## **February** 2024







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# Your Monthly Brain Bulletin

## 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 dfisrupt 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

#### What does that mean?

For one thing, it means you are more balanced in your relationship with gravity. Your head is more centered, hips and shoulders more level, posture more attractive and you walk more comfortably as your joints have less stress upon them. You will have more energy in your day-to-day life as your relationship with gravity continues to improve. You may feel more awake as your brain has more blood flow and your vision may be sharper. That is why anyone from 0-99+ yrs of age and under chiropractic care have an improvement in concentration and do better in life.

#### Everybody responds to chiropractic care in their own unique way.

**1.** You may feel relaxed, more peaceful and aware that the old tension or stress you've been carrying for many years is beginning to dissolve.

**2.** You may feel an immediate change in any symptoms you have had - pain may disappear; you may be able to move, bend and turn more easily; you may be able to see better; your hearing may seem more acute; your posture may feel more balanced and you may feel more alive.

**3.** Your body and mind begins to balance. Chiropractors have seen that chronic issues resolve through consistent care. Changes in sickness (for the better) and better coping skills with life, and a generalized improvement in all aspects of health occurs with most people that experience a chiropractic adjustment - *it all depends on your unique needs*.

#### When Will You Get Better?

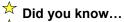
If you are like many people, you are in our office because of a health problem or condition. Many people feel a change in their symptoms after their first adjustment: less pain, more movement, greater ease, better sleep, improved digestion, easier breathing, greater strength, improved relaxation, and other signs of health restoration.

# Chiropractic is not a treatment for a particular complaint but a system of stabilizing, strengthening and balancing your entire body.

Your nerves are better able to send life's messages, your brain and other internal organs begin to function more efficiently, old trapped energies are awakened and healing may begin on many levels.

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Brost Chiropractic & Wellness Centre

Dr. Kolbi Brost & Melissa & Crystal



# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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I am empowered and in complete control of all aspects of my life!	12:00 - 6:00 pm	10:30 am - 5 pm	12:00 - 6:00 pm	10:30 am - 6 pm	the eyes of yourself and e just the way	le reality with love. Accept everybody else they are. The happiness	
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Attitude 4 Gratitude	Happy Valen- spine's Day 12:00 - 6:00 pm	10:30 am - 5 pm	12:00 - 6:00 pm	10:30 am - 6 pm		Make every day count. Appreciate every moment and take from it everything that you possibly can.	
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3 Causes of Irritability: Fatigue, Stress & Hunger Calm these and you calm the beast in you!	Take Time for Family Day ♥♥♥♥♥	10:30 am - 5 pm	12:00 - 6:00 pm	10:30 am - 6 pm	Empowering beliefs strengthen you. Today I will create and focus on three empowering beliefs that contribute to my positive attitude.		
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