

DOMIER CHIROPRACTIC



Gratitude and Your Health

November is a natural time to slow down, reflect, and focus on gratitude. It's easy to get caught up in the busyness of life — juggling schedules, work, family, and the upcoming holidays — but taking just a few minutes each day to acknowledge what you're thankful for can make a noticeable difference in both your mental and physical health.

Research consistently shows that practicing gratitude lowers stress hormones, supports immune function, and can even improve heart health. When you focus on what's going well instead of what's missing, your brain releases serotonin and dopamine — those "feel good" chemicals that boost mood and calm the nervous system. Physically, this helps relax tight muscles, improve posture, and reduce the tension many people carry in their neck, shoulders, and jaw.

Try this simple exercise: every morning or evening, write down three things you're grateful for — even small ones like a good stretch, a warm meal, or laughter with your kids. You'll quickly notice a shift in your energy and mindset.

At Domier Chiropractic, we see firsthand how stress and mindset affect spinal health. Gratitude helps your body move out of "fight or flight" mode and back into balance — making your adjustments more effective and your recovery faster. This November, take a few moments to breathe, move, and give thanks. Your mind, body, and spine will all benefit.

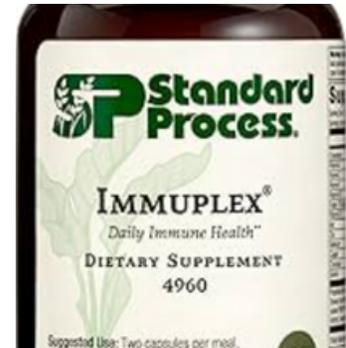


Bounce Back After a Big Meal

Thanksgiving is a time to enjoy family, friends, and a table full of delicious food — but even healthy bodies can feel sluggish after a big meal. Heavy foods, extra sitting, and travel can tighten muscles, strain digestion, and leave your spine feeling stiff or out of balance. Luckily, a few simple habits can help you recover quickly and comfortably.

Take a 10–15 minute walk after eating to promote digestion and circulation. Movement helps your body process food more efficiently while easing pressure from the lower back and hips. Stay hydrated throughout the day, and consider adding electrolytes like LMNT to replenish what your body loses through activity or travel. Gentle stretching or yoga poses can also help release tension in the abdomen, hips, and spine.

Finally, schedule your post-holiday adjustment at Domier Chiropractic! A quick tune-up helps realign your body, improve flexibility, and keep you feeling light and energized through the busy season ahead.



Supplement of the Month: Immuplex®

As colder weather sets in and stress levels rise, your immune system works overtime to keep you healthy. Immuplex® is a powerhouse blend designed to strengthen your body's natural defenses. It combines key nutrients like vitamins A, C, E, and B6, along with zinc and whole-food extracts, to support immune balance, antioxidant protection, and healthy energy levels. It's the perfect daily supplement to help your body stay resilient through the busy holiday season.

For even greater protection, pair Immuplex® with Vitamin D3 with K2. Vitamin D is vital for immune cell function and helps regulate your body's inflammatory response—both essential for fighting off seasonal bugs. When combined with Vitamin K2, calcium is directed into your bones instead of soft tissues, supporting bone health while optimizing immune strength.

Together, these two supplements create a powerful foundation for your body's defense system—helping you stay strong, balanced, and ready to enjoy all that the season brings. Stop by Domier Chiropractic to pick up your immune essentials today!

Brittany Domier