

## October Newsletter 2025



Mortimer Farms - Dewey, Arizona

### Fall Has Arrived

Hello,

Fall has officially arrived, even if the Arizona sun is still holding on. While the temperatures remain warm, there is a subtle shift in the light and pace of the days. The evenings come a little earlier, the mornings feel a little calmer, and there is a quiet invitation to slow down and take stock of what supports our well being.

October is Dental Hygiene Awareness Month, a reminder that oral health is an essential part of overall health. Daily habits like brushing, flossing, and regular dental visits may seem simple, but they have a lasting impact. For those living with chronic pain or other ongoing conditions, maintaining oral health can be an important part of feeling better in body and mind.

At Resilient, we continue to support your care in every season. Whether that means finding relief, building better habits, or simply having a place to feel heard, we are here for you.

Wishing you moments of calm, care, and cooler mornings ahead.

Warmly,  
The Resilient Team

### ARTICLES OF THE MONTH

#### Heal: Turning the Table on Inflammation & Pain

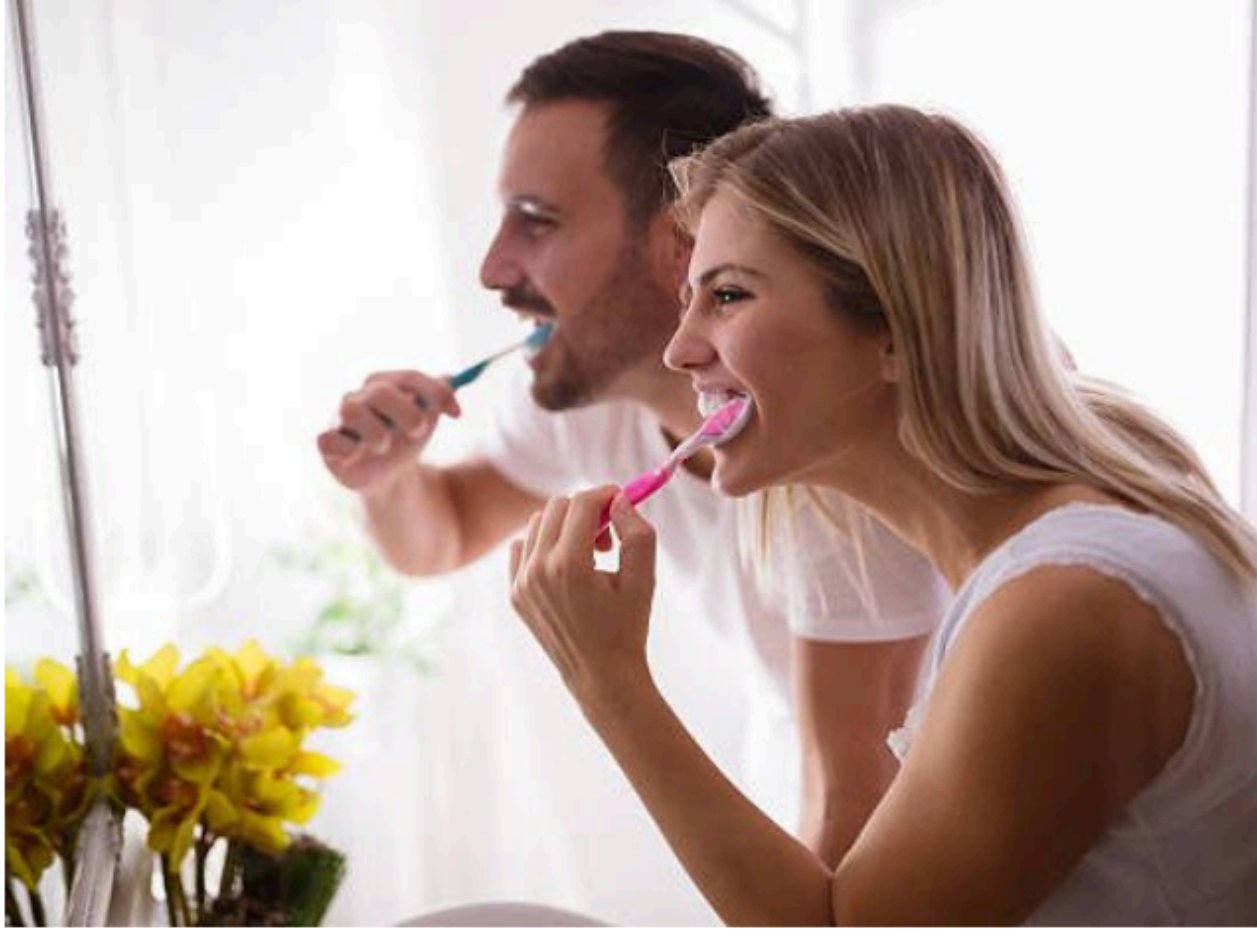


We live in an age where fast, processed, and sugar-laden foods dominate our plates — while our bodies pay the price in pain, inflammation, and chronic disease. Hippocrates’ timeless advice feels more relevant now than ever.

I learned this lesson in a very personal way.

After injuring my knee hiking in Spain and tearing my MCL, I threw myself into recovery. I did alignment work, and red light therapy. My body was getting stronger and feeling great! [Read More](#)

#### The Importance of Dental Hygiene



Regular dentist visits can do more than keep your smile attractive – they can also tell dentists a lot about your overall health, including whether or not you may be at risk for chronic disease.

New research suggests that the health of your mouth mirrors the condition of your body as a whole. For example, when your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems.

Research also shows that good oral health may actually prevent certain diseases from occurring. [Read More](#)

### EXERCISE OF THE MONTH

#### Cats and Dogs

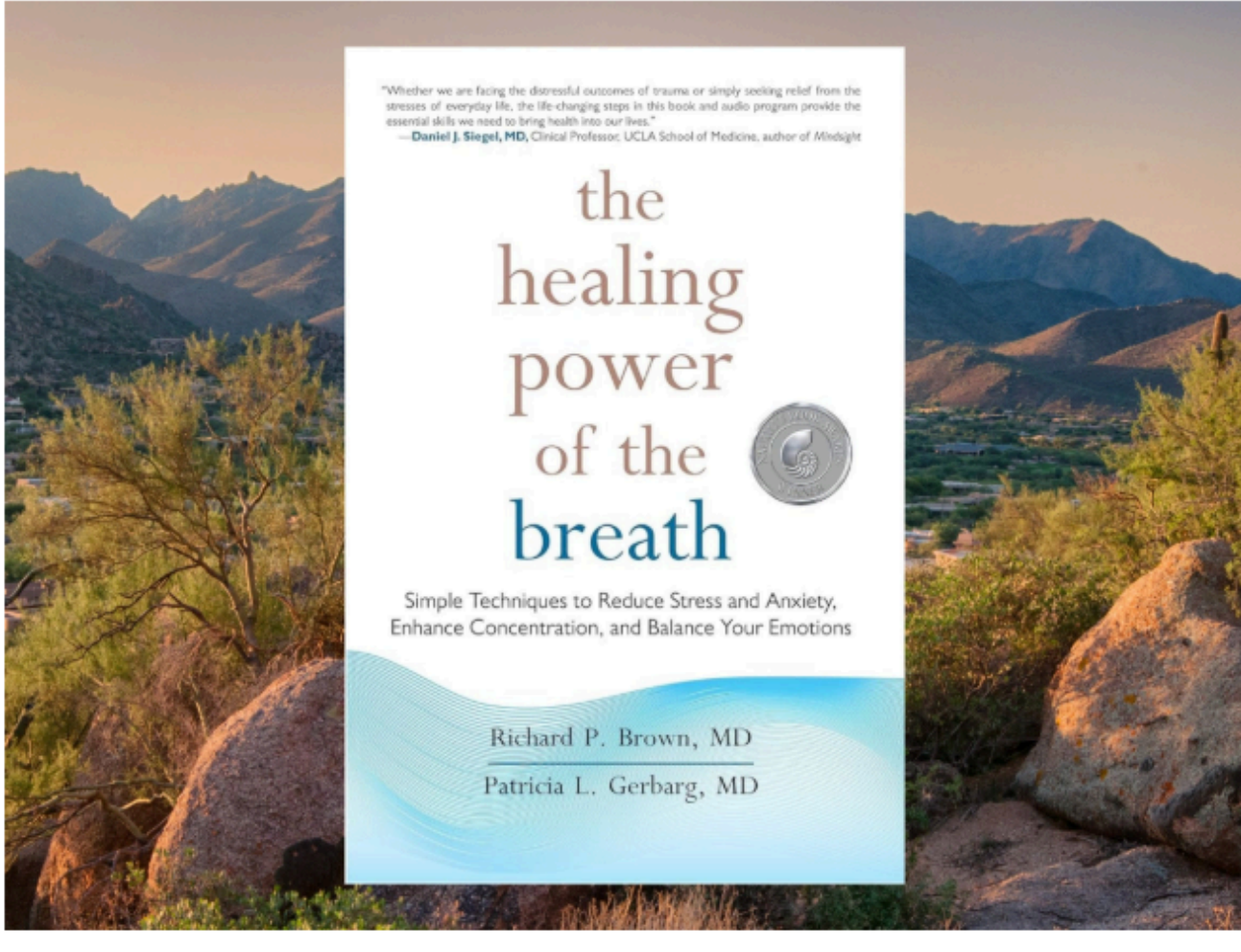


##### Description:

- Start on hands and knees (body should be square like a box), with feet trailing straight behind
- Arch back up like a cat while tucking hips/buttocks inward, and bring head down tucking chin to chest
- Then immediately go in opposite directions, bringing back down like a dog allowing shoulder blades to collapse together with head & chin up
- Repeat back and forth
- Do not shrug shoulders or bend elbows
- Do not allow shoulder or hips to shift forward or backward of hands and knees, keep them vertically aligned

### JOHN'S BOOKSHELF

#### The Healing Power of the Breath



*The Healing Power of the Breath* by Drs. Richard P. Brown and Patricia L. Gerbarg is a practical guide to using breathing techniques to reduce stress, anxiety, and emotional imbalance. Based on clinical research and practices like yoga and meditation, the book introduces simple and effective methods, especially Coherent Breathing, a slow and steady rhythm that calms the nervous system and improves heart rate variability. These exercises are easy to use anytime and are designed to support both immediate relief and long term healing. The book offers a natural and accessible way to improve emotional resilience and overall well being through breathwork.

### BILLIE'S RECIPE OF THE MONTH

#### Baked Garlic Parmesan Cauliflower



##### Ingredients:

- 1 medium head cauliflower (about 4 cups florets)
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup grated Parmesan cheese
- 1/4 cup panko breadcrumbs (optional, for extra crunch)
- 2 tablespoons chopped fresh parsley (for garnish)
- Lemon wedges (optional, for serving)

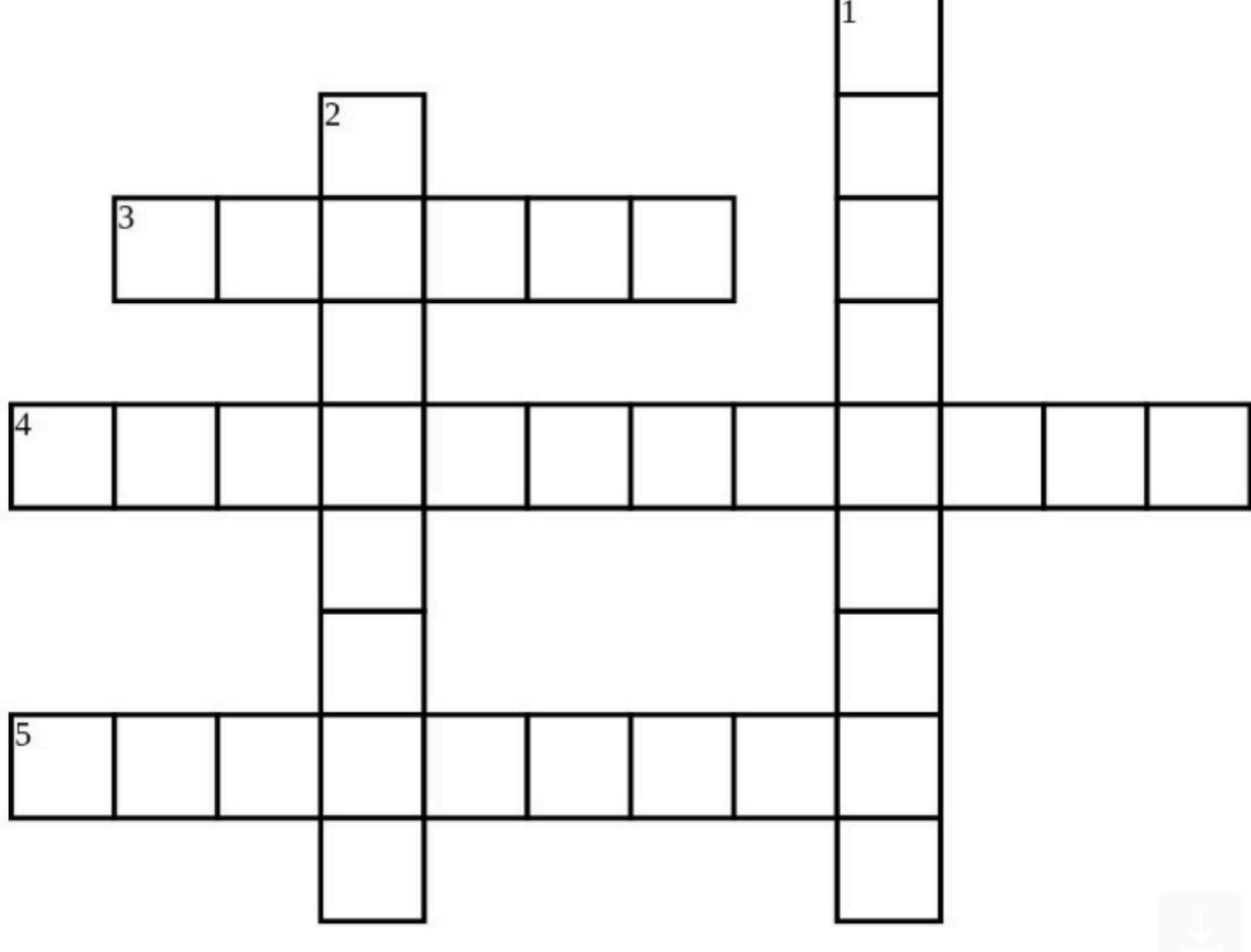
##### Instructions:

1. Preheat oven to 425°F (220°C).
2. In a large bowl, toss the cauliflower florets with olive oil, minced garlic, salt, and black pepper.
3. Spread the cauliflower evenly on a baking sheet lined with parchment paper.
4. Roast in the preheated oven for 15-20 minutes, stirring halfway through, until the cauliflower is tender and lightly browned.
5. Remove the baking sheet from the oven, sprinkle the grated Parmesan (and breadcrumbs, if using) over the cauliflower, then return to the oven for an additional 3-5 minutes until the cheese is melted and slightly crispy.
6. Garnish with fresh parsley and serve with lemon wedges if desired.

##### Notes:

For a spicy kick, add a pinch of red pepper flakes along with the other seasonings. If you need a gluten-free option, simply omit the breadcrumbs. Adjust garlic and Parmesan quantities based on your taste preferences.

### RESILIENT PUZZLES



#### WORD SCRAMBLE

LSEGIWLN \_\_\_\_\_

HERBAT \_\_\_\_\_

MTAANONFIMLI \_\_\_\_\_

TRSESS \_\_\_\_\_

EHIEYNG \_\_\_\_\_

- Down:**
1. The act of drawing air into the lungs and expelling it, essential for life and calming the nervous system
  2. Daily habits like brushing and flossing that keep your teeth and gums healthy
- Across:**
3. A physical or emotional response to pressure or demands, often affecting health and mood
  4. The body's natural immune response to injury or infection, often involving redness, swelling, and pain
  5. What your body needs from food to stay healthy and energized

ANSWERS: 1. BREATHING 2. ORALCARE 3. STRESS 4. INFLAMMATION 5. NUTRITION

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)