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Important Dates:

- Jan 1 Office Closed: Happy New Year!
- Jan 2 Office Closed
- Jan 4 Purification Day
- Jan 5 Weight Loss Challenge Begins
- Jan 7 Detoxification Workshop
- Jan 9 Dr. Hicks out of office, Dr. Lawrence In
- Jan 12 Meridian Test Heart Assessment
- Jan 19 Meridian Test Heart Assessment
- Jan 20 Reflexology Workshop

NIA CLASSES

Still a chance to join Jennifer Desiderio's Nia Classes on Monday's starting January 11th thru February 22nd. The

Welcome in 2010

Dr. Potter and Staff wish all of you a very Happy and Healthy New Year.

Keeping in the spirit of starting the New Year healthy, join us on Monday, January 4th for our Purification Day. We will be providing the Standard Process Purification Kit information on display all day. Purifying offers you a way to enjoy the best your body has to offer.

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.

January is Detoxification Month! This is a great time to cleanse your liver, kidneys, and gall bladder to start the new year healthy. It's also a great step forward on losing weight for your New Year's Resolution. Join us for Detoxification & Purification Workshop on Thursday, Jan. 7th, from 7:15-8:30pm. Dr. Potter will explain how your body can become toxic, the resulting symptoms, and what natural solutions are available to you. All are welcome. Please sign up at the front desk.

Reflexology Workshop

Join us on Wednesday, January 20th, from 7:00 to 8:15 pm, as Patricia Burmeister, Certified Reflexologist, presents her Reflexology workshop. Come and learn how Reflexology can relieve stress and tension, improve blood supply, and promote the unblocking of nerve impulses in the body. Join us for an evening of relaxation, as we learn about these important reflex areas on our body, and the unique method that is used on them. Highlights of the evening include a Detox foot bath demonstration. Everyone is welcome. Sign up at the front desk.

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.

Additional workshops will be presented through the Plymouth-Canton Community Education Program for Adults. The charge for each workshop is \$12 and these will be available at the Plymouth-Canton Educational Park (High School). Please contact the Community Education Program at (734) 416-2937 for further details.

Office Hours

Regular office hours are Monday, Wednesday, and Friday, from 9am-7pm., Tuesday and Thursday from 10am-7pm, Saturday from 10am – 1pm.

Office Closed Friday, Jan. 1st and Sat. Jan. 2nd

Dr. Hicks OUT: Saturday, Jan. 9th

Dr. Lawrence IN: Saturday, Jan 9th 10-12

Dr. Potter IN: Saturday, Jan 16th 10-12

Further changes will be posted at the Front Desk.

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 \$6.00 a class!

Tai Chi Classes

We are continuing to offer Tai Chi Classes. Classes are open to beginners and intermediates, as well as every age group. Classes will be held each Thursday from 6-7pm. Classes are \$5 each with senior rates available. Sign-up is available at the front desk, or call to have your name put on the list.

Weight Loss Challenge

Congratulations Holly & Chris for the amazing weight lost! Between them they lost 110 lbs. The next challenge will start on Tuesday, Jan. 5th. The group meets on Tuesday's from 6-7, for more information and any questions, please call 734-667-2004.

Health and Wellness Meridian Testing

On Tues., Jan 12th and Tues., Jan 19th, we are offering Meridian Test Heart Assessment. The test is performed and evaluated by Dr. Denise Acton, Naturopathic Doctor. The heart assessment test is a FDA approved machine that measures 7 conditions of the heart and arteries. The charge is \$40.00 for this low cost testing. Prevention could save your life! Please call the office for special instructions and sign up for appointment times. For those who took the test in December, this would be a good time to get rechecked on your progress.

Massage Therapy & Energy Healing

Steven Porritt will be taking appointments Tuesday through Friday. To book an appointment, you should contact him directly at (734)377-6843.

Jennifer Webb, our Natural Health Practitioner is offering a holistic approach to "Health and Well Being". Providing-Ear Coning, Auricular (Ear) Acupuncture, and "Whole Body" Energy Balancing. To schedule an appointment Call Jennifer @ (734)635-1600

Kim Bailey, healing art practitioner, offers healing through Spiritual Art therapy, Reiki, and other means. To schedule an appointment, you may call Kim directly at (810) 923-0367.

Nutrition of the Month

The featured supplement this month is SP Complete. SP Complete is a vegetarian whole food and herbal supplement. Mixing it with juice or water makes it a nutritious supplement shake. This is a part of the Standard Process Purification program. SP Complete delivers powerful antioxidant protection to promote cellular health, and when used with the SP Purification Program, it provides the body with essential vitamins and minerals. SP Complete contains whey protein powder, flax meal powder, brown rice protein powder, buckwheat juice powder, barley grass juice powder and 21 other whole foods and botanicals.

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

REMINDER:

It's that time of year again!

Insurance deductibles begin for most insurance policies on January 1st. The deductible is that portion of your insurance for which you are responsible before your benefits are paid by the insurance carrier. This includes Medicare insurance. If you have any change, please notify the staff upon signing in for an appointment. Thank You!