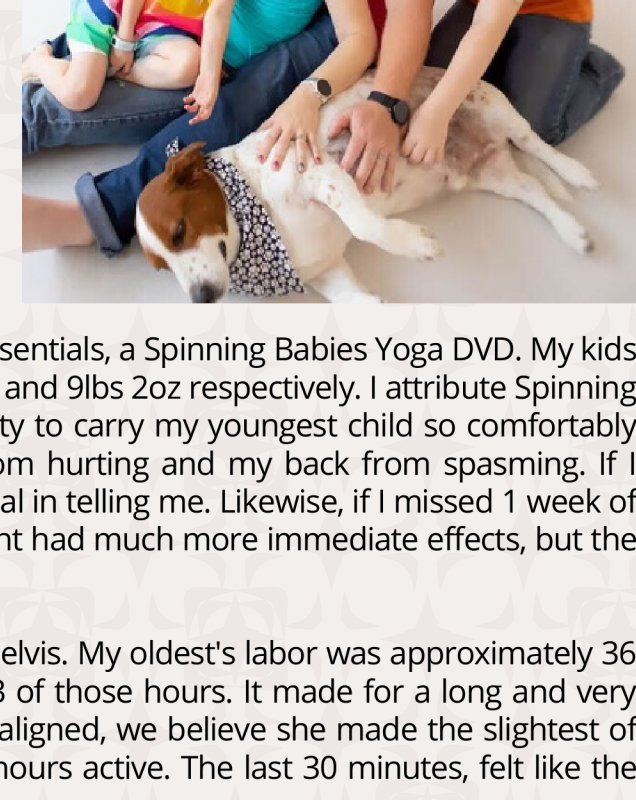


A Journey with Yoga

By Tiffany Carra

Yoga means yoking mind and body. Much like Chiropractic, the philosophy is rooted in the idea that the care of mind and body are a holistic unit. Over the course of the last 20 years, I have explored yoga through various methods and routes.



Originally, I began with the postural calisthenics route. I wanted an exercise that gave me long lean, defined muscles. I did this off and on for quite a few years. 20 to 30 minutes at a time in my living room, hopefully while nobody was watching. I knew nothing about proper alignment or philosophy. I just wanted to move.

Then when I was pregnant with my second, I found Daily Essentials, a Spinning Babies Yoga DVD. My kids are both defined as "macrosomal," weighing in at 10lbs 4oz and 9lbs 2oz respectively. I attribute Spinning Babies combined with weekly Chiropractic care to my ability to carry my youngest child so comfortably for so long. The combination of the two kept my hips from hurting and my back from spasming. If I missed two days of yoga my body knew and it was very vocal in telling me. Likewise, if I missed 1 week of Chiropractic care my body let me know. The daily movement had much more immediate effects, but the combination was the key to success.

The practice also helped "Little Miss" align properly in my pelvis. My oldest's labor was approximately 36 hours of active labor. He was malpositioned for at least 33 of those hours. It made for a long and very painful labor. My youngest however, was almost perfectly aligned, we believe she made the slightest of turns in the final hours of labor, making her labor total 4 hours active. The last 30 minutes, felt like the entire labor with my son.

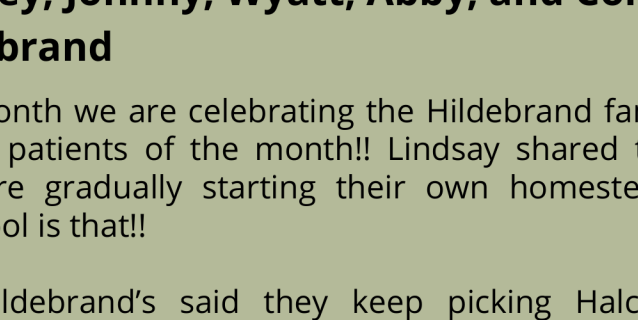
It was not until recently that I started to dive into the philosophy of yoga. The actual practice of yoga is not a religious one, though several religions have adopted it. However, the philosophy to use the physical practice of yoga to prepare your physical body for the mental practice of clearing your mind is quite profound and moving. Some research has pointed to minutes of deeper meditative yoga being equivalent to hours of physical sleep. I know many people who have used the mental practice, in conjunction with other forms of healing, to combat anxiety, depression, ADHD, and a host of other afflictions of the mind and body. I have already begun to think of ways to apply many of these techniques with my own family to assist them with overcoming these hurdles.

Looking back, it is crazy how life works. For something I picked up as a way to get fit, yoga sure has been a staple in my life for a variety of reasons. It is one of the most powerful supplementary tools in my arsenal, and I will likely do yoga in some fashion until the day that I die. I once heard that, "motion is lotion," I couldn't agree more. Motion is lotion for the body and the soul, but also finding the time to be intentionally still can be just as powerful.

About the author:
Tiffany is a SR IT Project Manager, local business owner, and has recently completed her 200hr Registered Yoga Teacher training. She is a wife to Sean and mother to Dorian (13) and McKenna (8). The whole family lives here in Midlothian with their 3 dogs Sweeney Brown, Indiana, and Jolene.

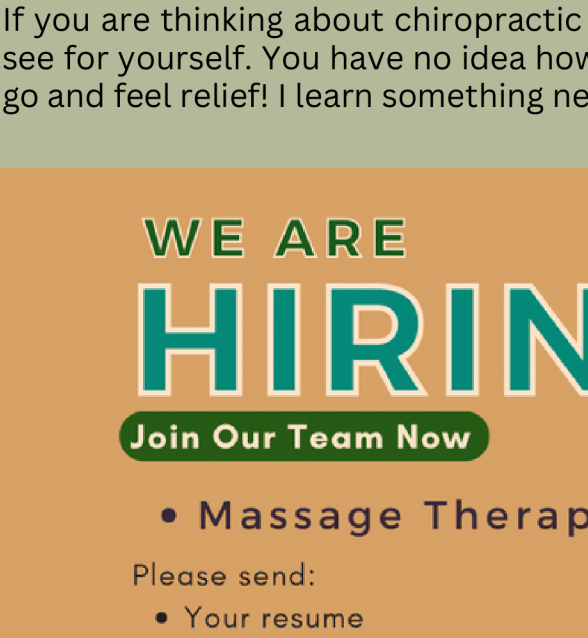
#liveschanged

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



Lindsey, Johnny, Wyatt, Abby, and Colt Hildebrand

This month we are celebrating the Hildebrand family as our patients of the month!! Lindsay shared that they are gradually starting their own homestead!! How cool is that!!

The Hildebrand's said they keep picking Halcyon Village as their place to receive care because of "the love, the compassion, and feeling like you're really the only patient/client! The care that is given is so pure, there is no rushing through appointments and no questions are left unanswered. We feel like family when we come in and the service is unmatched."

Lindsay said "I can't imagine having not found Halcyon Village. We all look forward to our appointments with Dr. T and getting the "pip pops" done! My LETs with Macaleay are my "me time" and the peace and relaxation it brings is really amazing. I can't wait to continue to explore the different services offered in this office! Thank you all for being you!"

A few of the benefits they shared with us that they have seen from their care is that their son has shown improvements in his coordination and behavior! As well as Lindsay having fewer headaches and much less "blah" feelings. Overall they feel that their overall wellness has improved!

If you are thinking about chiropractic care, Lindsay would tell you, "To just GO! To try it and see for yourself. You have no idea how much of your life is affected by chiropractic until you go and feel relief! I learn something new at every appointment we have."

WE ARE HIRING

Join Our Team Now

• **Massage Therapist**

Please send:

- Your resume
- 2 reasons you love massage therapy
- 2 techniques or skills you are especially talented at
- 2 reasons you would like to work with us

to peaceoflifechiropracticlive.com



Dates to Look Forward To

 Village Closed for Rejuvenation Week August 1-7	 National Relaxation Day August 15	 Halcyon Village's 11th Anniversary August 16
 Jessalyn's Birthday August 16	 National I Love my Feet Day August 17	 Macaleay's Birthday August 24
 August is National Wellness Month	 August is National Water Quality Month	

Standard Process Immuplex and Innate Choice Omegas together for a special Immunity Boost Bundle at 25% off regular price!

Immuplex supports a healthy immune system response through a blend of essential micronutrients & minerals, & contains specialized extracts.

Omega fatty acids known for heart and brain health, also, do lots of great things for your body, like keeping your immune system strong and supporting visual, hormonal and reproductive health.

Maintaining a healthy immune system helps the body defend itself when faced with challenges. Together, Immuplex and Omegas are the perfect start to any school year and every immune system!!

GET YOUR IMMUNE SYSTEM READY FOR SCHOOL

August Special: Omega and Standard Process Immuplex bundled for \$60 25% OFF

TOTALLY TESTIFYING

Hello I'm Sarina Price and my whole existence revolves around exercising and eating healthy. When unable to continue this lifestyle due to severe pain in my left wrist, I dove into a depressive state and felt lost. Not only did it stunt my workout routine but it was becoming difficult to grasp a simple cup!

Luckily, a physical therapist across the street told me about Halcyon Village and I immediately made an appointment. I cannot say enough for Dr. Lowery, Mrs Davee, and everyone else affiliated with Halcyon Village. The air is filled with such kind knowledgeable people that want to help and have the tools to do so!

I am now able to push through all my workouts using my wrist as if it was never an issue! This in turn has allowed me to feel whole again and enjoy my life. Should you have any ailments that affect your daily life, please don't hesitate to contact HALCYON VILLAGE. You will not regret it!"



KANGEN WATER

With August being National Water Quality Month lets talk about Kagen Water and how you can get some!

INFO

- Buy a gallon jug from us for \$35 & get FREE refills
- Water is stable in glass longer than in plastic
- Will last 2-4 days at stable PH and Charge

Want more information on Kangen check out this blog post:
<https://tinyurl.com/kangen-water-info>

Ask about Kangen Water at your next appointment!!

Is Your Body Acidic?

Many diseases thrive in an acidic environment.

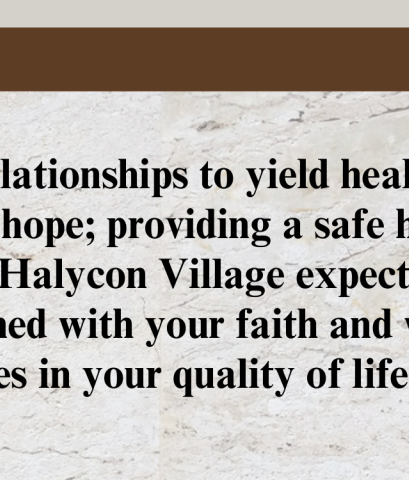
Benefits of Kangen Water for health

- Release excess body fat and stored toxins
- Normalize blood sugar and insulin
- Normalize blood pressure
- Support healthy colon function
- Relieve asthma and chronic respiratory infections
- Stop abnormal gastro-intestinal putrefaction
- Reduce the proliferation of candida, fungus, and undesirable microform
- Reduce chronic pain
- Improve wound healing
- Slows down aging

CHANGE YOUR WATER ... CHANGE YOUR LIFE

Book Online Today With Jane

[Click here!](#)



Chiro Corner

Forgiveness: Your Health Depends on It

By Dr. Justin McGuire

Benjamin Franklin is famously quoted as saying, "In this world, nothing can be said to be certain except death and taxes." While he was right about that, I would have to add a third certainty. And that is that we will all have opportunities to practice the act of forgiveness.

That is because we will all have experiences, maybe even daily, of being wronged by someone else. Whether it's being cut off by an impatient Dallas driver, being bullied as a child, cheated on, or being emotionally or physically abused. While these events are rarely justified, it's our response in the aftermath that determines the impact on our lives.

Following these events, we are faced with a choice of how to proceed. We can either choose to stay in resentment and unforgiveness or we can be empowered to practice forgiveness. Considering that medical texts classify unforgiveness as a disease, I think it's obvious the best choice is forgiveness! But, why? I'm glad you asked.

While unforgiveness, by definition, might seem like just the lack of forgiveness, it is actually a concoction of several harmful emotions. With unforgiveness, we cook up a brew of bitterness, hostility, revenge, and suppressed anger just to name a few. All these emotions are indistinguishable from stress according to our Nervous system. And anything that triggers a long-term stress response is detrimental to our health. Now, if you have been a part of the Halcyon Village for more than five minutes, you have certainly heard one of us Docs riff on the Autonomic Nervous system. Which, simply stated, is a function that happens automatically in response to our environment. There are two branches to the system: the Parasympathetic (Resting & recovery) & the Sympathetic (Fight, flight, survival). Ruminating on negative emotions drives us toward a state of fight/flight or chronic stress. And Chronic stress can result in anxiety, depression, digestive issues, trouble sleeping, weight gain, a weakened immune response, and even heart problems to keep the list brief. All of these negative health effects are clearly unwanted in addition to the fact that unforgiveness leaves us completely unempowered. I heard it recently said that "the most powerful person in your life is the one that you have not forgiven".

So, how do we move from resentment to forgiveness? I would argue the initial step is moving into awareness. We must first realize the value of forgiveness and how it can improve our lives. Then, we should identify what needs healing and who we need to forgive. At this point, we must make the choice to forgive...over and over again. In Matthew 18, Peter asks Jesus how many times he should forgive one that sins against him, and Jesus replied 70 times 7. In essence, Jesus was saying forgive him a limitless number of times. We must make the decision in our hearts repeatedly. I don't believe Jesus instructed us this way so that we could be a doormat to those that wrong us. Rather, in His love for us, He wants us to live a life free from resentment because it moves us closer to a place of wholeness and health. The bottom line is forgiveness is hard. It's more than just saying the words. It is an active and intentional process. Keep in mind, the decision to forgive does not make the offender right in their actions. It only sets you free! I encourage you to take the challenging steps to forgive those who have wronged you and even seek help in doing so. There is better health to be experienced on the side of forgiveness!

Yours for better health, naturally,

Dr. Justin McGuire

Product of the Month | Routine Deodorant

At Routine, they believe that your scent is like a fingerprint, and how you choose to smell tells a story.

Their credo is to offer beautiful, natural personal products that feel and smell incredible. Everyday routines that do good and are life-changing. To compliment your pheromones without compromise. To honor nature. To produce kinder to the earth, mindfully sourced packaging and products in our neighborhood and to fall in love with how YOU smell.

Routine uses only the best quality ingredients in all of our products. Here is a list of our key ingredients that go into our bespoke formulas so you know exactly what you're putting on your skin:



- Kaolin Clay | Calendula | Cocoa Butter, Shea Butter | Rosehip Oil | Sea Buckthorn Oil | Essential Oils | Coconut Oil | Beeswax | Prebiotics | Activated Charcoal | Magnesium | Black Cumin Oil | Argan Oil | Myrrh | Frankincense | Rose | Neroli | Raspberry Seed Oil | Tonka | Cardamom Oil | Rosalina Oil | Jojoba | Vitamin E | Clary Sage | Vetiver Oil | Patchouli | Precious Orris Oil



Anna's Review



"Macaleay is amazing. She takes time to explain the process and what to expect, which I really appreciated. I had my first Lymphatic Treatment today and already feel so much better. I'm looking forward to future visits."

[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!