

April 2025



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Your Monthly Brain Bulletin

WORD OF THE MONTH - INNATE INTELLIGENCE

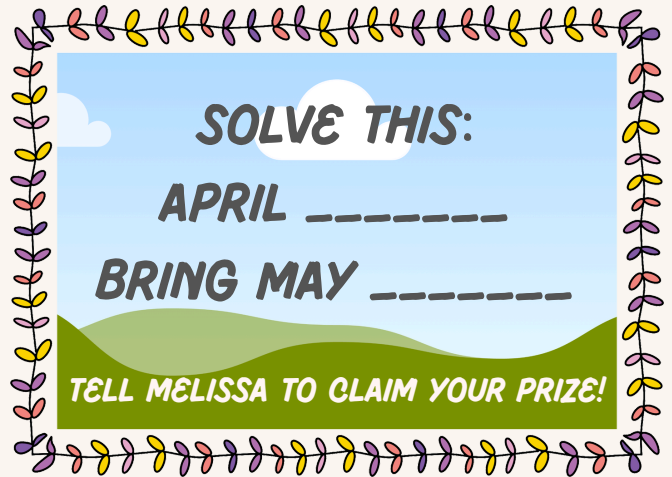
Your innate intelligence is the "healer" and "maintainer" within your own body. Your body is equipped with the intelligence to guide you toward healing, growth, adaptation, and fulfillment. It is important to keep your body subluxation-free so that your innate wisdom may be unimpeded.

DID YOU KNOW?

Did you know that walking builds bones by making them bear body weight?

Recent studies have shown that females who walk only 30 minutes, three days a week, increase their bone density by 2 percent. That's putting it on par with weightlifting!





ASK DR. BROST

This month we have had this question over and over – “What is a pinched nerve?”

Do nerves really get "pinched"? Actual pinching of a nerve is rare. The term "pinched nerve" is commonly used because of its descriptive nature. Some people actually feel as if something is being pinched in their spine. The nerves housed in your spinal column may become compressed or irritated if the vertebrae and discs are out of alignment (also known as a subluxation). This nerve irritation can affect surrounding areas such as muscles, blood vessels, and tendons. Most people with "pinched nerves" do not experience pain in the actual nerve "trouble spot." Rather, they may experience muscle tightness or soreness in the surrounding area. Chiropractic is beneficial because it corrects the misaligned vertebrae that put pressure or a "pinching sensation" on the nerves." Keep the great questions coming!!

DID YOU KNOW ABOUT... FISH OILS & OMEGA-3

Fish oil is commonly taken to promote heart, brain, eye, and joint health. Fish oil is an especially rich source of omega-3 fatty acids, which are also found in flaxseed, walnuts, and dark leafy greens. Fish oil is high in the omega-3 fats EPA and DHA. These fatty acids may have several benefits, such as reduced muscle soreness and less severe delayed onset muscle soreness (DOMS) after exercise. Researchers have found that EPA and DHA both reduce inflammation. Inflammation is your immune system's way of fighting infection and treating injuries. Higher omega-3 intake is associated with higher bone density, which could help prevent bone disease.



DON'T WAIT FOR PAIN TO DISAPPEAR

Pain is not just uncomfortable and annoying. Pain can cause significant changes in the stabilizing muscles of the body. Research shows that people experiencing back pain have altered muscle activity in the stabilizing muscles of the back. This change in muscle tone and firing can result in altered spinal biomechanics which can result in further damage. If you're experiencing pain or if it's been a while since your last spinal checkup, please contact our office today for a convenient appointment!

THE POWER OF THE HUMAN BODY

When we feel symptoms and show signs of illness, it's common to reach for relief in the form of medication or some other "outside-in" approach. We all know our bodies are designed to self-regulate and self-repair. It's easy to forget that a Band-Aid or even stitches don't heal a cut - the body does the healing! It's an inside job. The same happens with antibiotics... they are used to interfere with the bacteria so the body can get an upper hand on its own immune response. Again, an inside story! Our natural immunity and recovery "reserve" are under the control of the central nervous system. These brain-body connections regulate every health function without us ever having to consciously make a decision to digest, repair, breathe, or beat our hearts. It's because of these perfect connections that we can live well for our entire lives, if we understand and manage nerve interference.

CLINIC HOURS:

MONDAY 12 - 6 PM

TUESDAY 1030 AM - 5 PM

WEDNESDAY 12 - 6 PM

THURSDAY 1030 AM - 6 PM

GREAT BUNNY HUNT





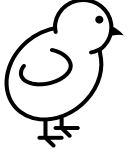



**Join us on Thursday April 17 for the
Great Bunny Hunt!**

Not all bunnies look alike!

Be prepared to find the imposters!

***Yours In Health,
Dr. Kolbi Brost, Melissa & Crystal***

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Why was the Easter Bunny hired for the job? He had the most eggs-perience!</p>		1 - OPEN	2 - OPEN	3 - OPEN		5 - CLOSED
		1030 AM - 5 PM	12 - 6 PM	1030 AM - 6 PM		
6 - CLOSED	7 - CLOSED	8 - CLOSED	9 - CLOSED	10 - CLOSED	11 - CLOSED	12 - CLOSED
	12 - 6 PM	1030 AM - 5 PM		1030 AM - 6 PM	<p>Why don't rabbits get hot in the summer? They have hare conditioning.</p>	
13 - CLOSED	14 - OPEN	15 - OPEN	16 - OPEN	17 - OPEN	18 - CLOSED	19 - CLOSED
<p>What's the angriest vegetable? A steamed carrot!</p>	12 - 6 PM	1030 AM - 5 PM	12 - 6 PM	1030 AM - 6 PM		
20 - CLOSED	21 - CLOSED	22 - OPEN	23 - OPEN	24 - OPEN	25 - CLOSED	26 - CLOSED
	Hoppy Easter	1030 AM - 5 PM	12 - 6 PM	<p>What do you call a rabbit with fleas? Bugs Bunny!</p>		
27 - CLOSED	28 - OPEN	29 - OPEN	30 - OPEN	<p>Did you hear about the most beautifully decorated eggs? They were to dye for!</p>		
	12 - 6 PM	1030 AM - 5 PM	12 - 6 PM			

March Answer Key

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

April 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		