



Upcoming EVENTS

Office will be closed on the following dates:

April 3 - 13, 2026

March brings brighter mornings, a little more pep in our step, and the perfect opportunity to wake up your nervous system from winter mode. ✨ As the seasons shift, your body craves movement, better posture, and clear brain-body communication. This month, we're sharing simple ways to move better, feel better, and maybe even find a little extra luck along the way.

Your Brain's Performance Starts at Your Spine

Think chiropractic care is just for back pain? Think again. At Brost Chiropractic, we take a brain-first approach to health. That's because your brain and spinal cord are command central—controlling every organ, tissue, and system in your body.

But here's the key: Your brain can only do its job when the communication pathways (through your spine and nerves) are clear. Misalignments in your spine—caused by stress, posture issues, or injury—can disrupt that signal, affecting how your brain regulates everything from digestion to sleep to energy.

That's the power of brain-based chiropractic care. By gently aligning the spine and reducing interference in your nervous system, we're not just helping your back—we're helping your brain function at its best.

You may notice benefits like:

- 🧠 ♀ Better stress resilience
- 💤 Improved sleep
- ⚡ Greater mental clarity and energy
- 🌀 Fewer headaches or focus issues

Want to know how your nervous system is doing?
We offer advanced NeuroScans to measure your brain-body connection.

A healthy brain starts with a clear spine. Let's get you connected.



Spring Clean Your Nervous System: Because Your Spine Deserves More Than Dusting

Spring is in the air. Birds are singing, flowers are peeking through the thawing ground, and your body... well, it's still stuck in winter mode. Stiff shoulders, creaky knees, headaches that show up like uninvited relatives—your nervous system has been silently hoarding stress all season. It's time to do what your closets do every March: spring clean, but this time, for your brain and spine.



At Brost Chiropractic, we specialize in brain-based chiropractic care. That means we're not just cracking joints and calling it a day. Nope—we focus on the master controller of your entire body: your nervous system. Your brain and spinal cord are constantly sending, receiving, and interpreting signals. If communication breaks down, your muscles, joints, and organs all get the memo... incorrectly. Translation: pain, tension, and “why does my back hurt when I sneeze?” moments.

Think of your nervous system as your home Wi-Fi. When it's strong, smooth, and adaptive, everything flows. Weak signals? Dead zones appear, your body freezes, and you start googling, “Why does bending over make me cry?” Brain-based chiropractic care resets your nervous system, strengthens the connection, and improves adaptability. Basically, we reboot the firmware so your body stops sending mixed messages to your brain.

Spring cleaning isn't just about tossing old socks or reorganizing Tupperware. It's about clearing out the clutter in your body's communication channels. A \$47 brain-based assessment at Brost Chiropractic helps uncover which patterns are stuck in winter mode and provides a customized plan to help your body learn, move, and recover like it was designed to.

So this March, let's do more than just dust off your shelves. Let's dust off your nervous system, get your brain and body talking again, and maybe even teach your spine a few new moves it forgot over the winter. After all, a well-organized home is great—but a well-organized nervous system? That's life-changing.

DON'T LEAVE YOUR HEALTH TO LUCK

Don't let your friends or family leave their health to luck!

Give them a **GOLDEN TICKET**

Feeling
LUCKY

- >>> A Full Spinal Health Evaluation
- >>> Brain & Body Stress Evaluation
- >>> Joint, Nerve, Muscle Evaluation
- >>> 3D Orthopedic Foot Scan
- >>> Full report to take home (2nd visit)



Fun Foot Facts You Probably Don't Know

Toes Sometimes Surgically Replace Lost Thumbs

Did you know that if you ever lose your thumb, you could have it replaced with your big toe? While it might sound bizarre, the surgery is fairly common—and successful. The transplanted big toe, known as a "thoe" once it's attached to the hand, allows people to regain all the benefits of the lost thumb, including opening doorknobs, holding a pencil (and plenty of other objects) and eating many types of food.

Ticklish Feet Are a Good Sign

With almost 8,000 nerves, it's no wonder that feet win the award for "Most Ticklish Body Part." But don't lament the tickles—having ticklish feet means that all those nerves are firing correctly. Feet that don't respond to a soft tickle could indicate a problem like neuropathy, or damage to the nerves and tissue of the foot.

Shoes Date Back 40,000 Years!

The first pair of shoes appeared on the scene approximately 40,000 years ago. The oldest pair in existence was found buried in ancient sheep dung in a cave in Armenia. The 5,500-year-old leather moccasin is older than Stonehenge!

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February
Sudoku
Answer

March
Sudoku

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Office Hours

Monday 12:00 - 6:00

Tuesday 10:30 - 5:00

Wednesday 12:00 - 6:00

Thursday 10:30 - 6:00

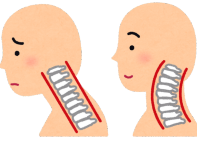
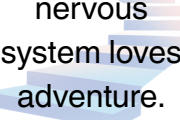
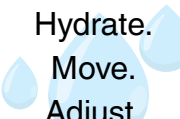
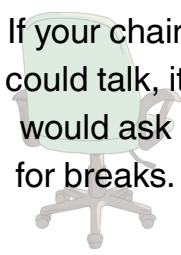
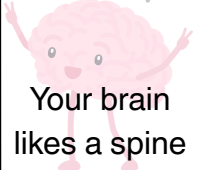
Yours In Health



Brost
Chiropractic & Wellness

Dr. Kolbi Brost, Melissa & Crystat

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New month. Check your posture before you check your phone.	2 12:00 - 6:00 Your spine loves movement more than your couch does. 	3 10:30 - 5:00 If you can read this, sit up straighter.	4 12:00 - 6:00 March forth... with better posture. 	5 10:30 - 6:00  Brains and spines are best friends. Keep them talking.	6 Slouching burns zero calories. Standing tall feels better. 	7 Tiny habit today: shoulders back, chin level.
8  Spring forward. Stand taller.	9 12:00 - 6:00 Your future self thanks you for moving today.	10 10:30 - 5:00 Text neck is not a personality trait. 	11 12:00 - 6:00 Take the stairs. Your nervous system loves adventure. 	12 10:30 - 6:00 Stand up. Stretch. Pretend you meant to. 	13  Posture check. Yes, again.	14  Your spine is your body's WiFi tower. Keep the signal strong.
15 Stress shows up in shoulders first. Drop them.	16 12:00 - 6:00 Hydrate. Move. Adjust. Repeat. 	17 10:30 - 5:00  Lucky spine. Happy life.	18 12:00 - 6:00 Spring is coming. Unfreeze your posture. 	19 10:30 - 6:00 You are one adjustment away from feeling better.	20 Weekend reminder: naps are fine. Pretzel posture is not. 	21 Movement is medicine your body understands 
22 If your chair could talk, it would ask for breaks. 	23 12:00 - 6:00 Strong posture. Strong presence.	24 10:30 - 5:00 Sitting is fine. Marinating in it is not. 	25 12:00 - 6:00 Chin back. Not down.	26 10:30 - 6:00  Your brain likes a spine that moves.	27  Less scroll. More stroll.	Weekend goal: move like you mean it. 
29  Tight neck? That's your cue.	30 12:00 - 6:00 Better alignment. Better adaptation.	31 10:30 - 5:00 End the month taller than you started. 	mARCH madness Custom Orthotic Sale 1 pair \$500 (save \$75) 2 pair \$650 (save 200) 3 pair \$900 (save 200) Hurry... Offer ends March 31, 2026			