



Canton Center Chiropractic Clinic TRIBUNE

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

KNOW YOUR HEALTH NOW™

Heart and Vascular Screening Event

Know Your Health Now is back in the office on Wednesday, June 16th. 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. Call the office to schedule a time!



Happy Father's Day!

To all of the hardworking, caring, brave, fun, and patient Dads out there. Have a wonderful Father's Day!

~Dr. D and Staff



Dr. J is Back!

Dr. J is officially back from maternity leave. She will be in the office part time. Give the office a call to set up your next appointment!



Congrats to the Class of 2021!

Last year due to Covid-19 we were sad to hear that our graduates would be missing out on some of their festivities. With that being said, we want to welcome all our graduates in to enjoy a treat on us again this year during the week of June 14th! We would also like to feature them in our office and on Facebook. Please email and submit your graduate to cantoncenterchiropractic@yahoo.com ASAP!



Summer Essential Oil Sale

Please enjoy discount on select oils...

30% off: Aromaease, Caraway, Coriander, Gathering, Geneyus, Geranium, Kuneza, Manuka, Mastrante, Mountain Savory, Nutmeg, Parsley, Patchouli, and Thyme.

10% off: Lavender

Not sure what they are used for? Feel free to ask!

WHILE SUPPLIES LAST!

Upcoming Workshops

Unfortunately, there are no workshops for June. Check back for July!

Take Time for Monday Night Meditation

Join MJ for an evening of Meditation **Monday, June 14th 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.

Dr. Potter is out of the office, he will be back June 7th!

All doctors will be out of the office Saturday, June 26th. We will be open for supplements!

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

www.cantoncenterchiropractic.com

Massage Therapy & Energy Healing

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

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

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 this month is **Bug Off by Zorex**. Bug Off is a topical homeopathic spray insect repellent that does not contain DEET, but contains the following homeopathic agents and oils. The oils included are Citronella, Mandarin Orange, Pennyroyal, Rosemary, Siberian Fir and Thuja Cedar Leaf. As the weather warms up and we start getting outside use Bug Off to help protect you and your family from bugs!

The Essential Oil of the Month is ORANGE!

Orange essential oil has a bright, uplifting aroma that cleanses and refreshes the air when diffused. Other common uses include skin blemishes, adhesive remover, and an additive to your household cleaner. When taken internally, it can also provide digestive and immune support!

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

