

DENTON SPORTS CHIROPRACTIC

DSC NEWS | DECEMBER 2023



We've Got Gift Cards!

Give the gift of HEALTH
this holiday season!



Send Us Your Christmas 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



Welcome GRACE!



Grace Dunkelberger is a **MASSAGE THERAPIST** from Ventura, California with a special interest in sports therapy. She finds her peace backpacking, climbing, and generally being in nature. Her own injuries and the injuries of her friends on their numerous adventures inspired Grace to attend the Massage Institute of North Texas and bring her healing touch to her community here in Denton.

DSC December Birthday



ADORAH, DECEMBER 3

DSC Holiday Hours

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

HAPPY 3-YEAR Anniversary, Deja!



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

Damon Ortega



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

grain-free
egg-free
dairy-free
paleo



Avoid the sugar overload with these super easy, kid-friendly cookies. Great for cookie cutters!

PREP TIME:
10 mins

COOK TIME:
15 mins

TOTAL TIME:
25 mins

Ingredients

- 1 ¾ 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

To unsubscribe, email info@dentonsportschiro.com with UNSUBSCRIBE in subject line.