

Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Volume 4 | Issue 4

Cultivating Peace

By Stephanie Reyna

The last time I had the honor to write for this newsletter was in 2019 when I spoke to you, my fellow Peace of Life Villagers, on emotions and the role conscious language plays in curating our reality.

Today, I want to talk about cultivating peace in your life through detaching yourself from outcomes, opinions and prioritizing the present.

How do we achieve this? Through the most important thing you need in your quest for peace — BOUNDARIES.

Boundaries are a non-negotiable in my life these days and much to my therapist's joy, I've been like Oprah on a giveaway episode, "You get a boundary! You get a boundary! You get a boundary!" But it wasn't always the case. Here's a scenario of how the last few years have evolved for me...

Old Me: Said yes to everything and everyone even at the cost of my personal peace.
Me Now: No.

GASP! Two letters - a finite answer but how many of us follow up those two letters with two words... "No, I'm sorry." Let me challenge you to say no unapologetically because there is no reason to apologize for recognizing your capacity and honoring your limits.

"You can't have yes without no. Another way to say it: if you're not careful with your yeses, you start to say no to some very important things without even realizing it. In my rampant yes-yes-yes-ing, I said no, without intending to, to rest, to peace, to groundedness, to listening, to deep and slow connection, built over years instead of moments." — Shauna Niequist, Present Over Perfect

Today's society can cripple us with the pressure of expectations unfairly placed on us that we didn't even agree to. The constant pressure of the many spinning plates in our lives and the expectations that we just keep them all spinning in perfect unison.

Quoting Luisa from "Encanto" in 3, 2, 1...

"If I could shake the crushing weight of expectations...
Would that free some room up for joy
Or relaxation, or simple pleasure?"

Friends, we need to detach from the pressure. Detach from the outcomes. What if we just — don't carry it all. What if we drop a few of those aforementioned spinning plates. I've struggled with this - wracking my brain with, "But if I don't show up...who will" or "But what if this or that goes downhill if I take my much-needed step away?"

Don't "what if your life away. Detach yourself from the outcome and find gratitude for the part you did play. And listen, that part you played was enough. Perhaps that part was exactly what was needed and now what's needed is to look ahead to what life brings you next. Recognizing when it's time to move on, makes way for where your light is needed to show up next in the world.

But what about the opinions, the expectations of others... you might be thinking "but I would be letting people down..." Don't fall prisoner to the opinions of other people. The worst thing you can do is let yourself down if you dishonor your limits in an attempt to try to be everything and everyone to everyone else. Trust me, I know. (Side Note: Hustle culture is a thing of the past. Alignment culture is here and now. Take yourself out of the exhausted narrative of the hustle culture. Stop the roller coaster, you want to get off.)

Friends, show up for yourself first, honor your truth and guess what, that peace that is so fundamental to our human existence... Your personal peace will be so contagious and empowering to everyone you encounter.

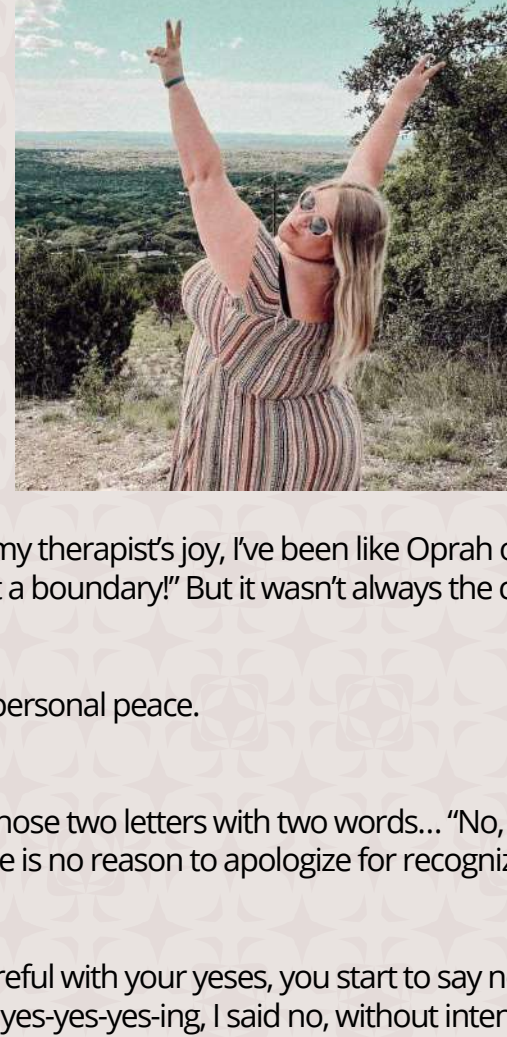
What if we all dared to choose to allow ourselves to be free — to be open to the possibilities that just maybe if we stop worrying so much about tomorrow, we will be able to surrender to the present joy of today.

And I bet today for you is pretty remarkable if you pause and breathe in the present.

Serenity now.

Stephanie Reyna

About Stephanie: Stephanie is the co-owner at Chase Life and is a marketing, brand-building, social media branding guru. The Chase Life Mission is centered in helping people live their best life possible through servant-heart based advocacy in wellness, creative marketing, and ministry. When Steph is not working with clients, she's spending time with her two beautiful daughters, amazing husband, and her fur babies. You can connect with Stephanie at IG: @journeytochaselife.



#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



Simply Grateful

FROM OUR VILLAGE TO YOURS

Patient of the Month



Christy Hundt

Christy works in the healthcare field and spends a lot of time hunched over a microscope. She dealt with upper back and shoulder pain for years without ever exploring chiropractic care.

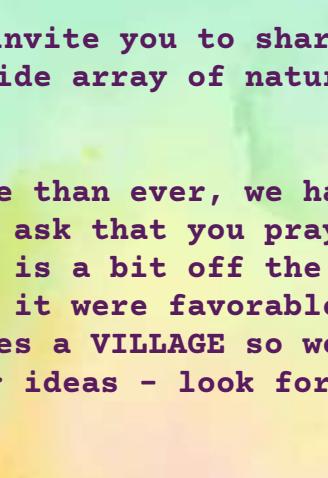
After visiting PLC, Christy said "I'm so happy a good friend recommended PLC, and I never have to deal with that again! I love walking into PLC to see everyone's smiling faces and warm greetings! They always make you feel welcome, and like your family."

Before her first visit she was extremely nervous, having never been to a chiropractor before. She says Dr. Joey listened, understood, and stayed on her comfort level without ever pushing. Chiropractic care doesn't have to be scary, and at PLC you will never be pressured, your comfort is top priority!

When she walks in now, it is a truly relaxing experience that she looks forward to. Christy said "After an adjustment I feel energized. I tend to have bad posture which effects every aspect of my life. After my visit all my neck and back pain are gone! I sleep so much better and feel more motivated to tackle whatever my day may bring."

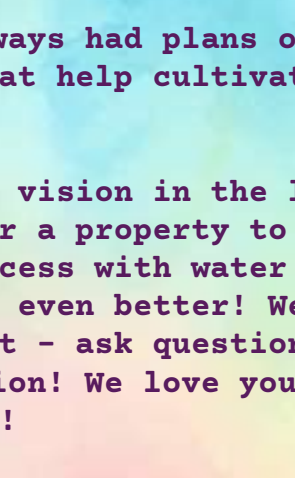
We are always so happy to see Mrs. Christy and hear one of her "dad jokes" Dr. Joey makes sure that Christy can continue to do her job and live her life pain-free, we hope to continue taking care of her for many years to come!!

Dates to Look Forward To



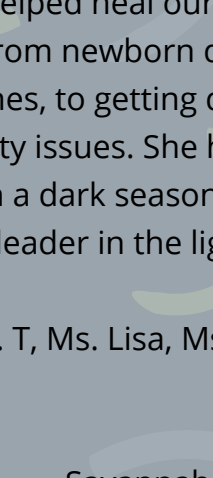
July 4

PLC CLOSED FOR INDEPENDENCE DAY



July 5

PLC PATRIOTIC DAY CELEBRATION



July 14

NATIONAL MACARONI DAY



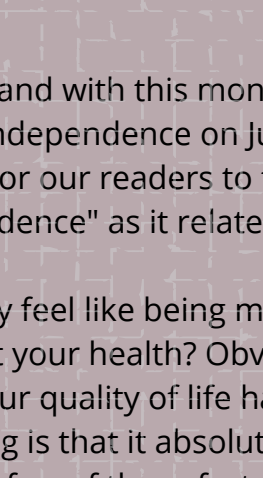
July 20

NATIONAL LOLLIPOP DAY



July 25-28

CHRISTMAS IN JULY



July 31

JULIA'S PLC ANNIVERSARY

Important Announcement!

As we welcome spring, it's a natural time to think about change and renewal. We love and appreciate our patients so much, we want you to be the first to know what we have been thinking about, and what changes those thoughts have cultivated.

It won't be long and we will be two offices instead of one (hopefully not long after that offering a wholesome health retreat as well), so we have been working behind the scenes to prepare more ways to enjoy serving you! You will undoubtedly fall in love with our new services, providers, and spaces!! To help you have an exceptional experience at any location, we have planned for a few changes.

Please know we have considered each of these changes inside-out and upside-down. We have prayed over every detail, and we are confident that change will benefit our health as well as yours!

Effective June 20th 2022

- We will no longer be accepting insurance benefits. All services, supplements, and products will be paid in full at the time of service.
- Our chiropractic adjustment fee will increase to \$50 for 11yrs of age and above.
- Our chiropractic adjustment fee will increase to \$40 for children under the age of 11.
- Our cranial adjustment fee will increase to \$50.
- We will be charging for all additional services performed within an adjustment appointment (ie: Cold Laser and Kinesio-Taping).
- We will not reserve appointment times for patients with an unpaid balance.

We expect this will stimulate some questions and we are happy to help you navigate how this affects you and your family. We are excited to offer you our very best in love and service at every turn in the journey! You and your family are the reason we have been serving Ellis and surrounding counties for TEN YEARS; we want you to know we value your continued trust in our care!

Prayer Request

We invite you to share in our dreams! We have always had plans of offering a wide array of natural services and products that help cultivate healing and health!

More than ever, we have felt a closeness to that vision in the last year! We ask that you pray with us! We are looking for a property to build on that is a bit off the beaten path, but easy to access with water and trees! If it were favorable to build on, that would be even better! We know it takes a VILLAGE so we ask you talk to us about it - ask questions - share your ideas - look for property - pray for provision! I love you and thank you for dreaming with us!

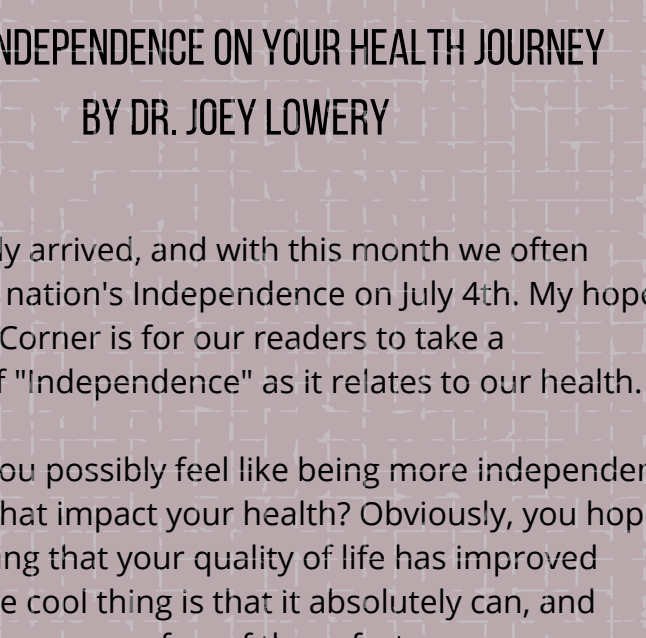
TOTALLY TESTIFYING

"Peace of Life has become a monthly staple in our family. From day one, over 4 years ago, we were immediately treated like family by the ENTIRE staff.

Dr. Taryn has helped heal our family in the most natural ways; from newborn digestion issues, to chronic migraines, to getting down to the root cause of mobility issues. She has been the warmest hug in a dark season of life, as well as the happiest cheerleader in the lightest season!

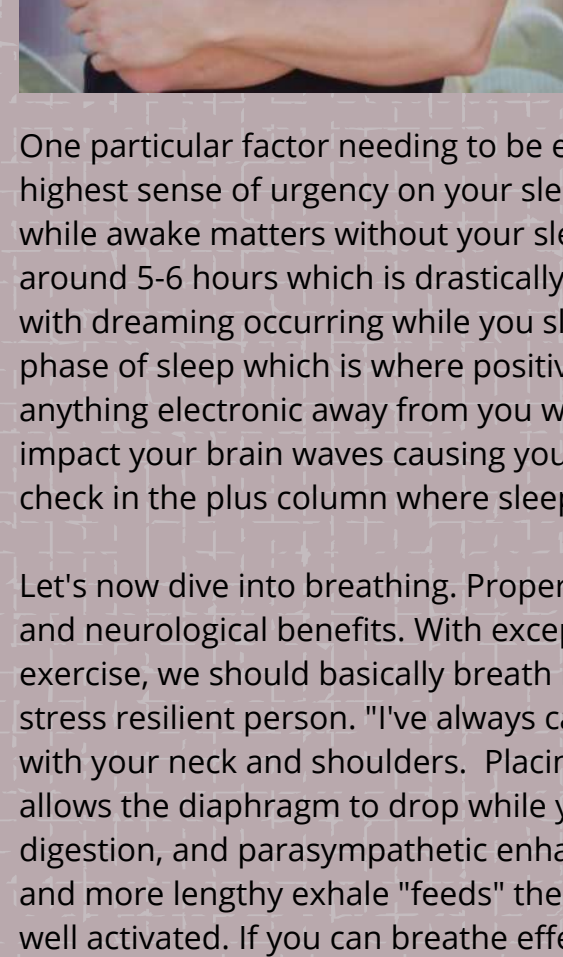
We love our Dr. T, Ms. Lisa, Ms. Julia & everyone else!!"

- Savannah W.



Chiro Corner

GAINING INDEPENDENCE ON YOUR HEALTH JOURNEY
BY DR. JOEY LOWERY



July has quickly arrived, and with this month we often reflect on our nation's Independence on July 4th. My hope for this Chiro Corner is for our readers to take a perspective of "Independence" as it relates to our health.

What would you possibly feel like being more independent from factors that impact your health? Obviously, you hope to have a feeling that your quality of life has improved drastically. The cool thing is that it absolutely can, and we're going to go over a few of these factors so your Independence goes off like fireworks!

One particular factor needing to be entitled and, in my opinion, the most important is place the highest sense of urgency on your sleep. Sleep sets the stage for better health, and nothing you do while awake matters without your sleep working for you. The typical American is only getting around 5-6 hours which is drastically in need of improvement. A quality 7-8 hours is necessary with dreaming occurring while you sleep. Dreams are a sign you've passed through the deep phase of sleep which is where positive hormonal changes happen for your health. Having anything electronic away from you while you sleep is also a great thing. The EMF exposure will impact your brain waves causing your sleep to suffer. The darker the room the better, is always a check in the plus column where sleep is concerned.

Let's now dive into breathing. Proper diaphragm breathing can bring on so many physiological and neurological benefits. With exception to eating, talking, or during moderate to intense exercise, we should basically breath like a baby. Big, beautiful belly breaths create a calmer more stress resilient person. "I've always carried my stress in my neck." That's because you only breath with your neck and shoulders. Placing your tongue gently to the roof of your mouth reflexively allows the diaphragm to drop while you inhale. A more mobile diaphragm allows for circulation, digestion, and parasympathetic enhancement to occur. Inhale through the nose with a smooth and more lengthy exhale "feeds" the vagus nerve, which you want this particular nerve to be very well activated. If you can breathe effectively while you're still, then you're better prepared to breath during activity.

Another step toward your health Independence is consistency with both your physical activity and your nutritional intake. Both sleep and proper breathing have to be there for you to allow the activity and nutrition to do their best, and nutrition along with a consistent exercise regimen enhance both sleep and breathing. It's a beautifully packaged deal.

Simplicity should be present when it comes to gaining independence on your health journey. We have several healthcare providers within our village who all possess a wealth of knowledge in relation to helping you. From chiropractic care, which removes nerve interference via the adjustment so your nervous system can optimally operate tour body at its highest potential, to massage therapy that enhances your body's musculoskeletal function, to LET which provides your lymphatic system with the best chance to remove impurities and toxins that can cause long lasting damage if not removed. There is a plethora of avenues you can utilize, and we encourage you all to do so.

Your health journey need not be a lonely one, and we look forward to discussing these previously mentioned factors and many others. Start today working on your mindset that you'll be independent of the stereotypical saying of, "That's just part of getting old." That has no place in your success of enhancing your health. Be the walking, talking example that health independence is obtainable, and know you're not alone while you pursue it. Thank you for reading and we look forward to your questions. GOD BLESS!

In Love and Service,
Dr. Joey



HEALTH HACK

Nourished uses only Magnesium Chloride in the making of its products, which is one of the most bio-available types of Magnesium on the market.

Applied topically, Magnesium can be applied directly to the area of concern, bypassing the need for digestion or risk of an upset stomach. It enters through the skin and directly into the bloodstream, making fast results!

Most popular use: An application to the lower abdomen before a deep and restful sleep!

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!