

## Lets Talk About Fitness and Nutrition

By Stacy Clark

I am a certified personal trainer, so fitness and exercise are priorities for me. Nutrition goes hand and hand with that, and I love sharing what I've learned over the years with others. Helping people move their bodies with proper form and being there to witness them grow healthier and stronger is why I love what I do.



My journey with fitness started as an outlet to reduce my stress and anxiety. The endorphins that are released when you exercise can be a game changer. They make you feel energized, good about yourself, and less stressed. A bonus is that exercising also helps you sleep better. As a personal trainer, I know the body and muscles; however, I still have questions. Dr. Joey has helped me learn more as he's always willing to explain and ensure I understand what's going on to help myself and my clients in the best way possible. I learn something new each visit that I can take back with me to my gym. I'm always amazed at how our bodies will continue to do what we ask of them, even if it means recruiting other muscles.

Since we live in a time where we mostly sit at a desk and stare at a computer screen for 8+ hours a day, and once we get off work, our phones take the place of that computer screen. Making us constantly tired and wanting to kick back and relax. We claim to want more energy but "don't have time" to exercise. Though honestly, we only make time for the things that are important to us. While believing the widespread misconception that exercise is time-consuming and intense. However, exercise doesn't have to be an intense HIIT workout or a 2-hour weightlifting session for us to benefit from it. Taking a walk outside can be very effective. The sunshine can help reduce stress and help your immune system. The natural elevation of the road under our feet can elevate our heart rate and build strength. An additional long-term benefit of exercise is better mobility as we age because we lose muscle mass. The more muscle we can build and maintain now, the better off we will be as we age. For example, I have a love/hate relationship with squats. Still, it is a functional movement we all use daily, regardless of age. The muscles we use during those dreaded squats are the same muscles we use to sit down in a chair and stand up.

Nevertheless, we can only build muscle and live a healthy lifestyle with good nutrition. How we feed our bodies dramatically impacts how our bodies perform for us and how we feel. Have you looked at a nutrition label lately? Sugar is literally in EVERYTHING. When we consume it, it makes us happy for a moment, and we want more. To fuel our bodies properly and keep them strong and energized, we need to know what we put in them. Understanding nutrition labels and reading the ingredients is one way we can do that.

As a personal trainer, I love what I do and the lives I see change through our work as a team. Fitness and nutrition can be daunting topics, but in the years I have done this, it is possible for anyone who wants to make a change and pursue something new. All it takes is dedication, consistency, knowing you are not alone, and coming to PLC is already a great start to learning more about keeping your body fueled and healthy.

## #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



Jessica, Jermaine, Dexter, and Mina Rodriguez

The Rodriguez family has been a part of the village for six years and counting! One reason they love Peace of Life is the strong family vibes and how PLC shows the importance of family by highlighting all of its employees on social media and the screens in the office.

Jessica says she has received pain relief and believes the whole family has received preventative care benefits. They would tell someone who has yet to experience chiropractic care, "Do it! Not just once, but regularly for a period, and you'll feel the benefits."

## Dates to Look Forward To



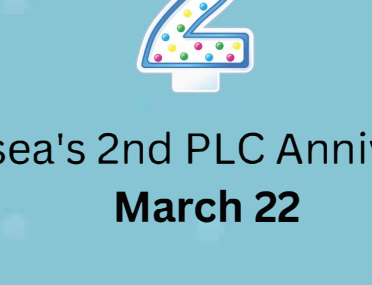
Village Closed  
March 10



Daylight Saving Time Begins  
March 12



MISD Spring Break  
March 13-17



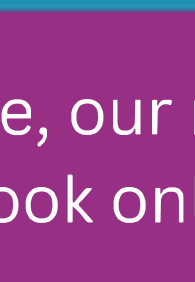
St. Patrick's Day  
March 17



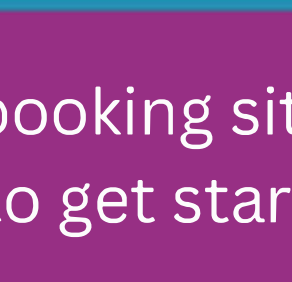
First Day of Spring  
March 20



Chelsea's 2nd PLC Anniversary  
March 22



Lisa's Birthday  
March 26



March is National Kidney Month



March is National Reading 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!

Book Online

2.

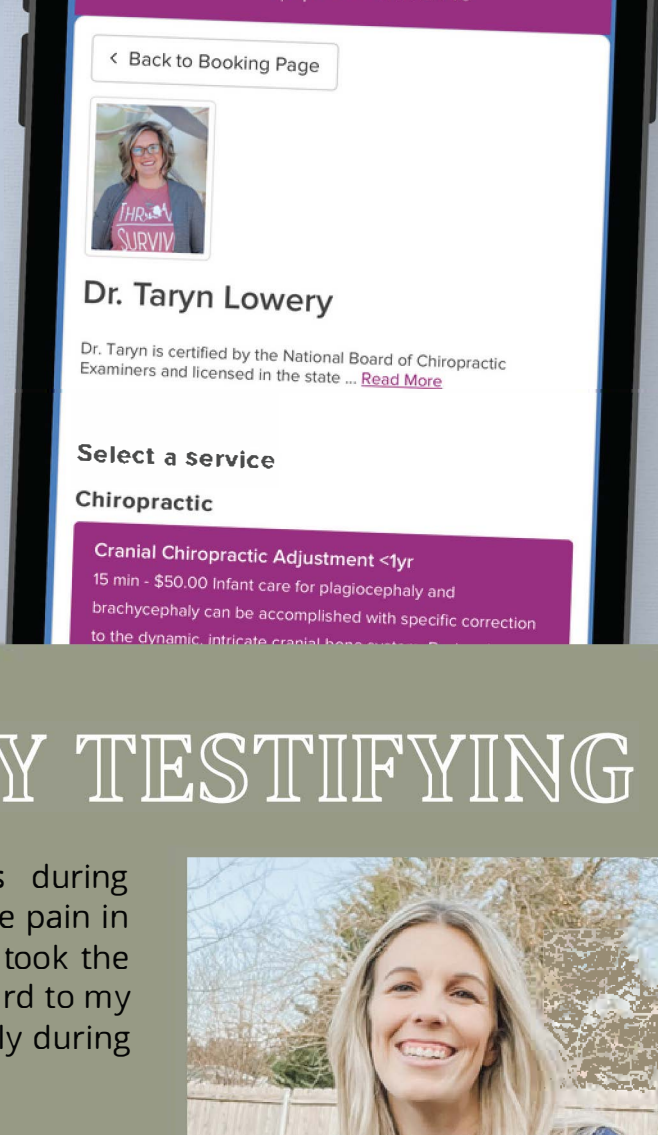
SET UP YOUR ACCOUNT

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!



## TOTALLY TESTIFYING

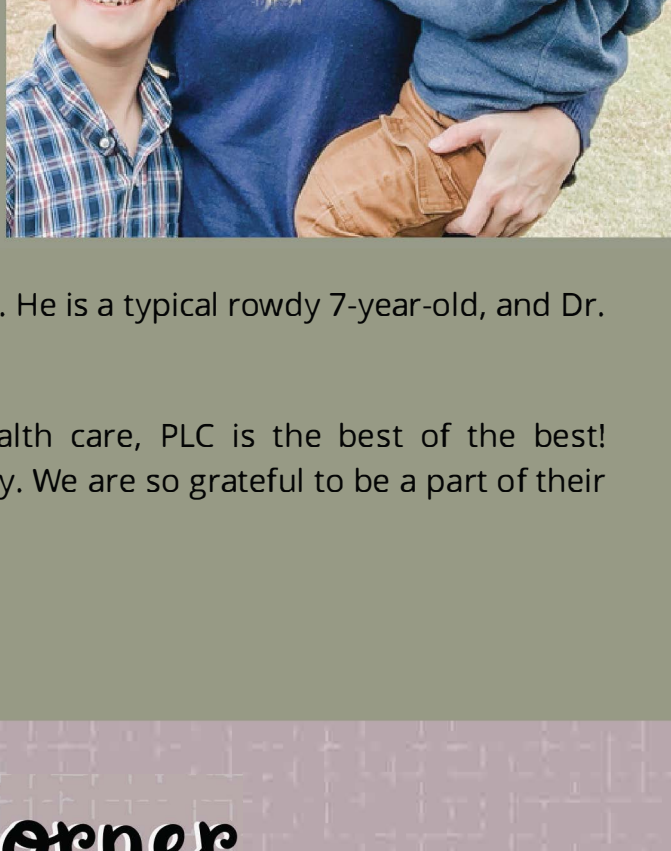
My first visit to Peace of Life was during pregnancy. I was suffering from horrible pain in the sciatic nerve and lower back. Dr. T took the time to talk with me, and I looked forward to my weekly adjustments for relief - especially during those last few weeks of pregnancy.

Once Colby was born, he started seeing Dr. T at just two weeks old. His journey to healing has been so amazing to witness and almost impossible to put into words. As an infant, Dr. T did cranial adjustments, and he was able to avoid wearing a helmet. Once he started walking, she corrected a problem with his feet. Over the last few months, we have successfully worked through some major bowel movement issues. Dr. T is so knowledgeable, and I would be so lost without her in my corner!

Dr. Joey has been amazing with my older son, Austin. He is a typical rowdy 7-year-old, and Dr. Joey can always get his body back into tip-top shape.

If you are still considering exploring wholistic health care, PLC is the best of the best! Everyone is so friendly and makes you feel like family. We are so grateful to be a part of their village.

- Kristin Garrett



## Chiro Corner

### Kids' Spines

### The Score Keeping Truth

by Dr. Taryn Lowery



The incredible balancing act our body accomplishes in a day is astounding! Our past and present helping to make decisions for our highest good without our conscious involvement just boggles my mind! Our mind is filtering every sense (sight, sound, touch, temperature, vibration, etc) - colla borating with the amygdala to determine what emotion gets paired with the sensation. Our body is over here making sure we do all the things to maintain life. The mind wants to protect us, while our body is subject to whatever-it-takes or perhaps even more importantly, whatever-it-experiences after the mind determines what is required for survival.

One of the things that stuck in my brain during my experience at Parker (the chiropractic college that I studied at) was from our nutrition professor. He said, the body (I would argue mind) will address immediate needs without a second thought of the expense on the long-term needs. We've all experienced it - you stayed up to finish a report, even though you hadn't slept in 3 days. Maybe you were injured, and you played in the championship tournament anyways. These are relatively minor examples, but consider how that impacts your physical, chemical, and mental health even with just one incident a month. What about if it's a major incident - moves, neglect, divorce, death, trauma, chronic stress, abuse?

As unfortunate it is, statistics say that trauma is a very real part of our childhood. In an interview with Besser Van Der Kolk, MD, author of The Body Keeps the Score, he describes how prevalent and influential these traumas are:

*"These experiences leave traces on people's biology and identity and have devastating social consequences—medical illnesses, problems with school and work performance, drug addiction and a variety of psychiatric illness. In fact, the Centers for Disease Control and Prevention calculate that childhood trauma is our single largest public health issue—more costly than cancer or heart disease—and one that is largely preventable by early prevention and intervention."*

I find most children I share chiropractic care with have been through some form of trauma. The adults I care for have definitely ALL been through something! It is not talked about enough. Trauma changes your mind and body. It edits your fearfully and wonderfully made wiring. Although not part of traditional treatment protocols in the allopathic setting, I offer that caring for the Autonomic Nervous System through chiropractic adjustments is not just an option for children, but it is essential.

When you balance the movement of the spine, the Autonomic Nervous System is impacted in a positive way, encouraging the brain to move away from the fight/flight/freeze pattern. This impact can improve sleep, digestion, mood, behavior, cognition, focus, and stress responses (tantrums, impulsivity, anger, detachment, dissociation, etc). This intervention, when paired with counseling, play therapy, microcurrent, EMDR, etc is exponential!

As a parent, I have my kids' highest health in focus in most decisions we make. I can share many testimonies, just of the short 11 years I have been caring for them, where chiropractic care prevented a trauma from making a mark on their forever. I'm grateful God led me to chiropractic care eighteen years ago. It's changed my life, and has helped build a resilient, strong, faith-based foundation for my children. I look forward to hearing how this topic impacts your decisions in your child's health!

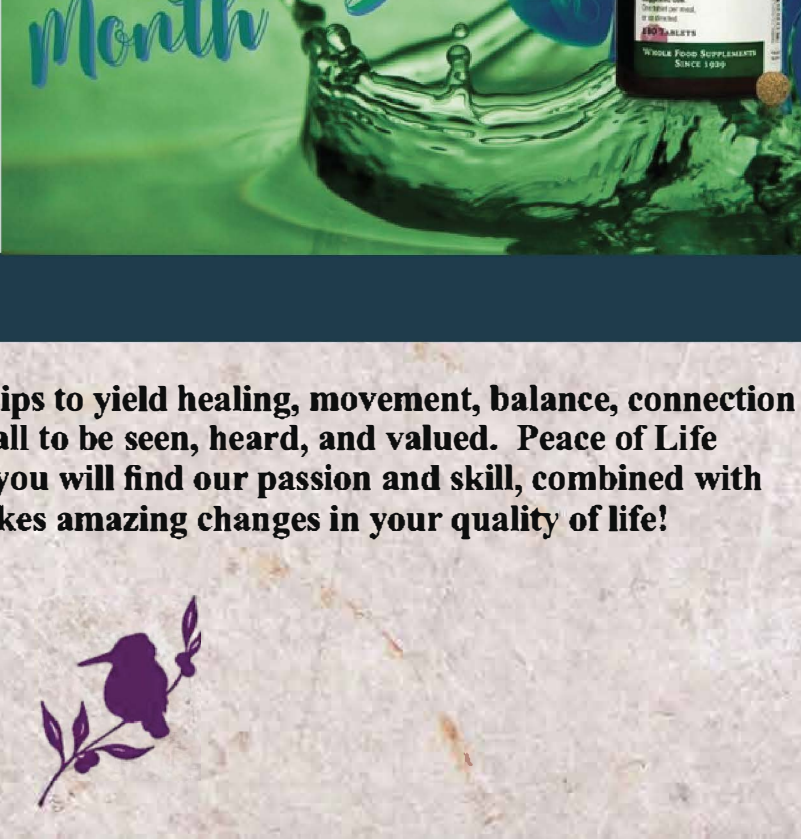
In Love and Service,  
Dr. T

## Product Highlight | Renafood

MARCH IS NATIONAL KIDNEY MONTH These bean-shaped organs that are part of the renal system have some BIG responsibilities...

- Maintain overall FLUID balance
- Filter WASTE materials
- REGULATE and filter minerals from blood
- Create HORMONES that help produce red blood cells, regulate blood pressure, and promote bone health..... to name a few.

Standard Process Renafood® supplement is an excellent source of antioxidant vitamin A that helps support healthy kidney function.



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!

