



OFFICE NEWS – UPCOMING EVENTS & WHAT’S NEW

Date & Time	Upcoming Events
<p>Tuesday May 12th 10:30am - 12:30pm</p>	<p>Emsculpt & Emsella Demo Day Schedule your demo today and receive FREE Trace Minerals with purchase of your package!</p>
<p>Wednesday May 27th 5:30pm - 7pm</p> 	<p>FREE NP Talk & Tips <i>Learn What Your Labs Are Really Saying</i> Join Integrative NP & Coach, Laura at Active Edge for an educational night on understanding your bloodwork</p>
<p>Wednesday June 17th 4pm - 7pm</p> 	<p>PATIENT APPRECIATION DAY We love our <i>Active Edge family</i>, and this May we're celebrating YOU. Bring your friends, family, and anyone who could use a little more wellness in their life. Expect fun, food, giveaways, discounted services, and a chance to connect with our team outside the office. Come hang out, laugh, learn, and feel appreciated — because YOU are the reason we do what we do.</p>

SUPER THURSDAY

MAY 14TH

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

Hormone Health: Eating Based on Your Cycle

May is National Women's Health Month, and we're shining a spotlight on hormone health. Being a woman is powerful and beautiful — and sometimes challenging when our hormones shift from week to week. If you missed last month's *Talk With The Doc with Dr. Jess*, where she broke down everything from cycle phases to symptoms, let us know and we'll send you the recording.

One of our favorite ways to support hormone balance is seed cycling, paired with eating the right foods during each phase of your cycle. These small, intentional choices can create big changes in energy, mood, and overall hormone harmony.

Menstrual Phase (Days 1-5)

- Warm foods that build iron and are anti-inflammatory
- Grass-fed meat, wild-caught salmon, beets, kale, kelp, mushrooms, root veggies
- Seeds:
 - 1 TBSP ground flaxseed
 - 1 TBSP pumpkin seeds

Follicular Phase (Days 6-13)

- High-fiber foods and carbs to support energy
- Artichoke, carrot, broccoli, collard greens, quinoa, lentils
- Seeds:
 - 1 TBSP ground flaxseed
 - 1 TBSP pumpkin seeds

Ovulation (Day 14)

- Foods that support detoxification of excess estrogen
- Wild-caught fish, avocado, asparagus, brussel sprouts, scallions, spinach
- Seeds:
 - 1 TBSP ground flaxseed
 - 1 TBSP pumpkin seeds

Luteal Phase (Days 15-28)

- Foods high in zinc, magnesium, vitamin C and vitamin B6
- Sweet potatoes, cauliflower, squash, collards, onions, beans
- Seeds:
 - 1 TBSP sesame seeds
 - 1 TBSP sunflowerseeds

Other contributing factors that affect hormones:

- Perfumes
- Lawn Fertilizer
- Birth Control
- Air Fresheners
- Seed Oils
- Alcohol
- Non-Stick Pans
- Mold Exposure
- Processed Foods
- Chemical Household Cleaners
- Air Fryers
- Standard Deodorants
 - and more!

FUN FACT: ONE RAW CARROT A DAY CAN HELP YOUR BODY CLEAR EXCESS ESTROGEN — THINK OF IT AS NATURE'S TINY HORMONE HELPER.

MAHA'S IMPACT IN JUST ONE YEAR'S TIME

February 2025 → RFK Jr. confirmed as HHS Secretary

- New federal dietary guidance promotes whole milk, red meat, and reducing ultraprocessed foods
- Food companies pledge to remove artificial dyes by 2027
- Overhaul of the GRAS Standard → this previously allowed companies to introduce chemicals into the food supply without notifying the FDA
- SNAP Program Reform → restricting the purchases of soda, candy and ultraprocessed foods on SNAP
- Schools starting to ban dyes, chemicals and ultraprocessed foods in school lunches
- Operation Stork Speed → addressing ingredient concerns in infant formula
- Autism Investigation Initiative → investigating root causes of rising autism rates
- Flipped the Food Pyramid → shifting the guidelines away from ultraprocessed foods & toward whole foods, protein & nutrient density
- Red Dye #3 removed
- Removing sugar-sweetened beverages from hospital menus for Diabetic patients
- Transparency & accountability towards chronic disease drivers

STRENGTHEN YOUR MIND FROM THE INSIDE OUT



When we talk about mental health, most people picture the brain — but **AE's whole body approach** reminds us that the story actually begins much lower... in the gut. Up to 90% of your serotonin (your "feel-good" neurotransmitter) is made in the gut. That means your digestion, microbiome, and gut lining play a massive role in how you think, feel, sleep, and handle stress. When the gut is inflamed or imbalanced, serotonin production drops — and mood, energy, and resilience drop with it. Mental health isn't just emotional. It's biochemical, nutritional, and deeply connected to the nervous system.

Let us introduce (or re-introduce) you to **EXOMIND** — Your Mental Clarity + Gut Support Powerhouse. EXOMIND is designed to enhance neuroplasticity (your brain's ability to form new connections) and optimize communication between the gut and brain through the vagus nerve and neurotransmitter pathways. It doesn't just target the brain — it supports the entire gut-brain axis. When the gut is calmer and more balanced, serotonin signaling improves, and so does mental clarity, mood stability, and emotional resilience.

At Active Edge, we believe mental health thrives when the gut, brain, and nervous system work in harmony:

- **Functional Medicine** helps uncover the root causes of imbalance.
- Consistent **Chiropractic Care** restores the body's electrical flow, improving vagus nerve tone, stress regulation, and overall nervous system balance.
- **EXOMIND** bridges the gap between the two — supporting neurotransmitter health, gut integrity, and mitochondrial energy for clearer thinking and steadier mood.



SCAN HERE TO READ THE FULL ARTICLE

HEALTHY FOOD SWAPS FOR MEMORIAL DAY

FOOD

- Buns → AWG Bakery (order online)
- Conventional Ground Beef → 100% GrassFed Beef (check labels for it to say this)
- Brats → Nimans Ranch or use Chicken Sausage
- Iodized Table Salt → Mineral Salt
- Condiments → Primal Kitchen Condiments/Sauces
- Hot Dogs → Niman Ranch, Teton Waters Ranch, Applegate (want these to be uncured beef hotdogs)
- Chps → Boulder Canyon Potato Chips or Siete Tortilla Chips
- Pickles → Grillo's Pickles
- Pasta → Jovial Pasta

DRINKS

- Pop → Olipop
- La Croix → Spindrift
- Lemonade → Taylor Dukes Wellness Lemonade
- Gatorade → Paleo Valley Electrolytes
- Water → Evian or Mountain Valley Spring Water

DESERT

- Ice Cream → Cosmic Bliss
- Bomb Pops → Goodpop
- Fruit Snacks → Solely Fruit Snacks

THIS MONTH'S PODCAST PICK

Gary Brecka - The Ultimate Human Podcast

This short 9-minute episode focuses on Unlocking Gut Health: The Hidden Key to Mental Wellness



- What the microbiome is & how it affects mood
- Six actionable steps to improve gut-driven mood issues
- How the gut-brain reaction works
- Why 90% of serotonin being made in the gut matters

ARE YOU OR SOMEONE YOU KNOW SUFFERING FROM:

- ARTHRITIS (ESPECIALLY HAND OR KNEE)
- PERIPHERAL NERUOPATHY
- TENNIS ELBOW
- GOLFERS ELBOW
- SHOULDER TENDONOPATHY

WE'RE LOOKING FOR CASE STUDY PARTICIPANTS TO RECEIVE GROUND BREAKING TREATMENTS IN EXCHANGE FOR FEEDBACK. PARTICIPANTS DO NOT HAVE TO BE CURRENT PATIENTS. TALK TO YOUR DOC TODAY.

FEEL BETTER THAN YOU EVER THOUGHT YOU COULD
Active Edge Team

Let's Be Social!

FACEBOOK



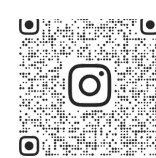
TIK TOK
Chiropractic



YOUTUBE



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BOOST MARKET

