

DENTON SPORTS CHIROPRACTIC

DSC News | August 2023



BACK TO SCHOOL

$$\begin{aligned} f(h) &= \frac{4}{3\pi} h^3 + 15\pi \\ f'(h) &= \frac{4}{3} h^2 \\ f'(h) &= 0 \Leftrightarrow h = 2\sqrt{5} \\ \text{max: } & f(2\sqrt{5}) \end{aligned}$$

VOTE FOR US AS THE BEST



BestofDentonCounty.com

Voting is July 19 - August 16, 2023

Denton Sports Chiropractic is a
BEST of Denton County 2023 Finalist!

Vote for Us as **BEST Sports Massage Center** in the
Sports, Fitness & Health Category.

Cast Your Vote: **BestofDentonCounty.com**



NEW THERAPY! DYNAMIC INFRARED CUPS

All the Benefits of Cupping and More!

Get Your Student Athletes In!

We'll get them in good working order for fall sports.



Boost Blood Flow | Release Toxins | Improve Cellular Immunity

SALE

Woo HOO!

Snag Them While
You Still Can!



*Don't Forget
Your \$8 Sunnies!*



DSC August Birthdays



DR. KIM
AUGUST 3



DR. TAYLOR
AUGUST 9



ERIN
AUGUST 13



happy
2-YEAR
anniversary,
Perla!

WOW, TWO YEARS
ALREADY?! WE
LOVE YOU, PERLA!
THANKS FOR ALL
YOUR GREAT
MASSAGE WORK.



BACK-TO-SCHOOL BUNDLE

Happy Muscles Kit - \$16.50

- 1 Rock Sauce Tube
- Lacrosse Ball
- \$21.50 value

Super Happy Muscles Kit - \$31.50

- 1 Hot or Cold Rock Sauce
- 1 Lacrosse Ball
- 1 Rock Tape Roll
- \$41.50 value



Had Great Results?
Tell Us All About It!

Google
Reviews ★★★★★



To leave us a review, scan the QR code or call the office for a direct text link: 940-514-1701.

DSC ATHLETE SPOTLIGHT

TRICIA STEPHENS



What sport do you compete in?
Pickleball.

What is your favorite food? There are so many! Chocolate, bacon, avocados, pasta, the list goes on and on!

What is your favorite form of recovery and self care to stay healthy while competing? Stay hydrated and careful to not jump when playing pickleball. I broke my 5th metatarsal last fall but have recovered well.

What are your top goals for this season? Good health, meeting more players, and always looking to improve my game.

What is your favorite thing about visiting DSC? The people who work there. Dr. Taylor Hartman keeps me in good form and the ladies at the front desk are always welcoming and fun.

Recipe *of the* Month

Strawberry Basil Chicken

Simple & Great for Stovetop or the Grill!



This easy weeknight dinner is bursting with tangy balsamic and is a crowd pleaser.

INGREDIENTS

- chicken
- balsamic vinegar
- garlic cloves
- strawberries
- fresh basil
- sea salt

Simple for Stovetop or the Grill!

INSTRUCTIONS



- Marinate the chicken in balsamic and garlic.
- Heat a large skillet to high heat, then cook for 4-6 minutes per side
- Chop up fresh strawberries and basil.
- Once cooking is complete, top chicken with strawberries, basil, and extra balsamic if you want!
- Reduce the cooking temperature to medium low, and cook the chicken for 20-25 minutes more, turning every 5 minutes or so. Cooking time will depend on the thickness of the chicken, but it will be done when it hits 165 degrees internal temperature. Let the chicken rest for 5 minutes, then slice into 1/4-inch slices.
- Arrange the spinach, strawberries, and red onion in a bowl. Lightly toss with the remaining dressing. Add the avocado, sliced chicken, and top with feta and almond slices. Serve immediately.