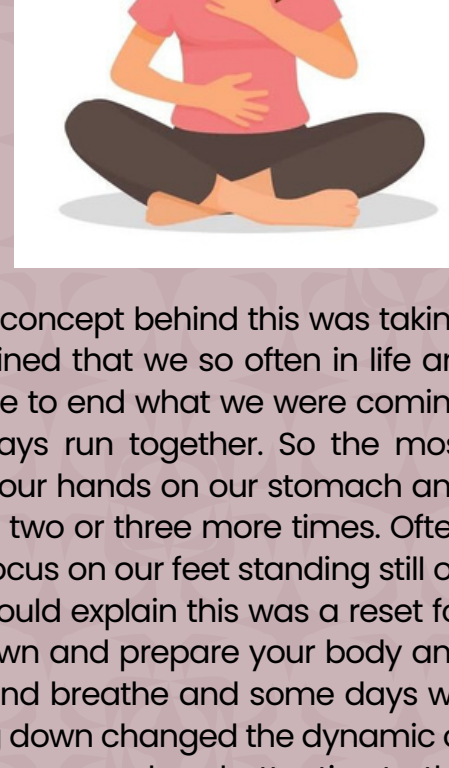


A Moment to Arrive

By Chelsea Elliott

When I was in college one of my favorite classes that I took was called Time Matters taught by Dr. Ballard. In this class we discussed the concept of time and how time shapes so much of our lives and cultures around the world. We discussed topics of the slow health movement, the importance of sleep, invisible work, burnout, rest, silence, perfectionism, being present, schedules, and so much more! However one of the biggest takeaways I had from this class was how we would start every single day, Dr. Ballard called it, A Moment to Arrive.



A moment to arrive would look slightly different everyday but the concept behind this was taking a moment to stop and reset to this new environment. She explained that we so often in life are running from one thing to the next without allowing ourselves time to end what we were coming from and fully start something new, making sections of our days run together. So the most common moment to arrive was when we would stand up, place our hands on our stomach and we would fill up with air, and then exhale. This would be repeated two or three more times. Often while we did this she would tell us to feel our lungs filling with air, focus on our feet standing still on the ground and take in the sounds of the room around us. She would explain this was a reset for your sympathetic nervous system, but also just a way to slow down and prepare your body and mind for this new part of our day. Other days we would stretch and breathe and some days we would do moments to arrive sitting down. This small act of slowing down changed the dynamic of our class. It allowed for us all to have time to fully prepare to be engaged and attentive to the lectures. That action changed the way I viewed my days. I began to see how much I needed to take moments to ground myself and reset throughout my day. To allow myself moments to have an end and beginning of something new throughout the day so things don't just run together.

I highly encourage you to start to implement this into your day to day. Give yourself a moment before starting work or walking in your front door after a day of work, or maybe before you even sit up to start your day in the morning. Give your self and mind a few moments to reset, to take in all the good things and release all the stress and negativity.

#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

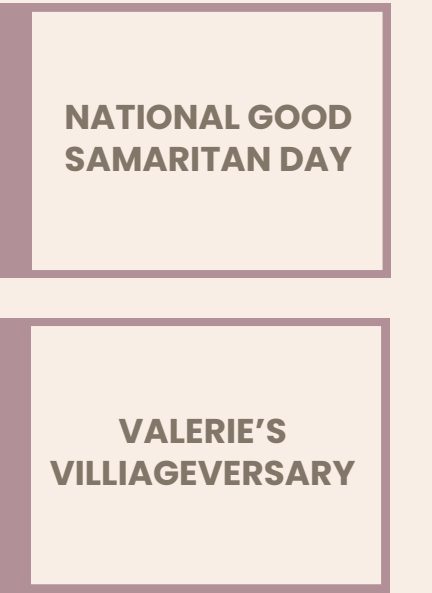
Patients of the Month

Carol Walker and Pete Setian

This month we are celebrating Carol and Pete as our patients of the month!! Something that makes them uniquely them that they shared with us is, "We bake sourdough bread and we build kites!"

When we asked what is one reason they have chosen Halcyon Village, Carol said, "we adore Dr. Taryn and appreciate her 'whole person' approach to our care. Dr. Taryn fixed a problem that had existed for 30 years, a problem that no one else could fix. As a result, my chronic pain is COMPLETELY gone. I sleep like a baby and never have headaches any more."

Carol's testimony with her chiropractic care is so moving and she would tell anyone who was considering it that, "chiropractic care is an exceptional, non-invasive way to treat problems and offers a solution that treats the whole person."



Dates to Look Forward To

MONTH OF MARCH NATIONAL NUTRITION MONTH

13 MARCH NATIONAL GOOD SAMARITAN DAY

17 MARCH ST PATRICK'S DAY

28 MARCH VALERIE'S VILLAGEVERSAARY

29 MARCH VILLAGE CLOSED FOR GOOD FRIDAY

31 MARCH EASTER SUNDAY

JOIN US

MARCH 21

LEARN + GROW + CONNECT

HOOKED ON HEALTHY

RSVP *Required*

TEXT 833.458.3533

Open House Par-tay

APRIL 19TH



Join us for food, drinks, and community!

Come check out our

WHOLISTIC HEALTH RETREAT

Halcyon Village
4470 E. Hwy 287, Suite 500, Midlothian

HalcyonVillage.net @halcyonvillage

TOTALLY TESTIFYING



Patty Steele

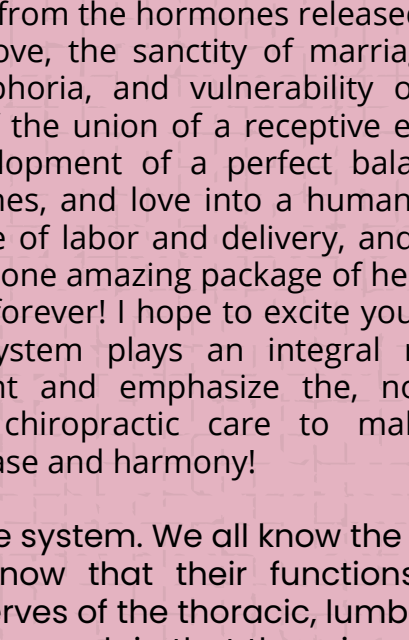
Patty shared after her last massage that she had experienced a change in her range of motion and sleep. She shared she feels more hope and moments of laughter!

Patty found Halcyon Village through a friend and she said that after the first time she met Lisa, our Massage Therapist, that, "I knew we are meant to be."

She said she loves the pleasantness and whole attitude of Halcyon Village!

Book Online Today With Jane

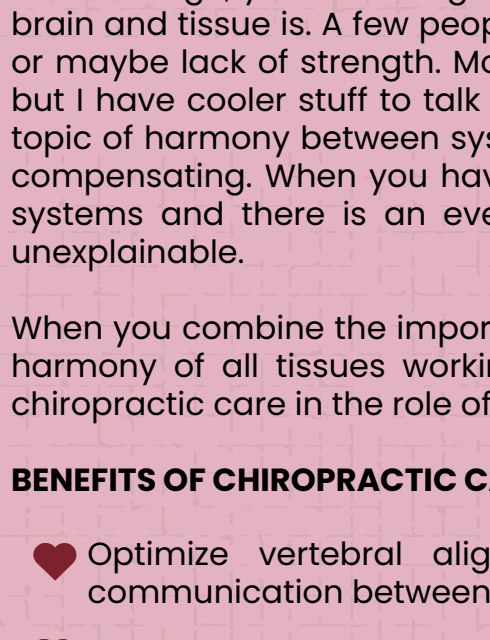
Click here!



Chiro Corner

The Benefits of Chiropractic Care in Fertility, Conception, Pregnancy, Labor and Delivery

By Dr. Taryn Lowery



I'm in LOVE with Beauty, awe, and power of eggs and sperm! Oh, and sex too! Every detail from the hormones released when a man and woman fall in love, the sanctity of marriage, the holiness of the power, euphoria, and vulnerability of love-making, the incredible art of the union of a receptive egg and eager sperm a divine development of a perfect balance of nutrients, fuel, DNA, hormones, and love into a human being, then the synchronized dance of labor and delivery, and finally the introduction of all that in one amazing package of heart and soul that will be part of you forever! I hope to excite your mind about how the nervous system plays an integral role of conductor in every moment and emphasize the, not only benefit, but necessity of chiropractic care to make the MOMENTS come alive with ease and harmony!

I'd like to submit to you the divine design of the reproductive system. We all know the tissues that make up the reproductive system, but do you know that their functions, both sympathetic and parasympathetic are controlled by the nerves of the thoracic, lumbar, and sacral spine? As we educate patients new to chiropractic, we explain that there is powerful, decision-making information that travels those nerve fibers to allow communication between the all-knowing brain and the tissues doing the work. Imagine a very well-organized corporation conducting operations across the country. The abundance of information that is exchanged is unimaginable; the org charts make your eyes cross; the demand of deadlines and bottom-lines is capable of turning the most resilient man grey-headed! Now think about an organization that never misses an email or phone call, is impervious to tech glitches, always makes the best decisions, never falls short on a deadline, and has unexplainable margins – that is how God designed your nervous system – there's no Fortune 500 that holds this amount of success!!

Now knowing that every move made in your uterus...testicle...ovary is orchestrated by this divine design, you can imagine how impactful a disruption in the communication between brain and tissue is. A few people will know this disruption by discomfort or lack of sensation, or maybe fatigue of strength. Most people will never detect it. (I know you want to know why, but I have cooler stuff to talk about for now). In addition to a single disruption, there is the topic of harmony between systems. If one tissue is not carrying their load, another tissue is compensating. When you have healthy spinal alignment, you have harmony between the systems and there is an even, efficient organization of work that keeps those margins unexplainable.

When you combine the importance of healthy communication from brain to tissue and the harmony of all tissues working in sync, all that is left is to emphasize the necessity of chiropractic care in the role of maximizing the vitality of life!!

BENEFITS OF CHIROPRACTIC CARE IN THE JOURNEY OF REPRODUCTION AND PARENTHOOD:

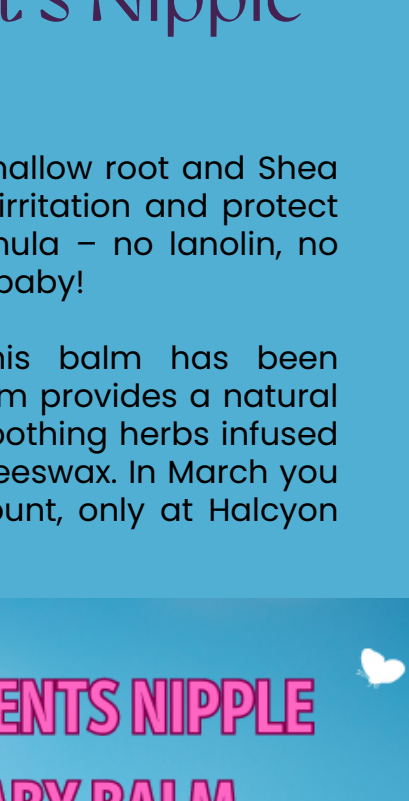
- ♥ Optimize vertebral alignment to enhance nerve root function and facilitate communication between brain and tissue without interference.
- ♥ Balance the posture and synergy between tissues to allow fullness of movement as well as add comfort.
- ♥ The Webster's technique is amazing at relieving any torsion between the sacrum, sacrotuberous ligament, uterus, and round ligaments to give baby tons of room for awesome positioning.
- ♥ Minimize restrictions and adhesions that complicate the inflammatory state.
- ♥ Provide a LOT of parasympathetic input to the body to motivate calmness, healing, recovery, great sleep, and awesome digestion.
- ♥ Promote a stress-free environment for vitalistic fertilization and implantation.
- ♥ Reduce tension and compensation for growing and expanding tissues.
- ♥ Offer recommendations and encouragement as you navigate each moment of the journey. I personally love to invite hope and confidence into your birth plan to increase success in your goals.
- ♥ Statistically labor time is reduced with chiropractic care.
- ♥ Statistically there are more uncomplicated vaginal births with chiropractic care.
- ♥ Support for your postpartum body as tissues find their way back to normal.
- ♥ Coach and correct the various patterns that impact your body at each stage.
- ♥ Lastly – but just as important – offer discernment of all the things you read and watch on social media!

I'm so excited to have the opportunity to expand your excitement and knowledge about chiropractic care in relation to fertility, conception, pregnancy, labor & delivery, and postpartum! I'm a pregnancy & infant focused chiropractor in Midlothian, TX that LOVES Jesus, family, and transformation in health! In your search for a chiropractor that is right for you, I recommend using the zip code search at cpa4kids.com. May your journey in reproduction be joyous, fruitful, and blessed!

In Love and Service,

Dr. Taryn Lowery

March is Pregnancy and Infant Care Month at Halcyon Village. Dr. Taryn has a calling and absolute passion for educating and facilitating the use of chiropractic care before, during and after pregnancy. Her knowledge has helped many women have a healthy, safe and natural labor and delivery. After pregnancy her enthusiastic love of infant care is absolutely beautiful! Let Dr. Taryn show you how chiropractic can help the moms and babies in your life!



Product of the Month: Anointment's Nipple Butter and Baby Balm

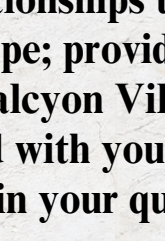
Anointment's Nipple Butter is made from organic calendula, marshmallow root and Shea butter to soothe sore and cracked nipples, it is designed to relieve irritation and protect your delicate skin while being safe for ingestion. It is a vegan formula – no lanolin, no beeswax and contains only plant ingredients to be safe for mom and baby!

Nipple butter pairs perfectly with Anointment's Baby Balm. This balm has been Anointment's best selling product for more than a decade! Baby Balm provides a natural moisture barrier and soothes irritations. A zinc free blend of gentle soothing herbs infused in a certified organic olive oil and blended with fragrant Canadian beeswax. In March you can get these two amazing products together with a special discount, only at Halcyon Village, for that special mom in your life!

HELLO **March** PICK UP ANOINTMENTS NIPPLE BUTTER AND BABY BALM TOGETHER IN MARCH AT HALCYON VILLAGE WITH A SPECIAL DISCOUNT FOR THAT SPECIAL MOM IN YOUR LIFE!



NIKKI'S REVIEW



"Love love love Dr. Joey! He was able to get my migraines under control without the use of harsh meds. When I started seeing him I was having 3-4 migraines a week. After seeing him we were able to go a month without a migraine!!! I have since moved but would make the drive to see him without a second thought!!!! Also the front of house staff is great!"

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!