



## Boosting Immunity Through Chiropractic Care

Fall is the beginning of cold and flu season, and now more than ever, maintaining a strong immune system is vital. Regular chiropractic care at Domier Chiropractic can help strengthen your body's natural defenses by ensuring your spine is properly aligned, which optimizes nervous system function and, in turn, supports your immune response. In addition to chiropractic care, we also offer a wide variety of supplements designed to boost immunity, improve energy levels, and support overall wellness during the cooler months.

Chiropractic care has been shown to:

- Improve circulation and lymphatic flow.
- Reduce stress, which can weaken immunity.
- Enhance nervous system function, which plays a key role in immune health.

By visiting us regularly and incorporating our recommended supplements into your routine, you'll be taking proactive steps to keep your body in optimal condition for the colder months ahead.



## Stretching Routines to Combat Cold Weather Stiffness

As the weather cools, muscles tend to tighten, making it crucial to stay limber. Our clinic offers tailored stretching routines and exercises designed to keep your muscles flexible, reducing the risk of injury. Whether it's your lower back, shoulders, or legs, we'll help you stay loose and ready for any activity.

Domier Chiropractic can provide hands-on assistance, such as:

- Specific spinal adjustments to improve flexibility.
- Targeted stretches to maintain joint health.
- Instruction on stretching techniques to do at home



## Fall Activities and Proper Posture

With yard work like raking leaves or preparing for winter, the repetitive motions can strain your back, neck, and shoulders. Domier Chiropractic can help you maintain good posture and movement patterns, preventing common injuries associated with these activities. Chiropractic adjustments improve alignment and relieve tension, making it easier for your body to handle the demands of fall chores.

Chiropractic Tip: Bending at the knees rather than the waist and switching arms frequently when raking can help reduce strain. At Domier Chiropractic, we can also guide you with personalized ergonomic advice to keep you pain-free during fall activities.

*Brittany Domier*