



Canton Center Chiropractic Clinic TRIBUNE

December 2019
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cantoncenterchiropractic.com
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The Holidays are here!!

Wishing you a healthy and happy season of good times and joyous memories with family and friends.

Merry Christmas!

Dr. Robert Potter and the Staff of Canton Center Chiropractic Clinic

“Operation: Holiday for Heroes”

Let’s give back to those who served our country by donating items to the John D. Dingell VA Medical Center in Detroit. There is much need for supplies. Drop off your donations anytime until December 20th, just in time for the holidays! They requested Board Games, Craft Supplies, Journals, Writing Utensils, Note Pads, New Playing Cards, and much more. Please see the front desk for a full list of items

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.

Cholesterol and Statins

Join Dr. D **Thursday, December 12th at 7:15** and learn how cholesterol is “not” a harmful substance while discussing the book The Statin Disaster.

Stress, Anxiety, and Depression

Join Dr. D **Monday, December 16th at 7:15 pm** to learn the seven signs of depression and what can be done to help naturally!

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 Thursday Night Meditation

Join MJ for an evening of **Meditation at 7:15 pm, Thursday, December 19th** 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.

Ugly Sweater Contest is Back!

From Thanksgiving until December 23rd, wear your ugliest Christmas sweater and take a picture with

Artie. Post it to our Facebook page. Whoever gets the most likes and shares will win a \$50.00 Visa gift card. Winner will be announced on December 26th, 2019.

Office Hours

Regular office hours are Monday 9am-7pm., Tuesday 10am-6pm., Wednesday 9am-6pm., Thursday 10am-7pm., Friday 9am-5:50pm. Saturday from 9am – 12pm.

HOLIDAY HOURS

December 24th: 10-1
December 25th: Closed
December 26th: 3-7
December 31st: 10-1
January 1st: Closed

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

www.cantoncenterchiropractic.com

NEED A STOCKING STUFFER?

How about a gift they can really use! *****Give the Gift of Health***** We now have Holiday Gift Certificates available in any amount. Buy them a certificate that is useable for an adjustment, products, or for vitamins. Also, gift certificates for massage, Reiki and reflexology are available.





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

Coming in January, new hours for MJ. Watch the January Tribune for days and times!

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 [www.elrozalski@yahoo.com](mailto:elrozalski@yahoo.com) or 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

NIA Classes

Join Jennifer Desiderio's Nia Classes on Monday from 7-8p.m. NIA classes will continue until December 16th. They will resume around January 6th. **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

Yoga

Join us on Wednesday from 6:30 pm-7:30 pm. 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

Kava Forte and **Min-Tran** are the featured supplements of the month.

Kava Forte, by Medi-Herb, is made up of kava root: it may help calm the nerves, promote sleep, and ease the effects of mild tension and stress.

Min-Tran, by Standard Process, is an excellent vegetarian option as it is made up of mineral complexes to support emotional balance. This product may help support a healthy nervous system, ease the effects of temporary stress, and support the actions of neurotransmitters that regulate mood.

The Essential Oil of the Month is JOY!

Create an environment of warmth and romance by diffusing this blend of Ylang Ylang, Geranium, Jasmine, Palmarosa, Rose, Bergamont, Lemon, and Tangerine. Joy produces an aroma that brings joy to the heart, mind, and soul. Perfect blend for the holidays!

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

