

DENTON SPORTS CHIROPRACTIC

MARCH 2022

Happy St. Patrick's Month!

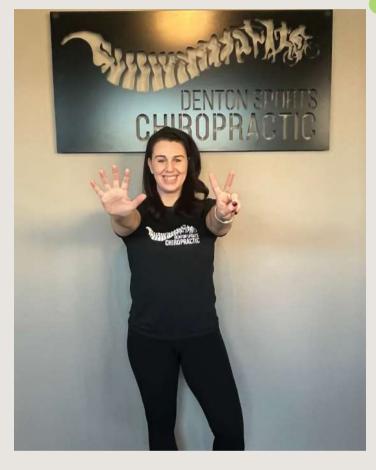


Lucky #7

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 wont want to miss it!

MARCH INTO SAVINGS







All DSC Beanies
15% off the month of March!

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 your move, feel, and recover!

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

ATHLETE SPOTLIGHT OF THE MONTH:



Regan Dillon



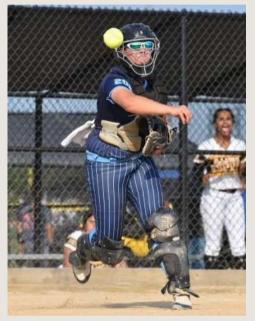
What sport do you compete in?



What is your favorite food?







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. "

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



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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 OUESTIONS!

MAGNESIUM RICH FOODS



DARK CHOCOLATE
LEAFY GREENS
NUTS
BANANAS

AVOCADO SEEDS LEGUMES

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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
- 11/2 TBSP cornstarch
- 1 TSP vanilla extract
- 11/2 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 het 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.

