

Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

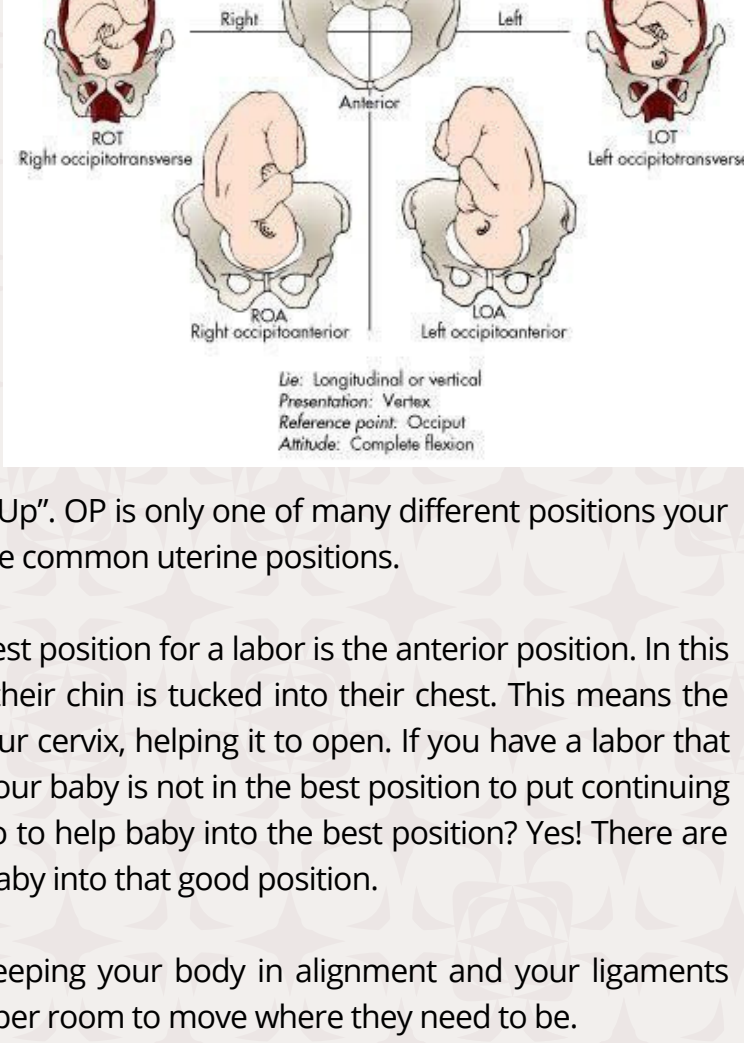
Volume 5 | Issue 5

Does Your Baby's Position Really Matter for Labor and Delivery?

By Heidi Beck, Doula

You are in your last month of pregnancy and you can hardly wait to meet your little one! You are seeing your midwife/OB every two weeks now and everything seems on track and just fine. Baby is head down, you have that awesome (not awesome) lightning pain that indicates loosening ligaments, but there was something that your provider said that confused you. She said baby was OP. What is that? Does it matter? Should you be doing anything about it? Wait, CAN you do anything about it?

Let's break this down. Your provider is talking about the position the back of the baby's head is in relation to your pelvis. In this scenario the baby is OP, which stands for Occiput Posterior. The Occiput is at the very back of baby's skull and Posterior position means the occiput is facing towards your spine. This position is also referred to as being born "Sunny Side Up". OP is only one of many different positions your baby may be in during pregnancy. Here are a few more common uterine positions.



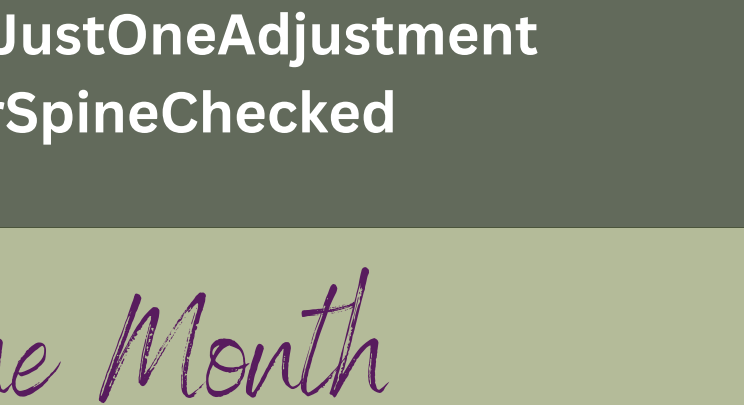
So, what is the best position for labor and why? The best position for a labor is the anterior position. In this position, your baby's head and neck are flexed and their chin is tucked into their chest. This means the narrowest part of their head (the back) presses on your cervix, helping it to open. If you have a labor that continues to start and stop it can often indicate that your baby is not in the best position to put continuing pressure on the cervix. Is there something you can do to help baby into the best position? Yes! There are four main steps I encourage my clients to do to help baby into that good position.

1. Find a great chiropractor as early as possible. Keeping your body in alignment and your ligaments loose are important for your baby to have the proper room to move where they need to be.
2. How you sit is a vital part. Sit at the edge of your chairs and couches, put your elbows on your knees and let that belly hang! In other words, "Sit like a man." This can also be achieved on your yoga ball. If you don't have one, please get one. You can roll forward and backwards, figure 8s, let your belly hang and even softly bounce before, during, and after labor.
3. Getting on hands and knees for at least 30 minutes 3 times a day is a great way to give baby some room to move. As your belly hangs gravity will pull the heaviest part of baby (their back) down, thus putting them facing your spine which is in the optimal position.
4. This last one is for when you are in labor. If baby needs a little help with positioning, get into the downward dog position, this will pull baby off your cervix. Then have your doula or midwife use a robozo to encourage baby to slide into the correct position. Once baby is in that good position slowly stand back up and walk around to allow baby to set back down onto your cervix.

Finally, with all this information you can now feel informed when you are told what position your baby is in. You can be encouraged that there ARE things you can do to help your little one get into the best position possible. And you can enter this final stage of pregnancy encouraged that even though your baby's position will change throughout pregnancy you have the tools to help set them right.

#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

Griphen, Eric, Eden, Vada, Hadley Swaggerty

The Swaggertys have been going to Dr. Taryn for ten years. Practically their entire family receives care from Dr. T as she's been there for them through the ups and the downs. Griphen said, "I grew up in a holistic family, so it couldn't have been a more perfect match when I found Dr. Taryn through a friend. It's hard to find practitioners who fit your holistic lifestyle and get it."

One thing Griphen loves about Peace of Life is that she "can literally go to Dr. Taryn about anything, and she always has a solution. We would be lost without her!"

Griphen said, there have been many benefits from the care her family and her have received here at PLC, but one, in particular, stood out. "When my little brother had just passed away, we had family gathered at our house.

My daughter got hurt on our trampoline and could not walk on her leg. I immediately contacted Dr. Taryn, who came to my house, worked her healing hands, and my daughter's leg was fixed immediately. We were going through such a hard time, and the fact she dropped everything and was there for us speaks volumes. She's not just my chiropractor. She is my family!"

They would advise someone considering chiropractic care: "it's not just about chiropractic care at Peace of Life, it is about your overall health, and it is beneficial for any issues you have."

WE ARE HIRING

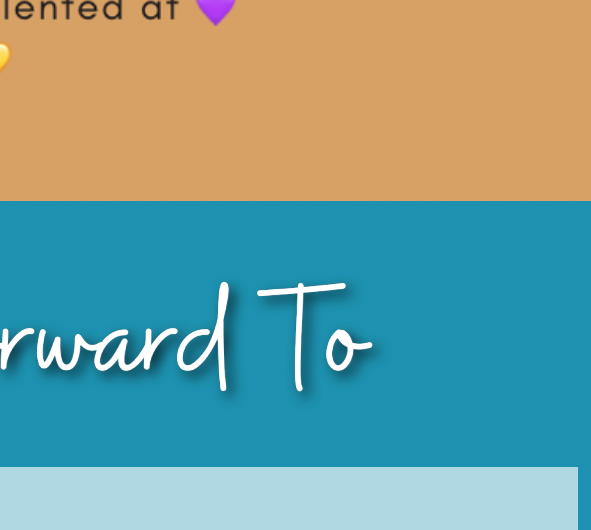
Join Our Team Now

• 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 peaceoflifechiropractic@live.com



Dates to Look Forward To



National Teacher Appreciation Day
May 2



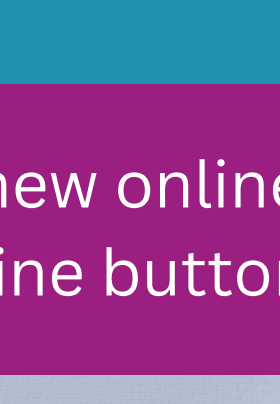
Cinco De Mayo
May 5



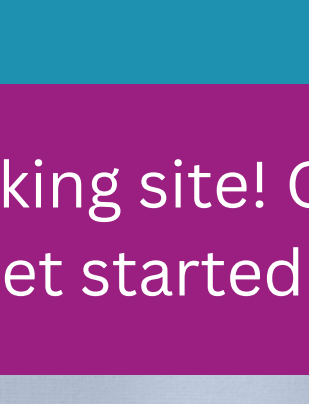
National Fitness Day
May 6



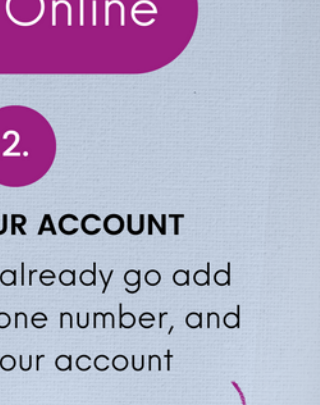
Mothers Day
May 14



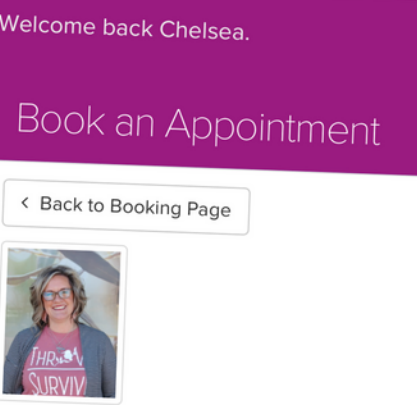
Village Closed
May 19



Memorial Day (Village Closed)
May 29



May is Mental Health Awareness Month



May is Correct Your Posture 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.

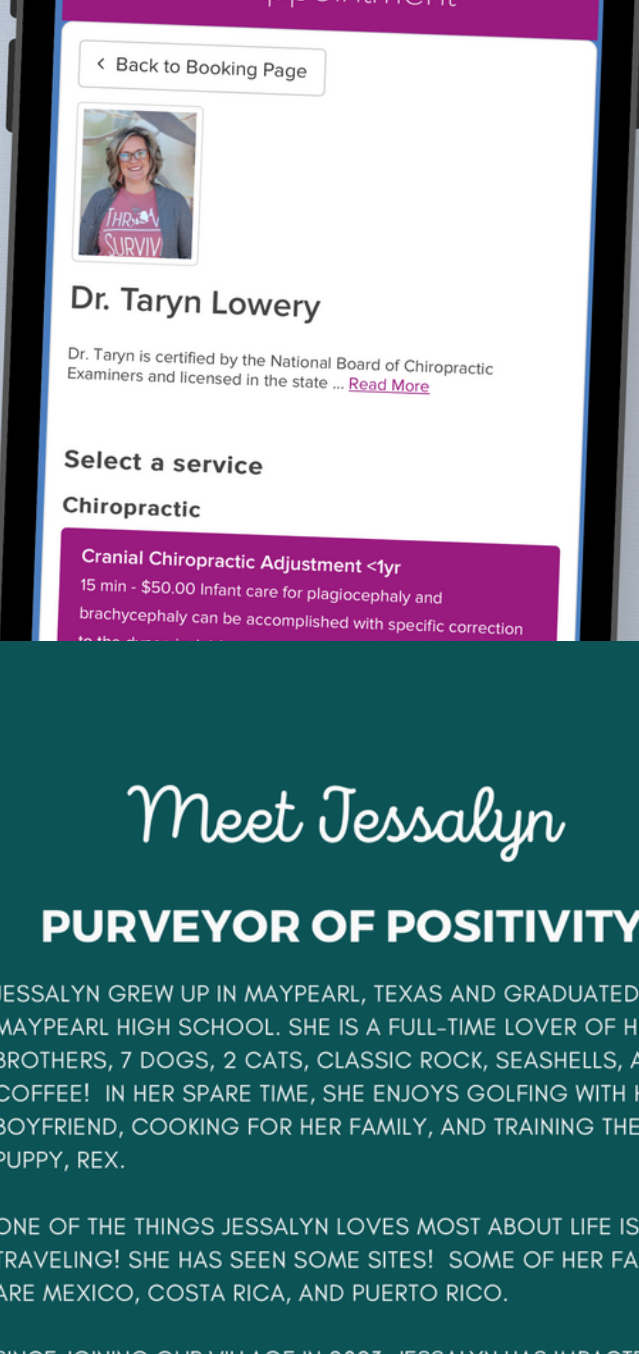
SET UP YOUR ACCOUNT

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!



Meet Jessalyn

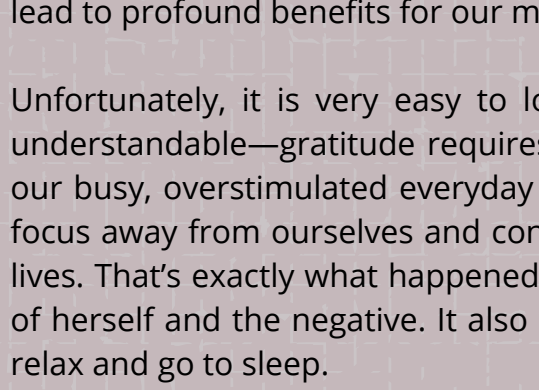
PURVEYOR OF POSITIVITY

JESSALYN GREW UP IN MAYPEARL, TEXAS AND GRADUATED FROM MAYPEARL HIGH SCHOOL. SHE IS A FULL-TIME LOVER OF HER 3 BROTHERS, 7 DOGS, 2 CATS, CLASSIC ROCK, SEASHELLS, AND COFFEE! IN HER SPARE TIME, SHE ENJOYS GOLFING WITH HER BOYFRIEND, COOKING FOR HER FAMILY, AND TRAINING THE NEWEST PUPPY, REX.

ONE OF THE THINGS JESSALYN LOVES MOST ABOUT LIFE IS TRAVELING! SHE HAS SEEN SOME SITES! SOME OF HER FAVORITES ARE MEXICO, COSTA RICA, AND PUERTO RICO.

SINCE JOINING OUR VILLAGE IN 2023, JESSALYN HAS IMPACTED OUR PRACTICE WITH HER RADIANT SMILE, POSITIVE ATTITUDE, AND DESIRE TO PROVIDE EXCEPTIONAL SERVICE!

Chiro Corner



Gratitude: A Crucial Component of Health

By Dr. Justin McGuire

One Sunday night, I was sitting on the couch, mentally walking through the upcoming week and making some plans before heading off to bed. When I hear a door open down the hall, and which think it came from my 7-year-old's room—who was put to bed one hour prior. Sure enough, a second later, she comes walking down the hallway with an upset look on her face and says, "I can't fall asleep." So, I motion her to come snuggle up beside me. As she nestled into my side, we started a practice that my Dad did with me as a kid. We took turns saying the things that we were thankful for. We spent a few minutes going back and forth, recognizing the blessings in our lives, big ones, and small ones. Before we knew it, we were both ready for sleep!

Gratitude is not only an incredible tool for helping your kids go to sleep but a virtue that can lead to profound benefits for our mental and physical well-being.

Unfortunately, it is very easy to lose touch with the true meaning of gratitude. And that's understandable—gratitude requires reflection and stillness, two things that can be difficult in our busy, overstimulated everyday lives. A requirement to be grateful requires us to shift our focus away from ourselves and consider the blessings that other people and things are in our lives. That's exactly what happened in the scenario with my daughter. We shifted her focus off of herself and the negative. It also did some positive things in her brain chemistry to help her relax and go to sleep.

It can be very challenging to move our focus off of a bad situation and shift to thanksgiving. But that's what the apostle Paul implored us to do in 1 Thessalonians 5:18, where he said, "In everything give thanks; for this is the will of God in Christ Jesus for you."

Notice that the verse doesn't say FOR everything; give thanks. Sometimes circumstances stink! Paul is not suggesting that we give thanks for bad things that happen to us. But, in all circumstances, we can find something to be grateful for. Now, this habit definitely does not happen naturally, and it must be practiced. It is a discipline that can mean great mental and physical health benefits when practiced routinely.

Now, if the idea of beginning a gratitude practice feels overwhelming or cheesy, remember that it doesn't have to be complicated. You can start small by setting aside time each day to think or write about a few things you're grateful for, or writing a gratitude letter or text once a week. If you're comfortable expressing your gratitude, set a goal for yourself to tell someone that you appreciate them every day. After all—you've got nothing to lose and all of the following to gain:

- Increased Serotonin and Dopamine, two hormones that cause us to feel happy and satisfied
- Improved Sleep
- Stronger Immune system function
- Helps lower high blood pressure
- Improved digestion
- Longer life span
- Better relationships
- Less inflammation and higher pain tolerance

These are just a few of the proven benefits of being grateful. So, go on and develop an "attitude of gratitude." Your mental and physical well-being will thank you!

Yours for better health, naturally -

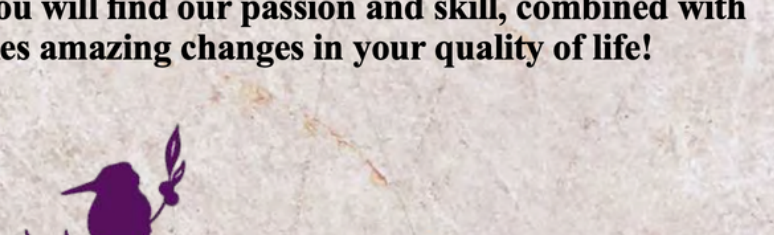
Dr. Justin McGuire

Product Highlight | Richway & Fuji BioMat®

IT'S TIME FOR SOME BIOMAT LOVE! MAY 1ST ~ MAY 15TH = For any Biomat product purchased, you will receive 10% of the total back in the form of an in-house gift card at the Village!

The Richway & Fuji BioMat® uses a combination of fabrics and amethyst stones to generate energy that is transferred to the body as penetrating far infrared heat. Similar to the effects of a sauna, except more relaxing because you are lying down, allowing your eyes to rest, and tuning out the whole world...

BIOMAT SEASON HAS ARRIVED
MAY 1ST - MAY 15TH



Peace of Life Chiropractic at Halcyon Village

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!