



Brost
Chiropractic & Wellness

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Upcoming EVENTS

Office will be closed on the following dates:

Monday February 16, 2026

Chocolate is temporary. **Alignment is legendary.** 🩹👉🦴

February is your reminder to treat your spine like your favorite Valentine. We've got the adjustments. You bring the love.

February Focus: Love Your Brain, Heart, and Spine 🧡🦴

As the new year gets a bad rap. We blame the cold, the dark mornings, and the post-holiday slump — then pile pressure on ourselves to “fix” it with big resolutions. But here's the truth: feeling low or drained isn't failure. It's your brain and nervous system responding to seasonal change. The solution isn't a dramatic reset — it's small, strategic adjustments that help your body and brain work better together.

Let's bust a few myths about motivation, energy, and self-care... the brain-based, spine-friendly way.

Myth #1: Motivation Comes Before Action

Your brain actually rewards action, not intentions. Small, doable steps spark dopamine and build momentum — which makes you feel motivated naturally.

Try this: pick one tiny daily win: a 5-minute walk, a stretch break, or jotting down one accomplishment. Your nervous system loves progress — even tiny progress.

Myth #2: Winter Fatigue Is a Personal Failure

Shorter days affect serotonin, melatonin, and circadian rhythm — all key for energy and mood. Feeling sluggish in winter is biology, not weakness.

Brain- and spine-friendly boosts:

- Get morning light to reset your circadian rhythm
- Keep consistent wake/sleep times
- Sit near windows when possible

Myth #3: Caffeine Is the Energy Fix

Too much coffee can spike energy, then crash it, disrupting sleep and brain function.

Better approach: hydrate first, fuel with protein, and move around. Your nervous system thrives on balance, not spikes.

Myth #4: Self-Care Needs to Take Hours

Consistency beats intensity. Small, repeatable habits reduce stress and improve nervous system regulation. Simple resets that count:

- Go to bed 20 minutes earlier
- Say no to one unnecessary obligation
- Schedule a mini moment to look forward to

Using Your Benefits as a Brain + Body Ally

Many extended benefit plans cover services that support physical wellness including chiropractic care. Small, accessible support can amplify your nervous system's resilience this winter.

A More Realistic, Spine-Friendly Way Forward

Your brain, heart, and spine work best when supported, not forced. Energy returns gradually as routines settle and daylight increases. Small adjustments, realistic expectations, and the right support go a long way — and your nervous system will thank you.



Sweet Nothings and Spinal Whispers: Clearing the Fog

Ever feel like your brain is running on dial-up while the world is on fiber optic? You walk into a room, forget why. Open the fridge—forget what. Someone asks your name, and panic briefly sets in. That, my friend, is brain fog. And no, it's not just lack of coffee or toddler alarm clocks.

How Brain Fog Starts in the Body

Brain fog often begins in your spine and nervous system. Misalignments disrupt communication between your brain and body, causing:

- Poor signal transmission
- Slower thinking and focus
- Fatigue and forgetfulness

How Brain-Based Chiropractic Helps

Brain-based chiropractic doesn't just adjust bones—it helps your nervous system reconnect with your brain.

- Spine alignment improves nerve signaling
- Mental clarity and focus increase
- Fatigue and fog decrease
- Coordination, posture, and overall function improve

It's basically couples therapy for your nervous system. Once your brain and spine are back on speaking terms, you notice the fog lifting, words coming easier, and focus returning.

Benefits of Brain-Based Chiropractic for Brain Fog

- Clearer thinking and improved memory
- Faster focus and productivity
- Reduced tension and nervous system stress
- Enhanced overall well-being

Frequently Asked Questions.

- Can chiropractic care really help brain fog?

Yes. Brain-based chiropractic optimizes communication between the brain and nervous system, reducing fog and improving clarity.

- Is this safe for all ages?

Absolutely. Care is gentle, non-invasive, and tailored for adults, teens, and children.

- How often should I come in for care?

Frequency depends on your nervous system's needs and personal goals. Many start a few times a week and adjust as improvements occur.

- Will it help with focus and fatigue?

Yes. Improved nervous system communication supports mental clarity, energy, and overall function.

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!

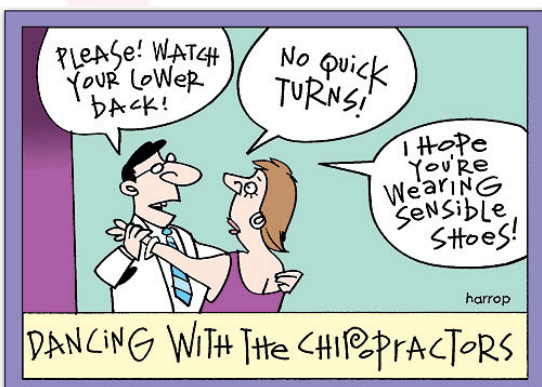


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January
Sudoku
Answer

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9		3	2		8			6

February
Sudoku



Yours In Health

Brost
 Chiropractic & Wellness

Dr. Kolbi Brost, Melissa & Crystat

February 2026

Sunday

Monday

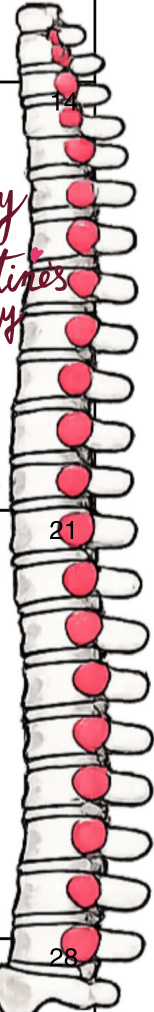
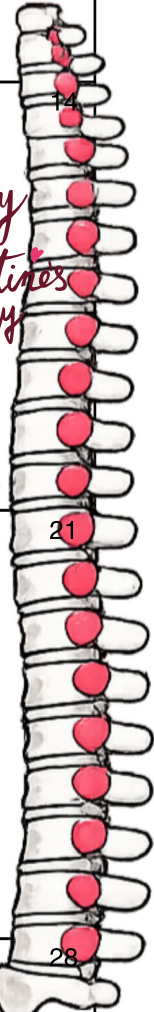
Tuesday

Wednesday

Thursday

Friday

Saturday

1 	2 12:00 - 6:00 What is the best outfit for February 2nd? A tu-tu.	3 10:30 - 5:00 February is for love... But your spine wants commitment.	4 12:00 - 6:00 What's for breakfast on really cold days in February? Snowflakes Frosted	5 10:30 - 6:00 February wellness goal: Fall in love. Drink water. Get adjusted	6 Why does February love chiropractic? Because it's short, sweet, and big on adjustments.	7 
8 ♥ Be mine. Your spine.	9 12:00 - 6:00 Love at first sight is real. So is relief at first adjustment.	10 10:30 - 5:00 February 10th should be National Fart Day. Because it's 2/10	11 12:00 - 6:00 Why did February bring a ladder? all. love was in the everyone said Because	12  10:30 - 6:00 Make your SPINE Your Valentine	13 Where do you find love in a grocery store you." there for "Aisle B...	14  Happy Valentine's Day
15 	16 12:00 - 6:00 February is proof that: You don't need 31 days to cause emotional chaos.	17 10:30 - 5:00 Roses are red, Violets are blue, Your posture needs help... And we still love you.	18 12:00 - 6:00 February mood: Cold outside. Warm drink. Soft socks. Questionable life choices.	19 10:30 - 6:00 Cold weather makes muscles clingy. Chiropractic helps them learn healthy boundaries.	20 	21 
22 Chocolate melts. Flowers wilt. Good posture lasts.	23 12:00 - 6:00 Why do crawfish avoid getting into fights in February? in hot water! They don't want to end up	24 10:30 - 5:00 True love is: Someone who reminds you to sit up straight.	25 12:00 - 6:00 Why do people talk less in February? only 28 days there are Because	26 10:30 - 6:00 February is like: "Intense." but emotionally "I'm short,	27 What is a frog's favourite month? Leap Year It has a February.	28 