



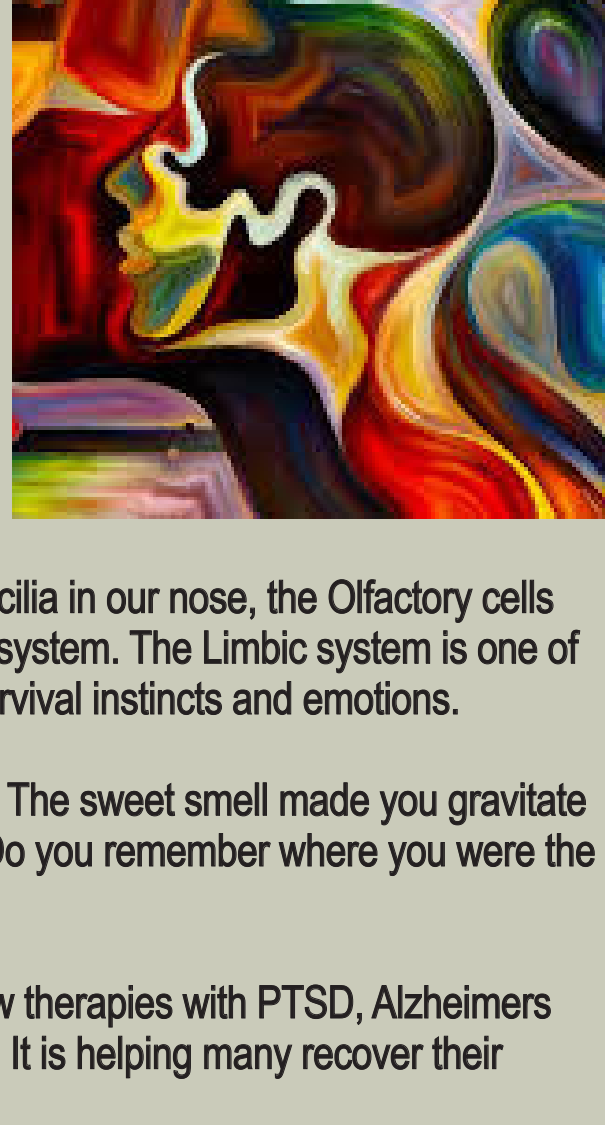
# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 2 Issue 8 | August 2020

## The Nose Knows

Mandi Wilcox



Our sense of smell is estimated to be 10,000 times more acute than other senses. Once a smell is registered, the scent travels faster to the brain than both sight and sound. Research shows an aroma can trigger emotional and even physical responses and allow true to life memory recall of people, place and things.

The actual structures of smell that are found in the nose and brain are called the Olfactory system. When an aromatic molecule connects with hair-like cilia in our nose, the Olfactory cells produce a nerve impulse which reaches the Limbic system. The Limbic system is one of the earliest parts of the brain that play a role with survival instincts and emotions.

Remember the first time you smelled cotton candy? The sweet smell made you gravitate to it and then woke your sense of taste up to try it. Do you remember where you were the first time you smelled it? I bet you could!

Aromatherapy is making a huge impact in many new therapies with PTSD, Alzheimers and many traumatic brain injuries and other trauma. It is helping many recover their memories and reduce their stress and anxiety.

A study used Bergamot (a light, sweet citrus smell) with a controlled group of all ages who had underlying anxiety. What they found was that the majority recalled memories where oranges or sweet citrus were involved. The majority felt uplifted and at-ease after smelling the Bergamot.

We now have so many options to get in contact with different oils. I encourage you to find one you like and try it out for yourself. When you feel anxious or irritated, try using this aromatherapy technique to see if it eases your symptoms.

## #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

THURS  
6  
AUG

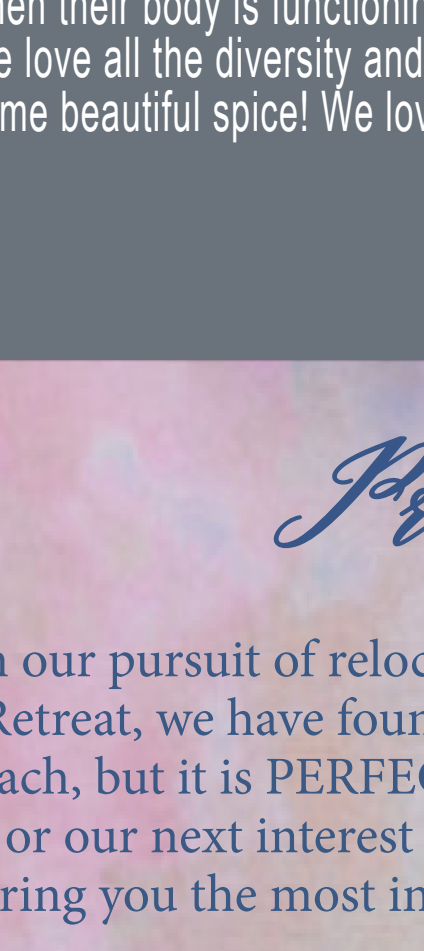
**PLC's 8th Anniversary**

FRI  
21  
AUG

**National Senior Citizens Day**

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



Our beloved Frampton's are our August Patients of the Month because we admire their love for being advocates for change.

Julie shares, "From our daughter Autumnne volunteering to read to elementary students to our son, Aiden raising money to help pandas."

Each family member makes it a big part of their life to be aware of what is going on in the world and then pursuing change.

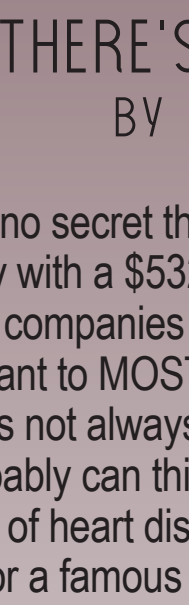
Peace of Life has become an important change for them. Where they felt like they had some health concerns they were able to receive Chiropractic care and it has helped them tremendously. Jon says, "It's the balance of 'zen and science' that he appreciates.

**In their opinion they believe, "Everyone should be receiving Chiropractic care for a complete medical picture."**

They love that there is science to back up the practice and that they actually feel better when their body is functioning optimally. We love all the diversity and tenacity that our village is made of. The Frampton's add some beautiful spice! We love that!

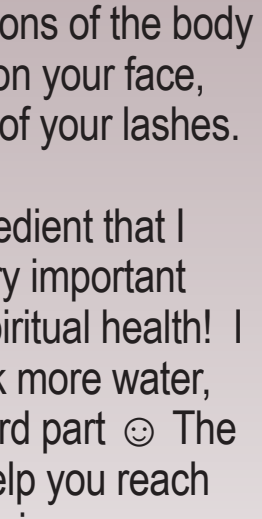
## Prayer Request

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!!

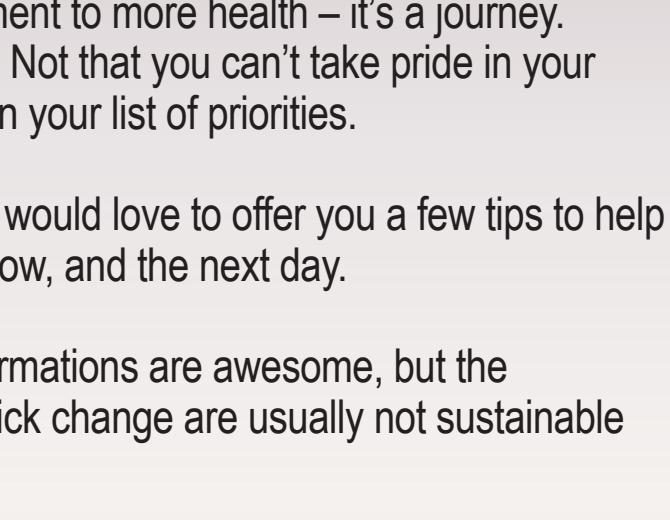


## Welcome To The Village

## RESILIENCE & Recovery



On your first visit we will begin our relationship with learning about your priorities, goals, health history and symptoms. After we have gathered all the information needed, we will review what we have found out of harmony, and our recommendations to restore it. With your permission and trust, we will begin care.



### BENEFITS INCLUDE

- Improved Range of Motion
- Decreased Pain
- Increased System Performance
- Elevated Mood
- Improved Sleep
- Better Balance and Coordination

### SESSIONS

- Adult \$135
- Pediatric \$123

## TOTALLY TESTIFYING

I really didnt want my testimonial on the Biomat to be so serious. I fell getting out of the shower in our RV. I fell right on the edge of the tub then hit the ground very hard.

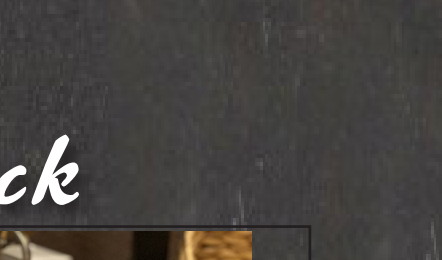
I have never heard or felt anything like it! I laid on the Biomat and at least felt like I could breathe again. I laid on it several more times during the trip which allowed me to go to dinners with my family.

**"I would definetely say it helped me recover much faster and feel much better sooner."**

I am so grateful that I had it available to use and put it to the test. My Biomat will always come with us now!  
- Nicole

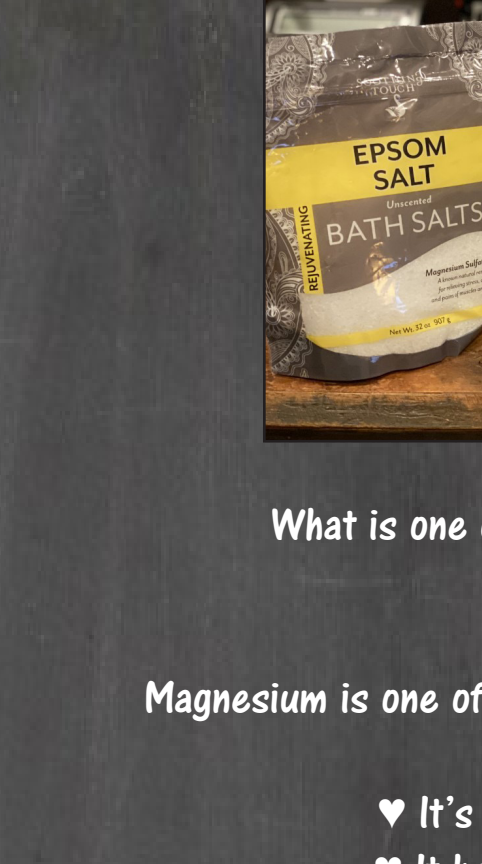


## CHIRO'S CORNER



### THERE'S NO MAGIC BULLET

BY DR. TARYN LOWERY



There is no secret that the beauty industry leads our economy with a \$532 billion worth in 2019 with only a few tech companies trending higher! The way we look is important to MOST people. Unfortunately, the way we look does not always equate to how we feel and function. You probably can think of someone that was a vegetarian that died of heart disease, maybe a triathlete that died of cancer, or a famous musician that died of an overdose. Disease does not know beauty. The functions of the body are not dependent on how many wrinkles on your face, the shape of your eyebrows, how much cellulite you have, or the length of your lashes.

The congruency between our goals, priorities, and habits is the key ingredient that I find most people have the most difficulty with. I love to advocate the very important balance, equally divided, between physical, emotional, chemical, and spiritual health! I think most people have grand goals – lose weight, eat more salad, drink more water, get stronger, get quicker, sleep better, etc. Setting the goal is not the hard part ☺ The hard part is prioritizing your time, money and energy to build habits to help you reach those goals, then making a long-term commitment to more health – it's a journey. Maybe even harder is NOT prioritizing beauty. Not that you can't take pride in your appearance, but it shouldn't be above health on your list of priorities.

Since there is no magic bullet to have health, I would love to offer you a few tips to help you be a healthier version of you today, tomorrow, and the next day.

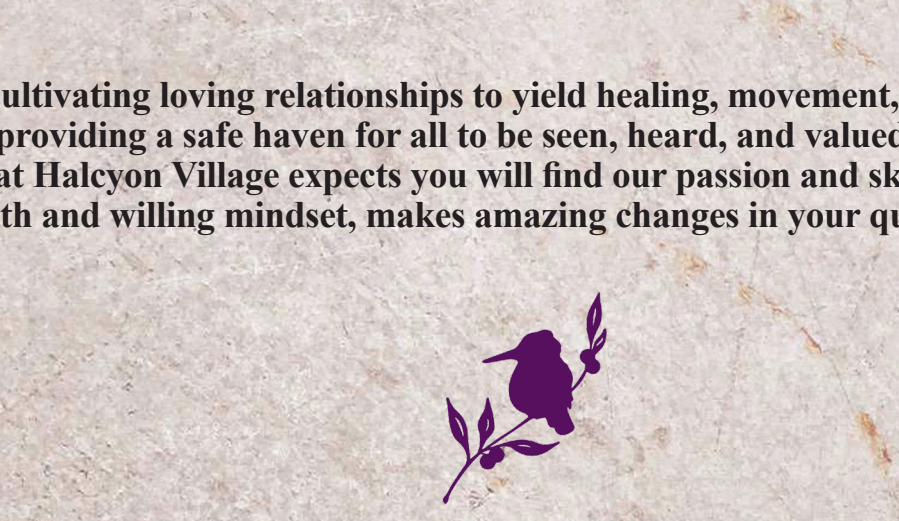
- ♥ Make one change at a time – drastic transformations are awesome, but the measures required to accomplish a drastic, quick change are usually not sustainable for a lifetime of healthy choices
- ♥ Make an objective goal
  - o How often are you going to \_\_\_\_\_?
  - o How long are you going to \_\_\_\_\_?
  - o When will you discontinue, improve or change?
  - o How much does \_\_\_\_\_ cost?
- ♥ Share your goal with a trusted person you love – this will help you be accountable and have someone to discuss this important goal with
- ♥ Reduce emotional stress
  - o Get rid of toxic relationships
  - o Practice stress reducing techniques such as deep breathing, journaling, or meditation
  - o Take extra care of your physical body when you have extra stress
  - o Be mindful of toxic thoughts – try to notice when your thoughts aren't supporting your goals or health and redirect your thoughts to something that brightens your light
- ♥ Reduce physical stress
  - o Get ADJUSTED
  - o Massage
  - o Stretch
  - o Exercise
  - o Improve your posture
  - o Wear supportive shoes
- ♥ Reduce chemical stress
  - o Drink half your body weight in ounces DAILY
  - o Get lots of sleep (8+ hours/24 hours)
  - o Get 15-30 minutes of direct sun each day
  - o Take deep breaths 3x(+)/day
  - o Eat clean food
  - o Supplement any nutrients that you don't eat consistently or have trouble metabolizing
- ♥ Reduce spiritual stress
  - o Get to know your Father better – read the Bible, pray, listen
  - o Fellowship with friends that love Jesus
  - o Celebrate His love for us with gratitude at every opportunity
  - o Forgive yourself and forgive others

One small change at a time will yield results, consistently, that help inspire you to make the next change. Next thing you know, you will be reaching goals you didn't even think to put on the dream board! Not only that, beauty is a result of health. With healthy systems, your body remains (or even regains) its youthful energy, movement, and appearance. You will be amazed at the younger you that's been waiting to show off! We are cheering for you as you navigate your journey in health! You are special to us!!

In Love and Service,

Dr. T

## Health Hack



What is one of the major components of epsom salt?  
\*\*\*MAGNESIUM\*\*\*

Magnesium is one of the most powerful anti-inflammatory minerals!

- ♥ It's involved in over 300 cellular processes.
- ♥ It helps support cardiovascular health.
- ♥ It supports healthy bones and muscles.
- ♥ It helps support the brain and nervous system.

### Benefits

- ♥ Improved sleep quality
- ♥ Supports reduction of stress
- ♥ Improves mental performance
- ♥ Relieves constipation
- ♥ Boosts the immune system

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!

