



Upcoming EVENTS

Office will be closed on the following dates:

July 31 - August 9, 2026

August: The Month Your Spine Cashes the Summer Cheques

After weeks of camping, golfing, gardening, road trips, festivals, and sleeping in places your mattress would never approve of, August is when many people start noticing the wear and tear. That nagging stiff neck, cranky low back, or stubborn headache isn't always about one big event. More often, it's the accumulation of dozens of little ones.

Your nervous system never takes a summer holiday. Keeping your spine moving well helps your body adapt to everything August throws at it, from long drives to backpacks to backyard projects.

Because the best souvenir from summer isn't a sore back. It's great memories.



Running from Bears & Brain-Based Chiropractic: A Survival Guide to Cardio and Craniums

Let's paint a picture: you're on a serene hike, breathing in that fresh mountain air, when—BAM!—a bear appears. Your brain kicks in with the primal "fight or flight" instinct, and since you're not The Rock, you run. Fast. This is where cardio meets chiropractic.

But here's the twist: your ability to sprint from that grizzly (or jog briskly while screaming) isn't just about your legs—it's about your brain. Yes, your brain controls the coordination, balance, timing, and strength you need in a moment of full-on bear panic. That's why brain-based chiropractic is your secret weapon in the wilderness... and in the gym.

See, your nervous system is like your body's emergency response team. When the brain communicates clearly with the rest of your body—no static on the line—you move better, recover faster, and yes, run faster. When that communication gets fuzzy (hello misaligned spine), everything slows down. Your muscles don't fire right, your reaction time lags, and you trip over a twig and become bear brunch. Not ideal.

Brain-based chiropractic focuses on restoring and optimizing this communication highway between brain and body. Think of it like upgrading from dial-up to high-speed fiber optic—fewer glitches, faster responses, and no buffering when it matters most.

Even if you're not bear-dodging on the regular, cardio activities like running, cycling, or dancing all demand precise coordination. A brain that's firing on all cylinders means better form, fewer injuries, and more endurance. Bonus: you might even enjoy it. (Okay, let's not get carried away.)

So whether you're hitting the trails, the treadmill, or just trying to keep up with your dog, remember: your brain and body need to be in sync.

Get checked, get connected, and get out there.

We can't promise you'll outrun a bear, but we can help you move like your life depends on it.



Ready to boost your brain-body connection? Call/Text 403.520.5265



Summer Is a Contact Sport

Summer arrives and suddenly everyone acts like they've been training for this moment all year.

Weekend warriors emerge from hibernation. Lawnmowers roar. Bikes appear. Pickleball courts become gladiator arenas. Someone decides to move an entire patio set without help because, "It's only a few chairs."

And then... summer starts collecting bodies.

One awkward cannonball.

One aggressive weed-pulling session.

One "I'm still athletic" softball dive.

One camping trip where sleeping on the ground somehow felt like a good idea.

Summer is absolutely a contact sport.



The funny part? Most injuries don't happen because people are weak. They happen because the body isn't adapting well to stress anymore. Your nervous system is responsible for coordinating movement, balance, posture, reaction time, and recovery. When the brain and body communication gets sluggish, simple activities can suddenly feel like extreme sports.

That's where brain-based chiropractic comes in.

Instead of only focusing on where something hurts, brain-based chiropractic looks at how your nervous system is functioning as a whole. Better communication between the brain and body may help improve mobility, coordination, body awareness, and adaptability – which is useful when your summer plans include golf, gardening, road trips, kayaking, pickleball, hiking, or chasing children fueled entirely by popsicles.



Because nobody wants to throw their back out reaching for sunscreen.

And nobody should need a three-day recovery period after inflating paddleboards.

The goal isn't just feeling better when pain shows up. The goal is helping your body handle life better before things break down.

So if your spine currently sounds like bubble wrap every time you stand up, it may be time for a nervous system check-up.

Enjoy summer. Move better. Recover faster. Try not to get injured by patio furniture.



Make your Brain Health a Top Priority! 6 key tips for taking care of your brain health and making it a priority in your life:

Exercise Regularly.

Regular physical activity, particularly aerobic exercise, benefits brain health. Exercise improves cognitive function, improves memory, boosts mood, and can reduce the risk of cognitive decline as you age. By increasing heart rate, aerobic exercise promotes blood flow to the brain, delivering much-needed oxygen and nutrients for optimal function.

Eat a Brain-healthy Diet

Nutrient-dense foods provide the essential vitamins, minerals, and antioxidants our brains need for optimal functioning. Some key brain-boosting foods include fatty fish, berries, turmeric, broccoli, pumpkin seeds, oranges, and eggs. These foods supply vital nutrients, antioxidants, and vitamins for optimal brain function.



Get Quality Sleep

Good sleep is paramount for brain health as it allows the brain to rest and recharge, enhancing cognitive functions like memory, decision-making, and creativity. During sleep, the brain undergoes a clean-up process, clearing out harmful toxins and waste products accumulated throughout the day. This is vital in preventing neurodegenerative diseases and reducing stress levels.



Practice Brain Fitness

Practising brain fitness through mentally stimulating activities is vital for maintaining and enhancing cognitive function, memory, and thought processes. Such mental exercise builds new neural pathways, boosts neural plasticity, and fosters resilience and adaptability in the brain, promoting overall brain health.



Regular Chiropractic Care

Regular chiropractic care will keep your nervous system & brain functioning at it's optimal potential. Allowing you to do the things you love... and some you don't love so much (chores, work)



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!

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

July
Sudoku
Answer

August
Sudoku

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

Our team is getting a little extra support... just like a healthy spine! 😊

You might notice Janey around the office from time to time as she helps Melissa keep everything running smoothly.

Be sure to say hi when you see her!

Welcome aboard, Janey! We're happy to have you on the team! ❤️



Dr. Kolbi Brost, Melissa, Janey & Crystat

August 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2 August: Where vacations end and stiffness begins.	3	4	5	6	7	8 Sunscreen protects your skin. We protect your spine.
	~~~~~OFFICE CLOSED~~~~~					
		Sit less. Splash more.		Road Trip? Don't Take Your Back for a Ride.		
9 We fix what law chairs start!	10 12:00 - 6:00 The Grass Isn't Greener When Your Back Hurts.	11 10:30 - 5:00 	12 12:00 - 6:00 Every Road Trip Needs Pit Stops... Including Your Spine.	13 10:30 - 6:00 	14 Weeds Aren't the Only Thing That Needs Straightening	15 Your spine deserves a long weekend too.
16 	17 12:00 - 6:00 Campfires are fun. Backfires aren't.	18 10:30 - 5:00 Summer Fun Shouldn't End With Ice Packs.	19 12:00 - 6:00 	20 10:30 - 6:00 Your Spine Called. It Wants a Vacation Too.	21 Summer bodies need spinal tune- ups too.	22 
23 Adventure is temporary. Good posture lasts longer.	24 12:00 - 6:00 If Your Lawn Chair Has Better Support Than Your Spine...	25 10:30 - 5:00 	26 12:00 - 6:00 We Adjust More Than Expectations.	27 10:30 - 6:00 	28 Your GPS Found the Lake. Your Spine Found Trouble.	29 Straighten up. School starts soon.
30 	31 12:00 - 6:00 Hydrate. Stretch. Repeat.	Don't let your backpack become your chiropractor.	Backpacks: Carry Books, Not Back Pain.			School's Back. So Is Slouching.