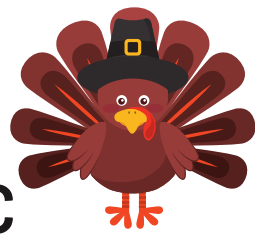




NEWSLETTER

DENTON SPORTS CHIROPRACTIC



NOVEMBER 2021

HAPPY THANKSGIVING



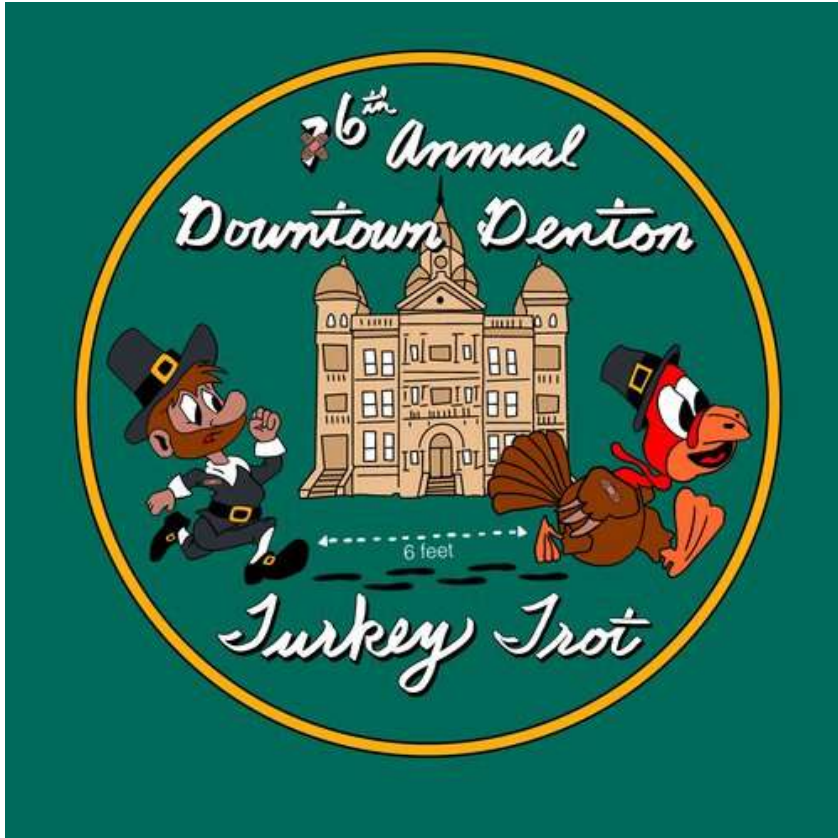
Thankful for our wonderful DSC community!!

(940) 514-1701

INFO@DENTONSPORTSCHIRO.COM



DSC IS A PROUD SPONSOR OF
THE 6TH ANNUAL DOWNTOWN
DENTON TURKEY TROT!

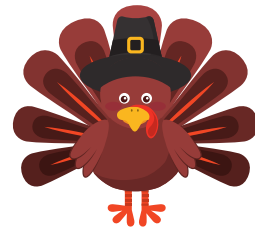


Join the Denton Area Running Club (DARC) on Thanksgiving morning for its 6th annual Downtown Denton Turkey Trot Run/Walk and Kid's Gobble Wobble. The fun family friendly 5K route will go through the beautiful Texas Woman's University campus and around the historic downtown Denton, Texas square. Proceeds benefit the Denton Community Food Center. Keep your family and charity right here in Denton this Thanksgiving!

THURSDAY NOV 25th @ 10:00 am
300 E McKinney St, Denton, TX 76201



ATHLETE SPOTLIGHT OF THE MONTH:



BEN BRIDGEMAN

Ben is a well known runner in the Denton community. Not only is he the president of the Denton Area Running Club, he's finished several ultra races, is currently prepping for Loup Garou 100, and is a good friend to DSC! Check out our interview below:



What sport do you compete in?

"Trail running/ultra running"

What are your top goals for this season?

"There's only one race left. I'd love to set a new Personal best"

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

"Stretching and walking, I love active recovery. Of course getting treated by Crystal and the DSC team"

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

"100 mile trail races"

Favorite food?

"Hard to pick just one. Most any vegan TexMex"

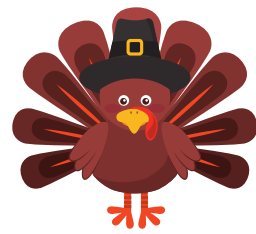
What is your favorite thing about visiting DSC?

"The friendly faces, welcoming atmosphere, and feeling comfortable knowing I'm being taken care of by the best in the business"





HOLIDAY HOURS



Give thanks

WED Nov 24: 8 am - 3 pm

THUR Nov 25: Closed

FRI Nov 26: Closed

Normal business hours resume
Monday, November 29th

SUPPLEMENT SPOTLIGHT: INSOMNITOL

TROUBLE
SLEEPING??



Insomnitol™ is a blend of botanicals, nutrients, and neurotransmitter precursors designed to support quality, restful sleep. By providing nutritional support for calm brain activity, Insomnitol™ helps promote the body's natural ability to fall asleep and stay asleep..



IMPORTANT DATES...



Santa...we know him!

Santa will be making a special visit to DSC on Dec.1 from 2:00pm-2:30pm! Stop by for a quick picture or to read Santa your Christmas wish list!

DSC is an official Donation location for Toys for Tots again this year!

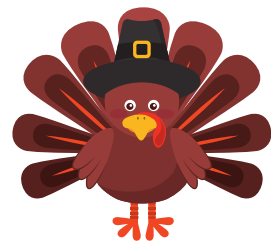
Please help us spread Christmas cheer by bringing a toy to your appointment from Nov 5 - Dec 30.

We will be raffling a Christmas massage for one of our generous patients!





RECIPE OF THE MONTH:



PALEO PUMPKIN PIE

Ingredients:

For the crust

- 125 grams almond flour about 1- $\frac{1}{4}$ cups
- 3 tablespoons organic ghee or coconut oil
- pinch of sea salt

For the pie

- 1 15- ounce can organic pumpkin
- $\frac{3}{4}$ cups coconut milk
- $\frac{1}{2}$ cup honey
- 3 eggs
- 2 teaspoons pumpkin pie spice
- $\frac{1}{4}$ teaspoon salt



Instructions:

1. Preheat oven to 325 degrees.
2. Mix crust ingredients until dough forms.
3. Press into pie plate and bake for 10 minutes. Set aside to cool.
4. Add filling ingredients to food processor and process until smooth.
5. Pour the filling into the crust and bake for 50 minutes, or until filling is just set.
6. Cover crust with pie crust shield or foil if it browns too quickly.
7. Cool completely and refrigerate 2 hours.