



DSC NEWS | JANUARY 2023

Happy 2023
NEW YEAR



2022 Favorite Moments

From babies being born, foam-rolling classes, and adding team members to DSC turning seven and more, 2022 was a great year. Thanks for making it all possible!



Here's to 2023!




Introducing **Chiropractic Packages**

Thank you for continuing to trust Denton Sports Chiropractic. Though we believe our patients should have a say in their frequency of care, we know consistent chiropractic adjustments are key in maintaining overall health and well-being. With this in mind, we are excited to now offer chiropractic packages (for self-pay patients only).

6 Chiro appts: \$450 (6 month expiration)

12 Chiro appts: \$860 (12 month expiration)



happy
2-YEAR
anniversary,
Dr. Taylor!

Dr. Taylor officially joined DSC after her internship here two years ago, and look at her now! Thanks for being a pillar of great chiropractic care. We appreciate you!



happy
1-YEAR
anniversary,
Adorah!

Has it already been one year?
Thanks for bringing Corrective
Exercise to DSC, Adorah!



ASSISTED STRETCHING

What's It All About?

Assisted stretching is a table-based form of flexibility training that releases restrictions in the muscles, fascia (connective tissue), and joint capsules of the body using the assistance of another person or therapist. An additional person allows your body to move into and stay in positions it would not otherwise when stretching alone.

Benefits of Consistent Assisted Stretching:

- Increased flexibility
- Improved athletic performance
- Increased range of motion within joints
- Speed up recovery
- Reduced muscle stiffness and soreness
- Improved longevity and decreased stress within joints
- Injury prevention
- Promote relaxation



PRODUCT SPOTLIGHT

LACROSSE BALL

Why We Love It: Small item, BIG impact, super affordable

What It Does: Release tension, improve mobility

Where to Use: Base of neck, traps, upper back, along shoulder blades, rotator cuff, lats, chest, shoulders, upper arm, lower arm, palm, low back, upper glutes, hips, calves, Achilles tendon, bottom of foot

Where to Keep: Car, office, purse, gym bag, night stand

Remember, consistency over time does your body good!

Questions? Just ask, we're happy to help.





2023: Best Health, Best Self

Give Yourself the Gift of Health This Year

We hear it all the time, but what EXACTLY is self-care? Self-care is defined as the process of establishing behaviors to ensure holistic well-being of oneself and promote health. Typically, self care falls into three categories of physical, mental & emotional, and spiritual. How you pursue your self-care is unique to you. There is no wrong approach as long as you benefit from your actions.

Benefits of Self-Care:

- Lower cortisol (stress hormone) levels
- Happier relationships
- Better sleep
- Improved immune response
- Boost self-esteem
- Improve productivity
- Positive health outcomes
- Increased positive thinking
- Decrease feelings of worry

20 Ideas for Self-Care in 2023

1. Monthly Chiropractic Adjustments
2. Get a massage
3. Take a walk
4. Get 7-8 hours of sleep
5. Consistent exercise that you enjoy
6. Take a yoga class
7. Cook a healthy meal
8. Read a book
9. Sit in nature
10. Plant a garden
11. Volunteer in your community
12. Practice mindfulness/meditation
13. Indulge in something you enjoy
14. Journal
15. Take social media breaks
16. Draw, paint, or craft
17. Declutter or clean your space
18. Enjoy some quiet time
19. Time with friends and family
20. Listen to music



COMMUNITY HIGHLIGHT



We've been out in the community spreading wellness love!



Interested in hosting DSC for a wellness class? Let's chat.
Call 940-514-1701 or ask at your next visit.

Love the Service at DSC?

The best way to compliment a small business is by leaving an online review.

CLICK BELOW TO REVIEW US.

We appreciate you!

CLICK HERE



(940) 514-1701 | info@dentonsportschiro.com



DSC Athlete Spotlight



Baylee Burns

What sport do you compete in?

Krum High School volleyball.

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

I'm a Defensive Specialist/Libero, so I specialize in defense and play the back row. My favorite position to play is libero out of left-back

What is your favorite food?

Sushi or any kind of pasta.

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

After practice or tournaments, I like to roll out with a foam roller or take a day off to rest my mind and body and reset from the busy week.

What are your top goals for this season?

My top goals for this season are to improve every day, get stronger and start preparing for college volleyball, but I can't do it all myself. I want to be able to improve my teammates and push and lift them up as well so we can all grow as a team this season. We all have the same goal and mindset, and I want to work together to reach it.

What is your favorite thing about visiting DSC?

My favorite part about going to DSC is how friendly and welcoming everybody is. They make you feel comfortable and safe and I love how you aren't just a number to them, they know your name and want to know you, and help you in the best way they can.

*They know your name
and want to know you, and help
you in the best way they can...*

Recipe *of the* Month

Instant Pot Spicy Thai Butternut Squash Soup



Break out that brand new Instant Pot from the holidays, and put it to delicious use!

PREP TIME: 10 mins **COOK TIME:** 10 mins **TOTAL COOK TIME:** 30 mins **YEILD:** 4 servings

Ingredients

- 1½ tablespoons refined coconut oil
- 1 large yellow onion, diced
- ¼ cup red curry paste
- One 2-inch piece fresh ginger, grated or finely minced
- 4 cloves garlic cloves, minced
- 4 cups low-sodium vegetable broth or water
- 1 medium butternut squash, peeled and roughly chopped (about 4½ cups)
- One 13.5-ounce can full-fat coconut milk
- ¼ cup natural cashew butter or almond butter
- 1 tablespoon reduced-sodium tamari
- 1 tablespoon maple syrup or agave nectar
- 1 teaspoon kosher salt, plus more to taste
- 3 teaspoons freshly squeezed lime juice
- ½ cup fresh cilantro, chopped, plus more for garnishing
- Coconut yogurt, scallions, roasted peanuts and sesame seeds, for serving

Directions

1. Select Sauté setting on Instant Pot, add coconut oil after a few minutes. Once the oil is hot, add onion and a pinch of salt. Cook 6 to 7 minutes, until starting to brown. Add curry paste, ginger and garlic; cook about 1 minute until very fragrant, stirring frequently.
2. Pour in broth and use wooden spoon to scrape any browned bits from bottom of pot. Add the butternut squash, coconut milk, cashew butter, tamari, maple syrup and salt. Stir to combine well.
3. Secure lid and set the pressure release to Sealing. Select Soup setting at high pressure and set the cook time to 12 minutes.
4. After timer sounds, allow natural pressure release for 5 minutes, then perform a quick pressure release.
5. Open pot and stir in lime juice. Using an immersion blender, blend until you have a smooth and creamy soup. Alternatively, transfer soup in batches into a blender, using a dish towel to cover the blender cap to prevent steam from expanding.
6. Once the soup is pureed, stir in the chopped cilantro. If desired, garnish with coconut yogurt, scallions, peanuts and sesame seeds.

Quick Tips

- Microwave squash for three minutes to soften it and help with cutting.
- Really short on time? The pre-chopped stuff works great too!

**Vegan, gluten-free
food CAN be easy!**

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