



January Newsletter

Results, Not Resolutions

OFFICE NEWS – UPCOMING EVENTS & WHAT'S NEW

Date & Time

January 13th
9:30 am - 2 pm

Upcoming Events

Emsculpt & Emsella Demo Day

Schedule your demo today and receive FREE Trace Minerals with your package!

Thermography Screening Day

Thermography provides a functional assessment of

- Inflammation
- Lymphatic Congestion
- Vascular Changes

Scan to book your screening –
appointments are limited!



Meet our Newest Team Member



Welcome, Anne! Anne recently returned to Columbus after 15 years in Houston. She brings many years of experience working at the front desk in medical facilities and loves helping patients feel welcomed and supported from the moment they walk in. Outside of work, Anne enjoys spending time with her husband and playful Yorkie.

Anne is joining our team as a part-time front desk receptionist – be sure to say hello!

TMJ Relief: How EMFACE May Help

TMJ dysfunction is rarely "Just the Jaw" & frequently connected to:

- Stress & Nervous System Imbalance
- Posture & Muscle Coordination
- Chronic Tension Patterns

Where EMFACE Fits In:

EMFACE is a non-invasive technology that uses gentle electromagnetic current and radiofrequency to activate and balance facial muscles.

While commonly known for facial rejuvenation, its neuromuscular effects may resolve or reduce injury dysfunction TMJ relief by:

- Reducing overactive jaw and facial muscle tension
- Improving muscle coordination around the TMJ
- Enhancing circulation and tissue recovery
- Supporting nervous system regulation

A Supportive Tool — For some it may be a stand-alone fix, but for best results we usually recommend a more comprehensive approach.

At Active Edge, EMFACE is used as part of a root-cause care plan, which may also include:

- chiropractic care
- posture support
- stress regulation
- lifestyle strategies.

This integrative approach addresses both symptoms and underlying contributors to TMJ dysfunction.

Who May Benefit?

- Jaw Clenchers or Grinders
- Headaches/Migraines
- Facial Tension
- Stress-Related Symptoms

- Core Insufficiency
- Stability/Balance Concerns
- Back Pain
- Pelvic Floor Concerns
- Sleep Apnea
- Recurring Injuries
- Facial Asymmetry
- Chronic Sinus Issues
- Neck/Shoulder Pain
- Botox Users

PROMO

Understand your Symptoms

Comprehensive Discovery Eval

NOW \$199

(Value \$653)

A limited-time opportunity to uncover the root cause of your symptoms and create a personalized care plan — say no to resolutions this New Year, and YES to real results.

Join us for our
EMFACE Launch Party
in March!

Wanting to get started sooner?
Ask our team at your next visit.

WHAT'S GOING ON IN THE WORLD?

Hepatitis B Vaccine Guidance: What's Changed

The U.S. Centers for Disease Control and Prevention (CDC) has recently updated its guidance on hepatitis B vaccination for infants, reflecting a shift away from a one-size-fits-all model toward a more individualized, risk-based approach. For more than 30 years, the CDC recommended that all newborns receive the hepatitis B vaccine shortly after birth, regardless of personal or environmental risk factors. Today, advances in prenatal screening mean that most maternal hepatitis B infections are identified well before delivery. With clearer information available earlier, the CDC now recognizes that vaccination timing can be tailored when an infant's risk is clearly low.

At Active Edge, we focus on understanding risk at its source rather than applying blanket protocols. Our approach emphasizes:

- Evaluating household, lifestyle, and environmental exposure risks
- Supporting the body's innate capacity for balance and resilience
- Ensuring patients feel educated, empowered, and supported – not pressured

We believe thoughtful medical decisions are best made when families understand why an intervention is recommended, when it is most appropriate, and how it fits into their broader health picture.

[Scan here to read the full article to learn how hepatitis B guidance is evolving:](#)



DETOXING THE RIGHT WAY: WHY LIVER HEALTH MATTERS IN THE NEW YEAR

When people think of "detox," they often picture juice cleanses or extreme resets. However, detoxification is something your body does every day, primarily through the liver.

If your liver is struggling, symptoms can show up as:

- fatigue
- hormone imbalances
- skin issues
- brain fog

Liver detox happens in two phases, and both require adequate nutrients—especially protein—to work properly. Many aggressive detox programs speed up detox without supporting elimination, which can leave people feeling worse instead of better.

Why "New Year, New You" Often Backfires

Extreme diets, cleanses, or sudden lifestyle overhauls may seem appealing in January, but they often increase stress on the nervous system, slow hormone balance, and deplete key nutrients needed for detox. The result is burnout, cravings, and low energy.

At Active Edge, detox support is about restoration, not restriction.

Supporting liver health gently can help improve:

- Hormone balance
- Skin clarity
- Energy and focus
- Overall resilience

The goal isn't to become a "new you" overnight—it's to support the body you already have so it can function at its best.

[Interested to know more?](#)

[Scan here to access the full article.](#)



Secure your place for our
28-day Liver Cleanse on
January 12th or February
9th * Spots are Limited!

RECIPE OF THE MONTH HEALTHY EGG BITES

Starting your day with a high-quality, protein-rich breakfast supports:

- stable blood sugar
- sustained energy
- better focus

Ingredients:

- 9 whole organic pasture raised eggs
- ½ C full-fat organic cottage cheese (or sub for ¾ C of plain coconut yogurt)
- ½ C crumbled feta or goat cheese
- ½ tsp Mineral Salt
- Sprinkle of fresh cracked pepper
- ⅓ C diced red bell pepper
- 1 handful of fresh spinach finely chopped
- 1 TBSP avocado oil
- 2 leeks, green ends only, thinly sliced
- 1 pkg breakfast sausage sliced in half lengthwise then into half moons

Instructions:

1. Preheat oven to 350 degrees. Spray muffin pan.
2. In a medium sauté pan, heat avocado/olive oil over med high heat. Add both the looks & sausage & sauté for about 10 mins. Set aside.
3. In a blender, combine eggs, cottage cheese, feta, salt & pepper & blend for 30 seconds until the mixture is smooth.
4. To fill your muffin pans, evenly distribute the sausage mixture then the spinach & red peppers to each cup. Fill each muffin pan with the egg mixture.
5. Bake for 35 minutes. Let cool for about 10 minutes.

THIS MONTH'S PODCAST PICK

Gary Brecka – Ultimate Human Podcast
with Barbara O'Neil

Topics Covered:

- Longevity
- Gut Microbiome
- Immune System
- Anti-Aging Basics



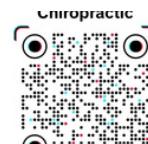
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BOOST MARKET



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Active Edge Team