



Drs. Joe Dennis & Kelsey Crumrine, D.C.
930 W Parker Road Suite 505, Plano, TX, 75075

Now You Know

“September is a significant month for chiropractic as it marks the birthday of Daniel David Palmer, the father of Chiropractic. He gave the first chiropractic adjustment in 1895.”

“Medicine is the study of disease and what causes man to die. Chiropractic is the study of health and what causes man to live.”
 - B.J. Palmer

"The power that made the body heals the body." - B.J. Palmer

Chiropractic adjustments for kids can contribute to a strong immune system, helping them better fight off common illnesses.

OUR HOURS

Mon, Wed and Thurs:

7:30am - 12:00pm
 3pm - 6pm

Tues:

3:00pm - 6:00pm

Chiropractic Care for Your Little Ones

This month is Baby Safety Month, and with that, let’s discuss an important topic that might not be on everyone’s radar: chiropractic care for babies. When it comes to caring for spines, it’s truly never too early and never too late.

Babies are growing and changing at lightning speeds. That’s why it’s up to us as their parents to protect every part of them - including their ever-evolving spine. A massive part of their health is having a happy spine and a nervous system.



Having that support system from a young age can do a world of good right into their adult years.

So, why are adjustments just as necessary for babies as they are for adults with backs that have been put under pressure for years? Well, just like adult bodies, a baby’s body is working hard to transmit messages to all the areas of their body that are growing and changing day after day. When a healthy spine, these messages can flow smoothly, making a world of difference to how a baby might feel in their body. Beyond that, chiropractic care can help with other issues like common tummy problems, sleep issues, or even simple fussiness.

The techniques for babies are a lot gentler than with adults, ensuring that they’re happy throughout the whole process. So, if you’re looking for new ways to take care of your baby this baby safety month just remember that a healthy spine is a big part of the safety equation.

Taking a trip to our practice, which is equipped to care for every member of your family, could be just the thing your baby needs to feel their best.

Healthy spine, happy baby! Let’s keep our little one safe and sound, one gentle adjustment at a time this Baby Safety Month!

Find us on the Web! We post great pictures, videos and health tips!
www.planochiropractor.net

Get Social With Us! Search for Dennis Family Wellness Center on Facebook, YouTube or Instagram. Visit us and become a fan!
Post a Review or comment, share us with your friends.

Look forward to seeing you online.

Our Practice Members Of The Week Share...

I was helped by Dr. Kelsey and Joey. They gave me an exceptional chiropractic experience. From the warm and welcoming atmosphere to the expert care provided, this clinic deserves a 5-star rating. Dr. Kelsey’s personalized approach and Joey’s attentive assistance ensure a positive and effective treatment. I highly recommend them to anyone in need of chiropractic care. I was having several back/neck issues and just after 2 weeks, I was able to start sleeping better and no more severe pain. Can’t wait to see the results after my plan ends ! –
 Christopher

It has been about 6 weeks of treatment and the pain in my hips and lower back is going away. I am able to move much more freely and am slowly beginning to resume normal activities, I even played a round of golf a few weeks back. Dr. Dennis and his staff are competent, friendly, and enthusiastic in caring for your needs and placing you on the right path to a complete recovery.

Thanks for all of your help guys. Keep up the great work! - Richard



*Call
972-801-9992*

**SEND a copy of
this newsletter
to your friends &
family in the
area!**

*Please feel free to call
the office and leave
the name and address
and we would be more
than happy to make
sure they get a copy of
our newsletter each
month!
Remember to
REFER your friends,
family and co-workers
for a check-up!
Their health is their
most important*

Stay Healthy

*Most of all, we want
you all to remain
healthy and
connected this April.
If we can help to
support you and your
health in any way this
month, reach out, let
us know. We would
be more than happy
to help you in any
way possible.
Stay healthy, stay safe,
and keep connected.
We are all in this
together.*

Better Breakfast Month

September is here, which means it's also Better Breakfast Month! It's the perfect time to give our mornings a boost with a healthy and energizing meal that will keep us going from morning to night.

Not sure how to spruce up your breakfast routine? Here are our top 7 tips!

1. Aim for balance

Aim for a balanced breakfast that includes a mix of protein, complex carbs, and healthy fats. This combo helps keep you full and fuels your body with lasting energy. Some examples could be whole-grain toast with avocado and a poached egg or Greek yogurt topped with fruits and nuts.

2. Prioritize Protein

Protein helps you feel satisfied and is also an essential nutrient for your body to function and feel strong. Incorporate sources like eggs, lean meats, Greek yogurt, or plant-based options like tofu and nut butter. These are simple sources that are common in some of the best breakfast meals.

3. Don't Forget Fiber

Whole grains, fruits, and veggies are packed with fiber, which keeps things moving smoothly internally while also helping you to control your appetite.

4. Say No to Added Sugars

Sugary cereals and pastries might taste tempting, but they can lead to a quick energy crash. Opt for natural sweetness from fruits or a drizzle of honey on your oatmeal rather than any of the processed stuff.

5. Hydrate Right

Try to start your day with a glass of water. It kickstarts your metabolism and helps you stay hydrated after hours of sleep.

6. Prep Ahead

Mornings can be hectic, especially in our household, but that's no excuse to skip breakfast. Prep overnight oats, and smoothie packs, or make something ahead of time to ensure it's ready to grab and go.

7. Include Superfoods

Consider adding some superfoods like chia seeds, flaxseeds, or berries to your breakfast. They're pack

Let's Celebrate Our Grandparents!

September 10th is Celebrate Grandparents Day, making it a necessary time to value the cherished moments we have with them and the invaluable roles they play in our lives.

If your grandparents haven't had the privilege of experiencing chiropractic care in their lives, now might be a great time to introduce them. Chiropractic care can have a hugely positive impact on people, especially in their senior years. Joint pain, reduced mobility, and other age-related discomforts can all be alleviated with gentle adjustments that are tailored to their needs.

So, if you want to show your grandparent that they are extra-loved and cared for this September, consider referring them to our office or booking them an appointment directly. With each session, we will ensure they receive personalized care that is suited to their specific needs and ailments.

Delicious Gluten-Free Date Nut Bread Recipe

What you'll need:

- 1 cup pitted dates, chopped
- 1 teaspoon baking soda
- 1 cup hot water
- 1 ¾ cups gluten-free flour blend
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup chopped nuts (walnuts, pecans, or almonds work well)
- ½ cup of honey, maple syrup, or coconut sugar
- 1 large organic egg, beaten
- 2 tablespoons melted coconut oil
- 1 teaspoon organic vanilla extract



How to make it:

- Preheat your oven to 350°F. Grease and flour a standard loaf pan with a gluten-free flour blend or line it with parchment paper for easy removal.
- In a bowl, combine the chopped dates and baking soda. Pour the hot water over the dates and let them soak for about 15 minutes. This softens the dates and makes them easier to incorporate into the batter.
- In a separate bowl, whisk together the gluten-free flour blend, baking powder, and salt. Stir in the chopped nuts.
- In another bowl, whisk together the beaten egg, sweet ingredient, oil, and vanilla extract until well combined.
- Gradually add the date mixture to the wet ingredients, stirring until everything is nicely incorporated.
- Slowly add the dry ingredient mixture to the wet ingredients, stirring gently until no streaks of flour remain. Be careful not to overmix.
- Pour the batter into the prepared loaf pan. Smooth the top with a spatula. Bake in the preheated oven for about 45-50 minutes, or until a toothpick inserted into the center comes out clean.
- Allow the date nut bread to cool in the pan for about 10 minutes, then carefully transfer it to a wire rack to cool completely.
- Once cooled, slice the bread into your desired portions and enjoy! It's delicious on its own or spread with a bit of butter or cream cheese.

Charity of the Month

Donations Needed

Witnessing To The Streets (W.T.T.S.) is a local non-profit organization dedicated to assisting those who have been left with nothing. In Dallas, more than 10,000 homeless individuals are in desperate need of even the most basic necessities. While many of us are fortunate enough to have constant access to food, water, and shelter, W.T.T.S. collaborates with other local non-profit organizations to provide these essential items to those who have nothing. Additionally, we strive to offer assistance and resources that can help these individuals transition out of life on the streets. Our goal is to offer as much support as possible, whether it involves providing a warm meal, a compassionate listener, or a safe place to sleep. Your generous donations enable us to provide people with the opportunity to regain their independence and rebuild their lives. Thank you for your kindness and generosity. May God bless you abundantly.



Requested Items:

- Backpacks
- Water bottles (refillable)
- Blankets
- Summer hats
- Socks (NEW)
- Bibles
- Sunscreen
- Sweatbands
- Tampons/Pads
- Shampoo/ Conditioner
- Hand Sanitizer
- Sleeping bags
- Toothbrushes
- Toothpaste
- Deodorant
- Baby wipes

OUR OFFICE
SEPTEMBER
Events

Chiropractic's Birthday Party
September 18th

Dinner with the Doc September
26th

Denis Family Wellness Center

930 W Parker Road Suite 505

Plano, TX 75075

972-801-9992

dfwcmail@gmail.com

Thanks for the
Referrals!

The ultimate compliment is when our
patients tell their friends and families about
YOUR OFFICE NAME. Thank you for
helping us help others!

John

Rose

Dustin