



Thriving Through Cold & Flu Season at Active Edge

Cold and flu season has arrived, but that doesn't mean you have to spend the next few months battling sore throats, stuffy noses, or endless fatigue. By taking steps now to strengthen and balance your immune system, you can give your body the tools it needs to fight off seasonal bugs before they take hold.

At Active Edge we focus on supporting the body's natural defenses from the inside out – not just managing symptoms when they appear, but creating a foundation of resilience so you can move through the season feeling strong, energized, and healthy.

Simple yet powerful strategies like nourishing your body with whole, seasonal foods, optimizing gut health, staying hydrated, managing stress, and ensuring restorative sleep can go a long way in keeping your immune system sharp. Pair those lifestyle practices with targeted functional medicine supplements – such as probiotics for gut-immune balance, vitamin D for immune modulation, and herbal blends that help the body respond quickly to exposure – and you'll be setting yourself up to skate through these colder months with better immune protection.

See what our staff recommends at the first sign of sickness:

- Dr. Craner** – EMSCLUPT as preventative to strengthen my muscles and get the downstream effect of increased muscle mass on immune function. Immune Defense Packs for nutritional support. Essential Defense at first symptoms.
- Dr. Hensel** – Essential Defense by Metagenics at first symptoms, Immune Defense Packs all year long
- Dr. Jess** – Cal-Amo + Calcium Lactate from Standard Process
- Laura** – Nebulizer, Liposomal Vit C & Chiropractic adjustments
- Steph** – Hydration, Zinc & Elderberry
- Brit** – Vicks Vapor Rub on chest & Humidifier
- Andilyn** – Sleep
- Aubrie** – Rest
- Ary** – Spoonful of Honey & Lime, Breathe in vapor from warm salt water
- Gail** – Homemade Elderberry mixture, Vitamin C, Fruits & Greens with Immune support

And don't forget – routine chiropractic adjustments, supportive Boost Therapies, and regular visits with our Functional Nurse Practitioner are all powerful ways to keep your body balanced and resilient. By staying proactive with your care, you'll not only strengthen your defenses against cold and flu season, but also stay ahead of the curve when it comes to your overall health and well-being.

Active Edge Team

Follow us on Social Media!



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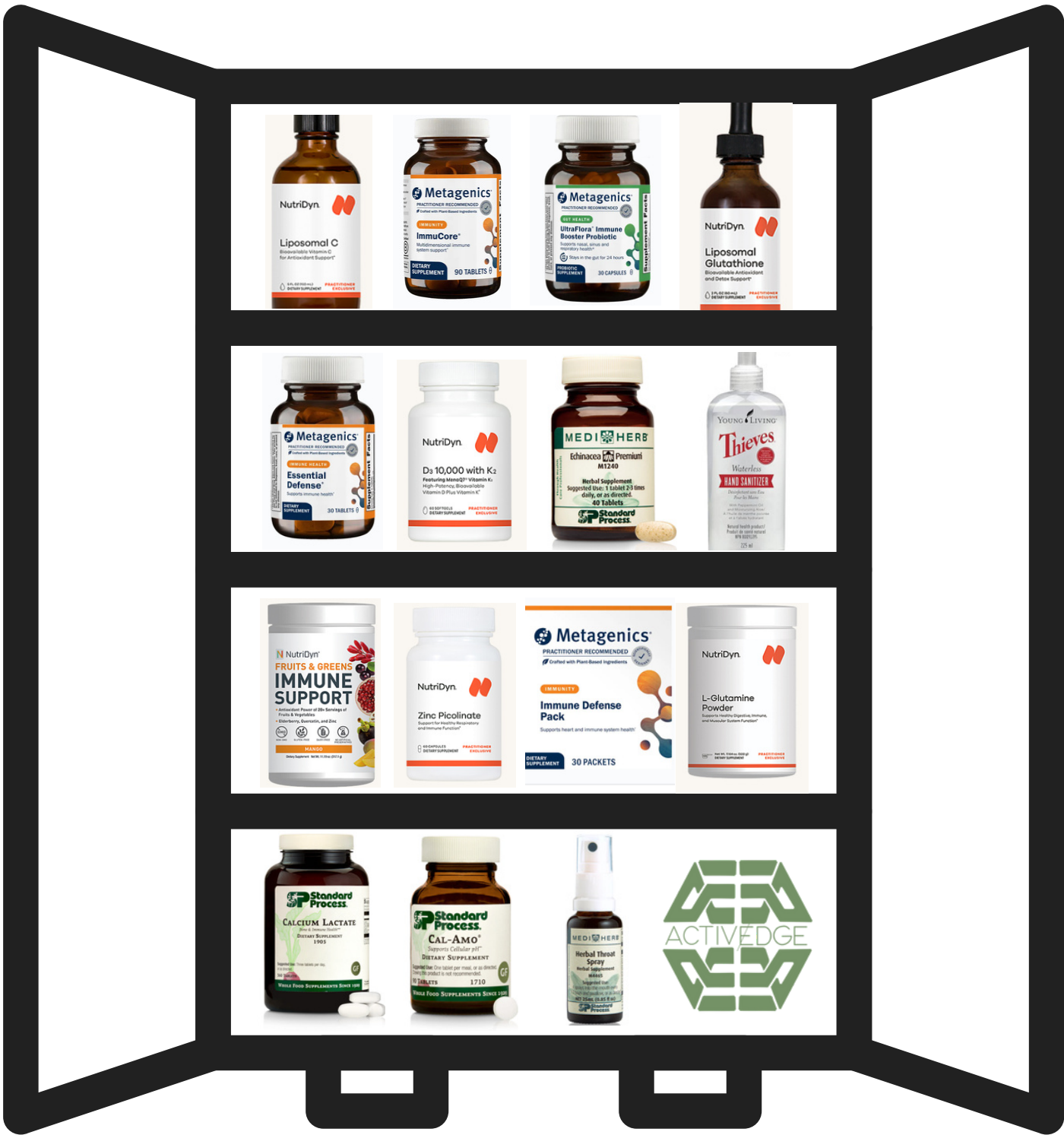
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Your Go-To Natural Arsenal for Stronger Immunity



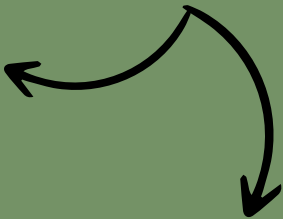
SCAN TO SHOP
THE BOOST MARKET
AND START BOOSTING
YOUR IMMUNE
SYSTEM TODAY!

October Promo and Supplement of the Month

PROMO: Vitality Visits Extended!
Urine, Saliva & InBody Scans
FREE for current partners
\$50 for everyone else

Stay one step ahead:
Boost your defenses before cold & flu strike
20% off all month of these Supplements

Essential Defense
Supports your immune system's
natural defenses, especially at the
first signs of seasonal illness.



UltraFlora Immune Booster Probiotic
Helps strengthen your immune system by
supporting healthy gut bacteria and overall
immune defenses.

Mark Your Calendars for:	UPCOMING EVENTS:
October 14th 9:30-2pm	Emsculpt & Emsella Demo Day FREE Trace Minerals with purchase of package Call the office to schedule today!
October 22nd 9am-11am	Hilliard Wellness Loft Mini Health Assessments & InBody Scans
November 16th 9am-12:30pm	Beauty Boost - Taste of Yoga AE will be doing InBody Scans and Muscle Testing
November 19th 5:30pm-7pm	Detox & Clean Living Workshop Reduce Toxins in the Home, Food & Lifestyle \$35/person or \$50 for two Optimize Partners FREE