



## News from Duluth MultiCare...

Newsletter FEBRUARY 2010

### Services at Duluth MultiCare

- [Chiropractic Care](#)
- [Kinesio Taping](#)
- [Massage Therapy](#)
- [Nutrition](#)
- [Physio-Therapy](#)
- [Sports Injury Care](#)

### Natural Solutions for Seasonal Affective Disorder



Do the cold days of winter leave you feeling as dark

as a midwinter evening? There may be a good reason. For many individuals, the shorter hours of daylight during fall and winter months cause a form of depression called seasonal affective disorder (SAD).

Your doctors at Duluth MultiCare want patients to know that SAD is a common condition that can often be managed by a combination of natural therapies and lifestyle modifications. [Read on to](#)

Happy New Year from Duluth MultiCare!

Now that the new year is here, what better time to take a close, hard look at our lifestyle choices and how we can improve ourselves. There is no time like the present to get started improving your physical and mental outlook.

You might ask, "How do I do this?" You start by making better choices in living a healthy, well-balanced lifestyle. Regular exercise, healthy eating and sleeping habits, recreation time, and yes - getting your spine checked.


You may say to yourself, "How is chiropractic going to help me live better?" Well, let's ask a couple simple questions to answer that: Do you wait for your car to break down to change your oil? Do you wait for a mouth full of cavities before going to the Dentist? In turn - why would you wait for your body to break down before coming in and having your muscles and joints checked?

Exactly! You wouldn't and shouldn't. Let Duluth MultiCare help you reach your health goals for 2010. Come in and talk to us - we think you would be very surprised by how much we can help.

Again, Happy New Year from the Duluth MultiCare family. We hope your 2010 is happy, healthy, and safe.

*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  to friends and business associates who might be interested in learning more about chiropractic and Duluth MultiCare Services.

[learn](#) how you or someone you care about can maintain emotional well-being all winter long.



To Read Articles from previous newsletters and other topics of interest...

[click here](#)

## Did You Know?

### ALMOST ALL HIGH-SCHOOL STUDENTS MAY BE SLEEP-DEPRIVED

A mere 8% of high school students get adequate sleep on school nights, according to a study in the *Journal of Adolescent Health*, which surveyed 12,000 students in grades 9 through 12.

The authors found that 10% of adolescents sleep only five hours and 23% sleep only six hours on an average school night. More females than males have sleep deficits as do more African-Americans and whites compared to Hispanics. Nearly 20% more 12th-grade students have sleep deficits than do those in ninth grade.

"The natural sleep-wake pattern shifts during adolescence, making earlier bed time and wake times more difficult. The result for students with early school start-times is a chronic sleep deficit," notes lead study author Danice Eaton, PhD, of the Centers for Disease Control and Prevention.

National Sleep Foundation research shows that delaying school start-times by an hour or more increases the amount of sleep adolescents get and improves their performance in school. However, to promote optimal sleep, Dr. Eaton said that adolescents should have set bedtimes before 10 pm. on school nights and consistent wake-sleep times every night.

*Journal of Adolescent Health* - January 4, 2010;Epub.

Strategic Partners - we value services from these businesses:

[BNI-GwinnettWorkers Chapter](#)  
[CyberAssist - Virtual Assistance](#)

[Peachtree Healing Arts -Therapeutic Massage](#)

[Elements of Therapeutic Massage - Johns Creek](#)

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