



Desert Health[®]

News from the Valley's Integrated Health Community

September/October 2014

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Come Paint El Paseo Pink!



"I developed allergies after moving to the desert" is a common sentiment which I shared. Or so I thought.

Shortly after my arrival from Northern California, I developed this chronic phlegm in the back of my throat. Claritin seemed to help, so I thought it was safe to assume that I had developed a seasonal allergy to something in my new environment. However, the condition persisted, and I often awoke choking and coughing uncontrollably because of the post nasal drip.

Determined to get rid of the on-going symptoms - and to the root of the cause - I began a four-year journey into both the medical and naturopathic realms for diagnosis and treatment.

What is the cause of this desert phlegm so many of us experience?

In looking back on my documented journey for this article, I decided to get further insight from board certified otolaryngologist (ear, nose and throat doctor), Maya Kato, MD, of The Ear Institute in Palm Desert. She confirmed that allergies are far more common in the desert than in other regions due to our golf courses, plants, dust and wind. But allergies are not the only cause of these symptoms, and diagnosis and treatment will vary from doctor to doctor.

"When someone presents with 'a frog in their throat,' the first thing we try to determine is if it is coming from the top down (from sinuses) or up from below as in acid

reflux," says Dr. Kato. Diagnosis is determined by taking a patient's verbal history and discussing symptoms. "In my experience, approximately 60 percent is from sinuses and 40 percent from acid reflux."

The first visit for my symptoms back in 2010 was to an ENT whose diagnosis was 'throat irritation caused by acid reflux and nasal drip.' So I received treatment for both including 30 days of Prilosec for acid reflux, 20 days of an antibiotic, and 30 days of Mucinex for phlegm. This treatment seemed extreme, but I attempted to comply. My immediate reaction was nausea and dizziness, so I decided to try the Prilosec first and then the antibiotic. Two months later, I still had symptoms and didn't feel any better. In fact, I felt worse from all the medication.

Natural Options

There had to be natural therapies to minimize symptoms, so my next visit was to a naturopathic doctor. She recommended nasal irrigation using a neti pot (new to me at the time) to clear the sinuses; drinking slippery elm to help minimize phlegm; and taking the dietary supplement caprylic acid to suppress fungal infections within the gut (aimed at addressing the root cause of the problem).

The neti pot originates from Ayurvedic medicine and has been used for centuries. It is a small pot or bottle from which warm salt water is administered into each nostril traveling through the sinuses and out the other side. "90% of my patients swear by this simple therapy,"

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When kids are involved in the choice, they are more inclined to take part.

That is the philosophy behind FIND Food Bank's Kids Summer Feeding Program: Don't just feed the children, make them part of the selection, education and preparation.

Teaming with valley Boys & Girls Clubs and local YMCAs, FIND's summer program delivers produce to 17 locations weekly from June through August. Each location creatively sets up a mini farmer's market, promotes "shopping day," conducts cooking classes, and prints take home recipes for the variety of fruits and vegetables they receive.

Now in its second year, the grant-funded program is making a difference. "When we started this program, many kids didn't know what the different fruits and vegetables were," says

program coordinator Danitza Borges. "Now the kids truly appreciate the gift of healthy food and learning about how food impacts their body." She said some locations have even noticed that vending machines are no longer empty by the end of the week, which is a very positive sign of change.

FIND's program supplements the school subsidized lunch program which continues to serve local Boys & Girls Clubs and YMCAs throughout the summer. However, these meals are not always nutritionally balanced or enough for the clubs. FIND serves all the sites, but takes into consideration which ones serve three meals a day, which are being supplemented with nutritious meals, and which are being supplemented with

Continued on page 14



Shopping day at Cathedral City Boys & Girls Club

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Excitement is growing for the First Annual Desert Health® Wellness Awards! Designed to enhance the focus on health and wellness in our community, the event will recognize those who are making a difference, and inspire others to take action.

Approved nominees will be recognized in the issues of *Desert Health®* leading up to the event (see page 13) and top honors will be awarded at the evening celebration.

A sincere thank you to our Executive Committee who will be reviewing nominations and selecting winners: Tricia Gehrlein, Clinton Health Matters Initiative; Donna Sturgeon, Coachella Valley Economic Partnership; Margot Nelligan, The Desert Look; and Lisa Ford, Desert Medical Imaging.

Another team promoting healthy resources in our community is KMIR-TV with Janet Zappala's *Your Health Matters* segment. In addition to being an Emmy award-winning journalist, Janet is a certified nutritional consultant, and we are proud to be partnering with her and KMIR to further promote the message of good health. So look for our collaborations in *Desert Health®* and on Janet's segment Mondays, Wednesdays and Fridays at 5p and 11p on KMIR and 10p on KPSE.

If there is someone or something that has made a positive impact on your health or the health and well-being of those around you, please consider nominating them for a Desert Health® Wellness Award. For more information visit DesertHealthNews.com/Events.

We look forward to seeing you at the many events kicking off the season, and hope you will join us on May 20th at the Desert Health® Wellness Award!

Thank you for reading *Desert Health®*.



With appreciation ~

Lauren
Lauren Del Sarto
Publisher

Photo credit: Lani Garfield



Join us at the
Heroes in Recovery Golf Tournament!

8:00 AM | Friday, September 19, 2014



Escena Golf Course
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Tournament followed by a catered awards luncheon

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We are Proud to Support These Desert Events



Sept. 19 • Heroes in Recovery Golf Tournament

Enjoy a friendly round of golf at beautiful Escena Golf Course in Palm Springs to support Safe House of the Desert and the Palm Springs Library's Recovery Resource Section expansion. Golf begins at 8am followed by an awards luncheon. For information and fees, register online at BreakTheStigma.eventbrite.com, or call (760) 464.2138.

Sept. 26 • Rock Out to Knock Out Hunger

City of Palm Springs, P.S. Resorts and Goldenvoice present the 2nd annual dance party and fundraiser to benefit FIND Food Bank of the Coachella Valley. 6pm to midnight at Hacienda Cantina and Beach Club. Featuring silent auction along with popular Santa Monica-based cover band Famous for Nothing at 7:30pm followed by an ultra-cool DJ taking the stage at 9pm. A \$10 donation will be accepted at the door. For more information go to visitpalm Springs.com.

Oct. 5 • MacKenzie Phillips Talk & Book Signing

Come to the Ribbon Cutting Ceremony for the Recovery Resource Section of the Palm Springs Library and enjoy a reception, talk and book signing with author MacKenzie Phillips at 2pm. For information contact renee.baribeau@frnmail.com, or call (760) 464.2138.

Oct. 11 • Desert Cancer Foundation's Paint El Paseo Pink

Join Honorary Chair, television personality Pattie Daly Caruso in the walk to support the Desert Cancer Foundation at The Gardens on El Paseo. Build a team and dress in pink for a day full of activities. Registration begins at 8am, Opening Ceremony at 9:30am with the walk following the ceremony. \$25 registration fee. For more information contact www.desertcancerfoundation.org, or call (760) 773.6554.

Oct. 18 • 27th Annual Desert AIDS Walk

Join us at this grassroots, community fundraising event that supports client services at Desert AIDS Project and other local nonprofit partners. Shann Carr and Bella Da Ball will host the festivities which kick off at 8am at Ruth Hardy Park in Palm Springs. Free to walk, \$25 contribution for a T-shirt. Contact Kelly Coe (760) 992.0442 or visit www.desertaidswalk.org.

Nov. 1 • 23rd Annual Coachella Valley Heart & Stroke Walk

Join the American Heart Association and over 1,000 Coachella Valley residents at the Palm Desert Civic Center Park to raise awareness for heart disease and stroke. Post walk festivities include music; sponsor booths; CPR and stroke demonstrations; free blood pressure, heart rate and BMI screenings; and fun-filled specialty zones, including a return of the kids' zone and a special VIP & Survivor Area. 7am registration; 8am opening ceremonies; 8:30am-11am walk and health fair. More information at ellyse.lathrop@heart.org (775) 772.4443

Nov. 8 • 8th Annual Fall Family Fest

Bring your family and friends to Old Town La Quinta for a day of family focused activities, including pony rides and a petting zoo, raffles and prizes, and family focused exhibitors and entertainment. 10:00a-4:00p on Main Street. Admission is FREE. www.aboutfamiliesinc.com or (760) 342.7400.

Nov. 15 & 16 • 7th Annual Desert Woman's Show

Come out and enjoy the variety of exhibits and presentations focusing on women's issues and interests. 10:00a-5:00p each day at the Agua Caliente Casino Resort in Rancho Mirage. Tickets start at \$15 for daily admission. For schedule of events and to purchase tickets visit DesertWomansShow.com or (760) 285.3903.

SAVE THE DATE!

May 20, 2015 • Desert Health® Wellness Awards

Honoring individuals and organizations moving health and wellness forward in our community, this evening celebration takes place at Desert Willow Golf Resort 5:30p-8:30p. \$75 tickets (early bird pricing) include dinner, silent auction, wellness expo, guest speaker and awards presentation. For more information visit DesertHealthNews.com or call (760) 238.0245.



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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

Seven Tips for Preventing Heart Disease

If you have diabetes, heart disease can be a serious concern. In fact, cardiovascular disease leading to heart attack or stroke is by far the leading cause of death in both men and women with diabetes, says Dr. Om P. Ganda, a board-certified specialist in Internal Medicine, Endocrinology and Metabolism, and Clinical Nutrition, a Senior Physician in the Section on Adult Diabetes at Joslin, and an Associate Clinical Professor of Medicine at Harvard Medical School. "The good news is that there are steps to take to reduce your risk for heart disease if you have diabetes," says Dr. Ganda.

- 1 Control your weight.** One of the most important things you can do if you have diabetes is to maintain a healthy weight. If you are overweight, talk to a registered dietitian about healthy ways to lose weight.
- 2 Get regular physical activity.** There is a significant body of research that proves the myriad cardiovascular benefits of regular physical activity (that goes beyond weight loss). Start off slowly, and build a plan that works well for you and meets your needs. Here in the Coachella Valley, exercise classes specific to diabetes are offered year round at Desert Regional Medical Center's Joslin Center.
- 3 Don't smoke.** If you already do, make plans to begin a smoking cessation program. "Nicotine narrows and restricts blood vessels; diabetes will also do the same thing to your blood vessels. You can't change having diabetes. But you can stop damage caused by nicotine," says Dr. Ganda.
- 4 Maintain tight control over glucose.** Tight control can prevent many complications from diabetes and also protects your heart. Shoot for an A1c reading of less than 7%.
- 5 Lower your LDL cholesterol (the "bad" type).** Both the American Diabetes Association and the American Heart Association recommend an LDL cholesterol goal of less than 100 mg/dl. Dr. Ganda recommends eating fiber-rich foods, such as fruits, vegetables, and whole grains. Also, he recommends asking your healthcare provider about omega-3 fish oil supplements.
- 6 Control your blood pressure.** All people with diabetes should aim for a blood pressure reading of less than 140/80, advises Dr. Ganda.
- 7 Consider incorporating aspirin into your daily routine.** If you are older than thirty years of age, you may want to speak to your doctor about taking a baby aspirin daily. In addition, taking a multivitamin can be extremely helpful for those with diabetes, says Dr. Ganda.

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.

Top Honors Awarded to the Desert Healthcare District

By Lauren Del Sarto

The Desert Healthcare District (DHCD) has been named the 2014 Healthcare District of the Year by the Association of California Healthcare Districts.

The top honor is awarded annually in recognition of a healthcare district's noteworthy success in improving the health and well-being of its community. Director Kay Hazen and DHCD's Executive Staff accepted the award at the Association's annual meeting in June.

"We are honored by the recognition of our work," says Kathy Greco, CEO, DHCD, "but it is the collective efforts of our community partners including public agencies, nonprofits, foundations, and individuals that are responsible for creating positive change in the health of residents across the Coachella Valley."

DHCD's dedicated work continues to recognize and address the ongoing challenges faced by local residents. Working with industry partners, DHCD has developed three strategies to address these barriers and improve access - and ultimately health outcomes:

- 1) Address the shortage of healthcare workers
- 2) Improve the health care delivery infrastructure to support primary care expansion
- 3) Increase the number of individuals with affordable health insurance.

Investing over \$11 million, the District has advanced educational opportunities for physicians, nurses and allied health care workers to promote a "grow your own strategy" aimed at addressing the increasing demand for primary care providers and support staff.

Central to this effort is the partnership with UCR School of Medicine, which is developing both Family Medicine and Internal Medicine residency programs in partnership with DHCD's hospital, Desert Regional Medical Center, and various Coachella Valley Community Health Centers.

Concurrently, the District has invested over \$15 million to develop health facilities, including a progressive model that imbeds a youth dental and medical care clinic within a local Boys & Girls Club.

Embracing the opportunities provided by the Affordable Care Act offering affordable health care insurance, the DHCD Foundation partnered with The California Endowment providing funding to support the employment of 25 Covered California/ MediCal Health Care Navigators to facilitate the enrollment of 90,000 residents in some form of affordable health insurance.

"This is an exciting time for the Coachella Valley as the focus on improving the health and well-being of our residents has never been greater," says Michael Solomon, MD, President, DHCD Board of Directors. "We are proud of this award recognition, and to be making a difference in our community."

Desert Healthcare District can be reached at (760) 323.6113. For more information visit www.DHCD.org.



Donna Craig, Kay Hazen, Kathy Greco and Steve Brown accept on behalf of the Desert Healthcare District

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October is Breast Cancer Awareness Month

To Screen or Not to Screen? That is the Question

By John F. Feller, MD, and Bernadette M. Greenwood, BSRS, RT(R)(MR)

Making a decision to be screened for certain medical conditions can be difficult, especially when the recommendations and guidelines are constantly changing. September is Prostate Cancer Awareness Month and October is Breast Cancer Awareness Month, so it is timely to review the recommendations of various organizations for both of these conditions.

What is a screening test anyway?

Let's first define the word "screening" as it is used in preventive care. A screening test is a diagnostic test performed on asymptomatic, apparently healthy, individuals in a population. Screening tests help to identify people with increased risk for a condition or disease before they have symptoms or even recognize that they are at risk so that preventive measures can be taken.

Screening tests are an important part of preventive health care. According to the Centers for Disease Control and Prevention, cancer screening tests check your body for cancer before you have symptoms.¹ Undergoing screening tests regularly may find some cancers early, when treatment is likely to be most effective.

Breast cancer screening

Breast cancer screening recommendations from the American Cancer Society are age-based, as follows:² from age 20, women should perform breast self-exam (BSE) and report any new symptoms to their health care professional. From age 20-39, a clinical breast exam (CBE) should be part of a periodic health exam, preferably every three years. After age 40, a CBE and mammogram should be performed annually.

The American Cancer Society also recommends that women at high risk based on certain factors should get an MRI and a mammogram every year. The term "high risk" includes women with about a 20% or greater risk using risk assessment tools based mainly on family history, women who had radiation therapy to the chest when they were between the ages of 10 and 30 years, and women who either have or who are at high risk for mutations in certain genes that greatly increase their breast cancer risk (BRCA1/BRCA2).

Other women who may benefit from screening with breast MRI according to the American College of Radiology include those with newly diagnosed breast malignancy and those with breast augmentation.³ The US Preventative Services Task Force (USPSTF) recommends screening mammography for women, with or without clinical breast examination, every 1 to 2 years for those 40 years and older.⁴

The USPSTF also recommends that primary care providers screen women who have family members with breast, ovarian, tubal, or peritoneal cancer with one of several screening tools designed to identify a family history that may be associated with an increased risk for potentially harmful mutations in breast cancer susceptibility genes (BRCA1 or BRCA2). Women with positive screening results should receive genetic counseling and, if indicated after counseling, BRCA testing.

Research has recently suggested that men with BRCA2 gene mutation may be at elevated risk for prostate cancer.⁵

Continued on page 5

1 in 6 men will be diagnosed with prostate cancer during his lifetime.

Do you know your options?

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September is Prostate Awareness Month



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Prostate cancer screening

Prostate-specific antigen (PSA) and digital rectal examination (DRE) have long been the screening tools relied upon for early detection of prostate cancer, confirmed by trans-rectal ultrasound-guided (TRUS) biopsy.

However, according to the American Urological Association, any benefit from use of DRE, derivatives of the PSA test (PSA density, PSA kinetics, and age-adjusted PSA) or molecular forms of PSA (proPSA, freePSA and complexed PSA) are absent.⁶ Similarly, the evidence of benefit from urinary biomarkers (PSA₃) or imaging (mp-MRI) as first line screening tools has not been documented. Men who have elevated PSA may benefit from the use of DRE and a combination of other tests to determine if a biopsy is necessary or if a cancer was missed at previous biopsy.

As technology emerges, MR imaging may play a more significant role in the diagnostic workup of screened patients with rising PSA and negative TRUS biopsy. The goal of ongoing research is to identify tumor-suspicious regions within the prostate gland that are not detected during ultrasound-guided biopsy. Targeted biopsies can then be taken improving cancer yield over random, systematic biopsy. MRI may also have an important role in therapy delivery and follow-up.

For men younger than age 55 years and at higher risk (e.g. positive family history or African American race), decisions regarding prostate cancer screening should be individualized. The greatest benefit of screening appears to be in men ages 55 to 69 years.⁷

The National Comprehensive Cancer Network Guidelines 2014 clearly state that decisions regarding screening for prostate cancer can be very complex for all parties involved: patients, family members and physicians. There are many factors to consider including but not limited to clinical presentation, family history, race/ethnicity, age, and life expectancy.⁸ Patients must also consider the risks and benefits that detection of prostate cancer carries, and the risks and benefits of treating it.

Some of the risks and potential harms of screening for prostate cancer include a false positive PSA test, over diagnosis, blood in urine or semen from TRUS biopsy, and hospitalization following TRUS biopsy.

If you have questions about whether or not you should undergo screening for any medical condition, speak to your physician.

Dr. Feller is a Board Certified Radiologist at Desert Medical Imaging which offers individualized imaging plans that may include screening, diagnosis, therapy delivery under image-guidance, and follow up. Bernadette Greenwood, Director of Clinical Services at Desert Medical Imaging, is also an author and educator on the topics of breast and prostate MRI. Please visit www.desertmedicalimaging.com for more information or call (760) 694.9559.

REFERENCES: 1. <http://www.cdc.gov/cancer/dccp/prevention/screening.htm>. Accessed Aug. 11, 2014. 2. <http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/chronological-history-of-acs-recommendations>. Accessed Aug. 12, 2014. 3. <http://www.acr.org/-/media/2a0eb28eb59041e2825179afb72ef624.pdf> 4. USPSTF A and B Recommendations. U.S. Preventive Services Task Force. <http://www.uspreventiveservicestaskforce.org/uspstf/uspabrecs.htm>. Accessed Aug. 2, 2014. 5. Kirchoff T et al. BRCA mutations and risk of prostate cancer in Ashkenazi Jews. Clin Cancer Res. 2004 May 1;10(9):2918-21. 6. Turkbey B, Pinto PA, Mani H, et al. Prostate cancer: value of multiparametric MR imaging at 3T for detection-histopathologic correlation. Radiology. 2010; 255:89. 7. Carter HB et al. Guidelines for Early Detection of Prostate Cancer: American Urological Association. 2013. 8. NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines) Early Detection of Prostate Cancer. http://www.tri-kobe.org/nccn/guideline/urological/english/prostate_detection.pdf. Accessed Aug. 11, 2014.

Free Medical Clinic Gets \$25,000 Shot in the Arm

Valley non-profits encouraged to apply for grant

Riverside County's only free medical and dental clinic was awarded a \$25,000 Coachella Valley Spotlight grant from the H.N. and Frances C. Berger Foundation. Coachella Valley Volunteers in Medicine (CVVIM) will use the funds to upgrade its electronic medical records system as well as pay for critical medicines, laboratory tests and imaging services for patients who have come to rely on the Indio clinic.

"For many, CVVIM is the first reliable medical home they have ever known, giving them ongoing access to services when they need them," said Dr. Ron Hare, CVVIM Founder and Chairman. "Being selected as a Coachella Valley Spotlight recipient has helped to spread the word about our clinic and the valuable service we provide, and will hopefully attract more volunteers and critical financial support, which our growing clinic needs."

After three years of planning, CVVIM opened in 2010 with the backing of all three local hospitals, the City of Indio, and the County of Riverside. In late 2012, the clinic moved into its permanent home, a custom-built facility, funded by Riverside County and leased to CVVIM for \$1 per year. Since opening, the clinic has delivered more than 14,000 patient visits to over 3,000 low-income, underinsured residents from all Coachella Valley cities. Appointment-only care is provided almost exclusively by volunteer medical and dental professionals.

"It is inspiring to see these professionals volunteer their time to care for people who might not otherwise get the medical help they need," said Catharine Reed, Senior Program Officer for the H.N. and Frances C. Berger Foundation.

Fundamental to the Volunteers in Medicine model, which has 95 clinics in its nationwide alliance, is the use of volunteers. The Coachella Valley clinic utilizes more than 125 volunteers including physicians, dentists, nurse practitioners, nurses, and administrative support. To date, volunteers have logged more than 28,000 hours at the Indio clinic. The value of this donated time exceeds \$1 million, yet more volunteering professionals are needed.

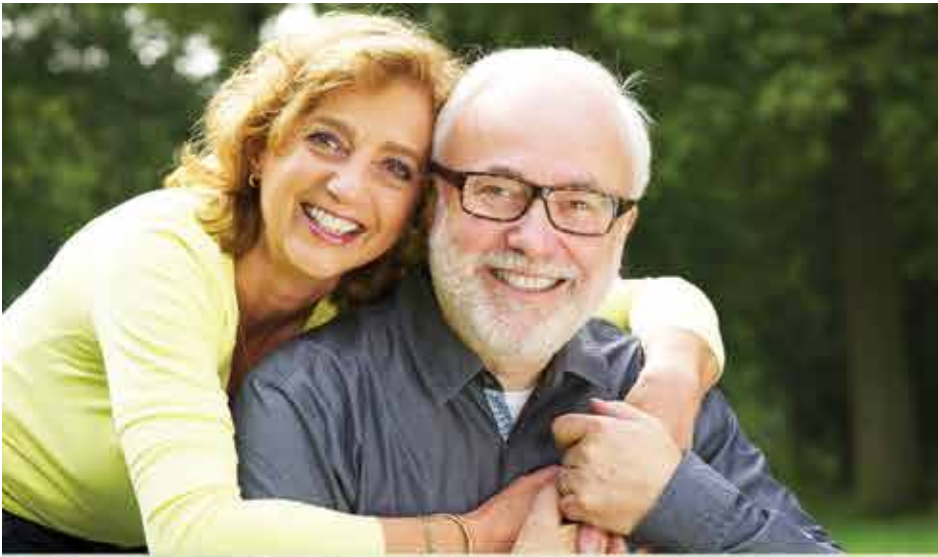
"CVVIM has become a vital community resource to many, but they have the capacity to help even more people, so we are happy to expose this 'best kept secret' in local healthcare," said Mike Stutz, General Manager of Gulf California Broadcast Company, which owns and operates CBS Local 2.

Coachella Valley Spotlight grant applications are currently being accepted through September 19, and all Coachella Valley-based nonprofits that have not previously received the award are eligible to apply. The CBS Local 2 Community Advisory Board will select twelve charitable organizations to receive media exposure and a \$25,000 grant from the H.N. and Frances C. Berger Foundation.

To learn more about CVVIM and volunteer opportunities, call (760) 342.4414 or visit www.cvvm.org. Coachella Valley Spotlight applications are available at www.cbslocal2.com and must be postmarked by Friday, September 19, 2014. Recipients will be notified in December. For more information call (760) 773.0342.



CV Volunteers in Medicine received the July Coachella Valley Spotlight grant



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See You At A Seminar!

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Frog in My Throat

Continued from page 1

says Dr. Kato. "Using a neti pot with salt water two times a day is important and very effective."

It makes sense. You get symptoms because your nose is reacting to something in the air, so if you clean that matter out of your nose, your body has nothing to which to react.

The naturopathic doctor also recommended eliminating dairy and considering a food sensitivity test to see if other foods may be at the root of the problem. Most professionals will agree that foods can increase phlegm, with dairy at the top of the list. In a *Desert Health*® interview with Carol Channing years later, she mentioned that she and many other stage performers always avoided dairy products for this reason.

Two weeks after eliminating dairy, I saw improvement. Around this same time, I spoke with Diane Sheppard of AcQpoint Wellness who has a Ph.D. in Chinese herbal medicine. She told me of an herbal supplement called Ban Xia Hou Po which literally translates to 'get rid of plum pit.' The main ingredient is magnolia bark, a healing agent that dates back to the second century. She recommended these little tea pills along with Magnolia Sinus Clear. Both ancient remedies worked exceptionally well - and with no side effects.

Starky at Clark's Nutrition also introduced me to a supplement called Acid Ease, which significantly helped when foods came back to haunt me. He noted Acid Ease as an effective natural replacement for Prilosec and other proton pump inhibitors.

Identifying the Root Cause

Although all these herbs and therapies helped ease symptoms, they still didn't get to the root of the problem. Did I actually have acid reflux? Or was there something in the air to which I was allergic? Had this chronic condition done damage to my throat, and was there anything I could do to cure myself of the symptoms for good?

Two years into managing my symptoms with herbs and supplements, I decided to take it a step further starting with the food sensitivity test previously recommended. The results surprised me and showed intolerance to dairy, wheat/gluten, almonds and eggs. I cut them all out and within two weeks saw dramatic improvement. The acid reflux symptoms completely disappeared, and the phlegm significantly decreased. (I would come to learn - and experience - the additional benefits that a life without gluten can deliver).

Next, I made an appointment with a different ENT who recommended an MRI to rule out chronic inflammation or fluid in the sinuses. The results were negative. A throat scope also showed no signs of damage or concern; however, a nose culture confirmed a staph infection in my sinuses. *Could this be the real culprit?* I was prescribed two months of a strong antibiotic and cringed at the thought, considering my last experience. This time I loaded up on potent probiotics to replenish the good bacteria the antibiotics would kill.

In reviewing this diagnostic protocol, Dr. Kato indicated that she does not standardly culture before prescribing antibiotics because 70% of patients get better after the first antibiotic and the next 25% get better with the prescription of a different type of antibiotic. "If there is green, brown, or yellow nasal drainage, or pain in the cheeks or forehead that is more sudden, then I will treat with an antibiotic. I only culture if we have tried a couple of treatment options and they have not worked. Then I say 'maybe we are not treating the right bug.'" She adds that staph is a very common bug these days. "It is not a pathogen for all, but sometimes people have staph as a pathogen that is causing an infection."

The allergist I would later see agreed with Dr. Kato's protocol; I was glad that my infection was identified because the antibiotics prescribed worked exceptionally well.

My last stop on this journey was to an allergist to ensure that there was nothing in the air or that I was eating to which I was actually allergic. All tests were negative.

It is important to note that food allergies are different from food intolerance. The blood tests that many health practitioners use for food intolerance are questioned by the medical community (we will discuss these tests in greater detail in our next issue).

For me, taking antibiotics to kill the sinus bug and probiotics to replenish good gut bacteria, while avoiding foods for which I tested intolerant, worked. Two months later, I was symptom-free. For the first time in a very long time, I was inhaling with ease and had no mucus in my throat. I could sing in the car without choking and no longer made those annoying throat-clearing sounds.

Conclusion

This integrative approach to solving my chronic throat phlegm certainly taught me a lot. I no longer take any medication or supplements for the condition, and I only experience symptoms after eating wheat, dairy, eggs or almonds.

It is safe to say that diagnosis and treatment will vary significantly from person-to-person and from doctor-to-doctor, and there are many therapies which have not been mentioned. This editorial is merely my own experience and the following, only personal observations, not clinical advice:

- Most professionals with whom I have spoken agree that the reason so many of us in the desert have a 'frog in the throat' due to post nasal drip is poor air quality and the amount of dust and sand we inhale daily.
- Although symptoms often mirror allergies, it doesn't necessarily mean we have developed allergies to anything in particular; it is simply our bodies having an allergic reaction to foreign substances.
- Neti pots seem to be an effective time-tested therapy for clearing out the foreign matter and may be a good place to start.
- There are plenty of over-the-counter medications to ease symptoms, but there are also many natural remedies which can be just as effective with less impact on your system, such a Magnolia Sinus Clear instead of Mucinex or Acid Ease in lieu of Prilosec.
- Chronic conditions can indicate bacteria or infection in the sinuses which antibiotics most often clear up. As Dr. Kato indicated, many physicians prescribe antibiotics with initial diagnosis.
- If you take antibiotics, be sure to support your body with probiotics for gut health.
- Getting rid of bugs in your belly is also beneficial to support the immune system and minimize symptoms in the fight against foreign or irritating substances.
- Many agree that avoiding dairy can help minimize phlegm production, and others believe that avoiding foods to which your body is intolerant can also help tremendously. You may start by simply noticing what foods cause acid build up, excessive burping, or phlegm and eliminate those foods from your diet.

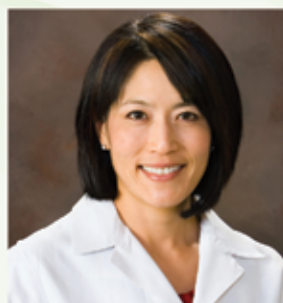
If you share this journey, I hope I have provided some ideas that may encourage you to think outside of the box. Continue the conversation at DesertHealthNews.com (search Frog) and let us know what your discovery brings.

Lauren Del Sarto is the founder and publisher of *Desert Health*® and can be reached at Lauren@DesertHealthNews.com.

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Low Back Pain: What Should I Be Doing?

By Claire Kopko, PT, DPT, NASM-PES

Over the last year approximately 20% of my patients came in with a primary complaint of low back pain. The patient can often pinpoint a moment when he lifted an object or moved a certain way, and all of a sudden had onset of pain that ultimately sent him to our clinic. Alternatively, other patients detail a more gradual onset of pain during specific activities, such as bending, lifting, running, or walking.

The common theme in both of these instances is that the patients can attribute the onset of their pain to movement. The typical response is to avoid that movement, thus preventing further discomfort. Pain is perceived as a warning sign that damage is occurring within our bodies, and it must be stopped. There are times when this is the appropriate response, but in the case of low back pain, recent research on the subject shows just the opposite to be true.

The first step to understanding low back pain is to demystify its source. The most common causes are attributable to weakness and poor coordination of the muscles that stabilize the trunk, muscle spasm, muscle strain, and decreased flexibility. Each vertebra of the lumbar spine has five different joints that have to move correctly for normal spinal motion to occur. When one of these joints becomes dysfunctional due to an abnormal pull or inadequate stabilization by the muscles, it creates an aberrant movement pattern, which is perceived as pain. By avoiding this movement, relief is gained.

Because avoiding the movement affords relief, this becomes a habit, further altering the biomechanics of the spine and trunk muscles. Aberrant movement patterns are reinforced, thus creating further weakness and inflexibility. A vicious cycle is created, and the newly painful movements are also avoided. The brain is re-trained to associate movement with pain, and non-movement with relief. So, how does one avoid falling into this pattern?

The best way is to get up and move.

This may seem counter-intuitive, but one of the most effective ways to combat low back pain is to begin a graded walking and strengthening program. The walking program should begin and progress according to tolerance. For example, a patient notes that he is able to walk for five minutes, then has onset of back pain. If after another minute of walking, the pain continues to increase, this hypothetical patient's starting point is five minutes of walking. He should continue to walk 2-3 times per day, five minutes at a time, for a week. The next week, he should attempt to increase the time to 8-10 minutes, and so on.

The strengthening program should be targeted at correcting the coordination between the muscles of the abdomen, lower back, and hips in order to provide appropriate spinal stabilization, and to correct the movement patterns that have led to the onset of pain.

Once the correct motor patterns are learned for appropriate spinal motion, patients frequently gain relief, and are able to monitor their symptoms appropriately, understanding which type of pain is "dangerous," and which type is safe to work through. To understand and combat back pain with movement allows resuming a "normal life," which is frequently what patients want out of physical therapy.

Claire Kopko is a Doctor of physical therapy with Avid Physical Therapy and can be reached at Claire.kopko@avidphysicaltherapy.com or at (760) 347.6195.

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Sober Community Connection 24/7 Palm Springs team develops first location-based app

By Lauren Del Sarto

Let's say you are at a baseball game and 30 days into sobriety. Everyone around you is enjoying beer and the temptation starts to wear on you. Or, say you are traveling; you check into your hotel room and that old pattern of heading to the lobby bar is the only thing on your mind. What do you do?

Will Cummins and Michael Crosby of Palm Springs hope that soon you will be able to reach for your Sober Chat app to connect with likeminded people in your vicinity.

Scheduled for an October launch, Sober Chat is the first location-based mobile app focused on helping people in recovery stay clean and sober. The founders, both in recovery from alcoholism/addiction,

saw the need for an app to create a 24/7 support community for people who might be isolated, feeling triggered, or simply need another tool to supplement traditional methods of support.

"As someone in recovery, support from my community is the number one factor for my daily success," says Cummins. "There have been moments when I needed to connect with someone and my regular

support system was not available."

There are an estimated 20 million Americans in recovery, and as many of the addiction programs say, it only takes two to make a meeting. "What we are trying to do is help avert a crisis or someone from taking that first drink," says Cummins.

Not a traditional chat room, Sober Chat allows users to directly communicate with

one another based on their location, length of sobriety, addiction type and other factors. When you log on, you select your preferences at that time such as 'cup of coffee,' 'available to talk on phone,' 'I've got wheels,' or 'flash

meeting' which brings people together at a select location for an impromptu meeting. The app also allows you to track your sobriety days and marks milestones for users.

"All of us involved in this program have the same priority," says Cummins. "Can we save some lives?" Crosby adds, "We believe that Sober Chat will be a powerful, in-your-pocket tool to do just that."

Sober Chat is not affiliated with any sobriety program or organization and anonymity may be chosen when you create your profile. The initial cost will be a 99-cent annual subscription.

To register for the launch, sign up for email announcements at SoberChatApp.com or follow them on Facebook and Twitter @ SoberChatApp.

Funding support is graciously accepted at <http://igg.me/at/soberchat>.



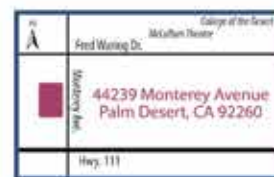
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Dry Eye and Sjogren's Disease

By Greg Evans, OD

Sjogren's (SHOW-grins) syndrome is a chronic autoimmune disease in which an individual's white blood cells attack their moisture-producing glands.

Although the hallmark symptoms are dry eyes and dry mouth, Sjogren's also causes serious complications throughout the entire body which can include dysfunction of the kidneys, gastrointestinal system, blood vessels, lungs, liver, pancreas and the central nervous system.

The condition has been in the news of late due to Venus Williams's recent diagnosis. Patients with Sjogren's may experience extreme fatigue and joint pain and have a higher risk of developing lymphoma. Nine out of ten patients are women, and one in ten dry eye patients are thought to have Sjogren's Syndrome.¹

Delayed diagnosis

Early diagnosis and proper treatment of Sjogren's syndrome is important. In the past, reaching a diagnosis was often difficult and the time between diagnosis and the onset of symptoms was almost 5 years. Painful lip biopsies have been the only definitive test available. In the past, testing with bloodwork failed to identify the disease in the early stages (when less organ damage was present).

Today as many as 4 million Americans are living with this disease and many are

undiagnosed. If we compare this to the number of patients with rheumatoid arthritis - 1.5 million - that's over two and half times more patients with Sjogren's.

New testing

In June of 2014, a new test called SJO became FDA approved and available. The SJO is an in-office finger-prick blood sample test which is then sent out for testing. When associated with dry eye and related symptoms, it is covered under medical insurances.

What makes SJO better is that it tests the usual biomarkers along with three novel biomarkers allowing 90-95% accuracy in diagnosis.

When the results are positive, the patient is referred to rheumatology. Depending upon the level of severity and the involvement of other organ involvement, patients are then placed on immune-modulating medications such as plaquenil or methytrexate to help prevent further damage. Early diagnosis can increase both life expectancy and disease-free years for patients.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and the valley's first practitioner to be certified by Nicox (the makers of SJO) to utilize the new Sjogren's syndrome test. Dr. Evans can be reached at (760) 674.8806 or online at www.evanseyecare.com.

Reference: 1) www.Sjogrens.org



Venus Williams' recent diagnosis shed light on Sjogren's Syndrome



Acupuncture and Bell's Palsy

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

Bell's Palsy is a condition resulting from damage to the 7th cranial (facial) nerve, usually affecting only one side of the face. Onset is rapid, with a mild weakness to total paralysis, which can cause the face to seem to "droop," making smiling and other facial expressions difficult, and often impairing the ability to close the eye on the affected side.

There can be pain around the jaw or behind the ear, decreasing the sense of taste and changing the production of saliva and tears. Often a person who cannot close their eye will need to lubricate it and tape it shut at night.

Exact cause of this damage, which can be exhibited as swelling, inflammation, or compression of the nerve, is unknown although thought to be related to prior viral infections such as herpes, chickenpox, shingles, Epstein Barr, or respiratory illness.

In traditional Chinese medicine (TCM), the diagnosis for Bell's Palsy is "External wind-cold attacking the channels of the face." The main implication of this is an underlying qi (inherent energy) deficiency or a lowered immune system. Sometimes sweating and sitting under a fan, or being out on windy days, may trigger an episode.

TCM has been used for thousands of years to assist in Bell's Palsy recovery. Acupuncture, often combined with electro-stim, for 3 or 4 sessions per week, can help expedite dissipation of the paralysis and enhance nerve function, as well as soothe a patient from the very upsetting and uncomfortable emotional component, which can often cause depression.

In our clinic, we have had full recovery in some patients and major improvement with others who have been suffering for years. It still amazes me to see someone whose eye has not closed gently shut with the insertion of just a few needles. There is an increased risk of Bell's Palsy during pregnancy, greatest in the third trimester, and it is especially gratifying to see symptom alleviation in these young mothers-to-be.

TCM also incorporates herbs to promote effective functioning of the nervous system, relieve stress (which can exacerbate Bell's Palsy), and heal affected nerves. Supplements of vitamins B12 and B6, and zinc, can promote nerve growth and may help quicken the recovery of the damaged facial nerve.

Specialized therapeutic massage of the afflicted areas and practicing daily facial exercises can also help ease the symptoms. As stress can worsen the condition, full-body massage can also assist with recovery. Electro muscle stimulation with a TENS unit or electro-acupuncture along with physical therapy has also proven beneficial.

The disorder, which so typically appears suddenly, can resolve within a few weeks, though severe cases may require longer treatments. Rarely, some may persist for up to a year. If unusually stubborn, medications like the steroid prednisone and the antiviral medication acyclovir may reduce nerve swelling (although this is still unclear). Steroids should be avoided during pregnancy. Analgesics like aspirin and ibuprofen can reduce pain.

The most important thing is to seek help as soon as the symptoms appear. The longer it goes unaddressed, the more difficult and time consuming it is to treat.

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.

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Grain Brain Makes You Think

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

Dr. David Perlmutter's 2013 book *Grain Brain* has a lot of people questioning previously held beliefs regarding low-fat diets, grains and cholesterol.

Much of what Perlmutter has to say about these subjects is completely opposite from what most Americans have been taught for the past 40 years. Regardless of what you may have been told about cholesterol, the importance of whole grains, and removing fats as bad for you, one thing is certain, you may gain a completely new perspective on these subjects after reading this book.

Perlmutter makes a strong case for dispelling the many myths that the American public has been taught as truths since the days of Ozzie and Harriet. People began removing fat from their diets and replacing it with refined grains, hydrogenated oils, and processed foods containing added sugar. It was the beginning of the low-fat diet era. That's where the *Grain Brain* story begins to unfold.

The book is highly referenced with recent scientific studies and published articles that heavily support his opinions. A detailed plan to implement necessary dietary changes, gluten free recipes, and supporting nutritional supplements are also provided. There is also a website with an abundance of helpful information at www.DrPerlmutter.com.

The principle themes conveyed in *Grain Brain* are as follows:

- Most people with brain disease today have lived a life over-consuming carbohydrates and foods containing refined sugar.
- The over-consumption of carbohydrates leads to higher cholesterol levels, chronically elevated insulin levels, and the accumulation of blood toxins called 'advanced glycation end products' which are highly pro-inflammatory and have drastic consequences to long-term brain and cardiovascular health.
- One of the biggest medical myths of the past 40 years is that a low-fat, high carbohydrate diet featuring whole grains is good and that cholesterol is bad and must be lowered regardless of potential side effects.
- High cholesterol levels, once linked to consuming fat, are actually related to the over-consumption of carbohydrates and processed grains.
- Gluten sensitivity represents one of the greatest and most under-recognized health threats to humanity due to its effects on the immune system and the resulting production of inflammatory cytokines. Many of these health threats affect the brain and nervous system.
- The brain holds 2 percent of the body's mass but contains 25 percent of the total cholesterol. For this reason, statin drugs, which are prescribed to millions of Americans to lower cholesterol, may cause or exacerbate brain disorders and disease.
- The hypothesis that aggressively lowering cholesterol levels with statin drugs will somehow magically and dramatically reduce heart attack risk has now been fully and categorically refuted. For reasons of pride, profit, and special interest groups, this misconception continues to be put forth.
- New research has confirmed that the human brain has the ability to grow new brain cells (to some extent) with proper dietary and lifestyle changes. Exercise in particular has been proven to induce the growth of new neurons in the brain.

Both *Grain Brain* and *Wheat Belly* (the 2011 book by Dr. William Davis) reveal that the wheat produced today bears little resemblance to the grains that were cultivated as little as 50 years ago. Genetic and bio-engineering including hybridization have enabled food growers to produce structurally-modified grains. Our bodies lack the appropriate enzymes to properly breakdown and digest the form of gluten that these modified grains contain. This leads to the absorption of abnormal gluten polypeptides that often cause inflammatory responses from the immune system. These inflammatory conditions, caused by chemicals called cytokines, have a multitude of deleterious effects to the nervous system and brain.

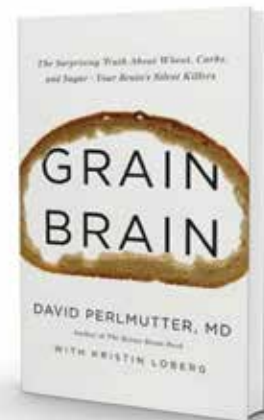
According to Dr. Perlmutter, gluten is a modern day poison. It is responsible for many cases of chronic headaches and migraines, ADHD, insomnia, depression, schizophrenia, and even decreased libido. These conditions are related to the aforementioned effects of gluten and the inflammatory cascade of cytokines that lead to neurodegeneration. There is an increasing number of researchers and medical experts who share this opinion regarding the many health conditions related to the ingestion of gluten-containing foods.

Few people understand that saturated fat plays a pivotal role in keeping us healthy. Every cell in the body requires saturated fats because they comprise 50 percent of all cellular membranes. They also contribute to the structure and function of the lungs, heart, bones, liver and immune system.

The low-fat diet era ushered in the mass consumption of refined and bio-engineered carbohydrates and sugars due to a fear of eating fat. This shift in dietary preferences has contributed to numerous health consequences. Cardiovascular diseases remain the number one cause of death, and brain diseases like Alzheimer's are increasing at alarming rates. Current scientific research suggests that if you suffer from a brain or neurologic disease of an unknown origin, you may want to investigate whether you have gluten sensitivity or if you are over-consuming grains and sugar and or have a diet that is deficient in good fat and cholesterol.

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

Sources: 1) *Grain Brain* 2013, Perlmutter; 2) *Wheat Belly* 2011, Davis



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Go Outside. It's Good for Your Health!

By Sara Everett

Researchers have been saying it for years: engaging outdoor activity improves both mental and physical health. You probably recognize some widely recorded benefits of being in the great outdoors. Have you ever felt better – less stressed or overwhelmed – after taking a quiet walk? Have you ever stepped outside and appreciated the feeling of sunshine on your face?

Outdoor activity has been proven to provide unexpected benefits, like improved concentration and increased productivity. A 2009 University of Rochester study revealed that nature could even make us nicer people. Researchers there found that being outside stimulates group-positive emotions, like generosity, over individualistic ones, like ambition.

In 2003, Dr. Howard Frumkin of the Rollins School of Public Health in Atlanta analyzed nearly one hundred studies related to community health and the environment. Published by the *American Journal of Public Health*, his findings included the simple, but significant, fact that mere contact with the outdoors improves health.

Wilderness areas, like the nation's national parks, are important places where people can go to receive the health benefits of being outdoors. In an authoritative 2006 report entitled *The Health Benefits of Parks*, the Trust for Public Land stated that parks play a big role in public health. Populations that spend time in parks exhibit faster rates of healing, reduction in disease symptoms, and improved cognitive and behavioral development.

Unsurprisingly, on July 8, 2014, the National Park Service announced its support for an innovative new program known as Park Rx. Participating physicians in this Washington D.C.-based program are prescribing outdoor time in national parks to patients. They seek to prevent disease and improve health outcomes by increasing patients' contact with nature.

Coachella Valley residents have access to over a million acres of healing wilderness. Joshua Tree National Park, Santa Rosa and San Jacinto Mountains National Monument, and six Wildlands Conservancy preserves have easy access entrances off major throughways in the valley. The area's smaller preserves all have impressive mainstays. The Painted Canyon lies in the Mecca Hills Wilderness. The Coachella Valley Preserve is home to thriving oases, and at the Big Morongo Canyon Preserve, visitors can take a boardwalk trail through a birding hotspot.

The stimulating outdoor experiences recommended by researchers and health care professionals are not limited to common outdoor activities, like hiking, walking, and biking. Just take your favorite pursuit outside: read, journal, or chat with friends in the splendor of the great outdoors. You can find expert advice on where to go to enjoy your favorite activity at any community visitor center.

This fall, listen to the doctors and the researchers, and get in touch with nature. An excellent way to have fun in the wilderness is to sign up for a hosted event, like an educational program or a guided hike (no experience required). Check park websites for updated event listings.

See what a few trips to the desert's magical wilderness can do for your wellbeing!

Sara Everett was a Mission Continues Fellow at the Joshua Tree National Park Association and is currently a volunteer at the Desert Institute and National Park Service. The Desert Institute can be reached at desertinstitute@joshuatree.org or (760) 367.5535. For a full schedule of classes and events visit www.joshuatree.org.

References: 1) Frumkin, Howard. "Healthy Places Exploring The Evidence." *American Journal of Public Health* 93, iss 9 (2014): 1451-1456. 2) Weinstein, Netta, Andrew K Przybylski, and Richard M Ryan. "Can Nature Make Us More Caring? Effects of Immersion in Nature on Intrinsic Aspirations and Generosity." *Personality and Social Psychology Bulletin* 35, iss 10 (2009): 1315-1329. 3) The Trust for Public Land. *The Health Benefits of Parks*, 2006. 4) National Park Service. *Doctor Tells Patients to Take a Hike – Congressman Sarbanes, Director Jarvis Visit Innovative Park Rx Health Clinic*, 2014.

TM® Found to Decrease ADHD Symptoms

By Dennis Rowe

As we start a new school year in the Coachella Valley, many parents are seeking ways to help their children cope with attention deficit hyperactivity disorder (ADHD).

According to a National Survey of Children's Health conducted in 2011-2012 by the Centers for Disease Control and Prevention (CDC), 11% of school-aged children in the U.S. have been diagnosed with ADHD – that is more than 1 in 10.

ADHD is a neurobehavioral disorder commonly diagnosed in childhood and often persisting into adulthood. People with ADHD have trouble focusing, controlling impulsive behaviors, and may be overly active. A study conducted in an independent school for children with language-based learning disabilities in Washington, DC, offers hope for children with ADHD.

A random-assignment controlled study published in *Mind & Brain, The Journal of Psychiatry* (Vol 2, No 1) found improved brain functioning and decreased symptoms of ADHD in students practicing the Transcendental Meditation® (TM®) technique.

Neuroscientist Fred Travis, Ph.D., and other researchers performed electroencephalogram (EEG) tests to measure and record the electrical activity of students' brains as they performed a demanding computer-based visual-motor task. Successful performance of the task required attention, focus, memory, and impulse control.

The study showed improved brain functioning, increased brain processing, and improved language-based skills among ADHD students practicing the meditation technique.

"Prior research shows ADHD children have slower brain development and a reduced ability to cope with stress," said co-researcher William Stixrud, Ph.D., a prominent Silver Spring, Maryland, clinical neuropsychologist. "Virtually everyone finds it difficult to pay attention, organize

themselves and get things done when they're under stress," he said. "Stress interferes with the ability to learn—it shuts down the brain. Functions such as attention, memory, organization, and integration are compromised."

"We chose the TM technique for this study because studies show that it increases brain function and reduces stress. We wanted to know if it would have a similar effect in the case of ADHD, and if it did, would that also improve the symptoms of ADHD," said principal investigator Sarina J. Grosswald, Ed.D., a George Washington University-trained cognitive learning specialist.

Previous research has found that during TM there is a unique experience of "restful alertness" in mind and body, an experience associated with higher metabolic activity in the frontal and parietal parts of the brain, indicating alertness, along with decreased metabolic activity in the thalamus, which is involved in regulating arousal and hyperactivity. This restfully alert brain state becomes more present outside of meditation as a result of daily TM practice, allowing ADHD students to attend to tasks.

The Transcendental Meditation technique is an effortless, easy-to-learn practice, unique among categories of meditation. "TM does not require concentration, controlling the mind or disciplined focus—challenges for anyone with ADHD," said Dr. Grosswald. "What's significant about these new findings," Grosswald said, "is that among children who have difficulty with focus and attention, we see the same results. The fact that these children are able to do TM, and do it easily, shows us that this technique may be particularly well-suited for children with ADHD."

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

Sources: 1) ADHD, Brain Functioning, and Transcendental Meditation Practice. *Mind & Brain, The Journal of Psychiatry* (Vol 2, No 1); PsychCentral, July 27, 2011 <http://psychcentral.com/news/2011/07/27/transcendental-meditation-lessons-kids-adhd-symptoms/28078.html>

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Living Wellness
with Jennifer DiFrancesco

From the Land of "Haute Cuisine" to the Land of "Not Cuisine"

This summer I had the opportunity to travel to France for the first time. When asked what the most impressionable aspect of my trip was I always mentioned the food, or what I like to call "haute cuisine." Food in France is taken seriously. The way the French eat reflects their heritage, and most foods are identified by the "terroir" or region of origin. I quickly experienced that food is a ritual.

In my childhood, I experienced gratification from fresh, well-prepared meals. My own experience, plus immersion into French food, heightened my perceptions about daily lifestyle and food culture. We are inundated with books explaining that we are eating the wrong foods. Some of this has truth; yet, we must question that we might be skipping important steps as we examine what we eat. Two important aspects are when we eat, and how much the food has been altered by chemical preservatives, heavily processed preparation and genetic engineering.

These two factors create the most significant differences between European countries and the United States. Bistros are represented on every corner in Paris. This Russian-derived word Bystro means "hurry up." Eating a quick bite in France has a different connotation from our American definition. Walking into any Bistro one might find fresh sardines, a baguette, a colorful salad with fresh cheese, and seasonally-fresh tomatoes bursting with color and flavor. There's a distinctive difference from American "fast food." Portion size has a different philosophy, as quality of food is given precedence over the amount. From a glass of freshly squeezed orange juice, a coffee drink or entrée; our American mindset rests upon "super-sized" while the French honor small, quality offerings.

Upon my return home, I realized we have a long way to go. Hopefully, we can learn from many European countries how to honor our food. 30% of our American population is overweight, compared with 11% in France. We must find a way to balance food composition, freshness, portion size, and time of eating, all while decreasing sugar consumption. We must also provide higher quality food choices for our children starting in infancy, thereby creating positive change. A child's taste buds are set primarily by the age of 3. The formative years are most important to create an environment where one knows it is not acceptable to grab a Coke and Cheetos as nutritional sustenance. Why do we call food a "happy meal" that is in a box with a soda, fries and burger? This is the same meal that was captured on the movie "Supersize Me." After 30 days of eating "happy meals" the filmmaker had a 13% body-mass increase and a cholesterol level over 230.

I personally was so proud and happy to return to this great land from an amazing trip, and positive steps are unfolding here at home. Recently, the Harvard School of Public Health joined with the Culinary Institute of America and its leading chefs, entrepreneurs and agencies to discuss our food choices as a matter of urgency. Collaborating to catalyze change is imperative, and we all must be the change. Our health depends on it.

Back to Ayur-Basics: 'Life-Basics'

By Dipika Patel

Being of Indian descent, Ayurveda (which follows a lineage of basic philosophies and principles) has been a practice and lifestyle throughout my upbringing. As with any practice, I believe that many Ayurvedic health theories have some truth to them, and others don't.

Ay-ur-veda, which consists of two Sanskrit words, Ayur meaning 'Life' and Veda meaning 'Knowledge,' is a balance of living - and having - through 'Life Knowledge.' In contrast, when we separate our life into categories, we create duality and don't always see how actions are going to affect other areas in our life; we don't look at the heart of the matter, and in turn, don't live in the present moment. The latter tends to exist more often than not.

When it comes to food and nutrition, let's go back to the basics. What you are about to read will not come as a surprise to you, as we already know what is good or bad for us. So, why do we see it as being so hard? Why are we programmed the way we are? Why do we not lead a life of consciousness? It seems that we nourish ourselves by default, doing those things that really do not serve us. We do not always admit to our own actions, nor do we put our own integrity first.

Every day is a new day; you can start anything you want, today! One of those steps could be to accept that you are choosing your experience, and to take responsibility for what you are experiencing. We all make detours along our amazing journey; we learn, we laugh, we love. Those are just some of the things that we do so naturally. Our gift is to do these things in balance and harmony - to fight our own inner demons and know that these basic Ayurvedic principles do work.

So, whether you want to improve your body image, or gain a clearer perspective in your life's purpose, here are six of the most important steps you can take to find a happier, healthier you when it comes to food:

1. Eat only when you are hungry, I mean 'really hungry.'
2. Do not eat incompatible food items together.
3. Eat in a calm and comfortable place, by eliminating all distractions and "be present" when you eat; enjoy the experience of eating.
4. Eat at regular times.
5. Be curious (No, it did not kill the cat).
6. Lastly, be compassionate, kind and gentle to yourself when it comes to food.

I do believe that I have been very blessed with my heritage and my life. People often ask me, 'Why are you so happy?' or tell me, 'You radiate a beautiful, glowing energy; how can I experience this, too?' All I can say is this life is a journey; there is no final destination. I can be anything I want to be, and I choose to be Happy, in Love and Present in this moment. I invite you to do the same. Namaste.

Dipika Patel, the "Queen of Nutrition," is a certified Holistic Health Practitioner, Intuitive Healer, AromaTouch Therapist, Reiki Master, Chef and Cookery Teacher. She can be reached at queenofnutrition@gmail.com or (760) 821.3119.

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INDIVIDUAL



Jeralyn Brossfield, MD
Eisenhower Wellness Institute

In her position as Medical Director at EWI, Dr. Brossfield has integrated wellness programs such as yoga, QiGong and meditation into the hospital model for community members and Eisenhower employees. She also leads a team of Take Shape for Life Health Coaches who are committed to empowering and walking with individuals to transform their health.

"I am motivated by the joy of being a channel for tiny awakenings of awareness that trigger life changes in people around me."



Jill Gover, Ph.D
The Center, Palm Springs

Dr. Gover implemented low cost mental health counseling for the LGBT community and developed The Suicide Prevention Anti-Bullying lesson given to every 9th grader in the PSUSD (1,600 + students).

"I made a lifelong commitment to helping others reduce mental anguish (and) find solutions to problems in living...because I believe this is one of the most meaningful and important aspirations one can have in life."



Michele Mician
Office of Sustainability, Palm Springs

Accomplishments at improving the quality of life in our community include the addition of 30 electric vehicle charging stations in Palm Springs; a plastic bag ordinance in that city; over 200 desert landscape conversions; and coordination of sustainability and health and wellness events raising over \$1 million in funds for local charities.

"I love to help people to improve quality of life and experience all their community has to offer. Working as a city employee allows me to do this!"



Mayor Steve Pougnet
City of Palm Springs

A strong proponent in the fight against childhood obesity, Mayor Pougnet works tirelessly to promote healthy living. Collaborating with local agencies, he established the Mayor's Healthy You, Healthy Planet Race and Wellness Festival and has raised more than \$1 million for health and wellness programs in Palm Springs.

"I want to thank our incredibly engaged citizens and our community partner, the Desert Healthcare Foundation, for joining me in this cause and recognizing that there is nothing more important to the success of a community than health and well-being."



Cathy Serif
Balanced Training Boot Camp

Cathy has transformed thousands of lives during the 8 years of her early morning boot camp. She is a community advocate for well-being and the author of several books including the *Desert Detox Diet*. She conducts free community camaraderie workouts and rallies teams for the many walks and races in the valley.

"My greatest reward for my work with the community is the confidence that I see emerge once (people) start believing in themselves. This is priceless."



Marta Shand
Desert Sands Unified School District

Overseeing 33 schools, Marta works tirelessly to improve the health of her students, their families and the community. She has been instrumental in changing school meals and has developed numerous educational events and programs for students and staff.

"If we can create a fun environment and make our customers happy while forming a connection with healthy food, then we have done our job."



Carol Teitelbaum, MFT
Creative Changes Conferences

Carol has helped shed light on the issue of male abuse through her project "It Happens to Boys." Now in its 7th year, the program has helped thousands start to heal, many who then join the outreach by speaking at schools, churches and community organizations. Carol also provides free group counseling for those affected.

"If our community would be willing to learn the signs, to make it safe for boys/men to speak up without being judged... (it would help) men heal, be sober, become good dads, good husbands, and to love themselves."

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Continued on page 21

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~Hippocrates~

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Health is a Choice

Continued from page 1

meals devoid of fruits and vegetables. They target 8-10 pounds of produce per child and 5-10 different items weekly.

A motivating goal of the program is to keep families from spending limited funds on Happy Meals and to teach them new experiences with different foods so they are more inclined to eat it. Lessons include how to make a fruit roll up from dried pears, apples, and plums, or how to make a smoothie with fruit and vegetables taste good.

"When a family goes to the grocery store, most kids have little say in what is picked and purchased," adds Borges. "With this program, the kids have their own bags and they are picking and choosing what they would like to eat. So, maybe next time little Mary goes to the grocery store with her mom, she won't run to get a candy bar, but will head to the produce department to see what is there and to share what she has learned."

In some locations like Desert Hot Springs and Mecca, parents have come to depend on the fresh produce and are often waiting with anticipation and appreciation. Borges said she saw more of that in this second year, considering the cost of vegetables due to the current drought.

"I was really impacted by the value of this program last week in Mecca," she said. "The mothers helping young children fill their bags were field workers who were picking the fruits and vegetables all day, but could not afford to buy it in the grocery stores."

"As part of the FIND Agency Council, one of the things we have identified is that the food from FIND is supposed be a temporary relief as people are trying to better their living situation," states Scott Robinson, CEO of the Boys & Girls Club of Cathedral City.

"Give a man a fish, he eats for a day. Teach a man to fish and he'll eat forever."

With that time-tested philosophy in mind, his club created a culinary program which teaches kids how to prepare food and operate a catering

business. Participating teens are part of their "Leaders in Training" program, and some have already made money with their newly learned skills.

On the day *Desert Health*® visited Robinson's club, older teens were teaching the younger kids how to make fruit salad and they, in turn, were being taught how to make a sausage and pepper casserole. Standardly on Fridays, local chef Sam Pace (formerly of Sammy G's and Trilusa) volunteers his time at the club to work with the kids. He was off on this day, so the kids prepared, cooked and served under the watchful eye of Ruben Gutierrez who runs the club's Triple Play program, a national Boys & Girls Clubs of America initiative which incorporates activities that positively impact mind, body and soul.

Cathedral City Boys & Girls Club even has its own vegetable gardens with corn, zucchini, tomatoes, lemons, and more which the kids plant and tend. "The kids really enjoy the experience of growing their own food and cooking," adds Borges, "and they are excited about seeing

their directors and leaders take such an interest in nutrition." The directors enjoy the transformation in the kids as well after they have consumed nutritious food versus sugary items from the vending machine.

"We are changing habits starting with the kids," says Borges. "And through them we reach the families." FIND's weekly surveys show that an average of 92 percent of the locations served have no produce left behind.

FIND Food Bank reaches out to the community

with the same message: kids can learn healthy habits when you make them part of the choice. Those in need of produce can visit one of their pantries; locations and additional information can be found by dialing 211, the County of Riverside's resource line, or visiting them online at www.FINDFoodBank.org.

FIND Food Bank can be reached at (760) 775.FOOD or FindFoodBank.org.



Teen chefs teach kids how to make fruit salad



Culinary program participants share their learned skills



Boys & Girls Club members await their turn at the mini farmer's market



Editor's Note: While visiting the Cathedral City Boys & Girls Club, we learned that they also have a very active photography and videography program. Participants in this program have also made money for their work, and have had videos featured at local film festivals. Upon learning this, *Desert Health*® recruited photographer-in-training Adam Scott (center, age 12) to take shots of our visit which are featured in this article.



THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



"Most people have no idea how good their body is designed to feel." – Kevin Trudeau

About 20 million Americans have found that yoga is a fabulous way to feel good. I often wonder about this "magic" and how it works. The convergence of the experience of yoga – which has driven its popularity – with the scientific explanation of why it works, sets the stage for broader applications and acceptance of this ancient practice. Medical centers across the nation are now implementing yoga into their services as its health benefits become clear.

A recent study of breast-cancer survivors who were new to yoga demonstrated significant reduction of inflammation in those who practiced 90-minutes of yoga twice a week. This is significant because inflammation is now known to be the common source of chronic diseases such as heart disease, diabetes, Alzheimer's and arthritis. Inflammation is also thought to be the cause of fatigue that is common for years in cancer survivors.

The study, performed at Ohio State University, demonstrated that the yoga practitioners had less fatigue and higher energy even three months after the yoga program was completed. The research team also examined blood samples for three protein markers of inflammation. The markers were measured before and after the study, and all three showed a 10-15% reduction following 12-weeks of yoga practice.

Other studies have shown biochemical benefits of yoga in the regulation of blood glucose, sodium and cholesterol, and these benefits may help explain the impact on the reduction of diabetes, hypertension, and heart disease seen in yoga practitioners.

Like any new venture entering the world of yoga may require getting out of your comfort zone. In our valley there is huge variety in the type of yoga offered, in the size of classes, and in the style of the instructor.

The physical intensity of yoga classes range from restorative yoga, to gentle yoga, to therapeutic yoga, to vinyasa flow, to Bikram yoga, with additional specialty classes that may appeal to specific needs.

Class size is important to consider when finding a fit for your practice. Some like to begin with a private, one-to-one class to learn the basics while others find that with a little searching, small class sizes can accomplish the same goal in a more cost-effective manner. These semi-private classes often have 4-6 students, and because of the low teacher to student ratio, the teacher is able to assist each student in modifying the class for their benefit. Using this format, I have observed students with shoulder injuries or joint stiffness be able to individualize their practice and feel empowered to create change in their own health.

Personally, the instructor's experience and style have been pivotal in my own yoga experience. Instructors who clearly explain each move or position create a class environment where everyone can participate more fully. Yoga instructors should have at least an RY-200 certificate, and those with more training will have an RY-500 certificate. These certificates indicate that the instructor has completed a certified yoga school program with 200 or 500 hours of instruction. Most teachers are happy for a student to do a "pre-view" class to assess the style and intensity of the class.

I'll be out there trying more classes this fall – write to me about your own experience if you join me in this pursuit!

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

Source: <http://news.nationalgeographic.com/news/2014/02/140207-yoga-cancer-inflammation-stress/>



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If you've been thinking of trying yoga, but you're a little apprehensive, the Eisenhower Wellness Institute is the perfect place to start. Our classes are designed to be simple and safe enough for beginners of all ages and everyone has a chance to benefit from the instructor's individual attention. All classes work from the premise that yoga is a valuable pathway to wellness for mind, body and spirit.

- **Gentle Yoga:** For beginners and those seeking a gentle practice that focuses on the basics
- **Restorative Yoga:** A deeply healing practice that can help bring harmony and peace to hectic lives
- **Therapeutic Yoga:** This hybrid of Gentle and Restorative Yoga is aimed at people caring for shoulders, backs, knees or hips
- **Move & Meditate Yoga:** Progressing from a vigorous Vinyasa flow to stretchy floor-based poses, this class finishes with meditation
- **Core & Restore:** Moves from sequences to core strengthening to fully supported, restorative poses
- **Intermediate Yoga:** A more intense, challenging class for yogis who have been practicing for a year or longer

Note: classes are available at locations throughout the valley.

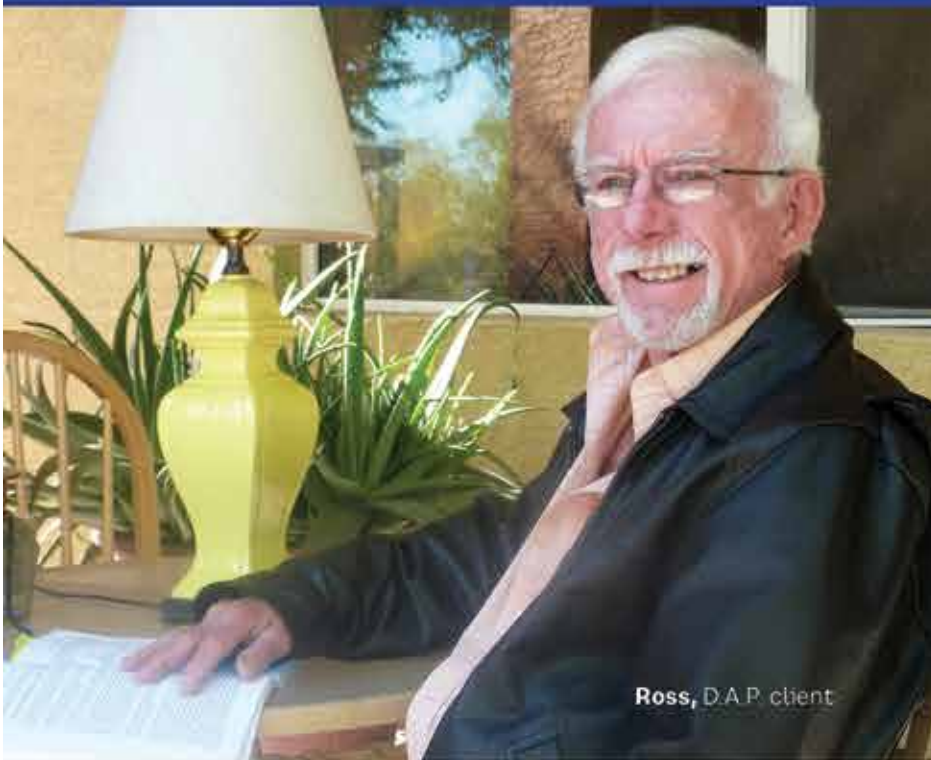


For costs and other details about our yoga program and other integrative health offerings, please call 760-610-7360 or e-mail us at WellnessInfo@emc.org. To register, email us at WellnessInfo@emc.org.



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**LIVING
with HIV**

By Steve Bolerjack



Desert AIDS Project

AIDS: Into the Fourth Decade ... And Still Here

Unless you are living with it or close to someone who has, you may not realize that 33 years have passed since AIDS was first identified. That was June 1981, when *The New York Times* reported an ominous “gay cancer” spreading among homosexual men. But few beyond gay activists and rogue doctors paid attention. There was no response from the Reagan Administration, and it took 15 years to develop effective medications. And still, AIDS remains an epidemic.

Some years ago, several journalists and medical experts (who should have known better) suggested we were near a “post-AIDS” world: magic meds, longer survival, fewer opportunistic infections, etc. All those factors are true, but any claims that AIDS is nearly over are absurdly uninformed. Infection rates remain high among younger gay and minority men, seniors, and “low information” groups. As activist Peter Staley said recently, “The AIDS crisis has not ended, it’s just become more deeply rooted, intertwined with poverty, racism, incarceration and homophobia. HIV embeds itself wherever people face poor health and is a marker of broader injustices in the country today.”

UNAIDS, an advocacy branch of the United Nations, estimates that globally, 54 percent of people infected with HIV are unaware of it. Last month’s International AIDS Conference concluded that information and prevention are still huge challenges, while progress toward a cure remains frustratingly elusive.

In those 33 years, a huge AIDS pharma-academia-industrial complex has developed. AIDS, Inc. is big business and a mixed blessing. Certainly, we owe much to research, funding, philanthropy, treatments, legislative protections and raised awareness that increased survivability. But often it seems that pharmaceutical companies are more concerned with shareholders than HIV customers. Drug prices are exorbitant and it’s only through state ADAPs (AIDS drug assistance programs) that many patients can obtain medications.

Fortunately, there are numerous organizations working on behalf of patient advocacy and providing critical care to ALL who need it. Desert AIDS Project is certainly leading the way. This year marks 30 years since D.A.P. was organized and became the most comprehensive resource and service provider for people in the Coachella Valley living with HIV/AIDS, as well as a national model for other AIDS service organizations. Its founders were among the first to recognize both the peril and need presented by the strange new disease. As a volunteer at D.A.P., I regularly observe how AIDS remains with us in varying stages and manifestations. If you ever want to see for yourself, come and visit.

And if you’d like to know what it was really like in pre-meds days, read *Borrowed Time*, by Paul Monette. It’s not a comforting read, but an unsentimental distillation of life at AIDS Ground Zero. It’s among the best depictions of an unexpected and unprecedented era, made more poignant by the author’s death from AIDS in 1995. Let’s hope the book remains a period piece.

Integrative Cancer Therapies to Support Breast Cancer Treatment

By Sonja Fung, ND

“Cancer does not grow too much; it dies too little,” states Robert Nagourney, MD.

You can think about cancer cells as normal cells becoming immortal. Apoptosis is the process in which normal functioning cells are programmed to die. In cancer cells, this mechanism is over-ridden so the cell malfunctions and continues to grow, thus becoming immortal. Recently, research has stepped up its search for therapies which help stop this growth process by reactivating normal programmed cell death in cancer cells.

One of the first questions I ask my breast cancer patients is what supplements they take. Patients usually come in with bags of items ordered from the internet or given to them from friends or friends who had a cousin with some unnamed cancer. Since there are so many different grades and types of supplements, it is difficult to sort out those that are specifically beneficial for breast cancer support. As a naturopathic doctor with a focus on integrative cancer care, supplements are only one facet of an extensive treatment plan that I tailor for my patient. These next compounds are some of my go-to supplements specifically for breast cancer treatment support.

Quercetin, from fruits and vegetables, is well documented for its anti-proliferative and apoptosis-inducing properties. It also works directly with multidrug-resistance sites and acts as a chemosensitizer. Curcumin, a primary component in curry, has a unique property that enhances chemotherapy efficacy on cancer cells while decreasing toxicity to normal cells. It also has many direct anticancer effects by interfering with growth factor stimulation of breast cancer cells, and thus, can reduce tumor growth. ECGC, a green tea extract, protects normal breast cells from chemo toxicity while synergistically working to enhance chemosensitivity in cancer cells. ECGC works especially well with curcumin to fight cancer stem cell development and inhibit cancer cell growth and invasion.

These three supplements are all bioflavonoids, which are generally considered very safe, having little to no adverse side effects. They will not interfere with most chemotherapy agents and can even enhance the effect of chemo agents, all while protecting existing normal cells from the toxicity of the chemo. Bioflavonoids help reduce overall inflammation in your body, which can decrease the risk of cancer formation and other chronic diseases. So, remember to eat your colorful fruits and green vegetables.

Bioflavonoids, when used correctly and with the right dosages, are one of many beneficial tools to be considered for breast cancer treatment support. Despite the relative safety of these supplements, before starting any supplement protocol, always ask your doctor or integrative medicine expert to determine whether you are a candidate for these supportive therapies.

Dr. Sonja Fung is a primary care naturopathic doctor at the Live Well Clinic in La Quinta specializing in integrative cancer care. For more information go to www.livewellclinic.org or call at (760) 771-5970.

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The Sooner the Better

By Reesa Manning, Vice President & Senior Financial Advisor

According to a survey on retirement readiness by the Employee Benefits Research Institute, only 14% of Americans are confident that they will be able to maintain a comfortable lifestyle after retirement.

And among those, about 60% have less than \$25,000 in savings, so depending on their age, they will most likely not be able to maintain a comfortable lifestyle after retirement.

One of the biggest problems in retirement planning is that people put it off way too long or rely solely on one account or investment vehicle. Key elements for a successful retirement (whatever that looks like for you) include starting early and evaluating often.

Developing a retirement plan can be quite overwhelming, but there are some easy steps to take to jumpstart your plan and increase your retirement success. Here are five:

Step 1: Set goals. Define what a successful retirement looks like to you. How old do you want to be when you retire? What kind of lifestyle will you have? How much money will you need? Write your goals down and use them as a driving force in your retirement planning.

Step 2: Seek professional guidance to develop a plan. Once you know what you want to achieve, it is important to sit down with a financial advisor and devise a plan on how you will reach those goals. There are many options in retirement planning depending on your investment personality, your age, and your income. A financial advisor will walk you through all of the factors to consider and help you formulate an appropriate plan.

Step 3: Follow the plan. Open the necessary accounts and start putting money into them every month. If you are just starting out and can afford to save only \$50 a month, do that. Small amounts can be meaningful over the long term.

Step 4: Contribute to your 401(k) plan. If your employer offers a sponsored plan and matches contributions, you are literally leaving money behind if you don't contribute. At the very least, contribute as much as your employer will match. A 401(k) plan is an easy way to save for retirement because the money comes straight out of your paycheck every month. And while a 401(k) doesn't require your active management, as with any investment, you should review it once a year to make sure that you are comfortable with the amount of money that you are contributing, your investment allocations, and the way your account is being managed — and make changes if necessary.

Step 5: Revisit your plan regularly. Circumstances in life are always changing. You get married; you have a child or children; your goals change; your job changes. Don't leave your retirement plan behind; revisit your plan regularly to make sure that it works for you and your unique circumstances.

Following these five steps is an easy way to jumpstart your retirement plan. It doesn't matter how old you are, where you are in your life, or how much money you make — now is the right time to start saving for your retirement.

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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Open Enrollment Round Two

By Randy Foulds

It's hard to believe, but the open enrollment period for health insurance is almost here. For seniors, that means October 15 through December 7 is the time to review your Medicare Advantage plan and your Part D prescription drug plan. But, for those under 65, open enrollment will be November 15 – February 15. This is your chance to enroll in a new individual health plan if you don't have health coverage through your work, or didn't enroll in one last year.

Even with all the mistakes and missteps last year, the open enrollment for Covered CA and individual plans was actually pretty successful with over a million Californians getting new health plans. But when all the dust settled, we found a new health care environment that looked very foreign to most of us. Narrow provider networks meant much fewer doctors from which to choose; there was confusion about what doctors take which plans; and referrals to specialists or facilities had to be planned with your insurer to best use your coverage. Unfortunately, many of us had to change doctors.

Some enrollees were "forced" into Medi-Cal which was overwhelmed by the number of new enrollees. Systems and staff at social services and their insurance plans, Molina and IEHP, had little hope of keeping up with the applications. Even now, months later, the backlog is not completely cleared.

This is the beginning of a monumental change in health care and health insurance, and as with any change of this magnitude, there are bound to be issues. Unfortunately, we shouldn't expect this new environment to improve anytime soon. It really began five years ago, as insurers looked to reign in skyrocketing health care costs by trimming down to what they termed "high-performance networks." Plans that used to include 80% of physicians in a given service area now have as few as 20%. Coordinating benefits, ensuring your hospital, doctor, surgeon, anesthesiologist, surgical center, recovery, etc., are ALL in network has become a very frustrating task for the newly insured.

In this upcoming open enrollment, premiums are projected to increase an average of 6% for PPO's but will actually drop for the Kaiser HMO. Since Kaiser only has employees for providers, they don't deal with the cost and headache of assembling a provider network. My assumption is this also creates a cost savings for them.

We expect provider networks to slightly improve as pressure by regulators will motivate insurers to at least get 30% of physicians in any given area to join their networks. New rules will require your health plan to provide "reasonable access" and "network adequacy." With new players like Walmart walk-in clinics and physician groups exploring their own HMO alternatives, the current landscape is looking a lot more like the new reality for years to come.

Randy Alan Foulds is a certified, independent health and life insurance agent with Foulds & Feldmann Insurance Agency in La Quinta. Certified health insurance agents are here to help you navigate the many changes in health care, and services are always free. Randy can be reached at (760) 777.9400.




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Autism: More Than a Brain Dysfunction

Autism Spectrum Disorder (ASD), or autism as it is generally termed, is a group of complex brain disorders in development with various severity levels and conditions. The Centers for Disease Control reported that 1 in 68 children have some form of Autism.¹ This is a 10-fold increase over 40 years ago.

This skyrocketing statistic has fueled a demand for answers and helped to generate funding for research over the last 10 years with notable discoveries revealing the more complex causes of autism.

Most researchers agree that both genetics and environmental factors play a role in the onset of autism. From the recent research, we are learning how abnormalities in body systems like gut function, immunity, and detoxification may be core causes of behavioral and mood symptoms of ASD.^{2,3}

The most controversial studies surround the effectiveness of a diet free of gluten (a protein found in wheat and other grains) and casein (a protein found in milk).^{4,5,6,7} The most recently published study in the field of Nutritional Neuroscience showed a strong correlation between gluten, casein and autism.

Increased intestinal permeability, also known as "leaky gut syndrome," has been suspected in ASD, and fuels further research stemming from a hypothesis that some ASD symptoms may be caused by the incomplete breakdown of gluten and casein. Both proteins have opioid-like effects crossing the brain barrier and creating numerous implications that continue to be researched.^{9,10,11}

Studies that implemented the gluten and casein free diet (GFCF) provide limited clinical data, yet offer provoking statements from parents: "Parents who reported the presence of GI symptoms, food allergy diagnoses, and suspected food sensitivities in their autistic children saw greater improvement on the gluten and casein free diet in ASD behaviors, physiological symptoms, and social behaviors."^{12,13,14} Most will argue that such statements are merely a survey, and not evidence-based research; however, the repeated conclusions of multiple studies are difficult to dismiss.

With all we now know about today's wheat and gluten, it may not be too far reaching to consider that gluten is a toxic burden to the body, triggering ASD symptoms. Between the body's complex systems and the hybridization of wheat over the last 50 years (not to mention the documented 250 plus symptoms of non-celiac gluten sensitivity), there is likely more to be uncovered that connects gluten to autism.

Many doctors agree that autism isn't just about behavior management and shouldn't be limited to brain research. The brain is connected to every body system resulting in a multitude of unique symptoms for each individual diagnosed. The autistic person has a fragile immune system and a poor ability to detoxify. It's important to realize that the focus should be on managing health at a cellular level, which can be done by adjusting diet and minimizing toxin exposure.

If you are caring for one with autism, focus on nourishing the body with nutrient dense food and minimizing sugar. A trial of 3-6 months of a gluten and dairy free diet is highly recommended to allow intestinal healing and the opportunity for positive results.

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

References available on request.

Child Care Providers Adopt Healthy Habits Through First 5 Riverside Program

First 5 Riverside (Riverside County Children & Families Commission) has launched a program to help child care providers throughout the county improve nutrition, physical activity and family habits through free training and materials.

Working with those who care for children throughout the day, the program aims to help create healthy habits for babies, toddlers and preschoolers.

Nationally, about one in eight preschoolers is obese, a serious health condition that can lead to continued obesity, diabetes, high cholesterol and other health problems as an adult. Children who are overweight or obese as preschoolers are 5 times as likely as normal-weight children to be overweight or obese as adults.

The good news is that obesity rates among children are declining slightly, according to Centers for Disease Control and Prevention research. Encouraging and reinforcing healthy habits early helps reduce and prevent childhood obesity.

Since the program launched last year, 44 sites have become certified in Nutrition and Physical Activity Self-Assessment for Child Care with 34 of those located in the Coachella Valley. More than 100 more sites are in the process of becoming certified and have incorporated a variety of tactics to reach goals and make a significant difference in their homes and centers.

Child care providers are embracing the healthy changes. They have stopped

serving as much juice, added more fruits and veggies, created water stations so kids can serve themselves, planted gardens, enhanced their physical activities, and encouraged parents to exercise with their children at home.

Maria Gil, owner of Gil Family Child Care in Coachella, has spent more than a decade helping children grow. When the program launched last year, she looked

forward to helping her child care center grow as well. After several months of free assessments, training, coaching and implementing changes, she said it's been refreshing to see parents and children responding positively.

"The kids don't complain, they just want to eat," said Gil, whose "no cakes" policy has been celebrated with fruit salads, cut vegetables and oatmeal cookies instead.

It's the little things that can make a big difference from choosing water when thirsty to limiting 100 percent juice to 4 to 6 ounces per day, or serving low-fat or non-fat milk with meals.

First 5 Riverside is looking for additional child care facilities and homes to join the program which is managed by the Department of Public Health's Nutrition Services and Health Promotion Branch.

For more information call (951) 358.3833 or visit www.rivco-nutrition.org/nap-sacc/. Parents can visit www.PotterTheOtter.com for tips, games and the new First 5 book *Potter, Potter, The Healthy Otter*. Visit www.First5Riverside.org to learn more.



Kailani Clifford, 3, serves herself some fruit salad at Gil Family Child Care in Coachella



NATUROPATHIC FAMILY MEDICINE with Dr. Shannon

One main health concern for parents of babies and toddlers is whether their kids are receiving an adequate and nutritionally balanced diet. Parents have many dietary questions, such as when to introduce solids, appropriate food choices for baby, and the correct protein and nutritional needs of a toddler.

There is not one perfect way to feed a child; however, there are certainly helpful guidelines to review, as well as acceptable variations - many dictated by culture and family values - which meet dietary standards.

An important nutritional decision parents make is when to first introduce solid food. A significant fact to understand regarding solid introduction is that babies nutritionally thrive on breast milk alone during their first 12 months. Food introduction can progress slowly while breastfeeding, without affecting baby's growth and development.

Babies should not begin solid introduction until 6 months of age. Prior to 6 months, babies lack digestive ability to properly break down food. To evaluate baby's readiness for solids, he should be able to make a pincher motion with 2 fingers, not push solids out with his tongue, be willing and able to chew/gum food and swallow, sit up on his own, and show interest in solid food. At this time, parents can introduce 1 tsp of food beginning with avocado, sweet potato, or steamed and pureed apple or carrots. Over the course of the 2-3 weeks following introduction, minimally increasing the volume of food after breastfeeding by 1 additional tsp up to 3x day. Over the 2 months following, the variety of fruits and vegetables can increase. At 9 months, limited sheep and goat milk products, such as yogurt, can begin.

For most babies, grains and meat are not introduced until 10+ months. Beans, legumes, and nuts are not digestible until a baby reaches 18-24 months. Again, many cultures introduce pureed beans and legumes earlier than this, but these foods are not easily digested prior to 18 months. Always remember, as new foods are introduced to babies it can take up to 8 times of introducing a new taste or texture for a baby to incorporate it into his diet. This can be frustrating, but with time, many babies can significantly increase their palate.

At 18 to 36 months, children should have a wide variety of fruits, vegetables, non-gluten grains such as oatmeal, rice and quinoa, meat, and beans/legumes. The toddler years can be the most challenging in terms of variety, eating vegetables, and simple compliance at meal times. However, the amount of food most toddlers need for adequate nutrition is much less than most parents realize. Below is a list of portions for each food category for children 18-36 months:

Meat/Beans: 2oz per day / Grains: 3oz per day / Vegetables: 1 cup per day
Fruit: 1 cup per day / Goat Milk: 2 cups per day

The best advice any parent can heed about their children's nutritional health is to cook whole, fresh food daily. Limit packaged and processed foods, avoid any foods with sugar added, absolutely avoid fast food and high fructose corn syrup, and be patient with your child as they learn about new flavors and textures.

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

Sources: 1) wholesomebabyfood.momtastic.com/solids.htm#_U_LD6jc1Tw; 2) who.int/nutrition/topics/infantfeeding_recommendation/en/; 3) whqlibdoc.who.int/paho/2003/a85622.pdf?ua=1; 4) nourishingorigins.leighanneduchene.com/2009/11/21/a-holistic-approach-to-introducing-solids-to-baby/; 5) borstvoeding.com/voedselinstructie/schema/engels.html; 6) healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Serving-Sizes-for-Toddlers.aspx; 7) kidshealth.org/parent/nutrition_center/healthy_eating/toddler_food.html

New Program Helps Teen Girls Cope

By Lauren Del Sarto

Being a teen can be challenging, especially when you consider outside influences such as magazine covers and the desire to fit in with peers.

Building on the success of a program she taught at the University of British Columbia, local yoga instructor Susan Alexander has developed a workshop for teens and tweens to address issues of self-image and esteem.

Combining her mindfulness yoga and meditation training with her masters' studies in integral counseling psychology, Alexander has created "Uniquely You," an interactive learning workshop to empower young girls as they transition through adolescence into young adulthood.

The program is for those who desire to learn more about themselves and the benefits of a healthy and active lifestyle. It uses basic yoga principles to help participants feel strong in body and more accepting of themselves and others. Conscious breathing and basic yoga poses which encourage resting both mind and body (without going to sleep) are taught as tools to help calm nerves and deal with pressure.

In each class, yoga practice is combined with fun interactive projects exploring creative ways to look at body image, confidence building and expressing feelings. "For example, body mapping (creating full-sized outlines) helps identify both physical and non-physical characteristics," says Alexander. "The girls learn more about themselves and things that make them special, which other people see and they may not." She notes that this activity can be a profound - and fun - way of developing compassion and support for others.

Each class covers topics such as setting goals, improving body image, eating healthily, maintaining positive relationships, resolving conflicts, building confidence, reducing stress, and managing emotions. Topics are explored through yoga, mindful meditation, journaling and art. Partner poses, team building and trust games are important elements as well enhancing relationship with others.

A five-session workshop for girls ages 11-16 is being offered this fall at Evolve Yoga and discussions are in the works for an on-going program at the Eisenhower Wellness Institute. Alexander is also available to work in-house with groups seeking to introduce this type of program to their organization.

"The transformation I see is both inspiring and rewarding," she adds. "Girls who started off saying, 'I can't do that' walk away saying 'I never thought I could do that before!'"

For more information contact Susan Alexander at (760) 834.1748 or susanalexanderyoga@gmail.com.



The yoga-based program addresses issues of self-image and esteem.



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Palm Desert High School Health Academy: The Benefits of a Senior Year Internship

Palm Desert High School's Health Academy is in its fourth year, providing a three-year "school within a school" focusing on health careers. Internships, which introduce students to the medical field in a workplace environment, are a significant part of the program. Students are introduced to the skills and value of work while making connections between academic learning and real-world application. The invaluable experience and skill acquisition are beneficial in pursuing either an entry-level health industry position or a college education towards that career.

During the first two years of the Health Academy, students are taught various procedures related to occupations in the medical field and are exposed to medical terminology and anatomy. Throughout the third year, Health Academy students seek internships in several fields including: dentistry, sports performance, childcare, assisted-living, veterinary medicine, physical therapy, physicians' offices, and occupational therapy practices. The hands-on experience allows students to apply what they have learned to real-life situations. Not only does an internship allow for interaction with patients, but it is vital to remembering that the patient is always the number one priority. Internships create bonds between patients and physicians and help develop a strong sense of ethics, responsibility, communication, and recognition of the importance of confidentiality. As a result, students grow as health care professionals and as individuals.

Jessica Avalos, who will be attending UC Riverside in the fall, states she learned

people skills and empathy towards patients by interning at Manor Care, a hospice care facility. "Internships encourage us to strive for success," says Kayleen Roach who will be attending San Diego Mesa College this fall. Manuel Lopez, head student athletic trainer at Palm Desert High School (PDHS) gained much of his experience during his internship with Bryan Booth, PDHS athletic trainer. "Not all athletes will treat you with respect due to their level of pain when injured, but in order to treat them, you must remain patient and calm."

"I have learned so much at Kinetix Health and Performance Center," states Isabella Clayton, who will be attending University of Northern Colorado in the fall, "but the most important thing I learned was how to run a business."

PDHS Health Academy is working to further develop the program by expanding the number of internships available. When businesses and health professionals become engaged with career pathway programs such as these, the whole community benefits as students graduate more prepared for college, career and life.

Health care professionals represent approximately 12% of our region's workforce. These programs help to connect local students to the health care needs of the Coachella Valley in hopes that they will stay or return to become health care leaders of our future.

For more information about these programs or to offer an internship with your business, please contact Donna Sturgeon at The Coachella Valley Economic Partnership: Donna@cvep.com (760) 340.1575.



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What are Micro Peels?

By Kymberly Whitaker

One of the more popular facial rejuvenating treatments today is the micro peel. It is a superficial chemical peel which can smooth and soften your skin, brighten your complexion, minimize pore size, and reduce discoloration, all with no social down time.

This simple 30-minute procedure should not be confused with the micro laser peel which is a more invasive therapy requiring 48-72 hours of down time. Both procedures aim to exfoliate the skin for regrowth of dermal cells; however, laser peels work beyond the surface and can require preparation, medications, and down time for healing.

Micro peels are the lightest of all chemical peels and, because they work on the outer surface, are standardly not painful. The procedure uses lactic and glycolic acids which are naturally occurring alpha hydroxyl acids (AHAs) found in fruits and other foods.

What are the benefits?

Micro peels are an effective adjunct to skincare, and expedite the results that can be achieved through skin care alone. Because they are more potent, they offer significant advantage over skin care products, and without recovery time. A micro peel will improve your skin texture, color and overall appearance as well as decrease the apparent size of your pores. Many experience improvement of small, superficial wrinkles as well.

How does the procedure work?

First, dead skin cells are gently removed through a painless technique called dermaplaning, which is similar to shaving. The AHA solution, usually between 20% and 50%, depending on your skin type, is brushed on and remains for approximately 10 minutes. You may experience mild, temporary stinging and itching. Then stimulants such as dry ice are applied, followed by moisturizing cream. Immediately following your micro peel, you can return to your usual activities.

The extent of the exfoliation depends on the type and concentration of the AHA. At high concentrations, AHAs function as peeling agents which act more rapidly and at a deeper level.

The skin rejuvenates for up to six weeks after each treatment. The procedure is safe to do on a regular basis; monthly treatments create a constant turnover of dead cells, so skin looks and feels fresher.

Are there disadvantages?

As long as your expectations are realistic, there are few disadvantages. A micro peel will not improve dynamic or skin fold wrinkles. If you have thin, sensitive skin, you may have redness for one to two days following the treatment. If this occurs, a lower concentration of solution can be used for subsequent treatments.

Because of their simplicity, safety, effectiveness and low cost, physician supervised micro peels have become very popular. The benefits are significant, the risks negligible, and the costs affordable.

Kymberly Whitaker is a member of the Society of Plastic Surgical Skin Care Specialists and a medical esthetician in the office of Maja Ruetschi, MD, FACS. She can be reached at (760) 340.1199.

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Give Your Life a Fresh Start

By Susan Murphy, Ph.D., MBA

One of the most frequent questions my clients ask is, "How do I start over?"

Although life doesn't come with a re-set button, you can give your life a "fresh start" any moment you choose. Life is a journey, not a destination. I believe life is 5% what happens to you and 95% what you do with that. If 95% is up to you, where do you start when you are blown off-course on your life journey?

Understand that starting fresh is making a change and the first stage of any change is Resistance. Making a change is taking a risk and can cause paralyzing fear. Whenever I feel resistance about making a change, I think of Wayne Gretzky, the hockey star who said, "You miss every shot you don't take."

Assess your current reality. How satisfied are you with your progress in key areas of your life? Consider your level of satisfaction with your health, relationships, career and finances. Even when you think you will only be "starting fresh" in one area, it's important to know how you're doing in other areas. You are multidimensional and enhancing one area will affect the other areas as well. For example, if you want to re-start your career, this could impact your health, relationships and finances.

Examine your most important values and your life purpose. Who are you and what do you stand for? As the late Stephen Covey said, "It's incredibly easy to get caught up in an activity trap, in the business of life, to work harder and harder at climbing the ladder of success only to discover it's leaning against the wrong wall." Take time to understand yourself better. What are your talents and skills? Your hopes and dreams?

Reflect on your past. Your rear view mirror can provide insights into what you've learned and why you want to let go of the past. Review your successes and learn from your mistakes. Are there destructive patterns that have held you back?

Keep only supportive, positive people on your Personal Board of Directors. This is the time to remove toxic people from your inner circle. Consider your closest relationships and decide who should stay, who should be re-classified, and who else can be recruited to support you.

Create your "Action Plan" and visualize achieving your goals. Now that you have examined your past, your present and chosen your team, start to visualize your future. Write down what you want to change and steps to do so. Start with small steps and include timelines.

Start moving. Begin with small steps. A body in motion tends to stay in motion, so now it's time to get going!

With these steps, you can strategically re-pack your gear for the next part of the journey of your life. Life is 5% what happens to you and 95% what you do with that!

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.



PRESENTED BY



Continued from page 13

NON-PROFIT ORGANIZATION

Desert Recreation District

Since 1950, the DRD has encouraged and engaged residents to embrace healthy and active lifestyles by providing hundreds of recreational programs throughout the Coachella Valley. With 30+ community facilities, parks, pools, ball fields and golf courses valley-wide, DRD conducts 2,400 classes and programs and 100+ special events that attract close to 20,000 participants annually.

"Fitness and recreation is part of our DNA. We love it, we live it, and so it's easy to promote Get Your Fun On!" – Kevin Kalman, General Manager



LARGE BUSINESS

Massage Envy

Massage Envy provides convenient and affordable professional wellness services encouraging all to incorporate these practices into a regular health care regimen. Locally, they support and raise funds for numerous health-related causes including the Arthritis Foundation, Visiting Nurse Association California, Women's Leadership Forum, and Leadership Coachella Valley.

"Massage is a type of therapy that provides relief from pain and makes people happy. We want to contribute to helping people gain a happy, healthy lifestyle." – Holly Lassak, Owner



SMALL BUSINESS

Evolve Yoga

Evolve was voted 2014 Yoga Studio of the Year locally, and fans say that owner Bronwyn Ison "has created a one-of-a-kind environment." In addition to their vast array of classes, the Evolve team contributes their talents and space to non-profit health organization and events including Poses on Paseo, The Pregnancy Refuge Crisis Centre, Yoga Across America, CV Volunteers in Medicine, Off the Mat and Into the World, and Wounded Warriors.

"My passion has always been to help others be their best...Yoga is a direct highway that can improve lives mentally, physically and spiritually." – Bronwyn Ison, Owner



Kinetix Health & Performance Center

Over the past 11 years, Kinetix has provided expert training, fitness and wellness to tens of thousands. From specialized training to sports camps and community outreach, they have impacted a long list of dedicated fans. Over 65 youth who trained with Kinetix have been awarded college scholarships. Michael Butler also volunteers his time with PD and LQ High Schools as both a medical and nutritional advisor.

"We have been blessed with the skills and knowledge to assist others... and are grateful for the opportunity to help change a child's perspective... toward a life of health and wellness." – Susan & Michael Butler, Owners



Next Level Fitness

Next Level Fitness has provided the valley with training and nutritional guidance for the past ten years. Their signature program Fit in 42 (in which thousands have participated), was developed to teach healthier habits through action and education. Owners Gerry and Casey Washack also dedicate their time and services to the members of Act for MS (multiple sclerosis), raising funds and providing group training sessions to members.

"There is no better feeling than helping to show someone what they are capable of. The Magic is when you see that they believe it themselves." – Gerry Washack, Owner



EVENT OR PROGRAM

Mayor's Race & Wellness Festival

2015 will be the fourth year for this annual event which has generated over \$1 million in funds for local health and wellness programs. It has also expanded to a year-round Healthy Planet, Healthy You program comprised of community and school gardens, food security seminars, film showings, fitness activities, a speaker series, and the formation of a new Wellness Subcommittee through the City's Sustainability Commission.

"The Mayor's Healthy You, Healthy Planet Race and Wellness Festival is an example of successful collaboration for the greater good between the City of Palm Springs, the Clinton Health Matters Initiative, Desert Healthcare District and Desert Regional Medical Center." – Mayor Steve Pougnet



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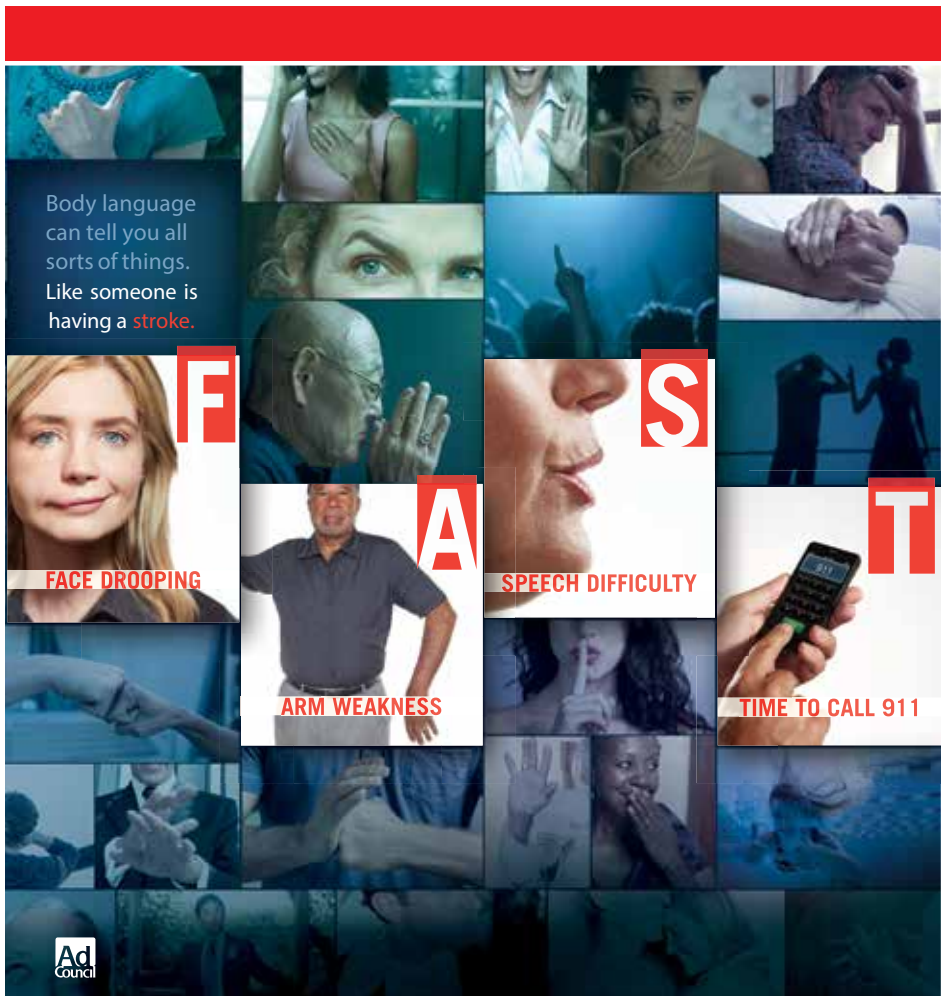


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Senior Moves

Exercise promotes health. It also makes us feel good. We should keep our body active. That is the theory. But doing so takes work and perseverance.

With advancing years, the degree of effort increases exponentially. What was easy when we were younger is now more challenging than we care to admit – and yes, often discouraging. It can be so convenient to find excuses and to give up. Regrettably it does not get easier – quite the opposite.

Fact is we need to be active for continued wellbeing during our senior years.

Why not leave the ego on the couch and admit to some age-related limitations? Keep on moving in spite of it, and with planned purpose. For example, just walking is an excellent start to strengthen your heart and protect your cardiovascular system. Distance and duration should increase gradually. It is not a race. Resistance training is important to ensure that our skeletal and muscular systems stay strong and flexible.

As muscles weaken with age, balance is impaired, which is very dangerous. Seniors can get seriously hurt when falling due to lack of equilibrium and declining core strength.

I am speaking from personal experience. I knew that I had to slowly regain what I had lost over the years. The book store and the internet have an abundance of recommendations and guidelines, but the well-intended authors can only offer a generalized approach. They cannot know our condition and age; consequently,

what we need is personalized assistance.

That is where a qualified personal trainer can be of invaluable assistance. He or she makes sure that we are doing the right exercise and that we are performing them correctly. Again, from experience, I know that the conditioning approach has to be gradual and consistent. This is not a contest with others - or with ourselves.

Progress is the motivator to continue, and the process needs to be monitored. However, the trainer can only guide us; the work is up to us. The results are physically beneficial, and it does enhance your emotional wellbeing.

In our Coachella Valley, we are fortunate to have the choice of many gyms and work-out facilities. I did check out a number of them. My criteria were proximity to where I live, convenient times of operation, up-to-date equipment, no wait time to use equipment, safety, cleanliness, and a friendly, supportive staff.

I found what I was looking for at Anytime Fitness on Jefferson Street in Indio which is open 24 hours, so I may go at my leisure. My personal trainer, James, assessed my condition and designed a program to achieve gradual progress and personal satisfaction. I am having fun and am on the road to fitness and health.

You can begin this journey at any time in your life. It is never too late. Establish your criteria, find a trainer with whom you are comfortable, and dedicate yourself.

Your health is worth it, so as they say, "Just Do It!"

George can be reached at ugadolph@live.com.

The Summertime Blues

Is there a 'Cure'?

By Gregory A. Pecchia, D.O, FACOPF

"Sometimes I wonder what am I gonna do—'Cause there ain't no cure for the summertime blues"

With the days in the Coachella Valley now longer and warmer, some of you might find yourself feeling somewhat down, depressed and irritable; you are not alone! You may be suffering from the summer variant of Seasonal Affective Disorder (SAD), or what I call "reverse SAD."

Unlike the characteristics of the more common and classical wintertime variety of SAD (which often includes oversleeping, daytime fatigue, carbohydrate craving and weight gain, diminished sexual interest, hopelessness, suicidal thoughts, lack of interest in normal activities and withdrawal from usual social situations) the symptoms of the so-called "summertime blues" are usually variably characterized by insomnia, decreased appetite, weight loss,

agitation, anxiety and feelings of depression.

The condition is more common in women with research indicating that the role of warmer temperatures, rather than light exposure, may be the triggering factor. The mechanism of this is theorized as perhaps occurring via suppression of thyroid hormone (leading to fatigue) with a simultaneous increase in pituitary gland secretion of growth hormone and prolactin (also contributing to lethargy and an overall diminishment of enjoyment and pleasure).

So, if you're wondering what you're "gonna do" if you've got the "summertime blues," consider the following strategies:



- Limit your exposure to heat, staying indoors during mid-day and traveling to cooler climates whenever possible. If your medical status and condition allows, try using the local tramway to bask or stroll in the San Jacinto Wilderness once every week or two during the hot season to 'reset' your internal thermometer.

- Develop a habit of routine, mild exercise in the coolness of an air-conditioned gym, in a swimming pool or outdoors in the more user-friendly hours of the early morning and/or late evening.

- Adhere to a regimen of good sleep hygiene with a goal of obtaining seven to eight hours nightly of minimally-disrupted sleep. Consider opaque window coverings or sleep masks to avoid having the early morning light awaken you prematurely.

- Counseling for cognitive therapy can help you learn new coping strategies to better deal with the symptoms of reverse SAD and to think more positively and flexibly about your situation.

- Address this issue pharmacologically with appropriate prescription agents or natural remedies should more conservative strategies not offer adequate control of your symptoms. You should discuss this with your primary care physician or psychiatrist.

For more information on senior depression, you can contact the Eisenhower Behavioral Health Clinic at (760) 837.8767. The Clinic offers outpatient behavioral health services in a safe, secure, comfortable environment with board certified psychiatrists and other licensed professionals.

So, like the song says... "I'm gonna take two weeks, gonna have a vacation....."

Stay cool, be active, remain positive, get lots of sleep and maybe we'll see each other cooling off on a hike up the hill sometime soon!

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




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A Desert Health® Review

Renowned Coachella Valley restaurateur Michel Despras hails from a small town in France. He is the fourth generation in a family who shares a love - and living - for food.

His great-grandparents were wheat farmers and his parents owned bakeries. The first to venture into restaurants, Despras blessed the valley with many beginning in 1984 as a partner in Le Valleris, then the Canyon Bistro, Le St. Germaine in 1995, and Lavender Bistro in 2008.

When his young son Brandon started showing interest in the business (and signs of becoming a true "pizza connoisseur") Despras thought it only fitting to introduce him to the history of working with dough. "I took Brandon to a restaurant in my hometown in France and showed him a real oven built in the 1800s and still working and making bread every day," he says. "The aroma of that restaurant is so amazing; you want to buy the whole place - 'give me a little bit of everything' - and every time we go back there, Brandon wants to visit this place."

That oven was the inspiration behind the fifth generation's creation, Copper Oven Artisan Pizzas. Brandon built the restaurant with his father and is learning the trade as owner and co-manager. His older brother, Nicolas, owns and operates Lavender Bistro in La Quinta.

Copper Oven, located on Highway 111 in Palm Desert, feels more like a country home than a pizza parlor. Black and white family photos hang on the walls with antique artifacts, and clay-potted herbs double as centerpieces. A variety of comfortable seating options include couches, dining tables, high tops and a pub style bar.

Not only does the wood-fired baking style at Copper Oven follow tradition, thought has also been given to the freshness of the ingredients: local produce is sourced as available and used to create seasonal dishes and salads, and all meats are nitrate-free.

The mozzarella is homemade and the dough handcrafted. Gluten and dairy-free pizzas are offered using "Fiore Glut" imported from Napoli, and Saratoga Springs bottled water is offered as the "most ph balanced water on the market."

On our visit, we began with their eggplant appetizer served with caramelized onions, red peppers, pine nuts and ricotta cheese. This combination of flavors - roasted together and served in a cast iron pan - provided a savory, melt-in-your-mouth start to our meal. We added a side of mixed marinated olives served in mini mason jars to enhance that "down home" flair.

Their summer specials included a prosciutto peach salad which was a meal in itself. Arugula and spinach topped with balsamic vinaigrette is complemented by fire-roasted peaches, San Daniel prosciutto, mixed olives, tomato confit and burrata cheese.

We could have stopped there, but had to try their wood-fired pizza. Their long list of ingredients includes proteins (lamb sausage, farm eggs, and Applewood bacon included); fresh vegetables such as broccolini, butternut squash and artichoke hearts; and even goat cheese as an option to cow's milk cheeses.

We opted for one of their specialties: lamb sausage with roasted red peppers, oregano and goat cheese. The lamb was so fresh and tasty, it was hard not to eat it all by itself! The wood-fired influence added taste to the gluten-free dough (which can often be bland); the very filling crust was in between thick and thin. The unique combination of flavors left us wanting more, but the to-go box had to do.

To complement their stellar pizzas, Copper Oven offers a long list of craft beers and wines from both the states and abroad.

Copper Oven Artisan Pizzas is a fun place to go hang out and enjoy an appetizing meal with family and friends. You'll feel good about

the quality of their ingredients and will thoroughly enjoy their unique creations - all served in a warm and friendly atmosphere that makes you feel like part of the family.

Copper Oven is located at 73196 Hwy 111 in Palm Desert (look for the green awning on the North side of the frontage road). They offer indoor and outdoor seating and are open 7 days a week from 4p - 10p. (760) 851.5777.



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A Journey to the NFL: Doing It the Right Way

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

There has been so much news lately regarding professional athletes abusing sports supplements and the legalities of steroid use. Many athletes resort to performance enhancing drugs not only to help put added distance on their drives or to score more touchdowns, but to help prevent or slow down injuries.

There is a local athlete who recently signed with the Denver Broncos as a free agent who took the long road in reaching his dreams. His name is Greg Latta, a massive 6'5" 265-pound defensive end with 10% body fat and a physique like Zeus! His dream of playing football started after a long career as a basketball player. His big chance came when Purdue University recruited him, and he accepted a full ride to play Division 1 football. Many say it is his exceptional athleticism that attracted both college and professional scouts. He did not have more than two years of real college football experience before the Broncos called him up and wanted Greg to join the other rookies at training camp.

When Greg was in ninth grade he was 6'1" and 170 pounds, with a very lean stature. You could see that he had room for growth with very long limbs. It was during his 10th grade year that Greg opened up and wanted to learn how to become a healthier, stronger athlete. Through the process of building his core, working on balance, and Olympic style weightlifting, he could see himself starting to take shape. The many countless hours he was putting into the gym and on the court was paying off. By 11th grade Greg was 6'4" and 240 pounds.

Throughout his high school basketball career, everything his strength coach taught Greg would follow to a tee. His father would visit Costco weekly and often come home with 5 gallons of whole milk, 10 pounds of steak, 6 cartons of eggs, 6 loaves of whole wheat bread and 4 bags of lettuce. Not once did Greg ask or inquire about

performance enhancing supplements. Listening to his trainer's daily lectures, Greg would literally swallow up the information and store for future use. You could say he is a student of the game.

There were times after practice that the janitor would bring a large mop to soak up all of Greg's sweat off the floor, and instead of grabbing sugar-riddled Gatorade, he would drink a specially mixed electrolyte drink full of vitamins and minerals to naturally replenish what he had lost.

After two years playing at Purdue, he was 6'5" and 275 pounds of pure muscle. Many asked Greg what supplements he was taking to add so much weight. At team luncheons and dinners, he would seriously load up as he was instructed to eat often and have mostly protein on his plate. After serious weight training sessions, he would try to have an energy shake consisting of amino acids, protein and fruit.

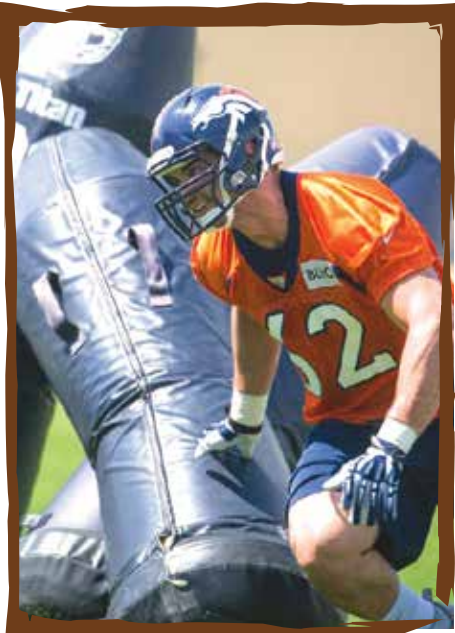
Greg was religious about this routine and hardly ever veered away from it.

Thankfully, Greg never sustained a serious injury during his 9 years of training. He followed the plan set forth for him to a tee - a rigorous stretching and warm-up routine followed by strength training, field work, and finally a recovery phase of therapy.

I remember when Greg was playing basketball that he was told he would be trained like a football player; he needed to be tough and strong to play center in college. That program certainly paid off for him.

Greg Latta is an exceptional example of doing things the right way. He didn't need to use performance enhancing drugs or supplements to get big, fast and strong. He is an inspiration to many who want to work towards a professional athletic career, and I hope his story inspires others to take the same road.

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



Greg Latta trained hard and trained naturally on his road to the NFL

Change It Up!

By Diana Evanko & Chelsea Higholt, CPT

Did you know that you should change your exercise routine every 14 days? Engaging in a variety of physical activities is important. Your fitness routine should include aerobic, strength-training and stretching, and health benefits are gained by using muscles for extended periods of time. Some options include: 2 and a half hours of moderate-intensity aerobic activity, or 1 hour and 15 minutes of high intensity aerobic activity, or try a combination of both moderate and vigorous aerobic activity.

Moderate activity increases your heart rate, but you should still be able to talk comfortably. Walking on a level surface at about three or four miles per hour, ballroom dancing and leisurely bicycling are some enjoyable examples. Vigorous activity increases your heart rate, breathing is labored, and it is more difficult to carry on a conversation. Bicycling uphill or quickly jogging, swimming, and playing singles tennis are examples of vigorous activity that are certain to get your heart pumping.

Strength training increases the strength and endurance of muscles. It can be done using weight machines, free weights and resistance bands. Push-ups and sit-ups are good examples of strength-training activities which can be done using your body weight instead of equipment (so that excuse can go away!)

Stretching improves flexibility which allows for more mobility. Stretch after your muscles are warmed up allowing for a wider range of motion. To help prevent injuries, one should stretch and warm up for three minutes prior to strength training.

Regular physical activity also helps maintain a healthy weight. If overweight, physical activity along with a proper diet can help achieve weight loss. To get a better idea of what kind of workouts you should be doing, first determine your Body Mass Index or BMI which is calculated from your weight and height. Women with a BMI of 25-29.9 are considered overweight; when BMI is 30 or higher, women are considered obese.¹

Keep your physical activity enjoyable. Switch it up regularly and reward yourself when you achieve your weekly goal. (Just remember, don't go overboard with the reward!) Having a workout partner can also make physical activity more fun and accomplishing goals more satisfying.

Don't expect to notice body changes right away. It can take weeks or even months to notice significant changes in appearance. Keep in mind, many benefits of physical activity are happening inside you and are not always visible. If you feel them, feel certain your exercise routine is working, and that the noticeable change is coming soon!

Just remember to be smart about working out. Do what your body can handle and always consult with your doctor prior to starting a new workout program if you currently, or previously have had, health issues. Take care of your body at all times, and have fun changing it up!

Diana Evanko, owner, and Chelsea Higholt, ISSA certified personal trainer are with C-Fitness: Ladies Workout in Palm Desert. They can be reached at (760) 636.4177.

Reference: 1) Center for Disease Control and Prevention

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You Are Never Too Old

By Howard Rubinstein, CPT

Most older adults fear losing their independence more than they fear death. Those who want to maintain physical and emotional independence must engage in regular exercise, as proper exercise can help older adults prolong their independence.

Unfortunately many seniors believe they are too old to start exercising. In fact, we are NEVER TOO OLD to start an exercise program if done prudently and with a physician's approval.

A study by Dr. Herbert A. deVries, former director of the Andrus Gerontology Center at the University of Southern California and a pioneer in his field, demonstrated that men and women in their 70's and 80's can achieve levels of vigor associated with people 30 years younger.

His findings contradicted the widespread belief that the elderly cannot improve physiologically, and at best may only slow their decline. On the contrary, regular participation in physical activity can raise the fitness level of an active 64 year-old to that of an average, sedentary 30 year-old. Assuming that there are no underlying disorders, exercise can make an 85 year-old as strong as a 55 year-old person.

Dr. Alex Lief of Harvard Medical School believes that exercise is the closest thing that we have to an anti-aging pill. He states, "regular daily physical activity has been a way of life for virtually every person who has reached the age of 100 in sound condition."

By the year 2050, the expected life span will be 82 years of age. In 1980, the number of Americans older than 65 years of age was approximately 25 million, and researchers predict that by the year 2030 that number will grow to 63 million. Currently the fastest growing segment of the population in the United States is those 85 and older.

Extended life would not mean much if it simply meant living more years with disease and disability. Healthy habits not only reduce the risk of fatal heart attacks and cancer, but also reduce chronic ailments that can be physically, psychologically and financially debilitating.

What's the bottom line? If consistent exercise is a part of your life, you improve your chances of living long, and living well.

Remember, the same steps that add years to your life can add life to your years!

Always consult your physician before starting any fitness program.

Howard Rubinstein is an ISSA certified trainer who began his fitness career as a senior with the goal of helping other seniors stay - and get - fit. He welcomes your questions and can be reached at (760) 464.5339 or howard@thehowardr.com.

Source: 1) International Sports Sciences Association workbook



Incorporating exercise improves your chances of living long and living well.

A Lifetime of Dreams Brings Home the Gold

By Lauren Del Sarto

In 2011 after eight years off the ice, professional figure skater and US Open Champion, J. Scott Driscoll walked into the newly opened Desert Ice Castle in Cathedral City and took a deep breath. He could see kids of all ages falling, laughing and attempting the challenging sport that saved his life so many years ago, and he knew it was time. He rushed to his storage space, found his old skates, and took to the ice once again.

It wasn't long before Scott made a promise to himself to fulfill another dream, to skate in the Gay Games. He first had that thought 25 years ago and this August - at 53 years old - competed in the Platinum 35+ division and brought home the gold.

But that wasn't all. Scott performed his routine to a song he wrote, sang and recorded. Created from a folder full of thoughts and melodies collected over the past 10 years, the song describes a young boy bullied for being different who found solace on the ice where he could hide from the world and find peace. It is entitled *Your Love Matters*.

"What an incredible experience this has been," said Scott. "Great fortune and good friends brought me to Nashville to record this song with Grammy nominated composer, Rick Chudacoff, who helped me bring a lifetime of emotion, memories and celebration together." The song

was recorded specifically for Scott's performance at the Games and helped him bring home top honors.

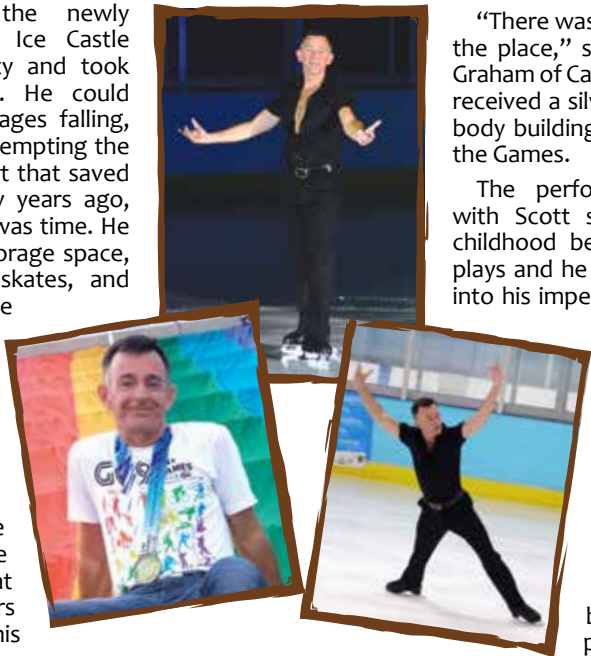
"There was not a dry eye in the place," said friend Doug Graham of Cathedral City who received a silver medal in the body building competition at the Games.

The performance begins with Scott speaking of his childhood before the music plays and he gracefully steps into his impeccably executed skating routine. He recorded the song in May, which gave him only a couple of months to create and practice the routine, but the entire performance was a lifetime in the making.

"Skating saved my life, and I am so happy to be

back teaching young kids," he adds. "I hope to be able to now share my song, the message, and my medal with other young people who may be experiencing what I went through. It doesn't define you, and you should never let anything or anyone hold you back."

J. Scott Driscoll is a skating instructor at Desert Ice Castle in Cathedral City. He is available to share his experience and speak to youth and adult organizations and can be reached at (602) 670.2989. His Games 9 performance is available to view online at www.DesertHealthNews.com (search Scott Driscoll).



Performing to a song he wrote and sang helped Palm Springs resident J. Scott Driscoll bring home the gold from the Gay Games 9.

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5 sessions
\$125 (pre-registration)
\$30 (drop in/same day registration)

Vinyasa Yoga with Essential Oils

Sept. 20 – Foundation
Root Down & Be Present
Oct. 25 – Release
Surrender & Receive
2:00 - 3:30 p.m.
\$27 per workshop (pre-registration)
\$35 (drop in/same day registration)

DESERT AIDS WALK 2014

October 18

Ruth Hardy Park

Registration begins at 7:30 am

Health & Wellness Village opens at 8:00 am

Walk steps off at 9:30 am

Register at desertAIDSwalk.org or call 760.992.0442

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Desert AIDS Walk 2014

Presented by Desert Regional Medical Center

Join the fun and festivities at the 27th Desert AIDS Walk, a grassroots community event supporting HIV and AIDS services, prevention and advocacy at Desert AIDS Project (D.A.P.).

This year's event takes place Saturday, October 18, and is hosted by Shann Carr and Bella Da Ball. Music from DJ Corey and Pride Nation Radio kicks off at 8am with the opening of the Walgreens Health and Wellness Village. Breakfast will be provided by KOFFI (and ice cream by Ben & Jerry's!). Registration begins at 7:30am and the 2.5 mile walk begins at 9:30am.

Desert AIDS Walk has made it possible for D.A.P. to continue serving their clients with an unparalleled range of services: medical and dental care; medications; food, housing, and transportation assistance; mental health counseling; a community center with a variety of educational and social activities, including skills-for-living and back-to-work training; and so much more – all under one roof.

Simultaneously, D.A.P. is working harder than ever to help bring about an end to the spread of HIV here in our community as the lead agency on the recently-launched Get Tested Coachella Valley campaign.

Get Tested Coachella Valley's goal of getting 100% of the Coachella Valley tested for HIV is critically-needed because:

- 53.3% of Coachella Valley residents have never been tested for HIV.
- The Centers for Disease Control (CDC) estimates that approximately one in five people living with HIV do not know they are infected.
- In our valley, the prevalence of HIV is estimated at 67% higher than the national average—putting everyone at greater risk.

An international study, hailed by the journal *Science* as the "2011 Breakthrough of the Year," has proven that if an individual who is HIV positive takes the right medications, he or she is 96% less likely to pass the virus to others.

With each step we take and each dollar we raise, we can test more people, bring more people who are HIV-positive into care, and move one step closer to an "AIDS-free generation."

Go to www.desertaidswalk.org to register and begin your fundraising efforts. It's online, safe and easy. Create your own team or register as an individual. Set your fundraising goal and collect donations from your colleagues, friends and family and come out for a day of celebration and spirit!



7th Desert Woman's Show Returns

Grab your girlfriends and go!

7th annual Desert Woman's Show sponsored by Saxony Group takes place Saturday and Sunday, November 15 & 16 at Agua Caliente Casino Resort Spa. The dynamic event will feature fall fashions and accessories, home décor, nutrition and fitness, personal development and an array of beverages and cuisine.

Activities for women of all ages include over 100 exhibits, runway fashion shows, educational seminars on today's hottest topics and women's issues, and A Taste of the Valley featuring 14 local restaurants including Sullivan's, Tommy Bahamas, Catalan, Norma's (The Parker), Backstreet Bistro, Woody's, and Castelli's offering tantalizing food and wine samples.

If financial freedom is your goal, join Rob Schein, AIF, Managing Director and Partner of HighTower for daily sessions on how to be a leader in your financial life. As founder of The Society of the F.E.W. (Financially Empowered Women), Rob has vowed to empower women with education and support, providing leadership and trustworthy advice specifically designed for women.

Attendees will have a choice of many informative presentations on the Garden Stage including nutrition expert and NY best-selling author JJ Virgin who will be discussing her new book, *Sugar Impact Diet*, which hits shelves November 4th. JJ will uncover where hidden sugars can be found, and tasty alternatives to help you

lose stubborn pounds and improve your overall well-being.

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



JJ Virgin discusses her new book, *Sugar Impact Diet*

"We are also very pleased to announce Desert Regional Medical Center has sponsored 500 general admission tickets to make this event available to everyone," adds event organizer, Diana Marlo. These complimentary tickets will be available on a first come basis at www.DesertWomansShow.com starting September 1.

Sponsors of this year's event include new title sponsor, Saxony Group; ticket sponsor, Desert Regional Medical Center; and gold sponsors, Agua Caliente Casino Resort & Spa, High Tower Financial and Clark's Nutrition.

Grab your girlfriends and go to the 7th annual Desert Woman's Show Saturday, November 15 & Sunday, November 16 from 10am to 5pm. Tickets start at \$15 and are available online with a daily schedule of events at www.DesertWomansShow.com.

For exhibitor information, please contact Diana Marlo at (760) 285-3903 or Diana@MarloProductions.com.



A Taste of the Valley features 14 restaurants



Come Paint El Paseo Pink!

It's time to gather a team of family, friends and co-workers, don pink attire, and help raise funds for those in need of breast cancer screening, diagnosis and treatment.

Join the Desert Cancer Foundation's 8th Annual Paint El Paseo Pink Charitable Walk Saturday, October 11. This impactful event brings the Coachella Valley together to support our uninsured or underinsured community members in need of breast cancer screening and care; celebrate survivors; honor those "in memory of"; and to provide education on the importance of screenings.



This year's Honorary Chair, Pattie Daly Caruso, will kick off the event with opening ceremonies at The Gardens on El Paseo at 9:30 am before leading walkers down El Paseo and back to The Gardens.

Paint El Paseo Pink is produced by the Desert Cancer Foundation (DCF). Founded in 1994, their mission is to help Coachella Valley residents in need of financial assistance with medical costs associated with cancer screenings, diagnosis and treatment.

Through their two Patients Assistance Programs (Patients Assistance and Suzanne Jackson Breast Cancer Fund), DCF has funded more than \$50.5 million in cancer screening, diagnosis and treatment at a billable cost of \$7.4 million dollars. Impressively, DCF has fostered valuable partnerships with Desert Regional Comprehensive Cancer Center, Eisenhower Lucy Curci Cancer Center, physicians, imaging centers, and other health care professionals who, sharing our vision and mission, provide medical care at a reduced rate.

Desert Cancer Foundation has become an important partner in our local health care system as service providers refer patients in need of financial assistance. A model program in cancer care, DCF is one of only a few organizations in the nation which pay for an individual's cancer treatment including biopsies, surgeries, chemotherapy, radiation and prescriptions through their Patient Assistance program. In 2005, DCF expanded its assistance programs to include funding breast cancer screenings and diagnostic services for low-income, uninsured residents.

So come help support this much needed cause and Paint El Paseo Pink!

Register today at www.desertcancerfoundation.org or call (760) 773-6554 for further information on registration and sponsorship opportunities.

7th Annual
WOMAN'S SHOW
DESERT 2014

Saturday, November 15
Sunday, November 16

Browse over 100 exhibits of local products and services, experience interesting speakers, mingle with local Chefs offering tasty sampling and enjoy daily fashion shows.

Register online for your FREE general admission ticket courtesy of Desert Regional Medical Center at DesertWomansShow.com.

Exhibit information available at 760-285-3903.

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8th Annual
Paint El Paseo Pink
The Gardens on El Paseo

A Walk to Fight Cancer

Saturday
October 11th, 2014

Early Registration at The Gardens on El Paseo
October 10, 2014 9:00 a.m.-5:00 p.m.
Event Day Registration 8:00 a.m.
Opening Ceremony 9:30 a.m.

Register Now!
www.desertcancerfoundation.org
or call 760-773-6554

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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
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DesertHealthNews.com/events

(See pages 13 & 21 for nominations received to date)

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