



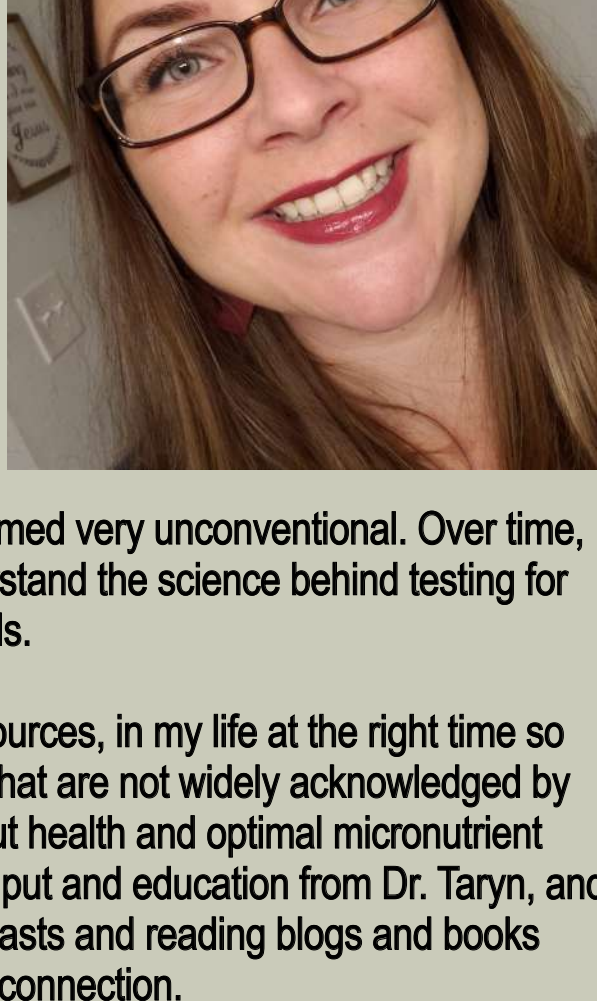
Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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Trusting the Journey

By Andi Upchurch



My health journey is one of continued growth and attempts to keep a balance between what is optimal and what is possible. Initially, when I reconnected with Dr. Taryn, it was to perform accounting services, not receive care. At the time, my life was so stressful that I didn't even recognize how overwhelmed I was.

Having been raised, as most Americans, only receiving allopathic care, chiropractic and all the alternative treatments offered at Peace of Life seemed very unconventional. Over time, I began receiving adjustments, and came to understand the science behind testing for functional deficiencies and the use of nutraceuticals.

I believe that God put Dr. Taryn, among other resources, in my life at the right time so I could begin to understand different health ideas that are not widely acknowledged by general practitioners, such as the importance of gut health and optimal micronutrient levels as opposed to acceptable lab levels. With input and education from Dr. Taryn, and her encouragement, I also began listening to podcasts and reading blogs and books regarding stress management and the mind-body connection.

Over time, I've begun to highly value gratitude and mindfulness practices that improve my resilience and increase the joy I find in each day. Living a busy life with a family to care for doesn't lend itself to much free time, but learning to prioritize self care practices like whole food nutrition, restorative movement, and prayer have helped me decrease my allostatic load, leading to decreased gut permeability, improved gut symbiosis, and ultimately improved overall health. I'm so grateful for the path God has me on, and that He put Dr. Taryn and the Peace of Life family on it!

#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

MON 6 JULY Office closed for Independence Day

TUE 30 JULY International Day of Friendship

SUN 14 JULY Happiest Day of the Year

1-7 AUG World Breastfeeding Week

We would like to provide a gentle reminder that if you have tested positive or have been exposed to someone who has tested positive for COVID-19, or if you are showing symptoms of COVID-19, please let us know. Our priority is your health and safety, as well as the safety of the other patients and staff members in our village. We are grateful for the opportunity to serve you during this time.

PATIENT OF THE MONTH



The Mentzel Family has been a staple of our village since 2016. We first met Rachel when she started prenatal chiropractic with Dr. Taryn. Now their family and our village has grown with leaps and bounds with the additions of Carter and Collin.

Rachel has shared that she and her husband Ryan have built their family through the use of in vitro fertilization. Chiropractic care became a part of her pregnancy journey, but now she says she has experienced chiropractic care on many different realms. First with pregnancy, now with pediatric for her boys and maintenance for her.

Rachel says, "There is healing and care in every phase of life and chiropractic care has helped me along each journey."

She mentioned that said she loves coming to Peace of Life because it's not like going to just another doctors visit. She said, "It's like coming to visit and catch up with family while also getting chiropractic care. Everyone in the office holds a special place in our hearts."

The Mentzel Family want to share that Chiropractic care is one of the pieces to living their best life. Our village feels honored to walk along their journey and the Mentzel Family definitely hold a special place in our hearts, too!

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!!



Reiki Massage

This is a special exchange offered by Jayme. Reiki is an energetic healing technique that can benefit your physical, mental, and emotional health. There is very little physical touch, yet purposefully designed to connect your thoughts and your body. This session requires an open mind and body.

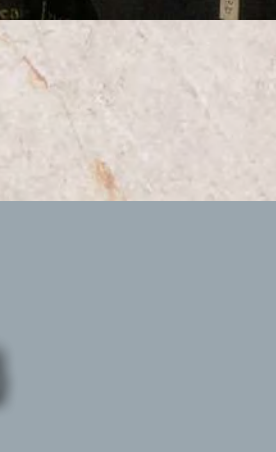
BENEFITS INCLUDE

- Strengthens harmony and balance
- Releases stress and tension
- Improves sleep
- Boosts vitality

REIKI MASSAGE SESSIONS

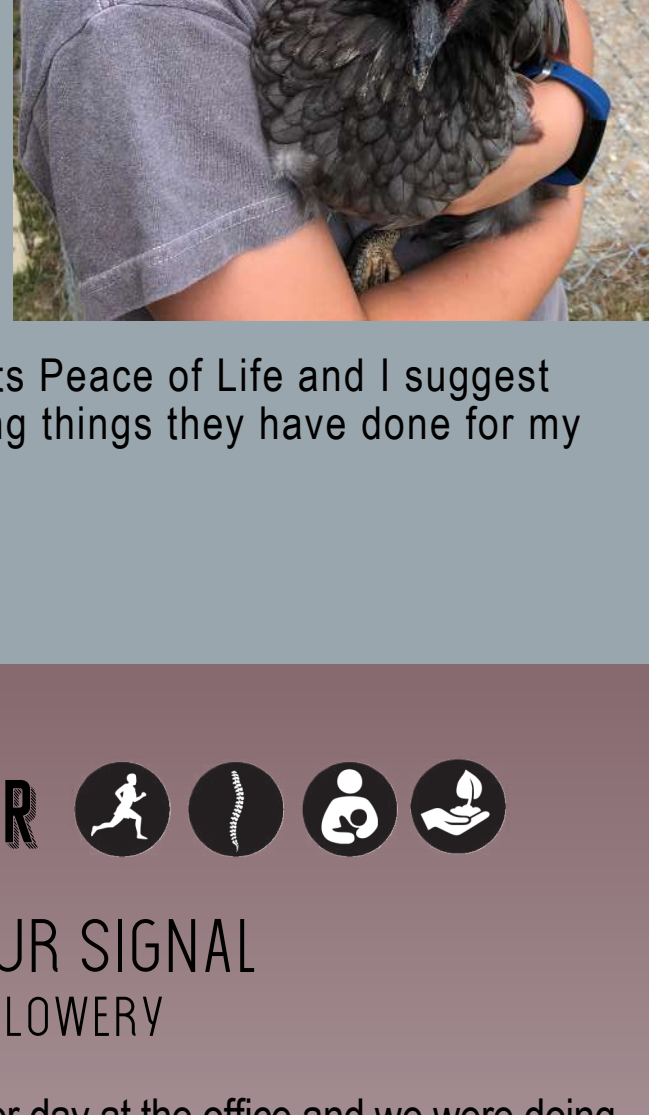
- 15 minutes - \$25
- 30 minutes - \$45
- 60 minutes - \$95

RESILIENCE & Recovery

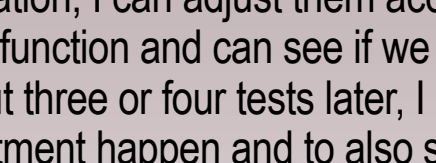


TOTALLY TESTIFYING

Before Abigail started seeing Dr. Taryn, she had become emotional and cried easily when at school or during drop off. I thought she was just adjusting to school, but at her well check up with her pediatrician, they noticed her neck was swollen & wanted to have her thyroid checked. Everything came back normal so I decided it was time for Abigail to visit the chiropractor. I had been seeing Dr Taryn, along with my newborn, for over a year. It wasn't long after Abigail started seeing Dr Taryn where she no longer was emotional at school & looked forward to going, as well as her neck swelling had gone down. My sweet girl was back and feeling great! I credit all this to Dr Taryn. Now my entire family visits Peace of Life and I suggest them to everyone I meet for all the amazing things they have done for my family.

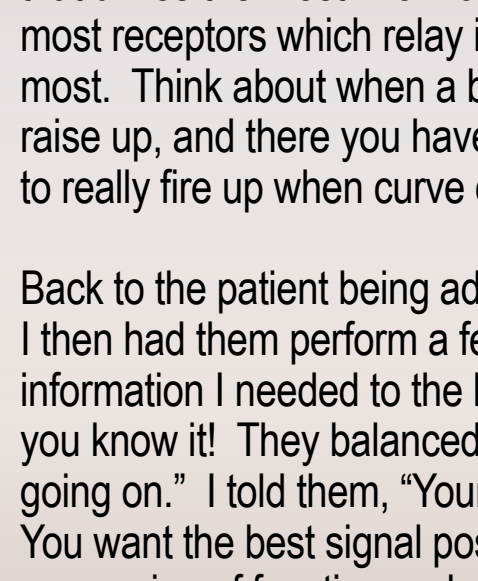


CHIRO'S CORNER



CHECKING YOUR SIGNAL

BY DR. JOEY LOWERY



It was just another day at the office and we were doing what we love on those we love serving. I was talking with my next patient and they stated, "I am doing really well, and I think I'm going to wait until I am in pain to come back. What do you think?" I replied, "Well this is your choice b/c it is your body, but are you making health decisions based on symptoms or a signal?" The pause in our conversation gave me the answer I needed.

I asked them to perform a few neurological tests for me to verify if there were any changes in their brain function. Based off this information, I can adjust them accordingly to optimize her brain function and can see if we made any improvements. About three or four tests later, I had the necessary information I needed to make the adjustment happen and to also show the patient a symptom doesn't have to be present for the signal to be affected.

Our brains thrive on afferent (sensory) information in order to make efferent (motor) responses throughout our day both consciously and unconsciously. All of our senses help with this process, but it is our spine (especially our neck portion of our spine) that drives the most information to our brain. Our neck (aka cervical spine) has the most receptors which relay information to our Nervous System, and so it matters the most. Think about when a baby rolls over from its back to stomach, the head wants to raise up, and there you have the beginning of the cervical curve. Hence, signals start to really fire up when curve development begins.

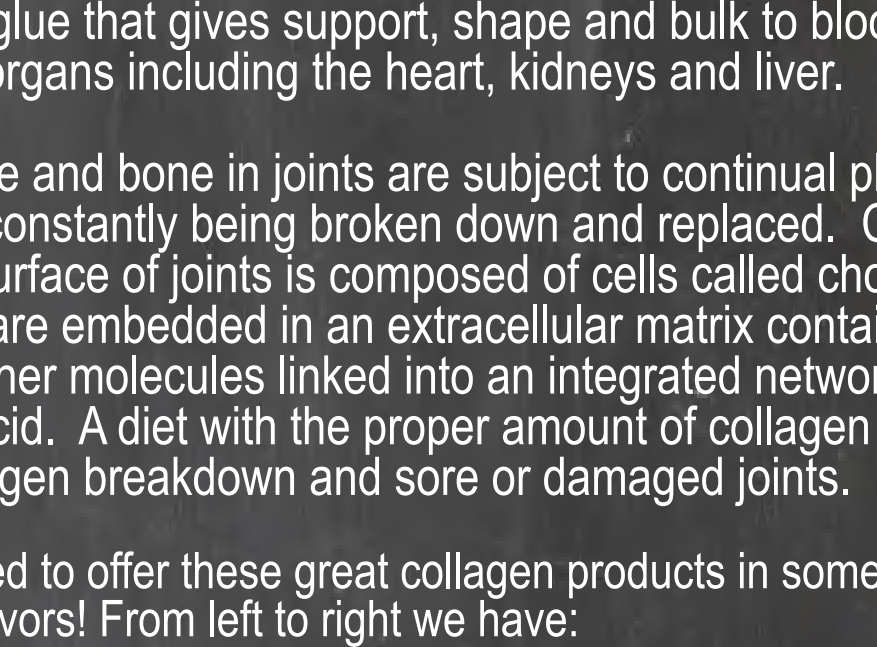
Back to the patient being adjusted. After their adjustment in the appropriate areas, I then had them perform a few extra arm and leg movements to give that little extra information I needed to the lagging side of the brain, and then we rechecked. Wouldn't you know it! They balanced right out! The patient said, "I had no idea I even had that going on." I told them, "Your spine is to your brain, like a signal is to your cellphone. You want the best signal possible." Optimal signals to the brain mean there is optimal expression of function and vitality throughout you.

Look around you at others and see who has their head forward hanging into their phone, or they have rounded shoulders, balance issues, sleep or digestive issues. Do you think their signal is at its best? Do you think their neck health is where it should be? Anything South of the collar is but merely reflexive of what is happening in the neck and brain. Keep your signal at its best. Keep taking care of your spine health and brain function. Afterall, you only get one of each in this life. Stay blessed, stay positive, and keep letting your light shine!

In love and service,

Dr. Joey

Health Hack



Collagen 101: New Flavors Just in Time for Summer!

Collagen is the protein that forms connective fibers in tissues such as skin, ligaments, cartilage and bones, accounting for 25% of total body protein and 80% of total connective tissue. Collagen acts as a kind of intercellular glue that gives support, shape and bulk to blood vessels, bones, and organs including the heart, kidneys and liver.

Both cartilage and bone in joints are subject to continual physical stress, so they are constantly being broken down and replaced. Cartilage that covers the surface of joints is composed of cells called chondrocytes. These cells are embedded in an extracellular matrix containing collagen fibers and other molecules linked into an integrated network with hyaluronic acid. A diet with the proper amount of collagen protein can combat collagen breakdown and sore or damaged joints.

We are excited to offer these great collagen products in some truly delectable flavors! From left to right we have:

- Apple + Cucumber Collagen (A staff favorite!!)
- Black Cherry Collagen Endurance Plus (For the weekend warrior or an active athlete this formula packs an instant lift with collagen, Vitamin C and B. Flavors, colors, sweeteners and caffeine are all botanically sourced.)
- Lemon + Lime Collagen

Contact us or drop by the office to learn more about the amazing benefits these supplements have to offer!



Our mission is cultivating loving relationships to provide 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!