

## Breakdown Detox

By Morgan Monson

Detox. A word that I find is regularly used in our current world, but what does it mean? To cleanse? To remove unwanted toxins? From where—your home, your body, your mind, your spirit? There are so many definitions to this word and it can be overwhelming to many. So, let's break it down and focus on what the most important aspect of "detoxing" or reducing your toxic load should look like (in my opinion).



My name is Morgan Monson and I have spent the majority of my life researching. Everything, I am always the person to question the narrative and find the facts. With my background in Health Psychology I have learned so much about the human body and how it reacts in many different scenarios, which is why I find this subject so interesting.

Toxins are everywhere and we will never be able to live a completely "non-toxic" lifestyle. Your body is wonderfully designed to detox through your organs (skin, colon, kidneys, liver, lungs, lymph), but when your body and environment are overwhelmed, it becomes a burden and your body and mind can suffer. The point of removing toxins from your home and body is to promote health. Stressing about these things is actually counterproductive and activates your sympathetic nervous system or the "fight or flight" mechanism in your body. Physically preventing your body and mind from being able to detox because in order for your body to detox, you need to be in a calm mental state or activating your parasympathetic nervous system. The end result is health, so nourishing our bodies, minds, and spirits is how we achieve this. Do what you can in the season that you are in and don't allow the stress of detoxing stop you from living a healthier life.

My advice is to start small with simple swaps. These made the biggest difference in my home and my health in a short period of time. When you're running low on an item that may not contain the "clean" ingredients you would like, start doing your research to find a less-toxic option so that when you run out you are prepared to replace that item and it is not a stressful transition. There are many websites to help you find simple swaps, but an easy solution is just reading the ingredients. Don't be tricked by "greenwashing" and fancy advertising or labels. Every person will have a different journey in a different life season and there is no "one-size fits all" solution to detoxing any aspect of your life. I highly recommend reading, A Healthier Home by Shanna Holman and referencing [angieandarylnd.com](http://angieandarylnd.com) for great body/mind health biohacking tips. Both of these are great resources that I utilize almost daily.

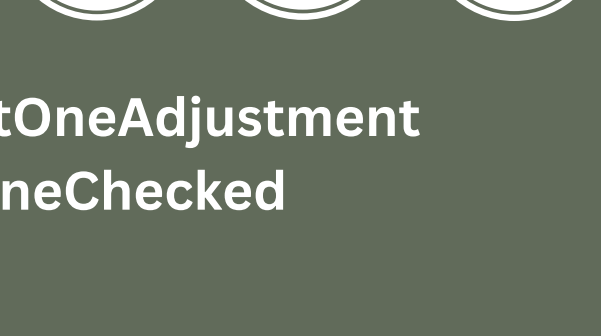
Find what makes sense to you, but here are some free tips to make your home, body, mind, and spirit healthier:

- Get morning and evening sunlight (free red light therapy)
- Put your bare feet on the ground every single day
- Deep breathing
- Move your body (sweat)
- Get enough sleep
- Eat whole foods
- Get cold (cold shower or cold plunge)
- Open windows/doors in your home daily to improve indoor air quality
- Leave shoes off indoors

I hope you find this helpful! This is my passion and I am happy to share my knowledge with you.

## #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

## Patient of the Month



Beau Brown has been an avid member of our village for nearly 10 years!!!! Beau is someone who always brings a warm presence and joy to our office and we are so honored he is a part of our village! Since Beau has been here for so many years, he said that there is not likely not much we do not, already know about him. He says, "my favorite aspect about PLC is that after every adjustment I feel like a million bucks!" He has received pain relief all these years and would tell someone who was thinking about chiropractic care that it is a game changer!

## WE ARE HIRING

Join Our Team Now

- Massage Therapist

Please send:

- 2 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](http://peaceoflifechiropracticlive.com)



## Dates to Look Forward To



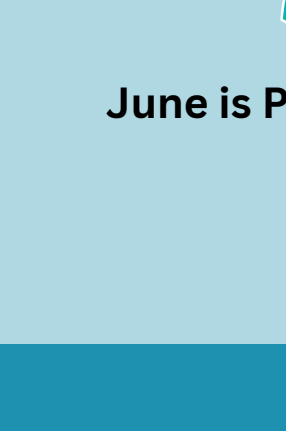
**Best Friends Day**  
June 8



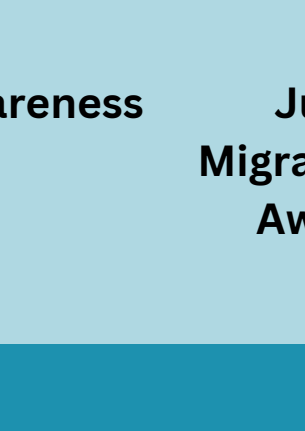
**Father's Day**  
June 18



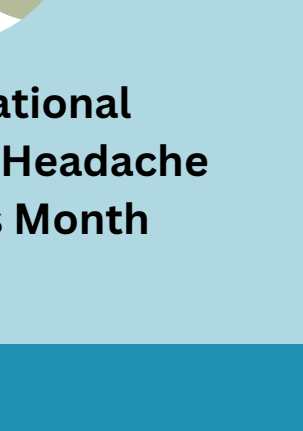
**International Yoga Day**  
June 21



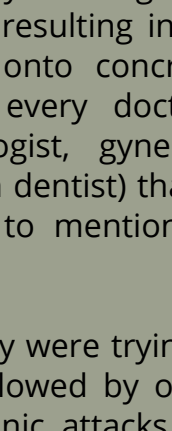
**Village Closed**  
June 23



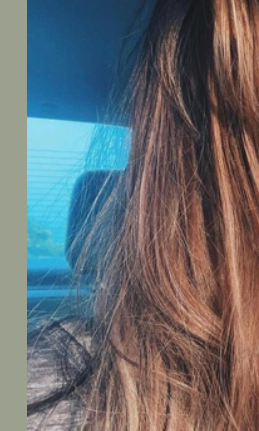
**Forgiveness Day**  
June 26



**Hug Day**  
June 29



**June is PTSD Awareness Month**



**June is National Migraine and Headache Awareness Month**

## TOTALLY TESTIFYING

Reagan came to Halcyon Village after having two seizures, the second resulting in a fall where she slammed her head onto concrete. During that time, she went to every doctor and "ologist" (cardiologist, neurologist, gynecologist, primary care doctor, and even dentist) that her mom could get her to and not to mention two emergency room visits.

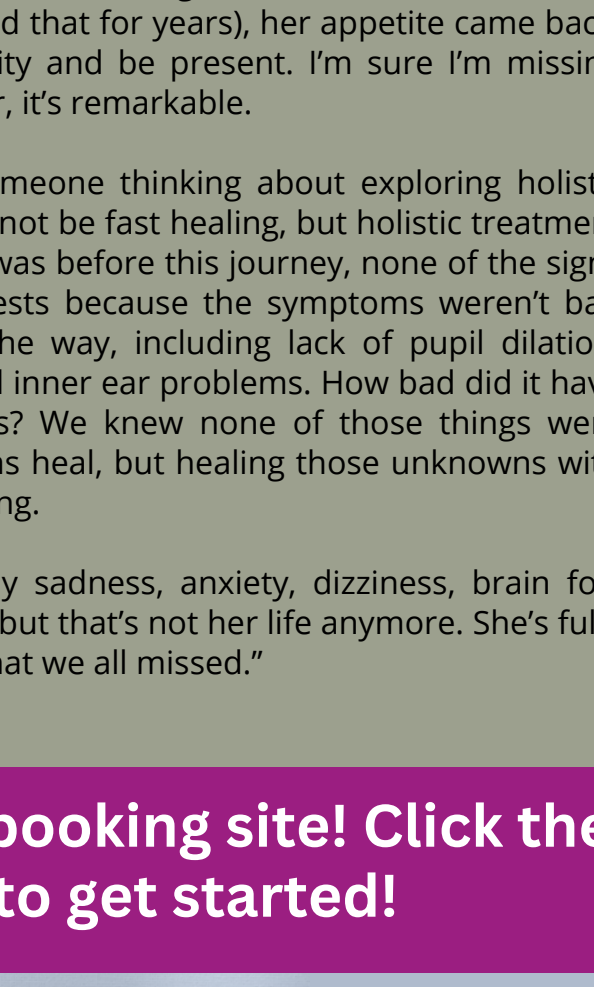
Reagan and her family were trying to find out why she had seizures, followed by ongoing brain fog, dizziness, anxiety, panic attacks, and exhaustion. Even after tons of testing, scans, and MRIs, no one had an answer.

The neurologist could only assume it was a severe concussion and wanted to give her anxiety meds. He also believed she had epilepsy, which she did not. They decided to decline us to Peace of Life. I wanted a holistic approach to healing Reagan. I tried looking for naturopathic practitioners near me, and nothing clicked. In a last-ditch effort, I looked up chiropractors near me. There are tons of them, all specializing in one thing or another, and I had no idea what Reagan needed. I saw Peace of Life's website, and I knew it was the place. I didn't even read Dr. Taryn for the last 8 months, about every 10 days. The results have been miraculous. We are now on a schedule of every three weeks instead of every 10 days. Most importantly, we have our daughter back, and she has her health and life back."

Recently Dr. Taryn suggested IASIS for Reagan, and I didn't know what to expect since there are no negative side effects and results vary for people, but we were in! IASIS therapy with Kimberly was the icing on the cake for Reagan, and it works beautifully with Dr. T's treatments. It was the needle mover that allowed her to shower standing up (she had been sitting on the floor of the shower for 6 months because she'd get dizzy), she could drive again (with us in the car), she appreciates fresh air and being outside (she hadn't liked that for years), her appetite came back, her sleep improved, she's able to handle social activity and be present. I'm sure I'm missing something, and some of this may seem silly, but for her, it's remarkable.

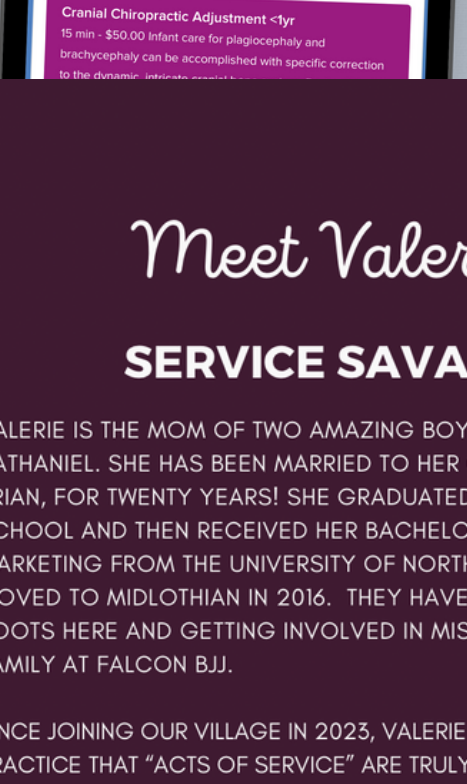
The caregiver Reagan's mom, Jacquie, would give to someone thinking about exploring holistic health care: Stop considering it and do it today! It may not be fast healing, but holistic treatment addresses the root of the problem. As bad as Reagan was before this journey, none of the signs from her numerous issues showed up in all those tests because the symptoms weren't bad enough. Dr. T. found issues right away and along the way, including lack of pupil dilation, balance problems, sticky lymph, spinal fluid issues, and inner ear problems. How bad did it have to get for those things to appear in scans and tests? We knew none of those things were problems. Not only did all of Reagan's known problems heal, but healing those unknowns with chiropractic and IASIS therapies helped for future healing.

Reagan's mom said that "Reagan no longer has daily sadness, anxiety, dizziness, brain fog, negativity, or depression. Of course, she has bad days, but that's not her life anymore. She's fully present, social, and has her dry sense of humor back that we all missed."



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

1. **CLICK HERE!**  
Book Online
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!



## Meet Valerie

### SERVICE SAVANT

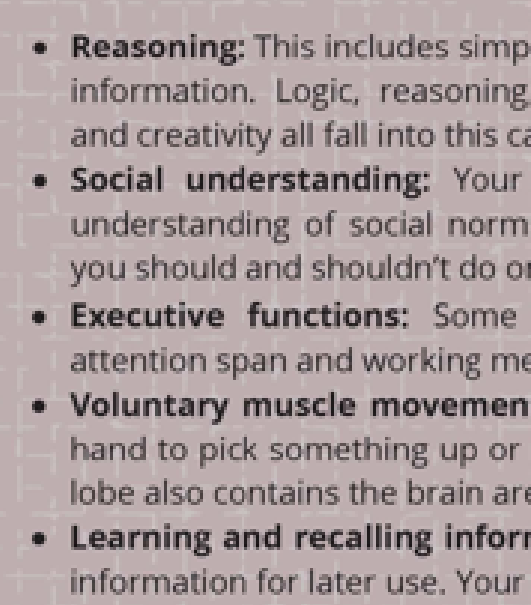
VALERIE IS THE MOM OF TWO AMAZING BOYS, ETHAN AND NATHANIEL. SHE HAS BEEN MARRIED TO HER COLLEGE SWEETHEART, BRIAN, FOR TWENTY YEARS! SHE GRADUATED FROM MILLSAP HIGH SCHOOL AND THEN RECEIVED HER BACHELOR'S DEGREE IN MARKETING FROM THE UNIVERSITY OF NORTH TEXAS. THE BOYS MOVED TO MIDLOTHIAN IN 2016. THEY HAVE ENJOYED GROWING ROOTS HERE AND GETTING INVOLVED IN MISD AND THE JIU JITSU FAMILY AT FALCON BJJ.

SINCE JOINING OUR VILLAGE IN 2023, VALERIE HAS SHOWN OUR PRACTICE THAT "ACTS OF SERVICE" ARE TRULY HER GOD-GIVEN GIFT. SHE IS THE FIRST TO PULL THE DOOR OPEN, FILL YOUR WATER, CARRY YOUR BAG, OR HOLD YOUR HAND. SHE IS A PRAYING, LOVING, SERVING MACHINE!

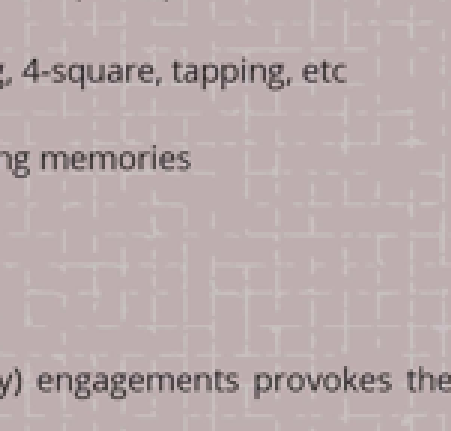
## Chiro Corner

### The Frontal Lobe - Your Partner in Thriving

By Dr. Taryn Lowery



With the recent addition of IASIS Micro-Current Neurofeedback at Halcyon Village, I've been enthralled in inspiring thoughts about the variety of ways that this instrument, and our amazing provider Kimberly, can impact lives!! It's been all too provoking of thoughts about how many functions the frontal lobe has and the impact a well-firing frontal lobe has on living a wideopen life!



The frontal lobe is the last to fully develop at 25-30 years of age. Your frontal lobe handles many of your grown-up abilities, including:

- **Reasoning:** This includes simple and complex processing of information. Logic, reasoning, judgment, decision-making and creativity all fall into this category.
- **Social understanding:** Your frontal lobe controls your understanding of social norms and helps determine what you should and shouldn't do or say.
- **Executive functions:** Some examples of these include self-control and inhibitions, attention span and working memory.
- **Voluntary muscle movements:** These are intentional movements, such as moving your hand to pick something up or moving your legs to stand up and walk around. Your frontal lobe also contains the brain area that controls the muscles you use for speaking.
- **Learning and recalling information:** This is your brain's ability to process and learn new information for later use. Your frontal lobe also helps retrieve information later.

The frontal lobe is dependent on INPUT to thrive!! To keep your frontal lobe engaged, resultantly helping you function optimally, try to incorporate these helpful tips:

- Learn a new physical skill – juggling, hacky sack, card shuffling, 4-square, tapping, etc
- Eat plenty of healthy fat – avocado, nuts, seeds, oils
- Memorize jokes or riddles - association of words and accessing memories
- Give and receive HUGS – physical touch promotes frontal joy
- Express gratitude – practice sharing a grateful heart
- Put on rose-colored glasses – see positivity
- Get adequate sleep – you know...that helps EVERYTHING
- Avoid drama – getting caught up in EMOTIONAL (unnecessary) engagements provokes the amygdala and suppresses the frontal lobe
- MMMMOOOOOOWWWVEEEEE – any type of movement will do
- IASIS MCN – this little gem puts small doses of energy into the brain, and has an immediate impact on frontal lobe activity as well as the parasympathetic nervous system.

One of my favorite things about the body is how amazingly dynamic it is – changing at every move, every breath, every thought! You have more control than you think over how your brain works and how your health improves!! Don't hesitate to make a change. I'm cheering for you! I'm praying for transformation in your habits and in your health!

In Love and Service,  
Dr. T

## Service Highlight | IASIS Micro Current Neurofeedback

Introducing the newest service available at Halcyon Village: IASIS Micro Current Neurofeedback - beautifully performed by IASIS Certified Provider, Kimberly Picard.

Benefits of our new service:

- Safe, non-invasive, and painless
- Enhances parasympathetic nervous system, our rest and recovery mode
- Promotes Alpha and Theta brain waves to shift you into relaxation
- Detoxifies your glymphatic system to rid your brain of waste
- Increases cholinergic pathways to improve homeostasis
- Encourages serotonin, GABA, dopamine, and epinephrine production to increase mood and decrease inflammation.



JUMP ON YOUR JANE ACCOUNT OR CONTACT OUR VILLAGE TO SCHEDULE TODAY!!! BUY A BUNDLE AND SAVE UP TO 25%

**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!**