



Wholesome & WHOLISTIC

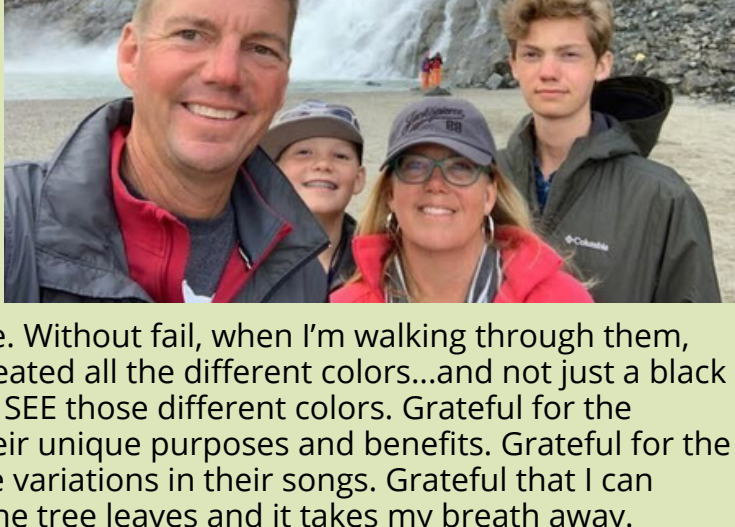
Peace of Life Chiropractic at Halcyon Village Newsletter

Volume 4 | Issue 1

Spring Forward with Gratitude

By Karen Scott

Spring is juuuust around the corner! It's hands DOWN my favorite season. Nature is well rested, refreshed and ready to give us a spectacular show. After it's had a season of rest, it comes out full force and full of beauty. It's such a thrill to see the red buds start to blossom...and the wild plums...and the peach trees. When I walk through the woods, there is a certain shade of green that's only visible in the spring. It's the green of brand new growth....the green of fresh starts and new beginnings. Every year it stirs something deep inside me.



There's a trail through the woods behind our home. Without fail, when I'm walking through them, I'm flooded with gratitude. I'm grateful that God created all the different colors...and not just a black and white world. Grateful that I have eyes that can SEE those different colors. Grateful for the multitude of varieties of plants and flowers and their unique purposes and benefits. Grateful for the amazing, intricate designs in birds' feathers...or the variations in their songs. Grateful that I can HEAR those songs. I see the sun filtering through the tree leaves and it takes my breath away.

"THE ART OF GRATITUDE IS LIKE A MUSCLE...THE MORE YOU EXERCISE IT, THE STRONGER IT BECOMES!"

As the weather warms, I hope you'll be intentional about being outside. I hope you will set aside time to purposely take in your surroundings...and not be in a rush to get anywhere. Hopefully as the days get a little longer, that will be easier to do! Take deep breaths....look around and see what you notice. See if you can find that "new growth green" I'm talking about (you'll know it when you see it!). See if you can find some new buds starting to open. Take notice of how the sun is filtering through the new leaves.

As you're basking in all the beauty, I encourage you to practice the art of gratitude. Intentionally think about how grateful you are for the things you see and your ability to experience them (seeing, hearing, walking, breathing, etc.). The art of gratitude is like a muscle...the more you exercise it, the stronger it becomes! If you Google the benefits of gratitude, you'd be blown away by this FREE holistic remedy...better sleep, improved relationships, reduced stress, increased energy, higher self-esteem and the list goes on!

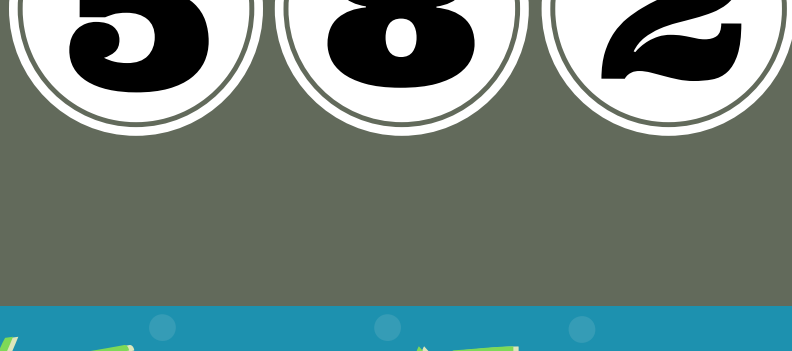
I pray this spring grows something new and beautiful within you...and that your gratitude will blossom and bless you and everyone around you!

Happy Spring!



#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



Dates to Look Forward To

April 7

WORLD HEALTH DAY

April 14

PLC'S IN-OFFICE EASTER CELEBRATION

April 9

NATIONAL UNICORN DAY

April 18

NATIONAL ANIMAL CRACKER DAY

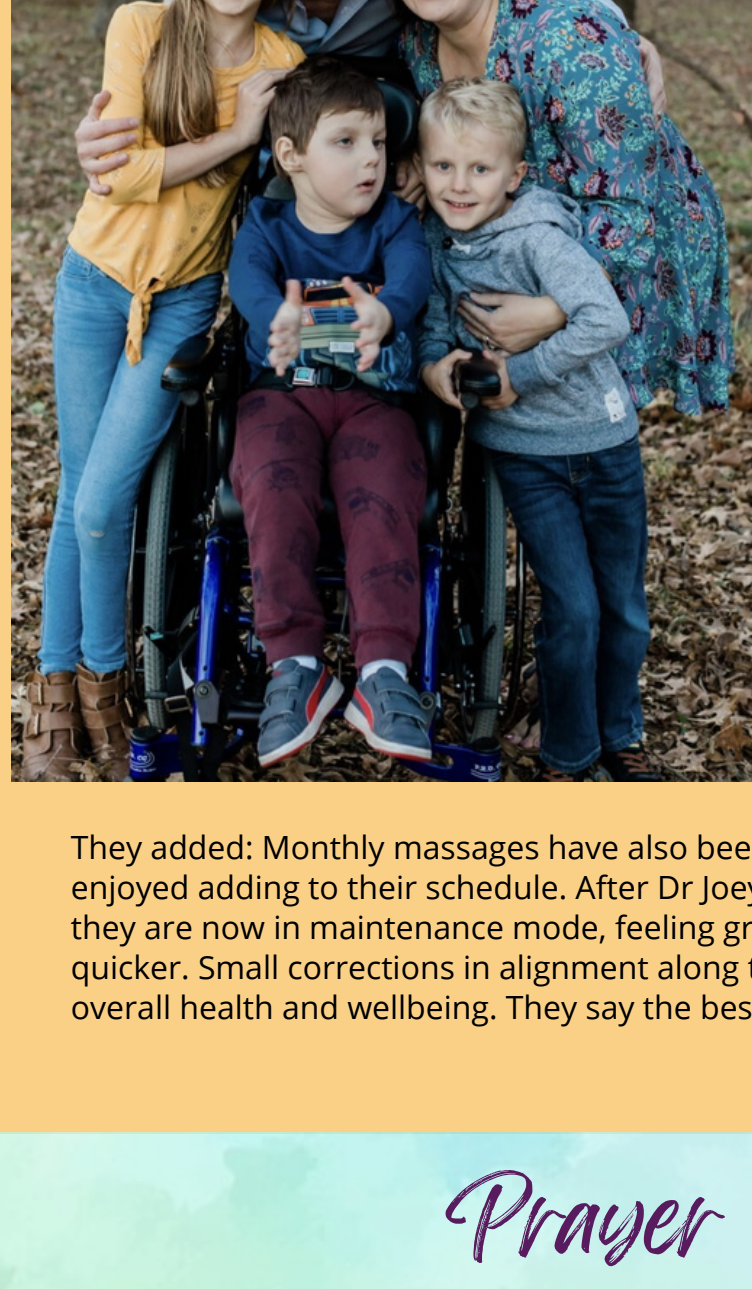
April 11

NATIONAL PET DAY #WEBber

April 20

KIMBERLY'S PLC ANNIVERSARY

Patients of the Month



The Waggoner's: Josh, Lacey, Blake, Hayden, and Aria

The Waggoner's love all things Disney! The movies, the music, the quotes, Josh knows them all! He is known to breakout in song and bring a sort of joy to everyone! They love to make people laugh and bring a smile to everyone's face. You may find them at the park, the zoo, the pool (during the summer), walking the neighborhood or experiencing new things wherever a wheelchair can go.

Lacey says "Everyone is so nice at PLC! Dr. Joey always knows the right thing to suggest to fix any injury or challenge either bone or muscle related. He's been an awesome support since Josh started his workout journey. After Lacey's scheduled surgery, Dr. Joey was able to continue adjustments very quickly and safely afterwards to ensure optimal alignment while she healed! Even Blake, who's 5 years old, has Epilepsy and is wheelchair bound, receives regular adjustments from Dr. Joey. He is gentle and careful with Blake, taking an interest in his current health status and all accomplishments, big or small."

They added: Monthly massages have also been an amazing self-care piece that they have enjoyed adding to their schedule. After Dr. Joey and Jayme worked through some trouble areas, they are now in maintenance mode, feeling great more often, and recovering from workouts quicker. Small corrections in alignment along the way have made a massive difference in their overall health and wellbeing. They say the best time to start chiropractic care is now!

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 came to Peace of Life about 3 years ago when my middle son was showing signs of plagiocephaly (a flat side on a baby's head). My oldest also had plagiocephaly and wore a corrective helmet. The helmet helped, but didn't fix it 100%. I wanted to avoid the helmet with my second.

Dr. Taryn said she could fix it and no helmet would be needed. So, I started bringing him for adjustments. Not only does he have a beautiful, round head, but he also has a very strong immune system that I attribute to the adjustments. I then began bringing his older sister. Her adjustments have helped with her behavior and emotional regulation, as well as her immune system. When my youngest was born, I started his adjustments as soon as possible. They have helped with our nursing journey, he has the roundest head of all the kids, and his immune system is very strong. I tell everyone that asks that Dr. Taryn works wonders. She has really helped my kids in so many positive ways.

- Emilee Girard



Chiro Corner

WORDS THAT BEGIN WITH "M" YOU SHOULD GET TO KNOW

BY DR. JOEY LOWERY



I'd like to begin this "Chiro Corner" with an expression of gratitude. I am practicing hard these days a higher state of Mindfulness in regards to appreciation I as one of the Chiropractors and members of the village towards our patients and the choice you make to seek our help and recommendations with your health journey. It helps me lock a better sense of focus on just how blessed we are to interact with such a variety of wonderful people. Thank you all for that privilege and we do not take it lightly.

Now to the Meat and potatoes. When the word, "Mindful" comes at you, what do you imagine? Is it a focus, and action, or just a description? The answer is all of these and probably more. The reason I bring up "Mindful" is it seems, at least for me, to help clear away the distractions and place me on the path I need to be on towards any goals I have. The cool thing about a "Mindful" outlook is it only benefits the next several "M" words. Let's move on.

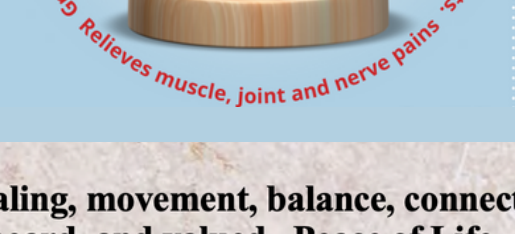
"Meditation" often gets lumped into this image of a group of monks sitting in a tranquil area with their eyes closed in complete silence. In today's fast paced mentality, someone may immediately balk at this idea saying, "No time for that, too many things to do!" Boy are you missing out on some serious Mental benefit! The trickle down effect occurring during Meditation is more and more amazed me each time I practice. One layer of meditation is the conscious practice of clearing your mind which for me is easier said than done. This practice has another layer of "Manifestation" or bringing into existence whatever you focus on. I have felt the word "attraction" falls more in line with this as I practice, and it only seems to get better with the visualization I do while in Meditation. A nice side effect is when done with my practice (which for me is usually 5-10 mins) I feel calmer, happier, and frankly excited for what my imagination came up with. What does this sound like? "Mood" of course! A better overall feeling occurs with your Mindful Meditation. Let's do a quick (and I mean quick) session of this practice. Laying flat on your back in a "starfish position" and listening to 432 hz frequency music (a big help to my practice) I'd like you to imagine a place you're wanting to visit. I'd like you to really give into what the surroundings look like. Visualize the smells you encounter, the trees or mountains or wildlife you discover here. Imagine what your hands feel or how your bare feet feel in the sand or grass. It's coming to you I hope. It looks so amazing I bet! Can you not help but feel this sense of, "I could get use to this!" You're Manifesting a happy place and it brings the Mood up, and boy do we need that these days. Let's talk about "Motivation". Now we're all in a better state of Mindful, and our Mood is in a good place, and so we feel a higher sense of Motivation to Move towards any goals we have. One may be Manifesting a plan to visit this happy place you Meditated over. Another may be to Move more such as exercise. Yes, Mood and Movement are interlinked. Your Motivation to move may vary from day to day, but your Mood will always improve after some healthy productive Movement and that only continues to improve with time as your discipline centers take over and now you're just on autopilot.

Lastly, I want to say by no means am I a "Guru" at these suggestions, but I never make a recommendation without trying something myself, and I am truly grateful for the impact the more and more I dive into these "M" words. I hope something here I've written about has given your mind a means of motivation to move towards manifesting your personal goals. Thank you again for choosing us as part of your healthcare.

HEALTH HACK

T-Relief by MediNatura can help turn 😞 to 😊. T-Relief = Total Relief. Relieves muscle, joint and nerve pains. Great for sore backs, painful knees, sciatica, arthritis pain, muscle soreness, neck pain, TMJ pain, shin splints, etc. The Extra Strength formula has 50% more of each of the 13 powerful plants in regular T-Relief. T-Relief has Arnica, a plant that has relieved pain for centuries plus 12 pain-relieving plants to provide more relief to more pains.

Phenomenal Product Plug T-Relief = Total Relief



Relieves muscle, joint and nerve pains

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!

