

Summer Sweet Treat

By Valerie Valliere-Boyd

With Summer coming to an end and the school year about to start we wanted to share a sweet treat with you all this month! Our very own Valerie makes the most delicious mouth watering stuffed Dates and she has been so kind as to share the recipe with you all! We hope you enjoy making these sweet but healthy treats!

Stuffed Dates

- 12 medjool dates
- ½ cup peanut butter*
- ½ cup chopped roasted peanuts divided
- 4 ounces dark chocolate bar cut into chunks

Instructions:

1. Use a small sharp knife to cut a slit in each date lengthwise. Remove the pits.
2. Fill each date with 1 teaspoon peanut butter and add 1 teaspoon of crushed peanuts on top. Set aside.
3. Place the chocolate in a microwave-safe bowl. Place the bowl in the microwave at 30 second intervals. Stir the chocolate in between each 30 seconds until all the chocolate is melted.
4. Place a toothpick inside each stuffed date and dip the date in the melted chocolate. Use a spoon to coat the date completely in the chocolate, then allow any excess chocolate to drip off.
5. Transfer the chocolate covered date to a tray or plate lined with parchment.
6. Sprinkle the top with the remaining crushed peanuts.
7. Place the dates in the fridge to allow the chocolate to set, about 10 minutes. Will stay fresh in the fridge for 1 week in a sealed container or up to 6 six weeks in the freezer. My family loves them frozen.

*feel free to replace peanut butter with almond butter or sunflower butter for a nut free version.

#LIVESCHANGED

There is a first time for everything! We are incredibly grateful for the honor and joy of introducing people to wholistic care. Every time we are a FIRST for someone, we add them to our CELEBRATION of transformation and freedom in health and healing!



#thereisafirsttimeforeverything
#wholisticoptions #alternativehealthcare

Patient of the Month

Shannan Harper

Shannan Harper is a wife, mom, grandma, special educator, local business owner, and our August PATIENT OF THE MONTH!!! One of the things she loves about Halcyon Village is, "The hearts of the staff members. I have yet to leave the building without a smile on my face. I may have had the worst day, been in severe pain, and once or twice I even came in just emotionally empty but by the time I left; I wasn't. Dr. Taryn has an amazing heart and gift of love and passion along with her super chiro skills. All of the doctors are truly kind souls."



She shares that "It's the only place that can truly "put me back together" and ease my pain." "If you are thinking of seeking holistic health care she would tell you, "If you find the right person for your body; it literally will change your life. Not every chiropractor is right for you but with the expertise in this building; you will find the right one."

Dates to Look Forward To

MONTH OF AUGUST	NATIONAL WELLNESS MONTH
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5-9 AUGUST	VILLAGE CLOSED FOR REJUVENATION WEEK
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6 AUGUST	HALCYON VILLAGE'S 12TH ANNIVERSARY
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15 AUGUST	NATIONAL RELAXATION DAY
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17 AUGUST	NATIONAL I LOVE MY FEET DAY
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24 AUGUST	MACALEY'S BIRTHDAY
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5 SEPTEMBER	SURVIVING SUFFERING (A BOOK CLUB FOR SURVIVORS) @ 6:45 PM
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6 SEPTEMBER	HOOKED ON HEALTHY @ 1:30 PM
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28 SEPTEMBER	DIVINE DESIGN @ 10 AM
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BEGINS SEPTEMBER 5TH

SURVIVALIST BOOK CLUB

Surviving Suffering

Suffering is a defining reality of life. Yet so many of us are so focused on avoiding discomfort that we've never learned how to actually suffer. But what if we could move from anxiety to durable hope? In *The Deepest Place*, Thompson invites us to explore how the Apostle Paul's experience of love, secure attachment, and the deeply felt sense of God's abiding presence carried him through the challenges he faced--and how it can help us not just survive, but flourish in the presence of suffering.

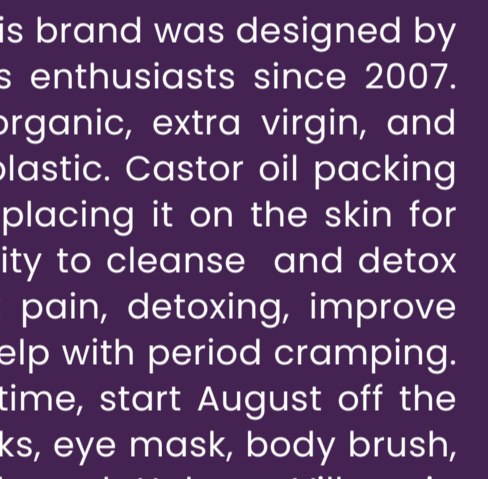
(LEARN MORE) www.halcyonvillage.net



September 28 @ 10a

DIVINE DESIGN

Join us at Halcyon Village for a collaborative study on the inner performance of our body and the interconnectedness with our Maker. Follow Christy Tyree, Survival Specialist, and Malcolm Tyree, lead pastor at New David Church of God, for a passion-filled, informative session, and leave with more confidence in how to navigate health and the Divine Design you are working with!



Product Spotlight

Queen of Thrones is now available at Halcyon Village!!! This brand was designed by a naturopathic doctor and has been loved by wellness enthusiasts since 2007. Their organic golden castor oil is 100% pure, certified organic, extra virgin, and hexane-free. It is always bottled in AMBER GLASS, never plastic. Castor oil packing means soaking a piece of fabric in pure castor oil and placing it on the skin for various health benefits. This practice is known for its ability to cleanse and detox the liver as well as help with constipation, relieve joint pain, detoxing, improve many skin ailments, support healthy digestion, and can help with period cramping. If you have wanted to try castor oil packing now is the time, start August off the right way and grab your Queen of Thrones castor oil, packs, eye mask, body brush, and more!!! All purchases of Queen of Thrones products through Halcyon Village in August will enter you into a drawing to win a special Queen of Thrones gift from us!

Queen of Thrones castor oil packs and accessories are now available at Halcyon Village!



Queen of Thrones castor oil is 100% pure, certified organic, extra virgin and hexane-free. Their Castor Oil is always bottled in AMBER GLASS, never plastic.

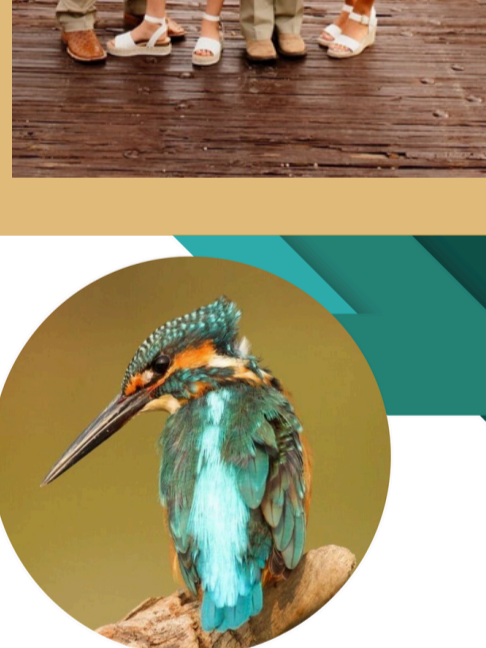
TOTALLY TESTIFYING

Heidy Livingston

This month we are joining in celebrating with Heidy Livingston and the healing she has experienced since choosing Halcyon Village for Chiropractic care!

Heidy shared, "I was having severe coccyx pain and as a nurse who is always on my feet, I couldn't bare the pain anymore. One of my good nurse friends, and lifelong patients of yours, Heather Crowder referred me to Dr. Justin and was positive he could help me address my pain."

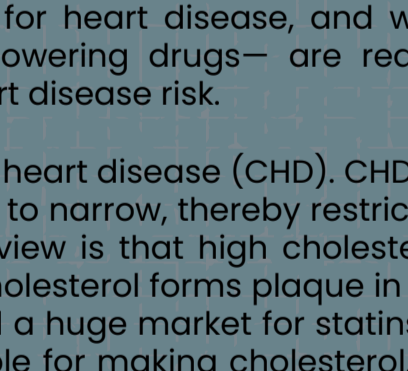
"My first appointment was AMAZING," she said. "I never once even felt like I was a 'new patient'. Dr. Justin listened to my concerns, was empathetic and gave reassurance that he was going to do everything he could to address my concerns. The chiropractor care that I have received at Halcyon Village has been absolutely life changing. I am able to move around and sit for prolonged amounts of time without being in constant pain. I was always so skeptical of going to the chiro and now, I am encouraging others to allow this type of care into their lives."



If you've never had chiropractic care, Heidy would tell you, "JUST.DO.IT!!! No regrets. It will 100% be worth it, I promise. It's not all scary as you think it is, and it's not painful, at all! Dr. Justin does 'gentle alignment' and literally I have never felt an ounce of pain."

Book Online Today With Jane

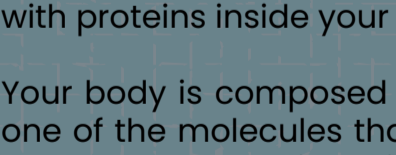
Click here!



Chiro Corner

Truth About Cholesterol and Statin Drugs

By Dr. Justin



There is serious confusion about cholesterol; whether high cholesterol levels are responsible for heart disease, and whether statins – which are cholesterol lowering drugs– are really the appropriate solution to reduce heart disease risk.

The most common form of cardiovascular disease is coronary heart disease (CHD). CHD affects the blood vessels supplying blood to your heart, constricting them to narrow, thereby restricting the amount of oxygen supplied to your heart. The conventional view is that high cholesterol is a major risk factor for this condition. We've all come to "know" cholesterol forms plaque in arteries and is bad for your heart. The focus on cholesterol has created a huge market for statins; drugs that act by blocking the enzyme in your liver that is responsible for making cholesterol. Statins are now among the most widely prescribed drugs on the market, and are the number one profit-maker for the pharmaceutical industry. Global annual sales of statins are estimated \$20 Billion with a B!! And there are predictions that by the year 2032 it will reach close to \$30 Billion! Meanwhile, as of 2010, there were no less than 900 studies proving their adverse effects, anything from muscle/joint problems to increase cancer risk! Besides the fact that statins are dangerous to your health...What if I told you they also do NOT reduce your risk for heart disease, also simply having high cholesterol does NOT increase heart disease risk???

Cholesterol has been demonized since some errant research was documented in the 1950's. The truth about cholesterol is that it a very useful and a necessary molecule for our health. It's well known that cholesterol plays a similar role within your cell membranes, but it also interacts with proteins inside your cells, adding even more importance.

Your body is composed of trillions of cells that need to interact with each other. Cholesterol is one of the molecules that allow for these interactions to take place. For example, cholesterol is the precursor to bile acids, so without sufficient amounts of cholesterol, your digestive system can be adversely affected.

It also plays an essential role in your brain, which contains about 25 percent of the cholesterol in your body. It is critical for synapse formation, i.e. the connections between your neurons, which allow you to think, learn new things, and form memories.

In fact, there's reason to believe that low-fat diets and/or cholesterol-lowering drugs may cause or contribute to Alzheimer's disease. Low cholesterol levels have also been linked to violent behavior, due to adverse changes in brain chemistry, particularly a reduction in serotonin activity. Furthermore, you need cholesterol to produce steroid hormones, including your sex hormones. Vitamin D, a crucial substance in the body, is also synthesized from a close relative of cholesterol: 7-dehydrocholesterol. So, while we've been trained to worry about cholesterol levels being too high, levels that are too low can lead to mood disorders, stroke, poor digestion, increased risk of cancer and Parkinson's disease.

Obviously, too much of a good thing can be bad. For a long time, the total cholesterol levels have been used to consider someone a candidate for statin drugs. Anything over 200 for total cholesterol is considered, by medical standards, to be too high. However, a 13-year study involving 180,000 men showed men with total cholesterol of 330 to have fewer hemorrhagic strokes than men with levels of less than 200. Numbers above 330 for total cholesterol proved to be problematic. This proves total cholesterol is an unreliable marker to assess risk. The latest research for assessing risks of cardiovascular disease suggests looking at these ratios:

- Your HDL/total cholesterol ratio: HDL percentage is a very potent heart disease risk factor. Just divide your HDL level by your total cholesterol. This percentage should ideally be above 24 percent. Below 10 percent, it's a significant indicator of risk for heart disease
- Your triglyceride/HDL ratios: This ratio should ideally be below 2.

There are basic strategies that can help you regulate your cholesterol, but I want to be clear that simply lowering your dietary cholesterol intake is not an effective strategy. Why? Because 75 percent of your cholesterol is produced by your liver, which is influenced by your insulin levels. Therefore, if you optimize your insulin levels, you will also regulate your cholesterol levels.

One of the most powerful ways you can do that is by exercising, and paying attention to the foods you eat. Foods that increase your insulin levels will also contribute to high cholesterol by making your liver produce more of it.

The most effective ways for optimizing your cholesterol levels:

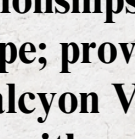
- Get an appropriate amount of exercise.
- Reduce grains and sugars in your diet.
- Reduce processed foods.
- Eat a good portion of your food raw.
- Make sure you're getting plenty of high-quality, animal-based omega3-fats.
- Avoid excessive smoking and alcohol.
- Employ stress reducing practices.
- Get good sleep.
- Optimize your gut flora.

Employing the above practices will go a long way to reduce your risk of cardiovascular disease whereas a statin drug does next to nothing to reduce your real risk. If you want to dive further into this topic, I suggest watching a documentary that is free on YouTube called "Statin Nation". It is very informative!

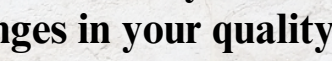
Yours for better health, naturally!

Dr. Justin McGuire, D.C.

WENDY'S REVIEW



"I love Dr. Taryn and all the staff. Dr. Taryn is so intuitive and understanding. She is a miracle worker! Highly recommended this office for chiropractic and wellness needs."



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!