



NEWSLETTER

# DENTON SPORTS CHIROPRACTIC

APRIL 2021

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## Spring is officially here!!!



Happy Easter from  
your DSC TEAM !



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## Dr. Crystal is Back!



**Beginning April 1, Dr. C will be seeing patients 3 days a week!**  
**Keep an eye on our schedule online or call the office to check her availability.**

## BEST OF DENTON!!!

**Thanks to our DSC community, we were able to win "Best Chiropractic Practice" and "Best Chiropractor" in Denton 2020! We are grateful for all of the support we have received from our patients and would love to have your support for nominations this year!**

**On April 15, you can vote for us again using this link:**

***[dentonrc.com/news/best\\_of\\_denton](https://dentonrc.com/news/best_of_denton)***

**Thank you for your continued love & support!**





# ATHLETE SPOTLIGHT OF THE MONTH:

## TYLER KVIST

What sport do you compete in?

**"Running "**



What is your favorite thing about visiting DSC?

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Getting my scar tissue beat up and the leg compressions

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What is your favorite form of recovery and self care to stay healthy while competing?

**"Foam rolling, proper hydration & fueling, and dynamic stretching"**

What are your top goals for this season?

“  
Sub 4hr marathon  
”

If it pertains to your sport, which events are your specialty/favorite?

**"6-12miles"**



What is your favorite food?

**"Tacos!"**



# Read Tyler's inspirational story...

**In September 2019 I convinced a few of my friends to attempt to run 100 miles during that month with me.**

**On September 23rd, 2019 I set out to run 6 miles.**



**On mile 3 of my run, I was struck by a car at the Carol and Eagle intersection in Denton, TX. I was flipped 3 times in the air and landed 10ft from the initial impact. I suffered from a TBI (traumatic brain injury), brain bleed, skull fracture, collapsed lung, and from cuts/road rash on my legs and on my left side of body.**

**Luckily, when I was hit, two officers (Officer Cooper & Officer Nelson) witnessed the accident. After 48 days of recovery and doing countless hours of rehab/therapy, I was back in Denton attending classes on Zoom and running at parks.**

**The DSC Team helped me tremendously! Breaking up my scar tissue every week and helping me get back to running. I ran a half marathon in February and I plan on doing a full marathon soon!**

**I recently graduated from the University of North Texas with a BS in Mechanical and Energy Engineering and accepted a job offer from Schneider Electric as a Territory Sales Engineer in San Diego, CA.**



## SUPPLEMENT SPOTLIGHT: D-HIST



**D-Hist is natural supplement created for sinuses and seasonal allergies. This product helps the respiratory and immune system by clearing your nasal passages and balancing your hypersensitivity.**

**If you're interested in a natural supplement for your allergies, grab one at the front desk today!**



## **RECIPE OF THE MONTH:**

# **No-Bake Chocolate Peanut Butter Easter Nest Cookies**

### **Ingredients:**

- 1/2 cup Natural Peanut Butter
- 1/4 cup Honey
- 1/4 cup Coconut Oil
- 1/4 cup Shredded Coconut
- 1 tsp Vanilla
- 2 tbsps Cocoa Powder
- 1 cup Quick Cooking Oats
- 1/4-1/2 tsp Sea Salt
- yogurt covered raisins or mini eggs



### **Directions:**

1. Line a baking sheet with wax paper. Set aside.
2. Combine peanut butter, honey, salt and coconut oil in a saucepan and heat until combined.
3. Add vanilla and cocoa powder. Stir until well combined.
4. Add quick-cooking oats and mix well.
5. Add coconut and stir until completely combined.
6. Drop 1 Tbs portions of mixture onto your prepared baking sheet. Press into the shape of nests. Continue until you've used all your cookie mixture.
7. Let cool in the refrigerator or freezer until hardened. Top with your favorite candy eggs.
8. Serve cool or at room temperature. Store in an airtight container in the refrigerator.