

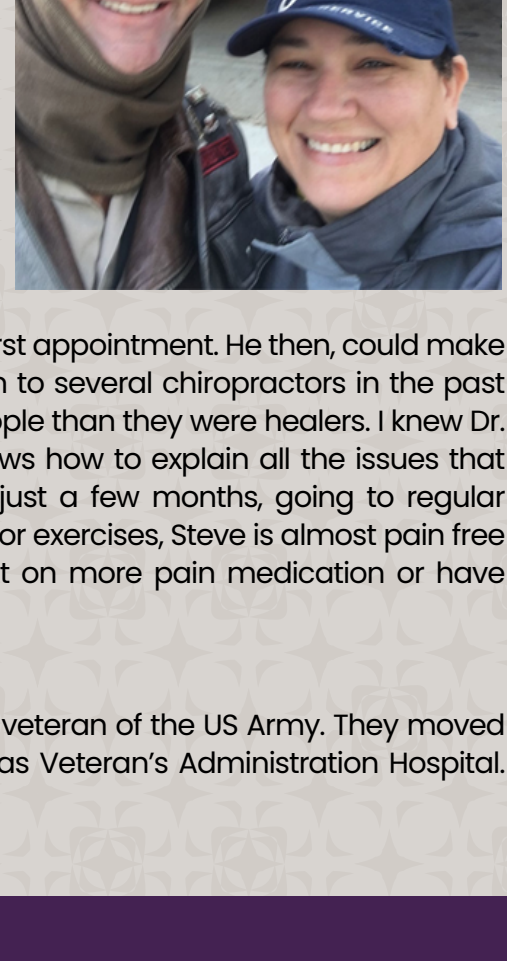
Chiropractic and Finding the Right Fit

Volume 6 | Issue 10

By Lanida Czekus

When we moved to Midlothian, I started looking for a good Chiropractor. Having had years of chronic back pain due to disk damage, bone growths, and hypermobility, I knew I needed to find one and fast! My lower back had become almost frozen. I worked with one doctor for a year and then realized I needed more, and asked to be switched to Dr. Joey.

With his knowledge, training, and dedication he has made a world of difference in my physical health. Knowing how Dr. Joey helped, and the warm and welcoming feeling of home at Peace of Life Chiropractic, I knew I needed to get my husband into the office. I started working on him early. Last fall, when Steve started having extreme back pain, I suggested that he go to my Chiropractor. He kept being resistant until he realized that it was not getting better, and it was becoming a chronic condition.

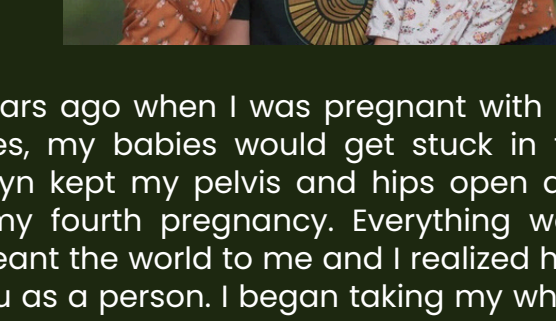


I set up the initial appointment, telling Steve that I would take care of the first appointment. He then, could make a decision to continue going after meeting with Dr. Joey. Steve had been to several chiropractors in the past with little or no help, He was very skeptical. Some were better business people than they were healers. I knew Dr. Joey was different. Not only does he care about his patients, but he knows how to explain all the issues that come with major back injuries in such a way that makes sense. After just a few months, going to regular appointments, doing the stretches Dr. Joey gave him, as well as a few minor exercises, Steve is almost pain free for more than just a few hours. Knowing that he will not have to be put on more pain medication or have surgery has made all the difference to Steve.

AUTHOR BIO:
 Steve and Lanida Czekus have been married for over 30 years. Steve is a veteran of the US Army. They moved here when Steve received a job offer to work as a mechanic at the Dallas Veteran's Administration Hospital. Lanida works for the federal government as well.

#LIVESCHANGED

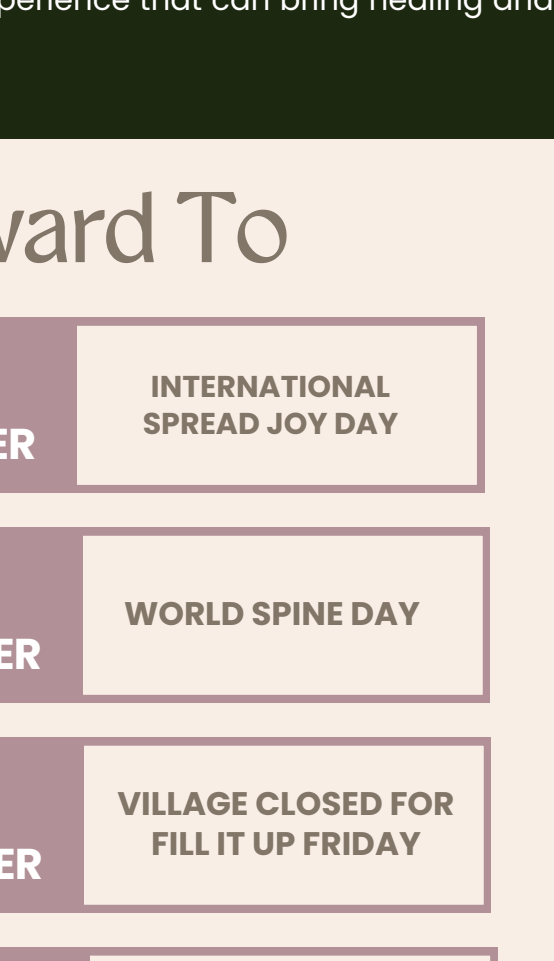
There is a first time for everything! We are incredibly grateful for the honor and joy of introducing people to wholistic care. Every time we are a FIRST for someone, we add them to our celebration of transformation and freedom in health and healing!



#thereisafirsttimeforeverything
 #wholisticoptions #alternativehealthcare

Patients of the Month

Rigotti Family - Koryn, Buddy, Brooklyn, Crist, Grace and Nora



Our Patients of the Month are the Rigotti Family! Koryn is a homeschool mom of their four kids and Buddy owns three businesses. Koryn said, "We enjoy food, travel, and our local church where we get to do community together."

She said, "My relationship with Dr. Taryn began over 8 years ago when I was pregnant with my fourth child and we moved to Texas. In my pregnancies, my babies would get stuck in the transitional stage of labor and need a little help. Dr. Taryn kept my pelvis and hips open and aligned and I had a smooth labor and delivery with my fourth pregnancy. Everything went beautifully from the beginning of labor to delivery. That meant the world to me and I realized how much she listens to our bodies and really gets to know you as a person. I began taking my whole family after that and we have been with you all ever since!"

Aside from the awesome benefits they have experienced another Koryn shared that they keep coming back because "The care you receive the minute you walk in the door is evident. We really appreciate that everyone enjoys their job and treats each patient with kindness. The type of customer service you receive here is hard to find these days. Thank you! We love y'all!"

For those who are contemplating seeking a holistic approach, Koryn would tell you, "It is so much more than just manipulating your spine. It is a whole-body experience that can bring healing and relief in ways you won't expect."

Dates to Look Forward To

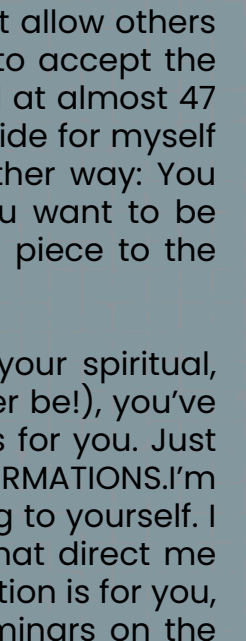
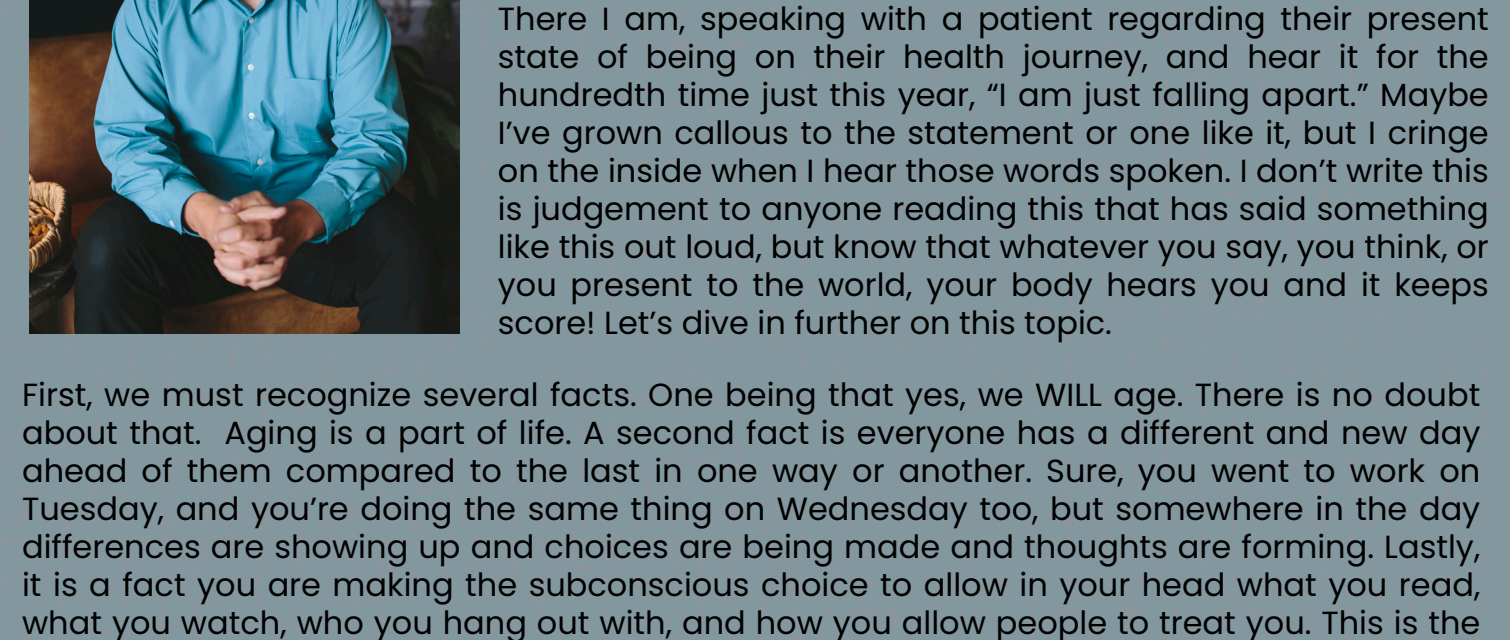
MONTH OF OCTOBER	NATIONAL CHIROPRACTIC MONTH	11 OCTOBER	INTERNATIONAL SPREAD JOY DAY
16 OCTOBER	CHELSEA'S BIRTHDAY	16 OCTOBER	WORLD SPINE DAY
19 OCTOBER	WORLD PEDIATRIC BONE & JOINT DAY	25 OCTOBER	VILLAGE CLOSED FOR FILL IT UP FRIDAY
27 OCTOBER	DR. TARYN'S BIRTHDAY	31 OCTOBER	HALLOWEEN VILLAGE CLOSING AT 4 PM

Product Spotlight

Have you had your feet scanned at Halcyon Village yet? Every part of the body is linked together and your feet are its foundation! If you suffer from pronation (as 99% of the population do to some extent) your body will tell you, starting with foot pain, knee issues, and back and neck problems. As holistic healthcare providers, we are mindful of the whole body - specifically the musculoskeletal system. Hip pronation (flat feet) often causes imbalances and stresses in the knees, which in turn puts stress on the hip, back, and even the neck, custom orthotics are one of the "first steps" in fixing the root cause. Improving foot alignment can help maintain knee, hip, pelvis, and even spinal postural alignment helping to prevent degeneration. If you have not had your scans done yet to see if custom orthotics could help you, please let your chiropractor know so we can set that up for you at your next visit! Foot Levelers has been around for almost 70 years, and all products from custom shoes to inserters are made right here in the USA! Don't let your feet be a pain in the neck!

DID YOU KNOW HALCYON VILLAGE HAS A COMPLEMENTARY FOOT LEVELERS SCAN FOR EVERY PATIENT? STOP BY FOR YOURS TODAY AND SEE HOW CUSTOM ORTHOTICS COULD HELP YOU!

PEOPLE THAT SUFFER WITH CHRONIC PAIN, INFLAMMATION AND THOSE RECOVERING FROM INJURIES CAN FIND RELIEF WHEN TREATED WITH FOOT LEVELERS CUSTOM ORTHOTICS. ORTHOTICS CAN HELP WITH LOW AND UPPER BACK PAIN, KNEE, FOOT AND EVEN NECK AND SHOULDER PAINS. IT'S QUICK AND EASY TO GET YOUR SCANS DONE AT YOUR NEXT APPOINTMENT. JUST ASK YOUR FAVORITE CHIROPRACTOR TO ADD IT ON!



Treat Yourself This October

Schedule a free IASIS MCN or Holistic Health Coaching consultation and receive a complimentary cold laser session!

It's self-care October at Halcyon Village and to help you kick it off we are offering a special incentive! Each person who schedules a free 15-minute consultation with either our IASIS Micro Current Neurofeedback certified provider, Kimberly Picard, or our Holistic Health Coach, Christy Tyree, will also receive one complimentary cold laser session to boost that immune system, we call that a win, win!!!

IASIS MCN is a minute, very brief ultra-microstimulation to the frontal lobe that promotes vitality!

- BENEFITS OF IASIS MCN:**
- Safe, non-invasive, and painless
 - Enhances parasympathetic nervous system, our rest and recovery mode
 - Promotes Alpha and Theta brain waves to shift you into relaxation
 - Detoxifies your lymphatic system to rid your brain of waste
 - Increases cholinergic pathways to improve homeostasis
 - Encourages serotonin, GABA, dopamine, and epinephrine production to increase mood and decrease inflammation

Mrs. Kimberly can answer all your questions and help you feel right at home here, she also offers several packages to save you money as well as online booking to save you time!

Whether you are looking to explore wholistic living, or you are knee-deep in a transformation, coaching is a great tool to add to your journey. At Halcyon Village, we believe coaching looks like this....

- C = cultivating wholistic wellness through personalized plans
- O = offering support for connection to self and others
- A = advocating for balance in mind, body, and spirit
- C = compassionate guidance in movement and healing
- H = helping clients embrace their journey to vitality

Schedule this complimentary consultation to meet Mrs. Christy and determine how we can help you reach new heights of freedom in movement, healing, balance, and connection.

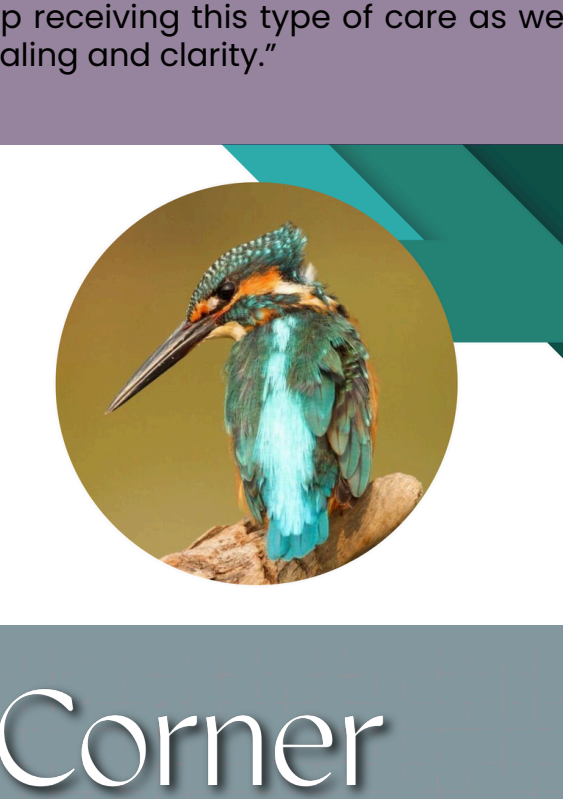


October is the perfect time for some self-care! Schedule a free consult with Kimberly Picard, IASIS Micro Current Neurofeedback certified provider or Christy Tyree, Holistic Health Coach to see how these services can help you reach your goals at Halcyon Village and in October you'll get one complimentary cold laser session to boost your immunity. Perfect for the busy months coming up! Schedule today at (972) 775-4344 or by text at (833) 458-3533.

TOTALLY TESTIFYING

Karen Smith
 Karen found Halcyon Village after her husband had seen results and recommended her to Dr. Joey.

"I think receiving all the different kinds of care that Halcyon Village offers have worked together to help me reach my overall health goals. It has made it so convenient to offer all of these different practices in one location. I no longer struggle with chronic back aches, hips being out of line, and IASIS Treatments with Kimberly have impacted my focus and clarity more than anything I have experienced in the past.

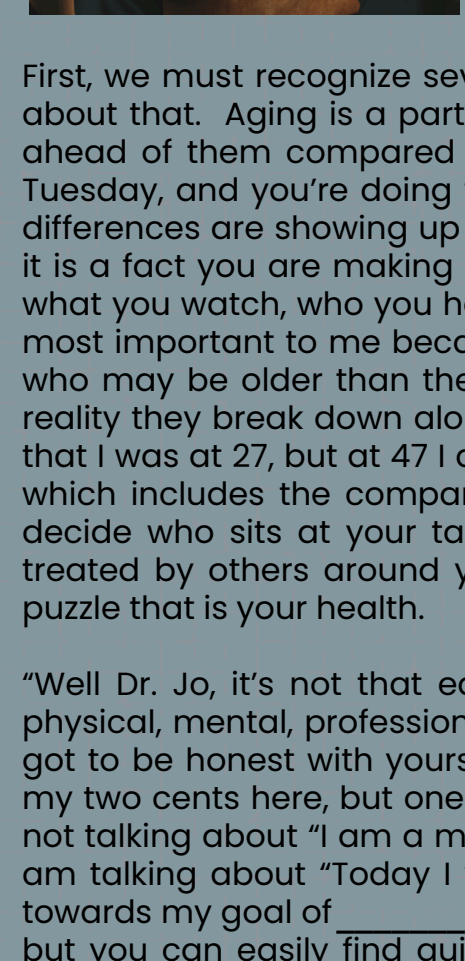
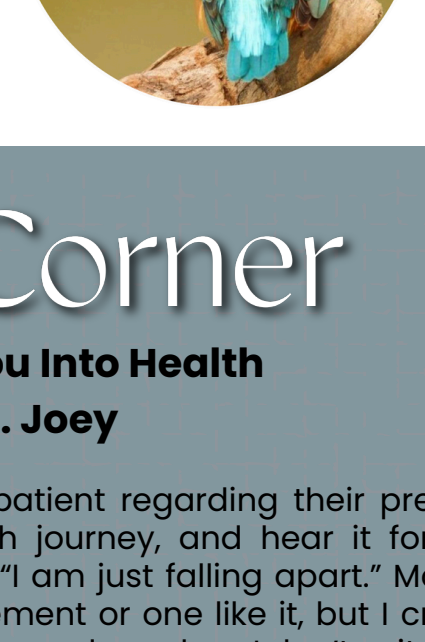


Most recently I have had some struggles with my feet. Dr. Joey did specific testing on my feet, balance, and coordination, and adjusted me accordingly. After that treatment, I received cold laser, which was to help maintain the treatments I had received from Dr. Joey. The following day I felt physically better than I have felt well over 10 years. In addition, Lisa and Macaley have both helped with my inflammation and alignments through LET and massage therapy.

In a nutshell... My mind is much more clear, focused, and my physical body feels more aligned and pain free than I have ever felt in the past. I have also experienced an increase in focus, clarity, and calmness through some extremely stressful situations."If you are thinking about holistic healthcare Karen would share, "If you are like me, I think you will be more surprised than anything. I feel as if my husband and I are on a health journey that will continue well into the years to come. I cannot see where we would ever stop receiving this type of care as we have both experienced physical, emotional and mental healing and clarity."

Book Online Today With Jane

[Click here!](#)



Chiro Corner

Affirming You Into Health By Dr. Joey

There I am, speaking with a patient regarding their present state of being on their health journey, and hear it for the hundredth time just this year, "I am just falling apart." Maybe I've grown callous to the statement or one like it, but I cringe on the inside when I hear those words spoken. I don't write this judgement to anyone reading this that has said something like this out loud, but know that whatever you say, you think, or you present to the world, your body hears you and it keeps score! Let's dive in further on this topic.

First, we must recognize several facts. One being that yes, we WILL age. There is no doubt about that. Aging is a part of life. A second fact is everyone has a different and new day ahead of them compared to the last in one way or another. Sure, you went to work on Tuesday, and you're doing the same thing on Wednesday too, but somewhere in the day differences are showing up and choices are being made and thoughts are forming. Lastly, it is a fact you are making the subconscious choice to allow in your head what you read, what you watch, who you hang out with, and how you allow people to treat you. This is the most important to me because so many folks have the best of intentions but allow others who may be older than them to try and convince them he/she just needs to accept the reality they break down along the way. I make no claims I've on the same oil at almost 47 that I was at 27, but at 47 I am so much more aware of the mental diet I provide for myself which includes the company I keep. An obvious point stated again in another way: You decide who sits at your table, who rents space in your head, and how you want to be treated by others around you. Whether you realize it or not, that is a huge piece to the puzzle that is your health.

"Well Dr. Jo, it's not that easy." I never said it was, but I am telling you if your spiritual, physical, mental, professional, and personal health are important (they better be!), you've got to be honest with yourself and get a gameplan written down that works for you. Just my two cents here, but one important part of your game plan should be AFFIRMATIONS. I'm not talking about "I am a millionaire" if you're not, because frankly you're lying to yourself. I am talking about "Today I will be diligent and consistent with my actions that direct me towards my goal of _____." I do not claim to know what the best affirmation is for you, but you can easily find guidance out there in many books, videos, and seminars on the powerful personal development tool that is AFFIRMATIONS. How does this have anything to do with your health? Have you ever heard of anyone worrying themselves sick? In a round about way, they "affirmed" with their worries and fears to the point it drove their immunity down.

There have also been many folks who've "affirmed" their way to a victorious bill of health. You're more capable than you think you are (Oh look! Another easy affirmation you can tell yourself). I challenge you to write down several AFFIRMATIONS that tie to your health. Here's another example: "Today, I will make the best choices I can that give me the best chance to have the great day I desire and deserve to be the best version of me for myself and my loved ones. These choices include: (1, 2, 3, etc...)" and I look forward to this evening when I get to reflect on all the victories I had today because I know I these choices made me healthier."

You can walk out of your door with "stink'n think'n" and set yourself up for health obstacles, or you can "AFFIRM" your can and will be a healthier you. Your mind has such a powerful influence over your health, but again, be aware of what you allow into it and who you allow to set up shop in it. One last AFFIRMATION which is for me; "Today, I am thankful and grateful I can share this information with our village, and I know it will bring someone closer to a mindset of abundance in health in all areas of their life. They will search deep in their hearts and ask the tough but honest questions they need to trim any negativity holding them back from being their best. Halcyon Village will be fortunate to witness the changes in their health and will forever be humbled we are witnesses to their progress."

Thank you for taking time to read this. I hope you have a blessed day, and you will. I "AFFIRM" it.

In loving service,
 Dr. J

JULIE'S REVIEW



"Excellent experience today for my first chiropractic visit at Halcyon Village in Midlothian. Appointment process was very easy & I was able to get in quickly to address an acute need. Staff was extremely friendly, warm, and welcoming. Dr. Justin was thorough and knowledgeable."



[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!