

OFFICE NEWS - UPCOMING EVENTS & WHAT'S NEW

Date & Time	Upcoming Events
March 11th 1 pm - 2:30 pm March 12th 9:30am - 11 am	Emsculpt & Emsella Demo Day Schedule your demo today and receive FREE Trace Minerals with your package!
April 15th 5:30 pm - 7 pm	Talk with the Doc Decode Your Hormones Join Dr. Jess at Active Edge for an educational night on everything hormones

SUPER THURSDAY

MARCH 12th

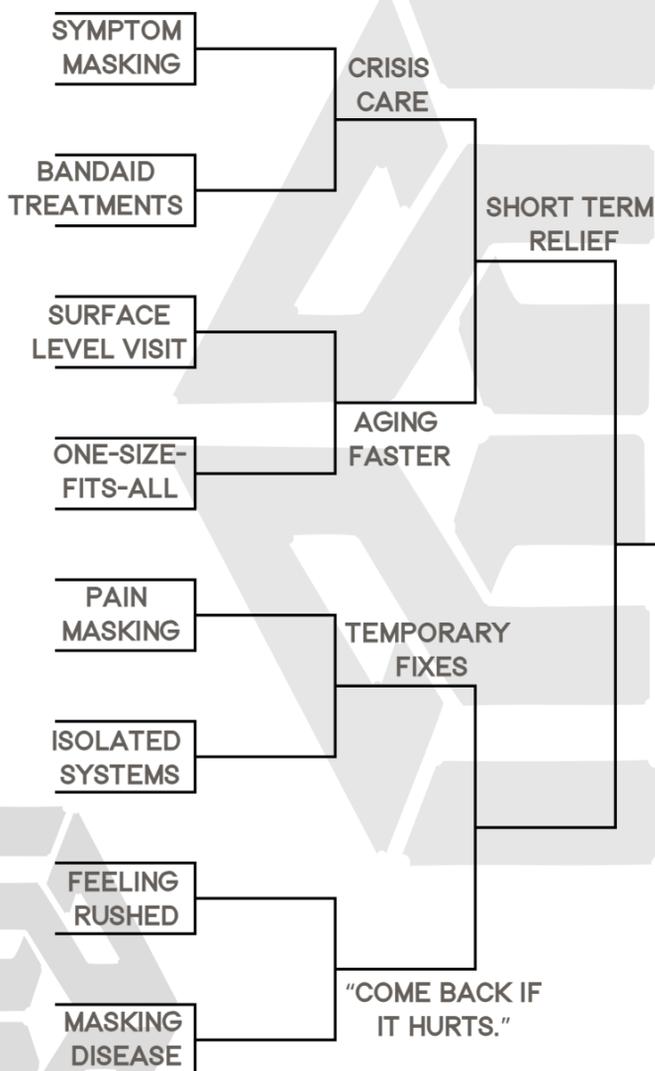
Stop in office, call or text us to get 20% off all supplements!

Wellness Madness: Who Really Wins For Your Health?

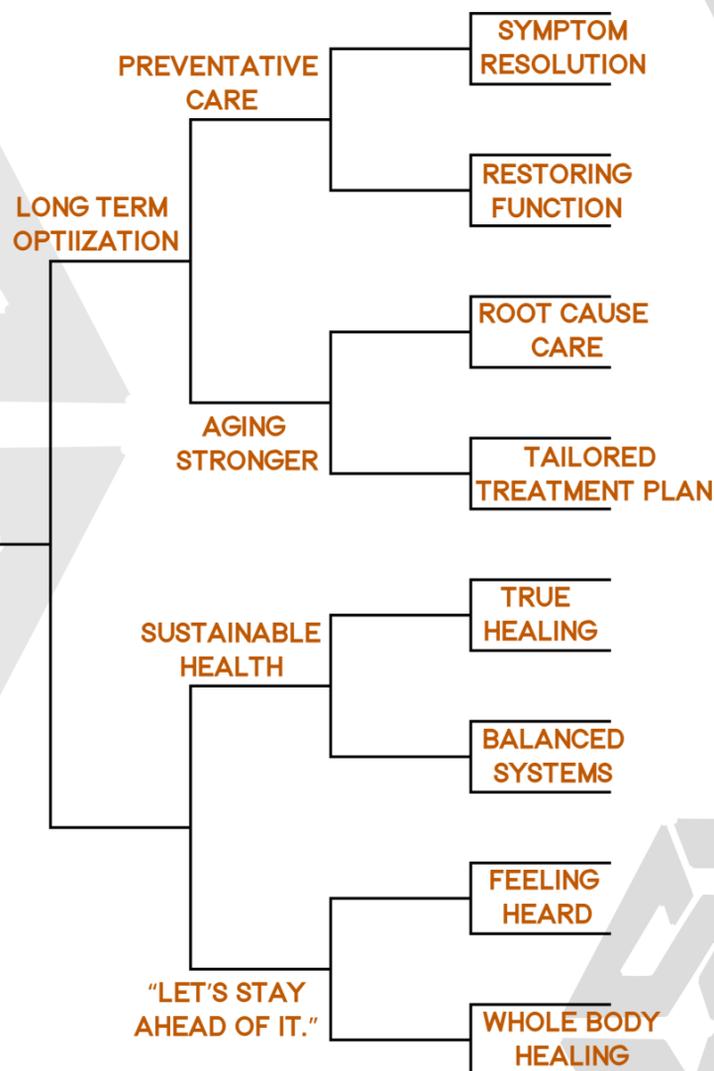
"March is here — and while basketball teams battle it out, we thought we'd ask a bigger question:

What approach to wellness actually wins for your health?"

OTHER'S APPROACH



AE APPROACH



UNSUSPECTING HABITS THAT CAN MAKE YOU SICK

1. Over-Cleansing Your Colon → Strips Microbiome
2. Juice Cleanses → Spikes Blood Sugar
3. Prolonged HIIT Workouts → Spikes Cortisol
4. Anti-Aging Skincare → Overloads Liver
5. Random Probiotics → Disrupts Gut Balance
6. Hand Sanitizer → Kills Skin Microbes
7. Chlorinated Showers → Absorbs Toxins
8. Plastic Water Bottles → Leaches BPA
9. Bluetooth Ear Devices → EMF Exposure
10. "Natural Flavors" → Hidden Chemicals
11. Skipping Lymphatic Drainage → Traps Toxins
12. Aluminum Deodorant → Disrupts Lymph Drainage/Hormones
13. Binderless Detox → Recirculates Toxins
14. Untested B12 → Causes Imbalances
15. Enriched/Fortified Ingredients → Disrupts Methylation Pathways

ALZHEIMER CONFIRMATION STUDY IN QUESTION

Historically, Alzheimer's research has been dominated by a single theory - that the accumulation of amyloid proteins in the brain is the primary cause of the disease. Since Alzheimer's was formally named in 1910, this framework has driven decades of research priorities, billions of dollars in funding, and extensive pharmaceutical drug development focused almost exclusively on amyloid reduction.

In 2022, this long-standing approach faced renewed scrutiny. Neuroscientist Matthew Schrag was asked to review image data from a highly influential 2006 Alzheimer's research paper—one that shaped roughly 16 years of subsequent studies. The paper categorized an amyloid variant (A β *56) as "memory damaging" that forensic analysts later suggested may have been duplicated or manipulated.

Meanwhile, Alzheimer's prevalence has continued to rise—by an estimated 60–80% over the past two decades—raising important questions about whether current research and treatment strategies are sufficient. Increasing evidence supports Alzheimer's as a multifactorial condition involving inflammation, metabolic dysfunction, vascular health, environmental exposures, and lifestyle factors.

At our office, we take a comprehensive, evidence-based approach to brain health—looking beyond one pathway to identify modifiable risks and personalized strategies.



Scan QR code to read the full article:

RECIPE OF THE MONTH

BBQ CHICKEN SHEET PAN NACHOS

Ingredients:

- 2 C organic shredded chicken breasts
- ½ tsp garlic powder
- Sprinkle mineral sea salt
- 2 green onions, thinly chopped
- one 8.5oz bottle Primal Kitchen Hawaiian BBQ Sauce
- 1 bag Maza tortilla chips
- 2 C organic cheddar cheese (or raw)

Garnishes:

- ½ red onion, finely diced
- Pickled organic jalapenos
- Fresh chopped cilantro
- Fresh avocado slices

Instructions:

1. Preheat oven to 400. Line a sheet pan with parchment paper & spray with non-stick avocado spray.
2. In a mixing bowl, add 2 cups shredded chicken, Hawaiian BBQ Sauce, green onions & garlic powder.
3. Lay ½ of the bag of tortilla chips in a layer on your sheet pan. Place half the chicken mixture over the chips. Sprinkle 1 C of shredded cheese over the chicken. Stack the second layer evenly with the other half of the chips, shredded chicken & cheese. Sprinkle red onions over top.
4. Bake in oven for 10 minutes until cheese is hot & melted.
5. Top with your toppings of choice & serve immediately. Enjoy!

THIS MONTH'S PODCAST PICK

Dr. Josh Axe - Proven Ways to Prevent Alzheimer's Before It's Too Late

Dr. Axe unpacks groundbreaking research showing how diet, movement, and mindfulness can dramatically lower your risk.



FEEL BETTER THAN YOU EVER THOUGHT YOU COULD
Active Edge Team

Let's Be Social!

FACEBOOK



TIK TOK
Chiropractic



YOUTUBE



INSTAGRAM



BOOST MARKET

