

# April Newsletter

DOMIER CHIROPRACTIC

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DOMIER  
CHIROPRACTIC



## Seasonal Allergies and Chiropractic Care

At Domier Chiropractic, we know how challenging seasonal allergies can be, especially as the warmer weather brings pollen and other allergens. Thankfully, chiropractic care offers a natural and effective way to help manage allergy symptoms. Chiropractic adjustments focus on improving spinal alignment, which in turn optimizes your nervous system function. When your spine is properly aligned, your body is better able to regulate immune responses, reduce inflammation, and cope with stress, which is especially important during allergy season.

By easing tension in the spine, chiropractic care promotes better circulation and helps to reduce the physical stress that often accompanies allergy symptoms like congestion, sinus pressure, headaches, and fatigue. In addition to regular adjustments, we encourage patients to take a holistic approach to managing allergies. That's why we're excited to share this week's blog at Domier Chiropractic, which dives into how supplements like D-Hist (and D-Hist Jr) and fish oil can further support your body in combating allergy symptoms. These supplements work by reducing histamine levels and supporting your immune system, enhancing the effects of your chiropractic care. If you're ready to take control of your allergy season, let Domier Chiropractic help you feel your best. We're here to support you naturally, so you can enjoy spring with greater comfort and vitality.



## Preventing Spring Injuries

At Domier Chiropractic, we understand how exciting it is to finally enjoy outdoor activities as the weather warms up. However, with increased physical activity, the risk of spring injuries, such as strains or sprains, also rises. That's where chiropractic care can play a crucial role in keeping you safe and injury-free. Chiropractic adjustments focus on maintaining proper spinal alignment, which is essential for your body to function efficiently and move freely. When your spine is properly aligned, your nervous system operates at its best, helping to optimize coordination, balance, and overall mobility. This makes it easier to prevent injuries during your spring workouts, whether you're running, hiking, or participating in other physical activities.

Regular chiropractic care also helps keep your muscles, joints, and ligaments in optimal condition by reducing tension and improving flexibility. This not only enhances your performance but also lowers the risk of overuse injuries or sudden strains. At Domier Chiropractic, we are here to ensure your body stays in balance and performs at its peak. Let us help you prevent injuries this spring so you can enjoy all your favorite activities with confidence and comfort!



## Boost Immunity This Spring

As Minnesota transitions from winter to spring, supporting your immune system is essential. Congaplex from Standard Process is a powerful supplement designed to strengthen your body's natural defenses. It contains a blend of vital nutrients, including vitamin A, vitamin C, and calcium, which help maintain a resilient immune response. Additionally, it features glandular extracts and whole food ingredients that support immune function and promote recovery.

The changing seasons can bring lingering colds, fatigue, and allergies, making it crucial to provide your body with the right nutritional support. Congaplex helps fight off seasonal challenges by nourishing your system and promoting overall wellness. Whether you're looking to stay healthy through the last weeks of winter or prepare for the warmer months ahead, this supplement can help keep you feeling your best. Strengthen your immunity and embrace the new season with confidence by incorporating Congaplex into your daily wellness routine!

*Brittany Domier*