

Whole Health Starts with One Decision

By Jenny Watson

My name is Jenny Watson, and I have been seeing Dr. T for the last 5 years. I started looking at health differently in 2013 when my son was diagnosed with type one diabetes. After that diagnosis, what my family was putting in their bodies suddenly became incredibly important, from food to medicine. Our whole family began eating differently and substituting items to achieve lower-carb meals to help with my son's type one.



I also started using essential oils for everyday health. Whether it was boosting mood or immune systems, improving digestion or sleep, EOs became an integral part of my Mom life to help support my family. Then in 2018, I decided to take my personal health more seriously as I had started to experience anxiety regularly, struggled with depression, brain fog, poor sleep, and just overall not feeling great. So, I made my first appointment to see Dr. Taryn at PLC, which was a slow change.

I noticed that I could tell when a specific area was out over time, and I started to sleep better too. Then in 2019, I began incorporating LETs and Standard Process supplements into my healthcare routine. I noticed my body responded to treatment better each time. But, as can happen, one issue would become resolved, and another would arise. Dr. T and I started to go deeper into how emotions are tied to our physical selves.

Then in 2021, I started counseling to work on my "whole" self. Going into counseling was a little scary, even though it was a personal decision. I knew that, like most people, I carry baggage from my past and that talking about and working through those things would most likely stir up physical manifestations. I had already come so far in my journey that, at that point, I was hesitant to mess with my progress.

In July of this year, I took it one step further. I got with a personal trainer to improve my macro knowledge and physical fitness. I am 42 years old and far ahead of where I was just a year ago. I am finally working towards my authentic and health-conscious self. It has definitely been hard work, as real self-reflection is never easy. But if you are in a place where you aren't feeling great physically or mentally, and you're ready to begin something new, reach out to your chiropractor at PLC and start small. In five years, you never know where you will be on your healthcare journey or self-actualization. Remember, it begins with one small decision to make a change.

About the author:

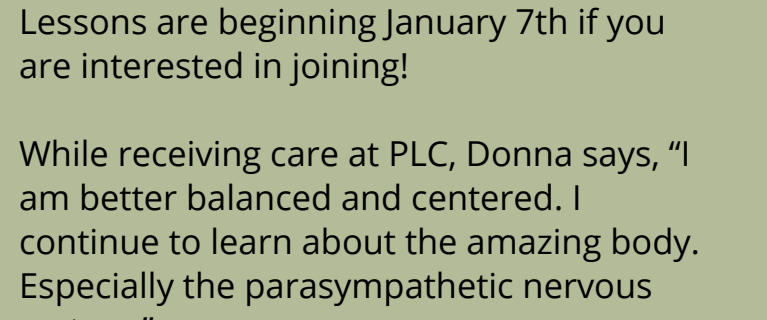
Jen is a mom of 3, has worked as a bookkeeper for a commercial construction company for 18 years, loves words of affirmation, essential oils, chiropractic care and spending time with family. She been married for 14 years to one of her best friends.

#liveschanged

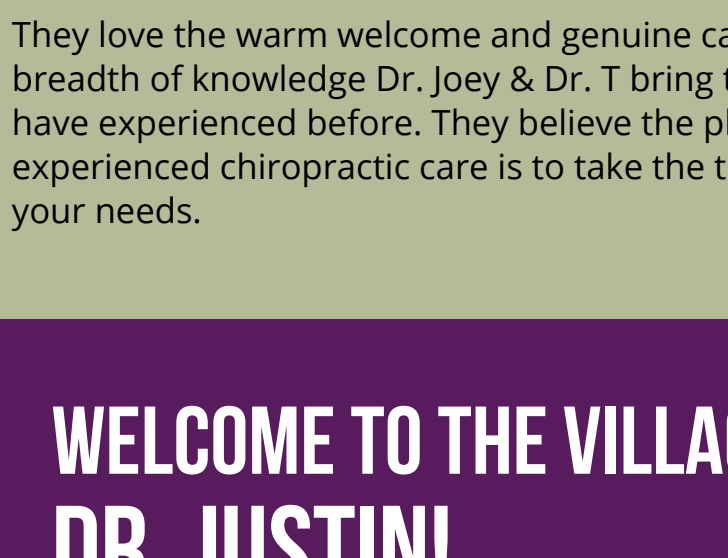
There is a first time for everything! We are incredibly grateful for the honor and joy of sharing the benefits of chiropractic care with someone for the very first time! Since we value this privilege, we want to celebrate.

#LifeCanChangeWithJustOneAdjustment

#NeverHadTheirSpineChecked



Patients of the Month



Mike & Donna Fox started square dancing this year and have been having a ball! Lessons are beginning January 7th if you are interested in joining!

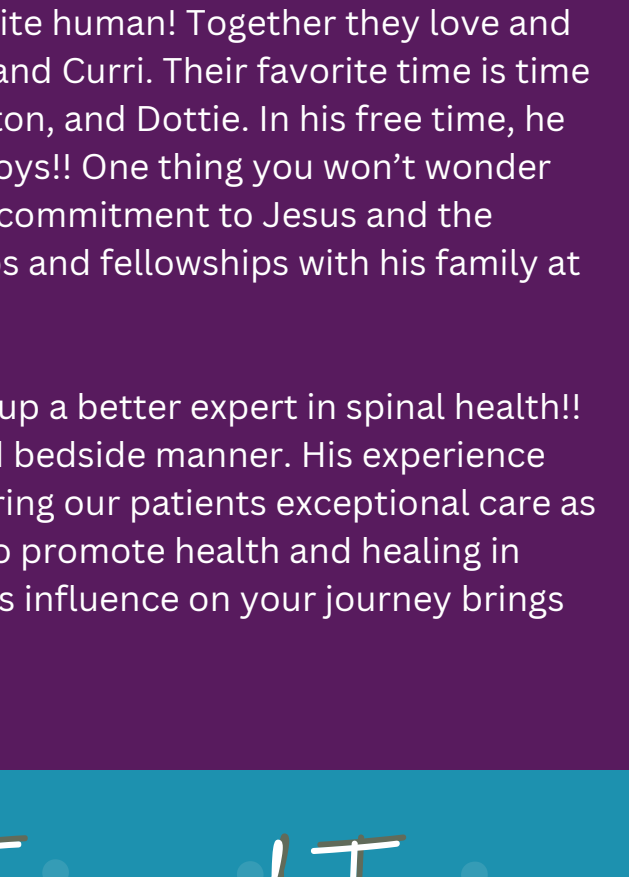
While receiving care at PLC, Donna says, "I am better balanced and centered. I continue to learn about the amazing body. Especially the parasympathetic nervous system."

At the same time, Mike has enjoyed exposure to various treatments and relief from long-standing pain.

They love the warm welcome and genuine care of everyone at PLC. They said the skill and breadth of knowledge Dr. Joey & Dr. T bring to their treatments are beyond anything they have experienced before. They believe the place to start for someone who has not yet experienced chiropractic care is to take the time to investing in yourself and learn to listen to your needs.

WELCOME TO THE VILLAGE, DR. JUSTIN!

Born and raised in Floydada – a small, west Texas town, Dr. Justin started his journey to chiropractic at West Texas A&M University where he received a Bachelor of Science in Biology. He received his Doctorate of Chiropractic from THE Parker University. He practiced over ten years in the Amarillo area, then moved to Midlothian to start a new chapter with his beautiful family in 2020.



Dr. Justin has a beautiful wife, Danica; his favorite human! Together they love and enjoy their three daughters – Gracy, Finleigh, and Curri. Their favorite time is time together! They have three dogs – Forrest, Winston, and Dottie. In his free time, he enjoys the outdoors and all things Dallas Cowboys!! One thing you won't wonder about when you meet Dr. Justin is his love and commitment to Jesus and the calling on his life to love and serve!! He worships and fellowships with his family at Stonegate Church here in Midlothian.

In the world of chiropractors, you can't dream up a better expert in spinal health!! He has a gentle, confident hand and a safe, kind bedside manner. His experience combines with a humble, God-given talent to bring our patients exceptional care as well as an inspirational experience. He strives to promote health and healing in every touch! We look forward to hearing how his influence on your journey brings joy to your heart and hope to your thoughts!

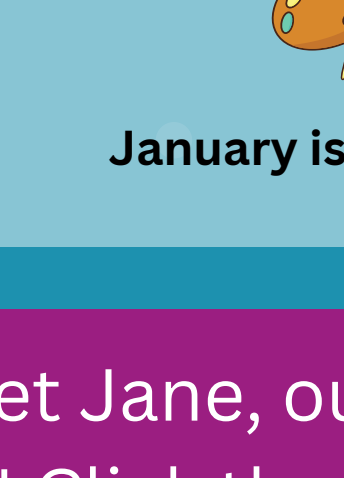
Dates to Look Forward To



Village Closed for New Year's Day
January 2



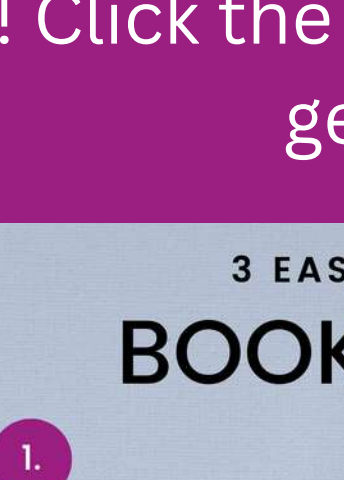
Macaley's 5th PLC Anniversary
January 4



National Dress-up Your Pet Day
January 16



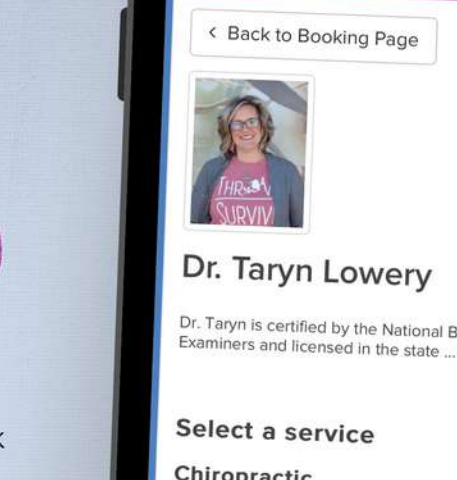
MLK Jr. Day
January 16



National Hugging Day
January 21



Opposite Day
January 25



January is National Hobby 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.

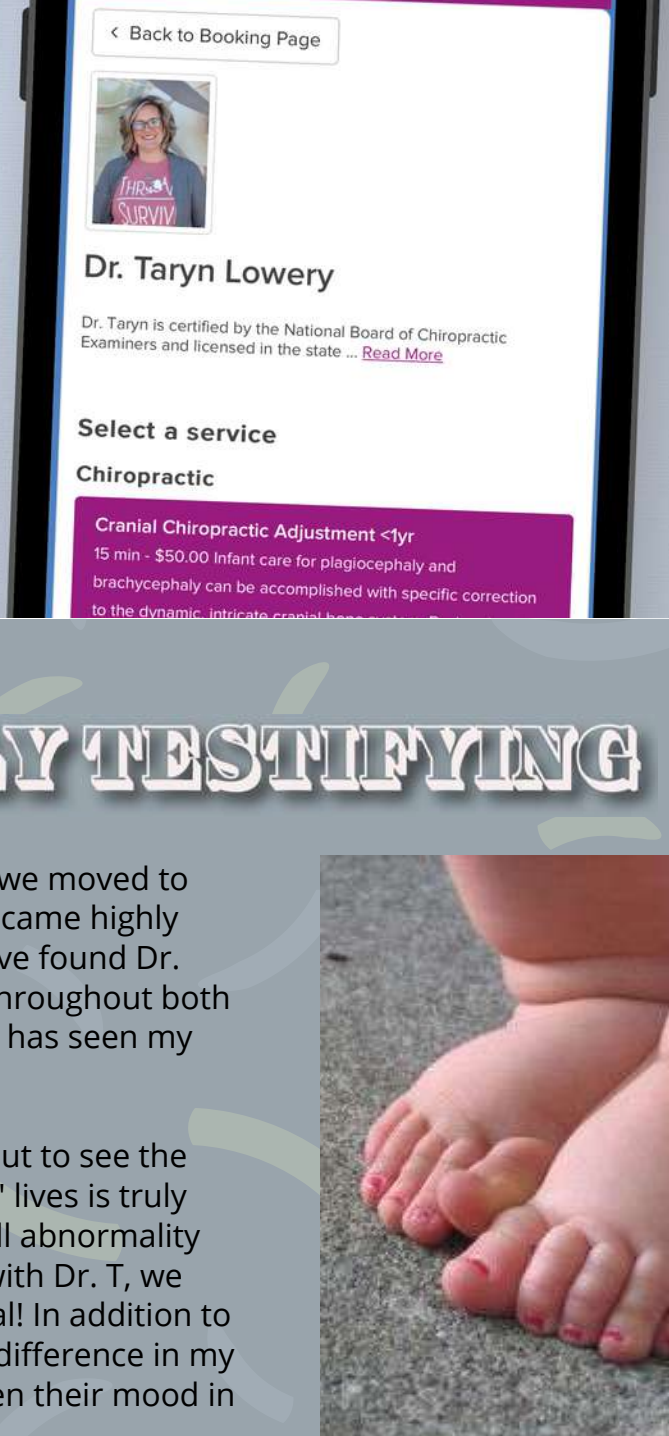
SET UP YOUR ACCOUNT

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 was looking for a chiropractor when we moved to town five years ago, and Peace of Life came highly recommended. I am SO grateful to have found Dr. Taryn. She helped me tremendously throughout both of my pregnancies, and of course, she has seen my babies from birth.

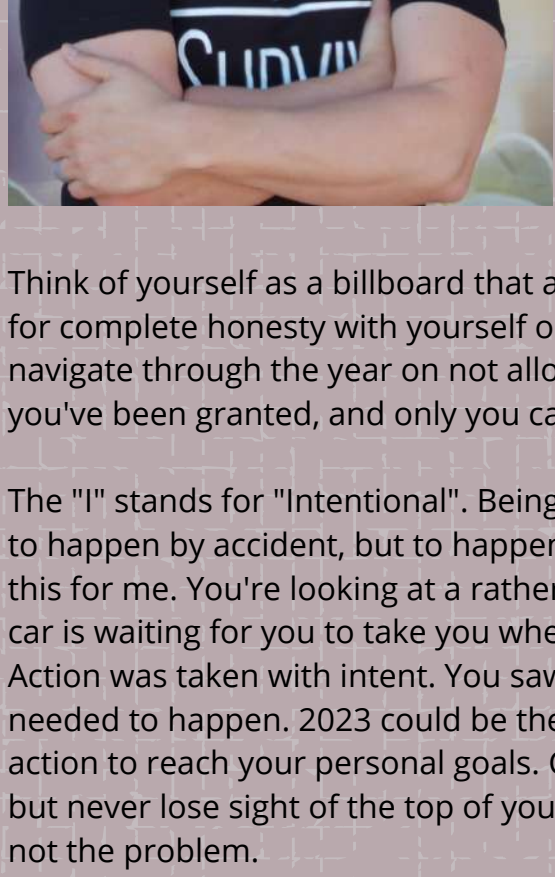


I am grateful to have Dr. T in my babies', but to see the incredible she has made in my babies' lives is truly incredible. Both of my girls had a small abnormality with their feet, and through working with Dr. T, we have corrected both of them to normal! In addition to that BIG healing praise, I can notice a difference in my girls' balance, gait, and sometimes even their mood in the days after an adjustment.

Dr. Taryn always knows exactly what we all need, sometimes before we do. She truly has an incredible gift, and I am so thankful that she shares it with us. I know under her care that, my children are for the healthiest they can be. If anything happens between our appointments, I make a little list for us to look at during our next appointment. Dr. T is always ready and willing to listen to any concerns I have, and she usually gives me a simple explanation which helps put my mind at ease. Dr. T and Peace of Life are definitely included in our "I'm thankful for" prayers daily!

- Jocelyn Millender

Chiro Corner



A "VIP" LIFE AWAITS YOU IN 2023

BY DR. JOEY LOWERY

You're probably thinking I mean a "very important person" when you see "VIP". Congratulations! You already are. God doesn't make mistakes granting you a life. God also has granted us the ability to choose. With that opportunity to have the "VIP" life you dream of.

When you hear the word "Value", what comes to mind? Do you think of a monetary based item or something else? I ask these particular questions because we have the choice day by day to assess what thoughts and actions brought a higher value to your life. What value do you place on a positive mindset, your personal self-worth, your social or spiritual or physical diet? Do you place a high value on taking care of the only body you'll ever have?

Think of yourself as a billboard that advertises what your value to your life. Can 2023 be a year for complete honesty with yourself on what or who brings value in your life and how you'll navigate through the year on not allowing anything to compromise you? Again, that's a choice you've been granted, and only you can make.

The "I" stands for "Intentional". Being a person with intention means you're not looking for things to happen by accident, but to happen by intentional action steps you're willing to take. Visualize this for me. You're looking at a rather large hill you must walk up in order to reach the top where a car is waiting for you to take you wherever. You reaching the top WILL NOT happen by accident. Action was taken with intent. You saw your destination and you made your mind up on what needed to happen. 2023 could be the hill for you. Be intentional in thought and methodical with action to reach your personal goals. Celebrate every step and stay consistent. Obstacles will occur, but never lose sight of the top of your hill. Winners keep their intentional focus on the solution, not the problem.

This last of the "VIP" life regards "Purpose". I am routinely talking to my children about the time on the Earth only gets better once they've discovered their purpose God has in store for them. It is in cooperation with their calling. Do I know their calling? I'd say probably not, but I do sit back and observe what brings a smile to their face and joy to their day. I provide them with encouraging words and emphasize how proud I am of them, but more importantly, they should be proud of themselves. My motive is to help their internal flame burn bright. This flame will one day meet their purpose. Their purpose will only strengthen that flame even more. God will enlighten them on their calling. Then look out! A life of purpose and meaning is ahead of them. This is all I've ever wanted for myself, my wife, and my children. This is what I pray for the people around me to have. I hope I see you in 2023 with a renewed sense of purpose, because I know I'm seeing the best version of you.

So what say you? Will 2023 be a "VIP" way of life for you? I challenge you to make time to look at what you're willing to do to place a high Value on while being very intentional while seeking out your Purpose. 2023 as a "VIP" way of life will look good on you. God has great things in store for you and yours. May you choose to receive His blessings with grateful hearts. Thank you as always for allowing our village to serve you and be a part of your health journey.

In Love and Service,

Dr. Joey

Product Highlight

Standard Process Detox Balance®

SP Detox Balance supports whole-body detoxification and helps your liver in the processing and removal of toxins from your body.

- Supports the body's natural metabolic detoxification processes*
- Supports the body's natural toxin elimination function*
- Excellent source of protein (17 g per serving) from pea isolates, pumpkin concentrate, oat flour and buckwheat flour
- Provides amino acids required for conjugation enzymes (phase II enzymes)*
- Excellent source of iron
- Good source of choline, dietary fiber, and plant-based magnesium
- Gluten-free
- Vegan



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!

