



Canton Center Chiropractic Clinic  
**TRIBUNE**

January 2020  
 6231 N. Canton Center Rd, #109  
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 cantoncenterchiropractic.com  
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It is not only a new year but a new decade as well. Thank you for allowing us to be part of your wellness team. Wishing you all a roaring twenties kind of energy! Be healthy and happy as we welcome in this new decade.

*Dr. Potter and Staff*

**Dr. Brady's Maternity Leave**

Dr. Brady's due date is January 12th and plans on working until she delivers/can comfortably work. She will be out of the office for approximately a month and will return with limited hours in February. While she is out, she is advising her patients to schedule with Dr. D and to follow up with Dr. Brady when she returns. Please discuss any questions you may have with Dr. Brady.

**We Couldn't Have Done It Without You...**

We would like to say thank you to our patients and community for supporting our holiday drive, Operation: Holiday for Heroes. We collected over

10 boxes of supplies. Our vets benefit from your generosity. Thank You!!

**It's Official!**

Congratulations to Jordan Bodenlos as the new Office Manager. He is replacing MJ Potter in handling the day to day operations of the clinic. Also note, he will be assisted by Emily Dickerson, our Assistant Office Manager. MJ Potter has stepped down from daily management and will be in the office to continue her Reiki sessions.

**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.

**Detox with the Doc**

Start your new year off with a detox! Join Dr. D **Thursday, January 9<sup>th</sup> at 7:15 pm**, to discuss detoxification health benefits as well as various options for a detoxification program.

**Magnesium and Other Minerals**

Join Dr. D **Monday, January 13<sup>th</sup> at 7:15pm** to discuss the different forms of magnesium, why your body needs it, and

other minerals you may not know of!

**Oils for Emotions Part I**

Join Dr. D **Thursday, January 16<sup>th</sup> at 7:15 pm**, to learn about how different oils can affect your emotions. A two-part workshop!

**Diabetes**

Diabetes is on the rise in the United States. If you or someone you know has diabetes, join Dr D **Thursday, January 23<sup>rd</sup> at 7:15 pm**, to find out how to naturally support the body. Both type I and II will be discussed.

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.

**Office Hours**

Regular office hours are Monday 9am-7pm, Tuesday 10am-6pm, Wednesday 9am-6pm, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

**OFFICE Closed Jan 1. Open Jan 2. at 3 pm**

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

[www.cantoncenterchiropractic.com](http://www.cantoncenterchiropractic.com)

## **Take Time for Tuesday Night Meditation**

Join MJ on Jan. 21 at 7:00 pm 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.

## **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](http://mg.massagetherapy.com)

**Note:** New hours **MJ Potter**, *Reiki Master* is offering energy balancing and incorporates the Bio-Mat technology with each session. MJ will be available on Monday evening, Thursday and by appointment requests. 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 an appointment at: 734-756-0844 [www.elarozalski@yahoo.com](mailto:www.elarozalski@yahoo.com) or [www.michiganreflexology.com](http://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](mailto:thermographyfirst@comcast.net)

## **NIA Classes**

*New Session starts Jan. 6*  
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](http://www.nianow.com)

## **Yoga**

*New sessions start Jan. 8.*  
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 supplements of the month are the **Standard Process Purification Kits!** The 21-day Standard Process Purification Programs are not just a cleanse diet. They're a structured program that brings healthy lifestyle habits into focus. They are designed to purify, nourish and help patients maintain a healthy body weight by eating whole foods, exercising, drinking nutritious shakes and taking supplements made with whole food and other ingredients. If you have questions about any detox program join Dr. D at her Detox with the Doc workshop! All detox kits are 10% off through the month of January.

**The Essential Oil of the month is Orange.** Orange essential oil has a sweet, bright aroma reminiscent of a blossoming orchard of orange trees. Start your day with an uplifting burst of liquid sunshine by diffusing Orange as you get ready in the morning. With just a few drops, you can fill any space with a sense of peace, harmony, and creativity. Orange is delightful on its own, or you can combine it with complementary oils such as Grapefruit, Cinnamon, Neroli, and Patchouli.

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

