



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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The Lymphatic System: The River of Wellness

By Macaley Davee

What is the lymphatic system? It's the amazing toxin removal system in our bodies that consists of a network of vessels, organs and tissue. It also facilitates absorption of fats and fat-soluble nutrients in the digestive system. While our blood feeds cells with oxygen and nutrients, our lymphatic systems cleans the cells by draining lymph out of the tissue and back into the bloodstream. During this process, the lymphatic system filters harmful bacteria, fungus, viruses and toxins of all kinds.

We are exposed to toxins daily through chemical additives in our foods, in personal care products and pollutants in our air and water. These toxins can begin to cause dangerous illness and disease within our bodies. Think of your lymphatic system as a river- the river of wellness for your body. A healthy, clean river flows nice and smooth, but a river that has trash and debris in it can become congested, slow moving and even stagnant. This can become a breeding ground for bacteria. The same is true for your lymphatic system.

A stagnant or congested lymphatic system can be a welcome party for many conditions ranging from cellulite to serious disease or illness. Our digestive system can also tell us quite a bit. Constipation, diarrhea, bloating and food sensitivities can all be signs that there is possibly some pollution in the river of wellness in our bodies. Other common signs of congested/stagnant lymph flow include headaches, brain fog, allergies, inflammation, trouble sleeping, poor circulation, irritable moods, and discomfort in your joints. Another sign is the appearance of cellulite, since it originates from clogged lymph nodes and becomes lymph lumps, AKA the fatty deposits we call cellulite!

When the river of wellness is flowing properly the benefits are amazing! One of the immediate effects of improved lymph flow is improved digestion. Other phenomenal benefits to having a healthy lymphatic system include enhanced mental clarity and focus, prevention of illness and disease, strengthened immune system, decreased pain and inflammation, improved sleep, relief from allergy symptoms, enhanced mood, reduced cellulite, and faster healing and recovery.

How do we get the river of wellness moving again? Unlike our blood that has the heart to pump it, our lymphatic system has no pump, so we need to help it to flow properly. Lymphatic Enhancement Therapy (LET) can do exactly that! A Lymphatic Enhancement Therapy (LET) treatment helps to get THE river of wellness in our bodies flowing by moving the stagnant, sticky lymphatic fluid out of our bodies. The vibrational energy from the hand-held wands sends electrical pulses and acoustic sound waves that help break up congestion, rebalance the cells and enhance immunity.

If you aren't sure what to expect for an LET treatment, one thing you can expect is total comfort and relaxation! Go ahead and block 30-60 min off for yourself when scheduling...I recommend 60 min- just think of all those toxins we are going to release. The MAGIC happens when the wands of the instrument make contact with your skin. So I will need to be able to access your skin. We have lymph nodes we need to take care of. You will need to make sure and properly hydrate before and after your LET Treatment.

In Lymph Love,
Macaley

#liveschanged

2019 #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



Upcoming Events

May is National Physical Fitness and Sports Month

TUE

7

MAY

Lymph Candy Demo

12-18

MAY

National Women's Health Week

THUR

9

MAY

Mother's Day Celebration at PLC

WED

22

MAY

Avocado Toast with Collagen Demo

MON

27

MAY

PLC Office Closed for Memorial Day

SUN

12

MAY

Mother's Day

MON

27

MAY

Last Day of School for MISD

PATIENT OF THE MONTH



Pregnancy looks beautiful on all women, but our patient of the month, Brandi, just absolutely glows! Brandi was born and raised in California but moved to Texas at 19 to attend Dallas Baptist University. She has been a Texan ever since. Brandi and her husband Luke are expecting an addition to their family any time and couldn't be more thrilled!

Brandi has utilized chiropractic since she was little. She shared, "Chiropractic addresses problems one is experiencing as whole versus just treating the symptoms and scratching the surface."

Brandi has not only benefited from her chiropractic care but so have her girls! She shared that staying on a consistent a schedule with their adjustments has allowed them to stay away from ear infections and promoted a beautiful sleep pattern. In fact she shared she is such a believer in what chiropractic care can do because it helped restore mobility in one of her daughters that had been hindered since birth.

Brandi mentioned one of the reasons she loves coming in is because we treat her family like our family. She said, "From the minute I walk in, it feels like I'm home. The staff is very welcoming and friendly and Dr. Taryn makes you feel like #1, even if it is only for a few minutes of your day."

We are so very thankful for Brandi and her beautiful family! Brandi, you are #1 on our book!

Chirapsia Massage

If you enjoy a more therapeutic massage, this is the one for you! During your therapy, emphasis will be on trouble areas, injuries, and chronic tension. The session is more intense, using deeper pressure, and spending more time on some areas than others. Following your therapy, you will often experience functional improvements and less discomfort!

Contact us today to schedule a massage appointment to add to your health and wellness routine. Your body will thank you!

- 60 minute session \$85
- 90 minute session \$115

RESILIENCE

& Recovery



BENEFITS INCLUDE

- Improve Circulation
- Relieve muscle tension
- Better sleep
- Promote relaxation

TOTALLY TESTIFYING

Addison began her journey with chiropractic in February 2017 at 10 years of age. Despite her reservations about comfort and ease, she sought care for postural abnormalities and increased sensory sensitivity. Not only did she find that she could be comfortable during her adjustments, she LOVES them.

While Addison looks forward to her visits, her parents and teachers can testify to the noteworthy results! Addison is very tall, so between her shy demeanor, hobbies and schoolwork, she tends to develop a thoracic kyphosis (increased arch in the upper back). With her chiropractic adjustments she experiences improved posture, less stiffness, better coordination, increased mobility, decreased nervousness, and reduced hypersensitivity. Addison glows after an adjustment; her light is so beautiful when she stands tall! We are grateful to be a part of her journey and offer natural tools to help her thrive! We look forward to her continued progress and resilience!



CHIRO'S CORNER



The Scoop on Poop

By Taryn Lowery, DC

Many patients don't realize how intimate the connection is between their digestion, elimination and condition of their nervous system. I am always so excited to share the good news when I begin caring for someone! Unfortunately, many people are embarrassed about the topic, but this conversation is one that tells all! Not only are you what you eat, but also what never leaves.

The Highlight Reel:

- ♥ There is a difference between common and normal – just because it is common (ie having a bowel movement every 2-3 days) does not mean that is normal.
- ♥ In my opinion, the normal, as well as reasonably expected, is 2-3 bowel movements each day with few exceptions. The texture should be soft and fluffy, or fibrous. The color should be as yellow as your feet, ranging from dark green to dark brown. Your excrement should sink – it should NOT float. Quantity is important too. Reflect on how much went in compared to how much is coming out. For more "healthy" variations you can reference the Bristol Stool Chart.
- ♥ There are 8 bajillion influences on digestion and elimination, but what I find to be the most significant is the condition of the nervous system! If there is a "traffic jam" in your nervous system, you can experience the full spectrum of symptoms including, but not limited to, diarrhea, decreased bowel frequency, difficult or painful elimination, urgency, dense/hard excrement, increased gas, bloating, indigestion, inflamed GI.
- ♥ The GastroColic Reflex is alive! Our body was divinely designed with a built-in signal to eliminate waste when food hits the stomach, making movement, allowing room for the incoming fuel. This can be disrupted by a poorly functioning nervous system.
- ♥ Not only do chiropractors assess and address the spinal alignment, but they help balance the Autonomic Nervous System (truly my favorite). This helps to liberate your "Rest and Digest" nerves so you can live the baby-life: Eat, sleep, and poop!
- ♥ We can't not declare the importance of the Enteric Nervous System, or the Second Brain. It is comprised of 500 million neurons spanning from your esophagus to anus.

Hopefully, the connection between chiropractic and digestion/elimination is more evident, and you can relate to our excitement! If you find that you do not have ideal excrement, decreased frequency, difficulty or associated symptoms, please inquire with a chiropractor to get your nervous system vitalized!!!

In Love and Service,

Taryn Lowery, DC

Health Hack

Nature's Flu Shot Recipe:



- 3 lemons
- 1 clove raw, minced garlic
- 1/4 tsp turmeric
- 1 tsp ginger powder
- 1/8 tsp cayenne pepper
- 1.5 cups organic pineapple juice
- 1 tbsp raw honey

Mix in blender or shake in a jar and enjoy!

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!

