



## Living Naturally in an Unnatural World

Volume 6 | Issue 11

By Becky Nelson

Food is a very touchy subject. I get it. I grew up in a culture where pretty much everything was considered wrong, EXCEPT eating. It was all we could do, and we did it enthusiastically! But now we are living with the consequences. Heart disease, high blood pressure, diabetes, memory loss, arthritis, and the list goes on. So the big question is this: Why do we avoid discussing food and how does it affect us? When information is presented to us, why do we ignore, laugh, or dismiss the information? The answer is simple...we don't want to hear. And it's not like we don't know. We all know we should be eating more fruits, vegetables, and less fast food. So why don't we? Food has become a science. A very precise, targeted, science. That box of cereal, bag of chips, soda, or whatever it may be, has had a considerable amount of time and money spent on it being studied, developed, tested, and advertised. All with one goal in mind; to get you to buy it. Not just once, but over and over again. The goal was not to make it nourishing for your body but to get you hooked on the flavor by any means possible. That includes adding chemicals, sugar, artificial colors, forever chemicals, and anything else to appeal to your appetite. And we are paying the price.



The United States is way down the list when it comes to health. Food has become such an integral, accepted part of our society. We eat three full meals a day. We focus our celebrations around food. We reward our kids with food. We snack. We have happy hour. We spoil the grandkids with food. We bribe our toddlers with food. And because this is all acceptable, it has become so easy for us to ignore or make excuses for our bad habits. But our bad habits are our causing us, and our kids bodily harm.

You may say, "What's the big deal? I ate those foods growing up and I turned out ok." The food that we grew up with in the 70s and 80s is NOT the same food on the shelves today. There is a new disease called Ultra Processed Food Disorder. The solution: Anti-depressants. We're trying to MEDICATE our way out of something we ATE ourselves into. We need to return to common sense food habits. It really does matter what we put in our bodies and the bodies of our kids. There really is a connection between the health of the gut and the health of the body and mind. Our kids are suffering immensely. Obesity, ADD/ADHD, diabetes, autism, and cancer, are all on the rise. We really do need to eat our fruits and vegetables. It is where the nutrition for our bodies comes from. Sadly, for far too many, satisfying the craving is more important than satisfying the need. The struggle is real. Sugar is more addicting than cocaine. When we can't go one day without that coke, that diet soda, or that cup or cups of coffee, when food or drink is an ever-present temptation to which we constantly yield, then it is clear we are addicted. And that is the goal of the food companies.

Start today. Make small changes. Every bit helps. Drink more water. Eat less processed foods. Use apps like "Yuka" to help make good decisions on the food and products you buy. Read the label of the food/drink you are consuming. If the ingredient list is longer than our Constitution's preamble, it's probably not good for you. The body has an innate ability to heal when given the nutrients it needs. It really does come down to the old, simple saying: "Are you eating to live, or living to eat?"

Health and Blessings!

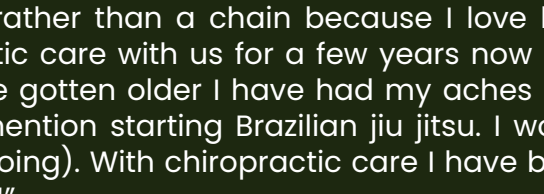
Becky Nelson,  
M.H Midlothian Wellness Center

**About the author:**

Becky is a Master Herbalist who started her journey to provide natural and herbal supplemental health alternatives and counseling over 15 years ago when her sister was diagnosed with breast cancer.

## #LIVESCHANGED

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

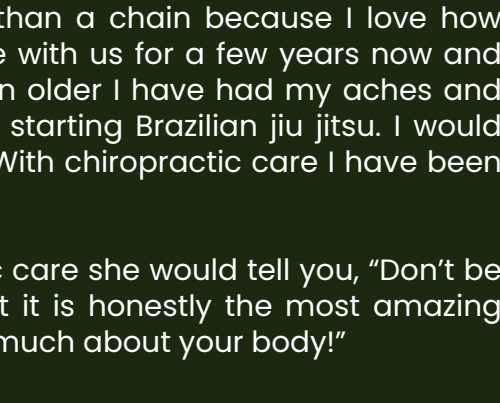


#thereisafirsttimeforeverything  
#wholisticoptions #alternativehealthcare

## Patient of the Month

**Brittany Rodriguez**

This month we are celebrating Brittany as our patient of the month! Something you may not know about her is she has been to Kenya (2 times), Peru, and Panama! She is also an entrepreneur with her new business Crafted Love Stories where she crafts stunning paper crafts for all your occasions!



Brittany shared, "I'm so glad that I started coming to y'all rather than a chain because I love how people oriented y'all are." She has been receiving chiropractic care with us for a few years now and said, "I have had back pains since high school. But as I have gotten older I have had my aches and pains get more intense as I changed jobs around, not to mention starting Brazilian jiu jitsu. I would make my body feel stuck after some intense rolls (my own doing). With chiropractic care I have been able to actually feel relief and move my body in a proper way!"

If you were to tell Brittany if you were thinking of getting chiropractic care she would tell you, "Don't be afraid for them to crack your neck. I was scared my first time, but it is honestly the most amazing experience after! It made me feel amazing and you will learn soooo much about your body!"

## Dates to Look Forward To

<b>6 NOVEMBER</b>	<b>NATIONAL STRESS AWARENESS DAY</b>	<b>9 NOVEMBER</b>	<b>WORLD ADOPTION DAY</b>
<b>11 NOVEMBER</b>	<b>VETERANS DAY</b>	<b>13 NOVEMBER</b>	<b>WORLD KINDNESS DAY</b>
<b>18 NOVEMBER</b>	<b>JESSICA'S BIRTHDAY</b>	<b>21 NOVEMBER</b>	<b>WORLD HELLO DAY</b>
<b>27 NOVEMBER</b>	<b>VILLAGE CLOSING AT NOON</b>	<b>28 - 30 NOVEMBER</b>	<b>VILLAGE CLOSED FOR THANKSGIVING</b>

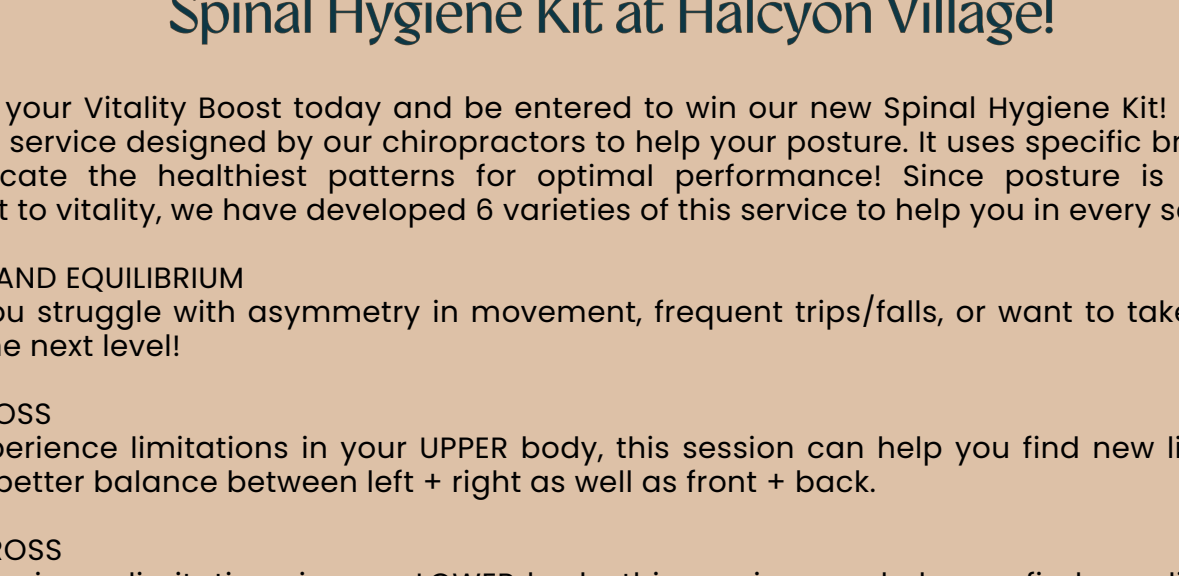
## Product Spotlight

Have you heard that Halcyon Village offers Kangen water?!! In November, we are offering you a chance to try Kangen water by bringing your own bottles to fill up and see why we all love it at the Village! At Kangen, their passion is to transform your tap water into pure, healthy, electrolyzed-reduced, and hydrogen-rich drinking water. Your body is at least 70% water, so shouldn't you be putting the best in it? When you decide that you need Kangen water all the time, we offer glass jugs that you only purchase once and get FREE water for life! Now that's a deal! Stop by today!!!

HAPPY THANKSGIVING FROM OUR VILLAGE TO YOURS

IN NOVEMBER ALL PATIENTS ARE WELCOME TO BRING PERSONAL BOTTLES TO FILL WITH KANGEN WATER COMPLEMENTRY ONLY AT HALCYON VILLAGE

WHAT IS KANGEN WATER? THIS REVOLUTIONARY WATER PURIFICATION SYSTEM OFFERS INNOVATIVE TECHNOLOGY AND TRANSFORMS ORDINARY TAP WATER INTO ALKALINE, ANTIOXIDANT-RICH WATER, PROMOTING OPTIMAL HYDRATION, ENHANCED NUTRIENT ABSORPTION AND OVERALL WELLNESS.



## November is all about the Vitality Boost and Spinal Hygiene Kit at Halcyon Village!

Schedule your Vitality Boost today and be entered to win our new Spinal Hygiene Kit! The Vitality Boost is a service designed by our chiropractors to help your posture. It uses specific brain food to communicate the healthiest patterns for optimal performance! Since posture is the secret ingredient to vitality, we have developed 6 varieties of this service to help you in every season.

**BALANCE AND EQUILIBRIUM**

Ideal if you struggle with asymmetry in movement, frequent trips/falls, or want to take your Tree Pose to the next level!

**UPPER CROSS**

Whether you experience limitations in your UPPER body, this session can help you find new limits! It will promote better balance between left + right as well as front + back.

**LOWER CROSS**

If you experience limitations in your LOWER body, this session can help you find new limits! It will promote better balance between left + right as well as front + back.

**PELVIC FLOOR**

Whether you are pregnant, postpartum, struggling with incontinence, have a challenging low back/hips, or want to have better range of motion in your pelvis - this session offers a wide range of benefits.

**FORWARD HEAD POSTURE**

For symptoms of Text Neck, poor posture, chronic fight/flight, or those daily habits at the computer - you can find healthy head positioning and neck range of motion with this session.

**STRESS RESILIENCE**

Dr. T's favorite session! This combination of care is designed to help you fight the flexion posture that stress creates in your body. It will invite calm and relax into your "fight" muscles, and allow you to process life with resilience.

Each variety of our Vitality Boost offers a combination of vibration plate, percussion, stretching, and breathing over a 15 minute session to release old patterns and bathe your brain with fresh information about healthy patterns!

The Spinal Hygiene Kit can help anyone continue to work on the healthiest spine and posture at home it includes a Lacrosse Ball, a Neck stretcher, Muscle and Joint pain cream, a short foam roller, and a wiggle cushion! Don't miss your chance to win one in November!!!

**Posture Promo November!**  
**Schedule a Vitality Boost session at HALCYON VILLAGE**  
movement • healing connection • balance  
**and be entered to win a Spinal Hygiene Kit!**

The Vitality Boost is a service designed by our chiropractors to help your posture using specific brain food to communicate the healthiest patterns for optimal performance! Since posture is the secret ingredient to vitality, we have developed 6 varieties of this service to help you in every season.

- BALANCE AND EQUILIBRIUM
- UPPER CROSS
- LOWER CROSS
- PELVIC FLOOR
- FORWARD HEAD POSTURE
- STRESS RESILIENCE

Where could you use a boost?  
Call (972) 775-4344 or Text (833) 458-3533



## TOTALLY TESTIFYING

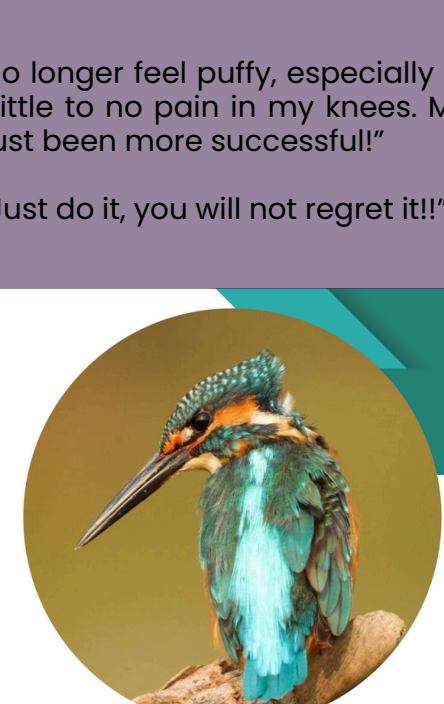
**Kelli Blanchard**

Kelli came to Halcyon Village for prenatal chiropractic care, after a coworker shared more about what all Halcyon Village was about and offered! She decided to give Halcyon Village a try and after years of her and her family receiving care with us she said, "Everyone at Halcyon Village is great and makes my whole family feel at home anytime we have an appointment!"

Recently, Kelli received her first LET at Halcyon Village! She said, "It was amazing, Macoley made me feel incredibly comfortable and helpful."

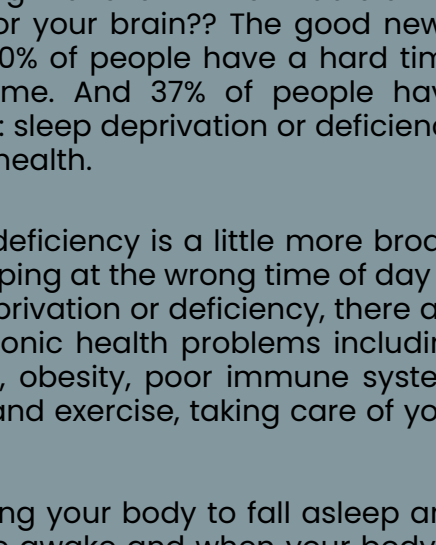
She went on to say, "LET has been amazing for my inflammation. I no longer feel puffy, especially in my face. I am now able to do squats and lunges at the gym with little to no pain in my knees. My lower back no longer cramps up if I'm laying flat. My workouts have just been more successful!"

If you were thinking about holistic health care, Kelli would tell you, "Just do it, you will not regret it!!"



## Book Online Today With Jane

[Click here!](#)



## Chiro Corner

**Night, Night... By Dr. Justin**

Do you ever find yourself awake late at night or even in the middle of the night when everything is quiet except for your brain?? The good news: you are not alone. According to data, 80% of people have a hard time falling asleep at least some of the time. And 37% of people have difficulty most of the time. The bad news: sleep deprivation or deficiency can cause many adverse effects on our health.

Sleep deprivation is when you simply don't get enough sleep. Sleep deficiency is a little more broad. Deficiency refers to a poor quality of sleep that can be caused by sleeping at the wrong time of day or you fail to reach deeper levels of sleep. Whether you struggle with deprivation or deficiency, there are many ways your health can suffer. Poor sleep is linked to many chronic health problems including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, poor immune system function and depression. The bottom line is that along with nutrition and exercise, taking care of your sleep is one of the main pillars of health.

What is it that makes us sleep? Several factors play a role in preparing your body to fall asleep and wake up. You have an internal body clock that manages when you're awake and when your body is ready for sleep. The body clock typically has a 24-hour repeating rhythm (called the circadian rhythm). Two processes interact to control this rhythm. The first is a pressure to sleep that builds with every hour that you're awake. This drive for sleep peaks in the evening when most people fall asleep. A compound called adenosine seems to be one factor linked to this drive for sleep. While you're awake, the level of adenosine in your brain continues to rise. The increasing level of this compound signals a shift toward sleep.

A second process involves your internal body clock. This clock is in sync with certain cues in the environment which drive the release and break down of chemicals (hormones). Light, darkness, and other cues help determine when you feel awake and when you feel sleepy. Melatonin is considered the sleep hormone. When it gets dark, melatonin is released and helps you to feel sleepy. Conversely, when light hits your retina, cortisol is released and prepares our body for wakefulness. These rhythms get disrupted by a lot of things that will affect sleep negatively. Let's talk about some of those disrupters and methods we can employ to improve sleep.

Timing of human exposure is BIG. Too much light at night is a very common problem in today's world. For most of human history, it's been really dark at night. For the past century or so, night time has been full of light! I'm not suggesting going all dark in the evenings, but it would serve you well to begin dimming lights in your house and reduce screen time in the evenings as the sun is going down. At least in your bedroom, go for light-cancelling window treatments. Also, studies show that small lights from a charger box or a small digital clock are enough light to disrupt melatonin production. Make your bedroom a sanctuary of controlled light and that's a great start to better sleep. Sleep masks are great to block light when sleeping. Also, blue light glasses assist to block out the most stimulatory frequencies of light while winding down in the evenings.

On the other hand, light exposure in the morning (preferably natural light) for at least 30 minutes can do wonders to balance our circadian rhythm and ultimately lead to great sleep. What we do during the day plays a major role in our sleep quality!

Reserving your bed strictly for sleep (and one other thing...) is highly recommended. Doing work on a computer, scrolling on our phones, watching tv, etc., sends the wrong signals to our brain and we begin to make the wrong neural associations with our bed that inhibit good sleep.

Temperature can affect sleep quality. Studies show optimal sleep happens when the environment is 66-69 degrees.

Obviously, you need to invest in a quality mattress, pillow, and bedding. You're going to spend 35-40% of your life on those things. Don't be cheap!

Throughout the day, our bodies acquire a lot of positive electrical charge that can be harmful. The Earth has a slightly negative charge that helps to ground us. Take some time to walk barefoot outside or look into grounding sheets for your bed.

Naps and caffeine after 2pm have negative effects on sleep. Try to avoid those in the late afternoon/evening hours.

Alcohol in the evening hours can cause drowsiness and possibly help you fall asleep. However, it affects the brain in ways that lead to poor quality sleep. So, if you must indulge, give 3-4 hours before bedtime to metabolize and sleep quality will improve.

The same goes for food. Eat 3-4 hours before sleep to allow for proper digestion.

Diffusing essential oils has been shown effective. The primary one is Lavender, along with Chamomile, Citrus Sage, and Bergamot to name a few.

When talking supplementation...there are many, but these are a few that I like: My personal favorite is Magnesium Threonate. Magnesium is a very abundant mineral in our bodies and essential for many things. Specifically, Mg Threonate crosses the blood-brain barrier and helps balance our nervous system for better sleep.

Chamomile is an herb that interacts with the brain on a cellular level to help reduce hyperactivity in the nervous system. It's great for those of us that can't seem to "turn it off". You can get it from a supplement or an herbal tea.

L-Theanine that is found in tea leaves helps regulate anxiety and improve sleep as well.

Melatonin in supplemental form is a popular one that I really don't love. It will help you to fall asleep. However, it can trick the body into thinking that levels are okay and the body's natural production of melatonin will diminish causing your sleep to be lighter and even wake up more readily in the middle of the night.

Exercise is obviously great for health. It can also improve sleep quality by helping to build adenosine and burn up excess cortisol.

Breathing is very important for down regulating the stress part of our nervous system and helping us fall asleep. There are several different effective methods. My favorite is Dr. Weil's 4-7-8 method. First you close your eyes and place the tip of your tongue on the roof of your mouth, just behind your teeth. Keep your tongue in this position for the whole exercise. And use your diaphragm (belly breathing) instead of chest breathing. Close your mouth and breathe in through your nose as you count to four in your mind. Hold your breath, and count to seven. Open your mouth and exhale as you count to four. Allow the breath to make a whooshing sound as it leaves your body. Repeat steps two through four three more times, making sure that your breathing pattern follows the 4-7-8 ratio. The counting in this exercise is important as it activates our left brain which helps drive our resting division of our nervous system. (Which is the reason counting sheep became a thing.)

Last, but certainly not least...get adjusted! A properly aligned and moving spine helps to optimize the nervous system for less pain and better quality sleep.

This is far from an all inclusive list of good sleep practices, but should give you a good foundation to operate from if you're challenged in the zzz's department. Make sure and ask one of our providers if you are needing to sleep better.

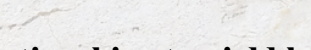
- Yours for better health, naturally!

Dr. Justin McGuire

## 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!**