



DENTON SPORTS CHIROPRACTIC

DSC News | August 2022

BACK TO SCHOOL



Welcome, Murphy Carlisle Kruckemeyer!



Let's Celebrate!

Dr. Maggie and her husband, Luke, welcomed Murphy Carlisle into their family on July 16th, weighing 8 lbs 7oz.

Mama and Murphy are doing great!

SALE

Woo HOO!

Summer shirts are 15% off! Snag yours before they're gone!

And grab some great sunnies for \$8!



DSC August Birthdays



DR. KIM
AUGUST 3



DR. TAYLOR
AUGUST 9



ERIN
AUGUST 13



happy
1-YEAR
anniversary,
Perla!



IT SEEMS LIKE JUST YESTERDAY PERLA JOINED THE DSC TEAM.
WE LOVE YOU, PERLA! THANKS FOR ALL YOUR GREAT MASSAGE WORK.

Supplement Spotlight:

LMNT Electrolyte Drink Mix

Everything You Need & Nothing You Don't.

It's Blazin' Outside! Staying Hydrated?

Backed By Science

Gluten Free

No Artificial Ingredients

No Fillers

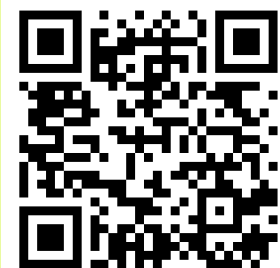
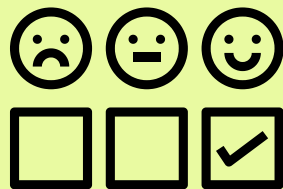
Zero Sugar

Keto-Paleo Friendly



citrus | raspberry | orange | chocolate | mango-chili
grapefruit | watermelon | raw unflavored

Let Us Know How We Are Doing



It's no secret we love what we do, but do YOU love what we do? That matters most. Scan the QR code, and leave us a Google Review. We'd love you for it!

So what is **SHOCKWAVE** anyway?

If you've been around DSC, you've probably heard us mention Shockwave treatment. Shockwave is our nickname for **MyACT** (Myofascial Acoustic Compression Therapy) or soundwave therapy. It does **WONDERS** for **relieving pain** from common musculoskeletal issues while **accelerating the healing process**.

Benefits of MyACT

- Eliminates adhesions (muscle knots)
- Improves range of motion
- Relieves muscle tightness and pain
- Improves circulation
- Reduces chronic and acute pain
- Lasting improvement in 3-5 treatments



Interested? Book online or call the office!
dentonsportschiropractic.com or 940-514-1701

15 %
off

THROUGH AUGUST 31

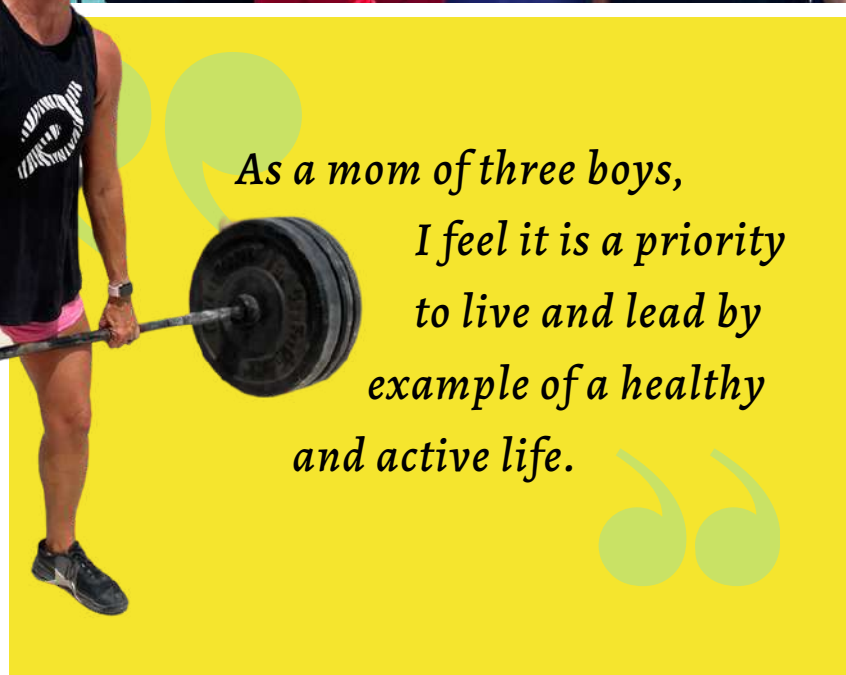
**HURRY, Now's
Your Chance!**

Corrective Functional Evaluation

**PLANTAR FASCIITIS / SHOULDER IMPINGEMENT
CORE STRENGTH / ATHLETIC PERFORMANCE
POSTURE CORRECTION / INJURY PREVENTION
ANKLE MOBILITY / KNEE ISSUES / POWER
MIND-TO-MUSCLE COMMUNICATION
FUNCTIONAL TRAINING & MOVEMENT**

DSC ATHLETE SPOTLIGHT

BRANDI NOWICKI



*As a mom of three boys,
I feel it is a priority
to live and lead by
example of a healthy
and active life.*

What sport do you compete in?

Triathlons and running events

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

Running has always been a favorite, but in the past year, I have really taken to cycling and now CrossFit

What is your favorite food? Chicken! If I am going to eat something not as healthy, a slice of pizza.

What is your favorite form of recovery and self care to stay healthy while competing? Foam rolling, stretching and yoga.

What are your top goals for this season?

Stronger in lifting heavy, gaining muscle and strength. Being a more efficient swimmer.

What is your favorite thing about visiting DSC?

My body always feel so much better: more relaxed and less tension in the muscles. The conversations are great too with Dr. Maggie and the staff!

Strawberry Avocado Spinach Salad with Chicken

Easy, Nutritious, and Your Soon-To-Be-Favorite Quick Meal!

INGREDIENTS

DRESSING:

- 1/4 cup extra virgin olive oil
- 1 tablespoon golden balsamic vinegar
- 1 teaspoon sugar
- 1 tablespoon roughly chopped fresh tarragon
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

SALAD:

- 2 boneless skinless chicken breasts
- 6 cups loosely packed fresh spinach
- 6-8 large strawberries, hulled and quartered
- 1 avocado, peeled, seeded and cut into chunks
- 3-4 thinly sliced rings of red onion
- 1/4 cup feta cheese
- 2 tablespoons sliced almonds



INSTRUCTIONS

- Whisk the extra virgin olive oil with the balsamic vinegar, sugar, tarragon, kosher salt, and freshly ground black pepper in a small bowl until blended.
- Place the chicken breasts in a shallow bowl, and cover with half of the dressing. Cover and refrigerate for 30 minutes to 2 hours.
- Spray a grill pan or 12-inch non-stick pan with cooking spray, and heat to medium high. Place the chicken breasts on the hot grill pan. Cook for 3 minutes, then flip. Cook for another 3 minutes.
- Reduce the cooking temperature to medium low, and cook the chicken for 20-25 minutes more, turning every 5 minutes or so. Cooking time will depend on the thickness of the chicken, but it will be done when it hits 165 degrees internal temperature. Let the chicken rest for 5 minutes, then slice into 1/4-inch slices.
- Arrange the spinach, strawberries, and red onion in a bowl. Lightly toss with the remaining dressing. Add the avocado, sliced chicken, and top with feta and almond slices. Serve immediately.