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TRIBUNE

Important Dates:

- June 3 Meditation Class
- June 9 Men's Only Workshop
- June 16 Muscle Testing Workshop
- June 17 Children's Health Workshop
- June 17-23 Dr. Hicks Out of office
- June 28 -Dr. Potter
July 10 Out of office

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.

Healing Thoughts:

Spring is here! I am writing these thoughts following a few days of storms and heavy rains. When the sun appeared late in the day, I was struck by the beauty of nature around me. Green grass, flowers blooming, and trees budding reminded me that Spring is about new beginnings. It is about changing the dormant into new life.

With this reminder from nature, I contemplate all that is new at Canton Center Chiropractic Clinic. Much has changed and we have added new services to help improve your health. Dr. Acton has been busy receiving training on the updated Zyto technology to better assess your body's stressors and nutritional needs. Dr. Potter and Dr. Hicks attended a recent seminar identifying the leading causes of health concerns and how to address them. Ask them what is the latest information...they love to share.

We are also excited to have Christy Zarek, Massage Therapist, join us. With my recent session with Christy, I am able to say she has a wonderful massage technique and her postural analysis complements Chiropractic care. In addition, Cynthia Haas, Massage Therapist, has introduced us to the Bio-Mat. The Bio-Mat trial held in April revealed positive results for patients. Users of the Bio-Mat reported stress reduction and decreased pain. And if you haven't tried meditation, Kathy Henning is presenting classes monthly. Come learn techniques to help you quiet your mind and relax yourself. Meditation has tremendous mind, body, and spirit benefits. Be sure to take advantage of the new technology and expertise of the doctors and therapists to improve your health.

I leave you with this healing thought: Spring is about change and new growth; let us help you make the changes in your health for a new and better you.

Yours in Health,
MJ Potter, B.S., M.T. ASCP
Office Manager

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.

June is Men's Health Month here at Canton Center Chiropractic Clinic. Information will be out all month in regards to men's health. Our information display will cover such topics as stretching for exercise, golf, yard work, nutrition for men, and much more. Sunday, June 20th is Father's Day. Give him the appreciation he deserves!

In honor of Father's Day, we are focusing on men's health by having a Men's Only Workshop, Wednesday, June 9th, from 7:15-8:30 p.m. Isn't it time you took the time to take care of you! This night is a chance to learn and discuss issues that affect the male population. Dr. Potter will discuss Men's health and wellness in a fun, comfortable atmosphere.

We will also have vendors, such as, an auto mechanic, 10 minute chair massage, a personal trainer and more to answer your questions. NO FEMALES ALLOWED! Non alcoholic beer and pizza will be served. Sign up at the front desk so we know how much fun to order.

Meditation Class

Come join Kathy Henning Thur., June 3rd from 7:15-8:30p.m., as she teaches present moment meditation. Through meditation we release stress, relax, and become quiet inside. \$12 Fee. Registration required. Call Kathy at 734-674-6965.

Office Hours

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

Dr Hicks OUT:
Thur., June 17th-Wed., June 23rd

Dr. Potter OUT:
Mon., June 28th-Sat., July 10th

Further changes will be posted at the Front Desk.

Back by popular demand! Dr. Potter will be presenting a Muscle Testing Workshop, Wednesday, June 16th from 7:15-8:30p.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.

Thursday, June 17th from 7:15-8:15p.m. Dr. Denise Acton will present a new workshop on Raising Kids Naturally. Come learn the ABC's of Children's Health. How to assemble a kit of basic remedies to rapidly heal most acute illnesses at home including general activators, antispasmodics, stimulants, decongestants, antiviral, carminatives, laxatives, and more. She will have a special book available for purchase while supplies last.

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.

Massage Therapy & Energy Healing

Jennifer Webb, 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, Massage Therapist, utilizes craniosacral techniques, hot/cold stone therapy and is taking appointments on Tuesdays. Call Christy at 734-516-0701.

Cynthia Haas, Massage Therapist, 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 Palmettoplex which is made up of three different botanicals that are well-known for supporting the prostate gland. These botanicals, combined with other whole food sources, join forces with Prostate PMG extract to provide strong and natural male genitourinary system support. The prostate gland is a round, walnut-sized gland that exists below the bladder and surrounds the urethra-the tube that transports urine from the bladder. As part of the male reproductive system, the prostate produces most of the fluid contained in semen and helps mobilize and alkalize sperm. The prostate gland, while a seemingly simple part of the male anatomy, is very important. Indeed, the National Institute on Aging advises that the best protection for the prostate is to have regular medical checkups that include a comprehensive prostate exam. The top four benefits of Palmettoplex are: Providing prostate cell determinants to help support and maintain healthy tissue; encouraging healthy cell metabolism; decreasing cellular oxidative damage; improving bladder elasticity.

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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