

May Newsletter

VOL. 2

DOMIER CHIROPRACTIC

Issue: 5

DOMIER
CHIROPRACTIC



Supporting Your Mental Health This May ❤️

May is Mental Health Awareness Month, a perfect time to pause, reflect, and check in with yourself. At Domier Chiropractic, we understand that mental and physical health are deeply connected. Stress, anxiety, and emotional overwhelm often show up in the body as tension, headaches, poor sleep, or fatigue. That's why we offer holistic care that supports your body and your mind.

Chiropractic adjustments help regulate your nervous system—the command center for how your body handles stress. Acupuncture gently restores balance, calms racing thoughts, and supports deeper, more restful sleep. Cupping and Graston therapy release tight muscles and trapped tension that often build up silently during stressful times.

Whether you're juggling family, work, or life transitions, you don't have to do it all without support. This month, we invite you to slow down, breathe, and take a step toward feeling more grounded. Your well-being matters, and we're here to help you feel aligned inside and out.

Let May be the month you prioritize your peace.



Celebrating Moms All Month Long 🌸 – You Deserve Care, Too

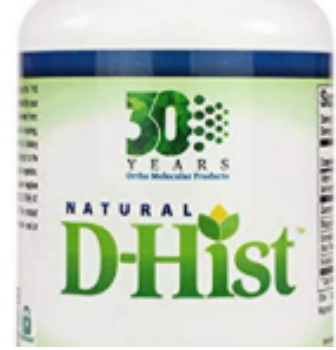
May isn't just about Mother's Day—it's Mother's Month at Domier Chiropractic, and we're celebrating the strength, love, and endless energy moms pour into their families every day. Whether you're a mom, grandma, caregiver, or someone who simply shows up for others, you deserve care, too.

Moms often put themselves last, but your well-being is just as important. This month, we're encouraging all moms to make time for self-care. Chiropractic adjustments can relieve the daily wear and tear of lifting kids, working long hours, or carrying mental loads.

Acupuncture and cupping offer calm in the chaos—supporting stress relief, better sleep, and emotional balance.

As a special thank-you, we're offering a complimentary upgrade (like cupping or Graston) with any appointment booked in May for moms. Gift cards are also available—because self-care makes a meaningful gift.

Take this month as a reminder: when you feel your best, you can give your best. Let us support you in recharging, relaxing, and realigning—because you deserve to feel amazing, too.



Breathe Easier This Allergy Season with D-Hist!

Struggling with seasonal allergies? 🤧 You're not alone—but relief is possible, and it doesn't have to come with drowsy side effects. At Domier Chiropractic, we recommend D-Hist, a natural supplement designed to support your body's response to allergens. Packed with powerful ingredients like quercetin, stinging nettle, NAC, and vitamin C, D-Hist helps reduce histamine levels, ease inflammation, and support clear breathing—all while boosting your immune system. 🌿

For kids, we offer D-Hist Jr, a chewable version that's gentle, effective, and parent-approved! 🧒👩 It's a great way to help the whole family feel their best during allergy season. Want even better results? Combine D-Hist with regular chiropractic care. When your spine is properly aligned, your nervous system works more efficiently, helping your body manage stress and inflammation—two major triggers for allergy symptoms. 🧘🏻💪

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