



Canton Center Chiropractic Clinic TRIBUNE

January 2019
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cantoncenterchiropractic.com
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Wishing you Health and Happiness in 2019!!

Dr. Potter and Staff

Upcoming Workshops

As part of our effort to further our community's knowledge about health, we continue to offer our complimentary workshops for our patients and their guests.

Diabetes

Presented by Danielle Potter, D.C. on Tuesday, January 8th at 7:15 pm

Diabetes is on the rise in the United States. If you or someone you know has diabetes and wants to better control their sugar and symptoms, join Dr. D to find out how to naturally support the body. Both Type I and II will be discussed.

Emotions and Essential Oils

Presented by Danielle Potter, D.C., Thursday, January 17th at 7:15 pm. Emotions can interrupt our lives in different ways. Learn how to identify and release limiting beliefs and patterns with the help of the use of Therapeutic Grade Essential Oils.

Back by popular demand, The Scoop on Poop Tuesday, January 22nd

Presented by Danielle Potter, D.C. Join Dr. D for this humorous workshop about a very serious topic. Find out the meaning and natural ways to treat some of the various issues ending up in your toilet.

New Workshop: Detox with the Doc: Getting Healthy after the Holidays!

Presented by Nicole Brady, D.C., January 17th, until February 7th, 6:30 pm. Kick-off is Thursday, January 17th. Dr. Brady will discuss detoxification health benefits and various options for a detoxification program. Dr. Brady will be detoxing with you in this 4 week series. Each week will include a progress check, shared recipes, and recommended tips on how to maintain a healthy lifestyle. Not sure you want to commit to a full detox? No problem! Detox pkgs. offered are; 10 day, 21 day or 28 day. The cost varies, based on which program you choose.

As always, guests are welcome, and all workshops will be held in house. Also, all in-house workshops are at NO CHARGE, and sign up is available at the Front Desk.

Take Time for Tuesday Night Meditation

Join MJ on January 15th at 7:15 pm for an evening of **Meditation**, and learn techniques to use at home. With breath work and a quiet environment, you can take a break from your daily activities. Whether you have meditated or you want to begin meditating, everyone is welcome.

Office Hours

Regular office hours are Monday, Wednesday from 9am-7pm., Tuesday and Thursday from 10am-7pm, Friday 9a.m. -6p.m. Saturday from 10am - 12pm.

Office closed January 1 and will re-open at noon on January 2nd.

Further changes will be posted at the Front Desk and available on our website:

www.cantoncenterchiropractic.com

Reiki I Class, Saturday January 12th from Noon to 6 pm with MJ Potter, Reiki Master

Reiki I covers the history of Reiki, the self-treatment/hand positions, working with energy and attunement.

Cost: \$95.00, Contact MJ for more information.

Reiki II class, Saturday, February 9th from Noon to 6pm with MJ Potter Reiki Master

Reiki II covers symbols, hand positions for treating others, long-distant healing and attunement. Cost: \$95.00 Contact MJ for more information.

Massage Therapy & Energy Healing

Maura Gregory, *Massage Therapist and certified personal trainer*, graduated from the Ann Arbor Institute of Massage. Post-graduation, Maura completed an externship at the University of Michigan Athletic Department. Maura believes everyone is an athlete in their own way and massage can help you perform to your best. Schedule your appointment online at: mg.massagetherapy.com

MJ Potter, *Reiki Master* is offering energy balancing and incorporates the Bio-Mat technology with each session. In addition, Reiki I and II classes with attunement are now available. Call the office at 734-455-6767.

Elzbieta Rozalski is a Certified, Ingham Method Reflexologist since 2005, and Reiki Master. Reflexology can relieve stress and tension within the body. It improves circulation, lymphatic flow and works to unblock nerve impulse pathways. These benefits all work toward helping the body to heal

itself by restoring balance to the vital energies. Note: Per request, Reiki may also be combined with a Reflexology treatment. Call or email for an appointment at: 734-756-0844 www.elarozalski@yahoo.com or www.michiganreflexology.com

Thermography First

Thermography is a no-touch, painless, non-invasive, radiation-free imaging screening for breast health and much more. Screening will be available on Thursday's, Call Linda Honey for pricing and appointments at 586-770-4429. thermographyfirst@comcast.net

Start the New Year with great ways to exercise:

NIA Classes begin January 7th at 7 pm.

Join Jennifer Desiderio's Nia Classes on Monday from 7-8p.m. **The Nia Technique Class** is a mind-body-spirit movement combining the energies of dance, martial arts and healing arts. *Drop-Ins Welcome! Drop-in fee of \$10.00 a class!* www.nianow.com

Yoga begins January 2nd

Join us on Wednesday from 7-8p.m. Classes will include standing and seated poses, appropriate levels of twists, forward bends, and strength-

building moves. You will learn breathing techniques, postures, sun salutations and calming relaxation. Drop-in fee is \$8.00

Nutrition of the Month

The featured supplement this month is **Metabol Complex from MediHerb**

This complex contains specific ingredients known for their metabolic system effects, including standardized Fenugreek seed extract with a unique compound known to benefit glucose and lipid metabolism. This combination of herbs are traditionally used to help support the metabolism of sugar and fats, help support normal pancreatic and liver function, help relieve indigestion symptoms and promote general well-being and vitality.

Essential Oil of the Month is JOY

Apply 1 drop of **Joy** over the heart in a clockwise motion. Joy gives one a glorious feeling of self-love, confidence, and creates a frequency around oneself of the energy of love: the true source of all healing.

Please consult the doctors before beginning any new supplements in order to make sure each vitamin is needed for the individual.