



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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Chase Life

By Stephanie Schaefer



"The scars you share become lighthouses for other people who are headed to the same rocks you once hit." -Jon Acuff

I have witnessed the power of the human spirit conquer the darkest days; emerging shining brightly as a lighthouse piercing through the fog for others. I have witnessed it because I am the light. We all are. And it is God's light that ignited it all. Through my deepest wound- God's greatest glory. The journey he has taken me on to show up and offer hope of his promises to others. God never promised this world would be without pain but he gave us a promise that there one day will be no more pain and suffering. It's up to us to help each other navigate through this side of heaven-together.

Navigating trauma isn't easy... it takes intentionality in every aspect of your life. Let's first talk about vibes- Good vibes or as I like to call them, "God Vibes." God spoke us into creation... everything is tied to that vibrational force (energy) that spoke this universe into existence. (Watch "God Particle" documentary)

Your spoken word has a vibration. "Life and death are in the power of the tongue." Proverbs 18:21 Are you speaking life over yourself with positive words? Your thoughts have a vibration. "As a man thinks, so is he." Proverbs 23:7 Have you taken authority over your mind and only allow life-giving thoughts to flourish?

Science proves it. Dr. Masaru Emoto did a study examining the way the human consciousness has an effect on the molecular structure of water (and remember, humans are over 50% water.) The water crystals when spoken loving words demonstrated beautiful patterns but with anger, there was just disarray. (YouTube it and also "Plant Consciousness" experiment too. Plants feel things too!)

But what if I told you that sometimes your thoughts, words and emotions - weren't even your own but that of your ancestors before you? Emory University did a study where every time a mouse came near a cherry blossom - it was zapped. They then examined their descendants and found that their sons and grandsons inherently had a fear of the cherry blossom. This experiment was proof positive how the fear emotion in the grandfather mouse literally, altered the neurocircuitry of his brain and generations after. That's right, generational trauma is real and it's up to us to break the chains by instilling positive practices for self-care, becoming aware of our triggers, taking authority over our thoughts, practicing conscious language, knowing how to ground/center ourselves and whatever else it takes to KNOW BETTER, DO BETTER.

Epigenetics (meaning "above the genes") is the study of the way genes are expressed in our body. You can literally alter your DNA for the good or bad through your environment, exercise patterns, nutritional factors and yes, emotional health. So what are some ways to deal with our emotional junk drawer? Through replacement programming via various modalities including, EFT tapping, meditation, prayer, journaling, color therapy, reiki, crystals, breath work, mirror work, essential oils to release where emotions are stored physically in the body, etc.

Try this exercise: Write down something that's been spoken over you that doesn't serve your most high good - now, rip it up... get rid of it and let's replace with goodness. Develop an "I am" statement such as, "I am worthy." Lock in that statement to your emotional librarian of the brain via pairing an essential oil aroma to it. So that way, everytime you may feel low- you smell that oil and are brought right back to center to your I AM statement and you remember just what a worthy amazing person you are- boomshakalaka.

But in all seriousness, pain demands to be felt. We have to process through our emotions or they will manifest themselves as physical symptoms in the body. That's right... that pain in your knee... unaddressed emotional junk. And speaking of physical body - let's touch on the gut brain connection for a moment. Your microbiome in your gut being balanced is key to health. Your immune system, digestive (obviously) and even your emotional state is connected to your gut! 90% of serotonin (aka the happy hormone) is created in the gut. So if your gut is off- you can't even figure out if you want to be happy or sad. So, fuel your gut with good foods, gut flora stimulating drinks like kombucha and probiotics (which literally means "pro-life.")

Have a regular chiropractic schedule - it's all about mind/body/soul alignment. Being structurally aligned helps all your body systems to function at an optimal level.

Last but not least... know this truth. Healing is not linear. But show yourself grace. You ARE his clay. He is the potter. He's making a masterpiece. This is your life. #ChaseLife

PS - Mark 11:23♥

#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

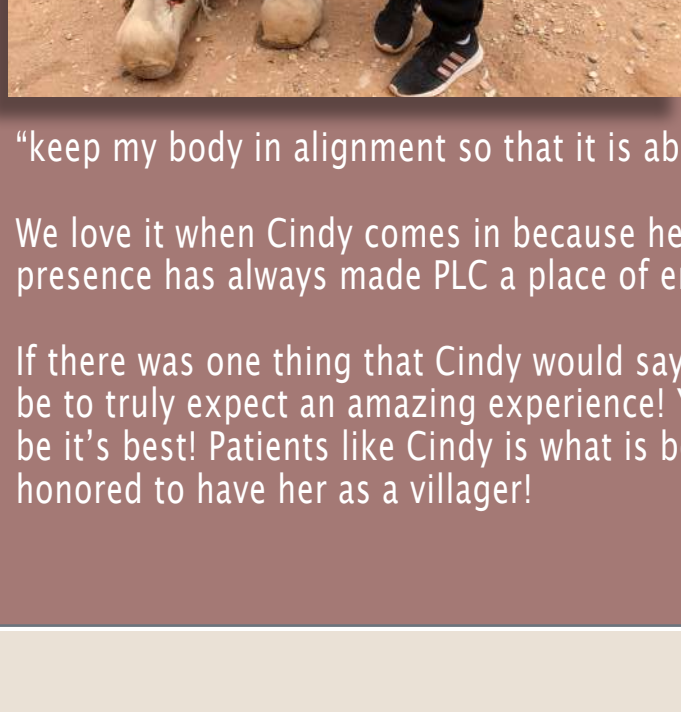
SAT 12 OCT **PLC Patient Appreciation Event**

SAT 19 OCT **World Pediatric Bone and Joint Day**

SAT 12 OCT **Your Best Birth Class**

THUR 31 OCT **PLC office will close early for Halloween**

PATIENT OF THE MONTH



Cindy Fearis has been a family member of Peace of Life Chiropractic for many years. This mama with a blended family of 10 kids ranging from 12 to 33 years old is living a fulfilled life! As of this past September, she has 13 grandchildren! If life wasn't already busy enough, she is a realtor here in town. If Cindy has any spare time she is out and about "junking" or in other words looking for someones junk and making it her treasure!

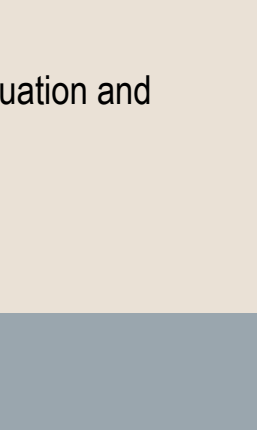
With Cindy's active lifestyle, chiropractic care has definitely been a huge component in her overall health. She said it is vital for her to "keep my body in alignment so that it is able to work as God designed it to."

We love it when Cindy comes in because her smile just lights up the whole office. Her presence has always made PLC a place of encouragement and a place to just be happy!

If there was one thing that Cindy would say to encourage others to try chiropractic, it would be to truly expect an amazing experience! Your body deserves to have the opportunity to be it's best! Patients like Cindy is what is best about Peace of Life Chiropractic, and we are honored to have her as a villager!

A Head Above the Rest

RESILIENCE & Recovery



Infant care for plagiocephaly and brachycephaly can be accomplished with specific correction to the dynamic, intricate cranial bone system. During this visit, you will help your child find harmony between spinal alignment, cranial symmetry, and cerebrospinal fluid balance. Care is delivered with gentle touch and sustained pressures. Babies rest comfortably in a pillow or on mom during their treatment, and most often have a long nap, and a relaxing bowel movement following their visit.



BENEFITS INCLUDE

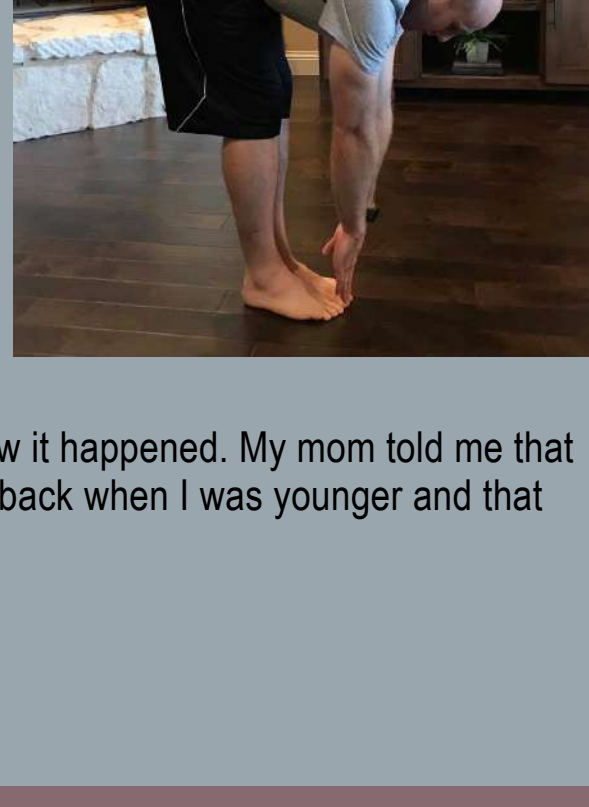
- Amazing Sleep
- Happy Digestion
- Balanced Posture
- Positive Mood
- Increases Breast-Feeding Ease and Duration
- Lovely Head Shape and Performance
- Advances Motor Development

15 MINUTE VISIT INCLUDES

- Spinal adjustment
- Cranial adjustment
- Cerebrospinal Fluid Evaluation and Treatment

TOTALLY TESTIFYING

"Everybody knows the amazing things that Peace of Life Chiropractic did for my son Connor and his terrible spitting up. I went today for my first appointment for some tightness in my lower back that has been bothering me for the last few months.

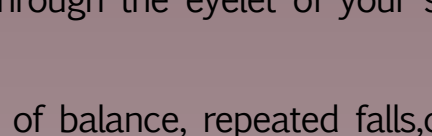


I also told Joey that I have always had ridiculously tight hamstrings and couldn't get closer than 6" to touching my toes. Within 5 minutes and a couple of tests, he told me that my hamstrings weren't the problem and that it was my psoas muscle was not activated. After an hour long appointment, I came home and can touch my toes for the first time in my life. Absolutely amazing!

I went to my parents house and showed them, which they responded with shocked looks and confusion on how it happened. My mom told me that doctors actually thought I had something wrong with my back when I was younger and that was the cause of me being so inflexible. Guess not!"

- Brandon R., after his first appointment in July 2019

CHIRO'S CORNER



A MESSAGE FROM YOUR CEREBELLUM: FEED ME!!!

BY TARYN LOWERY, DC

Your cerebellum is located at the base of the brain against the occiput. It is a very important conductor in daily activities that you do mindlessly - picking up your coffee cup, transitioning into your car, shooting a basketball, marching, painting...the list goes on. Have you ever considered the accuracy that it takes to lift your foot just high enough to clear the curb or maybe thread your shoelace through the eyelet of your shoe? All these activities are coordinated at the cerebellum.

If you have experienced an episode of vertigo, loss of balance, repeated falls, or you bump into things routinely then you have experienced the effect of your cerebellum having a bad day...or injury. There can be many particular causes of cerebellum dysfunction - dehydration, subluxation, injury, posture, or one in particular that I would like to discuss today - lack of input!

Your brain was made perfect. It is really unbelievable to think of the Master's design from a scientific perspective - the lobes, left vs right hemispheres, neurotransmitters, synapses, hormones, peripheral vs central...it will literally make your brain fire! With so many factors and functions, it is essential for survival that your brain prioritize functions that you need. You've heard the adage; you don't use it you lose it? Well, that applies to your brain as well. Every movement, thought, calculation, emotion, stimulus, decision (bites of information that you feed your brain) moves you into a more efficient version of you!

Unfortunately, the Master's design can fail you if you let it. For every bite that you feed your brain, it is strengthening one path at the detriment of the alternative path. Sometimes I think of it as a pasture of corn. If you had 6 friends that lived around the perimeter of your pasture, you would wear 6 paths evenly if you visited them each once a week. But let's say that you grew closer to one of those friends and over time, you just walked the path to one house. The other 5 paths would soon be unrecognizable, grown up and impossible to navigate. This is what happens to the paths to your cerebellum when you stop moving!

The excellent news is you can start today giving your cerebellum food that helps keep your functions as reliable as GPS! Just a few things to consider adding into your daily, weekly or monthly routine of activity - maybe a rotation of all things:

- ♥ Barrel rolls on the floor
- ♥ Karaoke - calisthenics
- ♥ Step up and down a curb without support if safe
- ♥ Figure 8s with your arms and legs - make sure to do both sides
- ♥ Squat - use the wall or a ball if you are working on building the strength
- ♥ Bicycle your arms and legs on your back
- ♥ Spin in a circle - make sure to go both ways and use support if needed
- ♥ Supermans, Planks, and Bird-Dogs
- ♥ Side crunches - you can crunch just your upper body or lay on the floor and incorporate a leg - again, make sure to do both sides
- ♥ Play catch
- ♥ Take deep breaths in various head positions - preferably while seated or laying down.

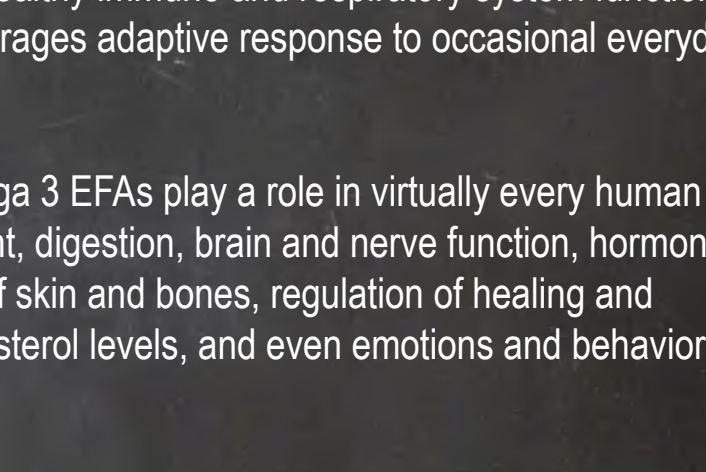
Looking forward to hearing your stories of improved balance and coordination after giving your cerebellum some FOOD!!!

In love and service,
Dr. Taryn

Health Hack

Immunity Toolbox

We are excited to offer this bundle of all-natural supplements that will help provide your immune system the opportunity to perform at its best!



- **ProSynbiotic** is a synergistic blend of four research-supported probiotic strains and two prebiotic to support gut flora and overall intestinal health.
- **Immuplex** blends essential micronutrients and minerals as well as Protomorphogen and Cytosol extracts to support the immune system.
- **Andrographis Complex** helps maintain healthy immune and respiratory system function, maintain normal body temperature, encourages adaptive response to occasional everyday stress and promote healthy liver function.
- **Innate Choice Omega Sufficiency** Omega 3 EFAs play a role in virtually every human function including growth and development, digestion, brain and nerve function, hormone production and regulation, maintenance of skin and bones, regulation of healing and inflammation, heart function, vision, cholesterol levels, and even emotions and behavior.

Our mission is cultivating loving relationships with 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!

