



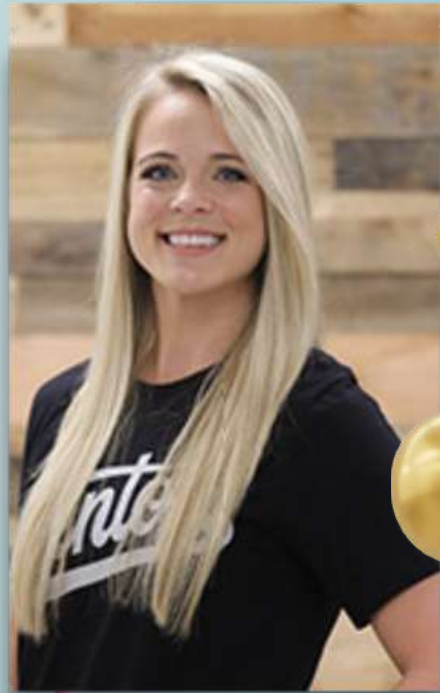
DSC NEWS | APRIL 2023

HAPPY
Easter



Dr. Maggi - April 3

HAPPY
BIRTHDAY



**SAVE
THE DATE**

*Voting starts
April 14th!*





Something big is coming

Ya'll...we have something
new brewing and can't wait
to share our BIG NEWS!

Be sure to keep an eye on your email and follow us on social
media @dentonsportschiropractic so you don't miss it!

Supplement Spotlight



Spring Has Sprung!

Don't Let Allergies Get you Down

HistaEze™ is a synergistic blend of nutrients that provides natural support to help balance the body's immune response during environmental challenges. It also contains bicarbonate salts to maintain normal histamine metabolism.

Pick up your bottle in office or order through Fullscript: us.fullscript.com/welcome/dentonsportschiropractic/signup

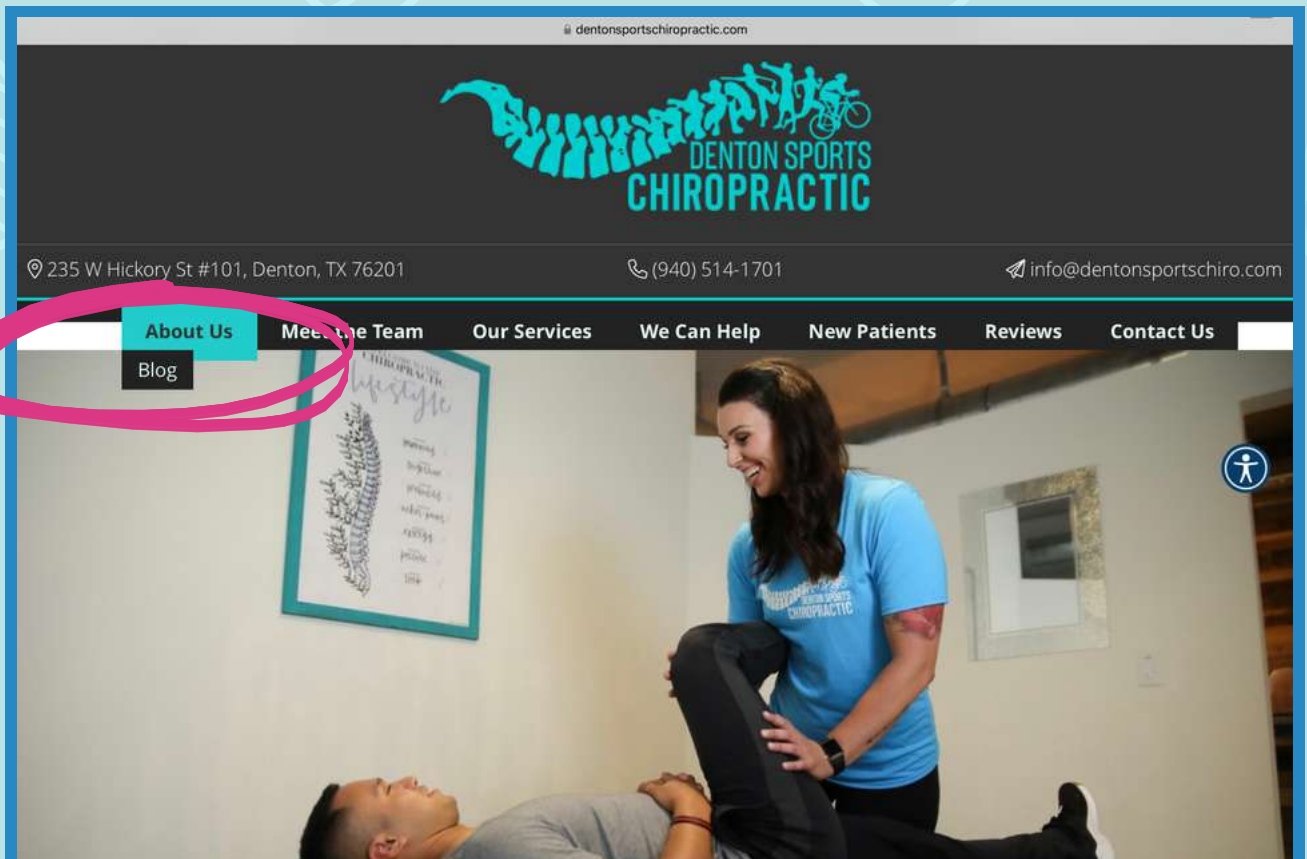


Wonderful Easter wishes from our family to yours.

We Have a Blog!

Guess what? Our goal is not simply to help you feel better. We want to empower and educate you too! Check out our most recent blog topics at DentonSportsChiropractic.com

- Injury Prevention for Spring Sports
- Stretch Your Way to a Pain-Free Back
- Many Benefits of Assisted Stretching



DSC ATHLETE SPOTLIGHT

ELIZABETH STEPHENS



What sport(s) do you compete in?

I like to compete for fun in local CrossFit competitions, endurance events like Hyrox, and running races.

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

My favorite thing would probably be any type of CrossFit event, whether I am actually competing or I am on the mic and helping run the event. If we are talking specific movements, Deadlifts and Back Squats are my favorite.

What is your favorite food?

Nothing compares to my favorite snack: a banana with peanut butter.

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

Other than massage and chiropractic care, I like to do mobility, active recovery runs, walks or biking, and anything that helps me recover both physically AND mentally. I wouldn't say I have a favorite because I truly enjoy them all.

What are your top goals for this season?

This year my top goal is to continue to build back strength after recovering from shoulder surgery and qualify for a CrossFit competition. I haven't been able to compete in a few years in CrossFit, and I would LOVE to be back at it.

"They always go above and beyond to give you the best care possible."

What is your favorite thing about visiting DSC?

The level of care from the staff and the therapeutic/healing environment from the moment you walk through the door. I always feel relaxed, comfortable and well taken care of, and I love the investment the staff has in the treatment of their patients. They always go above and beyond to give you the best care possible.

Recipe *of the* Month

Paleo Mini Quiches with Almond Flour Crust



These delicious and nutritious mini quiches will be a hit at your Easter brunch! They are a healthy must-have and make a great breakfast on-the-go!

DIFFICULTY: Fairly Easy

TOTAL COOK TIME: 55 mins

YEILD: 12 servings

Ingredients

For the Crust

- 3 cups almond flour
- 2 eggs
- 2 egg whites

For the Filling

- 2 eggs
- 2 tbsp sliced green onions
- 1 tbsp diced red pepper
- 1 piece bacon, cooked and diced
- 1/2 cup almond or coconut milk
- 1/4 tsp salt
- Fresh ground black pepper, to taste

Directions

1. Pre-heat oven to 375 degrees F. Spray the muffin tin with some coconut spray oil. In a medium bowl, stir together the almond flour, eggs, and egg whites until a dough forms. Spoon about a tablespoon of dough into each tin, pressing towards the outside to form a mini crust. Bake crust for 15-20 minutes, until it starts to turn golden brown.
2. While the crust bakes, whisk the filling ingredients together and season with salt and pepper. Pour egg mixture into the baked crust. Bake for an additional 20-25 minutes, until the center is just set. Remove from the oven and cool for 10 minutes. Using a knife, lift quiches from muffin tin. Serve warm.

Quick Tips

- Bake crusts before filling to avoid a soggy quiche
- Form crusts in the muffin tins as thinly as possible. They will puff up during baking
- Dedicate a little extra time to form the crusts in the muffin pan
- Store left overs in fridge, and pop into toaster oven or air fryer for a quick treat!