## DENTON SPORTS CHIROPRACTIC

**DSC NEWS | DECEMBER 2023** 



# We've Got Gift Cards!

Give the gift of HEALTH this holiday season!



## Send Us Young // Cards: 235 W Hickory Street #101

Denton, TX 76201

#### SEND US SOME **CHRISTMAS CHEER!**

Mail us your fun Christmas card and be entered to win a great prize:

- 20 oz Yeti Mug +
- 1 Box of LMNT



**DSC December Birthday** 

her healing touch to her

community here in Denton.





Closed December 25 & 26 Closed January 1 (Happy New Year!)





**Three Years** Already?! Thank you, Deja, for all your hard work bringing Assisted Stretch to DSC and managing the office behind the scenes!

### Share the Joy of Christmas

Help a less fortunate child who wouldn't otherwise have a gift this Christmas. Drop off a new, unwrapped toy before Friday, December 15.

#### DSC ATHLETE SPOTLIGHT





## The treatment is always top notch.

#### What sport do you compete in?

The Tactical Games & the Firefighter Challenge.

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

Two gun style stages & the Hose Hoist.

What is your favorite food? Pizza and donuts.:)

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

Chiropractic care and sports massage have been beneficial for preventative care and recovery. I also love a good ice bath and rest days. What are your top goals for this

**season?** As a tactical athlete: to qualify for the 2024 National Championship. For the Firefighter Challenge: to finish in the top 20 at the Southwest Regional event.

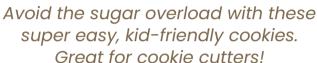
#### What is your favorite thing about visiting DSC?

I love being able to hang out with my wife and her crew, and I enjoy the back and forth banter with Erin, Maggie, and Taylor. The treatment is always top notch, and I'm grateful to get to experience it all.

### Recipe of the Month

#### Cinnamon Snowflake Christmas Cookies





PREP TIME: 10 mins

COOK TIME: 15 mins

TOTAL TIME: 25 mins

#### Ingredients

- 1 % cup blanched almond flour
- 1 tbsp flax seed meal
- ¾ cup coconut sugar
- 3 Tbsp full fat coconut milk
- 1 Tbsp cinnamon
- 2 tsp almond extract
- Organic powdered cane sugar (for dusting the tops of the snowflakes)





#### Process

- 1.Pre-heat the oven to 300 degrees.
- 2.Put all of the ingredients into a medium mixing bowl, and blend to combine. The dough should press together well. It should not be tacky or wet though. From here, you can either roll the dough right out, or refrigerate it until you are ready to roll it out. NOTE: cut-outs will separate more easily from the cookie cutters when dough is chilled.
- 3. Roll out the dough. To roll the dough, use either parchment paper, or dust the counter with Cassava Flour. Both will work well.
- 4.Cut snowflakes out, and place on a Silpat or parchment paper lined baking sheet. NOTE: dipping cookie cutters in a bowl of olive oil helps cookies slide off cutters easily. You may also dip in cassava flour to flour cutters before cutting.
- 5.Bake snowflakes at 300 degrees for 15 minutes. Optional: dust cookies with organic powdered cane sugar at this point before baking. Let them cool on a baking sheet a few minutes before moving to a cooling rack.

Recipe Credit: Raising Generation Nourished