

July Newsletter 2025



Saguaro National Park, Arizona

Happy 4th of July from Resilient Align Pain Solutions

This month we celebrate the spirit of independence, unity, and resilience that defines our nation. It's a time to honor our shared history, reflect on the freedoms we cherish, and come together in gratitude and community. Here's to fireworks, laughter, and the hope that continues to light our way forward.

July is also Juvenile Arthritis Awareness Month — a time to recognize the strength and courage of the many children and teens living with arthritis. Their daily battles and quiet bravery remind us of the importance of research, support, and compassionate care. This month, we raise awareness, offer encouragement, and stand with every young warrior facing this invisible illness.

Warmest wishes,
The Resilient Team

HOLIDAY HOURS

4th of July Hours



In observance of Independence Day, Resilient Align Pain Solutions will be **CLOSED: FRIDAY, JULY 4, 2025**. We will resume regular hours on **MONDAY, JULY 7, 2025**.

We hope you enjoy a safe, relaxing holiday filled with joy and fun! Thank you for being part of our community.

Need assistance before the holiday? Give us a call at **480.999.5171** or email hello@resilientaps.com

EVENTS OF THE MONTH

Summer Flash Sale July 1st - 15th



Buy an 8 or 16 session package and receive:

- 1 **FREE** session for yourself
- 1 extra **FREE** session to gift to someone you care about

Whether it's a friend, coworker, or family member, extend the gift of healing to someone who could use support in finding relief and feeling their best.

Speak with a team member to get all the details and see how you can take advantage of this offer!

Tower + Movie Night (FREE)



We are excited to invite you to a special evening of relaxation, connection and realignment. Enjoy a short film and light refreshments while you explore how the tower can support your wellness journey and bring more balance to your overall posture.

DATE: Wednesday, July 30, 2025

LOCATION: 6970 E Chauncey Ln, Suite 110. Phoenix, AZ 85054

TIME: 5:00pm - 6:00pm

PHONE: 480.999.5171

EMAIL: hello@resilientaps.com

REGISTER NOW

ARTICLES OF THE MONTH

Chronic Pain Relief: Is Surgery the Only Option?



Chronic back, neck, and joint pain affect nearly 80% of Americans, driving over \$86 billion in annual healthcare spending. When conventional treatments fail, many patients face a critical decision: undergo surgery or explore alternative therapies like posture alignment. Recent research from Stanford Medicine provides compelling evidence that can inform you on this important decision. [Read More](#)

Juvenile Arthritis Awareness Month | Arthritis Foundation



July is Juvenile Arthritis Awareness Month and a time to elevate awareness about juvenile arthritis (JA) and other childhood rheumatic diseases. Together with the JA community and partners, the Arthritis Foundation shines an even brighter light on the challenges of JA and the hundreds of thousands of kids in the U.S. who live with it. [Read More](#)

EXERCISE OF THE MONTH

Shoulder Rolls - Standing

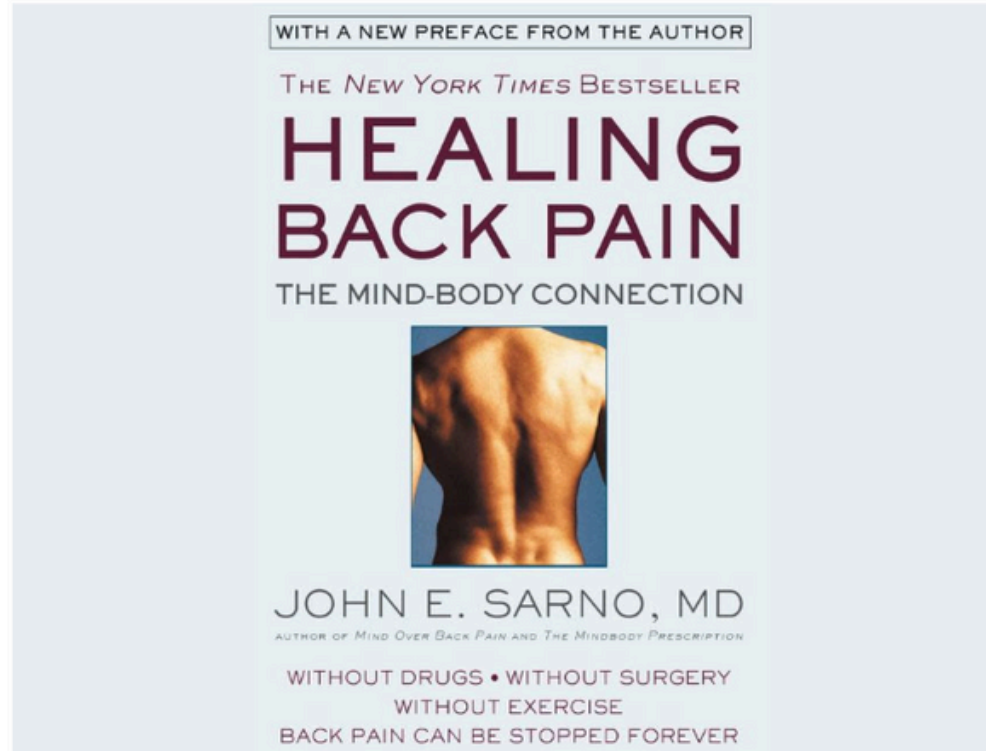


Description:

- Stand with your feet hipwidth apart and straight
- First, roll your shoulders in forward circles for reps shown
- Second, roll your shoulders in backward circles for reps shown, concentrating on squeezing your shoulder blades together when your shoulders are rolled back
- 3 Sets of 10 Reps EACH DIRECTION

JOHN'S BOOKSHELF

Healing Back Pain



In *Healing Back Pain*, Dr. John Sarno proposes that most chronic back pain is not caused by structural issues but by psychological tension, a condition he calls **Tension Myositis Syndrome (TMS)**. He argues that repressed emotions—especially anger, anxiety, and stress—create physical pain as a distraction to keep those feelings buried in the subconscious. The key to healing is recognizing that the pain is rooted in the mind, not the body. By understanding and accepting this emotional connection, and by returning to normal physical activity without fear, many people experience lasting relief—often without medication, surgery, or physical therapy.

BILLIE'S RECIPE OF THE MONTH

Cucumber Lemon Ginger Fizz



Ingredients

- 3 English cucumbers (additional slices cut thin for garnish)
- 3 fingers of fresh ginger
- 4 cups water
- 2 lemons juiced
- 4 cups Simple syrup (water & sugar)
- Ice cubes
- Sparkling water of choice
- Fresh mint for garnish if desired

Simple Syrup Ingredients

- 4 cups Water
- 4 cups Sugar

Instructions

Blend cucumbers and ginger with 3 cups of water, strain pulp adding another cup of water and stir until pulp free. Add juice from lemons.

Simple Syrup Instructions

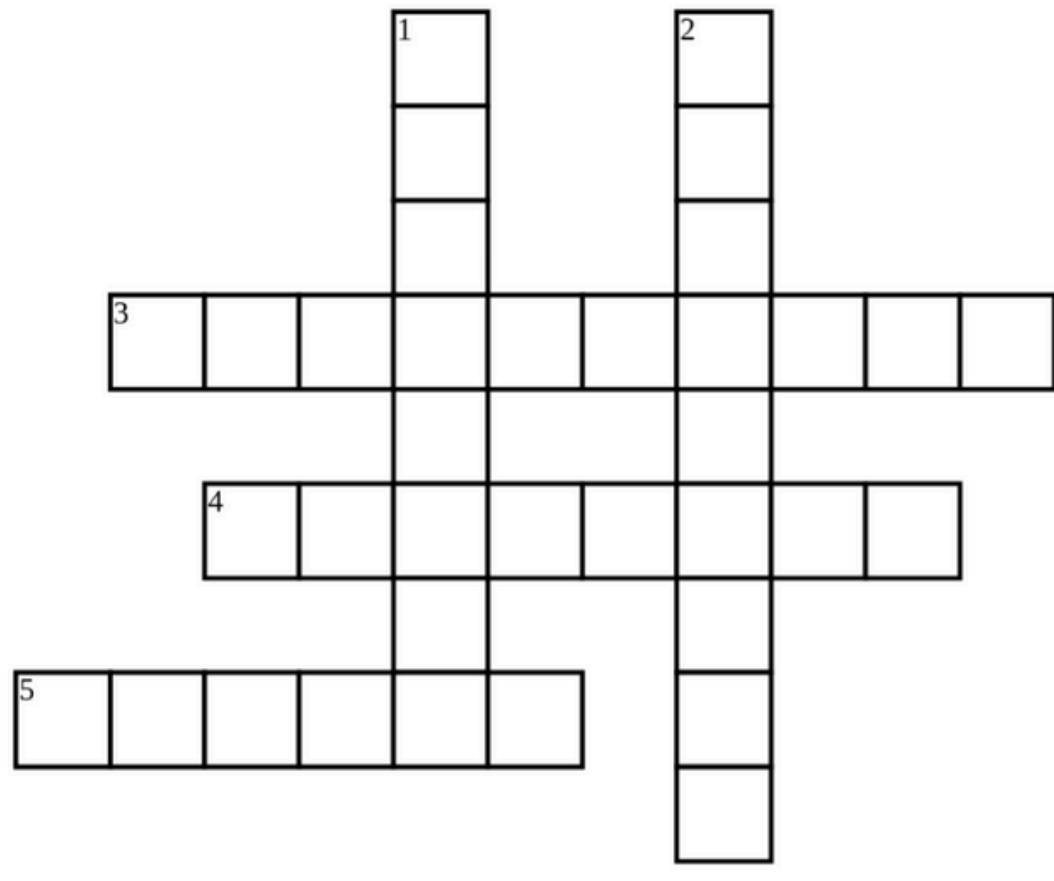
Combine equal parts water and sugar. Bring to a boil and refrigerate.

Cucumber Nectar

Combine 4 cups cucumber mixture with 4 cups simple syrup mixture. Lasts up to 4-5 days in refrigerator.

Take a glass of ice and add 2 oz cucumber nectar and top with club soda. Garnish with mint and cucumber slice if desired.

RESILIENT PUZZLES



Down:

1. What is encouraged to help joints stay strong and flexible?
2. Medical condition that causes swelling and pain in the joints?

Across:

3. Gentle movement used to ease stiffness in joints.
4. Visible symptom that often appears around affected joints.
5. What part of the body connects bones and allows movement?

WORD SCRAMBLE

IINAMAMFNLT0 _____

TSJONI _____

IARISTHTR _____

ERRUSYG _____

IFSFSTESN _____

ANSWERS: DOWN 1. MOVEMENT 2. ARTHRITIS ACROSS: 3. STRETCHING 4. SWELLING 5. JOINTS

ANSWERS: 1. INFLAMMATION 2. JOINTS 3. ARTHRITIS 4. SURGERY 5. STIFFNESS

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.

Google Reviews

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