

NEWSLETTER

# DENTON SPORTS CHIROPRACTIC

APRIL 2022

*Spring is officially here!!*



*Happy Easter from the  
DSC team!*

(940) 514-1701

INFO@DENTONSPORTSCHIRO.COM

It's that time of year again....



# Best of Denton Nominations!

**HELP US REGAIN OUR  
BEST OF DENTON TITLE!**

Mark your calendars! Best of Denton nominations run April 15 - May 14.

You can find us under the Healthy Living category for Best Chiropractic Clinic. Thank you for your continued support!



Many of you have tried **sound wave therapy** with our new **PiezoWave2** and are loving the results!

**Want to save on PiezoWave2 treatments?**  
Pair it with your next chiropractic appointment or snag a 6-pack!

**Solo Session: \$50**  
**Paired Session: \$30**  
**6 Session Package: \$210**

# ATHLETE SPOTLIGHT OF THE MONTH: LANDON TURRUBIARTE



**What sport do you compete in?**

Trail running

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

I'm taking on a trail race series this summer, which will be a first for me, before heading into other fall races.



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

My favorites are the 100K to 100M distances. I'm not that fast, but I enjoy the grind of longer distances races.

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

Sleep! My best training blocks and recovery from races are always directly aligned to my sleep efficiency.

**What is your favorite food?**

Pizza-hands down. I could eat it three times a day without a doubt.



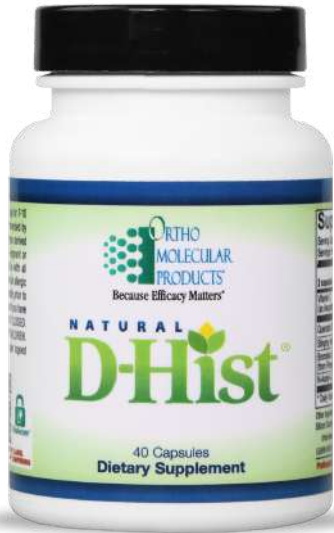
**What is your favorite thing about visiting DSC?**

The attention to detail from the staff is second to none. I feel like the focus is on preventive care and catching imbalances early before there is a problem. I can go to one place and know they are staying current in practice and technology to keep me in the best position possible from training to race day.



## Supplement Spotlight:

# D-Hist



D-Hist is a natural supplement created for sinuses and seasonal allergies. D-Hist helps the respiratory and immune systems by clearing nasal passages and balancing hypersensitivity.

Looking for a natural alternative to combat your allergies? Snag your bottle of D-Hist at the front desk!

## Corrective Exercise 101

### What in the World is Corrective Exercise?!

Corrective Exercise is a training technique that leverages an understanding of anatomy, kinesiology, and biomechanics to pinpoint the root cause of muscle imbalances and faulty movement patterns in the body. Less-than-ideal movement patterns lead to issues with posture, balance, pain, total body coordination, and athletic performance.

Appointments now available at DSC!

Call or schedule online!

# RECIPE OF THE MONTH:

## Carrot Cake Pancakes

### Ingredients

- 1 1/3 CUP oat flour
- 3/4 CUP oat milk
- 1 TBSP raw honey
- 1 1/2 TSP cinnamon
- 1 TSP grated ginger
- 1/4 TSP nutmeg
- 1/4 CUP hemp seeds
- 1/2 CUP shredded carrots
- 1 medium egg
- 2 TBSP coconut oil
- 1 TSP vanilla extract
- salt
- 1 TSP baking powder
- 1/2 TSP baking soda



### Preparation

1. Peel and grate carrots and squeeze out excess juice. Peel and grate ginger root.
2. Place egg, oat milk, coconut oil, honey (or maple syrup) and vanilla extract in a blender. Blend for a few seconds just until combined.
3. Add oat flour, cinnamon, ginger, nutmeg, baking powder, baking soda, and pinch of salt. Blend until batter is smooth (about 1-2 minutes).
4. Mix in shredded carrot and hemp seeds with a spatula.
5. Heat a skillet over medium heat and coat with coconut oil.
6. Cook each pancake for about 4-6 minutes.
7. Serve pancakes immediately.
8. Makes 6 pancakes that serves 2-3 people.