

Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 3 Issue 4 | April 2021

Hope in the Midst of Uncertainty

By Heather Crowder

After my husband and I got married in 2012, we couldn't wait to expand our family! I had a son that was 5 at the time! He wanted a baby sister so bad! But after one year of no positive pregnancy tests, we were referred to a fertility clinic. Of course we were terrified because we wanted a baby so bad. After multiple different tests, the results were inconclusive and we were diagnosed with "unknown secondary infertility." And just like that I felt like I had been punched in the gut. Every emotion you can imagine was felt. I was sad, angry, scared. I felt like I had failed my husband! This isn't what it was supposed to be like! We are young & healthy...it should be "easy."



Fast forward through several years of failed fertility treatments. I was no longer "healthy." I was mentally and emotionally drained, had gained so much weight, lost so much hair I had bald spots...I was angry all the time. Just not the wife and mom I needed to be. So I started searching. I needed something different. Desperately! And that's when I found Peace of Life & Dr.Taryn. I typed up an email seeking further information, curious if Dr.T had experience with people like me. I'll never forget the hope I felt reading the response I received from Dr.T. Towards the end of the email she said "I don't intend to give you inflated hope, but miracles happen every day!" And while I didn't have inflated hope, I had hope again! I needed that, so bad. I scheduled in to see her for her next available new patient appointment and the rest is history! She got my body healthy, my mind healthy. I was back and better than ever! And although the months kept passing and we weren't getting pregnant, I just felt better all around! My husband and I decided to "stop trying" and just move forward.

I continued getting chiropractic care every 2-4 weeks to keep myself healthy. Fast forward to April of 2020... smack dab in the middle of a "pandemic!" Something was different than ever before, so there I was, in my break room bathroom taking a pregnancy test. End when I saw those 2 pink lines I was instantly in shock.

I remember saying to her, "I have something to tell you!" She knew. She immediately started crying happy tears with me.

I didn't even have to say the words! So while I thought I was fully back to myself after starting chiropractic care, I was still missing one piece—my mind! While I felt good inside and out, I had some hidden stress, emotions, triggers that I needed to work out. And by completely letting go & working on those, my body was finally ready to let go and give us what we had always wanted. We couldn't be more happy to be a family of four! And I truly feel that chiropractic care with Dr.T gave us that! So now when I say I feel whole & complete, I completely mean it on a whole new level! Thank you!

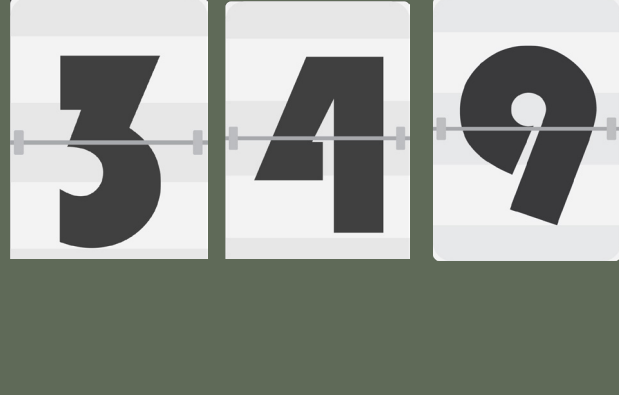
#liveschanged

#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

Friday
2nd
April

Good Friday



Sunday
4th
April

Easter



Tuesday
20th
April

Product of the Month DEMO



Thursday
22nd
April

Earth Day



Wednesday
28th
April

National Super Hero Day



Patient of The Month



Kelsey, Easton, Everson & Michael

Meet the Elliott family! Michael and Kelsey have been apart of Peace of Life before their boys were born. Michael has always been active in athletics, so naturally chiropractic has played a role throughout. Kelsey is the fourth generation in her family to have twins. They both had no idea, until they were surprized and blessed to find out they were having two boys. Chiropractic has been a game changer for their family. Kelsey shares,

"Our twins had severe cranial issues after birth. We brought them to Dr. Taryn, and because of the cranial work, she provided. The boys never had to use helmets. We trusted her and took her advice. Our boys are thriving! Thanks, Dr. T."

Chiropractic for them is a must. Once your body feels like it should, then you want to keep it like that. They share with their friends,

"Once you start, you can't and don't want to stop going!"

We are blessed to have such a wonderful family in our village! The Elliott's are a great family whom we are honored to get the opportunity to take care of.

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



I was having pain and swelling in my hands and feet. Dr.Taryn suggested I try the LET therapy with Macaley. I could tell after the first session my hands and feet felt a little better, but I was still a little skeptical about the it. Macaley explained how Lymphatic Enhancement Therapy goal is to decrease the inflammation, which like onion layers may take a few sessions to see the difference. After the 3rd treatment I was almost pain free. I could now wear my wedding ring again, after not being able to for awhile because of inflammation. I now go once a month to maintain and to detox. Macaley is a wonderful person! She is kind and very caring. She has made a difference in my life!

-Karen

CHIRO CORNER



WHY DID I WAIT???

I always say I'm going to make a t-shirt that says, "Why did I wait??!" This is rhetorical question that I hear often after someone receives their first chiropractic adjustment. Usually, it is followed with a description of an apprehension that delayed their introduction to chiropractic care. That apprehension, of course, quickly fades as it is replaced with the euphoria of feelings that flood your body following a chiropractic adjustment. I often hear of the limited view of how chiropractic care helps relieve neck and back pain. If people are open to wholistic care (massage, chiropractic, lymphatic enhancement therapy, cold laser, ionic foot baths, etc), then they essentially wait until the "need" relief to pursue such care.

It is much less common for people to use proactive practices such as drinking adequate water, eating the rainbow, working out, deep breathing, or supplementing various systems in your body. It is even more uncommon to hear of people seeking proactive treatments, such as adjustments, when they are feeling GOOD. I hope that with just a few more words, I can help you perceive the benefits of using wholistic care in general when you feel GOOD to feel your BEST!

1)Improved sleep, digestion, respiration, circulation, and mood! Every system works in harmony to care for the needs that you demand of your body – work, school, recreational, fitness goals, etc. Wholistic care relieves the "work load" on your body that is required to keep your baseline normal, it leaves more energy for your demands.

2)When you receive alternative care in a feeling-good state, your care-giver can help relieve deeper, older dysfunction to help you reach new levels of processing.

3)With increased proprioception and processing (refined nerve synapses) you can avoid falls, injuries, and poor performance. I love thinking about prevention in all ways!!!

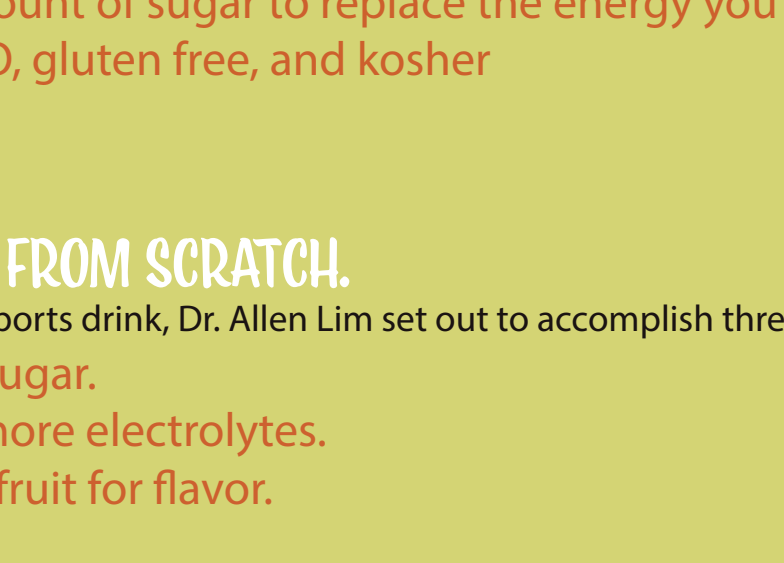
4)It is statistically proven that keeping your nervous system in fine tune will help you miss less work, recover quicker, and experience fewer complications from illness/injury.

5)When you feel good, you feel good!! It's hard to argue that how you feel physically affects how you feel emotionally ☺

Whether you are brand new to wholistic practices or you are the wait-til-there-is-a-problem guy, I hope you will not wait. Experience for yourself how being proactive in your health and healing can help you be more awesome in every way!!

In Love and Service,
♥Dr. T

Health Hack



REAL INGREDIENTS THE BODY NEEDS.

You may be a complex person, but your nutrition needs are not. Simple is good. Real is even better.

- The ratio of electrolytes you actually lose when you sweat.
- Right amount of sugar to replace the energy you've burned.
- Non-GMO, gluten free, and kosher

WE STARTED FROM SCRATCH.

To build a better sports drink, Dr. Allen Lim set out to accomplish three things:

- Use less sugar.
- Include more electrolytes.
- Only use fruit for flavor.

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!

