



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. IV | June 2019

Eat Real Local

By Tracy McCoy, Co-Owner of Hillbilly Nutrition

There's a pivotal point in our journey that draws us near to real, authentic food. Whether the catalyst is a health concern of our own or of close family or friends, we start taking a closer look at how we are treating our bodies.

When people get to the food aspect of their journey, they usually begin to question organic, dieting trends, cost, availability, and inevitably where they can purchase their foods. Reinventing your grocery list is a challenge, but defining your own food rules is part of the process.

Shopping local, buying local, and supporting local is becoming a buzz word or trend. The common definition of "local" means within 100 miles and from the dawn of industrialization, our food travels miles, states, countries, and even oceans away. However, when we purchase our food from local sources, we ensure that it was harvested or picked literally within a very short time frame of our consumption.

The taste is undeniable. When our food is fresh, it's more nutrient dense. The longer any food sits, be it protein or vegetables, it begins to break down. What's bio-available for our bodies plays such a huge role in our health and how many vitamins and minerals we are absorbing from our food, which is the point right?

Supporting our local economy also comes with buying local. When you shop from a local store or farm, you are supporting the families that can provide you with the direct support you may need for your health. Knowing the source of your food gives you the information to know more about your food. And finally, buying local food gives you the ability to take part in that process. Some may volunteer, some may want to support the local food movement, and some may want to support local agriculture in their community.

Shopping local doesn't have to be hard. It can be as simple as reaching out in your community and asking questions about how they produce their food. There are some great resources online to find local food producers in your area. One resource, www.eatwild.com, is one of my favorite ways to find other farmers producing the fresh food in our area. See how your body, mind, and spirit can thrive from eating local. What do you have to lose?

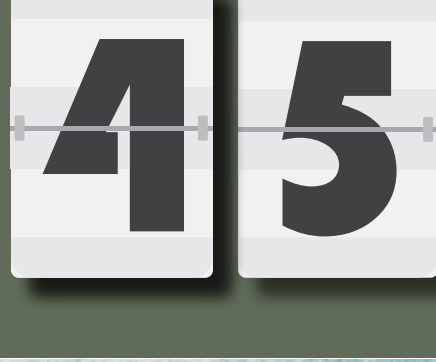


#liveschanged

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

SAT
1
JUNE

Your Best Birth Class

THUR
6
JUNE

Registration opens for Strong First workshop

10-18
JUNE

National Men's Health Week

THUR
13
JUNE

Father's Day Celebration at PIC

SUN
16
JUNE

Father's Day

FRI
21
JUNE

National Yoga Day

SAT
22
JUNE

Strong First Workshop

PATIENT OF THE MONTH



Ms. Linda Lowry is our patient of the month for June, and we can not think of anyone more deserving! Throughout the years she has been an ideal patient and has become a very respected friend to our village.

Linda has a love for all people and things! It is always a joy to see her popping in to ask about an essential oil, or to book an appointment for an adjustment or LET. She is always surrounded by someone with whom she loves or someone she is helping. She has a true servants heart!

Although Peace of Life has known Linda for almost 8 years, she was not an actual patient till 2014. She had been very reluctant about chiropractic. She had suffered many years with neck pain due to work related stress.

Her first visit with Dr. Taryn, she was extremely nervous and anxious she remembers. She felt her fears start to dissipate as in her words, "Dr. Taryn listened to me. It was easy to tell she was genuinely concerned, yet convinced she could help me with this problem."

It took only two adjustments and her neck pain was a thing of the past. To this day, she still reports no issues with her neck! Ms. Linda has always been what most would consider an ideal patient. She is always consistent from following recommendations to making sure she is "ahead" of the game when it comes to taking care of herself! We are so fortunate to have her in our village and very blessed that she believes in this practice so much that outside of here she loves sharing how chiropractic care has had a very positive benefit to her overall health!

Staff Member of the Quarter

We are sure that you have met our beloved Lisa, who at Peace of Life is our Patient Satisfaction Advocate. Did you know that Lisa was born in Atlanta, Georgia? She moved to Dallas when she was three, and has been in Texas ever since. She did spend four years away in Munich, Germany, so please when you see her, ask her to speak German in her Texas accent!

Lisa is true blue, and once you have her heart, it's yours forever. Lisa is loved by many, including her husband, Rocky, her step daughter, Alicia, and her miracle angel baby, Delani. She and Delani have a love and bond like no other! Lisa loves her family extended and otherwise. Her heart is full when she is with them.



When Lisa isn't at the office you can usually find her on a softball field with her daughter, spending time with all of her extended family, and on Sundays she will be at the Cowboy Church of Ellis County.

Lisa has been in our Peace of Life Village since 2014. She plays a vital role in our village from coordinating four different schedules in our office for patients and services to helping with insurance needs. We couldn't man this ship with out her! We love our Lisa, and are so grateful for her beautiful talents and her loyal heart!

TOTALLY TESTIFYING

"Do you see a chiropractor during your pregnancy? What about your new born? There is absolute power in a great adjustment at all ages.

My own story is when my sweet Tiny K5 was born we didn't know that his ribcage was out of alignment. For 2 months this sweet tiny couldn't hold his head up, couldn't look at me when on his back, and was constantly fussy.

Our amazing chiropractor, Dr. Taryn Lowery, at Peace of Life Chiropractic in Midlothian spent those 2 months following his body until the day she looked at me with wide eyes and knew what it was. These 2 pictures are only hours apart and were the turning point for our tiny's healing. If you don't have a chiropractor mine is great! Give them a call. The entire family can and will benefit!"

- Heidi Beck, Doula



CHIRO'S CORNER



Chiropractic for Kids

By Taryn Lowery, DC

I began my journey in chiropractic as an assistant in the office of one of my mentors, Brad Collins, DC. I quickly fell in love with the science, art, and philosophy of chiropractic! I decided in August of 2006 to marry my love for animals and chiropractic, becoming an animal chiropractor. In my sixth trimester of chiropractic college, circa December 2008, after feeling a breech baby turn under my hands, I decided to change paths and move my focus to pregnancy and pediatrics. Now, almost 11 years later, my practice is full of pregnant moms, babies, and littles of all ages!

Sometimes I forget that I live in a bubble where all children get adjusted, families understand the benefits, and experience results! I would love to take this opportunity to help answer a few of the common questions we are asked:

Why do kids get adjusted?

Usually a symptom or condition (plagiocephaly, constipation, ADD, snoring, pain, etc.) initiates care with a chiropractor unless the family has had previous exposure to chiropractic. Despite the reactive beginning, a lot of families find that chiropractic adds a PROactive tool to their lives! With improved digestion, sleep, behavior, mood, flexibility, and focus, these families quickly grow to love how their world changes!

Is chiropractic safe for your child? Comfortable?

Yes and yes! The International Chiropractic Pediatric Association published their research in Explore: The Journal of Science and Healing. The condensed conclusion was out of 5,438 pediatric office visits, there were only three adverse events reported from the adjustments (0.00055%). The adverse events were all "minor discomfort following the adjustment." Regarding comfort, we explain to all patients - comfort is key. We make accommodations to ensure that emotional and physical comfort is preserved. In the event there is a significant subluxation or restriction in the body, we work gently to relieve pain that is already present (we are the solution, not the cause).

What makes me different than most other chiropractors?

I think there are limitless things that separate chiropractors. Chiropractic translates to done-by-hand. Since no two chiropractors have the same hands, it is not possible to be the same. Some of my unique qualities are:

♥ Passion - I care about humanity, individuality, wholistic health, parental empowerment, alternative birthing, baby heads (cranial bones), and results!

♥ God called me and He calls on me often. I take the loving service I provide very seriously and come to work each day with the intention of changing someone's life!

♥ I have invested time in training and education, combining the technical aspects of what I do with the complimentary tools that help offer results faster!

♥ Finally, I have experienced a wide variety of physical, chemical and emotional challenges myself or with someone I love deeply and I find it makes me increasingly empathetic to what my patients are going through!

I hope you or someone you love can benefit from knowing a little more about the benefits of chiropractic!!!

In Love and Service,

Taryn Lowery, DC

Health Hack

From teething babies to red cheeks, there are solutions that are safe and trustworthy to help your little ones!

Inspired by Finn

It is said that when Baltic Amber is worn on the skin, the skin's warmth draws trace amounts of healing oils out of the Amber. Baltic amber has some of the highest concentrations of succinic acid found in nature, and that is what makes it so special. Succinic acid is beneficial because it has anti-inflammatory properties. It helps with relieving discomfort, strengthens immune, restores energy, maintains wellness and can even help with headaches. We offer a variety of sizes and colors. All of our Baltic Amber is unpolished (meaning in the most natural state).



earth mama Organics

earth mama Organics offers a variety of options for kiddos and mamas from nausea tea for morning sickness to diaper balm and calming lavender lotion. This line was created to offer organic options with minimal ingredients and minimally processed.

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!

