



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. 1 Iss. 7 | September 2019

Take Five: Engaging Your Senses When Stress Comes Your Way

By Alex Stevens, M.S. in Counseling

Anxiety is a normal emotion that can be used as a catalyst for change. If you don't pass a test the first time or you make a mistake, then a healthy amount of anxiety can motivate you to work to improve for next time.

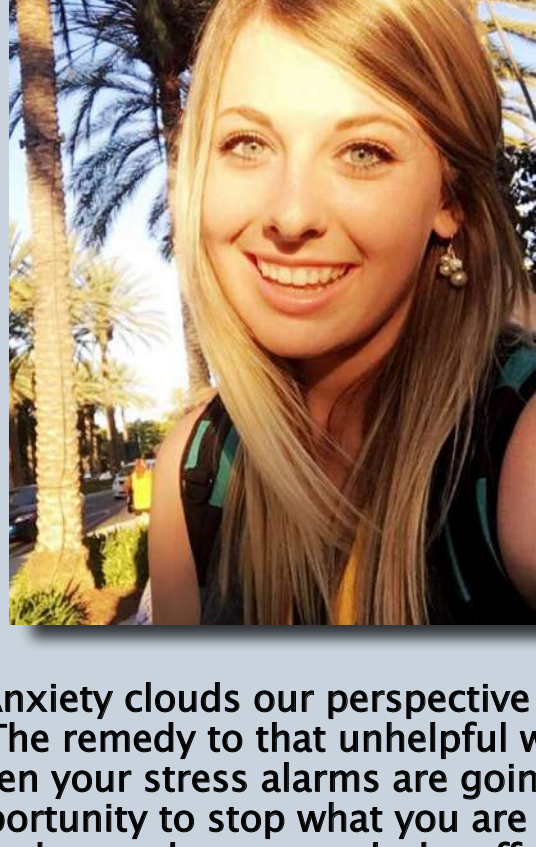
Stress can be positive as well – it can alert us of a danger or concern. Anxiety and stress can be problematic when they hinder our everyday life.

Is stress or anxiety causing problems for you at work? What about your relationships with others? Are you having a difficult time going to sleep, or are you sleeping more than normal? Is stress having a negative effect on your body? Is overwhelming anxiety keeping you from living a joyful life? Maybe the journey to peace is closer than you think!

Anxiety is rooted in uncertainty and is often accompanied by fear of what we cannot control. Anxiety clouds our perspective and may lead us to hyperfocus on the future or past. The remedy to that unhelpful way of thinking is to operate in the here and now. When your stress alarms are going off in your mind, heart, and body you have an opportunity to stop what you are doing and just be present. It will take practice, but the results are worth the effort!

An effective way to flip the switch is to shift our focus to the five senses. Take a walk outside and feel the summer warmth on your skin. Blast your favorite playlist and listen to lyrics that inspire you. Light a candle or breathe in the aroma of your favorite essential oil. Snack on a spoonful of peanut butter or an alternative protein bite. Fix your eyes intently on the beauty that is around you. Lastly, remember to breathe – focus on every breath in and out. Practicing these exercises can shift your focus from the fear of the unknown to the joy in the present moment.

You can begin today by making your list of activities to activate your senses!



#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

FRI
13
SEPT

Immunity Kit Class and Meet and Greet Event

SAT
28
SEPT

Your Best Birth Class

SAT
5
OCT

PLC Patient Appreciation Event

PATIENT OF THE MONTH



If you ask anyone in the office one word to describe Mr. Piel it is HAPPY! He always comes to the office with a welcoming smile and greets everyone. You can tell he has a zest for life and those he encounters. When Mr. Piel is not meeting and greeting he is out at the beach making sand sculptures. It has become a passion of his that brings him enjoyment and peace.

One of the reasons he comes to Peace of Life Chiropractic is because he loves being around all the villagers supporting each other and sharing a love of taking care of others.

He said it is very important to come to someone who is knowledgeable and offers non invasive options that allows him to make the most of his lifestyle! He feels you should have the ability to have mobility and enjoy life and chiropractic helps him achieve just that.

We thoroughly enjoy having Mr. Piel as a part of our whole hearted village! His advice to those who haven't had the chance to try chiropractic is, "Stop wasting time and just do it! It will change your life!"

Staff Member of the Quarter

The staff member we are recognizing this quarter is none other than the vibrant, kind, and selfless Mandi, our Ambassador of Abundance. A visit to our office is not complete without a smile and a life-changing hug from this radiant soul!

Mandi was born in Duncanville, TX, and she has lived in Midlothian since 1990. She graduated from Midlothian High School, and then from Dallas Baptist University with a Bachelors of English. She studied secondary education to embellish her love for children and learning.

Mandi is the supportive and loving wife of Bryan Wilcox from Bonham, TX. Their love started with a blind date! They have two adorable sons, Jaxon and Jett. They are the light of their world!

When she isn't at work, you can find her spending time with her family, jammin' to Texas country music, or finding a new and exciting venture to learn more about. Some other fun facts about Mandi are that she loves studying geology, she loves all things color, and loves to accessorize!

Mandi is the true embodiment of what it means to have a servants heart, as she constantly seeks ways to help others and lift them up in their time of need. She is a beacon of love and light in our office, and we are so blessed to call her part of our village. So, next time you see our precious Mandi, be sure to tell her hello and show her some love!



TOTALLY TESTIFYING

Hi N. started coming to Peace of Life Chiropractic in April 2019 because he felt like his range of motion was constantly limited and he was seeking help to improve his flexibility and mobility.

By being consistent in his adjustments with Dr. Joey and following his advice and recommendations, not only has Hi improved his everyday flexibility and range of motion, but the benefits have helped him bring enjoyment and comfort back to his favorite hobby - golf!



"I hadn't played golf in over a year, and I used to play almost every single day for six years," Hi said. "This was the first time I was able to play without my back hurting at all, and I felt able to rotate through my swing like I needed to. The only thing I can contribute this to is receiving regular chiropractic care from Dr. Joey."

CHIRO'S CORNER



CHOOSING A BACKPACK

BY JOEY LOWERY, DC

School is back in session, and that means choosing a backpack to carry all those school lockers. This puts the load on the kids backs with carrying their schoolbooks from one class to the next. This situation brings about the necessity to make sure your child has the highest quality backpack for school. Choose poorly, and a variety of postural and physical problems can occur such as curvature and spinal deformities which can take time to correct.

Several factors come into play when purchasing the right backpack for your child. The first being the backpack of choice should not be more than 5 to 10 percent of your child's bodyweight. A heavier backpack will eventually cause your child to bend forward putting the weight on their back and not their shoulders. Secondly, make sure to let the backpack hang no lower than 4 inches below the beltline as to help prevent too much weight on the shoulders and forward leaning. Another consideration is a backpack with compartments helps the child store things in the backpack more effectively so as to not jab their back with pointed objects or edges. Using both straps is a must for the child so there be little chance of shoulder/spinal imbalances or injuries occur due to an asymmetry in weight distribution. Lastly, the shoulder straps should be wide and adjustable in order to be fitted according to your child's size.

These are just a few of the important components of choosing the right backpack for your child, so we hope these have been some helpful nuggets for you and your kiddo. We hope you all have a wonderful school year learning from your amazing teachers!

In loving service,

Dr. Joey

Health Hack

Used for centuries, bentonite clay and activated charcoal have stood the test of time in many cultures. Ancient Egyptians, Greeks, Romans and Native Americans used these ingredients to obtain dazzling smiles and for healthy vibrant skin and hair. Here are some ways you can use Neutripure's activated charcoal and bentonite clay:

Teeth Whitening:

Mix three tablespoons of bentonite clay and 1 tablespoon of activated charcoal into an airtight container.

Dip your wet toothbrush into the mixture and brush as you normally would with toothpaste. Enjoy your pearly white smile!

Pore Minimizing Mask:

Mix two tablespoons of bentonite clay and 1/2 tablespoon of activated charcoal with water or apple cider vinegar until a paste forms. Apply to your face and leave on for 10 minutes. Gently rinse off to expose refreshed, smooth skin!



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!

