot away (dorsiflexion and plantarflexion motions of the foot). This can be done for about 30 to for 40 reps at steady pace. How do we know we made any progress? Well, a great beginning baseline assessment tool is simply the standing toe touch. Perform one or two reps before doing any of this, and then reattempt afterwards to be and feel your progress. There is no touching or end to our connective tissues, and you will again impact other parts of the body no matter negative or positive. This can be repeated at frequency of three to five times per week before a workout or an active recovery day and even by day's end. Lastly, I recommend you wear a shoe that holds onto your foot, not vice versa. You drastically change your foot mechanics and gait by wearing flip flops for the instance. If you still choose to wear them, do so only a few hours versus all day. You'll do yourself a great service by choosing the right shoe for you.

I hope these suggestions treat you well. I hope your "foundation" benefits and you're feeling like you move so much better because of it. Please as always let us know if you have any questions and keep on making the best health choices for you that let your light shine the brightest!

Yours in health,
Dr. Joey Lowery

Health Hack



Uses for Activated Charcoal and Bentonite Clay:

Tooth Whitening

Recipe: 3 Tablespoons of Bentonite clay and 1 Tablespoon of Activated Charcoal. Mix in airtight container. Dip wet toothbrush in mixture.

Pore Minimizing Mask

Recipe: 2 Tablespoons of Bentonite Clay and 1/2 Tablespoon of Activated charcoal. Mix with water or apple cider vinegar until paste forms. Apply to face and leave on for 10 minutes. Bentonite clay alone acts as an antibiotic treatment when it is applied topically to the skin.

Detox for your Armpits

Recipe: 2 Tablespoons of Bentonite Clay and 1/2 Tablespoon of Activated charcoal. Mix with water until paste forms. Apply to face and leave on for 10 minutes.

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!

