

NEWSLETTER
DENTON SPORTS CHIROPRACTIC
AUGUST 2020



NATIONAL SPIDER-MAN DAY!

We had fun celebrating National Spider-Man Day on August 1st with our local Denton Spider-Man!

WELCOME OUR NEW LMT!

Ronni is a Licensed Massage Therapist for the United States Olympic Team and is excited to also now be a part of the Denton Sports Chiropractic Team. She is trained in Sports, Neuromuscular, Trigger Point and Myofascial Massage with advanced training in Lymphatic Drainage Therapy. Ronni has eighteen years of Massage Therapy experience and also holds a Bachelor of Science in Health Science. With a sport-specific focus, she will assess your biomechanical imbalances, areas of tightness, range of motion and provide therapeutic treatments to help remove restrictions in the muscles, alleviating pain and restoring function.



(940) 514-1701

info@dentonsportschiro.com

BEST OF DENTON COUNTY TOP 3!

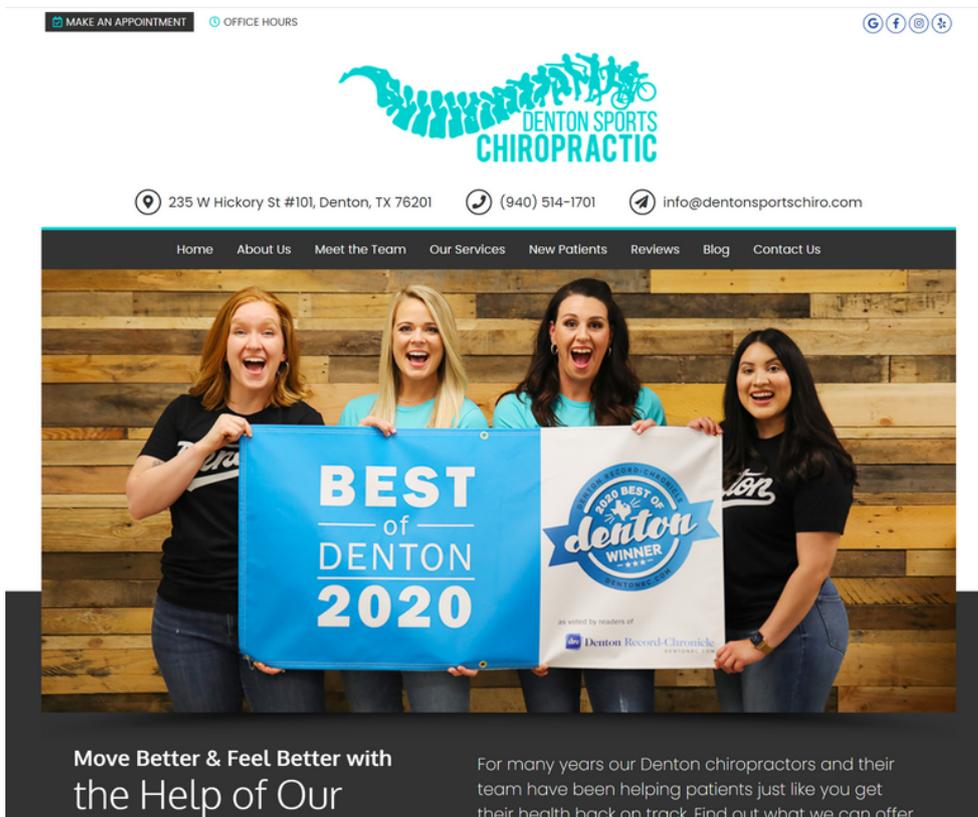
We made it with your help and support! Denton Sports Chiropractic and Dr. Crystal Hankel have been nominated as "Best Chiropractic Practice" and "Best Chiropractor" of Denton County!

You can vote for us using the link down below! Voting ends on August 19.

bestofdentoncounty.com/medical-health/



HAVE YOU SEEN OUR NEW WEBSITE?



DSC has a new cyber home! Check us out on our newly designed website customized directly for our patients.

You'll be able to schedule appointments, view services, read our blogs and get to know the DSC team!

www.dentonsportschiropractic.com

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DSC'S GALLON WATER CHALLENGE



Did you know that by the time we feel thirsty, we are often already dehydrated?

Join the DSC team through the month of August in drinking a gallon of water a day! Hydration is important year round, but especially during hot summers in Texas. Not only is hydration important for optimal body function, but it also effects your mood and your mental productivity. Since our fluid levels affect our ability to control our temperature, pulse, blood pressure, digestion and millions of other functions, it's something to take seriously.

Along with our team, we encourage our community to join us on our journey to drink a gallon of water a day.

Be sure to tag us on social media as you're staying hydrated!

SUPPLEMENT SPOTLIGHT: KLEAN CREATINE



Klean Creatine contains creatine monohydrate that allows for greater muscle growth, recovery and performance! This supplement is designed for athletes looking to increase their strength and power objectives.

Call or email us for more details on Klean Creatine or any Klean Athlete supplements!

RECIPE OF THE MONTH: THE PERFECT TURKEY BURGER

Paleo- and Whole30- friendly



INGREDIENTS

- 1lb ground turkey
- 1 chopped scallion
- 1 bunch chopped parsley
- 1/2 teaspoon sea salt
- 1 tablespoon ghee
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon chili pepper flakes, optional
- 2 tablespoons fresh garlic, minced
- 1 teaspoon fresh grated ginger, optional

DIRECTIONS

1. Combine all ingredients for the turkey patties in a medium-sized bowl and gently mix until everything is evenly combined. Do not overwork.
2. Heat ghee in a skillet over medium-high heat and divide the turkey mixture into four equal parts. Flatten gently to form the turkey patties, then sear the turkey patties in the skillet for 5-8 minutes per side. Remove from the skillet and set aside.
3. Serve the turkey patties with a dollop of Primal Kitchen mayo on the side, or squeeze between two slices of sweet potato to make delicious turkey burgers. Enjoy!