



February Newsletter

Love, Connection & The Body

OFFICE NEWS - UPCOMING EVENTS & WHAT'S NEW

Date & Time

February 28th
10:30 am - 1 pm

Upcoming Events

Hilliard Wellness Loft

AE will be doing InBody Scans - A quick non-invasive scan that unlocks insight into your body
Where Healing Meets Clean Living

March 3rd
5 pm - 7 pm

Put Your Best (em)Face Forward

Better than Botox.

Join us at Active Edge for a night
Where Function Fuels Beauty

PROMO

Intimacy Builder Package

More Connection. More Confidence. More Fun

- EXOMIND to improve communication & tolerance of your partner's crap 😅
- EMSELLA to enhance the performance & pleasure of sexy time
- Lebido Boosting Ear Seeding
- His & Hers Supplements for more youthful hormone health
- Couples Massage Gun Workshop

Love, Connection & The Body: How Relationships Affect Our Physical Health

February is often focused on love and relationships, but there's an important connection that deserves attention: how our emotional relationships directly affect our physical bodies. The body doesn't exist in isolation — it responds to stress, emotions and connection.

The Nervous System & Emotional Safety

When we feel emotionally supported and connected, the nervous system can shift into a calm, restorative state. This is when the body heals best — muscles relax, movement improves, digestion functions more efficiently, and energy levels stabilize. However, many people don't realize that emotional stress often presents as:

- Tight neck and shoulder muscles
- Jaw clenching or headaches
- Low back or hip tension
- Digestive discomfort
- Fatigue or poor sleep

EXOMIND supports a calmer nervous system, helping you process emotions more easily and respond to stress with a greater tolerance.

Where Emotions Live in the Body

Emotions can become stored patterns in the body, especially when stress is chronic or unaddressed. Over time, this may lead to:

- Muscle guarding and restricted movement
- Postural changes
- Trigger points or chronic tightness
- Reduced exercise tolerance

At Active Edge, tools like muscle testing, movement assessments, and dry needling help us identify where the body is holding tension. When concerns that seem physical do not resolve with physical care, there is often an underlying emotion. Guided emotional release sessions can help to release these stored emotions.

The Power of Touch, Movement, and Support

Positive physical connection helps stimulate oxytocin, a hormone that reduces stress and supports healing. Touch comes in many forms:

- Gentle movement restores balance
- Targeted therapies help the body release tension
- Consistent care improves how the nervous system responds to stress
- A hug or holding hands can enhance a sense of connection & support

Tools like EMSELLA enhance pelvic floor strength, confidence, and physical performance, supporting comfort and pleasure. Libido-Boosting Ear Seeding and His & Hers Supplements further promote nervous system and hormone health, helping the body feel more resilient and responsive.

Small Habits That Strengthen Relationships and Health

You don't need major lifestyle changes to see benefits. Simple shared habits can support both connection and physical well-being:

- Taking walks together
- Stretching or exercising as a couple
- Sharing meals without distractions
- Supporting each other's health goals
- Encouraging rest and recovery
- Or come to our Couple's Massage Gun Workshop

These routines help regulate the nervous system and improve consistency with healthy habits.

This Valentine's season, remember that relationships are part of your health. Emotional connection, communication, and support influence how your body feels, moves, and recovers. Caring for your relationships physically & emotionally are another way of caring for your body.

WHAT'S GOING ON IN THE WORLD?

CDC Updates Childhood Immunization Schedule: What Families Should Know

In early January 2026, the CDC announced updates to the U.S. childhood immunization schedule following a Presidential Memorandum reviewing vaccine recommendations. The updated schedule reduces the number of vaccines recommended for children from 17 to 11. Several vaccines such as influenza, COVID, rotavirus, hepatitis A and B, RSV, and some meningococcal vaccines now fall under shared clinical decision-making with a healthcare provider where the patient's values, preferences, and goals are heard.

This approach allows families to individualize decisions based on a child's health history, risk factors, and lifestyle. At Active Edge, we view this as an opportunity to support the decision to immunize or not through a functional, whole-body lens, considering immune health, nutrition, sleep, stress, and environmental factors.

We combine functional medicine, chiropractic care, movement, and lifestyle guidance to support immune & whole-body resilience. The CDC's updated childhood immunization schedule is one of the most significant changes in years, but families don't have to navigate it alone. Active Edge supports parents in making informed, balanced decisions, while also focusing on overall health, resilience, and long-term wellness for children.

[Scan here to read the full article to learn how vaccine recommendations have changed](#)



MINERAL DEFICIENCIES & CRAVINGS WHAT YOUR BODY IS ACTUALLY SAYING

Craving Chocolate? That's your body needing Magnesium → Boost with avocados, bananas, spinach or supplement with Magnesium.

Craving Bread & Pasta? That's your body chasing quick energy from a blood sugar crash → Boost with sweet potatoes, quinoa, chickpeas or supplement with Berberine.

Craving Salty Chips? That's your body's adrenals waving the white flag, needing Sodium and/or Trace Minerals → Boost with leafy greens, pumpkin seeds, bananas or supplement with Paleo Valley Electrolytes or Trace Minerals.

Craving Cheese? That's your body wanting healthy fats or Calcium → Boost with Salmon, walnuts, chia seeds or supplement with Omega 3s.

Craving Sugar? That's your body being exhausted and needing a dopamine hit... or candida. Your body may need Chromium → Boost with broccoli, grapes, green beans, beets or do a candida cleanse.

Craving Red Meat? That's your body telling you it could be low in Iron, B Vitamins or Zinc → Boost with leafy greens, beans or supplement with B-Complex.

Craving Ice? That's your body giving you a sign that it likely has Iron Deficiency Anemia → Boost with grass-fed meat, liver, leafy greens or supplement with Hemegenics.

Your body can't thrive without the right nutrients. Discover what you may be missing with nutrient testing — schedule your test today.

Let's Be Social!



RECIPE OF THE MONTH VALENTINES DAY MENU

Appetizer: Berry in Love Salad

• 1 Bunch Kale, leaves off stem & massage with hands for a few mins

- Strawberries, sliced
- Avocado, sliced
- Goat Cheese
- Raw Pine Nuts

Dressing

- 2 TBSP each of EVOO & Flaxseed Oil
- 1 tsp Stoneground Mustard
- 1 TBSP ACV or Balsamic
- 1/2 TBSP Water & Mineral Salt
- 1/8 tsp Ground Pepper

Instructions:

- Combine everything & whisk all ingredients of dressing together.
- Pour over top of salad.

Dinner: Cupids Catch Salmon with Afrodisiac Asparagus

4 Wild Caught Salmon Filets

Glaze:

- 1 TBSP raw (local) honey
- Zest & Juice of 1/2 an orange
- Mineral Salt & Fresh Pepper
- Splash EVOO

Afrodisiac Asparagus

- 1 Bunch fresh asparagus, ends trimmed
- 1-2 tbsp EVOO or grass-fed butter/ghee
- 2 cloves garlic, thinly sliced or minced
- Zest of 1/2 lemon + squeeze of juice
- Sea salt & cracked black pepper
- Freshly shaved Parmesan (optional)

Instructions:

- Heat oil/butter in a skillet over medium-high heat
- Add asparagus in a single layer.
- Sauté 6-8 minutes, turning occasionally.
- Add garlic in last 60 seconds.
- Finish with lemon + Parmesan.

Dessert: Bliss Cacao Bombs (makes 10-12)

- 1/2 C Coconut oil
- 1/4 C Unsweetened cacao powder
- 1-2 TBSP Raw honey or maple syrup
- 1/2 tsp Vanilla extract (or peppermint extract)
- Pinch Mineral Salt & Cinnamon
- Optional: 1 scoop Unflavored Protein Powder

Instructions:

- Gently melt coconut oil over low heat.
- Whisk in cacao powder until smooth.
- Add sweetener, vanilla, and mineral salt.
- Taste and adjust sweetness.
- Pour into silicone heart molds or mini muffin liners.
- Chill in fridge 20-30 minutes until set.

Drink: Candlelight Spritz

- 6-8 oz Sparkling Water (plain or mineral)
- 1-2 TBSP 100% Pomegranate Juice (no added sugar)
- Fresh Juice of 1/4-1/2 Lime
- Fresh Mint Leaves
- Ice

Instructions:

- Fill a wine glass with ice.
- Lightly muddle 1-2 mint leaves in the glass (don't overdo it).
- Add pomegranate juice and lime juice.
- Top with sparkling water.
- Stir gently.

THIS MONTH'S PODCAST PICK

Dr. Green Mom Unfiltered - Vaccine Policy Changes: Making it Make Sense

Topics Covered:

- What has changed
- Why these Updates Matter
- Understanding your Options



[Listen on Spotify](#)

FEEL BETTER THAN YOU EVER THOUGHT YOU COULD
Active Edge Team

