



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 3 Issue 8 | August 2021

## Emotions are the Root to Dis-ease

By Maggie Grayson

All emotions have a frequency, an energy, as I'm sure you've felt throughout your life. Have you ever considered how those emotions can affect the health in your body? Emotions and trauma that are not processed and released can take up residence within our physical body. The electrical frequency of fear, hate, anger, rage, remorse, grief, shame, guilt, etc, can impact our overall vibration and therefore, health.

There are organs whose energy is directly connected to certain emotions. For example grief can be stored in the lungs, anger in the liver, and our lower back a holding space for financial worries. There have even been studies linking specific maladies with certain emotions. When we can look at that emotion/trauma, and work to heal it, we can find true health again.

Here are some examples from [thesoulfrequency.com](http://thesoulfrequency.com)

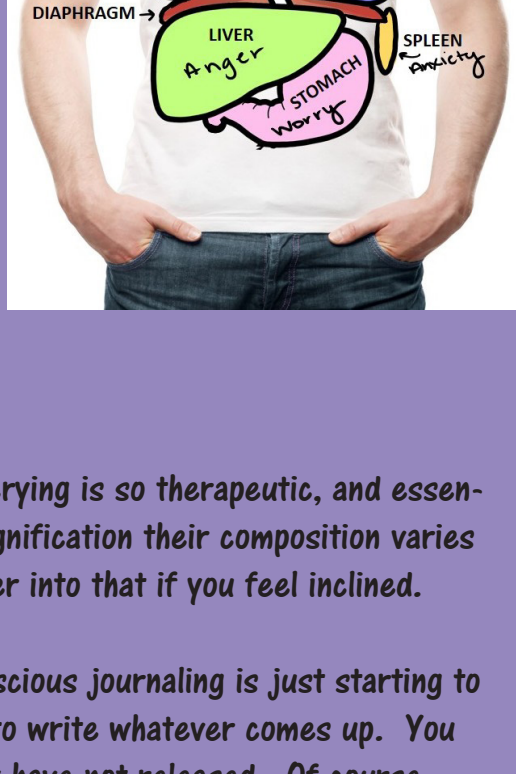
**Manifestation Coaching with Shanna Lee | The Soul Frequency**  
Stop doubting that voice inside you and manifest your most authentically fulfilling life with the Soul Frequency Founder Shanna Lee. Discover the missing piece, awaken to your soul's core mission, and increase your Soul Frequency.  
[thesoulfrequency.com](http://thesoulfrequency.com)

**ARTHRITIS:** Feeling unloved, criticism, resentment, bitterness. Feeling not good enough.  
Affirmation: I am love. I now choose to love and approve of myself. I see others with love.

**BOWEL:** Represents the release of waste. Fear of letting go of the old and no longer needed.  
Affirmation: I freely and easily release the old and joyously welcome the new.

**HEADACHE:** Self-criticism. Not wanting to accept what is going on.  
Affirmation: I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

**SCIATICA:** Being hypocritical. Fear of money & of the future.  
Affirmation: I move into my greater mood. My good is everywhere and I am safe and secure.



So, let's start healing! Did you know that tears hold emotion? That is why crying is so therapeutic, and essential for everyone (yes, everyone). When tears are looked at under high magnification their composition varies based on the emotions being released. It's fascinating, so take a look deeper into that if you feel inclined.

Journaling is an amazingly powerful tool for healing as well. Stream of conscious journaling is just starting to write whatever is on your mind, and allowing your higher self to guide you to write whatever comes up. You can also ask yourself some questions to activate whatever emotion you may have not released. Of course, asking for the help from a professional is a super choice too!

So when we are looking at healing dis-ease within our body it is so essential to look at potential emotional root causes in addition to physical symptoms. Before dis-ease can set in, there has to be an emotional basis of energetic disruption.

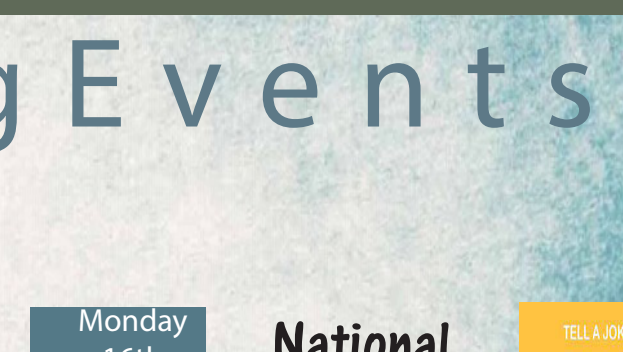
A little about the author...

Maggie is a mom of 4, wife, entrepreneur, and essential oil guru. She has shared many great tips to pursue a healthy life-style 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

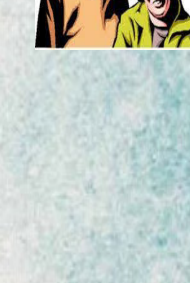
Sunday 15th August

**National Relaxation Day**



Monday 16th August

**National Tell a Joke Day**



Tuesday 17th August

**National I Love My Feet Day**



Saturday 21st August

**National Senior Citizen Day**



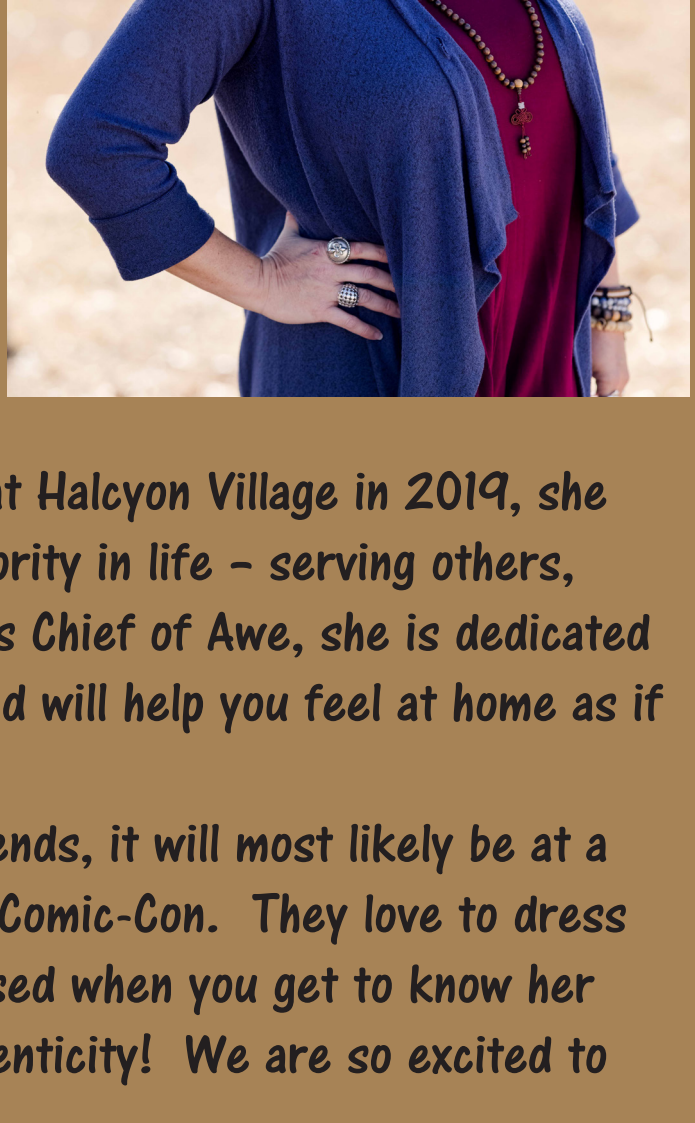
Monday 30th August

**National Grief Awareness Day**



## Villager Highlight

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!



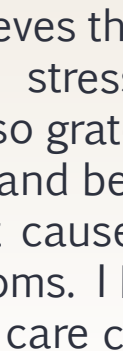
Since joining Peace of Life Chiropractic at Halcyon Village in 2019, she has exuded the qualities that she holds priority in life - serving others, making a difference, and spreading joy. As Chief of Awe, she is dedicated to an AAWWEmazing patient experience and will help you feel at home as if you were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

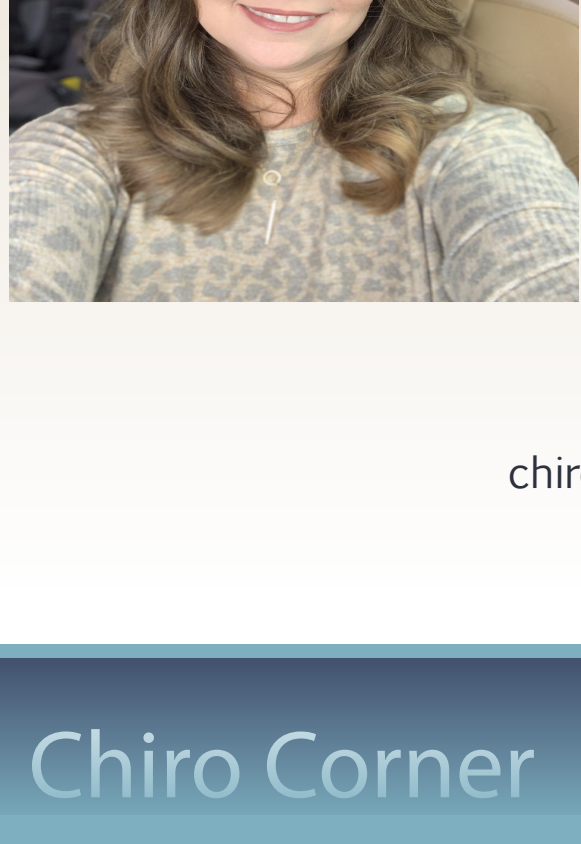
## Prayer Request

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

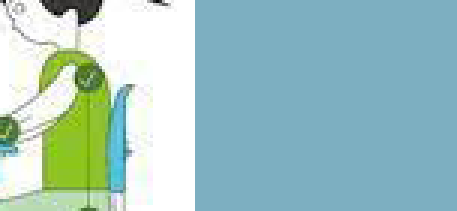


I started seeing Dr. Taryn in May. I had never been to a chiropractor before. I was interested in whole body chiropractic and see how she could help with that. I told her I was having, what I thought, were hormone issues. Including frequent night sweats.

*After my first adjustment I noticed that I was having night sweats less often!*

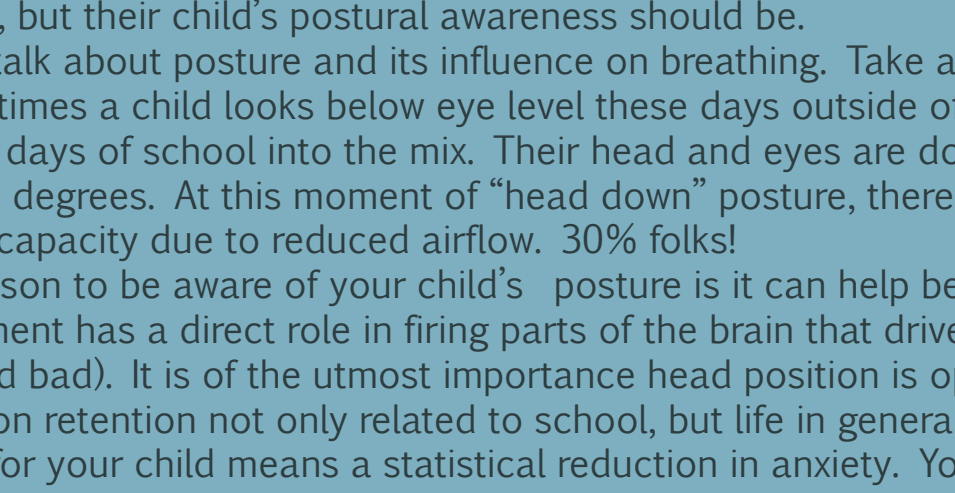
It seemed to get even better after a few more adjustments. After talking with Dr. Taryn, she believes that my night sweats are actually more stress related than hormone driven. I'm so grateful to have figured out what is going on, and be on the right track to addressing the root cause, instead of trying to just treat the symptoms. I had no idea that seeking chiropractic care could even help with this issue!

## Chiro Corner



### Postural Awareness for Success

by Joey Lowery, DC



Your Child's posture plays a huge role in their academic success. School is upon us again, and that means the students are heading back to the classrooms. Parents are hopeful their children have rested over the summer and head back with receptive minds for this year's information. It is probably not at the top of the list for successful measures, but their child's postural awareness should be.

Let us first talk about posture and its influence on breathing. Take a moment to envision how many times a child looks below eye level these days outside of the classroom, and then insert 20 to 50 degrees. At this moment of "head down" posture, there is now a 30% decrease in lung capacity due to reduced airflow. 30% folks!

Another reason to be aware of your child's posture is it can help benefit their memory. Head placement has a direct role in firing parts of the brain that drive the memory centers (good and bad). It is of the utmost importance head position is optimal for the sake of information retention not only related to school, but life in general.

Optimal posture for your child means a statistical reduction in anxiety. You read that right, posture helps play a role in his or her having the ability to cope with stressful or anxious times (tests, friends, sports, etc.)

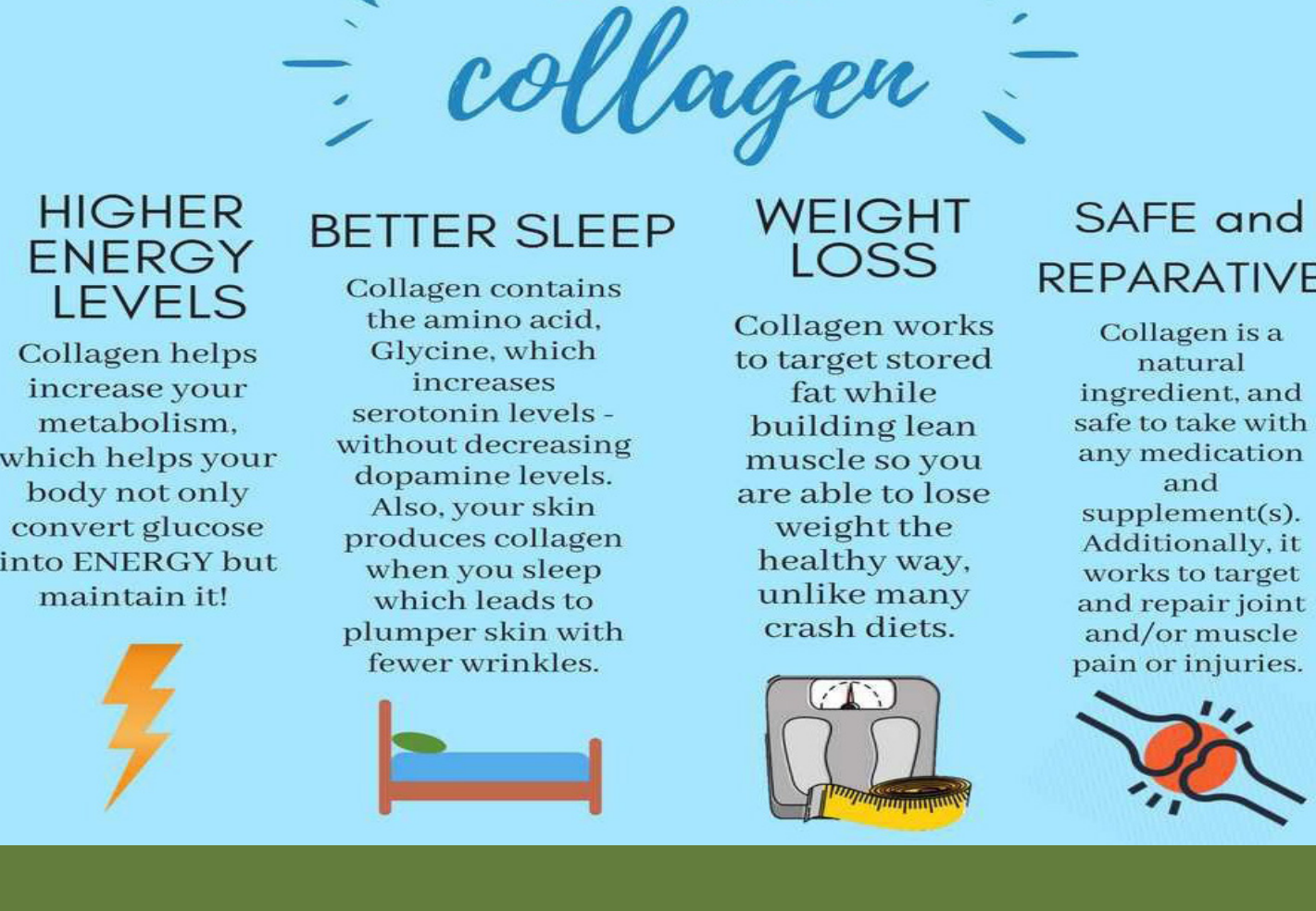
Lastly as these are not the endgame for why postural awareness is a must on the parental radar, is the hormonal, digestive, heart rate, and while it may not seem so important to a child but it should be balance. All of these areas are drastically impacted with poor posture. This may seem like a moment you think, "Nah, my kids fine. I don't see any of that." You'd be surprised at the rate of kids today with straight and reversed curves in their neck from their days spent below eye level. Please do yourself and them a favor and bring anything you can up to eye level. Have them sit up and stand up straight so much that it becomes second nature. Seek out postural corrective exercises to help them on their journey toward protecting the only spine they'll ever have.

I hope some of these factors have spurred you to consider helping your children with their posture from here on out. Set them up for success this year! Have a great start to school and we pray for you and your family's continued health.

Yours in health,

Dr. Joey Lowery

## Health Hack

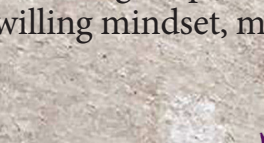


Benefits to collagen

**HIGHER ENERGY LEVELS**  
Collagen helps increase your metabolism, which helps your body not only convert glucose into ENERGY but maintain it!



**BETTER SLEEP**  
Collagen contains the amino acid, Glycine, which increases serotonin levels - without decreasing dopamine levels. Also, your skin produces collagen when you sleep which leads to plumper skin with fewer wrinkles.



**WEIGHT LOSS**  
Collagen works to target stored fat while building lean muscle so you are able to lose weight the healthy way, unlike many crash diets.



**SAFE and REPARATIVE**  
Collagen is a natural ingredient, and safe to take with any medication and supplement(s). Additionally, it works to target and repair joint and/or muscle pain or injury.



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!

