



DENTON SPORTS CHIROPRACTIC

DSC NEWS | MARCH 2024



Come celebrate with us!



DSC ANNIVERSARY C E L E B R A T I O N

Stop by and enjoy a cookie and mimosa.
Thank you for all your support!

Monday, March 11th

8 AM - 6 PM

No appointment needed.

ANNIVERSARY BASKET GIVEAWAY

Keep an eye on our Instagram &
Facebook for entry details!

BASKET CONTENTS:

- LMNT 20 oz. Yeti Tumbler (\$35)
- Rowe Casa Antioxidant Infusion (\$28)
- Rowe Casa Magnesium Gel (\$25)
- 12 LMNT Packets (variety pack, \$18)
- Gift Certificate for 1 hr. Swedish Massage (\$75)
- Gift Certificate for 1 hr. Assisted Stretch (\$75)

Total Value: \$256



Have You Tried Our Packages Yet?

People Are Loving Them!

Chiropractic* - Corrective Exercise* - Assisted Stretching - Massage

Call or ask for details at the front desk. *not valid for insurance patients*



10 WAYS TO REACH 10K STEPS PER DAY

1. Pace the bathroom while you brush your teeth.
2. Park the car at the other end of the parking lot from your destination.
3. Use the restroom farthest from your office (or even one on a different floor so you have to take the stairs). Also, take the stairs whenever possible!
4. Enjoy a walk on your lunch break or while you're on a phone call.
5. Take your afternoon coffee break at a walkable coffee shop nearby.
6. Carry shopping bags inside from your car one at a time so you have to take multiple trips.
7. Take your dog for a longer walk than usual, or offer to walk a friend's dog.
8. Walk around the room during commercials while watching TV.
9. Get up and refill your water more regularly (another way to make sure you're drinking enough water).
10. Find a podcast you love, and go for a walk while you listen to it.

**HOT
TIP**

CONGRATULATIONS TO ALL OF OUR COWTOWN & FITTEST EXPERIENCE ATHLETES!



TFX



Product Spotlight: Rowe Casa

We We Love It!

Rowe Casa Organics natural products are made with ingredients you can trust. They do extensive research on each ingredient and are always looking first to their indigenous region.

You won't find any harsh chemicals or fragrances in any of their products, and we love their commitment to excellence and quality.



Elderberry

IMMUNE SUPPORT

Did You Know...

Elderberry contains properties that reduce inflammation in joints, muscles, and skin? They're also the second highest antioxidant fruit!

Why Elderberry?

- This powerful tonic is also an excellent aid in combating symptoms of colds, flu, and allergies all while boosting the immune system to help fight against bacterial and viral invaders.
- Elderberries also contain flavonoids which have been shown to help reduce cholesterol in blood vessels, which can help lower blood pressure and support heart health.



Tart Cherry

SLEEP SUPPORT



Did You Know...

Tart cherry liquid extract helps support sleep cycles naturally?

Why Tart Cherry?

- Tart cherries are not only rich in melatonin but also help the body to naturally produce melatonin. The added Chamomile and Valerian Root enhance the calming and relaxing effects, helping you to get better, deeper rest!
- Tart Cherry Sleep Support can also be helpful with supporting weight loss, reducing inflammation, supporting heart health, aiding with muscle recovery, and supporting male and female fertility! The ingredients in this syrup have also been proven to reduce and combat feelings of anxiety and depression.

Athlete Spotlight



SHERRI
REMINGTON



What sport do you compete in?

Marathons and Triathlon. I am a runner at heart but love the challenge of the triathlon, specifically the Half Ironman distance.

What is your favorite food?

It is a toss-up between pizza and queso!

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

I love getting massages and foam rolling.

What are your top goals for this season?

I am currently taking a break from triathlons this season and focusing on running. My main goal is just to enjoy the marathon and race without injury.

What is your favorite thing about visiting DSC?

I love the way I feel after treatment. My body feels less stressed, and my mobility is improved. And I love the staff!

RECIPE OF THE MONTH

Savory Gluten-Free Irish Soda Bread



This slightly sweet loaf of Irish Soda Bread is easy to make!

PREP TIME: 15 mins **COOK TIME:** 55 mins **DIFFICULTY:** easy
YIELD: 10 servings **TOTAL TIME:** 1 hour 40 minutes

PROCESS

1. Preheat oven to 375°. Line a cookie sheet with parchment paper or a silicone baking mat. Set aside.
2. In a large bowl, combine the gluten-free flour, xanthan gum (if needed), sugar, baking soda, baking powder, and salt.
3. Using a pastry cutter or two knives, cut the butter into the flour mixture until pea-sized crumbs.
4. Stir in the currants.
5. In a small bowl, mix together the buttermilk and egg then add to the flour/butter mixture.
6. Start with a spatula to gently stir, then switch to using your hands to mix the batter together to form a wet dough that you can form into a ball.
7. Dough will be quite sticky, but you should be able to form into a ball shape and place on the parchment paper lined baking pan.
8. In a separate bowl, combine 1 Tbsp. melted butter and 1 Tbsp. buttermilk. Using a pastry brush, brush the whole loaf with the butter/buttermilk mixture.
9. Use a knife to cut an X shape in the top of the loaf.
10. Bake at 375° for about 50–55 minutes, or until golden brown and no wet batter is visible.
11. Let cool on pan for 10 minutes, then move to cooling rack to cool completely before slicing. No need to serve hot; it tastes great and cuts better when cooled off!

INGREDIENTS

- 3 cups (375g) all-purpose gluten-free flour blend
- 1 tsp. xanthan gum (If the flour blend you use already has xanthan gum or guar gum in it, then omit)
- 1/4 cup sugar
- 1 tsp. baking soda
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 1/2 cup cold unsalted butter
- 2/3 cup currants or raisins (omit for savory version)
- 1 cup buttermilk
- 1 egg, room temperature
- For brushing on loaf:
 - 1 Tbsp. melted butter
 - 1 Tbsp. buttermilk



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