



Canton Center Chiropractic Clinic
TRIBUNE

March 2021
 6231 N. Canton Center Rd, #109
 Canton, MI 48187
 (734) 455-6767
 cantoncenterchiropractic.com
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Wellness Extravaganza

Usually around this time of year we host our annual Wellness Extravanga. Unfortunately due to Covid-19 it has been canceled, but we still want you to stay healthy! Here's a list of some of our usual vendors with their contact information...

- Ela Rozalski** – Hand and Foot Reflexology
 (734) 756-0844
- MJ Potter**- Reiki
 (734) 455-6767
- Michael Clark**-Acupuncture
 (248) 636-2156
- Latricia Wright**-Olive Seed
 (313) 757-0993
- Kimberly Kelsey**- Norwex
 (734) 771-1464
- Dr. Bruce Smoler, DDS.**- Dentistry
 (734) 728-5600
- Cynthia Potter**-Young Loving Oils
 (248) 486-1942
- Prince Kapoor**-Hustle Fitness
 (734) 205-9026
- Jennifer Desiderio**-NIA
 (734) 259-5068
- Sarah and Matthew Pare**-PCS Counseling
 (734) 542-6969
- Pure Pastures**-Grocery
 (734) 927-6951

Upcoming Workshops

Unfortunately, there are no workshops for March. Check back for April!



Day Light Savings

*Day light savings time is Sunday, March 14th, so don't forget to spring forward one hour. Also, this is a good time to make sure you check your fire extinguishers and change the batteries in your smoke detectors!



Reminder

Dr. Potter is still on vacation, he will be back in the office Thursday March 18th! Please, **Schedule Your Appointment NOW!** He fills up very quickly and unfortunately, we usually cannot do same day appointments with him around that time. We will do everything we can to accommodate you and of course you are always welcome to see an associate but if you want to see Dr. Potter **MAKE YOUR APPOINTMENT NOW!**

Take Time for Monday Night Meditation

Join MJ for an evening of Meditation **Monday, March 22nd 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 still on vacation. He will be back in the office March 18th!

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 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

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 right now but once 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 **Great Lakes Allergies** by King Bio and **Quercetin 500** by Metagenics.

Great Lakes Allergies is a homeopathic used to support a healthy, balanced immune system as well as prevent and correct allergy symptoms including; headaches, nasal and sinus congestion, eye irritations, sneezing, cough, and other symptoms of allergies. What makes this product so special is that it directed towards the allergies of the mid-western region, meaning it's for OUR trees, grass, pollen, molds, etc. Great Lakes Allergies is the most complete allergy correction available today!

Quercetin 500 features 500 mg of quercetin in one capsule to promote a

healthy immune response, support cardiovascular and endothelial health, and support antioxidant status. Quercetin is said to also help with allergies, cardiovascular disease, inflammation, and even colds!

Ask your doctor how these products can help you!



The Essential Oil of the month is ORANGE.

This bright uplifting oil has a sweet citrusy aroma that relaxes the mind, body and soul. The orange is believed to have originated in China before being introduced to Europe and America. Naturally revitalizing for added positivity, peace and wellbeing. Awaken the senses with this stimulating oil, enriched with powerful limonene. Simply add a few drops of this delicious scent into your favorite lotion to reduce blemishes and wrinkles, unveiling a radiant and youthful glow. Orange also blends beautifully with Lemon, Cinnamon and Sandalwood, for a warm fragrance.

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

