

## DOMIER CHIROPRACTIC



### Why Chiropractic Care and Massage Work Better Together

Chiropractic care and massage therapy are both effective on their own, but when combined, they create a more comprehensive and lasting approach to healing. Chiropractic adjustments focus on restoring proper joint movement and alignment, while massage therapy works to relax tight muscles, improve circulation, and reduce built-up tension.

When muscles are tight, they can pull joints out of optimal alignment or make it harder for adjustments to hold. Massage helps prepare the body by loosening those tissues, allowing adjustments to be more effective and longer lasting. It can also reduce post-treatment soreness and improve overall flexibility.

At Domier Chiropractic, we often combine these therapies to address both the structural and muscular components of discomfort. This approach not only helps relieve pain but also improves how your body moves and functions day to day. Whether you're dealing with stress, injury, or general tightness, combining chiropractic care and massage can help you feel more balanced, supported, and resilient over time.



### Exploring Cupping Therapy: A Natural Way to Support Healing

Cupping therapy is a time-tested technique that helps support the body's natural healing process. By placing cups on the skin to create gentle suction, this therapy lifts and decompresses soft tissue, encouraging increased blood flow and reducing muscle tension.

This increased circulation helps deliver oxygen and nutrients to the affected areas while assisting the body in clearing out built-up waste products. Many patients find cupping especially helpful for chronic tightness, soreness, or areas that feel "stuck," particularly in the back, shoulders, and hips.

While the circular marks left behind may look intense, they are simply a sign of increased circulation and typically fade within a few days. Most patients describe the experience as relieving and relaxing.

At Domier Chiropractic, cupping is often used alongside chiropractic adjustments, massage, and other therapies to enhance overall results. By supporting circulation and reducing tension, cupping can help your body recover more efficiently and move more comfortably.



### Supporting Healthy Habits with Calocurb

As we move into the warmer months, many people begin to refocus on their health, activity levels, and daily habits. This month's featured supplement, Calocurb, is designed to support appetite control and help manage cravings in a natural, balanced way.

Calocurb works by supporting the body's natural satiety signals, helping you feel fuller longer and more satisfied between meals. This can make it easier to maintain consistent eating patterns without feeling restricted or overwhelmed. Rather than focusing on dieting, it helps promote awareness and balance around food choices.

At Domier Chiropractic, we believe supplements should complement your lifestyle—not complicate it. When paired with regular movement, proper hydration, and consistent care, Calocurb can be a helpful tool in supporting overall wellness goals.

Small, sustainable changes often lead to the most meaningful results, and Calocurb is one way to support those efforts from the inside out.

*Brittany Domier*