



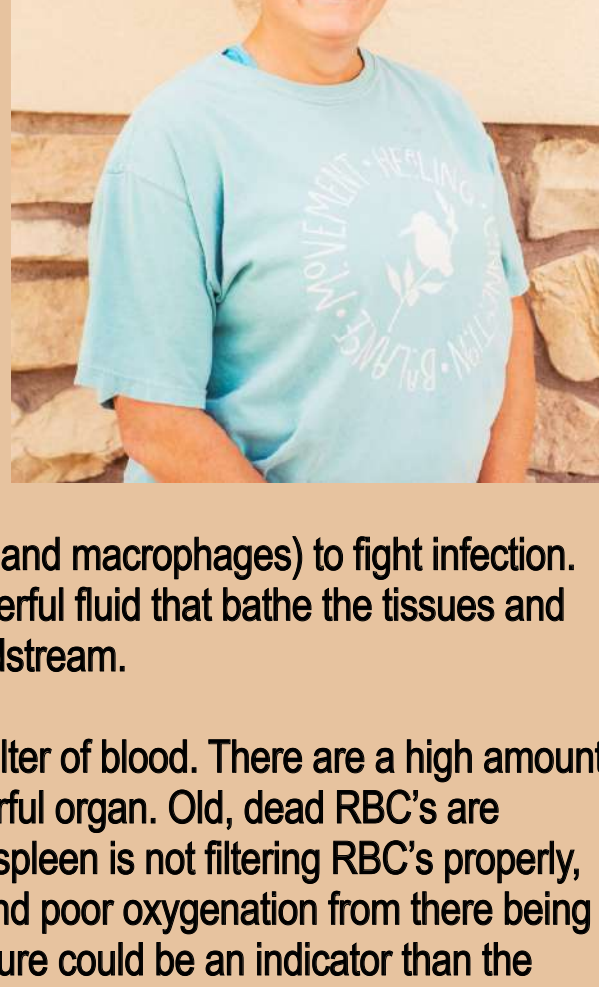
Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 2 Issue 6 | June 2020

THAT'S SPLEEN-DID!

By Macaley Davee
Lymphatic Enhancement Therapist



What's the largest organ in the detoxification system (aka the lymphatic system) of the body? **THE SPLEEN!**

Located under the ribcage in the upper left part of the abdomen is where the spleen calls home. The spleen has a close relationship with the tonsils, adenoids and thymus. Vital to your health and immune system, the spleen is the hunter of harmful bacteria, viruses and microorganisms. This amazing organ creates WBC's (lymphocytes and macrophages) to fight infection. These little fighters are within your "lymph", a powerful fluid that bathe the tissues and drains through the lymphatic system into the bloodstream.

The spleen also plays a huge role in blood. It's a filter of blood. There are a high amount of arteries and veins going in and out of this powerful organ. Old, dead RBC's are removed from the body through the spleen. If the spleen is not filtering RBC's properly, one may experience tiredness, fatigue, lethargy and poor oxygenation from there being too many RBC's in their system. High blood pressure could be an indicator that the spleen isn't functioning at its best. There could be too many RBC's and not enough WBC's which makes for thicker viscosity and harder to move = more pressure needed.

Dr. Perry Nickelston, DC, NKT, FMS, SFMA with Stop Chasing Pain reminds us that no system ever works alone. Unless an organ problem is truly serious, it will usually show up first within a muscle. You could notice a decrease in the range of motion in the shoulder, neck, hip or thoracic spine if the spleen has dysfunction, is sluggish or has become overloaded.

Some recommendations for keeping the spleen healthy and SPLEENdid are:

- Keep your lymphatic system functioning and flowing! Hydration is huge and movement is required. Keeping your lymph flowing with the encouragement of a dry brush between lymphatic enhancement therapy (LET) visits is a fabulous tool to use.
- Honor and express your emotions. According to Traditional Chinese Medicine (TCM), excessive worry and anxiety are locked in the spleen. An increase in stress = a flare in autoimmune or chronic pain. Pray to inspire hopefulness and positivity. Meditate to reduce worry, anxiety and overthinking.
- Take Breaks- Step away and BREATHE!
- TCM suggests that the spleen is powered by heat. Excessive consumption of cold foods and beverages including iced water, sodas, ice cream or other frozen treats dampens the "digestive fire" and the body has to work much harder to first warm what has been ingested before it can actually start breaking it down to be absorbed. Many fruits also have a "cooling" nature. Pineapples, bananas and watermelon are among those fruits that have the most "cooling" nature. Try to avoid things like refined sugars, dairy, alcohol and any processed foods. Encourage fueling with nutrients from things like winter squash, carrots, rutabaga, sweet potato, green tea, jasmine tea and aloe juice. Specific dietary advice and supplement recommendations are unique to each individual depending on what imbalances may be occurring. I would recommend speaking with Dr. Taryn or Dr. Joey for more detailed recommendations to fit you specifically.

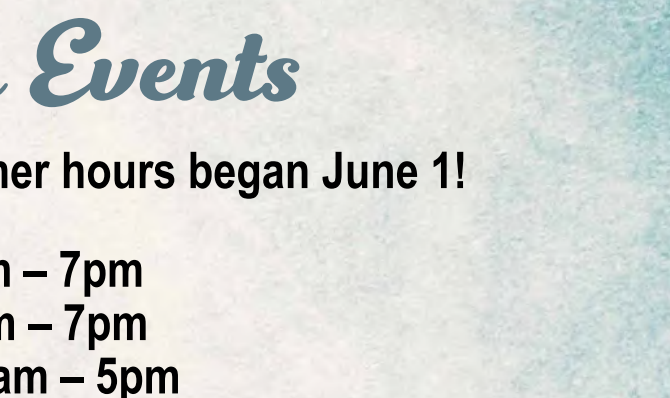
"Above all things physical, it is more important to be beautiful on the inside – to have a big heart and an open mind and a spectacular spleen." –Ellen DeGeneres

#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

Don't Forget: Our new summer hours began June 1!

Monday 7am – 7pm
Tuesday 7am – 7pm
Wednesday 7am – 5pm
Thursday 7am – 7pm

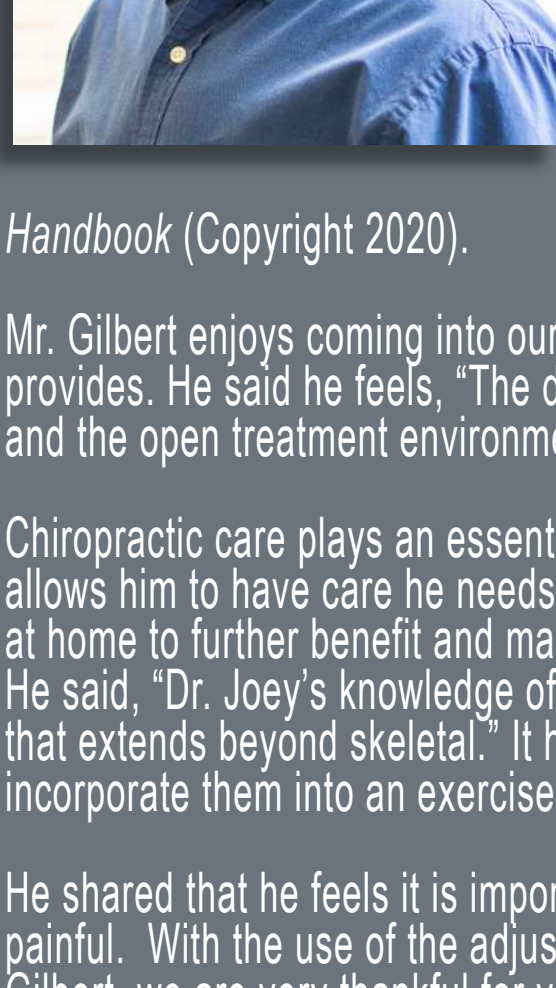
10-16 JUNE **Men's Health Week**

WED 17 APRIL **National Eat Your Veggies Day**

SAT 13 JUNE **Family Health and Fitness Day**

SUN 21 JUNE **Father's Day**

PATIENT OF THE MONTH



Mr. Gilbert, our patient of the month for June, is a scholar by trade. He has such a quiet and kind demeanor that you get the feeling that there is much more to his story, and there actually is!

He and his wife served 32 years as missionaries in Africa, Kenya, Togo, and South Africa. While their children grew up with a great, diverse education. He now spends his time as the program coordinator for the Doctor of Ministry degree at Southwestern Assemblies of God University. When he is not working at SAGU, he publishes books for a broad readership: *Sweaty, Sore, Sometimes Hungry* (Copyright 2019) and *The Christian Husband's Handbook* (Copyright 2020).

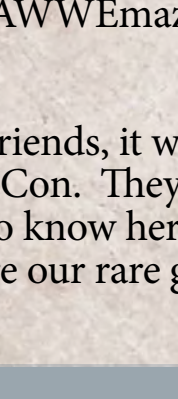
Mr. Gilbert enjoys coming into our village because of the peaceful atmosphere it provides. He said he feels, "The doctors and staff clearly like and respect each other and the open treatment environment is both relaxed and professional."

Chiropractic care plays an essential role in Mr. Gilbert's health journey because it allows him to have care he needs, and Dr. Joey teaches his how to adjust for himself at home to further benefit and maintain his body and health between adjustments. He said, "Dr. Joey's knowledge of muscles and nerves allow a holistic treatment that extends beyond skeletal." It has allowed him to take what he has learned and incorporate them into an exercise and flexibility program.

He shared that he feels it is important to know chiropractic care is neither weird nor painful. With the use of the adjustment table, it helps minimize the pressure. Mr. Gilbert, we are very thankful for your contributions to our village! Often our patients feed us just as much as we feed them!

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

JULIA ROBINS

CHIEF OF AWE

Julia is the most spirited people-lover you will ever meet!! She is 3rd generation MIDLO!! She graduated from MHS and then explored Texas until 2002 when she moved back to Midlothian after her son was born. She met her husband, THE Bill Robins), in 2006. They share a love for their three children (Zoe, Titus, and Teage), family, friends, and all other humans that is palpable! They show up for so many – so often!! It's awesome!

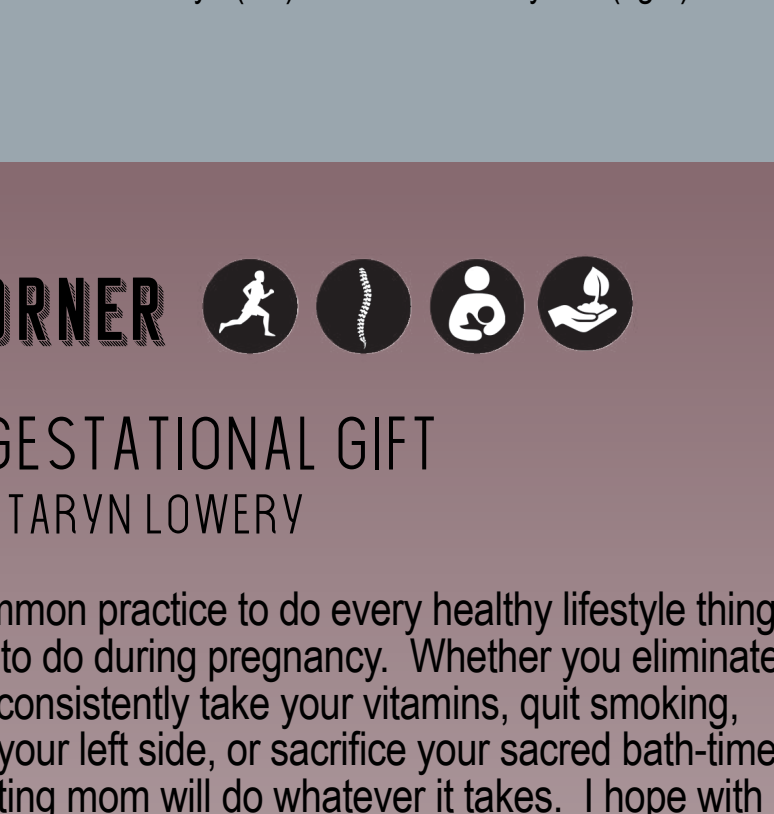


Since joining Peace of Life Chiropractic at Halcyon Village in 2019, she has exuded the qualities that she holds priority in life – serving others, making a difference, and spreading joy. As Chief of Awe, she is dedicated to our AAWWEmazing patient experience and will help you feel at home as if you were family!

If you see Julia out with her family in friends, it will most likely be at a super-hero movie, camp-site, Ren-Fair, or Comic-Con. They love to dress up and live out-loud!! You won't be surprised when you get to know her – she oozes fun, zest, creativity, and authenticity! We are so excited to share our rare gem with you!!

TOTALLY TESTIFYING

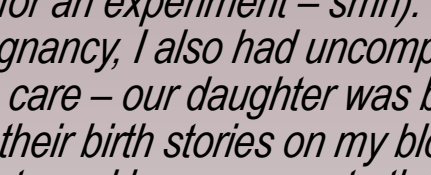
Brooklyn suffered from chronic strep and viral sore throats and was in the doctor's office every other month until we started Lymphatic Enhancement Therapy with Macaley. Since starting LET, we have saved time and money on doctor's visits and antibiotics and have enjoyed exploring more natural ways of healing her body! She absolutely LOVES and looks forward to her sessions with Macaley. :)



Brooklyn (left) and her sister Brynlee (right)

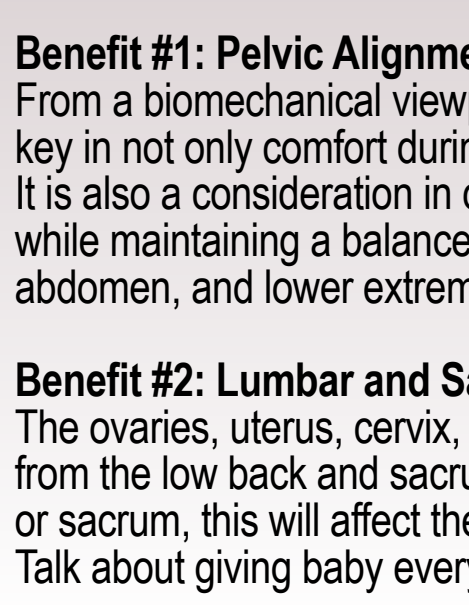
- Brooklyn's mother, Amanda

CHIRO'S CORNER



THE BEST GESTATIONAL GIFT

BY DR. TARYN LOWERY



It is a common practice to do every healthy lifestyle thing we know to do during pregnancy. Whether you eliminate caffeine, consistently take your vitamins, quit smoking, sleep on your left side, or sacrifice your sacred bath-time, an expecting mom will do whatever it takes. I hope with a little knowledge, you will consider adding chiropractic adjustments to that list!

Personal Testimony

I don't know pregnancy without chiropractic, but I do know that I LOVED being pregnant. I didn't have morning sickness, constipation, bloating, or digestive discomfort. I never experienced back pain, leg pain, pubic pain or swelling (well once for an experiment – smh). Not only did I experience a comfortable and joy filled pregnancy, I also had uncomplicated, quick, unmedicated vaginal births under midwife care – our daughter was born at a birth center and our son at home (you can read their birth stories on my blog). Let me pause to say, I believe every mom should create and have access to the birth that elevates their heart – we are not all the same. After delivering our daughter, I told Joey, that was the most incredible out-of-body feeling. I am very confident that the common experience I shared in both pregnancies was not a coincidence, or because I took extra fish oil (although I did). I am grateful to have had access to the healing art of chiropractic in my pregnancies – I know without question that it offered my body and babies' development the balance and life-source that helped us have the maximum health and healing during those 596 days of gestation!

Benefit #1: Pelvic Alignment

From a biomechanical viewpoint. The alignment of the ilium, ischium, and pubis is key in not only comfort during pregnancy, but also influences the posture of the baby. It is also a consideration in delivery. The ability of the pelvis to relax and expand while maintaining a balanced connection to the ligaments and tendons of the spine, abdomen, and lower extremities plays a role in an uncomplicated vaginal delivery.

Benefit #2: Lumbar and Sacral Nerves

The ovaries, uterus, cervix, pelvic floor and round ligaments all have nerve innervation from the low back and sacrum. If there is a subluxation or other stresses in the low back or sacrum, it will affect the communication between those vital tissues and the brain. Talk about giving baby everything they need!!

Benefit #3: Reduced Labor Times

The International Chiropractic Pediatric Association (icpa4kids.org) has done incredible, quality research surrounding the benefits of chiropractic care in conception, pregnancy, delivery, post-partum, and infant care. From their study, it has been shown that labor times are consistently reduced by 50%. First time moms average 24 hour labors – statistically with chiropractic care, it is 12 hours (mine was 7 hours). Multiparous moms average 12 hours – statistically with chiropractic care, it is 6 hours (mine was 3 hours).

Benefit #4: Mom and Baby's Parasympathetic Nervous System

This is probably my favorite benefit!! Most adults in general carry around a tense, stressed body. Moms, especially first time moms, have not only the structural stress added to their body, but also the mental/emotional stress that weighs heavy regarding their (for 40 weeks). This stress increases sympathetic nervous system activation and causes heightened alertness, increased blood pressure and blood sugar, elevated respiratory rate, poor digestion, and sleeplessness. With chiropractic care, we can reduce physical stress and improve the activation of the parasympathetic nervous system that opposes that chemical and emotional stress.

The list just goes on!! I will encourage you to let me share the rest in person when we take care of you during your pregnancy!!! This is my passion! I have a strong desire for each mom to experience the euphoric celebration of welcoming their gift from God into the world – from conception to the moment that their eyes lay on their child. It is a divine privilege available to each of you!

In Love and Service,
Taryn Lowery, DC

Health+Hack

Enhancing Your Health – One Improvement at a Time

We are so excited to share our latest and greatest improvement!!! We have the joy and pleasure of adding a new level of comfort and healing to your experience with us. We know you are going to LOVE it once you experience it.

Your next stop on your healing journey with Peace of Life Chiropractic at Halcyon Village is the Amethyst BioMat! Combined with the Richway and Fuji's Quantum Energy Pad, the Amethyst BioMat offers accelerated results and unparalleled comfort.

We have added both wonderful tools to the services available in our Rejuvenation Lounge. Our lymphatic enhancement and massage therapies will have the added benefit of:

- Far Infrared Rays- health benefits of these plant-derived, organic compounds include increased circulation (nutrient and oxygen), relaxation, and stress relief
- Natural Antimicrobial- the action of ochre, a bio clay memory foam is a natural germicide
- Negative Ions- Tourmaline is a semi-precious gemstone that emits negative ions. These naturally occurring gifts of nature are shown to help regulate sleep, reduce stress, boost immunity, increase metabolism, and kill germs
- Stress Squashing- Amethyst is a well-known, natural tranquilizer with numerous healing qualities. In addition to producing far infrared rays, amethyst also helps relieve stress, balances mood, neutralizes negativity, alleviates grief, and eases anxiety

You can't wait, right?! It really is incredible! We have offered several complimentary demos to get feedback on others' opinions about the Amethyst BioMat and across the board we heard rave reviews. We would love to schedule an appointment for you to enjoy and heal!! Give us a call at 972-775-4344 to make time for YOU!

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!

