

June Newsletter

DOMIER CHIROPRACTIC

VOL. 2

Issue: 6

DOMIER
CHIROPRACTIC



Pre & Post Adjustment Tips for Maximum Relief

Getting the most out of your chiropractic adjustments starts with preparation and aftercare. Follow these simple tips to enhance your results and keep your body feeling its best. Before Your Adjustment:

1. Stay Hydrated – Drink plenty of water to help your muscles stay flexible and support joint movement.
2. Avoid Tight Clothing – Wear loose, comfortable clothes to allow for optimal movement during your adjustment.
3. Relax – Take a few deep breaths to ease any stress or tension in your body before your appointment.
4. Be Open – Share any areas of discomfort or tension with Dr. Domier so we can target specific issues.

After Your Adjustment:

1. Stay Hydrated – Continue drinking water to flush out toxins and keep your body balanced.
2. Avoid Strenuous Activity – Give your body time to adjust by avoiding heavy lifting or intense exercise for the day.
3. Take It Easy – Rest if you feel like it. Light stretching or walking can help keep the adjustments in place.
4. Follow Dr. Domier's Advice – If you've been given exercises or stretches, be sure to incorporate them into your routine.

Maximize the benefits of your chiropractic care with these simple steps, and feel the difference in your body! 🌿



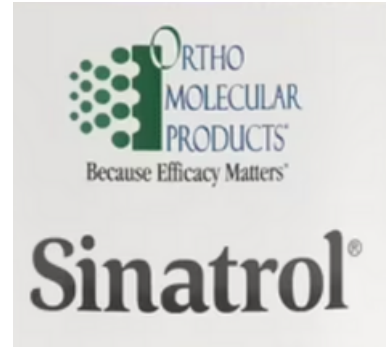
Stay Comfortable on the Road: Tips for Long Car Rides

Heading out on a long car ride? 🚗 Whether it's a road trip or just a long commute, sitting for extended periods can lead to stiffness, tension, and discomfort. At Domier Chiropractic, we've got tips to help you stay comfortable and avoid aches and pains on the road.

👤 Tips for a Smooth Ride:

1. Maintain Good Posture – Sit with your back supported and shoulders relaxed. Avoid slouching.
2. Take Breaks – Every hour, stop to stretch and walk around. This improves circulation and relieves tension.
3. Use Supportive Cushions – A lumbar roll or cushion can support your lower back and help maintain spinal alignment.
4. Stay Hydrated – Drink plenty of water to avoid dehydration, which can worsen discomfort.

👤 Chiropractic Care Before Your Trip A chiropractic adjustment before hitting the road can improve your posture, reduce tension, and boost circulation, helping you feel more comfortable during your drive. Plus, a properly aligned spine can reduce stress on your muscles and joints, making your journey more enjoyable.



Clear Sinuses, Naturally with Sinatrol

Spring is beautiful—but for many, it also brings sinus pressure, congestion, and stubborn infections. If you're dealing with sinus issues this season, we have a natural solution to help you breathe easier: Sinatrol by Ortho Molecular.

Sinatrol is a powerful blend of botanicals specifically designed to support healthy sinus and respiratory function. It contains ingredients like quercetin, bromelain, and citrus bioflavonoids that work together to reduce inflammation, clear sinus passages, and support your immune response. Unlike over-the-counter medications that only mask symptoms, Sinatrol addresses the root of the problem—without making you drowsy or dried out.

Patients love it for its fast-acting relief and ability to shorten the duration of sinus discomfort. Whether you're dealing with seasonal allergies, recurring infections, or just want extra immune support, Sinatrol is a safe and effective option we proudly recommend. We keep it stocked at Domier Chiropractic and are happy to answer any questions about how it works or whether it's right for you. Let's keep you breathing clearly, naturally, and comfortably all season long.

Stop in to pick up your Sinatrol or ask about it at your next appointment. Your sinuses will thank you!

Brittany Domier