Dehydration in Kids

I t’s surprising to learn of the number of people in our community who don’t greet each new day with a smile. For them, mornings are a struggle, and the bright desert sun may be shaded by dark thoughts and feelings that cloud their mind and deplete their energy.

They are of different ages, shapes and backgrounds – from children to the elderly, from the disadvantaged to the privileged - but all share the heavy weight brought on by depression and anxiety. Depression and anxiety are the primary conditions that concerned them in the past year, and over half of these felt that their problem was severe enough to require professional help. This compares to national statistics which report 1 in 5 adults (20%) struggle with these issues.1

However, if you consider our local 55+ community, that number increases significantly to 69 percent,1 and according to Anthony Bassanelli, M.D., of Eisenhower Behavioral Health, this time of year brings increased incidents as friends and neighbors move to cooler climates, the social calendar clears, and desert heat leaves people to feel that cloud their mind and deplete their energy.

“Honey, I Can’t Hear You!”

According to the latest HARC surveys, 25.3 percent of Coachella Valley adults have reported an emotional, mental or behavioral problem that concerned them in the past year, and over half of these felt that their problem was severe enough to require professional help. This compares to national statistics which report 1 in 5 adults (20%) struggle with these issues.1

Healthy Options
Tools for Training a Positive Brain

As a result, many patients are turned away undiagnosed, which can be detrimental, because if left untreated, the infection can spread to joints (causing arthritic symptoms), the heart (causing palpitations and dizziness), the nervous system, and even the brain (causing problems with short-term memory).1

The key with Lyme disease (LD) is to detect it early. National Institutes of Health studies have shown that most patients recover when treated with a few weeks of antibiotics, but a large number of patients remain undiagnosed, and antibiotics are less effective in later stages of the disease.2

The probable stats are due largely to the fact that diagnosis can be challenging, and no fool-proof testing methods have been established; both considerations are most troubling for those who suffer from the often debilitating condition. Diagnosis is based primarily on symptoms which can mirror other conditions and vary from person to person including extreme fatigue, fever, skin rash, muscle and joint aches, and swollen lymph nodes.1 Blood tests may be taken to detect antibodies against the Borrelia bacteria (Borrelia burgdorferi is the predominant causative agent of Lyme), but these tests are not deemed 100% reliable.

As such, many practitioners and patients are turning to alternative methods for both diagnosis and treatment. Methods have been established; both considerations are most troubling for those who suffer from the often debilitating condition. Diagnosis is based primarily on symptoms which can mirror other conditions and vary from person to person including extreme fatigue, fever, skin rash, muscle and joint aches, and swollen lymph nodes.1 Blood tests may be taken to detect antibodies against the Borrelia bacteria (Borrelia burgdorferi is the predominant causative agent of Lyme), but these tests are not deemed 100% reliable.
We are so excited! The Desert Health® Wellness Awards are finally here. We hope you will join us in celebrating those nominated by their peers and supporters for their contributions in moving health and wellness forward in our community. Everyone is welcome to attend the festive event, and the Official Program can be found on page 15.

In this issue we also focus on the growing concern of depression and anxiety as May is Mental Health Awareness Month. Local statistics are alarming and the first step to healing is shedding light on the issue. Many contributing writers offer suggestions, therapies, exercises, and the newest technology to help turn dark cloudy mornings into bright sunny days. It is a serious issue which many are calling a national epidemic, and we hope to provide education and resources for those in need.

We all know the brain is a powerful tool, and “neuro-nania!” is a buzz word describing the current focus on how we can all enhance brain function to maximize potential. Several of our editorials provide strategies to do just that.

Another growing epidemic is Lyme disease. In Health is a Choice, we share Michelle Steadman’s personal journey, and are glad to report she is doing well on her road to recovery.

Thank you for allowing us the opportunity to continue doing what we love. Everyone involved in Desert Health® shares the passion to educate and empower others to make health a priority in their lives.

We hope you find much inspiration on our pages.

See you May 20th!

Here’s to your health ~

Lauren Del Sarto
Publisher

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As we celebrate our fifth year, we are truly grateful for their continued support and thank YOU for reading Desert Health®!

Thank you!
When Mammography is Not Enough
How 3-D imaging technology is changing breast cancer screening
By Erika Z. Byrd

I always fill out the forms quickly in the doctor’s waiting room. Do you have a history— No. Have you ever— No. I didn’t have a family history of breast cancer or any cancer. But a year ago this past December, my mother was diagnosed and ended up receiving a double mastectomy. The key is to catch it early. And really the only way you can catch breast cancer early is through screening technology.

Before my mom’s diagnosis, I would occasionally get mammograms. But that was before. To understand mammography and recent developments in screening, I met with Dr. Marla Lander, a fellowship-trained radiologist and breast imager at the Comprehensive Cancer Center at Desert Regional Medical Center. The first question is: How do you detect cancers in dense breast tissue? With 3-D imagery. “Screening ultrasound is revolutionizing how we practice breast medicine,” said Dr. Lander. The Comprehensive Cancer Center has a Sono-v automated 3-D breast ultrasound that can acquire 3-D images of dense breasts in less than 5 minutes.

“The automated system covers every inch of the breast,” said Dr. Lander. “And it’s reproducible. You can compare the results side by side and from one year to the next. That’s a huge advantage.”

For example, there is one particular type of breast cancer that accounts for about 15 percent of cases. “It’s easy to miss on a mammogram, MRI or even a PET scan,” said Dr. Lander. “A fantastic advantage of the coronal view ultrasound is that lobular cancers jump out at the reader.”

For a patient like myself, this was all I needed to know. I scheduled both a mammogram and a 3-D ultrasound screening at the Comprehensive Cancer Center. I got passing marks and peace of mind.

And I called my mom.

For more information about the Comprehensive Cancer Center, call (760) 416-4800 or visit www.desertcancercenter.com/breasthealth.

Handshakes Shouldn’t Hurt
How to get your grip back from arthritis
Courtesv of Desert Regional Medical Center

Do you stiffen up even at the mention of the word “arthritis”?

May is National Arthritis Awareness Month, and according to the Arthritis Foundation, more than 50 million Americans are living with the condition. Despite how common arthritis is, there are a lot of misconceptions about this disease—namely, that it’s just a fact of getting older and not much can be done about it. The truth is, two-thirds of those with arthritis are under 65, including 300,000 children. You don’t have to “just live with it,” either. There are many treatment options, ranging from conservative methods to surgical solutions.

The most common type of arthritis is osteoarthritis (OA), a progressive, degenerative joint disease. This is the type of arthritis that typically becomes prominent in the hand and wrist. While hips and knees are commonly replaced joints, arthritis of the hand and wrist can be debilitating.

“Hand surgery is more delicate and fine tuned compared to the bigger joints,” said Orthopedic Surgeon Ramin Pooyan, D.O., a hand and upper extremity specialist with the Institute of Clinical Orthopedics and Neurosciences at Desert Regional Medical Center. “It became a hand surgeon because I was motivated by the anatomy and the intricacy of the hands — how all the tendons, bones, nerves and muscles work together. If one thing is off, it affects the entire function.”

More than half of the people who come to see Dr. Pooyan at his practice have arthritis. “This condition is more common in women than men. It also frequently occurs in the non-dominant hand,” said Dr. Pooyan.

Pain and loss of function are the determining factors of why a person would consider surgery. This can be caused by anything from repetitive use to traumatic injuries. “If a finger is deformed by arthritis, but there is no pain and the movement is good, that’s not a reason for surgery,” Dr. Pooyan said.

Typically it is those with stage IV arthritis who have tried everything else that need pain relief through surgery. However, Dr. Pooyan said he has seen people with stage I or II arthritis who had severe pain that required surgical treatment.

On the surgical side, fusion of the joint may be recommended which provides excellent pain relief, but does limit motion. Dr. Pooyan also performs joint replacement of the knuckles or the middle joint. In the wrist, there are several different types of surgical treatment options. Surgery isn’t the only option, however. There are several over-the-counter and prescription medications, as well as cortisone injections and occupational therapy.

Dr. Pooyan will give a free Tuesday, May 19 from 5:30 p.m. to 6:30 p.m. at Sun City Palm Desert called “When Handshakes Hurt.” He will discuss both conservative management and surgical options.

To learn more and to speak to Dr. Pooyan in person, register for the free lecture by calling (800) 491-4990. For more information about the Institute of Clinical Orthopedics at Desert Regional Medical Center, visit www.desertregional.com/orthopedics.
Preservation of the Patient Doctor Relationship
By Christopher R. Hancock, MD

“Wherever the art of medicine is loved, there is also a love of humanity.” – Hippocrates

The patient doctor relationship has long been revered. However, there are many challenges currently assailing this time honored relationship. Modern times have forced new factors into consideration. Lack of timely access to care and the high cost of medicine are the principal complaints of most Americans. Insurance company and government agency attempts at addressing these problems too often result in cumbersome and unethical policies that can actually degrade the patient doctor relationship.

Some of the more familiar issues are associated with Implementation of the Affordable Care Act (“Obamacare”), the burdensome provisions of the HITECH act (which requires physicians and hospitals to convert to electronic medical records in ways that do not enhance patient care), and the Sustainable Growth Rate (SGR), a failed attempt to modify reimbursement for medical care that was recently repealed after two decades of tumultuous debate. Where general consensus and intention meet among all sides of the political spectrum, the technical components of getting there too often abound in conflict.

So let us focus where there is general consensus and avoid unnecessary consternation, keeping our minds on the prize: preserving the patient doctor relationship.

We probably all would agree that we wish to keep our preferred doctors who have treated us and are familiar with our histories. We want a relationship that has developed over years or even decades. We want to be able to see a variety of doctors, no matter what insurance, health care system, or hospital they may be affiliated with, without encountering barriers along the way. We want our doctors to follow us no matter what hospital we may be admitted to. Ideally, one should be able to see a physician of their choosing and seek care within a system that provides communication and continuity.

These are the goals of a large group of Coachella Valley doctors who have organized themselves into a network of providers to enhance patient choice and access. The Desert Valley Independent Physicians (DVIP) group offers patients many choices across numerous specialties and helps facilitate timely access to care. Members share a willingness and commitment to develop an integrated health care network within the desert cities that fosters access to all health care providers. Their primary mission is to be a “gateway to trust and connect” with patients and to focus on the best medical care they can provide.

Many of these doctors are already volunteer faculty with the newest medical school in California in 50 years – The University of California Riverside (UCR) School of Medicine. Several will be training the first UCR family practice resident class this summer.

Another objective of DVIP is to pursue health cost transparency. Members concur that all potential costs should be discussed with patients upfront to help them negotiate through the “health cost fog.” Furthermore, this group advocates for medical decisions to be made merit based and upon academic pursuits, considering evidence-based medicine to guide health and longevity.

Change is inevitable, and positive change first starts with awareness. Many of us doctors share the same concerns as our patients and are actively working to restore and preserve the patient doctor relationship.

Dr. Hancock is a board certified neurologist and can be reached at Desert Medical Imaging (760) 694-9559. www.desertmedicalimaging.com. For more information on Desert Valley Independent Physicians, visit DesertDoctors.org or call (760) 232-4646.

Dis-Ability Health
By Judy A. May, MA

If you don’t have a disability (or at least won’t admit to having one) or you don’t work in the disability industry, it is unlikely this is a topic of conversation you are likely to have over coffee and a croissant. But it is a discussion to be held across our valley if we are going to meet the needs of this unique population.

As the largest minority group in the world, and growing, there is a high likelihood you having a disability, developing a disability, or knowing someone with a disability. But the moniker “disabled” is its own worst enemy. It conjures up external assumptions and internal ruminations of inability and powerlessness that can lead to denial and isolation, fueled by stigma and misconceptions.

Chana Joffe-Walt writes in her article Unfit for Work: The Starling Rise of Disability in America that “over the past three decades, the number of Americans who are on disability has skyrocketed.” She goes on to say, “the federal government spends more money each year on cash payments for disabled former workers than it spends on food stamps and welfare combined.” This report, of course, is about the high cost of supporting people with disabilities and the current trend of scams to receive disability benefits. While this is an unfortunate situation, and certainly one that can lead to an impaired discussion, we’re here to talk about living life to the fullest with a disability.

“The Americans with Disabilities Act (ADA) defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities.” (adadata.org)

If your ability limit my ability to see well after dark, or read fine print in a dimly lit restaurant. My hearing loss, while minimal, prevents me from hearing the timer on the stove, which can lead to some seriously over baked lasagna. Am I disabled? No. By definition, do I have a disability? Absolutely.

A few years ago, I questioned a beautiful, college-educated, wife and young mother of two as to what her biggest challenge was since a car accident left her with quadriplegia that required a power wheelchair for mobility. Her answer didn’t include her mobility challenges. It wasn’t how much longer it took her to get ready each morning. It wasn’t her need to use a catheter. Her response was, “Getting used to people looking past me.”

Post accident, she still had her college degree and years of experience as a professional educator. She still drove her children to school and participated with them in their extracurricular events. She continued to work on her doctorate. She had not overcome her fear of driving on the freeway but she was alive and full of hope, with expectations of a rich and productive future. In the eyes of those who met her, however, she was not only just disabled but incapacitated by nature.

My aging eyes limit my ability to see well after dark, or read fine print in a dimly lit restaurant. My hearing loss, while minimal, prevents me from hearing the timer on the stove, which can lead to some seriously over baked lasagna. Am I disabled? No. By definition, do I have a disability? Absolutely.

“‘We all have a personal stake in the community of people with disabilities, for it is one we can belong to in a heartbeat.’ – Judy May, Regional Director, Insight

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Middle School Students JUMP at Careers in Healthcare

HOSA (Health Occupation Students of America) – JUMP (Junior Upcoming Medical Professionals) is a student-led organization designed to be a stepping-stone for 7th to 8th graders interested in entering the health science and medical technology field. Through the program, HOSA-JUMP members have the opportunity to participate in career exploration through guest speakers, field trips, and middle school-high school mentorship. Ideally, JUMP is conducted at middle schools where there is an existing HOSA chapter at the local high school, as a partnership between the middle and high school sites is an important link to both the students and the advisors.

Through chapter management, including fundraising and community service, JUMP students learn teamwork strategies, leadership values, and positive work ethic. Through the competitive events program, students study various topics for mastery, familiarizing themselves with medical terminology, medical math, public speaking, health care careers and health education. Currently there are four JUMP Chapters in the region at Nellie N. Coffman, James Workman, Raymond Cree, and Indio Middle Schools (IMS) where the Pre-Med Academy is more than just a JUMP Chapter. What began in 2005 has become a full three-year program, available to all students as an elective. IMS Pre-Med Academy serves approximately 355 students each school year grades 6 through 8. The purpose of the Pre-Med Academy is to provide students with opportunities to engage in activities that expose them to the multiple careers available in the field of medicine. During the three-year program, students move from the basics of human body systems and their associated illnesses to tackling subjects like wax. Students learn through various labs and activities true to the medical profession. Thanks to partnerships with CVEP’s Health Industry Council, Lifestream, Kaiser Permanente’s Hippocratic Circle and the Palm Springs Animal Shelter, students gain more real-world experience to enhance their education. Through these partnerships, the 8th grade pre-med students are able to tour all of the valley’s hospitals, explore USC’s medical school, interview and engage in conversations with 2nd year medical students, and even explore career options available to those who might be interested in veterinary medicine.

Through Lifestream’s support, students work to give back to the community. Over the last ten years, the Academy has hosted over 30 blood drives, collecting more than 1,200 pints (150 gallons) of blood. Students in the academy are an integral part of this quarterly event.

IMSPre-med students also visit elementary schools and take the opportunity to teach short lessons on health-related topics to third, fourth and fifth graders with the goal of sparking medical career interest in their younger peers. IMS’s comprehensive pre-med program, and the other regional JUMP Chapters, are always looking to improve and expand, and to enhance community involvement through mentors who are willing to share their passion and expertise.

For more information on JUMP Chapters contact: Nancy Kounovsky, Indio Middle School (nancy.kounovsky@desertsands.us) or Jerry Reyes, Nellie Coffman Middle School (jreyes@psusd.us). Donna Sturgeon, CVEP Health Industry Council (donna@CVEP.com). Contact: Nancy Kounovsky, Indio Middle School (nancy.kounovsky@desertsands.us) or Nancy.Kounovsky@desertsands.us; Donna Sturgeon, CVEP Health Industry Council (donna@CVEP.com).

“Honey, I Can’t Hear You!”

By Lauren Del Sarto

“Get your hearing checked!” My friend Pam and I had each heard this from our husbands for several years. But she is only 45 and I just turned 50, so we thought we were way too young to be losing our hearing. It must be them.

But when my mom chimed in, I listened. She was baffled that I can’t hear how loud I am sometimes (especially after a glass of wine or two). So Pam and I chatted about our symptoms. She has a very hard time hearing her husband when she can’t see his lips moving. “All I hear is a mumble. I know he’s talking to me, but I have no idea what he’s saying,” Blessing or curse? I asked.

Pam’s father is almost completely deaf and has been hard of hearing since she was a little girl. “I worry that I may have inherited this ‘deaf gene’ from him, or maybe it’s just ‘was’.” I admitted to issues hearing him (especially after a glass or two). So Pam chimed in, I listened. She explained why I always put my earphone in when I’m drinking. When we have a frequency test, it is much harder to hear the frequency, Pam said. Pam’s husband is also hard of hearing and she vowed that she would never be as stubborn as he about getting his hearing checked, if and when the time came. She decided the time was now, and I thought “a hearing test for the big 5-0.” Why not? We decided to go together, both fascinated by what we would learn, and

made an appointment with Dr. Kato at The Ear Institute in Palm Desert. Turns out Pam is losing the ability to hear her low frequency is starting to decline in both ears, making it harder to hear male voices, which is unusual for hearing loss due to aging, says Dr. Kato. “Most hearing loss that results from aging occurs in the high frequencies first and then can progress to other tones.” Maybe she did get that gene.

I had a similar pattern to Pam’s in my right ear, but was losing high frequencies in my left ear. Not good as your hearing should be symmetrical, but it wasn’t significant enough to garner further testing. We learned that high tone loss is primarily due to noise damage (loud music, heavy machinery, etc.). “When we have a high frequency loss, it is more difficult to understand speech because high frequencies are where the consonants are heard.” This explained why I always put my earphone in my right ear to transcribe interviews.

What about my big mouth when consuming alcohol? Dr. Kato summed that up to the signal to noise ratio, and that probably just wanted to hear myself – and everyone else – speak louder.

At Dr. Kato’s recommendation, we plan to schedule annual hearing tests and keep an eye on any changes. At least now we have an excuse for not hearing our husbands.
Medical News

Finding Your Happy

Continued from page 1

Valley Health Collaborative agreed on two important first steps: 1) understand that you are not alone; and 2) work with someone to create an action plan to turn things around.

Fortunately, here in the valley we have resources — especially for older adults — and many are free.

Change Your Environment

Socialization is an important part of healing, says Maura Fisher, MSN, RN of Eisenhower Behavioral Health. “We have clients who will say they haven’t been out of the house for a week.” Her team encourages them to go to the mall and just walk or visit a senior center; join a gentle yoga class, or get into a pool for gentle movement. “Anything that involves movement and will lead them out of their environment and interacting with others.

Treat Your Body Well

At the Mental Health Summit, Jerelyn Brossfield, M.D., director of the Eisenhower Wellness Institute, spoke of the five keys to brain health providing the acronym DEPPSS: Diet, Exercise, People, Sleep and Stress Management.

“Depression is a complicated, multifactorial disease with a major biochemical component which can be greatly affected by lifestyle choices, and making changes can have dramatic results,” she says.

We have all been crabby when hungry, a mood which is tied to blood sugar levels. According to Brossfield, studies show that maintaining steady blood sugar levels throughout the day, avoiding spikes and crashes, is key to brain health.

“Eating 4 small meals throughout the day, rather than 3 large meals, is a simple first step,” she advises, adding that low glycemic foods such as those found in the Mediterranean diet rich in fish, nuts, olive oils and fresh produce will help alleviate the ups and downs commonly caused by the ironically named SAD diet (Standard American Diet).

Just as important are exercise which increases brain tissue, and meditation or relaxation practices which increase brain activity.

We all know that a part of any plan should be a healthy lifestyle, but when depression or anxiety rules your thoughts and actions, how do you motivate yourself or someone you love to make healthy changes?

Brossfield advises that acknowledging one’s freedom not to change often helps. People will make change possible when they are ready. Corrective statements will often provoke an argument for the other side; it is important that conversations allow the one affected to voice their own arguments for change.

Asking questions to promote change is effective: “If you decided you wanted to get better, how would you do it? Where would you start?”

Remember, in between where you are and where you want to be are choices.

Free Program for Those 60+

Riverside County Department of Mental Health funds over 30 programs including a free local service for those 60 and over affected by depression and/or anxiety. The evidence-based program was developed at Stanford University and is called the cognitive behavioral therapy (CBT) therapeutic orientation. Therapists are specifically certified in the CBT for LLD (Late Life Depression) model.

Components of the program include identifying unhealthy thoughts and actions, and helping clients to shift the thinking process to develop different, more balanced, thinking which changes the emotional state. There are also exercises aimed at reducing catastrophic thoughts which trend to enhance anxiety and identifying unhealthy core beliefs about one’s self and others and the world all of which can create distorted thinking patterns.

Behavioral activities include creating a pleasurable events schedule and working through problems and establishing resolutions.

Offered at The LBGT Community Center in Palm Springs and Catholic Charities of the Desert (both Q4F and LLD), participants are reporting very positive results.

According to Jill Cover, Ph.D., director of mental health services at The Center who runs their CBT for LLD program, studies show that the program is comparable to medication in results and retention. “At the center, we had a 90 percent retention rate (only 2 participants withdrew), and 77 percent successfully completed their treatment goals.” Post-program questionnaires also showed improvement in quality of life in 90% (all but 2) of the categories, indicating an increase in social activities and enjoyment.

New Technology for Severe Depression

When medications and talk therapies aren’t good enough, brain stimulation procedures may be considered. One of the newest technologies (FDA-approved in 2008) is transcranial magnetic stimulation (TMS) which uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression.

The good news is that unlike other therapies in this category, TMS is non-invasive and does not require surgery or implantation. With TMS, a large electromagnetic coil is placed against the scalp near the forehead. An electromagnet creates currents that stimulate nerve cells in the region of your brain involved in mood control and depression. The stimulation appears to affect hypothalamic patterns of brain waves which in turn seems to ease depression symptoms and improve mood.

Eisenhower Behavioral Health adopted the therapy last fall and is seeing significant results. “We are very excited about this therapy because it is completely non-invasive,” says Bassanelli. “And unlike electric compulsive (electric shock) therapy, it uses magnetic energy versus electric energy.”

A story in Eisenhower’s Healthy Living Magazine features Alice, who has struggled with depression and anxiety most of her life, but didn’t seek help until she was in her 50s. Working with Bassanelli and his team, she tried talk therapy and different medications in various combinations, but it was TMS that worked for her.

Alice thought her thoughts were better and even purchased a bike for exercise. Her grandkids, with whom she now interacts more regularly, consider her to be a different person.

We are fortunate to have these resources available to us locally, and those in the industry are working to provide more. If you, or someone you know, struggle with depression or anxiety, reach out for help.

And if you are one of those who does greet each day with a smile, take the time to share that smile with a friend or neighbor who could use it. Professionals agree that one of the commonalities of those with anxiety and depression is that they just want to be heard. Sometimes those first steps start with simply sharing your story and receiving a little encouragement from someone who listens and cares.

RESOURCES

Riverside County Department of Mental Health: www.rivcarrs.org
List of Senior Centers: http://www.vitalco.net/riverside_senior.htm
Eisenhower Health: (760) 416.2931 www.eh.org
Free CBT for LLD programs by Riverside County Department of Mental Health: The Center, Palm Springs (760) 416.7899 www.thecenter.org
Catholic Charities, India and Palm Desert (760) 449.7877 www.cccbriv.org
Vitalco.net: http://www.vitalco.net

Do You Have Fibromyalgia?

If you are 16 or older you may qualify as a participant for this Clinical Research Trial. You will receive Clinical Research Study Related Doctor’s Care and the Investigational Study Drug at No Cost to you. You may also receive Compensation for Time and Travel.

To learn more about this study visit: www.desertvalleyresearch.com

May/June 2015
Choosing Alternative Options

In the Summer of 2013, Michelle was in full start-up mode with TRUElicious when she started feeling “off” with signs of a bladder infection. She turned to a trusted member of her natural health care team, certified blood microscopist Jenny Holmes of Joshua Tree. Microscopists observe blood samples, noting changes that help identify disease. Michelle had been working with Jenny for seven years, and thus had a baseline of her healthy blood profile. This trip produced signs of bacteria that Holmes recognized as Borrelia.

“Blood microscopy is an effective tool for health care practitioners to consider when assisting one in establishing treatment plans for conditions that are hard to diagnose, including Lyme,” says Holmes who works with many integrative medical doctors, including Lyme specialist Chitra Bhatka, M.D., of Orange County Integrative Medical Center.

In Norway, many who feel they have Lyme and remain undiagnosed are heading to Oslo University where two biologists are using microscopy to identify the changing life cycles of the spiral bacteria which can take many forms, and bore into blood cells to move throughout the body. The primary form of testing in Norway is through antibody detection as well. “We believe, contrary to the official stance, that the antibody reaction wanes in people who have been sick for a long time, and that only a small minority of those with chronic borreliosis is detectable,” comments Sandvig.

Through the lens, they are able to see how the LD bacteria differ widely in size and appearance, and are good at camouflage. As soon as the highly mobile and active bacteria experience deterioration in their living conditions, they form cysts, which are the dormant stage of the life cycle. Bacteria may also aggregate in colonies in a slime called biofilm to protect themselves from external threats such as antibiotics, disinfectants and the body’s immune system. When the environment is favorable once again, the Borrelia bacteria revert to their usual spiral form, and it is there that both cysts and individual structures may germinate and produce new “spirochetes.”

“Lyme bacteria cannot live in oxygen-rich environments so they migrate to areas of weakness in the body where they multiply,” explains Holmes, who referred Michelle to a specialist in Costa Mesa. But because of her demanding schedule, Michelle opted to simply take natural antibiotics and schedule a follow-up with Holmes. There are numerous natural antibiotic formulas that include herbs such as goldenseal and Echinacea, and they include strict diet and supplementation; increasing red blood cell counts through simulated elevation (via CVAC); oxygenating the body with hyperbaric oxygen therapy (HBOT); and detoxification. The concentrated protocol is intense and required that Michelle put her life on hold in order to heal.

“I have always worked 3 to 4 jobs at a time my entire life,” says Michelle. “For me to allow myself time to heal was very hard, but at that point, I physically felt like I was dying inside. I spent most of my time in bed and couldn’t even climb stairs at home. It was a horrible feeling and hard to explain.” She had read about people who had been bedridden for years with LD and decided she had to do this. “I couldn’t afford to do it, but for my health, I couldn’t afford not to do it.”

Fortunately, she had the support system around her to believe in the therapies she chose and to pick up the pieces in her absence, and while the protocol was very challenging for Michelle, her commitment paid off. One month later, she woke up feeling good once again.

The Protocol

Michelle packed her bags and checked into a hotel near Know Your Options for two weeks of concentrated treatment. Based on her microscopy report, a supplement plan was developed that included 32 doses of different enzymes, herbs, vitamins, and minerals scheduled throughout the day, and a strict diet of organic whole foods. Her therapies included three daily treatments of CVAC (Cyclic Variations in Adaptive Conditioning (CVAC) which challenges the body to adapt to varied changes in air pressure (like training at higher altitudes while lying down), followed 24-hours later by HBOT to oxygenate the new blood cells and create an unfavorable environment for the bacteria. After six CVAC and three HBOT sessions, another analysis showed Michelle’s blood on fire with activity; the spirochetes, which usually hide in tissues and cells were out - they were agitated and on the run. Her treatment plan was working. She returned to the desert and continued HBOT treatment at Desert Longevity Institute under Daniel Johnson, M.D., and

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How You Can Give Your Career a Fresh Start
By Susan Murphy, Ph.D.
(Previously featured at Forbes.com – February 15, 2015)

“The question is not how to survive, but how to thrive with passion, compassion, humor and style.” — Maya Angelou

Are you just surviving at work — caught up in the day-to-day doldrums of your job? Life is too short to tolerate any sense of dread on Sunday evening as you think about going to work the next day. If you aren’t thriving at work and your passion is missing, perhaps this is the year for you to jump-start your work life. Since working until age 70 is no longer the exception, the sooner you take charge of your career, the better.

The good news is that you can re-charge your career at any time. Your career path can be vertical, horizontal or bumpy. Altering the direction of your career path does not carry the stigma it once did. In fact, the gold watch ceremony for employees who have been at one company for 50 years has become obsolete. Adults average four different careers in their lifetime—not jobs, careers. I’ve already had six. And each has been an extension of the previous ones. The neat thing is that skills and talents are often transferable, so you can take skills you’ve developed in one career and transport them with you to another. Project managers can apply their budgeting, resource allocation, and planning to consulting assignments. Lawyers can apply their research and negotiation skills to many careers, including politics, teaching, and writing.

So, how do you begin to give a fresh start to your career?

Step back and do some honest reflection about your current situation. Are you feeling disgruntled and disengaged in your current job or because of the type of work you are currently doing? Would you feel rejuvenated if you worked for a different manager or a different company doing similar work? If you still find your career path one that fulfills life purpose and values, you may want to seek a different workplace environment. The ability to perform work that is aligned with your mission and values in an organization that encourages you to be your best self can re-ignite your passion, compassion, humor and style.

Do career strategic planning.

Businesses perform a SWOT analysis and so can you. After all, your life is your most important business. A SWOT analysis is a formal process where an organization considers its Strengths, Weaknesses, Opportunities and Threats.

Be introspective about yourself. What are your strengths and talents? Take a look at all the things you’ve done.

The Eye is the Window to the Soul
It can also provide a road map to your health
By Camille Harrison, MD

They say the eye is the window to the soul. While this may indeed be the case, what I see when I peer into a patient’s eye (and I have seen a lot of eyes in my career!), is essentially a map to an individual’s health.

When your doctor ditates to examine the retina, many things about your health can be determined. The retina blood vessels are the only vessels in the body that can be directly viewed. No dye studies or x-rays are needed. All that is required is a skilled eye care specialist and the right tools for viewing. The health of the vessels in your eyes are often an indication of the health of the vessels throughout your body. For example, if I were to see scattered hemorrhages or deposits of cholesterol along the vessel path, it would be an indication that you likely have uncontrolled diabetes or high blood pressure. Narrowing of the arteries can be seen in the retina and indicates that your hypertension is damaging the small vessels throughout your body putting you at risk for vision loss, kidney failure, stroke or heart disease.

These findings are not always initially associated with vision loss, but they may lead there if the conditions are not treated. When this information is available to your medical team, it is valuable in setting treatment goals and monitoring treatment success.

It is not uncommon that a person newly diagnosed with Type 2 diabetes may have had the disease, undetected, for many years. A comprehensive assessment of the eyes, especially the retinal blood vessels, can help determine if damage has already occurred. This is helpful in determining your course of treatment, target blood sugar level, and recommended frequency of follow up to prevent further damage to your body.

Yes. All of this can be seen in your eyes. There are other conditions that affect your entire body which are often first detected because of eye changes. Sudden onset of vision loss in a younger patient can reveal optic nerve swelling associated with multiple sclerosis. Inflammation of the retinal blood vessels may be a sign of inflammatory disease such as rheumatoid arthritis and lupus, and can result in vision loss, light sensitivity and eye pain.

Annual dilated eye exams after the age of 50 can not only detect the onset of eye conditions, but can be a tool in diagnosing diseases affecting your entire body. Incorporating these exams into your health care plan may be more beneficial than you ever knew.

Dr. Harrison is a vitreoretinal specialist with Coachella Valley Retina in Rancho Mirage and can be reached at (760) 895-1993.
Many physicians use medications that are approved and marketed for one condition in order to treat alternative or other conditions. This practice is not only permissible; in fact, it's good medicine. The Alliance of Specialty Medicine’s position states that “the FDA acknowledges that physicians may prescribe any legally marketed product for an off-label use, as long as it is in the best interest of the patient.” Pharmaceutical companies often don’t pursue off-label uses due to the added expense of sponsoring clinical trials to secure additional labeling, and the many years required for the FDA process. As an eye doctor, here are some of the “off label” uses of medications I prescribe:

- **Restasis** (a dry eye drug) or Advil (a headache medication) is often used for uveitis, inflammation of the uvea (the middle layer of the eye).
- As an immunosuppressive agent, **cyclosporine** has value in treating different forms of inflammation. Research has shown that cyclosporine can shorten the timeframe to resolution in some patients with anterior uveitis. Some patients have more complications when steroids are used, so in mild cases cyclosporine is a good choice. A similar effect can be had with the use of Advil, particularly in some forms of recurrent uveitis.
- **Lotemax** (steroid) is commonly used for treatment of dry eye. Lotemax is FDA-approved for treating inflammation and pain following ocular surgery, but it’s routinely used for a variety of anterior segment inflammatory conditions such as an allergic conjunctivitis, rosacea, superficial punctate keratits (SPK), and dry eye. Dry eye has a significant inflammatory component and treatments often take a while to “kick in”; reducing the inflammation with a steroid helps get the patient comfortable much faster.
- **Doxycycline** (oral antibiotic) for recurrent corneal erosion (RCE), a painful corneal condition that often re-occurs. Doxycyclines - along with other oral tetracycline type medications - have anti-inflammatory properties and have been shown to reduce the incidence of MMPs (matrix metalloproteinase), proteases that are involved in the cleavage of cell surface receptors. They are common in inflammatory processes, and oral doxycycline is used in low dosages for the anti-inflammatory properties. At low dosages they are well tolerated by the body and do not cause anti-bacterial resistance.
- **Gatifloxacin** eye drops (antibiotic) for the treatment of corneal ulcers. Although approved for acute conjunctivitis, this class of drugs is commonly used for corneal ulcers. Although there are some gaps in effective pathogen coverage, they are still effective against most eye pathogens and well tolerated by most patients. The drops do not require compounding and are readily available.
- **Betadine** (povidone-iodine) or **Zirgen** (ganciclovir) for viral keratoconjunctivitis. Topical Betadine has been shown to be a virucidal agent and is used to reduce the overall viral load of a patient presenting with acute pink eye (viral infection of the cornea/conjunctiva). Zirgen (ganciclovir) is a herpetic eye drop effective against the herpes virus (multiple variations) but also effective about 70-80% of the time against adenoviruses. Use will usually speed up recovery and reduce symptoms. As a doctor we need to make sure any off-label application is grounded on firm scientific rationale and sound medical evidence. It’s important to let the patient know that this particular application is off-label.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and can be reached at (760) 674.8806 or online at www.evanseyecare.com.
It’s Good to Get Sick!
By Shannon Sinshheimer, ND

Health and wellness is traditionally viewed as the absence of disease while feeling vital, energetic, happy, and content. However, the complete absence of all signs of illness is not always an adequate measure of a stronger immune system or complete vitality. In fact, it is good for a body to get sick.

Being sick for good health is an odd concept and one that many people neither hear often nor really understand. Health is purportedly deemed to be the non-sick, strongest bodies, unaffected by viruses and bacteria; those that “haven’t had the flu in 20 years.”

But, if we view the body as an organism that needs to remain responsive to the surrounding external environment, then we can begin to view illness as a healthy response, not a weakness.

The body as an organism needs to remain adaptable, stimulated, and fluid. When the body is inundated by viruses and bacteria, such as cold and flu bugs, it is normal for it to mount an appropriate response to these elements by producing cold and flu-like symptoms. The strong body will react with increased immune response when it senses exposure to pathogens. This response can be sinus congestion, cough, lethargy, or achiness. These are signs that our body is strong enough and responsive enough to understand how to deal with pathogenic body invaders.

As a responsive organism, it is actually a sign of health for the body to get sick from time to time to show that it knows how to work when called to action. A person with a healthy immune system will get a cold or flu every 1-2 years. The individual that is sick several times a year, constantly lacks vitality, and has ongoing chronic health issues, is also a person showing signs of a depleted immune system. A strong immune system and great health strikes a balance between being adequately able to adapt to the environment and more appropriate responses and abilities and the inability to be entirely well for long periods of time.

An individual who rarely gets sick, or has not had a cold or flu in years, may actually be prone, theoretically, to deeper or more significant illnesses. It can be that this person actually has an unresponsive immune system that does not fight appropriately when exposed to heavy pathogens. If a person has not had an adequate cold or flu in years, it may be time to reassess health and wellness and look for signs of a decreased immune system.

Palm Springs Reiki Master Practitioner Jerri Quinn treats several clients as part of their treatment protocol for depression. "Reiki complements psychotherapy and therapeutic medications because it clears the body of negative energy and places it in a state of total relaxation, which is necessary for healing to take place."

One of the basic teachings of Reiki is that beyond our physical bodies, we have an energy body made up of our aura (energy fields), chakras (energy centers) and meridians (energy pathways). The energy fields take energy in, the chakras break it down, and the meridians distribute it throughout the body. A disturbance in the flow of this energy can cause physical illnesses or negative emotions. Reiki practitioners aim to channel positive universal life energy to problem areas to enhance healing and overall well-being.

In her practice, Jerri sees impressive results with depression and anxiety. "The goal of anti-depressant medications and counseling are to get a person to the state where they no longer need those therapies," she and many others believe Reiki can help facilitate that.

Carole Waddell of Indio, who has lived with anxiety for over ten years and was recently diagnosed with PTSD caused by trauma, agrees. "It seemed that no matter what physical or mental help I received, nothing was working." Her treatment included counseling and anti-depressants, but she credits Reiki for her new found sense of hope. "Since starting Reiki, I have been feeling better about myself in mind, body and spirit. I can see that things coming to the weekly sessions with Jerri, my thought patterns were clogged with issues that I could not deal with alone."

Clearing Negative Energy for Positive
By Lauren Del Sarto

Reiki is a complementary health approach in which practitioners place their hands lightly on or just above a person and channel energy with the goal of facilitating the person’s own healing response. It is based on an Eastern belief in a universal energy that supports the body’s innate or natural healing abilities.

Although the therapy is not considered evidence-based, energy medicine has been practiced throughout the world for centuries. Studies on the therapy have focused largely on pain, anxiety, fatigue, and depression, and according to the Center for Reiki Research, approximately 76 hospitals, medical clinic and hospice centers for Reiki Research, approximately 76 hospitals, medical clinic and hospice centers now offer Reiki as a standard of care.

By Lauren Del Sarto

Dr. Sinsheimer is a Naturopathic Doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568-2598.

References: 1) NIH Website: https://nccih.nih.gov/health/reiki/ 2) http://www.centerforreikiresearch.org/; 3) reiki.org

www.DesertHealthNews.com
The Gift of Flowers
By Doris Steadman, MEd, MSW

Seamus (“Jim”) McDonnell will spend Mother’s and Father’s Day giving over 100 hugs and bouquets of flower to gracious recipients in retirement homes throughout the Coachella Valley. Many won’t even know his name, but will lovingly refer to him as “The Flower Man.”

For 13 years, Seamus has been bringing flowers, and much joy, to elderly folks in the Valley through his non-profit organization, The Flower Bank. He receives unsold flowers from Traders Joe’s, Whole Foods Market, Fresh & Easy and other stores and delivers them to hospice, nursing homes and care centers – every day of the week – with the help of 8 to 10 volunteers. They reach 30 care facilities weekly.

On these two special occasions in May and June, The Flower Bank will provide the residents of California Nursing Rehab Center, Palm Springs, and Atria Senior Living Center, Palm Desert with individual flowers arranged by color so they can create their own bouquets to keep or to share.

Seamus describes walking through the corridors with his hands full of blossoms and hearing residents call out “It’s The Flower Man!”

And with that, you realize the gift goes both ways. Happy Mother’s and Father’s Day to all!

Remember those who may be alone. To assist Seamus in continuing to give the simple gift of flowers, please contact him at (310) 430-3269 or seamus@msnn.com. The Flower Bank is a 501(c)3 non-profit (EIN # 47-2488433). For more information, visit Facebook.com/TheFlowerBank.

Health is a Choice
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Seamus and his team deliver flowers to residents at 30 facilities each week.

Seamus and his team deliver flowers to residents at 30 facilities each week.

News from the Valley’s Integrated Health Community

The oldest hot mineral springs resort is now a carbon neutral resort.

Experience one of the top 5 desert retreats in North America, now open to day guests.

Receive $20 off your World Away Spa Day & Save 20% off Dining at Essense Restaurant
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Broken-Hearted: Emotions Directly Cause Progression of Heart Disease

By Nicole Ortiz, ND

Emotions are a beautiful part of human nature. Our ability to feel makes us uniquely human. Stress, from all sorts of challenging situations and events, can significantly shorten your life, particularly in the form of a heart attack. Emotions such as depression, anxiety, anger, hostility, as well as social isolation, significantly affect heart health.

Negative feelings start in the brain, but they quickly engulf the entire body. The brain triggers a cascade of chemicals and hormones that speed the heart rate, quicken breathing, increase blood pressure, and boost the amount of energy supplied to muscles. All of these changes enable the body to respond to an impending threat.

Unfortunately, the body does a poor job of discriminating between grave, imminent dangers and less momentous, ongoing sources of stress. When the fight-or-flight response is chronically in the “on” position, the body suffers. This chronic stress response can occur if the body is persistently exposed to stressors that overwhelm its adaptive ability. Think of it as if the body is in a constant state of “short-circuiting.”

Hormones and other substances released by the body under stress affect the supply of blood to the heart muscle, increase the clotting potential of the blood and limit blood flow in the vessels around the heart, which may result in the build-up of a blood clot. Also, long-term mental stress appears to stimulate the body’s production of LDL and triglycerides, which interfere with blood pressure regulation and activate molecules that fuel inflammation. There are several situations that can trigger heart-related problems.

Stress reduces heart rate variability, an objective, accurate and sensitive measure of coronary disease and a powerful predictor of sudden death. Stress reduces the ability of your immune system to fight infections. Infections are a causal factor in inflammation as well as destabilizing plaque. Severe stress can cause a heart attack in the absence of significant blockage in the arteries. Stress also causes atrial fibrillation, the most common sustained arrhythmia, which interferes with blood pressure regulation and activates molecules that fuel inflammation.

"Although circumstances are often unavoidable, it is how we choose to deal with them that ultimately determines the health of our heart.” - Nicole Ortiz, ND

Broken Heart Syndrome is yet another source of heart problems. Yes, there is a medical condition called Stress Takotsubo Cardiomyopathy, which is a true condition in which intense emotional or physical stress can cause rapid and severe heart muscle weakness (cardiomyopathy). This “myocardial stunning” is due to severe left ventricular contractile dysfunction that frequently mimics a massive heart attack. The condition can occur following emotional or physical stressors such as grief, fear, extreme anger and surprise. It can also occur following numerous physical stressors to the body such as stroke, seizure or difficulty breathing.

Probably the most disturbing correlation is between childhood abuse victims and the incidence of heart disease. Men who experienced sexual abuse in childhood have three times the chance of suffering from a heart attack than men who were not abused during childhood. This was determined after adjusting the study for race, obesity, physical inactivity, education level, smoking, diabetes, and household income.

If someone is a “hot head” studies tell us they are nearly three times as likely as a level-headed person to have a heart attack. Researchers at the University of North Carolina measured the anger levels of nearly 13,000 men and women and then tracked them for six years to prove this correlation.

Financial stress is often a potentiator of heart attacks. Incidences rose as the stock market crashed, according to a 2010 report in The American Journal of Cardiology. Researchers at Duke University reviewed medical records for 11,590 people who had undergone testing for heart disease during a three-year period and then compared monthly heart attack rates with stock market levels.

Earthquakes also trigger stress-related heart problems. Sudden cardiac deaths rose sharply immediately after the 1994 earthquake in the Los Angeles area, and hospitalization for heart attacks jumped on the day of the 1995 temblor near Kobe, Japan.

We can all likely identify with at least one of these scenarios in our own lives. Although circumstances are often unavoidable, it is how we choose to deal with them that ultimately determines the health of our heart. In general, practice giving and receiving love; your heart will thank you in more ways than you think.

Dr. Nicole Ortiz is a primary care Naturopathic doctor with a passion and expertise in preventative cardiology at Live Well Clinic. For more information on in-depth cardiovascular lab and genetic testing, contact us at 760-771-5970 or at www.LiveWellClinic.com.


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Natural Options 13
Dissolving Trauma through Mindfulness
How the secrets of our past hold the key to freedom

By Scott Kiloby

How can a traumatic event or set of events from earlier in life create a present desire to scarf down cookies, drink wine every night, or partake in other obnoxious behaviors? The answer lies in how our brains and bodies record experience and respond to life situations.

Researchers and addiction specialists are finding more and more evidence that addiction is quite often linked to psychological and emotional trauma from earlier in life. The science of neuroplasticity tells us that our brains are not static, unchanging organs, as was once believed. From the time the brain begins to develop in utero until the day we die, the connections among the cells in our brains reorganize in response to our changing experiences. This dynamic process allows us to learn from—and adapt to—different events in our lives.

When we experience traumatic events, such as abuse, bullying, death of a loved one, or abandonment, our brains can lock into a cycle of remembering and repetitively accessing the psychological and emotional effects of the events. If the events are too much to handle at any point in life, we may naturally look for ways to protect ourselves from having to experience this pain over and over. This is when some of us become vulnerable to the development of addictions, which provides a way of hiding or covering up this pain. We essentially learn to be addicted as a way of coping with past trauma.

If a person is suffering from addiction, the answer is not always as simple as just quitting, moderating or making better judgments. This learned process of addiction that results from trauma can be very powerful. The addictive substances or activities can actually feel as if they are needed in order to survive. After all, for those of us with past trauma, addictions are exactly how we survived psychologically and emotionally for many years. Because this learned process carries so much power in our lives, recovery from addiction may be very difficult—and, in some cases, impossible—unless the underlying trauma is dealt with effectively.

Neuroplasticity, as it relates to trauma and addiction, may sound like nothing but bad news, but there is a bright side! The big implication of neuroplasticity is that, if our brain changes itself based on our experiences, then changing the way we relate to our experiences can actively reshape our brains. One way to consciously change our experience is to learn how to apply mindfulness, the ability to be intentionally aware of our inner experience of thoughts, emotions and sensations as they are happening.

By being more aware of our present experience as it is happening, we begin to form a naturally more peaceful and non-reactive response to what is happening. Things that once seemed like threats are no longer perceived that way. The cookies, wine or other addictions no longer have the same pull. Through mindfulness, the pathways in the brain that have recorded trauma and have locked us into a cycle of addiction as a way to cope with trauma, begin to change. The very underlying trauma that brought about our suffering becomes our way out of suffering. The pain of our past becomes the key to our present freedom.

Scott Kiloby is a noted author, international speaker and the director of the Kiloby Center for Recovery in Rancho Mirage which focuses on treatment through mindfulness. For more information visit KilobyCenter.com.
May 20, 2015

Join us as we celebrate those moving health and wellness forward in our community!

Over 50 nominations were received for the First Annual Desert Health® Wellness Awards. Finalists have been selected by our Executive Committee and winners will be announced at the evening event taking place Wednesday, May 20, 6:30–9:30p.m., at Desert Willow Golf Resort.

Tickets are available at www.DesertHealthNews.com
Integrative medicine doctor Steven Gundry, M.D., is a researcher, inventor, and cardiac surgeon. But he is destined to best be known as the author of the life-changing book Dr. Gundry’s Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline and Drop the Weight for Good.

Inspired by the stunning reversal of coronary artery disease in an “inoperable” patient using a combination of dietary changes and nutriceutical supplements, Dr. Gundry changed the path of his career in 2001. An obese, chronic “diet” failure himself, he began researching and designed a diet based on evolutionary genetic coding which enabled him to effortlessly lose 70 pounds and reverse his own medical problems.

No longer satisfied with repairing the damage of chronic diseases, he founded The International Heart and Lung Institute and The Center for Restorative Medicine in Palm Springs and is helping thousands find their own path to health.

As the featured speaker at the first annual Desert Health® Wellness Awards, Dr. Gundry will share his personal story and discuss the future of integrative care in medicine.
The evening event will feature a silent auction benefitting Coachella Valley Volunteers in Medicine, the valley’s only free medical clinic. A variety of items will be featured including a number of one-of-a-kind treasures made by the hands of talented doctors in our community.

Thanks to all who generously contributed!
Alexa Palmer • All Tressed Up Blowdry & Beauty Bar
Anne Zschaechner, MD • Barkingham Palace • Bill Powers
Brandini Toffee • Bristol Farms • Chez Pierre Bistro • Chris Faux, MD
Coachella Valley Brewing Company • Deborah Kuracina, MD
Desert Classic Charities • Desert Medical Imaging
Desert Willow Golf Resort • Evolve Yoga • Fit in 42 • Good Feet
Heritage Palms Country Club • Hyatt Regency Indian Wells
Janet Zappala • J Russell Salon
Kinetix Health and Performance Center • Krista Burris Kim, MD
La Quinta MedSpa • Les Zendle, MD • Massage Envy Spa
Max von Wening • Native Foods • Optimal Health Center
Palm Desert Cleaners • Palm Springs Aerial Tramway
Pastry Swan Bakery’s FIX • Patrick Evans
Ristorante Mamma Gina • Rosemary Pahl • Roy Pitkin, MD
Russell Grant, MD • SilverRock Resort • Stacy Jacobs Photography
Sunrise Beauty Supply • The Club at PGA WEST • The Grand Paw
The Kiloby Center for Recovery • The Living Desert
The Springs Country Club • Tiffany Dalton Nutritional Consulting
Tisha Shaski • Transcendental Meditation® of Palm Springs
Trestle El Paseo • Troy Palm Desert • Wilma & Frieda El Paseo

Coachella Valley Volunteers in Medicine is the valley’s only free medical clinic and staffed by volunteer doctors, dentists, nurses and a front office team that contribute their time to provide services to those with no other medical care options.

Thank you for your generous support!

CVVM.org

CONGRATULATIONS to all those moving health and wellness forward in the Coachella Valley
Congratulations to all who were nominated by their peers and supporters for the First Annual Desert Health® Wellness Awards.

Thank You for all you do to move health and wellness forward in our community!

Aaron Adame, OD
Optometrist
Individual

AIDS Assistance Program, Inc.
Non-profit

Alexa Palmer
Health Educator, Author
Individual

Carol Teitelbaum, MFT
Cofounder, Creative Changes Conferences
Individual

Cathy Serif
Balanced Training Boot Camp
Individual

Christian Jelmberg
Founder, Street Life Project
Individual

Christopher S. Bates
Trainer
Individual

Christy Porter
Executive Director, Hidden Harvest
Individual

Chuck Amendola
Natural Health Care Practitioner
 Individual

City of Palm Springs Mayor's Healthy Planet, Healthy You Race and Wellness Festival
Event or Program

Desert Blind and Handicapped Association
Non-profit

Desert Recreation District
Non-profit

Drive Against Hunger
Golf Tournament
Non-profit

Evolve Yoga
Small Business

FIND Food Bank’s Kids’ Summer Feeding Program
Event or Program

Glenn Smith
Fitness Director, Sun City Palm Desert; Personal Trainer
Individual

Green Acres Sustainable Living Farm
Non-profit

Jeryln Brossfield, MD
Medical Director, Eisenhower Wellness Institute
Individual

Jill Gover, Ph.D.
Director of Counseling, The Center
Individual

Joel Rodriguez
Preschool Teacher; Instructional Assistant, Martha's Village & Kitchen
Individual

Juicy Juicy Organic Juice Bar
Small Business

Kelly Lewallen, LMFT
Licensed Marriage & Family Therapist
Individual

Kinetik Health & Performance Center
Small Business

Klein and Clark Sports, LLC
Small Business

Live Well Clinic
Small Business

La Quinta Middle School
Non-profit

Marta Shand
DSUSD Site Manager of Nutrition Services
Individual

Massage Envy of the Coachella Valley
Large Business

Mayor Steve Pougnet
City of Palm Springs
Individual

Melanoma Awareness Project of the Desert
Non-profit

Michele Mician
Sustainability Manager, Office of Sustainability, Palm Springs
Individual

Neighbors 4 Neighbors
Non-profit

Neuro Vitality Center
(formerly The Stroke Recovery Center)
Non-profit

Next Level Fitness
Small Business

Palm Springs Cruisin’ Association
Non-profit

Palm Springs Scottish Rite Childhood Language and Learning Center
Non-profit

Power Yoga Palm Springs
Small Business

Scott Kiloby
Founder, Kiloby Center for Recovery; Author, Speaker
Individual

Steven R. Gundry, MD, FACS, FACC
Surgeon, Researcher, Author
Individual

The Vintage Club
Large Business

Tina Marx
Empowerment Coach, Author, TV Personality
Individual

Transcendental Meditation® of Palm Springs
Non-profit

TRUElicious
Small Business

Turning Heads Project
Non-profit

Two Bunch Palms
Large Business

Valerie Somervell
Founder, Saving Grace Serenity House
Individual

Vanessa Reyes-Flores
Founder, Mariposa Fitness & Nutrition
Individual

We Care Dental
Non-profit

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You’ve heard the term “knee jerk reaction”? Well, our brains do the same type of thing. Throughout our lives, our brains create neurological pathways which connect thoughts to reactions. These reactions manifest as emotions and physical experiences. Until recently, it was generally accepted by medical professionals that once the brain was formed, these neurological pathways remained largely unchanged throughout life.

In her book Brain Boosters: Seven Ways to Help Your Brain Help Yourself, Simone Ravicz, Ph.D., employs the newly proven concept of brain plasticity, the theory that we can reprogram our neurological pathways at any point during our lives. By combining brain plasticity with proven psychological treatments, Dr. Ravicz provides tools to accomplish this reprogramming, along with the insight to change thoughts, and our emotional and physical responses to them. If you have experienced phobias, depression, anxiety, chronic fatigue, PTSD, trauma, weight-related issues, or chronic pain, Dr. Ravicz’s tools are designed to give you the power to take control of the situation and help relieve the burdens that accompany these conditions.

In an interview with Desert Health®, Dr. Ravicz stated that the uniqueness of her book is that people can choose from a variety of techniques and find the one(s) that works best for them.

**Dr. Ravicz’s Tool Box**

**Tapping (EFT).** Rooted in the concept of energy medicine, EFT focuses on the dysfunctions in the chakra, or body’s energy system. An orchestrated sequence of tapping on different acupuncture points on the body, while making relevant statements, corrects this energy disruption and redirects positive energy to where it needs to go.

**EMDR.** By focusing on a particular traumatic memory, Eye Movement Desensitization and Reprocessing (EMDR) aims to deal with the corrective processing of unprocessed memories. It is believed that these unresolved issues from the past contribute to our behaviors, thoughts, and feelings today. EMDR works in two ways: through the orienting response, which is the constant refocusing of attention back and forth (similar to REM eye movement), and by focusing attention on memories of the trauma, while simultaneously focusing on stimulation that disturbs this “working memory” linkage. According to Dr. Ravicz, EMDR is the most effective treatment overall as it can be used to treat a wide variety of problems and major changes are often evident after one or several sessions.

**Neuro-Hypnosis** is a tool for embracing emotions and eliminating negative thoughts. Neurological pathways created by repeated negative thoughts establish an automatic response to these thoughts in the form of negative emotions; the more frequent the negative thoughts, the more subconscious and habitual the negative reactions become. Neuro-Hypnosis makes it easier to access the subconscious to change its negative beliefs and behaviors to positive ones.

**Mindful Meditation** focuses on calming the mind and introducing mindful awareness of one’s thoughts and sensations. Its goal as a tool is to identify how your mind produces the negative power of disturbing thoughts and feelings disappears and makes greater acceptance and tolerance develop. Being mindful allows you the freedom to move forward in a positive manner. Dr. Ravicz notes that meditation can be hard to master for some as they must first learn how to pass away negative reactions to thoughts. Proper nutrition and exercise can bolster mental capacity and improve brain function. Just like every other organ in your body, the brain has nutritional and metabolic needs. Just as other organs are told prematurely through neglect or mistreatment, so does the brain. Eating a balanced diet of fruits, vegetables, and lean protein - and getting regular exercise - ensures that the brain is getting what it needs to best serve you today and in the future.

**Think Positively!** By identifying and acknowledging both positive emotions and positive individual traits, you increase the frequency of happy events in your life. According to Ravicz, tools such as journaling and practicing gratitude help you identify negativity and turn it into happiness. Once you’ve made a habit of this conversion, the happy state is wired into your brain and you can naturally enjoy life from this new vantage point.

**Acceptance & Commitment Therapy (ACT)** is an extension of mindful meditation. Once mindful of all of your thoughts, ACT requires that you take the extra step of distancing yourself from them. For instance, instead of saying, “I’m depressed” you would say, “I’m having the thought that I’m depressed.” In doing so, you take away the power of that thought so you can deal with it in a rational manner. Once rational, your reaction can either be changed or accepted so it no longer influences your happiness. The guiding principle of ACT is creating a comfortable mental environment so your values can shine through.

**Overall, Brain Boosters is much more than a quick step ladder to emotional success.** Dr. Ravicz provides solid, proven science, therapies, and exercises that allow you to take control of your thoughts and emotions and turn them around to work in your favor. All you need is an open mind and the willingness to learn. Brain Boosters provides the tools needed to achieve a well-balanced, meaningful life free of both emotional and physical pain.

Gluten often takes the blame when it comes to health concerns these days. Unfortunately, gluten isn’t the only problem with modern wheat. Americans essentially traded fat for wheat when we started the low-carb craze. This diet change, not so coincidentally, marked the beginning of our obesity and diabetes epidemic, both of which are on the rise.2-4 Sadly, no one knew Americans would be left with such significant consequences those 20 years ago, destroying our ability to obtain wheat in its original form.

Today we only cultivate genetically engineered strains of wheat, commonly referred to as “dwarf wheat.” This hybridized form, which is very profitable, produces a much smaller plant and therefore, a different chromosomal change that led to even fewer complications. The mutated compounds in modern wheat have had far worse consequences than sugar on our blood sugar levels. This unique carbohydrate therefore, whole-wheat makes almost no difference on blood sugar when compared to white bread.

Today’s hybridized wheat is high in amylopectin A. This unique carbohydrate sends blood sugar soaring higher than a candy bar. Consider how many times someone eats wheat daily: muffin for breakfast, sandwich at lunch, and pasta for dinner. Constant insulin requirement from the pancreas inevitably wears it out. Say hello to type 2 diabetes. How soon symptoms appear merely depends on your personal threshold. The unavoidable reality is that today all wheat in our country has this high concentration of amylpectin A. Therefore, whole-wheat makes almost no difference on blood sugar when compared to white bread.

Today’s Franken-wheat is addictive. During the digestive process, modern wheat is broken down into “exorphins.” In short, it passes the blood-brain barrier and sets off the opioid receptors in our brain. Yes, wheat gives you a high, and it makes you want more. This protein, however, comes down, can also trigger brain and mood problems, something serious as school teachers know. More commonly, this unnatural wheat stimulates appetite, causing binging and cravings. Interestingly, dairly also has this problematic exorphin.5 America’s wheat is inflammatory. This is when we get to blame gluten. America’s wheat has perpetually increased our hormones of inflammation, a higher percentage of gluten, as well as additional types of gluten proteins that cause cell disease and autoimmunity. When this sticky protein is consumed in such high concentrations, it leaks past the intestines into the bloodstream, triggering inflammatory reactions against the gluten invader. We are especially susceptible to this inflammation when we combine it with modern, stressed, polluted world. In addition to these reasons, avoiding your gluten could be a good idea, as today’s wheat has up to 28% less of the important blood sugar and body balancing minerals like magnesium, iron, zinc and copper.6, 7 Bottom line, even if you don’t consume these antibiotics to gluten, this genetically altered, hybridized form of wheat you are eating still affects you.

Try 6 weeks without wheat. Stick to whole-foods (not gluten-free junkets), watch your blood sugar improve, and your weightline change. If you are diabetic, work with your doctor to adjust your medications accordingly.

Tiffany is a Certified Nutrition Consultant and Functional Diagnostic Nutrition Practitioner and can be reached at (760)585-1221 www.glutenFreeWithTiffany.com

Many of the exciting new discoveries in functional medicine involve the science of genomics. Gene mutations, also referred to as SNPs, can predispose you to conditions such as heart disease, arthritis, osteoporosis, anxiety, chronic fatigue syndrome, fibromyalgia, neurodegenerative disease, cancer, chemical sensitivities and many more diseases.

Detoxification is a word that has many meanings. In the context of human biochemistry it refers to specific metabolic pathways which are at work throughout the body processing unwanted chemicals and toxins for elimination. These pathways involve a series of enzyme reactions that neutralize unwanted chemicals and transport them to the liver and kidneys so that they can be excreted. Excess hormones, prescription drugs, inflammatory chemicals, environmental chemicals, and toxins are eliminated by this same process.

Your genes help create the enzymes that assist your body with detoxification reactions. Most of this takes place in the liver. A decreased ability to detoxify can be caused by gene mutations. A poor diet, chronic nutritional deficiencies, exposure to environmental toxins, cigarette smoking and excess alcohol consumption can all contribute to change your gene expression and promote disease.

Genetic testing can help identify potential detoxification weakness that you may have. Based on your particular findings, it is possible to modify gene expression through precise, targeted, and individualized interventions.

The primary detoxification enzymes are:

- Cytochrome P-450: A group of important detoxification enzymes found primarily in the liver. These enzymes represent the body’s first line of defense in removing unwanted chemical toxins. Gene mutations in this group are known to be linked to diminished capacity for detoxification of pesticides, herbicides, pollutants, and some steroid hormones. Impaired activity of this group of enzymes is closely linked to numerous adverse drug reactions.

- COMT: Is a key enzyme in a detoxification reaction called methylation, or the reaction used to deactivate dopamine, norepinephrine, estrogens and various other chemical toxins. Reduced activity of this enzyme has been linked to increased risk of anxiety, panic disorder, nervousness, fibromyalgia, breast cancer (especially when coupled with long term estrogen exposure), and acute coronary events.

- MTHFR: Is another key enzyme in the methylation cycle. Down regulated activity of this enzyme has been linked to a broad spectrum of health problems including increased risk of autism, depression, schizophrenia, essential hypertension, cardiovascular disease, osteoporosis, and neural tube defects.

- GST: Is a group of enzymes involved in the detoxification of heavy metals (mercury, cadmium and lead), carcinogens, steroids, herbicides, fungicides and solvents. Defects in GST can contribute to fatigue syndromes and many cancers.

- NAT: Is a pair of enzymes that detoxify tobacco smoke, exhaust fumes, other environmental solvents. Decreased activity of this enzyme group is associated with increased risk for lung, colon, bladder, head and neck cancer.

- SOD: Is a group of antioxidant enzymes. Mutations affecting these enzymes can lead to increased free radical activity and cell damage. There may also be an increased risk of developing neurodegenerative disorders with impaired SOD activity.

Testing for detoxification gene defects is science-based, affordable, easy, and results are available in about 7-10 days. The sample is obtained by placing a small piece of paper in your mouth for a few minutes. Gene mutations can also be identified with blood testing.

Nutrition and lifestyle based treatment protocols are available to assist in addressing enzyme weaknesses. Whether or not you choose to test your genes, they will continue to play an important role in your health and well-being. By testing, you have the opportunity to influence the outcome and more actively promote a healthy life.

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

Autism now affects as many as 1 in 68 children and adults. Those diagnosed may have a wide range of developmental delays, as well as difficulties with communication, motor and language skills, and certain repetitive behaviors that limit their social interactions.

There are many theories on which therapies best help affected children become more integrated into society, and through numerous studies, music is proving to be a very effective one.

Now considered evidence-based for autism spectrum disorder (ASD), music therapy is the use of music interventions to address non-music therapeutic goals. A 2004 study from the Journal of Music Therapy found that music therapy used with children and adolescents with ASD increased appropriate social behaviors and decreased inappropriate behaviors. And the good news is that most children will work at it because it is fun, adding to the long-term changes in social behavior and cognitive ability with prolonged use of the therapy.

Music is motivating and engaging and may be used as a natural reinforcer as children in studies appear to respond more frequently to the therapist’s requests while music is played. When paired with motion therapy and repetitive training, results showed increased attention to tasks, vocalizations, gestures and vocabulary comprehension; engagement with others; and enhanced body awareness and coordination.

Fortunately, there is a new community program being developed locally by Bob and Nancy Horn which will offer ASD and other special needs children the opportunity to experience dance and music therapy. Currently in the planning and development stage, the non-profit called All Things Are Possible will offer specialized classes with musical instruments, ballroom dancing, and vocal instruction. They are working with local medical professionals to develop programs and have pediatricians, neurologists, child psychologists, speech therapists and special education teachers on their advisory board.

Jerome L. Lipin, M.D., FAAP, who also holds a fellowship in developmental disorders is on board and plans to conduct a controlled study to further support the non-profit’s work. Throughout his career, Dr. Lipin, who is now retired, worked closely with developmentally disabled kids and feels strongly that both music and movement can make a significant difference. “Studies are well documented and I have seen the work that the Horns are doing in their dance classes,” says Dr. Lipin. “We look forward to documenting the success of music and dance together to help current and future generations.”

Targeting a location at Westfield Mall, Palm Desert, All Things Are Possible is currently seeking volunteers and the donation of musical instruments. “We have master dance instructors, and music, vocal and band instructors who will work with the children alongside certified therapists,” says Horn, who is very excited to get the program started. “Our goal is to give each child the self-esteem they need to live a full life while helping parents cope with their children’s disabilities.”

For further information or to see how you can help, contact Bob Horn at (760) 632-1228 or e-mail bhorn.atap@gmail.com.

Insomnia Relief May Start with Brain Chemistry

By Darren Clair, MD

More than 60 million Americans report that they have experienced some form of insomnia in the past year, and sleepless nights are responsible for a little over 250 million lost days of productivity annually. In seeking solutions to this widespread problem, science has recently shifted its focus toward brain chemistry.

According to Ronald C. Kessler, Ph.D., Harvard Medical School professor of health care policy, it’s not only that people are misusing what works. He has determined that sleep-deprived people are still going to their jobs but are accomplishing less because they’re so tired.

A national survey in 2011 also determined that workers with insomnia who were too tired to fully function on the job cost the United States over $60 billion. Based on this survey, about 1 in 4 workers are sleep deprived due to insomnia. Of the 7,400 people who participated in this survey, about 1 in 4 were suffering were taking a drug or substance to help get to sleep. Of those suffering, approximately 20% of those studied we have experienced some form of insomnia who were taking a drug or substance to help get to sleep. Of those suffering, approximately 20% of those studied had positive results with this approach. The analysis is not yet recognized as insurance companies, but testing will reveal which brain chemicals are deficient or excessive.

Brain chemistry analysis may provide answers to sleepless nights. If you are suffering from insomnia, a brain chemistry study may hold the key to a good night’s sleep. Dr. Clair is founder and medical director of Vibrance Rejuvenation Center in Rancho Mirage and can be reached at (760) 324.4872.

Dr. Clair is a Harvard trained psychiatrist and focused on using brain chemistry analysis to help people get a good night’s sleep. He has developed a method of analyzing brain chemistry to determine which chemicals are deficient or excessive.

Brain chemistry analysis can help people identify areas of the brain that are not functioning properly and provide solutions to these problems. This information can then be used to create a personalized treatment plan for each individual.

For more information, contact Dr. Clair at (760) 324.4872 or visit his website, www.VibranceRejuvenation.com.

Do you feel confused by all the latest dietary trends? Although there seem to be hundreds of ways we are advised to eat, most diets can be grouped into three categories based on their similarities:

- PALEO refers to a diet made up of foods presumed to make up the diet of early humans, consisting chiefly of meat, fish, vegetables, and fruit, and excluding dairy or grain products and processed food. Similar diets are Atkins, Wahl’s, Grain-Brain, and Dr. Cundy’s Matrix Diet. Usually, those following this plan keep carbohydrate intake very low (thus the most gluten-free) and allow unlimited animal protein, green vegetables and fat intake.
- MEDITERRANEAN diets emphasize whole foods, plenty of fish, healthy fats, and a variety of vegetables and fruits. Grains and red meat are moderately used. Diets that align with this category include South Beach, Zone, DASH, and have been written about by authors such as Barry Sears, Wayne Andersen, Mark Hyman, and Arthur Agaton. The claim to fame for this category is that they tend to correlate with less heart disease and other disorders caused by inflammation.
- VEGAN & VEGETARIAN diets avoid animal products or selectively limit them. Fat intake is kept to extremely low quantities. These diets tend to be more defined by what one does not eat (animals) than what one should eat. Whole grains, legumes, nuts, seeds, fruits and vegetables are the key foods in this diet. The leaders of this perspective such as Dean Ornish, Nathan Pritikin and T. Colin Campbell describe reduction of cancer and heart disease as positive outcomes.

So with all of these claims sounding similar, how can we find options that are best for us? There are some pills on which all of these researchers agree, and these should be the basis for choosing your dietary plan:

- Eat lots of plants. Make colorful vegetables the mainstay of your diet. Phytonutrients present in whole vegetables and fruits provide fuel for our mitochondria to build energy.
- Avoid processed foods which expose to toxins and unhealthy fats and added sugars. Almost any processed food containing oils will be high in an unhealthy form of omega fatty acids, which increase body inflammation and oxidative stress.
- Maintain steady blood sugar levels, as rapid spikes and blood sugar crashes seem to be a key culprit in causing disease. Eat a low-glycemic diet regardless of the type of plan you choose.
- Portion control. Repeated studies come to similar amounts of food consumption with longer life. Our calorie intake has gone up 425 calories a day since 1970. During that timeframe obesity and lifestyle-based disease have become epidemic.
- Awareness and Appreciation. Noticing the beauty and joy of our food requires that we let our minds pause while eating. Eating slowly gives our body time to send signals to our brain indicating we are full. For appreciation for those who grew our food, the earth for its bounty, and our own value in receiving our food. Wisdom and cheers to you this summer as you make your next choices for health!

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• Restorative Yoga: A deeply healing practice that can help bring harmony and peace to your whole being
• Therapeutic Yoga: This hybrid of Gentle and Restorative Yoga is aimed at people caring for shoulders, backs, knees or hips

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Queen of the Desert | May 27, 2015
Addiction: East Meets West for Long-Term Recovery
By Lauren Del Sarto

If you or someone you know is struggling with addiction, you understand on a deep and intimate level the desperation to do whatever it takes to recover. Addiction professionals, counselors, scientists, clergy and many others continue to search for a cure-all for the mental, emotional, relational and financial trail of devastation that chemical dependency leaves in its wake.

Today, like never before, addiction is a life and death matter. Finding what works, matters. Traditionally, the field of medicine has been divided when it comes to treatment plans. Eastern medicine is well grounded in holistic approaches such as meditation and counseling while western medicine typically turns to pharmacology. Of late, those programs which combine an “East Meets West” philosophy are garnering much success with sustainable, long-term recovery.

But to understand the solution, you first have to understand the problem. For that, we spoke with Suzanne Jessee, M.A., C.Ht., a master’s level clinician who specializes in addiction and anxiety and the author of Escape Anxiety.

“The Edge”

According to Jessee, all in the field of addiction seem to agree that physical pain, emotional stress and anxiety are the double-edged swords of addiction. Have you ever heard someone say, “I drink or use to take the edge off?” Have you ever thought about what “the edge” really is? “The proverbial ‘edge’ is stress caused by mental anguish and physical pain,” she says, adding that in his film Pleasure Unwoven, Kevin McCauley, M.D., demonstrates a medical model of addiction that clearly identifies stress as the root of all addictions. “That stress is magnified by the phenomenon of addictive craving which adds to the often unending cycle of substance abuse. Most of us can identify with the discomfort of craving chocolate or a cup of coffee; the kind of craving associated with addiction is far more sinister.”

Addiction is a Symptom

“We also know that addiction is a symptom of a greater problem. No one ever sets out intentionally to be an addict or alcoholic.” Addiction is a progressive condition which usually starts with the unintentional discovery of a “solution to a problem” which the person often wasn’t aware to begin with — until that fateful day when he or she realizes that a drink or drug seems to solve the problem by reducing pain or taking off “the edge.”

The Opiate Epidemic

Unfortunately, the most effective medicinal solutions to physical pain are opiates such as oxycodone, hydrocodone, methadone and heroin. It’s no surprise that heroin and pain medications in particular continue to top the list as the fastest rising addictions in the United States according to the Centers for Disease Control, and that drug overdose deaths increased for the 11th consecutive year in 2010. “Although opiate-based drugs are never prescribed for emotional pain like grief and loss, social anxiety and low self-esteem, many sufferers unfortunately turn to them for similar relief.”

Jessee, who conceived and built the anxiety treatment specialty programs at the Betty Ford Center and Michigan’s Brighton Hospital (now the Brighton Center for Recovery), has teamed up locally with Albert Lai, M.D., of Desert Pain and Rehabilitation in Rancho Mirage to create what they call a cutting edge approach of east meets west.

Lai, who has 12 years of experience in pain management, has seen the problem all too often. He recently went back to school to become board-certified in addiction medicine. He has seen an increasing number of people go from being medicated for acute pain to becoming addicted to opiates and feel it is his responsibility to assist and be part of the solution to this growing epidemic.

Dr. Lai and Suzanne Jessee’s program incorporates medical technology and therapeutic counseling and aims to restore a patient’s full functional ability physically, emotionally and socially — through a comprehensive, interdisciplinary team approach.

Treating the Physical Edge

On the medical side, Dr. Lai uses an FDA-approved drug called Naltrexone which is implanted through a minimally invasive procedure and works to relieve cravings associated with physical dependence to alcohol and opiates for up to one year.

This critical element of relief offers a patient time to begin the restoration of their lives without the distraction of craving. “This might possibly be the greatest advancement in addiction treatment we have seen since the development of Alcoholics Anonymous 12 Step Program,” says Lai.

Treating the Emotional Edge

To address the emotional stress that accompanies addiction and is often the underlying cause, Jessee has developed a holistic program that incorporates the elements of five of the most evidence-based integrative practices for stress management and anxiety including progressive relaxation, mindfulness, guided imagery, cognitive behavioral therapy and self-hypnosis.

“Treat your own mind, it’s your own pharmacy,” says Jessee. "It’s that simple. Don’t let your mind control you. It’s time for you to control your mind.”


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Heat exhaustion is often accompanied by dehydration, but only occurs when a child is exposed to high temperatures. It is a result of the body’s inability to cope with higher heat, and the body will show specific signs that it cannot regulate its temperatures. Children will get heated faster and lack the ability to cool the body down as quickly. It is much more common to see heat exhaustion in children than healthy adults because of the sensitive systems. Heat exhaustion can be dangerous, so be aware of the signs and seek medical care if your child is not recovering from heat exposure.

Prevention of Dehydration:
- Drink water regularly, throughout the day
- Eat fresh fruit regularly, daily
- Keep head covered
- Wear loose clothing
- Stay in the shade
- Take frequent breaks from direct sun exposure

Prevention of Heat Exhaustion:
- Drink plenty of water
- Wear sunscreen
- Stay out of direct sunlight
- Hydrate adequately 2 hours prior to exercise or sun exposure

Conclusions stated were based on extensive research and I found them to be informative. It is a common belief that as we age, our minds and bodies decline and life inevitably becomes less satisfying and enjoyable. Cognitive decline is inevitable, and work is less productive. According to a recent Vast Street Journal article, we are all wrong. Certainly life gets better in many aspects as we get older. Our moods and sense of well-being improve with age. Friendships also tend to grow more intimate as older adults prioritize what matters most to them.

As we age our brains also undergo structural changes. The neurons that carry information and reason abstractly. Expertise deepens, which can enhance productivity and creativity. “Some go so far as to say that wisdom – defined in part as the ability to resolve conflicts by seeing problems from multiple perspectives – flourishes.” Naturally, growing older has its share of challenges, and some people don’t age as well as others. But “those who fall into the stereotype of being depressed, cranky, irritable and obsessed with their alimentary canal decline” constitute no more than 10% of the older population. “The other 90% of the population isn’t like that at all,” says Paul Costa, scientist emeritus of a long-running Baltimore National Study of Aging (BNSA).

It is believed that emotional wellbeing improves until the 70s, then levels off. But the BNSA research shows that even centenarians report high levels of well-being. As people age, their moods (measured by the ratio of positive to negative emotions) steadily improves. Costa adds that contrary to the popular view that youth is the best time of life, and as we age, their moods (measured by the ratio of positive to negative emotions) steadily improve. Costa adds that contrary to the popular view that youth is the best time of life, and as we age, their moods (measured by the ratio of positive to negative emotions) steadily improve. It is a common belief that as we age, our minds and bodies decline and life inevitably becomes less satisfying and enjoyable. Cognitive decline is inevitable, and work is less productive.
Financial Health

Get Ready for Seven Serious Life Transitions Ahead

By Reesa Manning, Vice President & Senior Financial Advisor

Most baby boomers will face seven key events in their last stage of life that will color their finances and investments. Prepare for these events by thinking about them now. Unlike earlier, happier events such as getting married, having children, and moving up the career ladder, some of these events may be dreaded. For this reason, many boomers may just off facing them, but lack of preparation can make a bad situation even worse.

1. Your parents will get old. They should start thinking about this now and begin gathering resources so you won’t be at a complete loss when your parents can no longer function independently. You should begin discussing with your parents: Health Status, Long-Term Care, Power of Attorney, Estate Planning.

2. You will reach retirement age. Boomers are starting to come to terms with aging, but serious illness is still largely unexplored territory for most of them. Boomers will be paying attention to their health, either working hard to stay healthy or managing chronic illnesses. A glimpse of what’s ahead: Navigating the health care system, Hard-of -Pocket costs.

3. You will fight to stay healthy. Boomers are starting to come to terms with aging, but serious illness is still largely unexplored territory for most of them. Boomers will be paying attention to their health, either working hard to stay healthy or managing chronic illnesses. A glimpse of what’s ahead: Navigating the health care system, Hard-of-Pocket costs.

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5. You will need to manage multiple sources of income. Even boomers who say they’ll “never retire” will likely have multiple sources of income that will need to be managed. These may include Social Security, interest, investments, and may be viewed at advisorinfo.sec.gov experience of advisory personnel. This form is publicly available here from third party sources believed to be reliable, but it is not guaranteed. Care.com contains important information about the author’s career and achievements. This form is publicly available and may be seen at advisorinfo.sec.gov.

6. You will get old. Boomers can barely imagine it now, but like their parents, boomers themselves will get old someday. What types of assisted living arrangements will you want to consider? How will you pay for it? What can you do now to make this phase of life more comfortable?

7. You will die. Sorry to be so blunt, but you know it’s going to happen. Boomers seem to be somewhat more open to contemplating their own deaths than their parents’ generation, perhaps because they still see it as a long way off. Go to the Real Age website (www.realage.com) and take a test to find out your “real age” along with health tips that will help you “live to the youngest.” As they review their lives, boomers are starting to consider legacy planning and ethical wills (https://celebrationsofflife.ethicalwill.com). This life-centered approach to death can lead to some of the estate planning tasks you should be executing now, including advance directives and wills. It’s a good idea to review your estate plan or specific tax situation with your estate attorney.

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Financial Advisor at Integrated Wealth Management. Reesa Manning is Vice President and Senior Advisor at Integrated Wealth Management obtained the information provided herein from third party sources believed to be reliable, but it is not guaranteed. Care.com contains important information about the author’s career and achievements. This form is publicly available and may be seen at advisorinfo.sec.gov.

www.DesertHealthNews.com
Scars can be objectionable for several reasons. Factors include coloration, wideness, pigmentation (either too light or too dark), depth (either depressed or raised) and location. If a scar is in a troubling location, often we can relocate it into a fold or crease and make it less conspicuous. Most often, we recommend a “scar revision.”

Scar revision is simply cutting out the old scar and re-suturing it. One might ask, “If surgery caused the scar, how will more surgery fix it?” The answer is in the details. Several factors can be dramatically improved with good technique and tissue handling. For example, let’s say someone fell and was cut by a blunt surface. They went to the ER and were sutured up by the doctor on duty. The scar is wide and indented…and right in the middle of the forehead.

In our experience, improvement can be seen in 4 out of 5 categories that most often lead to scarring, or 80% of the time. Those categories include: 1) Mechanism of injury. A scalpel in the hands of a skilled surgeon is much more delicate and precise than a blunt curb or fist. 2) Delay. In trauma situations, the time between the injury and suture closure is prolonged - the trip to the ER, the waiting room, waiting for x-rays or test result, and finally the surgery repair. Hours pass. In scar revision surgery, the closure immediately follows the excision of the old scar. 3) Technique. Technique applied in trauma situations tends to differ greatly from that of a planned procedure by a physician trained in cosmetic surgery. We focus on releasing local tissues so there is less tension on the wound in the healing phase, as tension leads to wide scars. We use “atraumatic technique,” which means treating tissue gently and exposing the skin to a minimum of manipulation, dryness and heat, while using delicate, sharp instruments that cut cleanly without crushing or traumatizing vital tissue. 4) Wound care. Plastic surgeons tend to use smaller sutures and more of them. That way we can remove half of the sutures early, which allows better blood flow and oxygenation of the wound edges. Patients are also followed closely and seen every few days post-surgery, which may not have happened after your original occurrence. 5) Genetics and environmental factors. This is the one area we cannot control. Genetic ability to heal varies from person to person and despite all our efforts, it can shoot us in the foot. Also, smoking or poor hygiene can sabotage an otherwise perfect operation. For elective surgery, we suggest smoking cessation a month before surgery and can only hope that a patient is compliant.

Clearly, gathering a thorough and detailed history is vital before choosing a course in scar revision. Often laser therapy is the best course as lasers can substantially improve coloration of scar tissue with virtually no recovery. Intense Pulse Light Therapy can also eliminate the enlarged blood vessels that make some scars conspicuous.

If you have disconcerting scars, there are options to consider. With so many advances in technique and technology, there is absolutely no reason for those with concerns to live life scarred.

Dr. Chopra is medical director of The Plastic Surgery Institute in Rancho Mirage and can be reached at (760) 568.2211. Please send your ideas and recommended topics for his column via email to csmith@roxsurgery.com.
You've come a long way since you were a teenager. And so has your skin. So if you haven’t changed your skincare routine since you got your driver’s license, it's time to shake things up.

In our teenage years, we experience breakouts. As we age, we experience different types of changes in our skin's appearance, even if we still have breakouts.

Skin care needs to respond to and change with our skin. Ready to rethink your skincare regimen? Rather than focusing on your age, consider your skin type and signs of aging you’re experiencing. Mix and match products that address your specific needs.

**Genetic Aging:** We’re all familiar with the classic signs of getting older—fine lines and deep wrinkles. Why does it happen? In addition to skin becoming thinner as we age, the breakdown of collagen affects the ability of the skin to repair itself as well as its very cellular structure. And because collagen is what helps keep skin firm, what you notice is visibly less elasticity, which makes skin more susceptible to wrinkling and sagging.

To combat the effects of genetic aging, try products that contain collagen which smooth fine lines and wrinkles by boosting collagen and hydration levels.

**Retinoids** are also skin savers. That’s because retinol can help expedite the skin’s turnover, assisting older surface skin cells to die off faster and allowing for new cell growth. The process helps to minimize the appearance of wrinkles and slows the breakdown of collagen.

There are products designed to specifically target creases and crow’s feet that can help reduce the appearance of deep wrinkles.

**Environmental Aging:** Overexposure to sun, pollution and wind can take its toll. Environmental aging reflects how you’ve taken care of your skin throughout the years.

One key ingredient in fighting telltale pigmentation (patchy darkening of the skin) is vitamin C. Products including a concentrated formulation of vitamin C can provide enhanced collagen-building and skin-brightening power.

**Hormonal Aging:** This type of skin aging occurs largely as a result of reduced estrogen levels in women. There are product lines specifically formulated to combat the effect of hormonal aging.

**Phytoestrogens**—plant based compounds such as those found in wild yam and soybean—are particularly effective in eye creams. Night creams can also have a significant impact on reducing the effects of hormonal aging by restoring the skin’s hydration and luster. Many combine essential fatty acids and ingredients such as starflower oil, shea butter, retinol and clover flower extract to hydrate and restore your skin’s healthy glow.

**While aging is inevitable, proper care will help keep your skin beautiful at any age.**

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www.DesertHealthNews.com
A change now affecting us all is the onset of warmer desert temperatures which narrows the window of opportunity to enjoy outdoor exercise.

Our habits must alter in response to the seasons, and a productive habit we desert dwellers can take at this time is to alter sleep and wake schedules. Maybe getting up early is not your normal habit, but starting this new ritual during our sweltering summer months will profoundly increase your wellness potential. Big horn sheep and other desert animals alter daily living for survival based on temperature changes, and we should too.

A new morning ritual often must start with a clear evening ritual: possibly an alarm to tell you when to go to bed (set the cell phone for this reminder), or awareness that we should too.

The following practices can help ensure success with your new morning routine:

**Set sleep and wake times based on healthy facts.** Most adults need between 7 and 9 hours of sleep per night. We must figure bedtime this way. In our society, we are influenced to think that sleeping is a luxury. Don’t succumb to believing that less sleep makes you more successful and more productive. Sleep does not equate to laziness (laziness is sleeping when you should be doing something else). Know the difference.

**Create a pep talk.** Go to bed with an internal message to “jump out of bed like a firefighter.”

**Call in the recruits.** Have a friend call you or set up an accountability partner. Meeting a wellness buddy is a sure way to be held to the time.

**Take notes.** Keep a journal by the bed and record how it feels waking up early, headaches, irregular heartbeats, heart attacks and dehydration resulting from energy drink consumption.

As for enhancing sports performance, caffeine at low doses (3-6 mg/kgbw) is beneficial. All the other ingredients have been shown to have little to no effect on improving performance.

For Sports Supplements: Our kids look up to sports heroes and seek to emulate them. Unfortunately, many have been suspected of taking sports supplements and some banned substances. One of the market is flooded with supplements promoting that their product will put on 20 pounds of extra muscle. Again the problem with most of the top selling products on the market is that they are not regulated by the FDA, because they are not recognized as a food, so the ingredients in most of the muscle gainers and weight loss supplements are very questionable. With much of the same outcomes as our energy drinks, we must question their safety and ask ourselves, “Is this really worth it?”

In conclusion, energy drinks are a quick fix that can give you instant energy, but which is followed by a severe crash, and sports supplements should be intended to supplement what you are not getting in your diet, not to replace a healthy meal. Very little evidence exists that either improve athletic performance.

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

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**Energy Drinks and Sports Supplements**

**Do they really improve athletic performance?**

By Michael K Butler BA; PTA; CSSC*D;RSCE*D; NMT

In the last 15 years, a growing number of professional athletes have tried to remain competitive in their sport through the use of sports supplements and energy drinks. Unfortunately, this has trickled down to our youth.

A national study done by the Kellogg’s Group in 2012 showed that 40% of all kids skipped breakfast. Of those, 43% said they skipped breakfast because they did not have time in the morning, and 29% said they were not hungry. Other studies evidenced that those who skipped breakfast consumed 40% more sweets, 55% more soft drinks, 43% fewer vegetables and 30% less fruit during the day. Often they look to sports supplements and energy drinks because they are not fueling their bodies with real food.

Energy drinks are beverages that contain caffeine and a combination of other ingredients designed to boost energy. They were first introduced in Europe/Asia in 1960, and then fit the US market in 1997. It is now a 510 billion a year industry, and 50-50% of its consumers are children and adolescents. Energy drinks may contain as much as 100mg to 150mg of caffeine per serving and other ingredients that also contain caffeine. Because the FDA does not regulate energy drinks, the manufacturer does not have to disclose the amount of caffeine in every ingredient, and most companies have learned to hide the actual amounts of caffeine in their “proprietary blend.” Most energy drinks also contain between 40-80 grams of sugar. Another ingredient added to energy drinks is vitamin B, which can cause nerve damage when habitually consumed, and most energy drinks contain 2000-8000% of the recommended daily amount.

In 2013 there were 1960 visits to emergency rooms nationwide due to anxiety, headaches, irregular heartbeats, heart attacks and dehydration resulting from energy drink consumption.

As for enhancing sports performance, caffeine at low doses (3-6 mg/kgbw) is beneficial. All the other ingredients have been shown to have little to no effect on improving performance.

Sports Supplements: Our kids look up to sports heroes and seek to emulate them. Unfortunately, many have been suspected of taking sports supplements and some banned substances. One of the market is flooded with supplements promoting that their product will put on 20 pounds of extra muscle. Again the problem with most of the top selling products on the market is that they are not regulated by the FDA, because they are not recognized as a food, so the ingredients in most of the muscle gainers and weight loss supplements are very questionable. With much of the same outcomes as our energy drinks, we must question their safety and ask ourselves, “Is this really worth it?”

In conclusion, energy drinks are a quick fix that can give you instant energy, but which is followed by a severe crash, and sports supplements should be intended to supplement what you are not getting in your diet, not to replace a healthy meal. Very little evidence exists that either improve athletic performance.

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