

DOMIER CHIROPRACTIC



Spring Detox & Wellness Tips

Spring is the perfect time for a body reset —just like you'd spring clean your home, your body benefits from a seasonal refresh! After months of winter sluggishness, detoxifying can boost energy, improve digestion, and enhance overall well-being.

✔ Simple Ways to Support Your Body's Natural Detox

- ✔ Stay Hydrated – Drinking plenty of water helps flush toxins and supports digestion. Add lemon for an extra detox boost!
- ✔ Eat Whole Foods – Focus on fresh fruits, vegetables, and lean proteins while avoiding processed foods and excess sugar.
- ✔ Move Your Body – Gentle movement, like yoga, walking, or stretching, stimulates circulation and lymphatic drainage.
- ✔ Support Liver Health – Your liver plays a key role in detoxing! Nutrient-rich foods like leafy greens, beets, and cruciferous vegetables help it function optimally.
- ✔ Chiropractic & Acupuncture – Adjustments and acupuncture can improve circulation, reduce inflammation, and support your body's natural detox pathways.

Pair these tips with our Standard Process Detox Kit for a deeper reset! Ask us how to start your personalized detox plan.



Aging, Cognition and Chiropractic

As we age, maintaining both physical mobility and cognitive health becomes essential. While we often think of chiropractic care for pain relief, it also plays a vital role in brain function, circulation, and nervous system health—all of which impact cognition and aging.

◆ How Chiropractic Supports Brain Health & Aging

- ✔ Enhances Blood Flow – Proper spinal alignment improves circulation, ensuring your brain gets the oxygen and nutrients it needs.
- ✔ Reduces Stress & Inflammation – Chronic tension and misalignments can contribute to brain fog and fatigue. Adjustments help regulate the nervous system, promoting mental clarity.
- ✔ Boosts Nervous System Function – The spine houses the nervous system, which controls brain-body communication. Chiropractic care ensures optimal function, supporting memory, focus, and overall cognition.
- ✔ Improves Mobility & Balance – Falls and injuries are a major concern as we age. Chiropractic care enhances posture, coordination, and joint mobility, reducing fall risk.

Regular adjustments, paired with healthy lifestyle habits, can help keep both your body and brain functioning at their best.



Catalyn: The Ultimate Spring Wellness Boost

Feeling sluggish after winter? Give your body the essential nutrients it needs with Catalyn by Standard Process! This whole-food supplement provides a powerful blend of vitamins, minerals, and antioxidants to support energy, immunity, and overall wellness.

- ◆ Natural Energy Support – Say goodbye to seasonal fatigue
- ◆ Immune Boosting – Strengthen your body's defenses
- ◆ Digestive & Metabolic Health – Helps with nutrient absorption
- ◆ Whole-Food Nutrition – Better absorption than synthetic vitamins. Unlike synthetic multivitamins, Catalyn is made from real food sources, ensuring your body absorbs and uses nutrients effectively. It helps fill nutritional gaps, making it a great daily foundation for sustained energy, immune support, and overall vitality. Whether you're getting back into outdoor activities, tackling spring cleaning, or just need an extra boost, Catalyn can help you feel your best.

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