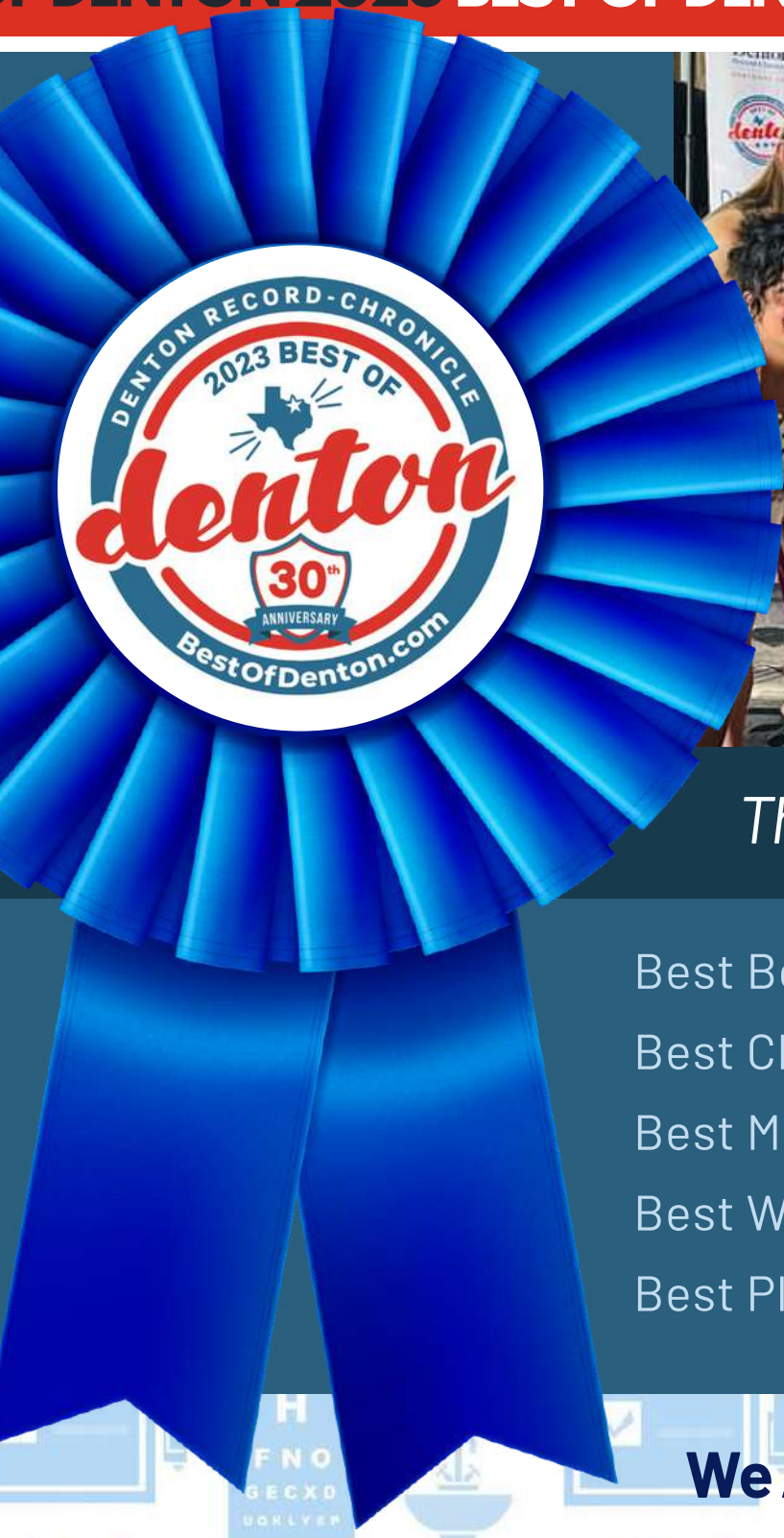


DENTON SPORTS CHIROPRACTIC

DSC News | September 2023





The Results Are In!

Best Boss, Winner

Best Chiropractor/Clinic, 2nd

Best Massage Center, 2nd

Best Woman Owned Business, 3rd

Best Place to Work, 3rd

We Appreciate Your Support!

Did You Hear?

Denton Sports Chiropractic won second place as Denton County's **Best Sports Massage center**. Thank you, Perla and Shellie, for your great work, and thank you, DSC Family for your support!



HAPPY
LABOR
DAY

We're closed
Monday,
September 4th,
for Labor Day

Have a safe one!



happy
5-YEAR
anniversary,
Dr. Maggie!

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

happy
2-YEAR
anniversary,
Erin!

WOAH! TWO YEARS ALREADY?!
THANKS FOR ALL THE BABY
HOLDING AND SOCIAL MEDIA
CONTENT, ERIN! YOU KEEP US
LAUGHING.



WELCOME Emily!

Meet DSC's Newest Corrective Exercise Specialist



Emily Harrington, NASM-CES, NSCA

Emily was raised in Santa Fe, NM and is the daughter of two restaurant owners. Her love of good food is only eclipsed by her love of the outdoors. Growing up in the mountains, outdoor fitness was simple. She took this love and began training over 20 years ago in California. Emily moved to Texas in 1999 with her husband to explore fitness training for equestrian athletes. She was a World Champion quarter horse competitor and saw the need for riders to be better balanced in their overall fitness. This led to sports performance training with a focus on injury prevention and recovery. Emily earned her degree in Health and Wellness from the University of North Texas and is certified in Pre/Post Natal Fitness. She is the mother of a 21-year-old daughter and a 16-year-old son and might be one of the cyclists in the groups you see riding around town and out in the country.

now Booking

Need Monday Mornings, Thursday Afternoons, or Saturdays? Emily's got you covered!

SALE
SALE
SALE
SALE
SALE
SALE



Fullscript™

**2-DAY SUPPLEMENT SALE,
SEPTEMBER 13-14!**

Deeper Discounts, SAVE with Autoship.

DSC ATHLETE SPOTLIGHT

DR. KIM CRISP



"I'm constantly learning about how to better care for patients"

What sport(s) do you compete in?

CrossFit (just for fun!)

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

My favorites are heavy deadlifts or overhead movements.

What is your favorite food? As much as I do actually enjoy eating healthy, I'd have to say dessert, especially chocolate. For actual food – a burger from Rodeo Goat or pizza!

What is your favorite form of recovery and self care to stay healthy while competing? I try to take at least one rest day per week, which sometimes consists of getting in light movement and mobility or skipping a workout altogether. I like cupping and using the lacrosse ball. I have a love-hate relationship with needling. It gets the job done, but it doesn't always feel great. I'm grateful I get excellent treatment from my fellow doctors at DSC!

What are your top goals for this season?

I want to get back into competing and improve in my fitness while taking better care of my body through recovery (sleep, hydration, and mobility work) as well as improving my nutrition.

What is your favorite thing about working at DSC? I'm constantly learning about how to better care for patients. The team is great, and each person brings different qualities to it. Crystal has created a really laid back atmosphere that patients love and makes it easy to go to work every day.

What is your favorite treatment to give patients? It's probably a tie between cupping and dry needling, but each of the therapies we offer, including manual (using our hands) and scraping, can treat certain problems more effectively than the others.



The BCS Classic is one of the most noteworthy CrossFit competitions and the biggest competition in the Brazos Valley. BCS athletes get the ultimate competition experience and range from first time competitors to the seasoned CrossFit veterans. **CONGRATULATIONS TO ALL OUR DSC PATIENTS WHO COMPETED LAST WEEKEND!**



Recipe *of the* Month

AUTUMN TIN FOIL DINNER

Easy Prep with Grill or Oven & Easy Clean Up



Great for the Game!

INGREDIENTS

- 12 oz. polish sausage
- 1 small head of cabbage
- 2 medium carrots
- 1/2 large red onion
- 4 T butter
- 1/2 - 1 tsp. dried thyme
- Salt and fresh-ground black pepper to taste

INSTRUCTIONS

- Preheat grill to medium-high or preheat oven to 450F/230C.
 - Cut up a medium-sized head of cabbage into bite-sized chunks.
 - Slice four sausage links into 3/4-inch thick slices, cut red onion into thick slivers, slice carrots just slightly thinner than the sausage.
 - Lay out four double sheets of foil big enough to hold all wrapped into a packet, and spray foil with non-stick spray.
 - Divide 1/4 veggie mixture on each set of foil sheets, add salt and fresh-ground black pepper to taste, dried thyme, and 1 tablespoon of butter.
 - Then add the slices of sausage on top of the vegetables.
 - Wrap the inner packet first, then fold over the outer sheet of foil and tightly roll up the ends.
 - Cook Autumn Tin Foil Dinners about 20-25 minutes on a grill that's pre-heated to medium high, or cook about 30-35 minutes if you're using the oven. Turn once about half-way through. Serve hot.
- For Keto Friendly:** reduce amount of carrots used.
- For Carb Friendly:** add sweet potatoes or your favorite potatoes into the mix.