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## Healthy Holiday Habits

Holiday traditions are a treasured part of the season. They create warmth, wonder and closeness with family and friends. But often the special memories we grew up with are no longer compatible with our new, healthier lifestyle and can leave us feeling far from healthy.

What if we take the time to create new holiday traditions this year? Traditions more in line with our year-round efforts. Could we actually enter 2015 feeling good about ourselves?

If holiday stress and overindulgence leaves you kicking yourself on January 1st, you are not alone. Heart attacks, along with heart problems in general, are in fact more common this time of year. Stress, travel, changes in diet, and disrupted schedules are factors to blame according to the Mayo Clinic.

With a few simple adjustments, the holidays can be a time of joyous celebration while still maintaining your focus on health, and the traditions you create today can last for many years to come.

### Live in the Moment

Making lists, checking them twice and constantly thinking about the next thing you have to do is a common state of mind for those attempting to create the perfect season for loved ones. When it's all over, the flurry of activity often leaves you wondering: What happened? Where did the time go?



No step is more important than living in the moment. It sounds simple, but actually takes a conscious effort of mindfulness. If you are able to achieve mindfulness, it will add time to your day, appreciation for those around you, and depth to your actions.

When you start your day reacting to your 'to do list,' texts and phone calls, you tend to spend your entire day in a reactionary mode. Before you dive into your long list of holiday chores, take time in the morning to sit quietly, clear your mind, and set your intention for the day ahead (Today, I will be happy; Today, I will be kind to a stranger; Today, I will embrace time with a loved one). This little exercise is magical, as it can truly alter

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## Health is a Choice

By Lauren Del Sarto

### Choices for health can be complicated

— especially when you have health care practitioners with different opinions and/or the information available is contradictory. This is why it is important for us as consumers to do our research and make informed decisions for ourselves.

Such is the case with **food sensitivity testing** which has become a popular diagnosis tool in the natural health community. Different from 'skin prick' allergy tests which measure the IgE antibody reaction and produce almost immediate results, food sensitivity testing standardly measures the IgG antibody reaction to up to 96 different foods via a blood sample.

While IgE allergy testing is supported by significant scientific research, IgG testing is not recognized by the allopathic community due to its lack of evidence-based research. Clinical trials on IgG testing have by

large shown inconsistencies; however, there are many published clinical trials demonstrating positive results with food elimination diets based on IgG testing, particularly for irritable bowel syndrome.<sup>2,3,4</sup>

It is a tricky subject, so with this article, we hope to help you better understand the difference between the two tests and provide insights to both sides.

First of all, let's clarify the difference between food intolerance/sensitivity and allergy. While the former terms are usually used interchangeably, their symptoms differ from allergies in that they are milder, may show up hours or days after consumption, and are normally related to the gut. Food allergies are immediate and can be severe.<sup>5</sup>

### What is the difference between an IgE and IgG?

IgE antibodies are found in the lungs, skin and mucous membranes and cause the body to react against foreign substances such as pollen, fungus

Continued on page 4



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**Facility offerings:** Strength and Cardio fitness center and an Aerobics room.

### Nutritional Wellness

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**Facility offerings:** Herb/vegetable garden and full-size kitchen.

### Social Wellness

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### Arts and Cultural Wellness

Spark creativity

**Services:** Dance, Music, Art, and Language classes, Talent showcase event.

**Facility offerings:** Dance floor, Art rooms and Public art displays.



Wellness Center

## 'Tis the Season of Traditions

On a recent trip back east to Lancaster, PA, I excitedly embraced the chill in the air, the changing leaves and a landscape rich in tradition. Originally from the east coast, I often miss the history and nostalgia of this region as life in the Desert is so very different. However, so am I – especially when it comes to dietary choices – and I pondered the ability to find healthy cuisine on which I now thrive. Was I pleasantly surprised. Farm-to-table was everywhere. We were in Amish country and it hit me that the way many of us are now eating is the way Americans ate 100 years ago, and there are cultures within some regions that never bought into packaged and processed foods.

Many restaurants were on top of the “new” trend. At a charming gastro pub, I asked if the fried eggplant could be made gluten-free. “Our entire menu is gluten-free,” was the elating answer I received. We had the same experience on recent trips to Arizona and Colorado. It seems that consumers across the country are demanding better (healthier!) choices.

As the holidays approach, so do many family traditions that warm our hearts, but are often contrary to our new, healthier lifestyle choices. As we always have, most of us still make it through the holidays feeling overindulged and ready to “get back on track.”

Why not update some of those traditions to be more compatible with our new state of being? You just may find that they are more in line with traditions of our forefathers 100 years ago. And these new traditions may become warm, familiar traditions in years to come.



The most important thing is to enjoy your holidays. Embrace time with family and friends and make choices to ensure January brings with it a happy and healthy you.

From our family to yours ~

*Lauren*  
Lauren Del Sarto  
Publisher

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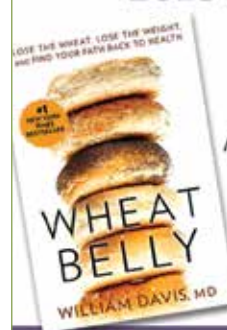
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# Living with Diabetes

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

## Healthy Grocery Shopping For Diabetes

If you've just been diagnosed with type 2 diabetes, you may need some help adjusting your grocery list. By working with a dietitian, you can find foods that are healthy for you and taste good, too. However, to get you started on the right nutritional path, here are some points to keep in mind the next time you go grocery shopping.

**Focus on fiber.** It is recommended that adults should consume about 20-35 grams of dietary fiber per day from a variety of sources such as legumes, whole grains, fruit, and vegetables. But be careful, if you increase your fiber intake too quickly, it can actually cause constipation. Instead, gradually introduce fiber-rich foods into your diet, and remember to drink plenty of water.


**Eye some olive oil.** This heart-healthy oil is excellent for salads and sautéing vegetables, but be sure to use it in moderation because it is high in calories, warns Elizabeth Staum, nutrition educator at the Joslin Diabetes Center in Boston. Just a small amount of the rich, nutty oil will add flavor to an otherwise light meal, and it is significantly healthier than butter.

**Check out seafood.** Coldwater fish like salmon, tuna, and halibut are rich in Omega 3 fats, which some people believe are capable of reducing inflammation. Essential fatty acids such as Omega 3's may also promote a healthier cardiovascular system. Seafood is also an excellent choice for people with diabetes because it is lower in saturated fat.

**Pick the right carbohydrates.** Carbs are necessary for energy, so don't cut them out of your diet—just make smarter choices about the ones you consume. Unprocessed, unrefined carbs such as whole oats, whole-wheat pasta, and beans are the way to go. Be sure to pair them with lean protein and vegetables for a nutritionally balanced meal. Work with your doctor and dietitian to determine how many carbohydrates you can consume each day.

**Consider protein.** Almonds are an excellent source of protein and make a great snack when you're looking for something crunchy (just make sure they're unsalted). In addition to their protein benefits, almonds leave you feeling much more satiated than a bag of chips, and they don't wreak havoc on your blood glucose. According to Staum, the key component is portion control—a handful of almonds equals one serving, and is probably all you need. Other protein all-stars include lean meats, low-fat cheeses, and wild fish (such as salmon). Adults should aim for 45-60 grams of protein each day.

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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## AHA's Cardiovascular Youth Academy Pilot Program

By Guadalupe Cervantes, Cathedral City High School HEAL Academy Student

Taking a lead role in the community, a group of students joined together with American Heart Association professionals to help spread awareness of cardiovascular health. Five students from Cathedral City High School's Health Environmental Academy of Learning (HEAL) Medical Health Academy and three students from Palm Desert High School's Health Academy have teamed up to reach into the community and educate their peers on everything they have learned.

Since this summer, the students have been working closely with members of the American Heart Association (AHA), obtaining knowledge to become experts on cardiovascular health. As part of the Cardiovascular Youth Academy, the brainchild of AHA Coachella Valley Chair-Elect Mr. Steve Weiss, students are able to demonstrate their leadership skills in an innovative and creative way.

Participating youth are the driving force of the program. Students developed a lesson plan with four main topics focusing on heart attacks, strokes, cardiovascular health, and "Life's Simple Seven" (how to live a healthy lifestyle). They turned the lesson plan into a presentation, which was engaging yet, educational. With this, the students became student educators and presented their plan to various classes at their school, alongside a professional guest speaker. The result will eventually be a chain effect; students teach their classmates about cardiovascular health and then classmates educate more people on the topic. If they only educate one person, awareness will double in size.

Not only do the students present inside classrooms, they also spread awareness by


reaching out to the whole school. The youth academy allows the students to tap into their creative side to help facilitate a yearly "Red Out," which is a way of educating others about cardiovascular health and fundraising for the AHA. During the Red Out, the students try to engage the whole school to participate in the event by coming up with a fun challenge. Cathedral City High School and Palm Desert High School differ in their approaches, but both are still very effective.

A few students from Cathedral City High School took the program one step further working alongside the AHA to promote cardiovascular health on a larger scale. The students will be doing a community awareness project on cardiovascular health. They will be setting up a booth during lunch with information on the subject, creating a club at school to get other people involved, delivering presentations to various schools, going out into the community to make presentations, attending city council meetings to speak about the impact of cardiovascular health, promoting the Red Out walk, and finding sponsors for the walk.

The real success in the Cardiovascular Youth Academy concept is the experience and knowledge. Students are able to get out of their comfort zones and become instructors. They also build connections with professionals. The students are then able to take what they learned and pass it on. Why do it? For the greater good and health of the community.

For more information on this and other similar programs, please contact Donna Sturgeon, Director of Work-Based Learning for the Coachella Valley Economic Partnership: Donna@cvep.com or (760) 340.1575 X204


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# The Enemy Holidays

## Facing the season with an eating disorder

By Amy Austin, RN, PSY.D, LMFT

The holiday season is supposed to be a joyous and fun-filled time surrounded by beloved family and friends who gather to reminisce, catch up the last year's events and pass on childhood traditions that are held dear. This is the idealistic view held by many, yet there are many people who wish they could sleep through the holidays and wake up when all the festivities and frivolity are over.

Since most holiday celebrations and observances center around traditional holiday feasts, people with eating disorders usually see this time of year as the enemy; anything and everything centered on food is something from which to hide, or with which to conjure up ways to make meals as normal as possible. Those with eating disorders are filled with angst and anxiety attempting to count calories, figure out how to make it look like they are eating while dodging questions about food consumption from well-intentioned family members.

For someone dealing with an eating disorder, whether it is anorexia, bulimia or both, the holiday season can feel like a nightmare. Feelings of fear, anger at the disease, and stress can be overwhelming. An eating-disordered person often views their "disease" as an entity with a life of its own which is constantly trying to claim ultimate power and control over them. And during the holiday season the "disease" is continually, actively voicing its disapproval.

Here are a few tips for anyone dealing with an eating disorder - especially during the holiday season:

1. First and foremost, I urge people to comprehend that you don't have to deal with an eating disorder alone. Having a nurturing professional ear can be healing and helpful. There are times when our "fixed beliefs" need to be gently challenged. Otherwise, we can develop what I call "hamster wheel syndrome," thoughts and feelings that we obsess over that never have any resolution. They just keep spinning round and round in our heads. Feelings of guilt and shame are prevalent with eating disorders and while there are no quick fixes, having someone to talk with can support the attainment of a healthier sense of body image and self. Discussions with a therapist, dietician, physician and/or support group about your anxious thoughts and state of being can be very healing and helpful.
2. Try to be flexible with your thoughts. If you slip up or don't achieve your goals after establishing a game plan for the holidays, don't beat yourself up. Remember that wonderful phrase, "Each Day a New Beginning."
3. Remember you are not eating to please anyone and that food is not the enemy.
4. Make sure to have a phone number of a dear friend or crisis line for support.
5. Try to see yourself from the inside out. Worry about the size of your heart and not the size of your hips!

The holiday season is a time for reflection, renewal, spiritual growth, friendship and living life on life's terms, and focusing on blessings that are received. Yes, dealing with an eating disorder is extremely challenging, but with a solid recovery plan and loving support, you might be able to gain a new perspective for this and future holiday seasons.

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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**Health is a Choice** Continued from page 1

spores, and foods to which we are allergic. The response to "invaders" that have entered the body is almost immediate and produces symptoms like runny nose, sneezing, difficulty breathing, swelling, and hives. In even more serious cases IgE reactions can lead to anaphylactic shock (as in extreme peanut allergies). Symptoms are treated with medications that block the release of histamines.

IgG (Immunoglobulin G) antibodies are found in all body fluids and are very important in fighting bacterial and viral infections. These antibodies provide long-term resistance to infections and produce what are referred to as delayed food allergies. Symptoms, ranging from inflammation, bloating, indigestion, headache, foggy brain and nausea, may occur hours or even days after the offending food has been ingested. The degree and severity of symptoms vary based on the genetic makeup of the individual.

According to many natural health care practitioners, digestive problems play a major role in the development of IgG food allergies. Some individuals have leaky gut, enabling food particles to enter the bloodstream. When these particles are recognized by the immune system, the body has an immune response and more antibodies are created to fight the perceived infection, which can lead to a weakening of the overworked immune system. IgG food sensitivities are treated by removing problem foods from the diet and by helping digestion with probiotics and other healing nutrients.

"There is not great research to support IgG testing for food sensitivity," says Heather Zwickey, Ph.D., dean of the School of Research & Graduate Studies at the National College of Natural Medicine and director of NCNM's Helfgott Research Institute. Zwickey explains that while IgG1, IgG2, and IgG3 may be related to food hypersensitivity, IgG4 could be due to repeated exposure to a food, and unfortunately, the vast majority of food sensitivity tests do not discriminate between IgG types. Therefore, their tests are uninterpretable. "The IgG4 antibody is a conundrum; it can be made to a food to which someone is allergic, or a food that is eaten often." She adds that in order to know which it is, the food has to be eliminated (for at least 50 days), and then if IgG4 shows up, it is not due to repeated exposure.

Local naturopathic doctor Shannon Sinsheimer agrees that the reason over consumption of food causes an intolerance is typically due to digestive issues or leaky gut disorder. "When a food is not properly broken down, or the GI is not functioning properly, food sensitivities develop whether they are common dietary choices or not."

We first mentioned food intolerance testing in last issue's "Frog in My Throat" article regarding excessive phlegm production. I did IgG food intolerance testing to see if specific foods were a core cause. Following are my results and analysis.

My tests showed highest intolerance to dairy products, lima beans, eggs, and almonds. I had given up dairy a year prior, so I considered these intolerance foods that I shouldn't be eating (since it certainly was not due to overconsumption). I rarely ate lima beans so they fit in that category as well. Almonds I contributed to overconsumption as I was now drinking almond milk and eating handfuls of these healthy nuts every day. I cut back switching to coconut milk and mixed nuts. I considered eggs the culprit food. I didn't eat large quantities because they

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Clinical Trial Subject Perspective

By Lauren Del Sarto

We previously published *Understanding Clinical Trials* (July/Aug 2014) featuring an interview with Don Anderson, MD, principal investigator at Desert Valley Research. As a follow-up to that story, Desert Medical Imaging presented a client, Ed Dykstra, who wanted to share his story from the perspective of a clinical trial subject. Following is our interview with Ed:

Why was a clinical trial appealing to you?

ED: I wasn't really looking for a clinical trial per se; I was looking for the best, most current treatment for my condition. I found the trial by chance and good luck.

My PSA levels had been rising for a couple of years and the last one taken was 11. Our plan had been "watchful waiting," but with this latest reading, it was time to take action. My Southern California doctors recommended a traditional ultrasound-guided biopsy; however special equipment had to be ordered due to a prior surgery which took time. A prominent urologist had casually mentioned that he occasionally sent patients to "The Desert." (DH: This reference was to Desert Medical Imaging (DMI) which is currently conducting clinical trials using cutting edge technology to perform as Ed puts it "what had been all but impossible before" for prostate cancer patients).

I went to DMI where a precise MRI guided biopsy (no ultra sound necessary) was performed on three suspicious areas. The results came back positive for prostate cancer on one of them. DMI recommended Focal Laser Ablation (FLA), a procedure which uses a precise laser to "kill" the tumor with a small margin around it to ensure its destruction for several years. They had been performing this procedure for several years with very good results. I had that done on the tumor area within a couple of weeks of the cancer diagnosis; the procedure took a couple of hours and didn't even require general anesthesia. Test programs are currently going on all over the country, and I believe it will become the treatment of choice for prostate tumors.

What were your other options?

ED: My other options were traditional prostatectomy surgery, cryosurgery, or some type of radiation. These were somewhat complicated by my prior surgery, and all seemed to come with potentially debilitating side effects. After a lot of research by both myself and my wife, and a second opinion from UCLA Medical Center, we decided FLA was the most promising and positive treatment available. Looking back, I believe my unique prior surgery gave me a major advantage due to the fact that without it I most likely would have had an ultrasound-guided biopsy, and potentially a robotic assisted prostatectomy, with all the inherent potential after effects.

Do you have advice for others considering becoming a human subject in a clinical trial?

ED: Clinical trials as a general rule are probably not for everyone. In the case of FLA, I urge people to use one of the best resources out there, the internet. Read the forums and the personal comments of men with prostate issues. Ask your urologist about it. Get second opinions.

To learn more about this or any clinical trial, visit [www.ClinicalTrials.gov](http://www.ClinicalTrials.gov), a federal database of clinical trials that patients and family members can visit to learn more about disease-specific research.

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## Knee Arthritis is Not a Death Sentence

By Vincent Kambe PT, DPT, OCS

I hear the same story over and over again in my clinic. A distraught patient comes in for an evaluation and feels there is nothing that can ease their pain because they have been diagnosed with knee osteoarthritis. One in three people have osteoarthritis of the knee, yet only one in eight have symptoms or pain.<sup>1</sup> If knee osteoarthritis is so correlated with pain, why is there a disconnect between the number of people who have arthritis, and those who are in pain?

Let's consider what knee osteoarthritis is, evidence-based methods of easing symptoms, and ways to improve quality of life for those that have knee pain associated with arthritis.

Osteoarthritis (OA) is defined as the progressive deterioration of articular cartilage<sup>1</sup>, or abnormalities that lead to the destruction of a joint. Of the weight bearing joints, the knee is the most common to develop OA.<sup>2</sup> Some noted risk factors for knee OA are obesity<sup>3</sup>, lack of quadriceps strength, and decreased proprioception.<sup>2</sup> Although many knee OA cases are best treated with surgeries, including total knee replacements, not everyone is headed down that road.

In many cases, those who are dealing with pain in the knees related to knee OA are not destined to live with it. Recent studies have shown that reducing a person's weight to a healthy level can diminish the chances of developing pain associated with knee OA by 25 %.<sup>3</sup> As mentioned earlier, quadriceps strength and proprioception can also affect knee OA. The quadriceps are the large muscles that run along the front of the thigh to stabilize the knee. As we perform activities, we require an internal force that matches the external force that is being applied to the knee with movement. Strengthening the quadriceps muscles absorbs some of the load and provides the knee with that stability.<sup>2</sup> Proprioception is the awareness of where the joint is in space. It plays a role in providing the aforementioned stability by coordinating the contraction of muscles and the order in which they interact with the knee. Evidence shows that improving quadriceps strength and proprioception can reduce the pain associated knee OA even if there is no change in the presence of OA on an X-ray.<sup>2</sup>

You can improve quadriceps strength and proprioception with tailored exercises. Physical therapists are movement experts who can assess and treat the biomechanics that may lead to altered forces on the knees.

Not all people who are dealing with the pain and limitations of knee OA are going to benefit from losing weight, improving quadriceps strength, and proprioception. However, a recent study in the New England Medical Journal showed that many people will indeed benefit from improving these areas.<sup>4</sup> So if the dreaded knee OA is inhibiting your life, consider consulting with a physical therapist.

Vincent Kambe is a Doctor of Physical Therapy and Certified Orthopedic Specialist. He is the clinic director for Avid Physical Therapy – Indio and can be reached at (760) 347.6195. vince@avidphysicaltherapy.com

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## Uniting Valley Hospitals

### In support of Coachella Valley Volunteers in Medicine

It is not often that the top executives from each of our valley hospitals come together for a night of smiles and socializing, but on a beautiful night in October, they did. Recognizing their common goal of increasing access to health care, each was honored for the contributions of their organizations to the valley's only free medical clinic, Coachella Valley Volunteers in Medicine (CVVIM).

**G. Aubrey Serfling**, president and CEO, Eisenhower Medical Center; **Carolyn Caldwell**, CEO, Desert Regional Medical Center; **Gary Honts**, CEO, John F. Kennedy Memorial Hospital and **Vita Willett**, executive director, Kaiser Foundation Health Plan and Hospitals (Riverside Area) proudly represented their institutions.

A united crowd of health care professionals and guests associated with CVVIM gathered at William F. Cody's

historic Abernathy House in Palm Springs for an evening that demonstrated the important work the clinic does in our community.

Guest speakers included the husband and wife team of **Dr. Diomidio Ramirez** and **Liz Ramirez, RN**, who spoke from the heart of their rewarding time volunteering at CVVIM. "This is why we went to school to learn medicine, to truly help people as we do at VIM," said Dr. Ramirez.



Vita Willett, Gary Honts, Aubrey Serfling and Carolyn Caldwell display proclamations honoring their institution's contributions to CV Volunteers in Medicine

Patient **Ofelia Amavizca** graciously spoke of the care she has received from "the compassionate doctors" at the clinic, and **Dr. Richard Loftus** detailed the unique experience that Eisenhower Medical Center's residents receive during their time at CVVIM. "They see cases they may not experience in the hospital setting and are being exposed to the importance of

giving back to the communities in which they work."

CVVIM's Medical Director, **Dr. Les Zendle**, who recently returned from Volunteers in Medicine's national conference, noted the valley's unique situation in that most VIM clinics are created, funded by and contained

within individual hospitals; whereas Coachella Valley's VIM is an independent organization.

**Riverside County Supervisor John Benoit** discussed the importance of supporting programs like CVVIM and presented the clinic with a \$10,000 donation from the County.

Expressing his gratitude for the significant contributions the hospitals and their executives have made to CVVIM, Founder and Chairman **Dr. R. Ronald Hare** concluded by recognizing the clinic's ongoing need for funding and volunteers to continue the important work they do in our community.

Coachella Valley Volunteers in Medicine provides no-cost primary health care service to medically underserved people in the Coachella Valley. Please consider a donation or volunteering your time. For more information, visit [CVVIM.org](http://CVVIM.org) or call (760) 342.4415.

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"Caring for our community is part of who I am as a family physician, and Volunteers in Medicine provides me that gift—to care for those in need. Each session I spend at VIM recharges my energy and passion to return."

**Maureen Strohm, MD**

Family Medicine Residency Director  
Eisenhower Medical Center

## Eye Disease: The Most Common Diabetic Complication

By Greg Evans, OD

As a certified telemedicine diabetic reader, I participate in a program that is run through UC Berkeley called Eyepacs, a web-based non-proprietary application for exchanging eye-related clinical information. The bulk of Eyepacs communications involves bringing diabetic retinal assessments into the primary care physicians' offices.

The program works without regard to physical location, is validated, and is growing exponentially along with the number of diabetics. On this particular morning I am reviewing images from diabetic patients living in Mexico.

Diabetes is a worldwide epidemic projected to grow globally from 382 million today to 592 million by the year 2035 - an increase of 55%. About 46% of people with diabetes are undiagnosed and unaware of the long-term damage the disease presents to their bodies.

Along with retinal disease, diabetes presents a host of other potential medical complications including vascular disease (such as peripheral vascular disorders), cerebrovascular disease (brain and cerebral circulation), oral health conditions, heart disease, kidney disease and neuropathy.

According to the American Optometric Association, diabetes is the leading cause of new cases of blindness and low vision among patients 20 to 74 years of age. An estimated 25.8 million Americans have diabetes (8.3% of the population). In 2010, 1.9 million new cases were diagnosed in the population age 20 and up. Based on that trend, one-third, or one in three, adults will have diabetes by 2050.

The most common complication of diabetes is eye disease which affects 70% of those with the condition. In fact between 20-40% of patients with diabetes have retinal disease already present at the time of their original diagnosis. Unfortunately, only about one-half to one-third of diabetics obtain annual dilated retinal exams provided by eye doctors; hence the need for Eyepacs.

Race makes a difference in prevalence. For example, the CDC estimates the prevalence of diagnosed and undiagnosed diabetes for Non-Hispanic blacks to be 18.7% versus 10.2% for same (age 20 and up) population of Non-Hispanic whites.

Once a patient has diabetes, the incidence of eye disease increases with the duration of the condition. Remember, as stated above, that at the time of diagnosis, 20-40% of type 2 diabetics, the most common type, have eye disease. That number grows to 60-80% after 15 years with 20% of those progressing to the most severe form of eye disease called proliferative retinopathy.

If we look at the cost projections for diagnosed diabetes, we see it is growing at an alarming rate. In 2007 it was estimated to be \$174 billion and in 2012 it had grown to \$245 billion. Based on the growing projections for 2050, it is going to create a staggering financial and social burden on healthcare. With 26 million Americans already having diabetes - and that number is growing - the epidemic is upon us now.

We can all do our part by being more active, eating properly, avoiding smoking and getting routine preventative eye health exams. The earlier we diagnose and intervene in the diabetes disease process, the less the cost and the better the outcomes.

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](http://www.evanseyecare.com).



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Dry Eye can be a symptom of many conditions including Sjogren's, a chronic autoimmune condition.

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December 3<sup>rd</sup>

**Fridays at 10:00 am:**  
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December 5<sup>th</sup>

**Saturday at 10:00 am:**  
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## Honoring those in our community moving health and wellness forward

Congratulations to our nominees! Visit [www.DesertHealthNews.com](http://www.DesertHealthNews.com) for more information and send in your nominations today.

### INDIVIDUAL



#### **Christopher S. Bates** Trainer

In his 8 years of teaching nutrition and fitness, Christopher has helped hundreds reach their personal goals. His community outreach includes many activities to get people moving including The Palm Springs Active Hike Club, 24 Fit Palm Springs Chapter, Fitcamp, a 60-day Transformation Challenge, and the First Annual Neon Desert Midnight Run (11/15).

*"Wellness to me is about the synergistic rhythm of body, mind and spirit."*



#### **Valerie Somervell** Saving Grace Serenity House

Valerie is working to confront the special needs of women in recovery. Having experienced the disease first-hand, she was inspired to create a sanctuary of healing for those affected: Saving Grace Serenity House. Through a structured 12-step program working with the mind, body and spirit, she provides a safe, serene, affordable sober-living environment for women.

*"I feel through giving back, true happiness can be found."*

#### **Previously recognized in this category:**

Jeralyn Brossfield, MD • Jill Gover, Ph.D • Michele Mician  
Mayor Steve Pougnnet • Cathy Serif • Marta Shand • Carol Teitelbaum, MFT

### NON-PROFIT ORGANIZATION

#### **AIDS Assistance Program, Inc.**

For 23 years, AIDS Assistance Program has worked to supply paramount nutritional support to low-income men, women and children living with HIV/AIDS in the Coachella Valley. The organization distributes food vouchers in excess of \$50k to over 500 clients monthly and promotes healthy eating and lifestyles through counseling and events.

*"We believe that people who are terminally ill benefit first and foremost if they receive proper nutrition."* – Mark Eric Anton, CEO

**AIDS assistance  
PROGRAM**

#### **Desert Blind & Handicapped Association**

Providing free transportation for people with disability in the west valley for over 42 years. In 2013 alone, Desert Blind & Handicapped provided 4,492 free rides to the doctor, pharmacy, and even the grocery store to more than 100 individuals who often had no other option.

*"For many, living in their own homes is vital for their sense of independence and well-being. We strive to be the critical link that allows them to live independently and still maintain their health."* – Thomas Samulski, Executive Director



#### **La Quinta Middle School – "Fitness School of Champions"**

Even with funding cuts and lack of district monies earmarked for health programming, LQ Middle School has resourcefully pursued grants to maintain, build and expand upon their fitness theme for students and staff. After school sports, fitness and nutrition curriculum, and a variety of activities and challenges keep health at the forefront for the school.

*"We believe that only positive dividends will be derived from our students and staff being fit, healthy, and well in all areas of their lives."* – Janet Seto, Principal



#### **Neighbors 4 Neighbors**

A Sun City (PD) community program with volunteers offering assistance aimed at keeping independent neighbors in their homes. Services include a daily phone call; assistance with minor home maintenance (4,300 tasks in 3 years); rides to medical appointments, errands and community activities (44k miles so far); and short-term help with pets as needed.

*"Our services have enabled community members to avoid premature institutionalization and live independently in their homes."*  
– Carol Gross, Board Member



Continued on page 10





Healthy Holiday Habits

your daily experiences.

Living in the moment also allows you to make better choices as it enables conscious thought to be put into action. Do I want to eat that piece of pie, or shall I focus instead on the conversation around me? Do I want to zone out in front of the TV or create a memorable board game with family?

It is with the unconscious mind that most bad decisions are made: having another drink without considering the consequences; eating seconds without thinking about how they will make you feel.

Starting with the simple step of mindfulness is key to keeping you on track.

Create a Rainbow of Colors

Fall colors tend to be brown, beige and orange, and so does our food at the Thanksgiving table. Beyond the occasional cooked carrots and sweetened cranberry sauce, the turkey, mashed potatoes, gravy, stuffing, dinner rolls, and even the bean casserole tend to match the hues of the season.

Think color first and you are certain to incorporate more vegetables into your holiday feasts, while creating a more appetizing array of choices for your guests. Also consider more nutritious options for traditional favorites: replace white mashed potatoes with sweet potatoes and/or cauliflower mashers (which taste so much like potatoes, they



Creativity can add to healthy holiday treats

can fool you!). You can also use pureed vegetables to thicken soup, or use pureed pumpkin or applesauce in baked goods instead of butter or cream.

Rethink Holiday Snacks

Counters covered with chocolates and cookies are a common holiday sight. Why not put the focus on good-for-you foods? Green and red apple slices with yogurt or almond butter, a variety of fancy nuts in holiday dishes, dried fruits in seasonal colors, or Christmas trees built from fruits and vegetables are delicious substitutes for sugary sweets.

This doesn't mean the tradition of cooking or baking has to be abandoned. The internet is chock full of healthy, fun concoctions to create with family, friends and little ones. Look for the healthy spin on your traditional favorites.

Snacking can also be a saving grace for parties and holiday feasts. Pack a small bag of nuts, dried fruit and light Baby Bell cheese to keep you from indulging on the buffet "because there was nothing else to eat." Better yet, be the one to bring the healthy dish to the affair - others will thank you!

Encourage Outdoor Activities

Many people shift their family holiday activities indoors, and that often means baking fattening cookies or plopping down on the couch to watch sports. We are fortunate to live in one of the

Continued on page 13

LIVING  
with HIV

By Steve Bolerjack

Desert AIDS Project

PrEP: Preventing HIV infection

You may have seen the odd acronym "PrEP" among the alphabet soup of medical terms so prevalent today. It stands for "pre-exposure prophylaxis" against HIV infection and is a very simple therapy: a daily dose of Truvada, the highly effective antiviral medication used since 2004 to treat patients who are already HIV-positive. Actually, Truvada is the brand name of a combination of two drugs in one pill: tenofovir and emtricitabine. It has few side effects, is covered by most insurance plans and has been approved by the FDA for prophylactic or preventative use since 2012.

Various studies on Truvada are encouraging. One showed that daily intake of Truvada could potentially achieve 99 percent of risk reduction of contracting HIV in high-risk individuals. Another study showed an overall PrEP effectiveness of 50 percent, rising to 100 percent when participants took the drug four or more times per week. Clearly the most important aspect of this prevention therapy is strict adherence: taking the medication daily and regularly.

So should you consider PrEP? Well, if you are currently HIV-negative, plan to stay that way and are sexually active at all (regardless of sexual orientation) you ought to at least educate yourself about PrEP. The groups at highest risk for HIV infection include gay and bisexual men and their negative partners (again, regardless of gender or orientation), younger men (who may be very under-informed about HIV in general), members of minority groups (who may lack information, access to healthcare

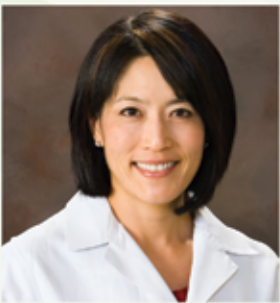
and fear cultural stigma) and substance users (all those needles). And in our community with its higher than average populations of both older people and gay men, seniors may be at risk as well. So if you fall into or near any of those categories, knowing about PrEP might save you some worry later.

HIV prevention still includes safer sex practices, condoms, serosorting (having sexual partners only of the same HIV status) and of course, abstinence. But we all know those don't always work in the heat of a moment. Today, there is the additional pro-active option of PrEP therapy. Your doctor or health care provider can further advise you on it and if they won't discuss it, find another doctor. I've found that one must never be shy about full disclosure on sexual matters with a primary care physician.

It's also wise to do your research before beginning that conversation. There is a wealth of information online about PrEP: research data, Truvada guidelines, how to adhere to a meds regimen and of course, the latest updates on HIV/AIDS treatments and potential cures. Here are a couple of good places to start: the Centers for Disease Control website at [cdc.gov/hiv/risk/](http://cdc.gov/hiv/risk/) and a comprehensive PrEP primer at [projectinform.org/pdf/prep\\_msm.pdf](http://projectinform.org/pdf/prep_msm.pdf).

To understate the obvious, one's sex life can have profound effects on one's long-term health. So you can never know too much about these vital health care issues—however complicated or intimidating—which ultimately determine the quality of our lives.

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Desert Health Wellness Awards Nominees

Continued from page 8

## NON-PROFIT ORGANIZATION (CONTINUED)

### Transcendental Meditation® of Palm Springs

TM® is a form of mantra meditation that was introduced in the mid-1950s. Hundreds of scientific research studies have shown that the TM® technique has a positive impact on health and well-being. Since it opened in 2012, their Palm Springs location has taught over 1,000 community members this effortless technique for inner peace.



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*"The ability to give someone a simple, but profoundly effective tool to turn the direction of their life toward increasingly positive values of health and well-being is a most rewarding profession."* – Dennis Rowe, Director

### Turning Heads Project

Turning Heads' mission is to help people with cancer deal with hair loss by celebrating baldness and working to change the perception of what it means to lose hair during treatment. They arrange a free photo shoot complete with makeup artist and stylist, and each client is presented with a photo book memory of their special day.



*"It takes strength, courage, and perseverance to endure chemotherapy. Baldness should be 'a gift of the cure, not a curse of the cancer.'"* – Debbie Green, Co-Founder

### We Care Dental

Volunteer-based organization which provides dental care to the Valley's developmentally disabled population. Leading with patience, love, understanding and respect, no sedatives are used and clients are made to feel comfortable and at ease. In three years, they have treated over 2,500 clients.



*"When the state discontinued benefits for this group in 2010, we knew we had to do something to help them."* – Marianne Benson, President

**Previously recognized in this category:**  
**Desert Recreation District**

Continued on page 20

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# Mindfulness: The New Frontier in Addiction Treatment

By Scott Kiloby

A staggering number of people are living with addiction, anxiety or depression and that number continues to climb. Recent statistics reveal that between 25 to 50 percent of Americans are suffering from these conditions - or even a combination of all three.

Until recently, the treatment of addiction, anxiety or depression was mainly limited to traditional mental health counseling, 12-step groups and prescription drugs. The results of these treatments vary greatly. Traditional addiction treatment is said to have a success rate somewhere between 10 to 30 percent. A 2010 *Consumer Reports* article found that around 50 percent of those receiving medication for depression or anxiety reported improvement, but all of them also reported at least one negative side effect of the drug.

But an emerging treatment holds promise to improve those statistics: mindfulness.

Originating in the East, mindfulness has gradually crept into the U.S. mental health and addiction treatment fields and is fast becoming the new buzz word in the industry. A slew of recent studies indicate its effectiveness on addiction, anxiety, depression, stress and even chronic pain. Harvard Medical School, the Mayo Clinic and Johns Hopkins University have all published articles about the positive effects of mindfulness. It's also beginning to find its way into popular culture, with a cover article in *Time* magazine called "The Mindful Revolution," and features in *Forbes Magazine* and on cable news shows such as CNN and MSNBC.

What is mindfulness and how does it differ from traditional therapy and medication?

Whereas traditional therapy tends to focus on changing or fixing one's thoughts and feelings, mindfulness aims at changing one's relationship to thoughts and feelings through a process of acceptance and awareness. Mindfulness involves being present in the moment and observing thoughts and feelings coming and going in a non-judgmental, accepting way. This process of observing, rather than trying to fix or change thoughts, has a way of helping people not get "hooked" into thoughts and feelings as easily. The result can be a life lived more in the present moment, with less concentration on painful thoughts of the past and future. Mindfulness does not lead to dependency on medication and does not have the same side effects reported in medications for depression and anxiety.

Despite its increasing popularity, there is still room to grow with this new treatment, as well as issues that need to be addressed by the health care community. Mindfulness is a promising new treatment for addiction, anxiety or depression that can be practiced independently or as part of a comprehensive treatment program.

Scott Kiloby is an author and international speaker on the subject of mindfulness. He founded the Kiloby Center for Recovery in Rancho Mirage which is the first exclusively mindfulness-based addiction, anxiety and depression treatment center in the United States. For more information visit [KilobyCenter.com](http://KilobyCenter.com). (442) 666.8526.

# Is Your Desk Job Killing You?

Provided by *Massage Envy*

Did you know that sitting for long periods is detrimental to your health - even if you get the recommended 150 minutes of exercising per week?

It's true. One study found that adults who sat for four or more hours per day were at a 125 percent increased risk for cardiovascular disease as compared with adults who sat for two hours each day or less. Obesity is also more prevalent in sitters.

So how can you protect yourself if you have a desk job?

Here are four tips:

## 1. Get up and walk around

Adopt the 20/20 rule: For every 20 minutes of sitting, spend 20 seconds to stand, walk, stretch and move around.

## 2. Convert to a stand or treadmill desk

If you have flexibility (or maybe work from home), consider converting from sitting to standing.

## 3. Ditch the conference room

Many meetings take place with co-workers. Schedule walking meetings with co-workers. It helps stretch and exercise muscles not to mention clearing the mind and providing a fresh perspective.

## 4. Walk or stand during breaks, while on the phone and at lunch.

We become creatures of habit. Sitting is one of them. Break the sitting habit and walk or stand when you can.

While sitting at your desk may be considered "part of the job," proactively incorporating simple changes to protect your health should be considered an important part of life.

*Massage Envy is dedicated to providing professional, convenient and affordable massage and facial services to consumers with busy lifestyles. Massage Envy has locations in Palm Springs, Palm Desert and La Quinta. For more information or to schedule an appointment, [MassageEnvy.com](http://MassageEnvy.com) or (760) 904-0123.*



Sitting for long periods of time can impair your health

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## 'Tis the Desert Season for Adrenal Fatigue

November marks the beginning of Coachella Valley's busiest season. The weather is perfect, streets are full of cars, and your calendar is booked solid through March. After months of long days, lack of sleep, and poor eating habits, it is just a matter of time before it takes a serious toll on your body.

You have two adrenal glands, each no bigger than a walnut, yet they are responsible for one of the most important functions in your body: *managing stress*. The adrenals are responsible for producing high levels of hormones that regulate blood pressure, mineral supply, stress reactions, metabolism, and maintaining energy levels alongside the thyroid. When the adrenals are over-stressed for prolonged periods of time, every body system is at risk for dysfunction. The symptoms we experience from chronic stress can generally be referred to as adrenal fatigue.

Adrenal fatigue comes in progressive phases; as the stress accumulates, the adrenals eventually lose their ability to produce sufficient amounts of the necessary hormones, which leads to complete adrenal exhaustion. This can cause problems such as sleep disorders, blood sugar imbalances, thyroid dysfunction, anxiety, and weight gain to name a few.

Dietary choices will play the key role in managing the effects of stress. Of course, fill your plates with as many vegetables as possible, but what over-taxed adrenals really crave are healthy fats and high quality protein. It is wise to listen to your body. Often those under stress crave fats and salt, which really is what your body needs. Stress depletes minerals, vitamins, and uses up protein and fats to nourish the adrenal glands. You can make healthy choices to address your cravings. Choose healthy fats such as salmon and avocado, and add sea salt to your meals to provide essential minerals you're missing.

Ideally, you should avoid caffeine, sugar, alcohol, processed foods, and gluten-containing grains - all of which act as additional stressors to the body. Even limit the starchy and sugary vegetables and fruits, particularly bananas. If coffee is a must, have one cup in the morning as long as it is with a breakfast that contains protein and fat.

Adrenal fatigue affects millions around the world, yet it is not considered a conventional medical illness. At its worst, adrenal fatigue can take over a year to be resolved, even with proper diet and supplementation.

This season start saying "no" to as many events, projects, and activities as possible. Use that extra time for prioritizing sleep, exercise, spending time with loved ones, and preparing healthy meals. The top four supplements for combating adrenal fatigue are extra vitamin C, magnesium, and activated forms of B-vitamins. The body quickly burns all of these at high rates when under stress. During the most hectic times of the day, try adaptogenic herbs like ashwagandha and holy basil. Other tips to nourish the adrenals: Sleep in when possible and eat well every 3-4 hours. Don't skip meals! Making these few important lifestyle changes consistently will ensure you soar through the season.

*Tiffany is a Certified Nutrition Consultant and Functional Diagnostic Nutrition Practitioner and can be reached at (760) 285.1221 [www.GlutenFreeWithTiffany.com](http://www.GlutenFreeWithTiffany.com)*

## Managing Diabetes During Holidays

By Shannon Sinsheimer, ND

For any person with diabetes or pre-diabetes, the holidays can be a trying time. The season presents many opportunities to eat outside of a typical low-glycemic diet plan, and blood sugar levels can soar. However, there are ways to enjoy your holiday celebrations while maintaining your health, weight, and blood sugar levels.

**Dietary Choices** The best way to approach eating over the holidays is to pre-plan your day. When attending a party or dinner, consider how to optimize your daily intake prior to the event. Eat a breakfast and lunch high in protein, greens and good fats low in carbohydrates; avoid any unnecessary and excess sugar and carbs. This sets you in a lower blood sugar range prior to any temptations to indulge in carbs, sugar, and alcohol which will spike your blood sugar and increase your weight. By pre-planning, you have 'saved' some of your daily carb intake for the evening. But remember, maintaining blood sugar is about combining foods properly at each meal and not eating them all in one sitting.

The rule of thumb for holiday eating is *protein, protein, protein!* Look first for protein choices such as meat, fish, nuts, cheese, or bean dips and any type of vegetable dish. By filling up on protein first, the more enticing carb, sugar, and alcohol will be less tempting with a fuller, more satiated stomach. If you do indulge in higher glycemic foods, remember to balance with more protein and stay hydrated with water.

During the holidays, alcohol can be one of the biggest culprits of weight gain and higher blood sugar. As always, the key is moderation! Enjoy alcoholic drinks slowly over the evening to space out your blood sugar intake; avoid drinking for multiple, consecutive days; and limit yourself to two alcoholic drinks at holiday events.

**Exercise** The best method to maintain appropriate blood sugar levels, other than reducing carb consumption, is to exercise. Exercise is very important to maintain weight and blood sugar levels over the holidays. You can burn off excess blood sugar by maintaining a daily workout schedule. In addition to pre-planning your daily diet, also pre-plan your exercise prior to parties, and take a short walk when coming home to burn off the extra blood sugar. Exercise is the best way to reduce blood sugar, burn off extra calories, and maintain weight during the holidays.

**Nutritional Supplements** Maintaining healthy blood sugar levels can be managed by the addition of certain nutritional supplements. Incorporating nutrients such as chromium picolinate, vanadium, vitamins B12/B6, and magnesium can assist the body in maintaining healthy blood sugar levels. Herbs such as gymnema sylvestre, bitter melon, cinnamon bark, and fenugreek are also great choices for keeping blood sugar levels optimal. There are many great formulas with a combination of the above constituents which can safely be used for diabetes, and pre-diabetes support.

The healthy choice of all is to enjoy celebratory events with a heavy dose of moderation. Abnormal blood sugar levels are hard enough to maintain without adding dietary and lifestyle choices that challenge the body's ability to cope. Enjoy, celebrate, and above all, take care of your body by being cognizant of how the choices you make can affect your body.

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

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# The “Leaky Gut” Link to Autoimmunity

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

Autoimmune disease is an emerging health concern for millions of people. Autoimmunity results when components of the body’s immune system target one or more of a person’s own bodily tissues instead of attacking foreign bacteria or viruses. More than 40 autoimmune conditions have been identified, including type 1 diabetes, rheumatoid arthritis, systemic lupus erythematosus, Hashimotos thyroiditis, multiple sclerosis, and celiac disease. Together they constitute the third leading cause of sickness and death after heart disease and cancer.

Over the past 15 years, a growing number of scientific studies have revealed that the human body is capable of creating certain antibodies directed against itself. These are called autoantibodies. In many cases, years and sometimes a decade or more can pass before the autoantibodies cause enough damage to result in a disease being named or diagnosis being rendered. Detecting and identifying autoantibodies in otherwise healthy persons can help predict certain predisposed individuals likely to develop autoimmunity years down the line. Armed with this predictive knowledge, patients could develop effective strategies to prevent or curtail the autoimmune process.

The importance of a healthy gut and digestive system is becoming increasingly more evident, especially pertaining to autoimmune disease. New medical research has shown that at the heart of autoantibody production is a condition called Leaky Gut Syndrome. Leaky gut represents a breakdown in what is called intestinal barrier function resulting from damage to the lining of the intestinal wall and leading to increased intestinal permeability. If this occurs, the intestinal wall will begin to ‘leak’ large or only partially digested particles of food into the blood stream. These particles, which are called peptides, are perceived as foreign invaders by the immune system. The immune system will then mount a defense against these particles by releasing antibodies called immunoglobulins. It is now apparent that immunoglobulins target amino acid sequences found on these peptides that leak into the bloodstream. In some cases the immune system becomes confused. For example, if the amino acid sequence that makes up the partially digested food peptide matches that of your thyroid, the immunoglobulins can become misdirected and attack your own thyroid gland. In this case it results in Hashimotos thyroiditis, the most common cause of low thyroid.

Other factors, combined with leaky gut, contribute to the autoimmune disease process. These include genetic weaknesses and environmental factors such as a poor diet, excessive alcohol consumption, overuse of anti-inflammatory medications and food sensitivities or intolerances, especially to gluten. Gluten sensitivity and celiac disease has been strongly associated with several autoimmune diseases such as type 1 diabetes, systemic lupus erythematosus, rheumatoid arthritis and autoimmune thyroid disease.

New research suggests that the autoimmune process can be arrested if the interplay between your genes and environmental triggers (such as consuming foods containing gluten) is prevented, thus re-establishing intestinal barrier function (fixing leaking gut). The advent of novel new treatment strategies including early testing for autoimmune antibodies, the use of probiotics, a gluten free diet, and colostrum are at the forefront for addressing autoimmune conditions.

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

Sources: 1) Fasano, PubMed , 2005; 2) Nayer, PubMed, 2008; 3) Valentino, PubMed, 2002

## Healthy Holiday Habits

Continued from page 9

few places in the country that allows outdoor activities year round, so take the time to do something different with family and friends.

Golf and tennis are great, but why not take the family to a neighborhood park for a game of football or catch? Encourage a walk around the block before or after meals to aid in digestion and create conversation, or plan a night of caroling around the neighborhood to share laughter and smiles with those around you. These different interactions incorporate everyone and build relationships—along with priceless memories.

### Focus on Family & Friends

We often spend more time during the holiday cooking and shopping than we do connecting with family and friends. If we concentrate more on socializing, making new connections, or time for coffee with an old acquaintance, we will come away with a more balanced, satisfied mind.

Reminiscing and enjoying meaningful conversation are an important part of a balanced life and will make you feel

much better than a new watch or batch of Christmas cookies.

Another great way to put your family holiday in perspective is to spend time helping others, participating in a charity fun run or walk, or helping those less fortunate by volunteering at a community dinner. This rewarding action helps families and friends re-establish ‘tradition’ from the standpoint of quality time, giving back, and making a difference.

### It’s All About Balance

Remember that holiday traditions should be about enjoying time with family and friends, and being grateful for what you have. Slowing down the pace with conscious mindfulness, maintaining your year-round focus on healthy food choices, eating and drinking in moderation, and keeping physically active can help you face the New Year with a healthy heart, vibrant mind, balanced body and satiated soul.

And that is a tradition worth repeating year, after year, after year.



Involving kids can create traditions for the next generation



Catching up with friends can be a priceless holiday gift

Sources: 1) EverydayHealth.com. 10 Healthy Holiday Traditions to Try By Wyatt Myers, Farrokh Sohrabi, MD; 2) <http://www.naturalhealthmag.com/mind-body/6-healthy-holiday-habits#thash.fAht3bW.dpuf>

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# Finding Balance from an Ayurvedic Perspective

By Kathleen Shyptycki, CMT, HHP

Ayurveda is an ancient practice of healing which views health and disease from a unique perspective. Originating in India, Ayurveda considers four main qualities of health. The first is healthy relationships, which means positive supportive relationships with yourself and your community. The second is a means of prosperity, more specifically, a way in which you can support your life and those around you. The third is having a sense of purpose or personal meaning in your life, and the fourth is a spiritual connection or relationship with The God or the source of life as you understand it.

When one has the experience of all four attributes, there is the foundation for health and wellness. When one is in a state of their true nature, there is a radiance that fills and surrounds them, and that person naturally feels full of life and joy.

Disease from an Ayurvedic perspective is the opposite. If an individual is experiencing unhealthy relationships, has no means to support themselves or their loved ones, feels no purpose or value in life, and is feeling a lack of spiritual connection or relationships, then that person is out of balance. When one is in a state of disease or imbalance, it is said in Ayurveda that they have forgotten their true nature.

Ayurveda views everything as energy, which is defined in simple terms as frequencies ranging from the most light to the most dense. Frequencies, or qualities of energy, are seen in our overall health, nutrition, thoughts, and relationships. We can refer to ourselves as an energy body complete with varying degrees of both light and dense frequencies, each supporting different qualities of our life. For example, when we are happy we feel light - when we are depressed we feel heavy.

Health is a flow of energy that is balanced, unblocked and is free flowing. Disease is a flow of energy that is unbalanced, blocked or interrupted.

According to Ayurveda, there are five components that can change or influence our energy flow: 1) the food we eat; 2) the quality of our thoughts; 3) the quality of movement (exercise); 4) compassionate touch; 5) and most importantly, the giving and receiving of love. With these five things in balance, we bring our energy body to a very high frequency and experience an abundance of health and wellness.

As we practice good health, Ayurveda offers an abundance of ways we can heal ourselves. Like any holistic practice, our self-diagnosis and honest self-assessment are very important. There are many resources and much more depth to the overall practice; however, the basic philosophy is to examine the five components that influence our energy and then use the appropriate practices, treatments, and routines to bring these life forces back into balance.

Kathleen Shyptycki is a Certified Massage Therapist, Holistic Health Practitioner and Certified Clinical Ayurvedic Specialist. She is also the lead instructor at the Somatherapy Institute School of Massage which offers several courses in Ayurveda. For more information visit [www.somatherapy.com](http://www.somatherapy.com) or call (760) 321.9214.

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# Hope for PTS in our Community and Homes

By Dennis Rowe

It was once thought that the term “post-traumatic stress” (PTS) was reserved exclusively for military personnel and veterans. More and more often, however, we are hearing the term used for many others— from women and children, to our friends and acquaintances.

PTS not only occurs on the battlefield, but also in our communities and homes.

Shockingly, in the United States, a woman is assaulted or beaten every nine seconds. One of the most common places that violence against women occurs is in the home. The National Coalition Against Domestic Violence estimates that 1.3 million women are victims of domestic violence, and more than 10 million children witness domestic violence each year.

Both women and children who experience domestic violence commonly suffer from post-traumatic stress and its many debilitating physical and psychological effects. Studies have also found that the medical and mental health treatment for those who have suffered from incidents of domestic violence is at a cost of tens of billions of dollars. This is in addition to the more than seven million days of absence from paid work annually.

As published in the *Journal of Traumatic Stress*, research has shown that the Transcendental Meditation® (TM®) technique is effective in addressing and relieving the symptoms of post-traumatic stress.<sup>1</sup> TM is a simple, natural, effortless technique that allows the mind to settle easily into a state of deep, peaceful relaxation. While the mind is restfully alert during the practice, the body experiences deep rest, which dissolves deep-rooted stress. This reduction of stress has been shown to lead to a variety of benefits for health and well-being essential in overcoming the effects of traumatic stress.

A meta-analysis of 146 research studies, published in the *Journal of Clinical Psychology*, showed that the TM technique was twice as effective in reducing anxiety than other techniques such as the relaxation response, progressive muscle relaxation, and EMG biofeedback.<sup>2</sup>

Putting this research to work in an effort to help combat the epidemic of violence and assault against women and children, The David Lynch Foundation launched a Women's Initiative in 2012 that offers TM to heal and empower victims of abuse. The Initiative partners with leaders in the field of domestic violence and human trafficking across the US and around the world.

Reducing stress and discovering inner peace are key ingredients to recovery from traumatic stress. Hope can remain an illusion if peace and happiness are not growing inside of us. This truth applies to many throughout the world and in our own community.

“We try to do it all. It's time to learn how to ‘check in’—inwardly,” says Pamela Peeke, MD, MPH, FACP, Chief Medical Correspondent for Discovery Health TV. “Peace, enhanced creativity, and higher levels of integrated thinking are all gifts awaiting women who experience TM. So when it comes to trauma, you can dampen the scream of the trauma and just bring it into a simple whisper because you're in control. And if that's not empowering, I don't know what is.”

Dennis Rowe is the director of the Palm Springs center for Transcendental Meditation® and can be reached at (760) 537.1006.

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# Relationship Tips for the Holidays

By Susan Murphy, Ph.D., MBA

If your thoughts about the holiday season elicit emotions other than pure joy, you are not alone. Stress increases during the holidays and relationships can suffer. Pack your Holiday Toolkit with some new tools this year.

**Have realistic expectations and talk about them.** The discrepancy between what you expect and what you get causes disappointment. You may expect to experience the “perfect” holiday like you remember from your youth. Your sweetheart may dread holidays and expect festivities to be ruined just like they were with an unpredictable, alcoholic father at home. Display empathy for one another.

**Make a holiday plan.** The saying, “If you fail to plan, you plan to fail” applies here. Include your sweetheart as you plan where you’ll spend the holidays, whom you will see, who gets gifts and holiday budget. Couples who have clearly defined roles are often happier, so together decide what needs to be done and who will do it. Practice gratitude, not criticism, for the effort expended.

**Make memories and create traditions.** Develop non-material rituals to express your appreciation and love. Cuddle by the fireplace with champagne, watch a special movie, have breakfast in bed, talk specifics about your gratitude for one another’s greatness. Memories are the ultimate, lifelong gift you can give to each other.

**Keep your sense of humor.** Charles Handy said, “Never trust someone you haven’t laughed with.” Laughing increases our endorphins, decreases stress, and creates memories and special bonds. When things go wrong, funny memories are made. If your dog grabs the turkey, rather than cry and scream, chase the dog, retrieve the turkey and realize that you’ll enjoy telling that story for many years to come.

**Honor differences between men and women.** Men and women respond differently to stress. When men feel stress, the normal response is “fight or flight.” However, stressed women secrete the hormone oxytocin that drives them to want to be close to others, a response called “tend and befriend.” Be empathetic to your partner and know that you will respond differently in stressful, holiday situations. Additionally, women often prefer to multitask, so chaos may not be as stressful for them. Men, however, often prefer doing one thing at a time and forcing them to multitask may increase their stress level, triggering their “fight or flight” desire.

Another difference is that men are often more direct while women tend to be indirect. One male client reported that his marriage was severely damaged during their first holiday season. His wife had suggested that they not exchange gifts so they could save money for a house. He took her literally at her word and did not buy her a gift. She bought him a gift. She has never forgiven him because she believes he should have known that couples always exchange gifts at holidays!

**Remember, holidays are about nurturing our relationships. Celebrate your love and make time for each other.**

Dr. Susan Murphy is a best-selling author, coach and speaker who specializes in relationships, conflict, leadership and goal-achievement. Dr. Murphy can be reached at Dr.Murphy@LiveWellClinic.org and (760) 674.1615.

# Focusing on Fasciae for Chronic Pain Relief

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

Fascia is the soft tissue component of the connective tissue system that permeates the human body. An integral part of the musculoskeletal system, fascia forms a whole-body, continuous, 3D matrix of structural support that also penetrates and surrounds all of the body’s vital organs, providing an ongoing physiological support for the body’s metabolically active systems.

There is evidence of a relationship between acupuncture points and meridians, and fascia supported by body scan data demonstrating that the fascia network resembles the meridian system of Traditional Chinese Medicine (TCM) in salient ways, as well as physiological, histological, and clinical observations. These mysterious “acupuncture meridians,” the lines or tracks connecting acupuncture points, are often located along connective-tissue planes between muscles, or between muscle and bone.

In the view of TCM, optimal health requires an unencumbered flow of energy through the meridians. If the fascia network is indeed the physical substrate of the meridians, there are important implications that the fasciae should receive greater attention in both diagnostics and treatment.

When acupuncture needles are rotated, the loose connective tissue under the skin becomes mechanically attached to the needle like spaghetti winding around a fork. This causes the surrounding tissue to become stretched, inducing the creation of fibroblasts, a type of cell that synthesizes the extracellular matrix and collagen, maintains the structural integrity of connective tissues, and assists in the healing process. That a twisted acupuncture needle creates a localized stretch can be observed as a “tenting” of the skin and the resistance to withdrawal that the acupuncturist can feel as the needle is pulled out.

Pain is difficult to manage because often there are no detectable abnormalities so the source of the pain is unknown. For low back pain (and other locations of pain), we

are beginning to realize the possibility that the pain is arising from the non-specialized connective tissues on either side of the spine. It has been found that the fasciae that surround the muscles of the back are generally thicker in people with chronic low back pain.

Fasciae are composed of alternating layers of tightly woven load bearing dense fibers and loose tissue which allows the adjacent dense layers to glide past one another. The thickened fasciae show a decreased gliding motion of the dense layers, which may account for the decreased mobility and pain.

Indeed, researchers found in 2008 that connective tissues contain sensory nerve endings that can transmit pain when these tissues are stretched in the presence of inflammation.

Therapies such as acupuncture, specialized fascial stretch therapy, and myofascial release focus on connective tissue stretching are used as treatments for musculoskeletal pain, even in the absence of an obvious past injury or scarring. Some forms of acupuncture and manual movement-based therapies work under the collective assumption that connective-tissue pathology lies at the source of musculoskeletal pain, and that it can be improved with these treatments. These modalities not only can treat pain, but aid in improving overall health, flexibility and vitality.

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](http://www.AcQPoint.com).

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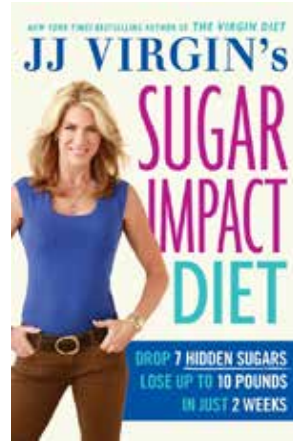
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## Public Enemy #1: Sugar!

### *Sugar Impact Diet to the rescue*

#### *A Desert Health Review*

With her New York best-seller, *The Virgin Diet*, Rancho Mirage resident JJ Virgin, CNS, CHFS helped focus the national spotlight on food intolerance as the secret culprit to stubborn weight loss and impaired health. By identifying the seven most common foods to which our bodies negatively react with symptoms such as bloating, fatigue, foggy brain and achy joints, Virgin showed us how eliminating these foods can make a significant difference in our health - and our waistlines.



Her book started a movement and tens of thousands of followers have lost weight and turned their lives around. Success stories shared by fans and clients confirmed that of the suspicious seven (wheat, dairy, eggs, soy, corn, refined sugar, and peanuts), sugar appears to have the greatest impact and is by far the hardest for most to eliminate. In addition, many seemed to be doing everything right - increasing their intake of fruits and vegetables, exchanging creamy dressing for oil and vinegar, and swapping out sugar with agave - yet still struggled with stubborn pounds and symptoms.

Further research, analysis and clinical trials led to Virgin's follow-up book, *Sugar Impact Diet*, out this month. Declaring sugar "Public Enemy #1," JJ discusses the effect different types of sugars have on our bodies, and where hidden sugars can be found.

"When you decrease your sugar intake and replace those high impact sugars with low impact options, you can begin to reverse chronic diseases like diabetes and heart disease," says JJ. "If you are carrying extra pounds, it's because when you weren't looking, your body trained itself to burn sugar when it needed energy instead of burning fat."

Subject trials preceding the *Sugar Impact Diet* determined that in just two weeks, people were able to break free of cravings, regain control of their appetite, enjoy steady energy and better focus, and lose an average of 10 pounds.

JJ points out that not all sugars are created equal and that is where the problem lies. "No matter what source the sugar comes from, your body is going to break it down into either glucose or fructose and the end game for those two are not the same; glucose gives you fuel and fructose gives you fat, and thus, the sugar impact." She further explains that when most sugars enter your bloodstream as part of the digestive process, they elevate blood sugar levels causing your body to release insulin to help lower those levels. But fructose bypasses this insulin release trigger by heading straight to the liver where it is converted to glucose. Some of it is stored as glycogen (carbs packed away for later use) and excess fructose turns into triglycerides, or fat.



New York Times best-selling author, JJ Virgin



JJ will appear at this year's Desert Woman's Show Saturday, November 15 at 1pm

"When you eat a lot of sugar, you train your body to need it constantly, but getting rid of it is easier than you think." The book breaks common foods into 3 categories: high, medium and low sugar impact, and helps identify where these sugars hide (in that healthy balsamic vinegar you switched to!). Her recommended program follows 4 T's: Test, Taper, Transition and Transform. Protocols are easy to follow and alternatives to your favorite foods are provided; there are even easy-to-prepare recipes.

As for sweeteners, JJ places stevia, 100% dark cocoa, and Xylitol in the low impact category; coconut sugar, raw honey and rice syrup in the medium impact category; and Splenda, agave, and Maltodextrin (found in many low fat/diet foods and beverages) in the high sugar impact category along with high fructose corn syrup.

If you are doing everything right and still not meeting your personal goals, or want to take the next step towards perfect health, *Sugar Impact Diet* may be the book for you.

*Sugar Impact Diet* is in stores November 4. JJ Virgin will appear at the Desert Woman's Show on Saturday, November 15th. For more information on JJ's programs visit [www.JJVirgin.com](http://www.JJVirgin.com).

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## Cleveland Clinic Embraces Functional Medicine

**Mark Hyman, M.D., to lead as center director**

Integrative medicine has taken a tremendous step forward with the opening of the Cleveland Clinic's Center for Functional Medicine (CCCFM). Functional medicine is based on the evidence that lifestyle factors – such as nutrition, sleep, exercise, stress levels, relationships and genetics – are major contributors to disease.

Cleveland Clinic is the first academic medical center to embrace Functional Medicine, bringing academic, clinical research to the field. Staff at the new center, which opened in September, will work together with Cleveland Clinic specialists to study the impact Functional Medicine has on certain chronic diseases, beginning with four clinical trials in the treatment of asthma, inflammatory bowel disease, type 2 diabetes and migraines.

Mark Hyman, M.D., chairman of The Institute for Functional Medicine, founder of The UltraWellness Center in Lenox, MA, and best-selling author, will join Cleveland Clinic as the center director.

"Functional Medicine looks at the underlying causes of disease, while focusing on the whole person rather than an isolated set of symptoms," Dr. Hyman said. "We look at a patient's history and the personalized interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease." CCCFM has been created in collaboration with The Institute for Functional Medicine (IFM), for which Hyman will remain chairman.

According to the CDC, more than 75 percent of total health care cost in the US can be attributed to chronic conditions, with about 133 million Americans (nearly 1 in 2 adults) living with at least one chronic illness. In Functional Medicine, health care providers work with chronic disease patients to address the root causes of illness to better prevent, treat and reverse disease.

"As the incidence of chronic disease continues to mount, we must consider new approaches to understanding and treating diseases," said Toby Cosgrove, M.D., Cleveland Clinic president and CEO. "This is not a departure for Cleveland Clinic, but a continuation of the innovative, holistic approach that we have embraced, which includes the establishment of the Wellness Institute, the Center for Integrative Medicine, the Chinese Herbal Therapy Clinic, and the Center for Personalized Healthcare."

In addition to Dr. Hyman, Patrick Hanaway, M.D., will join Cleveland Clinic as the Center's medical director. Hanaway is IFM's chief medical education director, a past president of the American Board of Integrative Holistic Medicine, and co-founder of Family to Family: Your Home for Whole Family Health in Asheville, N.C.

Cleveland Clinic is a nonprofit multispecialty academic medical center that integrates clinical and hospital care with research and education. A leader in research reporting, the clinic has pioneered many medical breakthroughs and is consistently named one of "America's Best Hospitals" in U.S. News & World Report annual survey.

For more information on CCCFM visit [www.clevelandclinic.org](http://www.clevelandclinic.org). For more information on Functional Medicine visit [www.functionalmedicine.org](http://www.functionalmedicine.org).



Dr. Mark Hyman

## Stem Cell Therapy for Injury and Disease

**By Nicole Ortiz, ND**

With football season upon us, reports of pro athlete injuries are once again prevalent. You may have noticed the increase in athletes turning to a cutting edge regenerative therapy called adipose derived stem cell therapy (ADSC) to get back into the game quickly. After suffering a severe injury to his neck, quarterback Peyton Manning turned to stem cell therapy after a year of rehab and surgery that didn't control his pain or completely heal his condition.

This new procedure in regenerative medicine uses non-embryonic adult mesenchymal stem cells found in fat (adipose) or bone marrow. Most physicians have opted to harvest fat-derived stem cells under local anesthesia mostly because they are more abundantly found in fat than in bone marrow. Once the adipose-derived stem cells (ADSC) are extracted out of the fat, they are either injected into an area of injury, such as an arthritic joint, applied to the skin for aesthetic rejuvenation, or infused intravenously for chronic and terminal disease treatment.

Stem cells are known as "progenitor" cells, which mean they remain dormant unless they witness some level of tissue injury. They are like seeds waiting to be planted into fertile soil in order to grow. In the case of stem cells, it is the tissue injury and the lack of oxygen in the tissue that activates them. When a person has a degenerative injury or disease, stem cells naturally migrate to the area of need and regenerate through a natural repair process. It's when this process becomes less effective that our tissues are unable to recover.

Most diseases are at the cellular level – either they have *damaged cells* as in heart failure or the *cells have completely died off* as in Parkinson's disease. By introducing concentrated healthy stem cells to the area damaged by disease, it is possible to regenerate new and healthy functioning tissue. Stem cells use our body's master blueprint to create intelligent internal repair. Stem cells decide what cellular tissue they become depending on the environment they migrate to; or in the case of stem cell treatment, the part of the body where the cells are injected.

The words 'stem cell' frequently stir up controversy; however, it should not apply to ADSC therapy. Doctors follow strict FDA guidelines which dictate that treatment using ADSC must be provided on the same-day as cell harvesting from the patient, and the ADSC is minimally changed. Stem cell therapy is used to treat patients with a wide variety of conditions and diseases such as multiple sclerosis, chronic obstructive pulmonary disease, lupus, Alzheimer's and Parkinson's disease, autism, chronic fatigue, erectile dysfunction, and the Epstein-Barr virus. Many sport injuries including those involving muscles, tendons, or joints have also been treated successfully.

I believe the potential of stem cell therapy to ease suffering and dramatically affect disease, especially those with no cure, is the cutting edge of research and treatment. It is rewarding to help patients heal through stem cell therapy with what used to be only correctable through surgery.

Dr. Nicole Ortiz is the co-owner of Live Well Clinic and a Naturopathic Doctor with a focus in preventative cardiology. For more information call (760) 771.5970 or visit [www.livewellclinic.org](http://www.livewellclinic.org).

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\*Live Well Clinic is a full service integrative wellness center including Naturopathic Medicine, Cleansing, Weight management and stem cell therapy.

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## THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Does it seem to you that "stress" is the ever-present influence on which all ills get blamed? I continue to see new information on stress as the culprit causing a long list of problems: depression, low-libido, decreased immune function, heart disease, indigestion and more...

In western medicine we tend to focus on finding the culprit for each disorder and then "eradicating the offender." Our unspoken concept is that if we can find the one cause and remove it, then the person will be healthy. In stress management, this approach doesn't really work.

Eastern and alternative medicine consider a different premise of the whole system existing in a balanced state, so even if an offending problem is removed, the person still does not have health unless the whole system is in balance with maximum adaptability restored.

When we think about stress from these two viewpoints, we may need to shift our view from removing stress to co-existing with stress and working to create and support healthy perceptions about the challenges we face which cause stress.

Stressors can be categorized as internal or external. Everyone has circumstances, people, and situations which can be perceived as stressful; but usually the impact of the stressor is related to the way the person interprets the stressor. A trigger for one person may not be a trigger for the next person. It is not the actual circumstance that differs; it is the person's perception or capacity to adapt that makes a difference in the effect the stressor will cause.

In his book *Why Zebra's Don't Get Ulcers*, Robert Sapolsky describes our constant perceptions of stress as a source of continually elevated hormones that promote disease. The choice available to each of us is to shift our perception. The option of mindfulness, or "being present in this moment," provides the most accessible method to peacefully co-exist with the stressors in our lives.

Mindfulness is a choice to notice what is present at this moment. When we focus on the past or the future, we have left the current reality and are relying on our imagination or perceptions. This is where anxiety and stress can run wild. In these moments, I often ask myself, "Am I ok right now?" The answer is almost always "Yes." From this position, I can more calmly assess my next steps, or at least feel peaceful in choosing where to focus next.

We can promote tranquility from the inside out by providing the ingredients for our body and mind to function at its best. Informing ourselves about healthy diet - and acting on this knowledge - empowers us to create a healthy internal environment rather than adding to internal stress and lack of clear reasoning. Removing toxins and foods that promote inflammation or congestion is a great beginning. Other supportive habits include getting adequate sleep, drinking plenty of water, practicing healthy movement, and spending time with good friends.

While life may be unpredictable and feel rocky at times, the choice to live in a peaceful, mindful way is always available to us. I'm making that choice right now, for this moment...and now again in this moment, too!

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Reversing Alzheimer’s  
Non-drug therapies show promise in UCLA study

By Lauren Del Sarto

Alzheimer’s disease (AD) prevalence is on the rise and recent estimates suggest it to be the third leading cause of death in the US behind cardiovascular disease and cancer.<sup>1</sup> Affecting 30 million globally, women are at the epicenter of the epidemic and their chance of developing AD is now greater than that of breast cancer.<sup>2</sup>

With no cure—or even effective therapies—in place, there has been no sign of relief from the rise in cognitive impairment, until now.

A new study by Dale E. Bredesen, MD, of UCLA found significant results and reversal of cognitive impairment using diet and supplementation, along with simple lifestyle changes including meditation, yoga, and sleep.

Of the 10 memory loss patients studied (some with brain-scan-confirmed patterns of AD), 9 saw noticeable improvement in memory and cognitive function. Six of the patients who had discontinued work due to their condition were able to return to their jobs; several patients were followed for up to two and a half years, and the memory improvements remained. The one patient who did not respond was in the late stages of AD.

Patients ranged in ages from 55-75 and each had been experiencing a decline in memory for numerous years. Symptoms included the inability to remember numbers or analyze data once easy to process; to learn or remember anything new; and to put names with familiar faces. After beginning the study protocol, results were recognized in 3-6 months with some reporting cognitive ability even better than before their decline began.

The therapeutic program included (but was not limited to) the following elements:

**Diet:** Anti-inflammatory focus; choice of several low glycemic, low grain diets; eliminating processed foods and simple carbs

**Reduce Stress:** Personalized to include yoga, meditation, music or other

**Exercise:** 30-60 minutes/day, 4-6 days/week

**Enhanced Ketogenesis:** Fasting for 12 hours between dinner and breakfast and 3 hours prior to bedtime

**Optimize Sleep:** 8 hours of sleep aided by melatonin

**Hormone Balance:** personalized and supplemented as needed (progesterone, pregnenolone, and cortisol)

**Detoxification:** autooxidizing foods; chelation therapy for heavy metal toxicity

**Vitamin Supplementation:** including B-12, D-3, K2, fish oil, CoQ10, resveratrol (individualized based on patient deficiency and need)

Even patients who were able to adhere to some but not all of the protocol components saw improvement. Based on these results, plans are underway for a larger study.

“We promote a number of these therapies to our constituents,” says Anne Gimbel, Regional Director of the Coachella Valley Alzheimer’s Association. “It is great to see medical research embracing their value.”

We encourage you to review the full report, consult your health care practitioner, and to make simple lifestyle choices to improve and maintain your cognitive ability.

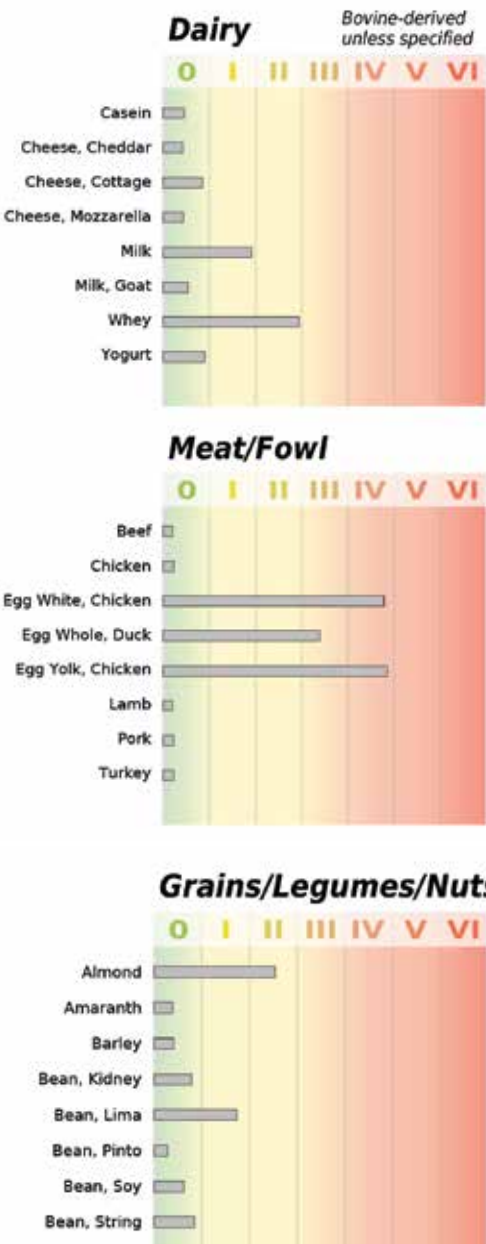
The report was published in AGING and is available online or through PubMed: [www.impactaging.com/papers/v6/n9/full/100690.htm](http://www.impactaging.com/papers/v6/n9/full/100690.htm). Coachella Valley Alzheimer’s Association can be reached at (760) 328.6767.

References: 1) Prince MA, Emilliano; Guerchet, Maïlenn; Prina, Matthew.2014; World Alzheimer Report 2014 United Kingdom: Alzheimer’s Disease International; 2) 2014 Alzheimer’s Disease Facts and Figures. Special Report on Women and Alzheimer’s Disease. USA: Alzheimer’s Association, 2014; pp. 1-80.

Health is a Choice

Continued from page 4

tended to give me slight indigestion, so based on my body’s reaction and these test results, I took a break and symptoms diminished.



A segment of results from food intolerance testing

“In my opinion, the most important aspect of understanding these tests is that they are rough guides that we use with the clinical and symptomatic picture to advise on dietary recommendations to alleviate disease,” says Dr. Sinsheimer. She adds that food intolerance testing is not black and white, but rather an aid in identifying the probable cause, or foods that may be aggravating your system. “IgG testing is a clinical tool that gives me exceptional insight, but I also realize its limitations mean that I still have to use my critical thinking skills to apply the results to each individual as I see appropriate and beneficial.”

I found the test beneficial and have made diet modifications which have helped my condition. While others I know have done the same for various health concerns, it is beneficial to consider the facts when making lifestyle alterations. Knowledge is power, but when it comes to food sensitivities, listening to your body is a very good place to start.

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Desert Health Wellness Awards Nominees

Continued from page 10

## LARGE BUSINESS

### Two Bunch Palms

This renowned resort destination located in Desert Hot Springs operates on four pillars: healing waters, therapeutic spa treatments, healthy cuisine and movement. Established in the 1930's, the resort has offered healing therapies to hundreds of thousands, and their newly enhanced focus reaches beyond mind, body, and spirit to include individual, community and natural resources.

"Once we understand that everything is interconnected, we will treat ourselves, one another and the planet differently." – Katie Camarena, Marketing Manager



Previously recognized in this category:  
Massage Envoy

## SMALL BUSINESS

### LiveWell Clinic

Founded by two naturopathic doctors in 2008, LiveWell has grown to offer a variety of wellness services including primary care family medicine, integrative cancer care, integrative cardiology, massage therapy, yoga, life coaching, hypnotherapy, and holistic counseling. Their practitioners actively speak throughout the valley promoting positive change in health and in health care.

"Creating a healthy environment in our communities begins with education, outreach, and implementation of preventative health care strategies." – Dr. Sonja Fung, Co-Founder



### TRUElicious

Makers of TRUElicious have created the perfect healthy meal on the go. This organic, gluten-free and vegan raw bar incorporates 17 powerful superfoods and is available at a large number of retailers throughout the valley. The product is hand-made and family owned.

"We want to be a part of the health solution and a new food movement: getting back to the basics and eating real food again... 'TRUE-food.'" – Michelle Steadman, Owner



Previously recognized in this category:

Evolve Yoga • Kinetix Health & Performance Center • Next Level Fitness

## EVENT OR PROGRAM

### FIND Food Bank's Summer Feeding Program

Addressing the spike in area food insecurity that occurs each year when valley school children participating in the Free/Reduced-Price Meal Program lose access to that vital nutrition, FIND created the Summer Feeding Program. Working with Boys & Girls Clubs and YMCAs, the program offers free mini farmers markets, cooking classes and activities that help provide nutritious summer meals to over 11,000 children and families.

"We added nine new sites to the program in our second year, further expanding the potential to reach more children and families suffering food insecurity each summer." – Delia Lechuga, Director of Programs



Previously recognized in this category:  
Palm Springs' Mayor's Race & Wellness Festival

Send us your nominations! • Visit [www.DesertHealthNews.com](http://www.DesertHealthNews.com)

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Senior Nutrition

Nutrition is vital, in the true sense of the word, at any age. Much is written about it and research published. My wife Carol and I attempt to keep up. The conclusions lead to individual choices: What makes sense for you? Are you willing to make a commitment for long-term goals? From personal experience it is easier said than done, but so worth it.

With advancing age, I have learned a thing or two (or so I think) and enjoy sharing my experience as I know it has enriched my life and helps to keep me around.

In our home, the day usually starts with fresh organic lemon juice in a glass of water to wake up the internal system. The lemon juice can be alternated with a tablespoon or two of organic apple cider vinegar. During the day continuing hydration is a must.

Nutritional supplements are the next step, all taken on an empty stomach. I should mention the following statement “Not approved by the FDA.” (Apparently it is safer to mention this as it is printed on every supplement bottle and package). Because I cannot tolerate swallowing pills and to a lesser degree capsules, I have chosen supplements in effervescent powder form. A capful each of: multivitamins, multiminerals, vitamin B complex, an antioxidant (grape seed extract, red wine extract, pine bark extract, bilberry extract, citrus extract combined), joint and bone support formula, calcium complete, and vitamin D with K2 - all mixed together in a glass of purified water. After stirring, it all combines into a tasty, refreshing drink. The liquid rushes into the lower intestines in minutes for efficient distribution at the cellular level. The medical term is bioavailability, and it is stated that one glass of this liquid completes the bodily need for most vitamins, minerals, and antioxidants for 24 hours. By contrast pills take hours to dissolve, not to mention the discomfort and the useless binders and fillers to hold them together.

Why do we need supplements? Because modern farming and production methods deplete the soil and livestock of essential nutrients, not to mention pesticides and hormones added to increase yields. It is also the reason for purchasing, if possible, only organically grown fruits, grains and vegetables. In the grain family, we avoid wheat products, white rice and all gluten-containing carbohydrates. Excellent alternatives are chia seeds, quinoa, gluten-free stone rolled oats, and small red potatoes. Sugar in any form is unhealthy, so we try to avoid it.

Green leafy vegetables, creatively prepared, support health and so do low glycemic fruits. For variety, grass fed beef, organic chicken (no hormones or antibiotics) and US caught wild fish are our food choices. A Nutri Bullet blender prepares a diversity of powerfully healthy drinks including the juices, fiber and proteins. In our opinion it is a must in any health-promoting kitchen.

Choices for health are very individual, but always remember that a healthy outside starts from the inside.

George can be reached at [ugadolph@live.com](mailto:ugadolph@live.com)

Aches & Pains? You are Not Alone  
A look at the most common senior ailments  
By Doris Steadman

What are the most common ailments those over 65 share?

To answer that question, we turned to gerontologist Gregory Pecchia, DO, FACOPF, from Eisenhower Medical Center which was recognized as “high performing in the area of Geriatrics” in the latest U.S. News & World Report Best Hospitals rankings.

Dr. Pecchia has been practicing in the desert for five years and notes that he sees a healthier group of seniors here locally than he saw in his practice in Orange County. He attributes this to desert weather which may lead to lower occurrences of arthritis pain and disability, or perhaps those individuals attracted to this environment have a higher level of independence and wellness. “Here in the Coachella Valley, I see empowered seniors taking control of their health care, actively discussing analgesic pain care, and looking to more natural methods to manage pain and disability.”

If you are experiencing aches and pain, you are not alone. According to Pecchia, the most common ailment is arthritis. Nationally, approximately 50% of those 65 and older experience arthritis to one degree or another. When it affects the major joints, primarily knees and hips, it often leads to pain and may result in a lower quality of life.

“Simply remaining active is one of the best medicines available to prevent the pain associated with arthritis,” advises Pecchia. “It can also help prevent the progression of arthritis over time.”

Spinal disorders and spinal stenosis, a narrowing of spaces in the spine which can cause pressure on the spinal cord and nerves, is another common occurrence.

Osteoporosis is of concern as it can result in fractures from falls, one of the most common causes for hospitalization. And of course heart disease, cancer, and Alzheimer’s disease are leading causes of death, with lung cancer at the top of the list. Prostate, colon and breast cancer are also common.

“We also see a lot of respiratory disease, emphysema, pulmonary fibrosis, bronchitis and asthma,” says Pecchia, adding that influenza and pneumonia cause more problems for seniors who are at a greater risk due to an aging immune systems.

With many of these ailments, pain management is an issue of concern, as it becomes a balancing act to find the best combination of lifestyle and medications to ensure the best quality of life.

It is important to establish a support system for seniors to assist with pain management. Ideally the family and community can work together to analyze the environment for risks, and add support where needed such as hand rails and ramps. Pecchia suggests that we look at this support as a “virtual seatbelt.”

How about one cocktail per day? Pecchia states that one per day seems to support a longer life span, but there is no data to support more than one. There are concerns with substance abuse in seniors which can contribute to accidents, falls, accelerating Alzheimer’s, osteoporosis and diabetes. “There are also cases where alcohol should be avoided altogether, such as with medication interactions.”

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Incidents of depression can be quite common in seniors, particularly here in the desert during summer months. Many become isolated socially when their friends leave for the summer, and they also tend to keep their homes darkened to reduce the intensity of the sun and heat, which can result in a reverse seasonal affective disorder.

Dental health is important for those over 65, as poor dental health can lead to nutritional issues. Also, untreated dental conditions can be associated with cardiovascular disease and an increase in heart attacks.

About 9 to 10 % of seniors nationally live in poverty, and the decisions they have to make between buying food or buying medicines also become risk factors for health and a decreased life span. HARC statistics indicate that one in four seniors (26%) here in the Coachella Valley live at 250% or less of the federal poverty level.

So what do you do to keep the aches and pains at bay?

Dr. Pecchia recommends that seniors stay active, stay lean, eat healthy natural foods, sleep well and be engaged with family and community. He adds that it is important to have regular medical checkups as things detected early will lead to better outcomes, and to bring in medical assistance when needed.

“Being lean and active is the key to longevity and your quality of life along the way.”

Dr. Pecchia is board certified in family medicine and geriatrics and is part of the Eisenhower Primary Care 365 Program which can be reached at (760) 610.7300.

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## Living Wellness

with Jennifer DiFrancesco

### An Interlude from an Ever-Present Influence

Something swept over me recently. Suddenly I felt a compulsion to step away from Facebook and the avenue of social networking.

I realized that I was habitually checking Facebook every morning and evening. Conservatively, this equated to 10 minutes per day or 56 hours a year posting my life, prying into other's lives, and vacillating between "likes and dislikes" in a world that seemed as real as I made it to be. My pursuits were driven by an interest to keep connected to family and a large network of colleagues from around the world. Certainly there were moments of inspiration and tidbits of information obtained, but in the end it held insufficient benefit to stay engaged. Because I felt it was usurping much of my time, consciousness, balance, and real connection to the people who matter most, I decided to take a "Facecation."

There are numerous ways to be the active orchestrator of Facebook floods: disengaging altogether, taking a weekend off, engaging in "99 days of freedom," turning off all e-mail alerts or setting an every-other-day regimen. My "Facecation" included the drastic move of deactivating my account, but no matter what the choice, these active means of monitoring exposure to social media can only help one's health.

There are many aspects to health, yet rest assured, the most important is a present-moment mindset. One's ability to achieve peace and quiet, increase time and energy, free headspace and assess what aspect of addiction is present in our lives is imperative. Addiction is an unnatural impulse to the brain influencing one to repeat something time and time again. One must take a step

back to examine these tendencies, thereby avoiding overt attachment and fixation. This can happen with any aspect of life.

One of the best places to start this introspection is by understanding social media and its subtle grip upon us. The Facebook fascination is a deceiving one. Facebook friends are accumulated quickly and mindlessly, creating a connection with many. However in the end, we at most have approximately five close friends. The rest is landscape. Maybe the frightening aspect of this push-pull relationship is to ponder what happens if you disconnect. Will anyone truly notice if we leave the Facebook fishbowl?

Recently while cycling I witnessed a single verdant, red-flamed Ocotillo in a perfectly barren desert setting in front of an azure-blue sky. Immediately I felt compelled to stop and capture this scene in a picture of myself with my bike. This picture provided contentment and my first reaction was to post my experience. I then realized this was no longer possible. It was an epiphany and at that moment, appreciation of this adventure held more importance than the interest in validating good times with others. This in-the-moment feeling of self-satisfaction allowed me to realize – and appreciate – the real world.

All of the extra free time absent from Facebook and connecting with reality will be something to remember much more in ten years than the need for a Facebook romance. This heartfelt realization is liberating. At the moment, after 30 days into this experiment, I am exactly where I should be.



## What is Medical Micro-Needling?

By Deidre Braun, MS, LAc

Medical micro-needling, also referred to as collagen induction therapy (CIT), is a relatively new concept aimed at stimulating the body's own collagen and elastin production to tighten, lift and rejuvenate the skin. The benefits of this treatment include the reduction of fine lines and wrinkles, minimized pores, and the disappearance of stretch marks, crepey skin, and scarring such as surgical and acne scars.

Micro-needling devices are a vibrating stamp-like motion of a disposable needle tip. Modern techniques control the levels of dermal penetrations through precise depth adjustments set on the application hand piece. Each of the thousands of micro-passages within the dermis activates and stimulates the cascade of normal positive wound healing by releasing growth factors for eventual collagen and elastin production and maturation. These growth factors have deteriorated with age and by asking the skin to heal, they are called into action.

Another advantage of micro-needling is the creation of thousands of micro-channels for the delivery of beneficial bioactive peptides and cosmeceuticals (cosmetic products with biologically active ingredients), as well as active growth factors and anti-acne agents for advanced skin care and acne scar treatment.

Researchers are also investigating the potential benefits of combining your own platelet-rich plasma (PRP) with micro-needling to further rejuvenate your skin, stimulate hair growth, and improve scars, stretch marks, and crepey skin in the face, décolletage, abdomen, and inner arms.



Micro-needling stimulates the body's own collagen and elastin production

Micro-needling treatments take 30-45 minutes and are virtually painless because of the action of a topical anesthetic gel. Following the treatment, your face feels like a moderate to severe sunburn, which subsides after 1-2 hours. You may see slight redness after 24 hours, and it is important not to be in direct sunlight for 24-48 hours.

The procedure, which can be used for almost all skin types, is repeated every 4-6 weeks with 3-6 treatments for maximum benefit. Results are standardly visible in six weeks' time with maximum collagen induction for skin tightening and rejuvenation usually observed in three to six months.

Medical micro-needling has a high safety record and is performed by medical skin care specialists.

Deidre Braun is a licensed acupuncturist and founder of Revive the Skin in Rancho Mirage. She can be reached at (760) 485.2870.

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## Achieving Beautiful Skin

There are several myths about skin care in today's world which greatly inhibit the overall health and well-being of our skin, the body's largest organ.

Let's take a look at some of these myths including the idea that washing one's face several times daily will diminish acne; sunscreen is not as important on overcast or cloudy days; and that all "all natural" products are good for the skin.

### Washing to diminish acne

The true fact is that repeatedly washing already irritated skin will strip it of the natural oils needed to keep the skin balanced. This can cause an over-production of oil from the body's sebaceous glands, clogging pores, and perpetuating acne and compromised skin.

### No sunscreen on cloudy days

The idea that sunscreen is not needed on overcast or cloudy days is also false. In fact, over exposure due to lack of protection from harmful UVA and UVB rays which are still prevalent on overcast days, will again result in overstimulated sebaceous glands and is likely to cause acne and damage both the primary and secondary layers of the skin. This can make you more prone to skin issues such as carcinoma, melanoma and keratosis.

### "All natural" products

While natural products can be beneficial and provide your body with needed essential fatty acids and nutrients, most products claiming to be natural are not in fact pure products. Many are filled with preservatives in order to keep the ingredients from diminishing, but which can cause irritation, allergic reactions, and even damage to the skin.

The importance of a good skin care regime and proper skin health is not to be underestimated. With a total area of roughly 20 square feet, our skin protects us from toxins, microbes and the elements we encounter on a daily basis such as smog, germs, bacteria and viruses. The skin is essential to overall body health and allows for proper Vitamin D production, regulates the body's temperature, and allows us to feel the sensations of heat, cold, touch, etc.

In order to maintain healthy and balanced skin, several factors come into play. Being properly hydrated, (especially in the desert) is necessary for proper brain function and aids in skin health and texture. Exercise is vital to overall body health by allowing for proper circulation which helps to keep your skin healthy and vibrant. A properly balanced diet is essential for skin health, intestinal balance and overall mental and physical well-being. A diet consisting of healthy fats such as Omega 3's found in foods like avocados and salmon as well as foods rich in calcium and magnesium, such as almonds, will help protect your skin from the harmful effects of your daily environment.

I would recommend the following tips to achieve the skin you desire:

- ✿ Establish a proper skin care regime;
- ✿ Don't over expose your skin to moisture, such as long baths and consider using warm rather than hot water;
- ✿ Avoid harsh soaps that will strip your skin of its natural oils; consider instead a well-balanced line of medical grade skin care products. Skin Medica and Obagi have shown amazing results;
- ✿ Don't smoke. Smoking narrows the tiny blood vessels in the outermost layers of the skin decreasing blood flow, damaging your body's ability to create collagen and elastin and diminishing your skin's strength and elasticity;
- ✿ Stay properly hydrated;
- ✿ Maintain a balanced diet. A healthy diet contributes to younger looking skin by allowing the cells within your body to function at maximum capacity;
- ✿ Exercise in order to reduce stress and increase oxygen levels within the body allowing your skin to regenerate and maintain its natural balance;
- ✿ Lastly, protect your skin from the sun and treat your skin gently.

The goal of a proper skin care regime is to allow the beauty you have inside to reflect outwardly. Also know that there is an intimate connection between our emotions and our skin. Allow yourself to be radiant by taking care of your body, mind and soul.

Desert Health® is honored to welcome Dr. Ritu Chopra and his new column Beauty Inside & Out. Dr. Chopra graduated cum laude from Boston University School of Medicine and completed a six-year general surgery residency at Cedars Sinai Medical Center in Beverly Hills. He is a recipient of the prestigious Alpha Omega Alpha award given to the top 10% of medical students followed by the award for top surgical student in 1999. Dr. Chopra was also accepted into one of the oldest and most acclaimed programs in the country at the Albert Einstein School of Medicine in New York where his fellowship provided extensive experience in complex aesthetic and reconstructive surgery of the entire body. He has authored and co-authored several peer-reviewed publications in all aspects of surgery from minimally invasive surgery to stem cell research. Dr. Chopra's grandfather was a renowned health care practitioner in India and first introduced him to the many healing powers found in our environment providing him a unique perspective on health care and prevention. We look forward to Dr. Chopra's contributions to Desert Health®.



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## Focus on Health & Beauty At the 7th Annual Desert Woman's Show

If you are a fan of *Desert Health*®, we encourage you to attend the 7th annual Desert Woman's Show taking place November 15-16 at Agua Caliente Casino Resort Spa. Many *Desert Health*® contributing professionals will be speaking at this year's event which offers a concentrated focus on health and beauty.

Both Saturday and Sunday morning will start at 10am with a yoga stretch and demonstration led by Ann Marie Palma of Bikram Yoga Palm Desert (Saturday) and Bronwyn Ison of Evolve Yoga (Sunday). There is a full schedule of speakers presenting on the Garden Stage and in the newly added Clark's Nutrition Wellness Salon.

On Saturday, LiveWell Clinic's naturopathic doctor, Nicole Ortiz, ND, will share the latest technology on preventative heart health in "Young at Heart" (11:30am), and anti-aging expert, Dan Olesnick, MD, of Executive Wellness will share his insights on advancements in this field and cost-effective options (2:30pm). Yemi Omilani of Fireside Compounding Pharmacy will discuss the advantages of compounding pain solutions (12:30pm) and Patti Gribow will lead a discussion with top doctors (11am). Financial health tips on "Secret Ways to Boost Your Social Security" will be shared by Rob Schein of High Tower Financial (11am).

You'll also hear from New York Times best-selling author JJ Virgin who will share her discoveries on where hidden sugars can be found and tasty alternatives to help you lose stubborn pounds and improve your overall well-being (1pm; read more on JJ's new book on page 16).

On Sunday, Starkie Sower, Director of Education at Clark's Nutrition, will present "Feeling Younger Than You Did Yesterday" (10:45am), and Clark's Cynthia Cruz will educate you on the benefits and myths of non-GMO and organic foods (11:15am). Starkie also holds a workshop on the use of essential oils (12:30pm) and Cynthia returns with make-up artist Toni Wisner to discuss natural skin care and make-up secrets (2:30pm). Dr. Ortiz returns on Sunday with a presentation on

the latest in stem cell therapies for joint repair, chronic disease and non-surgical facial rejuvenation (3:30pm; see her editorial on page 17).

Sunday also features a dynamic Luncheon Runway Fashion Show showcasing a modern collection of specialty separates from GRAYSE, a new store from the creators of St. John Knits set to open on El Paseo this fall. This dynamic mother/daughter team, Marie and Kelly Gray, will join fashion editor Susan Stein on stage following the runway show.

All attendees receive a chance to win a \$500 shopping spree from Tarah Jade clothing and accessories on El Paseo, and can shop and browse from over 100 exhibits featuring fall fashions and accessories, health, cosmetics, fitness, and even new cars from Mercedes-Benz of Palm Springs.

This year's Taste of the Valley features samplings from Tommy Bahama, Catalan, Guiseppe's, Norma's, Johnny Rockets, Crater Lake Vodka, Backstreet Bistro, The Steakhouse, Woody's Burgers & Beer, Quintessential Wines, Castelli's, Balisage Bistro, TRUElicious Raw Food Bar, Coachella Valley Brewing Company with live jazz daily courtesy of Woody's After Dark.

*Desert Health*® is proud to sponsor this year's event along with Saxony Group, this year's title sponsor, Desert Regional Medical Center as platinum sponsor, and Mercedes-Benz of Palm Springs, Agua Caliente Casino Resort & Spa, High Tower Financial and Clark's Nutrition as gold sponsors.

General admission tickets are \$15 per day online or at the door and the Taste of the Valley wristband is \$15 per day; Luncheon Fashion Show tickets start at \$75; VIP Weekend Passes are \$100 and the Goddess Weekend Pass is \$200.

The 7th annual Desert Woman's Show takes place Saturday, November 15 & Sunday, November 16 from 10am to 5pm. For more information and a daily schedule of events visit [www.DesertWomansShow.com](http://www.DesertWomansShow.com). Exhibitors contact Diana Marlo (760) 285-3903 or [Diana@MarloProductions.com](mailto:Diana@MarloProductions.com)



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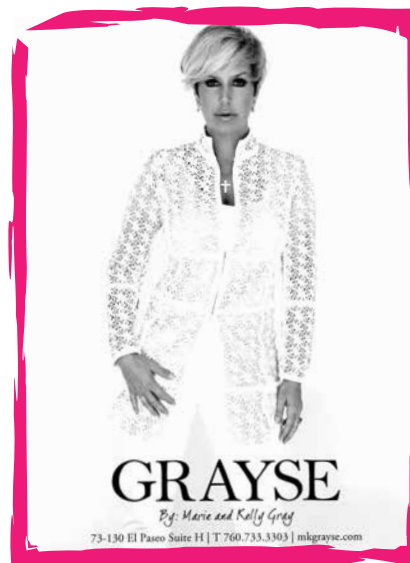
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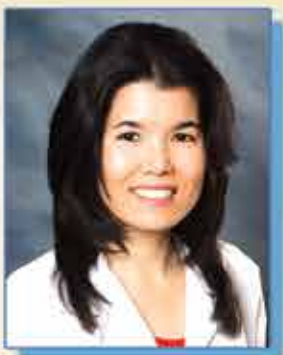
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## Making Dreams Come TRUE

By Lauren (Steadman) Del Sarto



Michelle Steadman

Michelle Steadman had a dream. She wanted to create the perfect raw superfood meal for her family: easy to eat on the go and packed with nutritious, organic foods. Little did she know that this dream would quickly lead to much bigger dreams which are all falling into place.

When friends and family couldn't get enough of her truly delicious bars, she gave them a name, TRUElicious®. She then tried a local health fair where people came back for take homes, and sold out. It was then onto a larger expo in San Diego where all 1,500 bars were purchased. The feedback was so positive, she knew she had something special. Michelle started distributing TRUElicious® locally to health food markets, juice bars and fitness centers and set her sights on Whole Foods - nationally.

A year later, she received an email from a friend about a Whole Foods vendor fair taking place in the desert. She couldn't believe it. Only one week away, they scurried to get a new logo, packaging design, and marketing materials. The store team members were impressed and Michelle got TRUElicious® into her first Whole Foods.

What she and Kevin accomplished next is truly amazing. Within four months, they found a location to take the bars out of their kitchen (they were the first in Indio to obtain an in-home Cottage Food Law permit) and into their own manufacturing facility; secured vegan, USDA organic, and gluten-free certifications; tackled building and production permits, state and local audits, microbial product testing, and insurance; and delivered on the stacks of paperwork and requirements from Whole Foods.

"I have a whole new respect for each individual product in their stores," says Michelle. "Their standards are top notch and beyond anything we could have ever imagined." Fortunately, both Clark's Nutrition and Whole Foods helped them along the way. "Basically we built a model Whole Foods manufacturing plant, and now that we've accomplished that, I feel we could go anywhere." In October, they secured their second Whole Foods in Westwood based on the strong sales in Palm Desert.

Whole Foods has a division called local foragers which seek out small operations like Michelle's to bring them to market. They guided the Steadmans through the development of recall plans, manufacturing practices, and delivery practices to ensure no cross-contamination, to name a few.



TRUElicious bars can be found at healthy stores throughout the valley and beyond

who manages production, proudly states that their new machine can crank out 250 bars a minute – what used to take them a day by hand. Michelle recalls that San Diego expo and those 1,500 bars which took forever to bake, package and label (their son Logan may be happiest of all as he was always part of the assembly line).

As they grow, Michelle and Kevin continue to keep it local. Their newly developed marketing campaign, "Be True," features local health industry professionals including Kim Tang of Bikram Yoga University Village; integrated pharmacist Lori Arnold; naturopathic doctor Shannon Sinsheimer; personal trainer Omar Almanza; Pilates instructor Jessica Lenarth; and certified raw food chef Kelli Rose.

The best part is that we all get to share in Michelle's original dream as TRUElicious® is the hands down best on-the-go meal you can find. Each bar is packed with 17 superfood ingredients like coconut, acai, maca, local dates, goji berries, chia seeds and cinnamon and provides a filling gluten-free vegan meal.

We congratulate the Steadmans on their accomplishments and growing business. Those who know them couldn't be prouder or happier for this hard-working couple. When they sell TRUElicious® to the big guys, I will certainly make it a point to determine how we are related. (:

Meet Michelle Steadman on Saturday, November 15 at the Desert Woman's Show. For more information or to purchase product, visit [Truelicious.com](http://Truelicious.com).



Kevin Steadman



Michelle and Kevin in their new manufacturing facility in Indio

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**Pepsi and the Clinton Foundation partner on pilot program**

Ever wondered how cashews grow? A single nut appears from a colorful pod (called an "apple") growing on trees in tropical regions like Brazil, Vietnam and India. While the popular nut is in growing demand, the apples are standardly left on the ground or thrown away.

As reported by the *New York Times*, a new pilot program by Pepsi in India may change that. Based on the growing demand of young, health-conscious consumers around the globe, Pepsi is betting that the tangy, sweet juice from cashew apples will be the next coconut water or açai juice.

Cashew apple juice is not commonly marketed due to its quick fermentation, but does show up in various local products around the globe like Cashewy in Thailand, which is marketed as "the beverage of gods." Claims extol its high vitamin C content, and its ability to help burn fat and enhance sexual performance.

Farmers were baffled by Pepsi's interest. "I thought it was a little strange that they wanted to buy cashew apples, but I didn't like to question a new source of money," said Sanjay Pandit in an interview with *The Times*.

To help improve the farming, collection and rapid processing of the apples, Pepsi turned to the Clinton Foundation, which had expressed interest in the company's efforts to incorporate small farmers into its global supply chains. Acceso Cashew Enterprise, the business established by

the Foundation to carry out the program in India, works with farmers teaching them techniques and practices to help increase yields and improve cultivation.

Due to a distribution system thick with middlemen, farmers historically have received only a fraction of the nut's final value, but Acceso is replacing some of that network, buying nuts at a higher price as well as creating a market for what until now was essentially garbage, the cashew apples. Roughly 500 small farmers participate in the Acceso program.

More than a dozen growers interviewed by *The Times* said that sales of the cashew fruit last season had raised their families' incomes by as much as 20 percent. One farmer, Ravindra Agare, said he had been able to buy schoolbooks for his children. The two sons of another farmer, Harshad Mukadam, are taking English lessons that he said he could never have afforded before. "It makes me happy that I can do this for them," Mr. Mukadam said.

Starting next year, cashew juice will go into a mixed fruit juice drink sold in India under the Tropicana label, replacing more expensive juices like apple, pineapple and banana. Eventually, the company hopes to add it to drinks around the world.

Excerpts taken from the *New York Times* article "Cashew Juice, the Apple of Pepsi's Eye", by Stephanie Strom August 8, 2014.



The cash in "cashew apples" is building commerce for small farmers in India

## Take an Active Role in Your Insurance Coverage

**By Randy Alan Foulds**

Hundreds of thousands of us enrolled in Covered California last year, and even more will enroll this year. For Medicare, thousands of Californians turn 65 every week and choose an Advantage plan, or a Medicare Supplement. With all of these new enrollees selecting new plans in Medicare and Covered CA, it means much more administration for the insurers. And that means more mistakes.

In a recent discussion with agents, major insurers pointed out that their clients (including the many new enrollees) have to take an active role in administering their coverage. With the significant amount of change that has taken place, we can no longer assume that all the insurance coverage we signed up for is doing exactly what it is supposed to do, or covering what we expect it to cover. As consumers, the burden has shifted to us to have basic knowledge of our health plan benefits.

At the very least, you should know the following:

What is the exact name of your insurance plan? The name of the insurer, the plan name, and level of coverage is all listed on your ID card. What type of plan is it? HMO, PPO, Advantage plan, Medigap F, N, G, etc. How much is your deductible? How much is your copay? Is there any coverage available before your deductible? Are you limited to one particular physicians' group? Can you select your own specialists in network,

or must you have a referral from your primary care physician?

The best way to gather this information is to sign up for access to your insurer's website. Each insurer has a consumer website with a members' section. By

enrolling for access to their website, you will be able to track your medical expenses and the amount applied to your deductible, to see if your copays have been accounted for, to find specialists in your network, and even to estimate out-of-pocket costs for common procedures.

For example, if you are under age 65 and your doctor recommends a colonoscopy, you can login to your insurer's website, pick a specialist to perform the procedure, and get a very accurate estimate of what your costs will be.

If you don't have this information at hand, or can't go online to retrieve it, call your insurer and ask for it to be sent to you. If you have a certified agent, they can answer these questions, as well as help you register online.

Take an active role in your health care plan. Know your costs to help avoid surprises and track usage to ensure you catch any errors before they cost you.

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



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# Medicare Advantage Annual Enrollment Ends December 7

By Bill Robinson

If you are a senior who either wants to possibly change your Medicare Advantage Health Plan or your Medicare Prescription Drug Plan... OR... you want to consider buying one or the other for the first time, now is the time to check out the facts about these plans. Enrollment is open until December 7 after which you will be locked into the plan you now have - and locked out of changing plans - for another year (with only a few exceptions).

There are many Medicare Advantage “all-in-one” health plans which include a prescription drug plan, and all but one are HMO Plans. Most of these plans have no premium required. There is also one approved Medicare Advantage PPO plan available, though it is of questionable value in its new 2015 form. Co-pays and hospital admission fees are usually very low in these plans, sometimes even zero.

With Medicare Advantage HMO Plans here in the Coachella Valley, you will have just three medical groups of doctors and specialists from which to choose your Primary Care Physician (PCP). If you need to see a specialist and obtain a referral from your PCP, you can only be referred to specialists in your PCP’s medical group (not doctors in our area’s other two HMO medical groups). And if you are away from the Coachella Valley, most medical expenditures will be considered “out-of-network” except for true life-threatening occurrences.

Remember, when you enroll in a Medicare Advantage Health Plan (MAPD), you in effect sign over your original Medicare benefits to the medical group of which your PCP is a member. Thus you cannot go to other doctors or have any Medicare benefits to use because they are replaced by your MAPD plan.

Another option for seniors is to have a Medicare Insurance Supplement Plan coupled with a Medicare Prescription Drug Plan (Part D), each of which is purchased separately. This approach offers maximum flexibility and control allowing you to see any doctor or medical facility in the entire United States, as long as they accept Medicare patients.

And after paying the premium for a Plan F Medicare Insurance Supplement to Medicare, you should not have to pay anything for all of your medical care, in or out of the hospital, as long as your medical services are “covered expenses” on the Medicare program. For example, cosmetic surgery for droopy eyelids is not covered by Medicare, and therefore is not covered by any Medicare insurance supplement. You would only have to pay your deductible and co-pays on the Part D Prescription Drug Plan for medications bought at local pharmacies or through the Part D plan’s mail order service.

All of this can be confusing, so it can be of great assistance to contact a knowledgeable licensed health insurance agent who can assist you in making the best decisions for your medical needs and budget.

Bill Robinson has been a licensed agent for 32 years and is owner of Palm Canyon Insurance Agency in Palm Springs. (760) 416.4225

# Fourth Quarter Tax Check-up!

By Reesa Manning, Vice President & Senior Financial Advisor

Many people confuse tax planning with tax preparation and only think about the subject when preparing their annual tax return. However, there is little you can do to actually lower your tax bill when preparing your return. If your goal is to reduce income taxes, you need to be aware of tax planning opportunities throughout the year.

Take time early in the year, perhaps as part of the tax preparation process with your tax advisor to assess your tax situation, looking for ways to reduce your tax bill. Consider a host of items, such as the types of debt you owe, how you’re saving for retirement and/or college, which investments you own, and what tax-deductible expenses you incur. Often your tax advisor can propose strategies you might not have considered.



Year-end planning can save money at tax time

Throughout the year, consider the tax consequences before making important financial decisions. This will prevent you from finding out later that there was a better way to handle the transaction for tax purposes.

November is the perfect time to look at your tax situation as it gives you plenty of time before year-end to implement any additional tax-planning strategies. At that point, you’ll also have a better idea of your expected income and expenses

for the year. You may then want to incorporate strategies you hadn’t considered earlier in the year, such as selling investments at a loss to offset capital gain.

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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## Health Insurance

### OPEN ENROLLMENT TIME IS HERE!

*and it can be very confusing, yes?*

**Please allow me to assist you so that it “all makes sense” and allows you to make an informed decision as to which option is best for your personal needs for health insurance.**

**Seniors - The Annual Open Enrollment Period (AEP) began 10/15/14 and runs until 12/7/14**

This is the one time each year when you can evaluate alternative Medicare Plan options and change plans if you decide to do so, with all plan changes taking effect 1/1/2015. After 12/7/14, you are mostly locked in to the Medicare Advantage Health or Prescription Drug Plan you last enrolled in, for all of 2015.

I can assist you in better understanding your plan options, so you can make an informed decision that best suits your personal needs.

**People under Age 65 - The Annual Open Enrollment Period begins 11/15/14 and ends 2/15/15**

- This 3 month Open Enrollment Period is the one time each year when you can evaluate alternative health insurance plan options for your health plan coverage in 2015.
- Unhappy with your current health insurance plan? Or you have no coverage now? Then this is the time to take action!
- But to change plans or enroll in a new plan for the first time AND have a 1/1/2015 effective date, you must select and enroll in a new health plan by 12/15/14...so there is only a 30 day window to enroll for 1/1/15 coverage. Otherwise you have until 1/15/15 or 2/15/15 to enroll in coverage effective 2/1/15 or 3/1/15.

**Please call or e-mail me...I will be most pleased to assist you with the information you need to choose a new health plan.**

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## Fitness Program Design Basics

### Getting the most out of your gym workout

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

Many people spend a great deal of time trying to get stronger and shed those extra few pounds only to hit a wall that inhibits their progress and discourages their effort. Many go to the gym 4-5x a week with high expectations of obtaining that beach body. They watch their nutrition, drink ample water, and even go to bed early to get the proper amount of sleep for optimum recovery, adding to the frustration when results don't appear.

So what could be the problem?

As I observe people working out at the gym and gather information from new clients, there is one thing they all have in common: They don't have a plan.

After beginning a workout regime, sometimes a program can become stale. In a very short period of time, the body learns to adapt to the stress that is placed upon it. So if you are doing the same workouts for 3 months without changing any of the parameters, staleness sets in and the body stops growing.

Elite athletes standardly change their programs weekly as their bodies quickly become bored with the routine, and athletes at that level have a very small window to improve due to their hectic schedules. Beginners can take longer to change their programs because for the first 6-8 weeks, training is developmental meaning the nervous systems is being developed during this period and the gains are not in strength, but in neuro-development.

So to gain strength, get bigger or leaner, or to lose weight, you must have a plan and learn how to set up the variables - sets, reps, tempo intensity and rest - of a successful program. All of these factors play an important role in what you are trying to achieve, so let's take a closer look:

#### Definition of terms

**Sets:** A set is the end result of how many repetitions that can be performed at once. **Reps:** The total number of times an exercise can be performed in a set. **Intensity:** The total amount of weight to be lifted by repetition. **Tempo:** The time under tension for that particular repetition. As an example, 3010 tempo means 3 seconds taken during the stretching phase; the zero means no rest at the bottom of the movement; the one refers to the contractile phase

or the shortening of the muscle; and the zero at the end of the equation refers to no rest before starting another rep. Rest: The amount of time taken between sets for recovery.

**Hypertrophy:** This basically means you want to get bigger so you need to lift fairly heavy weight. Most jocks love this phase, but without knowing it they rarely leave this phase of training. Reps = 8-12 Sets = 3-4 Intensity = 75% of your max, Tempo = 3010, Rest = 1.5 min.

**Strength:** This means lifting as much weight irrespective of time with a very high intensity. So once you have gained the size that you like, it's now time to get strong. There are many categories of strength; I will refer to Maximal Strength. Reps = 4-6, Sets = 4-6, Intensity = 85-90%, Tempo = 1010, Rest = 3-5 min.

**Strength/Endurance:** This category fits the endurance athlete who wants to add some strength to their program, but keep the program specific to their activity level. Reps = 12-20, Sets = 3-4, Intensity = 65-70%, Tempo = 2010, Rest = 30 sec.

**Power:** This mode of training is for people who want to get more explosive. Lifting a weight as fast as possible in respect to time, or jumping onto a box explosively and landing softly are examples of power training. There are many theories about what the percentage

of the 1 rep max should be. Keeping in mind that time is relevant when it comes to moving an object quickly and explosively. I like to use a lighter load unless the athlete can show that he or she can move the weight explosively at a higher percentage. Reps = 1-2, Sets = 4-6, Intensity = 50-85%, Tempo = xxxx, Rest = 5-6 min.

In conclusion, if you want to enjoy results from your workouts without hitting the wall, it is best to have a plan. Change the variables every week and change your exercises so you don't become bored. The human body needs change and stress placed upon it for growth to continue. Establishing short- and long-term goals, and a plan to achieve those goals, is the key to your success with your workout routine.

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



Having a plan can help you reach your goals

## Five Golds for Palm Springs

### In First Lady's Let's Move! Initiative

The National League of Cities (NCL) has recognized Mayor Steve Pougnet and the City of Palm Springs with a total of five Gold Medals for completion of key health and wellness goals in Let's Move! Cities, Towns and Counties (LMCTC). The targeted campaign is a major component of First Lady Michelle Obama's Let's Move! Initiative which is dedicated to solving the childhood obesity epidemic.

Of 449 participants, Palm Springs is now ranked No. 1 in the country along with 10 other cities. Pougnet stepped up to the LMCTC challenge to adopt sustainable and holistic policies and programs that improve the community's access to affordable food and physical activities. In partnership with the Desert Healthcare Foundation, more than \$1 million has been raised over the past three years for health and wellness programs in Palm Springs and the entire Coachella Valley. Key funding and awareness initiatives include the very successful Mayor's Healthy Planet, Healthy You Race and Wellness Festival.

"We congratulate and commend Mayor Steve Pougnet and the City of Palm Springs in your efforts to improve the health of your community's children and families," said NCL President Chris Coleman, mayor of St. Paul, Minnesota. "Through leadership and dedication of local elected officials in cities, towns and counties across the country, we are

beginning to see a measureable decrease in obesity rates and a cultural shift towards health."

The City of Palm Springs received a total of five Gold Medals for achieving the following five key goals:

• **Goal I: Start Early, Start Smart:** Promoting best practices for nutrition, physical activity, and screen time in early care and education settings.

• **Goal II: My Plate, Your Plate:** Prominently displaying My Plate in all municipal or county venues where food is served.

• **Goal III: Smart Servings for Students:** Expanding access to meal programs

before, during and after the school day, and during summer months.

• **Goal IV: Model Food Service:** Implementing health and sustainable food service guidelines that are aligned with Dietary Guidelines for Americans.

• **Goal V: Active Kids at Play:** Increasing opportunities for physical activity.

"The City of Palm Springs is committed to practicing and promoting good health in our community, and to fighting the childhood

obesity epidemic," said Pougnet.

"There is nothing more important to the success of a community than good health and on behalf of the City of Palm Springs, I want to thank the NCL for this tremendous recognition."




Athletic Mayor Steve Pougnet



Palm Springs promotes health through community events and programs

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## Celebrating the Day of the Dead *with Life!*

By Lauren Del Sarto

Día de Muertos ("Day of the Dead") is a Mexican holiday observed around the world. The treasured celebration takes place on October 31, November 1 and November 2 and brings together family and friends to pray for and remember loved ones who have died. Holiday traditions include building private altars ("ofrendas"), honoring the deceased using sugar skulls, marigolds, and their departed's favorite foods, beverages and possessions, and visiting graves with these as gifts.



The 2014 Por Vida! training team prepares for this year's 5k run

Valley resident Tizoc DeAztlan thought it would be inspirational to use this holiday to also "celebrate life." So on November 1, he is producing the second annual Run with Los Muertos 5k race in Coachella encouraging east valley residents to get out and run in honor of those who have passed, but also in honor of the life they have today.

Born and raised locally, Tizoc knew that health and wellness has not been a top priority for the east valley population, and he is working to help change that.

To further encourage first time runners to get involved, this year he created Por Vida ("For Life"), a free six-week training program leading up to the event. He enlisted the help of doctors at the Live Well Clinic, Nicole Ortiz, ND, and Brian Myers, ND, who provided basic nutrition and training tips, and took body measurements at the start and finish. They also provided a training schedule for each week to complement their Saturday morning gatherings.

"Last year we saw a lot of first time runners come out - people who were crying when they crossed the finish line. It was very powerful," he says. "We wanted to provide them with encouragement and knowledge to sustain this practice, and to create a culture of fitness so they will stay healthy."

"This event speaks to an audience that isn't standardly included in the conversation of health," says Dr. Ortiz. "Our goal is to reach the people who need to be reached and I think there is really the potential to grow this effort as friends tell friends and the momentum continues."

Vicky Chavez of Coachella agrees. "The whole concept attracted me. You are

running in honor of someone who has passed in your family; I am running for my parents. This race has motivated me to get back into running, and after the run, I want to keep the lifestyle and to stay healthy."

She adds that the doctors are very knowledgeable and have helped the group understand what to eat and how to train, "and it is free, so you can't beat that!"

"Running a 5k and getting up Saturday mornings at 6am isn't many people's idea of an ideal experience," says Xavier College

Prep student Johnny Flores who is writing a blog about his training experience aptly entitled "Not Giving Up!" "I write about who I am running for, the weekly experience, and what I learn, like, in order to be healthy we need to give up sugary beverages, stay active, drink lots of water and watch what we eat. The doctors are really great at keeping us motivated. My family and friends think I'm crazy!"



The free 6-week program included weekly workouts, training and nutrition tips

Run with Los Muertos, which takes place at night on the streets of Coachella around City Hall, is also building a sense of community. As part of the production, Tizoc and his team go door-to-door to let neighbors know the event is coming. "Any other night, most folks are not going to walk that neighborhood," says Tizoc, "but last year, people were out on the sidelines giving high fives and cheering runners on."

Last year 600 runners and 3,000 spectators took part and more are expected this year. "We hope that little by little Run with Los Muertos will generate community awareness of the importance of getting - and staying - healthy," says Tizoc. "We take pride in celebrating the dead, but at the same time, we should celebrate our present life. 'Por Vida!'"



Families celebrate the cultural holiday

Run with Los Muertos takes place November 1, 2014 in Downtown Coachella, 1515 6th St. Race Day Packet Pick up available 10am-2pm at The Palm Springs Museum in Palm Desert and at race location from 4pm-7pm. Pre-Race Ceremony 6pm. Race begins at 7pm. Live music, craft beer garden, and Art Walk runs from 6pm to 12am. For more information on this annual event, visit [www.RunWithLosMuertos.com](http://www.RunWithLosMuertos.com)

Congratulations to Sameer Bhatia who is moving his family from New Jersey to the Valley to open Planet Fitness Coachella. The former investment banker sees much opportunity in the community and is working closely with the city to open the 18,000 sf franchise gym this year. "We are excited about the support we are receiving from the community, and about making fitness accessible to all," said Bhatia. "At Planet Fitness, we care deeply about the health and wellness of our members." Planet Fitness is known for its extremely low prices, with memberships available for just \$10 a month. Located at 50249 Harrison Street. (760) 398.8888 [www.PlanetFitness.com/gyms/coachella-ca-950](http://www.PlanetFitness.com/gyms/coachella-ca-950)



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with Dr. Shannon

### Infertility & Thyroid Health

The thyroid gland has many roles and responsibilities in the body. A minor shift in optimal thyroid health can have significant effects on the entire body, including the ability to conceive and maintain a pregnancy.

When an otherwise healthy couple struggles to conceive, a simple adjustment to thyroid function can drastically improve fertility and pregnancy retention. It is important to get appropriate thyroid testing and evaluation as many times subclinical hypothyroidism, a condition in which the thyroid appears normal on lab work but the body functions as if the thyroid is unbalanced, is overlooked.

The thyroid gland is responsible for temperature regulation, metabolism, immune system function, and most importantly, fertility. It can affect ovulation, hormones that encourage implantation of a fertilized egg in the uterus, and estrogen and progesterone levels. A minimal change in thyroid levels can actually prevent an ovarian follicle from developing, leading to disruption in ovulation. A thyroid imbalance can also shorten the second half of a menstrual cycle, altering the time frame for a fertilized egg to properly implant in the uterus. This means if ovulation and fertilization do occur, the shortened cycle leads to uterine shedding before the egg properly implants.

The optimal estrogen/progesterone balance necessary for fertility and retention of a new pregnancy is highly sensitive to variations in thyroid hormone levels. Suboptimal thyroid hormone levels will negatively affect the estrogen/progesterone balance causing infertility or early miscarriages. A thorough evaluation of thyroid function is necessary if infertility occurs (defined as a pregnancy not occurring within 6 months of trying to conceive, or more than 2 consecutive miscarriages).

Typically, hypothyroidism is discovered long before a couple tries to conceive. The typical symptoms of fatigue, weight gain, irregular periods, and bowel disruption are present and testing/treatment for hypothyroidism begins. However, many women are unaware they have an imbalanced thyroid until they try to conceive unsuccessfully. A true diagnosis of hypothyroidism is primarily dependent on Thyroid Stimulating Hormone (TSH) levels between .5 - 4.5 on lab tests. However, clinical evidence and new research shows that fertility is negatively affected when the TSH is higher than 1.0 - 1.5 on lab tests and the active thyroid hormones T3 and T4 are on the outer limits of normal. Some women have a very small window of TSH levels on which the rest of their hormones depend for balance and proper function.

A study on subclinical hypothyroidism and infertility in 2012 showed that 23% of participants with infertility had a TSH over 2.0. When these particular participants were given thyroid medication, 76% of the women became pregnant within 6 weeks to 1 year.

For conception and prevention of miscarriage, it is extremely important to address thyroid health and to be sure TSH, T3, and T4 are within appropriate, if yet conservative, ranges on lab tests.

Subclinical hypothyroidism has many causes, including environmental toxin exposure, stress, gluten intolerance, nutritional deficiencies, and genetic predisposition. However, treatment for subclinical hypothyroidism - and subsequently infertility - can be simple and as studies show, quickly effective in resolving an underlying health issue.

Dr. Sinsheimer is a Naturopathic Doctor and can be reached at (760) 568.2598.

Sources: 1) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3657979/>; 2) <http://www.pregnancy.com.au/resources/topics-of-interest/preconception/is-poor-thyroid-function-impacting-your-fertility.shtml>; 3) <http://natural-fertility-info.com/solve-thyroid-problems-before-conceiving-a-baby.html>; 4) <http://www.hotzwhc.com/en-US/Resource-Center/Articles/Infertility-Is-It-Low-Thyroid-in-Disguise.aspx>; 5) <http://www.sheknows.com/health-and-wellness/articles/807574/infertility-is-your-thyroid-to-blame>

## THE TRUTH ABOUT LOCAL FOOD

"Local" means a lot of different things to different people. Some grocery stores call produce shipped in from a five-state region "local". Call us old fashioned, but to us, if you couldn't drive there in an hour or two, it's not truly local. That's why we put a measurable standard on our True Local products: We simply won't call it True Local unless it's 100 miles or less away from our stores.

### WHY DOES LOCAL MATTER?

- Better for the environment
- Better for the local economy
- Helps local, family-run farms and businesses
- Local often means fresher
- Fresh food tends to taste better and have more nutrients

Vineyard in Temecula, CA

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## Holiday Stress: Saving "Santa"

### First 5 Riverside offers help for families

We all know the holiday season can be very stressful, particularly on parents of young children. Even the youngest children can feel the strains of the season.

The Growing Healthy Minds initiative, part of First 5 Riverside's commitment to the county's youngest children and their families, offers help with resources, support and services to promote social-emotional wellness and optimal mental health. The program offers tips to express, cope with, and manage a variety of feelings, as well as explore new environments and opportunities to interact with others.

Children need to be healthy in order to learn, grow and succeed in life. Social and emotional health is critical to a child's overall development. Growing Healthy Minds is First 5 Riverside's \$15.5 million investment in the social and emotional well-being of the county's nearly 200,000 children ages 5 and younger.

Nationally, 75 to 80 percent of children and youth in need of mental health services do not receive them. Infants and toddlers are very unlikely to receive treatment, which can lead to lifelong developmental problems. Without preventive measures or early interventions, an estimated 40,000 or 20 percent of these children will develop mental health issues.

Early intervention can be a life-changing experience for parents and children. Just as we've learned how improving a child's diet can improve overall health, parents can take simple steps to improve their child's social and emotional development.



Bustling shopping centers, holiday lights galore, and looming family gathering preparations can create plenty of stress. Add long work days, traffic, undone chores and a screaming child, and you've got a world of chaos.

When frustration mounts, it's important for parents to take a break. Take a deep breath, center your thoughts and then take action. This may mean delaying a chore in order to get some fresh air or spend time with a child acting out to get your attention. Call on a friend or partner to take over caring for a child, do something on your own, get some rest or just take a moment to recoup.

It's OK. At GrowingHealthyMinds.org, parents can access tips on a variety of issues including coping with stress and depression, balancing work and family, temper tantrums, crying, whining, toilet training, bedtime, going shopping and safety.

If they sense there may be an issue or are advised by a physician or teacher, parents and caregivers can access screenings through the Family Service Association Kids 1st program. This program also provides free parenting classes, therapeutic services, and support throughout Riverside County.

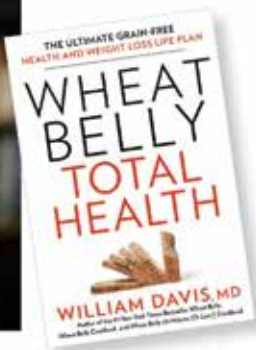
For more information, call 2-1-1 or visit [www.GrowingHealthyMinds.org](http://www.GrowingHealthyMinds.org). Learn more about First 5 Riverside, the Riverside County Children & Families Commission, at [www.First5Riverside.org](http://www.First5Riverside.org). Kids 1st program can be reached at (951) 686.1096 or [fsaca.org/services/mental-health/kids-1st-program](http://fsaca.org/services/mental-health/kids-1st-program).





## Wellness Matters Speaker Series 2015

William Davis, MD  
Author of *Wheat Belly*, Cardiologist, Health Crusader



**JOIN US WEDNESDAY, JANUARY 14, 2015**

Dr. Davis rocked the world when he described how grain in our diet can be as harmful as refined sugars. Now he has moved to the topic of "life after wheat" and he explains how to regain full metabolic, gastrointestinal, thyroid, cardiovascular, hormonal, sleep, neurological, bone, and joint health.

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Lecture 7-8 p.m.

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## WORLD AIDS DAY DECEMBER 1, 2014



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6:30-8 PM | AWARDS SHOW

8-10 PM | COCKTAIL & HORS D'OEUVRES RECEPTION

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Award Categories Include:

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Approved nominations will be reviewed and winners selected by our designated Executive Committee.

The evening celebration will include dining stations offering a variety of lifestyle choices, a wellness expo, silent auction benefitting Coachella Valley Volunteers in Medicine, guest speaker and the awards presentation.

**SEND US YOUR NOMINATIONS TODAY!**  
 For details visit [DesertHealthNews.com/events](http://DesertHealthNews.com/events)  
 (See pages 8, 10, and 20 for nominations received to date)

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<p>“Balance is achieved through moderation.”</p> <p><b>Mark Hayek</b> Senior Vice President and Financial Advisor</p>	<p><b>American Classics</b></p>	<p>From your Plate to your Portfolio, healthy choices support longevity</p>	<p><b>Mediterranean Medley</b></p>	<p>“Invest in the long term.”</p> <p><b>Michele T. Sarna AWMA®</b> Senior Vice President and Financial Advisor</p>

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