

# Monthly Newsletter

August 2025



## Activate - Refresh - Restore with our Therapeutic Boosts

At Active Edge, we're excited to offer a variety of in-office therapeutic boosts—available as an exclusive perk for our partners. These targeted enhancements are designed to complement your wellness journey, helping you feel your best and thrive from the inside out. Not a partner yet? No problem! With our Boost Partnership, you'll get unlimited access to all these incredible therapies.

**Infrared Sauna** - Delivers deep, therapeutic heat to muscles and soft tissue, promoting detoxification, weight loss, improved circulation, pain relief, reduced joint stiffness and inflammation, and decreased stress.

**Cold Plunge** - Offers proven benefits including reduced inflammation, improved sleep, enhanced immunity, boosted metabolism, faster recovery, and pain relief.

**Red Light Bed** - Boosts mitochondrial function, increasing ATP production to help cells generate more energy. This enhances cellular repair, regeneration, and overall performance—leading to benefits such as accelerated healing, reduced inflammation, improved skin health, enhanced muscle recovery, increased energy, and reduced pain and joint stiffness.

**E-Stim and Roller Beds** - This invigorating massage gently engages your muscles to promote relaxation while rollers loosen your spine. E-stim triggers endorphins and enkephalins—your body's natural painkillers—for longer-lasting relief. Ideal for tight muscles, improved circulation, pain reduction, and enhanced neurological function.

**Dry Needling** - Fine, sterile needles are gently inserted into muscle trigger points to release tension and alleviate pain caused by tight muscles or fascia. This technique is commonly used to relieve headaches, reduce muscle dysfunction, ease low back pain, and improve mobility.

**Cupping** - Uses gentle suction on the skin's surface to stimulate blood flow, reduce muscle tension, and draw nutrients to the area—promoting healing and deep tissue relaxation.

**NormaTec** - Uses dynamic compression to boost circulation, speed recovery, reduce soreness, and support lymphatic drainage.

**Inversion Table** - Gravity compresses your body throughout the day, so spending time inverted can help elongate and relax tense muscles, decompress the spine and joints, relieve nerve pain, and extend the benefits of chiropractic adjustments.



SCAN TO SHOP  
THE BOOST MARKET

Active Edge Team

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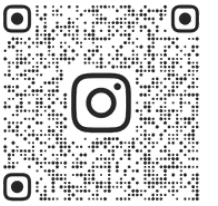


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# OFFICE NEWS – WHATS NEW?

## Your Wellness Journey Just Got Even Stronger!

Hi, I'm Dr. Jess! I'm thrilled to be joining the team at Active Edge as the newest chiropractor. In addition to my chiropractic training, I hold a Master's degree in Clinical Nutrition, which allows me to take a holistic approach to patient care—especially when working through complex nutritional cases and analyzing bloodwork.

My practice also incorporates techniques such as Applied Kinesiology (a specialized form of muscle testing) and Neuro Emotional Technique, which helps the body release stored emotional stress and support healing on a deeper level.

Having grown up in a chiropractic family, I developed a deep appreciation early on for the body's innate ability to heal itself—given the right support and the removal of interference. It's a privilege to walk alongside my patients on their wellness journeys and witness their progress toward optimal health.

As a proud Columbus native, I enjoy anything that gets me outdoors—especially hiking and golfing. I'm also an avid animal lover and share my home with a spirited border collie named Gus.

I'm beyond excited to be part of the passionate and dynamic team at Active Edge—where innovation, collaboration, and truly patient-centered care come together. I can't wait to grow with this community and help make a difference in the lives of those we serve.



### We need your feedback

With our recent addition of Dr. Jess, we have plans to extend our office hours:

Please either text us or let the front desk know your preference:

- 7am Monday & Thursday
- Monday, Tuesday, Wednesday until 7pm
- Friday hours until 2pm

See where else we will be this month	UPCOMING EVENTS
August 13th 4pm-7pm	Social Wellness Meets Social Good -See event below for details
August 23rd 9am-11am	Yoga Day with the Clippers @ Huntington Park -AE will be offering free InBody Scans
August 24th 9am-1pm	Alum Creek Farm The Recharge Retreat w/ Beauty Boost -AE will be doing dry needling

### CELEBRATE YOUR SUCCESS

Next time you visit the office, please share your success story with us, ring the GONG and get \$5 Boost Bucks!



## Social Wellness Meets Social Good

Wellness feels even better when it's shared

Active Edge Health Parking Lot | August 13 | 4-7 PM

Ready to boost your wellbeing and give back?  
**10% of all Packages Purchased will go to a charity of your choice:**

- ✨ Her Song ✨ Grace Haven
- ✨ Alcoholics Anonymous ✨ Glitter Girls

- Come for the cause — stay for the fun:
- Demos on the BTL BUS – EXOMIND, EMSELLA, EMSculpt
  - Complementary Strength and Body Comp Assessments
  - Event-Exclusive Discounts & Give Aways
  - Food, Family Fun, Community & Connection

Feel better. Do good.  
Don't miss this chance to support others while investing in yourself.

RSVP  
HERE



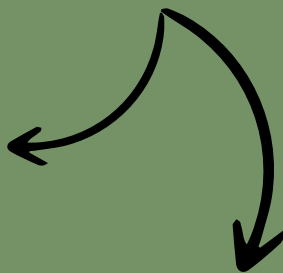
## August Promo & Supplement of the Month

**PROMO: Exclusive Discounted Packages**  
EMSELLA, EMSculpt & EXOMIND  
Join us at our Parking Lot Party

August means back to school—and more exposure to germs.  
**20% off all month of these Supplements**

### Immune Defense Pack

Loaded with powerful ingredients to help support a strong immune response.



### Kids Chewable Multivitamins

Provides essential nutrients to fuel their growth, supports active minds, and strengthen developing immune systems—keeping them healthy and thriving through school, play, and everything in between.