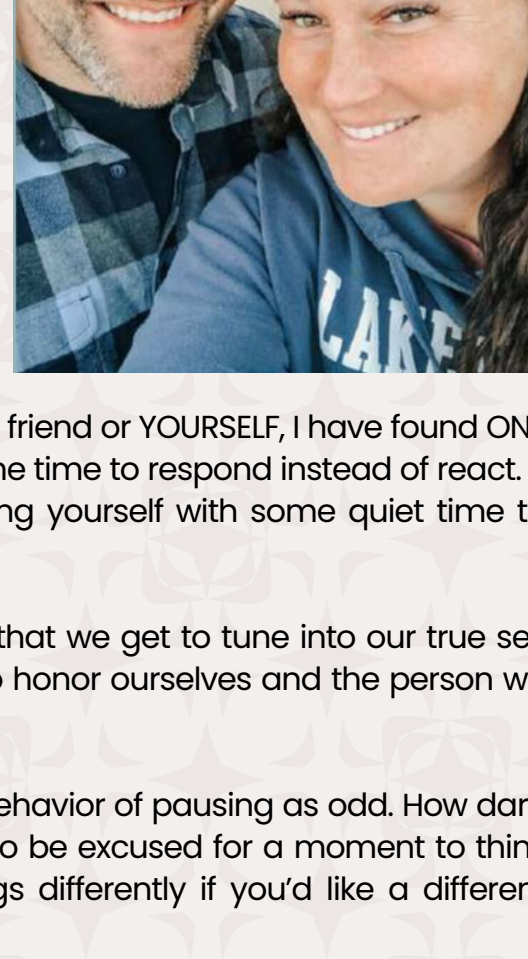


## The Art of Responding Instead of Reacting

By Maggie Grayson



Whether it's an interaction with your spouse, child, co-worker, friend or YOURSELF I have found ONE thing to be most transformative in my relationships. Taking the time to respond instead of react. It may look like a single breath before a response. Or honoring yourself with some quiet time to process before a response.

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It can look quite different to each of us, but the similarity is that we get to tune into our true self when we are in a relationship with we immediately reconnect to love.

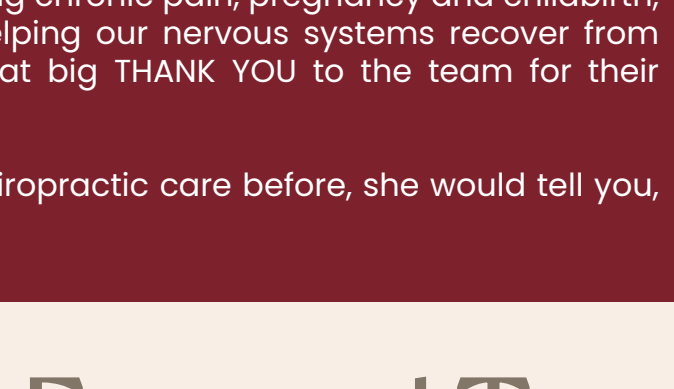
I totally understand that the outside world may see us this behavior of pausing as odd. How dare we not respond to a text or email right away? Or even ask to be excused for a moment to think about the conversation. Change is good! Start doing things differently if you'd like a different outcome.

All that to be said, there is ONE thing that I have found to be most effective to supporting my practice or responding instead of reacting, and that is meditation. Sitting with myself each and every morning for at least 10 minutes has been transformative to my body's homeostasis. And when our body is in balance it is easier to see clearly and tune into yourself.

Give it a try. Commit to 10 minutes of time with yourself each morning. Don't over complicate it. Just sit, in stillness, by yourself, for ten minutes, breathing. Let me know what changes you notice. Connect with me on Instagram @maggiegrayson143

## #LIVESCHANGED

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



#thereisafirsttimeforeverything  
#wholisticoptions #alternativehealthcare

## Patients of the Month

Weston, Christine, Kaylie and John Sperbeck

The Sperbeck Family is our February Patients of the Month! When asked what is something you should know about their family, Christine shared, "we have a sense of humor and love sharing a good laugh, even at ourselves." We love the JOY and light this family brings to our village!!

When asked about their experience at Halcyon Village she said, "We love the friendly staff, the comforting environment, and the amazing chiropractic skill. We have learned more here than anywhere else about what our bodies are telling us. Chiropractic adjustments have helped tremendously with so many things including chronic pain, pregnancy and childbirth, aiding in our littles baby's development, and helping our nervous systems recover from years of stress. And we would like to say a great big THANK YOU to the team for their genuine care and compassion toward our family!"

If you were to tell Christine you had never had chiropractic care before, she would tell you, "What are you waiting for?"

## Dates to Look Forward To

MONTH OF FEBRUARY	NATIONAL HEART MONTH	7 FEBRUARY	NATIONAL SEND A CARD TO A FRIEND DAY
11 FEBRUARY	SUPER BOWL SUNDAY	14 FEBRUARY	VALENTINE'S DAY
16 FEBRUARY	FILL IT UP FRIDAY VILLAGE CLOSED	18 FEBRUARY	STEPHANIE'S BIRTHDAY
19 FEBRUARY	PRESIDENTS DAY	23 FEBRUARY	KIMBERLY'S BIRTHDAY

## TOTALLY TESTIFYING

Katie and Wyatt Reeves

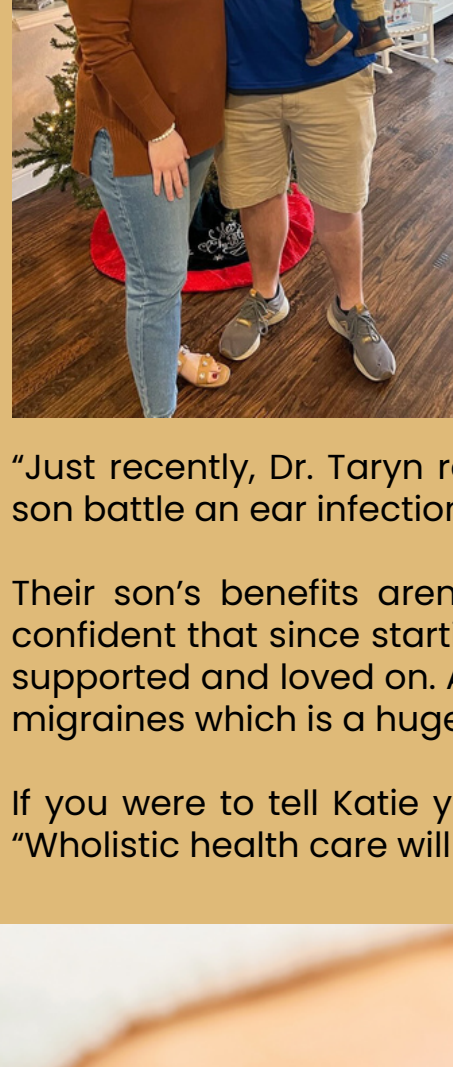
February's totally testifying is the Reeves!! Katie shared, "I found Halcyon Village when I was looking for ways to support my body before getting pregnant with our son. My first appointment was LET with Macalely and she was absolutely wonderful! She had such a gentle and inviting presence about her that I knew I had chosen the right place. She and Dr. Taryn have supported me through pregnancy and postpartum and our son, Wyatt, has been getting adjusted since he was one week old."

"The care we have received at Halcyon Village has supported us through many stages of life! We know that if we are dealing with illness or stress that we can see Macalely or Dr. Taryn and get relief. Macalely recommended T-Relief for our son while he was cutting molars and he slept through the night for the first time in weeks!"

"Just recently, Dr. Taryn recommended a supplement that has drastically helped our son battle an ear infection. I am so thankful for their recommendations!"

Their son's benefits aren't the only ones they have seen. Katie also shared, "I feel confident that since starting at Halcyon Village my body and immune system is being supported and loved on. A benefit of being adjusted by Dr. Taryn is that I have no more migraines which is a huge relief!"

If you were to tell Katie you were thinking about wholistic health care she would say, "Wholistic health care will be the best decision you ever make!"



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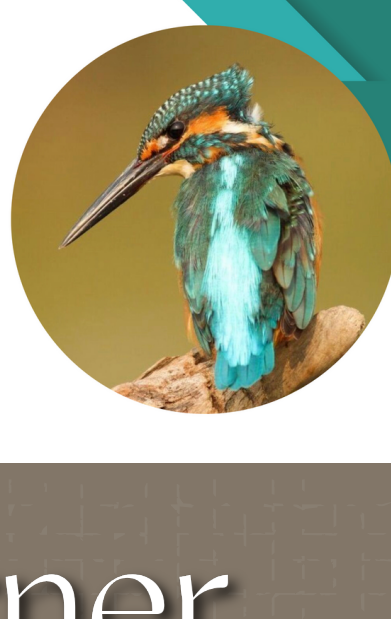


Lisa Sanders, LMT

## Massage Now Available

### Book Online Today With Jane

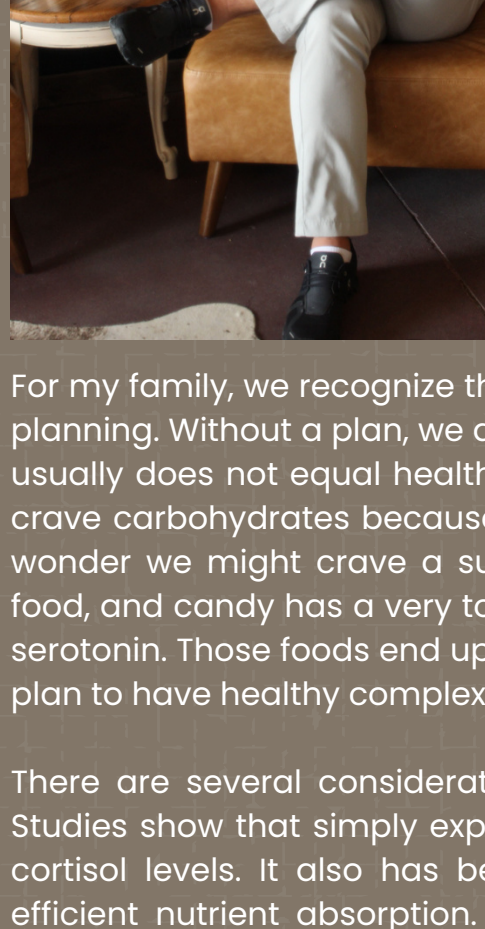
[Click here!](#)



## Chiro Corner

### Is Food Stressing You Out?

By Dr. Justin McGuire



Happy February, everyone! As we roll into the second month of 2024, how are those resolutions holding up? Hopefully, you are feeling empowered and mastering a new level of discipline and rocking those goals! My wife and I have made some goals related to our diet because life is busy. And sometimes, our planning is poor. I know that food can, by itself, cause stress or it can help create health. There are a lot of smart lifestyle strategies you can use to lower your stress levels, including practicing meditation and deep breathing, getting adequate sleep, and exercise. But did you know that the food you eat has the potential to both reduce stress and cause stress? Food is a critical, yet often overlooked, piece of stress management. If you're looking for strategies to reduce your overall stress load, it's important to understand how nutrition impacts stress, and vice versa.

For my family, we recognize that the biggest obstacle in using food for health is simply poor planning. Without a plan, we are sure to reach for convenience. As we all know, convenience usually does not equal healthy. When the stressors of life bear down on us, our bodies will crave carbohydrates because they actually boost serotonin (the anti-stress hormone). No wonder we might crave a sugary snack! However, eating junk food carbs like soda, fast food, and candy has a very toxic effect on our bodies that only produces a brief increase in serotonin. Those foods end up creating a net negative result for our stress levels. So, make a plan to have healthy complex carbs throughout your day.

There are several considerations regarding the psychology of food and eating, as well. Studies show that simply expressing gratitude before a meal has a very positive effect on cortisol levels. It also has been shown to enhance the process of digestion and more efficient nutrient absorption. So, I would encourage everyone to take a moment before eating and take a few deep breaths as you focus on how grateful you are to have food on your plate. It will definitely make a positive impact.

Another important aspect is the speed at which we consume our food. Are you hovering your food as fast as you can? Did you know that there are receptors in the TMJ that activate our Parasympathetic Nervous System? Meaning, when we chew, it naturally produces a calming effect for our nervous system. So, chew slowly and completely. It acts as a de-stressor as well as helping reduce the stress on your digestive system as you thoroughly begin the digestion process.

The perception of our food has also been shown to be impactful. Dr Charles Spence of Oxford University conducted a study called the Sonic Chip Experiment. In this study, he had subjects eat potato chips with a set of headphones on. Using a sound amplifier to make the chip crunch louder, he found that the louder chip crunch was directly related to the subjects' positive perception of flavor and freshness. The study clearly illustrated how our brain integrates our 5 senses to produce our perception. So, another thing we can do is utilize our desire for crunchy texture by using healthy foods to fill that gap in our satiety. For example, using raw veggies dipped in hummus as opposed to chips and salsa.

There are many foods that can help reduce stress. Here is a short list of great food/drink choices, but certainly not all inclusive.

- Fermented foods and probiotic bacteria can reduce stress and reduce anxiety. Sauerkraut, kimchi, real pickles from the refrigerated section, yogurts and fermented breads are all great choices.
- Avocados, Sweet Potatoes, Eggs, Blueberries, leafy greens, nuts and seeds, oranges, and salmon are all some examples of foods that are great to reduce stress in our bodies.
- Different Magnesium compounds like Taurate, Glycinate, or Threonate help reduce anxiety.
- Lion's Mane mushroom taken as a supplement, or a mushroom coffee can be helpful.
- Chamomile reduces oxidative stress in the body
- Turmeric tea has a relaxing effect on the central nervous system
- Don't forget proper hydration! Water, water, water along w/ some periodic quality electrolytes is a must! If we are wise, we can utilize food to support our health and reduce stress.

I encourage you to intentionally engage with your food. Make time to enjoy the process of living and preparing food. Enjoy with loved ones and be grateful as you eat life-giving, de-stressing food.

Yours for better health, naturally,

Dr Justin

## Matters of the Heart Packages

ONLY AVAILABLE IN FEBRUARY

In the month of February, Halcyon Village has put together two "Matters of the Heart" packages! Package #1 includes DoTerra's Console comforting blend essential oil, which uses sweet floral and tree essential oils for a comforting aroma, putting you on a hopeful path of emotional healing. Package one also includes Mediherb's Nevaton Forte which contains Skullcap, St John's Wort, Schisandra and Saffron to support healthy nervous system function including mood balance, calming the nerves and restoring balance in temporary mood swings.

Package #2 offers Standard Process's Cardio plus, these supplement ingredients work in harmony to support the healthy functioning of the heart and other muscles, as well as energy metabolism. Package two also includes DoTerra's Serenity blend which is an ideal essential oil to have around both day and night as it can aid in reducing everyday stresses and encourages a relaxing night's sleep as it promotes relaxation, calmer emotions, and lessens feelings of tension. Each package will be 20% off when bought in February and they make the perfect gift for yourself or your sweetheart!

**PACK 1**  
**DOTERRA'S CONSOLE**  
is a comforting blend that uses sweet floral and tree essential oils for a comforting aroma, putting you on a hopeful path of emotional healing.

**PACK 1**  
**MEDIHERB NEVATON FORTE**  
contains Skullcap, St John's Wort, Schisandra and Saffron to support healthy nervous system function including mood balance.

**PACK 2**  
**DOTERRA'S SERENITY**  
is a peaceful blend of essential oils that promotes tranquility and relaxation.

**PACK 2**  
**STANDARD PROCESS CARDIO+**  
is a heart supplement that helps support heart/cardiovascular health.

**CALL THE OFFICE OR STOP BY AND GRAB YOURS TODAY!**

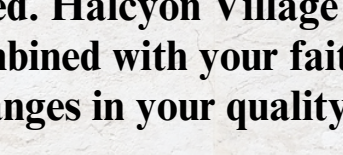


## LEEANN'S REVIEW



"Best chiropractor experience ever. Dr. Taryn explained everything she was doing in a way you understand. Love the way she loves helping people and the staff makes everyone welcome."

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!