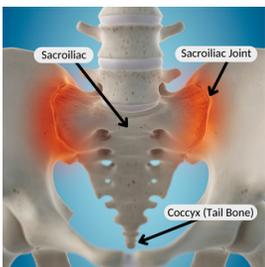




DON'T LET SPRING CLEANING BE A PAIN IN YOUR BACK!



Household chores can be a pain in the sacroiliac. Unless you're careful, routine activities around the home— washing dishes, vacuuming, even talking on the phone— can strain your back, including the sacroiliac area near the tailbone, and result in debilitating discomfort.

According to the American Chiropractic Association (ACA), however, you can protect your back by knowing the right way to approach such activities.

The first step is getting your chiropractic adjustment before you start heavy cleaning. This will properly align your spine and help reduce any strain on your back or neck. It is also a good idea to get an adjustment after heavy cleaning to correct misalignments.

Keep in mind how you are lifting. Whether you're picking up your child or a heavy bucket of water, you need to do it the proper way to avoid injury. Start by bending from the knees, not the waist. As you lift, hold the item as close to your body as possible. If you have to turn to place it, step in the direction of the turn. That way, you're not twisting your body and straining your spine.

Interested in learning more back-saving tips? Read our full blog by scanning the QR code below. Remember, if you have any concerns about lifting and/or moving objects during spring cleaning, talk to Dr. Shoemaker or Dr. Nathan at your next adjustment for recommendations.



SUPPLEMENT SPOTLIGHT

Sinatrol Sale Price
\$34 (Reg. \$39)

Sinatrol is a unique nutrient and botanical formulation providing effective support for upper respiratory challenges. Standardized botanical extracts and nutrients support sinus health by reducing the viscosity of mucus, clearing airway passages, and promoting nasal microbial and inflammatory balance. This product is best used for chronic sinus issues.

Natural D-Hist Sale Price
\$45 (Reg. \$50)

Allergies and respiratory distress are affecting more and more people these days. The common medical solution is to take antihistamines that dry up the mucous but they dehydrate your body and make you drowsy. Natural D-Hist is an all-natural product that prevents the release of histamine and reduces your allergic response naturally. Some of our most allergic patients have seen an amazing improvement in their allergies and without any side effects. This product is best used for seasonal allergies.



\$5 off Sinatrol and Natural D-Hist Vitamins
(In-House Sale Ends May 16th, 2025)

BABY UPDATE

Dr. Nathan and his wife, Elizabeth, are thrilled as they prepare for the arrival of their little one on June 14th! Elizabeth is in her third trimester and is feeling great. She has been following a weekly chiropractic wellness routine to help maintain her well-being. We can't wait to share more updates with you! Sending lots of love and best wishes for health and happiness as they embark on this wonderful journey!



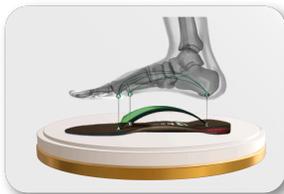
FOOT LEVELERS SPECIAL

Now through April 30th, 2025

We are offering special pricing on all Foot Leveler custom-fitted orthotics. Dr. Shoemaker has recommended and used Foot Levelers Custom-Fitted Orthotics for over 40 years! These custom-fitted orthotics help improve your spinal health and have other health benefits. Take advantage of this special offer today and make an appointment to have your feet scanned with our Foot Levelers Kiosk.



ONE PAIR OF ORTHOTICS TWO PAIRS OF ORTHOTICS THREE PAIRS OF ORTHOTICS



Spring Word Search

X G S X X T D S I N A T R O L
 Z N A T U R A L D H I S T A W
 O N G Z A L L E R G I E S S F
 I K K F O G F G N H Y C N B R
 X P J O O X S K P D Q V W W P
 B W E L C O M E L I L L I A N
 A J O I N T T G T T W U A L S
 C F I N C H J L R O B I N I Q
 K R C C T O C S E F U Y J F U
 P A W K Q I W P L V E D Q T I
 A B T Z Z C J R S K E U D I R
 I B L Y P Z G I O X H L T N R
 N I G A R D E N I N G X E G E
 F T F O C U Q G L H L X N R L
 L C H I R O P R A C T I C Q S
 O C L A I R P O I N T E B A G
 W C L E A N I N G P O L L E N
 E S A C R O I L I A C J J I O
 R C B Q O R T H O T I C S P T
 S U C J A D J U S T M E N T V

Word List

- Adjustment
- Allergies
- Back Pain
- Chiropractic
- Clairpointe
- Cleaning
- Finch
- Flowers
- Foot Levelers
- Gardening
- Joint
- Lifting
- Natural DHist
- Orthotics
- Pollen
- Rabbit
- Robin
- Sacroiliac
- Sinatrol
- Soil
- Spring
- Squirrel
- Welcome Lillian

Scan For Answers



WELCOME LILLIAN

Lillian joined the Clairpointe team this February and has quickly become a valued member. We are thrilled to welcome her to our Clairpointe family. If you haven't had the chance yet, please take a moment to say hello!

New Years Resolution Check In

Have you been able to stick to your New Year's resolution? Don't worry if you've lost your way; it happens to the best of us! Sometimes, we set our goals too high, or perhaps we're not quite ready for a significant change. It's also important to remember why we set those goals in the first place. If you're looking for some extra support to get back on track, consider talking with Dr. Shoe or Dr. Nathan during your next visit. They are there to help you with effective tools that can make achieving your goals easier and more enjoyable!

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