# What's for Breakfast?

By Christina Valdera Kids are back to school! For many of us, this is a yay! But this comes with all the craziness to get them out the door and

hopefully with breakfast! Did you know that this meal is so important to their success in school? As a society, we have been led to believe that breakfast means eat something fast and easy like pop tarts, biscuits, cereal, cinnamon rolls, pancakes, orange juice and much more. Unfortunately, the emphasis on these pastries and convenience has caused us to over pack our kids' breakfast with tons of sugar and processed foods early in their day. These foods have potential to be detrimental to their health, their behavior, and the teacher's sanity. All of the foods previously listed are packed with added sugars and most of them are processed. Let's talk about the offenders. #1 is sugar. When kids eat only sugar, they have a hard time concentrating thus, creating behavior issues that affect their grades, their teachers, and even other students. If we read the label on most breakfast choices, you will see they contain a lot of added sugar. Sometimes we think

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we are giving them something "healthy," but instead it is packed with sugar. An example of this when kids drink apple juice, they are getting 5 times the amount of sugar than if they eat one apple. Not to mention that if it was not made with organic fruit, it will contain a high concentration of pesticides (this will be a topic of another article!). #2 culprit is processed foods. Most of these convenient breakfast options are packed with ingredients that either we cannot pronounce or are illegal in other countries. If they do have recognizable ingredients, they have been stripped of their nutritional value and then had synthetic additives like "vitamins and minerals" put back in. Some of our foods contain dyes that have been shown through research to cause misbehavior and a variety of illness in our kids. So many young kids have issues that range from ADHD, acne, depression, anxiety and even pre-diabetic symptoms. Unfortunately, much of these issues stem from what they eat.

#3 is the absence of protein. Our kids' brains need protein to think, so we definitely want their first meal to have good protein. Most of the breakfast options only contain carbohydrates. Some may ask, what can we do? First, we want to strive to feed our kids whole foods. Give them apples and oranges in the morning instead of juice. Kids need protein and fats so that their brains can function properly. Feed them eggs, sausage, bacon or some other type of protein. Vegetables do not usually come to mind when we think of breakfast, but let's change that! Sweet potatoes mixed with sausage is a great breakfast meal! Throw some peppers or radishes on their plates in the morning. Breakfast can be

what you make it, there are no rules on breakfast! We certainly have to read the ingredients on what we are eating/giving our kids. When your kids start eating real food without the added sugars and processed "stuff," you will see a difference at home and at school. Your kids' teachers may thank you too! About the Author: Christina Valderas is a wife of an incredible man and a mom of two extraordinary children who keep her on her toes. She loves learning new things, fitness, hiking, reading and taking naps. She worked in education for 21 vears as a softball coach, PE/Health teacher, and most recently a school counselor. After going back to school, she is starting her new adventure to continue helping people as a Holistic Nutrition Coach, Health Coach, and Personal Trainer.

#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

## Patients of the Month

the very first time! Since we value this privilege, we

want to celebrate.



#LifeCanChangeWithJustOneAdjustment

Melissa, Jeremiah, Hunter, Lilly, Gabby & Noah Smith This month we are celebrating the Smith family as our patients of the month!! Something super cool that

### you may not know about them is they moved to Texas from Missouri to help work on The Chosen series! They love Halcyon Village because it's such a peaceful place and everyone in their family looks forward to their visits. Melissa said "There are so many benefits we have



experienced! Each of our treatments is different and tailored to our unique needs—this isn't one-size-fitsall, and we've had experience with all three doctors

and they're all amazing! Whether we're experiencing some form of acute injury or just general aches and pains, we always leave feeling like a million bucks." If you are thinking about scheduling a visit at Halcyon Village, Melissa would tell you, "The doctors here treat the whole person-it's not just a bunch of twisting and cracking. Instead, they really seek to understand why you are experiencing discomfort, then look for the best solution; usually it's a combination of muscle treatment with spinal adjustments. Also, no

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Gratitude

Day

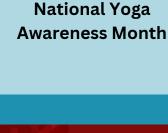












September is

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## was having an allergic reaction to something. It had rapidly become worse that morning and my lip is now reminding me of Dr. Doolittle. The first thing I'd thought of was to take Benadryl and wait it off. Well I took Benadryl, it didn't budge. Later that day it had eventually went down to normal size but left me scratching my head.

I had scheduled an appointment with an allergy doctor to get whatever tests he thought were

been going to for 20+ years. Only to stump the scholar, yet again. Moving on. This time to UT Southwestern for help ripping this thing apart at a molecular level. He shoots...he misses! After 6weeks of countless appointments, phone calls, google searches, Facebook groups, ER-trips, and

draining on the inside of my neck from the ears. My jaw dropped and I was totally enamored. At

Pun also shared this incredible healing he experienced through LET. "It had been about a year into my time at HV of just getting routine back cracks when a wrench was thrown into my world...it had been a typical Thursday morning consisting of waking up and going to the gym before I start my day. Approx 30 min into my kickboxing workout, my bottom lip had begun to swell. Almost as if I

Fast forward exactly a week later same day, same place, same time, same occurrence. This led me to more Benadryl, same disappointing results. At this point my brain is spinning. I'm at a loss as to why my lip was swollen at the same time/place/day of week. My morning routine had been the same for years. Something was horribly wrong and I had to figure it out.

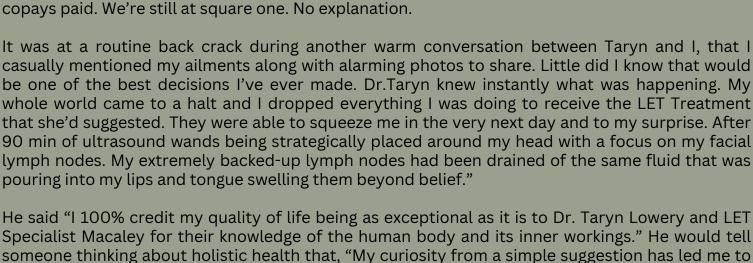
deemed necessary to get to the bottom of this gripping coincidence. I'd explained to the doctor what had happened and shown numerous pictures. I also explained the timeline as well as location and anything else I thought may help us obtain answers. The doctor was perplexed knowing that if it were an allergic reaction, I would also have hives and discoloration. In every occurrence, the only thing that was abnormal was my lip swelling to an alarming size. After blood tests results were in, it wasn't adding up, and the doctor was still baffled. Time to move on to my PCP whom I'd

that very moment, I knew she was a real-life superhero."

be one of the best decisions I've ever made. Dr. Taryn knew instantly what was happening. My whole world came to a halt and I dropped everything I was doing to receive the LET Treatment that she'd suggested. They were able to squeeze me in the very next day and to my surprise. After 90 min of ultrasound wands being strategically placed around my head with a focus on my facial lymph nodes. My extremely backed-up lymph nodes had been drained of the same fluid that was pouring into my lips and tongue swelling them beyond belief."

finding a village filled with multitudes of knowledge and wellness. If I would have never taken that first step and not followed through with the appointment my wife had made for me. Who knows

Halcyon Village is now selling Jugs for you to fill up with Kangen water to take home! Be sure to ask about it at your next appointment. Benefits of Kangen Water for health · Release excess body fat and stored toxins **INFO** · Normalize blood sugar and insulin Ø · Normalize blood pressure · Support healthy colon function · Relieve asthma and chronic respiratory infections



where my life would be today. Not this good, I can assure you!"

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pain had on you?

being can be divided into two categories:

unexpected.

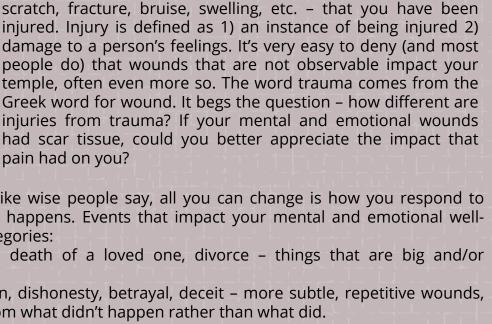
in!

Chiro Corner

Bottom-Up, Inside Out

By Dr. Taryn Lowery

It's hard to deny that when you have an observable wound –



Is Your Body Acidic? Many diseases thrive in an acidic environment.

inspired by the Red Yao tribe of Longsheng. Their mission is to vegan, plastic-free, sustainable, sulfate-free, create highly-effective, natural cosmetics that preserve the paraben-free, phthalate-free, cruelty-free, values and traditions of the Red pH balanced, and ethically sourced. Viori's Yao women for future generations. All of Viori's natural rice bars will moisturize, strengthen, products are made with

> your hair smoother, increases shine, strengthens as well as

repairs and restores hair health.

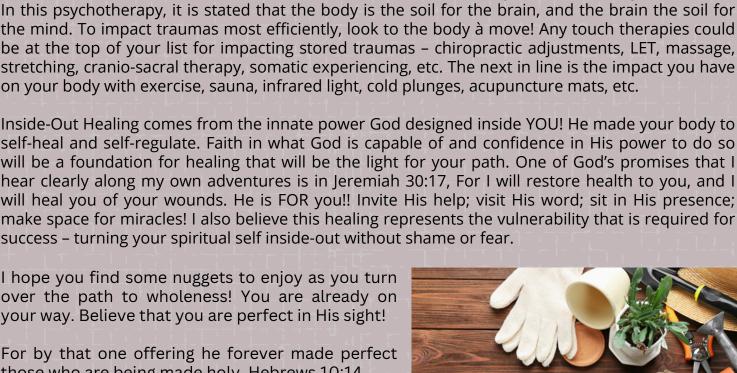
At Halcyon Village

excited to share this with you and your family! Stop by and be one of the first to

renew,

and scalp. Many of our village have been

using Viori and love this product, we are so

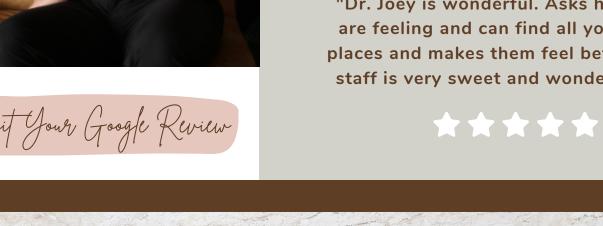


natural, and eco-friendly shampoo and conditioner bars Longsheng Rice Water. The rice rejuvenate, protein found in Viori helps make natural shine, repair, and gently cleanse hair

pick up a bar from Halcyon Village today!

volumize,







"Dr. Joey is wonderful. Asks how you are feeling and can find all your sore places and makes them feel better. The staff is very sweet and wonderful "" Submit Your Google Review

> 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. 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!





