



## News from Duluth MultiCare...

Newsletter

APRIL 2010

### Services at Duluth MultiCare

[Chiropractic Care](#)

[Kinesio Taping](#)

[Massage Therapy](#)

[Nutrition](#)

[Physio-Therapy](#)

[Sports Injury Care](#)

### Chiropractic Care Boots Golfers Performance

Spring is here - and that means many golfers will be dusting off their clubs and heading to the greens. Golf can be fantastic exercise and a powerful source of stress reduction. However, golf can also be hard on the spine, often triggering back disorders. That's why your doctor at Duluth MultiCare teaches patients how to keep their spines up to par when hitting the links. And, exciting new research shows that regular chiropractic care may boost a golfer's performance.

[Click here to read more...](#)

Spring is now in full bloom - the days are getting longer - and this warmer weather is giving us the urge to get outside and tackle the garden, walk or jog in the parks, walk the dog more often, and play sports.

If you've been relatively inactive over the last few months and these outdoor activities are calling to you - remember that you want to jump in slowly - be sure to warm up your muscles with a little stretching and then take it easy the first few times you are out.

In addition, don't forget the benefits of chiropractic and massage to keep your spine in good alignment to accomplish physical activity more easily and to ease those aching muscles that haven't been used for a while.

Duluth MultiCare offers a multitude of services to make sure you are in good physical health so you can enjoy Atlanta's Spring to the fullest.

See you soon...

*Dr. Bob Grace*  
*Dr. Jared Wiskind*

**P.S. Duluth MultiCare participates in health fairs** for companies and organizations. Call us (770-497-9700) to schedule a Health Fair at your business or organization.



Please [Forward this email](#) to friends and business associates who might be interested in learning more about chiropractic and Duluth MultiCare Services.

### Did You Know?

**Eating Whole Grains cut the risk of heart disease and type 2 diabetes, helps maintain a healthy weight and adds years to life...**



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You may consume traditional whole grain products like whole wheat bread, oatmeal and brown rice. But have you tried any of the delicious lesser-known grains that are becoming increasingly available? Here are some you might not be familiar with:



- **Amaranth** - recommended for patients who cannot tolerate gluten - cook as you would grits or polenta, or toast in a skillet until it pops like puffed rice
- **Spelt** - an extra nutritious substitute in a variety of baked goods, pretty easy to find in health food stores.
- **Buckwheat** - might help ease your stomach - aids in digestion
- **Quinoa** - gluten-free and a plentiful source of antioxidants and flavonoids, which help to control type 2 diabetes and high blood pressure; add to salads and casseroles or prepare as a pilaf - a satisfying side dish
- **Millet** - gluten-free grain offering lecithin and choline, which control cholesterol levels and helps keep bones flexible into old age
- **Barley** - has relatively little gluten and offers abundant potassium, sulfur and phosphorus
- **Wild Rice** - gluten-free; can help decrease HDL cholesterol levels and increase antioxidant levels
- **Kamut** - contains all eight of the essential amino acids, and is a source of vitamins B & E - supports eye health

All of these grains can be cooked whole - like rice - and used as a side dish, a hot breakfast cereal, or an ingredient in soups, stews, salads and casseroles.

You can also grind any grain into flour. Flours containing gluten can be used in yeast and quick breads. Those with little or no gluten are best in quick breads.

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