



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 3 Issue 9 | September 2021

## Eating the Seasons

By Darby Jewel Jett



It's officially Autumn, and the Pumpkin spice flavored everything has already hit the stores and coffee shops! I will miss Summer, with all of the fresh fruit like blueberries, peaches and tomatoes. But Autumn and Winter bring their own delicious seasonal foods along, too! I've often wondered why we crave different foods when the seasons change, but one idea is this: our bodies NEED different nutrients as the weather gets colder or warmer.

We usually need more electrolytes and water in the Summer when it's hot, hence all the watermelon and cucumbers! Similarly, in Winter, most people are deficient in the vitamins or minerals they normally have plenty of, just because of the weather! The most common Winter/Autumn deficiencies are: vitamin D, C and A. Besides these, we could all use more iron, zinc and folate (vitamin B6) and Omega-3s.

during these seasons, too. Luckily, all of these vitamins and minerals can be found in seasonally Winter veggies! (Crazy, right?) Some of the most delicious Winter soups and dishes usually include roots, dark leafy greens and squash. There is a reason Roots have tons of nutritional benefits, beets, for example have iron, B6, manganese and increase blood flow around the body. (This keeps you warm.) Carrots and parsnips are other great root options. For greens: kale, chard, collards, mustard greens and brussels sprouts contain those important C, K and B6 vitamins we all need! Squash like acorn, butternut, pumpkin and spaghetti all have A, C, K vitamins, plus potassium and folate! Now for the most delicious of all...Citrus and Avocado! I know, "They grow in Winter"? But they seem like such refreshing summer fruits! Nope, we all benefit from the avocado's B vitamins, omega-3, folate, and potassium, and citrus' uplifting vitamin C and flavonoids in the Wintertime to beat off those "Winter Blues."

Two things that people usually try to avoid are potatoes and chocolate. But, these are actually some of the healthiest foods out there! Dark chocolate (70% or darker is best, but milk is okay) has a surprising amount of vitamin D, that we're lacking in the Winter. Potatoes like yellow, red, purple or sweet, all have LOTS of potassium, vitamins C, K and A. Fish, like salmon, are also a great protein for Winter because of all the Omega-3s and minerals. Don't forget about spices! Ginger, cinnamon, nutmeg and clove are all very anti-inflammatory and aid in digestion. Very helpful around Thanksgiving and Christmas. :)

If you're still sad at the thought of parting with Summer fruit, just think of all the delicious Autumn meals you could enjoy! Some of my all time favorites are: pumpkin pancakes (with whipped cream and pecans), beef stew with carrots and potatoes, butternut squash and kale soup, baked salmon with sweet potatoes, and roasted acorn squash salad. There are so many recipes for these dishes out there, just find one that fits your diet, and bon appetit!

Most people think if they don't eat a salad every day, they're doing their health harm, definitely not true! Giving your body variance, with hot dishes and soup, is very important for your physical and mental health, and, eating seasonal vegetables and protein, means your food will be cheaper, more flavorful and nutritious! Plus, warm soups, roasted veggies, potatoes and meat, pears and apples, and pumpkin pie are only around for so long. So, don't feel bad about enjoying a delicious cup of apple cider or wassail; the spices are actually aiding in your digestion, especially if they're sweetened with honey or stevia. As the seasons change, it's natural for our lifestyles as well. Be sure to enjoy the season you're in! We will all miss Summer, but it will come around again. Soon, it will be time to settle down, bundle up,

and make that warm apple cider. Happy Autumn!

A little about the author...

Darby is a certified health coach who enjoys helping others with their health goals!

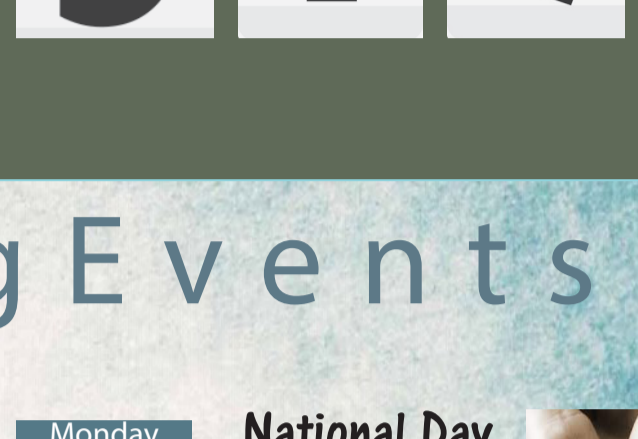
If you are interested in learning more about Darby's healthy recipes and knowledge of nutrition check out her page

<https://www.facebook.com/darbyinthekitchen/>

### #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

Saturday 25th September

### National Family Health & Fitness Day



Monday 27th September

### National Day of Forgiveness



Tuesday 28th September

### National Good Neighbor Day



Wednesday 29th September

### National Coffee Day



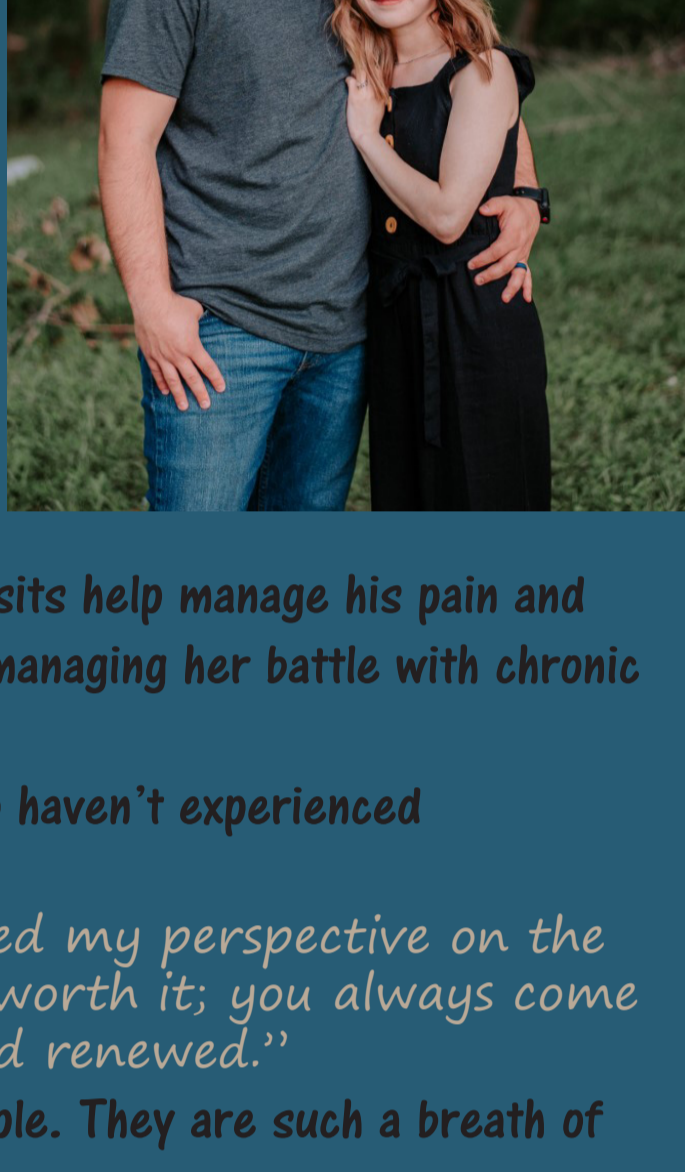
Thursday 30th September

### National Love People Day



## Patient of the Month

Meet Josh and Melissa! This lovely couple have been with our village for around 3 years. Josh is an avid Star Wars guru and loves anything that involves technology. Melissa spends the majority of her energy on finishing her psychology degree. If she has any spare time, she enjoys utilizing her knowledge of sign language.



These two love how chiropractic is a must-not-miss element, in their "whole" health routine. With Josh being an officer, and having to wear over 30+ pounds of extra gear, he shared how his visits help manage his pain and discomfort. For Melissa, it plays a role in managing her battle with chronic illness.

What would they say to their friends who haven't experienced chiropractic?

*"Getting an adjustment changed my perspective on the chiropractic experience. It is well worth it; you always come out feeling fresh and renewed."*

We are so grateful for this beautiful couple. They are such a breath of fresh air!

## 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



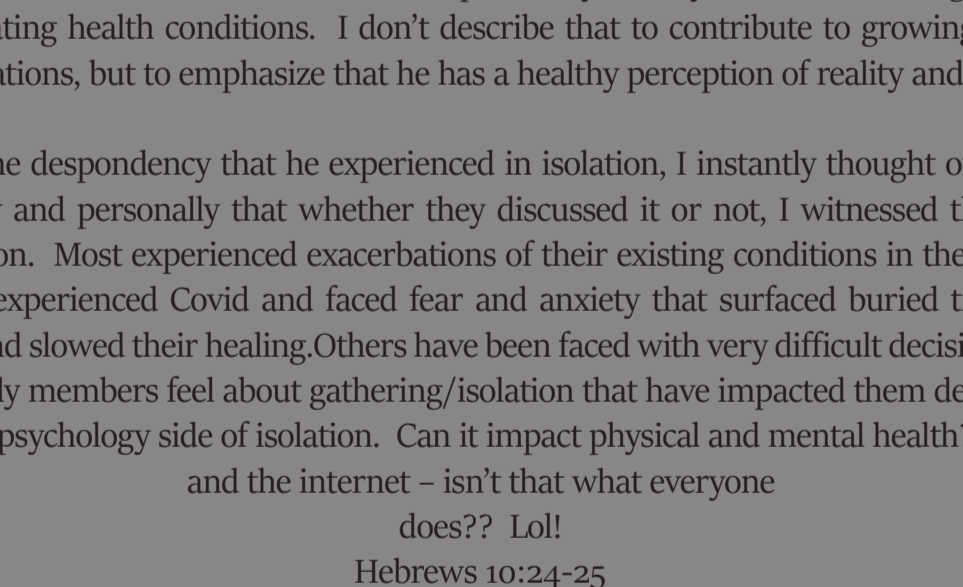
Candy Shufflett

My Peace of Life experience started with my Daughter April, and has since become a family affair. Now two daughters, I grandsons and two Son in laws all rave about Peace of Life. I went to see Dr. Taryn, prior to knee surgery, and she helped me tremendously. After my first visit, I understood why everyone said the staff was AMAZING. My grandson Jace, had LET, and I was shocked in the difference it made for him on the football field last year. I had knee surgery this past spring, and it was not helping well. It swelled to the point I had to use a cane to walk. Physical therapy did nothing for the swelling. I decided to try LET for relief of the pain and reduce the swelling. After two treatments, I was able to walk without pain and minimum swelling. After my third visit, I was climbing the stairs at the stadium to watch all three grandsons play football this year for MISD. Words cannot express my gratitude to Macalee for her knowledge and expertise in lymphatic therapy. She put me at ease from the beginning. I was surprised how relaxing LET is. God truly works through the staff of Peace of Life. I am continuing with my LET therapy to help in healing other areas.

## Chiro Corner



### THAT THING THAT IS 2X MORE HARMFUL THAN OBESITY



I was working with a patient that was just released from a 2-week stay in the hospital with Covid pneumonia. We had the most emotion-said interaction. He was so full of gratitude while walking in humility. He is doing great, by the way! Let's say his name is Rip (yes, I'm a Yellowstone fan!). Rip testified that the TURNING POINT in his recovery is when the hospital allowed his wife to visit him. He was adamant that the destruction of humanity was packaged in isolation. I'd like to further describe, Rip is a very healthy, Christian, Enneagram 7, 48 yr-old male without any complicating health conditions. I don't describe that to contribute to growing statistics of affected populations, but to emphasize that he has a healthy perception of reality and truth.

When he described the despondency that he experienced in isolation, I instantly thought of multiple people that I know personally and personally that whether they discussed it or not, I witnessed their health decline in relationship to isolation. Most experienced exacerbations of their existing conditions in the absence of any germ involvement. Some experienced Covid and faced fear and anxiety that surfaced buried traumas, complicating their mental health and slowed their healing. Others have been faced with very difficult decisions surrounding how family members feel about gathering/isolation that have impacted them deeply.

I began to look at the psychology side of isolation. Can it impact physical and mental health? I looked at the Bible and the internet - isn't that what everyone does?? Lol!

Hebrews 10:24-25

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Ecclesiastes 4:9-12

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up. Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him - a threefold cord is not quickly broken.

1 Corinthians 1:10

I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment.

Dr. Julianne Holt-Lunstad, a professor of psychology and neuroscience at Brigham Young University, co-authored a meta-analysis that reports lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder. She also found that loneliness and social isolation are twice as harmful to physical and mental health as obesity!

It is without question that our best self is that around others! I'm often reminded that I live in a bubble where most people are healthy and mindful about their health. So, I don't want to speak in generalizations as I think the line between my personal perception and professional opinion is too fuzzy. But...I will say, please don't assume AND don't be complacent against your better judgement. Speak up for what you personally need - loudly if needed, and be kindly respectful of what your neighbor needs, even if they differ. I'm NOT saying to be reckless, irresponsible, or obstinate - I think you all know me better than that. If there's confusion in what you should say or do, ask someone you love and trust. These are big decisions that directly impact your health and vitality!

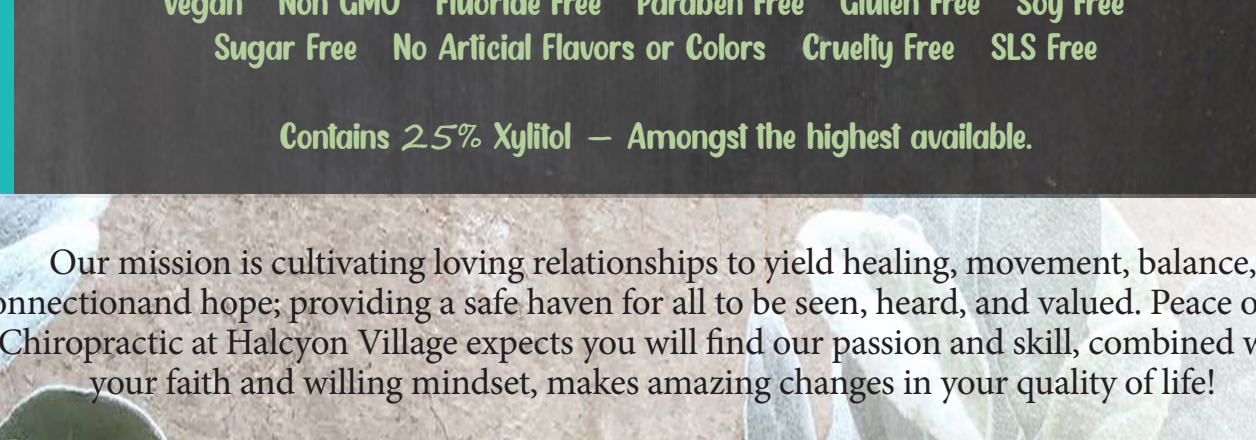
If you need relief from isolation, and it is not in the best interest of your situation to be in contact with people, please consider the following from Rush University with my ideas sprinkled on top:

- ♥ Learn new ways to gather - technology can offer lots of options
- ♥ Find things related to your loved ones that you can celebrate - send a card, gift, photos
- ♥ Get outside - sunshine and nature are alive and are fun to interact with
- ♥ Use mindfulness tools to increase your calm
- ♥ Make your brain work daily - puzzles, sudoku, word finds, math, etc
- ♥ If you don't already, please consult a professional

I hope that seeing the direct correlation between isolation and your health can offer you some motivation in pushing away fear (whatever that looks like for you), and taking action to nurture health in your body and mind!!! You, above everyone else, needs YOUR care!

In Love and Serve,  
Dr.T

## Health Hack



Each Nfoo Toothpaste contains 70% Organic ingredients and is designed for the whole family. The Australian Made gel formula with Native Australian Rivermint is rich in Xylitol and free from uric acid, SLS, parabens & harsh chemicals.

Australian River Mint Mentha Australis is native to the wild, pristine rain forests and waterways of eastern Australia. It is known for its fresh aromatic flavor and is used by indigenous Australians for medicinal purposes.

Vegan Non GMO Fluoride Free Paraben Free Gluten Free Soy Free Sugar Free No Artificial Flavors or Colors Cruelty Free SLS Free

Contains 2.5% Xylitol - Amongst the highest available.



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!