



Upcoming EVENTS

Office will be closed on the following dates:

Friday April 3 - Monday April 13, 2026

If you need emergent care, contact our friends at CHIROPRACTICAL 403.258.4422 or HIDDEN VALLEY CHIROPRACTIC 403.730.6641

April has a personality. One day it's sunshine and soccer cleats. The next, sideways rain and winter coats.

Your nervous system feels those shifts. Barometric pressure changes, routine changes, activity levels change. The brain has to constantly recalibrate.

That's what we do here. We help your brain and body adapt, not overreact.

This month is about resilience. Less reacting. More regulating. More energy. Fewer flare-ups. Let's spring into it.



Patients often ask me what they can do to speed up their recovery and enhance the healing process. Here are some ideas:

1. Proper rest – a good night's sleep gives your body time to heal. Use a supportive mattress and a pillow that promotes proper neck curve. Sleep on your back or side. Please ask me at your next appointment how you can get a better night sleep.

2. Better diet – make sure your body has the best raw materials to heal muscles and soft tissues. While good nutrition is always important, it's doubly important now.

3. Keep your appointments – my recommendations for you come from the experience of helping others with similar conditions. Follow your visit schedule for the best results.

4. Moderate exercise – a regular program of walking or swimming can improve overall muscle tone. If you're unsure what stretches and exercises you should do, just ask.

5. Correct lifting – lift with your knees and keep your back straight. Correct sitting and good posture is important. Consider using a small pillow to help maintain proper spinal curves when at work or in your car.

6. Tell others – patients who tell others about their chiropractic experience seem to get well faster. Telling others can reinforce your commitment and remind you of the simple truths of the chiropractic approach to better health.

Remember healing takes time. Between what we do at the office and what you do at home, the road to recovery looks promising!!

April Showers, Barometric Pressure & Body Pain

What Your Nervous System Knows Before You Do

April showers bring spring flowers... and for many people, unexpected aches, stiffness, and headaches. If your body starts complaining before the rain even hits the ground, you're not imagining things and no, it's not just "getting older."

This is where your nervous system comes in.

Barometric pressure is simply the weight of the air around us. When weather systems move in, that pressure shifts. Your nervous system constantly monitors these changes and tells your muscles, joints, and posture how to respond.

When the nervous system is adaptable, your body adjusts smoothly.

When it's overloaded, things can feel tight, achy, or irritated for no obvious reason.

That's why old injuries, stiff joints, headaches, and chronic pain often flare up during weather changes. Your brain is already managing stress from daily life. Add a pressure shift, and suddenly your body reacts like a group chat that won't stop buzzing.

Not ideal.

Brain-based chiropractic focuses on how the brain receives and processes information from the body, especially from the spine, joints, and balance systems. If that information is distorted or inefficient, the nervous system becomes less adaptable.

Weather changes don't cause pain.

They simply reveal how well your nervous system is handling stress and change.

Think of barometric pressure as a test.

A well-regulated nervous system passes quietly.

A stressed one sets off alarms usually in the neck, back, hips, or head.

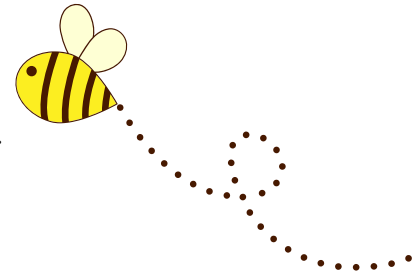
A quick humor moment: if you can accurately predict rain using your knees, shoulders, or jaw, congratulations. You might be a human weather app. It's also a sign your nervous system may need some support.

The goal of brain-based chiropractic care isn't just relieving pain. It's improving adaptability. When the brain feels safer and better supported, the body responds more effectively to movement, stress, posture and yes... even unpredictable April weather.

If April showers seem to raise your pain levels, it may be time to look deeper than the forecast.

At Brost Chiropractic, we focus on helping your nervous system adapt better so your body doesn't have to overreact.

Because rain should help things grow not make your body grumpy.



APRIL SHOWERS BRINGS MAY POWERS

When pressure shifts outside, pressure shifts inside. Cold to warm. Dry to damp. Sedentary winter to spring activity. These transitions can wake up old patterns.

We're offering a complimentary re-exam this April for current patients who:

- Haven't been checked in 3+ months
- Are noticing new symptoms
- Want to see how their nervous system adapted since last exam

This includes:

- Brain & Body Stress pattern comparison
- Joint, Nerve & Muscle pattern comparison
- Postural and mobility check
- Fresh recommendations

Let's make sure your system is ready for the season.



Finish this saying to get your complimentary coupon "April _____ Bring May _____"

Office Hours

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

Know someone who could benefit from Brain-Based Chiropractic?

Let Brost Chiropractic help their brain and body reconnect for clarity, focus, and better function. Clear the fog and show up to life with all neurons firing!

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

March
Sudoku
Answer

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

April
Sudoku



Dr. Kolbi Brost, Melissa & Crystat

April 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Why did the broccoli go to the chiropractor?	It had a little "floret" out of alignment!	April 1st is celebrated in many countries as a day for harmless pranks.	1 12:00 - 6:00 	2 10:30 - 6:00  Join us for a BUNNY-tastic day	3 OFFICE CLOSED Why did the spaghetti visit the chiropractor?	4 OFFICE CLOSED It was feeling a little saucy in its back!
5 Happy Easter 	6	7	8	9	10	11
OFFICE CLOSED						
If you need emergent care, contact our friends at CHIROPRACTICAL 403.258.4422 or HIDDEN VALLEY CHIROPRACTIC 403.730.6641						
12 OFFICE CLOSED The birth flower of April is the daisy, symbolizing new beginnings	13 	14 10:30 - 5:00 That random April stiffness? Not in your head... it's in your spine and nervous system.	15 12:00 - 6:00 Even small posture changes can affect how your brain communicates with your body.	16 10:30 - 6:00 Your nervous system runs the show — your spine is the stage.	17 What do you call a sandwich who loves chiropractic care?	18 A sub with proper alignment!
19 What's a chiropractor's favorite fruit in April?	20 12:00 - 6:00 Apple-solutely aligned!	21 10:30 - 5:00 Movement (like walking in spring weather) boosts brain function and mood.	22 12:00 - 6:00 	23 10:30 - 6:00 Hydrated discs = happier spine. Drink up!	24 Spring cleaning isn't just for your house... your spine called.	25 Your spine protects your nervous system, which controls EVERYTHING in your body.
26 Your nervous system often "predicts" weather shifts before your weather app does.	27 12:00 - 6:00 April used to be the second month in the ancient Roman calendar.	28 10:30 - 5:00 "Your spine has 33 bones... and zero tolerance for bad posture."	29 12:00 - 6:00 "If your joints predict rain better than the forecast, we should talk."	30 10:30 - 6:00 Eat your greens... your spine isn't made of gummy bears.	Why did the carrot start stretching before dinner?	It didn't want a crunch in its crunch!