

## Freedom From Your Past

By Suz MacLeod

"The past is the past". I have heard this phrase tossed around so flippantly for most of my life. But I have to disagree. If "the past was the past" we wouldn't need the justice system, we wouldn't need forgiveness or memory books for our babies. Keepsakes would be very minimal. Hoarding wouldn't exist because we'd all agree "the past is the past". And yet, it's not.

I've spent the better part of the last year being reminded that it's NOT. My church offers a ReGeneration program, much like Celebrate Recovery (maybe you've heard of these). I found myself enrolling this past fall because after watching folks I know go through it, I thought it would be enlightening to go through the steps myself. The subtitle on the cover of my ReGeneration book says: "recovery in Christ when life is broken".

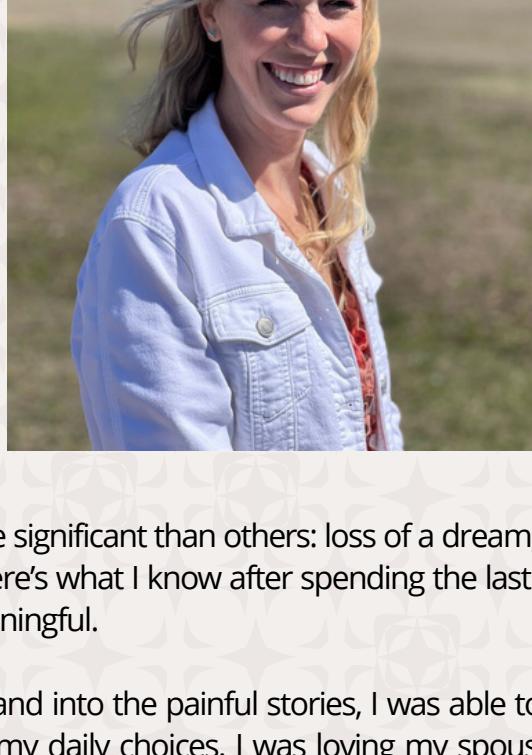
Many of us hold a "past" where there was loss. Some of it is more significant than others: loss of a dream, loss of a beloved pet, loss of a loved one or loss of our innocence. Here's what I know after spending the last year working through my past. "The past is NOT just the past". It is meaningful.

It was shaping everything about me. When I went into my past and into the painful stories, I was able to see how I had made so many false agreements that were shaping my daily choices. I was loving my spouse by constantly trying to "fix" him. I was parenting by swinging the pendulum in the opposite direction of the parents that had hurt me so badly. I learned that much of my behavior came from fear. And now, I've not arrived by any means; but I'm free from the chains that had held me in bondage. My life is forever changed. My husband and children's lives are forever changed because of the work and time I've spent pondering my past.

**"For freedom Christ has set us free." Galatians 5:1**

Resource: The place we find ourselves podcast by Adam Young

About the author: Suz is short for Susanna. Suz is a full-time homeschooling mama to three beautiful children, and a wife to Colin. Her family relocated from Chicago to Texas two years ago for The Chosen. She thrives off of story, loves connecting and getting to know new people, and her heart is for the local church. Fun fact- She met her husband while shopping at Best Buy 14 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



## Patients of the Month

Jessica, Paxton, Kayleigh, and Jayde Holt



The Holt family says, "at Peace of Life, you aren't just a patient but part of the village. They care about you and your family as if they were your own. They pray with you and want to see you better, mind and body." The Holts have been a part of our village family for close to seven years, and we are happy to have been able to care for them on their journeys.

The benefits they have received far surpass the years they have been a part of the village. From Paxton having lymphatic treatment done after a car accident to drain his swelling to when Jessica was pregnant, Taryn came to the birth center and helped calm and adjust her trying to turn the baby while in a three-day labor. Jessica continued by telling us about the benefits her children also received from chiropractic treatment.

"My oldest plays school and select volleyball, and Joey has been amazing with her. He has helped get her in the office in an emergency need when she tears a muscle or dislocates a rib. As of last year, Taryn has also worked with her scoliosis after her diagnosis. My youngest has had a few problems that Taryn has fixed. From waking up one day barely even being able to walk, she got us right in and adjusted her to find out what was wrong. In an hour, she went back to walking perfectly normally. Unfortunately, she also fell off our bed and couldn't use the bathroom for days, and started to get a fever, and it turns out her tailbone was out of line, and Taryn saved the day. After an adjustment, she returned to her usual self and felt ten times better.

To someone thinking about chiropractic care, Jessica would tell them not to be scared. "I hadn't been to a chiropractor my whole life until six years ago. I, too, have scoliosis and wish I had a Taryn or Joey back in the day. How they explain everything and answer all your questions puts your mind at ease. Find a chiropractor that cares about you not only physically but mentally."

## Dates to Look Forward To



April Fools Day  
April 1



Good Friday  
Office Closed  
April 7



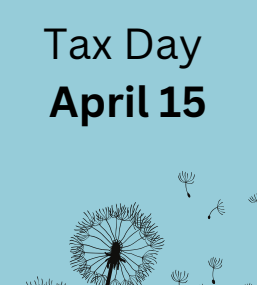
World Health Day  
"Invest in Our Planet"  
April 7



Easter  
April 9



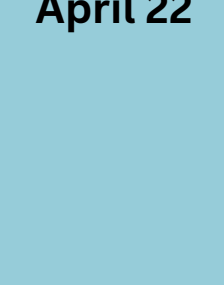
World Breathing Day  
April 11



Tax Day  
April 15



Kimberly's 2nd  
PLC Anniversary  
April 20



Earth Day  
April 22



World Wish Day  
April 29



April is Earth Month



April is Stress Awareness Month

Meet Jane, our new online booking site! Click the book online button to get started!

### 3 EASY STEPS TO

## BOOK ONLINE

1.

CLICK HERE!

Book Online

2.

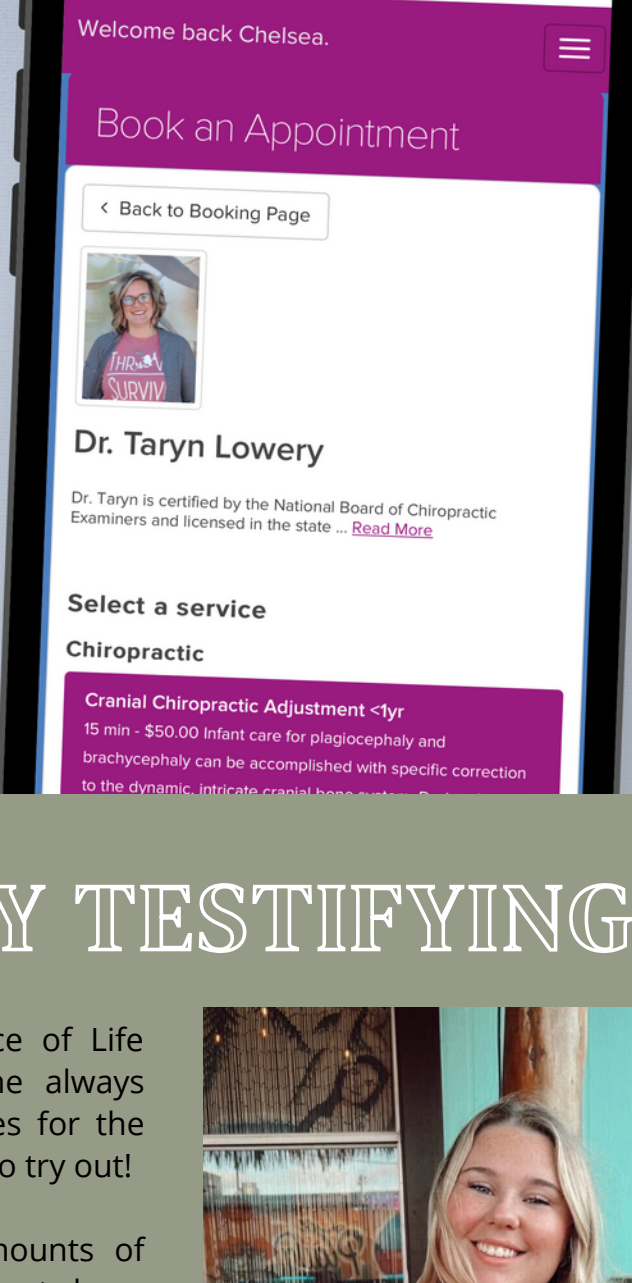
SET UP YOUR ACCOUNT

If you haven't already go add your name, phone number, and email to your account

3.

START BOOKING!

Then you should be able to book an appointment by practitioner or service. Click one and see their next availability!

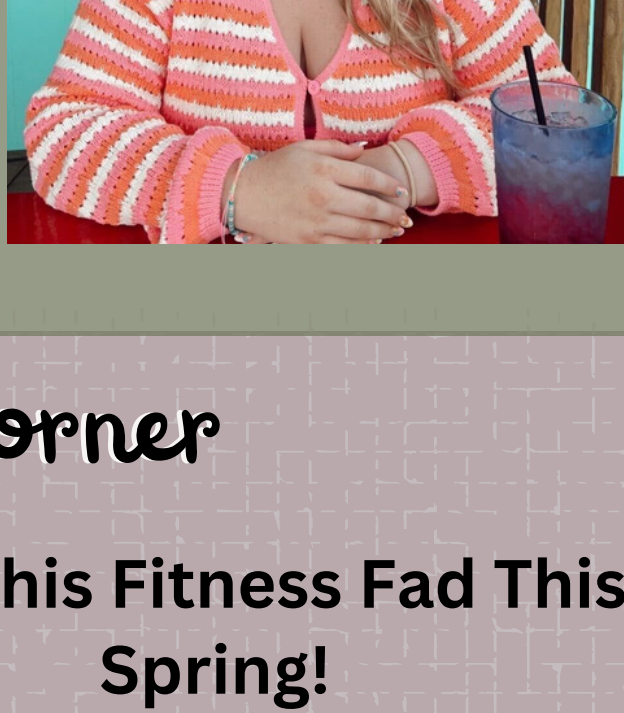


## TOTALLY TESTIFYING

Shelby Woodard learned about Peace of Life through the grapevine. She said she always heard that PLC "changes peoples lives for the better" and it was something she had to try out!

Shelby had previously had large amounts of back pain and said getting her adjustments have helped her back pain tremendously and allowed her to move more freely.

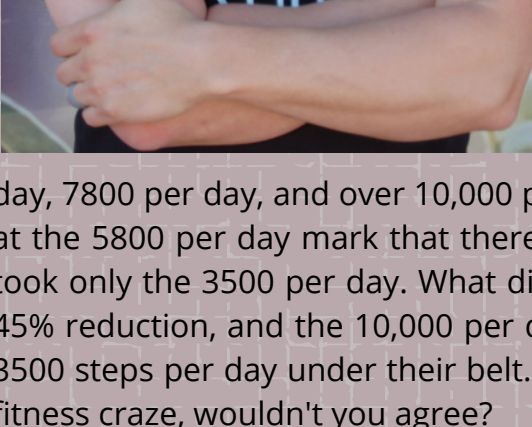
She said she is "always excited to come in and get adjusted." She said she would recommend getting adjusted to everyone, and to anyone thinking about exploring the idea she says "totally do it! It has helped me so much!"



## Chiro Corner

### Join This Fitness Fad This Spring!

By Dr. Joey Lowery



There's a fitness activity that drastically increases across all age demographics this time of year. It takes place at all hours of the day on a variety of surfaces and in a variety of intensities. It has an annual return, like the budding flowers and blooming trees. It almost has a season of its own, yet it can be done year-round. This activity is called WALKING.

Let's talk a little about walking from an all-cause mortality standpoint. Many studies have taken a large group of folks into account, in particular, their steps per day range. These ranges include 3500 per day, 5800 per day, 7800 per day, and over 10,000 per day. The interesting findings in these studies noted that at the 5800 per day mark that there was a 40% reduction in death than that of a person who took only the 3500 per day. What did the other ranges rank, you ask? The 7800 per day had a 45% reduction, and the 10,000 per day had a whopping 53% reduction versus those with only 3500 steps per day under their belt. I'd say these folks getting in 10k or more are enjoying this fitness craze, wouldn't you agree?

Let us now bring to light the metabolic effect of walking. In today's world, at the pace we're going, we will have 1 in 2 people diagnosed with type 2 diabetes by 2040. 1 in 2!! That's a major metabolic crisis we are heading towards. We literally have children that are developing diabetes before our very eyes. As simple a task as walking every day (along, of course, with better food choices) could drastically alter their lives for the better. When walking as an activity in a continuous state, the body becomes more insulin sensitive, meaning glucose stores in the liver and muscle are being used as fuel for the cell. Walking incorporates some of the biggest muscles in our body, such as our glutes and quads, which suck the glucose out of the environment, thereby creating a metabolic inferno and a fat-burning environment that, best of all, is a muscle-sparing action. Those big muscles previously mentioned are giving your pancreas a break from producing all the insulin needed to regulate that glucose, and it is getting devoured by them while you are walking! A healthy dose of resistance training coupled with walking is a metabolic dream waiting to come true. Between the two for beginners, start with walking.

Let's get to my favorite part, which is the neurological benefit. As mentioned earlier, the quads and glutes are involved in walking. Still, the joint load is happening, which is a significant stimulus for the areas of the brain that direct sensory information. Such regions include the cerebellum, which is balance and coordination, as well as the parietal lobe, which is spatial awareness. Input from the joints, not only in the lower extremities but also the spine, brings a surge of info to these areas. This info is now translated to the frontal lobe, which is basically the choreographer of continued movement by the body. This frontal area segregates us from other species as we have one of, if not the most developed frontal lobes on the planet. It has to be fed, though. How do we feed it? Movement! What is one of the most beneficial forms of movement? You guessed it. Walking due to the cross crawl opposing limb movement that nurtures our brain. I often tell patients, "When in doubt, distress, anxiety, or worry, go for a walk. It is amazing how it clears the noise in our minds. The part of the brain directing movement also drives mood. Cool right?!"

I hope this has inspired you to think of walking with more value than you may have. Getting that step count up means getting that all-cause mortality rate down. Getting that body moving with walking means feeding that beautiful brain all kinds of healthy information. Get to stepping because if it was good enough for Jesus, you can bet it's good enough for us! I hope this information has been helpful. Have a blessed day while you walk.

In Love and Service,

Dr. Joey

## Product Highlight

## Redmond Earthpaste

We are welcoming EARTH MONTH with this phenomenal product... Redmond Earthpaste®!

This amazing creation started with hydrated Redmond Bentonite Clay, then added xylitol, essential oils, and Real Salt®. Just when you thought it couldn't get any better...Redmond recently added the pure, effective cleanser, nano silver.

Swing by the Village today and grab some Redmond Earthpaste®... Your CHOMPERS will thank you!



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!

