

November Newsletter

Thankful & Thriving

2025

Healthy Holiday Survival Guide

The holiday season brings celebration, connection, and joy—but it can also bring stress, disrupted routines, travel fatigue, and overindulgence. At Active Edge, our goal is to help you enjoy the season without sacrificing your health or momentum. This guide outlines simple strategies and services that can keep you strong, balanced, and energized going into the holiday hustle.

Chiropractic Adjustments:

Travel, holiday shopping, colder weather and even wrapping gifts can create muscle tension and spinal misalignments. Routine chiropractic adjustments help:

- Reduce pain and stiffness
- Improve posture
- Enhance nervous system and immune function
- Boost energy

Scheduling pre- and post-travel adjustments can help prevent headaches, back pain, and muscle tightness so you can enjoy the season feeling your best.

Functional Med/Integrative NP Visits:

Holiday eating, alcohol, added sugar, and stress can trigger inflammation, digestive issues, and fatigue. Functional med/Integrative NP visits provide customized support to help you:

- Maintain balanced digestion during holiday meals
- Optimize immune function
- Reduce inflammation
- Manage stress and hormonal fluctuations
- Supplement strategically for energy, gut health, and recovery

These visits focus on keeping your whole system working efficiently so you can enjoy holiday activities without the burnout.

Vitality Visits:

Short, focused check-ins help you stay consistent even during busy weeks. Vitality Visits are ideal for patients who want to stay on track and gain quick, meaningful insight into how their body is functioning by stepping through your recent test results to understand what they really mean. They help keep you accountable to your health goals during a season that often derails healthy habits.

EMSELLA, EMSculpt, EXOMIND:

Our BTL technologies go beyond aesthetics—each device supports core health, muscle function, and longevity.

- *EMSculpt* - Accelerate your healing, improve neuromuscular communication and increase strength by activating deep core and postural muscles to support spinal alignment, improve metabolic efficiency and reduce stress-related muscle tension.
- *EMSELLA* - Strengthens the pelvic floor, improving core stability and supporting bladder, digestive, and lower back function - key systems that can be strained by travel, sitting and stress.
- *EXOMIND* - Support your mood and sense of well-being with this innovative neurostimulation device that helps calm the nervous system, reduce stress, and enhance focus. Think of it as a reset for your brain and body.

These treatments reinforce foundational systems—core strength, pelvic stability, and functional movement—so your body can adapt, recover, and stay healthy through the demands of the season.

Boost Therapies:

Therapies that help reset your body and accelerate recovery during the holidays. They support circulation, detoxification, inflammation reduction, and mental clarity:

- *Red Light Bed* for cellular repair and skin and muscle recovery
- *Infrared Sauna* to improve circulation, reduce stress, and support detoxification
- *Cold Plunge* for inflammation reduction and increased energy
- *Normatech* Compression for improved lymphatic drainage and reduced soreness, especially after travel, long days on your feet or exercise recovery.

Your Holiday Health Plan

1. Schedule Chiropractic, Functional Med/Integrative NP & Vitality Visits in advance, especially around travel dates.
2. Add Boost Therapies to recover after events and busy days.
3. Use BTL technology to maintain strength and tone when workouts decrease.
4. Support immunity and digestion with targeted supplements.

At Active Edge, we're here to help you thrive into January feeling healthy, energized, and confident—not worn down from the holiday rush.



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SCAN TO SHOP
THE BOOST MARKET

Active Edge Team

OFFICE NEWS – UPCOMING EVENTS

November 18th 9:30am – 2pm	Emsculpt & Emsella Demo Day FREE Trace Minerals with purchase of package Call the office to schedule today!
November 19th 5:30pm – 7 pm 	Detox & Clean-Living Workshop Join Laura, our Integrative Nurse Practitioner, for an exclusive event where you'll learn the clinical roadmap to identify and eliminate toxins that are draining your energy, disrupting hormones, and sabotaging your health. Leave with clear, actionable steps to transform how you feel.
January 27th 9am – 4:30 pm	Thermography Screening Day Thermography provides a functional assessment of inflammation, lymphatic congestion, and vascular changes, guiding personalized prevention strategies.

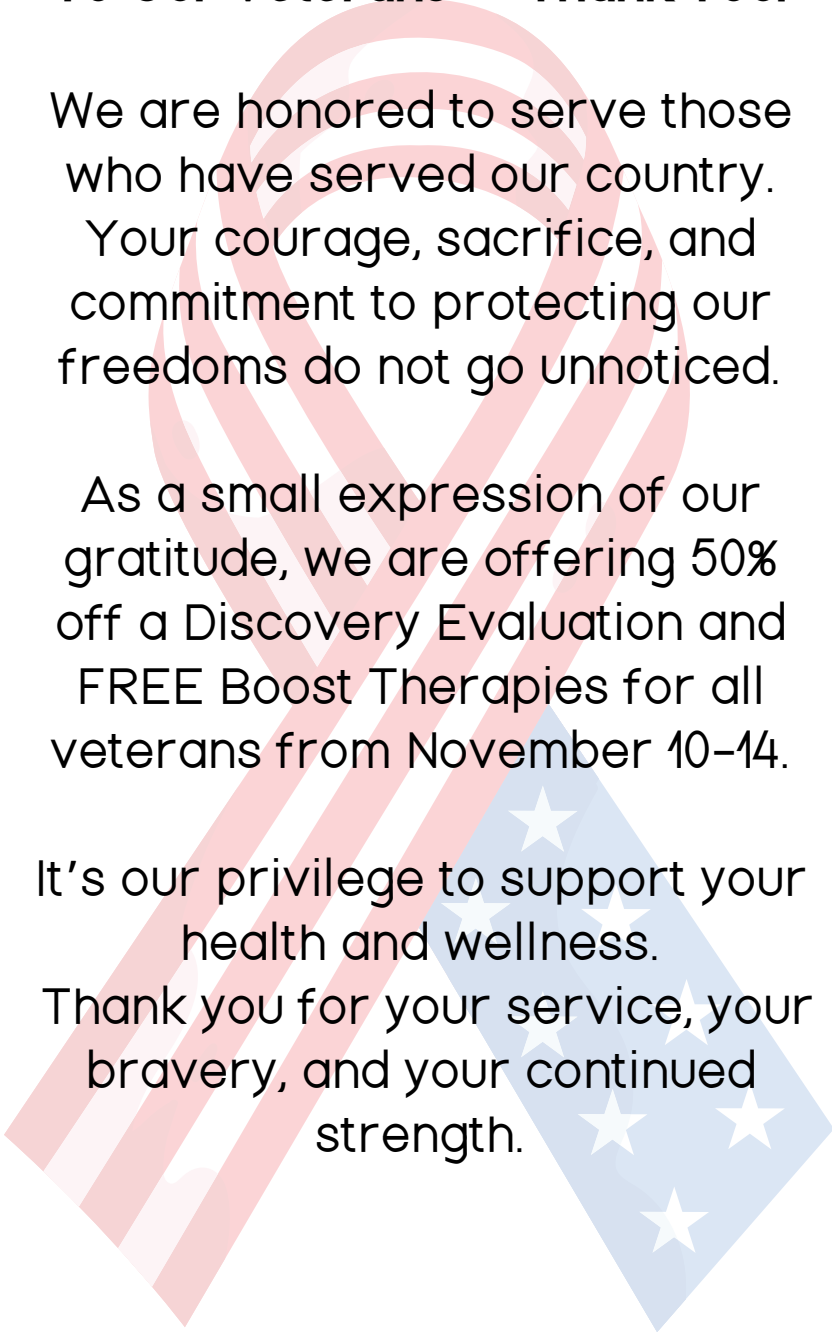


To Our Veterans — Thank You.

We are honored to serve those who have served our country. Your courage, sacrifice, and commitment to protecting our freedoms do not go unnoticed.

As a small expression of our gratitude, we are offering 50% off a Discovery Evaluation and FREE Boost Therapies for all veterans from November 10-14.

It's our privilege to support your health and wellness. Thank you for your service, your bravery, and your continued strength.



Thanksgiving Food Drive

Help us fill others plates this Thanksgiving!

We have partnered with the Byron Saunders Foundation for our community Food Drive. Bring your non-perishable donations to your next appointment or drop them off by November 12th to ensure local families have a warm holiday meal.



Social Wellness Access

Skip the stressful holiday happy hour this year! Give your team the gift of restoration by booking your private gathering at Active Edge. Your team will enjoy our signature Boost Therapies - proven to lower stress, restore energy, and boost vitality!

Package Inclusions

- Boost Therapies
- Exclusive use of entire space
- Exomind/Emsella/Emsculpt Demos
- 10% off supplements during event
- Other event only promos
- InBody Scans with mini health assessments
- All staffing provided

Ask About Adding

- Dry Needling
- Cupping
- Healthy Mocktails
- Bartender services including drinks
- Food Catering

BOOK YOUR CUSTOMIZED PACKAGE TODAY!

