



Upcoming EVENTS

Office will be closed on the following dates:

Monday October 12, 2026

Our Office will be OPEN

Wed. Nov 11 - 12:00 - 6:00 PM

DIVE INTO OCTOBER!

This month, we're taking Brost Chiropractic Under the Sea! 🦀

The ocean is full of incredible examples of movement, balance, pressure, communication and adaptation. Turns out, your body has a few things in common with our finned friends!

From keeping your spine moving smoothly to helping your brain and body communicate, October is all about exploring the fascinating connection between your brain, nervous system and body.

So grab your imaginary snorkel, leave your stress at the shoreline and let's dive in! 🐬

Because good health shouldn't be a shipwreck. 🚢



OCTOBER ORTHOTIC SPECIAL

FIND YOUR SEA LEGS! 🦶

Your feet are the foundation of your body, so let's give them a little extra support!

This October, dive into better foot support with our Custom Orthotic Special.

- 🦶 Custom 3D Foot Scan
- 🦶 Personalized foot support
- 🦶 Designed to help support proper alignment from the ground up

Because when your feet are happy, your whole body gets to ride the wave. 🌊

1 Pair of Flippers \$475 ~~\$575~~
2 Pairs of Flippers \$700 ~~\$850~~
3 Pairs of Flippers \$850 ~~\$1100~~

Don't let your feet flounder! 🦀

PRESSURE, BALANCE & THE DEEP BLUE

Ever wonder why divers have to pay attention to pressure?

The deeper you go, the greater the water pressure becomes. In fact, pressure increases by about one atmosphere for every 10 metres (33 feet) of seawater. Our bodies are constantly responding to changes in our environment, whether we're underwater, at our desks, carrying groceries or chasing kids around the house.

Your nervous system plays a huge role in helping your body sense its surroundings, coordinate movement and maintain balance. This month, we'll take a playful trip beneath the waves to explore what sea creatures, diving and chiropractic care can teach us about keeping the brain and body communicating and moving well.

No scuba certification required. 🐬



Little Underwater Discoveries

The Nervous System: Your Body's Control Centre

Fun fact: Octopuses have an unusually distributed nervous system, with a large portion of their neurons located in their arms.

Chiropractic connection:

Your nervous system is constantly receiving information from your body and environment and coordinating responses. Movement, balance, sensation and coordination all depend on communication between the brain and body.

Your nervous system has a lot on its plate. Or should we say... tentacles? 



Balance: Don't Let Your Body Sink

Divers work toward neutral buoyancy, allowing them to control their position in the water rather than constantly sinking or floating upward.

Chiropractic connection:

Your body also relies on information from multiple systems to help maintain posture, balance and coordinated movement. Your brain is constantly processing information from your eyes, inner ear, muscles and joints.

Good balance is a little like good diving technique: nobody wants to spend the whole day fighting gravity. 



Brains, Balance & Jellyfish

Jellyfish don't have a brain, yet they can respond to their environment using a network of nerves called a nerve net.

Chiropractic connection:

Your nervous system is considerably more sophisticated! Your brain, spinal cord and nerves constantly communicate to help you sense, move, coordinate and respond to the world around you.

 Good thing humans came with a brain upgrade!

Feeling the Pressure?

Water pressure increases as you descend deeper into the ocean. At roughly 10 metres, the pressure from the water adds another atmosphere.

Chiropractic connection:

While your everyday body isn't experiencing deep-sea pressure, your body constantly responds to different physical demands, including prolonged sitting, lifting, repetitive movement and changes in activity.

You don't need to live in a submarine to appreciate what pressure can do.



Built to Move

Sea turtles travel huge distances through the ocean, using their flippers to propel and steer their bodies through the water.

Chiropractic connection:

Your body is built for movement too. Regular movement helps keep joints mobile and gives your brain valuable information about where your body is in space.

 Don't just go with the flow. Keep moving!



Inflate Your Knowledge

When threatened, some species of pufferfish can rapidly inflate by taking in water, making themselves much larger and harder for predators to swallow.

Chiropractic connection:

Your body also has clever ways of responding to challenges. Your nervous system helps coordinate automatic responses to changes in your environment.

 Your nervous system is always on the lookout.



Move It or Lose It!

Ocean creatures come in practically every shape imaginable, but movement is essential for survival. From a crab scuttling sideways to a whale travelling thousands of kilometres, bodies are built to move.

Chiropractic connection:

Regular movement helps maintain joint mobility and gives your brain and nervous system a steady stream of information about where your body is in space.

Get up every 30–60 minutes during long periods of sitting. Walk around, stretch, change positions and give your body some movement.

Because the human body was not designed to become office furniture.  

Office Hours

Monday 12:00 - 6:00

Tuesday 10:30 - 5:00

Wednesday 12:00 - 6:00

Thursday 10:30 - 6:00

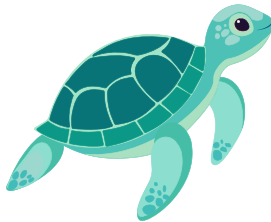
Know someone who could benefit from Brain-Based Chiropractic? Brost Chiro is accepting NEW patients.



KEEP CALM & CARRY A SEA TURTLE

...or, you know, just take care of your spine.  

September
Sudoku Answer



October
Sudoku

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

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



Dr. Kolbi Brost, Melissa, Jacey & Crystat

JUNE 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SALE 1 Pair \$475 2 Pair \$700 3 Pair \$850		FOOT LEVELERS CUSTOM ORTHOTICS Better Feet. Better Balance. A Healthier You. Ask us about our Foot Levelers custom orthotic options!			1 10:30 - 6:00 Stay Buoyant. Move Better.	2 Sea what proper foot support can do	3
4 Don't Be a Spinewreck!	5 12:00 - 6:00	6 10:30 - 5:00 Keep Your Spine Afloat!	7 12:00 - 6:00	8 10:30 - 6:00 Reef-resch Your Spine!	9 Dive into better foot support	10	
11 Feeling Crabby? Check Your Spine!	12 CLOSED HAPPY THANKSGIVING	13 10:30 - 5:00	14 12:00 - 6:00 Your Spine Called. It Wants a Tune-Up.	15 10:30 - 6:00	16 Get Your Feet Shipshape	17	
18 Sea You at the Chiropractor!	19 12:00 - 6:00	20 10:30 - 5:00 Don't Let Stress Sink Your Brain	21 12:00 - 6:00	22 10:30 - 6:00 Just Keep Swimming... With Good Posture	23 Don't Let Your Feet Founder	24	
25 Hooked on Good Spine Health!	26 12:00 - 6:00 Don't Be Shellfish. Share the Good Posture!	27 10:30 - 5:00	28 12:00 - 6:00 Holy Mackerel! My Back!	29 10:30 - 6:00 What's Kraken This Halloween? Come join the fun. It's going to be tentacle-ly awesome!	30 Find Your Footing	31	