



2024

DSC NEWS | JANUARY 2024



Happy New Year

2023 Favorite Moments

From winning Best of Denton, adding team members to DSC turning eight, 2023 was a great year. Thanks for making it all possible!



Here's to 2024!



REFERRAL PROGRAM COMING IN 2024!

This is Our Little Way of Giving Back to Our Community and Rewarding You for Your Referrals.

EACH TIME YOU SEND US A REFERRAL, WE WILL:

- **CREDIT YOUR DSC ACCOUNT \$10 OR**
- **SEND YOU A \$10 GIFT CARD TO A LOCAL COFFEE SHOP**

THANK YOU FOR BEING OUR MOST TREASURED SOURCE OF NEW PATIENT REFERRALS.

*PATIENT MUST MENTION YOUR NAME ON INTAKE FORMS TO REDEEM

happy
3-YEAR
anniversary,
Dr. Taylor!

Way to be three years strong, Dr. Taylor!
Thanks for keeping us laughing and always
bringing your A-game. Grateful for you!



happy
2-YEAR
anniversary,
Adorah!

Has it already been two years? Thanks for bring in your ambitious work ethic and artistic charm to the office, Adorah!

LET'S GET READY FOR A NEW YEAR OF HEALTHY HABITS!

COMMIT TO ADDING 2 OF THE BELOW TO YOUR WEEKLY ROUTINE:

MOBILITY/STRETCH
3 TIMES/ WEEK

1 VEGETABLE WITH DINNER
5 DAYS/WEEK

IN BED BY 9PM
3 NIGHTS/WEEK

MONTHLY ADJUSTMENTS
FOR 2024

MONTHLY MESSAGES
FOR 6 MOS.

DITCH THE
RESOLUTIONS
AND COMMIT
TO LIFESTYLE
CHANGES
THAT STICK!



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.



DSC ATHLETE SPOTLIGHT

Tod Tieszen



I HAVE FOUND THAT IF I AM NOT DOING MAINTENANCE AT DSC, I NORMALLY END UP INJURED AND OUT FOR LONGER PERIODS OF TIME.

What sport do you compete in?

Trail Running – ultra distances.

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

50 miler or 100K.

What is your favorite food?

Tex-Mex!

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

Massage.

What are your top goals for this season? To complete a couple of 50 milers in the mountains.

What is your favorite thing about visiting DSC?

They understand the issues I am facing and how to keep me running. I have found that if I am not doing maintenance at DSC, I normally end up injured and out for longer periods of time.



Recipe *of the* Month



EASY 25-MINUTE CHICKEN PARMESAN PASTA SKILLET

Ingredients

- 8 ounces pasta (can use GF alternative)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 pound chicken breasts, cut into 1/2-1 inch pieces
- 1/2 tablespoon Italian seasoning
- 2 cups pasta sauce
- 1/4 cup shredded parmesan cheese (14 grams – I shredded it myself)
- 4 ounces thinly sliced mozzarella cheese* (about 3/4 cup)
- salt and pepper, to taste
- for topping – fresh basil, red pepper flakes, parmesan cheese

Notes

- You can use either sliced mozzarella cheese or shredded.
- If using sliced, make sure it is thinly sliced so it melts quickly.

Directions

1. Make the pasta. Bring a large pot of water to a boil and cook pasta according to the directions on the package until al dente. When draining, reserve 2 tablespoons of pasta water.
2. When the pasta has about 5 minutes left, start making the chicken. Heat a large skillet over medium heat. Add oil and let it get hot. Then add the chicken and garlic and cook for 5-6 minutes stirring occasionally, until browned on the outside (it will continue to cook as you go). Next, add Italian seasoning and salt and pepper and stir to coat. If there is a lot of liquid in the pan, remove some of it as it will water down the sauce.
3. Add pasta sauce and parmesan cheese and mix to combine.
4. Drain pasta, saving 2 tablespoons of the pasta water.
5. Assemble. Add pasta and pasta water to the pan and mix well to combine. Finally, top with mozzarella cheese, cover with a lid, and let melt for about 1-2 minutes.