

## Intentional Movement

By Stephanie Patterson

This is a glimpse into my journey and how intentional movement saved my life, and I hope it inspires change in some of you.

Sitting still has never really been my thing. As a kid, after school, I'd come home to pop in one of those old-school workout VHS tapes. Jane, Richard, and Tony were my peeps! I knew every step to Denise Austin's "Kickin' with Country" and Billy Blanks' Tai Bo! Knee, knee, kick, jab—it was my jam!

Back then, all I dreamed of was becoming an aerobics instructor. Little did I know the impact my love of movement would have later in life. At that time all I knew was that moving every day made me happy and feel great! Though I never became an actual aerobics instructor, I've taught Zumba, yoga, and Pilates, among other things. I'm grateful for every class I taught and every student I met along the journey. I'd love to say I danced off into the sunset, living a perfect and healthy life, but unfortunately, this isn't the case. Life isn't a straight line. It's filled with twists, turns, and unexpected challenges. I wish I could say I faced them all gracefully, but the truth is, I stumbled.

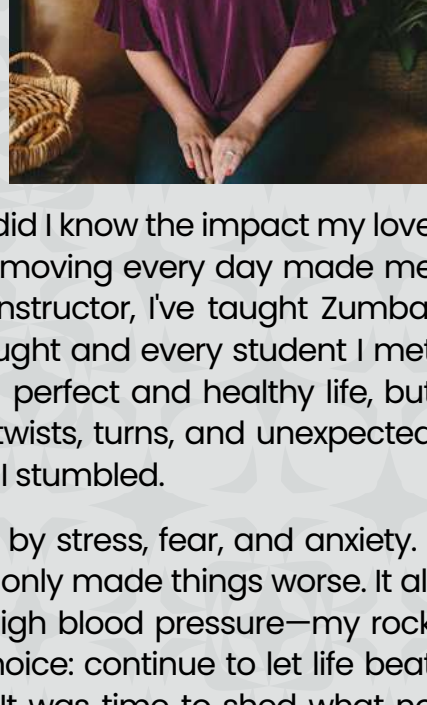
After the 2020 pandemic, life took a crazy turn when I was blindsided by stress, fear, and anxiety. I started losing control, resorting to unhealthy coping mechanisms that only made things worse. It all came crashing down when I ended up in the ICU with dangerously high blood pressure—my rock bottom. Terrified and questioning how I got there, I realized I had a choice: continue to let life beat me down or fight for the life I deserved. Thank GOD I chose to fight! It was time to shed what no longer served me, to look inward, and to rediscover who I was meant to be. I knew I had to make changes fast! I spent countless nights in prayer and meditation digging through my past and forgiving myself and others for not knowing and doing better. It was a real tear-jerking soul search. It's hard to face ourselves and take accountability. But I sat with it all, and somewhere amidst the darkness, I found light—I learned to live again. It started with simple things, like evening walks during golden hour, marveling at the painted sky as if God made it just for me. I was rekindling my love for nature by just getting outside and going on hikes, swimming, dancing, or hot yoga at the studio! I had to make the DAILY choice to intentionally look for healthy ways to replace the old destructive patterns. I began to live with intention, seeking out joy every chance I could.

Now let's be honest—most people don't love the word exercise! Working out?! Who wants to work more? But exercise serves so much more than just enhancing one's appearance in a bathing suit. It stands as a fundamental pillar of holistic health and well-being. It improves cardiovascular health, mobility, and sleep quality, significantly reduces the risk of various diseases, and the list continues! But one of its most amazing benefits lies in its profound impact on mental health. For me, this is where the real magic happened. When we engage in physical activity, our bodies release endorphins, those wonderful neurotransmitters that work wonders at reducing stress and anxiety. Exercise has an incredible ability to uplift moods and enhance overall well-being. There's nothing quite like that post-workout dopamine rush—it's LIFE! You are literally high on LIFE!

So regardless of where you are on your journey or what challenges you're facing, I can't stress enough how essential it is to incorporate movement in your life. We all encounter challenges, and if we aren't prepared, we may find ourselves trying to escape our reality with less-than-perfect methods. But it doesn't have to be this way! Each of us is deserving of a life filled with vitality and vigor. We are not designed to lead sedentary lifestyles, so whether it's as simple as taking a stroll to the end of the driveway, doing water aerobics at the Y, dancing in the kitchen, finding solace and connection in a yoga class, or embarking on an epic hike like Machu Picchu, just get up and move!

No life is perfect, but the good news is that we have options—whether it be a rough day, challenging times, or a bad mood—there is always a path to do better. Each of us carries a figurative toolbox equipped with a variety of resources. The choice lies within us: which tool will you choose? Will this tool propel you forward or lead you astray? Sometimes setbacks are unavoidable, but our response to them is the key to unlocking our happiness and potential! After all, the darkest, most rainy days should bring forth the most beautiful growth!

You are worth the effort to prioritize your physical and mental well-being. There's an entire world out there waiting to be explored, and it's up to you to seize it with intention and purpose. If you ever find yourself feeling stuck or simply want to share your successes, please don't hesitate to reach out. You can find me at the Village or join me at my Soul Fusion class at Mai Town Studio in Red Oak. Let's connect, inspire each other, and celebrate the joy of living life to the fullest!



## #LIVESCHANGED

There is a first time for everything! We are incredibly grateful for the honor and joy of introducing people to holistic care. Every time we are a FIRST for someone, we add them to our celebration of transformation and freedom in health and healing!

**840**

#thereisafirsttimeforeverything  
#wholisticoptions #alternativehealthcare

## Patients of the Month

Greyson, Brighton, Erika, Brandon, and Harper Fuller Hensley

April's Patient of the Month is The Hensleys!! We are so excited for them as they just moved onto 3 acres in Venus and are so excited about all their new possibilities!

They shared, "We absolutely love the personal touch of Halcyon Village! Everyone knows us as soon as we walk through the door! Our whole family benefits from chiropractic care at Halcyon Village with reduced pain!"

If you have never tried chiropractic care here at Halcyon village they would tell you, "They listen and address any concerns you have!"



## Dates to Look Forward To

10 APRIL	NATIONAL HOMEOPATHY DAY	10 APRIL	CLOSED FOR VILLAGE ENHANCEMENT
14 APRIL	NATIONAL GARDENING DAY	19 APRIL	OPEN HOUSE PARTY
20 APRIL	VALERIE'S BIRTHDAY	20 APRIL	KIMBERLY'S VILLAGEVERSAARY
22 APRIL	EARTH DAY	26 APRIL	VILLAGE CLOSED FOR FILL IT UP FRIDAY

## Open House Par-tay

APRIL 19TH

Join us for food, drinks, and community!

Come check out our

WHOLISTIC HEALTH RETREAT



Halcyon Village

4470 E. Hwy 287, Suite 500, Midlothian

HalcyonVillage.net @halcyonvillage

## SERVICE SPOTLIGHT

Join us at the Open House Par-tay on April 19th to meet Kimberly Picard, Halcyon Village's IASIS Micro Current Neurofeedback Certified Provider! She is a wealth of information (and magnanimity) on our amazing tool to help with stress management, anxiety, postpartum depression, ADHD, trauma recovery and much more! This gentle, non-invasive tool helps bring sustainable results to your journey. Ask Kimberly how she can help you find vitality, contentment, rest, recovery, clarity, and calm with the help of IASIS MCN!

## IASIS Micro Current Neurofeedback!

At Halcyon Village

Schedule a complimentary consultation with Kimberly at Halcyon Village today to see if IASIS Micro Current Neurofeedback is right for you.

## TOTALLY TESTIFYING

Patty Steele

Patty has seen some pretty remarkable benefits from the massage care she has received at Halcyon Village! She shared, "my range of motion has increased, I am sleeping better, laughing more and experiencing more hope than before!"

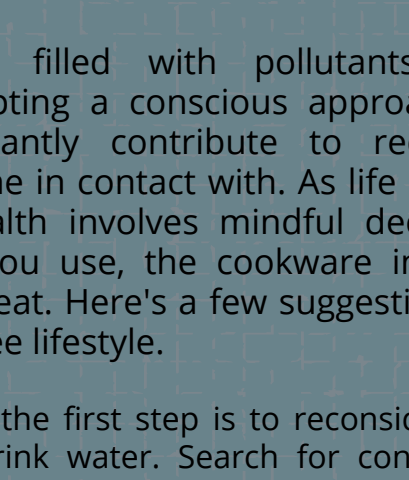
Additionally, she expressed that she loved Halcyon Village because it has a "pleasant energy and a great attitude throughout the whole space!"

She said when she met Lisa, Halcyon Village's Massage Therapist, that she just "knew they were meant to be!"

If you are thinking about trying out a massage at Halcyon Village Patty would highly recommend it!!

## Book Online Today With Jane

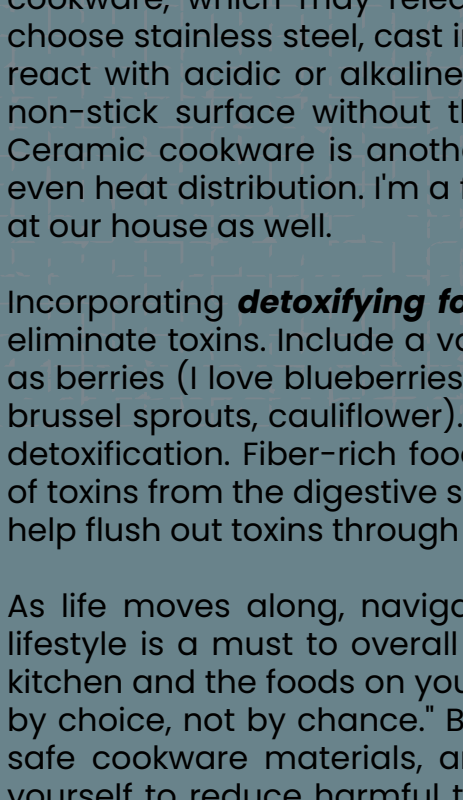
Click here!



## Chiro Corner

### Toxin Removal Strategies for a Healthier You!

By Dr. Joey Lowery



In a world these days filled with pollutants and environmental toxins, adopting a conscious approach to daily choices can significantly contribute to reducing harmful exposures you come in contact with. As life moves along, optimizing your health involves mindful decisions regarding the containers you use, the cookware in your kitchen, and the foods you eat. Here's a few suggestions to help you navigate a toxin-free lifestyle.

When it comes to **hydration**, the first step is to reconsider the container from which you drink water. Search for containers made from materials that minimize the risk of leaching harmful substances into your water.

Stainless steel, glass, and BPA-free plastic are excellent options. Stainless steel is durable and doesn't react with water, while glass ensures no chemicals from the container enter your drink. BPA-free plastics provide a safer alternative, but always check for materials like PET (polyethylene terephthalate) or HDPE (high density polyethylene), as they are less likely to leach harmful materials (i.e. estrogen promoting - fat accumulation in our bodies is estrogen based).

The **cookware** you use can significantly impact the quality of your meals. Avoid non-stick cookware, which may release toxic fumes when heated at high temperatures. Instead, choose stainless steel, cast iron, or ceramic cookware. Stainless steel is durable and doesn't react with acidic or alkaline foods. Cast iron, when properly seasoned, provides a natural non-stick surface without the harmful chemicals found in conventional non-stick pans. Ceramic cookware is another excellent option, free from harmful coatings and known for even heat distribution. I'm a fan of cast iron myself, but stainless steel gets its time on stage at our house as well.

Incorporating **detoxifying foods** into your diet can enhance your body's natural ability to eliminate toxins. Include a variety of colorful fruits and vegetables rich in antioxidants, such as berries (I love blueberries myself), leafy greens, and cruciferous vegetables (i.e. broccoli, brussel sprouts, cauliflower). Garlic and onions contain sulfur compounds that support liver detoxification. Fiber-rich foods like whole grains, legumes, and nuts help in the elimination of toxins from the digestive system. Additionally, stay hydrated by drinking plenty of water to help flush out toxins through urine.

As life moves along, navigating the challenges of modern living, prioritizing a toxin-free lifestyle is a must to overall well-being. From the water you drink to the cookware in your kitchen and the foods on your plate, every choice matters. The old saying is true, "Health is a by choice, not by chance." By opting for stainless steel or glass water containers, choosing safe cookware materials, and embracing a diet rich in detoxifying foods, you empower yourself to reduce harmful toxin exposure. Remember, small changes in your daily routine can have a huge impact on your long-term health. I hope some of these suggestions have been helpful to you in making good if not better choices so you can rid more toxins from your life. Have a blessed day and thank you as always for allowing us to serve you at Halcyon Village. God Bless.

## Product of the Month: Nourished Magnesium

There are sufficient studies to show that magnesium is successful in relieving many types of muscle pain, cramps, and spasms. Magnesium is proven to lessen the overall sensation of pain. It's also shown to contribute to the health and restoration of the cartilage that protects the joints and to the improvement of arthritis. Blended with skin-nourishing unrefined shea butter and arnica oil, the magnesium cream with arnica provides relief inside and out! Nourished uses only magnesium chloride in the making of its products, which is one of the most bio-available types of magnesium on the market. Regular application of Nourished Magnesium Arnica Cream can be a direct path to relief! Applied topically, magnesium can be applied directly to the area of concern, bypassing the need for digestion or the risk of an upset stomach. It enters through the skin and directly into the bloodstream, meaning fast results! The best results are felt when used daily on an area of concern. Apply to the lower abdomen (the most absorbent part of the body) for uses that don't have a specific "area" or just for general supplementation. Don't miss your chance to pick some up and try it for yourself for 15% off only at Halcyon Village!!

GOOD mood or good magnesium?

Using a natural topical pain reliever has several benefits. Firstly, unlike conventional pain relievers, there are no potential health risks associated with the ingredients. Secondly, as these products are applied topically, there are no digestive discomforts. Finally, there is no limit on how often natural topical pain relievers can be used. For those looking to try a natural alternative, we recommend picking up a Nourished magnesium spray or cream. You can find them at Halcyon Village and enjoy a 15% discount in April. Give them a try and see the benefits for yourself!

## CHARLSY'S REVIEW

"Had a wonderful massage today from Lisa. Very knowledgeable and professional. Can't wait to get another one. I also followed up the massage with an amazing adjustment from Dr Taryn. She's absolutely the best!!"

Submit Your Google Review

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. 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!

