



# Canton Center Chiropractic Clinic TRIBUNE

November 2018  
6231 N. Canton Center Rd, #109  
Canton, MI 48187  
(734) 455-6767  
cantoncenterchiropractic.com  
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## **“Ladies Night”, Friday, November 9<sup>th</sup>, from 5:30 pm-8:30 pm**

Join us for a night of pampering and shopping! Come de-stress before the holidays and get a little shopping done! A variety of vendors such as; Norwex, Mary Kay, Vintners Winery, Olive seed, Origami Owl and many more, will be on hand, along with complimentary mini sessions of massage, Reiki and Reflexology. Win something from our Ladies Night Raffle! Danielle Potter, D.C. and Nicole Brady, D.C., will be present to answer questions about women’s health. *Please RSVP or sign-up at the front desk. Everyone is welcome!*

### **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.

### **Essential Oils for the Holidays**

**Presented by Dr. Danielle Potter, D.C., Tuesday, November 13<sup>th</sup> at 7:15 pm.** Treat the people on your list to Therapeutic Essential oils this Holiday. Whether you are looking for

“most-loved” or “easy-to-use”, you will learn about an oil or gift that is right for someone you know.

### **Adrenal Fatigue Presented by Dr. Danielle Potter, D.C., Tuesday, November 27<sup>th</sup> at 7:15 pm**

Are you sick and tired of being sick and tired? Do you suffer from fatigue, anxiety, sugar cravings or stress? Join Dr. D to find out how such a small gland in your body can make a big difference in your well-being.

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 on November 6<sup>th</sup> at 7:15 pm**

Join MJ 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. -5:30 p.m.

Saturday from 10am – 12pm.

**Office is closed, Thursday, Nov. 22nd**

**Happy Thanksgiving!  
Office is open Friday, Nov. 23, 11 am - 3 pm**

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

[www.cantoncenterchiropractic.com](http://www.cantoncenterchiropractic.com)

### **Day Light Savings Time**



Reminder to set your clocks back one hour, Sunday, November 4<sup>th</sup>. Also, a goodtime to replace the batteries in smoke detectors. Keep your smoke detectors and carbon monoxide detectors in good working order.

### **A Note on Internet Supplement sales:**

**Buyer Beware!** Reports of unauthorized online resellers of supplements may not uphold the manufactures standard of quality. Representatives for most of the products we carry, have brought this important issue to our attention. The reports include, reselling expired products, management of inventory, such as; requiring refrigeration for certain products, good customer service, and representation of the

product being taken. The manufacturers of these supplements have informed us, that they do not support and uphold standards of products sold through unauthorized online sales. If you have any questions in regards to this, ask your doctor.

### **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](http://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 and appointment at:734-756-0844 [www.elarozalski@yahoo.com](mailto:www.elarozalski@yahoo.com) or [www.michiganreflexology.com](http://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](mailto:thermographyfirst@comcast.net)

### **NIA Classes Continuing Nov. 5<sup>th</sup> until Dec. 17<sup>th</sup>**

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! Minimal fee of \$9.00 a class!*

[www.nianow.com](http://www.nianow.com)

### **Yoga continuing Nov. 7<sup>th</sup>-21<sup>st</sup> and Dec. 5<sup>th</sup>-19<sup>th</sup>**

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.

### **Nutrition of the Month**

The two products we are showcasing this month, have helped so many of us! These products are worth getting the information out there, in anticipation of the holidays, and all the goodness we get to

consume and savor. The featured supplements this month are: **All-Zyme and Zypan.**

**All-Zyme**, a product of DaVinci Labs, is a broad spectrum multiple enzyme formulation, containing 7 digestive enzymes. All-Zyme places special emphasis on proteolytic enzymes, so it can be used for digestive support. It helps breakdown food and enable nutrients to be absorbed into the bloodstream.

**Zypan**, a product of Standard Process, is composed of Pepsin and HCl, matching the natural pH of your stomach, so it does the work without neutralizing your digestive potential. This is an essential supplement for holiday feasts. It helps your body, better cope with the variety of foods that you may not eat on a regular basis.

### **Oil of the Month: Light the Fire by Young Living**

This encouraging oil blend can be used to jumpstart your day, take on creative risks, or face new challenges. This blend provides an inspiring fragrance, which Dr. D says smells like, "Fall in a bottle". The aromatic influence of nine essential oils is uplifting, empowering and inspiring.

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

