



Canton Center Chiropractic Clinic TRIBUNE

July 2020
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cantoncenterchiropractic.com
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Happy 4th of July

We are the land of the free, we are the home of the brave. Let us pay tribute to our brave American Heroes on this special day and forever.

Happy Independence Day!
~Dr. Potter and Staff



July Auto Insurance Changes!

When changing your auto insurance policy make sure you check with your health insurance to make sure they have *Personal Injury Protection* (PIP). If you do not and opt out of pip, you could be stuck paying out of pocket for all medical expenses related to your auto accident. Fun fact, most health insurances do not carry any PIP coverage!



Congrats to the Class of 2020!

James Beem
Sarah Dunn
Jasmine English
Rachel Gonsler
Jessica Mack
Bridget Orr
Abigail Perkins
Adam Timpf

We are very proud of you all. Best of luck on your next journey!

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.



Are You Prepared for the Cold and Flu Season?

Now is the time to get ready. Don't wait, come learn what you need to enhance your immune function during these difficult times. Join Dr. D **Thursday, July 23rd at 7:15pm**, and educate yourself on how to best defend yourself before the

fall comes! (We will also be discussing Covid-19).



Rescheduled Intro to Chakra and Energy Balancing

Ever wonder where that gut feeling comes from or why you know something intuitively? Ever feel your energy is lacking or out of balance? Have "**Fun with Energy**"; join MJ Potter, Reiki Master, **Monday July 27th at 7:15**, for this informative evening learning about chakras and how you can balance 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.

Take Time for Monday Night Meditation

Join MJ for an evening of Meditation, **Monday, July 20th at 7:15pm**, 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 10 am-6pm, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

We will be closed July 3rd through the 5th and will reopen July 6th at 10am in observance of Independence Day.

Dr Potter is out of the office and will return July 20th!

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 still on hold but when they returns join Jennifer

Desiderio's Nia Classes on Mondays 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 right now but when it returns 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 **Anti-Alcohol with HepatoProtection Complex** from Life Extension. This product supports natural alcohol metabolism and protects against liver toxicity commonly associated with alcohol consumption.

Caution: *This product does not prevent, reduce or modify any of the mental impairment effects that alcohol induces.*

The Essential Oil of the month is Lemon.

With its bright and joyful aroma, Lemon essential oil benefits skin and hair as much as its aroma enhances your environment. Lemon oil can be used in a variety of ways: Mix it with your cleaning products, use it during your nighttime skin care routine, or add a drop to your conditioner for a great scent. Try it in your lemonade! Lemon is a fantastic summertime oil!

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