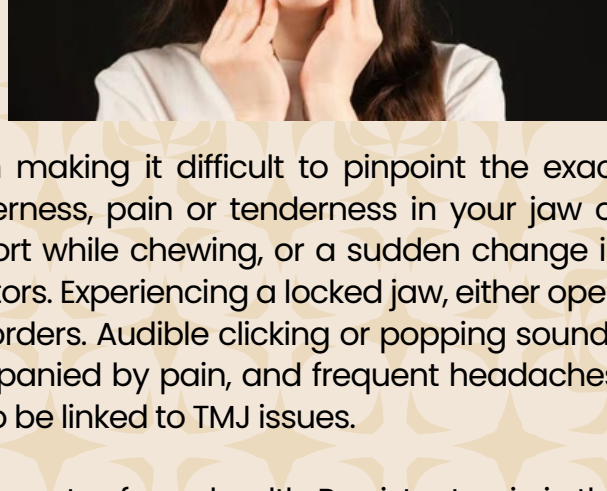


"Thank you" – Your Jaw

By Lisa Sanders LMT

Do you often find yourself dealing with jaw pain, headaches, or discomfort when chewing? These could be signs of Temporomandibular Joint (TMJ) disorders, a common yet often misunderstood condition affecting the jaw.



TMJ disorders can manifest in various symptoms, often making it difficult to pinpoint the exact cause. Common symptoms include jaw pain and tenderness, pain or tenderness in your jaw or around your ear. Additionally, difficulty chewing, discomfort while chewing, or a sudden change in how your upper and lower teeth fit together can be indicators. Experiencing a locked jaw, either open or closed, can be alarming and is a clear sign of TMJ disorders. Audible clicking or popping sounds when opening or closing your mouth, sometimes accompanied by pain, and frequent headaches, earaches, or a feeling of pressure behind the eyes can also be linked to TMJ issues.

TMJ disorders extend beyond jaw pain, affecting various aspects of your health. Persistent pain in the jaw, face, neck, and shoulders can significantly impact daily activities and overall quality of life. TMJ disorders often cause bruxism (teeth grinding), which can lead to disrupted sleep and fatigue. Limited jaw movement can make simple tasks like eating, speaking, and yawning challenging. The chronic pain and discomfort associated with TMJ disorders can lead to stress, anxiety, and even depression. Tinnitus (ringing in the ears) and a sensation of ear fullness can also be linked to TMJ disorders, further affecting your well-being.

One effective, non-invasive treatment for TMJ disorders is therapeutic massage. This holistic approach offers numerous benefits. Massage therapy helps to relax and loosen the muscles around the jaw, reducing pain and tension. Regular massage can enhance jaw flexibility and movement, making daily tasks easier and less painful. Massage therapy promotes relaxation, reducing overall stress and the tendency to clench or grind teeth. By alleviating pain and reducing muscle tension, massage can lead to improved sleep quality. Massage increases blood circulation, promoting healing and reducing inflammation in the affected areas.

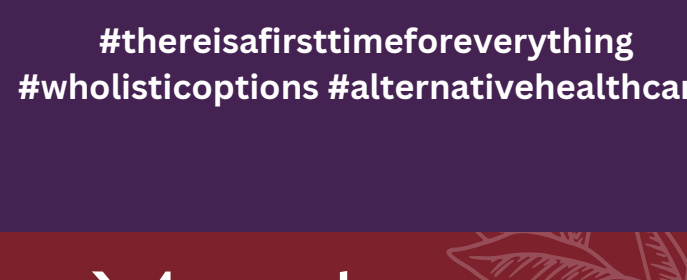
TMJ disorders can have a profound impact on your quality of life, but understanding the symptoms and seeking appropriate treatment can make a significant difference. Therapeutic massage offers a natural, effective way to manage TMJ symptoms, improve mobility, and enhance overall well-being. If you suspect you have TMJ issues, consider consulting with our massage therapist to explore the benefits of therapeutic massage as part of your treatment plan. Your jaw—and your entire body—will thank you.

About the Author:
Lisa is one of the most unique people we have ever met. Not only does she have a unique personality and palette of interests, but she provides a massage like you have never experienced in your life. In fact, she is a proud Summa Cum Laude graduate of Parker University. Not only can you expect a good massage, but you can also expect a results-driven massage. Don't get it wrong, she is flexible and talented. She can provide most any massage experience you desire, but if you allow her to shine, you will get results....really good ones!



#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

Patient of the Month

ROBYN TIDWELL

Robyn Tidwell is our July Patient of the Month, and she is a lover of all things nature from a cool crisp morning to being by any body of water to full moons and starry night skies!! She also has a beautiful family that she adores including her husband, kids, and sweet Lovie!

She said, "I have been coming to Halcyon Village for a while now. Despite the number of times I have entered their doors, I am welcomed with open arms and by great sweet staff. Everyone is there to help you in any way they can and get you on your path to a happy health journey. Everyone has a specific path no matter what that is they all listen, get to know you and your family, and teach you about everything that life has thrown your way to help you best. I adore and cherish my friendships from everyone that has come into my life and into my family's life at Halcyon Village."

She expressed she had learned so much through her care at Halcyon Village, stating, "It is amazing what all you can learn just listening and asking all the crazy questions about your body and what it has been through!"

If you have never experienced care at Halcyon Village Robyn would respond with, "OH MY GOODNESS YOU ARE MISSING OUT ON SOMETHING TRULY AMAZING!"



Dates to Look Forward To

12 JULY DR. JUSTIN'S BIRTHDAY

15 JULY NATIONAL GIVE SOMETHING AWAY DAY

23 JULY NATIONAL PARENTS DAY

31 JULY JULIA'S 5TH VILLAGEVERSARY

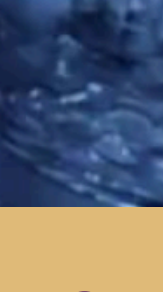
MONTH OF JULY PLASTIC FREE JULY

Product Spotlight

July is all about hydration at Halcyon Village!!! Why is hydration so important? Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time! Being well-hydrated also improves sleep quality, and helps the body to regulate temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. When that Texas heat gets going it can really pack a punch and Halcyon Village can help you hit back, from Kangen water to Skcratch to Re-lyte! Pick up any electrolyte drink mix at Halcyon Village and get 20% off in July so make sure you stock up!! Redmond Re-Lyte Hydration was developed with a team of healthcare and fitness experts determined to create an effective, refreshing hydration mix you can feel good about drinking daily. Designed to support any and every lifestyle, this sugar-free blend of Redmond Real Salt and essential electrolytes contains everything you need to hydrate better, so you feel better. Skcratch is made with whole foods the body can more easily recognize and break down, resulting in easier digestion and alleviating the potential for GI distress they also meet a range of special dietary needs including gluten-free, dairy-free, vegan, kosher, nut-free, and non-GMO. And, don't forget that when you buy a Kangen Jug at Halcyon Village you get FREE water for life from our office, perfect to mix up all that Re-lyte and Skcratch!!

What is Kangen Water?

IT'S A WATER IONIZATION SYSTEM THAT TRANSFORMS TAP WATER INTO REDUCED, IONIZED, ALKALINE WATER, THAT IS RICH IN HYDROGEN AND BENEFICIAL MINERALS. WHEN YOU BUY A GALLON JUG FROM HALCYON VILLAGE YOU GET FREE REFILLS FROM US FOR LIFE!



TOTALLY TESTIFYING

Mindy Stirling

"I was so pleased to receive care from different members of Halcyon Village! The peace and genuine care I received from each person were extremely helpful in holistically treating each concern I had. Not to mention each of my family members who have had care have had raving reviews of each person they've worked with! We love Dr Justin! He pays attention to details of each person and has a gentle adjusting style with compassion appropriately for each person. I also have been seeing Kimberly Picard for IASIS and have had nothing but positive results! Thank you Halcyon Village for helping continue our family's healing journey with zeal and continuity. Even the front desk staff were wonderful with scheduling and helping answering all of my questions."



Book Online Today With Jane

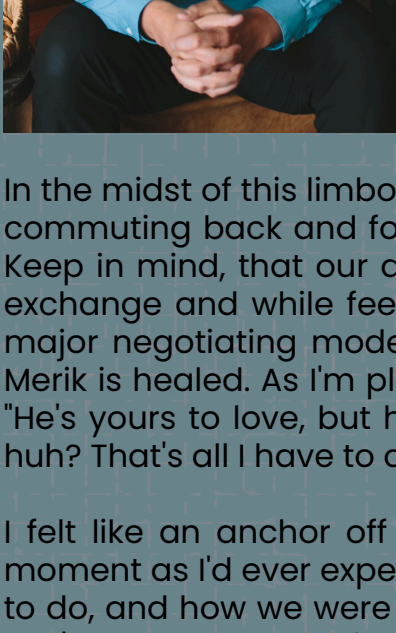
[Click here!](#)



Chiro Corner

They're Yours to Love, But They're His to Heal

By Dr. Joey



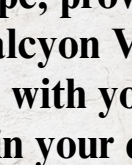
I first want to take the opportunity to apologize for not getting out our June newsletter. I secondly want to share why. If you've not heard by now our son, Merik spent two and a half weeks at Cook's Children's Hospital in Ft. Worth. He was there due to a series of seizures that compromised him greatly in many ways while there at the hospital. To say there were dark periods for our family during this hiatus from the office is an understatement.

In the midst of this limbo period of our child's health, my wife, Dr. Taryn, and I would trade off on commuting back and forth to the house to exchange our various needs for the hospital stay. Keep in mind, that our daughter is also in limbo with places to stay and such. It's my turn to exchange and while feeding the dogs, doing laundry, getting some food for us, etc... I am in major negotiating mode with the Lord. I am begging him to put me in that bed if it means Merik is healed. As I'm pleading my negotiations to him, as sure as I am writing this, God says, "He's yours to love, but he's mine to heal." I lose it in a flood of tears of course. "It's that easy, huh? That's all I have to do" I reply. He says, "Let go, trust, and wait."

I felt like an anchor off the Titanic had been lifted off me. It was as spiritually liberating a moment as I'd ever experienced. At that moment, I knew what I had to do, what God was going to do, and how we were all coming out on the other side of this. I get back to Cook's, grab my son's hand, and tell him I'm here to love him and it's that simple. He gave me a look back of calm that I needed in so many ways. As time goes by, he continues to improve and I continue to remind myself, "Just love him, it's that simple." We finally get back home and the reminder never exits my mind. While this may seem like such a simple statement, it packs such a punch for me.

My hope and prayer for you as you read this is to recognize there is always a chance for healing to happen, and the best part is you're not alone where the healing is needed. Our kids are his children even moreso than ours, and it is okay to hand them over to him because he will always watch over them if you let him. All you have to do is provide your love. This goes for everyone besides our kids too! Even if it's for another family member, a friend, or yourself, God will provide the healing and you bring your love. Remember to keep it simple, let it go, trust his timing, and wait for the miracle to happen. Thank you and God Bless.

HEIDY'S REVIEW



"I was so skeptical to finally commit and take a leap to go to the Chiro! I am SO glad that I was referred to Dr. Justin. He was great with explaining each and every process as well as the whys and hows. He kept my nerves at bay and did a fantastic, pain free adjustment."



[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!