

[Back to Homepage](#)

Important Dates:

- Sept 4 Dr. B Out of the Office
- Sept 5-7 Office Closed
- Sept 9 Nia Class
- Sept 10 Inspired to be Healthy
- Sept 12 Office Closed
- Sept 14 MOD Monday, Nia Class
- Sept 16 Balancing Hormones Workshop
- Sept 21 Nia Class
- Sept 22 Equinox
- Sept 24 Inspired to be Healthy
- Sept 28 Nia Class
- Oct 5 Nia Class
- Oct 8 Inspired to be Healthy

NIA CLASSES

Still a chance to join Jennifer Desiderio's Nia Classes. The class has been changed to Monday's starting September 14th thru October 26th. The Nia Technique Class is a mind-body-spirit movement combining the energies of dance, martial arts and healing arts. Drop-Ins Welcome!

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.

An "Introductory Workshop" to help you understand NIA TECHNIQUE. Wednesday, Sept. 9th from 7:15-8:30, Presented by Jennifer Desiderio. Come join us for a fun way to exercise. Please dress in loose and light weight clothing. The actual classes will start on Monday, Sept. 14th.

On Wednesday, September 16th, Dr. Potter will present "Balancing Hormones Naturally" from 7:15-8:30p.m. This NO CHARGE workshop offers a complete understanding of the cause of symptoms that occur during PMS and menopause, and the solutions through the proper use of diet, vitamins, exercise, and stress reduction. Dr. Potter will offer knowledge and choices that allow you to look and feel healthy via non-drug, non-surgical approaches to resolve these issues. Complimentary handouts will be given to all participants. Seating is limited. Please sign up at the Front Desk.

Join Kim Bailey, Spiritual Art Healer, on Tuesday, Sept. 22nd from 7:15-8:30p.m. Equinox... Celebrate the first night of autumn by healing your heart with art. This is a hands-on evening of creative fun... no artistic experience needed. There is a \$5.00 charge for supplies. Space is limited; call Kim at 810-923-0367 or register at the office 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.

Unlocking the Mysteries of Gluten Sensitivity: How Wheat Harms Your Brain

Join Dr. Thomas O'Bryan D.C. on Friday, Sept. 25th from 7:00-9:00p.m. at The Inn at St. John's in Plymouth, MI. Must call to register at 1-800-522-6382 or email seminars@metamidwest.com

"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, Sept. 10th from 7:15-8:45pm. Other classes will be Sept 24th, Oct 8th, 22nd 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.

Class fee is \$6.00 per class!

“MOD MONDAY”

Monday, September 14th Remember...the alternative lifestyle of the 60's? Well, we are here to celebrate it, as we bring you Alternative Health Care. Break out your tied dyed shirts and bell bottom jeans! (Groovy baby) Prizes will be given to the BEST DRESSED Hippie and Flower Child! Come learn about alternative means to treating yourself, as well as maintaining optimal health! Live entertainment will be provided in the afternoon by Frank Benfante.

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

It's back! Now accepting new participants for the 5th Weight Loss Challenge.

Office Hours

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

Dr. Brockenshire OUT:

Friday, Sept. 4th

Dr. Brockenshire IN:

Tues, Sept 1st 9-1, 3-7

Thurs., Sept 10th 10-1

Office CLOSED for Labor Day Weekend Sept. 5th-7th and Sat., Sept. 12th

Dr. Potter IN:

Thurs., Sept. 10th 3-7 Only

Further changes will be posted at the Front Desk. .

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 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.

Nutrition of the Month

The featured supplement this month is Congaplex. This is a way to take control of a cold and build your immune system. Congaplex, by Standard Process, is the primary product for colds, flu, congestion, inflammation, and any systemic infection. This combination of Cataplex ACP, Calcium Lactate, and Thymex helps provide the nutrients the immune system needs to mount an effective response to infection. For children, try Chewable Congaplex. It's an effective dosage for children, and easier to take than the regular capsules.

COLD AND FLU PROTOCOL

For Prevention:

- Echinacea Premium 1- 3/day
- Immuplex 4/day
- Cyruta Plus 6/day
- Bio-D-Mulsion 1-2 drops/day

For Acute Situations:

- Echinacea Premium 3/day
- Congaplex 2/hour
- Andrographis 2/meal
- Cyruta Plus 3/meal
- Argentyn Silver
1tsp every 20 min for the first few hours, then reduce to 3-4 times daily on empty

<p>Meetings start Tuesday, Sept. 1st. This is a 12 week class for \$35. Lose weight, win money, gain support, and so much more. For more information and to register call (734) 667-2004.</p>	<p>stomach. (hold under tongue 30 seconds before swallowing)</p> <p>It is recommended by doctors to start now with 1 drop of Bio D Mulsion daily to prevent getting the flu before the flu season starts. Come October, when the flu season is here, the doctors recommend 2 drops of Bio D Mulsion a day.</p> <p>Please consult the doctors before beginning any new supplements in order to make sure each vitamin is needed for the individual. \$15.00 Pre-register \$20.00 at door</p>
<p>Canton Center Chiropractic Clinic ♦ 6231 N. Canton Center Road, Suite 109 ♦ Canton, Michigan 48187 ♦ (734) 455-6767</p>	