

# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Volume 4 | Issue 5

## Taking Control of Your Health as a Young Adult

By Chelsea Elliot

As a young adult, it is important to start to take control of your health. It is our responsibility to make sure we start our adult life as healthy as possible and it's not going to be our parents' responsibility to always take care of us and make medical decisions for us.

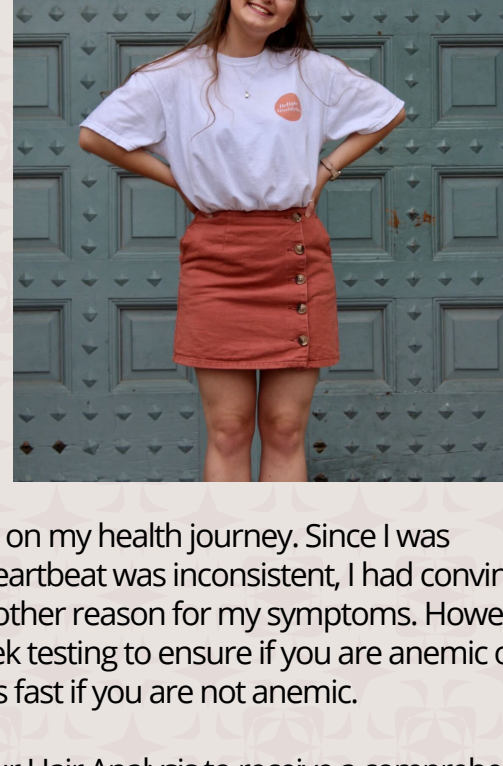
I have been a patient at PLC for over three years, and for the last year and change, I have had the privilege of working at PLC!

It was a little over a year ago that I began taking the bull by the horns on my health journey. Since I was constantly fatigued, lightheaded, had cold feet and hands, and my heartbeat was inconsistent, I had convinced myself and my mom that I had to be anemic, as I could not find any other reason for my symptoms. However, I was taking a nutrition course in college and knew that it is best to seek testing to ensure if you are anemic or not rather than jump into an iron supplement, as that can get dangerous fast if you are not anemic.

So, I asked what my next steps should be. Julia suggested that I do our Hair Analysis to receive a comprehensive analysis of the vitamins and minerals my body was lacking in. That is precisely what I did that day! The results showed that not only was my iron low, but I was deficient in nearly every vitamin. I partnered with Dr. Taryn to devise a health plan to get my body back on track. Looking back, I can say it was the best decision for my health as I have seen nearly 180% turn around.

The most significant thing I learned through this was that health is multifaceted; it's emotional, mental, physical, and spiritual health, which is why it's a lifestyle. As a young adult, I have found so much excitement and freedom in being able to set up my future by setting up a healthy foundation for myself now as I plan out how to keep the rest of my health balanced!

About Chelsea: Chelsea is almost 21 years old and a senior at the University of Texas at Austin, studying Communication and Leadership. She hopes to work in event coordination once she graduates in December. Her big dream is to be a motivational speaker.



## #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.



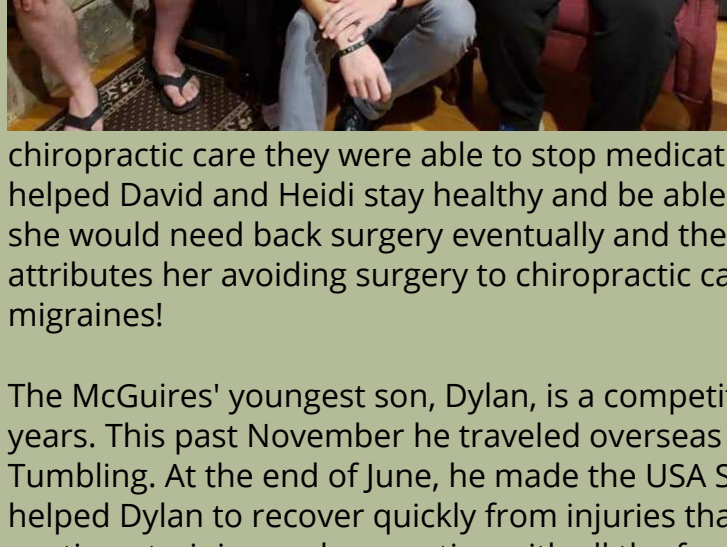
#LifeCanChangeWithJustOneAdjustment  
#NeverHadTheirSpineChecked



### ~ Simply Grateful ~

FROM OUR VILLAGE TO YOURS

## Patients of the Month



### The McGuire Family

The McGuire family has been part of the PLC village for almost 10 years!! Heidi said "We love the people at PLC. They show they really care about you and make you feel like family!" And we love having the McGuire's as a part of our family!

The McGuire's feel that chiropractic care has helped to keep their family healthy and pain free. When their kids were young they were constantly getting sick and on preventative medications for asthma. Since starting chiropractic care they were able to stop medications and were sick much less often. It has also helped David and Heidi stay healthy and be able to continue working. Heidi has had a doctor tell her she would need back surgery eventually and there was no way she wanted to do that. Heidi attributes her avoiding surgery to chiropractic care and says it has also helped decrease her migraines!

The McGuire's youngest son, Dylan, is a competitive power tumbler who has been competing for 12 years. This past November he traveled overseas to Baku Azerbaijan to represent the US in Power Tumbling. At the end of June, he made the USA Senior National Tumbling Team. Heidi says it has helped Dylan to recover quickly from injuries that he has received while training and just be able to continue training and competing with all the force his body takes.

We have loved loving on the McGuire's, watching the kids grow up and taking care of their whole sweet family!!

## Dates to Look Forward To



August 1-6

PLC CLOSED FOR REJUVENATION WEEK



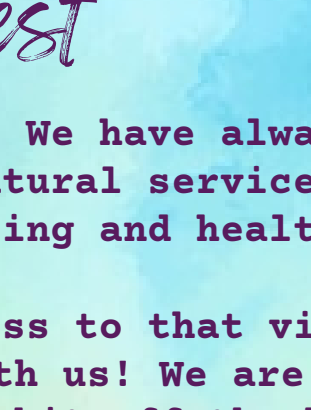
August 15-18

BACK TO SCHOOL PRAYER CARDS FOR KIDS



August 6-13

PLC 10 YEAR ANNIVERSARY CELEBRATION WEEK



August 24

MACALEY'S BIRTHDAY

## 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!

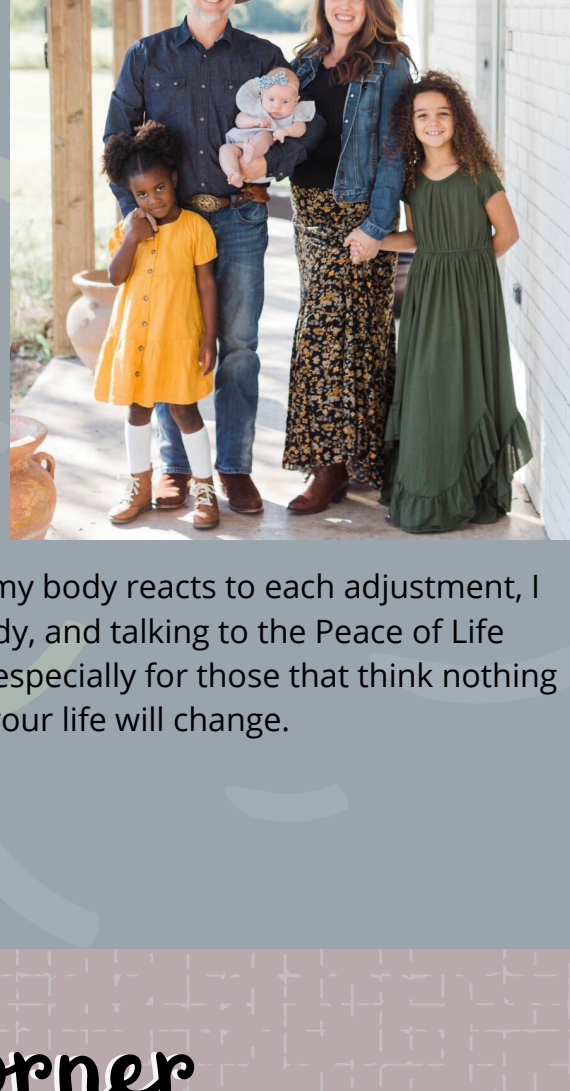
## TOTALLY TESTIFYING

To say I am a skeptic is mild at best. I have done chiropractic before with little result and had resigned myself that I would just be in pain for the rest of my life. On a particularly rough day we reached out to a friend, and they referred us to Peace of Life Chiropractic and Dr. Taryn. My first visit was amazing. Lisa and the front office. My first visits were so kind, so nice, and so very happy. Really makes someone that isn't at 100%, feel good.

Dr. Taryn spent quite a bit of time with me, trying to understand my past, what I had done to that point, and to come up with a plan for success. She tailored my plan and explained everything in a very logical way so my Left Brain could really understand.

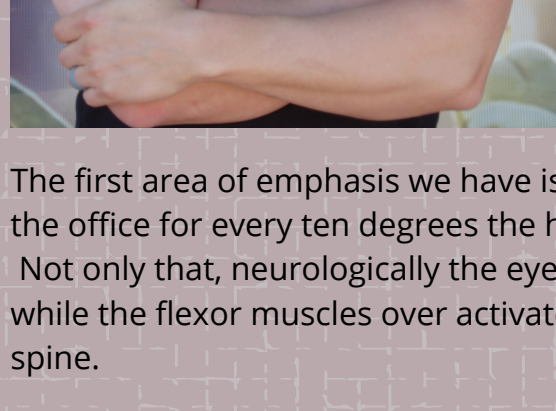
Now that I fully understand what is going on and how my body reacts to each adjustment, I am a believer. Following the steps, listening to your body, and talking to the Peace of Life healthcare team has changed my life. For anyone, but especially for those that think nothing can work, give the team at Peace of Life a chance and your life will change.

- Gary McCoy  
Father, Farmer, Peace of Life devotee



## Chiro Corner

ERGONOMIC AWARENESS FOR A NEW SCHOOL YEAR  
BY DR. JOEY LOWERY



Another school year is upon us. You know what that means? No silly, it doesn't mean screaming at your kiddos with random threats that come to mind if they don't hurry up to make the ride to school in time (but I get it). It means your child is about to endure a lengthy period of time sitting in their desk during class, lugging a backpack from class to class that weighs roughly half their weight, the little time between classes they have, and they have their head buried in the screen of their phone. Folks for the kid's sake we've got some work to do, and I don't mean just the academic type.

The first area of emphasis we have is the head/neck position. Often, it's stated to our patients at the office for every ten degrees the head moves forward and down, the heads gains ten pounds. Not only that, neurologically the eyes drop and the extensor muscles that aid in posture turn off while the flexor muscles over activate. What you see is a gradual loss of the curve in their cervical spine.

Let's now work our way into the thoracic spine. This area takes a beating from the phone, from video games, from slouching in the chair at school, and of course the backpack weighed down with books. School life doesn't exactly promote any extension or rotational needs the thoracic spine requires. A major point to remind your child is whatever happens North of their collarbone region, South suffers. Simply have them stack their head over their shoulders, shoulders over the hips, and we have a fighting chance to help their posture. This recommendation goes for all seated and standing positions.

Another day of school is done, but now we've got a test tomorrow! How can we optimize the child's learning potential? One of the best things we can do is nudge standing up. Since we are an extensor driven species, we thrive standing versus seating. Our nervous system possesses a region of the brain called the frontal lobe which is the choreographer for movement and memory. That's right, memory! So, it's no surprise anyone under regular physical activity statistically have better memory retention. The child standing while studying has a greater chance of remembering the material. It always helps to read or work on the subject at eye level as to not stress the neck. The neck is involved at all times. Cool right?!

Now, we've made it home from school, knocked out our studies, and now we've got the child to bed. Their sleeping ergonomics are just as important as during the daytime. Optimal positioning for bed has your kiddo on their back with the knees slightly bent and a comfortable pillow under the knees. Their head should be on one pillow with their neck having curve support. This promotes adequate airways and reduces lower back pressure. If they're a side sleeper, the goal should be their nose lines up with their sternum, a pillow is between their knees as to reduce stress on the hips, and the side arm that doesn't get laid on has a pillow underneath it to deter any rounding of the shoulders. Nothing good can come from stomach sleeping, so that was easy to describe!

We've basically covered a day in the life of a child in school and why it is important for ergonomic awareness. I hope these tips have given you and your family a better understanding of where the child's spine needs to be. The great part of this list of recommendations is they all work you as well! Please execute these tips and enjoy a healthier posture. As always feel free to ask us when we visit with you at your adjustment any other questions you may have regarding ergonomics. God Bless you and your children that all may have a healthy and productive school year.

In Love and Service,

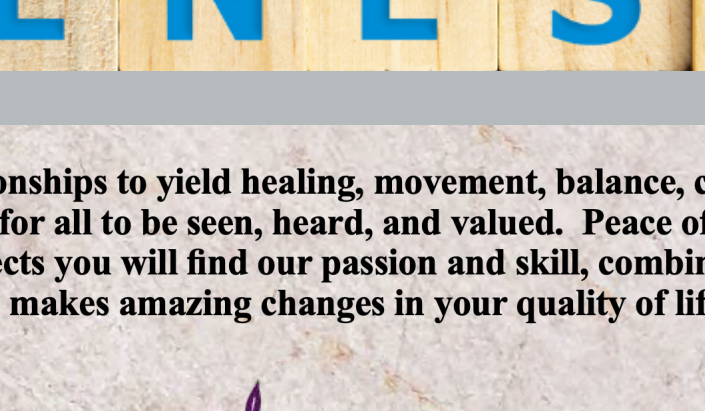
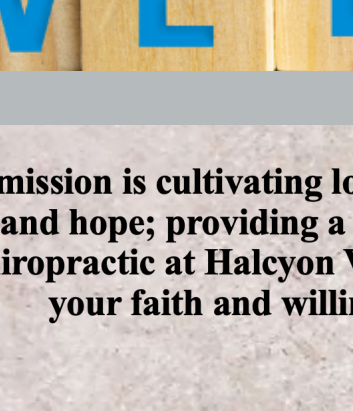
Dr. Joey

## HEALTH HACK

Great Lakes Wellness Collagen is high quality, grass-fed collagen peptides made with just one ingredient. Quick dissolve. Easy absorption. Simple to use.

Why you should be loving some Great Lakes Collagen on the daily:

- Elasticity & Recovery (muscles & ligaments)
- Decrease in wrinkles & stretch marks. (skin, hair, nails)
- Increased bone density
- Decreased fat plaquing (blood vessels & heart)
- Heals leaky gut (digestive tract)
- Corneal Health (eyes)



# WELLNESS

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!

