

Jhanks for 8 years of support! - Dr. Crystal D

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

## HOPPY ANNIVERSARY DSC is 8 Years Old!

## You're Invited

Come Celebrate With Us Stop by and enjoy a cookie and mimosa Thank you for all your support! Friday, March 10 8AM - 4PM Mo Appointment Meeded

## DSC is proud to partner with Fullscript!

Fullscript

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# MPP SIGNIG

CONGRATS TO OUR NEWLY SIGNED COLLEGE ATHLETES!



Congratulations to Baylee Burns who recently signed with Howard Payne University to play volleyball! Baylee is a Defensive Specialist/Libero that specializes in defense from the back row. She loves playing Libero from left-back.

## Baylee Burns

Maddie Lozano was signed by East Texas Baptist University for gymnastics on November 9, 2022. She is a power house on the floor and will focus her skills there for her team. Maddie plans to study Elementary Education. Congratulations, Maddie!

Maddie Lozano EAST TEXAS BAPTIST UNIVERSITY

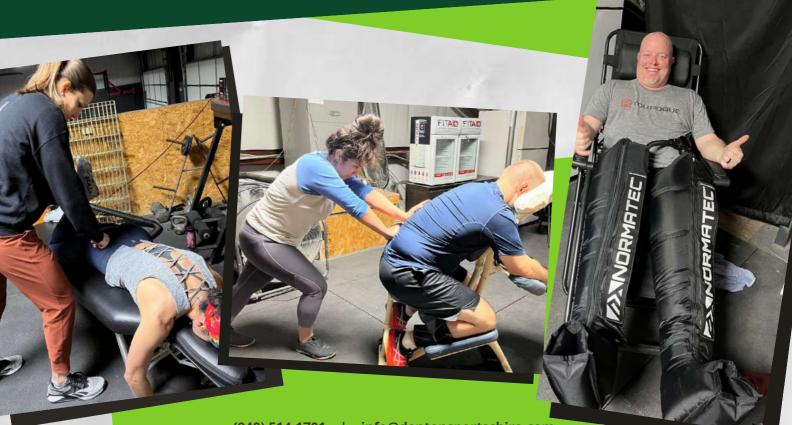


## Community Corner

DSC was out spreading the love last month at CrossFit Friday Night Lights!



### 2/24 - CrossFit 3040, Lewisville



## **ATHLETE SPOTLIGHT**

### Congratulations to All Our **Cowtown** & **Fittest Experience** Finishers!



## Have You Tried Our Packages Yet?

People Are Loving Them!

## Chiropractic\* - Corrective Exercise - Assisted Stretching - Massage

Call or ask for details at the front desk. \*not valid for insurance patients \*



## Recipe of the Month

## Green Eggs & Ham



Featuring a tasty kale pesto, this quick and delicious breakfast will be great for your St. Patty's Day brunch!



#### PREP TIME: 15 mins COOK TIME: 5 mins DIFFICULTY: easy YEILD: 1 serving

## Ingredients

- 2 Eggs, Pastured
- 3 pieces Ham, or Irish Bacon
- 1 Tbsp Butter, Unsalted
- 1 tsp Black Pepper, to taste
- 1/8 cup Kale Pesto
- 1/2 Avocado

#### Process

- Make Kale Pesto
- Heat butter in a skillet over medium heat.
- Crack eggs in to skillet, sprinkle with black pepper, and cook on low until whites are cooked through.
- In another skillet, fry bacon on medium heat until crispy.
- Plate eggs over bacon, drizzle with kale pesto, and garnish with avocado slices.



Kale Pesto Recipe

#### Ingredients

- 2 cup Kale, de-veined
- 1/3 cup Pine Nuts
- 1/2 Lemon, juice
- 1/2 cup Olive Oil, Extra Virgin
- 1/2 tsp Salt

#### Process

- 1. In a food processor, pulse kale leaves and pine nuts.
- 2. While the mixture is processing, slowly add in olive oil.
- 3. Add in salt and pepper to taste.
- 4.Continue to blend until all ingredients are evenly blended.



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