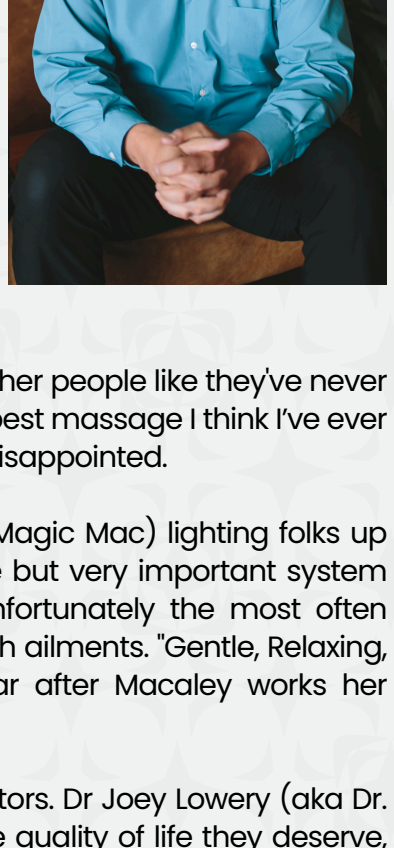


We're Going to Light Up 2025!

By Dr. Joey Lowery

Well, as crazy as it is to believe, we're headed into a New Year. It's amazing how fast a previous year can come and go, but with the curtain closing on one year, the next poses exciting opportunities for us to serve our patients and reach a greater level of impact for those in need! What do I mean by this statement? For starters, Our Health Coach, Christy Tyree, has been making major waves with her guidance, nurturing advice, and accountability within her service on helping folks get on a better track of health and execute the necessary steps to stay on course if you're rolling into the New Year with questions or uncertainty on where to start or need some tweaking of your present action plan.



A second Village asset towards service is Kimberly Picard dropping some booms on our folks with IASIS. In a nutshell, IASIS is a gentle electrical bathing of the brain that positively stimulates it to retrain it into healthier brain wave patterns. Who benefits from such therapy, you may ask? We've seen folks dealing with the loss of family, folks with anxiety, post-concussion, Military Vets dealing with PTSD, the list goes on and on. It is safe for both adults and children if you were wondering.

Thirdly, to our Rockstar lineup is Lisa Sanders bringing some Massage Therapy to her people like they've never felt! I've lost count of how many folks have exited her room saying, "That was the best massage I think I've ever received." Why not give her a try and see for yourself what I mean? You won't be disappointed.

The list continues of Superheroes at Halcyon Village with Macaley Davee (aka Magic Mac) lighting folks up with her Lymphatic Enhancement Therapy. Your lymphatic system is a passive but very important system that helps you detoxify, eliminate, and ward off harm to your organs. It's unfortunately the most often neglected system. A stagnant lymphatic system is a recipe for a variety of health ailments. "Gentle, Relaxing, and life-changing" are just a few of the words we've been fortunate to hear after Macaley works her Lymphatic Magic.

Heading up the rear of our village, from a provider standpoint, are the chiropractors. Dr. Joey Lowery (aka Dr. Jo) here as I write this article. My passion lies in helping everyone earn back the quality of life they deserve, helping them lock in on a "WHY" when it comes to their health, and trying my best to educate and empower my patients on small daily actions that turn into big wins. Dr. Taryn Lowery (my better half) I feel needs no, if very little, introduction. I proudly say she was our class "Most Outstanding Intern" while at Parker College, and still today brings her best to her patients serving everyone while putting a dash of focus and extra love on those beautiful babies she takes care of. The man, the myth, the West Texas Legend, Dr. Justin McGuire (aka My brother from another mother) brings it full circle with his genuine and authentic care. He's a true selfless servant who will win you over the minute you allow him to care for you. We've been truly fortunate to witness what an amazing impact he's had on his patients in God's Glory and not his own.

Finally, the TRUE MVP crew at the office are those who help keep the chaos coordinated and running smoothly. Jessica, Julia, Novelette, Stephanie, and Valerie all bring their special talents, ideas, and energy to the village with authenticity and willingness to make a difference. I am confident when I say we at the village are all so grateful for their presence. I close this out with the motive of enlightening our readers about who we are, and what we bring to the office, and promise you this statement... We're coming into 2025 with a mission to impact more people than we ever have. We're bringing more service and more value to our patients than ever before. We're going to make a difference like we've never done before. Thank you for allowing us to serve you and your loved ones. Thank you for trusting us to be in your life and thank you for allowing us a relationship with you on your health journey. Let's make 2025 light up for you together!

Blessings and Abundance,

Dr. Jo

#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!

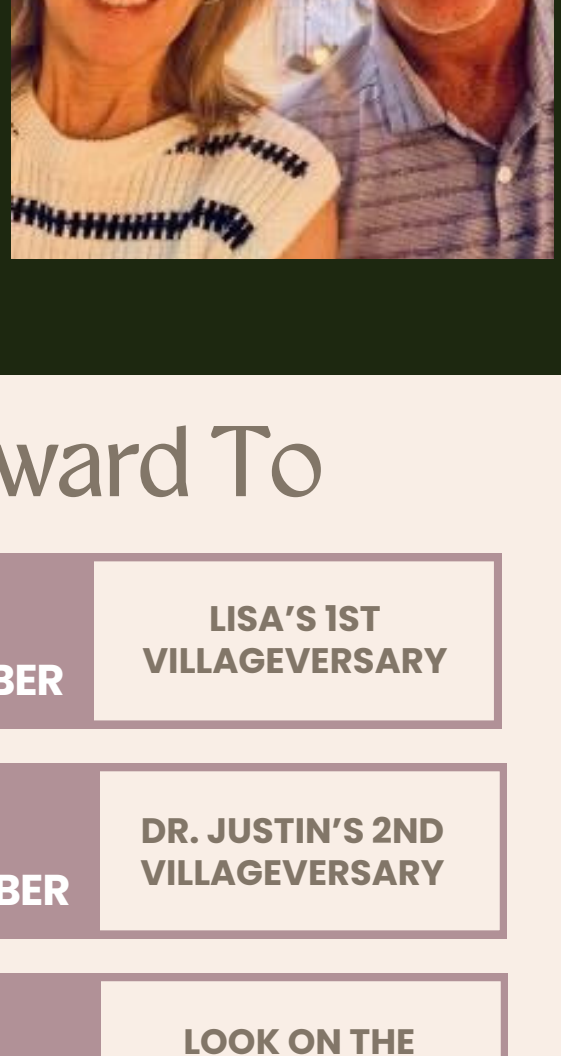


#thereisafirsttimeforeverything #wholisticoptions #alternativehealthcare

Patients of the Month

Karen and Jeff Smith

This month we are celebrating the lovely Karen and Jeff Smith as our patients of the month! The Smiths have been married for 28 years and their go to vacation spot of the last 22 years has been in Puerto Vallarta! They are both very involved with their church at Hillcrest Baptist. They are incredibly proud of their daughter Maddie who has been married for 2 years and is a nurse in Waxahachie!



We love having the Smiths at our village and they shared, "We love the wholistic approach; from chiropractic to IASIS to LET to massages. The great staff that we feel the presence of The Lord amongst! The quality of care is unmatched. We are Lifers!"

They shared that the benefits they have received after their care here has been, "overall better health, lack of stress and no more back pain!"

Dates to Look Forward To

1 DECEMBER	LISA'S BIRTHDAY	2 DECEMBER	LISA'S 1ST VILLAGEVERSAARY
6 DECEMBER	CHRISTY'S BIRTHDAY	12 DECEMBER	DR. JUSTIN'S 2ND VILLAGEVERSAARY
18 DECEMBER	ANSWER THE PHONE LIKE BUDDY THE ELF DAY	21 DECEMBER	LOOK ON THE BRIGHT SIDE DAY
20-25 DECEMBER	VILLAGE CLOSED FOR CHRISTMAS	25 DECEMBER	JULIA'S BIRTHDAY
31 DECEMBER	VILLAGE CLOSED FOR NEW YEAR'S EVE		

Product Spotlight for December

The holiday season is the perfect time for giving, in the month of December Halcyon Village is giving 10% off any essential oil in stock! So stop by and grab your favorite scent or blend and enjoy the benefits all year long! Some of our favorite blends are Holiday Joy from DoTerra, it combines the warm, spicy-sweet aroma of CPTG Certified Pure Tested Grade® Wild Orange, Clove, and Cassia with crisp and airy Siberian Fir and Peru Balsam to freshen the air and fill your home with holiday magic. We also love Young Living's Christmas Spirit essential oil blend it is a combination of evergreen, citrus, and spice—Northern Lights Black Spruce, Orange, and Cinnamon Bark—and is reminiscent of winter holidays to evoke memories of joy, happiness, comfort, and security. Your family will love this scent year-round. We are wishing you and yours warm and happy holiday magic!

Celebrate the Season with us!

Halcyon Village loves to have fun year-round, but we would really enjoy our patients getting into the holiday spirit with us this year! Each patient who visits in any type of Christmas spirit wear/gear in December will be entered to win a gift card from us, so grab those ugly sweaters, bunny suits, and reindeer hats and come see us! We can't wait to celebrate the joy of the season with our favorite patients!

"We love to have fun, especially during the holidays. When you come to Halcyon Village in December, make sure to wear your best (or worst) Christmas gear, and you'll be entered to win a gift card to use on your next visit!"

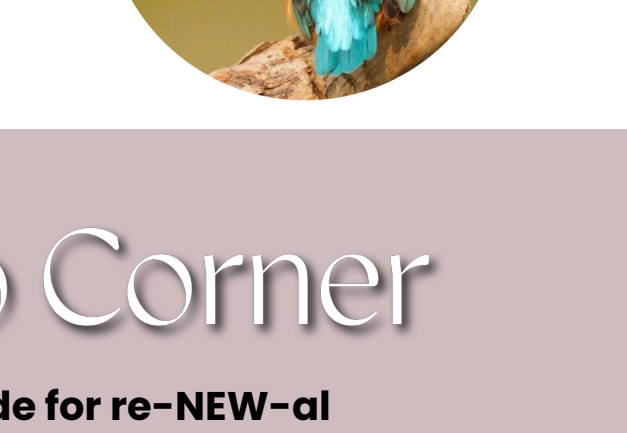
Complete Your Holiday Shopping at Halcyon Village!

Halcyon Village is the perfect place to pick up all those stocking stuffers and gift cards. Don't worry, everything you and she said she would love the gift of health this year! We have everything you need from electrolytes, massages, nontoxic home and body products, foot detoxes, whole food supplements, Lymphatic Enhancement Therapy, essential oils, collagen, Rowe Casa, Queen of the Thrones, Kangen Water, amber jewelry, and so much more. Do not miss your chance to fill them up with the things they really need this year. Health and Wellness!!

TOTALLY TESTIFYING

Shelby Tischer
Shelby came in to Halcyon Village through a friend's referral. She shared, "My first appointment was relaxing and helpful."

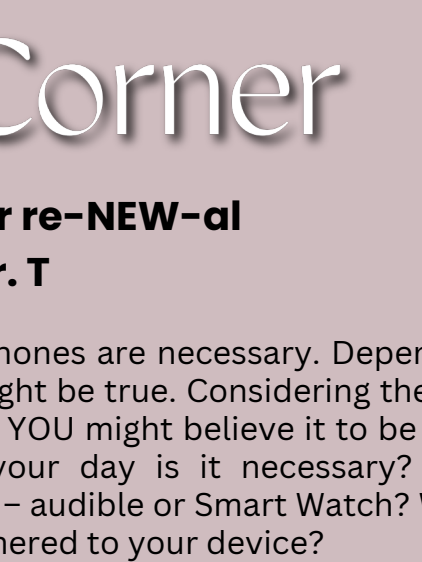
Since that first appointment, she has received several forms of care at Halcyon Village aside from chiropractic care! Her most recent form of care has been our hair analysis. She shared the following about her hair analysis journey: "The care I have received has allowed me to have my energy back and to become active again. When I filled out my second form for the issues I was dealing with I almost cried when I realized how few boxes I had to check compared to my first form! The benefits I received have been emotional freedom that came after my first hair analysis as well as physical healing. My brain fog is gone, I sleep better, my muscles recover after exercise, my bloating after meals is gone!"



If you were thinking about wholistic health care, Shelby would tell you, "When you address all aspects of the spirit, soul, and body together a lot of healing and progress will happen."

Book Online Today With Jane

[Click here!](#)



Chiro Corner

Silent Mode for re-NEW-al
By Dr. T

We would love to argue that cell phones are necessary. Depending on your lifestyle, your argument might be true. Considering the fast pace and high demand of our lives, YOU might believe it to be true. Is it? If so, how many hours of your day is it necessary? Is it negotiable? What about your alerts – audible or Smart Watch? What reason do you believe keep you tethered to your device?

I'm imploring your attention today to inspire FIVE reasons to consider silencing your device:

- ♥ **FOCUS** – A lack of interruptions allows you to keep focused on what you are presented with.... A focus, book, task, driving, etc. We have enough challenges internally staying focused, you can benefit from one LESS challenge.
- ♥ **PRODUCTIVITY** – Woven into the fabric of focus, with less interruptions, you can increase your productivity and efficiency while reducing your errors and re-dos.
- ♥ **CONDITIONING** – I spent a few days with a friend that had her phone on alert – it was a simple, subtle tone. Over the time we shared, I observed her conditioning to attend to what the alert brought to focus. The sound chimed – she found a good stopping place (more self-control than notification) and then checked the notification. I'm not sure what was on the other side of that notification, but I know that she physically shifted her focus and energy towards a non-present need. This is NOT the exception to the rule – everyone around us does the same thing. The conditioning is STRONG. The beneficiary of that conditioning is NOT the person or activity that you have chosen to be present with – it's the other thing. The beneficiary of this conditioning is marketing attempts, retail sales, social media algorithms, and very expensive technology that is designed to lure your engagement.
- ♥ **CONNECTABILITY** – trust and relationships that are built on trust require intentionality. It is more clear than ever where your connections (tether) lies when you are in a community setting (home, family, work, church, parent meeting, conference, etc) and you check your notifications. It makes you less connectable and compromises trust. Secondly, if you are absorbed by notification after notification, you will miss opportunities to connect in new ways – new people, new messages, new thoughts, new wisdom, new joy!
- ♥ **SYMPATHETIC INHIBITION** – our nervous system is wired for survival. Because a notification is just a signal to communicate there's more to explore, it is expected that our nervous system assumes survival is in question. What if that text ____? What did the doctor say? Please don't be ____ calling with another complaint! Is that my kid....are they ok? Consciously, those might not be first to mind, or you have a totally different sympathetic cue (subconscious fear), but ANY unknown raises our cortisol levels and sparks sympathetic synapses.

I'm not in my phone enough to know what has you tethered, but as you make life reflections with the approaching new year, consider silence as an option. Even if it's just an hour a day....work on RE-conditioning your mind and making way for RE-newal in 2025!

Ephesians 4 (The Message)

20-24: But that's no life for you. You learned Christ! My instruction is that you have paid careful attention to him, been well instructed in the truth precisely as we have it in Jesus. Since, then, we do not have the excuse of ignorance, everything—and I do mean everything—connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you.

I love you deep and wide ♥

Dr. Taryn

**If phone alerts are required for your safety, job requirements, or other life-compromising measures – don't silence your device. Use common sense – just be mindful of the opportunities that you can 😊



EDWIN'S REVIEW



"Dr. Justin rocks! He aligned me up and I felt better instantly. The remodeled office is very comfortable and accommodating. Dr. Joey has set a high standard and Dr. Justin has met and surpassed all expectations. I will definitely be back."

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!