



Canton Center Chiropractic Clinic TRIBUNE

January 2022
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cantoncenterchiropractic.com
Like us on Facebook

*Happy
New Year*

Thank you for allowing us to be part of your wellness team. We wish you and your family health and happiness in the new year!

Dr. D and Staff

**JANUARY
SALE**

Annual Detox Sale!

Every year during the month of January, all detox shakes and kits will be on sale for 10% off. Start your new year off right by cleansing your system and check out our series "Detox with the Doc" being held on Facebook!

thank you!

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

Looking Ahead...

Dr. Potter and MJ will be out of town starting **Monday, February 7th** and will return **Monday, March 21st**. Call and schedule your appointments now before he fills up!



Detox with the Doc

Start your new year off with a detox! Join us via Facebook January 17th through January 24th as we detox with you! Dr. Gregory and Dr. J will be posting information daily such as how they're feeling that day and even some delicious shake recipes they enjoy.



Office Hours

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

We will be closed January 1st for New Year's Day.

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

www.cantoncenterchiropractic.com

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.



Digestive Disorders: New Year, New Tract

Join Dr. D on Tuesday, January 18th at 6:15pm to learn about common digestive issues and what to do about them.

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.



Tones of the Chakras and Singing Bowl Meditation

Join MJ and Mary **Monday, January 17th at 7:15 pm**, for a new workshop! This workshop kicks off with MJ discussing the different sounds and tones of the chakras. Following that, Mary will be doing a meditation with singing

bowls also known as sound baths. Each bowl gives off a different frequency to help heal chakras with energy blockages. Singing bowls, have also been shown to reduce anxiety, stress, and depression.

A Friendly Reminder

Supplement Price Increases

Unfortunately, every year the price of supplements does go up. We have noticed that some supplements have gone up more than the usual \$1 or less. Supplements are priced by their companies, and we are contracted to follow their fee schedules. We want to remind everyone that the best way to save is by buying 5-9 bottles to save 5%, buying 10+ bottles to save 10%, or referring people to our office. Refer someone to our office and if they give us your name you will receive a gift letter in the mail with \$10 off a vitamin purchase, the letter must be present to be redeemed.

Massage Therapy & Energy Healing

Unfortunately, we do not currently have a massage therapist in the office. We will update you as soon as possible.

MJ Potter, Reiki Master is offering energy balancing that 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 non-touch, painless, non-invasive, radiation-free imaging screening for breast health and much more. Screening will be available on Thursday's. Contact Linda Honey for pricing and appointments at 586-770-4429. 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 To register, go to www.niadance.weebly.com or e-mail Jennifer Desiderio at 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 of the month is **UltraGI Replenish** by *Metagenics*. This product is a medical food formulated to provide specialized macro-and micronutrient support for patients challenged by compromised gut function. The best part, it comes in Chocolate or Vanilla flavor!



The featured essential oil this month is **Lemongrass**. Lemongrass is steam distilled from *Cymbopogon flexuosus*, one of several aromatic flowering grasses in the Poaceae family. Originally native to India and Guatemala, this botanical now thrives around the world in warm, tropical climates. This oil has a fresh aroma that neutralizes odors and makes an excellent addition to home cleaning solutions. Applied topically, it can be used to cleanse the skin or fend off outdoor annoyances.

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

