



DSC NEWS | FEBRUARY 2024







# **BREAKING NEWS**

Dr. Maggie is adding more hours to her schedule starting this month! YAY!

If you have been trying to see her, you now have more opportunity with her extended hours!

Catch her on the schedule Monday through Thursday!

## **DID YOU KNOW THAT DSC OFFERS ON-SITE CHAIR MASSAGE FOR LOCAL BUSINESSES AND SCHOOLS FOR EVENTS AND WELLNESS WORKPLACE INITIATIVES?**

Whether you are planning for a wellness fair, event, or just a surprise perk for your employees, we would be happy to help with massage services.

Contact  
[info@dentonsportschiropractic.com](mailto:info@dentonsportschiropractic.com)  
for pricing & more detailed  
information.



# Give the Gift of Love

Show love this Valentine's day with the gift of self-care. Good for any product or service, and it's quick, easy, and reloadable.



Available for purchase at the front desk or online.

## CALLING ALL CROSSFIT GYMS... DSC WANTS TO SUPPORT YOU!!



LAST YEAR, DSC PROVIDED SERVICES DURING FRIDAY NIGHT LIGHTS TO SEVERAL CROSSFIT GYMS IN THE AREA AND HAD SO MUCH FUN, WE'D LIKE TO SUPPORT OUR COMMUNITY AGAIN THIS YEAR!

IF YOU ARE INTERESTED, BE SURE TO HAVE THE GYM OWNER REACH OUT TO US TO SCHEDULE ONE OF THE CF OPEN WORKOUTS!



# DSC NOW OFFERS MULTIPLE MASSAGE SERVICES INCLUDING SWEDISH, SPORTS MASSAGE AND PRENATAL!

What's the difference between Swedish and sports/medical massage?



## SWEDISH

BEST FOR GENERAL  
MUSCLE TENSION RELIEF

MAY INCLUDE EFFLEURAGE,  
TAPOTEMENT, FRICTION, ETC.

RELAXATION & STRESS RELIEF

GENTLE TO MODERATE PRESSURE

THERAPEUTIC



## SPORTS

SUITED FOR ATHLETES AND SPECIFIC  
MUSCLE ISSUES

MAY INCLUDE MYOFASCIAL RELEASE,  
TRIGGER POINT, CUPPING, IASTM

ATHLETIC PERFORMANCE & RECOVERY

MODERATE TO DEEP PRESSURE

OUTCOME-BASED

## SATURDAY APPOINTMENTS

Can't make an appointment during the week?

No worries, we've got your back!

Book a Saturday appointment for Massage,  
Assisted Stretching or Chiropractic.

Call 940-514-1701, or schedule online at  
[dentonsportschiropractic.com](https://dentonsportschiropractic.com).



# DSC ATHLETE SPOTLIGHT



## JENNI KNIGHT

### What sport do you compete in?

Crossfit, Hyrox, Spartan

### What is your favorite food?

Gluten-free pizza and grass-fed beef

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

I love getting adjustments, massages and need recovery tools by DSC regularly to help stay healthy and feel my best. I always make sure to book Dr. Maggie the week before and after an event, and it has been a gamechanger in my prep for and recovery from events.

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

TFX, the CrossFit Open, and I'm hoping to hop into more competitions this year and enjoy the fun!



*"I always make sure to book Dr. Maggie the week before and after an event, and it has been a gamechanger in my prep for and recovery from events."*

Competitions always teach me so much, and it is cool to see where I can push my body and mind.

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

The staff is the best part! Everyone is genuine about helping you to feel better, and you can feel the team spirit behind the team. Feeling aligned and pain free after the visits is a big plus. :)





# Recipe *of the* Month

## RASPBERRY CACAO BROWNIES



### *Ingredients*

#### BROWNIES

- 4 eggs
- 1/3 cup extra virgin olive oil
- 1/4 cup maple syrup or liquid stevia
- 1 tsp vanilla extract
- 2 tbsp coconut flour
- 1/2 cup cacao powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup of maple syrup
- 1/2 cup raspberries

#### RASPBERRY CHOCOLATE SAUCE

- 1 tsp coconut oil
- 1/4 cup raspberries
- 1 tbsp chocolate chips

### *Directions*

1. Preheat oven to 350°F. Prepare a baking pan with parchment paper or lightly grease with coconut oil.
2. Mix the eggs, oil, maple syrup and vanilla extract together in a bowl.
3. Add the flour, cacao, baking soda and salt to combine.
4. add the raspberries, breaking them apart in the batter with a spatula. Don't leave them whole in the batter, as it will weigh it down and be difficult to slice into and eat.
5. Bake for 30 minutes or until a toothpick can be inserted into the center and come out clean.
6. Remove from the oven and cool in the pan 10-15 minutes before slicing.
7. While the brownies cool in the pan, make the sauce by placing the ingredients in a glass bowl over a pot of boiling water. Make sure the bowl is large enough to sit on top of the pot.
8. Stir the ingredients together until smooth. Pour over the brownies and devour!