

## DOMIER CHIROPRACTIC



### Heat & Hydration: Why Your Spine Needs Water

As summer heats up, staying hydrated becomes even more essential—especially for your spine's health. Your spinal discs are made up of about 80% water and serve as natural cushions between the vertebrae. These discs absorb shock and help maintain flexibility and mobility in your back. When you don't drink enough water, your discs can lose volume and become less flexible, leading to stiffness, discomfort, and increased risk of injury.

At Domier Chiropractic, we understand how vital hydration is to overall spinal wellness. Alongside targeted chiropractic adjustments that help realign and relieve pressure on your spine, we provide personalized advice on lifestyle habits—including proper hydration—to optimize your spinal health. Drinking enough water supports disc health, reduces inflammation, and improves your body's ability to heal and recover after treatment.

💧 Staying hydrated helps to:

- ✓ Keep spinal discs healthy and flexible
- ✓ Support joint mobility and ease of movement
- ✓ Prevent inflammation and chronic pain
- ✓ Enhance healing after chiropractic care

Make water your best friend this summer—and let Domier Chiropractic help keep your spine balanced, strong, and pain-free!



### 4th of July Ready: Tips to Stay Pain-Free During the Festivities

The 4th of July is a time for celebration—barbecues, parades, fireworks, and outdoor fun! But all that activity can sometimes lead to aches, pains, or strains if you're not careful. Here are some tips to help you enjoy the holiday pain-free:

**Lift Smart:** When carrying coolers, grills, or heavy bags, bend at the knees—not the waist—and keep the load close to your body to protect your back.

**Stand & Sit with Support:** Whether you're watching a parade or sitting at a picnic, maintain good posture. Use a supportive chair or bring a cushion to reduce strain.

**Stretch & Move:** Take breaks to stretch your back, neck, and shoulders. Gentle movement can prevent stiffness from prolonged sitting or standing.

**Stay Hydrated:** Drink plenty of water to avoid muscle cramps and fatigue, especially in the summer heat.

At Domier Chiropractic, we're here to help you recover quickly if aches arise and keep you moving comfortably all season long. Enjoy a safe and pain-free 4th!



### July Supplement Spotlight: Why Collagen Supports Joint & Skin Health

Collagen is the body's most abundant protein, essential for healthy joints, skin, and connective tissues. As we age, collagen production naturally declines, which can cause joint stiffness, discomfort, and visible signs of aging like wrinkles and dry skin.

Supplementing with collagen can help restore these vital proteins, supporting cartilage health, reducing inflammation, and improving skin elasticity and hydration. Research shows collagen supplements may ease joint pain and improve mobility, making them a great addition to your wellness routine, especially if you stay active or suffer from joint issues.

At Domier Chiropractic, we recommend combining collagen supplementation with chiropractic care, proper hydration, and balanced nutrition to optimize your body's healing and maintenance. This holistic approach helps keep your joints flexible and your skin glowing.

If you're curious about collagen supplements and how to use them safely, ask us during your next visit. We're here to support your health inside and out!

*Brittany Domier*