

NEWSLETTER

# DENTON SPORTS CHIROPRACTIC

MARCH 2022

## Happy St. Patrick's Month!



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# Lucky #7

MARCH IS A VERY  
SPECIAL MONTH FOR  
DENTON SPORTS  
CHIROPRACTIC!

March 10th marks our 7th  
anniversary serving the  
Denton community.  
Come celebrate with us and  
enjoy mimosas and cookies!



*Lucky St. Patrick's  
Day Giveaway!*

Keep an eye on our social media for  
details on our anniversary month  
giveaways!! You won't want to miss it!



# MARCH INTO SAVINGS



All DSC Beanies-  
**15% off** the month of  
March!

**\$23.50**

## HAPPY SPRING!

DSC couldn't be more excited for the warmer  
spring weather!

Don't forget to spring forward on March 13th and  
get tuned up during the spring sports season!!



## CORRECTIVE EXERCISE COMING TO DSC



The docs believe that Corrective Exercise will  
help aid your current treatment and address  
muscle imbalances that cause posture,  
stability, and movement issues.

Our Corrective Exercise Specialist will develop  
a detailed, assessment-based program to  
improve how you move, feel, and recover!

Keep an eye on the schedule for  
appointments opening up later this month!



# ATHLETE SPOTLIGHT OF THE MONTH: Regan Dillon



**What sport do you compete in?**

“Softball”

**What is your favorite food?**

“Ice cream”



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

"I love how the therapies (e.g., adjustment, Nortec compression treatment, cupping, etc.) combined with Dr. Crystal's positive and supportive care help me feel realigned and energized when I leave."

**What position do you play?**

— “I am a catcher, utility player, as well as a power hitter” —

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

"To help my team advance beyond the UIL Regional Finals by increasing my season doubles from 19 to 25, and increasing my RBIs from 35 to 45. "

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

"I stay hydrated, use epsom salt baths, a massage gun, and cupping to aid in recover, and get chiropractic adjustments to help keep my body competition ready. "





# **SUPPLEMENT SPOTLIGHT:**

## **MAGNESIUM BUFFERED CHELATE**

**MAGNESIUM IS ESSENTIAL FOR OUR HEALTH,  
BUT MOST PEOPLE DON'T GET ENOUGH OF IT.**

**SIGNS OF MAGNESIUM DEFICIENCY INCLUDE:**

- **MUSCLE CRAMPS**
- **OSTEOPOROSIS**
- **FATIGUE/MUSCLE WEAKNESS**
- **HIGH BLOOD PRESSURE**
- **CONSTIPATION**

**TAKING 2 CAPSULES PER DAY, YOU CAN  
EXPECT THE HIGHEST ABSORPTION OF  
MAGNESIUM WITH THIS SUPPLEMENT.  
MAGNESIUM HELPS PROMOTE HEALTHY  
DEVELOPMENT OF MUSCLES, BONES, AND  
NERVES IN THE BODY. IT ALSO HELPS  
REGULATE BLOOD PRESSURE AND BLOOD  
SUGAR LEVELS.**



**AVAILABLE FOR PURCHASE  
AT THE FRONT DESK. CALL  
OR EMAIL IF YOU HAVE  
QUESTIONS!**

## **MAGNESIUM RICH FOODS**



**DARK CHOCOLATE  
LEAFY GREENS  
NUTS  
BANANAS**

**AVOCADO  
SEEDS  
LEGUMES**



# RECIPE OF THE MONTH:

## Skillet Strawberry Rhubarb Crisp



### Ingredients

- 6 TBSP unsalted butter divided
- 4 CUPS sliced rhubarb
- 4 CUPS quartered strawberries
- 2/3 CUP granulated sugar
- 2 TBSP lemon juice
- 1 1/2 TBSP cornstarch
- 1 TSP vanilla extract
- 1 1/2 CUPS rolled oats
- 1/3 CUP packed light brown sugar
- 1 TSP ground cinnamon
- 1/2 TSP salt



### Preparation

- Preheat oven to 375 degrees F.
- Heat 2 TBSP butter in cast-iron skillet over medium heat until just starting to brown. Add rhubarb, strawberries, sugar; cook until soft - about 5 minutes.
- Whisk lemon juice, cornstarch and vanilla in a bowl. Combine with fruit mixture.
- Combine oats, almond meal, brown sugar, cinnamon, and salt in a bowl. Melt the remaining butter and stir into the oat mixture. Crumble the topping over the fruit.
- Bake the crisp until the fruit is bubbling and the topping is golden brown, about 30 minutes. Let cool for 10 minutes before serving.

