

**MARCH
2025**



*B*rost
Chiropractic & Wellness

Phone: 403.520.5265
Fax: 403.520.5266
120, 817 - 19th St NE, Calgary AB T2E 4X5
getadjusted@brostchiro.com
www.brostchiro.ca

>>> YOUR MONTHLY BRAIN BULLETIN

*Feeling
LUCKY*

DON'T LEAVE YOUR HEALTH TO LUCK!

Know a friend who is leaving their Health To Luck?
Grab a Gold Bar and share your Chiropractic Success with a friend.

This Special LUCKy Gold includes:

All for only 2 green bills & 7 Gold Coins !! (\$47)

Gold Bars must be redeemed before April 30, 2025

- >>> A Full Spinal Health Evaluation
- >>> Brain & Body Stress Evaluation
- >>> Joint, Nerve & Muscle Evaluation
- >>> 3D Orthopedic Foot Scan
- >>> Full Report to take home

Has it been over 1 year since you have been into the office?
This is your LUCKy day too! Don't leave your health to luck!
Let's get you 'back' in to keep you feeling fine.

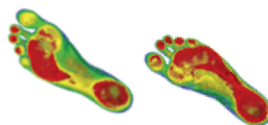


*SHAKE
YOUR
Shamrocks!*

Custom Orthotic Sale

\$675 for 2 Pairs

\$825 for 3 Pairs



Any Custom Orthotic we make



Any Flip Flop we make



XP3® Recover Slide, Caos & Roanoke Sandal



Single Pair of support for \$550

May not be combined with other discounts.
Offer Excludes Shoethotics

Fun Foot Facts You Probably Don't Know

Eyes are the windows to the soul. Lips are always getting kissed. And we can't stop talking about the heart. But feet? Feet are the unsung heroes of the body, carrying us 8,000 to 10,000 steps each day and 100,000 miles over the course of a lifetime (that's approximately four times around the world!) Feet might not be the most glamorous body part, but a little research reveals that our pedal pushers are incredibly interesting—and sometimes downright strange.

Toes Sometimes Surgically Replace Lost Thumbs

Did you know that if you ever lose your thumb, you could have it replaced with your big toe? While it might sound bizarre, the surgery is fairly common—and successful. The transplanted big toe, known as a “thoe” once it's attached to the hand, allows people to regain all the benefits of the lost thumb, including opening doorknobs, holding a pencil (and plenty of other objects) and eating many types of food.



Shoes Date Back 40,000 Years!

The first pair of shoes appeared on the scene approximately 40,000 years ago. The oldest pair in existence was found buried in ancient sheep dung in a cave in Armenia. The 5,500-year-old leather moccasin is older than Stonehenge!

Bones in the Feet Continue to Mature Until We're 21

While it's true that a full quarter of the bones in the human body are found in the feet, we aren't born that way. Those adorable chunky baby feet we love so much are mostly cartilage—and don't have an arch yet! It's one of the many reasons babies can't walk when they're born. As we grow, our arch develops (around the time we turn 2), and the cartilage in our feet hardens. This process continues until we're 21 years old!

Ticklish Feet Are a Good Sign

With almost 8,000 nerves, it's no wonder that feet win the award for “Most Ticklish Body Part.” But don't lament the tickles—having ticklish feet means that all those nerves are firing correctly. Feet that don't respond to a soft tickle could indicate a problem like neuropathy, or damage to the nerves and tissue of the foot.

Feet Have 250,000 Sweat Glands

There's a reason sweat is associated with feet. You have a whopping 250,000 sweat glands in your feet. And just how much sweat can those proliferous sweat glands produce each day? Up to half a pint. How's that for incentive to change your socks?



Our Feet Are Growing Over Time

Not only do your feet continue to grow throughout your lifetime (one of the most common reasons you should check your shoe size every few years as you get older!), but foot size is increasing in the United States overall. The College of Podiatry released a study in 2014 indicating that the average shoe size had gone up by two full sizes in the United States over the past 44 years. Why? It's speculated that our feet are adapting to our taller, heavier frames.

Women Experience More Foot Problems

Women experience about four times as many foot-related problems as men. Heels are generally regarded as the culprit, because of the extreme strain they add to the arch and the unnatural pressure they place on the toe box. Surprisingly, women started wearing high heels to look more masculine. Male Persian warriors were the first ones to sport the high-heeled look, and women adopted the trend soon after.

1% of Children Are Born With Extra Toes

While uncommon, about 1 or 2 in 1,000 children will be born with an extra toe or two, a condition known as polydactyly. In fact, one Chinese boy was born with six extra toes (and five extra fingers). Typically, the extra toes are removed, since it can make wearing shoes uncomfortable.

Podophobia is the Fear of Feet

A phobia of feet, known as podophobia, manifests itself as anger or extreme revulsion to the sight of feet. Many people with podophobia are also upset by talking about feet, reading about feet, or touching their own feet. In extreme cases, podophobia can have a detrimental effect on an individual's health if it impacts someone's ability to put on or remove socks and shoes or properly wash the feet, leading to infections or other problems.

Do you love your feet a little more?

Take those toes out for a pedicure, treat your arches to a pair of FootLevelers Custom Orthotics, or have a long soak in the tub tonight! - It's mARCH madness this month and we want to help you take care of your feet!!

Do you stand or walk on hard surfaces for more than 4 hours daily?

Do you participate regularly in any physical sport?

Are you age 40 or over?

Do your shoes wear unevenly?

Do you have joint pain while standing, walking, or running?

Is one of your legs shorter than the other?

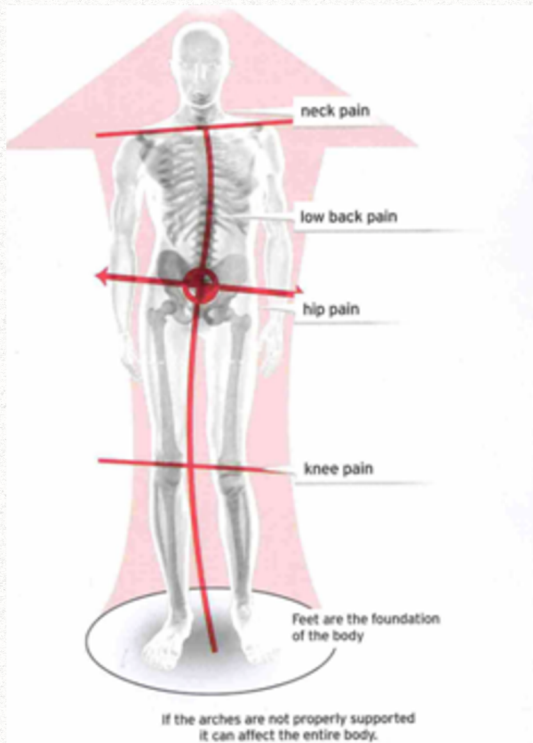
Do you have knock-knees or bow legs?

Do you have obvious foot problems?

Do your feet "toe out" when you're walking?



If you checked any of the above, talk to Dr. Kolbi how Spinal Pelvic Stabilizers can help.



HOW CAN ORTHOTICS HELP MY SPINE WHEN THEY ARE FOR MY FEET?

Your feet don't have to hurt for them to be causing pain everywhere else in your body. Feet are just the starting point for pain throughout your body. Stabilizing Orthotics are positioned under your feet, so they can provide you with a balanced and solid foundation. When you don't have a balanced foundation it causes postural stress and pain in different parts of your body.

How strong is your foundation?

FootLevelers.com

BE SUPPORTED, THE RIGHT WAY

Look down at your feet. How many arches do you see? One...Two...



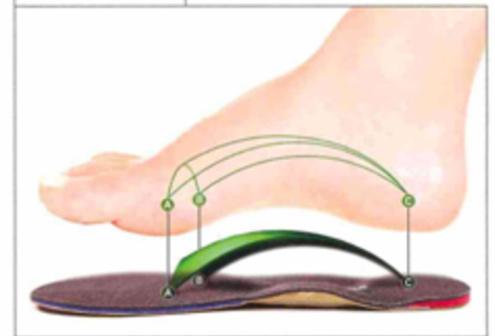
There are actually **three arches** in your foot:

Plantar Vault

A - C = Inner Arch
(Medial Longitudinal Arch)

B - C = Outer Arch
(Lateral Longitudinal Arch)

A - B = Across the Balls of Foot
(Anterior Transverse [Metatarsal] Arch)



These three arches are interconnected to form the **plantar vault**. Foot Levelers Stabilizing Orthotics support the more than 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments in your foot. Stabilizing Orthotics maintain the structure of the plantar vault to balance the entire body.

Over-the-counter orthotics may cost less, but they only support one arch in your foot. When only one arch is being supported, it will not maintain the structure of your plantar vault, and problems can start in other parts of your body.

CLINIC HOURS:

Monday	12:00 pm - 6:00 pm
Tuesday	10:30 am - 5:00 pm
Wednesday	12:00 pm - 6:00 pm
Thursday	10:30 pm - 6:00 pm

Healing from within, begins here.

Yours in Health,

Brost Chiropractic & Wellness Centre





Dr. Kolbi Brost, Melissa & Crystal

*Happy
St. Patrick's
Day*



March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 - CLOSED	3 - OPEN	4 - OPEN	5 - OPEN	6 - OPEN	7 - CLOSED	8 - CLOSED
Your Feet could be causing your pain!	12 - 6 PM	1030 AM - 5 PM	12 - 6 PM	1030 AM - 6 PM	On average, your feet absorb a total force of 26,000 pounds. That's two African elephants.	
9 - CLOSED	10 - OPEN	11 - OPEN	12 - OPEN	13 - OPEN	14 - CLOSED	15 - CLOSED
	12 - 6 PM	1030 AM - 5 PM	12 - 6 PM	1030 AM - 6 PM	Toenails grow more slowly than fingernails, about 1/16th of an inch per month.	
16 - CLOSED	17 - OPEN	18 - OPEN	19 - OPEN	20 - OPEN	21 - CLOSED	22 - CLOSED
Do you wear out your shoes too fast? Ask today how Orthotics can help!	12 - 6 PM	1030 AM - 5 PM	12 - 6 PM	1030 AM - 6 PM	Did you know that your foot contains 26 bones, 33 joints, more than 100 tendons, muscles, and ligaments, and a whopping 250,000 sweat glands?	
23 - CLOSED	24 - OPEN	25 - OPEN	26 - OPEN	27 - OPEN	28 - CLOSED	29 - CLOSED
	12 - 6 PM	1030 AM - 5 PM	12 - 6 PM	1030 AM - 6 PM		The average American's foot has grown two sizes in the last forty years.
30 - CLOSED	31 - OPEN	Low back pain, plantar fasciitis, neck pain, leg length inequality, hip pain, knee pain, ankle pain, shin splints, heel spur, sports injuries, whiplash.. Do you know what they all have in common? They can ALL be helped by Spinal Pelvic Stabilizers (Custom Orthotics)			Fun Fact: The average person takes 10,000 steps/day. That add up to 115,00 miles (4 trips around the planet) over a lifetime.	
Did you know that your feet are often the starting point for pain?	12 - 6 PM					

February Answer Key



9	1	4	7	6	2	5	8	3
5	2	3	1	8	9	6	7	4
8	7	6	5	4	3	2	9	1
6	8	5	2	1	4	7	3	9
2	4	1	3	9	7	8	6	5
7	3	9	8	5	6	4	1	2
4	5	8	6	3	1	9	2	7
3	9	2	4	7	8	1	5	6
1	6	7	9	2	5	3	4	8

March Suduko



		3		7		1		
			2		8			
7				5				6
	3		7		1		9	
6		9		4		2		7
	7		9		6		4	
3				8				4
			5		4			
		2		9		8		