



Wholesome & WHOLISTIC

Halcyon Village Newsletter

Nutrition Talk: Water

Volume 5 | Issue 7

By Amy Powers

When it comes to health, nutrition may not be the only factor, but it is one of the most important. It often requires detective work, peeling back the onion layers one at a time, honoring our own unique needs for macro-and micronutrients, and providing our bodies with the basic building blocks needed to move toward feeling and performing our best.

With summer at our door, I want to talk about the most important nutrient in the body—Water. Water is also the most common nutritional deficiency in the American population.

Why Water is Important:

Our body is mostly made of water. 99% of the molecules in the body are water. Many/Most people are chronically dehydrated.

Common Early signs of dehydration:

Fatigue, headaches, cramps, cravings, and more. As time goes on and dehydration continues in the body, you may experience chronic joint pain, back pain, migraines, and constipation; this is often referred to as mature signs of dehydration.

It's essential to understand what is happening within as water plays numerous important roles in the body, including improving oxygen delivery to cells, transporting nutrients, flushing toxins, removing waste, and cushioning bones and joints. Minerals are vital as they are considered the "sparkplugs" of chemical reactions in the body and act as the gatekeepers of cellular transport.

How do we Hydrate Properly?

Daily water- A good starting place for daily intake of water is half of your body weight in ounces of water. Everything is in moderation, OR avoid diuretic beverages altogether. Coffee (I know! I LOVE a good cup of coffee—another topic for another day), soda, caffeinated teas, alcoholic beverages, packaged fruit juices. It's also important to know how to support your body if you do consume diuretic beverages. If you drink an 8-oz. diuretic beverage, add 12-16 oz. of water to your daily intake.

Consuming enough water in a day is only part of the story. We must absorb the water we drink, which requires sufficient minerals called electrolytes, sodium, potassium, chloride, magnesium, and many more to ensure appropriate transfer in and out of cells. Many of us are deficient in minerals. Find a quality electrolyte to add to your water. A few of my favorite electrolytes (LMNT, Redmon RELYTE, NUUN, Ultima, Perfect Amino Electrolytes by BodyHealth.) Also, for added minerals, you can add a few drops of CT-Minerals (Celcore), and Trace Minerals (Amazon).

You can also incorporate "nutritious fluids" such as adrenal cocktails, coconut water, homemade mineral elixirs, and bone broth in lieu of plain water. Fruit and vegetables naturally contain water as well, so they are a great way to stay hydrated! Other takeaways and resources: If you are drinking tap water, know it does have harmful contaminants and toxins NOT regulated by the government. EWG's Tap Water Database is a good start—www.ewg.org/tapwater

Research a quality filtration system. Other resources: Distilled, Reverse Osmosis (aquatruwater.com), Fridge filtered- less effective filtration, but most convenient (www.clearlyfiltered.com).

Water On The Go

It's always best to carry your own clean water in a glass or stainless-steel container to avoid the endocrine disrupting properties of plastic bottles, but if you need to buy something on the go, look for spring or glacial water which are richer in electrons (i.e., Evian, Mountain Valley Spring, Gerolsteiner). If filling up on the go with tap water, you may prefer to use a filtering bottle. Berkey and Clearly Filtered both have great options.

Books for your own reading and research: Quench (Amazon), Your Body's Many Cries for Water (Amazon) Hope this is helpful!

About the author:

Amy Powers is a wife to Keven, and they have been married for 30 years! She is the mom to three awesome kids! Amy is also an FNTP, a RESTART Instructor, an E-RYT 500 yoga teacher, a self-taught Gluten Free cook/Baker, and an Owner/Creator/Work in Progress-Amy's Gluten Free Kitchen.

*Sources: Staying Healthy with Nutrition, Signs and Symptoms, Hydration



#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



Megan, Timothy, Nate, Libby, Sophie, and Ella Ramos

The Ramos family is loved here at Halcyon Village and this month, we are celebrating them as our patients of the month!! One thing you may not know about Megan and Timothy Ramos is that they are pastors at a local church!

Megan firmly believes in chiropractic care and is a huge advocate for it.

As a health care provider in "traditional medicine," she said, "I see far too often people looking for magic pills to answer their health needs. I love visiting Dr. Taryn and discussing new techniques that can support our perfectly designed bodies. We need to learn to listen to our bodies and support them."

Megan believes that because of the frequency of her visits, her body was able to carry her twins to full term, 38 weeks and 3 days. She said, "My body was strong and aligned because of Dr. Taryn's commitment to me, and I delivered two perfectly healthy girls without any medical intervention or pain medication."

If you are thinking about chiropractic care, Megan would tell you, "It will change your life. It impacts more than just your 'bones.' My kids (7 and 3) can tell when they need an adjustment and recognize, even at their young age, when they aren't sleeping as well or their GI tract is a little off, they ask to see Dr. Taryn so they can feel better."

WE ARE HIRING

Join Our Team Now

• Massage Therapist

Please send:

- Your resume
- 2 reasons you love massage therapy
- 2 techniques or skills you are especially talented at
- 2 reasons you would like to work with us

to peaceoflifechiropracticlive.com



Dates to Look Forward To



Village Closed for Independence Day
July 3-4



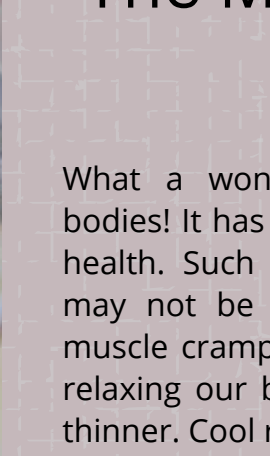
Dr. Justin's Birthday
July 12



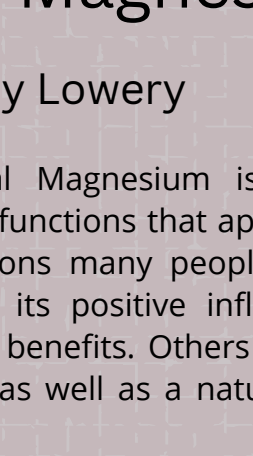
National Give Something Away Day
July 15



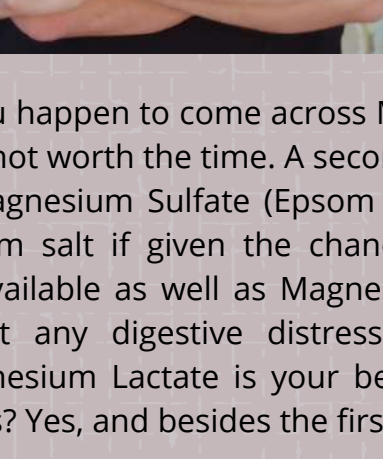
National Parents Day
July 23



Julia's 4th Halcyon Village Anniversary
June 26



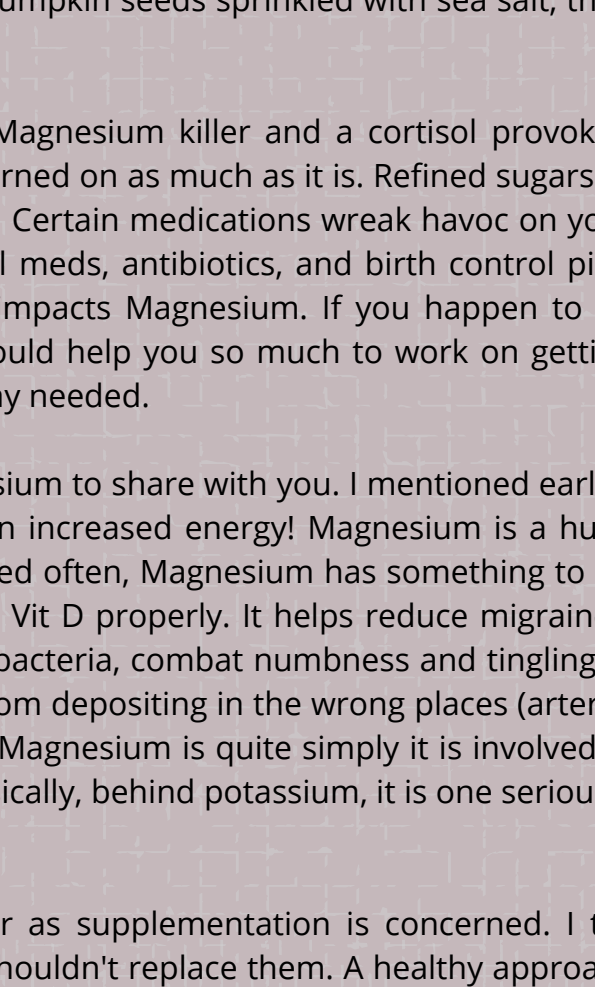
Plastic Free July
be part of the solution to plastic pollution!



July is National Blueberry Month

TOTALLY TESTIFYING

Clarissa Jacobs led an active lifestyle in her younger years and throughout her teenage life with competitive dancing and running. Somewhere along the way, her knees gave out, and she could not go running or do certain exercises without severe knee pain that would plant her on the couch afterward. She had gone to the doctor before, and all they would do was tell her to ice both her knees for 20 minutes after each workout, but that wasn't enough for her.



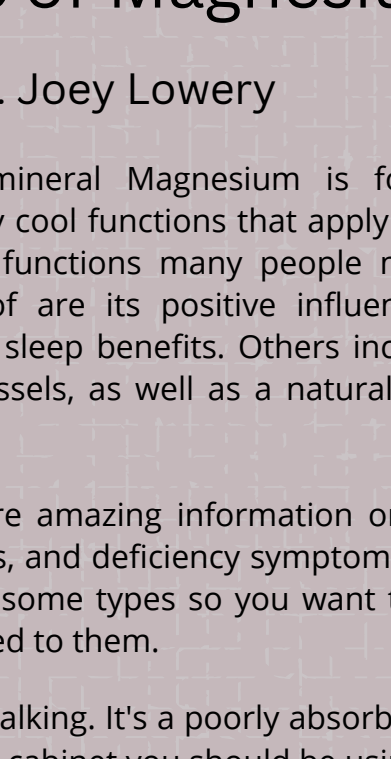
Her sister-in-law, who has been a part of the Village for a few years now, encouraged her to make an appointment with Dr. Joey, and she did, even though she had her doubts. Clarissa said, "after two appointments with Dr. Joey, I finally experienced what it was like to go running without knee pain! Best feeling ever!"

Clarissa went on to say, "If I had not seen Dr. Joey, then I would not have been able to complete a Spartan 5K with minimal physical pain, do 90+ lunges (used to have severe knee pain after only doing 3 lunges!), box jumps, and be able to enjoy a nice run. I feel more confident in my body, and I actually enjoy working out without worrying about possible pain."

She would like to encourage those thinking about holistic health by letting them know "its okay to seek a second or third opinion. If you feel in your gut that there is another way to live without this pain, seek help. At the end of the day, the most important opinion you can listen to about your body is yours. Even if you have doubts, please make an appointment to see Dr. Joey. Or just do a walk-in and talk to them about it. I promise they are some of the sweetest people you will ever meet. Thank you, Peace of Life, for taking care of me!"

Book Online Today With Jane

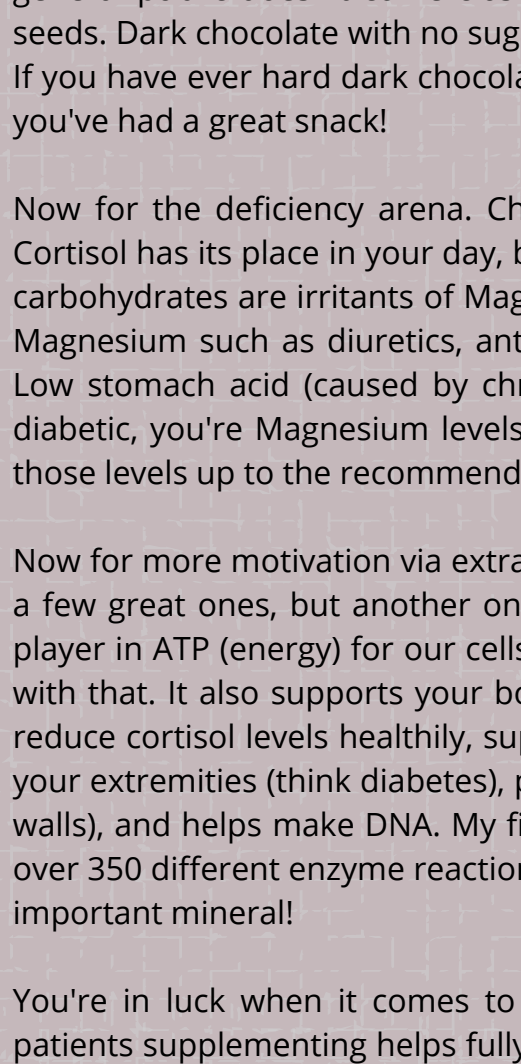
Click here!



Chiro Corner

The Magic of Magnesium

By Dr. Joey Lowery



What a wonderful mineral Magnesium is for our bodies! It has so many cool functions that apply to our health. Such general functions many people may or may not be aware of are its positive influence on muscle cramping and sleep benefits. Others include it relaxing our blood vessels, as well as a natural blood thinner. Cool right?

Now I have even more amazing information on even more benefits, sources, and deficiency symptoms, but I want to first describe some types so you want to look for certain variables tied to them.

If you happen to come across Magnesium oxide, just keep walking. It's a poorly absorbed form and not worth the time. A second form you may have in your cabinet you should be using often is Magnesium Sulfate (Epsom salt). Your skin is your largest organ and ready to absorb the Epsom salt if given the chance, so enjoy a 15-20 min soak! Magnesium Glycinate is very bioavailable as well as Magnesium Citrate to help calm the body down. If you're concerned about any digestive distress you're dealing with (Crohn's, ulcerative colitis, IBS), then Magnesium Lactate is your best choice. It is very cooperative with the gut. Are there more types? Yes, and besides the first one mentioned, they all can help you!

Now let's talk about sources of Magnesium. The most opportunistic form is your dark leafy greens. Publicly, the need for Magnesium this route is 7-10 cups of veggies per day, but the general public doesn't come close to meeting this amount. Another great source is pumpkin seeds. Dark chocolate with no sugar added is a great option, as well as certain types of sea salt. If you have ever had hard dark chocolate covered over pumpkin seeds sprinkled with sea salt, then you've had a great snack!

Now for the deficiency arena. Chronic stress is a Magnesium killer and a cortisol provoker. Cortisol has its place in your day, but shouldn't be turned on as much as it is. Refined sugars or carbohydrates are irritants of Magnesium levels too. Certain medications wreak havoc on your Magnesium such as diuretics, anti-acids, cholesterol meds, antibiotics, and birth control pills. Low stomach acid (caused by chronic stress) also impacts Magnesium. If you happen to be diabetic, you're Magnesium levels are low and it would help you so much to work on getting those levels up to the recommended 400+ mg per day needed.

Now for more motivation via extra benefits of Magesium to share with you. I mentioned earlier a few great ones, but another one I love is it aids in increased energy! Magnesium is a huge player in ATP (energy) for our cells. If you feel fatigued often, Magnesium has something to do with that. It also supports your body's ability to use Vit D properly. It helps reduce migraines, reduce cortisol levels healthily, support healthy gut bacteria, combat numbness and tingling in your extremities (think diabetes), prevent Calcium from depositing in the wrong places (arterial walls), and helps make DNA. My final benefit about Magnesium is quite simply it is involved in over 350 different enzyme reactions in the body. Basically, behind potassium, it is one seriously important mineral!

You're in luck when it comes to Magnesium as far as supplementation is concerned. I tell patients supplementing helps fully any gaps, but it shouldn't replace them. A healthy approach to quality food should be your goal. Our office is focusing on Magnesium as our product of the month to help educate our patients. If you have any questions regarding Magnesium supplements, feel free to ask one of our providers or staff which avenue may be right for you. I hope this has helped you in some capacity and wish you a blessed July!

In Love and Service,
Dr. Joey

Product Highlight

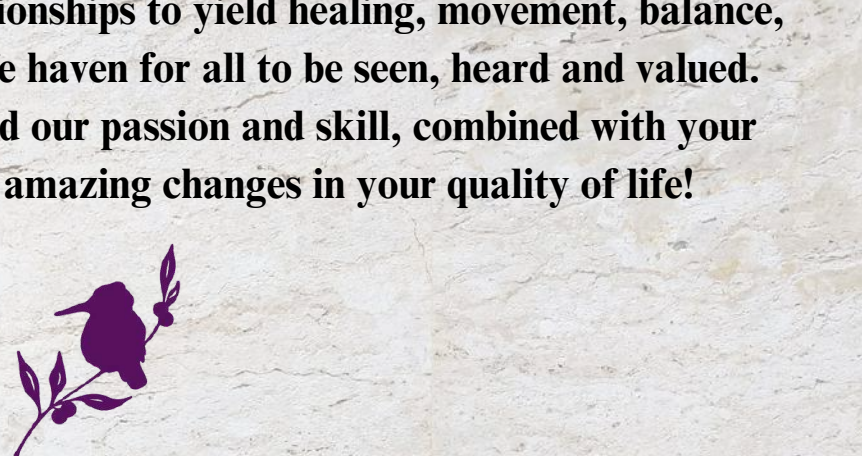
Natural Vitality Calm Gummies

Natural Vitality's Calm is easy to take as a gummie or drink and tastes delicious!

Magnesium is essential for over 300 processes in the body, yet most of us don't get enough of it.

It helps support balanced mood, muscle function, cardiovascular health, gut health and a good night's sleep.

Ultimately, proper amounts of magnesium support healthy overall nerve, body and brain function.



For the month of July, all Natural Vitality Calm products are 10% off!!!

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!

