



## Kickstart 2025 with Better Spinal Health

A healthy spine is the foundation of overall wellness, and there's no better time than the New Year to focus on spinal health. Whether you're recovering from holiday stress or setting new fitness goals, keeping your spine aligned helps you move, feel, and live better.

Chiropractic care improves posture, relieves tension, and helps prevent pain before it starts. Regular adjustments can enhance flexibility, boost energy, and support your body's natural ability to heal. Combined with healthy habits like stretching and staying active, chiropractic care is a great way to start 2025 on the right track.

Make spinal health a priority this year—your body will thank you! Take the first step toward better health by scheduling your appointment today. Let's work together to help you feel your best all year long.



## Detox Your Body, Align Your Spine

The New Year is the perfect time to reset and recharge! Detoxing isn't just about diet; your body's alignment plays a key role in eliminating toxins and maintaining optimal health. A properly aligned spine supports your nervous system, improving circulation, digestion, and the body's natural detoxification processes.

Pairing chiropractic care with a detox plan can maximize your results. Regular adjustments can help relieve tension, improve posture, and ensure your body is functioning at its best. Our detox kit is designed to kickstart your wellness journey, and when combined with chiropractic care, it creates a powerful foundation for a healthier you.

Take the first step toward better health this year. Whether it's easing post-holiday stress or jumpstarting your wellness goals, we're here to help.



## Winter Back Pain and Stiffness

**Winter Wellness: Protect Your Back This January**  
January often brings back pain and stiffness caused by cold weather, snow shoveling, and icy slips. The chilly temperatures can tighten muscles, while improper lifting during snow removal or a sudden fall can lead to sprains, strains, or misalignments in the spine.

Chiropractic care is a great way to combat these winter challenges. Regular adjustments can relieve pain, restore mobility, and correct any misalignments caused by seasonal activities. Therapies like Graston or cupping can also reduce muscle tension and improve recovery after injury.

Take steps to keep your back healthy this winter by practicing proper posture, staying active, and using safe techniques when shoveling. If pain or stiffness sets in, don't wait—chiropractic care can help you feel better and get back to enjoying the season.

Start 2025 on the right foot!

*Brittany Domier*