



# Canton Center Chiropractic Clinic TRIBUNE

May 2021  
6231 N. Canton Center Rd, #109  
Canton, MI 48187  
(734) 455-6767  
cantoncenterchiropractic.com  
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### **Thank You!**

We are forever grateful for the ultimate sacrifice of those who died for us. May their courage and dedication never be forgotten.

*~Dr. D and Staff*



### **Happy Mother's Day!**

Sunday, May 9<sup>th</sup> to all of the amazing, hardworking, loving, strong, selfless Moms out there. Have a wonderful day!

*~Dr. D and Staff*



### **May the Fourth be with You...**

Spending too much time on the **DARK SIDE?** You are in need of some Vitamin D! During the month of May enjoy 10% off our Vitamin D products!

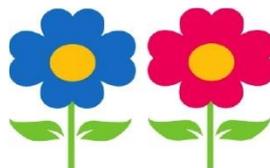
### **Dr. Brady's Last Day**

As of May 21<sup>st</sup>, Dr. Brady will no longer be an associate at Canton Center Chiropractic Clinic. Her last day seeing patients will be Thursday, May 20<sup>th</sup>. We wish her well!



### **Dr. J's Maternity Leave**

Dr. J is still on maternity! Both Dr. J and Baby Jaxon are doing well. She will be back in the office starting May 17<sup>th</sup> with limited hours. Call the office to make your appointment!



### **Plant the Seed of Wellness**

During the month of May, pick up a complimentary seed packet from the front desk. Share the gift of health and pass along the attached coupon for a *No Charge phone consult for a new patient*. Help someone you know discover their optimal wellness this spring!

### **Upcoming Workshops**

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

### **Take Time for Monday Night Meditation**

Join MJ for an evening of Meditation **Monday, May 17<sup>th</sup> 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 10am-6p, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

**We will be closed Monday, May 31<sup>st</sup> in observance of Memorial Day.**

**Dr. Potter will be out of the office Starting May 24<sup>th</sup> and will return June 7<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**

**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](mailto: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](http://www.nianow.com) 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)

### **Yoga**

**Yoga is on hold for right now 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 **Natural D-Hist by OrthoMolecular Products!** The Natural D-Hist formula includes optimal support for nasal and sinus passageways for individuals who anticipate seasonal changes. It is a targeted blend of flavonoids, antioxidants, proteolytic enzymes and botanicals designed to provide comprehensive support for

seasonal challenges caused by common environmental allergens. The formula includes quercetin, bromelain, stinging nettles leaf, and N-acetyl cysteine. The powerful combination actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation. The Quercetin and N-Acetyl cysteine in D-Hist has also been found to help patients with viruses!



### **The Essential Oil of the month is Lavender.**

Dealing with lightsaber burns? Lavender may help cleanse and soothe skin irritations. Outside lightsaber burns, lavender essential oil has a scent that is a wonderful blend of fresh, floral, clean, and calm. As one of our most popular products, Lavender is a great beginner oil and a must for every home. Lavender essential oil is not just a favorite because of its classic scent—it is also highly versatile. From skin care products to relaxing routines, this oil can infuse and enhance many areas of your life.

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