

NEWSLETTER

# DENTON SPORTS CHIROPRACTIC

FEBURARY 2022

*Happy Galentine's Day  
from the DSC gals!*



(940) 514-1701

INFO@DENTONSPORTSCHIRO.COM

*DSC is expecting another baby!*

**DR. MAGGIE & LUKE ARE  
EXPECTING BABY GIRL  
KRUCKEMEYER IN JULY! WE  
COULDN'T BE MORE EXCITED!**

**HELP US CONGRATULATE  
THEM ON THEIR NEW  
ADDITION!**



*Happy 1st Birthday Axel*



**THIS PAST YEAR HAS  
BEEN FILLED WITH SO  
MUCH LOVE AND JOY.  
AXEL HAS BEEN AN  
INCREDIBLE ADDITION  
TO THE DSC FAMILY!**



Give the gift of LOVE!



With Valentine's Day around the corner, what better way to show your significant other how much you care by gifting them a massage!?!?

Call the office or purchase online!

## New Year, New Edition

DSC is happy to announce Adorah Okafo who joined DSC in January!

She has taken over running our new PiezoWave2 machine, and will also be supporting patients doing corrective exercise and other therapies later this month.

Stay tuned for more info!



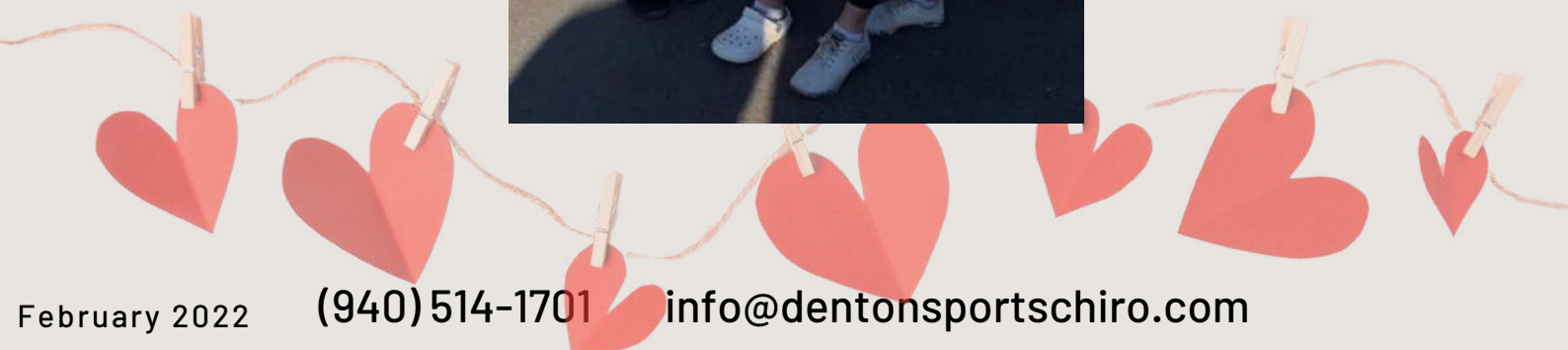


# Athlete Spotlight



**This month we wanted to spotlight and congratulate all our patients that competed at The Fittest Experience!**

Below are just a few of our athletes that we snagged photos of!





# FEBRUARY IS HEART HEALTH MONTH

If you're planning on making improvements to your hearts health start now!

## 5 STRATEGIES TO LIVE A HEART-HEALTHY LIFESTYLE

- Learn your health history
- Eat a balanced diet
- Move more, sit less
- Drink more water
- Monitor your blood pressure

## 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 **CoQNOL 10** helps with cardiovascular function.



Available for purchase at the front desk. Call or email if you have questions!



# RECIPE OF THE MONTH:

## **Snickers Stuffed Dates**



### Ingredients

- 5 Pitted dates
- 1/2 CUP dark chocolate chips
- 2 TBSP almond milk
- 1/4 CUP nut butter
- Salt



### Preparation

- Half and pit dates.
- Fill with nut butter of your choice.
- Mix together 1/2 CUP of dark chocolate chips with 2 TBSP of almond milk. Microwave for 15-20 seconds.
- Dip nut butter filled dates into dark chocolate.
- Top with a sprinkle of sea salt.
- Freeze for at least 2 hours.
- Store in the freezer for up to 7 days.
- Enjoy!

