



# Canton Center Chiropractic Clinic TRIBUNE

October 2018  
6231 N. Canton Center Rd, #109  
Canton, MI 48187  
(734) 455-6767  
cantoncenterchiropractic.com  
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## **Happy Autumn and Happy Halloween!**

Enjoy the changing colors of the tree leaves as we welcome in Autumn. Please note that we will close the office at 6 pm on Halloween, October 31. Have fun trick or treating!

## **Looking Ahead:**

### **“Ladies Night”, Friday, November 9<sup>th</sup>, from 5:30 pm-8:30 pm**

A night for pampering and shopping! Come destress before the holidays and get a little shopping done. A variety of vendors will be there along with samplers of massage, Reiki and Reflexology. 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.*

## **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.

**Cold and Flu** workshop presented by Danielle Potter, D.C. Tuesday, October 9<sup>th</sup> at 7:15 pm. It’s that time of year again for cold and flu season. Do

you want a more natural approach? Join Dr. D to find out what you can do to boost your immune system this winter to prevent colds and flu.

### **Oils for the Fall**

Presented by Dr. Danielle Potter, D.C., Tuesday, October 23<sup>rd</sup> at 7:15 pm. Leaves are falling and the days are getting shorter. The smell of Autumn is in the air! Come and enjoy the fragrance and function of therapeutic grade oils for the fall.

### **Learning Disabilities: A Natural Approach**

Presented by Dr. Danielle Potter, D.C. Thursday, October 25<sup>th</sup> at 7:15 pm. Do you know someone young or old that suffers from ADD, Autism, anxiety or other learning disabilities? Dr. D will discuss Holistic options for these conditions.

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 for an evening of **Meditation**, October 16<sup>th</sup>, 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.

### **Halloween, Oct.31 close at 6 pm**

#### **Dr. D has new hours:**

**Mon 9am-1 pm & 4-7pm**

**Tue 10am-1 pm & 4-7pm**

**Wed 9:30am-1pm & 4-7pm**

**Thursday 3-7pm**

**Friday 10am-1pm & 3-5:30pm**

**Saturday, one per month**

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

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

### **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.

**Please Note:** MJ is planning classes for **Master Level Reiki** in October and November. The cost is \$400 and completed over two weekends. Contact MJ for dates and any questions you have.

**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: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**

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. Classes are on-going with a special Halloween session on October 29<sup>th</sup>. *Drop-Ins Welcome! Minimal fee of \$10.00 a class!*  
[www.nianow.com](http://www.nianow.com)

### **Yoga**

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.

**Please note:** No yoga class on October 31<sup>st</sup>.

### **Nutrition of the Month**

The featured supplements this month are **Immuplex from Standard Process** and **Echinacea Premium from Medi-Herb**. These two

products work as synergists to support a healthy immune system. The immune system is a complex alliance of various systems and organs which give an immune response when there is a presence of disease. Immuplex impacts the entire immune alliance and Echinacea Premium is a long term immune enhancer and modulator. Use these products to maintain a healthy immune response.

### **Essential Oil of the Month** **Lemon Myrtle.**

The aromatic influence is elevating and refreshing, as the smell has been referred to as more lemony than lemon. It has been shown to have anti-microbial properties and would be beneficial to use in cleaning products and diffuse as an air freshener in closets, home and vehicle; Great as a support to the immune and respiratory system and help with muscles and bone issues.

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

