



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Volume 4 | Issue 1

Nurses Need Care, Too!

By Erin Ferry

Nurses provide love, care, empathy, and dependability for many of their patients. While they are constantly on their feet for extended periods of time, working quickly to serve as many individuals in need as possible, the job of a nurse can be very demanding and they have to be ready when others need them, regardless of how they feel.

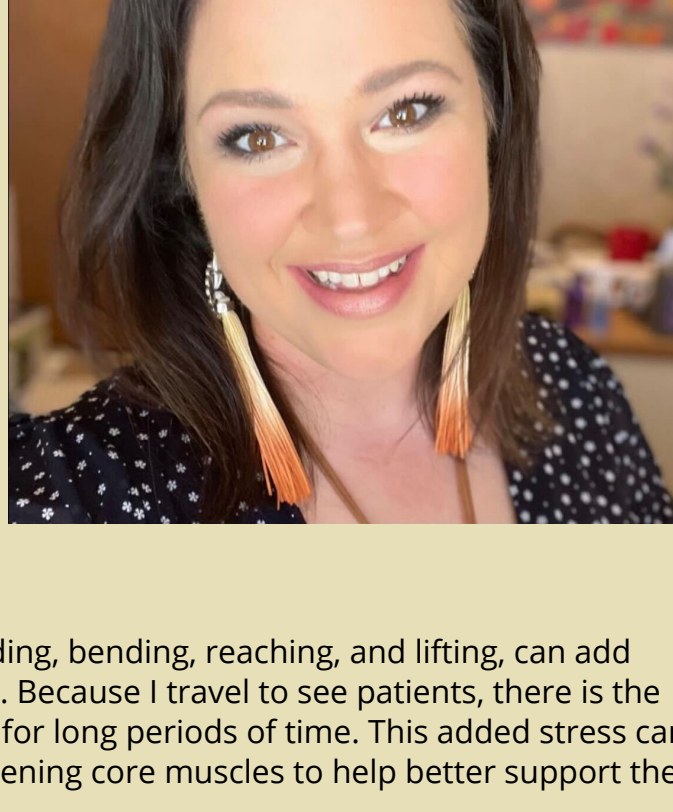
Because many healthcare jobs can be very demanding, always working at peak performance is essential. Most healthcare workers are also the first ones to be exposed to infections and viruses. Getting sick is not an option and nurses need a healthy and strong immune system to stay well. As a hospice nurse, when I'm healthy, I'm able to help my patients with their overall quality at the end of their life. By incorporating chiropractic care into your lifestyle, one can learn a healthy new habit for improving and achieving the maximum potential of overall wellness.

Everyday healthcare job activities, such as sitting, standing, bending, reaching, and lifting, can add pressure and cause stress to the spine and extremities. Because I travel to see patients, there is the added stress to the lower back and hips due to driving for long periods of time. This added stress can lead to joint restrictions and pain. Working on strengthening core muscles to help better support the spine helps immensely.

Chiropractic care doesn't just focus on the core, but on the mind and body as a whole. With the last few years being so much more demanding on the healthcare teams, chiropractic adjustments and after treatments are more important now more than ever.

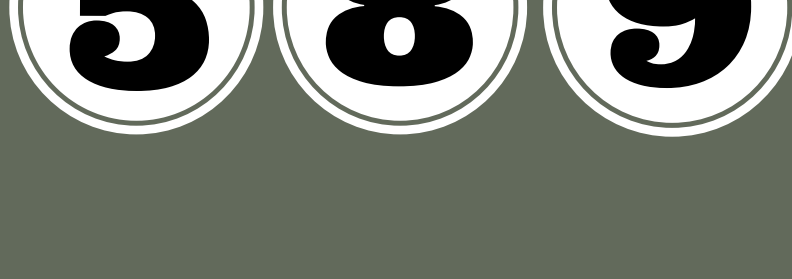
More and more nurses are currently benefiting from routine chiropractic treatment, and they are learning to find relief from their pain while maintaining a pathway to wellness. I truly believe in order to give the best possible care, you have to receive the best possible care, which requires self-care. My chiropractic adjustments are at the top of my self-care duties!

About Erin: Erin has been a nurse for 13 years and is currently serving as a hospice nurse. When she's not assisting patients, and their families, with end-of-life care, she's attending her children's many activities and living life to the fullest with her husband.



#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

Dates to Look Forward To

May 3

GARDEN MEDITATION DAY

May 18 - 19

DR. TARYN & DR. JOEY ON VACATION

May 5

PLC IN-OFFICE MOTHER'S DAY CELEBRATION

May 30

MEMORIAL DAY - PLC OFFICE CLOSED

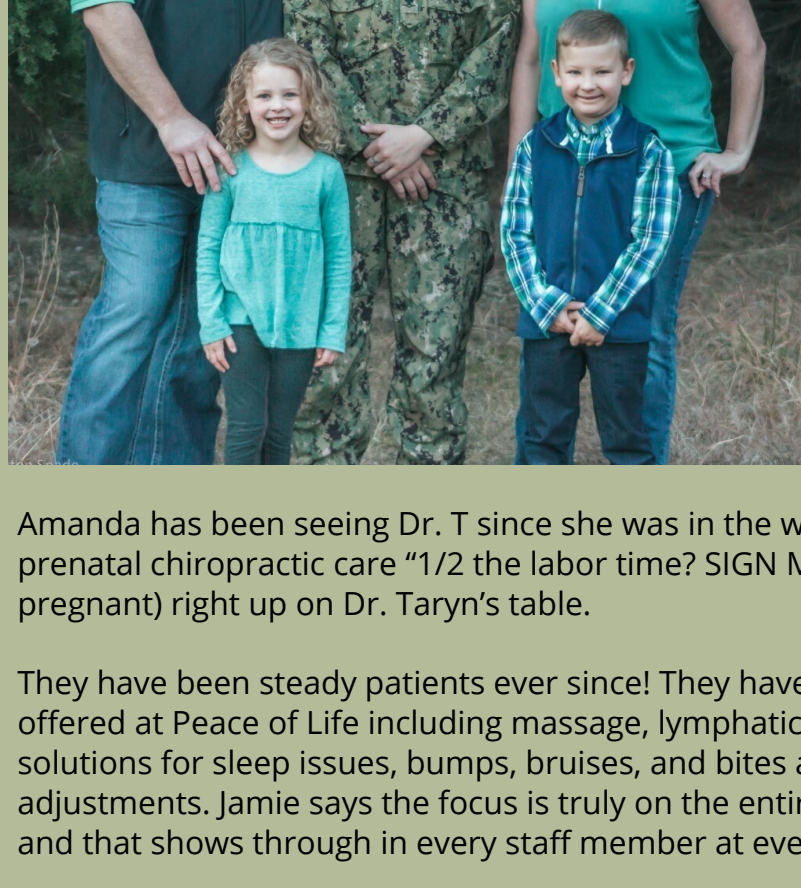
May 18

LISA'S PLC ANNIVERSARY

May

MAY IS NATIONAL BARBECUE MONTH

Patients of the Month



The Shuberts: Glenn, Jamie, Madison, Mason and Amanda

They are a beautiful, blended family and come from very different backgrounds. They met and came together through their work selling beer and even had barley instead of rice thrown at their wedding! The oldest, Madison, is currently serving in the United States Navy and stationed in South Korea. They are looking forward to increasing the family with her upcoming wedding in the spring!!!

Glenn was the first of the family to start coming to Peace of Life for back problems. Shortly thereafter, Jamie started bringing Mason for a potential issue with his foot.

Amanda has been seeing Dr. T since she was in the womb. Once Jamie learned of the benefits of prenatal chiropractic care "1/2 the labor time? SIGN ME UP!" Jamie hopped (not really because... pregnant) right up on Dr. Taryn's table.

They have been steady patients ever since! They have also used the other services for overall health offered at Peace of Life including massage, lymphatic therapy and foot detox and have found solutions for sleep issues, bumps, bruises, and bites as well as sharing lots of funny stories during adjustments. Jamie says the focus is on the entire, overall health of every patient at Peace of Life and that shows through in every staff member at every visit.

What the family says they love about PLC is the staff! "Everyone makes you feel like family and creates a super comfortable and relaxing atmosphere. We feel right at home and the kids can't wait to see Dr. T and Nanny Julia to tell them what all has been going on in their lives."

"I love the way I feel afterwards. I feel like a broken puppet who was put back together and can dance again! Also, I notice a big improvement in my overall health, as well as my children's health. Less ear infections, allergies, and tummy troubles. There are so many aches and pains that you don't have to live with! Most people just accept and treat symptoms when chiropractic care can fix the root problem."

PLC loves taking care of the whole family and watching our kids grow up, the Shubert's are definitely one of our favorites to see walk in the door!

Important Announcement!

Effective June 20, 2022 we will no longer be accepting 3rd party insurance benefits.

Prayer Request

We invite you to share in our dreams! We have always had plans of offering a wide array of natural services and products that help cultivate healing and health!

More than ever, we have felt a closeness to that vision in the last year! We ask that you pray with us! We are looking for a property to build on that is a bit off the beaten path, but easy to access with water and trees! If it were favorable to build on, that would be even better! We know it takes a VILLAGE so we ask you talk to us about it - ask questions - share your ideas - look for property - pray for provision! We love you and thank you for dreaming with us!

TOTALLY TESTIFYING

Tyler & Halie are new to chiropractic care. After their daughter, Eevee, was born, they decided they wanted to live a holistic lifestyle. After seeing immediate relief for their daughter through her adjustments, they knew chiropractic care was for them.

"My husband and I received our first adjustment in November 2021. Now we look forward to our family visits! Not only have we felt and seen a significant difference in our body, but we also understand the way it holds adjustments. We have grown to love this community at Peace of Life as a family. We are so thankful!"

"We have grown to love this community at Peace of Life as a family."

- Halie Wells



Chiro Corner

PRODUCTIVE MOVEMENT TO HELP YOU ENJOY THE REST OF THE YEAR

BY DR. JOEY LOWERY

Spring is officially here and that means time out in yard, the garden, or out on the walking trails, and bike paths perhaps. Wherever you find yourself, there is the possibility from being inside braving the winter that you may not have moved as much as you would have liked. Already we've seen the discomfort level kicking up as it often does this time of year with "I did too much this past weekend." You may find yourself there now. No worries for you though. The goal of this message is to provide you with some brain loving movement that preps you for the "to-dos" or as a movement prep sequence you can use to set the stage for a successful outcome.



Let us begin with a sequence I call the "Superhero Sequence". You first get in a stance that mimics a superhero standing with his or her hands on their hips with chest up and proud. I immediately think of Batman, but any other that Batman can easily beat will do. We now start from the top with simple and gentle head rotations that include the eyes looking over the shoulder you turn to as if you're backing up the car. I recommend doing 10 to 15 easy turn reps both sides. When then work in some long straight arm circles at a comfortable pace both forward and backwards at the same rep count. Next, we fold our arms like a genie and comfortably rotate the upper half of the body both directions while the lower half stays straight ahead at 10 to 15 reps. Finally, place the hands both the hips and "circle" the hips as if you're using a hoola hoop for again the same reps in a comfortable fashion.

We now transition to "Tall Standing March in Place". With opposite arm and leg working together, commit to a one legged standing on one leg while the opposite arm reaches high above your head. Try and stand on that leg with a squeeze of your glute (rear end) for about a 2 second hold. Again, this is done for 10-15 reps.

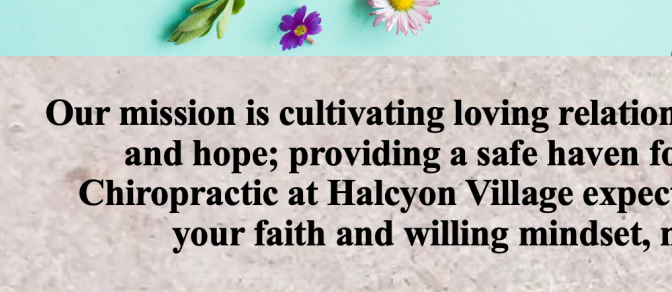
"Baby Rocking" is our next focus with you on "all 4s" either on comfortable flooring or even your bed. With the hands shoulder width apart and your knees slightly wider than hips, gently start to rock back and forth with the goal of letting the hips fall over the heels then back to shoulders stacked over your hands. You guessed it, 10 to 15 reps.

We're at our final position which is termed, "Half Kneeling Body Rotations". The same side hand and knee will be on the ground with the opposite limbs will be the working side. For instance, your left foot will be lined up with your right knee pointing the toes away from your right knee. You have a "box" made by your left leg and right thigh. Your right hand is underneath the right shoulder and you've now made a "box" out of this position as well. The left hand will now reach through that right box with you inhaling. You now take the left arm and rotate left with the goal of your eyes on left hand and you reach up above you as you exhale. Your ability to rotate will improve with this breathing pattern. 10-15 reps of course.

Our brains think in movement, not muscle, and boy did you just feed it some Productive Movement! You should feel refreshed, invigorated, and ready for the task at hand. The basic human movements we earned as babies get fed in all of these positions, so enjoy, and we'd love to hear how these benefit you. As always, we thank you for the opportunity to serve you on your health journey. God Bless.

HEALTH HACK

April Showers bring the Village some May MARVELOUS MaGneSiUm. Natural Vitality Calm® is an AMAZING calming magnesium supplement that supports a healthy response to STRESS in powder, pill, and gummy forms.



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!

