



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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## So What Does a Doula Do, Anyways?

By Heidi Beck, Doula

When you are pregnant, one of the main questions is, "When do I go to the hospital/birth center?" That is something a doula is for. Let me back up. My name is Heidi Beck, and I have 5 beautiful and hyper children. I have been a doula with Birth Fort Worth for 3 years now and I love my job. But what is a doula, you say? And what do they even do? Many doulas are different, so what I discuss here are what we doulas provide at Birth Fort Worth.

When you hire a doula, we go on call for you 24/7 right away. Sometimes you aren't sure your question warrants a call to your provider, or you just want to know if that nose-sucking thing is really all your bestie said it is! We can answer that and encourage you to call your provider if what you are experiencing really is that important. As your belly grows so might your aches and pains, but instead of searching for a great chiropractor or acupuncturist, etc., We have the list of the best in the Dallas/Fort Worth area. (Peace of Life, by the way, is the best chiropractor).

When labor begins, a doula will be with you the entire process. We start with phone support and make sure both partners are resting, hydrating and eating. When you feel ready for us to come into your space we will quietly slip in and help you work together. Our joy is to encourage your partner to help in ways we never could. The inside joke or perfectly timed caress can help you relax, and it gives off that oxytocin you need. We can ensure what you are experiencing is normal and when the time is right we will encourage you to head to your place of birth. There we will pick right back up with the hip squeezes and sips of water and increasing support as your baby draws near.

After birth we will help establish breastfeeding and make sure you eat! We will care for both you and your partner all the way through both physically and emotionally. We strive to give you peace of mind and a feeling of great accomplishment at this amazing feat you just did. Answering questions, laughing with you, encouraging you, feeding you and holding your hand. All of this and more is what a doula is and does. Any questions? Please ask me!

A review of 26 trials of continuous labor support and doula care involving over 15,000 women in 17 different countries found a 39% reduction in the likelihood of Cesarean birth, a 10% decrease in the use of pain medication, and labor time shortened by an average of 41 minutes. This study's findings indicated that if a birthing woman has continuous labor support, both mothers and babies are statistically more likely to have better outcomes. (Bohran, et al., 2017)

Benefits of doula-supported births include shortened labor, decreased need for analgesia, fewer operative deliveries, and increased maternal satisfaction post labor. (American College of Obstetrics and Gynecologists, 2017)

Doula-assisted mothers are four times less likely to have a low birth weight baby, two times less likely to experience a birth complication involving themselves or their baby, and significantly more likely to initiate breastfeeding. (Journal of Perinatal Education, 2013)



## #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

THUR  
4  
JULY

Office closed for Independence Day

18-19  
JULY

Guest Chiropractor Paige Anderson in office

SUN  
14  
JULY

Happiest Day of the Year

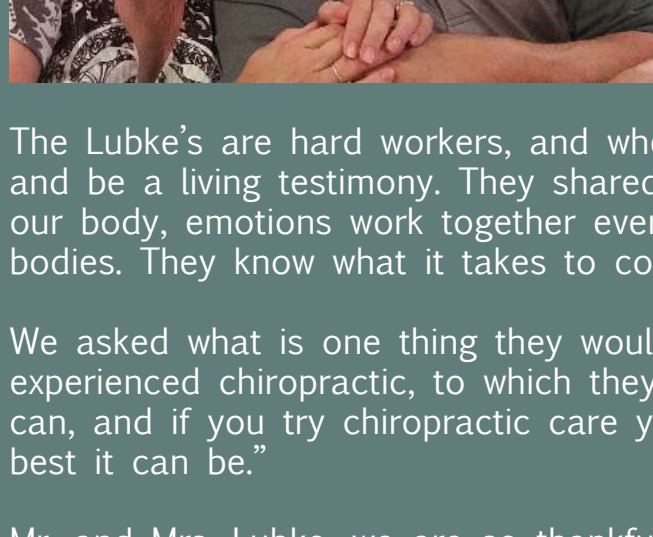
SAT  
27  
JULY

Your Best Birth Class

TUE  
30  
JULY

International Day of Friendship

## PATIENT OF THE MONTH



Debbie and Kim Lubke have been villagers at Peace of Life for many years. When the Lubke's find what works for them they stick to it! They are people who have a deep love and appreciation for those who are blessed to call them friend or family.

They shared that the reason why they have enjoyed coming to the office is, "The love they have for their patients. It is evident in their actions with each encounter."

The Lubke's are hard workers, and when a task is given they will strive to research and be a living testimony. They shared that they "learn something new about how our body, emotions work together every visit." The Lubke's are faithful to their bodies. They know what it takes to continue on with their best life!

We asked what is one thing they would share to someone who had never experienced chiropractic, to which they replied, "You deserve to feel the best you can, and if you try chiropractic care you are giving your body a chance to be the best it can be."

Mr. and Mrs. Lubke, we are so thankful that you are in our village and we are truly honored to have the opportunity to help you be the best you!

## Chiropractic for Kids

Most families 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

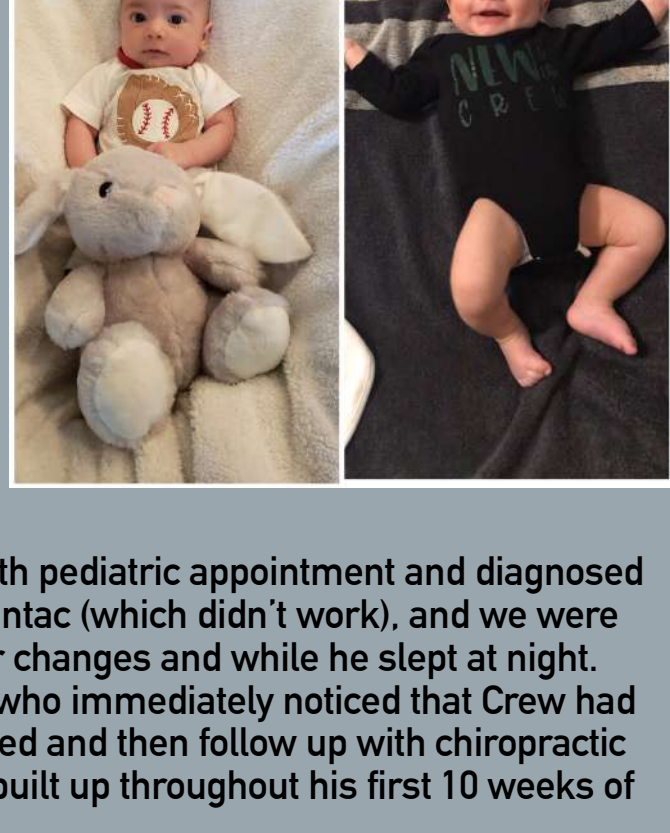
## RESILIENCE

& Recovery



## TOTALLY TESTIFYING

As first time parents, my husband and I were extremely excited (and nervous) for the arrival of our baby boy, Crew. When he was finally here, our first night in the hospital was rough to say the least; however, we just assumed that babies cry and parents don't get any sleep and that's just the way it was. But when Crew wouldn't stop crying for weeks (10 weeks to be exact) we couldn't help but think that something was wrong. When we would try to feed him, he would immediately pull back from the bottle and scream, specifically during overnight feeds. I stopped giving him breastmilk because I thought it was upsetting him stomach and we tried every formula out there, even the crazy expensive stuff where the milk protein is completely broken down. Nothing was helping and Crew wasn't gaining weight.

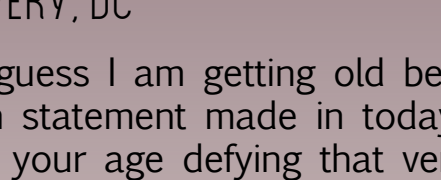


He was in the 6th percentile for weight at his 2-month pediatric appointment and diagnosed with silent reflux. He was given a prescription for Zantac (which didn't work), and we were also having to elevate Crew 24/7, even during diaper changes and while he slept at night. We finally decided to meet with a feeding specialist who immediately noticed that Crew had a tongue tie. She recommended we get this tie clipped and then follow up with chiropractic body work to help release all the tension Crew had built up throughout his first 10 weeks of life. That's how we met Taryn!

After Crew's first chiropractic appointment, he slept through the night! After the second appointment, we decided to try to lay him flat at night to see if his reflux was still present. Crew woke up happy and ready to eat. Taryn also noticed some trauma to Crew's head which was likely from birth, when my OB had to use suction to get him out. Taryn uses red light LED therapy on Crew's head at every session to help reduce the scar tissue that had built up. Crew also would not have a bowel movement for days at a time. Since seeing Taryn, Crew now has two to three bowel movements a day! My child is the happiest baby on the planet now! So many people comment about how relaxed and smiley he is. We can take him out to restaurants and baseball games without worrying whether he is going to have a meltdown or not. He also puts himself to sleep now. He is meeting so many milestones early and we are so happy that he is learning and growing and eating like crazy! We can't wait to go to our 4-month pediatric appointment next week to see where he is on the growth chart now! Our are so thankful to Taryn and Peace of Life Chiropractic for helping our sweet baby boy!

- Wallis B., Crew's mother

## CHIRO'S CORNER



WHERE THERE IS STRENGTH, THERE IS TRUST

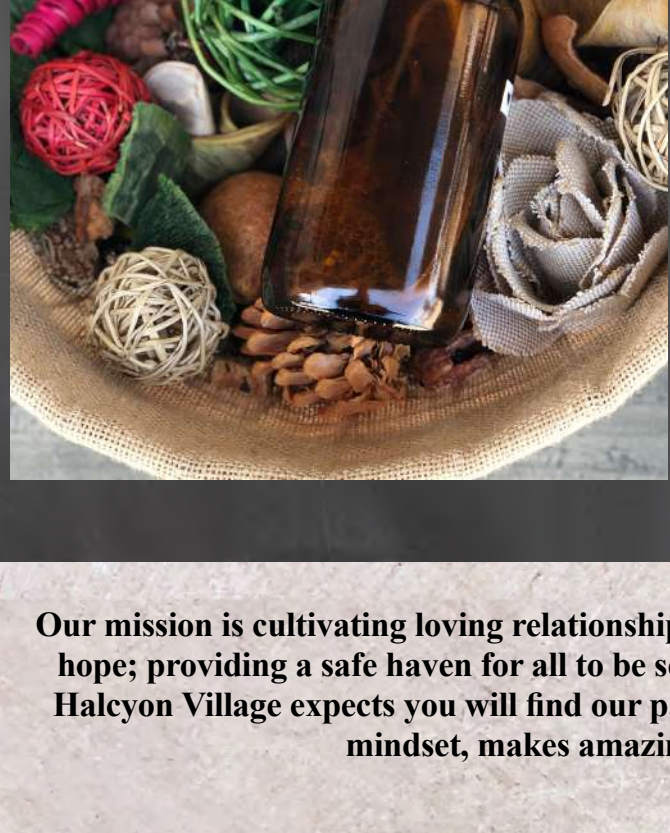
BY JOEV LOWERY, DC

Have you ever fallen trap to the mindset, "I guess I am getting old because I don't move like I used to"? It is not an uncommon statement made in today's world, and yet, I bet if you ask, you'll see folks around your age defying that very thought. In my time as a StrongFirst Level 1 kettlebell instructor, I've crossed paths with many people my age and older that certainly do not let their age get in the way. For someone who is on the brink of 42 years of age, it is inspiring to see the possibilities ahead of me.

You may be wondering, what is StrongFirst? It is an organization filled with various students of strength that learn, apply, and teach the principles of strength, whether it be with kettlebells, bodyweight, or barbell exercises. The name stems from strength being the main focus in a person's training journey, but as a side bonus, all other areas of conditioning are enhanced. Strength will bring about better stability, mobility, aerobic endurance, and TRUST. You read that last one correctly, TRUST. TRUST begins to improve between the Nervous System and the rest of the body pertaining to performing not only the tasks pertaining to the principles of strength, but the carry over into everyday life.

Your Nervous System has to TRUST you when performing a task, and if it does not, it will lock you down to protect you, which good thing it does! Give it a reason to TRUST you and seek out a qualified trainer or instructor that can help a trusting relationship be repigen between you and your brain. You will like the STRONG results that happen as a result.

## Health Hack



Looking for a quick, simple, and chemical-free way to keep those pesky summertime bugs away? Follow the recipe below to make your own bug repellent using essential oils.

### DIY Bug Spray

- 20 drops of Terrashield
- 20 drops of Lemongrass
- 20 drops of Eucalyptus

- Combine in a 4 ounce bottle.
- Top bottle with distilled water after oils have been added.
- Shake well and it's ready to use!

The best part is you can spray this indoors or outdoors and it can be sprayed directly on your skin or clothes!

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!

