

December Newsletter

DOMIER CHIROPRACTIC

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DOMIER
CHIROPRACTIC



Staying Aligned During the Holidays

The holiday season is full of joy, celebration, and cherished traditions—but it can also be one of the most physically demanding times of the year. Between long shopping trips, hours spent cooking, wrapping presents at the dining table, hauling decorations out of storage, and traveling to see loved ones, your spine is placed under an unusual amount of stress. Even small repetitive tasks—like bending over to lift a turkey from the oven or reaching awkwardly to hang lights—can create muscle tension, misalignments, and flare-ups of old injuries.

This time of year also brings increased emotional stress, which often shows up physically in the neck, shoulders, and lower back. When we're rushing from task to task, our posture tends to deteriorate, leading to stiffness, headaches, and disrupted sleep.

The good news? A few simple habits can help protect your body. Take frequent posture breaks, especially when shopping or wrapping gifts. Stretch your lower back, chest, and hip flexors daily to counteract prolonged sitting. Stay hydrated—muscles and discs are far more vulnerable when dehydrated. If traveling, build in "movement stops" every hour to release tension.

Most importantly, consider scheduling a holiday chiropractic adjustment. Aligning your spine not only helps reduce pain and stiffness but also improves your body's resilience, mobility, and ability to handle stress. Keeping your nervous system functioning optimally during the holidays ensures you can enjoy more comfort, more energy, and more joy.



Winter Self-Care for Mind and Body

Winter brings its own unique beauty—quiet mornings, cozy evenings, and the anticipation of a new year. But along with it come colder temperatures, shorter days, and increased demands on your body and mind. Many people experience a dip in energy, tighter muscles, and more stress during December simply due to seasonal changes. That's why intentional self-care becomes essential, not optional. Self-care doesn't have to be elaborate. Start by prioritizing sunlight exposure whenever possible. Even 5-10 minutes of natural light supports mood, sleep patterns, and immune function. Next, increase hydration—colder weather often decreases thirst cues, but your muscles, discs, and joints still rely on consistent fluid intake. Adding electrolytes like LMNT can help keep your body balanced, especially if you're feeling sluggish or dehydrated. Movement is another powerful winter tool. Gentle stretching, yoga, or a short walk can loosen stiff muscles and elevate mood. Magnesium baths or Magnesium Lotion are wonderful ways to calm the nervous system, promote relaxation, and ease nighttime tension.

Your spine also plays a key role in winter wellness. When your body is misaligned, muscles work harder, stress accumulates faster, and sleep becomes less restorative. Regular chiropractic adjustments keep your nervous system functioning smoothly, helping your body adapt to seasonal changes with more ease.

As the year winds down, remember: self-care is not selfish—it's maintenance. When you carve out small daily rituals to support your mind and body, you strengthen your resilience and enter the new year with clarity, comfort, and renewed energy.



Supplement of the Month: Vitamin D3 with K2

December is the perfect month to highlight Vitamin D3 with K2—a supplement that becomes essential as daylight decreases and your body receives far less natural sunlight. Vitamin D plays a critical role in immune health, bone strength, mood regulation, and inflammation control. Unfortunately, most Minnesotans are significantly deficient during the winter months, which can lead to fatigue, lowered immunity, and achiness. Vitamin D3 supports immune cells, helping your body identify and fight seasonal pathogens more effectively. It also supports a healthier inflammatory response, keeping you feeling more balanced even when stress and cold weather take a toll. Many patients notice improved mood and energy when Vitamin D levels are restored, making winter feel more manageable. Pairing D3 with Vitamin K2 is what makes this supplement especially powerful. K2 works like a guide, ensuring calcium is delivered to the bones—where you want it—instead of soft tissues. This partnership supports cardiovascular health, promotes stronger bones, and enhances the effectiveness of Vitamin D in the body. Together, D3 + K2 create a foundational system for winter wellness: stronger immunity, better absorption of nutrients, improved musculoskeletal health, and support for overall vitality. Whether you're fighting holiday fatigue, trying to stay healthy through seasonal gatherings, or simply wanting to nourish your body more intentionally, this supplement is a must-have for December.

Stop by Domier Chiropractic to pick up your bottle and feel confident heading into the heart of winter with stronger defenses and better energy.

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