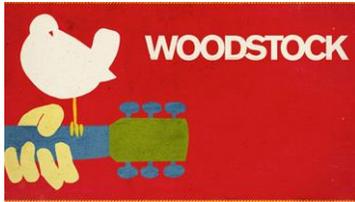




Canton Center Chiropractic Clinic  
**TRIBUNE**

August 2021  
 6231 N. Canton Center Rd, #109  
 Canton, MI 48187  
 (734) 455-6767  
 cantoncenterchiropractic.com  
 Like us on Facebook



**It's Woodstock Week!**

It's Dr. Potter's favorite time of year, Woodstock Week! From August 16<sup>th</sup> to the 21<sup>st</sup> come check out the groovy staff, and far out memorabilia to celebrate the anniversary of the 3 days of peace, love, music, and of course the cultural touchstone of Woodstock.



**Construction is Here!**

As you may already know, a four year, twenty-four mile construction project has begun on I-275. We understand that this affects a lot of out patients. Please plan extra time when coming in for your appointment. If you need supplements and do not wish to make the trip we do ship supplements directly from our office and offer two online ordering platforms, Fullscript and Wellevate. Call the office for more info!



**Our Team is Growing!**

Although this is late notice, we wanted to formally introduce some of our newer staff members. Next time you're in the office say hello to Stephanie, Lynn, and Abby!



**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.

*Unfortunately, there are no workshops for August. **They will be returning in September! The first workshop will be Tuesday, September 14<sup>th</sup>. More details to come!***

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.



**Dr. D and Dr. Potter are going on vacation!**

Dr. D and Dr. Potter will both be out of the office starting Saturday August 21<sup>st</sup>. Dr. D will return Friday, August 27<sup>th</sup> and Dr. Potter will return Monday, September 13<sup>th</sup>. Schedule your appointments now before it is too late!



**There is still plenty of sunshine and fun summer days in August.** However, it is the time of year that people begin thinking **Back to School**. Be sure to stock up on supplies for college bound students, scoliosis screens for younger students and be sure your athletes are ready for sports activities. Enjoy the rest of your summer!!

**Take Time for Tuesday Night Meditation**

Join MJ for an evening of Meditation **Monday, August 16<sup>th</sup> 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.

**Dr. Potter will be out of the office starting Monday, August 23<sup>rd</sup> and will return Monday, September 13<sup>th</sup>.**

**Dr. D will be out of the office starting Saturday, August 21<sup>st</sup> and will return Friday, August 27<sup>th</sup>.**

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**

**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.

### **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**

**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](http://www.nianow.com) To register, go to [www.niadance.weebly.com](http://www.niadance.weebly.com) or e-mail Jennifer Desiderio at [inner\\_dancer@yahoo.com](mailto:inner_dancer@yahoo.com)

### **Yoga**

**Yoga is on hold 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 supplement this month is **CollaGEN** by Ortho Molecular Products! Over time lifestyle factors can cause reduced elasticity in cartilage, tendons, ligaments, and skin. This not only leads to wrinkles

and decreased dermal matrix, but to soft tissue and joint discomfort. FORTIGEL, the main ingredient of CollaGEN, has been shown in human studies to stimulate collagen regeneration, type II collagen and aggrecan, which all help to maintain healthy connective tissue. Most therapies simply block joint pain and connective tissue discomfort, and in doing so inhibit the regeneration and elongation of specific precursors, such as polysaccharides, and deplete nutrients such as vitamin C and magnesium that maintain joint and connective tissue health. Ask your doctor if CollaGEN would be right for you.



### **The Essential Oil of the Month is Peppermint.**

*Did you know that* Peppermint is originally from Europe? Even though this is true, 75% of the world's supply is grown in the United States! Peppermint essential oil has an invigorating aroma that can help create a focused environment when diffused and can create a cooling sensation when applied, especially after physical therapy.

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

