



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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Moms, Take Care of Yourself, Too!

By Heather Crowder

As a mom, it can be easy to have a servant focus on all things work, kids, and life needs. In the hustle and bustle of motherhood, we can often forget to prioritize that we, too, need all the care and love we devote to every other area of our lives.

As a busy mom, wife & labor & delivery nurse, I often find myself struggling to take care of me. However, with the help of Dr. T and the PLC crew, I was able to get my life back on track!

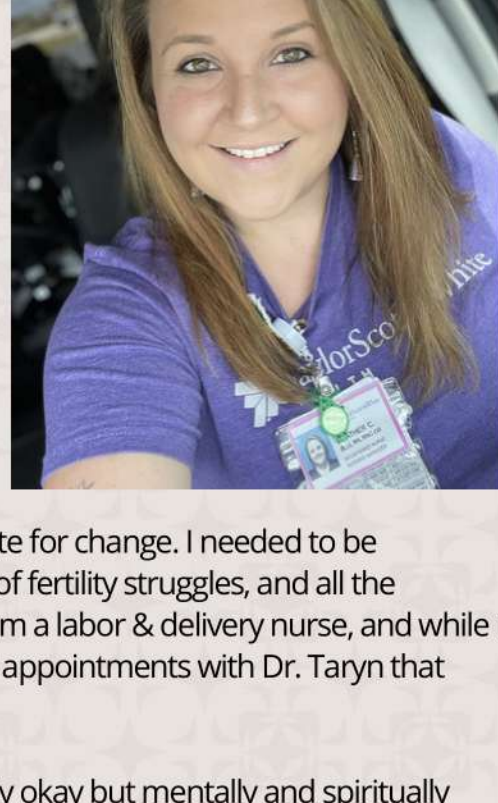
I came across Dr. Taryn & PLC several years ago when I was desperate for change. I needed to be healthier--all around! At the time, my husband and I were in the pits of fertility struggles, and all the hormones mixed with the stress had totally taken over my lifestyle. I'm a labor & delivery nurse, and while I absolutely adore my job, it is rough on my body. However, it was my appointments with Dr. Taryn that became my self-care and me time.

At my appointments, Dr. Taryn did not just make sure I was physically okay but mentally and spiritually filled up, too. I genuinely encourage all moms to find their sources throughout the weeks that fill them up. With the holidays around the corner, it is important to prioritize your health all around. Whatever that looks like for you, whether it is a hot bath and a book, watching a movie with your family, buying yourself dinner because you deserve it, taking a walk, or heading up to PLC for some love, make sure you are filling your cup too!

Once I got my health back on track, I was so much more in tune with my body's needs. If something is off, even just slightly, I'm able to get on top of it and determine the cause.

About the author:

Heather has been married for 10 years and is a mom of two beautiful children! She has been working her dream job as a labor and delivery nurse for 10.5 years. She enjoys spending time with her family, spending time outdoors, and doing crafts in her free time. Heather is passionate about finding holistic ways to help her mind and body.



#liveschanged

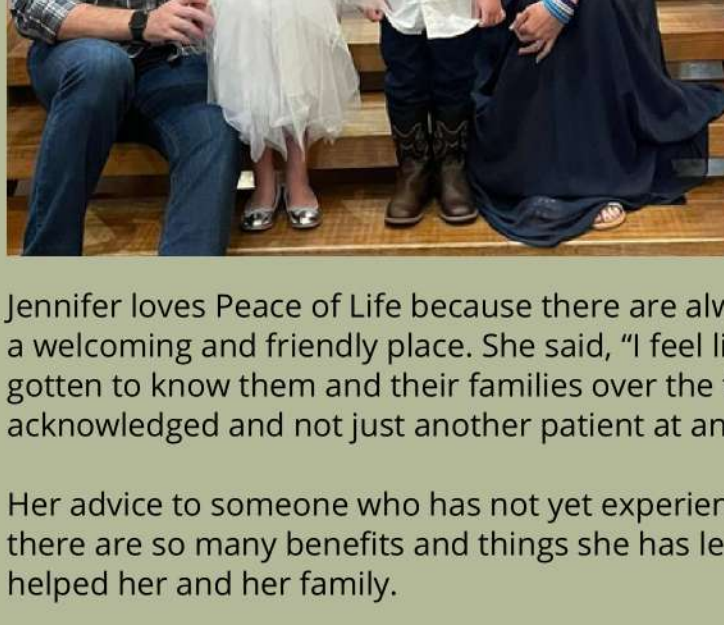
There is a first time for everything! We are incredibly grateful for the honor and joy of sharing the benefits of chiropractic care with someone for the very first time! Since we value this privilege, we want to celebrate.

#LifeCanChangeWithJustOneAdjustment

#NeverHadTheirSpineChecked

6 2 5

Patient of the Month



Jennifer Knight and her husband were high school sweethearts. They dated for about six years before they got married. They have now been married for 17 years! Jennifer started coming to Peace of Life before and throughout her pregnancy to help with her scoliosis.

Jennifer said, "I received so much relief. I think I would have been miserable the last part of my pregnancy without Dr. T."

Now six years later, Jennifer and her beautiful kids are still excited to come to receive their adjustments, and the kids "argue over who gets to go first!"

Jennifer loves Peace of Life because there are always the same familiar faces each time, and it is such a welcoming and friendly place. She said, "I feel like the girls truly care about my family and I have gotten to know them and their families over the time we have been there. It's so nice to feel acknowledged and not just another patient at an office."

Her advice to someone who has not yet experienced chiropractic care is to give it a chance because there are so many benefits and things she has learned from receiving chiropractic care that has helped her and her family.

"It might be intimidating, but the crew at PLC are so helpful and calming!" - Jennifer Knight

Dates to Look Forward To

PAJAMA DAY

Pajama Day at the Village

December 1



Santa Hat Day at the Village

December 7



Ugly Sweater Day at the Village

December 13



Grinch Day at the Village

December 19



First Day of Winter

December 22



Julia's Birthday

December 25



Village Closed for CHRISTmas

December 22-26



Village Closed for New Year's Day

January 2



December 5 - 9

PROMO WEEK! Foot Levelers 15% off! SHOETHOTICS ONLY (stabilizing orthotics, sandalhotics, custom flip-flops not included)

Coming January 2023

We will open more spaces and have more services here at our location to continue bringing the best quality service to you all!



NEW TECH IN THE VILLAGE

Online booking is now available! All you need to do is set up your account on Jane to start booking your fantastic appointments at the village. Click the link to get started!

Book Online



TOTALLY TESTIFYING

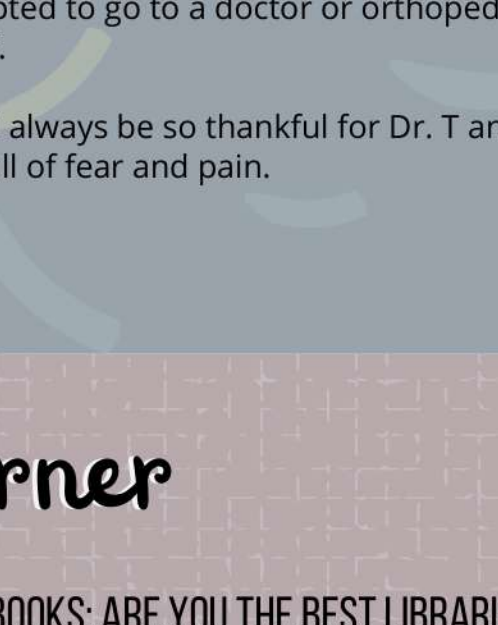
I started going to Peace of Life in 2015 during my 3rd pregnancy. I've gone off and on over the years but found myself with a neck injury in June. I saw Dr. T, and she figured out quickly that it was a disc injury, which was scary to hear, but her plan for recovery and treatment gave me such clarity and hope.

For the first month or so, I came in weekly and was so scared I would deal with neck pain for the rest of my life, but Dr. T would do an adjustment and give me things to do and supplements to take. Then, after two months, I noticed extreme improvement and had hope! Everything Dr. T was doing and telling me to do was working!

I couldn't get over each week how she would be spot on with how I was feeling and how I would continue to progress. The whole time, I was tempted to go to a doctor or orthopedic, but I trusted Dr. T so much, and my gut instinct paid off.

After about three months, I was back at 100%, and I will always be so thankful for Dr. T and the Peace of Life team for helping me through a time full of fear and pain.

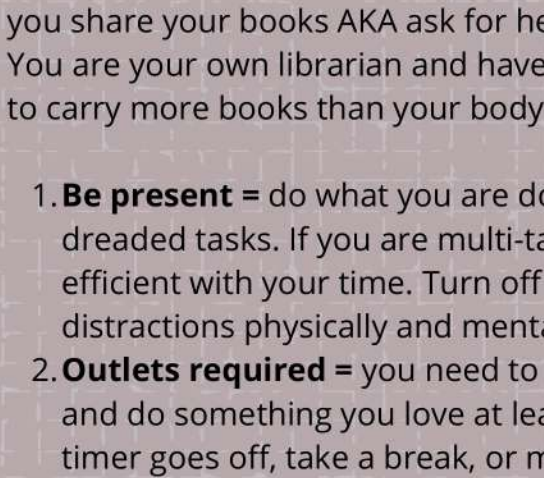
- Sarah Benton



Chiro Corner

WE ALL HAVE BOOKS; ARE YOU THE BEST LIBRARIAN?

BY DR. TARYN LOWERY



It's tough to argue that busy calendars, shopping, work, family, travel, finances, and earlier sunsets make it hard to navigate Christmas and New Year's without some stress. Whether you have organization and planning down pat or you fly by the seat of your pants, it's easy to get overwhelmed by the to-dos that consume your list. That's where books come in ☺

Since we all know that stress takes a toll on our body, let's say hypothetically we could see stress on the outside. The amount of stress you carry each day could be displayed in a way that we could appreciate the weight we carry; we could feel the physical fatigue of carrying it around. Maybe it would set us up for comparison, but what if it was motivation to manage that stress? What if we could appreciate someone else's load and help out more often? For the purposes of this article, let's represent stress with books.

How many books are you carrying? Can you file some of your books away AKA forgiveness? Can you share your books AKA ask for help? Can you burn a few books AKA lay down expectations? You are your own librarian and have a big responsibility of managing all your books. If you choose to carry more books than your body allows, here are 5 ways to help pay the late fees!

- 1. Be present** = do what you are doing and find a way to add some enjoyment, even to the dreaded tasks. If you are multi-tasking or your mind is in 10 places at once, you WILL be less efficient with your time. Turn off your notifications, put in ear plugs, get in your zone - avoid distractions physically and mentally.
- 2. Outlets required** = you need to identify a way you can release the load. Set your books down and do something you love at least 3 times per week. Set a timer if you need to. Once the timer goes off, take a break, or move to an outlet. Only allow the time that you WANT to invest be GIVEN to stress.
- 3. Affirmations** = when anxiety, overwhelm, negativity, or toxic relationships seem to take over your thoughts, have a go-to affirmation that you commit to memory to bounce against those thoughts. It could be a scripture. It could be a simple sentence, "I am ___ enough." Mine is usually Jesus' face - He humbles my thoughts and reminds me that I'm His daughter. The more thoughts you -neutralize with faith, love, confidence, trust, fruitfulness, joy - the more you MAKE ROOM for thoughts that allow you to be a good librarian.
- 4. Self-Love** = whether you take a deep breath, get an adjustment, sleep-in, exercise, indulge at dinner, or connect with that human that makes you glow - make an effort to prioritize 30 minutes every day as a THANK YOU to your mind and body for keeping up the pace.
- 5. Self-Talk** = the script you tell yourself is a big part of not only how much you get done, but also what state-of-being you are in while you're accomplishing tasks. Your sympathetic nervous system is in drive when you have too many books. It's too much. It makes you vulnerable to illness, manipulation, attack, and poor decisions. If your inner critic is the librarian, your sympathetic nervous system makes it difficult to sleep, feel well, have healthy metabolism, stay motivated, or be energized.

You CAN do 5 things to help relieve your load!! Find someone that makes you glow to help inspire your ability. Ask friends and family for help. Remove expectations that you didn't agree to. Forgive - file away as many books as you can; replace that space with a weightless love that you enjoy and protect! I'm cheering for you and your nervous system!!

In Love and Service,

Dr. T

December 5th-9th, 2022
ENJOY 15% OFF

FOOT LEVELERS SHOETHOTICS™



Mid-Layer Support & Comfort
- Softer & more comfortable
- Shock absorption at heel-strike
- Support at mid-stance
- Increased propulsion at toe-off

3 Arch Support
All Foot Levelers custom orthotics come with our patented 3 Arch support system.

Shoethotics™
by Foot Levelers

Custom-Made
Our orthotics are custom-made to your feet and provide 3-Arch support for a more secure, confident, and balanced gait.

How about some SAVINGS to WELCOME December?! ENJOY 15% OFF Foot Levelers Shoethotics™ December 5th thru December 9th, 2022!!! It's our GIFT to YOU for being proactive and investing in the health of your FEET...and for being the AMAZING human you are. What are Foot Levelers Shoethotics™??

Pair up brand name shoes with Foot Levelers Custom Orthotics and you get a match made in heaven. Foot Levelers custom orthotics are the secret sauce behind Shoethotics™ and include their patented 3 Arch Advantage. Contact the Village TODAY for more information on this PHENOMENAL PRODUCT.

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!

