



Functional Testing: Unlock the Root of Your Pain and Inflammation

Functional lab work can do more than just check your cholesterol or blood sugar — it can give a deeper look at what’s really going on inside your body. At Active Edge, we use targeted functional labs to create a whole-body picture of health, helping us uncover the “hidden sources” of pain, inflammation, fatigue, and more.

Here are a few examples of the tests we may recommend:

High-Sensitivity CRP (hs-CRP) - uncovers hidden, low-grade inflammation in the body, often linked to pain, cardiovascular risk, and chronic disease.

Erythrocyte Sedimentation Rate (ESR) - uncovers general inflammation in the body, helping identify underlying conditions like infection, autoimmune activity, or chronic inflammatory disease.

Cytokine Panels (IL-6, TNF-a) - uncovers patterns of immune system activity by measuring signaling proteins that reveal the presence, severity, and drivers of inflammation in the body.

Homocysteine - uncovers elevated levels of this amino acid, which can indicate inflammation, cardiovascular risk, or nutrient deficiencies affecting heart and vascular health.

Uric Acid - uncovers elevated levels that may indicate gout risk, kidney function issues, or underlying metabolic imbalances contributing to joint pain and inflammation.

ANA/Autoimmune Panels - uncovers abnormal immune activity, helping detect autoimmune conditions that may be causing chronic inflammation, joint pain, or other systemic symptoms.

Gut Health (GI Map, SIBO breath test) - uncovers imbalances in your digestive system, including inflammation, bacterial overgrowth, pathogenic microbes, nutrient absorption issues, and markers that may contribute to systemic inflammation, fatigue, and chronic pain.

DUTCH (hormone test) - uncovers detailed hormone patterns by measuring cortisol, cortisone, and sex hormones, revealing imbalances that can contribute to stress, fatigue, mood changes, inflammation, and chronic health issues.



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OFFICE NEWS – WHATS NEW?

Finally... Care That Helps You Heal and Follow Through

Functional medicine and Health Coaching are two sides of the same coin — and together, they give you both the strategy and the support you need to truly heal.

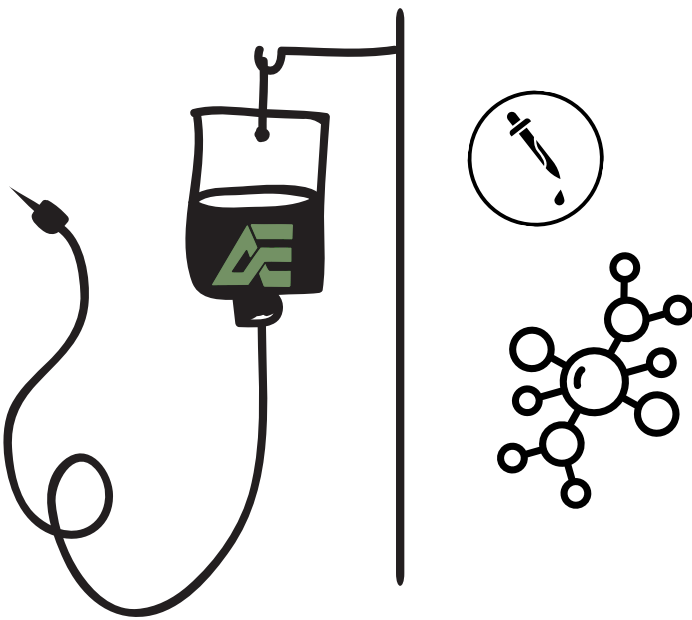
Our Functional Medicine providers, Dr. Hensel and Dr. Jess focus on getting to the root cause of your health issues. Using advanced testing and personalized insights, they design a plan unique to your body — whether it’s balancing hormones, restoring gut health, or tackling chronic symptoms.

But a plan is only powerful if you can live it out. That’s where Laura, our Functional Nurse Practitioner and Health Coach, comes in. She helps you turn that plan into real-life progress — guiding you with nutrition, lifestyle, stress, and habit changes, while offering regular support, accountability, and adjustments along the way.

So, while the Doctors focus on what needs to happen, your Coach focuses on how to make it happen in your daily life — with regular support, check-ins, and accountability. And, as a Nurse Practitioner, she can also make recommendations about how and when to adjust your medications as you heal.

Working together, they form a powerful care team — so you don’t just get answers, you get real progress.

Mark Your Calendars for:	UPCOMING WORKSHOPS
Tentatively October 8th <i>*more information to follow*</i>	Detox & Clean Living: Reduce Toxins in the Home, Food & Lifestyle
October 22nd 9am-11am	Hilliard Wellness Loft Mini Health Assessments & InBody Scans



We need your input

We are looking to expand our wellness services with Peptides & IV Hydration!



Please scan the QR code to take this short 5-minute survey to let us know your thoughts.

INTRODUCING VITALITY VISITS

Your Bi-Annual Wellness Reset & Review with Laura, our Functional NP/Health Coach

- Urine & Saliva Testing Snapshot
- InBody Scan Overview

ONLY \$25 - Limited Time Booking (\$305 value)
Ends October 3rd

Promo of the Month

HALF OFF DISCOVERY EVALS WITH DR. JESS

We’re excited to welcome our new chiropractor to the Active Edge team — and to celebrate, we’re offering *50% off Discovery Evaluations* for a limited time!

This is the perfect opportunity to experience a comprehensive evaluation that looks beyond quick fixes, helping uncover the root causes of pain, tension, or mobility issues. Whether you’re struggling with chronic discomfort, recovering from injury, or simply want to feel and move better, this is your chance to start fresh with personalized care at half the cost.

Don’t wait — spots are limited, so book today and be among the first to work with our newest provider!

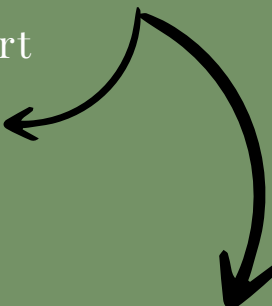
Supplement of the Month

September is Pain Awareness Month
Ease the Ache, Feel the Difference

20% off all month of these Supplements

Rapid Relief

Delivers fast, natural pain support with plant-based ingredients like turmeric and boswellia



Inflavonoid Intensive Care

Designed to support the body’s healthy response to oxidative stress, inflammation and everyday immune challenges