

DOMIER CHIROPRACTIC



Heart Health & Chiropractic Care

February is Heart Health Month, a great time to focus on ways to support cardiovascular wellness. While chiropractic care is often associated with pain relief, it also plays a key role in heart health. The spine protects the nervous system, which controls heart rate, blood pressure, and circulation. Misalignments, especially in the upper back and neck, can interfere with nerve function and may contribute to cardiovascular issues.

Regular chiropractic adjustments help restore proper alignment, improving nerve communication and allowing the heart to function optimally. Studies suggest that chiropractic care may aid in lowering blood pressure, reducing inflammation, and promoting better circulation. Additionally, adjustments help relieve stress, which can positively impact heart health.

By keeping your spine aligned, you support your nervous system and overall well-being. Pair chiropractic care with heart-healthy habits like exercise, a balanced diet, and stress management to keep your heart strong and your body in balance!



Winter Aches & How to Fix Them

Cold weather can take a toll on the body, leading to stiff joints, muscle tension, and increased aches and pains. Frigid temperatures can cause muscles to contract, reducing flexibility and making injuries more likely. Many people also experience back and neck pain from shoveling snow, slipping on ice, or spending too much time curled up indoors. Chiropractic care can help relieve winter aches by restoring proper spinal alignment, improving mobility, and reducing muscle tension. Techniques like adjustments, acupuncture, Graston therapy, and cupping can increase circulation, promote healing, and ease discomfort. Staying active, stretching regularly, and maintaining good posture can also help prevent stiffness.

If winter weather has you feeling sore, don't wait for spring to feel better! A chiropractic visit can help keep your body moving comfortably all season long. Stay warm, stay active, and let chiropractic care help you stay pain-free this winter!



Boost Your Energy Naturally

Winter fatigue is common, with colder weather, shorter days, and busy schedules leaving many people feeling drained. Instead of relying on caffeine or sugar for a quick fix, try natural ways to boost your energy and stay alert throughout the day. Proper hydration is key—dehydration can lead to sluggishness and muscle fatigue. Regular movement, like stretching or light exercise, increases circulation and oxygen flow, helping to fight fatigue. Chiropractic care can also help by improving nervous system function, reducing tension, and enhancing overall body balance. Misalignments in the spine may contribute to poor sleep, sluggish digestion, and chronic fatigue. Treatments like adjustments, acupuncture, and cupping can help restore energy levels naturally. Additionally, focus on quality sleep, balanced nutrition, and stress management to maintain steady energy. By making small, healthy changes, you can stay energized, focused, and ready to take on your day—naturally!

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