

DECEMBER 2020-1

Created to Inspire, Inspired to Create



# TEXAS INKED



*Kaely Lynn*

Photographer:

SEBBY RAW



## Editors Note

*We have finally hit the last month of this crazy year!  
I hope December finds all our Texas Inked Fam well!*

This weeks issue is set to help the stress of the holidays. We all feel it in some way... Bills, finding the right gift, and even planning events. No matter what you are stressed about this month we hope our Mini Mag can help make your December just a little sweeter.

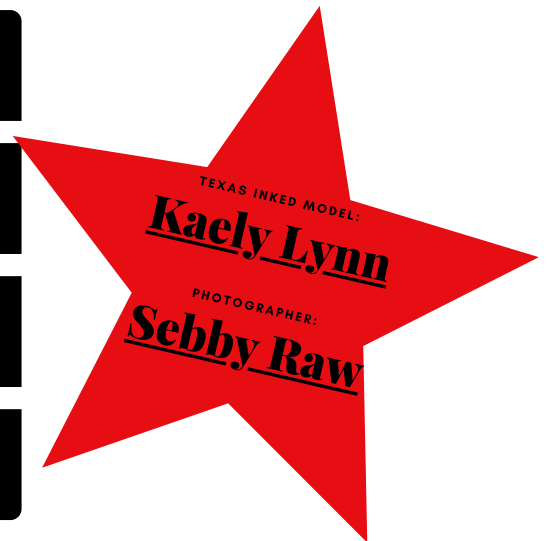
In all of our December issues you will find a sweet treat, in the form of easy to make Christmas cookies!

This weeks **Oreo Peppermint Crunch Cookie** can be found on **page 8**.

We have also teamed up with Austin Chiropractor Dr. Ariel Fox to bring you some tips on getting through the holiday stress (pgs 4&5). As always we bring you the most talented Texas Tattoo Artists, this weeks featured artist is out of Houston, TX. Is it you? Find out on page 9.

As always, thank you for your continued support in these trying times. Without you and the donations we have received, we don't know what we would have done.

### *On The Cover:*



If you would like to make a donation to help us get through these tough times, we would greatly appreciate it. As many in 2020 Covid has had a terrible impact on our business, and we could use all the help we can get.



*Kaely Lynn*

Photographer:

SEBBY\_RAW



# STRESS

*how it impact the body*

With Dr. Ariel Fox

**Hey! It's your resident Texas Inked Chiropractor with some tips about how to alleviate the stress of "existing" during a pandemic.**

First, it's important to understand all forms of stress. Stress can be thought of as anything that causes the body to adapt. Our bodies tend to experience stress in 3 forms; Emotional, Chemical, and Physical. Some levels of all of these are a good thing. The problem is when we are experiencing a combination of all forms of stress in excess of our body's ability to adapt to it. Imagine yourself as an 8 oz glass. Only 8 oz of water will ever fit. Up until that 8 oz point, you're "Gucci". Beyond that, the water starts to overflow, it spills onto the floor, the cats start slipping in it, it's a whole thing. Except we aren't cups of water, we are humans. So the water overflowing and upset cats look more like back pain, insomnia, headaches, poor immune function, anxiety, lack of motivation and focus, etc. Believe it or not, all of these problems are related to an out-of-balance nervous system, which is what the chiropractic adjustment is designed to address (but more on that later).

Here are a few tips for each type of stress to keep your cup from overflowing.

**Emotional:** What's there to be stressed about emotionally right now? HA! Understatement of the F\*%&@ng year. With the constant uncertainty and ever changing information, I can confidently say that this is the most stressed I've ever seen people collectively. I can't change the state of the world, but I can give you some suggestions on how to activate your parasympathetic nervous system (the other side of the "fight or flight" teeter totter).

- **Guided Meditation** - Meditating is HARD, especially when first starting out. Guided meditations are great for the wandering mind and helps to promote grounding, even if it's just for 5 minutes. There are many apps and videos, but my go-to is [Insight Timer](#).
- **Diaphragmatic Breathing** - Taking slow, deep breaths while focusing on filling the bottom of your lungs first helps to stimulate the Vagus Nerve (which is a key player in the parasympathetic nervous system). There are many variations of this, so go with what works best for you. My personal favorite is breathing in for 5 seconds, holding, and breathing out for 10 seconds when feeling overwhelmed.

**Chemical:** While I'm here for improved hand hygiene and increased sanitation practices, breathing in industrial grade cleaner everywhere you go is a lot. Not to mention we are entering the time of year where we're eating more sugar and drinking more to deal with the holidays and expecting our body to process all of it. I'll never be the person to tell you what to eat or what products to use, because that is very dependent on the individual and there are so many factors to consider. I can, however, offer general suggestions that will apply to most that live in a westernized culture.

Continued on next page...

- **Vitamin D supplementation** - As we head into the winter months, we get less sunlight and less of our skin is being exposed to the sun because we're starting to bundle up. Vitamin D levels are correlated with proper immune function. Vitamin D supplementation may be something to look into to support a healthy immune system. My favorite is [Dr. Mercola's Vitamin D3](#) because it's liposomal making it easier for the body to absorb.
- **Being aware of what's in your daily self care products** - You can certainly drive yourself insane by reading every label of everything you buy and I'm not suggesting that. Although, not all skin care, make up, body washes, or hand sanitizers are created equal. I don't pretend to be perfect, and sometimes I reach for the "less than clean" products because they work better or I like them more. However, sometimes you might not even be aware that you're using products with lots of synthetic additives. If you're curious if the products you're using have a lot of chemicals for the body to process, [Think Dirty](#) is a great and easy-to-use resource.

**Physical:** Physical traumas don't always have to be a big dramatic accident. Sitting too long can be considered a physical trauma (I'm looking at you, tattoo artists). With more and more people working from home and maybe not having the best ergonomic workstations, many of my patients have been experiencing "new" problems- areas of their body hurting that have never hurt before. Here's a few ideas to help reverse the working from home/tattooing posture.

- **Chest openers** - Tattooing, looking at our phones, working on the computer, all of these activities involve postures that activate the chest muscles and create a rounded posture. This leads to overdeveloped pecs and a really tight upper back. Even taking 10 minutes a day to stretch the chest muscles, like in this [example](#), can greatly reduce thoracic immobility.
- **"Figure 4" seated position** - sitting all day puts a lot of pressure on the outside of the hips. Doing [this stretch](#) after a long work day can help keep the hips mobile and even reduce the feeling of sciatic pain.

Now, with all of this being said, sometimes our bodies need more help adapting. As a chiropractor, I can't follow you around all day and make sure that you're keeping your stress low and not "adding water to the cup". What I can do is give you a bigger cup. The chiropractic adjustment removes interference on the nerve pathways between the brain and the body. This increases adaptability of the body and helps to bring the nervous system out of the "fight or flight" state. We can adapt to more stress if our brains aren't constantly telling us that we're already stressed. I function at my best when I am adjusted once a week, regardless of if I'm in pain or not. If you would like help finding a nervous system based chiropractor, please reach out and I'm happy to help!

*Kaely Lynn*

Photographer:

SEBBY\_RAW



CK TATTOO

VON STRIGA ART PARLOR



# Raffle!!!



FULL DAY SESSION



TOYS FOR TOTS



NO LIMIT ON ENTRIES

WINNER WILL BE NOTIFIED TO SCHEDULE  
AN APPOINTMENT DATE IMMEDIATELY  
AFTER DRAWING ON 12-09-20

WIN ME!

\$25

PER ENTRY

ONCE PAID YOU ARE ENTERED!  
PAYMENT OPTIONS BELOW

Paypal.me/artCK • Venmo: @Chauncey-Kochel

ALL PROCEEDS WILL BE DONATED TO TOYS FOR TOTS TO BUY CHRISTMAS PRESENTS FOR LESS FORTUNATE CHILDREN

WIN A FULL DAY SESSION! Drawing will be held December 9th, all proceeds will be donated to Toys for Tots, help make Christmas awesome for less fortunate children

# Oreo Peppermint Crunch Cookies

PREP TIME  
20 minutes

COOK TIME  
10 minutes

TOTAL TIME  
30 minutes

## Ingredients

- 1 box white cake mix (see note below)
- 8 Tablespoons unsalted butter, softened
- 1 large egg
- 1/2 teaspoon peppermint extract
- 1/2 teaspoon vanilla extract
- 4 ounces cream cheese, softened
- 1 cup Oreo cookie chunks
- 1 cup Andes Peppermint Crunch pieces
- 1/2 cup dark chocolate chips



## Instructions

1. Combine the cake mix, butter, egg, extracts, and cream cheese. Mix until a soft dough forms.
2. Stir in the cookie chunks, peppermint crunch pieces and chocolate chips gently. Refrigerate the dough for at least 30-60 minutes. The longer, the better. The dough should not stick to your hands when you roll it.
3. Preheat oven to 350 degrees.
4. Scoop or roll the dough into 24 balls. Bake on a cookie sheet for 10 minutes. Do not over bake. The cookies will be very soft and look undone.
5. Let the cookies sit on the hot cookie sheet for 2-3 minutes, then gently remove them gently with a metal spatula to a piece of parchment paper on the counter.
6. Very gently tap the tops of the cookies with the bottom of a flat spatula to even out the tops. Let them sit until completely cool. Store in a sealed container.

YOU CAN FIND THE ORIGINAL RECIPE [HERE](#)

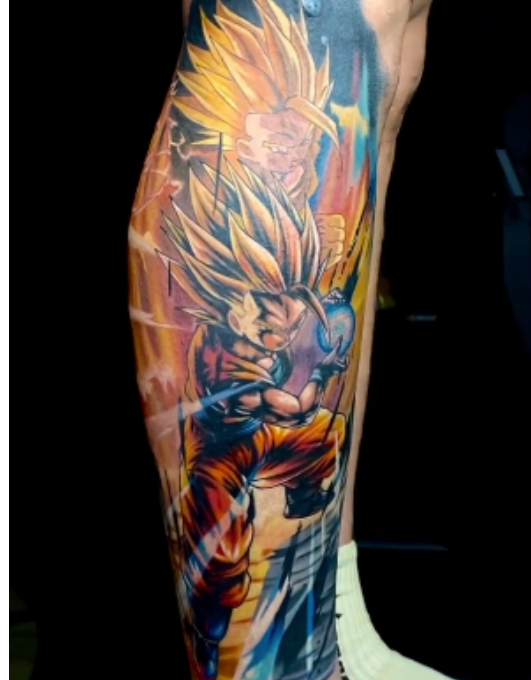


*Yaniel Mieres*



@MIERESTATTOO

BLESSED TATTOO STUDIO  
HOUSTON, TX



*This Month's*

**FEATURED**

*Product*



*Black and  
White  
"Chaos"  
Backpack  
\$55.00 + s/h*

This all-over print medium size backpack has plenty of room with a big inner pocket, a separate section for a 15" laptop, a front pocket, and a hidden pocket at the back. The bag is made of a water-resistant material, which is all-over printed with your designs. The soft, padded mesh material on the back and the black handles make it perfect for daily use or sports activities.

Check Out All Our Products  
[www.texasinked.com/shop](http://www.texasinked.com/shop)

**Check Out All Our Products**  
**[www.texasinked.com/shop](http://www.texasinked.com/shop)**

YOUR AD  
HERE



LET US HELP YOU REACH THE TEXAS ARTS COMMUNITY...

## NEWSLETTER AD PRICING

EMAIL [NIKKI@TEXASINKED.COM](mailto:NIKKI@TEXASINKED.COM) FOR MORE INFORMATION OR TO PURCHASE.

|   |   |   |
|---|---|---|
|  |  |  |
| 1/3RD PAGE  | 1/2 PAGE  | FULL PAGE   |
| \$25 WKLY<br>\$90* MNTHLY   | \$50 WKLY<br>\$175* MNTHLY  | \$100 WKLY<br>\$350* MNTHLY   |

\*Discount only applies if paid in full. # of weeks in each month will vary, prices will not.  
No design included, you must provide your own artwork.