



Canton Center Chiropractic Clinic
TRIBUNE

April 2021
 6231 N. Canton Center Rd, #109
 Canton, MI 48187
 (734) 455-6767
 cantoncenterchiropractic.com
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Welcome Spring!

Aah, the season has changed...we say farewell to the quiet of winter. Spring is the time of plants budding, opening our homes to the fresh air and plenty of new growth. We invite you to take the time to do something new with all the workshops we have available. Happy Easter and Happy Spring!

~Dr. D and Staff



Congratulations Dr. J!

Welcome Baby Jaxon! Jaxon was born March 19th weighing 7lbs 9 oz and 21.5" long! Both Dr. J and Jaxon are doing great. She will be out on maternity leave until May 17th. When she returns she will be in half days so make sure you schedule your appointment before she fills up!



Spring Cleaning Detox Time!

It's not only important to clean the house but also your body! Throuout the month of April enjoy 10% any and all of our detox kits! We offer detox's through Standard Process, Biotics Research, Orthomolecular, and more! Ask your doctor which detox program would be best for you.

Upcoming Workshops

Unfortunately, there are no workshops for April. Check back for May!

Take Time for Monday Night Meditation

Join MJ for an evening of **Monday, April 19th at 7:15 pm**, 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 9am-7pm, Tuesday and Wednesday 10am-6p, Thursday 10am-7pm,

Friday 9am-5:30pm, and Saturday 9am-12pm.

We will be open 9am-1pm Good Friday April, 2nd.

Dr. J is out of the office on maternity leave! She will be back in the office May 17th.

Dr. Gregory will be out of the office starting March 25th and will return April 5th.

Dr. D will be out. starting April 23rd and will return April 26th.

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

www.cantoncenterchiropractic.com

Massage Therapy & Energy Healing

Unfortunately, we do not have a massage therapist in the office. We will update you as soon as possible!

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.

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

NIA Classes

NIA classes are back via Zoom! *Nia classes are now on Tuesdays at 6pm and Wednesdays at 10am.*

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 \$10.00 a class!*

www.nianow.com To register, go to

www.niadance.weebly.com or e-mail Jennifer Desiderio at inner_dancer@yahoo.com

Yoga

Yoga is on hold for right now but when it returns join us on

Wednesdays 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 featured supplements this month are all our Detox Kits! Throughout the month of April enjoy **10% off** any of our detox kits and check out our **Spring Cleaning for Your Body** workshop happening via Facebook. We have 4 different detox programs that we recommend; NutriClear Plus by Biotics research, Core Restore by Ortho Molecular, SP Detox by Standard Process, SP Complete by Standard Process, and the Purification Kit by Standard

Process. Ask your doctor which one would best suit you!



The Essential oil of the month is JOY!

Create an environment of romance and warmth with Joy essential oil blend. With its combination of floral and citrus essential oils, including Ylang Ylang, Geranium, Jasmine, Palmarosa, Rose, Bergamot, Lemon, and Tangerine, this unique and feminine fragrance is sure to be a favorite. Diffuse Joy around the house for an environment that is pleasant and inviting or dab it on your neck and wrists for a natural floral perfume. This essential oil blend invites togetherness especially during these times and is used by people all around the world.

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

