



Canton Center Chiropractic Clinic
TRIBUNE

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

It Has Been a Wonderful 31 Years!

Before we say it... **NO, Dr. Potter is not retiring!** However, he has sold the practice. As of January 1st, 2021, the new owner of Canton Center Chiropractic Clinic is our very own Dr D! Make sure to congratulate her next time you're in.



Heart and Vascular Screening Event

Unfortunately, due to Covid-19 the Know Your Health Now heart and vascular screening event has been cancelled. Once we have a new date set it will be in the next tribune and on our website!



It's National Heart Month!

Although unfortunately we cannot host our annual heart and vascular screening event, we still want you to stay healthy. Make sure you ask your doctor how you can keep your heart in check and your body healthy!



It's Vacation Time!

Dr. Potter will be out of the office starting **February 5th** and will return **March 18th**. *Make sure you set up your appointment for when he returns as he will fill up very quickly!* Also, while he is gone Dr. Potter is encouraging his patients to see any of his associates if needed.



Update: Massage Therapy

We bid a fond farewell to our lovely massage therapist Maura, we wish her good luck and success! With that being said we are **temporarily** not offering massage therapy within the office. We will update you as soon as possible!



Staying In? Stay Healthy!

Want to stay in, stay healthy, and keep your buy 5 get 5%/buy 10 get 10% discount? Order your supplements from us and ask for them to be shipped! Also, you can now order supplements through

Fullscript or Wellevate.

For *Fullscript* go to <https://us.fullscript.com/welcome/rpotter1565790083> to register or for *Wellevate* go to <https://wellevate.me/robert-potter>

Upcoming Workshops

Due to Covid-19 we will not be hosting any workshops this month. As part of our effort to further our community's knowledge about health, we will continue to offer our complimentary workshops for our patients and their guests as soon as we can.

Once they return all 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 Monday Night Meditation

There will be no Meditation class for February, but make sure you sign up for her March class on **Monday, March 22nd at 7:15 pm!** Join MJ for an evening of **Meditation**, 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 February 5th and will return March 18th!

Dr. Brady will be out of the office starting February 10th and will return February 26th!

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

www.cantoncenterchiropractic.com

Energy Healing

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

Update on NIA Classes!

Nia classes are now on Tuesdays at 6pm and Wednesdays at 10am! Join Jennifer Desiderio's Nia Classes on Monday from 7-8p.m. **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

Yoga is still on hold for 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 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 Lavender.

Lavender essential oil has a scent that is a wonderful blend of fresh, floral, clean, and calm. As one of our most popular products, Lavender is a great beginner oil and a must for every home. Lavender essential oil is not just a favorite because of its classic scent—it is also highly versatile. From skin care products to relaxing routines, this oil can infuse and enhance many areas of your life.

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

