



**WHOLESOME & WHOLISTIC NEWSLETTER**

**Healthy Habits for Back to School**

Volume 6 | Issue 9

By Koryn Rigotti

The number one complaint when kids return to school is adjusting to a new routine and schedule. This means we need to have a plan and a way to transition into the new school year. A quote by Benjamin Franklin says, "If we fail to plan, we plan to fail." This is not new to us yet we can find it a challenge to do. Let's walk through some ways to make the transition easier. Let's discuss routine & consistency, nutrition, exercise and stress management.



First, routine & consistency begins with creating a schedule and having morning & evening routines that work for your family. An example is picking one day per week that you choose to prepare food and prepare for the week ahead. You may choose to put on the calendar going for a walk or riding bikes as a family after dinner 3 nights per week to get in some physical activity. You have to decide on things together that work for your family. Each family is different and there is no "right" plan. It is whatever plan that works best for you. Just have a plan!

Nutrition is really important and is the foundation of our overall health. This is why having a plan for our meals is so important. It doesn't need to be fancy or overwhelming! I am all about simplicity. Pick a meat, veggie and complex carb for your meals. Add in healthy fat and you are good to go. A dinner example would be roasted chicken, steamed broccoli and quinoa. If you are vegetarian, swap the meat for some beans or tofu. For lunch, make a mixed green salad with some meat (beans), nuts, goat cheese, herbs, olive oil and vinegar. For breakfast, think eggs, oatmeal with protein powder, potato hash, yogurt parfait. Skip the refined cereals and sugar laden foods. Fuel your morning with high protein and you will feel satiated and satisfied until your next meal.

Exercise is the second most important thing we can do to take care of ourselves. We were made to move and being sedentary is not an option if you want to age well and be able to move in your old age. There are lots of ways to exercise, but I am going to name my favorite: walking, lifting weights, and pilates. All three of these give me everything I need. Walking is simple, cardio and very effective. Lifting weights can be simple and you can start by using your own body weight. This is important because we begin losing our muscle mass in our 30's. There are many free resources now on youtube to lift at home if you need help starting. Pilates is great for balance and flexibility. Both of these decline as we age and so we need to do exercises that help us maintain our balance. You can involve the whole family in exercising. Go for family walks, bike rides, workout video for kids, or hit the trail. Just move!

Stress management starts with a good bedtime routine and getting good sleep. This is a big one and one of the biggest complaints I get from clients, including kids. After dinner and cleanup, turn all the lights to lower settings to begin signaling to the body that it is time to wind down. No screen time at least 2 hours before bed. A swap for tv could be listening to a low key podcast or music if you need something to help your brain shut down. Take deep breaths and have a gratitude journal by your bedside. Write down at least one thing you are grateful for that day. When we can go to bed and count our blessings instead of focusing on all the things we did not get done, our brain can prepare better for a good night's sleep.

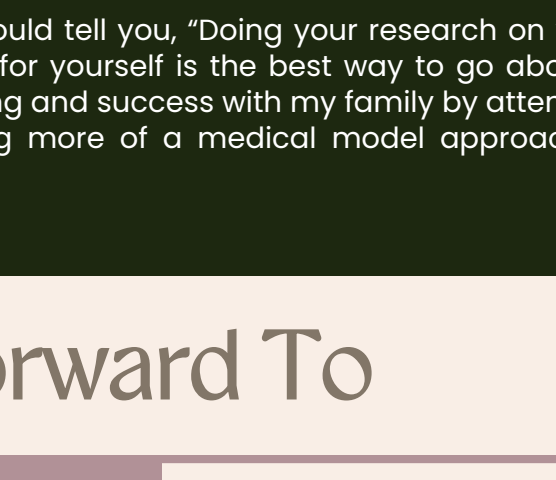
Here are some easy food swaps as you begin this new season!

1. Try almonds, carrots or celery instead of chips or pretzels. There is still a crunch, but the nutrients are higher in the healthy stuff.
2. Introduce flavored water instead of soda. Add a splash of fruit juice, lime, lemon, fresh fruit or mint.
3. Choose hummus or avocado instead of mayo on a sandwich. Get the creamy and moist texture with higher quality foods.
4. Enjoy some plain yogurt swirled with vanilla and honey instead of artificially flavored yogurt or ice cream.
5. Snack on grapes, apples, peaches, dried mango or other fruit instead of candy to satisfy the sweet tooth.
6. Indulge in a piece of dark chocolate or nuts instead of a candy bar.

**AUTHOR BIO:**

I am a Jesus follower, wife, mother and nutrition consultant. I have been a nutrition consultant since 2013 and I recently started my own business called Koryn's Wellness. You can hear Koryn share other passions of her's at our next hooked on healthy on Sept 6th!! Trust me you won't want to miss it!

**#LIVESCHANGED**

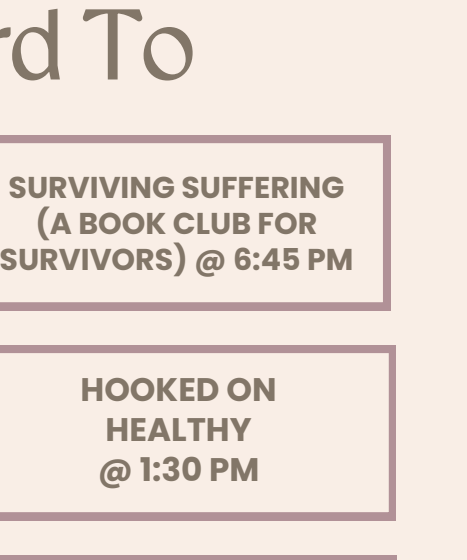


There is a first time for everything! We are incredibly grateful for the honor and joy of introducing people to wholistic care. Every time we are a FIRST for someone, we add them to our celebration of transformation and freedom in health and healing!

#thereisafirsttimeforeverything  
#wholisticoptions #alternativehealthcare

**Patients of the Month**

**Cormier Family - Cydney, Kyle, Tait, Brynley, + another baby on the way!**



Our Patients of the Month for Sept are the Cormier Family!! If you haven't had the pleasure of meeting them here is what Cydney shared with us, "I played volleyball from the age of 12 and in college, where I met my husband who played baseball out in Odessa, Texas. I love baking anything sourdough, reading, I'm a homebody, and I am learning how to make my own soap like my mom used to do for us growing up! I'm also planning on homeschooling my babies."

She also shared, "I started receiving chiropractic care when I was pregnant with my oldest daughter Tait. I really feel like my overall health has benefited immensely. Better sleep, mood, labor ease/time. For my kiddos just development as well as sleep, sickness (they are not as sick...get over it quickly with an adjustment). For my husband it has really helped him with his torn Achilles' tendon and making sure his body is aligned so proper healing can occur. Literally just everything is better! We love the friendly and outgoing staff that make you feel like you've known them your entire life/that they are family. We always feel really comfortable there and can just feel the love of Jesus and God's presence. Love y'all! Seriously so BLESSED to have found you guys when I did! My entire approach to health and wellness has completely changed for the better since starting care 4 years ago!"

If you have never experienced chiropractic care Cydney would tell you, "Doing your research on what chiropractic care is and the benefits and then trying care for yourself is the best way to go about it. Once you try it you will never go back! I've found more healing and success with my family by attending regularly scheduled chiropractic appointments than going more of a medical model approach to healthcare."

**Dates to Look Forward To**

**2 SEPTEMBER VILLAGE CLOSED FOR LABOR DAY**

**5 SEPTEMBER SURVIVING SUFFERING (A BOOK CLUB FOR SURVIVORS) @ 6:45 PM**

**5 SEPTEMBER STEPHANIE'S 1ST VILLAGEVERSARY**

**6 SEPTEMBER HOOKED ON HEALTHY @ 1:30 PM**

**11 SEPTEMBER JESSICA'S 1ST VILLAGEVERSARY**

**18 SEPTEMBER CHIROPRACTIC FOUNDERS DAY**

**21 SEPTEMBER WORLD GRATITUDE DAY**

**27 SEPTEMBER VILLAGE CLOSED FOR FILL IT UP FRIDAY**

**28 SEPTEMBER DIVINE DESIGN @ 10 AM**

**29 SEPTEMBER DR. JOEY'S BIRTHDAY**



JOIN US

**SEPTEMBER 6TH**

LEARN + GROW + CONNECT

HOOKED ON HEALTHY

RSVP VIA TEXT 833.458.3533

**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](http://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 Vida 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 in!



**Product Spotlight**

September is Biomat month, get ahead of the holiday rush!!!! The Richway Amethyst Biomat offers a user friendly control panel allowing you to tailor your experience with ease. Let the Biomat envelope you in therapeutic warmth, whether you are seeking relief from chronic pain, stress or just needing a sanctuary for relaxation the Richway Biomat is the ultimate care package! The Biomat offers Far Infrared Rays, negative ions and the healing power of amethyst crystals. Let it elevate your daily rituals, revitalize your body and embrace the well-being of natural healing! If you have not had the chance to feel the healing power of the Biomat feel free to call or text the office and add it on to your next visit with us! If you decide to purchase through Halcyon Village in the week of September 3rd through the 6th you will get 10% back as a credit on your account. Please call, email or text the office with any questions on how to purchase!



**Christmas is just around the corner, so don't forget to buy a Richway amethyst Biomat from Halcyon Village from September 3rd through the 6th and you'll get 10% back as a credit to use on your account!!**

**New Product Alert!**

New product at Halcyon Village alert!!!! Macaley and Julia have product tested and fell in love with Cellfood Oxygen Gel, they think you will too so, it is now available at Halcyon Village! Cellfood Oxygen Gel provides an active layer of oxygenated moisture & hydration, while decreasing the appearance of fine lines around the eyes & mouth it helps nurture damaged skin by revitalizing & rejuvenating the epidermis, using only high-quality ingredients this formula contains: Aloe vera, lavender blossom extract, Cellfood & glycerine. It is hypoallergenic, non-oily & paraben free with no animal testing, and no fragrance added. Among it's many benefits it renews skin texture, promotes a youthful complexion, is effective for all skin types, restores skin's natural balance, softens and smoothes dry skin, reduces uneven texture, refines oily skin, and revitalizes skin's moisture. Stop by and pick yours up in September with a welcome 15% off from Halcyon Village!



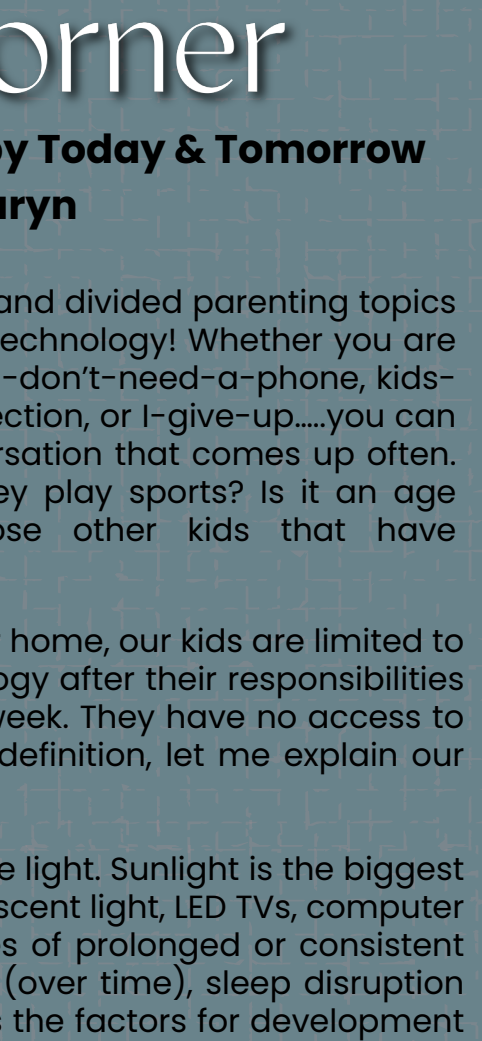
Find your new "must-have" skin gel at your favorite Wholistic clinic, 15% off in September!!

Recommended by dermatologists and beauticians alike, Cellfood Oxygen Gel helps provide skin with an active layer of oxygenated moisture and protection while decreasing the appearance of fine lines. Cellfood Oxygen Gel also helps to nurture damaged skin by revitalizing and rejuvenating the epidermis. Pick yours up today for 15% off at Halcyon Village!

**TOTALLY TESTIFYING**

**Ashley Burden**

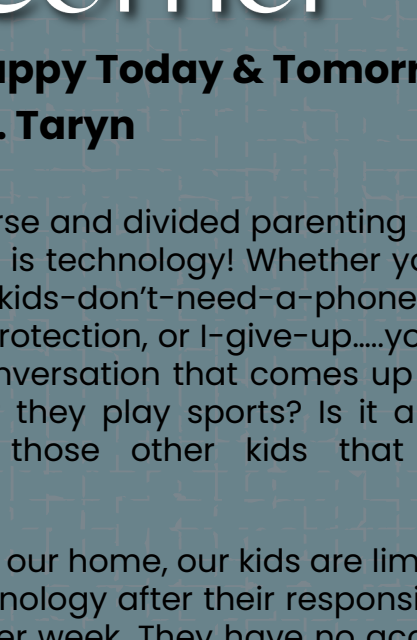
"I recently had the pleasure of receiving laser care treatment at Halcyon Village in Midlothian, TX, and I am beyond thrilled with the results. Diagnosed with Bell's palsy to the left side of my face, I was initially told that recovery could take up to six months. However, thanks to the expert care and advanced laser therapy provided by the team at Peace of Life, my recovery was expedited to just one month! The staff is incredibly knowledgeable and compassionate, creating a comforting and supportive environment from the moment you walk in. The laser treatment itself was non-invasive and painless, making the entire process stress-free. The remarkable improvement in my quality of life has made a significant difference in my daily life, allowing me to return to my daily activities with confidence."



"If you were thinking about seeking Wholistic Care with us here at Halcyon Village she would tell you, "I highly recommend Peace of Life for anyone seeking effective and innovative treatments. Their dedication to patient care and cutting-edge technology truly sets them apart. Thank you, Peace of Life, for your exceptional service and for helping me heal so swiftly!"

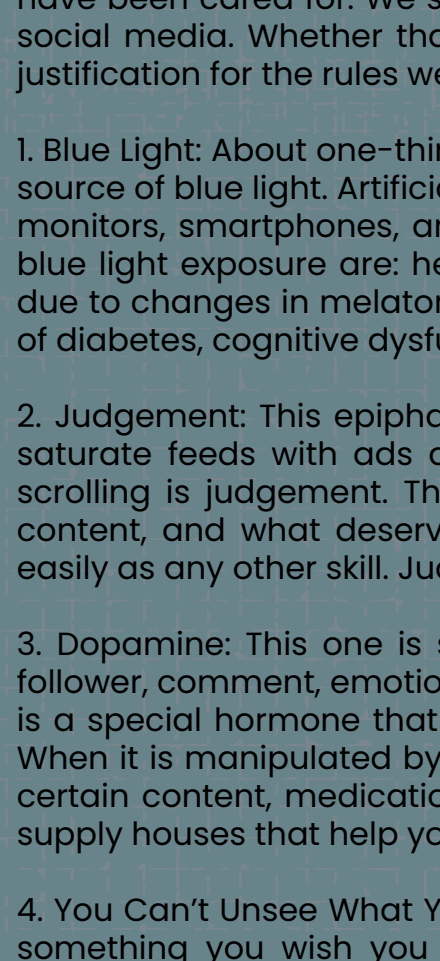
**Book Online Today With Jane**

Click here!



**Chiro Corner**

**Parenting for Brain-Happy Today & Tomorrow**  
By Dr. Taryn



Probably one of the most diverse and divided parenting topics that stresses EVERY parent out is technology! Whether you are on team kids-need-a-phone, kids-don't-need-a-phone, kids-need-a-phone-with-lots-of-protection, or I-give-up....you can probably agree that it is a conversation that comes up often. Is it a need or want? What if they play sports? Is it an age thing? What about all of those other kids that have phones!!!!???

You will find me banging my head on most days too! LOL! In our home, our kids are limited to 2 hours per day (with an exception here and there) of technology after their responsibilities have been cared for. We shoot for 1 technology-free day per week. They have no access to social media. Whether that is liberal or conservative by your definition, let me explain our justification for the rules we have:

1. Blue Light: About one-third of all visible light is considered blue light. Sunlight is the biggest source of blue light. Artificial sources of blue light include fluorescent light, LED TVs, computer monitors, smartphones, and tablet screens. The consequences of prolonged or consistent blue light exposure are: headaches, neck pain, retina damage (over time), sleep disruption due to changes in melatonin metabolism...which then impacts the factors for development of diabetes, cognitive dysfunction, heart disease, behavior changes, and more.

2. Judgement: This epiphany came from a sermon. Since algorithms are used to saturate feeds with ads and content contaminated with click bait, the entire process of scrolling is judgement. The brain (and heart) making instantaneous decisions about the content, and what deserves attention. Judgement can be practiced and learned just as easily as any other skill. Judgement can foster comparison, division, and apathy.

3. Dopamine: This one is so personal to me, so I'll try to be concise. Each like, subscribe, follow, comment, emotionally charged content...all provide a "hit" of dopamine. Dopamine is a special hormone that ultimately impacts our ability to be happy, fulfilled and content. When it is manipulated by artificial means, and more so when "layered" by caffeine, music, certain content, medication, etc, there is a substantial difference in the receptors and supply houses that help you MAINTAIN your happy, fulfillment, contentment.

4. You Can't Unsee What You See: I'm sure you, much less your child, have been exposed to something you wish you could unsee. No matter how many precautions you take, it is inevitable. In the case of technology, that inevitability grows exponentially. When your nervous system experiences something digitally, it can't distinguish between fiction and reality. You get the "fight or flight" response regardless.

5. Brain Balance: The content, instant gratification, high emotion (healthy or unhealthy), and the most common instance of "numbing" that occurs with technology use all drives the RIGHT cortex of the brain. This can (depending on the child) create an imbalance that leads toward impulsive, irrational, and aggressive behavior. It also slows down recovery time from stimulus that is overwhelming or fear-triggering.

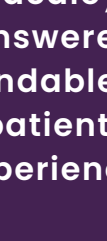
I know technology harbors some of the hardest decisions in parenting....and let's be honest, our own behavior as well. I hope you can pray about what is best for your family with new information & insight to make the best decisions for a BRAIN-HAPPY today and tomorrow. You are WORTH the investment. You never know how a move towards BETTER will deliver you into MORE love, excitement, fulfillment, and happy!

In Light and Love,

Dr. Taryn



**JOHN'S REVIEW**



"I was not sure about the LET when I went in but after my treatment I am feeling more confident in the process. Macaley made sure I was comfortable and answered my questions in a honest and understandable way, she really cares and wants her patients to have a good experience."



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!**