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Canton Center Chiropractic Clinic TRIBUNE

Important Dates:

- July 1-10 Dr. Potter out of office
- July 3-5 Office Closed Happy Independence Day!
- July 14 Balancing Hormones Workshop
- July 21 Fruit & Veggie Day
- July 22 Kangen Water Workshop

NIA CLASS

Next Session for Nia will now be on Tuesdays from 7:00-8:00p.m. Nia blends dance, martial arts, and healing arts, to create a dynamic fitness and lifestyle practice that changes how people experience their body and exercise... Come dance, kick, stretch, and laugh with us. Next session starts June 29th- July 27th. Class fee: \$25.00 for the 5 week session or \$6.00 for drop-ins.



A Healthy Tips Reminder from MJ

Summertime...has me thinking warm, sunny days, red, white and blue celebrations, and more freedom to partake of your favorite activities. Whether you are golfing, gardening, biking, walking, playing sports, swimming, going away on vacation or spending time with your family, you are storing up some energy to help you feel great! This is a reminder to take advantage of fresh fruits and vegetables in your diet, do proper stretches and warm-ups before exercise, take precautions when out in the sun and come in for your adjustments to keep your body tuned-up. At Canton Center Chiropractic Clinic we are ready to assist you to stay on the road to wellness.

Enjoy these lovely long summer days and have a Safe and Happy 4th of July!

MJ Potter, B.S., M.T., ASCP
Office Manager

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 21st with samples available ALL DAY. We will be providing information on farmers markets, 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!

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.

Wednesday, July 14th Dr. Hicks will present How to Manage Your Hormones Naturally from 7:00-8:30p.m. Hormones move quickly from their site of synthesis to their point of action. Familiar endocrine hormones include insulin, cortisol, growth hormone, thyroid hormone, estrogen and testosterone. Learn how to assist your body to help balance this delicate and important system. Sign up at the front desk or call the office to register.

Thur., July 22nd from 7:15 to 8:15p.m., Dr. Denise Acton will introduce Kangen Water. Are you drinking the right kind of water for your body? Are you acidic and drinking bottled water? Come learn how a strong alkaline, high antioxidant, micro-clustered water could make a big difference in your life. Bring your own water to test.

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.

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.

Looking Ahead to August

Watch for details on our new Family Night. We will have education and fun for the whole family. Watch for details in-house and on our website.

Weight Loss Challenge

Huge success continues with the weight loss group. Get support in your quest to lose weight. The next challenge will start in late August. The group meets on Tuesday's from 6-7p.m. For more information and any questions, please call 734-667-2004. Currently, the group has lost 65 lbs. Wow!

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.

Dr. Potter OUT: July 1st-10th

Dr. Potter Friday Hours: 9:00-1:00 Only

Office CLOSED: Sat., July 3rd-5th

Further changes will be posted at the Front Desk.

Raindrop Massage Therapy

New service added from Dr. Denise Acton. The light effleurage (featured finger stroking) along with the vitaflex foot reflexology was a technique Dr. Gary Young learned from the Lakota Indian tribe of South Dakota and has passed along this technique to other health practitioners. Pure essential oils are dispensed like little drops of rain from a height of 6 inches above the back. The oils will continue to work in the body for up to 1 week following treatment. This treatment is also accompanied with the Bio-Mat. Appointments can be made for Mondays and Wednesdays. Allow 45 minutes for this treatment. Cost is \$40.00.

Massage Therapy & Energy Healing

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

Christy Zarek comes to us with 8 years of experience in craniosacral, hot/cold stone plus other techniques and is taking appointments on Tuesdays. Call Christy at 734-516-0701.

Cynthia Haas employs the bio-mat technology with her massages and is now taking appointments on Thursdays. Call Cynthia at 313-506-1302.

Nutrition of the Month

The featured supplement this month is Cruciferous Complete. Cruciferous Complete is a vegetarian supplement containing organically grown and minimally processed kale and Brussels sprouts. Kale and Brussels sprouts are packed with phytonutrients, like beta-carotene and lutein; vitamins C and K; important minerals like potassium and calcium; and, of course, dietary fiber. These all function to support a healthy body. These are several compounds in cruciferous vegetables that research suggests support the woman's body in processing estrogen. In a recent study it was shown that a majority of women consuming three Cruciferous Complete twice per day shifted their body's production of estrogen metabolites. Please consult the doctors before beginning any new supplements in order to make sure each vitamin is needed for the individual.

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