

OFFICE NEWS – UPCOMING EVENTS & WHAT'S NEW

Date & Time	Upcoming Events
Tuesday June 9th 9:30am - 12:30pm	Emsculpt & Emsella Demo Day Schedule your demo today and receive FREE Trace Minerals with purchase of your package!

SAVE OUR NUMBER

614-407-5335

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

SUPER THURSDAY

JUNE 11TH

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

Tick Bite 101: Your Quick Action Protocol

As the weather warms up and we're all spending more time outside, tick activity ramps up fast. These tiny pests are most active in late spring and early summer, and a bite can happen before you even notice one on your skin. Staying calm and knowing exactly what to do in the first moments after a tick bite can make all the difference.

Below is a simple, clear protocol to help you take the right steps right away.

1. Remove the tick
 - a. Remove the tick with tweezers and place in a sealed plastic bag
 - i. to send off for testing later if unable to right away
 - b. use fine tip tweezers
 - c. grab the tick as close to the skin as possible (by the head)
 - d. pull upward slowly & steadily (don't twist or jerk)
2. Send for testing
 - a. IGenex
 - b. Ticknology
 - c. TickReport
3. Clean the bite and apply topicals
 - a. wash the area with warm water & soap
 - b. apply one of the following:
 - i. iodine
 - ii. tea tree oil
 - iii. silver spray
 - c. apply draw-out paste or use DIY one below:
 - i. mix ACV + activated charcoal + bentonite clay
 1. apply to bite site & cover with bandage for up to 12 hours
4. Support the body internally
 - o homeopathy → Ledum 200c & Apis 200c immediately following the bite & 2-3 pellets 3x/day for up to 7 days
 - o Herbal Antimicrobial Support → use 1-2 of these until bottle is finished
 - Andrographis Complex (Standard Process)
 - Cat's Claw Forte (Standard Process)
 - Berberine
 - o Immune Support
 - Immuplex (Standard Process)
 - Omegas
 - Congaplex (Standard Process)
5. Know what to watch for
 - o Symptoms can appear anywhere from a few days to several weeks after a bite
 - rash
 - flu-like symptoms (without respiratory symptoms)
 - stiff neck/joints
 - muscle pain
6. If any symptoms appear, act quickly. A one-time dose of doxycycline may be needed. Consult with your health care provider.

-Taylor Dukes Wellnes

BBQ-ING SWAPS FOR THE SUMMER

PROTEIN

- Choose → Grass-fed burgers, uncured nitrate free beef hotdogs and pasture-raised chicken
 - benefits = higher omega 3, lower inflammatory fat

SIDES

- Choose → Grilled veggies & seed oil free potato salads
 - benefits = nutrient-dense and not inflammatory

BUNS & BREAD

- Choose → sourdough or sprouted grain options
 - benefits = better fermentation process, easier on blood sugar and your gut can handle them a bit better

SEASONING

- Choose → Mineral or Celtic Sea Salt
 - benefits = getting the trace minerals your body actually needs

DRINKS

- Choose → water with citrus or electrolyte-enhanced water vs. sugary drinks
 - benefits = staying hydrated

GRASS FED BEEF BURGER BOWLS

INGREDIENTS:

- 1 lb organic grass fed ground beef
- 1 TBSP avocado oil
- 1 TBSP organic yellow mustard
- 1 tsp garlic powder
- 1 tsp mineral salt
- pepper to taste
- organic raw sharp cheddar cheese slices
- lettuce
- cherry tomatoes
- sliced red onion
- pickle slices
- avocado slices
- Burger Sauce:
 - ½ c avocado mayo
 - 2 TBSP Primal Kitchen unsweetened ketchup
 - 1 TBSP organic yellow mustard
 - 4 pickles, finely chopped
 - 1 tsp pickle juice
 - pepper to taste

DIRECTIONS:

- Cook ground beef
- Add all ingredients to bowl filled with shredded lettuce
- Top with burger sauce & cheese slices

SUNSCREEN FAQs

- What to look for in a SAFE sunscreen:
 - active ingredients → should be mineral based, usually zinc oxide (non-nano/uncoated zinc oxide)
 - reef friendly
- Watch out for all of these as they are endocrine disruptors
 - oxybenzone
 - avobenzone
 - octocrylene
 - octinoxate
 - Be careful of green-washing → these terms are not regulated so always read the actual ingredient list
- Recommended Brands:
 - Sky & Sol
 - Thinkbaby
 - Badger
 - Olita
 - Earth Mama
 - Primally Pure
 - Suntribe

ARE YOU OR SOMEONE YOU KNOW SUFFERING FROM:

- ARTHRITIS (ESPECIALLY HAND OR KNEE)
- PERIPHERAL NEUROPATHY
- 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.

BUG SPRAY FAQs

- What to look for in a SAFE bug spray:
 - Oil of Lemon Eucalyptus or PMD → this provides highly effective mosquito protection & is approved for use in all disease endemic areas
- Don't confuse this with Lemon Eucalyptus Essential Oil
- Mosquitoes carrying West Nile virus occur primarily in summer months
- Lyme Disease is most likely to be contracted between late April through August
- DEET recommendations based on age:
 - 0-6mo = no DEET
 - 6-24mo = use only when bug risks are high, 5-10% DEET, 1 application/day
 - 2-12yrs = 5-10% DEET, limit to 3 applications/day
 - General population = no more than 30% DEET in products
- Overall recommendation for mosquito AND tick repellent = REPEL DEET FREE

-Dr.GreenLife

FEEL BETTER THAN YOU EVER THOUGHT YOU COULD
Active Edge Team

Let's Be Social!

FACEBOOK



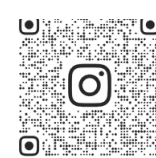
TIK TOK
Chiropractic



YOUTUBE



INSTAGRAM



BOOST MARKET

