



Desert Health[®]

News from the Valley's Integrated Health Community

July/August 2014

what's inside

- 8 Medical News**
What's New in Regenerative Therapy?
- 9 Natural Options**
The "Old Stone Age" Diet: An Overview of Paleo
- 14 Integrated Practices**
Creating Your Integrative Health Team
- 16 Family Health**
Preparing Your Body Before Baby
- 18 Senior Health**
Write For You by George Adolph
- 19 Fresh Cuisine**
Hospital Food...Healthy?
- 21 Health & Beauty**
Creating a Desert Wellness Staycation
- 22 Fitness**
Renew, Restore, Revive with Restorative Yoga
- 23 Financial Health**
Medicare Instead of Group Coverage?

MOVING HEALTH FORWARD

There is a movement taking place in the Coachella Valley and someone you know is taking part. It's innovative, exciting and game changing. It's large scale, long-term and countrywide. Most importantly, it is certain to positively impact you, your neighbors, your kids, and our entire desert community.

The goal of the movement is to improve health in great numbers, and many are busy preparing, planning, and implementing their part.

It's the Clinton Health Matters Initiative (CHMI), and although guided by the Clinton Foundation, community members are doing the work. 18 months ago, they came together to develop a Blueprint for Action establishing 9 health behaviors on which to focus each with 5 specific goals for improvement (referred to as "bold steps") to be achieved within the next 5-7 years.

Sound out of reach? It's not. Much success has already been achieved by individuals (like you) taking part on committees to plan, strategize and implement health programs and educational campaigns for the greater good of our local population. Working together, this faction is moving positive health forward and creating change.

The Coachella Valley was the first region in the country to take part in this national initiative which now includes Central Arkansas (Little Rock); Northeast Florida, Florida (Jacksonville); and Greater Houston, Texas. We are the model to which others refer, and we are doing a very good job.

"We are constantly inspired by the in awe and cohesion that you have around this work," stated CHMI acting CEO Rain Henderson. "You all have fabulous day jobs, and all have a lot that you are doing, and the amount of energy and investment you have committed to working with us on this initiative is truly special and unique."

In June, 117 local participants gathered for a progress report to review achievements and celebrate successes. There are close to 100 community organizations taking part in a vast array of programs developed to achieve the 45 Blueprint goals including non-profits, private sector, media, government agencies, and law enforcement.

The developments are impressive, inspiring, and rewarding for those taking part. In just 18 short months, 65 percent of the bold steps have been put in place with committee support, action items and planning or implementation. Below are the health behaviors which make up the Blueprint and the number of bold steps currently in place:

- 1) Alcohol, Tobacco and Other Drugs (2 of 5)
- 2) Healthy Eating and Quality of Food (4 of 5)
- 3) Physical Activity (3 of 5)
- 4) Sexual Activity (2 of 5)
- 5) Healthcare Access and Quality (5 of 5)
- 6) Education, Employment and Income (3 of 5)

Continued on page 13



Health is a Choice

In 1932, Edith Morrey was 20 years old. You may know Edith as the "Grande Dame of Fashion" whose chic clothing boutique, the first on El Paseo, helped launch the famed street. At 20, she lived in Portland and it was there she would attend the most impactful event of her life.

That year, she read that acclaimed nutritionist, Gayelord Hauser, was coming to teach a six-week course. Suffering from digestive issues, she was eager to learn all she could about the effects of food on the body. The course was expensive for the time at \$200 (equal to over \$3,000 today), but Edith was drawn to Hauser's ideals and determined to attend.

Hauser (1895-1984) considered himself a "food scientist" and studied nutrition, naturopathy and chiropractic. He was a best-selling author of the time and popular on the lecture and social circuits. Living in Hollywood, he was a nutritional advisor to many entertainers such as Adele Astaire, Greta Garbo, and Marlene Dietrich.

Hauser promoted 'the natural way of eating' encouraging foods rich in vitamin B and discouraging consumption of sugar



Continued on page 18



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*Alone we can do so little;
together we can do so much.*
— Helen Keller

This powerful quote will forever stand the test of time. When we work together on a common goal, we can achieve things beyond our greatest imagination. This is especially true if our intentions are real, and the purpose is for the greater good.

We were so honored to bring Terry Wahls, MD, to the desert. She is changing lives and is the ideal example of integrative medicine working for whole person care (see page 13). Partnering with the Eisenhower Wellness Institute grew the event beyond our expectations and helped deliver her message of 'food as medicine' to a larger crowd, improving many more lives. Working with others also made the effort more fun, exciting and rewarding.

That is the idea behind the Clinton Health Matters Initiative: collaboration for the greater good. It sounds too big for many

to grasp, but it really isn't. And once you step in, you are not alone. You are partnered with others who can help move your ideas or initiatives forward. It's fun - and very rewarding.

Helen Keller's quote summarizes this issue of *Desert Health*® so well. Its author graced this earth as a child at the same time as Edith Morrey who we feature in *Health is a Choice*. Edith made choices along the way that created a vibrant life for 102 years and counting.

Helen Keller would also be very proud of the services of the Braille Institute (pg. 12). Their 'low vision wellness' programs are free to all.

We love hearing from you.

And keep working together for the greater good.

With appreciation ~

Lauren
Lauren Del Sarto
Publisher

Above photo by Deborah Schrameck

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PO Box 802
La Quinta CA 92253
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www.DesertHealthNews.com
FOUNDER & PUBLISHER
Lauren Del Sarto
Lauren@DesertHealthNews.com

LEAD EDITOR
Jo Ann Steadman

EVENT MANAGER
EDITOR/WRITER
Doris Steadman

GRAPHIC DESIGN
M.Kay Design
m.kaydesign@mac.com

WEB MASTER
Benjamin Katz Creative
bk@benjaminkatzcreative.com

DISTRIBUTION
J. Scott Driscoll, Richard Whitehill

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Living with Diabetes

Brought to you by the Joslin Diabetes Center, Boston, Mass., and the Joslin Diabetes Center Affiliate at Desert Regional Medical Center

7 Skills You Need To Develop To Manage Your Diabetes

When you are first diagnosed with diabetes, it is often overwhelming. There is so much you need to know and do. Often, the pills or insulin the doctor prescribes are the easiest part of the "self-management" regimen.

The American Association of Diabetes Educators (AADE) has condensed all the things someone with diabetes needs to do into seven self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, reducing risks and healthy coping.

1. Healthy Eating

This means having foods that provide all three nutrients: protein, carbohydrate and fat in reasonable quantities to help you maintain a healthful weight.

It means eating regular meals that are low in saturated fat and excess sodium and controlling the amount and type of carbohydrate you eat at one time. What it doesn't mean is that you have to give up all of your favorite foods or that certain foods are taboo.

In order to do this you need to know the nutrient (especially carbohydrate) content of foods, how to read labels, how to cook foods to maintain nutrient content and avoid adding extra saturated fat and sodium, and how to choose appropriately in restaurants.



2. Being Active

This means engaging in aerobic activity, strength building and flexibility training most days of the week. Being active can help control blood glucose levels if you have type 2 diabetes and improve cardiovascular health and assist in weight loss or control for both type 2 and type 1 diabetes.

You need to know what activities are appropriate for you to do, how often and how forcefully you need to do them and how to handle the possible side effects of exercise (hypo- and hyperglycemia.)



3. Monitoring

Checking your blood glucose allows your health care provider to see how your blood sugars are responding to the medications and lifestyle regimen you are following and whether changes are needed.

How to monitor, how often to monitor and how to interpret the results of blood glucose checks are all things you need to know in your search for good control.



4. Taking Medication

If you have type 1 diabetes, you will be taking insulin for the rest of your life. If you have type 2 you may initially be able to control your blood glucose levels with lifestyle or with oral medications. The longer you have diabetes the greater the chance that your beta cells (the cells that make insulin in the pancreas) will fail and you will need to take insulin. This is part of the natural progression of the disease and is not in your direct control. It is important to understand how the medication you are taking works, how to properly take the medication, and what side effects it may have. Knowing these things will make it easier for you to determine if your medication is working properly.



5. Problem Solving

The nature of the disease is chronic and progressive. Diabetes is affected by everyday activities, such as eating and exercise, illness and stress. This means that people with diabetes are continually solving problems. You need to know how to respond to high and low blood sugars with appropriate changes in activity, food and medicine.



6. Risk Reduction

In order to take care of yourself fully, it is necessary to know what preventive care is required. Regular blood pressure checks, eye, foot, and dental exams are essential. Also, there are other laboratory tests like microalbumin, cholesterol and lipids that must be performed regularly. You need to know what these tests measure, what the therapeutic goals are, and how frequently you should get them checked to help you plan your care more responsibly.



7. Healthy Coping

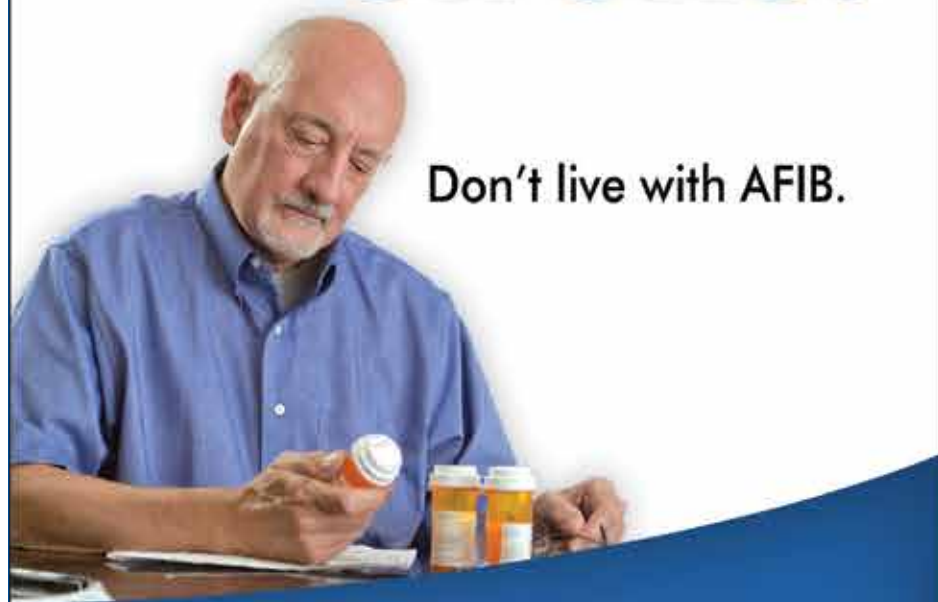
Because diabetes is a chronic disease that is progressive and requires so much patient involvement, it affects your psychological state as well as your physical being. Often, the whole family is affected. Having the skills to maneuver awkward social situations in a positive way, to stay motivated to engage in behaviors such as healthy eating, or physical activity, and to avoid letting the disease dictate your entire life requires the development of lifestyle coping skills.



The Joslin Diabetes Center Affiliate at Desert Regional Medical Center provides a variety of diabetes self-management education programs. For more information about classes, individual training, and community programs such as Just A Start, please call (760) 323.6881.

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Are You Breathing Well with Sleep?

By Ruby Ann Dollins, BS, DDS, FIND

The length and quality of your sleep are extremely important to your physical health. During sleep, your body creates hormones and vital nutrients that balance the systems and support homeostasis. Sleep also allows your body to rejuvenate and relax.

Most experts note that the average person needs a minimum of 5 sleep cycles per night with each cycle being 90 minutes in length. Different functions of the body are supported during different phases of the sleep cycles and interruption of these cycles is detrimental to health and well being.

Lack of good sleep causes both physical and mental manifestations such as weight gain, depression, headaches, lack of concentration, poor decision making, hormonal imbalance, and inability to handle stress. It impacts learning and memory, causes drowsiness, lowers immunity, and can affect cardiovascular health.

Sleep deprivation may be psychological, due to mental stress, or physiological. The physiological cause of sleep deprivation is called an airway obstruction and is referred to as Sleep-disordered breathing (SDB). Everyone is at risk for this condition, and snoring is a clue that there may be a problem. It is estimated that 20% of adults are affected by sleep apnea, and 85% of those affected are undiagnosed. The most severe form, obstructive sleep apnea, is often undiagnosed and can be fatal if not treated.

The National Institutes of Health defines sleep apnea as "a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. When

your breathing pauses or becomes shallow, you'll often move out of deep sleep and into light sleep. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness."

If you experience any of the following, you may have SDB:

- feeling irritable or sleepy during the day;
- feeling unrested upon awakening;
- difficulty staying awake when watching television or reading;
- difficulty with focus or concentration;
- being told by others that you look tired;
- becoming overly emotional; and
- falling asleep or feeling very tired while driving or needing a nap daily.

Evaluating the severity of sleep deprivation can be done using home sleep test technology, or via testing facilities under the direction of board certified sleep doctors. Treatment plans are customized to individuals and can range from simply adjusting sleep position, to apply continuous positive airway pressure via a CPAP machine. Other treatment options include the insertion of nasal valves and the creation of a dental appliance to open the air ways.

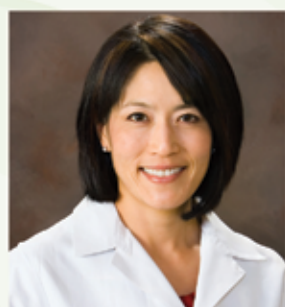
When snoring, sleep disturbances and sleep apnea are no longer a problem, the patient experiences a better quality of life and an overall improvement in health due to the increased oxygen saturation.

If you feel you may suffer from sleep apnea, seek the advice of a qualified professional.

Dr. Dollins is a biological dentist specializing in holistic, neuromuscular and sleep dentistry. She is owner of Bel Villaggio Dental in Temecula and can be reached at (951) 296.2080.

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Hear well, Balance well, Be well.



Understanding Clinical Trials

By Lauren Del Sarto

You donate to your favorite charity in hopes that they will one day find a cure for that chronic disease which has plagued your family, or maybe even you, for years. You read about research teams hard at work discovering new ideas, developing promising drugs, and creating hope. On the way to finding a cure, medications are developed to minimize symptoms and improve quality of life for those affected. Significant time and money are invested before a drug is deemed beneficial and safe to bring to market.

This process includes clinical trials and to better understand how they work, I sat down with Don Anderson, MD, principal investigator at Desert Valley Research in Rancho Mirage. Dr. Anderson is board-certified in psychiatry and neurology and was Chairman of Psychiatry at Loma Linda University for 16 years.

"Clinical trials play a very important role, and we are all in this together," says Anderson. "When you pick up your prescription at the store, that drug has gone through extensive clinical trials. It is the only way that new drugs are able to come to market."

Dr. Anderson notes that there are 4 phases of clinical trials that follow preclinical research; all are defined and monitored by the Food and Drug Administration (FDA):

Phase 1: Studies usually conducted with healthy volunteers that emphasize safety. The goal is to determine the most frequent and serious side effects and the tolerability of different doses.

Phase 2: Studies focus on a population of people who actually have the disease the medication is intended to treat. Emphasis is again on safety in case this population has side-effects not seen with the Phase I healthy volunteers.

Phase 3: Studies focus on a significantly larger population with the targeted condition, and the primary focus is on how well the drug works for its intended purpose.

Phase 4: Studies occurring after FDA has approved a drug for marketing. These studies gather additional information about a drug's safety, efficacy, or optimal use.

Are clinical trials safe? "A lot of drugs in clinical trials are as safe as, or even safer, than many on the market as companies are trying to come up with medications that work better, have less side effects, and are better tolerated," says Anderson. The FDA has strict guidelines to safeguard participants, although no clinical trial is free of risk. Requirements, risks and benefits are reviewed in detail so individuals can make informed decisions. In addition, volunteers can withdraw at any time, or the medical director can make decisions based on a participant's progress. "If we are doing a study on depression and I see a patient getting worse, I will pull them out of the study and work with their primary care physician – or continue with their care at no cost – to do what is in the patient's best interest."

Why participate in a clinical trial? There is no cost to participate and volunteers are standardly compensated for their time. "Often patients don't have specialized care for their condition, or there is nothing on the market for them currently and they want to contribute to finding a solution," says Anderson.

It is important to fully understand the benefits, risks and potential outcomes of clinical trials prior to volunteering.

For more information visit the National Institutes of Health website www.clinicaltrials.gov or www.FDA.gov.

The Lowdown on Laser Assisted Cataract Surgery

By Greg Evans, OD

Ok, you've been told you have a cataract and that cataract surgery is the best way to improve your vision. Now comes the hard part. Not only do you and your doctor have to decide whether a specialty lens is appropriate, but also whether to perform the surgery using traditional surgical technique or laser assisted surgery. Each choice will have a cost and a benefit, and no one choice is correct for everyone.

First thing to consider is additional factors such as retinal disease, corneal disease, previous refractive surgery such as radial keratotomy, or underlying systemic disease such as moderate or advanced diabetic or renal disease. There are also predisposing factors such as irregular corneal astigmatism, previous cataract surgeries, substantial difference in refractive error between the two eyes, previous mono vision contact lens wear, or a personality that can't handle much change.

Some patients have great outcomes (20/20+ vision) but may still be bothered by glare, halos or other artifacts of the intra-ocular lenses (lenses used to replace the haze cataract). Some types of lenses, such as diffractive multifocal lenses, have a higher incidence of glare and halos.

Another important factor to consider is lifestyle. Are you an active patient who likes to hike, golf, drive or play tennis? Or is your passion reading, computer work or a similar close/near environment? Maybe you want to have it all and be able to read, drive and do computer work without any lenses.

Did I just say without glasses? Yes. Most of the newer technology is designed to more accurately perform cataract surgery, or to provide more precise vision outcomes following cataract surgery. That usually means minimizing (or eliminating) the need for glasses. The latest advancement is replacing the actual surgical steps with laser.

The benefits of laser-assisted cataract surgery include less time "in the eye" by the surgeon, and less ultrasound energy released in the eye. It also creates less endothelial cell loss and more accurate incision size and placement. The placement of the lens in the eye is currently thought to be the biggest factor in providing the best optical outcomes.

Laser-assisted power calculations help to more accurately determine placement of specialty lenses such as astigmatic correcting lenses and overall power. The laser potentially can reduce induced astigmatism and can correct for astigmatism at the time of initial surgery without a second procedure.

There are complications associated with laser-assisted surgery which should also be discussed with your doctor; however, overall studies have shown the rate of complications is reduced by half once a surgeon has completed his first 100 cases, which confirms that there is a learning curve with this new technology.

Laser-assisted surgery may benefit patients in obtaining an optimal post cataract outcome. Each patient must be evaluated individually to assess the benefit of not only this new technology, but also the type of lens. When the goal of the patient is reached, cataract surgery is considered successful.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and can be reached at (760) 674.8806 or online at www.evanseyecare.com.

Are you more forgetful lately?

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Medical Director, Don Anderson, MD, is board-certified in psychiatry and neurology and board-eligible in internal medicine. He served as Chairman of Psychiatry at Loma Linda University School of Medicine for 16 years.

Dr. Anderson has 14 years of experience working in the field of clinical trials and has collaborated with the following pharmaceutical companies: Abbott, Astra Zeneca, Bristol-Meyers Squibb, Eli Lilly, Forest, Hoffmann-LaRoche, Merck Novartis, Novo Nordisk, Otsuka, Pfizer, Sanofi, Shire, Takeda, and many others.

For information on clinical trial participation, please contact DVR at (760) 464.0470.

For more information on the safety and efficacy of clinical trials, visit www.clinicaltrials.gov.

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The Moving Benefits of Aquatic Physical Therapy

By Luke Gentry, PT, DPT, OCS

Is it hard to walk, stand or just move? Taking the weight off your joints and legs and practicing controlled movements through aquatic physical therapy is a great way to improve mobility without the limits of gravity and pain.

The buoyancy of water has significant benefits that go beyond relieving pressure on your body. By learning and applying a couple of simple concepts, aquatic physical therapy enables you to move easier and with less pain.

Reducing Gravity: Water buoyancy through upward force keeps you afloat, reducing pressure on the body and allowing for easier joint motion. This buoyancy effect depends on how much of the body is immersed in water. If the water is up to your neck, you reduce 90% of your body weight; if the water level is at hip level, you reduce 40% of your weight. This can be very helpful with arthritic joints or for post-surgical rehabilitation.^{1,2}

Decreasing Pain: Water can provide a safe method to move in a more controlled pain-free environment. For example, squatting on land can be painful due to the amount of pressure on the joints and muscles, but water will provide pressure relief on the joints while still engaging the muscles and performing the same squatting motion. Warm water also helps to relax the muscles and reduce muscular spasms.

Increasing Movement: The buoyancy of water also provides positive resistance to the body through assisted (toward the surface of the water) or resisted movement (movement that opposes the buoyancy), as opposed to land-based exercise which is affected by gravity. Aquatic therapy enables you to strengthen the muscles of the body through easier movement with less risk for injury.

Improving Balance: The water acts as a natural buffer for anyone who may be at risk for falling. Research indicates that the support you receive when performing balance exercises in the water can significantly improve balance and walking, and reduce the risk for falling while walking or moving on land.³

Reducing Swelling: Water provides hydrostatic pressure which can significantly reduce swelling, as well as sensitivity to touch and pain. The depth and positioning of the body in the pool can add or reduce pressure on the muscles and joints as conditioning improves.

One-on-One Treatment Sessions: The aquatic therapy advantage can be maximized by a trained physical therapist to educate and assist you in the pool. Individualized evaluations are performed to determine movement and pain restrictions to take full advantage of the water-based treatment.

Research indicates that eight weeks of aquatic physical therapy (5X/week for 45-60 minute sessions) has significant benefit on conditioning and the quality of life.⁴ This improvement goes beyond the benefits to the neuromuscular and cardiopulmonary system and can demonstrate benefits to the patient's mental health.⁵

Water provides an environment that everyone can enjoy. Aquatic physical therapy is an effective and fun way to improve your quality of life both in water and on land.

Dr. Luke Gentry is a Clinic Director for Avid Physical Therapy. He is a Doctor of Physical Therapy and a Board-Certified Orthopedic Specialist. Dr. Gentry can be reached at (760) 347.6195 or luke@avidphysicaltherapy.com. To find out more about Avid's Aquatic Physical Therapy Program visit avidphysicaltherapy.com.

References available upon request.

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IS PHYSICAL THERAPY RIGHT FOR YOU?

If pain is preventing you from doing regular activities or keeps you from doing the things you enjoy, then you may benefit from physical therapy. Talk to your doctor or call us to see if physical therapy may help you get back to your life.

Physical therapy can help alleviate the pain or discomfort you may be feeling in your everyday activities. Physical therapy does not rely on medications or invasive treatments and does not try to cover the pain or discomfort you may be feeling. The goal of physical therapy is to resolve the problem and get you back to enjoying your daily activities.

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A Positive Heart Health Impact
AHA program raises awareness
and reduces blood pressure

By Lauren Del Sarto

Proactive community members at the Indio and Coachella senior centers saw their numbers drop by participating in a 4-month educational program conducted by the American Heart Association Coachella Valley Division.

The Get to Goal hypertension management program ran from October 2013 through February 2014. Program goals were: 1) increase awareness of the connection between hypertension and other chronic and debilitating health concerns; 2) increase the number of individuals identified as hypertensive/pre-hypertensive; and 3) increase regular monitoring of blood pressure to ensure adequate prevention and control.

Participants measured their blood pressure a minimum of twice per month

with testing machines installed at each center and took part in a series of free educational workshops on heart disease, stroke, and healthy living.

In addition to achieving the program's set goals, findings determined that the increase in knowledge about heart disease contributed to decreasing blood pressure levels among participants. Most importantly, by the end of the 4 months, there was a decrease in the number of participants who were considered hypertensive with severely elevated blood pressure levels.

Significant improvements were observed at both sites. At Indio Senior Center, participants lowered their systolic blood pressure by an average of 9.3 mmHg and their diastolic by 5.3 mmHg. At Coachella Senior Center, participants lowered their

systolic blood pressure by an average of 9.8 mmHg and their diastolic by 3.3 mmHg.

In addition, 76% of participants improved their knowledge about heart disease, stroke, and associated risk factors as measured using a pre- and post-test knowledge acquisition survey.

"This is the American Heart Association mission at work," said Coachella Valley Division Board Chair-elect Steve Weiss. "By reducing hypertension, we are reducing a major risk factor for heart disease and stroke."

The American Heart Association Get to Goal program was made possible by funding from the Auen Foundation who brought the program to the Coachella Valley.

"We are happy to support this program that encourages seniors to take control of their own health," said Catharine Reed, Senior Program Officer for the Auen Foundation. "It's exciting to see the success participants had in a short amount of time, which demonstrates that education and resources can make a difference in people's lives."

The program was tailored at each site to meet the needs of the community. For example, the seniors at Indio were bilingual, whereas the seniors at Coachella were Spanish-speaking only. The centers were very involved throughout the entire process, which was critical to the success of the program.

According to recently published data from the Health Assessment Resource Center (HARC), hypertension rates among east Riverside County seniors are as high as 41.5% for individuals of "normal weight" and increases to 57.3% for individuals considered to be overweight/obese.

Desert Health® applauds this collaboration between the Auen Foundation, the American Heart Association, the Coachella Senior Center and the Indio Senior Center as another great example of organizations coming together to improve the health and quality of life for Valley residents.

For more information, contact the AHA Coachella Valley Division at (310) 424-4163 or visit www.Heart.org.



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“Eat This and Don’t Take That”
Simple suggestions for good health

By Ronald S. Levey, MD

According to statistics published by the Mayo Clinic and other university studies, the average adult American does not consume enough fruits and vegetables. Estimates are about 70% depending upon the specific study. Obviously, this represents a majority of the population. I, therefore, strongly recommend at least nine different fruits or vegetables, or a combination thereof, be consumed daily.

Here are some suggestions: bananas, apples, apricots, blueberries, asparagus, broccoli, sprouts, cantaloupe, watermelon, carrots, cauliflowers, kale, kidney beans, spinach, oranges, peaches, prunes, and romaine lettuce. Hopefully, you may like several of these. There are others, but these can readily be used as a snack or in a salad.

For protein, consider tuna, salmon, chicken or turkey breast, sardines, and white fish. While some people oppose dairy products in a diet, skim (non-fat) milk is an excellent source of vitamins A, D and protein, as well as trace elements. Eating lean red meat twice a week is also desirable.

The ingestion of fatty foods and foods with high sugar content are fine on an occasional basis, but can be harmful to your health if taken regularly.

Remember that for 70% of the U.S. adult population, what they ingest into their GI tract will determine their health status. Fifteen percent will thrive regardless, and 15% will not thrive.

The GI tract can also be negatively affected by medication, and with over 40 years of practicing medicine, it is my experience that there is considerable over-prescribing of meds - especially in the older age groups (50+).

With significant and sometimes severe side effects, I recommend that the following be avoided and considered inappropriate:

- Demerol (there are other acceptable options)
- Barbiturates (example phenobarbital)
- Meprobamate for anxiety
- Dalmane (sleeping pill) and all other sleeping medication like Ambien, Lunesta, etc.
- Diabinese (lowers blood sugars)
- Probanthine (GI medication which can create possible tachycardia, sweating and blurred vision)
- Belladonna (can cause decreased memory and blurred vision)
- Muscle relaxants (i.e., Soma, Flexeril, Skelaxin, Robaxin) can be used for a few days only but longer usage can result in weak and flaccid muscles

One last note...Always remember that a majority of people over fifty are chemically dehydrated and proper fluid intake is necessary for good health. The amount of fluid needed is really dependent on body weight and obviously varies between individuals and their activity level. If the skin on your arm remains tented for a few seconds when you pinch it, you are dehydrated. Another sign is when your urine color is a dark yellow (concentrated). Thirst is not really a determinant, as it is a lazy reflex.

Always try to make healthy choices instead of harmful ones. Be well and stay well!

Dr. Levey is an orthopedic surgeon with the Desert Spine and Neuroscience Institute in Rancho Mirage and can be reached at (760) 837.8020.



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What's New in Regenerative Therapy?

By John F. Feller, MD and Bernadette M. Greenwood, BSRS

Diagnostic tools and medical treatment technologies are continually evolving, and all developments have to be carefully monitored and evaluated by appropriate scientific and regulatory entities. Currently, doctors, scientists and ethicists are evaluating the role of autologous mesenchymal stem cells for regenerative therapy and minimally-invasive pain management, and have arrived at a pivotal time as researchers translate their work to clinical applications right here in the Coachella Valley.

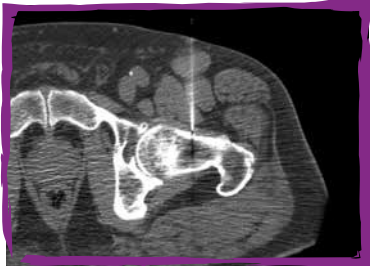


Fig. 1: Stem cell deployment into the left hip joint

as “from the same organism.” In other words, the stem cells are taken from the same subject to which they are later delivered. Mesenchymal is an embryology term which means of mesodermal origin and able to develop into cells that are capable of developing into connective tissues, bone, cartilage, blood, lymphatic and blood vessels. This interesting new area of research is meant to assess how well patients respond to cells harvested from their own bodies; each subject is their own donor, so there are no concerns for rejection or negative immune response.

A typical procedure involves three steps: determining the target for injection using imaging such as MRI; harvesting of fat cells from which the stem cells are derived; and the deployment of those cells with or without imaging guidance. Harvesting of stem cells usually takes about 20-30 minutes in an outpatient surgical setting. The procedure involves the liposuction of fat from the subject with the use of local anesthetic. Processing of the fat isolates the stem cells which are subsequently deployed into the area being treated.

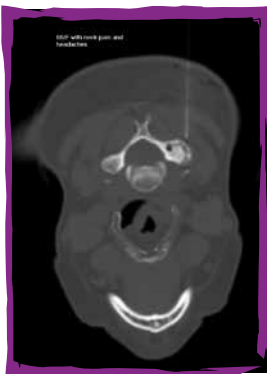


Fig. 2: Needle placement into the cervical spine facet joint (neck area)

What does this mean? Adult simply means that children are not included in the subject population. Autologous is defined

The deployment could be into a vein, artery, or under the skin. It could also be performed under imaging (CT or MRI) guidance into joints

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(Fig.1), spine (Fig. 2), or directly into organs. Images of the anatomy are acquired to guide needle placement by an expert radiologist who confirms accurate delivery of the dose to the desired area (Fig. 3).

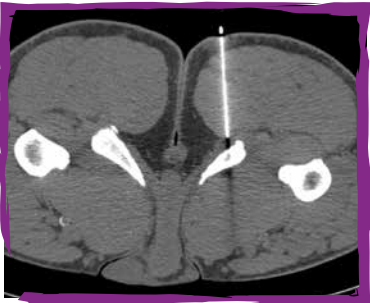


Fig. 3: Treatment of hamstring tendon injury with therapeutic stem cell injection

Once successfully deployed, the stem cells can change into bone, cartilage, muscle, fat, collagen, neural tissue, blood vessels, and even some organs. Research has shown that the nature and action of adult mesenchymal stem cells may positively impact pain, inflammation and infection in addition to regenerating cells and repairing tissue.

While much of this may seem very cutting-edge and sci-fi, stem cells have

been evaluated for medical purposes for over 50 years. Great controversy surrounded initial stem cell research due to the origin of the stem cells from fetal samples. Fortunately, technology has brought us to the point where individuals may be their own stem cell donors for both therapeutic and regenerative purposes.

For additional information on autologous mesenchymal stem cell therapy, please contact Desert Medical Imaging at (760) 776.0040 to arrange a consultation, or www.DesertMedicalImaging.com and www.stemcellrevolution.com/about-us/our-physician-teams/elliott-b-lander-md-facs-cv/.

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The “Old Stone Age” Diet

An overview of the Paleo diet

By John R. Dixon, DC, CCN, Dipl.Ac

The Paleo Diet has attracted a lot of followers since the book by Dr. Loren Cordain was first printed back in 2002. Paleo refers to the ‘Old Stone Age’ which was about 333 generations ago. Dr. Cordain states that he didn’t discover the diet; rather, he and other researchers merely uncovered what was already there.

As a species, we are genetically and physiologically identical to humans that lived before the dawn of agriculture. We may not call ourselves hunters and gatherers today, but our bodies still behave as if we are, at least from a biological perspective.

The Paleo Diet is extremely well researched and backed by numerous scientific and evidence-based studies. The ground rules are fairly straight forward and can be summarized as such:

- Eat all the lean meats, fish, and seafood you want;
- Eat all the fruits and non-starchy vegetables you want;
- Don’t eat cereals, breads or any foods made with grains or corn;
- Don’t eat legumes (beans);
- Don’t eat dairy products; and
- Don’t eat processed foods.

The Paleo Diet is not a low carb, fat free, or high fat diet. It is a high lean animal protein, high fiber and ‘bad fat’-free diet. There are absolutely no grains or dairy products allowed including butter, cream, milk, cheese, etc. The starchy vegetables eliminated include potatoes and all potato products (French fries, potato chips, etc.) and yams. Fatty, processed meats are not allowed including bacon, bologna, sausage, pepperoni, and deli meats. There is an emphasis placed on eating grass fed, free range, hormone free beef, or preferably wild game whenever possible.

Nuts are to be eaten in moderation, and absolutely no peanuts are allowed. All beans are excluded largely due to the fact that beans and grains contain substances called lectins, proteins that have evolved to ward off insect predators. Lectins can bind with almost any tissue in our bodies and create autoimmune reactions in susceptible individuals.

Preferred oils for cooking and salad dressings include olive, flaxseed, avocado, and walnut. Hydrogenated and processed vegetable oils are not allowed. Eggs are allowed but not daily, and it is suggested that eggs high in omega 3 fats be used.

The seven keys to Paleo eating are:

1. Eat a relatively high amount of lean animal protein compared to the typical American diet.
2. Eat good carbohydrates – from fruits and vegetables, not from grains, refined sugars or starchy vegetables.
3. Eat a large amount of fiber from non-starchy fruits and vegetables.
4. Eat a moderate amount of fat, with more good fats than bad fats. In other words, more mono and polyunsaturated fats and less saturated fats. Try to have equal consumption of omega 3 and omega 6 fats.
5. Eat foods high in potassium and low in sodium (avoid processed meats, salt-added foods and table salt).
6. Eat a diet with a net alkaline load.
7. Eat foods rich in plant phytochemicals such as brightly colored fruits and vegetables.

The Paleo Diet isn’t suitable for everyone; in fact, no diet is. There exists no shortage of controversy between nutrition professionals regarding which dietary path is the best. Whether it be vegetarian, vegan, Mediterranean, ketogenic or any other diet, each one can present problems for some people.

In general, it is my opinion that most nutrition experts would agree on some fundamentals for healthy eating to include:

- Avoid all processed food, especially processed grains.
- Avoid highly processed and hydrogenated oils (corn, canola, soybean).
- Avoid sugar, sugar-added products and high fructose corn syrup.
- Eat local and organic fruits and vegetables whenever possible.
- Eat grass fed, hormone free meats and wild caught fish whenever possible.

Almost any diet can require some tweaking to fit your particular sensitivities and digestive issues. Also, don’t beat yourself up if you aren’t 100 % compliant with a diet; no one is.

A healthy diet should have obvious benefits including increased energy levels, body fat loss, improved digestion and elevated mood. Find one that works for your body type and do the best you can.

Dr. John Dixon can be reached at the Natural Medicine Group (760) 345.7300.

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LIVING with HIV By Steve Bolerjack Desert AIDS Project

Unexpectedly Reprieved: Getting Old with HIV

While the Coachella Valley has a higher than average population of people living with HIV, perhaps more revealing is that within that group, approximately 70% are between the ages of 49 and 65 – bell curve baby boomers. And the kicker is that we're still here at all. During the worst of this 33-years-and-counting epidemic, being HIV-positive meant you either had AIDS or soon would – at best, you might last a couple of years.

Fortunately, that's no longer the case. Many older people with HIV today are living relatively normal, if somewhat diminished, lives, albeit only by close medical monitoring and strict adherence to a regimen of some dicey drugs. But aging with HIV has become its own area of treatment and medical study.

Besides the ravages of normal aging, research is proving that the presence of HIV over time both *increases risk* of various diseases and conditions and *accelerates* them. Most common are higher incidence and/or premature cases of cognitive decline, dementia, cardiovascular disease, diabetes, osteoporosis (often in the hip), depression, digestive disorders (upsets from all those meds), vital organ diseases and various cancers, especially lymphomas. Underlying all this is often a perpetual state of cellular inflammation, the body's ongoing response to the virus. Add in a prematurely ended career, worry about insurance, access to healthcare and persistent stigma around HIV, and it's no wonder depression is often a major problem in older patients. While the actual parameters measuring correlations between HIV and acceleration of natural aging processes remain hard to measure, the research confirms these trends.

Certainly, aging for everyone means facing a host of health challenges and, eventually, our own mortality. I can't speak for all HIV-positive people, but I for one don't want to be perceived as a special case, or worse, known as a tedious hypochondriac just because I live with a chronic health condition; so do countless others. I learned a long time ago that no one really wants to hear about your ills and chills (hopefully, your doctor is an exception). But for the sake of enlightenment, it's helpful to know more about aging with HIV because it's now so common here in the desert. It's likely that someone you know is dealing with it. And sometimes, it helps them just to talk about it without fear of discomfort, criticism or outright revulsion.

If you would like to educate yourself about HIV and aging, there's a growing list of online resources. A good place to start is the federal government's website: aids.gov and the comprehensive webmd.com/hiv-aids. And locally, the Desert AIDS Project site, desertaidsproject.org, is a wealth of regularly updated information.



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Proving and Improving Ancient Acupuncture

By Diane Sheppard, Ph.D., L.Ac.

Acupuncture and Traditional Chinese Medicine (TCM) have been around for over 5,000 years. Ever since its introduction into the West, many have sought to correlate its teachings with Western biological paradigms.

The first theory of TCM's fundamental concepts is that Qi, or vital energy, travels along defined pathways throughout the body. It is on these pathways, which are associated with various organs and body systems, that the acupuncture points are found.

However, Qi can not be measured with normal Western methods and there are no corresponding anatomical structures that accurately explain or align the meridians.

Exciting new research with electron microscopy may indicate micro bundles of nerve structures, formerly unknown, that could follow the same paths as the ancient meridians. However, this research has a ways to go.

The most significant correlations between TCM and Western theory were discovered in the 1940s by Dr. Reinhardt Voll. Using an instrument similar to an ohmmeter, he found that the electrical resistance on the skin of the human body is not homogenous. Over the following decade he learned that the body has at least 1000 points on the skin of discontinuous resistance, and that fascinatingly, they followed the 12 lines of the classical Chinese meridians. This was the first scientific evidence that the theories and practice of classical TCM were more than mere myth and tradition.

In the 1950s a Japanese doctor, Dr. Yoshio Nakatani, also noted areas of altered electrical conductivity on the skin and that these areas of approximately 1cm diameter generally were in lines following the classical Chinese acupuncture meridians. Since then, a variety of research studies have sought to further the body of knowledge about the electrical characteristics of the acupuncture meridians. The results clearly show that

the acupuncture meridians are electrically active and can be altered with acupuncture needle insertion.

Much research has focused on the reliability of these measurements. Results have shown that even though typical skin resistance varies, acupuncture points and entire meridians can be readily located within 5 mm by measuring skin resistance, which will vary by a factor of 2x-6x from surrounding skin. This became useful for both diagnosis and treatment according to well understood TCM principles.

For many years examinations were performed clinically with analog "meter" equipment and pen and paper for drawing the resulting graph. Although time consuming and cumbersome, this was often very effective. Later methods allowed the readings to be manually typed into software programs for basic analysis. This led to development of several automated measurement systems to apply the power of modern computer analysis. The result is an analysis that is faster, easier, and more powerful than ever before.

Over the past decade, this has been further refined to an easy, accurate and quick system whereby a practitioner can get readings to help diagnose and, along with their traditional training and clinical experience, develop treatment plans. It also has the benefit and capability to display and print a variety of charts and graphs that can help both practitioner and patient easily understand the results, and to see imbalances, deficiencies and excesses in the meridians.

With their obvious benefits, the use of such devices is now becoming more and more common among licensed acupuncturists.

Diane Sheppard is owner of AcQpoint Wellness Center in La Quinta. She is a licensed acupuncturist with a Ph.D. in Oriental Medicine and can be reached at (760) 775.7900. www.AcQPoint.com.

Meditation for Military Troops

Pilot study suggests successful treatment for PTSD

Provided by Transcendental Meditation

Our military is well trained for the rigors of combat, but many veterans find themselves unprepared for the debilitating post traumatic stress many experience when they return home to their families. Coping with depression, anxiety, insomnia, and flashbacks of war experiences can be overwhelming.

In January, *Time* magazine revealed that the number of male veterans under the age of 30 who committed suicide jumped by 44 percent between 2009 and 2011 (the most recent year for which data was available) according to numbers released this January by the Department of Veterans Affairs. *Time* also noted that roughly two young veterans a day commit suicide.

Standard treatments have not been successful in delivering much needed relief to post-traumatic stress disorder (PTSD) sufferers. But a pilot study published in *Military Medicine* showed that a novel approach to treating veterans reduced depression and symptoms of PTSD by 40-55%.

According to the study led by renowned researcher Norman Rosenthal, M.D., Clinical Professor of Psychiatry at Georgetown University Medical School and Director of Research at Capital Clinical Research Associates in Rockville, Maryland, veterans of the Iraq/Afghanistan wars experienced a 50% reduction in PTSD symptoms after eight weeks of practicing the stress-reducing Transcendental Meditation (TM®) technique.

Dr. Rosenthal was the first to describe seasonal affective disorder (SAD) and pioneered the use of light therapy as a treatment. He is also the author of the New York Times bestseller, *Transcendence: Healing and Transformation through Transcendental Meditation*.

The study found that the TM® program produced significant reductions in stress and depression and marked improvements in relationships and overall quality of life. Furthermore, the authors reported that the technique was easy to perform and was well accepted by the veterans.

The Clinician Administered PTSD Scale (CAPS) was the primary measure for assessing the effectiveness of the practice on PTSD symptoms. CAPS is considered by the Department of Veterans Affairs as the "gold standard" for PTSD assessment and diagnosis for both military veteran and civilian trauma survivors.

"Even though the number of veterans in this study was small, the results were very impressive," Rosenthal said. "These young men were in extreme distress as a direct result of trauma suffered during combat, and the simple and effortless Transcendental Meditation technique literally transformed their lives."

Rosenthal hypothesizes that the TM® technique helps people with PTSD because regular practice produces long-term changes in sympathetic nervous system activity, as evidenced by decreased blood pressure, and lower reactivity to stress. "Transcendental Meditation quiets down the nervous system, and slows down the 'fight-or-flight' response," he said. People with PTSD show overactive fight-or-flight responses, making them excellent candidates for TM®.

Rosenthal points out that there is an urgent need to find effective and cost-effective treatments for veterans with combat-related PTSD. "The condition is common, affecting an estimated one in seven deployed soldiers and Marines, most of whom do not get adequate treatment. "Based on our study and previous findings, I believe Transcendental Meditation certainly warrants further study for combat-related PTSD," says Rosenthal.

For more information on Transcendental Meditation or to schedule an introductory presentation, please contact Dennis Rowe at (760) 537.1006.

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So Much More Than Braille

Braille Institute promotes living well with low vision

By Lauren Del Sarto

Today, less than 10% of visually impaired people can read braille. One might therefore question the purpose of the Braille Institute which was established in 1919. However, when you consider that macular degeneration is the leading cause of vision loss among people ages 50+ and our growing baby boomer population, you clearly see the need for an organization that assists those with impaired vision.

The Braille Institute offers free services to anyone whose loss of sight affects quality of life. Their vast array of programs and services provide assistance to children, adults, young adults, seniors and their families throughout Southern California.



Halls are carpeted and intersections tiled at the Braille Institute



Beverage devices sound when full

as much vision loss as they have," says Chiapperini. "Their greatest fear is usually their DMV test and getting past that fear is often the biggest challenge. And sometimes the sighted spouse becomes their lifeline, so we encourage them to come in as well."

The Braille Institute's newest addition is a comprehensive technology center called Connection Pointe. Chiapperini explains that adaptive software has been around for 20 years but has come a long way, and is now available on mobile devices like iPhones

and tablets. They have three levels of technology: magnifying computers and text-to-speech devices; traditional PCs with adaptive software; and smaller smart devices. Volunteers, who teach all classes at the institute, assist clients in learning technology.

"Twenty years ago the average age of our client was 70," says Jimenez. "Now it is 55, and our programs continue to change to meet the needs of our clientele."

Chiapperini adds that there are over 200 apps for people with impaired vision including EyeNote and similar apps that tell you which dollar bill you are holding, and VisionSim which simulates the progression of specific eye diseases. The Braille Institute also has an aggregator app called ViA (currently Apple only) that lists all available apps for low vision.



Volunteers help clients with free services

"Our programs assist anyone who feels their glasses are no longer working," said Executive Director Lisa Jimenez who has been with the organization for 23 years and has seen it grow to serve a larger population. "Less than 5% of our clientele are totally blind," she adds. "In the last two years, our focus has really changed to assist those in our community with low vision."

You really cannot grasp the breadth of inconveniences placed on those with low vision until you visit the Braille Institute. They understand the challenges faced and most likely have an answer, from talking watches to marking devices for appliances and clothing; from kitchen safety tools to computer devices and programs.

Services include counseling, education, art and music, cooking classes, children's programs and even career development for young adults. "We are a unique organization in that we offer so many services under one roof," says Field Services Manager Felice Chiapperini. "We are here to help people losing their vision understand what they can expect, and to support them along the way." He adds that most clients come on a weekly basis, and some daily. Did I mention that all services are free?

"Many seniors will not admit to having



The technology center at the Braille Institute

If you or someone in your life is experiencing vision loss, answers to your many questions can be found at the Braille Institute.

The Braille Institute is located in Rancho Mirage at the corner of Ramon and Da Vall. For more information call (760) 321.1111 or visit www.BrailleInstitute.org.

References: 1) National Eye Institute, NIH. www.nei.nih.gov/health/maculardegen/armd_facts.asp#1

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Moving Health Forward

- 7) Family and Social Support (2 of 5)
8) Community Safety (3 of 5)
9) Environment Quality and the Built Environment (5 of 5)

Let's take a look at some of the progress to date.

Improving nutrition in our schools

Behavior: Healthy Eating and Food Quality

Bold Step: Implement state-of-the-art education programs and healthy meals in all valley schools

One of the first bold steps to be addressed, nutrition and nutritional education was spearheaded by the Clinton Foundation's Alliance for a Healthier Generation. A full time regional manager was appointed and funding was provided by the Desert Healthcare District Foundation. 80 schools, including all public schools in the valley, are taking part. School menus have improved and programs are being taught providing lifelong skills and encouraging kids to make healthier choices. Much success is due to the enthusiasm of the nutritional services managers within each district who are working closely with the Alliance. Some schools are even offering take home meals to ensure kids have nutritious options once they leave.

Making physical activity safe and accessible

Behaviors: A. Physical Activity and B. Environmental Quality

Bold Steps: A. Create a cohesive physical activity plan for the valley; A. Implement a recreation infrastructure, including a trail system that allows all people of the CV to be active; B. Create a fully implemented "Non-motorized Transportation Plan"

CV Link, the 50-mile multi-use path will connect the valley from Palm Springs to Coachella offering a scenic and auto-free place to bike, run, jog, and inline skate. While plans for the project preceded the CHMI, incorporation into the Blueprint has generated additional support, team work, and funding. \$65 million of the estimated \$100 million budget has been raised, environmental studies are underway and RFPs have been issued for engineering and design. Desert cities are working together with CVAG and the County, targeting a 2016 ground breaking. A health study of this project also showed an overall economic benefit of \$1.47 billion including \$152 million in health care costs through 2035.

Other projects in the works that fall under Physical Activity include shared access of school playgrounds and facilities for the entire community; funded swimming lessons for all children under third grade to enhance safety as well as physical activity; and a community health portal to share information and connect people through health and wellness.

Reducing the number of drunk driving incidents

Behavior: Alcohol, Tobacco and Other Drug Use

Continued from page 1

A Healthier
TEAM EFFORT!
Community

Bold Step: Implement a Substance Abuse Task Force to coordinate prevention activities across the valley

The advisory committee was formed and four areas of concern identified: alcohol abuse, marijuana abuse, prescription drug abuse, and e-cigarettes. Starting with alcohol, they decided to focus on reducing DUI incidents through education, targeting the general public, school-aged kids, and parents.

PSA campaigns are in the works and include local TV and outdoor, and letters have appeared in print. The district attorney's office is working with schools to create a DUI Resource Tool Kit to include an 'Alcohol 101' powerpoint for parents, and the Hazelden Betty Ford Foundation has agreed to create a free resource website for schools.

Working with students at Palm Desert High School, they created a week-long awareness campaign entitled "Engage Before You Rage", and Rockers Against Drunk Driving (RADD) is creating a pre-paid card for taxis that can be kept in your wallet. This may be especially effective for kids as it provides more discretion than a credit card that is billed later. RADD is also working with the committee and local establishments to create a designated driver incentive program offering free food or non-alcoholic beverages.

The above action items provide an idea of how the CHMI – and all its members – are working to improve the health of our community. There are many more bold steps in place, and we will continue to spotlight their progress in *Desert Health*®.

What can you do to get involved?

The CHMI is continuously seeking new ideas and efforts to assist in achieving the 45 bold steps outlined in the Blueprint. "Everybody from every walk of life, regardless of their job, has a place in the Blueprint," said Tricia Gehrlein, CHMI's regional director. Those who would like to take part are encouraged to review the Blueprint and contact Gehrlein directly.

As a Clinton Health Matters Initiative Pledge Maker, I can tell you that taking part in the movement – and something bigger than yourself – is inspiring, energizing, and extremely rewarding.

"You have all made commitments that you have been diligently working on, and we are so thankful to each and every one of you for your partnership," adds Henderson. "On behalf of all of us at the Clinton Foundation, please know that you are doing something that is truly remarkable when it comes to community transformation."

To view the Coachella Valley Blueprint for Action visit https://www.clintonfoundation.org/files/chmi_coachella_valley_blueprint.pdf

For more information on the Clinton Health Matters Initiative visit www.clintonhealthmatters.org or contact Tricia Gehrlein at tgehrlein@clintonfoundation.org or (760) 834.0975. Editorial by Lauren Del Sarto, Publisher.

Dr. Wahls Delivers Education and Hope

Full house turns out for 'food as medicine'

Desert Health® was honored to bring Terry Wahls, MD, to the Coachella Valley in May as part of the Eisenhower Wellness Institutes Speakers' Series.

The free presentation attracted over 525 people eager to hear how Wahls is beating progressive multiple sclerosis through nutrition and exercise. She has helped hundreds suffering from MS and other autoimmune diseases with her educational campaign and published works, *Minding My Mitochondria* (Iowa City, TZ Press, LLC, 2010) and her newest, *The Wahls Protocol* (New York, Penguin Group, 2014) which provides step-by-step guidance on how to implement her program.

Wahls' presentation was streamed to the big screen in an auxiliary room for overflow seating. Over 20 guests in wheelchairs turned out to hear how Wahls herself got out of her chair and progressed to riding her bike 5-miles to work each day.

Wahls was diagnosed with primary progressive multiple sclerosis in 2000 and began conventional treatment, however, by 2007 she was confined to a recliner or bed and could walk only a few steps with two canes. She saw slight improvements after starting a Paleo diet and began researching nutrient deficiencies in those with the disease. After identifying 31 nutrients and the foods which provide them, she began rapidly improving. Astonished colleagues and her Chief of Staff at the Iowa City VA Health Care encouraged her to begin clinical trials which are currently underway.

Dr. Wahls also shared her research with over 100 local clinicians from a variety of disciplines including medical doctors, naturopathic doctors, fitness professionals, and mental health practitioners. Guests also enjoyed an exceptional "Wahls Approved" gluten and dairy-free buffet created by Eisenhower Medical Center's nutritional services team.

"I was delighted with my visit to Palm Springs," Wahls said. "The public response to attend my lecture was humbling, and I was honored with the opportunity to share our preliminary research data with clinical professionals from so many different disciplines."

Showing the amazing videos that demonstrate the change in mobility experienced by our study subjects was impactful and well-received."

Erin Davis, who was diagnosed with MS in 2012 and inspired by Wahls to begin the Paleo diet last year, was honored to meet the speaker. "I'm grateful to have come across Dr. Wahls' information (in 2012) because she has changed my outlook, not only with food but with MS, and my future in continuing to control MS naturally. It was a great honor to meet her."

Wahls asked Davis to share her experience at the clinicians' luncheon. "I enjoyed speaking about my experience with MS and the Paleo diet to our local clinicians in hopes they can see that the Paleo Diet does help and perhaps will begin promoting the diet to their patients, friends, and family," she added.

Many exciting developments stemmed from Wahls' presentations. A member of Act for MS was accepted into Wahls' clinical trials in Iowa; discussions are underway to offer cooking classes based on The Wahls Protocol™ for those with MS and other autoimmune diseases; and Act for MS's Pizza and Bingo Night has officially been changed to Salad and Bingo Night.

"I very much enjoyed the opportunity to speak with the medical/clinical staff about diet and lifestyle, including conversations on how to incorporate The Wahls Protocol™ into their clinical practices," adds Wahls. "We are collectively changing the world, teaching the public and clinicians that diet and lifestyle can be incredibly powerful in restoring health!"

"It is a wonderful journey and I feel very blessed," she concludes. Seeing the results of this partnership, we couldn't agree more. Special thanks to Jeralyn Brossfield, MD, and Mary Strother, RN, of the Eisenhower Wellness Institute; Anne Pope, Margot Nelligan and the team at Act for MS; and Glenna Burke of Barnes & Noble Palm Desert. A very special thanks to Lindsay Gordon and Will Scarlett of Penguin Publishing.

Photos by Robert Brossfield



Jeralyn Brossfield, MD introduces Dr. Wahls to a full house



Wahls met many fans at the book signing



Wahls was honored to meet 102-year-old Edith Morrey

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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Basketball Hall of Fame Coach Phil Jackson said, "The strength of the team is each individual member. The strength of each member is the team." As individuals on a quest for wellness, assembling your health team is vital. In creating this team, you may want to consider combining practices of both Western and Eastern medicine. Western medicine offers the ability to dive deep into one system or diagnosis. Eastern philosophy tends to see the person as a whole with many layers or systems leading to the symptoms.

So how do you navigate these differences to maximize personal wellness?

Build a Team: You will likely need several people on this team. A primary care doctor, a naturopathic doctor, a skilled body practitioner (Rolfing, massage, acupuncture or chiropractor), an energy practitioner (kinesiologist, acupuncturist, qi gong master) and a nutritionist are key persons that together offer a more complete perspective on health. For instance, I have had a recurring back pain that only resolved when I combined chiropractic, massage and energy work. Often you may find a practitioner who offers several of these areas of expertise. Finding excellent providers requires asking for referrals from friends and other providers you trust, then checking into the person's credentials. It is entirely appropriate to think of your first visit as an interview or assessment, and to only return if you are reassured that provider is a good fit on your "team."

Enable communication: When you meet with each new provider, ask if they are willing to coordinate their care with other wellness practitioners. Also, ask how they feel about your personal research and bringing questions to discuss. Often their response is an indicator of a good fit. If they are not supportive, keep looking for someone to fill that position. Providers are not paid for the extra time talking to your other team-members, so be willing to facilitate by sending emails or bringing records for each of them to see. One of my most organized patients brings a color-coded list of all her supplements and medications to each visit – coded to the person who prescribed each item and the providers' phone numbers listed at the bottom. This makes it easy when I want to suggest a change as I can call the involved provider and collaborate on alternatives.

Ask for feedback: When seeing each provider, share what you have done with other wellness team members and ask if there is something more that you should work on to be most healthy. Then share that information at your other visits.

Adjust when needed: Be willing to make changes when something is not working. Certainly, much of our activities to become well take repetition and persistence. But if you have a sense of things not going well, or a nagging sense of discomfort with a person on your wellness team, move on and make an adjustment. Believe yourself! You have the most total and intimate knowledge of yourself, and you have the power to assemble a team of people to help you be the best and most well version of you!

Dr. Jeralyn Brossfield is the Director of the Eisenhower Wellness Institute and can be reached at (760) 610.7360.



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Dr. Wahls "Chills" Her Restless Leg

By Lauren Del Sarto

When Terry Wahls, MD, was in the Valley in May, Susan Butler of Kinetix Performance Center invited her to try Cryotherapy. Dr. Wahls was not familiar with the treatment, but understood the benefits of extreme cold for inflammation, and often took ice baths for the restless leg syndrome that accompanied her multiple sclerosis.

"Restless leg is common for people with MS, but can occur with many other conditions," she said. "As my MS symptoms continued to improve with The Wahls Protocol™, unfortunately, my restless leg did not, so I continue to treat it with other traditional therapies." Wahls uses Paleo principles, nutrition, and exercise to improve and minimize her MS symptoms.

I know that Cryotherapy is evidence-based and minimally invasive, but I'll admit to being a bit nervous about our guest speaker trying something new before her big presentation that evening. She assured me it would be ok, noting that many studies support extreme cold therapy. She had gotten out of the habit of her nightly baths about six months ago and liked the idea of a "chill session" that only lasted 2-3 minutes.

Upon arrival, Susan took Dr. Wahls' external body temperature and gave her the overview of what to expect. The chamber creates temperature ranging between -140 to -170 degrees Celsius (-220 to -274 Fahrenheit), which Wahls noted was "somewhat intimidating."

With her first session, she described the feeling as "a bit uncomfortable because you don't know what to expect," and the cold created a slight feeling of burning in

her thighs. She made it through the full 3 minutes and observed the internal effects over the next hour with interest and amazement. When Susan said that the treatment could be done two times a day, Dr. Wahls made a second appointment for that afternoon.

That evening, she slept through the night - unusual as most of the time she has multiple awakenings due to the restless leg. She made an early morning appointment on the second day in an attempt to maximize the benefits before heading home, as Susan researched and found no Cryotherapy in her region.

Dr. Wahls continued to report improved sleep. She was impressed with Cryotherapy

and plans to add it to the list of non-pharmacological therapies she is currently conducting and studying. She also returned to her nightly ice baths and notes that if people try this home remedy, it is important to monitor skin temperature and

to keep it above 55 degrees (external thermometers are available at local drug stores). It is also not recommended for those with Raynaud's phenomenon, a contraindicator for Cryotherapy as well.

"You are lucky that Kinetix offers this therapy; it is beneficial to many conditions," says Dr. Wahls. "And it was certainly easier and more comfortable than ice baths!"

For more information on Cryotherapy visit www.kinetixcenter.com/health-wellness or call (760) 200.1719.



Dr. Wahls tries Cryotherapy for the first time



Natural Sunscreen, an Alternative for Preventative Skin Care

By Shannon Sinsheimer, ND

Summer is upon on us and with summer comes more time in the sun. Spending more time in the sun can be uplifting for many reasons: more Vitamin D production, enhanced mood, and more opportunities for outdoor activities and exercise. However, as we all know, spending too much time in the sun can also be damaging to the skin, causing rapid skin aging and, potentially, skin cancer and abnormal skin growths.

Applying sunscreen daily is a great way to reduce the harmful effects of the sun; however, some sunscreens are laden with harsh chemicals. These chemicals are absorbed into our body through our skin and have the potential to have long-term health consequences. The chemicals in sunscreen can disrupt hormonal systems in the body including estrogen and thyroid hormones, and their high toxicity can also congest the liver.^{1,3}

So what do you do if you want to spend time in the sun and avoid the ill effects of sun exposure but don't want to lather yourself in harmful chemicals?

Below are lists of the most potentially harmful chemical agents in sunscreen to avoid along with acceptable alternatives. By using less toxic topical ingredients, you can still protect your skin from the sun without adding to the overall toxic burden in the body.

Sunscreen ingredients to avoid:⁴⁻⁶

Avobenzone: Penetrates the skin easily for absorption into the bloodstream, unstable in heat and degrades easily, decreasing its effectiveness; interaction with heat causes an increase in free radicals

Oxybenzone: Penetrates the skin easily for absorption into the bloodstream; potentially enhances estrogen

Octyl Salicylate/OCS/Octisalate: Enhances estrogen, disrupts thyroid function, alters brain cell signaling, penetrates the skin easily for absorption into the bloodstream; makes the side effects of other ingredients more potent

PABA: Forms free radicals in the sun, potentially increasing the risks of skin cancer

Retinyl Palmitate: Forms free radicals in the sun, potentially increasing the risks of skin cancer

Oxy-methoxycinnamate/OMC/Octinoxate: Enhances 'bad' estrogen, disrupts thyroid function, increases free radicals potentially causing cellular damage, as well as increasing the side effects of other ingredients

Safe sunscreen ingredients are available in many sunscreen products and include: zinc oxide, titanium oxide, spirulina, green tea, vitamin E, shea butter, cocoa butter, and beeswax.

The Environmental Working Group recently released its 2014 list of the most effective sunscreens with the lowest amount of toxic effects. Sunscreen products with more natural ingredients can be less convenient as they may need to be applied more often, can be thicker and therefore harder to apply, and more expensive. However, as always, the trade off for taking a more natural approach to your lifestyle can often be a short-term inconvenience for a long-term health pay off.

Please take a moment to read the labels of the products you use on your skin. It is easy to forget that what we put on our bodies can alter our health in the same way as what we put in our bodies.

Dr. Sinsheimer is Optimal Health Center's naturopathic doctor and can be reached at (760) 568.2598.

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You Are Not Your Chronic Pain

By Amy Austin, RN, PSY.D, LMFT

It is estimated that 30%, or 116 million, Americans are living with chronic pain, an active long-term pain syndrome that can commence after an illness, surgery, or from an unknown etiology. No matter how it begins it can wreak havoc on mind, body, and spirit.

Chronic pain is associated with higher rates of anxiety and depression and impacts all areas of functioning, including interpersonal relationships. It can affect a person's self esteem and confidence and can influence how we view the world when we start to look through a negativistic lens. When chronic pain enters the picture, the sufferer may reinforce a 'worry and ruminate' pattern of thinking that is compounded by more chronic pain.

As difficult as it is to deal with chronic pain, there are ways to cope and to meet chronic pain head on.

Here are a few tips:

- It is imperative to have an established and trusting relationship with a doctor and to stay current with them. You don't have to figure this out on your own.
- Many people self-medicate when dealing with chronic pain issues. Alcohol, drugs, or the combination of the two may temporarily deal with the pain, but can end up creating abuse and dependency issues that can exacerbate all associated problems.
- Being able to talk about your physical and emotional pain can provide relief and increase a sense of empowerment. Professional therapies which can help include clinical hypnosis, Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy (or ACT) which utilizes acceptance and mindfulness strategies with behavior change strategies to increase psychological functioning.
- Ask your doctor if exercise is warranted. One of the great benefits of exercise is that you can get out of your head and into your body in a healthy and mindful way.
- People with chronic pain can begin to isolate from the world around them. Everyone needs time alone, but try to reframe isolation into chosen periods of solitude. And, when you are ready, you can mix and mingle with friends and loved ones.
- If you don't have a hobby, find one. Maybe it's time to move out of your comfort zone and experience something unique and new. People who engage in a hobby can forget about their pain while focusing on something pleasurable such as oil painting, walking, or writing.
- If you connect spiritually, great. If not, you might try reaching out to a mentor for support, centering, and inner peace.
- Take two to three 5-minute breathing breaks daily. Slowly breathe in through your nose and out through your mouth like you are blowing on hot soup. Concentrate on your breath. Breathe in relaxation while exhaling tension. Visualize the pain's location, size, and color and mindfully decrease its size and intensity.
- Laugh! Watch comedy shows, listen to or tell a good joke. Nothing helps with chronic pain like a good laugh!
- Accept the small gains and accept yourself as is. Try to get rid of the critical thinker inside that is causing all of that 'stinkin thinkin'.

Live Well!

Dr. Amy Austin is a Licensed Marriage and Family Therapist (MFC # 41252) and Doctor of Clinical Psychology in Rancho Mirage. Dr. Amy can be reached at (760) 774.0047.



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Preparing Your Body Before Baby

Preparing your body for pregnancy is ideal for any individual deciding to become a parent. In today's world we are exposed to more chemicals than ever before; our food lacks the nutritional value it once had; and many, many more individuals complain of hormone imbalances. And these common factors have all been linked to chronic health conditions in children, beginning with conception.

Deciding to have a child used to simply be a lifestyle and financial decision based on the readiness of the family; however, now we have come into an age where preparing the body to produce a baby requires a bit more attention. Health issues such as asthma, allergies, behavioral disorders, immune system disorders, and chronic digestive issues have the potential to be significantly reduced by preparing the body for pregnancy - both mom and dad - anywhere from 3-12 months prior to conception.

Effective preparation includes a detoxification program, nutritional optimization, hormone balancing, and lifestyle adjustments.

Detoxification. The detox stage in a preconception program is one of the most vital steps in today's world to improve the long-term health of the baby. On average, over 200 chemicals can be found in breast milk, which means the baby has potential for exposure in utero, as well as during the first year of life from the mother's body.

Eliminating waste from the body prior to conception assists in clearing harmful agents that may alter conception and fetal development. Environmental toxins can affect DNA, lower sperm count and quality, cross the placental border and absorb into the fetus, potentially change neural development, and have correlations with behavioral disorders. Engaging in a detoxification program, ideally 6 months prior to conception, allows the release of toxic chemicals from the body, thereby decreasing the toxic load on the fetus during development. It also takes 98 days to make sperm, and so any sperm having been exposed to excess toxins would need to be 4 months after a detox to be 'clean,' so to speak.

A proper detoxification program will run for a minimum of 21 days and include elimination of foods that can cause burden on the body, as well as supplemental support to draw out and eliminate toxins from the body. Foods that can prevent elimination of chemical waste, such as coffee, alcohol, gluten, dairy, and sugar, are avoided during any detox to better enable the release of toxic substances and decrease the burden on the liver and general body inflammation. Detox supplements vary in ingredients, but should include liver cleansing herbs and nutrients, soluble and insoluble fiber, super green foods, and antioxidants.

Nutrient Optimization. Nutritional health is obviously important to any person, but is of vital importance to a developing fetus. Nutrients are the ingredients needed to build and maintain a healthy body. So, any nutrient deficiency can alter fetal development. A healthy nutritional base supports easier conception, healthier pregnancies and babies, and gives the first opportunity at a lifetime of health and wellness. Nutritional health is

Continued on page 21

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Should Children Take Probiotics?

By Brian Myers, ND

Awareness surrounding the use and benefits of probiotics has exploded in recent years. If people aren't seeking an oral probiotic at their local health foods store, they are reading the back of yogurt labels in search of active cultures.

Further, fermented foods such as pickles, sauerkraut, and kimchi (kimchee) have seen their popularity increase due to the bacterial cultures inherent in the fermentation processes they go through. Are these little bugs that beneficial to our health, and at what age can they begin to be beneficial?

The average human body is composed of ten times more cells from bacteria and fungus than human cells. It seems to follow that what we put into our bodies has a direct impact on the composition of this flora, and we are rapidly finding more research-supported reasons for people to take interest in their microbiome, with benefits ranging from improved gastrointestinal function to decreased anxiety and improved overall mood.

But at what age do we need to start thinking about how we impact our flora?

When treating the common cold and influenza-like symptoms such as runny nose, fever, and coughing, rest and stress relief are paramount in any treatment plan. Beyond that, there are countless over-the-counter remedies that can help suppress symptoms or aid in stimulating the immune system, but how often do we consider probiotics among those ranks? A study published in the *Journal of the American Academy of Pediatrics* concluded, "Daily dietary supplementation for six months (of probiotics) is a safe effective way to reduce fever, rhinorrhea (runny nose), and cough incidence and duration and antibiotic prescription incidence."

If probiotics can be helpful in reducing cold and flu symptoms, then at what point is it best to begin supplementing? The answer is as soon as we begin to develop our flora.

It had been thought that both the placenta and the intestines of newborn babies were sterile. What we are now finding is that this remarkable organ, the placenta – the only organ grown and then discarded in adulthood – has a microbiome unto itself. Another common belief is that unborn babies are born sterile, or bacteria-free. Infection is a common cause of premature pregnancy, and unfortunately, this belief stemmed from studies performed on premature babies. Studies looking at the first bowel movements of newborns, prior to their first meal, showed healthy bacterial cultures despite whether the baby was born full term or prematurely. This suggests babies are not born sterile, but are already developing their symbiotic relationship with probiotics, or good bacteria, before birth.

Probiotics change the bacterial balance in the human body and adding them to a child's diet has numerous potential health benefits. In addition to the benefits mentioned above, I have seen great results with resolving diarrhea, eczema, colic, and allergies to name a few. You may want to consider using probiotics before resorting to more invasive options, such as stomach acid reducers and allergy medication.

Before investing in probiotic supplements for yourself or your child, consider consulting with your pediatric practitioner to determine safety, the ideal strains to use, and the appropriate dosage.

Brian Myers, ND is the new associate naturopathic primary care doctor at Live Well Clinic with a focus on pediatrics, family medicine, and foot health. For more information, go to www.livewellclinic.org or call (760) 771.5970.

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How Does Your Garden Grow?

By Doris Steadman

Kids and teens from the Boys & Girls Club of Indio are learning about gardening and nutrition through hands-on experience.

Last summer, they worked with Marriott International and the University of California Cooperative Extension to build raised garden boxes which they filled with seedlings. This year, they expanded their gardens to add a larger variety of produce. After a hard day of work, the kids were rewarded with chilled, sweet, juicy watermelon grown locally from C & R Farms.

Most youth in the United States are not eating the recommended amounts of fruits and vegetables, and childhood obesity has become a major health concern. According to HARC, approximately 40% of Coachella Valley youth are overweight or obese. "The garden will help teach youth how to grow and cook with vegetables, and supports our Healthy Habits program," said Itzel Lopez, the club's Youth Development Program Specialist.



Boys & Girls Club kids plant produce in their new garden

compost, fertilizer and an irrigation timer. "It is great to be able to support a local project that encourages young people to grow fresh food and live healthier," said Vasquez.

Jose Aguiar from the UC Cooperative Extension made recommendations on what to plant, the type of soil to use, and the amount of irrigation needed to survive the three digit temperatures in the Coachella Valley summer.

Members of the UC CalFresh Nutrition Education Program are training the Indio club staff to administer gardening and nutrition lessons, and some of the UC educators will be guest speakers delivering special educational presentations to club members.

The club is looking forward to maintaining the on-going effort with a Fall vegetable garden planned after the summer season has come and gone.

The Indio Boys & Girls Club was established in the late 1960s and currently has 550 members. For more information, call (760) 836.1160 or visit www.bgcofcv.org.



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Write For You

The desire to write can emerge in any phase of life, and it deepens as the years advance. As the decision to write is made and the process evolves, memories become a catharsis of remembrance and feelings. The experience is wonderful and expanding.

Writing is a powerful tool for self-discovery and for learning in general. Now, let's look at the practical side.

Generally the exercise of writing strikes fear in many minds. Sentiments like "I am not a writer," "I do not have the education," "I could make a fool of myself," "Who can be interested in my life?", "Why bother spending the time on it when no one reads it?", "Language is not my strong talent," and other excuses.

They are not meant to be excuses, but reasons with which to hide from the best gift you have to offer ~ the gift of yourself. Give yourself permission to write about yourself and have a good time doing it.

Write for you as the audience, and then it will be honest and sincere. The audience will absorb it. On the other hand, unerringly the reader detects, and yes rejects, any dubious statements and the entire piece will be seen as not being truthful.

I am not a writer; I just like to write and read. Without formal education in writing, I had to educate myself as English is now my first language, although German was my native language. In print or on my Kindle I read every book I could find on the art of writing. I learned a great deal about the ego of famous writers and found out that most of them are not teachers. And that is okay.

Remember the words 'when the student is ready, the teacher appears.' And so he did for me.

In my opinion, William Zinsser's *On Writing Well*, is a must read for all writers. If you appreciate his guidance, you can decide on reading some of his other books.

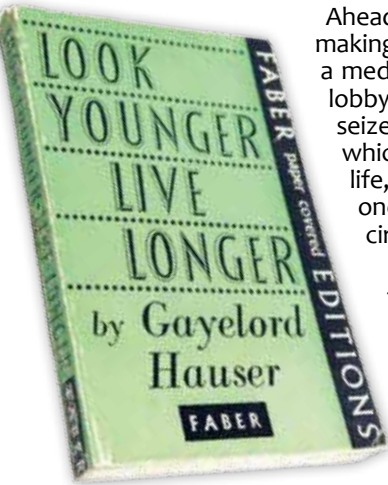
In addition, I recommend *The Elements of Style* by Strunk and White on the correct usage of the English language.

In conclusion, Professor Strunk suggests, "Vigorous writing is concise. A sentence should contain no unnecessary words, a paragraph no unnecessary sentences. This requires not that the writer make all sentences short, or avoid all detail and treat subjects only in outline, but that every word tell."

George can be reached at ugadolph@live.com.

Health is a Choice

and white flour. He taught the healthful effects of "whole foods" and urged people to avoid too much fat and excessive consumption of meat. He provided recipes for whole wheat breads, nutritional drinks, and yogurt, and in the 1950s when enriched white breads were introduced, he denounced them as "devitalized."



Ahead of his time, Hauser himself was denounced for making health recommendations although he was not a medical doctor. He was the target of sugar and flour lobbyists and in 1951, the Food and Drug Administration seized copies of his book *Look Younger; Live Longer*, which promised to add five "youthful years" to your life, on the grounds that it was promoting the sale of one brand of blackstrap molasses. The book is still in circulation today.

New York Magazine reported, "Hauser believed that if you fuel your body with "wonder foods" including brewer's yeast, wheat germ, and molasses, apparently all rich in various vitamins and minerals that will guarantee long life, you can live until you are 100."

It certainly worked for Edith Morrey. "Taking that nutrition class formed my life relationship with food," she says. "From then on I looked at

food and asked 'what effect will this have on my body?' " The practice has served her well for over 82 years.

This year Edith celebrated her 102 birthday.

She has enjoyed an exuberant life of good health and vitality and has never taken medications. She has only been in the hospital twice: last year when she broke her femur and when she was born. She received a partial hip replacement in December, yet recovered faster than many 30 years younger. She refused pain medication after the surgery and within months was back living on her own and driving herself around town. She stopped her physical therapy because "it was so boring, and I am so busy and just have so much to do!" However, she continues her daily exercise of walking and stretching.

"Edith has incredibly good health," says Joe Scherger, MD, her primary care physician of three years. "She eats the perfect diet and avoids foods that are inflammatory or toxic. She lives by the old adage 'Let food be thy medicine, and medicine be thy food' and as such has avoided illnesses that so many others develop. It also aided her incredibly quick recovery."

Since that course 82 years ago, Edith has avoided white flour and grains, dairy, butter and meat. She is a fan of fruits and vegetables and eats fresh fish. "I probably eat too much fruit," she admits, and

pineapple is her favorite treat. When she cheats, she turns to cottage cheese "or a glass of champagne on special occasions." She enjoys an avocado each day and one ounce of "good dark chocolate" after every meal. She continues to learn, so has started eating more onions after hearing Dr. Oz discussing their nutritional value.

"Dr. Oz is good, but Gayelord Hauser was an incredible man. So ahead of his time!" says Edith who has all of his books and plans to give them to her preventative care doctor of 12 years, Steven Gundry, MD, himself a renowned researcher and author.

Edith was married to a doctor, Robert Morrey, MD, one of the founding physicians of Eisenhower Medical Center. His office was in the El Paseo building Edith constructed for her dress shop which provided the "most elegant waiting room in town."

"Robert didn't agree with all my nutrition choices, but he was ok with it as long as it kept me healthy and happy. He was a wonderful man," she adds. "He took care of President Eisenhower and his family when they were in the desert. And Ike said he was the only doctor who didn't charge him. Robert said, 'I wouldn't do that after all you have done for this country.'"

When it comes to health, she worries about our country. "I blame the government. You shouldn't have to stand in a grocery store and read the ingredients to see if they are safe to eat."

"I think nutrition could save this country. I continue to read so many books, and I try to encourage people to get enthusiastic about learning about health and nutrition; to eat the proper foods and to feed their families nutritious meals."

Edith is passionate about educating others on the subject and enjoys grocery shopping where she often shares her message of good health with those she meets. When asked her age, they seldom believe her... until she shows them a copy of her birth certificate.

With all of Edith's incredible contributions to El Paseo and the desert's fashion industry, it is surprising to hear her say, "Good health will be my legacy."

And somehow we know that Gayelord Hauser is smiling down on Edith Morrey.

Reference: 1) http://en.wikipedia.org/wiki/Gayelord_Hauser

Continued from page 1



A 1960s ad for Edith's El Paseo shop. Photo provided by Palm Desert Historic Society



Friends gathered to celebrate Edith's 102 birthday on May 5th



Hospital Food...Healthy?

Valley facilities serve up meals that are "Better for You"

The menu reads "spinach salad with roasted turkey, cranberries and honey-mustard dressing; garlic herb pork loin with maple mashed sweet potatoes, steamed broccoli and peach slices; whole wheat pasta with turkey Bolognese."

Are you at your favorite restaurant or is dinner being served in your hospital room?

Hard to tell since Morrison Healthcare Food Services, which manages nutritional services at all three valley hospitals, rolled out their comprehensive wellness platform called "Better for You." As one of the food service management industry's largest, Morrison's company-wide initiative is impacting up to 300 million hospital meals annually and aims to make health care institutions models of healthful eating.

Changes include a wide range of improvements from supply chain sources and environmental commitments to healthy food marketing and nutrition labeling. "We now buy antibiotic and hormone-free poultry, cage-free eggs, fresh foods from sustainable sources, and local produce when we can," says Eisenhower Medical Center's Director of Nutritional Services, Sally Saban, MS, RD.

"Food is medicine" is listed as Morrison's top belief, and menus help patients and employees understand that they can eat flavorfully while eating healthily. "Our core menu was created to encourage healthy choices," says Eisenhower's Executive Chef Jonathan Fike. "With many of these items, you would never know that ingredients were replaced with healthier options."

Dietary goals include increasing fiber 20%, decreasing overall sodium content by 50%, and decreasing total and saturated fat by 48-59%. Roasted tomato soup is now thickened with a white bean puree versus cream for low fat, low sodium improvement; sugary gelatin has been replaced with fresh fruit and berry cups that taste like creamsicles.

Significant change can be seen in each hospital's cafeteria. When you enter Eisenhower's café, you have two choices:

healthier items to the right or the grill to the left. The number of sugary drinks has been significantly reduced and what was part of the soda cooler is now a fresh farmer's market for take home fruits and vegetables. There is a centrally located "Superfood of the Month" display with a variety of offerings for whole, sliced - even juiced - varieties of the selected fare.

The snack station at checkout doesn't hold chocolates and crackers, but dried fruits and nuts that are produced and packaged in-house. Even the commercial options at the "recharge station" all fall below a certain calorie, fat and sodium level, and hidden behind these healthier options is the ice cream cooler.

"Our employees need to be educated enough to make the right choices, and it's

tough because you are changing the culture and people's habits," says Saban. They have implemented educational tools to help encourage smart choices like a frequent buyer club for people who buy salads, fresh fruit and greens.

Saban has been in the food services industry for 35 years and is excited to be a part of this movement. "I saw the shift in corporate industry years ago, and it is now making its way

to health care."

Understanding the importance of education, Saban spearheaded a nutrition lecture series at the Eisenhower George and Julia Argyros Health Center in La Quinta four years ago entitled "Great Living Starts Here." Dietitians present weekly during the season, and the popular class is free and open to the public. Topics such as how to cook with fresh herbs are accompanied by chef demonstrations and food tastings.

In 2011, the campaign was one of two finalists (out of 400 hospitals) in the Morrison Clinical Innovative Awards Program. It has now been extended to include outreach to other local organizations. "We love to partner with groups that have a specific message of health," says Saban, "and we encourage those interested in having a dietitian come speak with their organization to contact us."

As the three hospitals combined employ a large percentage of our valley population - in addition to housing patients and feeding their guests - Morrison's "Better For You" wellness program is impacting a large number of people within our community, and is better for us all.

For information on Morrison Healthcare please visit www.MorrisonHealthcare.com. For information on Eisenhower Medical Center's nutritional outreach program contact (760) 773.1201.



Patients at valley hospitals now receive a menu with many healthy choices



A gluten and dairy free luncheon buffet by Eisenhower Medical Center



Chef Jonathan Fike and Sally Saban of Eisenhower Medical Center



Food placement encourages employees and guests to make healthier choices



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Gluten-Free with Tiffany



Embarking on a gluten-free lifestyle has been one of the most controversial topics of the last few years. Supporters of gluten-free diets point to studies that show by limiting gluten consumption, one can improve mental clarity and digestion, and reduce inflammation; and not just those diagnosed with gluten intolerance.

Gluten can be a contributing factor to common complaints like fatigue, joint pain, bloating, acid reflux, and a variety of skin issues. What most don't realize is that gluten can cause more serious problems, particularly in the brain, resulting in neuropathy, autism, epilepsy, learning disabilities, anxiety and depression. In fact, 60% of celiac sufferers do not experience any gastrointestinal issues, sadly realizing years later that the many symptoms from which they've suffered were gluten-related.

Why is gluten a problem for so many of us? Gluten, derived from Latin word, "glue," acts as just that - glue. It offers bread the stretchy texture, but it's a sticky nuisance in your intestines that eventually triggers your immune system, causing inflammation and poor nutrient absorption which leads to disease that eventually manifests in the weak links of your genetics.

What if you just limited wheat, rye, and barley consumption to once a month? The essential nutrients you are giving up are easily obtained from other plants and gluten-free grains.

Let's look at a study that evaluated the diet of 1,500 celiac patients and 3,500 first-degree relatives over a 20-year period. Of the ones who followed through with accurate reporting of diet and lifestyle, the study found that those that indulged in gluten only once per month had a 600% increase in early risk of death, compared to those who were on a strict gluten-free diet.² Another recent study found that a smartly designed gluten-free diet reduces risks of inflammation and insulin resistance, which also helps you lose fat.³

The integrative medical community is now realizing that prevalent issues such as osteoporosis stem from poor nutrient absorption, and routinely are looking at gluten as a root cause. When an osteoporosis patient can rebuild their inflamed gastrointestinal tract, mostly by eliminating gluten, it's not uncommon to see improvement or even reversal of the disease.⁴ After implementing a gluten-free diet, the body finally has the opportunity to absorb all essential nutrients, allowing for repair and rebuilding of the bones. Still today, celiac disease and non-celiac gluten sensitivity (NCGS) are difficult to formally diagnose because there is no inexpensive, definitive test for it.

The simple fact that gluten is inflammatory and can drastically interfere with digestive function should be reason enough to investigate the benefits of a gluten-free lifestyle.

I highly encourage you to embark on a 30-day gluten-free journey. Be sure to read all labels, as gluten hides in soy sauce and salad dressing. Even popular "sprouted" breads still contain gluten and should be avoided. It's best to stick to simple, fresh meals as you learn. After a strict 30 days, add gluten back in and see how it affects you. Elimination is the gold standard for evaluating any food sensitivity, and it could be your key to long-term good health.

Tiffany is a Certified Nutrition Consultant and Functional Diagnostic Nutrition Practitioner and can be reached at (760)285.1221 www.GlutenFreeWithTiffany.com

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Living Wellness

with Jennifer DiFrancesco



Creating a Desert Wellness Staycation

Many of us take an exotic trip or adventure in the summer, only to return more exhausted than when we left, due to the stress and myriad of surprises that go along with out-of-town travel. Limited time and money, or merely the wish to simplify, might be reasons to stay local.

We are very fortunate – and may often forget – that we live in a resort town, and with these ideas in mind one can entertain the option of carving out a healthy summer “staycation” right here at home. Following are some ideas to consider:

Try something new and adventurous. When planning a local wellness escape, write down the following words: Nutrition, Physical Activity, Psychological Wellbeing, Therapy for Self. Grab a few local publications (you’ve found a good one with *Desert Health*®), and then open the local yellow pages. Decide what you would like to experience and ensure it exposes you to something that is a departure from the norm.

Now expand your list. For example, under Physical Activity you might list Pilates, yoga, cycling, hiking, tennis, golf, a cross fitness class, or time with a personal trainer. After noting all of the possible choices, find a few that seem intriguing and do the research of places that offer these options. Keep in mind that the goal is to expose yourself to new experiences.

Nutrition should be researched by noting a few vegan or health conscious restaurants, or taking a local cooking class. Psychological wellbeing can be that part of the trip that incorporates a book with a focus on mindfulness, a local meditation class, journaling or simply quiet time away from all distractions. Therapy for self on your staycation could include a spa day, massage, facial, or any other therapy that nurtures the largest organ of the body: your skin.

Commit to stepping away from technology. Allow this wellness staycation to be about personal exploration. It is difficult to do this when there is constant interruption from texts, phone calls and e-mails. TV and other connections to news and social media affect our wellbeing as well. This experience should be one that feels remote. Create an environment that sets the stage for reprieve.

Slip into a ‘vacation state of mind’. Ideally, do the research of the local resorts in the Coachella Valley as many are offering sensational summer rates. Step out of the box and look into a quaint boutique hotel tucked away in Palm Springs or a remote resort in Desert Hot Springs. No matter what resort location, the act of checking into a place and checking out of the normal routine is a profound step towards having an actual getaway.

Even in the heat of summer the desert has many wonderful healing experiences. We live in a tranquil place that exudes simplicity which can allow us to step away from the hustle and bustle of hectic living. Take this opportunity to learn about your valley – and yourself - and explore wellness offerings right in your own backyard.

Preparing Your Body Before Baby

Continued from page 16

important for both parents-to-be, as good nutritional status positively affects healthy sperm development as well.

Nutritional assessment can be attained through blood tests which are highly recommended to get accurate information prior to conception. With a minimum of 3 months prior to conception, almost any nutritional deficiency can be altered with specific dietary adjustments and supplementation. There are specific nutrients that are always recommended a minimum of 3 months prior to conception, but ideally 6-12 months prior. Women should begin prenatal vitamins with 800mcg additional methyl-folate, 2000 IU vitamin D3, DHA, and a calcium/magnesium blend, at a minimum. For men, a good multivitamin-mineral with a minimum of 200mcg of selenium, 20mg zinc, 2000 IU vitamin D3, DHA, and CoQ 10 is recommended.

Additionally, enacting a clean, organic, plant-based diet with only organic, free-range and/or wild protein sources coupled with plenty of purified water enriches and boosts the nutritional status of the body. Supplements alone are not sufficient to maintain optimal health.

Hormone Balancing. Balancing hormones before conception improves fertility and viability of a pregnancy. It helps determine ovulation times, reduces estrogen dominance that is often present in women, and increases testosterone levels in men for healthier sperm production. It can take a few months to fully balance hormones, so the earlier a program begins, the better the results. In addition to female and male hormones that are directly involved in conception, it is also important to test and assess adrenal and thyroid function. Many struggles with fertility can be addressed with simple support for struggling thyroid and adrenal glands. A total hormone overview can significantly improve fertility and overall pregnancy wellness.

Lifestyle. In addition to changes in diet and supplements, there are many lifestyle adjustments that reduce toxic exposure to the mother and baby and are great long-term changes for any individual. Skin care products are more toxic to the internal system than most individuals are aware. Many chemicals in facial care products, body lotion, sunscreen, make-up, and even shampoo and conditioner can alter the body’s hormones, congest the liver, and can be potentially carcinogenic.

Switching to organic, non-toxic skincare can significantly reduce the body’s long-term toxic burden and exposure to harmful chemicals daily. It can also help improve hormone balance and reduce exposure to the fetus in utero. There are many skincare lines with a focus on organic, non-toxic ingredients. Many are produced locally and or can be found in local health food stores.

A few other steps include reducing plastics in the home which can eliminate harsh BPA’s and other harmful chemicals which can cross the placental border and are easily absorbed by baby’s skin. Of course, regular exercise also improves detoxification of the body, promotes natural hormone balancing, and enhances general health and wellness.

While many parents-to-be consciously plan the right time to bring a baby into their family in terms of finances, work schedules, and lifestyle adjustments, very few consider how to improve the health of their own bodies before baby. Spending time detoxifying, enhancing nutritional status, and balancing hormones can dramatically and significantly improve the life-long health of your baby, and whether it is the first baby or third, a pre-conception health program is always important for the health of the newest addition to the family.

Dr. Shannon Sinsheimer is state licensed naturopathic doctor with a focus on fertility, family wellness, and pre-conception health. She can be reached at Optimal Health Center (760) 568.2598.

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Get Up and Move, America!

By Michael K Butler BA; PTA; CSCS*D; RSCC*D; NMT

For many Americans sitting is a way of life. 86% of us have desk jobs, and if you add to that the hours spent watching television, reading, playing board games and surfing the internet, it's no wonder we suffer from back pain, low energy and increased weight gain.

When we sit for long periods of time, blood flow and oxygen are significantly reduced by as much as 70%. People who sit for more than 11 hours a day have a 40% increased risk of death in the next three years compared to people who sit for 4 hours or less. The longer people sit, the shorter their lifespan, even if they exercise regularly.

Prolonged sitting can lead to many health-related conditions including heart disease, cancer, diabetes, and obesity. The *Journal of American Medicine* indicates that 34.9% of U.S. adults are obese, and the estimated medical cost of this condition alone was \$147 billion in 2012 nationally. Non-Hispanic blacks have the highest age adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%), and non-Hispanic Asians (10.8%).

So what's the answer? Get up and move! Our bodies were designed for movement. Back in the day of the caveman, in order to survive we would hunt for food, build huts, walk or run from dangerous animals; we didn't have time to sit and rest for 8 hours a day.

In 1995, the U.S. Government and other national health organizations determined that Americans need to exercise at least 30 minutes a day, and they established 10,000 steps as a marker. This is still good advice today, although a large majority disregard. Some activities to consider are hiking, walking, swimming, biking and weight training. Want an easier start? If you are sitting at your desk, get up and move around periodically; don't allow yourself to remain still all day.

There are many health benefits to movement-based programs including enhanced moods and energy levels. You can lower your total cholesterol and resting heart rate, and even improve your sleep patterns. You will actually want to start eating healthier which will reduce weight and help you feel invigorated.

If you are the type that doesn't like the gym environment, you can exercise in the comfort of your own home. Buying an exercise ball, some free weights, bands and/or kettle bells will jump start your program.

Before starting any exercise routine always get cleared by your physician. Next, buy a Fitbit® or pedometer to keep track of your steps and fitness level. A heart rate monitor is also a good idea to see if you are working hard enough.

Whatever road you choose, you can't go wrong with moving around and elevating your heart rate. Just remember that if you haven't worked out in a while, you should always take the conservative route by starting slowly.

Michael Butler is co-owner of Kinetix Health and Performance Center and can be reached at (760) 200.1719 or michael@kinetixcenter.com.

Renew, Restore, Revive

By Bronwyn Ison

What is your ideal approach to relaxing and unwinding from your day? While each of us may have numerous approaches to relaxing, one technique to winding down is a healthy restorative yoga class.

Allow me to introduce to you true bliss.

Restorative yoga seeks to achieve physical, mental and emotional relaxation with the aid of props to stimulate and relax the body.

One of the greatest yoga masters in the world, B.K.S. Iyengar, developed restorative yoga through using props in his other classes to assist with yoga postures. This style of yoga is now simply called Iyengar. A student of Iyengar's, Judith Hanson Lasater, has popularized restorative yoga internationally writing eight books and instructing around the globe. A statement made by Lasater renders validity, "We may sleep, yet we rarely take time to rest." Restorative yoga enables us to learn how to relax and rest deeply and completely.

With our fast paced lives of today, it is common for the sympathetic nervous system to be overworked. When we are in over drive, we are stressed, creating tension. We are likely to be less productive when we are stressed versus when our parasympathetic nervous system is relaxed. Restorative yoga is an excellent antidote to the stressful and busy lives that we lead, allowing one to rest beyond the usual night's sleep.

There are a multitude of benefits derived from restorative yoga; it is good for anyone who suffers from stress, anxiety, loss of a loved one, relationship, or job. It is also beneficial for those who suffer from conditions such as chronic pain, migraines, arthritis, fatigue, and insomnia.

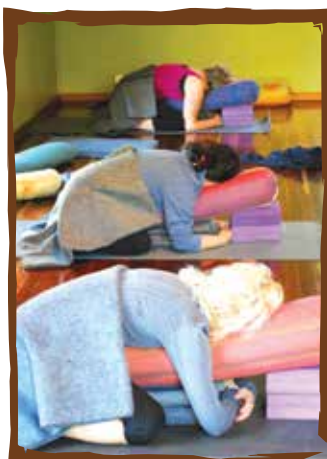
A question often posed is, how does restorative yoga work? The use of props is heavily emphasized. Blankets, bolsters, blocks and straps are woven throughout the practice. The instructor facilitates a guided practice using the props in various postures (asanas). The instructor will share with you how to place your props so that you may receive the greatest benefits of the postures. The props assist and support your body and allow for an internal massage.

There are also several postures available to help aid with specific ailments and conditions. For example, "legs up the wall," also known as Viparita Karani (one of my favorite postures), is supported, passive and also an inversion. This posture reverses the blood flow, enhances circulation, calms the central nervous system and aids in insomnia.


Restorative yoga encompasses physical, mental and emotional awareness. This style of class is ideal for a beginner and those seeking an introduction to yoga.

Relaxing, reviving and renewing are what your mind, body and spirit deserve.

Bronwyn Ison is the owner of Evolve Yoga in La Quinta and can be reached at (760) 564-YOGA or visit www.e-volveyoga.com. Desert Yoga Therapy will offer an Intensive Restorative Workshop for students and teachers who would like to deepen their knowledge and understanding of this relaxing form of yoga. Contact Jayne Robertson at fitnessbeyond@aol.com for more information regarding the workshop.



Restorative yoga emphasizes the use of props
Photo by Jayne Robertson



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Medicare Instead of Group Coverage

By Randy Foulds

For a variety of personal reasons, some of us continue to work after age 65. And when you do, you might delay taking your Social Security retirement benefits. You might mistakenly believe this means you cannot enroll in Medicare as well. Or, you might decide to keep your group health benefits from your employer, feeling secure in the doctors and plan you have. But by delaying your Medicare enrollment, you could be costing yourself thousands of dollars.

When you turn 65, you are entitled to your Medicare benefits (if you have worked and received enough quarter credits) whether you retire or not, even if you delay taking social security. And it will probably save you a lot of money.

Medicare Part A hospital coverage is free if you qualify for Medicare. Medicare Part B has a very low premium, currently about \$105 per month. Although Part A and Part B both have deductibles, these two alone are probably as good as the group coverage you have. But, if you add a Medicare supplement, for as little as \$100 per month, you will most certainly have much better coverage. And, your employer may pay for all the premiums, bringing your cost to as low as zero.

In many instances, the employer is paying a high portion of your premium on the group plan. Most plans we have seen, the employer is paying over \$1,000 per month for each of their employees that are over age 65. Chances are your employer will be more than happy to pay your Medicare premium and your supplement premium as well. Depending on your prescription costs, a stand-alone prescription drug plan (Part D) can also be added. Once this is done you will end up with a lot lower out-of-pocket costs and your employer will end up with lower group insurance premiums.

It's your right to enroll in Medicare during your "initial enrollment period" leading up to your 65th birthday. You don't have to wait for your group insurance annual enrollment period. However, if you missed your initial enrollment period, you can still drop your group plan at their annual enrollment and then enroll in your Medicare and Medicare supplement. It's all about comparing plans and costs while taking advantage of enrollment periods.

Randy Foulds is an independent health and life insurance agent in La Quinta. Foulds & Feldmann Insurance Agency can be reached at (760) 777-9400.



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Talking With Family About Your Estate Plans

By Reesa Manning, Vice President & Senior Financial Advisor

In many families, finances and estate talk are taboo. Other families laugh and make jokes like, "Well, guess who just lost their inheritance!" No matter what kinds of family dynamics exist in your life, talking about what will happen after a person dies can be a painful and scary discussion, but a necessary one. It's important to talk with your loved ones about what you want, what they want, and what is laid out in your will.

Keep it light

This discussion can bring up a lot of emotions for your loved ones; thinking about losing someone you love so dearly is painful. So keeping the conversation light but to the point can help keep the conversation on track and productive.

Talk openly and honestly

A decision you have made may hurt someone's feelings, or there may be things you don't want to tell people about, but it is crucial to be open and honest with your beneficiaries.

Discuss values, not just valuables

When you die, how do you want people to remember you? What parts of you do you want to live on? This may include traditions, values, family names, rituals, religious beliefs, and so on. This is an important matter to bring up during this discussion with your family. Think back on times that have meant a great deal to your family or traditions that have brought you great joy. Maybe it's very important to you to have your grandmother's name passed on from generation to generation. Talk about these things with your family to share how you feel and to see how they feel.

Have a professional present

Having your estate planner present can be very helpful and, in some cases, necessary. In many cases, a professional has a better understanding of how estate planning works and can assist by answering any questions your loved ones may have. You might have a family-only conversation first and then a second conversation with your family and the estate planning professional.

Reesa Manning is Vice President and Senior Financial Advisor at Integrated Wealth Management, specializing in retirement and income planning. For more information, call Reesa at (760) 834-7200, or reesa@IWMgmt.com.

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