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Canton Center Chiropractic Clinic TRIBUNE

Important Dates:

- Apr 1 Fun, Food, & Facts Workshop
- Apr 7 Stress Management Workshop
- Apr 8 Kangen Water Workshop
- Apr 14 Allergy Workshop
- Apr 15 Meditation Class
- Apr 20 Breast Cancer Prevention Workshop
- Apr 21 Hormone Balancing Workshop
- Apr 27 Essential Oils Workshop
- Apr 28 Reflexology Workshop
- Apr 29 Bio-Mat Technology Workshop

Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes will be held

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.

Fun, Food, and Facts! Come join Dr. Potter and Dr. Hicks for a light lunch as they discuss Digestive Issues on Thursday, April 1st, from 1:00 to 2:30. Learn how to take control of your digestive system. Seating is limited, so sign up at the front desk as soon as possible.

Wednesday, April 7th, from 7-8:15p.m. Join Dr. Hicks workshop on How to Manage Stress. Learn how to change the way your body reacts to stress. Dr. Hicks will help you understand why we feel the way we do when our body goes into a chronic stress state.

Thur., April 8th, from 7:15 to 8:15p.m., Dr. Denise Acton will introduce Kangen Water. Are you drinking the right kind of water for your body? Are you acidic and drinking bottled water? Come learn how a strong alkaline, high antioxidant, micro-clustered water could make a big difference in your life. Bring your own water to test.

Wednesday, April 14th, Dr. Potter will present A Holistic Approach to Allergies Workshop from 7-8p.m. Learn a natural approach to managing your allergies. See the section for supplements related to allergy relief. Learn a drug free approach to manage one of the most common health problems in this country. Find out what may be causing your allergies and how to relieve them naturally.

Tuesday, April 20th, from 7-8:15p.m., Dr. Denise Acton will have another new workshop on Breast Cancer Prevention. Breast Cancer incidence in woman has increased from 1 in 20 in 1960, to 1 in 8 today. Dr. Acton will address the importance of early detection through Infrared Thermology versus regular mammography. Healthy snack provided. Please pre-register. Seating is limited.

Wed., April 21st, from 7-8:15p.m. Dr. Hicks will have a workshop on How to Manage Your Hormones. Learn how to assist your body and better balance hormones, adrenals, thyroid, pancreas and pituitary. This workshop offers a complete understanding of the cause of symptoms that occur during PMS and menopause and the solutions through the proper use of diet, vitamins, exercise, and stress reduction.

Tuesday, April 27th from 7-8:15p.m join Ilka Handshaw to learn about Essential Oils. Learn the difference between recreational fragrance and therapeutic grade oils. Find out how essential oils can benefit us on every level; physical, emotional, and spiritual.

Join us on Wed., April 28th, from 7:00 to 8:15p.m., as Patricia Burmeister, Certified Reflexologist, presents her Reflexology Workshop. Join us for an evening of relaxation, as we learn about important reflex areas on our body, and the unique method that is used on them. Highlights of the evening include a Detox foot bath demonstration. Everyone is welcome. Sign up at the front desk.

Introducing a new service to Canton Center Chiropractic Clinic. Thur., April 29th, from 7-8p.m. Cindy Haas, Massage Therapist, presents a workshop on Bio-Mat Technology. Learn about the quantum healing device. The state of the art mat consists of 25lbs. of gem quality amethyst crystals, far infrared light rays, and negative ions. The use of the mat is proven to reduce pain and stress. In addition, the Bio-Mat will be available for demonstration during the month of April. Further information will be available at the front desk and upcoming email blasts.

each Thursday from 6-7pm. Classes are \$5 each with senior rates available. Sign-up is available at the front desk, or call to have your name put on the list.

Weight Loss Challenge

Huge success continues with the weight loss group. Get support in your quest to lose weight. The next challenge will start on Tuesday, April 13th. The group meets on Tuesday's from 6-7p.m. For more information and any questions, please call 734-667-2004.

Meditation Class

Come join Kathy Henning Thur., April 15th from 7:15-8:30p.m., as she teaches present moment meditation. Through meditation we release stress, relax, and become quiet inside. \$12 Fee. Registration required. Call Kathy at 734-674-6965.

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.

Additional workshops will be presented through the Plymouth-Canton Community Education Program for Adults. Please contact the community education program at (734) 416-2937 for further details.

Have you experienced the Bio-Meridian?

If you have health issues that you haven't been able to change, make an appointment with Dr. Denise Acton, N.D. and experience the Bio-Meridian System. You simply rest your hand on the hand cradle while the computer sends digital stressors and gathers your body's response data. The information gathered then helps determine what your body needs or doesn't, such as food stressors that help bring your body back to balance. Call today to set your appointment.

Office Hours

Regular office hours are Monday, Wednesday, and Friday, from 9am-7pm., Tuesday and Thursday from 10am-7pm, Saturday from 10am – 1pm.
Dr. Potter and Dr. Acton OUT: Thurs. April 1st-4th
Further changes will be posted at the Front Desk.

Massage Therapy & Energy Healing

Steven Porritt will be taking appointments Tuesday through Friday. To book an appointment, you should contact him directly at (734)377-6843.

Jennifer Webb, our Natural Health Practitioner is offering a holistic approach to "Health and Well Being". Providing-Ear Coning, Auricular (Ear)Acupuncture, and "Whole Body" Energy Balancing. To schedule an appointment Call Jennifer @ (734)635-1600

Kim Bailey, healing art practitioner, offers healing through Spiritual Art therapy, Reiki, and other means. To schedule an appointment, you may call Kim directly at (810) 923-0367.

Nutrition of the Month

The featured supplement this month is Antronex from Standard Process. Antronex contains the principal ingredients: Calcium Lactate and Yakriton (a Bovine Liver Fat Extract). Antronex helps maintain a healthy liver, supports immune and respiratory system response. Histamine is released in essentially every tissue of the body whenever that tissue becomes damaged, inflamed, or is the subject of an allergic reaction. This maintains your body's defense systems and helps keep histamine at acceptable levels.

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