



NEWSLETTER
DENTON SPORTS CHIROPRACTIC



OCTOBER 2021

BETTER LATE THAN NEVER!



Due to COVID-19 restrictions, DSC wasn't able to host a ribbon cutting ceremony for the new office until last week!

We definitely made up for lost time! :)

Thanks to everyone that made it out to celebrate with us! We truly value and appreciate all of our wonderful patients that make DSC a big family!

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Hello



MEET ERIN



You may recognize this face from some of our website photos! Erin officially joined the DSC girl gang in September and we couldn't be more excited! She has an energetic personality that brings so much warmth to the clinic. She is a loving wife and mother of 4 boys. Erin is also an avid crossfitter and loves nutrition/creating healthy recipes.

MEET PRESLEY

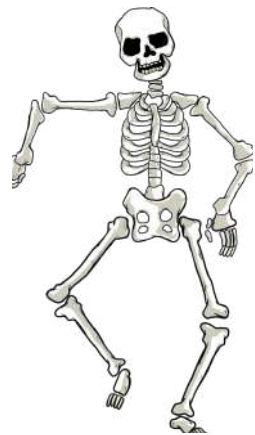
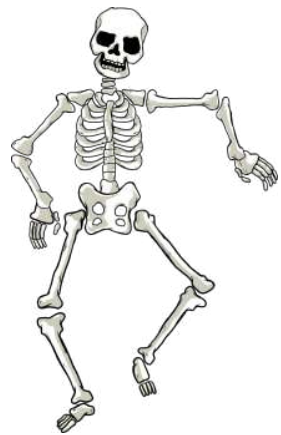
Presley will be joining Erin and Deja at the front desk this week. She is a Ponder High School graduate, where she played softball and volleyball. Presley is currently attending Midwestern State University and studying early education with plans in teaching K-3rd grade.



Please give both girls a warm welcome when you see them at your next appointment!



NATIONAL CHIROPRACTIC MONTH



October is National Chiropractic Month! We want to take the time to not only celebrate ALL chiropractors and this wonderful profession, but especially the 3 lady docs at DSC!

Help us to spread the word about the importance of musculoskeletal health and the benefits of chiropractic care!



Breast Cancer Awareness Month!

PINK SHIRTS ARE BACK!

We have a limited supply of pink (and black) DSC shirts while supplies last! Pick one up at the front desk at your next appointment!!



ON WEDNESDAYS WE WEAR PINK!





ATHLETE SPOTLIGHT OF THE MONTH:



ROBERT WILSON

What is your favorite thing about visiting DSC?

"The next day! My body thanks me. I can tell a big difference in my soreness."

What sport do you compete in?

"Triathlon"



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

— “ —

Lots of things! Obviously getting adjusted at Denton sports chiropractic is great, but also my daily normatech compression

What is your favorite food?

“ "Pizza!" ”



What are your top goals for this season?

“ My goal for this year was to become competitive in my age group and take home a few trophies ”



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

"Of the the three disciplines, swimming is my favorite."



We are demoing a new toy!!!



Many of you may have already tried or seen the MyACT unit in the office.

MyACT, or “shockwave therapy”, is an acoustic sound wave therapy that is used to loosen up muscle and tissues at various depths.

If you have a nagging issue that won't budge, call the office to schedule a free diagnostic treatment this week, while we decide if DSC will be its new permanent home!

SUPPLEMENT SPOTLIGHT:

THORNE: BASIC PRENATAL

We currently have lots of pregnant mamas coming to our office, so what better time to highlight our very FAVORITE prenatal supplement!

This is a well-researched multi-formulated supplement to nourish mom and support baby's development, from pre-conception through nursing. It's made without the additives and coatings found in mainstream prenatal supplements.

Ask the docs at your next appointment and pick up a bottle at the office!





RECIPE OF THE MONTH: CHOCOLATE CHERRY PRETZEL POPCORN



INGREDIENTS:

- 6 heaping cups popped corn
- 1/4 cup agave nectar or honey
- 1/4 cup creamy natural peanut butter or almond butter, at room temperature
- 2 tablespoons finely chopped dark chocolate-covered pretzels
- 2 tablespoons finely chopped dried cherries



INSTRUCTIONS:

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water.
2. Put popcorn in a large bowl.
3. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.
4. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in dark chocolate-covered pretzels and finely chopped dried cherries.
5. Dip both hands in the ice water. Working quickly, press small handfuls (heaping 1/4 cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the pretzels and dried cherries.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together.
6. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.