

November Newsletter 2024



Sedona, Arizona

Happy Thanksgiving from Resilient Align Pain Solutions

We are truly grateful for each and every one of you. Thank you for allowing us to be a continued part of your healing journey. Your trust and commitment inspire us every day, and it is a privilege to support you along the way.

We hope you have a wonderful Thanksgiving filled with joy, love, and cherished moments with your family and friends!

Sincerely,

The Resilient Team



Thanksgiving Clinic Hour Changes

Resilient Align Pain Solutions will be **CLOSED** on:

THURSDAY & FRIDAY
NOV. 28TH & NOV. 29TH

We will resume normal hours on Monday, Dec 2nd.

The Role of Posture in Chronic Pain

Posture, the way we hold our bodies while standing, sitting, or moving, plays a crucial role in our overall health. Good posture ensures that our muscles, joints, and ligaments are aligned properly, reducing the risk of strain and injury. However, poor posture is a common issue that can lead to chronic pain and discomfort. This article explores the link between poor posture and chronic pain, supported by scientific evidence and practical exercises to help improve posture. [Read More](#)



REGISTER NOW

Free Virtual: Intro to Resilient

We warmly invite you to share this opportunity with your friends and family to join us for an enlightening talk on the Resilient secret to overcoming chronic pain!

DATE: Wednesday, December 4, 2024
LOCATION: Zoom
TIME: 11am - 12pm (MST)
PHONE: 480.999.5171
EMAIL: liz@resilientaps.com

Recipe of the Month

Pumpkin Roll

Ingredients

- 3/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon of ground cinnamon
- 1 teaspoon of pumpkin pie spice
- 1 cup granulated sugar
- 3 large eggs
- 2/3 cup canned pumpkin (or home made pumpkin puree)
- 1 teaspoon vanilla extract

Filling

- 8 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 cup powdered sugar, plus more for dusting

Instructions

1. **Preheat Oven** to 350 degrees F.
2. **Prep Pan:** Lightly grease a jelly roll pan (10x15") with non stick cooking spray. Place parchment paper on top so it sticks, leaving an extra inch of parchment sticking up on both long sides of the pan so that you can easily lift the cake out after baking. Lightly grease the parchment paper.
3. **Dry Ingredients:** In a large bowl, whisk together the flour, salt, baking soda, cinnamon and pumpkin pie spice.
4. **Wet Ingredients:** In a separate bowl, mix the eggs, sugar, vanilla and pumpkin until smooth.
5. **Combine:** Add dry ingredients to the bowl and stir in just until combined and no dry streaks remain. Spread the batter evenly in the prepared pan.
6. **Bake** for 12-15 minutes until a toothpick inserted in the center comes out clean. Every oven is different, so watch it closely.
7. **Roll:** Immediately lift the parchment paper and hot cake out of the pan and place onto a flat (heat-safe) surface. While the cake is hot, starting at the short end, gently and slowly roll the cake (and parchment paper!) all the way up. Allow it to cool completely, on top of a wire cooking rack. (This allows it to cool underneath the roll, and keeps the cake from sweating).
8. **Frosting:** While the cake roll is cooling, mix the cream cheese, butter, vanilla, and powdered sugar together with an electric mixer until it is fluffy and smooth. Once the cake roll is cooled completely, unroll it very carefully. Gently smooth the filling in an even layer over the cake, leaving a 1-inch border.
9. **Roll up the frosted cake** without the parchment paper. Cover with plastic wrap and refrigerate for at least 1 hour, before serving.
10. **Serve:** Dust the top with powdered sugar, if desired. Cut into slices and serve.

Notes

Make Ahead Instructions: the assembled pumpkin roll with cream cheese filling can be made ahead and refrigerated, covered for 1-2 days. Or if you just want to make the cake part ahead of time, you can bake it, roll it in parchment paper to cool, then refrigerate it while it's rolled in the parchment paper for one day before spreading the frosting. Keep leftovers covered and in the refrigerator.

Freezing Instructions: Wrap pumpkin roll in plastic wrap and then aluminum foil and freeze for up to 3 months. Thaw completely overnight in the refrigerator before slicing and serving.



If you have a moment, we would be incredibly grateful if you could share your experience by leaving us a review on Google. Your feedback helps us improve and assists others in finding our services.

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