



OFFICE NEWS – UPCOMING EVENTS & WHAT’S NEW

Date & Time	Upcoming Events
Wednesday April 15th 5:30pm - 7 pm	FREE Talk With The Doc Decode Your Hormones Join Dr. Jess at Active Edge for an educational night on everything hormones
Friday April 24th 8:30am-11:45am	Emsculpt & Emsella Demo Day Schedule your demo today and receive FREE Trace Minerals with your package!
Wednesday May 13th 5:30 pm - 7 pm	FREE NP Talk & Tips What Your Labs Are Really Saying Join Integrative NP & Coach, Laura at Active Edge for an educational night on understanding your bloodwork

SUPER THURSDAY

APRIL 9TH

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

SAVE OUR NUMBER

614-407-5335

Other numbers might appear online, but this is the one to call or text

Spring Allergies: Why Your Body Feels It—And How To Get Ahead Of It

Let’s face it, allergies can be a beast. The sneezing, the runny nose, watery eyes – Spring is here and your sinuses know it. Here is how to support your system from multiple angles so you can breathe a bit easier this Spring.

First things first – stay hydrated. Thin, well-hydrated mucus moves. Thick, dehydrated mucus traps allergens and makes everything worse. Add **Paleo Valley Electrolytes** and **Trace Minerals** to your morning water to give your body the minerals it needs to keep mucus flowing and inflammation down.

Next, train your immune system – gently. Local bee pollen or raw local honey can help your body decrease its spring response over time. These natural exposures act like a gentle nudge to your immune system, helping it react less intensely to seasonal allergens. Start small and work your way up.

Don’t sleep on this one – your bedroom environment matters more than most people realize. Mold spores, dust, and airborne allergens accumulate where you sleep. A **Vollara Air Purifier** actively eliminates airborne and surface mold, fungi, and common allergens—creating a cleaner breathing environment and giving your sinuses a break overnight.

Breathwork – the free hack most people skip. It helps calm histamine-driven reactivity by shifting you into a parasympathetic state. Try adding in 3 rounds of box breathing first thing in the morning or a few minutes before bed.

Regular **Chiropractic Care** supports the nervous system—which controls your immune and sinus function. When the upper cervical spine and/or cranial bones are restricted, it can affect:

- Sinus Drainage or Mucous Build Up
- Lymphatic Flow
- Immune Signaling
- Overall Inflammatory Response

Adjustments restore proper communication between the brain and body, helping your system respond more appropriately to allergens and reducing the intensity of seasonal symptoms.

Oral & nasal health – Bacteria and allergens can get trapped in the sinuses, fueling inflammation and prolonging symptoms. Use a non-medicated spray like Xlear once or twice daily to keep nasal passages clear. For an extra boost, daily nebulizing with BrioTech Solution can help reduce microbial load and support sinus health.

Lastly – a gut check. If allergies feel out of control, there may be a gut component. A large portion of the immune system lives in the gut, and imbalances there can amplify seasonal reactions. Supporting digestion and gut health can make a meaningful difference in how your body handles Spring. If you’re noticing signs, your gut may be off. Our **Integrative NP and Coach, Laura** can take a deeper look and help you get to the root of it.

Spring doesn’t have to knock you off your game. When you support your body from multiple angles, you give your system the tools it needs to stay resilient. Small, consistent steps create big shifts, and **we’re here to help you** breathe easier, move better, and feel more like yourself as you step into a new season of wellness.

YOUR GO-TO NATURAL ARSENAL FOR SPRING ALLERGIES



5 DAY SPRING RESET YOU CAN DO NOW!

These are small, intentional shifts that can help you feel lighter in your home and your body. Spring cleaning can feel overwhelming, but we are keeping it simple with this step-by-step approach:

1. Day One - **DITCH**
 - Choose one to two things to let go of → an unhealthy habit, synthetic fragrances in your home/car/office, processed & sugary pantry items
2. Day Two - **SWAP**
 - Upgrade one area of your home → cleaning supplies (Cleaner Brands = Truly Free, Branch Basics), plastic containers (instead use glass containers), dryer sheets (instead use wool dryer balls), body products (make sure fragrance/paraben/phthalates/SLS free)
3. Day 3 - **DETOX**
 - No extremes. Just support your body naturally → take a detox bath, sweat, dry brush or rebound, hydrate well & add mineral salt/electrolytes
4. Day 4 - **DEEP CLEAN**
 - Pick one area that's been bothering you → your bathroom, your kitchen, pantry, laundry room, etc.
5. Day 5 - **SIMPLIFY**
 - Back to the basics → morning sunlight, 80 oz of filtered water daily, moving your body daily, whole foods, consistent routine/bedtime

Consider this your invitation to reset - gently, intentionally, sustainably.

RECIPE OF THE MONTH EASTER BRUNCH

A high-protein, veggie-loaded, gluten-free (and dairy free options) breakfast bake that will be perfect for Easter morning

Ingredients (makes 8 servings)

- 12 organic eggs
- ½ cup organic cottage cheese (omit if dairy free & use dairy free ricotta, coconut milk, or dairy free greek yogurt)
- 1 tbsp olive oil
- 1 red bell pepper, small diced
- 3 leeks (white parts only), washed and small diced
- 1 cup chopped asparagus
- 1 lb breakfast sausage or grass-fed ground beef (cooked and crumbled)
- Salt & pepper to taste

Instructions

1. Preheat oven to 350°F.
2. Prep the veggies: Heat olive oil in a skillet and sauté the bell pepper and leeks until softened. Add asparagus and cook briefly until bright green.
3. Whisk the base: In a large bowl, whisk eggs, cottage cheese (or alternative), salt, and pepper.
4. Combine: Add cooked sausage/beef and sautéed vegetables into the egg mixture and stir to combine.
5. Bake: Pour into a greased baking dish and bake for 35 minutes or until the center is set.
6. Rest: Allow to rest for 10 minutes before slicing.

THIS MONTH'S PODCAST PICK

Dr. Pompa - The Top 5 Food Allergies

This episode focuses on the most common allergenic foods and how they drive inflammation and immune reactivity.

- How chronic inflammation primes the immune system to overreact
- Why "fix the cell" reduces allergic load
- How gut permeability amplifies seasonal allergy symptoms
- How detox pathways influence histamine and immune signaling



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