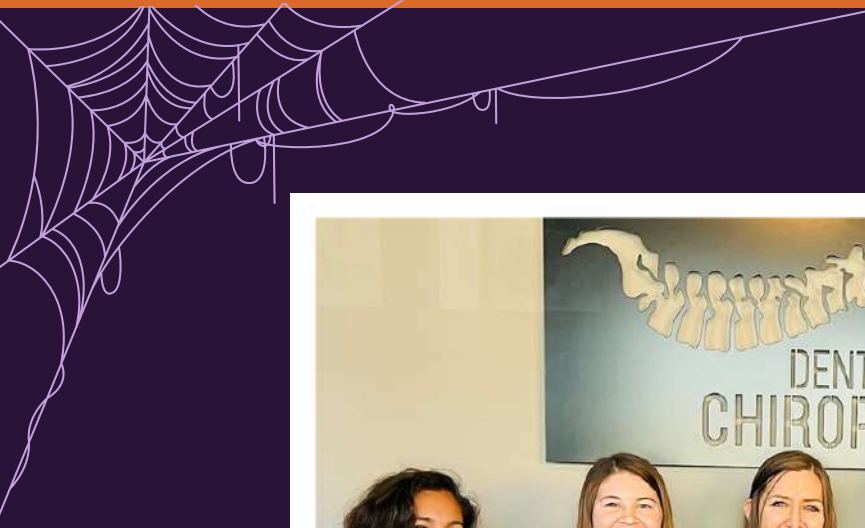




DENTON SPORTS CHIROPRACTIC

DSC NEWS | OCTOBER 2022



You Ready for Cooler Weather? *Fall Swag Is Here!*



Come and Get It!

*Sweatshirts and Hats
and Tees, Oh My!*

New Hats Are Coming...

Get Your Black Patch Hat in Time for Fall! Look Closely...

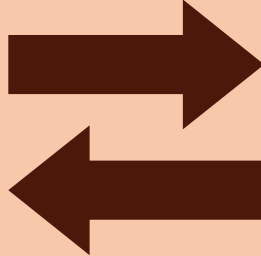
- Black Baseball Cap
- Double Black Trucker
- Black and White Trucker





TAG

You're It!



Dr. Crystal is Expecting Baby Boy #2 Any Day Now!
She plans to see patients through October 5th.
**Dr. Maggie will back at DSC on Mondays, Wednesday
and Thursdays starting October 24th!**

DSC will have modified hours while Dr. C is on maternity leave and Dr. M transitions back into the office.
PLEASE CHECK THE SCHEDULE ONLINE FOR DETAILS.

Thank you for your patience!

IT'S A COSTUME CONTEST!

**We're Raffling Off a FREE Stretch Session
and Functional Evaluation!**

Enter to win by wearing your Halloween costume into the office on October 31.

CANDY ALL DAY!

Stop in any time. We're open till 7PM!

No appointment needed to enter.



DSC October Birthdays



SHELLIE
OCTOBER 5



DR. CRYSTAL
OCTOBER 20



Thank You For Trusting Us!

OCTOBER IS NATIONAL CHIROPRACTIC HEALTH MONTH



Let's celebrate the chiropractic profession and our very own DSC chiropractors! Help us raise awareness of musculoskeletal health and the benefits of chiropractic care. Share the health!



Oh Happy Day!

LOVING YOUR SESSIONS?

Massage
Corrective Exercise
Assisted Stretching
Shockwave (MyACT)

Try Our New Package Deals!

Save when you buy 6 or 12 of your favorite sessions. Questions? Call 940-514-1701 or ask at the front next time you're in the office.



Product Spotlight

Mobility Tools!

LOOSEN UP THOSE TIGHT MUSCLES AND KEEP YOUR BODY PAIN FREE AND MOVING WELL.

Foam Rolls - \$35 For a total body tension release, great for trunk and legs.

Lacrosse Ball - \$5 For harder-to-reach places and more focused release.

Need a demo? Just ask--we're happy to help!

DSC ATHLETE SPOTLIGHT

GAVIN COLEMAN



The people are amazing

What sport do you compete in?

Football at Lake Dallas High School.

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

The games.

What is your favorite food?

Chicken alfredo.

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

What are your top goals for this season?

To make the playoffs and to be First Team All District.

What is your favorite thing about visiting DSC?

I love it here. The people are amazing, and I always feel great afterwards.

 **GO FALCONS!**

Chocolate Pumpkin Almond Butter Cups



INGREDIENTS

For the Chocolate:

- 2 cups dark chocolate or chocolate chips (I love eating evolved 72%)
- 2 teaspoons coconut oil
- 1 teaspoon Primal Palate pumpkin pie spice

For the Filling:

- $\frac{3}{4}$ cup almond butter
- $\frac{1}{3}$ cup canned pumpkin
- 2 tablespoons maple syrup
- 2 teaspoons Primal Palate pumpkin pie spice
- 1 tablespoon coconut oil

INSTRUCTIONS

1. Combine all filling ingredients in a medium-sized mixing bowl and mix well. Set aside.
2. Combine chocolate ingredients and melt chocolate using a double boiler.
3. With a small spoon (about the size of a $\frac{1}{2}$ teaspoon), carefully add a spoonful of chocolate to the bottom of a chocolate cup mold.
4. Using spoon, gently spread the chocolate from bottom of each cup onto the sides of the cups. This way chocolate will be on the sides and top and bottom of each cup.
5. Place mold in the freezer for a few minutes to harden.
6. With same small spoon, add one scoop of the filling mixture on top of the initial chocolate layer.
7. Once each cup has filling added, add enough chocolate so that each cup is full.
8. Fill all parts of cup mold to avoid air bubbles.
9. Freeze cups until hard and remove gently from the mold.