



DENTON SPORTS CHIROPRACTIC

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DSC NEWS | NOVEMBER 2022



..... Welcome, Ryker Briggs!



Dr. Crystal and Damon, welcomed Ryker Briggs into their family on October 13th, weighing 8lbs 11oz. Mama and Ryker are doing great, and Axel loves being a big brother!

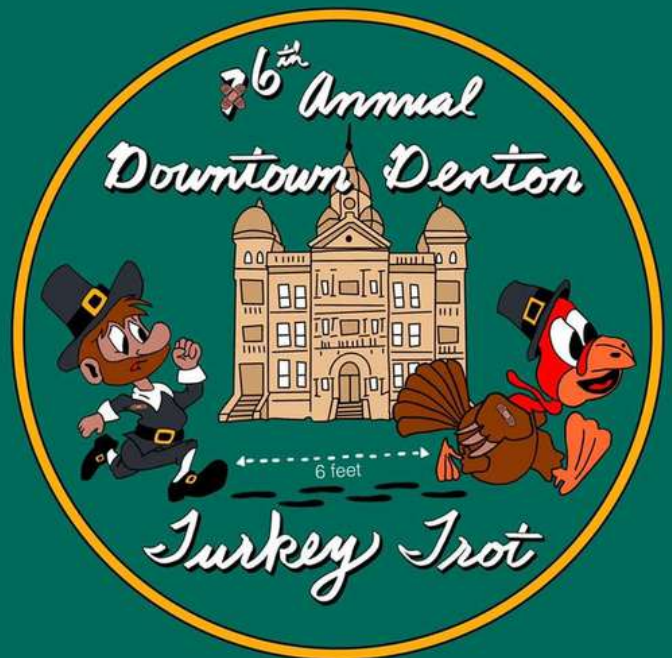
Dr. Crystal will be back at DSC on Wednesday, November 23. Check the schedule for availability.

DSC November Birthdays



PERLA
NOVEMBER 30

DSC is a proud sponsor of the
6th Annual Downtown Denton
Turkey Trot Run/Walk and
Kid's Gobble Wobble.
Run the streets of Denton
Thanksgiving day! Visit
dentonarearunningclub.org



Thanksgiving Holiday Hours

DSC will close early at 1 PM on Wednesday,
November 23rd and be closed Thursday and Friday,
November 24th and 25th, for Thanksgiving.
Have a wonderful and safe holiday!



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
anytime between **November 15 through December 15.**

Thank You!



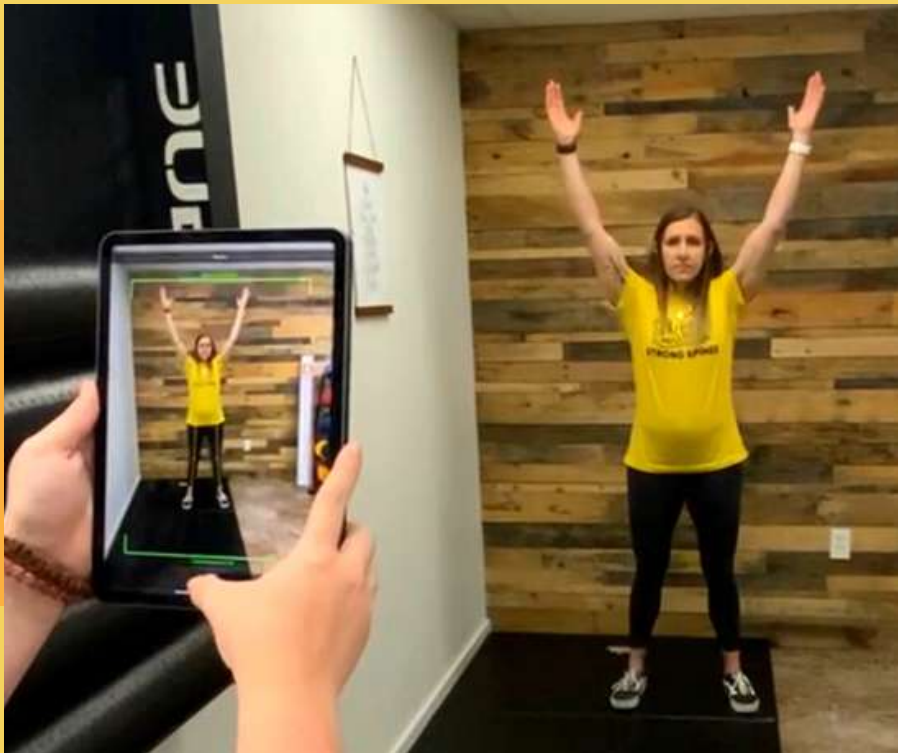
Thank You For Your Service

This Veteran's Day, DSC would like to honor and extend gratitude to the extraordinary men and women who have sacrificed to protect our nation throughout history.

INTERESTED?

SQUAT ASSESSMENT OR STRETCHING

Add a complimentary 15-minute squat assessment or assisted stretch to your next appointment! Call the office to schedule.





We Know You Have Options

Thank you for choosing Denton Sports Chiropractic for your chiropractic and wellness needs. You allow us to do what we love, and for that we are grateful.

Happy Thanksgiving from our family to yours,

The DSC Team

Dr. Crystal, Dr. Maggie, Dr. Taylor, Dr. Kim, Deja, Erin, Adorah, Perla, and Shellie



BEANIE CLOSEOUT

Just In Time for Cool Weather!

We have a handful of patch beanie's left. Save five bucks and grab one while you can!

NOW \$27

**BLACK
FRIDAY
SALE**

PRODUCT SPOTLIGHT THERABANDS



Safe & Effective | Muscle Strengthening |
Prehab & Rehab | Dynamic Stretching | Mobility |
Lightweight & Portable | Reach Your Goals

FREE 10 Minute Session *Shoulder Mobility*

Poor posture? Stiff shoulders? **Not sure how to use a Theraband?** Book a complimentary mini session with our Corrective Exercise Specialist!



DSC Athlete Spotlight

MAGGIE McDONALD



"The entire staff at DSC is very friendly and accommodating."

What sport do you compete in?

CG Games, Triathlons, and Running.

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

The Games.

What is your favorite food?

Ice cream!

What is your favorite form of recovery and self care to stay healthy while competing? Paddle Boarding is my favorite way to relax and enjoy some quiet time.

What are your top goals for this

season? This year my goal is to win CG Games. Next year my goal is to run my first full half marathon and complete a half ironman.

What is your favorite thing about visiting DSC?

The entire staff at DSC is very friendly and accommodating. But my very favorite thing about them is they always try their best to treat my injury without telling me to take time off from training.

Recipe *of the* Month



gluten-free
dairy-free
vegan
paleo

Sweetened with applesauce and spiced with warm cinnamon and nutmeg, this healthy sweet potato casserole is sure to be a crowd pleaser!

Equipment

- Food processor
- Vitamix blender
- baking sheet
- measuring spoons
- measuring cups
- spatula
- glass batter bowl

Ingredients

- 2 lbs. sweet potatoes
- 3 TBS coconut oil or butter, or ghee, melted
- 1 cup unsweetened apple sauce
- 2 tsp ground cinnamon
- 1 tsp sea salt or to taste
- pinch of ground nutmeg
- 1 cup chopped pecans
- Extra salt & cinnamon/coconut sugar for topping optional

Process

- Preheat oven to 450 degrees.
- Wrap sweet potatoes in aluminum foil or place in greased covered baking dish and bake in preheated oven until soft (about 1-1.5 hours). You can also cook them in a slow cooker, in the microwave or boil them!
- Remove from oven, cut in half and let cool.
- Remove skins and set sweet potatoes aside.
- Reduce oven to 375 degrees F.
- Add apple sauce and sweet potatoes to your blender (Vitamix) and blend until smooth
- Add melted coconut oil (butter/earth balance/ghee), cinnamon, salt and nutmeg and blend until combined.
- Transfer to a 9" baking dish and sprinkle the top with pecans and optional topping
- Bake at 375 for 25-30 minutes until potatoes begin to slightly bubble and topping is lightly browned.
- Let cool for 10 minutes before serving