



# DENTON SPORTS CHIROPRACTIC

DSC NEWS | FEBRUARY 2023





## *Give the Gift of Love*

Show love this Valentine's day with a gift of self-care. Good for any product or service, and it's quick, easy, and reloadable. Available at the front desk.

## SATURDAY APPOINTMENTS

**Can't make an appointment during the week?**

No worries, we've got your back!

Book a Saturday appointment for Massage, Assisted Stretching or Chiropractic (limited).

Call 940-514-1701, or schedule online at [dentonsportschiropractic.com](http://dentonsportschiropractic.com)

# WELCOME



You may have noticed a new face at the front desk lately. It's Nora, our newest DSC addition! Please welcome her as she works through her training period. Nora is 24, a brand-new mom (and loving it!) and personally acquainted with the powerful benefits of chiropractic and medical massage.

**Welcome to the team, Nora!**



## PRODUCT SPOTLIGHT MAGNESIUM



### What's All the Hype About?

Magnesium is an important mineral involved in hundreds of chemical reactions in the body and supports good health. In a chelated form it is well tolerated and more easily absorbed by the body.

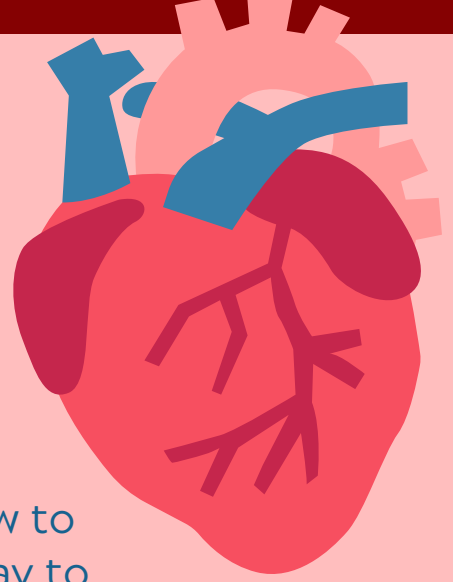


- Heart Health
- Blood Sugar Support
- Bone Health
- Anti-Inflammatory
- Better Sleep
- PMS Support
- Reduce Migraines
- Mood Boost
- Exercise Performance

**-15%**  
in Feb

**Natural Sources of Magnesium:** Dark chocolate, Avocados, Nuts, Legumes, Tofu, Seeds, Whole Grains, Fatty Fish, Bananas, Leafy Greens

# HEART *Awareness*



## **FEBRUARY IS NATIONAL HEART MONTH!**

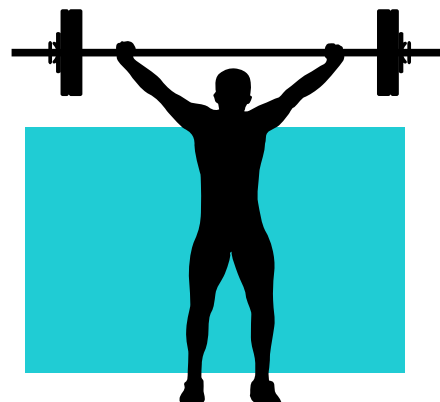
Hypertension, or high blood pressure, is the leading cause of heart disease and stroke. Knowing risk factors for heart disease and how to maintain a heart-healthy lifestyle is a great way to practice self-care in 2023.

## **DSC** *cardio* **Favorites**

**We Do Our Best to Stay  
Heart Healthy Too!**

**CURIOUS WHAT WE LIKE TO DO FOR CARDIO? CHECK IT OUT!**

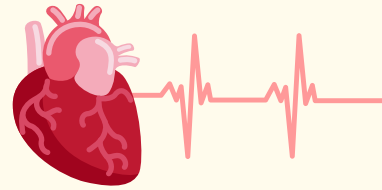
- **ADORAH** - Sprinting or Kickboxing
- **DEJA** - Stair Master
- **DR. CRYSTAL** - Weightlifting :)
- **DR. KIM** - Assault Bike (but really, weightlifting at a fast pace!)
- **DR. MAGGIE** - Rowing
- **DR. TAYLOR** - Kickboxing
- **ERIN** - Hip Hop Dancing
- **PERLA** - Peloton Bike
- **NORA** - Walking
- **SHELLIE** - Jogging (but it's gotta be around a lake)



# 10 FUN FACTS ABOUT YOUR HEART

## HOW MANY DO YOU KNOW?

1. Regular exercise is the single most important key to heart health. And it's FREE!
2. Heart disease is your greatest health threat (and is a greater danger than breast cancer or prostate cancer).
3. You control your heart health through diet, exercise, and managing stress.
4. Heart cancer is very rare because heart cells stop dividing early in life.
5. Every cell in your body gets blood from your heart, except your corneas.
6. Many heart problems are, in part, inherited, but managing smoking, high blood pressure and cholesterol can minimize their impact.
7. Happiness and a strong sense of emotional vitality help lower your risk of heart disease.
8. People really can have a broken heart. Sometimes, life situations can cause temporary heart failure.
9. Heart disease has been found in 3,000-year-old mummies.
10. The more education you have, the lower your risk of heart disease.



# CALLING ALL COWTOWN & FITTEST EXPERIENCE ATHLETES

BRING IN YOUR MEDALS.  
WE WANT TO HONOR YOU.



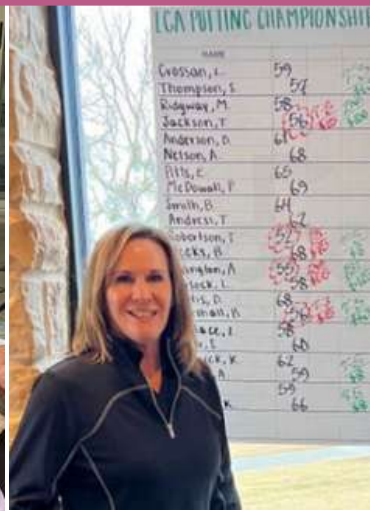
TFX



WE UNDERSTAND THE HARD WORK, DEDICATION, AND DISCIPLINE IT REQUIRES TO TRAIN YOUR BODY AND PREPARE FOR THESE EVENTS. THANK YOU FOR TRUSTING US WITH YOUR CARE AND RECOVERY. BRING IN YOUR PROOF OF PARTICIPATION/MEDALS, AND RECIVE **10% OFF ANY CASH SERVICE DURING THE MONTH OF FEBRUARY!**



# DSC Athlete Spotlight



## Amy Byington

### What sport do you compete in?

Golf – Denton Country Club & Dallas Women's Golf

### What is your favorite food?

Mexican food

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

Stretching and hydration. My bi-weekly visits to DSC are what truly maintain my ability to play.



### What are your top goals for this season?

Mostly to keep playing but also to shoot consistently in low 80's.

*They care about your particular issues and seek alternatives.*

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

I first came to Dr. Hankel over five years ago with a very problematic neck. Through bi-weekly care, she kept me lifting and rocking four grandbabies and now playing golf. My favorite thing is the holistic approach and care that you get from each team member. They care about your particular issues and seek alternatives.

# Recipe *of the* Month

## Chocolate Strawberry Coconut Butter Cups (Vegan)



*My Oh My!*

**Only five ingredients in this impressive sweet treat.**

### Strawberry Coconut Butter

- 4 cups unsweetened shredded coconut
- 4 cups fresh strawberries, hulled and halved

1. Place coconut in blender and process. Use damper to press coconut down so blender blitzes all of the shreds. Once all coconut is a consistent powder-like texture, blend on high for 1 minute. After 1 minute, turn off. Let rest 1 minute. Blend 1 more minute on high.
2. Add in strawberries and, using damper, blend until smooth.

**NOTE:** Keep in airtight container in fridge.

### Ingredients

- ½ cup strawberry coconut butter
- 1 tablespoon pure maple syrup
- 1 tablespoon coconut flour
- 2 cups vegan chocolate chips
- 2 tablespoons coconut oil
- 4-5 fresh strawberries, hulled

### Directions

- In a medium, microwave-safe bowl, melt chocolate chips with coconut oil. Microwave in 30-second bursts, stirring very well between each burst. Don't over-microwave. Alternately, heat in a double-boiler over simmering water.
- Spoon chocolate mixture into a paper-lined muffin tin, about 1 teaspoon per cup. Use the back of the teaspoon to gently press the chocolate up the sides of the liners. Make sure that the bottom is evenly covered. Repeat with all 12 liners, then let freeze for 10 minutes.
- Meanwhile, combine the strawberry coconut butter, maple syrup, and coconut flour, and whisk well. Spoon about 1/2 tablespoon of the mixture into the chilled chocolate cups until all the filling is evenly distributed. Use your fingers to gently flatten the filling slightly.
- Cover with about 1 to 1-1/2 teaspoon chocolate to coat. Place a fresh strawberry slice on top in center, then freeze about 10 minutes.
- Peel off liners gently and eat!