



# Duluth MultiCare

Your Chiropractic & Sports Injury Treatment Center

Newsletter

JUNE 2010

## Services at Duluth MultiCare

[Chiropractic Care](#)

[Kinesio Taping](#)

[Massage Therapy](#)

[Nutrition](#)

[Physio-Therapy](#)

[Sports Injury Care](#)

Please



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

## Choose a Safe Sunscreen

When you buy sunscreen, the myriad of bottles and tubes jamming store shelves can leave even the savviest consumer puzzled. What's the difference between UVA and UVB radiation? What's behind those long, unpronounceable ingredient names? And does it really matter which sunscreen you buy?

In a word, yes! Some products do work better than others. What's more, even some sunscreens claiming to be "natural" may contain toxic, possibly disease-causing ingredients.

Duluth MultiCare wishes all our dads a very Happy Father's Day, and Congratulations to all of our graduates!

Since the summer heat is now upon us, we encourage you to stay hydrated. A good rule of thumb is to drink 1/2 of your body weight in ounces of water every day, (for example: if you weigh 100 lbs, drink 50 ozs of water! Not juices, sodas, coffee or tea).

If you currently engage in exercise, be sure to maintain your existing routine, don't increase your work-out.

We would also like to remind you to stay safe in the pool or lake and have a great time!

*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.

## Focus on Prevention this Father's Day

Father's Day is a time to honor and celebrate fathers. It's also a day for dads to consider what it means to be a father and how that responsibility can be used to keep families happy and healthy. If you're a father, big brother, uncle or other male caregiver, your doctors at Duluth MultiCare urge you to take this opportunity to examine your position as a wellness role model.

A positive male role model has the ability to make a powerful impact on the health of the children looking to him for guidance. But who can **he** look to for guidance in forging a healthier life for those children? Your doctors at Duluth MultiCare!

[Read on](#) to learn a simple but highly effective formula for making wellness a family priority.

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Your doctors at Duluth MultiCare can decipher the jargon on sunscreen labels to help you make an informed choice.

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Strategic Partners - we value services from these businesses:

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[CyberAssist - Virtual Assistance](#)

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

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