

# DOMIER

CHIROPRACTIC



## New Year Reset: Simple Habits to Support Your Body in 2026

January often comes with pressure to overhaul everything at once—but real, lasting change usually comes from small, consistent habits. A true “New Year reset” isn’t about perfection; it’s about giving your body what it needs to function well day after day. Think of this month as a reset button, not a restart from scratch.

Start with the basics: hydration, movement, sleep, and stress management. Drinking enough water supports digestion, joint health, and energy levels. Daily movement doesn’t have to mean the gym—walking, stretching, or light strength work all count. Sleep consistency (even more than total hours) helps regulate hormones, mood, and recovery. And finding ways to manage stress—breathing, journaling, quiet time—can have a huge impact on how your body feels.

At Domier Chiropractic, we often see how small daily habits directly affect how patients move, heal, and feel overall. When your nervous system isn’t constantly overloaded, your body is better able to adapt, recover, and stay resilient.

As you set goals for 2026, try choosing just one or two habits to focus on this month. When those feel natural, build from there. Sustainable wellness isn’t about doing everything—it’s about doing a few things well, consistently, and with intention.



## Looking Back with Gratitude, Moving Forward with Intention in 2026

January is a powerful time—not just for new goals, but for reflection. Before rushing ahead into 2026, it’s worth pausing to look back on 2025 with gratitude. Even in challenging moments, there were lessons learned, growth experienced, and resilience built. Taking time to acknowledge what went well helps create a grounded, positive foundation for the year ahead.

Gratitude has real physical and mental benefits. Studies show that practicing gratitude can reduce stress, improve sleep, and support emotional well-being. When we shift our focus from what didn’t go perfectly to what carried us through, the nervous system settles, the body relaxes, and clarity improves. This calmer state makes it easier to set intentions that feel aligned instead of overwhelming.

As you step into 2026, consider asking yourself a few simple questions: What habits supported me last year? What do I want more of this year—energy, balance, connection, ease? What can I let go of? Optimism doesn’t mean ignoring reality; it means believing that positive change is possible and within reach.

At Domier Chiropractic, we often see how mindset and physical health are closely connected. When stress decreases and perspective shifts, the body responds more favorably—movement improves, tension eases, and recovery happens more efficiently. Entering the new year with gratitude for where you’ve been and optimism for where you’re going allows 2026 to start with intention, balance, and confidence.



## Supplement of the Month: Standard Process Detox Support

For January 2026, our Supplement of the Month is Standard Process Detox Support, a whole-food-based option designed to support the body’s natural detoxification pathways. Unlike harsh cleanses, this approach focuses on nourishment—helping the liver, digestive system, and elimination processes do their job more efficiently.

Standard Process detox products are formulated with whole food ingredients that provide nutrients needed for cellular repair, digestion, and metabolic balance. Many people use detox support to help reduce bloating, support healthy digestion, improve energy, and regain mental clarity after the holiday season.

What makes this approach effective is its gentleness. Instead of forcing detox, it supports the body’s innate ability to cleanse itself—making it appropriate for busy schedules and real life. When paired with hydration, balanced meals, movement, and rest, detox support can help your body feel more refreshed and resilient.

At Domier Chiropractic, we believe detox works best when combined with nervous system support. Chiropractic care helps reduce physical stress and improve communication between the brain and body—creating an environment where detoxification and healing can happen more efficiently.

If you’re looking for a safe, supportive way to start 2026 feeling better from the inside out, ask us about Standard Process Detox Support at your next visit.

*Brittany Domier*