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# TRIBUTE

## Important Dates:

Feb 9 Health and Wellness Meridian Testing

Feb 11 Wheat Free Recipe Exchange Night

Feb 13 Dr. Potter available 10-12am

Feb 16 Cardiovascular Health Workshop

Feb 21 Dr. Potter out of Office  
-Mar 7

Feb 23 Health and Wellness Meridian Testing

Mar 10 Wellness Extravaganza

## Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes are open to beginners and intermediates, as well as every age group. Classes will be held each Thursday from 6-7pm. Classes are \$5 each with senior



## February is Heart Health Awareness Month

As part of our healthy choice program, we are featuring Heart Health Awareness. Information will be available all month conveying how to keep your heart functioning optimally. Check it out and make sure to share the information with your friends and family. Dr. Hicks will be hosting a Cardio Vascular workshop and will address this very important life organ.

Have a Heart; Share your love of Good Health. Who do you know that lives locally, has a health issue they want to get rid of? We are accepting new patient referrals. Thank you for helping us help others.

## 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.

Back by popular demand; Wheat Free Recipe Exchange Night Thursday, Feb. 11th, from 7-8:15p.m., presented by M.J. Potter, with special guest speaker, Dr. Potter. Join M.J. for a night of informal discussion on wheat free diet recipes and cooking tips. Learn how to substitute vegetables and flours in your own recipes. Taste samples of some wheat free cooking and baking. Listen to our guest speaker Dr. Potter, cover wheat and gluten sensitivity. If you attended the first Wheat Free Exchange Night, we encourage you to come back. We hope you will share your successes/comments on wheat free recipes.

## Cardiovascular Health Workshop

Presented by Dr. Gregory Hicks, Tuesday, Feb. 16th from 7:15-8:15p.m. Keep your heart healthy! Heart disease is a leading cause of death in America. Don't let yourself become part of that statistic. Learn what vitamins and minerals help your heart in the prevention of heart disease, arteriosclerosis, and high blood pressure. Get natural solutions to help prevent heart attacks and strokes. Special guest, Dr. Denise Acton, N.D., will demonstrate The Meridian Heart Assessment Test. The Meridian Heart Assessment Test is an FDA approved machine that measures 7 conditions of the heart and arteries. A volunteer will be picked from the audience. Prevention could save your life!

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. The charge for each workshop is \$12 and these will be available at the Plymouth-Canton Educational Park (High School). Please contact the community education program at (734) 416-2937 for further details.

## Office Hours

rates available.  
Sign-up is available at the front desk, or call to have your name put on the list.

## Weight Loss Challenge

Congratulations Holly & Chris for the amazing weight lost! Between them they lost 110 lbs. The next challenge will start on Tuesday, Jan. 5th. The group meets on Tuesday's from 6-7, for more information and any questions, please call 734-667-2004.

## A request from the insurance department:

This time of year insurance changes happen. Please bring your new insurance information and present it to the front desk upon arrival for your visit. Also, if you have BCN or switched to BCN, Dr. Potter is a BCN provider. You will need a referral from your primary doctor in order for us to bill BCN. Any questions, call the office.

Regular office hours are Monday, Wednesday, and Friday, from 9am-7pm., Tuesday and Thursday from 10am-7pm, Saturday from 10am – 1pm.

Dr. Potter IN:

Sat., Feb. 13th 10-12

Dr. Potter OUT:

Feb. 21st-March 7th

Further changes will be posted at the Front Desk.

## Health and Wellness Meridian Testing

On Tues., Feb. 9th and Tues., Feb. 23rd, we are offering Meridian Test Heart Assessment. The test is performed and evaluated by Dr. Denise Acton, Naturopathic Doctor. The heart assessment test is a FDA approved machine that measures 7 conditions of the heart and arteries. The charge is \$40.00 for this low cost testing. Prevention could save your life! Please call the office for special instructions and sign up for appointment times. For those who took the test in December and January, this would be a good time to get rechecked on your progress.

## 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.

## Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes are open to beginners and intermediates, as well as every age group. Classes will be held 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

The weight loss challenge jumped off to a roaring success the first week. The groups' top loser lost a whopping 8.2 lbs. Others lost anywhere from 2-7lbs. Lose weight, win money, and gain support. Being a “Loser” can be a good thing. For more information call (734) 667-2004.

## Nutrition of the Month

The featured supplement this month is L-Arginine from Biotics. L-Arginine is a non-hydrolyzed, naturally produced free form Amino Acid. Used with free radical problems, wound healing, male infertility, cystic fibrosis, elevated cholesterol, liver dysfunction and degeneration. Taking Cyruta with the L-Arginine is a great combination for helping correct arteriosclerosis. Cyruta is made from the seeds as well as the leaves of the green buckwheat plant. This is very high in the naturally occurring “P” factors. It is very good for the person with high blood pressure along with vascular fragility. Repair burst, inflamed or ruptured capillaries, tone vascular wall.

Please consult the doctors before beginning any new supplements in order to make sure each

vitamin is needed for the individual.

## **March Event!**

Mark your calendar for our Wellness Extravaganza, Wed., March 10th come for an opportunity to meet with our doctors, vendors and local businesses providing healthy choices to improve your wellness. More details at the office and in our March Tribune.

Canton Center Chiropractic Clinic ♦ 6231 N. Canton Center Road, Suite 109 ♦ Canton, Michigan 48187 ♦ (734) 455-6767