



Canton Center Chiropractic Clinic  
**TRIBUNE**

January 2021  
6231 N. Canton Center Rd, #109  
Canton, MI 48187  
(734) 455-6767  
cantoncenterchiropractic.com  
Like us on Facebook



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

*Dr. Potter and Staff*

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



**It's Almost Vacation Time**

Dr. Potter will be going on vacation starting February 8<sup>th</sup> and will not be back until March 17<sup>th</sup>. Make sure you make your appointments to see him now before he fills up!



**Heart and Vascular Screening Event**

Know Your Health Now is back in the office on **Tuesday, February 16<sup>th</sup>**. 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](http://knowyourhealthnow.com) to schedule an appointment.

**Fee Increase**

Starting January 1<sup>st</sup>, 2021 all chiropractic fees will increase by \$1. The new adjustment fees will be \$47, \$57, or \$67, and the exam fees will be \$37, \$67, or \$109 depending on your service. Reiki will also go up by \$2 and will now be \$40.

This will not affect those whose insurance we are in network with or supplement prices.

**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 and Dr. Gregory via Facebook Starting January 8<sup>th</sup>, as they detox with you. They will be posting information such as how they are feeling and even some delicious shake recipes they are enjoying. Get your detox kit ready now as they are 10% off throughout the month of January!

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.

**Reminder from the Insurance Department:**

Insurance deductibles begin on Jan. 1<sup>st</sup> for most policies. Also, it is very important to let us know if your insurance has changed for 2021. Please be prepared to fill out any update forms and provide us with your new insurance card. Thank you.

**Take Time for Monday Night Meditation**

Join MJ for an evening of Meditation **Monday, January 18<sup>th</sup> at 7:15 pm**, 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.

**The office will be closed January 1<sup>st</sup>-4<sup>th</sup>. We will reopen on January 5<sup>th</sup>!**

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

[www.cantoncenterchiropractic.com](http://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](http://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 an 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](mailto:thermographyfirst@comcast.net)

### **NIA Classes**

Join Jennifer Desiderio's Nia Classes on Mondays from 7-8pm via Zoom! To register, go to

[www.niadance.weebly.com](http://www.niadance.weebly.com)

or e-mail Jennifer Desiderio at

[inner\\_dancer@yahoo.com](mailto:inner_dancer@yahoo.com).

### **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**

**Yoga is still 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 supplements of the month are our detox kits! Throughout the month of January enjoy 10% off any of our detox kits and check out our Detox with the Doc workshop happening via Facebook. We have 4 different detox programs that we recommend; Core Restore by Ortho Molecular, SP Detox by Standard Process, SP Complete by Standard Process, and the Purification Kit by Standard Process. Ask your doctor which one would best suit you!

### **The Essential Oil of the month is Peppermint!**

Peppermint essential oil provides a familiar, recognizable scent, but Peppermint is so much more than simply nostalgic. During the cold/flu season Peppermint can be used to clear the sinuses, it can be diffused to create a stimulating and focused atmosphere, or even applied topically to create a cool tingling sensation on the skin after hard physical activity.

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

