



Wholesome & WHOLISTIC

Peace of Life Chiropractic at Halcyon Village Newsletter

Vol. II | April 2019

The Warrior in the Wait

By Mandi Wilcox

Patience. If you had asked me 7 years ago what I thought about having patience or even just the word, I would tell you what my Granny would tell me. She always said, "Girl! Don't you pray for patience because God will give it to you- He will give you the patience of Job. You know what Job went through?"

Patience is not something that comes naturally. It is something that you must go through and use to your advantage. As I have gotten a little more wet behind the ears treading in some deep water and waiting for a "rescue" or just trying to navigate to the next chapter in life I have found valuable insights.

There is maturity gained in the wait. Obviously, you age, but maturity also reflects gaining a sensitivity. It allows you to take a mental note of how the wait feels and allows you to be more empathetic to others that are going through the same wait.

You have a choice on how you choose to live in the wait. Patience can spring forth a passion that in the wait can allow an opportunity to discover more about you. Patience and passion can go hand in hand.

"Seek patience and passion in equal amounts. Patience alone will not build the temple. Passion alone will destroy its walls." – Maya Angelou

You learn to trust yourself and the process. Getting what you seek faster than intended could have you ending up with less than you deserved. There is nothing like a feeling of satisfaction in reaching the end of something and realizing you made it through. YES! YOU! You and the grace of God. That wait time is so hard, but it also requires you to depend on you. There is not a price tag to be given to the freedom of trusting yourself. It allows you to embrace uncertainty and realize anything is possible once you trust in that.

Our whole body is comprised of our physical, emotional, chemical and mental states. How we choose to walk in a journey ultimately plays a role in how our body responds and preserves itself. Job did go through many different trials and times of wait where all he could do is be patient. We all do! I think what my Granny intended for me to understand by, "Don't pray for the patience of Job," is that we all have different ways of being patient and waiting things out. Patience looks different for everyone but, the point is we all go through it and we all can mature, find passion and find a warrior in the wait.

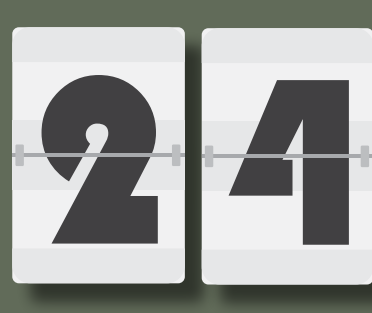
#liveschanged

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

March 2019 #liveschanged :



Upcoming Events

MON
1
APRIL

Now offering Card-On-File Service

FRI
19
APRIL

PLC Office Closed for Good Friday

SUN
7
APRIL

World Health Day

SUN
21
APRIL

Easter

TUE
9
APRIL

Allerplex Demo

WED
24
APRIL

Young Living Peace and Calm Oil Demo

WED
15
APRIL

Peace Rocks Demo

MON
29
APRIL

Now offering Lymphatic Enhancement Therapy

WED
17
APRIL

Begin Accepting Lymphatic Enhancement Therapy appointments

PATIENT OF THE MONTH



The Schultz Family have been with our village for almost two years and it has been filled with more laughs and fun since! Dawn is one of those people who never meets a stranger, always leaves you laughing, and will do anything for you! Dawn has many varied interests like cooking, driving their tractor and crocheting. Of course her grand babies are at the top of the list!

Mr. Gary always greets us with a warm smile. His devotion to Dawn and their sweet grand babies is admirable to say the least. Apparently Gary is a marvel with engineering challenges. He loves to come across any structural problem and find a unique way to fix it.

Chiropractic has become a way life for the couple because in their words, "It just makes us feel better!" Whether it's running after grand babies or just the every day things in life they shared that their, "Mobility has increased and our quality of life is better with Chiropractic!"

In fact, when telling others about why they like Chiropractic they say,

"Having your body aligned properly helps your sleep, attitude, and mental acuity. It is very important to be able to move freely to enhance your quality of life."

One of the assets that we at Peace of Life pride ourselves on is making everyone feel welcome and part of the family. The Schultz are positively some of the best family we could ask for.

Lymphatic Enhancement Therapy

The lymphatic system is a huge network of nodes and glands that are responsible for drainage and filtration throughout your entire body. To ensure the body is rid of toxins, heavy metals, germs, and waste, the lymphatic system needs to move freely, without clogs or restrictions. Lymphatic Enhancement Therapy, or LET, uses electric current, vibration and light to stimulate the movement of lymphatic tissue, allowing waste to be removed from the body.

Macaley has been with our village since January of 2018! We knew from the moment she walked through the doors that God had a plan for her and with our village. With her extensive knowledge of the body through her certification as a personal trainer with the Cooper Institute and her own personal journey as a recipient of LET she naturally was drawn to learn more. Her zest for learning and applying that knowledge of LET and her passion for serving others has lead her to be our Lymphatic Enhancement Therapist!

RESILIENCE & Recovery



BENEFITS INCLUDE

- Flush Toxins
- Diminish Cellulite
- Improve Circulation
- Quicker Recovery
- Decrease Inflammation
- Improve Digestion
- Enhance Immune Function
- Brighter Skin
- Minimize Swelling
- Reduce Scarring
- Relieve Congestion

TOTALLY TESTIFYING

"We are beyond thankful that we found Peace of Life Chiropractic and Dr. Taryn. Our family found this village at a time when we were physically, emotionally, and mentally exhausted from having a one-year-old who was always sick and never slept. We went to several specialists trying to find relief for him. They tried different things and would always say, 'He will grow out of it'."

We just felt there was something not quite right with him. The first time Dr. Taryn met him she told me, "That little boy is in pain."



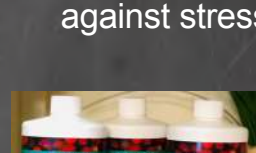
I cried in the lobby because I was sad for my son but also from relief that someone was listening to us and told us that we were right, something was off with him.

Anderson and I had a very difficult labor, and a lot of his issues he had stemmed from that. After lots and lots of visits, he is now a happy, healthy and smart three-year-old who loves Dr. Taryn very much."

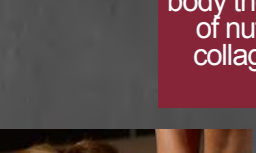
-DeAnna Phillips, Anderson's mother

Health Hack

Allergy season is upon us and we wanted to share some helpful tips to maximize your wellbeing! There are so many options out there that have many different claims. What we do know is when our body is performing at top performance then it has a better opportunity to fight against stresses like allergies.



Aloe has an acidic PH which encourages the body to secrete proper amounts of Hydrochloric Acid in the stomach and Pepsin that supports improved digestion and absorption. This allows the body the support the replenishment of nutrients needed to produce collagen and tissue structure to screen out allergens.



Eliminating miscommunication between the spine and the nervous system (a subluxation) may help in reducing the allergy response. Click here to read more about the benefits chiropractic care can have on allergies.



With the help of vitamins A & C complexes, Allerplex supports the body's immune response to seasonal, environmental, & dietary stressors.

CHIRO'S CORNER



How to Stay One Step Ahead of Plantar Fasciitis

By Joey Lowery, DC

The 2019 spring season is upon us, and with this season an interesting spike in a certain condition occurs. Plantar Fasciitis never fails to limp through our doors more often this time of year. The term "Plantar Fasciitis" is inflammation of the facial connective tissue on the bottom of the foot in the region of the heel or arch.

"Why does this happen?" you ask. A variety of factors can occur. Just a few, but not limited to, are going from less activity in the winter to more in the spring too quickly, postural changes from sitting too much or incorrectly at a desk or on the couch, or a history of trauma to the leg such as a fracture or sprained ankle. Lastly, a common factor, and I'm sorry to say this ladies, is excessive flip flop wear. When your foot has to hold onto the shoe, you change your gait, and you're changing the way your foot strikes the ground causing compensatory movement patterns to occur all through your body, especially the foot.

The usual indicators regarding Plantar Fasciitis is increased pain in the bottom of foot the first few steps out of bed in the morning with a decrease in discomfort as you move more, and after sitting too long the tension comes back but improves again with more movement.

Is Plantar Fasciitis the only possibility with this type of pain? Of course not. You would do well with getting properly assessed to see if it is truly this condition. Plantar Fasciitis is a diagnosis, not the area of cause. The cause lies somewhere within the faulty movement pattern so don't just fall into the trap of focusing on the foot hoping it improves. Get it properly assessed, get it corrected, and have fun this beautiful spring season!

In Loving Service,
Dr. Joey

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!

