

## The Power of Words

By Christy Tyree

Sticks and stones may break my bones, but words will never hurt me." Any of us that have lived a decade or more on this earth know that this is one of the most Untrue statements ever taught to kids. Words hurt. Words harm. Words wound.

Yet, the opposite is also true. Words help. Words heal. Words matter. It is extremely valuable to recognize how our words affect others. But have you ever considered how your own words affect your own self? Much of the time, we talk to ourselves differently than we talk to any other person. Usually, these statements focus on what we don't like about ourselves.

"I am so ugly."

"I can't do this job well."

"That was a really stupid thing to do."

"Why can't I just eat right?"

"I'm so dumb."

"No one could really like me if they knew me."

The list can be endless. Many of us are constantly criticizing ourselves and only noticing where and what and how we LACK. Negative words have been proven to increase stress in our brains, which then sends stress throughout the body. Too much unregulated stress can literally make us sick! Stress shows up in all sorts of ways: shallow breathing, racing mind, tension in muscles and chest, feelings of overwhelm, impatience, panic attacks, blurred eyesight or sore eyes, sleep problems, fatigue, headaches, chest pain, indigestion and a host of digestive issues, dizziness, itching, sweating, exacerbation of existing problems and ailments. Stress makes us sick, and OUR WORDS TO OURSELVES affect our stress levels and regulation.

Using encouraging words increases energy in the frontal lobe of our brains. The frontal lobe plays a role in regulating emotions, voluntary movements, expressive language, and managing higher level executive functions. If we would begin to speak to ourselves with compassion, grace, and love, we could benefit our overall health – our movement, healing, connection, and balance would all benefit from positive words and statements.

A simple step to take to begin talking more positively to ourselves, is to recognize all of the things your body does without you having to think about it. Are you able to breathe on your own? Be thankful for that! Are you able to stretch, talk, walk, eat, think, write, see, smell, taste, hear.... Be thankful for that! There is always something to be thankful for, and the more we list of things we can do, the more things we come up with. It is contagious, and the positive feelings we gather from this simple exercise can have far-reaching effect in our physical, emotional, and mental well-beings.

There was a man who lived a very long time ago who was known to have struggles with high and low emotions. It comes through in his writings. I can only imagine what his self-talk was on days where he questioned why others were against him, why he lived the way he did, and why had the Creator put him on the earth. He knew he had done wrong things. He knew he did not have it all together. But he also recognized how fabulously and full-of-wonder he had been made. This particular writing is recorded in the Holy Bible in the book of Psalms, chapter 139.

"You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb. I thank You, God, for making me so mysteriously complex! Everything You do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord! You even formed every bone in my body when You created me in the secret place; carefully, skillfully you shaped me from nothing to something. You saw who You created me to be before I became me!... How precious and wonderful to consider that You cherish me constantly in Your every thought."

--  
) Christy

"See, I am doing a new thing! Now it springs up; do you not perceive it?  
I am making a way in the desert and streams in the wasteland." -Is. 43:19

## HALCYON VILLAGE

# WELCOMES

We are excited to introduce Halcyon's newest Villager Christy Tyree, Wholistic Health Coach!



Set up a consultation today to see how Christy can help you achieve all your wholistic health goals!

## CHRISTY TYREE WHOLISTIC HEALTH COACH

### #LIVESCHANGED

There is a first time for everything! We are incredibly grateful for the honor and joy of introducing a **FIRST** 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!

**8 4 9**

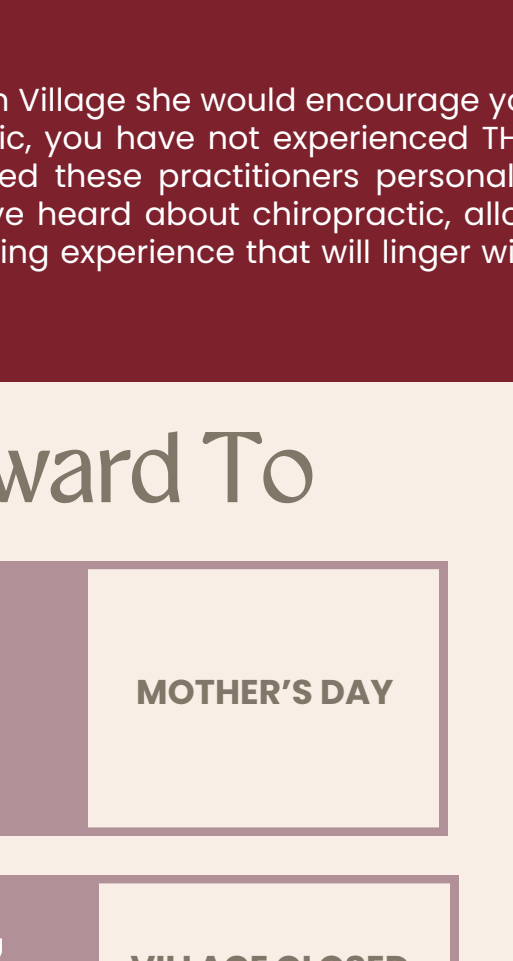
#thereisafirsttimeforeverything  
#wholisticoptions #alternativehealthcare

## Patient of the Month

### Dana Harris

We are celebrating Dana Harris this month as our Patient of the Month!! Something you may not know about her is that she loves to teach Pilates private sessions!!

"The feeling of embrace every time I visit. The kindness and warmth in which all are received, every single time" at Halcyon Village is Dana's favorite thing about being a part of our village! She said, "I have experienced a place where I am welcomed to heal. To let go of past pains that I have pent up, and those catch up with us physically without some kind of interventions. I am making strides with the help of care from Halcyon Village!" She continued, "All services at this location are beyond expectations. LET and laser, as well as IASIS all impart a positive impact on the entire wellbeing of patients."



If you told Dana you were thinking of seeking care at Halcyon Village she would encourage you with the following. Even if you have experienced chiropractic, you have not experienced THIS comprehensive of chiropractic unless you have experienced these practitioners personally. Each is full of gifts to impart. No matter what you may have heard about chiropractic, allow Halcyon Village to treat you to a positive, healing, and uplifting experience that will linger with you long after the session."

## Dates to Look Forward To

**8 MAY** NATIONAL RECEPTIONIST DAY

**12 MAY** MOTHER'S DAY

**17 MAY** VILLAGE CLOSED FOR FILL IT UP FRIDAY

**27 MAY** VILLAGE CLOSED FOR MEMORIAL DAY

## Product Spotlight

Halcyon has gained a new friend and we would like to welcome Rowe Casa Organics products into our Village! Rowe Casa offers over 250 natural, clean, non-toxic, and highly effective products made from the highest quality ingredients for your face, body, home, baby, and pets! Rowe Casa was started in 2017 right here in Texas by two sisters looking for healthier alternatives to household products that were full of the not good for you stuff. Rowe Casa Organics formulate everything with your health, wellness, and safety in mind, working with organic chemists and third-party testers for each ingredient. While they offer a very comprehensive list of amazing products we will continue to add from, we are starting with some everyday use organics to introduce you to the amazing benefits of clean non-toxic chemical free household organics. Stop by and pick up your new favorite face wash, laundry detergent, body lotion, sunscreen, bug spray, chapstick or elderberry immune support!! We can't wait for you to fall in love with Rowe Casa just like we have!



Welcome to Rowe Casa now available at Halcyon Village!

## TOTALLY TESTIFYING

### Ariel Redinger

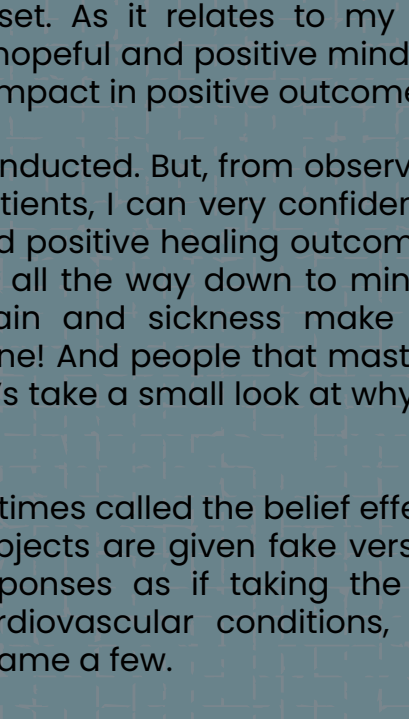
Ariel is seeing Dr.Taryn for care during her pregnancy! She said the following about all the benefits she is seeing through her care here:

"Dr. Taryn has done absolutely wonders for me during my pregnancy. I was skeptical of chiropractors prior to visiting her but she quickly put my mind at ease. Her holistic and gentle approach makes you feel comfortable every appointment and allows your body to respond like it should. I have noticed so much relief in areas that I thought I would be dealing with all my pregnancy. Not only have I noticed changes physically, but mentally in preparation for labor and delivery."

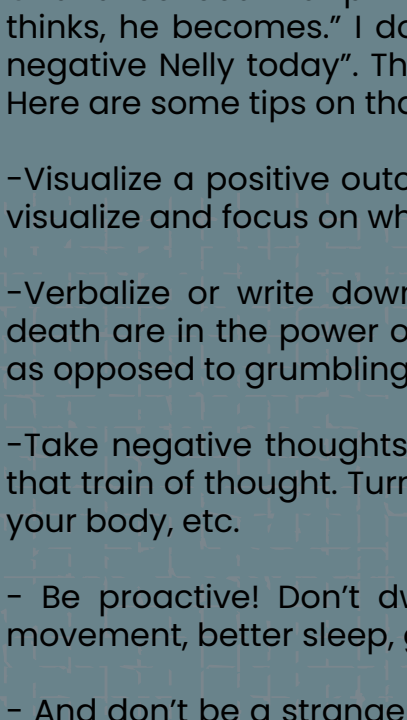


## Book Online Today With Jane

[Click here!](#)



## Chiro Corner



### As He Thinketh in His Heart...

By Dr. Justin McGuire

One of my favorite movies of all time is "The Shawshank Redemption". Spoiler alert if you haven't seen it...it tells the story of Andy Dufresne who is wrongly accused of murder and spends 19 years in prison before escaping and re-gaining his freedom. He perplexed fellow inmates because despite his wrongful conviction and life sentence, he managed to remain hopeful and positive. It's an inspiring movie and a great example of the importance of a positive mindset. As it relates to my clinical experience as a Chiropractor, a hopeful and positive mindset has been observed to make a huge impact in positive outcomes.

Now, I don't have any double-blind clinical trials that I've conducted. But, from observing the general attitude, mindset, and words spoken by various patients, I can very confidently say there is a strong correlation between a positive mindset and positive healing outcomes! I've seen this to be true in patients dealing with chronic illness all the way down to minor joint and muscle pain. I can completely understand that pain and sickness make it very challenging to maintain a positive outlook, but it can be done! And people that master their mindset experience higher levels of health and wellness. Let's take a small look at why that is true.

Most everyone has heard about the placebo effect, or sometimes called the belief effect. The placebo effect is utilized a lot in medical studies where subjects are given fake versions of trial medications, yet still have the same beneficial responses as if taking the actual medication. This phenomenon has been noticed in cardiovascular conditions, cancer outcomes, mental health disorders, and pain outcomes to name a few.

It would appear that the outcomes are simply psychological and just the power of mind over matter. That's not the case. The human brain has an incredible ability to when we expectation on what is about to happen and actually change our physiology. When we experience happiness, hope, or optimism, the brain releases natural painkillers like endorphins. These chemicals alleviate pain and improve our overall sense of well-being. Other neurotransmitters released reduce the effects of stress, improve our immune response, reduce heart rate and blood pressure!

There is also a flip side of this coin. Negative attitudes and feelings of helplessness and hopelessness can create chronic stress, which upsets the body's hormone balance, depletes the brain chemicals required for happiness, damages the immune system, and increases pain.

The Bible sums it up in Proverbs 23:7 that says, "As he thinks in his heart, so is he..." and Ghandi echoed that principle by saying, "A man is but the product of his thoughts; what he thinks, he becomes." I don't think many people wake up and decide, "I really want to be a negative Nelly today". The challenge is being pro-active about creating a positive mindset. Here are some tips on that front:

- Visualize a positive outcome. Whether it's pain relief, weight loss or healing from an illness, visualize and focus on what life is going to look like when healing/positive change is realized.
- Breathe or write down positive affirmations regularly. Proverbs 18:21 says that life and death are in the power of the tongue. So, practice speaking life and healing over your body as opposed to grumbling and negativity.
- Take negative thoughts captive! If you find yourself focused on the negative, short-circuit that train of thought. Turn on some good music, focus on gratitude, read a great book, move your body, etc.
- Be proactive! Don't dwell on what you have or have not done to date. Set goals for movement, better sleep, good hydration and fueling of your body.
- And don't be a stranger at Halcyon Village! Any one member of our team would love to hit you with a little positivity!

Yours for better health, naturally,  
Dr. Justin

## ERYN'S REVIEW



"Macaley is amazing at what she does!!! Even after my very first LET I saw a difference. I haven't felt this great in a long time. It's better than a massage in my opinion!"

★★★★★



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!

Submit Your Google Review