NEWSLETTER

DENTON SPORTS CHIROPRACTIC

FEBRUARY 2021

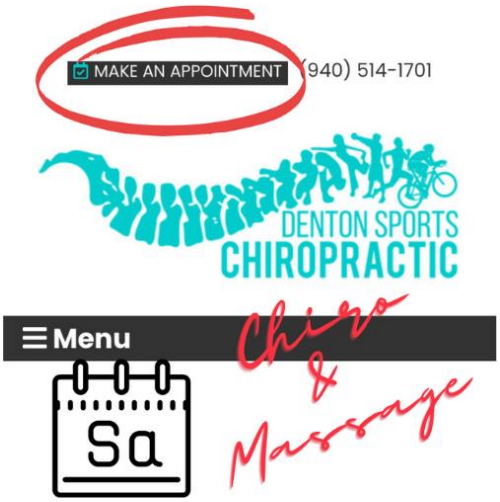
Happy Valentine's & Heart month from the DSC Team!

(940) 514-1701 info@dentonsportschiro.com

Saturdays are Back!

Back by popular demand!!!

DSC will be offering Saturday appointments again 1-2 x per month starting in February. Make sure to check the schedule for available times!



She's STILL here!

Dr. C is still pregnant, and still in office for one more week!

Check the schedule for availability.

MASSAGE GIVEAWAY!

From Feb. 1-7th we will be doing a Social Media giveaway for a FREE MASSAGE for you and a loved one or friend! 👀

Make sure to follow us for details!

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ATHLETE SPOTLIGHT OF THE MONTH:

Grace Read

What sport do you compete in?

"Soccer"

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

"Scoring Goals."

What are your top goals for this season?

"Winning!"

What is your favorite thing about visiting DSC?

"Seeing Dr. Maggie!"

What is your favorite food?

"Grilled chicken"

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

"Foam roller."

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DSC BEANIES AND HATS ARE HERE!

DSC beanies and hats are available at the front desk on a first come, first serve basis.

LIMITED SUPPLY ONLY!

We cannot wait for you to rock our accessories during this winter season.

Call the office to reserve yours today!

$32.00 each

SUPPLEMENT SPOTLIGHT: COQNOL 10

This supplement is perfect for Heart Health month!

While CoQ10 is produced naturally in our bodies, our heart needs this antioxidant as an energy producing cofactor.

Studies have shown that CoQ10 helps with cardiovascular function.

Grab yours during your next visit and receive 10% off during the month of Feb!

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RECIPE OF THE MONTH:

PROTEIN BANANA BREAD

Ingredients:

- 1/2 cup canola or liquid coconut oil
- 1 cup fat-free plain Greek yogurt
- 1 cup apple sauce
- 1 cup mashed ripe bananas (approx. 4 medium-sized bananas)
- 2 tsp vanilla extract
- 4 scoops Klean Isolate Protein
- 1/4 cup granulated sugar
- 2.5 cups white whole wheat or GF flour
- 1/3 cup brown sugar
- 1 cup chocolate chips
- 2 tsp cinnamon½ tsp salt
- 1 tbsp baking soda

Instructions:

1. Preheat the oven to 320°F
2. Spray your loaf tins with a cooking spray or line with greaseproof paper
3. In a mixing bowl, combine all of the wet ingredients together
4. In a separate bowl, mix the dry ingredients
5. Gradually fold the dry ingredients into the wet ingredients until combined, taking care not to overmix
6. Stir the chocolate chips or chopped nuts into the banana bread mixture
7. Divide the batter into the two loaf tins and bake for 45 minutes, until the top is firm to touch or an inserted skewer comes out clean
8. Allow to cool before slicing
9. Refrigerate in an airtight container for up to one week or freeze slices for up to three months

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