

## June Newsletter 2025



Saguaro National Park, Arizona

### Happy Father's Day from Resilient Align Pain Solutions

Happy Father's Day to all the amazing dads and father figures out there! We honor the strength, wisdom, and quiet dedication you bring to your families and communities. Your steady presence, your sacrifices, and your love leave a powerful legacy. This month, we celebrate you — for the big things, the small moments, and everything in between.

June is also National Scoliosis Awareness Month — A perfect time to highlight how good posture and spinal alignment can support early detection and reduce the risk of complications. Taking care of your posture helps maintain a healthy spine for life.

Warmest wishes,  
The Resilient Team

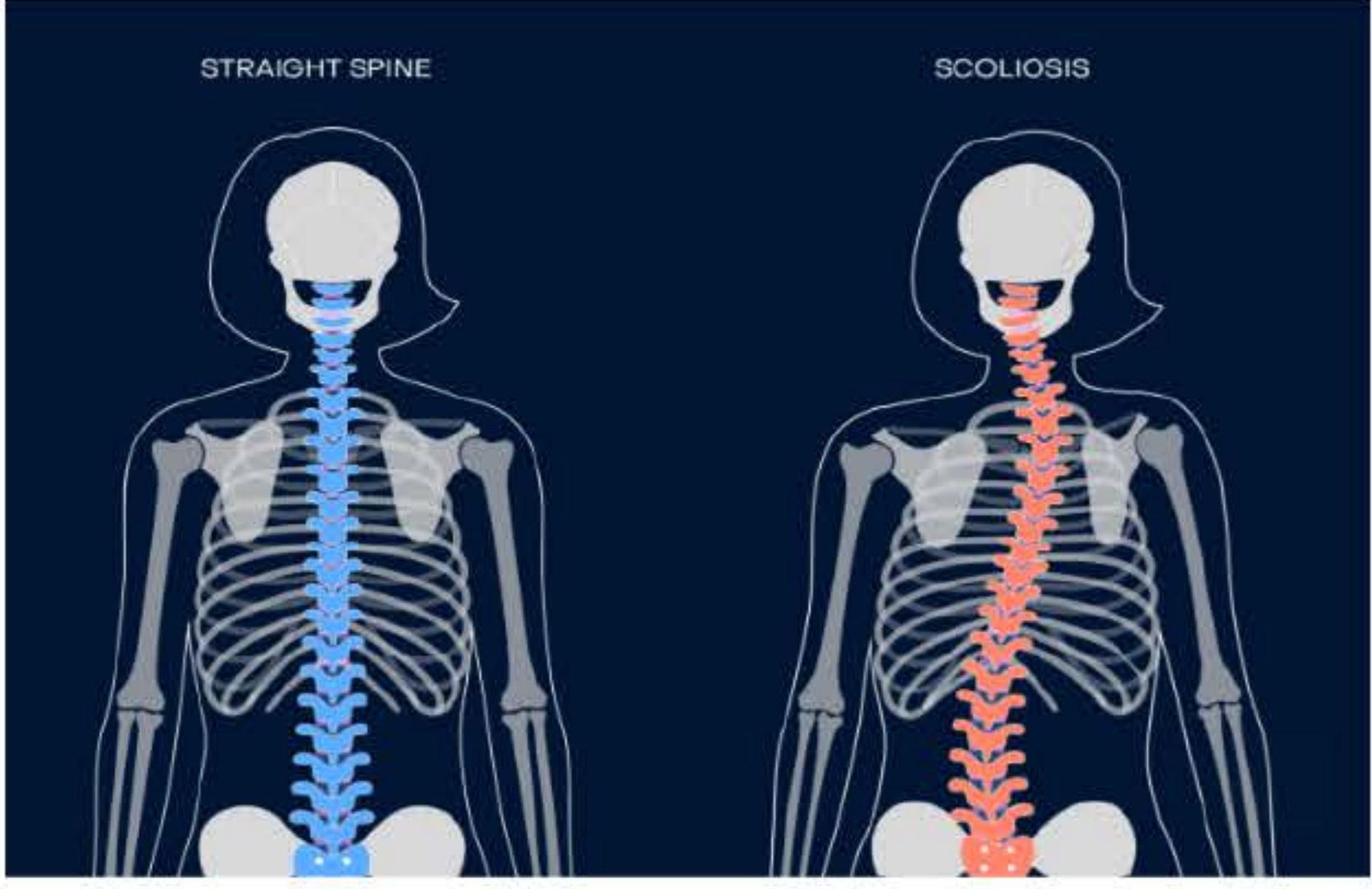
### ARTICLES OF THE MONTH

#### Hydration: The Unsung Hero of Health and Healing



We all know we should drink more water—but do we really understand why? Staying hydrated is about more than just quenching thirst. It’s about supporting nearly every vital function in the body. From muscle function to memory, mood to metabolism, water quietly plays a powerful role behind the scenes of your daily wellness. [Read More](#)

#### What is Scoliosis?



Scoliosis is an abnormal side-to-side curvature of your spine. Your spine (backbone) naturally has a slight forward and backward curve. With scoliosis, your spine curves to the left and right into a C or S shape.

Most cases of scoliosis are mild, don’t cause symptoms, and don’t need treatment. Severe cases can cause uneven posture and pain. [Read More](#)

### EXERCISE OF THE MONTH

#### Static Wall

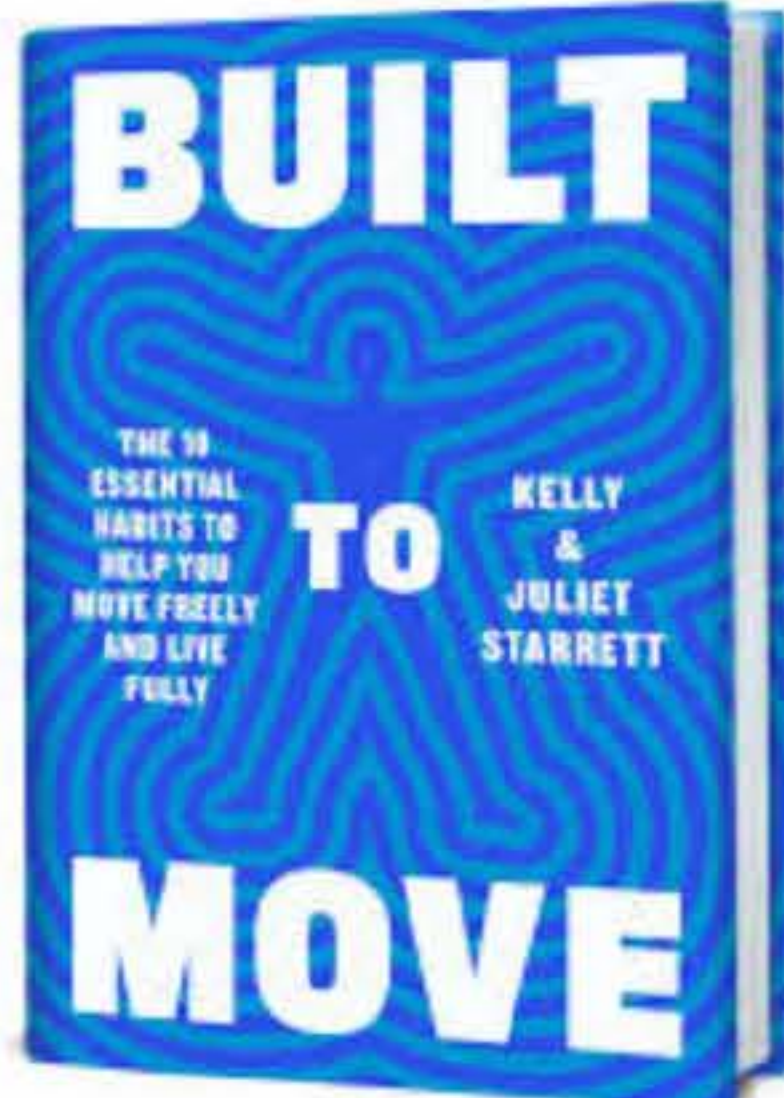


##### Description:

- Lie on back with legs straight up wall hipwidth apart, thighs tight and feet pulled straight back
- Buttocks should be touching or just off wall
- Arms should be relaxed out to side with palms up
- If you can't get thighs tight or buttocks against wall without lower back coming up off floor, move off wall until lower back is flat
- As time goes on you can move in closer
- Keep thighs tight, knees pointed straight ahead (not outward), feet pulled straight down and parallel

### JOHN'S BOOKSHELF

#### Built to Move



*Built to Move* is a practical, habit-based guide to reclaiming and maintaining lifelong mobility, strength, and resilience. Kelly & Juliet Starretts — experts in movement science, aim to help everyday people identify small but essential changes that lead to big, lasting improvements in how they feel, move, sleep, and age.

The book’s core premise is that modern life — especially sedentary behavior, screen time, poor posture, and lack of restorative habits — leads to movement dysfunction, pain, and preventable health problems. Unlike fitness books focused on performance or aesthetics, this one is about helping everyone move better, regardless of age or athletic background.

### BILLIE'S RECIPE OF THE MONTH

#### Egg & Avocado Breakfast Quesadilla



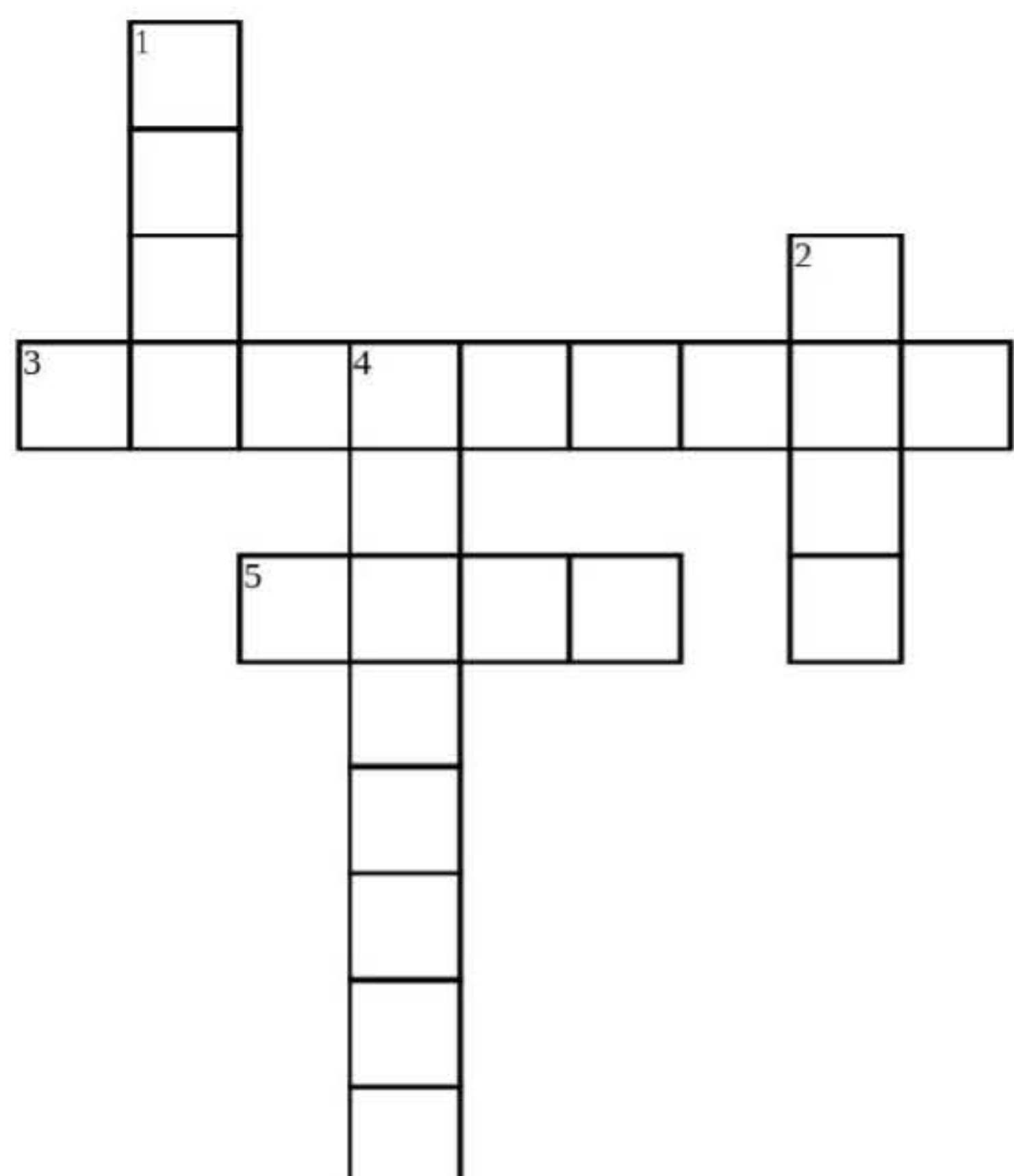
##### Ingredients

- 4 large eggs
- 4 egg whites
- 6 tablespoons water
- ½ teaspoon ground pepper
- ¼ teaspoon salt or to taste
- 4 whole wheat low carb tortillas medium size
- ½ cup grated sharp Cheddar cheese
- Hot sauce to taste
- ¾ Avocado sliced
- ⅔ cup spinach leaves
- minced parsley (optional)

##### Instructions

1. In a medium-sized bowl, whisk together the eggs, egg whites and water.
2. Cook eggs over medium heat until scrambled. Season with salt and pepper.
3. Heat a medium size skillet over medium-high heat. Place 1 tortilla in the pan and top half of the tortilla with ¼ each of the cheese, scrambled eggs, hot sauce, avocado and spinach.
4. Fold over the other side of the tortilla to form a half-circle. Press down with a spatula as the cheese melts to seal the quesadilla. When the bottom is golden brown, flip the quesadilla and brown on the other side.
5. Remove the quesadilla from the pan, cut into thirds and garnish with parsley, if desired. Serve.

### RESILIENT PUZZLES



#### WORD SCRAMBLE

- |           |       |
|-----------|-------|
| RAVECUURT | _____ |
| SEINP     | _____ |
| OOLCSSISI | _____ |
| EEBRAVTR  | _____ |
| TRITOANO  | _____ |

- Down:**
1. Space between vertebrae that acts as a cushion.
  2. The number of vertebrae in the lumbar spine.
  4. Excessive forward curvature of the lumbar spine.
- Across:**
3. Spinal condition with sideways curvature.
  5. Medical Imaging used to assess spinal alignment.

ANSWERS: 1. CURVATURE 2. SPINE 3. SCOLIOSIS 4. VERTEBRAE 5. ROTATION      ANSWERS: Down 1. DISC 2. FIVE 4. LORDOSIS Across: 3. SCOLIOSIS 5. XRAY

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