



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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Swimming Safely this Summer (limiting effects of chemicals)

By Maggie Grayson

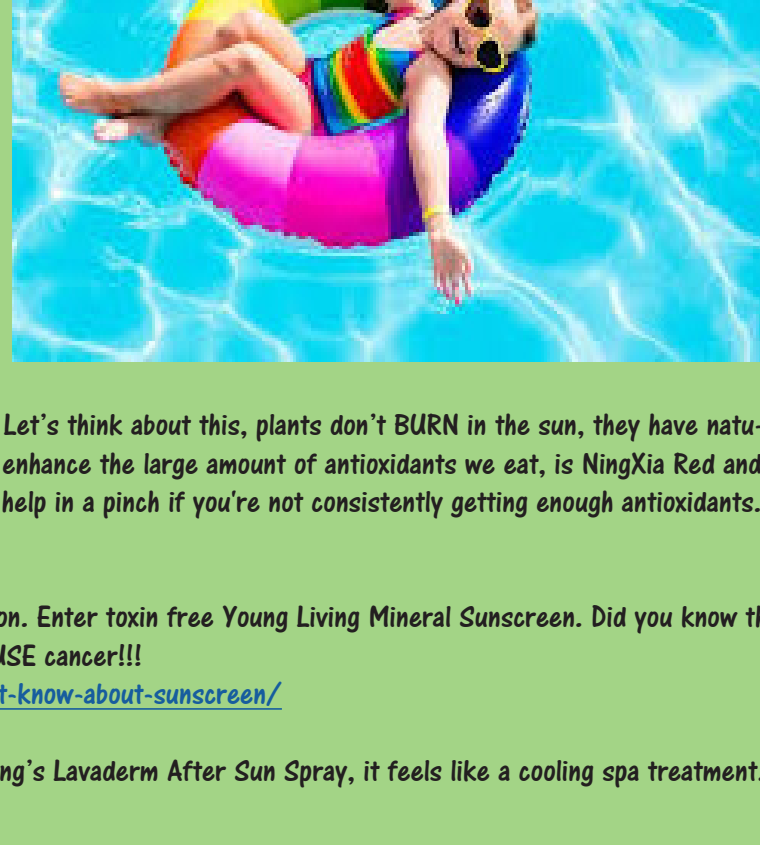
Every year we patiently wait for Memorial Day Weekend, when the pools open!

Our kiddos are like fish and we all thrive being in the sun!

I get questions all the time about how we keep them healthy being in the chlorine, and safe being in the sun.

Chlorine is dangerous for numerous reasons...it's toxic when inhaled, and when absorbed into the body it actually takes up key space in our cells where iodine should be. And iodine is important for a healthy functioning thyroid! Avoiding it whenever possible is your best bet. But don't avoid summer fun, just be prepared:

1. Before we cannonball in the pool, I apply organic coconut oil to their skin. It acts as a natural barrier protectant from chlorine AND has some SPF properties.
2. Next up? Let your kids soak themselves in the shower. Leave less room for chlorine to soak into their skin and hair.
3. Rinse after your swim and apply one drop of Young Living Geranium Oil on their scalp and feet.
<http://www.onedrop.sg/geranium-after-swimming/>
4. At bath time in the summer we add a mixture of bentonite clay and geranium to help detox their skin. (Please don't ask for a recipe, I just throw some in there lol)



5. Internal sunscreen! When you're eating plenty of fruits and vegetables, lots of antioxidants, your skin is protected from the inside out. Let's think about this, plants don't BURN in the sun, they have natural protection. So we can benefit the same way! My favorite combo, to enhance the large amount of antioxidants we eat, is NingXia Red and Multigreens! No sunscreen needed. (10,000 of buffered vitamin c can help in a pinch if you're not consistently getting enough antioxidants... but straight from the source is the best option)
6. If you're spending all day in the sun you'll want some extra protection. Enter toxin free Young Living Mineral Sunscreen. Did you know that most sunscreens actually have carcinogens in them? Yup, they can CAUSE cancer!!!
<http://naturalsociety.com/sunscreen-causes-cancer-what-you-may-not-know-about-sunscreen/>
7. After extended sun exposure we lather in coconut oil and Young Living's Lavaderm After Sun Spray, it feels like a cooling spa treatment.

So grab your summertime tools and go cannonball in the deep end!

A little about the author...

Maggie is a mom of 4, wife, entrepreneur, and essential oil guru. She has shared many great tips to pursue a healthy lifestyle and her recipes are AMAZING! Follow her @maggiegrayson143.

#liveschanged

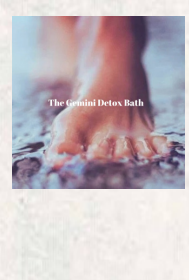




#liveschanged :

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 11th June	National Make Life Better Day		Sunday 13th June	National Children's Day	
Week Of 14th-17th June	Gemini Photonic Foot Bath Promotion		Sunday 20th June	Father's Day	
			Sunday 20th June	Summer Begins	

Patient of The Month



Meet Our Patient's of the Month, momma Janna, and daughters Aubrey and Holly! They not only impress us with their mad skills; they also brighten up the office everytime they come in.

These ladies are Czech descendants and apparently can make a "mean" strudel! They also enjoy family game nights (Sushi-go is the current favorite), Renaissance festivals and vacations in the mountains. Why do they enjoy our village? The calming atmosphere, friendly faces, and puppies! It feels like HOME to them. Chiropractic is very important to this family. They shared that,

"It keeps our heads on straight and our bodies balanced!"

They share with their friends that chiropractic has a lot of healing benefits that help keep the body mobile and aligned. We love these beautiful ladies and their zest for life! Thank y'all for being the best parts of 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



Totally Testifying



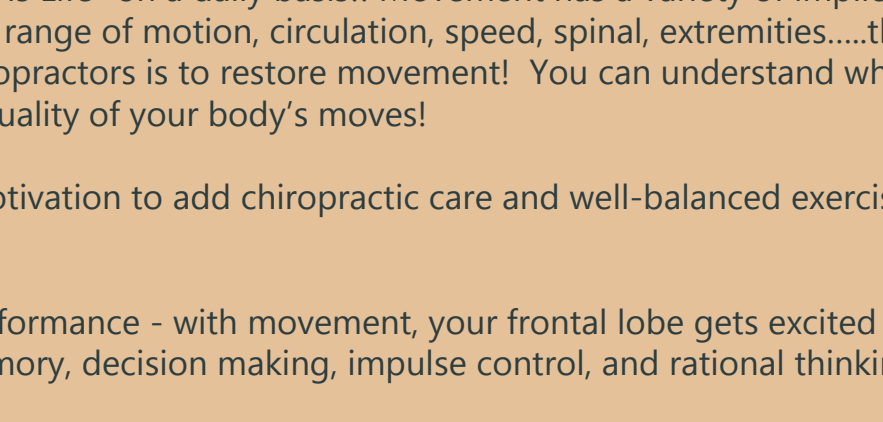
Ms. Linda is a staple here at the village. She had a regular appointment made for LET, Lymphatic Enhancement Therapy. When she came in, she had mentioned that she was having lower back pain. The next day she called Macaley and shared the inflammation had reduced and she felt so much better!

Chiro Corner



Move to Health

by Taryn Lowery, DC



We say "Movement is Life" on a daily basis!! Movement has a variety of implications – exercise, breathing, range of motion, circulation, speed, spinal, extremities.....the list goes on! Our #1 goal as chiropractors is to restore movement! You can understand why, there's such a high value on the quality of your body's movement!

Justification and motivation to add chiropractic care and well-balanced exercise to your health regimen:

1. Better BRAIN performance - with movement, your frontal lobe gets excited and helps you have improved memory, decision making, impulse control, and rational thinking (less anxious).
2. Perky POSTURE - as you excite proprioceptors in your joints, you will feed your brain information to help your natural have a more erect posture.
3. Reduced HEALING time – as you open and close muscles, you increase the quantity and rate of circulation bringing nutrients to your body, and also improve the flow of the lymphatic system removing waste from the healing reactions.
4. Increased RESILIENCE – if your muscles and joints are consistently working, you will have a higher average performance that results in the reduction of injuries.
5. Awesome SLEEP – with increased oxygenation and decreased tension, your muscles and nervous system can find a state of rest at night that will allow you to sleep well and wake feeling rest.

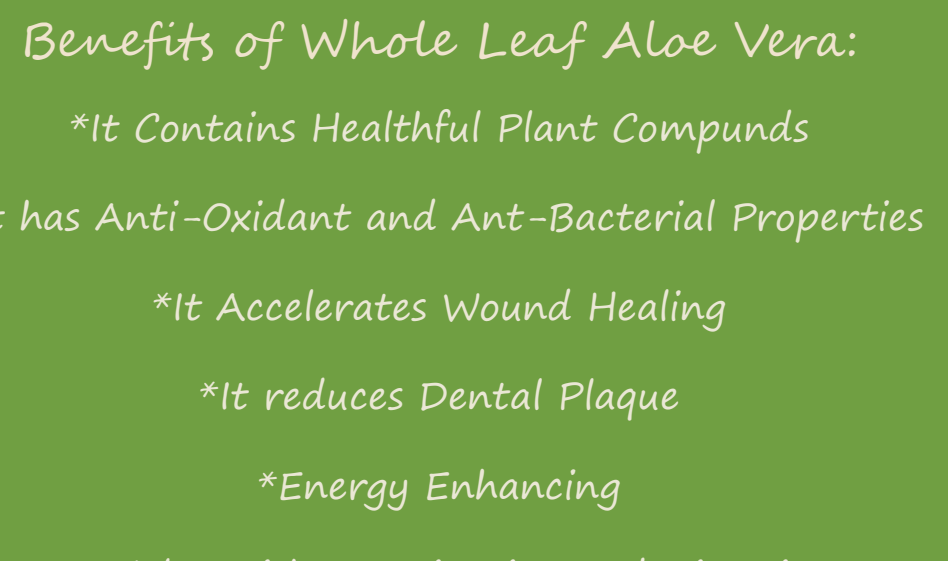
If you haven't moved today, start today. Consistency is the key! Make a small, attainable goal that you strive for each day. As you get good at consistency (daily movement), then increase the rate, range, duration, and intensity of your movement; Measure your movement using a timer, pedometer, smart device, heart rate monitor, or match a set number steps to each of your daily tasks. You will be in love with the difference you will feel!!

In Love and Service,

Dr. T ♥

Health Hack

Aloe Life Whole Leaf Aloe Vera Juice Concentrate has a plethora of benefits!



Benefits of Whole Leaf Aloe Vera:

- *It Contains Healthful Plant Compounds
- *It has Anti-Oxidant and Ant-Bacterial Properties
- *It Accelerates Wound Healing
- *It reduces Dental Plaque
- *Energy Enhancing
- *It Helps with Constipation and Digestion
- *It May Improve and Prevent Skin Issues
- *It Helps with Sugar Metabolism
- *Immune System Boosting
- *Allergy Reduction
- *PH Balancing and Combats Yeast Overgrowth

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!

