

# DENTON SPORTS CHIROPRACTIC

DSC News | September 2022





# Welcome to the Team!



## Miranda

Miranda was raised in Sanger, Texas, and has two older brothers. She played high school volleyball, basketball and ran hurdles in track. Miranda is pursuing her degree in psychology at UNT with the intent to research holistic mental health solutions.

In her free time, Miranda enjoys cooking all types of foods, Asian food being her top choice. She enjoys reading books as well as working out. On the weekends she typically likes to be out on the lake relaxing with her friends and family.



## Shellie

Shellie is a Texas native who has a passion to help people. She decided to attend massage school while living in Florida and now has certifications in deep tissue, trigger point, myofascial release, IASTM, taping, and PNF techniques.

She is also certified in lymphatic drainage, prenatal massage, bamboo massage, and has completed the medical massage practitioner course.

Shellie is a big nature lover. You can catch her outside paddle-boarding, hiking through the trails, and camping under the starlight. She loves traveling, DIY-crafts, as well as practicing yoga, breath-work, meditation, and spending time with her husband.

# Get Ready for Cooler Weather Fall Swag Coming Soon!



BLACK CREW NECK SWEATSHIRT - \$40  
HUNTER GREEN T-SHIRT - \$25

To order, call the office: 940-514-1701  
\*limited stock available\*

# Free Squat Assessment

A squat can reveal a TON of information about your body.

Book your complimentary Squat Assessment and discover the health of your movement patterns, balance, coordination, and strength.

Interested? Ask your doctor at your next visit!



what  
does  
your  
squat  
mean?

## Introducing ASSISTED STRETCHING! OFFERING 30- AND 60-MINUTE SESSIONS



**Terrible About  
Stretching But Know  
You Need It?**

**Try Assisted Stretching!**

- Increase Flexibility
- Decrease Stress
- Improve Mobility
- Increase Range of Motion
- Enhance Recovery

**\$45 - 30 minutes**

**\$75 - 60 minutes**

Book online or call  
**940-514-1701**





We're closed  
Monday,  
September 5th,  
for Labor Day.  
*Have a safe one!*



happy  
**4-YEAR**  
anniversary,  
Dr. Maggie!

WE CAN'T BELIEVE IT'S BEEN  
FOUR YEARS SINCE DR. MAGGIE  
CAME ON AS **THE SECOND DSC**  
**DOC!** THANKS FOR ALL YOUR  
HARD WORK, DR. MAGGIE!

happy  
**1-YEAR**  
anniversary,  
Erin!

WOAH! A YEAR ALREADY?!  
THANKS FOR ALL THE ENERGY  
AND BABY HOLDING AT THE FRONT,  
ERIN! YOU KEEP US LAUGHING.





**NOW BOOKING!**

**Saturday Massage &  
Stretching Appointments**

Call the office at 940-514-1701 or  
schedule online today!

## ***Product Spotlight:***

### **TOE SPACERS**

*Improve Stability / Realign Toes / Stretch Intrinsic Foot Muscles*

*Enhance Recovery / One Size / Improve Posture*

*Increase Mobility / Correct Plantar Fasciitis*





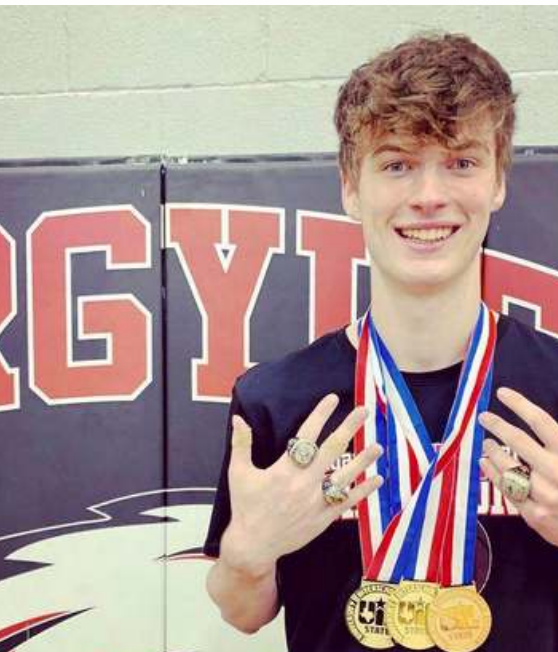
ATHLETE SPOTLIGHT

# WAYNE PRITTS



**What sport do you compete in?**  
Football and basketball

**What are your top goals for this season?**  
My goals for this season is to win state



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

I love massages and going to the chiropractor to keep my body in top shape.

**What is your favorite thing about visiting DSC?**  
I love how friendly and nice everyone is and how good their care is

**What is your favorite food?** Steak

## *Sausage & Butternut Squash Frittata*



Quick, easy, and perfect for breakfast, lunch, or dinner!

### PROCESS

1. Preheat broiler.
2. Beat eggs, salt, pepper, and herbs until well combined.
3. Add fat to 10-inch oven-proof skillet and sauté onions and peppers until soft. Add sausage and squash and cook until heated through. Pour eggs over filling and cook until edges start to set.
4. Put pan in oven and broil until frittata is puffed and brown on top, 3-5 minutes.

### INGREDIENTS

- 1 tablespoon bacon fat, duck fat, or fat of choice
- 3 ounces cooked sausage chopped or crumbled
- ¼ cup onion diced
- ¼ cup red pepper diced
- ½ cup butternut squash cubed and roasted
- 3 large eggs
- 2 teaspoons mixed fresh herbs or ½ teaspoon dried
- sea salt and pepper to taste

### NUTRITION

Calories: 341kcal Carbohydrates: 8g Protein: 16g Fat: 26g Saturated Fat: 8g Cholesterol: 282mg Sodium: 378mg Potassium: 424mg Fiber: 2g Sugar: 2g Vitamin A: 4690IU Vitamin C: 32.6mg Calcium: 67mg Iron: 2.3mg