



DENTON SPORTS CHIROPRACTIC

DSC News | July 2023



happy
1-YEAR
anniversary,
Dr. Kim!



Has it already been one year since Dr. Kim became
DSC doc #4?!

Thanks for always giving the best gun show, Dr. Kim!

HAPPY BIRTHDAY TO...



DEFA
JULY 29



Want to Be the Next
Athlete Spotlight?

Tell us about your sport and you
could be featured next!

4th of July

DSC will be open Monday, July 3rd
8am-12pm and CLOSED Tuesday, July 4th in
observance of Independence Day.

Have a Safe and Happy Independence Day!

Supplement Spotlight

Seasonal Grapefruit LMNT

EVERYTHING YOU NEED. NOTHING YOU DON'T.

A truly meaningful dose of zero-sugar electrolytes in a
science-backed ratio.

Grab some at your next appointment!



DSC ATHLETE SPOTLIGHT

A J HUMPHRIES



What sport do you compete in?

Baseball and football.

If applicable, what school do you attend?

Denton Ryan High School.

If it pertains to your sport, which events are your specialty/favorite? My favorite Position is Catcher in baseball.

What is your favorite food? Chipotle.

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

Assisted stretching.

What are your top goals for this season?

Stay Healthy and put in the work.

What is your favorite thing about visiting DSC? Being adjusted to help with recovery and to stay flexible



Recipe *of the* Month

LMNT Grapefruit Mint Refresher



Stay Cool and
HYDRATED
this Summer with
a Refreshing LMNT
Mocktail!

Featuring:



Pairs Well With Backyard BBQs & Poolside Lounging!

DIRECTIONS

- Mix ingredients in a blender until slushy.
- Garnish with a grapefruit slice or sprig of mint (optional).

INGREDIENTS

- 1/2 stick pack LMNT Grapefruit Salt
- 1/2 cup water
- 1 cup ice
- 2 sprigs mint