



Important Dates:

- Oct 5 Nia Class
- Oct 8 "Inspired to be Healthy" Class
- Oct 12 Apple Day
- Oct 13 Immune Workshop
- Oct 16 Reiki Workshop
- Oct 28 Carboholic Workshop
- Nov 5 "Inspired to be Healthy" Class
- Nov 19 "Inspired to be Healthy" Class
- Dec 3 "Inspired to be Healthy" Class
- Dec 17 "Inspired to be Healthy" Class

Classes Continue:

- Monday's:
NIA 7-8pm
- Tuesday's:
Weight Loss
6-7pm
- Thursday:
Tai-Chi 6-7pm

Just a

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, October 28th, from 7:15-8:30p.m. Dr. Potter will present UNDERSTANDING THE CARBOHOLIC IN YOU! Do you suffer from any of the following: Excessive appetite, sugar cravings, fatigue, inability to concentrate, lightheadedness? Effective regulation of blood glucose has important implications for your health. Discover ways to control your blood sugar and prevent diabetes.

October 13th from 7:00-7:45p.m. Dr. Brockenshire will present a new workshop, "Build a Better Immune System" You are your immune system. Come learn tools for cold and flu prevention, including how to handle an infection, if you have one.

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.

An Apple a Day...

Our Healthy Choices event for October is all about apples! This fun fall fruit is healthy and delicious. Join us on Monday, October 12th for samples of a variety of apples, as well as fresh cider. Help yourself to information on the healthy benefits of fruit, and learn why you should eat an apple a day! Samples and information will be available all day in the lobby, so make your appointment anytime or just stop by!

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

Reiki Training Level 1 Class

Join us Friday, Oct. 16th from 7:00-10:00p.m. for Reiki Training Level 1 class, taught by Reiki Master, Kim Bailey. This class examines the reality of Reiki, how it works and its history. You will receive the Reiki 1 attunement which permanently opens a channel to the flow of the Universal

reminder!

Don't forget daylight savings is November 1st. Fall back an hour.

Office Hours

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

Changes will be posted at the Front Desk.

HEALING THOUGHTS

School is now in session, the weather is changing, and we are enjoying the Fall season. As schedules speed up and our lives are extra busy, remember to be proactive regarding your health. Nature releases her abundance from summer growth; take advantage of this bountiful harvest and also reap the benefits of our upcoming workshops, classes and events.

Life Force Energy in your own body. You will learn to use this healing energy for yourself. Reiki cleanses the body of built up toxins, relieves pain, soothes shock, calms the mind and emotions, and accelerates the body's natural ability to heal itself at the same time promoting a state of total relaxation and well-being. Class Price is \$95.00.

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.

It Starts in November

If you missed it before, here's another opportunity to help yourself on your journey to health and wellness...

“INSPIRED TO BE HEALTHY”, Join Steven Porritt, certified massage therapist and healer, on a journey to awaken your inner power to heal. Using meditation, the Law of Attraction, and energy healing techniques, Steven will introduce new ways to look at yourself and to use your mind to create health and wellness. This 6 week event includes 4 classes and 3 distance healing sessions begins Thursday, Nov. 5th from 7:15-8:45pm. Other classes will be Nov. 19th, Dec. 3rd, and 17th with distance healing sessions between classes. Tuition is \$60.00 per person for all class and sessions. Space is limited, so sign up early. Call Steven to register at (734)377-6843.

Nutrition of the Month

This month's featured nutritional supplement is Bio-Glycozyme Forte by Biotics. Important for use in balancing blood glucose, Bio-Glycozyme is a versatile supplement which contains numerous vitamins and minerals. These nutrients are best to support patients who have a carbohydrate sensitivity, reactive low blood sugar, fasting low blood sugar, and general fatigue.

However, proper glucose regulation is important for all of us. Too much or too little and the body will cease to function at its optimum. The Central Nervous System requires glucose as its primary source of fuel, and adequate levels are required for its most basic functions. Though the brain accounts for only 10% of body weight, it uses more than 30% of blood glucose.

Among the essential nutrients contained in Bio-Glycozyme are Magnesium, Biotin, Vitamin C, Zinc, and Chromium. Recommended highly when eating or drinking excessively.

GlucoBalance is another vitamin and mineral combination formulated by M.D.'s It is an excellent formula for diabetics, elevated triglycerides with low HDL, and carbohydrate sensitivity.

Metabolic Synergy is designed for patients with blood sugar problems. A few core nutrients have been added to make Metabolic Synergy a complete multivitamin mineral.

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