



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Volume 5 | Issue 2

Learning to L.E.A.N. into Pregnancy

By Koryn Rigotti



My name is Koryn Rigotti, and I have been a certified L.E.A.N. coach since 2012. L.E.A.N. stands for: Lifestyle, Exercise, Attitude, and Nutrition - how we live, move, think, and eat. I specialize in helping prenatal, pregnant, and postpartum women achieve optimal health through nutrition and exercise.

My health journey started almost 15 years ago with our first pregnancy. We began discussing different birthing options and found a local midwife who began teaching me about nutrition and health at each visit. I enjoyed our birthing experience and loved our midwife so much that we chose to have the next three births at home too!

I offer different options for my clients, but one of my favorite things I offer is a pantry makeover. It is a simple way to introduce healthier foods and do product swaps. We live in a world where highly processed food is easily accessible and hard to avoid. I like to come in and help you swap out these nutrient-void foods for more nutrient-dense foods that will nourish you and your family!

I offer recipes and resources to guide you throughout your pregnancy and postpartum. I also teach how to exercise safely during pregnancy and postpartum. This is important to keep your strength and energy, so you are ready to birth and care for your baby.

Another thing I address is mindset. The Bible teaches us to take our thoughts captive, which is essential to our well-being. Stinky thoughts can quickly lead to anxiety, depression, and an overall sense that we have to figure it all out. This is why nutrition, exercise, and mindset all go together and work in harmony with each other. Here are a few benefits for you and your family when you take a L.E.A.N. course with me: fewer days missed at work or school due to sickness, less time and money spent at doctor appointments, reduced depression or moodiness, more energy, and better rest.

I enjoy bringing simplicity to these topics and making doable steps for you to feel changes quickly. Click on the link below to learn more about what I do and if I am a good fit for you!

www.organicallymodified.com

#liveschanged

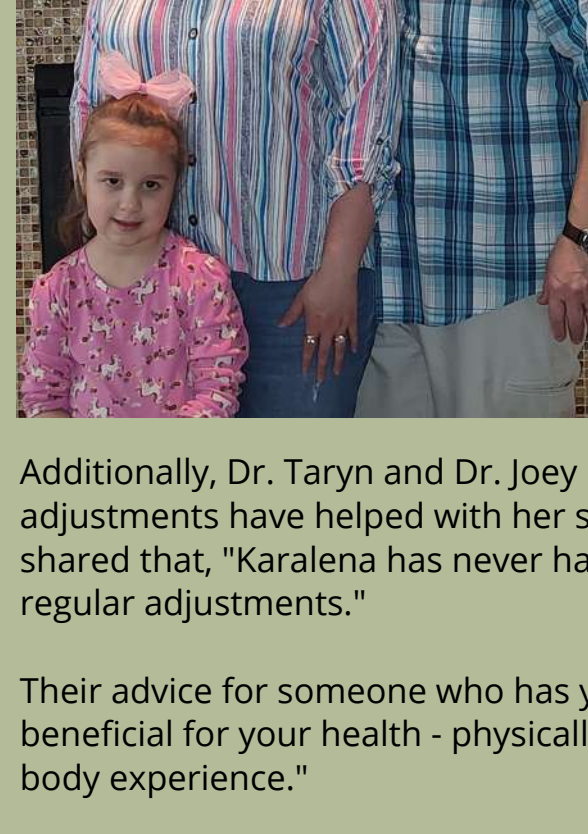
There is a first time for everything! We are incredibly grateful for the honor and joy of sharing the benefits of chiropractic care with someone for the very first time! Since we value this privilege, we want to celebrate.

#LifeCanChangeWithJustOneAdjustment

#NeverHadTheirSpineChecked



Patients of the Month



The Aguirre Family

Kara and Carlos are jewelry designers who love designing custom pieces for others' special moments. Their love for the creation of jewelry brought them together as they met at the Texas Institute of Jewelry Technology.

Their favorite aspect of Peace of Life is the atmosphere. They said, "It is like being part of a big family!"

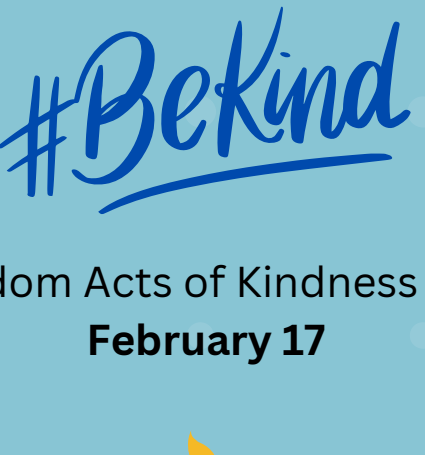
Peace of Life has been a part of their healing for ten years. Kara said, "Dr. Taryn has helped guide us on healing naturally and keeping us physically balanced and in less pain."

Additionally, Dr. Taryn and Dr. Joey have seen their daughter Karalena since birth. Her adjustments have helped with her sleep, and she is super happy and healthy. Kara also shared that, "Karalena has never had an ear infection. We believe that is from getting regular adjustments."

Their advice for someone who has yet to try chiropractic care is, "Try It! Chiropractic care so beneficial for your health - physically and emotionally. Chiropractic care is a positive whole body experience."



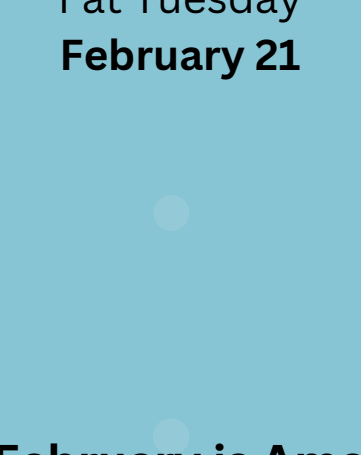
Dates to Look Forward To



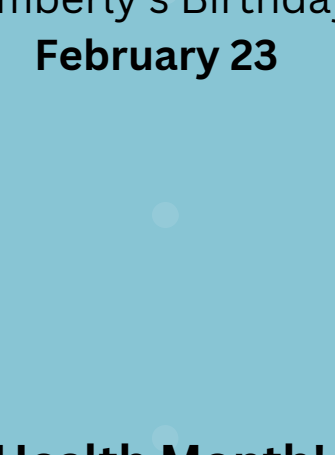
Groundhog Day
February 2



Village Closed
February 10



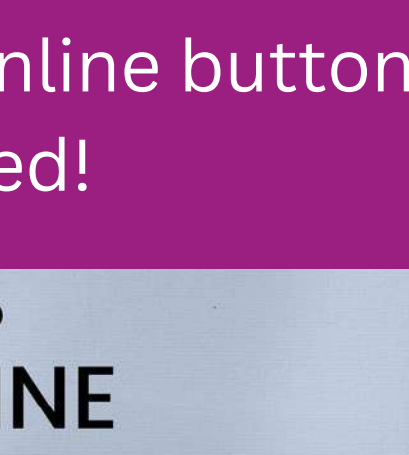
Superbowl Sunday
February 12



Valentine's Day
February 14



Random Acts of Kindness Day
February 17



President's Day
February 20



Fat Tuesday
February 21



Kimberly's Birthday
February 23



February is American Heart Health Month!

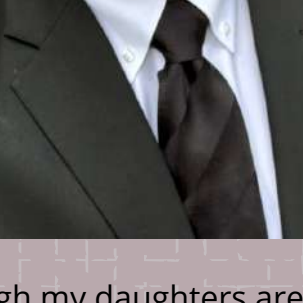
Meet Jane, our new online booking site! Click the book online button to get started!

3 EASY STEPS TO

BOOK ONLINE

1.

CLICK HERE!



2.

SET UP YOUR ACCOUNT

If you haven't already go add your name, phone number, and email to your account

3.

START BOOKING!

Then you should be able to book an appointment by practitioner or service. Click one and see their next availability!

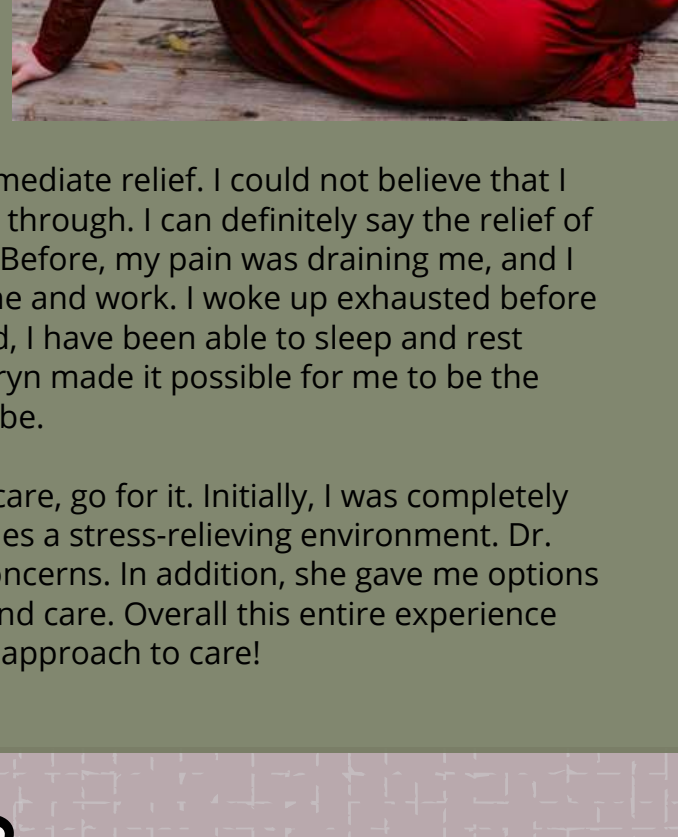
TOTALLY TESTIFYING

I had been having terrible pelvic pain during my second pregnancy. My OB had told me this was normal and that sometimes after the first child, pregnancy can be more painful. I tried to go on about my everyday life; however, I am a physical therapist for a hospital, and it was really affecting me at work. I was desperate and in tears some nights trying to relieve my pain.

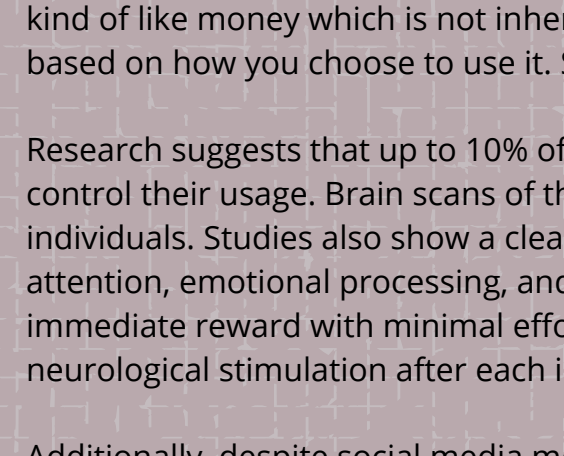
Multiple people had recommended trying a chiropractor, but I was skeptical. Finally, I decided I was at a breaking point. My husband's family could not say enough good things about PLC, specifically that Taryn works with pregnant women. I'm so glad I made that move because she changed my everyday life and ability to work.

Even just after my first appointment, I had some immediate relief. I could not believe that I had been told that my pain was normal and to push through. I can definitely say the relief of this pain has healed me emotionally and physically. Before, my pain was draining me, and I feared being able to perform my daily duties at home and work. I woke up exhausted before my day even began. Since my pain has been relieved, I have been able to sleep and rest much better and feel lighter throughout the day. Taryn made it possible for me to be the wife, mother of a toddler, and therapist I needed to be.

To someone considering exploring wholistic health care, go for it. Initially, I was completely skeptical of this treatment approach, but PLC provides a stress-relieving environment. Dr. Taryn was able to answer all of my questions and concerns. In addition, she gave me options for personalizing and choosing my own treatment and care. Overall this entire experience has changed my life and my view on a more holistic approach to care!



Chiro Corner



IS SOCIAL MEDIA CHANGING OUR BRAINS? BY DR. JUSTIN MCGUIRE

I recently found myself at a stock show with two of my daughters that exhibit show pigs as a part of Midlothian Jr FFA. During the grand drive of the show, in which the judge crowns his overall winner, he began giving a speech of sorts. To paint the correct picture of the judge, imagine someone that you just know when he speaks, you had better listen so that you don't miss out on some profound wisdom. As he spoke about the kids, their projects, and the importance of family, he said, "...and put the phones down from time to time, allow for true face-to-face connection with your family, friends, and community. It will bring you greater joy than social media could ever bring."

Although my daughters are not connected to social media at this point, it is impossible to be ignorant of its effects on culture and society. So, I appreciated the sentiments of the judge.

Love it or hate it, social media is here to stay, and it is part of our everyday lives. In my opinion, it's kind of like wine which is not inherently "good" or "bad." Instead, you determine its impact based on how you choose to use it. So, why should we choose wisely??

Research suggests that up to 10% of social media users are actually addicted to it and cannot control their usage. Brain scans of these people demonstrate the same activity as drug-addicted individuals. Studies also show a clear degradation of the brain's white matter that controls attention, emotional processing, and decision-making. Because social media provides an immediate reward with minimal effort, your brain begins to re-wire, and you begin to crave more neurological stimulation after each interaction. Sounds a little like a drug, right?

Additionally, despite social media meaning to be a place of "connecting with others," 80% of posts are about ourselves! Conversely, only 30% of face-to-face interactions are centered around ourselves. The challenging thing is that our bodies physiologically reward us when we post about ourselves and receive like/views for doing so. Dopamine levels, which you could call our pleasure or satisfaction hormone, elevate when receiving those likes. By that mechanism, our brains can be influenced negatively by social media.

So how to wisely manage social media healthily:

- 1) Know Your Purpose - Create an apparent reason for utilizing social media and be able to recognize when usage is not serving that purpose.
- 2) Edit Your Platform Feeds - Follow or like only those users that inspire you in your purpose.
- 3) Unfollow - Don't worry; it's not mean. It can be cathartic!
- 4) Comparison is the Thief of Joy - Comparing your life with other's highlight reels we see on social media does us no favors for staying content and joyful in our own lives.
- 5) Monitor Screen Time - Artificial light affects brain development in kids and hormone cycles which can cause poor sleep. Set limits and boundaries.
- 6) Temporary Social Media Fasts - Take a break away and be intentional about picking up a new healthy habit.

In summary, we are built for authentic human connection and relationship. So, like the wise pig judge, I encourage you to set the phone down and invest in each other and the community. Joy, better relationships, and better brain health could be the result.

Yours for better health naturally,

Dr. Justin

Product Highlight | Q-Evail

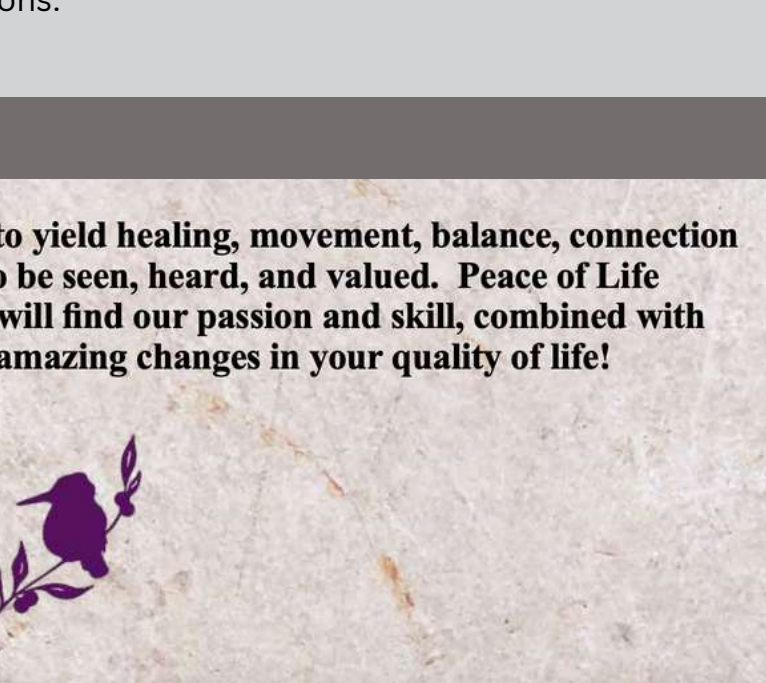
We AdOrE all. the. things. that make February soooooo LOVEABLE....like your HEART!

February is American Heart Month! A great reminder to be mindful of your cardiovascular health. Q-Evail® provides highly bioavailable ubiquinone, also known as coenzyme Q10 (CoQ10). Ubiquinone derives its name from the word "ubiquitous" because it is present everywhere in the human body

It is especially important for generating energy as mitochondria triphosphate (ATP) within the mitochondria are the tiny "energy factories" inside most cells. For this reason, organs and tissues with high energy demands, such as the heart and liver, have the highest concentrations of CoQ10. What Makes Q-Evail® Unique?

Conventional CoQ10 supplements are often difficult for the body to absorb and assimilate. Q-Evail® uses Designs for Health's Evalit™ technology that combines quillaja extract and medium-chain triglycerides (MCT) for improved nutrient bioavailability.

The utilization of the Evalit™ technology method for CoQ10 is better for absorption than traditional CoQ10 powders and other formulations.



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!

