



How to Naturally Boost your Mood and Energy

Feeling stuck in a slump? Here are some simple “happiness hacks” to help you reset:

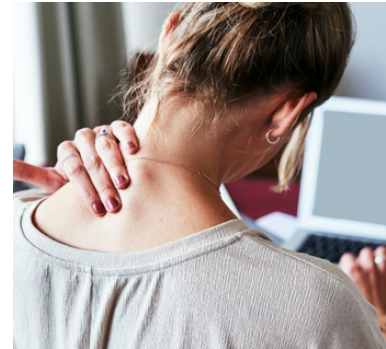
1. Wake with the Sun: Early morning sunlight boosts serotonin, helping stabilize mood.
2. Morning Stretch: Gentle stretching reduces tension, improves circulation, and wakes up your body.
3. Boost with Scents: Use lavender or vanilla for calm, or citrus scents for a lift in energy.
4. Social Media Detox: Taking breaks from social media can reduce negativity—try reading or journaling instead.
5. Spend Time Outdoors: Sunlight is a natural mood booster; just remember sunscreen!

Need extra support? Visit us to learn how chiropractic care can improve your well-being.



Finding Fibromyalgia Relief Through Chiropractic Care

Chiropractic care offers relief for fibromyalgia by focusing on gentle adjustments, reducing tension, and improving nervous system function. This holistic approach can help alleviate widespread pain, reduce fatigue, and improve quality of life. At Domier Chiropractic, we tailor treatments to support overall wellness, addressing muscle stiffness and joint discomfort. Let us help you find relief and increase your energy for a healthier, more balanced life.



Address Neck Pain Due to Digital Devices

In our digital age, “tech neck” is a common issue caused by constantly looking down at screens. This posture strains the cervical spine, leading to neck pain, stiffness, headaches, and sometimes numbness in the arms.

Tips to Prevent Tech Neck:

1. Raise screens to eye level.
2. Use a separate keyboard and mouse.
3. Hold your phone at eye level.
4. Take frequent breaks to stretch.

Adding exercises like chin tucks and shoulder squeezes can help counteract screen strain. For more support, visit our practice to see how we can help alleviate neck pain and promote better posture.

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