



Duluth MultiCare

Your Chiropractic & Sports Injury Treatment Center

Newsletter

MAY 2010

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How to Develop a Wellness Attitude

Many individuals define wellness as being physically fit, or as the absence of disease.

These notions, however, do not capture the full meaning of wellness.

Your doctors at Duluth MultiCare teach patients that wellness begins with a state of mind, often referred to by chiropractors as "health-esteem" or a "wellness attitude". Adopting this outlook is essential for achieving peak physical, emotional and spiritual health.

How can you develop a wellness attitude that will catapult you to optimal health?

[Click here to find out...](#)

With the Memorial Day Holiday this weekend, many summer activities begin in earnest. We hope you have a safe and very active holiday weekend.

Because of our focus on quality health, we're featuring two articles on wellness and healthier eating to keep you 'on track'. Gwinnett County offers a number of 'Farmers Markets' - Duluth, Suwanee, Lawrenceville - and also a very active Organic Gardening community! Treat yourself and your family to these rich sources for healthful, locally grown produce and enjoy the summer ahead!

In addition, Duluth MultiCare offers a multitude of services to make sure you are in good physical health so you can enjoy metro Atlanta's Summer activities 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.



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

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Congratulations
to Ashley
(Perine) Karimi -
on her recent
marriage...many
blessings in the year
to come for you and
your new husband!

Choose Local Produce for Optimum Nutrition

You probably know that nutrient-packed fruits and vegetables are an important part of a wholesome diet. But did you know that not all produce is created equal? Your doctors at Duluth MultiCare want patients to learn more.

With the temperature rising, farmers' markets opening and home gardeners planting, consider embracing the locavore (eating locally) way of eating. There are a number of reasons why locally grown produce may be the best choice for your health:

- Produce is handled less by local farmers
- Produce grown for local consumption ripens 'on the vine' and offers superior flavor and more nutritious value
- Locally grown produce offers many more varieties to choose from
- Many small-scale farmers follow organic growing practices and produce nutritionally superior fruits and vegetables



To read this complete article - [click here...](#)

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

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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