



Canton Center Chiropractic Clinic TRIBUNE

Important Dates:

- June 28- Dr. Potter
July 11 out of the office
- July 7 Nordic Walking & NIA Classes
- July 11-July 13 Dr. B out of the office
- July 14 Nordic Walking
- July 15 Fruit & Veggie Day
- July 21 Nordic Walking
- July 23 Muscle Testing Workshop
- July 28 Nordic Walking
- Aug 4 Foot Reflexology Workshop

Fruit and Veggie Day!

This July we would like to encourage you to make healthy eating choices by choosing more vegetables and fruits in your diet. To help our patients with these choices, we will be celebrating on Wednesday, July 15th with samples available ALL DAY. We will be providing information on farmers markets,

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. Back by popular demand! Dr. Potter will be presenting a Muscle Testing Workshop, Thursday, July 23rd from 7:15-8:15p.m. Learn how your body lets you know what it needs nutritionally through muscle testing. Discover the basic principles behind the scientific technique of muscle testing. It's best to bring a partner. Your family and friends are welcome. Have the doctor muscle test them at No Charge! Complimentary handouts will be given to all participants.

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.

Office Hours

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

Dr. Potter OUT:
June 28th-July 11th

Dr. Lawrence will be here to cover while Dr. Potter is on vacation:
Tuesday's, June 30th and July 7th, Thursday's July 2nd and 9th and Saturday July 11th.

Dr. Brockenshire OUT:
July 11th-13th

Dr. Brockenshire IN:
July 10th from 9-12 Only

Further changes will be posted at the Front Desk.

Introducing New Products

Are you getting your 5-9 servings of fruit and vegetables a day? One serving of Phytoganix supplies 6 servings of your daily fruit and vegetables. Phytoganix provides a certified organic blend of vital super fruits, vegetables, herbs, and fiber to promote overall health. It's the greener, earth-friendly way to get a diverse, daily dose of phytonutrients in a delicious berry red formula. Great for kids too!

New seven day detox program. The Core Restore BT Program is to remove, restore and revitalize your body. The initial 7 day program will provide your body with the ability to remove the toxins that have built up over time and lose weight. Ask your doctor how this can eliminate GI symptoms and help to unmask other causes of GI concerns.

NORDIC WALKING CLASSES

Get moving on Tuesday, July 7th, 14th, 21st, and 28th, Nordic Walking is regular walking made up to be 40% more efficient with the use of specially designed hand-held LEKI Nordic Walking

vegetable nutrition, and even products to supplement your fruit and vegetable intake. You are welcome to book your regular appointment that day, or to stop by any time!

NIA Classes

Still a chance to join Jennifer Desiderio's Nia Classes on Tuesday, June 23rd, 30th, and July 7th. 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!

Looking Forward

Tuesday, August 4th from 7:00-8:00p.m. Pat Burmeister will have a workshop on Foot Reflexology. For more information call the office or sign up at the exit desk.

poles. This will strengthen your upper body, stomach, chest, back and arms. This is a total body workout that can burn up to 40% more calories than regular walking, using the upper body in tandem with the lower extremity. Class participation is limited to 11, (due to the amount of LEKI walking poles available), but observers are welcome too! Please sign up at the front desk with your height and phone number. \$5.00 per session (no checks please)

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 energy healing and ear coning practitioner, will now be accepting appointments. To schedule your appointment contact her at (734)635-1600

Kim Bailey, our newest addition to our energy healing team, offers healing through Spiritual Art therapy, Reiki, and other means. To schedule an appointment, you may call Kim directly at (810) 923-0367.

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.

Nutrition of the Month

Your skin is the largest organ of the body and it is the most exposed to the damaging effects of heat and sun. Sunburn is especially damaging to the skin, as it results from a build up of Vitamin D. Combined with lack of essential fatty acids, this build up creates a calcium deficiency in the tissue. Taking supplements to increase your essential fatty acids along with proper use of sun-tanning or blocking lotions will help reduce the effects of Ultra Violet light on your skin. Try Flax Seed Oil, Omega-3, or Cod Liver oil to increase Essential Fatty Acids (EFAs). Also, Calcium and Magnesium supplements like MCHC, Calcium Lactate, or Calcium Magnesium (citrate) will help prevent the insufficiency of calcium in the tissue. If you already have a sunburn, take supplements that include Calcium and Magnesium to help your tissue recover. Also, overall skin health is helped by taking supplements to increase your EFAs, such as Omega-3 Fatty Acids or Flax Seed Oil. Liquid Iodine is also recommended to help counteract the sun's damaging effects on your skin. Additional supplements to support healthy skin are: Dermatrophin PMG and Cataplex ACP by Standard Process. Dermatrophin PMG is a supplement designed to maintain healthy function of the skin. It assists the epidermis in its daily renewal. Cataplex ACP combines complexes of vitamins A, C, and P. Vitamin A helps maintain the epithelium of the skin. Vitamins C and P are also vital in skin health, by supporting the small capillaries that provide oxygen and nutrients to the cells of the skin.

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

Canton Center Chiropractic Clinic ♦ 6231 N. Canton Center Road, Suite 109 ♦ Canton, Michigan 48187 ♦ (734) 455-6767