



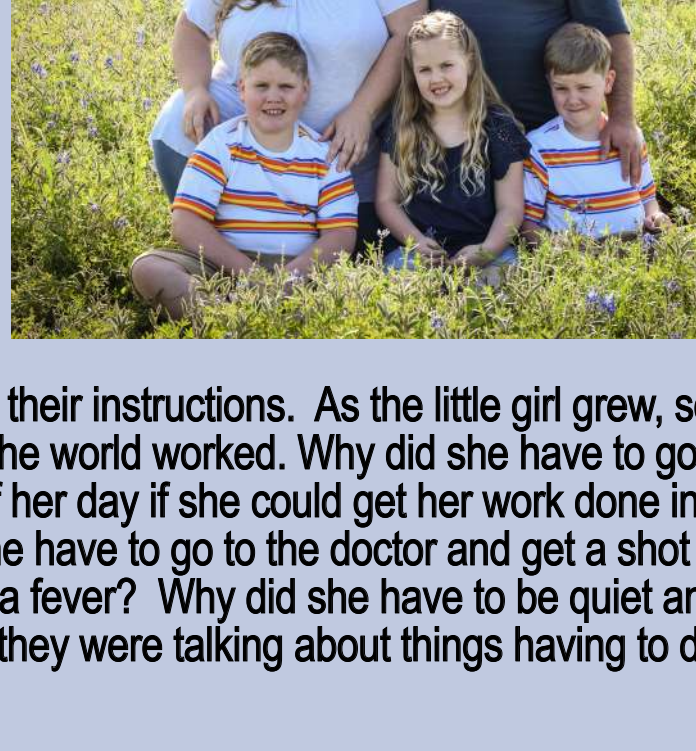
# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 2 Issue 5 | May 2020

## To The One Who Wonders

By Laren Schmude



Once upon a time, there lived a little girl that questioned everything. She tried to be obedient to her elders and those in authority, but always she wondered "why?" She was never satisfied with a, "because I said so" answer, and often got herself into trouble questioning her elders, and teachers when they couldn't (or wouldn't) give her a logical reason for their instructions. As the little girl grew, so did her curiosity about the way things in the world worked. Why did she have to go to school and be bored for three quarters of her day if she could get her work done in the first 15 minutes of class? Why did she have to go to the doctor and get a shot if she was already healthy and didn't have a fever? Why did she have to be quiet and still when the adults talked? Especially if they were talking about things having to do with her?

This questioning attitude followed her all the way through college and into adulthood. She never bucked authority without a valid reason, but she also didn't blindly follow the crowd. An avid and voracious reader, she made it a point to seek out information from both sides of each new topic that was presented to her, and to come to her own informed, prayerful conclusions. When she married and became a mother, it was only natural for her to begin researching and asking questions about the social norms that society around her held so dear.

So she began researching, seeking answers to some of the big questions that plagued her as a child. She discovered that children didn't actually have to go to a school building every single day to get a good and quality education. That they could learn to read and write and do arithmetic at home, at their own pace, and that in most cases, this was actually even beneficial for the children because they were learning in a more natural environment and not being rushed to keep up with any arbitrary testing schedule or forced to slow down because their classmates needed extra time for development. She learned that health didn't have to come from a shot, but that her body was designed beautifully to work at a peak performance when she ate right, exercised, and kept her immune system in alignment. She even discovered that she could stand up and have a say in conversations that would affect her, although sometimes it still felt like she was being ignored.

I wish I could tell you, dear reader, how this story ends, but the truth is, I'm not quite sure myself yet. I can, tell you, however, that this little girl has grown into a strong, capable wife and mother, who continues to ask questions, think critically about each new piece of information, and make decisions with her handsome husband that she believes are best for her family, even if it means bucking conventional societal norms and being ridiculed. She knows that there are always other options available and that each family must decide for themselves which path to fearlessly follow.

If I could encourage you, dear reader, with one last thing, it would be this; Seek the truth, stand for nothing less, and don't give up, even if you mess up. Blaze your own trail.

## #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

## #liveschanged :



## Upcoming Events

May is National Physical Fitness and Sports Month

4-8 MAY

**Amethyst BioMat Promo**

10-16 MAY

**National Women's Health Week**

SUN 10 MAY

**Mother's Day**

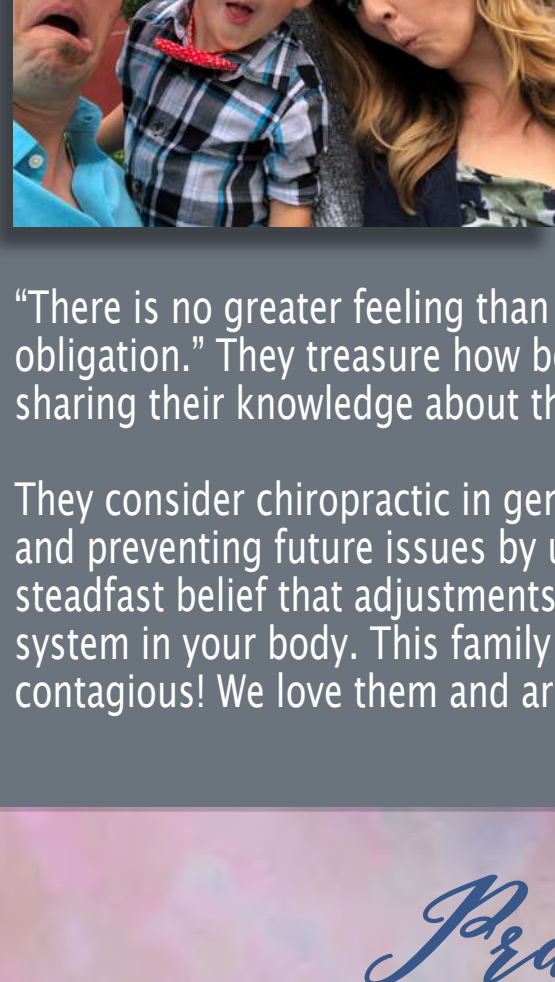
MON 25 MAY

**PLC Office Closed for Memorial Day**

MON 1 JUNE

**Summer Office Hours Begin**

## PATIENT OF THE MONTH



The Simonton Family are all things refreshing! From their endearing smiles to their active lifestyle, this family runs in full time full throttle.

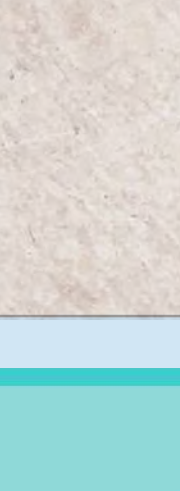
They are Texas transplants and love being outdoors. As a family they have recently found interest in dirt bike riding. Soon to be the owners of Jr. Dragsters, they are definitely living an adventurous life. All the more reason to love chiropractic! With the Simonton's energetic and vigorous lifestyle, chiropractic care plays a dominant role.

They chose our village because in their words, "There is no greater feeling than to see people love your family by choice and not obligation." They treasure how both Dr. Joey and Dr. Taryn have a love for helping and sharing their knowledge about the whole body.

They consider chiropractic in general to be a, "proactive, natural approach to healing and preventing future issues by uncovering root causes." The Simonton's have a strong steadfast belief that adjustments encompass not just the skeletal system, but every system in your body. This family is a true joy to be around and their zeal for life is contagious! We love them and are grateful to villagers with them.

## Prayer Request

In our pursuit of relocation and expansion into a Wholistic Health Retreat, we have found a property that is well out of our financial reach, but it is PERFECT for our vision!!! Please pray for provision or our next interest to steal our attention! We are so excited to bring you the most incredible place to heal, connect, balance, and move!!



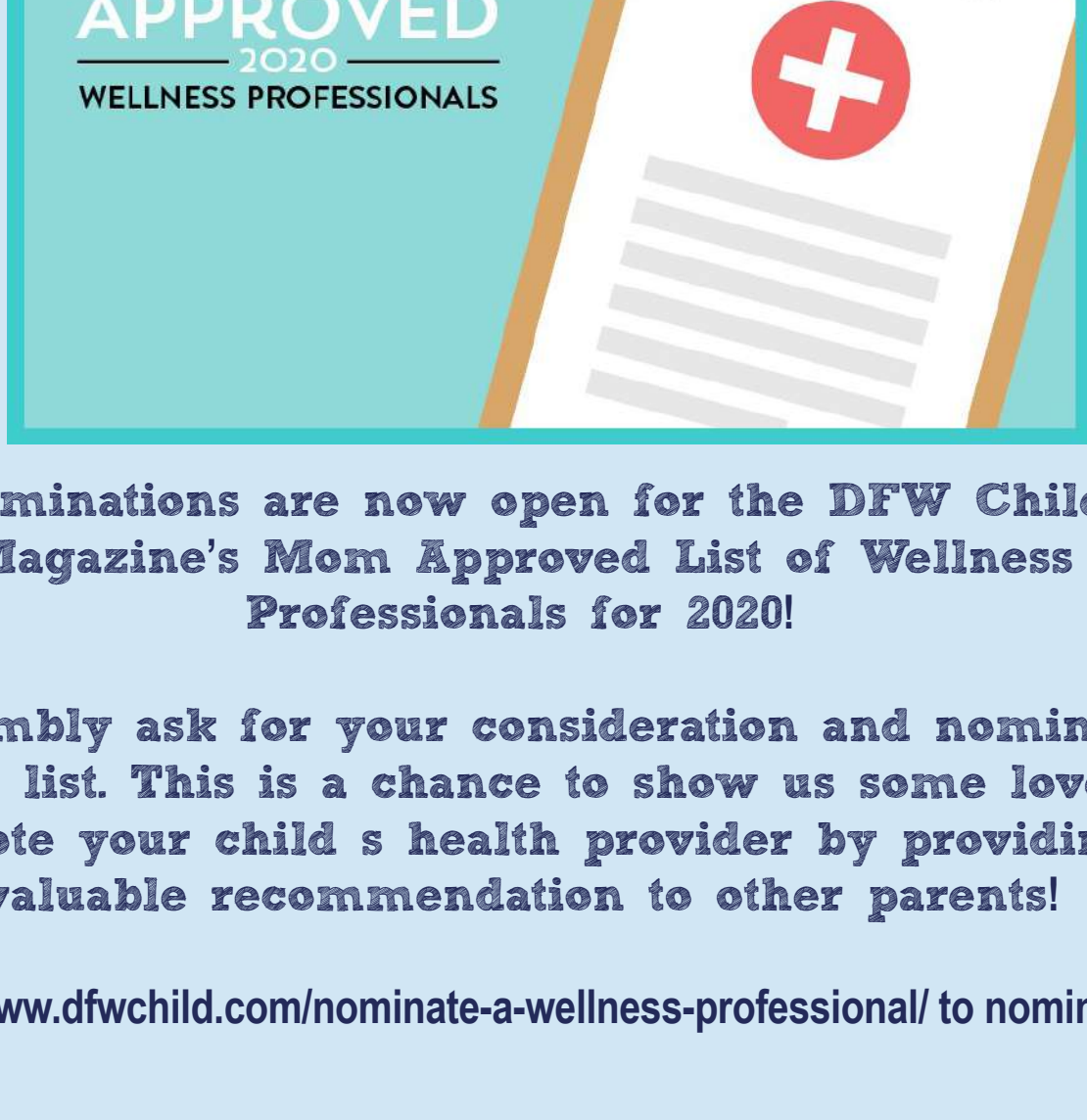
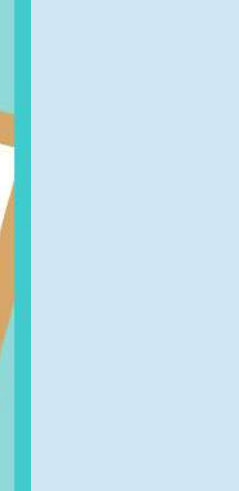
## Chiropractic for Kids

Most families we care for find that there are so many benefits to chiropractic care that they elect to bring their kids in to be evaluated for optimal spinal health! After the initial visit, we provide loving adjustments for our pediatric patients to help them thrive! Click here to watch our very own Dr. Taryn Lowery talk about what a pediatric chiropractic appointment is like.

### BENEFITS INCLUDE

- Amazing Sleep
- Happy Digestion
- Strengthened Immunity
- Balanced Posture
- Positive Mood
- Social Adaptability
- Increases Breast Feeding Ease and Duration

## RESILIENCE & Recovery



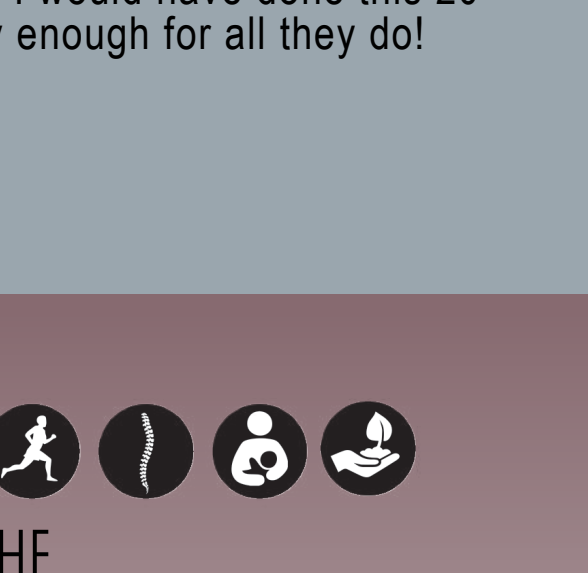
**Nominations are now open for the DFW Child Magazine's Mom Approved List of Wellness Professionals for 2020!**

**We humbly ask for your consideration and nomination for this list. This is a chance to show us some love and promote your child's health provider by providing a valuable recommendation to other parents!**

Visit [www.dfwchild.com/nominate-a-wellness-professional/](http://www.dfwchild.com/nominate-a-wellness-professional/) to nominate!

## TOTALLY TESTIFYING

First of all I just want to say Peace of Life Chiropractic is by far the best around! They are loving and caring to any and all needs! I have been a patient for almost 2 years and have used both Dr. Taryn and Dr. Joey!

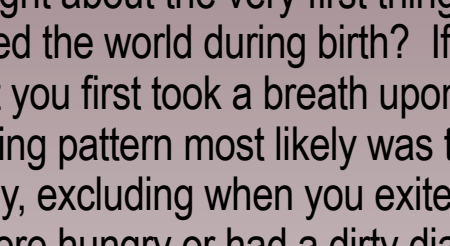


At a recent appointment with Dr. Taryn I had mentioned my ears bothering me and possibly having to get tubes, because of my job as a flight attendant. I was also in a MVA 20 years ago that contributed to my ear problem in one ear. There are a lot of medical terms that I have no idea what they mean, but for me it's just that I can not hear in my left ear, something to do with the ear drum. Long story short, I mentioned this to Dr. Taryn and she suggested an ear adjustment. I was in! It was a very interesting feeling, not painful, just not what I expected!

A few hours after appointment, I was on the phone with my mom, holding it up to my left ear, and I kid you not I could hear clearer than I ever have! It brought so much emotion and joy! A simple treatment with instant improvement was so crazy! For 20 years I have been told to just get hearing aids to help me have hearing in my ear again, had I known sooner that an adjustment would make such a huge difference I would have done this 20 years ago!! I can't thank Dr. Taryn and Dr. Joey enough for all they do!

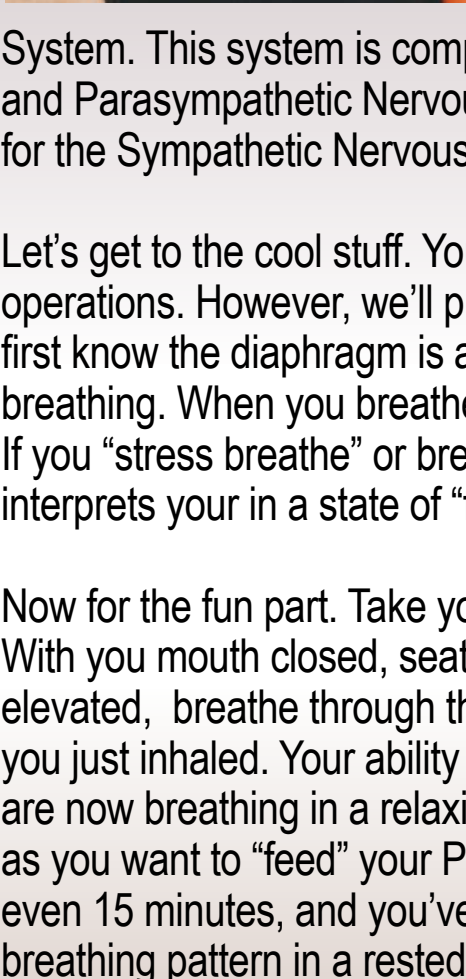
-Lauren

## CHIRO'S CORNER



### JUST BREATHE

BY DR. JOEY LOWERY



Have you ever thought about the very first thing you did when you entered the world during birth? If not, I can put money on it you first took a breath upon your arrival. Your breathing pattern most likely was that of a relaxed, calm baby, excluding when you exited the womb, when you were hungry or had a dirty diaper. Your interabdominal pressure was superb, especially at 2 a.m. when you were crying for food (just ask your parents).

Somewhere along the way, your breathing transformed from a child to that of one with stress in your life. Stress is simply a stimulus interpreted by the brain. The brain responds to this stimulus accordingly and acclimates the body to it with the help of the Autonomic Nervous System. This system is comprised of the Sympathetic Nervous System (fight or flight) and Parasympathetic Nervous System (rest and digest). The latter is the "break pads" for the Sympathetic Nervous System.

Let's get to the cool stuff. Your tongue placement in your mouth plays a role in several operations. However, we'll place our main focus on breathing. Before we demonstrate, first know the diaphragm is a major spinal stabilizer besides being a regulator in breathing. When you breathe in, your diaphragm lowers, and when you exhale it rises. If you "stress breathe" or breathe with this general rise in the shoulders, your brain interprets you in a state of "fight or flight".

Now for the fun part. Take your tongue and gently rest it against the roof of your mouth. With you mouth closed, seated in a comfortable chair or on your back with your feet elevated, breathe through the nose and visualize your tummy filling up with the air you just inhaled. Your ability to breathe in simply became easier. The best part is you are now breathing in a relaxed state to your Nervous System. Let this air out as long as you want to "feed" your Parasympathetic Nervous System. Do this for 5, 10, or even 15 minutes, and you've got yourself a huge tool in the toolbox for enhancing your breathing pattern in a rested state, but more importantly, you're simply calmer.

Please take time to try this. Taking a breath is the first thing you did on your entry to this world and the last thing you'll do on your exit. It is a major player in your neurology, movement, circulation, digestion, just to name a few. Enjoy and practice this daily!

In Love and Service,

Dr. Joey

## Health Hack

### Amethyst Biomat

The Amethyst Biomat uses a combination of fabrics, natural amethyst stones, and black tourmaline to generate far infrared rays (6-12 Microns), which is then transferred to the body as heat. The heat comes from friction generated within the body through the effects of infrared rays. Special layers of fabric in conjunction with the Biomat EMF interceptor effectively reduce toxic, naturally - occurring electromagnetic waves.

The BioMat uses verified scientific principles to deliver holistic treatment that reaches the whole body. The Biomat provides a non-invasive and soothing experience that soothes many common ailments. In addition to providing relief from some types of pain and discomfort, the BioMat provides muscle relaxation and increased local circulation where applied.

### Benefits

- \* Relief of minor muscle pain and tension
- \* Relief of joint pain and stiffness
- \* Minor sprains and strains
- \* Reduces Inflammation
- \* Increase of local circulation
- \* Supports the immune system
- \* Reduces stress and fatigue



Don't miss the chance to try this incredible treatment for yourself during our promo going on May 4-8! Visit our social media for more info and contact us for details!

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!

