



DSC News | May 2024



Happy
Mother's
Day



940.514.1701 | www.dentonsportschiro.com

Love Denton Sports Chiropractic?

Help us reclaim our BEST OF DENTON title!

**Nominations open
through May 19th!**

Nominate us under the
Healthy Living category
for a chance to win!

- 90-Minute Massage
- Three 60-Minute Stretches
- DSC Swag Bag



Show proof of nomination to be entered to win

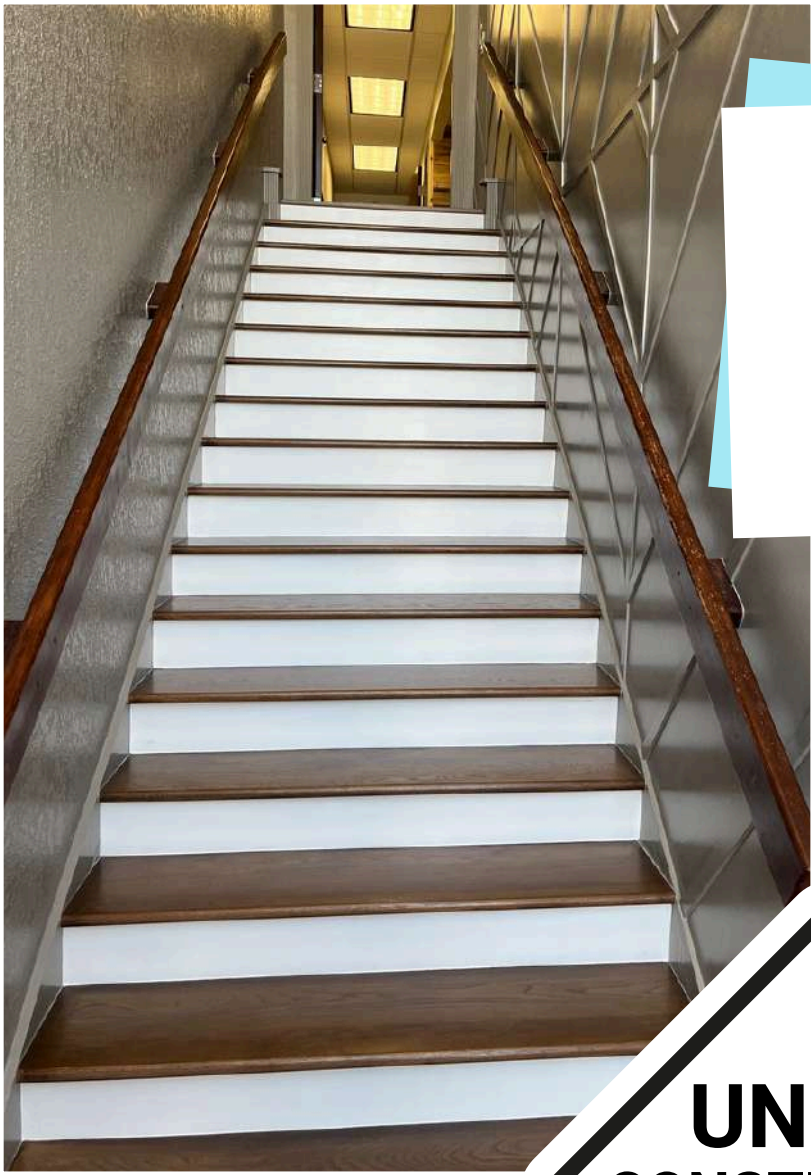
Email us your screen shot: info@dentonsportschiro.com

DSC will be closed Monday,
May 27th in observance of

Memorial Day

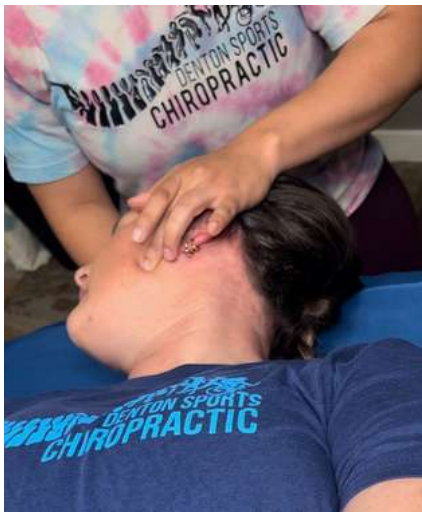
THANK YOU to all who have
served!





*Big things are
coming to DSC...
stay tuned!*



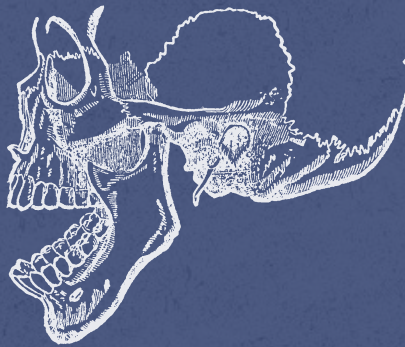


Did you know that in addition to our doctors being able to help with TMJ issues, our massage therapist, Perla, is certified in TMJ dysfunction using myofascial techniques?!

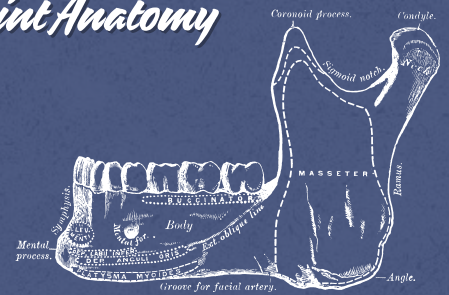
You might benefit from TMJ work if you've experienced any of these things:

- Pain or tenderness of your jaw
- Pain in one or both of the temporomandibular joints
- Aching pain in and around your ear or face
- Difficulty chewing or pain while chewing
- Headaches
- Difficulty opening or closing the mouth

Various muscles can contribute to these symptoms, but myofascial (soft tissue) release might provide the relief you've been looking for!



Temporomandibular Joint Anatomy



Congrats!

Class of 2024

Wishing all of our graduates the best in their next season, whether that's college, graduate school, entering the workforce, or any other endeavor!



GYMNASTICS

DSC ATHLETE SPOTLIGHT

carolina bowens



What sport(s) do you compete in?

Texas Woman's University - Gymnastics

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

I train all the events (vault, bars, beam, and floor), but my favorites are beam and bars!

What is your favorite food?

Steak and mashed potatoes!

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

I love to do ice baths (as well as drink chocolate milk after practices)!

What are your top goals for this season?

For this next upcoming season, my goals are to compete in All-Around—so all four events!

What is your favorite thing about visiting DSC?

I love how caring and personable all the people are! Everyone there is just so genuine and helpful! I also enjoy reading the info posters on the wall.

Recipe *of the* Month

Steak Taco Salad

This steak taco salad is perfect for summer grilling and packed with all the good stuff! Thinly sliced marinated flank steak with greens, avocado, tomatoes, peppers, onions, plantain chips and a tangy, zesty cilantro ranch dressing. It's Whole30 compliant, paleo, gluten free and dairy free.

PREP TIME: 30min **COOK TIME:** 12min **YIELD:** 6 servings

Ingredients

Steak:

- 1-1/4 lbs flank steak
- Sea salt and ground pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tsp taco seasoning
- 1 TBSP coconut aminos
- 1 TBSP lime juice
- 2 TBSP avocado oil

Cilantro ranch:

- 1/2 cup mayo (homemade/paleo)
- 3 TBSP plain unsweetened almond milk
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 3 Tbsp cilantro minced
- 2 tsp fresh lime juice
- Sea salt and black pepper to taste

Salad:

- 6 cups mixed greens roughly chopped
- 1 cup cherry tomatoes halved
- 1 medium bell pepper thinly sliced
- 1 medium avocado sliced
- Plantain chips (homemade or store bought)
- 1/2 small onion thinly sliced
- 1 jalapeno pepper thinly sliced (optional)
- Extra cilantro for garnish

Directions

1. Sprinkle the steak on both sides with salt and pepper and place in a shallow dish. In a bowl, whisk together the remaining 6 steak ingredients and pour over the steak, flipping it to evenly coat. Cover and refrigerate for at least 30 minutes.
2. Meanwhile, in a separate bowl, whisk together all ingredients for the dressing and place in the refrigerator until ready to use.
3. Once ready to grill the steak, heat your grill to high heat and brush with oil. Shake off excess marinade and grill the steak for 5-7 minutes per side or until desired doneness is achieved. Remove steak to a plate and allow to rest while you assemble the salad.
4. On a serving platter, layer the greens, tomatoes, peppers, sliced avocados, plantain chips, onion, and jalapeno (if using). Thinly slice the steak against the grain and arrange on top of the salad. Drizzle all over with the cilantro ranch dressing and serve right away. Enjoy!

