



DSC News | May 2023

Happy  
*Mother's*  
Day



# *Love Denton Sports Chiropractic?*

Help Us Reclaim Our BEST OF DENTON Title!

*Nominations Open  
Through May 7*

Nominate Us Under the  
Healthy Living Category  
for a Chance to Win!

- 90-Minute Massage
- 3 60-Minute Stretches
- DSC Swag Bag



*Show Proof of Nomination  
to be Entered to Win*

Email us your screen shot: [info@dentonsportschiro.com](mailto:info@dentonsportschiro.com)



## Monthly Mobility

Follow us on social media for mobility tips & more!





# MEMORIAL DAY

REMEMBER & HONOR

DSC will be closed Monday, May 29th  
in observance of Memorial Day.

Thank You to All Who Have Served.

## SUMMER SWAG SALE!!!!



T-Shirts & Tanks \$15  
Sunglasses \$6.50



To purchase, call or email the office!

940.514.1701 | [www.dentonsportschiro.com](http://www.dentonsportschiro.com)

# Congratulations Graduates!



2023

In celebration of graduation month, we are highlighting some of our high school seniors. All will be playing their respective sport in college! **Best of luck, graduates!**



# DSC ATHLETE SPOTLIGHT

SARAH RODGERS



**What sport(s) do you compete in?**  
Running.

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

I think my favorite distance to race is a 10K, because it's a challenge but still feels fast.

**What is your favorite food?**

Two very different things play for the top spot; I love Chipotle and Thai food.

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

I am learning how to recover better with foam rolling, stretching and mobility exercises but getting a chiropractic adjustment is also a great recovery tool. I also love going for a walk and listening to an audiobook or some music.

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

I just finished my first half marathon, so now I have to do another one and beat my previous time, but I want to focus a bit more on strength right now to see how that can help my running.

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

I've seen Dr. Hankel since 2018 through lots of running and two pregnancies. I most recently added in assisted stretching and corrective exercise, and it has truly made all the difference in my performance. Whenever I come to DSC, I immediately feel like everyone is cheering me on. The entire team is committed to helping you get the most out of your care, working together to make a comprehensive plan, and asking you about how you are working towards your goals. They are a welcoming, knowledgeable, and thorough crew.

***"The entire team is committed to helping you get the most out of your care..."***

# Recipe *of the* Month

## Slow Cooker Pork Chile Verde



*This delicious paleo dish is sure to be a Cinco de Mayo hit with a variety of textures bathing in a savory green chile sauce made from summer hatch chiles. Enjoy!*

**DIFFICULTY:** Easy   **PREP TIME:** 30min   **COOK TIME:** 6hrs   **YEILD:** 4 servings

### Ingredients

- 4 whole Tomatillo
- 6 oz Green Chilies, or 1 6-oz can green chiles
- 4 cloves Garlic
- 1 whole Onion
- 2 tsp Salt
- 1 tsp Black Pepper
- 1 whole Lime, (juice only)
- 1 cup Bone Broth
- 1 Tbsp Cumin, ground
- 1 Tbsp Coriander, ground
- 1 Tbsp Oregano, dried
- 1 pinch Cayenne Pepper, (optional)
- 1 lb Pork Shoulder, cubed
- 2 pieces Bacon
- 1/2 cup Cilantro, minced, fresh

### Directions

1. Light your grill and turn flame to medium. Cover grill and allow to heat while you prepare the vegetables. (Alternatively, preheat oven to 475).
2. Peel papery skins from tomatillos, wash, then slice in half. Wash peppers, and cut onion into 4 to 6 large slices. Arrange veggies in grill pan or basket, along with the 2 garlic cloves. Place pan on the grill, and close the lid. Turn vegetables every 5 minutes, until pepper skins are crisp and blackening. Remove from heat.
3. Wrap hot peppers in a cloth. Let sit about 10 minutes. Unwrap peppers, and use gloved hands to peel the skins from the peppers. Remove seeds at this time if you do not like spicy food. IMPORTANT NOTE: Use gloves and wash hands thoroughly after handling the chiles. Chiles have strong oils that will sting eyes or can cause skin to turn red.
4. Place grilled vegetables and peppers into a blender and add salt, pepper, and lime juice. Next, add broth, cumin, coriander, oregano, and optional cayenne pepper. Blend until mixture appears smoothie-like with a few small chunks.
5. Chop the bacon into 1-inch pieces. Cook until crisp in pot large enough to brown pork meat. Add the pork meat to your pan while the bacon grease is still hot. Brown each side of the meat.
6. Transfer the pork and bacon to your slow cooker after it is browned.
7. Pour the green chile sauce over the pork. Put the lid on the slow cooker and set for 6 hours.
8. Serving: Scoop hot pork and chile sauce into bowls, top with shredded cheese, cilantro, avocado, etc. Consider putting all of the toppings in separate bowls and creating a "toppings bar" so that everyone can top their bowl with their favorite items.