

APRIL
2024



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Brost
Chiropractic & Wellness



Your Monthly Brain Bulletin

Word of the Month - Innate Intelligence

Your innate intelligence is the "healer" and "maintainer" within your own body. Your body is equipped with the intelligence to guide you toward healing, growth, adaptation, and fulfillment. It is important to keep your body subluxation-free so that your innate wisdom may be unimpeded.



Did You Know?

Did you know that walking builds bones by making them bear body weight?

Recent studies have shown that females who walk only 30 minutes, three days a week, increase their bone density by 2 percent. That's putting it on par with weightlifting!



We will be **CLOSED**
Thurs March 28 - Mon April 8, 2024

WHAT DO YOU
CALL A BUNNY
WITH FLEAS?

BUGS BUNNY

HOW CAN YOU TELL
WHICH RABBITS ARE
OLDEST IN A GROUP?

JUST LOOK FOR THE GRAY
HARES

WHY DID THE
EASTER BUNNY
HAVE ON A HAT?

BECAUSE HE WAS
HAVING A BAD HARE
DAY.

Ask Dr. Brost

This month we have had this question over and over - "What is a pinched nerve?"

Do nerves really get "pinched"? Actual pinching of a nerve is rare. The term "pinched nerve" is commonly used because of its descriptive nature. Some people actually feel as if something is being pinched in their spine. The nerves housed in your spinal column may become compressed or irritated if the vertebrae and discs are out of alignment (also known as a subluxation). This nerve irritation can affect surrounding areas such as muscles, blood vessels, and tendons. Most people with "pinched nerves" do not experience pain in the actual nerve "trouble spot." Rather, they may experience muscle tightness or soreness in the surrounding area. Chiropractic is beneficial because it corrects the misaligned vertebrae that put pressure or a "pinching sensation" on the nerves." Keep the great questions coming!!

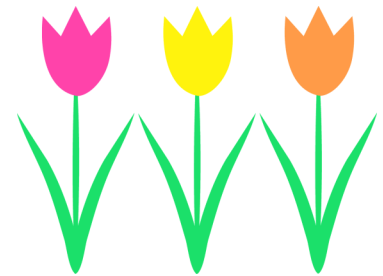
April _____

Bring May _____

Do you know this famous saying?

It can be worth \$30

Be sure to tell Melissa to receive your prize!



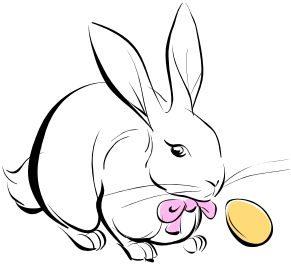
Remember - Spinal health spreads over your whole body

So please stop by for a chiropractic check-up - and tell your friends and relatives. Make going to the chiropractor a family affair.

Don't Wait For Pain To Disappear

Pain is not just uncomfortable and annoying. Pain can cause significant changes in the stabilizing muscles of the body. Research shows that people experiencing back pain have altered muscle activity in the stabilizing muscles of the back. This change in muscle tone and firing can result in altered spinal biomechanics which can result in further damage. If you're experiencing pain or if it's been a while since your last spinal checkup, please contact our office today for a convenient appointment!





Did you know about... FISH OILS & OMEGA-3

Fish oil is commonly taken to promote heart, brain, eye, and joint health. Fish oil is an especially rich source of omega-3 fatty acids, which are also found in flaxseed, walnuts, and dark leafy greens. Fish oil is high in the omega-3 fats EPA and DHA. These fatty acids may have several benefits, such as reduced muscle soreness and less severe delayed onset muscle soreness (DOMS) after exercise. Researchers have found that EPA and DHA both reduce inflammation. Inflammation is your immune system's way of fighting infection and treating injuries. Higher omega-3 intake is associated with higher bone density, which could help prevent bone disease.



You know the saying...

Remember, good or bad, your feedback is always welcome. We'd love your suggestions about these weeks or months.....what do you need help with or want to learn about?

Remember we're working hard for YOU and YOUR HEALTH. So, make sure you take some time to play with the toys we give you, or give them to Dr. Kolbi or Melissa, because they haven't grown up yet

Healing from within, begins here.
Yours in Health,
Brost Chiropractic & Wellness Centre
Dr. Kolbi Brost & Melissa



CLINIC HOURS:

Monday 12 - 6 pm

Tuesday 1030 am - 5 pm

Wednesday 12 - 6 pm

Thursday 1030 am - 6 pm