



Upcoming EVENTS



Office will be closed on the following dates:



Wednesday July 1, 2026



WELCOME TO JUNE.

June is great for core memories... and sore backs

Golf: The Only Sport Where You Yell "FORE!" Before Public Embarrassment

Golf is a fascinating sport.

You pay money to walk several kilometers carrying oddly shaped metal sticks while emotionally negotiating with a tiny white ball that refuses to cooperate.

And somehow, every golfer believes this will finally be the round where everything clicks.

Then hole three happens.

Your drive slices so aggressively into a pond that nearby ducks immediately claim ownership. Somewhere in the distance, a fish gets hit with a Titleist and files a formal complaint.

Golf looks calm, but your nervous system disagrees.

A golf swing is actually a complex full-body movement requiring coordination, balance, mobility, timing, posture, and rotational control. Your brain has to organize all of that in milliseconds while you simultaneously overthink mechanics, avoid sand traps, and pretend the last shot "didn't count."



That's where brain-based chiropractic comes in.



Your nervous system controls communication between the brain and body. When that communication becomes inefficient, mobility, coordination, balance, and adaptability can suffer. That can lead to stiffness, poor movement patterns, tension, and those rounds where your body feels about as synchronized as a shopping cart with one bad wheel.

Brain-based chiropractic focuses on helping the nervous system function more efficiently so your body can better adapt to movement and stress. Translation? Better mobility, smoother movement, improved body awareness, and hopefully fewer swings that resemble someone fighting invisible bees.

Because golf already comes with enough challenges.

You don't need your spine participating in the sabotage.



And let's be honest: most golfers don't lose balls because of "wind conditions." Sometimes your nervous system just forgot everyone agreed on a direction.

So before your next round turns into an accidental wildlife feeding program at the pond, get your nervous system checked.

Your golf game may never be perfect. But at least your body won't feel like it lost a fight with the cart path.

1 PAIR
CUSTOM ORTHOTICS
MOVE BETTER.
FEEL BETTER. LIVE BETTER.

\$450
(~~\$575~~)



- Improve Foot Function
- Reduce Pain & Discomfort
- Support Your Active Lifestyle



2 PAIR
CUSTOM ORTHOTICS
DOUBLE THE SUPPORT.
DOUBLE THE BENEFITS.

\$700
(~~\$850~~)



- Improve Alignment & Balance
- Reduce Pain & Muscle Fatigue
- Support Every Step You Take



FOR WORK. FOR PLAY. FOR EVERY DAY.

3 PAIR
CUSTOM ORTHOTICS
MAXIMUM SUPPORT.
MAXIMUM YOU.

\$850
(~~\$1100~~)



- Improve Posture & Alignment
- Reduce Pain & Prevent Injury
- Support Your Active Lifestyle Every Day



ONE BODY. ONE LIFE. TAKE CARE OF BOTH.

Get your **FEET** ready for
SUMMER activities!


Custom Orthotic Special



Road Trips, Animal Crossings, and the Great Spine Crunch

Road trips always start with optimism.

Snacks packed. Playlist ready. Coffee secured. Everyone swears they're "totally fine" sitting in the car for eight straight hours.

Fast forward three hours and someone's hips are locked tighter than airport security, your neck feels welded into one position, and your lower back has officially filed a workplace complaint.



Then comes the wildlife.



Nothing raises human adrenaline faster than seeing a deer casually emerge from the trees like it pays taxes there. One second you're singing along to classic rock, the next you're braking hard enough to launch trail mix into another dimension while a squirrel judges your driving decisions.

Road trips are surprisingly demanding on the nervous system. Long periods of sitting, vibration from the vehicle, reduced movement, awkward sleeping positions at hotels, and sudden stress reactions all challenge how your brain and body communicate.

 That's where brain-based chiropractic comes in.

Your nervous system controls posture, coordination, balance, muscle tone, and your body's ability to adapt to stress. When communication between the brain and body isn't functioning efficiently, sitting for long stretches or reacting quickly during stressful moments can feel much harder physically.

Brain-based chiropractic focuses on improving nervous system function so your body can adapt and recover more efficiently. Translation? Less stiffness, better movement, and fewer moments where you exit the vehicle looking like a folding lawn chair trying to become human again.

Because nobody wants to arrive at the lake walking sideways after a six-hour drive.

And no family vacation should require a recovery vacation afterward.

So before your next road trip involves emergency gas station stretching beside a confused moose, make sure your nervous system is ready for the ride.



Watch for animal crossings. Protect your snacks.

And maybe don't trust the "shortcut" your GPS found through the mountains.





How many SUNS can you find in the June Newsletter?

Tell Melissa to claim your prize!

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

May
Sudoku
Answer

		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

June
Sudoku



GOOD
SUPPORT.
BETTER
DAYS.

FootLevelers orthotics help your feet, spine, and nervous system work together in perfect harmony.



Dr. Kolbi Brost, Melissa & Crystat



Sunday

Monday

Tuesday

Wednesday

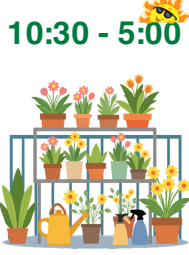
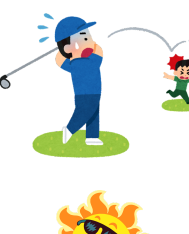
Thursday

Friday

Saturday

JUNE 2026



	1 12:00 - 6:00 Tiny sandals. Massive opinions from your nervous system.	2 10:30 - 5:00 	3 12:00 - 6:00 I told my spine to relax this summer. It said, "I'll straighten things out."	4 10:30 - 6:00 	5 Every June, people discover muscles they haven't used since last summer. 🌱	6 Your spinal discs are more hydrated in the morning than at night.
7 	8 12:00 - 6:00 Gardening is basically deadlifting tiny plants repeatedly.	9 10:30 - 5:00 	10 12:00 - 6:00 	11 10:30 - 6:00 Walking is one of the easiest ways to help spinal mobility.	12 Don't try to become a landscaping superhero in one afternoon	13 
14 Heat can make some people feel looser temporarily... until dehydration crashes the party.	15 12:00 - 6:00 	16 10:30 - 5:00 	17 12:00 - 6:00 Your posture called. It wants sunscreen and boundaries.	18 10:30 - 6:00 	19 	20 Golf: the only sport where people yell "FORE!" immediately before injuring their spine.
21 	22 12:00 - 6:00 	23 10:30 - 5:00 Your nervous system prefers highways... not traffic jams. 	24 12:00 - 6:00 	25 10:30 - 6:00 Your garden is thriving. Your low back is filing complaints.	26 Pickleball injuries are the adult version of Pokémon battles.	27 
28 	29 12:00 - 6:00 June is great for core memories... and sore backs.	30 10:30 - 5:00 	2 PAIR CUSTOM ORTHOTICS DOUBLE THE SUPPORT. DOUBLE THE BENEFITS. \$700 (\$850-)  FOR WORK. FOR PLAY. FOR EVERY DAY.	Your brain constantly maps where your body is in space. Poor posture can muddy the signal.	Your body is one giant connected chain. Bad support below often becomes complaints above.	3 PAIR CUSTOM ORTHOTICS MAXIMUM SUPPORT. MAXIMUM YOU. \$850 (\$1100-)  ONE BODY. ONE LIFE. TAKE CARE OF BOTH.

