



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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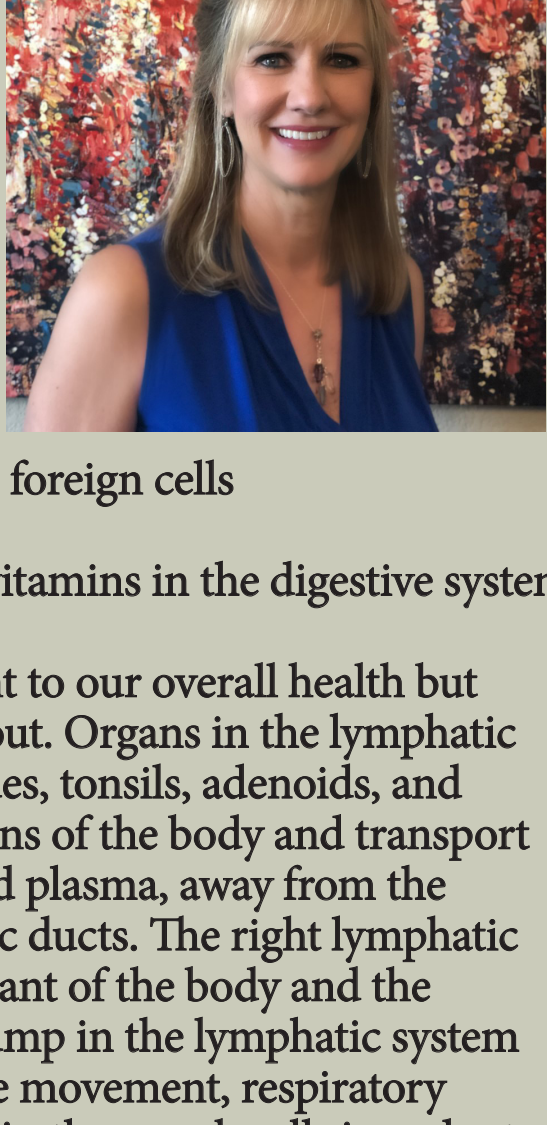
## Lymphatic Health

Melanie Harper  
EDS Technician

### The Lymphatic System and LET (Lymphatic Enhancement Therapy)

The lymphatic system, which is a network of tissues, organs, vessels, nodes and fluid, has the following primary functions:

- Maintains a balance of body fluid levels between the blood and tissues, known as homeostasis
- Filters and destroys bacteria, removes toxins and cellular waste, such as cancerous or foreign cells
- Facilitates absorption of fats and fat-soluble vitamins in the digestive system



Clearly, the lymphatic system is very important to our overall health but is a system that most of us know very little about. Organs in the lymphatic system include the spleen, thymus, lymph nodes, tonsils, adenoids, and appendix. Lymph vessels are found in all regions of the body and transport lymph, a clear, watery fluid derived from blood plasma, away from the tissues and eventually drain into two lymphatic ducts. The right lymphatic duct drains lymph from the upper right quadrant of the body and the thoracic duct drains all the rest. There is no pump in the lymphatic system and the lymph is dependent on skeletal muscle movement, respiratory movement and contraction of smooth muscle in the vessel walls in order to move.

Lymph ideally is in a watery, fluid state; however, sometimes it gets thick and has a difficult time moving due to toxins and waste. Toxins enter our body not only through foods that we ingest, but also things that we put on our skin and breathe, such as chemicals, pesticides, cleaning products, heavy metals, cosmetics, deodorants, and perfumes. Our lymphatic system is part of our immune system, and if it gets congested, we become more susceptible to illness caused by bacteria and viruses. There are several factors that contribute to a congested lymphatic system, such as, lack of adequate hydration, a sedentary lifestyle, and aging. We can help our lymphatic system attain an optimal state by adequately hydrating, reducing inflammation through diet and stress reduction, improving circulation, exercise, massage therapy, and lymphatic enhancement therapy (LET).

LET is a painless therapy that uses electric current, vibration and light to stimulate the movement of the lymphatic tissue and return the lymph fluid back to the preferred watery state. I have personally had amazing results from LET, including permanent relief from chronic pain, elimination of tooth sensitivity from a crown placed without a root canal, reduction in the appearance of cellulite, and an improved immune response. Macaley customizes my visit to address whatever my needs are at each session. She has the technical knowledge necessary to use the machine and she also has a God-given gift of knowing how to best approach the problems to get optimal results. I have made this a permanent part of my health and wellness routine and only wish I had known about it years ago!

## #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 : **265**

## UPCOMING EVENTS

MON  
7  
SEP

Labor Day!  
The office is closed this day.

TUE  
8  
SEP

International Literacy Day

TUE  
22  
SEP

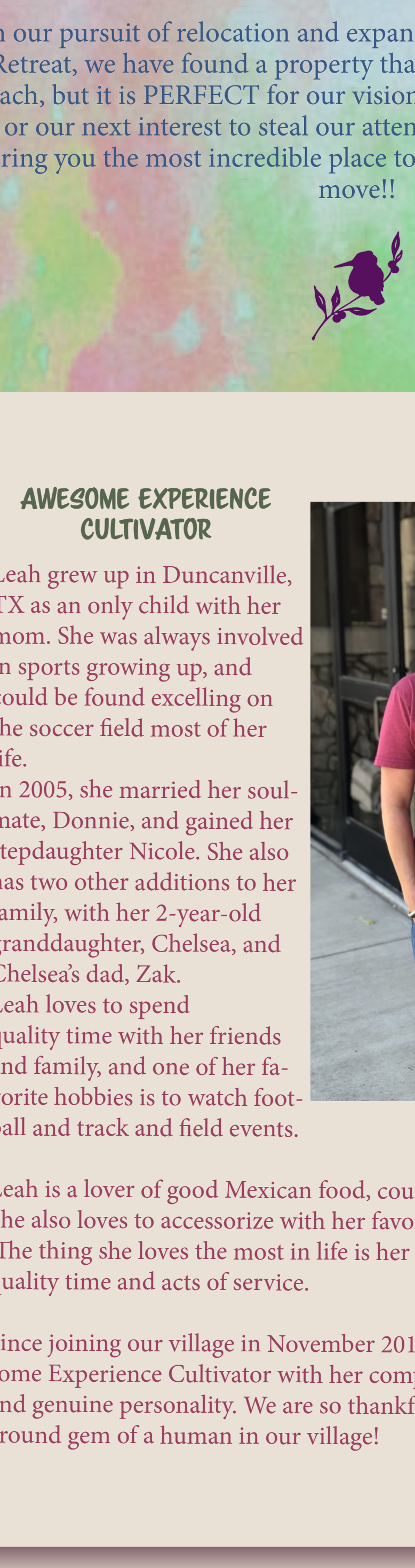
The First Day of FALL!

FRI  
2  
OCT

New Fall Schedule Starts

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 Grayson bunch is not a force to be reckoned with. They are a family who knows what they want and then goes after it. One great example is a goal they set to have a mini farm.

They just made the start of that goal a reality when they sold their house and moved on to acreage and built their home. They want an orchard, garden, animals and more.

This family loves to approach life with an open mind and a natural thought; that is why they make the perfect patients of the month for September.

Peace of Life fits wonderfully in their life because they make their health a priority. Chiropractic has been a mainstay for the whole family since 2006. The health of their nervous system is worth the maintenance and in Maggie's words, "It just enhances our bodies' natural ability to heal itself."

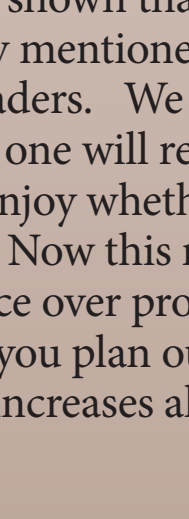
We really enjoy having the Grayson family in our village. They bring such a fresh perspective and the kiddos are cute too! What would the Grayson's say about chiropractic?

**"Health doesn't happen by default; it happens on purpose. Creating a team of those committed to your wellness and investing in it regularly is the best gift you can give yourself and your family."**

We could not have said it better ourselves! Grayson family we love you and thank you for being apart our village!

## 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!!



### AWESOME EXPERIENCE CULTIVATOR

Leah grew up in Duncanville, TX as an only child with her mom. She was always involved in sports growing up, and could be found excelling on the soccer field most of her life.



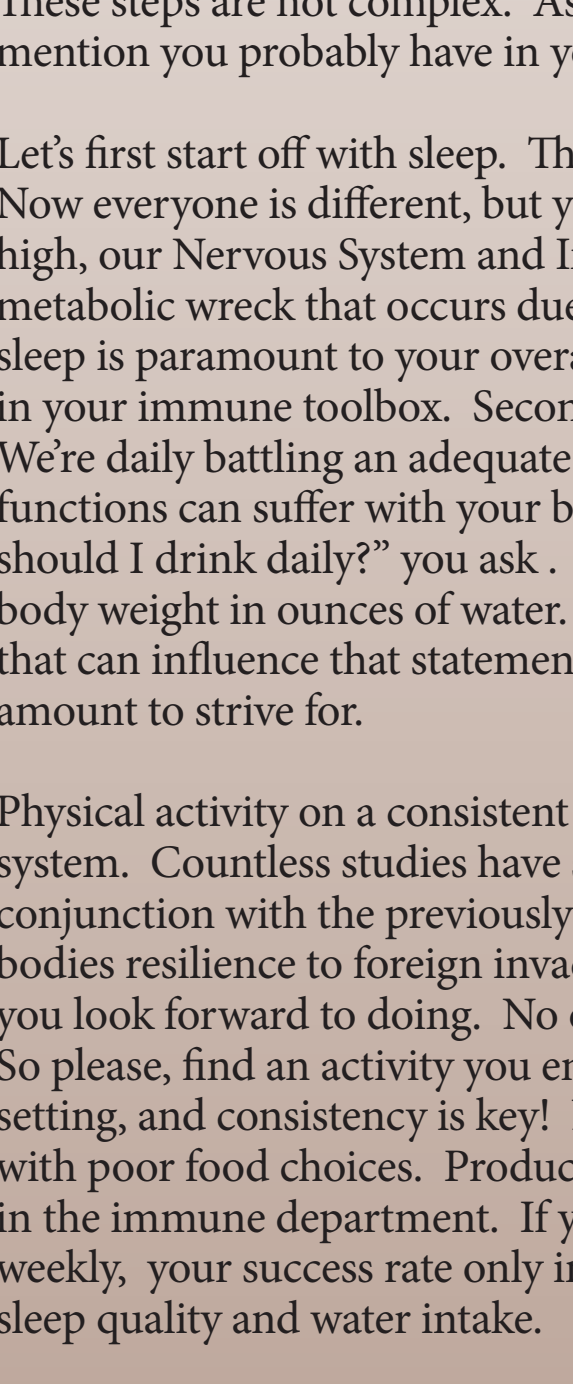
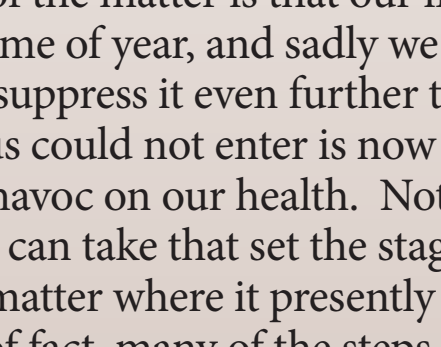
In 2005, she married her soul-mate, Donnie, and gained her stepdaughter Nicole. She also has two other additions to her family, with her 2-year-old granddaughter, Chelsea, and Chelsea's dad, Zak.

Leah loves to spend quality time with her friends and family, and one of her favorite hobbies is to watch football and track and field events.

Leah is a lover of good Mexican food, country music, and white chocolate. She also loves to accessorize with her favorite fashion item – Shoes! The thing she loves the most in life is her family, and her love language is quality time and acts of service.

Since joining our village in November 2019, Leah excels in her role as Awesome Experience Cultivator with her compassion, attentiveness and warm and genuine personality. We are so thankful to have this kind soul and all-around gem of a human in our village!

## Chiro's Corner



### Strategies for Strengthening Your Immune System

By Dr. Joey Lowery  
DC, MS, SFGI

We're on the brink of August flying by as all the previous months have done and we now face the last four months of the year which typically get lumped into what is known as "Flu Season". This obviously isn't a season we look forward to, especially in 2020! I can always tell when things are getting ramped up for the "Flu Season" marketing with various signs at the stores or the commercials on the radio.

The fact of the matter is that our immune system is challenged more so during this time of year, and sadly we can sometimes make not so good choices that suppress it even further to the point that otherwise a bacterial bug or virus could not enter is now given the opportunity to set up shop and wreak havoc on our health. Not to worry though, there are strategic steps you can take that set the stage for an improvement in your immune system no matter where it presently operates. These steps are not complex. As a matter of fact, many of the steps I will mention you probably have in your toolbox already.

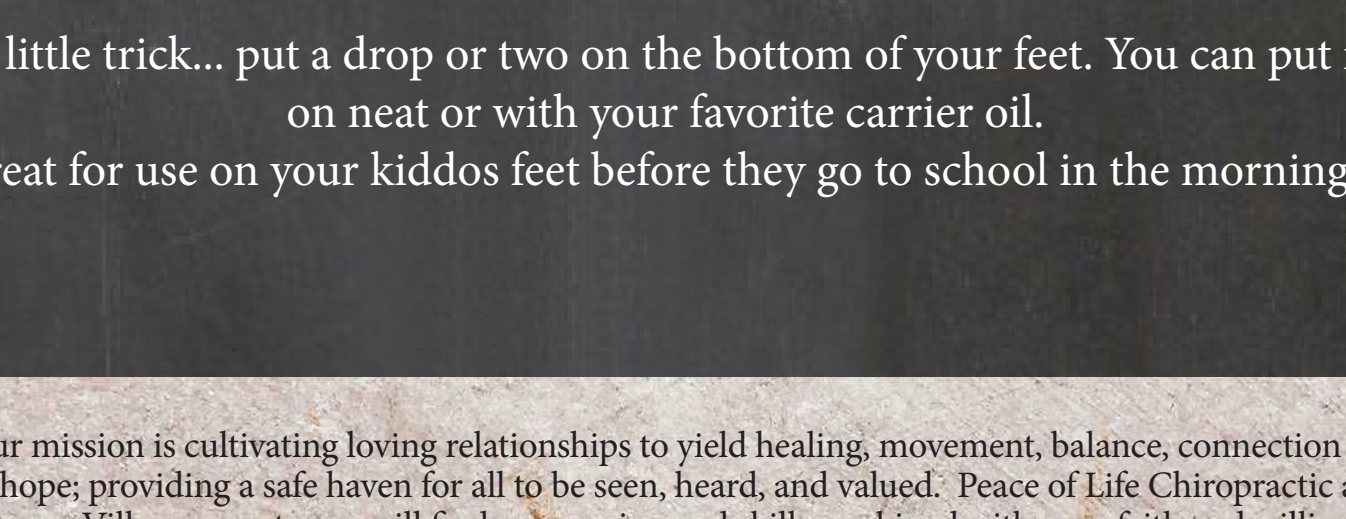
Let's first start off with sleep. The typical American sleeps around 6 hours. Now, everyone is different, but yet with sleep deprivation at such an all time high, our Nervous System and Immune System is struggling to keep up. The metabolic wreck that occurs due to poor/less sleep is detrimental. Quality sleep is paramount to your overall health, and can be one of your biggest tools in your immune toolbox. Secondly, hydration is a necessity to your health. We're daily battling an adequate hydration level, and again, many metabolic functions can suffer with your body being dehydrated. "How much water should I drink daily?" you ask. We should strive to achieve one half your body weight in ounces of water. I will state there are various health factors that can influence that statement, but for the most part, one half is a good amount to strive for.

Physical activity on a consistent level is a must in regards to your immune system. Countless studies have shown that regular physical activity in conjunction with the previously mentioned factors play a huge role in your bodies resilience to foreign invaders. We stress to patients focus on activities you look forward to doing. No one will remain consistent if you dread it. So please, find an activity you enjoy whether it be by yourself or in a group setting, and consistency is key! Now this recommendation is null and void with poor food choices. Produce over processed has you ready for success in the immune department. If you plan out your food intake weekly or bi-weekly, your success rate only increases along with a positive impact on your sleep quality and water intake.

Lastly, the Nervous System directs all other systems, and with a structurally healthy spine, a functionally healthy brain is going to be able to regulate, operate, and communicate at a high level. Spinal hygiene is just as much a tool in the toolbox as the previously mentioned. Health is a choice, not a chance, and these simple, yet effective measures will help you get started on setting stage for a healthy fall and winter. Please be on the lookout on our social media sources for even more immune enhancement recommendations. Don't worry, we have more! May you read this is health and happiness!

In Love and Service,  
Dr. Joey

## HealthHack



### Thieves

Thieves essential oil blend from Young Living Is a combination of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata and Rosemary.

If you are not familiar with what these herbs and spices can do, then you should be. The combination of this blend when concentrated, contains properties that are anti-microbial, anti-fungal, anti-septic, and anti-viral!

With school starting back soon it's always a good idea to be prepared.

A little trick... put a drop or two on the bottom of your feet. You can put it on neat or with your favorite carrier oil.

Great for use on your kiddos feet before they go to school in the mornings!

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!

