

Your Monthly Brain Bulletin

February
2024



Brost
Chiropractic & Wellness



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Lets talk about SAD - Seasonal Affective Disorder

With the new year and as weather turns colder, many of us experience a shift in our mood and energy levels—a phenomenon commonly known as Seasonal Affective Disorder (SAD). SAD is a form of depression that occurs seasonally, typically during fall and winter when exposure to sunlight is reduced. This disorder is believed to be linked to changes in sunlight exposure, which can disrupt our circadian rhythm and affect the production of neurotransmitters like serotonin and melatonin. Combat the winter blues with these practical steps:

Maximize Natural Light Exposure: Spend time outdoors during daylight. Open curtains and blinds for natural light. Position your workspace near a window.

Stay Active: Incorporate regular exercise into your routine. Whether it's a brisk walk, a gym session, or a home workout, staying active can significantly boost your mood.

Maintain a Healthy Diet: Fuel your body with nutrient-rich foods. Consider omega-3-rich options like fish, nuts, and seeds. Explore foods high in vitamin D or talk to your healthcare provider about supplements.

Socialize and Seek Support: Connect with friends and family, even if it's virtually. Share your feelings or consider joining a support group.



Ask Dr. Brost

Should I continue chiropractic care if I don't have any symptoms and I feel better?

Yes. Just because symptoms disappear, does not mean your subluxations are corrected. Most of the patients seen in my office have spinal degeneration (decay) which has taken years to develop. The trauma of the birth process, slips, falls, accidents and countless other stresses over the course of your lifetime adversely affect the health of your spine. The longer you wait to have your spine checked the longer it will take to correct your subluxations. However, how you choose to use chiropractic care is ultimately up to you. It has been my experience that those who stop care when they are "feeling fine" return with the same health challenge (s) which brought them to my office in the first place... only it's usually gotten worse. On the other hand, those patients who commit to

long-term, wellness chiropractic care, find their health challenge (s) rarely return and they enjoy a higher quality of life and health.

Did you know that Dr. Kolbi adjusts infants & children ?

Does your child get their spine checked, like they get their teeth checked?

Children deserve the greatest health so they can enjoy their youth while they enjoy sports, however, even in the safest of settings, accidents happen, and children get hurt. Knowing the types of injuries commonly sustained by children and why is very important.

- Sprains, Strains, Contusions, abrasions, and lacerations make up 60 percent of all sports injuries to children
- Fractures account for less than 15 percent of injuries
- The more rapidly children grow, the more susceptible they are to injury bone growth sites such as knees, heels, shoulders, elbows, hips, and their backs.
- If growth site injuries are not diagnosed accurately and treated properly, they can lead to chronic pain, traumatic arthritis, and-in the worst case scenario-deformity and stunted bony growth.

Causes of the above Injuries

- **Soccer**
- **Gymnastics**
- **Growing too fast (weakening cartilage)**
- **Playground equipment,**
- **Little League Elbow (a younger form of tennis elbow) this is due to repetitive motion**
- **Osgood-Schlatter's Disease** - is not a disease process. It occurs in children and young adolescents who have most likely experienced microtrauma or overuse from repetitive kneeling, running, and jumping activities

Starting with such a good foundation when they are younger can help your child live a healthier and happier life as they progress into adult hood. This makes a huge difference in the child's outlook on their health and it helps them to realize at a young age that chiropractors are like the tooth fairy. For visiting the chiropractor you will rewarded with good health and longer years. Your child will grow up with a drug free solution to their pain, and they will be able to pass the knowledge that they gained from you onto their children etc. The goal of our office is to help you to live a longer healthier and happier life, but also to help your children gain the knowledge of a safe solution known as chiropractic.

Thank you for being our patient!







We really do appreciate you.

Please stop by for a spinal checkup to keep your body and mind functioning at their best. Remember, even chiropractors go to chiropractors - we also get our spines checked so we can function at our best when we take care of our patients and their families. Call or Text us 403.520.5265

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Look for the answers in March's Newsletter

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p align="center">What is Brain Based Wellness?</p> <p>Our brain is the control center of everything in your life – which means the quality of your life is directly related to the fitness of your brain. Brain Based Wellness activates your brain so it can function optimally. ... It is effective in pain relief, stress reduction & general whole body wellness.</p>				<p>I am filled with abundances and loving kindness when I appreciate self and others. The world is full of treasures for us to appreciate and enjoy</p>	1 CLOSED
2 CLOSED I am empowered and in complete control of all aspects of my life!	3 OPEN 12:00 - 6:00 pm	4 OPEN 10:30 am - 5 pm	5 OPEN 12:00 - 6:00 pm	6 OPEN 10:30 am - 6 pm	7 CLOSED	8 CLOSED See your whole reality with the eyes of love. Accept yourself and everybody else just the way they are. The reward: is happiness
9 CLOSED Attitude +  Gratitude	10 OPEN Happy Valentine's Day 12:00 - 6:00 pm	11 OPEN 10:30 am - 5 pm	12 OPEN 12:00 - 6:00 pm	 13 OPEN 10:30 am - 6 pm	14 CLOSED 	15 CLOSED Make every day count. Appreciate every moment and take from it everything that you possibly can.
16 CLOSED 3 Causes of Irritability: Fatigue, Stress & Hunger.. Calm these and you calm the beast in you!	17 CLOSED Take Time for Family Day ♥♥♥♥♥	18 OPEN 10:30 am - 5 pm	19 OPEN 12:00 - 6:00 pm	20 OPEN 10:30 am - 6 pm	21 CLOSED	22 CLOSED Empowering beliefs strengthen you. Today I will create and focus on three empowering beliefs that contribute to my positive attitude.
23 CLOSED 	24 OPEN 12:00 - 6:00 pm	25 OPEN 10:30 am - 5 pm	26 OPEN 12:00 - 6:00 pm	27 OPEN 10:30 am - 6 pm	28 ChiroTOONS by Peter Cranton  Dr. Mark finally found the right visual aid to explain the Importance of the Brain-Body Connection	