



Canton Center Chiropractic Clinic TRIBUNE

February 2020
6231 N. Canton Center Rd, #109
Canton, MI 48187
(734) 455-6767
cantoncenterchiropractic.com
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KNOW YOUR HEALTH NOW™

Heart and Vascular Screening Event

Know Your Health Now is back in the office on Tuesday, February 4th. They are offering screenings for the following: Cardiac Ultrasound, EKG, Abdominal Aortic Ultrasound, ABI, Carotid Duplex for stroke potential and more. Pre-registration is required. Go to knowyourhealthnow.com to schedule an appointment.



Mark your Calendars, it's almost time for the Wellness Extravaganza!

Join us *Saturday, March 21st from 12-3pm* for an afternoon filled with demonstrations and information on Nutrition, Chiropractic, Massage, Reiki, Reflexology, Raffles, *and so much more.* Bring in your donation for our food drive and receive 3 extra raffle tickets for every 5 items you donate! Everyone is welcome and admission is free. Register at the front desk!

It's Vacation Time!

Dr. Potter will be out of the office starting February 11th and will return March 18th. Dr. Potter is encouraging his patients to see any of his associates if needed while he is gone.



Love Your Community!

Starting February 1st we will be collecting donations for Gleaners Food Bank! They are in need of canned fruits and vegetables, peanut butter, healthy cereal/oatmeal, soups, pasta, beans, baking mixes, baby necessities such as: food, formula, and diapers, and even personal care items. Bring in your donations before March 31st!

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.

Learning Disabilities

Do you know someone young or old that suffers from ADD, Autism, anxiety or any other learning disabilities? What about

teachers, principals or parents that deal with children that have disabilities? Join Dr. D *Thursday, February 6th at 7:15 pm*, to discuss Holistic options for these diseases.

Oils for Emotions Part II

Join Dr. D *Thursday, February 13th at 7:15pm*, to learn about how different oils can affect your emotions. Second of a two-part workshop. If you missed the first one, no problem! Everyone is welcome.

Thyroid Disorders

One in five people will develop thyroid problems in their lifetime. That risk increases with age and for those with a family history of thyroid disease. Join Dr. D *Thursday, February 20th at 7:15pm*, to learn how Thyroid problems develop and what can be done naturally to improve thyroid health.

Adrenal Fatigue

Are you sick and tired of being sick and tired? Do you suffer from fatigue, anxiety, sugar cravings, dizziness or stress? Join Dr. D *Thursday, February 27th at 7:15 pm*, to find out how such a small gland in your body, can make a big difference in your well-being.

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 Tuesday Night Meditation

There will be no Meditation for February as MJ is on vacation. When she returns, join her for an evening of **Meditation** in March, 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 10am-6p, Wednesday 9am-6pm, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

Dr. Potter will be out of the office starting February 11th and will return March 18th.

Dr. J will be out of the office starting February 19th and will return February 28th.

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

www.cantoncenterchiropractic.com

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

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.elarozalski@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

NIA classes are on hold until further notice. We will

post a new start date as soon as possible!

Yoga

Join us on Wednesday 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 **Cardio Plus from Standard Process**. It provides nutritional support to optimize the efficiency of the heart. It contains bovine heart PMG extract, naturally occurring Coenzyme Q10, plus all of its necessary cofactors; vitamin B and E complexes. These nutrients support healthy functioning of the heart muscle.

Other heart healthy supplements include **Cataplex B, Vasculin, and Bio-Cardiozyme**. Be good to your heart! Check in with your doctor to learn how to prevent heart disease.

The Essential Oil of the Month is JOY. When inhaled, it brings back memories of being loved, being held, sharing, loving times. This blend has uplifting overtones that creates magnetic energy and brings joy to the heart.

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

