



## Upcoming EVENTS

### Office will be closed on the following dates:

Monday May 18, 2026

Wednesday May 20, 2026

Spring has officially clocked in, and your body got the memo before your calendar did. One day it's "I should go for a walk," the next it's "why does my back feel like it joined a construction crew?" Welcome to May, where motivation blooms... and so do the mystery aches.

Here's the twist: it's not just your muscles talking—it's your nervous system running the whole show behind the scenes. After a winter of hibernation-mode habits (hello, couch cocoon), your brain is now recalibrating movement, balance, and coordination in real time. Translation? You're doing more, faster... but your system is still catching up.

That's where brain-based chiropractic care steps in. We're not just chasing symptoms—we're helping your brain and body reconnect, reorganize, and move the way they were designed to. Because when your nervous system is clear, your body doesn't just "get by" in spring... it thrives in it.

So as you dust off the runners, hit the garden, or swing into golf season, remember: better movement starts with better communication between your brain and body.

Let's make this a May where you don't just feel more active... you feel more you.

Your spine has 33 bones, but somehow still carries 100% of your stress. Impressive. Questionable. Fixable.

Your nervous system sends messages faster than you can say "I should probably stretch."

Posture isn't about sitting up straight—it's about your brain deciding what feels "normal." (Yes, even your slouch has a backstory.)

Pain is your brain's opinion, not always a damage report. Sometimes it's more like an overprotective alarm system.



### Reminders

Please be sure to drop any coupons or discounts at the front desk for Melissa to process BEFORE you head into your treatment room. This will help when the office is busy.

## Pain isn't always the problem.

*Your nervous system is.*

We don't just treat symptoms—we look for the real cause.

Better connection.  
Better function.  
Better you.



You can have poor movement patterns without pain... until your body files a formal complaint later.

That random ache? Sometimes it's not what you did today... it's what your body has been tolerating for months.

May forecast: 80% chance of increased activity, 60% chance of "why am I sore?"

### Hibernation to Hustle: When Your Body Files a Complaint.

Winter has a way of turning all of us into elite-level relaxers. Steps go down, layers go up, and suddenly your daily movement consists of walking to the fridge and back like it's a competitive sport.

Then spring shows up and flips a switch.

Now it's yard work, golf swings, long walks, and bold declarations like, "I'm getting back into shape." Your brain is fired up... but your body? It's still on winter settings.

This is exactly when early season overuse injuries sneak in.

From a brain-based chiropractic perspective, the issue isn't just muscles being tight—it's your nervous system playing catch-up. Over the winter, your brain adapts to lower levels of movement. Coordination dulls a bit, stability drops, and your body's ability to handle load isn't quite what you think it is.

So when you suddenly go all-in—raking the entire yard, hitting a bucket (or five) of golf balls, or jumping into workouts like you never left—you get the classic spring symptoms:

- Low back tweaks
- Shoulder irritation
- Tight hips and hamstrings
- Random soreness in places you didn't know existed

It's not weakness—it's a timing issue. Your brain and body are simply out of sync.

The smarter move? Gradually reintroduce activity and retrain your nervous system to handle movement efficiently again. Better communication between your brain and body means better coordination, control, and resilience.

That's where brain-based chiropractic care can help. By improving how your nervous system processes movement and stress, your body becomes more adaptable—and far less likely to protest your sudden burst of motivation.

So go ahead, embrace the hustle. Just don't expect your body to skip the warm-up phase like it's still 20.

## Your brain is extremely powerful

The human brain is responsible for keeping your body running all day long. It not only helps people think and learn new things, but it also controls your movement and speech, too. The brain is part of the central nervous system and receives tons of information. Make some room in your noggin for these surprising brain facts you need to know.

## Exercise is just as good for your brain as it is for your body

Professional athletes know how important fueling their brain is to ensure they're able to put maximum effort and energy into their workouts. "This is because of the mental stimulation that comes with exercise, but also because a healthy cardiovascular system means better plumbing for the brain," says Wingeier. Especially when you try a new fitness class or regimen for the first time, your brain is working hard at learning the motions and controlling your muscles.



## Your brain can rewire itself

Neuroplasticity, or the brain's ability to reorganize and change itself throughout a person's lifetime, is a truly remarkable thing. In one 2011 study published in the Proceedings of the National Academy of Sciences, University of Montreal researchers compared the brain activity of individuals who were born blind and those who had normal vision. They found that the part of the brain that's normally wired to work with our eyes can instead rewire itself to process sound information instead of visual perception. Pretty cool, right?

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

April  
Sudoku  
Answer

May  
Sudoku

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

Your brain is the boss. Your spine is the messenger. We make sure they're on speaking terms.

*Yours In Health*



**Brost**  
Chiropractic & Wellness

*Dr. Kolbi Brost, Melissa & Crystat*

### Office Hours

Monday 12:00 - 6:00  
 Tuesday 10:30 - 5:00  
 Wednesday 12:00 - 6:00  
 Thursday 10:30 - 6:00

# May 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>Happy Brain. Happy Spine.</p>	<p>That random ache? Sometimes it's not what you did today... it's what your body has been tolerating for months.</p>		 <p>STRONG SPINE. STRONG LIFE.</p>	<p>1</p>  <p>1 Hello, May. Let's move.</p>	<p>2</p> <p>Brain first. Body follows.</p>	
<p>3</p> <p>Calm nervous system, better you.</p>	<p>4</p> <p>12:00 - 6:00</p>  <p>4 MAY THE 4TH (BE WITH YOUR SPINE)</p>	<p>5</p> <p>10:30 - 5:00</p> <p>Your back remembers everything.</p>	<p>6</p> <p>12:00 - 6:00</p>  <p>MAY 6 Brain runs the show.</p>	<p>7</p> <p>10:30 - 6:00</p> <p>Don't "spring" something.</p>	<p>8</p> <p>Spring cleaning tip: don't forget your spine. It's been holding onto winter baggage.</p>	<p>9</p>  <p>MAY 9 Pain ≠ damage.</p>
<p>10</p>  <p>MAY 10 Moms need care too</p>	<p>11</p> <p>12:00 - 6:00</p> <p>Adulting = back awareness</p>	<p>12</p> <p>10:30 - 5:00</p>  <p>MAY 12 Nerves = body WiFi</p>	<p>13</p> <p>12:00 - 6:00</p> <p>"I'll just do a quick yard cleanup"</p>	<p>14</p> <p>10:30 - 6:00</p> <p>3 hours later: meets your lower back's lawyer.</p>	<p>15</p>  <p>15 Long weekend loading...</p>	
<p>17</p>  <p>MAY 17 No pain ≠ no problem.</p>	<p>18</p> <p>CLOSED</p>  <p>CLOSED</p>	<p>19</p> <p>10:30 - 5:00</p>  <p>MAY 19 Stress shows physically.</p>	<p>20</p> <p>CLOSED</p>  <p>CLOSED</p>	<p>21</p> <p>10:30 - 6:00</p>  <p>MAY 21 Coordination &gt; compensation</p>	<p>22</p> <p>It's not just tight muscles—it's a confused nervous system.</p>	<p>23</p>  <p>MAY 23 Lift with your legs</p>
<p>24</p> <p>Today's choices, tomorrow's spine.</p> <p>31</p>  <p>MAY 31 Finish strong. Stay aligned.</p>	<p>25</p> <p>12:00 - 6:00</p> <p>Alignment affects everything.</p>	<p>26</p> <p>10:30 - 5:00</p>  <p>MAY 26 Move it or lose it.</p>	<p>27</p> <p>12:00 - 6:00</p> <p>You weren't made to be stiff... unless you're a board. And even boards warp.</p>	<p>28</p> <p>10:30 - 6:00</p>  <p>MAY 28 That ache has a story.</p>	<p>29</p> <p>Your spine loves movement. It just prefers planned chaos over surprise chaos.</p>	<p>30</p>  <p>MAY 30 Clear signals, better movement.</p>

Your body: "Let's go for a hike!"

Your nervous system: "We trained for snacks, not this."