



# Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

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## NEED A TIME OUT?

By Laura Meine, yoga instructor at YogaFire

We've all been there. Snap at a random retail worker for something completely out of their control? Scream at a loved one over nothing? It happens, but it doesn't have to be a reoccurring theme in your life. The undesirable behavior is a side effect of an overactive sympathetic nervous system. You know the guy; he controls your "Fight or Flight" response. Well my friends, those crazy yogis may have found its kryptonite.

By evoking the Relaxation Response [a term coined by Dr. Herbert Benson], you can turn on the opposite neurological system - the parasympathetic nervous system. Interestingly enough, this cool guy is also responsible for digestion.

The great news is, yoga is one way you can take charge! Yogis (practitioners of yoga) trigger the relaxation response through a mindful physical practice with intentional exercises of breath. Students often tell us that their families notice changes in their demeanor when they are practicing.

Are you thinking, "This sounds great, but I'm not flexible enough for yoga?" Yoga is for everyone! Asanas (also known as poses) can be adapted through modified postures and the use of props. It's a 'practice'. The art is in simply trying. There are even teachers offering chair yoga and it's enriching the lives of many with limited mobility.

If you try a class and it doesn't jive with you, don't give up. Try different teachers, different styles and different studios until you find something that fits. There are many styles of yoga; in my opinion, an infinite number of styles. Some claim 4 main styles, some claim 8, 11, 12. When you add the elements of the studio and the yoga teachers' personal styles, there are an exponentially high number of varieties.



If you're interested in developing a yoga practice of your own, remember that. It's YOUR practice. No one else's. A successful yogi does not compare themselves to others. They honor their body and the limits of the body. They recognize today's practice will likely be different (good or bad) than yesterday's practice. Maybe you can't perfect a desired pose; don't let that stop you from comfortably finding your limits each day. It's thrilling to watch those limits vanish and to experience calmer reactions in stressful situations.

## #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

2019 #liveschanged :



## Upcoming Events

1-7  
AUG

World Breastfeeding Week

TUE  
20  
AUG

Midlothian ISD Classes Start

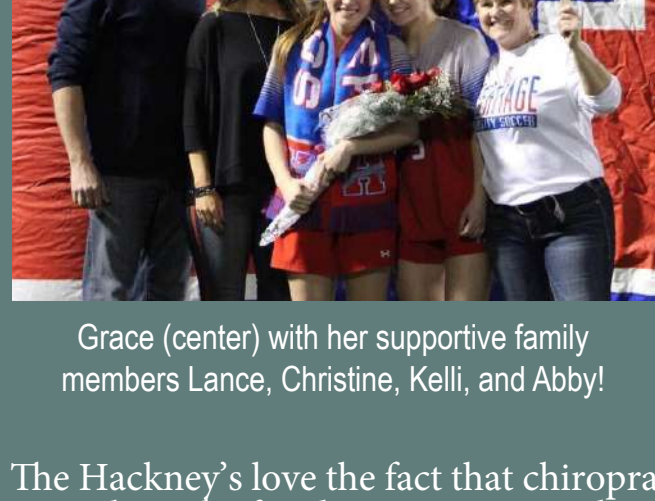
TUE  
6  
AUG

PLC's 7th Anniversary

MON  
2  
SEPT

Office Closed for Labor Day

## PATIENT OF THE MONTH



Grace (center) with her supportive family members Lance, Christine, Kelli, and Abby!

The whole Hackney family has become a Peace of Life staple! The Hackney's consist of a blended family with Lance, Christine, Kelli, Grace and Abby! This family has so many unique qualities, but what makes them extraordinary is that even though they don't live under the same roof they all come together as one family.

They not only have each other but they also have us! Grace has worked with the village for a little over a year now. In fact, one of their favorite things about being a part of Peace of Life is knowing the security they have with us as a chiropractic office but also as villagers who want to be a part of their lives.

The Hackney's love the fact that chiropractic has helped their active family stay active and gives them the freedom to maintain their lifestyle.

If you ask them the one thing they would tell someone who has not experienced chiropractic, their response will be, "It will change your life, body and mindset."

We are so blessed to have a family in the village of that blends so many beautiful aspects of love. We are the ones who are blessed!

## Reiki Massage

This is a special exchange offered by Jayme. Reiki is an energetic healing technique that can benefit your physical, mental, and emotional health. There is very little physical touch, yet purposefully designed to connect your thoughts and your body. This session requires an open mind and body.

### BENEFITS INCLUDE

- Strengthens harmony and balance
- Releases stress and tension
- Improves sleep
- Boosts vitality

### REIKI MASSAGE SESSIONS

- 15 minutes - \$25
- 30 minutes - \$45
- 60 minutes - \$95

## RESILIENCE & Recovery



## TOTALLY TESTIFYING

Britton started coming to Peace of Life in January after experiencing a very traumatic esophagus issue that affected her swallowing and digestion. Even after going through surgery, she still was not getting the relief she needed. With the constant pain and not seeing results she started to develop anxiety.

After coming in for chiropractic care, discussing options, and getting a game plan together with Dr. Taryn, she instantly started seeing results and has newfound freedom from her pain!



Britton (right center) along with her husband, Brett, and children Brinkley, Braeden, Brody, and Brylen.

## CHIRO'S CORNER



### THE TIME INVESTED

BY TARYN LOWERY, DC

Like self-development, career-building, spiritual-awakening, and much more - HEALTH is also a journey! There are countless tools that can accelerate your journey; chiropractic care is one of many that is a great fit for all ages and needs. In my opinion it is a key tool that makes the journey more enjoyable and also ensures momentum in the positive direction.

Whether it is time spent in just making an appointment, the time spent anticipating the appointment, time spent with your chiropractor, or time spent following recommendations - just like spending money, what you get in return has value! It is an investment. The hard part for most patients is that most of the relief is gained in the journey, not in the moment. Although it is common to feel relief from pain and tension, enhanced mood, better range of motion, and more, the value is in the trajectory change of their health.

With just one adjustment, health can move from catabolic to anabolic, sympathetic to parasympathetic, fear to faith, survival to thriving.

Most humans that live in the USA have tremendous amounts of stress and responsibility that they juggle daily. Whether an unhealthy relationship, unrealistic expectations, debt, grief, disability, hardship, exercise, diet, marriage, ill dependents, or (fill in the blank), the chemical and physical burden that stress weighs on our body and nervous system is undeniable and scientifically quantifiable. The effects of chronic stress, or the "wear and tear on the body" due to the repeated or chronic stress was coined by McEwen and Stellar in 1993 as Allostatic Load.

With the help of chiropractic care, you can reduce the Allostatic Load along your journey. You can practice Salutogenesis, and invest your time in efforts that focus on the factors that support health and well-being as opposed to those that focus on the cause of disease. It seems like a subtle shift, but it will literally change your life.

If your journey is headed in the wrong direction or your Allostatic Load is too heavy to bare, you should consider chiropractic care! Every chiropractor has a unique passion and finding the right fit for you may take TIME, but always remember that the investment in YOU will pay dividends year after year!! If you are already seeing a chiropractor and you don't see the incredible value, I hope this helps give you a fresh view of what a great job your body is doing!!!

May the next step in your journey be one that propels you into more balance, connection, healing, and movement!!!

In Love and Service,

Dr. T

## Health Hack

Sweating is an essential body function. We have two types of sweat glands: eccrine and apocrine. Eccrine glands cool your body by producing the clear, salty, odorless sweat. Apocrine glands are concentrated where there is hair growth. They also release a thicker type of sweat into the hair follicles. As your body temperature rises, those bacteria break down your sweat into substances like thioalcohols that create unpleasant odors.

Many deodorants on the shelves these days are full of chemicals and compounds, such as aluminum. The dangers of deodorants that use chemicals? Aluminum is linked to a range of diseases including Alzheimer's and cancer.



Thankfully, there are products out there that we can use to stay fresh safely and effectively. Lymph Candy is a brand of natural, vegan, aluminum-free, non-toxic deodorants. We have several options of Lymph Candy deodorants in different scents and strengths at our office. Come by to learn more about these gentle and natural options for neutralizing odor!

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!

