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What are you feeling at this moment? Are you taking a quick break from your to do list or does the title "Giving Thanks" put a smile on your face? If you chose the latter, you may already understand the transformation that living a life of gratitude brings.

Giving thanks is more than a seat at the holiday dinner table. Many have come to understand that gratitude is a secret key that shifts your awareness from an attitude of rejecting and defending to one of acceptance and appreciation, and that more abundance for which to be grateful magically follows.

"I do believe that people who live a life of pervasive thankfulness really do experience it differently than people who cheat themselves out of life by not feeling grateful," says Robert A. Emmons, PhD, a leading expert on the subject. "Gratitude allows us to participate more in our life. We notice the positives more, and that magnifies the pleasures you receive from life."

In her most recent meditation series with Deepak Chopra, Oprah Winfrey asks, "Have you ever paused and noticed how you feel when you are thankful for something or someone? Take a moment and consider this: when you are present in that feeling of

gratitude, you feel more open, more generous, more connected, more aware and more alive." Why save that feeling for a certain day or time of year? It is possible to find this in every moment, and when you do, "the energy of gratitude returns to you bringing unlimited goodness; something within you - and everything around you - changes."

Take Chopra's example of two people doing exactly the same thing, but with different experiences. Both walk outside to pick up the morning paper. One is lost in everyday concerns; there is work and family to think about and a hundred details to consider. The other is faced with the same busy schedule, but takes in the sun and the sky, the children playing on the corner, and the birds singing. Room has been made to feel gratitude for that moment.

It is a simple notion that with practice can be truly life changing. Research has shown that this shift involves emotions, beliefs and even our physical being because it has a positive effect on our individual cells. As such, says Dr. Chopra, gratitude is an engine for holistic change.

Look around you, take a deep breath and give thanks. Let's each begin a life of gratitude with this very moment.

"There is
nothing more life
changing than
gratitude. This
I know for sure."
- Oprah Winfrey



Trust the Trail

By Pam Salvadore

This summer did not go well. In July, I lost my mother to a brutal disease, and thus inherited her responsibilities: keeping her home, caring for my father, and the minutia of wrapping up her "paper existence." At the same time, my own family expanded. Our grandson moved in for the summer and our son rebounded after college. The presence of the boys created a buoyant atmosphere at my house, a sharp contrast to the sadness at my dad's.

Feeling cornered by the demands of this hectic life, I put myself at the back of the line. I was so busy that I missed the husband with whom I live. I also missed the frenetic energy of the boys and their milestones. As I commuted back and forth between two homes and two lives, most of all I missed myself. I relinquished good nutrition in favor of comfort food. Water gave way

to wine. Sleep became elusive. Exercise went out the window. By August, I was stiff from stress, bloated and swollen from poor nutrition, flushed with hormones, and craving solitary confinement. This was the toughest spot in which I had ever found myself.

As women do in times of trouble, I found myself turning to a friend for guidance. Cheryl, that rare true friend, reminded me that in order to be a good wife, mother, and daughter I needed to start taking care of myself. She pulled out her calendar and pointed to the trip we had planned long ago, a 15-mile hike of the Pacific Crest Trail near Lake Tahoe. The hike was an effort to capture some of the empowerment and beauty in Cheryl Strayed's inspiring book, *Wild*.

Having never hiked more than the trails surrounding my home, I inquired as to exactly what I needed to pull

Continued on page 3

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Nov. 7 • Step Out for Diabetes. Bring your family and friends to walk and help raise money to change the future of those living with diabetes. La Quinta Resort and The Club at PGA West. www.diabetes.org/stepoutlaquinta; Msoliman@diabetes.org

Nov. 13-15 • Palm Springs International Health & Fitness Festival. Marlo Productions presents this new interactive expo with many activities in which to take part, health and fitness industry speakers, sports legends, vendor booths and more! See schedule, page 31. Palm Springs Air Museum. info@MarloProductions.com. (760) 285.3903

Nov. 21 • Coachella Valley Heart & Stroke Walk. The non-competitive 5k walk encourages the community to take the pledge to live a healthier lifestyle. Start a team or bring family and friends! Palm Desert Civic Center Park. Registration/Health Fair begins at 7am; walk begins at 8:30 am. www.cvheartwalk.org.

Dec. 1 • World AIDS Day. Desert AIDS Project's Everyday Heroes. Join D.A.P. in an evening celebrating five everyday people doing extraordinary things to support those living with HIV/AIDS and to bring about an end to the epidemic in the Coachella Valley and beyond. Camelot Theatres Palm Springs. Desertaidsproject.org. (760) 992.0440.

Dec. 12 • Eisenhower Reindeer Run. Get into the healthy holiday spirit with this inaugural 5k run/walk that starts and finishes on the beautiful Eisenhower Medical Center campus. Enjoy the picturesque views, awards presentation, continental breakfast, and activities and fun for the entire family. To register visit EMCReindeerRun.com.

2016 Save the Date!

Jan. 13 • Eisenhower Wellness Institute Speakers Series presents Denise Minger, author of *Death by Food Pyramid* which unveils the shocking consequence of following the federally recommended guidelines for nutrition. (See interview, page 15.) Annenberg Center for Health Sciences at Eisenhower. www.emc.org/wellness (760) 610.7360.

Jan. 16 & 17 • Desert Woman's Show. The spotlight will once again shine on women's issues with over 100 exhibitors of local products and services, interesting seminars on today's hottest topics, and Taste of the Valley with food, wine and beer tasting. Agua Caliente Resort. For vendor and guest info contact: info@MarloProductions.com. (760) 285.3903

Jan. 24 • City of Palm Springs Mayors Race & Wellness Festival 1k, 5k and 10k run with over 80 health and wellness exhibitors and celebrity fitness expert demonstrations. For vendor information contact Jeff Hocker (760) 409.1530. www.HealthyPlanetHealthyYouPS.com

Jan. 28 • Healing Waters Spa Tour. Discover the many unique spa hideaways on the Desert Hot Springs aquifer. Sip wine and soak in these internationally-acclaimed resorts representing mid-century modern, Moroccan, restored hacienda, B&B, casual, classic, clothing optional and more. VIP and self-guided tours available. 4pm – 8pm. www.HealingWatersSpaTour.com. (760) 285.3903.

Jan. 29 • Women Leaders Forum's Women Who Rule! Presented by Desert Regional Medical Center. Raise a toast - and college scholarships - for Young Women Leaders while honoring dynamic community leaders at this celebratory luncheon. Champagne reception/silent auction start 11 am. Agua Caliente Resort. www.WLFDesert.org

Feb. 3 • Eisenhower Wellness Matters Speakers Series presents Tara L. Dall, MD, who will discuss early detection for heart disease and diabetes through the use of biomarker testing. Annenberg Center for Health Sciences. www.emc.org/wellness (760) 610.7360.

Feb. 6 • Steve Chase Awards. Desert AIDS Project's largest fundraiser shines the spotlight on community leaders and D.A.P. supporters. The fun begins with red carpet arrivals, cocktail reception, silent auction, dinner, entertainment, and awards presentation to this year's honorees. For more information and tickets visit www.DesertAidsProject.org (760) 992.0440.

Feb. 19 • Go Red for Women Luncheon. Help raise awareness of heart disease and its impact on women at this fun and educational event. Everyone is encouraged to wear red to help all understand the toll heart disease takes on them. 10am – 2pm. The Westin Mission Hills. Adrienne.Barton@heart.org www.cvgoredluncheon.heart.org

Feb. 27 • Day of Hope for Diabetes. Presented by the Desert Diabetes Club, this free event is open to the public and features lectures on a variety of topics, exhibitors, and medical and celebrity speakers addressing issues related to Diabetes. emc.org/ddc (760) 773.1578.

Feb. 29 • Canada/Snowbird Fest. A fun two-day celebration of your lifestyle in the Coachella Valley. Agua Caliente Resort. Vendor and guest information: Bette King Productions. www.bettekingproductions.com. (760) 202.4007.

Mar. 9 • Eisenhower Wellness Matters Speakers Series presents Dr. Tom O'Bryan who will speak on the complications of non-celiac gluten sensitivity and celiac disease, and how they connect to diseases and disorders. Annenberg Center for Health Sciences. www.emc.org/wellness (760) 610.7360.

Apr. 14 • Women Leaders Forum's Health Panel Lunch & Learn. Open to all, this luncheon will once again feature a panel of top health professionals discussing topics of interest to women (and men!) of all ages. Agua Caliente Resort. www.WLFDesert.org

May 18 • Desert Health® Wellness Awards will once again honor those in our community moving health and wellness forward. All welcome to attend and take part! www.DesertHealthNews.com. (760) 238.0245.

Don't you love this time of year?

The heat has subsided, friends start to return, and the buzz of season begins.

We are so lucky to call this gorgeous place home. While our picturesque landscapes are shared with the world through fashion commercials, and our colorful resort lifestyle is envied by those spending winters indoors, we shuffle through our days working (and/or playing) hard and trying to keep up with our busy social schedules.

Let's not forget to breathe. To live in the moment, and to appreciate everything around us. If you need help transitioning, you've come to the right place. We once again feature a variety of editorials on resources to help you relax, heal, and to feel your very best.

Inspiration can also be found in Health is a Choice as Pam Salvadore of La Quinta shares her personal journey on the Pacific Crest Trail.



Tommy and Lauren. Celebrating 10 years of laughter, love and life!

Top photo of PGA WEST by Lori English

This season is certain to be a busy one and we are proud to support many valley events. We are looking forward to seeing old friends and to meeting new!

Enjoy your holidays and our beautiful desert home! And thank you for reading Desert Health®.

Lauren
Lauren Del Sarto
Publisher



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Health is a Choice

Continued from page 1

this off (secretly hoping to find a loophole that allowed me to bow out gracefully). Cheryl had everything arranged. I was to arrive wearing my most comfortable hiking shoes and sunscreen. Everything else was under control, including our gear and food. Committed, and thankful that my brother was going to join us, I swallowed my fear and wrote it on my calendar. The night before we departed, I felt a little puddle of fear swirling in my stomach and began to take inventory of what scared me the most. It didn't take a degree in psychology to tell me that it was more than just hiking of which I was scared.

Primarily, I was riotously out of shape. Would I be able to breathe at altitude? Could my muscles recover sufficiently to descend on day two? Secondly, I am a notorious germaphobe. Would I be able to use the woods as my toilet? How could we eat a proper meal without washing up? What kinds of creatures went bump in the night when you slept on a bed of leaves? What does one do when confronted by an angry bear? This little control freak finally had to face her fear of the unknown. The next morning, I slapped a smile on my face, a 30-pound pack on my back, and we were off.

It began quite innocently. There was a designated trailhead with signage and a map. About 200 yards in, however, the trail turned into a narrow ribbon of dirt. This is what was supposed to lead us from Donner Pass to Squaw Valley? At points, the foliage was overgrown and in others there was no foliage at all. At the highest peaks, there appeared to be no trail, as it was either covered by rockslides or invisible over the surface of a boulder. It felt like more of the same: a lot of decisions being made for me with very little input from me. Frustrated, I placed my trust in Cheryl and Matt, looking to them to lead the way.

Our packs were heavy and mine dug into my shoulders and hips. A big part of the weight was water. I pondered that as we trucked through the endless dust and dirt enhanced by the drought. It was incredibly dry at altitude, as evidenced by the creaks of dying trees and the crunching of leaves. The infamous Donkey's Ear that lines this portion of trail was shriveled down to a crunchy cacophony of death. Reassured by the weight on my shoulders, I didn't have to worry about water. We carried a gallon each, as well as a purifier to use at any water sources we found. In the entire 15 miles, we saw only one active stream and we certainly took advantage of it.



Pam had to overcome many fears to face the Pacific Crest Trail.



The uncertain terrain helped put life into perspective.

beneath my feet. I think I held my breath for most of that test. From the other side, I looked back in awe of my accomplishment. I was sweating and breathing heavier than I did on any climb, but for the first time in the trip, the puddle of fear in my stomach was gone. I felt empowered and confident. I looked back upon those rocks as incidents that had befallen my family over the summer. Some were crumbling and unsteady. Some were solid. All required dedication and concentration to navigate. And I did it.

Eleven miles in, we found a flat spot to make camp. I was so tired, hungry, and sore that a squirrel could have bitten my nose while I slept and I wouldn't care. We set up our tents and spread out for dinner. As the burgers cooked, I wound my way out to a nearby ledge to watch the sunset. The incredible colors of the fading light cast a striking profile of the peaks splayed out before me. As the air cooled, the wind died leaving complete silence. Between the sunset and the quiet, a sense of calm embraced me.

After dinner, we lay across a blanket and stared up at a clear, starry sky. The moon made an arc from east to west and stars appeared brighter than I had ever seen before. The air was crisp. The quiet was peaceful. The little voice in my head had finally shut up. All was right with my world again. As if in confirmation, a star shot across the sky.

We woke at first light. Packing up, we were giddy at the mere four miles left to go. Our plan was to hike to the Squaw Valley tram and ride it down, triumphantly. Unfortunately, life doesn't always go according to plan.

We missed our turn and added a treacherous extension to our descent. Unstable stairways twisted around the sheer faces of rocks lining the mountainside. Our knees took a hit, but nobody twisted or broke anything. Covered in sweat, dust, and grime we slipped out of the woods into a parking lot at Squaw. No fanfare. Just three exhausted hikers with smiles of accomplishment. After all, life doesn't hand you a trophy for making it. You need to acknowledge each victory yourself.

The things I learned about myself up on that trail resonate to this day. I can do anything I put my mind to doing. I am the captain of my ship and only I can determine its course. While I can rely on the support of people I love, I need to learn from them so I can be independent in the end. I learned to forgive myself for not being perfect. Most importantly, I learned to trust the trail. Just as it did up on that mountain, the trail will lead you where you need to go. I have recommitted to myself by eating healthy foods and exercising regularly. I'm drinking water again, but still enjoying some wine. I look at my family and feel the same sense of calm I felt watching the sunset on that ridge. I'm where I need to be, living how I need to live, with the people I love the most. Choosing, as I move forward on shaky legs, to trust the trail.

Pam Salvadore is a contributing writer and seasonal resident of La Quinta.



A moment of pride at her incredible accomplishment
* All Photos by Matt Thurber

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SMART Fitness

The power of brain training

By Lauren Del Sarto

Humans are funny. More often than not, it takes a dive in the wrong direction to make us consider doing something to prevent that fall in the first place. Science seems to follow the same bell curve. As problems or statistics start to rise, researchers (who are human by the way) increase their efforts to help find solutions for the rest of us – many for the commercial reward, and others simply for the greater good.

This is what I see happening with brain health. Rates of dementia-related diseases are on the rise, and many of us are struggling as we watch our parents or grandparents cope with these debilitating conditions. And many of us are asking what we can do to help avoid the same fate.

Fortunately, science is a step ahead of us on this one. Brain enhancing tools have helped those suffering with traumatic brain injury or other dysfunctions for decades, and now these tools are becoming more commonly available to the masses. There are brain games such as Luminosity, Jungle Memory and Cognifit which commercialized the science proving that training in one area could improve the brain in other areas. However, new science is questioning whether these games actually deliver anything more than mere improvement in playing the game itself (“Brain Games Are Bogus,” *The New Yorker*, April 5, 2013).

The medical wellness community on the other hand is finding much promise in evidence-based neurofeedback (NFB) which has been effectively used as an intervention for ADHD and epilepsy. There is also on-going research of this non-invasive technique for insomnia, anxiety, depression, substance abuse and chronic pain; it is also used to help athletes overcome mental and physical obstacles to their performance.

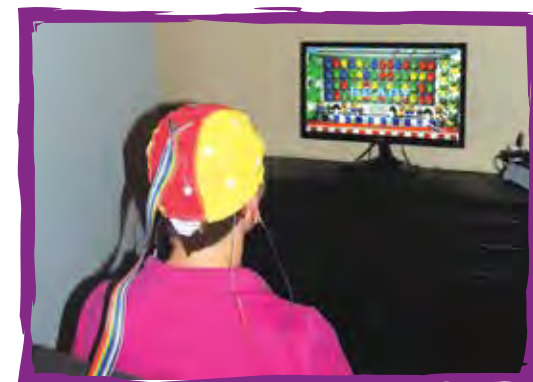
So just what is it? NFB is defined by the International Society for Neurofeedback & Research as an objective assessment of brain activity and psychological functioning. Assessments include a quantitative EEG which records the brain's electrical activity at multiple sites on the surface of the scalp (nothing going in – only out), and compares

it to a database of normal healthy individuals of the same age as the client. The client completes a questionnaire that addresses common brain related characteristics (quality of sleep, ability to remember names, your happy meter, anxiety levels, etc.) and, with the help of the practitioner, identifies areas the client would like to improve. A training protocol is then developed that specifies sites on the scalp and brain waves to be trained.

The team at the Eisenhower Wellness Institute (EWI) recently began offering neurofeedback, so I thought I would give it a try. As I explained the process to friends and family, they were shocked that I would allow anyone to get into my head. I assured them that nothing was going in, the process was only challenging my brain and measuring what was coming out. I felt confident and in good hands with the EWI team whose technicians are being certified by the NFB governing board, the Biofeedback Certification International Alliance.

It was explained that I would be playing games with my brain which would receive positive reinforcement through specific sights and sounds as my brain activity was “mapped.” How well I did at those games depended largely on “how well-resourced my brain was” which I didn't really understand until I experienced it firsthand. The 5 resources to consider are: 1) how well you eat (nutrient dense foods/protein, fats, unrefined carbs) and how often; 2) hydration; 3) how well you sleep; 4) physical comfort (as pain takes away from your brain's ability to focus on tasks); and 5) effective elimination (obviously another brain blocker). We all know these pillars of health, but with brain training, you actually see the effects firsthand through sights and sounds that represent your brain's activity. If I ate protein and leafy greens the night before, drank plenty of water and had a good night's sleep, I would soar through the games. High, bubbly tones would ring in my ears and the “green bar of greatness” would light up in front of me. My brain was celebrating; I was filled with positive emotions - and rewarded with impressive scores.

Continued on page 17



A cap with sensors reads brain activity which translates to progress with the visual and audio computer game.

Dennis Sapiro, Ph.D.
CLINICAL HEALTH PSYCHOLOGIST
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Concussion: It's More than a Movie!

By Christopher Hancock, MD & Bernadette M. Greenwood, BSRS, RT (R)(MR)

Recent media attention has been paid to the serious risk of traumatic brain injury in National Football League players. An upcoming film featuring Will Smith portrays the dramatic revelations of Dr. Bennet Omalu, who researched brain injuries in professional football players and documented evidence of chronic traumatic encephalopathy (CTE). CTE is a debilitating condition with long-term, life-altering consequences resulting from traumatic brain injury (TBI). The film gives viewers a glimpse into the life of Dr. Omalu and the NFL's efforts to hide his research results. This movie is timely as our young children go off to Pop Warner football, high school, and college. Parents, athletic directors and school officials need to be aware of the reality of TBI, particularly in young athletes, and should not be cavalier.

The reality of TBI is felt by hundreds of thousands of Americans. TBI can be broadly categorized as mild or severe. Mild TBI can result from an injury after which confusion or disorientation lasts less than half an hour and can cause moodiness, forgetfulness, loss of cognitive function and headaches. Severe brain injury is associated with the individual losing consciousness for over half an hour or an open head wound. These patients may remain unconscious or in a coma and as most are recovering, they may suffer severe debilitation and motor/language impairment, learning disabilities, or psychological and emotional problems. Rate and level of recovery are patient-dependent and can take many years even with aggressive therapy.

Football is not the only athletic event or activity in which TBI is a significant risk. Football is actually the second most common in the USA at 47,000 per year. Surprisingly, cycling is first in sports-related head injuries. Every year about a half a million people visit hospital emergency departments for bicycling injuries, over 85,000 of which were head injuries resulting in about 400 deaths. Baseball and softball were Number 3 at just over 38,000.

Other sporting activities with reported head injuries exceeding 20,000 per year were: basketball, water-sports, powered recreational vehicles (ATVs and the like), soccer and skateboarding. Use of training facilities/gyms resulted in about 18,000 head injuries per year. These statistics are total emergency department visits. Over 40,000 children visited emergency departments for head injuries. About half of that number visited for football and baseball/softball injuries. It's not surprising that the true numbers are estimated to be much higher as these represent only those head injuries seen in the emergency department.

So what can we do? How can we protect ourselves and our loved ones from the debilitating effects of traumatic brain injury? Wear protective headgear appropriate for the sport. If headgear is not available, carefully consider the risks vs. benefits of participation in any athletic activity. If traumatic head injury has been sustained even though wearing protective head gear, then a visit to your family physician and/or neurologist may be advised. Advanced medical imaging tests of the brain may be ordered by your physician. Since standard MRI and CT brain studies will typically not show minor traumatic changes to the brain, a dedicated Traumatic Brain Injury (TBI) Protocol MRI study may be required for interrogation of otherwise subtle or occult injuries including microhemorrhages and diffuse axonal injury (DAI).

Dr. Hancock is a board certified neuroradiologist with Desert Medical Imaging; Bernadette Greenwood is director of clinical services, as well as an author and educator. For more information visit www.DesertMedicalImaging.com or call (760) 694.9559.

Advances in Pain Management

By Roland Reinhart, MD

Pain is a universal experience of the human condition. It has a protective function to notify us of damage occurring to the body so we may make changes and avoid further injury. In many cases, pain may continue beyond the usual tissue healing time and become a prolonged excruciating life-altering problem.

We are in the middle of the largest expansion of Medicare patients because of the baby boom after World War II. Thirty-eight million Americans were on Medicare in 2010; by 2020 there will be more than 82 million. Americans have a life expectancy of nearly 80 years; chronic illnesses and pain will become more prevalent. Currently 100 million Americans suffer from chronic pain, and 66 million are partially or totally disabled. 27 million have back pain, 45 million have arthritis, 26 million have diabetes, and 12 million have cancer.

While some people may have total body pain the majority have pain that is localized to a limited area of the body. Correct early evaluation and diagnosis may bring relief with simple measures such as anti-inflammatory medications, and physical therapy or chiropractic care.

When these measures are not sufficient, an evaluation by a board certified pain management physician may help avoid the long-term disability that comes with chronic pain. Beyond their initial board certification in anesthesiology, physical medicine, orthopedics, and oncology these physicians have additional qualifications for evaluating pain.

Pain management services are particularly effective in treatment of localized pain problems where a specific nerve block with steroids or local anesthetics may be applied for diagnostic and therapeutic effects. Beyond the application of steroids and local anesthetics, some nerves can be treated with heat, cold or chemicals to destroy the nerves for a period of months to years. These treatments have been practiced for a long time but are now being used more often as these specialized techniques become more widely available.

Spinal cord stimulation allows for modulation of nerve signals to replace the pain signals with a pleasant stimulation. The next generation of this stimulation will not replace the pain signals but just eliminate them without any perception of the stimulation.

Less invasive treatment methods are continuing to evolve. Kyphoplasty to treat broken bones of the spinal column are 92% effective in alleviating pain. Recently the new MILD procedure (minimally invasive lumbar decompression) allows the patient to be awake while ligaments in the spinal canal are thinned out to relieve pressure on the nerves. This procedure requires minimal or no sedation and no recovery time.

Drug therapy has also been changing. After liberalization of opioid therapy in the 1990s there is now a change in policy with an emphasis on avoiding narcotics. Much of this concern comes from increases in people overdosing from prescription narcotics. Localized pain can be effectively treated with specific targeted therapy, thus avoiding the debilitating side effects of narcotics. However, if narcotic treatment is necessary (such as for whole body pain), new technologies are making these medications safer with abuse-deterrent manufacturing processes.

Roland Reinhart, MD is double board certified in anesthesiology and pain management and can be reached at (760) 341.2360. He is also a member of the Desert Doctors network. For more information visit DesertDoctors.org or call (760) 232.4646.

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Let Them Eat Cake!

Preventing tooth decay without giving up sweets

By Nicholas S. Baumann, DDS

Most of us were probably told from a young age that sugar is bad for your teeth, and it was pretty much left at that. Many have never received a full explanation of what really happens to our teeth when we consume sugar or carbohydrates. The good news is that there are “good” and “bad” ways to consume these foods, and there are ways to help protect against tooth decay and keep a happy healthy mouth.

Tooth decay or “cavities” occur when bacteria in the oral cavity are given sugars or carbohydrates to consume. They then use this fuel to produce acid, which decreases the overall pH of the mouth. At the lower pH levels, the teeth start to dissolve. Luckily, within a few minutes, our wonderful saliva works to bring the pH back to normal, consequently reversing the damage that had just been done. This is a continual process that happens every time we eat sugars or carbohydrates.

As long as the pH returns to normal in a short period of time, no permanent damage is done. Problems occur when the pH is allowed to stay low for an extended period of time.

Think about taking a drink of soda, the pH in the mouth is lowered. Then just as the saliva is bringing the pH back to normal, you take another sip. The pH now stays at this point



The pace at which you eat sugar greatly affects tooth health.

where the teeth are being attacked. This happens over and over with every sip and this is the type of attack that in the long run can lead to permanent damage like cavities. I like to make the simplified comparison that if I gave you 5 minutes to eat an entire cake or you sipped a cup of coffee with a spoonful of sugar in it over the course of an hour, there is no contest. The coffee is much more destructive to your teeth. If we realize this connection,

we can be more aware that it's the way we eat our foods rather than the amount that can help us prevent tooth decay.

On the other side, there are certain foods we can also eat that don't allow the pH in the mouth to drop and can even be protective against tooth decay. Cheeses and meats are always great options. Not only do they not give the bacteria the fuel they need to lower the pH in the mouth, but eating stimulates salivary flow, which helps maintain the pH at a normal level. Xylitol, a natural sugar replacement found in many sugar-free gums and candies, is also a great placeholder when you need that sweet fix. Not only it is not consumed by the bacteria, but studies show its presence actually helps prevent tooth decay.

I always tell my patients that I don't expect them to give up sweets or carbohydrates entirely to help prevent tooth decay, but I do expect them to consume them in a way that limits damage to their teeth. In the end, simply being a little more cognizant of what and how we are consuming, our food intake can result in a

happy healthy mouth leading to fewer trips to the dentist, something I'm sure we can all agree is a good thing.

Dr. Baumann is with Palm Desert Smiles and can be reached at (760) 568.3602.



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Eye Infections Building Resistance to Meds

By Greg Evans, OD

Microbial keratitis, corneal ulcers, conjunctivitis and uveitis are all part of the day-to-day clinical presentations for eye doctors. Medications are often prescribed to combat these conditions; however, we are seeing more and more resistance to commonly used drugs.

There is an ongoing study called the ARMOR (Antibiotic Resistance Monitoring in Ocular Microorganisms) Surveillance Study designed to help monitor bacterial resistance among eye infections. It is the only multi-center, national survey of antibiotic resistance patterns among bacteria specific to eye care.

To determine this, isolates (infectious material) from 34 institutions across the United States are submitted to a central laboratory for testing. The isolates are then tested for resistance to readily available antibiotic agents.

To show how critical this can be for eye doctors, here are some of the results from the most recently released data. The survey included results of Streptococcus pneumonia, Staphylococcus aureus, Coagulase-negative Staphylococci (CoNS), Pseudomonas aeruginosa and Haemophilus influenzae.

- 1 in 2 Streptococcus pneumonia isolates were resistant to penicillin
- 2 in 5 Streptococcus pneumonia isolates were resistant to azithromycin
- Pseudomonas isolates are now resistant to polymyxin B, ciprofloxacin and imipenem
- Multi drug resistance among CoNS and methicillin-resistant CoNS increased in 2014 and Staphylococcus aureus and methicillin-resistant Staphylococcus aureus (MRSA) decreased

Locally from Eisenhower Medical Center microbiology lab we find these examples:

- Pseudomonas resistant to ampicillin, cefazolin and 97% resistance to gentamicin



Local lab testing helps monitor regional infections.

- Staphylococcus aureus (MRSA) resistant to penicillin, cefazolin, erythromycin and tetracycline

To avoid improper treatment, more doctors are turning to fortified antibiotics, obtaining isolates in office and sending them to laboratories for culturing. In our office the most common cause of ulcer (not necessarily microbial keratitis) is contact lens wear. Physicians also have access to local antibiograms, periodic summaries of antimicrobial susceptibilities of local bacterial isolates submitted to the hospitals' clinical microbiology laboratories. These help give an understanding of what resistance may be available in the patient population in their local community.

To ensure you are treated with an effective antibiotic, seek care as soon as possible for eye-related infections. Make sure to reduce your risk by following good contact lens hygiene practices, as poor practice is the biggest contributing factor for corneal ulcers. If the doctor prescribes an expensive medication such as a fortified antibiotic or a fourth generation fluoroquinolone, don't automatically ask for a generic. The doctor may have a good reason to prescribe this antibiotic and the risk of resistance is probably helping to drive that decision.

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.

Source: Asbell PA, et al. Antibiotic Resistance Among Ocular Pathogens - Results from the ARMOR Surveillance Study 2013-Present; presented at Association for Research in Vision and Ophthalmology meeting May 3, 2015; Denver CO



Chest Pain? Don't Drive Yourself to the Hospital

Provided by JFK Memorial Hospital

Too many people put their lives at risk driving themselves to the hospital when they're experiencing the symptoms of a heart attack or stroke. Indeed, only 30 percent of patients who come to JFK Memorial Hospital's Emergency Room complaining of chest pain come by ambulance. But reducing the time it takes to get medical treatment is the primary factor in surviving a heart attack, according to the American Heart Association. Here's the 1-2-3 of what happens when you call 9-1-1:

- 1. Emergency dispatchers can provide immediate steps to take, such as instructing bystanders on the use of CPR.
- 2. Emergency responders can begin patient assessment and treatment on site as well as en route to the hospital.
- 3. At the hospital, the Emergency Room is already prepared for your arrival with the next level of care.

"I knew a cardiologist back home in Boston who was having chest pain and had his wife drive him. He didn't make it to the hospital," said Kathleen Laferriere, JFK's chest pain coordinator.

Why do so many people put themselves (and others) at risk? "I think it's embarrassment," said Laferriere. "People don't want their neighbors to know."

Others may fear the police will come when they call 9-1-1, but the Riverside County Sheriff's department said usually only paramedics and emergency medical technicians respond to health emergencies. If police do appear on the scene, the Sheriff's department said, "deputies ... are trained first responders in CPR and first aid. The Sheriff's Department would also like to remind the public that employees of the Sheriff's Department do not enforce Federal Immigration Law and make no consideration or decision concerning a person in need of medical assistance, or their immigration status while responding to an emergency call. During the response to a medical emergency, deputies consider the preservation of life and the safety of the community."

Another concern may be the cost of the ambulance service, but several desert communities provide a subsidy, so if you live in an incorporated city, check with your city clerk. Beyond that, Laferriere notes, "How much is your life worth?"

For stroke, delayed treatment could end up costing a lot more than an ambulance ride. "Stroke is the leading cause of disability for adults. If you can get treatment soon, sometimes all of those symptoms will be reversed through the treatment. Even if they're not reversed, they might not be as severe. But if you don't get early treatment you can be paralyzed, unable to speak or unable to swallow," said Laferriere, who has seen cases of stroke in victims as young as their 30s.

Learn to recognize chest pain symptoms by taking the free Deputy Heart Attack course online at www.deputyheartattack.org. And don't hesitate to call 9-1-1 for any medical emergency.

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Safety First!

Preventing concussions

By Diana Huffman PT, DPT

Concussion and traumatic brain injury (TBI) prevention is an increasingly prevalent topic, especially with the current rise in incidence. Thankfully, new research is constantly being done to improve safety in the leading causes of TBI including falls, motor vehicle accidents (MVAs) and contact sports. Primary prevention strategies include proper safety equipment and fall prevention methods.

There is no helmet that is concussion proof. However, there are ways to ensure that a helmet can be used most effectively. For all situations and helmet types, the helmet should fit snugly completely around the head, but should not be so tight that it causes headaches. When conducting initial fitting of a helmet the same hairstyle should be worn as will be worn in practice and performance. If any part of the helmet is broken, cracked or not fully functioning, the helmet should not be worn. Helmets should not be stored in locations where they may be warped or damaged by extreme temperatures or direct sunlight, such as in a car. Helmet safety is important in contact sports as well as riding a bicycle or motorcycle.

According to the Centers of Disease Control (CDC) 41% of motorcycle drivers and 50% of motorcycle passengers who had fatal accidents in 2010 were not wearing helmets. Additionally, there are no bad side effects of wearing a helmet and the risk of head injury is reduced by 69% in motorcycle accidents.

Additional car safety that can prevent more serious head trauma and fatality risks includes wearing a seat belt. Children should be in the correct car seat with the seat and child strapped in properly.

Falls are the number one cause of TBI in children prior to teenage years and adults over the age of 65. Fall prevention can be significantly reduced with household changes including removing all throw rugs and household clutter. Prevent stairway falls with gates and guard rails and supervise loved ones at all times when near fall hazards.

Children sustain falls most often on playgrounds and in homes. Avoid playgrounds with hard surfaces such as packed dirt and take your children to playgrounds with softer surfaces such as sand or wood chips.

Further prevention of fall risk can be obtained by strengthening your lower body and improving and strengthening your core, as well as balance training. Balance training should incorporate all three of your body's balance systems, including proprioception, vision and vestibular system.

Vision is the primary balance system and allows you to see where your head and body are in relation to your surrounding environment. Proprioception is interpreted throughout the body and allows you to sense where your body is and how it moves within the surrounding environment through your muscles, tendons, joints and nerves. The vestibular system is located in your inner ear and is your body's equilibrium center that interprets where your head is in space and how it moves.

My next article will focus specifically on the vestibular system functions, prevention of falls and concussions, as well as rehabilitation following a vestibular concussion.

Diana Huffman PT, DPT, is a certified vestibular specialist at Avid Physical Therapy. She has extensive training as a Doctor of Physical Therapy in vestibular therapy and can be reached at (760) 347.6195 or visit avidphysicaltherapy.com.



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Students Gain Valuable Experience in Disaster Drill

By Samantha Abbott and Lexi Villarreal, HEAL students

Cathedral City High School held its annual disaster drill on Thursday, October 15th. The event goes hand in hand with the Great California Shakeout, which helps prepare all students in California for a massive 7.0 earthquake that could occur at any time.

The drill offers a vital tool to inform students how to properly evacuate during a disaster. Every year, more than 9 million people participate in the Great California Shakeout, but our school takes it a step further by bringing the disaster to life.

The Health and Environmental Academy of Learning (HEAL) has trained all of its seniors to be Community Emergency Response Team members (CERT). CERT members are responsible for treating, triaging, and assessing the vital signs of designated "victims" on campus. The "victims" who participated dressed up as injured students by using a variety of props, costumes, and makeup. Injuries ranged from minor cuts and bruises to bone fractures and even casualties.

During the drill, the "victims" were spread throughout the high school, where we saw rescuers tending to their needs. By simulating such a realistic disaster, HEAL students put their training

to the test and learned how to take charge in an actual emergency.

As HEAL seniors ourselves, we were excited to be rescuers and transporters, and for the opportunity to test our training as a team. We rose to the challenge and gained valuable experience. All of the HEAL students did an outstanding job, and the "victims" brought the scenario to life.



Samantha Abbott and Lexi Villarreal learned valuable lessons in the safety drill.

However, the Cathedral City High School Disaster Drill benefitted everyone in the school. It helped students realize how catastrophic a natural disaster like an earthquake can really be. All students on campus learned what to do to stay safe and keep calm in a disaster. Teachers learned how to manage a disaster, while keeping students together and safe.

Hopefully, we will be able to encourage other health academies in the Coachella Valley to follow our lead. Disasters can strike at any time, but creating a drill like this can help reduce deaths and injuries in a serious situation.

For information on the Health and Environmental Academy of Learning contact Coachella Valley Economic Partnership's (CVEP) Steve Biller (760) 340.1575.

Polycystic Ovary Syndrome Hormone disorder can occur before menopause

By Neal Rouzier, MD

Most women associate hormones with menopause. However, most women are unaware that premenopausal women might need hormones too.

Over 20% of all premenopausal women have a hormonal disorder termed polycystic ovary syndrome (PCOS). The name is misleading because the defect does not lie in the ovaries. In spite of the name, the ovaries are not to blame for this syndrome, but here are the facts:

- At least 50% of women with PCOS will have ovarian cysts (thus the name);
- However, 50% of women with PCOS do not have ovarian cysts;
- And not all women with ovarian cysts have PCOS.

Ovarian cysts can be the result of PCOS, but the cysts are not the cause. PCOS is actually an endocrine disorder and not a gynecological disorder. The syndrome is genetic and due to insulin resistance. Treating the insulin resistance is the key to controlling the symptoms of PCOS as well as all of the potential and serious complications of PCOS related to insulin resistance.

Common signs of PCOS are irregular periods, heavy periods, difficulty getting pregnant, weight gain, and difficulty losing weight. Most women with PCOS do not have all the signs. In fact, many women will have normal periods and conceive normally. Many women with PCOS are overweight, yet 50% will be of normal weight. Therefore, making the diagnosis of PCOS is elusive to both doctors and patients. This is precisely why PCOS is often missed. In addition, many doctors are not aware of PCOS, don't know how to diagnosis or treat it, and often dismiss women's complaints as normal.

Other common symptoms of PCOS include acne, hirsutism (unwanted hair growth), sugar craving, and severe PMS. The ovarian cysts can be painful or asymptomatic. Any women with any of the symptoms should be evaluated, and if PCOS is diagnosed, they should be treated to improve symptoms, as well as to preserve health and wellness. Simple blood tests will determine the diagnosis and the severity will determine the treatment.

If left untreated, PCOS can contribute to heart disease, diabetes, breast cancer and early mortality, yet all of these conditions can - and should - be prevented with early diagnosis and aggressive treatment.

The cause of PCOS is genetic and related to insulin resistance. Insulin resistance results in alterations of the pituitary hormones FSH and LH. These hormones can be the cause of the ovarian cysts and menstrual irregularities. Insulin resistance also causes loss of sex hormone binding globulin (SHBG) which results in less binding of testosterone with the resultant increase in free testosterone. This higher level of free testosterone results in the skin and aesthetic changes such as acne and excessive hair growth, such as facial hair. The insulin resistance increases the risk of diabetes, heart disease and cancer.

PCOS is a prevalent hormone disorder in premenopausal young women and physicians often miss the diagnosis, especially in "normal" premenopausal women; however, the importance of early diagnosis and treatment is clear.

With a confirmed diagnosis, the treatment is straightforward and simple using insulin sensitizers, medications that decrease insulin and insulin resistance and reverse menstrual and fertility abnormalities.

Continued on page 19



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It's That Time of Year!

Fall is eye irritation season in the desert

By Jennifer Hui, MD, FACS

The eyelids are among the most delicate skin on the body. They are often symptomatic before other areas of skin. Rashes may appear rather suddenly accompanied by redness, itching, scaling and peeling, and causing much concern. A myriad of creams and lotions may be applied without relief. In fact, they may seem to worsen the condition.

The eyelid skin is sensitive and prone to allergic reaction. This includes traditional allergic reactions to environmental agents (dusts, molds, pollens) and contact dermatitis. Allergic eye reactions often appear in the spring when the flowers and grasses are in bloom, and here in the Coachella Valley during the fall reseeding season. Those afflicted may wake up feeling swollen with ocular irritation. The natural reaction is to rub our eyes which can further irritate the skin.

The allergens in the air are constantly circulating during these times and it is difficult to find relief. If home remedies are sought, one may consider artificial tears to help relieve discomfort and non-scented emollient products applied to the affected skin. When using topical skin care products be sure to avoid close contact with the eyelid margins (where the lashes are located) as products may cause additional irritation to the eyes themselves. Over-the-counter oral allergy medications often help with the systemic allergic symptoms (sneezing, runny nose) as well as ocular itching.

But some cases call for more directed therapy to the eyes and eyelid region. If you find yourself using artificial tears multiple times a day without relief, or your eyelid skin is not improving, prescription therapy may be needed. Prescription eye drops often bring relief and may be discontinued when the allergen season subsides. For eyelid irritation, an ophthalmic ointment with a steroid ingredient may be needed to alleviate symptoms. Additionally, some allergy sufferers find that showering and washing their hair before bed helps to lessen symptoms. Bathing removes an abundance of allergens that have microscopically settled on our skin and hair throughout the day.

Another common ophthalmic complaint is eyelid irritation without generalized allergy symptoms.

Contact dermatitis may appear gradually or more suddenly. It may be sporadic at first, and then become more constant. One may notice redness and scaling of the lids, as well as intense itching. It is important to look for the causative agent. Changes in soaps, lotions, detergents, make up, skin care products, bedding or clothing material may be the source. Nail polish is also a rare cause, especially if one is prone to touching their eyes frequently.

Another factor to consider is the development of a contact allergy after prolonged use of a specific product. The best way to determine the offending agent is to eliminate one product at a time every few days. Prescription relief is available while the condition is very symptomatic. Through the process of elimination the cause is often determined.

While allergic reactions in and around the eyes may cause alarming symptoms and findings, they are often quick to resolve once the causes have been pinpointed and treated. The good news is that these allergic flares are usually not long lasting and many options are available to provide relief.

Dr. Hui is the founder of The Eyelid Institute in Palm Desert. She is an oculoplastic surgeon and has a special interest in helping patients with eyelid, lacrimal and orbital conditions. Dr. Hui can be reached at (760) 610.2677.

Top Honors Bestowed on JFK

Hospital ranked top 10% nationally in joint replacement

Each year 360 million visitors access Healthgrades, the leading online resource helping consumers make informed decisions when seeking quality doctors, hospitals, and care. Their data is compiled through annual evaluations of clinical outcomes for over 4,500 hospitals across the country.

Awards of excellence are given to those hospitals receiving 5-star ratings, and for 2016, JFK received a Joint Replacement Excellence Award placing them among the top 10% in the country. JFK has consistently performed in the top categories receiving 5-star distinctions in hip fracture treatment for 9 consecutive years; total hip replacement for 5 consecutive years; and total knee replacement for an astounding 12 years in a row.

"Based on quality of care, we find JFK to be at the top in the country," said Grant Oliver, associate director of quality solutions at Healthgrades. "If all hospitals as a group performed at this level, roughly 230,000 lives could potentially have been saved and 170,000 complications potentially avoided (in a two-year period)."

Those hospitals with 5-star ratings have a 65-70% lower risk of complications compared to those with a 1-star rating.

"Today's announcement is just one more step towards the goal of becoming a top 100 community hospital in the nation," said CEO Gary Honts. "The eastern Coachella Valley is the fifth fastest growing economic region in California, and we realize that JFK has a critical role to play in maintaining the health of our families, our friends, our neighbors and our visitors."

When taking the top position three years ago, Honts committed to raise JFK to the next level of care. "A sincere thanks to all of you who have helped move our culture to the next level of commitment of excellence," he said addressing some of the members of his 600 employee team.

"JFK is the smallest hospital in the valley, but as you can tell, we are very strong," said Dr. Beverly Blessing who read letters from patients and families expressing their deep appreciation, not only for the quality of care they received, but also for the empathy, concern and consideration received from employees throughout all departments of the hospital.

"We have 50 years of serving the eastern Coachella Valley proudly and with quality to our friends," said Honts, "and we are well positioned to meet the growing needs for the next 50 years."

The complete Healthgrades 2016 Report to the Nation can be found at www.healthgrades.com/quality.



Indio Police Chief Richard Twiss joins Indio Mayor Pro Tem Glen Miller, Dr. Beverly Blessing, CEO Gary Honts, Healthgrade's Grant Oliver and La Quinta Mayor and JFK representative Linda Evans.

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Top Swaps for Gluten-Free Holidays

The holiday festivities, for most of us, revolve around a table piled high with family recipes and sweet treats. Avoiding gluten might be difficult during these gatherings, but here are some tips to ease your mind and still be a part of the tradition this season.

There are many grains and flours that are naturally gluten-free which can be used for baking and breading in place of traditional flours. Stock-up on this list of gluten-free flours, and if you apply the baking tips, you'll feel confident enough to swap them in almost any recipe.

Gluten-free multipurpose flour mix: This is the easiest-to-convert choice, as it is typically used in a one to one ratio with regular flour. Luckily, it is also easy to find today in any grocery store. These mixes may be a combination of flours such as rice, potato, corn, millet, amaranth, tapioca, arrowroot, or even bean flours. I prefer these pre-made mixes for cornbread, cake, cookie and even piecrust recipes. Try Pamela's or King Arthur's brands.

Coconut Flour: Made popular by the Paleo diet, this flour is incredibly absorbent. Typically, you'll need to add one egg per ounce of flour. Depending on the desired texture, you may want to add gluten-free flour mix, and extra liquid. Coconut flour is best with muffins and pancakes, but it also adds tenderness to a grainy gluten-free bread mix and is great for softer biscuits. Check out Elena's Pantry online for recipes.

Almond Flour: Also a Paleo diet favorite, it's nutty richness is perfect in cookies, pumpkin bread, muffins, crackers, casseroles, dessert bars, and much more. The best brand: Honeyville. Using blanched almond flour is key, and it can be found easily online.

Cornstarch: This one's likely already in your kitchen, and usually is gluten-free. Do check the label to be sure. Cornstarch is ideal for thickening gravy, sauces, and coating food for frying (like fried onions on your casserole). One tablespoon of cornstarch equals two tablespoons of flour. Beware; it does thicken faster than flour.

Special suggestions for stuffing: By far, one of my favorite gluten-free Thanksgiving dishes. If the recipe calls for bread, simply swap with a gluten-free loaf. Slice the bread into small squares and toast at 200 F degrees for one hour, stirring halfway. You can use this method to make breadcrumbs as well. Try gluten-free alternatives in stuffing like quinoa, rice, gluten-free cornbread, or skip the grains all together. There are many variations you can use. It is worth thinking outside the stuffing box to make a memorable meal.

For the novice gluten-free baker, you will have to practice to get the taste and texture you want, so always do a trial run. Online recipe research is recommended. Your loved ones may not even realize your dishes are gluten-free, and often you end up with new, healthier, holiday favorites everyone looks forward to each year.

Floatation Therapy: A Truly RESTful Experience

By Louise Evans, mCSP, mHPCP, BA, BSc

Floatation therapy incorporating restricted environmental stimulation therapy (REST) has fascinated researchers, clinicians and explorers of consciousness for years, promising something special - a powerful transformation, a mystical peak experience, an intense change in biochemicals, improved performance, or a healing of our ills.

The soundproof isolation tanks which were first used by John C. Lilly in 1954 to test the effects of sensory deprivation are now used for meditation, relaxation, and as an alternative healing therapy. The unique environment within the float pod allows an anti-gravity experience due to the density of 1300lbs of Epsom salts and temperature maintained at that of normal skin (93.5 F). The body is supported in suspension and provides minimal tactile sensation creating the most natural space for relaxation, healing and pain relief as the body and brain are put back into a state of balance and homeostasis. Users have the choice of turning off the lights and music, which reveals another layer of deep tranquility and stillness.

There have been many scientifically proven benefits from floatation therapy including increased well-being¹, pain reduction², stress reduction³, relief from 'burn-out'⁴, and promising results with depression and anxiety (especially if incorporated with psychotherapy).⁵

Different theories have been postulated, explaining these beneficial effects in terms of physiological markers such as the reduction in stress hormones, the endogenous release of endorphins, and an induction of an altered state of consciousness.

In every day terms, the experience can be considered a "reset button" on our lives delivered through three primary factors:

Salt. Epsom salts are great for our skin, hair, and nails, and also act as an exfoliate. They aid in joint reduction, ease stress, and naturally relax the body. Magnesium (commonly missing from our diets) is absorbed through the skin, while sulphate eliminates toxins and heavy metals, naturally detoxing the body.

Weightlessness. The 30% salt solution enables the body to float effortlessly atop the water. This sensation can be euphoric, as all weight and tension is dropped. It's e v e n safe to fall asleep. There are no pressure points on the body in this state, which can provide significant pain relief. The spine naturally elongates and straightens, and the body undergoes the same regeneration process that transpires during sleep. Lactic acid is drained from the muscles, reducing soreness and recovery time.

Meditation. Finally, just taking an hour of time alone (meditation), will decrease the production of cortisol, a stress hormone, leaving you feeling refreshed and serene after the float. The brain can enter an elusive brain-wave state associated with deep sleep and dreaming. This enables us to access deeper levels of creativity and higher level problem solving due to the distraction-free environment.

Floatation therapy is recommended for anyone experiencing pain or inflammation, or those who desire a relaxing escape from life's daily stresses.

Louise Evans is a physiotherapist, strength and exercise coach, personal trainer and founder of Mo'tus Floatation and Wellness Center coming to El Paseo this season. For more information call (760) 574.2687.

References: 1) Kjellgren et al, 2001; Mahoney, 1990; Schulz & Kaspar, 1994; 2) Kjellgren 2003; Norlander et al, 2001; Kjellgren et al, 2001, Turner & Fine, 1984; 3) Boodet al, 2005; Bood et al, 2006; Kjellgren, 2001); 4) Bood et al, 2006; Asenlof et al, 2007; 5) Asenlof et al, 2005; Jessen, 1990.

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City of La Quinta Working for Wellness

Fall and winter are the perfect time for outside activities in the desert. While our counterparts are shoveling snow, desert fitness buffs will be hiking, biking and going on nature walks in our near-perfect weather.

The City of La Quinta is the desert's fitness destination. Packed full of hiking trails, bike paths and meandering walkways for all ages and fitness levels, La Quinta ranked No. 5 of the top 45 hiking locations in the west by *Sunset Magazine*. The city has blossomed into a healthy eating/active living town that continues to find new and unique activities for its residents and tourists.

The city has invested in miles of hiking/walking/biking paths to ensure residents and tourists alike can venture outdoors, commune with nature, and step up their personal fitness in safe, beautiful surroundings. They have also created partnerships with the Stewards of the Nature Preserve, Phillip Ferranti, and Landmark Golf Management to offer diverse healthy options that interest all age groups and fitness levels.

As La Quinta is surrounded by interesting outcroppings of jagged low mountains, many hikers flock here just to explore the uniqueness of the terrain. Trails are all well-marked and hiking maps are available on the City's website. Guided hikes are also

popular for those who may be a bit timid to trek alone and are offered on a regular basis with Phillip Ferranti, a local hiker/nature lover and author of *140 Great Hikes in and Near Palm Springs*.

Those going solo may find it fun to bring Fido along; La Quinta's Cove Trail Network, marked in white on the hiking trails map, is on-leash dog-friendly. Hikes range from a little over two miles to a little over seven, so you can pick and choose what level/length is best suited for you. As an added benefit, many trails start/end near Old Town La Quinta, complete with dog-friendly restaurants, a coffee house and bike rentals.

Free nature walks, sponsored by The Stewards of the Bear Creek Nature Preserve, are offered regularly and combine education and a close-up look at the untouched desert flora and fauna. Through partnership with the Stewards, the City has worked toward protecting this desert habitat and has been placing identification plaques next to various indigenous vegetation to ensure that the desert's natural beauty is not forgotten.

One of La Quinta's unique healthy offerings is the "Walk the Rock" program at the City's public golf course, SilverRock Resort. In partnership with Landmark Golf Management, golfers who are willing to tote their own golf clubs and ditch the golf carts will get in a great walk with low rates in the late afternoon. Nestled among the mountains, SilverRock is a breathtaking venue, complete with bighorn sheep sightings and the All American Canal cutting through the undulating greens.

The health and wellness of its residents and guests is a high priority to the City of La Quinta as illustrated by its new Wellness Center, complete with a state-of-the-art fitness center (a great way to get in shape for hiking!).

So get out and enjoy the beautiful fall/winter weather in La Quinta!



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Treating Shingles Naturally

By Shannon Sinsheimer, ND

Shingles is a painful skin rash caused by exposure to the herpes-zoster virus. It can also be a reactivation of childhood chickenpox caused by the same virus. Shingles can be a very painful condition and early treatment is essential to reduce long-term discomfort.

Of course antiviral medication can be warranted; however, natural therapies are highly effective at decreasing the severity, length, and long-term side effects of shingles as a primary or adjunct treatment to pharmaceutical medication.

Natural treatments for shingles include anti-viral herbs, topical salves, nutritional supplements, and dietary recommendations. There are a variety of herbs with well known anti-viral properties; the two best herbal remedies for shingles are St. John's wort and licorice root. Begin dosing these herbs every few hours for a constant supply to reduce viral replication and mitigate symptoms. However, herbal remedies can have side effects, and it is important to thoroughly understand any herb-drug interactions that may occur, as well as physical side effects from the single herb itself. For example, licorice can raise blood pressure or adversely affect certain cortisol-related health conditions like Cushing's syndrome. St. John's wort can negatively affect selective serotonin reuptake inhibitor medications, a drug category of primarily anti-depressants. It can also cause sun sensitivity resulting in sunburns. While herbs are highly effective for shingles, it is important to make sure they are taken with the appropriate amount of precaution.


Topical salves can assist with pain caused by shingles, and limit the spread of the rash. The primary herbs used in topical salves for shingles are licorice and lemon balm. Both herbs can reduce symptoms and severity of the shingles when used regularly throughout the day. Cayenne ointment can also reduce pain, but should be used with precaution if there are open vesicles or blisters on the skin. Homeopathic arnica montana in cream form can be used for pain and discomfort, and is gentle on abraded skin. These herbs can be found in pre-made salves or ointments in most health food stores.

Supporting the body with nutritional supplements is essential with a shingles outbreak. Shingles can occur with an imbalance of arginine to lysine in the body. Supplementing with L-lysine can limit the outbreak and enhance healing. Vitamin B12 orally and by injection can limit the spread of the rash, reduce acute pain, and prevent long-term post-shingle neuralgias. In addition, immune boosting supplements such as vitamins A, C, D, B-complex, and zinc will assist the body in a more rapid healing time.

Dietary considerations are always an important component of any healing health plan. With shingles specifically, avoiding foods high in arginine which disrupt the balance of lysine in the body is helpful. Arginine rich foods to avoid are nuts, seeds, soy foods, chocolate, and oats. Lysine rich foods to add to the diet are poultry, organic beef, fish, dairy, fruits, and vegetables. Eliminating white flour products, simple carbs such as white rice, gluten, sugar, and alcohol can also help boost the immune system.

A shingles outbreak should be approached with medical intervention that is appropriate to the individual. Prior to beginning any treatment, a patient should consult a health care provider that can meet their specific needs.



Dr. Shannon Sinsheimer is a state licensed naturopathic doctor with Optimal Health Center in Palm Desert (760) 568.2598.



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Reducing Toxin Exposure

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

One of the most concerning health issues of our time is the increasing exposure we all face to environmental toxins. There is mounting scientific evidence that toxin exposure is playing a significant role in triggering or amplifying many chronic diseases including obesity, metabolic syndrome, diabetes, cardiovascular disease, Alzheimer's, Parkinson's, cancers, and multisystem conditions such as fibromyalgia and multiple chemical sensitivities.

Many of these toxic chemicals are referred to as endocrine disruptors. This means they fool the body by mimicking the action of our own hormones in unhealthy ways.

Since the end of World War II, over 85,000 synthetic chemicals have been registered with the United States Environmental Protection Agency (EPA). The majority of these chemicals were grandfathered in with little or no health and safety testing. Roughly 3,000 chemicals are manufactured in 'high production volume,' meaning in excess of one million pounds each in the US annually. Over 1 billion pounds of pesticides are used in the US each year. The EPA has approved over 350 pesticides to be used on food products that millions of people consume daily; however, only about 0.1% of all pesticides reach the intended pest; the remainder end up contaminating our environment. Additionally, in the last 40 years some 2,000 new chemicals have been registered for use in everyday items including personal care products, prescription drugs, household cleaning products, plastics and plastic containers, food additives and preservatives.

Our exposure to synthetic environmental toxins is widespread, on the rise, and lifelong. This is referred to as a person's 'exposome.' Your exposome, or the total body burden of toxins acting synergistically and cumulatively in your body, is being increasingly linked to dysfunction and disease, especially in susceptible individuals. Susceptibility is defined by a particular person's ability to biotransform, detoxify, and eliminate toxins. The more we are exposed to toxins, the less tolerant we become.

Categories of toxic chemicals known to be detrimental to human health include:

1. Heavy metals, lead, mercury, arsenic, cadmium, aluminum
2. Polycyclic aromatic hydrocarbons
3. Plastics (phthalates)
4. Phenols, bisphenol A
5. Organochlorides pesticides
6. Organophosphate pesticides
7. Polychlorinated biphenyls
8. Polyfluorinated compounds

Reducing dietary exposures to these toxins:

1. Choose organic food products if at all possible, particularly dairy, eggs, meats.
2. Choose cooking methods that are low-char and that allow animal fats to drip away such as steaming.
3. Never eat farmed salmon, and beware of tuna and swordfish due to possible heavy metal contamination.
4. Use glass, ceramic or stainless steel containers for heating or storing hot food; use no plastics.
5. Do not subject plastic ware to high heat.
6. Avoid vinyl cling wrap (phthalates).
7. Avoid high fructose corn and rice syrup, and processed foods with artificial colorings, sweeteners and preservatives.
8. Choose local, seasonal and organic produce whenever possible.
9. Wash all fruits and vegetables using mild, additive-free soap.

Reducing lifestyle toxin exposures:

1. Avoid acetaminophen for pain relief, especially after consuming alcohol.
2. Do not take multiple over-the-counter medications simultaneously.
3. Inquire about preservatives in flu shots and vaccines and choose those without thimerisol (mercury preservative).
4. Choose composite dental fillings instead of metallic.
5. Avoid "no stick" pots and pans and "stain resistant" clothing.
6. Remove your shoes when you enter your home.
7. Avoid indoor application of pesticides.

The keys to minimizing the effects of environmental toxins is to get your liver and detoxification system working, get your bowels moving, and eat detoxifying food such as colorful fruits and vegetables - particularly the cruciferous vegetables: broccoli, kale, cabbage, Brussels sprouts - along with garlic and onions. These will help increase sulfur concentrations in the body and assist in detoxification. Many nutrition manufacturers offer a variety of products to assist in detoxification as well.

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

Source: Institute for Functional Medicine website: <https://www.functionalmedicine.org/>

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Death by Food Pyramid
An interview with Denise Minger

By Lauren Del Sarto

Denise Minger is curious, tenacious, witty and smart. She graduated summa cum laude with a major in English and aspirations of becoming a college professor. Her passion is writing and in school she was drawn to classes that culminated in 40-page research papers because she “deeply enjoyed producing them.”

But upon graduating, life took a few unexpected turns that prevented her from continuing post graduate studies. Pondering her next move, she decided to write a blog about her other life passion, nutrition.

Denise became a vegetarian at age seven and a raw vegan in her teens. The self-proclaimed “pathological overachiever” jumped into each new regimen with great fanfare, driven by internet research and claims of grandeur. After a year of mostly fruits and leafy greens, she lost muscle mass, her ability to focus, and even fistfuls of hair – all justified as “detoxing” by her internet gurus. She whole-heartedly believed she was on the path to nutritional enlightenment until a fateful trip to the dentist revealed a mouth full of decay from vitamin deficiency.

She learned a lot from those teenage years, so it seemed only natural to blog about her experiences and the research that ensued in an effort to help others avoid the same health hazards she had endured, and RawFoodSOS.com was born.

Minger had a few fans, but more people defended their raw food diets often pointing to T. Colin Campbell’s *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted*. The project was a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine, and the book written by Campbell, professor emeritus at Cornell, concluded that a plant-based diet is the healthiest and that a high consumption of animal-based foods is associated with more chronic disease.

Denise had been a believer too, but felt differently now and decided to take a closer look at the study’s data. The result was an in-depth analysis that went viral and launched her to blogger fame; it even commanded a rebuttal from Dr. Campbell himself.

Her next move was to take on the USDA in *Death by Food Pyramid*, an expose on how sketchy science and special interest groups have driven the American diet for the past 30 years. The book is full of facts and insider information, and really fun to read thanks to Minger’s impressive writing style.

In anticipation of her appearance January 13 as part of the Eisenhower Wellness Matters Speakers Series, we spoke with Minger about her incredible journey and what we can expect in her presentation.

What drove you to tackle 20 years of raw data from *The China Study*?

In 2008, I was in an accident that required surgery, followed by a six-month recovery process. It was during that time that I decided to analyze *The China Study* since so many people had used it to refute my advice on the RawFoodSOS blog. I had previously read the book when I was a raw vegan, but I hadn’t thought critically about it because it was confirming what I believed at the time. From what I could see online, no one who posted analysis had actually looked at the raw

data; they had only looked at the interpretation of the data. I was able to track down a copy of the 900-page document through a university library and for three months, I just poured over the numbers and started doing my own calculations. The data was actually very well laid out and each page shared correlations. I was so absorbed in it all that I don’t really remember the process, I just know that I was very excited about it and felt I was doing something very important.

You are often challenged about your lack of professional credentials. Is there higher education in your future?

My parents are both in higher education and I could see myself going back for a masters in research and/or nutrition, but I also stand as one of those people who believes that we all need to self-educate to be our own advocates. We have this problem among lay people who believe they are not capable of understanding science unless they have an advanced degree and have learned everything they know in a classroom setting. I believe that self-education can be very powerful and I do want to empower people to take that route if they feel so inclined.

***Death by Food Pyramid* is so eye-opening. If you were to create an image for food guidelines, what would it look like?**

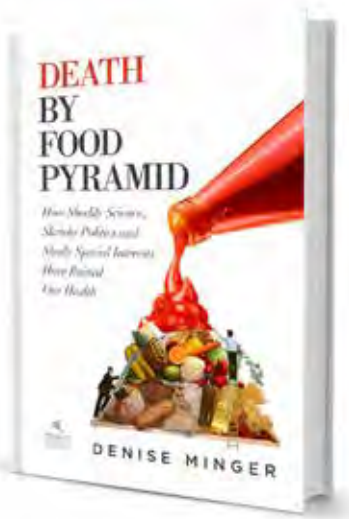
Believe it or not, it would probably look somewhat like a pyramid, which is ironic I know, but what I really want to encourage people to do is to move away from the idea of viewing food as a collection of fats and carbohydrates or good nutrients and bad nutrients, as this simply creates fodder for the food industry to say ‘Ok, we are now teaching Americans that fats are bad for you, so let’s create and promote new fat-free foods that will be viewed as healthy.’

Instead of viewing foods as good or bad, look back at history and see what kind of foods have sustained people for a long time, and what food patterns have created health around the globe. While there is diversity, by in large, the common denominator is whole foods. With that said, my pyramid would consist of nutrient-dense whole foods from both the plant and animal kingdom at the bottom and those foods which have been manufactured and manipulated at the top.

You speak all over the world, and we are very excited that you are coming to the desert. What can attendees expect to take away from your presentation?

My primary goal is to help people understand the confusing mass of contradictory information that we have been fed from all these different sources, and really arrive at a place of truth where they can take a direction forward with their health and feel confident about it.

The Eisenhower Wellness Matters Speakers Series will feature Denise Minger on January 13, Annenberg Center for Health Sciences at 7pm. For tickets and more information, please visit emc.org/wellness or call (760) 610.7360.



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The ABC's of Stretch Therapy

MST vs. ART vs. FST

By Lauren Del Sarto

Only in the past thirty years has stretching been widely accepted as a valuable part of exercise. In this country, many of us grew up playing sports with little to no stretching warm up or cool down, and for some (amateur golfers and equestrians come to mind), that routine - or lack thereof - continues today.

Fortunately, most sports and health care programs now realize what yogis have known for centuries - flexibility increases mobility, and mobility keeps us moving through life and performing at our best.

However, taking those first steps to stretch a body that has tightened with age or lack of extension can be tough, and if your tight tendons and muscles have already caused injury, figuring out the safest means of increasing extension can be challenging and painful.

Today there is a growing number of practitioners certified in stretch therapy to help us re-establish movement and maximize performance - whether our goal is walking through life or winning a trophy.

To learn more, we sat down with Roger Kraig, founder of Flexibility First Academy.

"Our bodies are born perfect and we spend a life time screwing them up," says Kraig, a former gymnast on the 1976 US Olympic team. At 19, he suffered a back injury that led to six months in a body cast. Upon removal of the cast, his therapist began reestablishing movement through intensive stretching. He came back to make the 1980 team and began pursuing education in sports medicine with a focus on stretching to enhance performance. He was able to work with other athletes at the Olympic Training Center beginning with the US Hockey team.

"They thought we were working miracles on these guys who were demonstrating more strength and power, and all we were doing was stretching them, but it enabled them to maximize their performance," said Kraig. And that performance will forever be known as "The Miracle on Ice" when those same players beat the Russians and took home the gold in the 1980 Winter Olympics.

In 1988, Kraig started his own training facility and began teaching other trainers how to utilize stretch therapy to maximize performance for their clients. This led to Flexibility First Academy, the certification program he runs throughout the world today.

So how do stretch therapies differ and

which one is right for you?

While there are many out there, we will take a look at three certifications: Manual Stretch Therapy (MST); Active Release Therapy (ART); and Fascia Stretch Therapy (FST).

Kraig sums it up like this: MST is designed for enhanced performance and works with all three factors - muscle, joints and nerves - with the goal of creating symmetry in the body; ART is very valuable for areas with pain and for realigning joint patterns into their natural position; and FST, which stretches the long fibers (fascia) throughout the body is a good option for overall stiffness and long durations of immobility that may simply come with age.

Let's take a closer look at each...

Manual Stretch Therapy (MST)

According to Kraig, the overall goal of MST is to create symmetry of movement and strength. It is a resistance-based stretching involving active muscle use by the client who is resisting against the therapist's light pressure. MST addresses each muscle individually, allowing the therapist the ability to find and strengthen the weakest link.

"We need to be able to isolate your individual muscles, to understand where you are tight, identify what needs to be done to eliminate the tension through stretch and resistance, and then create the strength training program to develop your weakest areas."

Kraig adds that it is the voluntary muscle contraction which helps build the muscle and improve performance. MST is therefore a good choice for anyone looking to enhance their game.

Active Release Therapy (ART)

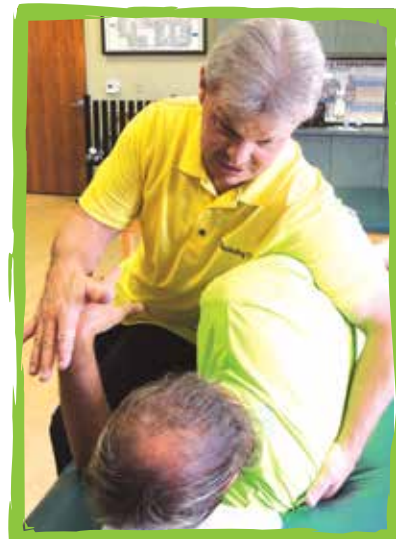
The primary difference with ART is that after identifying a restrictive muscle or

structure, the practitioner applies tension to the tissue in the direction of the fibers and then stretches it, helping to breakdown scar tissue and adhesions.

"The procedure for treating soft tissue injuries or nerve entrapments is to first locate from where the problem originates which is sometimes not at the pain site, but from another area," says Michael Butler of Kinetix Performance in Palm Desert. "If you have an injury, scar tissue forms and the matrix (foundation)



All sports benefit from a thorough stretching regime



Roger Kraig applies MST to a client with shoulder impingements.



Michael Butler uses ART on a client with hip dysfunction.

Continued on page 21



Medicine from Space: Ozone Therapy

By Devin Wilson, ND

It sounds like something out of an old science fiction movie, but ozone therapy is scientifically valid and used by certified doctors worldwide due to its therapeutic properties. In the United States, there are a small number of doctors trained and certified in ozone therapy.

The first ozone generator was patented in 1896 by Nikola Tesla. During WWI, topical ozone therapy was used by doctors on the battlefields to disinfect and heal wounds. In 2010, the Alvarado and Miramar water treatment plants of San Diego, California, initiated the use of ozone as their primary disinfectant.

Published research has demonstrated positive results of ozone therapy in heart disease, stroke, diabetes and diabetic foot ulcers, and various eye conditions (age-related macular degeneration, diabetic retinopathy, and glaucoma). Benefits have also been demonstrated in multiple sclerosis, fibromyalgia, chronic fatigue syndrome, chronic viral hepatitis, acute herpes/shingles outbreak, lumbar and cervical disc herniation.

How Does Ozone Therapy Work?

Ozone gas consists of three oxygen atoms as opposed to the two oxygen molecules found in the air we breathe. It occurs naturally and creates the ozone layer, Earth's protective layer from the sun's ultraviolet radiation.

Ozone therapy is a novel, safe, and effective therapy that utilizes medical grade oxygen/ozone gas created by an advanced medical device in a certified doctor's office. It is administered in a number of different ways: the most common is intravenous (IV) ozone; other methods include musculoskeletal injections (similar to prolotherapy and platelet rich plasma), topical applications, and rectal and bladder insufflation. Direct injection of ozone gas into the venous or arterial system is no longer a commonly used technique due to many reported adverse effects.

Ozone therapy is thought to exert most of its therapeutic effects by activating various proteins that regulate genetic information in DNA and has been found to reduce chronic inflammation (oxidative stress); support tissue repair (enhances the release of growth factors); increase cellular energy; reduce oxidized LDL ("bad cholesterol"); improve oxygen delivery to cells and circulation; up-regulate the antioxidant system, and modulate the immune system.

Is Ozone Therapy Safe?

When administered by a certified and trained doctor, ozone therapy is extremely safe. The most common non-serious adverse effects include bleeding and bruising at the injection site. The inhalation of ozone gas can lead to airway hyper-reactivity and inflammation which can significantly exacerbate patients with chronic obstructive pulmonary disease (COPD). Similar to other injection therapies, there is a potential risk of infection, light headedness and blood clot.

However, using universal safety precautions these risks are significantly reduced, if not completely eliminated. In 1980, the German Medical Society for Ozone Therapy surveyed 644 ozone therapists and found that of 5.5 million ozone treatments of 384,775 patients, the complication rate was 0.000007% or 1 in every 137, 500 treatments.

Ozone therapy is safe, effective, and when combined with a comprehensive treatment plan, may greatly benefit your health.

Dr. Wilson is a naturopathic primary care doctor with a focus on cardiometabolic and digestive health at Live Well Clinic in La Quinta. He is certified in ozone therapy and can be reached at livewellclinic.org or call (760) 771.5970.

Sources available upon request.

SMART Fitness

Continued from page 4

If my pre-training fare was less than perfect, not only could I feel my brain working harder to achieve the same tasks, my onscreen performance would be dismal. The darts my brain was throwing would miss the balloons and land in a teddy bear's belly, or the butterfly aimed directly at a distant circle would drift off missing its target completely. The green bar wouldn't budge and an infrequent "bloop" here and there left me feeling as depleted as my brain.

How could this happen? How could I not have total mind control over this silly game I was playing? It only took one bad session for me to become dedicated to "feeding my brain." I ate all

the right things, drank copious amounts of water, and planned for 8 hours of sleep each night. I even went 10 days with no alcohol (a big score tanker at the carnival games). Many things in my life have inspired me to make healthier choices, but nothing like the promise of improved brain function (although I did falter throughout my 10 weeks of training).

So what was I working on improving? Through the questionnaire and meetings with my practitioner, Mary, I identified three things I considered personality flaws which turned out to be all in my head: 1) my obnoxious habit of speaking over others; 2) the inability to recognize faces and remember names;

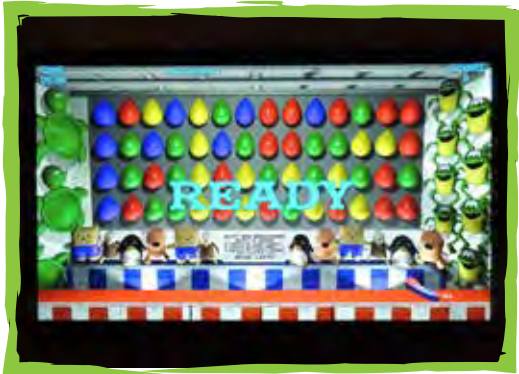
and 3) becoming seriously irritated when interrupted from deep focus and thought. Mary added improved sleep knowing more than I about the beneficial effects of brain training.

I committed to 20 training sessions (2/week for 9-10 weeks). Each week Mary asked me what I ate, drank, how well I slept, and how I felt I was doing on my goals. I found this to be a little excessive and still feel that a big part of the training is purely conscious awareness, but as the training progressed, I noticed a change – and it wasn't only me, it was also the people around me. I would quickly pull a name out of a hat and my husband would say, "Whoa! Brain training."

My common response became, "Just call me Smarty Pants." My irritation at being interrupted - usually directed at those closest to me - was replaced with empathy (I slipped once and was overcome with deep regret and apologies to my mom). The most impressive had to be my behavior in social situations, as I found myself actually listening before I spoke instead of thinking about what I wanted to say next. The ratings on my self-assessment went from 2s and 3s to 8s and 9s.

Was I skeptical? Absolutely. I still don't fully understand how the process can make such an impactful improvement. Was the success due to the conscious repetition of questions, or did the positive

Continued on page 29



How well you are 'resourced' determines if you are able to successfully pop these water balloons, one of many games from which to choose.

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THE Paradigm Shift in Medicine Today

By
Jeralyn Brossfield, MD



The Uncomfortable Science of Vaccines

It's that time of year again, and flu shots are being offered at every pharmacy and doctor's office. Vaccine safety is a controversial topic, dividing people into pro or anti-vaccine groups, and stifling individual choice. U.S. Law has defined vaccines as "unavoidably unsafe." Based on current evidence, I believe that there are no safe vaccines, only careful consideration and choices to make.

Vaccines, like any medical intervention, should be weighed as a risk-benefit calculation between patient and doctor. Unfortunately, the evidence about vaccine safety is minimal; there are no randomized controlled trials comparing the long-term health of vaccinated versus unvaccinated persons. We have no information on the cumulative effect of the 70 doses of 16 different vaccines that are recommended for our children, and we are unable to perform long-term safety studies of the flu vaccine because the formulation changes every year.

We have assumed that vaccine-induced immunity, aimed at stimulating the body to create immunity (antibodies), was equal to natural immunity (created when we have an actual infection); however, while natural immunity is sustained for life, vaccine-induced immunity decreases with time.

The ingredients of vaccines raise significant cause for concern and the most well-known is thimerosal, a mercury-based preservative. Multi-dose vials of vaccine contain thimerosal such that each dose of flu vaccine contains 25 mcg of mercury. Even thimerosal-free vaccines still have traces of mercury as it is used in the production process.² Mercury is a potent neurotoxin; therefore, injection of any amount is worrisome.

Many vaccines such as the MMR and chickenpox vaccines contain large amounts of gelatin. Medical literature reports numerous reactions to gelatin³ including anaphylaxis from cross reactivity against gelatin-containing foods consumed subsequent to having a gelatin-containing

vaccine. Aluminum, a known neurotoxin, is also a common ingredient in many childhood vaccines. Although harmful on its own, aluminum works synergistically with mercury, so if both are present in a vaccine, the effects are exponential. These effects are even worse if multiple vaccines are administered on the same day, as the load of these toxins can overwhelm the body's ability to filter and excrete the aluminum.

I have been raised with the assumption that many of the triumphs over infectious diseases were because of vaccines and therefore perhaps risks were warranted. However, closer investigation shows that severe illness and death rates from almost every infectious disease we vaccinate against were dropping rapidly and virtually obliterated before we began vaccinating for that disease due in large part to improved standards of living.

What are we to do? First, I would urge individuals to investigate the specific vaccine they are considering. The CDC website contains a listing of the ingredients of every vaccine and is a good place to start. (<http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf>). Second, question whether the disease you are vaccinating against is truly life-threatening. Third, for childhood vaccines, apply pediatrician Dr. Sears' principles: 1) no more than two vaccines at any one time; 2) no more than one live virus vaccine at a time; 3) no more than one aluminum-containing vaccine at a time; 4) avoid combination vaccines when possible; 5) avoid mercury-containing vaccines when possible; 6) start vaccines at age two-months instead of at birth.⁴

To protect our health, we must each be our own advocate and improve our knowledge regarding vaccine science.

Dr. Brossfield is the medical director at the Eisenhower Wellness Institute and can be reached at (760) 610.7360.

References available upon request.

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Advances in Stem Cell Therapy

By Elliot B. Lander, MD, FACS & Mark H. Berman, MD, FACS

Stem cell science took a giant leap forward when it was discovered that there are literally millions of stem cells lying in the collagen matrix of your fat sitting just under the skin and easily accessible by a simple outpatient liposuction procedure. The harvested fat is processed in the operating room into a mixture of cells called stromal vascular fraction (SVF).

SVF contains at least six different types of stem cells (all adult mesenchymal cells). These cells have excellent safety and efficacy records over the past few years and will not form tumors. The other types of stem cells such as embryonic and induced pluripotent cells have been associated with tumor formation. Only autologous cells (from one's own body) are used to make SVF, so there is no risk of disease transmission or rejection.

Transferring tissues ("cell surgery") from areas of the body that are rich in stem cells (fat) to areas of the body that have degeneration and disease (such as an arthritic joint or a spinal cord injury) gives clinicians a regenerative medicine option while we all wait for industry to create stem cell products such as FDA approved cultured cells available in a bottle on the shelf. We are still several years away from such remedies, thus cell surgery remains in great demand.

Stem cells generally lie dormant until they detect some level of tissue injury or disease. They go directly to the area of need to stimulate healing and subsequently

activate, which means they change into the type(s) of injured tissue(s) needed for repair, and/or they may send out signals to induce repair by influencing cells with chemical messengers. This makes stem cells reparative for a wide variety of degenerative conditions.

Some physicians that treat mostly orthopedic conditions have promoted that adult stem cells from bone marrow may be useful as well; however, fat appears to be superior and most orthopedic conditions have a greater than 80 percent response rate to fat-derived cell treatments. Unlike mini-liposuction, bone marrow extraction is often painful, and yields low numbers of stem cells that are then cultured over several days into perhaps a few million cells. Adipose (fat) derived tissues (SVF) have high numbers of excellent quality cells that do not require culturing in a laboratory. Technology now exists to process fat into SVF on the same day obtaining as many as 10-40 million stem cells. Our Cell Surgical Network of 87 national and international clinics has done more than 4,000 SVF treatments using this technology with excellent safety data. The extensive data our network collects will be presented to the FDA in an effort to make stem cell-based therapies more mainstream. Perhaps someday these treatments will be covered by insurance; at this point, all treatments remain investigational.

Elliot B. Lander, MD, FACS and Mark H. Berman, MD, FACS are the founders and medical directors of The Cell Surgical Network®, medical directors of the California Stem Cell Treatment Center in Rancho Mirage and Beverly Hills, as well as authors and educators. For more information visit www.StemCellRevolution.com or call (800) 231.0407.

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Polycystic Ovary Syndrome

Continued from page 9

Although testosterone is extremely important in both premenopausal and post menopausal women, too much can adversely affect the skin. Therefore, medications that prevent the skin sensitivity of PCOS are also recommended. The potential harm of future diabetes and heart disease is eliminated by lowering the adrenal hormone known as aldosterone which increases systemic inflammation of blood vessels that eventually lead to heart disease and strokes.

Obviously it is imperative to decrease the insulin resistance with diet, exercise and medication and to lower the systemic inflammation that causes plaque formation. Most young women just want their symptoms and skin changes to improve and don't appreciate the long term health risks from PCOS. Unfortunately, many physicians don't either.

A recent study demonstrated that women with PCOS have a five-fold increased risk of breast cancer due to loss of progesterone. Prescribing natural progesterone is very beneficial in the treatment of PMS and heavy bleeding; however, it is of utmost importance in protecting against breast cancer. The medical literature very adequately demonstrates progesterone's protective effect against breast cancer and most women with PCOS lack adequate progesterone which puts them at risk. Inadequate production of progesterone, due to anovulation (failure to release an egg from the ovary), also puts one at risk for uterine cancer.

Women who demonstrate irregular periods and anovulation will also experience fertility difficulty. Progesterone maintains pregnancy as it is pro-gestational, or the hormone of pregnancy. Women with PCOS have a 50% miscarriage rate due to loss of progesterone, thereby making it imperative that women with PCOS take natural progesterone throughout their pregnancy to prevent miscarriages.

Finally, most women with PCOS are thyroid resistant. Optimization of thyroid function improves metabolism and fatigue associated with PCOS as well as assisting in weight loss. Thyroid should be optimized by supplementing with natural thyroid hormone. Diet, exercise and weight loss are emphasized to further lower insulin resistance which, along with thyroid administration, increases success in lowering insulin resistance.


Appropriate treatment of PCOS:

- Treat the insulin resistance
- Replace progesterone
- Optimize thyroid
- Treat acne and hirsutism

Early diagnosis and adequate treatment of PCOS is of utmost importance for health and well-being. Increased patient awareness and understanding will hopefully lead to better diagnosis and treatment strategies, less health risks, and better quality of life for those 20% of women that have this endocrine (not gynecological) disorder.

Also, I am amazed at the number of women that I diagnose with PCOS that don't have the "classic" PCOS symptoms. Any premenopausal women that complain of menstrual irregularity, PMS, heavy bleeding, mood disorder or sugar craving should be screened and treated for PCOS. With the advent of the internet, many women present to us having self-diagnosed themselves with PCOS from what they have researched.


Dr. Rouzier is founder of the Preventive Medicine Clinic in Palm Springs and can be reached at (760) 320.4292.



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Before losing her battle with cervical cancer, Tracy Lane of La Quinta and her husband Derek started a foundation to further Tracy's final mission in life: to generate awareness for the importance of regular Pap smears to ensure other young women would be spared her fate.

Tracy passed in August 2013, but her work and wishes live on through The Tracy Lane Foundation (TLF) which provides free women's wellness exams to any female in need of one.

This summer, the TLF partnered with two clinics in the Coachella Valley to offer free services: Optimal Health Center in Palm Desert and Coachella Valley Volunteers in Medicine (CVVIM) in Indio. Both organizations are reimbursed by the foundation for the exams they provide, all at no cost to patients.

"The Tracy Lane Foundation has given me the opportunity to reach out to women who lack insurance or with a lower income to close a gap in health care disparities," said Shannon Sinsheimer, N.D., of Optimal Health. "Many of the women we see have avoided annual Paps due to cost, physicians changing insurance plans, or simply comfort with a provider."

This past August, the TLF held an inaugural "Pap-A-Thon" at Optimal Health providing free women's wellness exams and also raising awareness. "Through a social media campaign and web traffic, more and more women have reached out to Dr. Sinsheimer and are taking advantage of this free program," said executive director Alexandra Lee. "Quality time is spent with the doctor during an exam and educational material, prevention, and healthy lifestyle options are discussed."

The TLF also partnered with the valley's only free medical clinic, CVVIM, to sponsor all of their pap-smears adding the HPV screening to each exam physicians provide. Any woman who is eligible to receive services from CVVIM (current and/or new patients) can receive a women's wellness exam. New patients are asked to request the exam when they schedule an appointment to ensure they are scheduled with the appropriate physician.

Roy M. Pitkin, Professor Emeritus in the UCLA School of Medicine and former Chair of UCLA's Department of Obstetrics and Gynecology commented, "In providing critical support to CVVIM's cervical cancer screening program, the Tracy Lane Foundation demonstrates its strong commitment to promoting the health and well-being of medically underserved women."

"All the physicians providing medical service at CVVIM do so on a volunteer basis, so it is the foundation's privilege to help cover the lab fees associated with providing women's wellness exams," added Lee. The TLF support allows the clinic to provide this service to a larger number of women.

For more information, visit TracyLaneFoundation.com. Optimal Health Center can be reached at (760) 568.2598. CVVIM can be reached at (760) 342.4414.



Tracy Lane's legacy lives on through her foundation's work.

Fatigue Is Your Friend

By Darren FX Clair, MD

Who is the better friend-the person who doesn't tell you that you have food between your teeth when you are about to give a speech or the one who lets you know and thereby saves you from embarrassment? For me, a good friend lets you know when something is wrong, even if it may be a bit uncomfortable.

Similarly, fatigue is your good friend, letting you know that something is wrong and needs attention in order to minimize any further health consequence.

Recognizing that fatigue is not normal is important. The underlying reasons for fatigue, which can have more serious effects if not treated, include stress and adrenal fatigue, hormonal deficiencies, dietary/nutritional issues, poor sleep quality or duration, lack of exercise, medication effects, and brain chemistry imbalances. It is important to recognize each of these, if left untreated, can lead to more serious consequences.

In this issue, I will briefly introduce each of these barriers to vibrance and will delve into each in greater detail in subsequent issues.

Chronic stress and resultant adrenal fatigue have reached epidemic proportions in this country. Over 80% of my patients check off stress as a major issue in their lives. Constant, relentless stress wears out our adrenal glands which produce the stress hormones hydrocortisone and epinephrine. These hormones, which are a critical part of our "fight or flight" response are released any time we feel stressed, regardless of the cause. Normally these hormones help power us through our days, but when constantly stressed, we become increasingly fatigued, mentally foggy, irritable, and desperate for a sugar or caffeine fix.

Another common cause for fatigue is insomnia. There is a reason why "the early bird gets the worm"- getting quality sleep helps us wake up refreshed and alert, yet one third of all Americans suffer from insomnia. Obstructive sleep apnea is an increasingly common condition worsened by excess weight that results in frequently interrupted sleep and leads to daytime fatigue for both the sufferer and his/her partner. Hormone deficiencies - typically estrogen in women and testosterone in men - can lead to night sweats that interrupt sleep. Low progesterone levels in women may also cause insomnia due to the inability to relax the mind and body enough to get to sleep.

The typical American diet can also be a factor in fatigue during the day and with sleep issues. Meals loaded with carbohydrates, desserts and snacks cause our blood sugar to spike and then plummet to a low blood sugar state (hypoglycemia) which makes us feel tired and at night can lead to trouble staying asleep as the body responds by waking us feeling hungry.

Depression and brain chemistry imbalances associated with it frequently leads to fatigue and should always be considered. Exercise is often an effective treatment for depression and can improve energy levels even when there is no depression.

Remember, fatigue is your body trying to talk to you; it is your friend. Don't ignore it with caffeine without considering the cause. In future issues of *Desert Health*, we will explore the causes and solutions to fatigue in greater detail.

Dr. Clair is an integrative medicine doctor and founder of Vibrance Rejuvenation Center in Rancho Mirage. He can be reached at (760) 324.4872.



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Training Female Athletes to be Strong and Stable

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

All females interested in, or currently participating in, workout programs need to consider themselves athletes. Having the ability to lift, push or pull weight under many different circumstances takes some skill. Some might not possess the ability to get into competitions or other endeavors, but you are still working out like an athlete. The type of training I am referring to is functional training not machine-based training. With machines you isolate muscles and most of the time it is a single joint action, while during functional training you have to stabilize one area while moving another under load.

Some women believe that if they start to lift weights that they will become muscle-bound and lose their feminine appeal. This can't be farther from the truth; if done correctly you will become lean. It all comes down to the weight being lifted, the reps vs. the sets, time under tension, and the rest between sets. In reality, women should progress like their male counterparts with increasing resistance and not fearing heavy weights. If done with proper form, women can lift heavy loads, reduce the likelihood of injury, and have a solid foundation.

A significant reason women need to get or remain strong and stable is the hormonal changes they go through during menopause which increases their risk of developing osteoporosis. Decreased bone density, iron deficiency, and mineral loss are all concerns in women over fifty. It is said that ten million Americans have osteoporosis and 80% are women. Approximately one in two women over age fifty will break a bone because of this condition. So the key is good nutrition, supplementation of the right vitamins and minerals and working out regularly.

It is also advised to start working out young to build strong bones; don't wait until there is an issue.

When working out during menstruation, the program design for women needs to be modified, so communication with a trainer is critical. If you are working out alone, know the facts! Most women will have symptoms associated with menstruation, like lower abdominal cramping, headaches, backache, fatigue, breast soreness, weight gain, gastrointestinal problems and even diarrhea. The uncomfortable feeling can cause a change in mood, psychologically affecting their day and those around them. Also during this time of the month, women's ligaments are very lax preparing for what it thinks is childbirth, so some considerations regarding weight training must be made. No axial loading, deep squats, isolated abdominal exercises, or complexed jumping movements should be performed. Injuries to the spine, knees and ankles are at the highest risk during this time, so changing the workouts to complement a safer plan is advised.

Today's woman is very independent, confident, and willing to take risks to prove to men that they can be just as strong, but implementing a plan specific to your gender is important to avoid injuries.

Michael K. Butler is co-owner of Kinetix Health and Performance Center. He is a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and a writer and publisher of over 100 articles, books and magazine contributions.

The ABC's of Stretch Therapy

Continued from page 16

tissue lays down unevenly. This must be addressed so that the new tissue can lay down evenly and adjacent structures don't stick together creating dysfunction."

Butler notes that ART practitioners are re-certified each year in learning to use their hands to identify specific muscles, nerves, ligaments, tendons and fascia to determine how a patient's movement is affected. "To be truly successful at ART, you need to have the touch and this can take years to perfect."

According to Butler, conditions like sciatica, carpal tunnel syndrome, tendonitis, rotator cuff problems, headaches and TMJ can often be resolved quickly and permanently with ART.

So while ART is also good for enhanced performance, it is especially effective on old injuries or areas of pain and dysfunction.

Fascia Stretch Therapy (FST)

Fascia is the most prevalent tissue in your body and plays an important role in posture and movement. It is the continuous band of fibers that runs from your foot (the plantar fascia) to the base of your skull. Over time, tight fascia will exert abnormal pressure on joints, nerves and muscles creating immobility and pain. You can re-train fascia memory by stretching the fibers and loosening their grip in target areas and lessening pain.

FST is the most passive of these

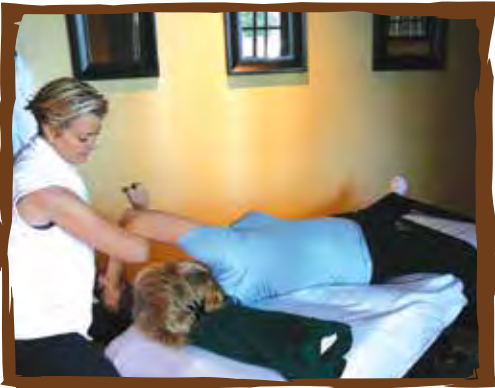
three therapies as the client's muscles standardly remain relaxed while the therapist does the stretching. Any resistance applied to enhance extension is done through the use of straps.

"FST usually is a full body stretch and includes the joints being stretched," says Tracy Smith of AcQpoint Wellness Center in La Quinta who is certified in both FST and MST. "MST is also a full body stretch but can focus on certain areas more than others, and ART is localized to the area that is causing irritation for the client."

So while FST is also good for enhanced performance (golfers note increased rotation after one session) and pain reduction, it is best for those looking for an overall stretch requiring little exertion.

The important thing is to just start stretching - whether at home on your own, through a yoga or exercise class, or with the help of a certified stretch practitioner. Flexible muscles, ligaments, joints and tendons will not only help you perform at the best of your ability, they will also help you move freely through life - for the rest of your life.

For more information contact Roger Kraig, Flexibility First Academy (760) 310.3432; Michael Butler, Kinetix Health & Performance Center (760) 200.1719; or Tracy Smith of AcQpoint Wellness Center (760) 775.7900.



Tracy Smith applies Fascia Stretch Therapy (FST) for full body release.



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There are up-front costs associated with a reverse mortgage, so you may want to consider other options if you plan to stay in your home for only 2 to 3 more years. Since every senior situation is unique, it is important that you talk to someone you can trust when exploring your reverse mortgage options, the various types available or to simply get answers.

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Coping with Financial Stress During the Holidays

By Barbara Pedalino, PsyD

We hope that holidays will be joyous occasions—a blend of spiritual joy and lively times with family and friends. No one intends to be Ebenezer Scrooge. “Bah Humbug!”

However, the holiday season can create many stressors. In addition to your daily responsibilities, there is gift purchasing, parties, baking, decorating, and the list goes on until a major culprit emerges—financial stress. The result may be anxiety and depression, which we know is unhealthy and contraindicated for enjoyable holidays.

When finances are limited, it is understandable to feel saddened that holidays are celebrated differently than you had hoped. Your traditions may be sacrificed. Wrapped presents may be sparse. Your self-esteem may be diminished.

Celebrating differently can still be okay—even good.

Consider your coping behaviors. Sometimes when people experience financial stress they gravitate to unhealthy means of self-medicating to cover up undesirable feelings. They turn to alcohol, drugs, smoking, compulsive shopping, gambling, overeating and other negative choices. These may seem good in the moment; however, this only results in further financial stress. Worries compound and trouble sleeping ensues from which mood, immune system and decision-making are compromised. Less money remains in the budget for proper self-care, necessities and monthly bill payments. As debt grows, credit cards get maxed out, finance charges sky rocket, and the financial stress of the holidays can feel insurmountable.

There are many positive ways to enhance your holidays with the important people in your life without encumbering yourself with financial stress. Acknowledge your feelings and reframe your perspective to think about what you *can* do to mitigate your stress rather than focusing on what might not be possible. Following are some ideas you can draw from that may be suitable for your situation or may spur ideas of your own:

1. Discuss with your loved ones their thoughts and feelings regarding limited funds for the holidays and what they truly value during the season. Brainstorm how they would like to celebrate, given your financial constraints. They may have ideas for free activities like touring holiday lights or watching movies at home.
2. Re-evaluate what you consider are musts and what things feel like pressure you would like to forgo. It is okay to say no, especially if it reduces stress.
3. Budget for all of your holiday expenses, with a cushion for something you may have missed. If you plan carefully and discipline your spending, your sense of control and mastery should rise and stress should fall.
4. Volunteer. If you have children, they can learn the wonderful gift of giving and compassion. While this is not costly, it does enrich the soul.
5. Check out community calendars for free concerts or festivities in which you can participate.

If you implement prudent steps yet discover that financial stress persists, give yourself the gift of professional help. A financial advisor and/or a mental health specialist to assist with your emotions and coping skills could provide the stress relief to enhance your holidays.

Dr. Barb is a licensed clinical psychologist in Palm Desert whose interest in self-esteem spans all ages and can be reached at (760) 702.0878.

Are You Prepared For Medicare Open Enrollment?

By Reesa M. Manning, Senior Vice President & Financial Advisor

Health care planning is a sensitive subject, but given rising expenses, no retirement plan is complete without some kind of provision for health care needs. Here are some guidelines and resources for estimating your needs and expenses.

Health care costs are rapidly emerging as a major expense item both before and during retirement. With lifetime employment a relic of the past and longevity on the rise, it's more important than ever to estimate how much to save to cover costs in retirement and include those expenses in your financial plan.

Not only are health care costs a huge factor in retirement, but they are also becoming a larger concern for pre-retirees. So the conversation about health care costs should not be confined to the years immediately before and during retirement.

Health concerns and health care costs should be an agenda item at your annual meeting with your financial advisor — no matter what your age is. There are a number of issues surrounding health care and health care costs to be aware of, including the impact of how you take care of health care costs, what issues you potentially face pre-retirement, what you need to do to prepare for health care costs in retirement, and continuing adjustments you might need to make in your spending and planning during retirement.

Health care status. There is one aspect of health care and health care costs that is controllable amid many that are not: whether you are in good health or not. For many in poor health, discretionary spending on items such as vacations may have to be diverted into health care in retirement, an outcome that is preventable in most cases.

To determine the state of your current health, visit the MedicareNewsWatch.com website. It defines three states of health—good, fair, or poor—very concretely in terms of number of doctors' visits per year, number of hospital admissions, and number of prescriptions.

Based on data from the site and your location, you can determine the impact your health status might have on your expenses in retirement. For many people in their early 50s, this is enough to motivate them to go home and get on the treadmill. Of course, there are circumstances that you have little control over, such as a cancer diagnosis. But even when disease cannot be avoided, becoming aware of the potential health care costs in retirement can make a difference in how you save and execute your financial plan.

The good news is that this amount is something you can save up front, as well as fund as you go. As you age, your health care costs typically continue to increase beyond even inflation, mostly because you are sicker and likely to require more hospital visits, more medications, and more care in the home or in a nursing home. A large portion of health care costs in retirement occurs in the last few months of life.

Reesa Manning is a Senior Vice President and Financial Advisor at Integrated Wealth Management, with an expertise in investment, retirement income, and financial planning. For more information, call Reesa at (760) 834.7200 or reesa@IWMgmt.com.

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Are you prepared for the New Age?

Today we are living in The New Age, which is less about retirement and more about your transition into the next chapter of your life. In The New Age most people will enjoy the blessing of longevity; however, they will also be faced with the challenges and questions that come with living longer.



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Treating Allergies without Medication

Seasonal pollen, grass, and environmental allergies can spike in the desert during the fall, especially during the grass scalping and reseeding times. Children commonly suffer from seasonal allergies and it can affect their mood, concentration, and well-being. Seasonal allergies can be treated with dietary changes and nutritional supplements, which help avoid the grogginess and side effects of pharmaceutical medication. Using natural treatments also helps avoid giving children medication unnecessarily when effective alternatives are available. In general, children respond very well to natural treatments and it can reduce their symptoms quickly and easily.

Seasonal allergies are often exacerbated by dietary irritants. Foods such as dairy, wheat, gluten, sugar, and sometimes eggs can cause a reaction in the immune system which leads to enhanced allergy symptoms. Dairy products can worsen mucus production, causing increased nasal congestion, postnasal drip, and cough. Wheat and gluten can aggravate the immune system which enhances the body's 'attack' response to outdoor allergens and increases inflammation in areas such as the sinuses. Sugar also weakens the immune system and can exacerbate allergy symptoms. Focusing on a whole foods diet with protein, vegetables, fruit, and whole, non-gluten grains such as rice and quinoa, and hydrating adequately daily will significantly decrease allergy symptoms. Avoiding processed foods will eliminate unnecessary burden on the body and the immune system.

Nutritional supplements can decrease allergy symptoms by limiting mucus production, inflammation, and supporting a healthy immune system. Natural anti-allergy products aimed at reducing allergies in children are typically quite safe for use. Natural allergy remedies such as Childlife Allercare, Boiron Children's Sabadil pellets, Herbs for Kids Nettles & Eyebright, or Wish Garden Kick-it Allergies for Kids are great combination products to acutely treat allergy symptoms. The dosing of any supplement needs to be appropriate for the age and size of the child. It is always recommended children remain under the care of a qualified provider knowledgeable in alternative treatment methods to avoid harm.

In addition to dietary and supplement changes, the home environment can be altered to reduce allergy symptoms. Placing a HEPA filter next to the child's bed can reduce airborne irritants for 8-10 hours at a time when the child is doing the most concentrated deep breathing. Vacuuming any carpets or area rugs 2x per week limits household dust, pet dander, and outdoor pollen invaders. Routinely cleaning the house air ducts, preferably yearly, can significantly improve the home's indoor air quality. Eliminating any pets from sleeping in the child's room or on furniture the child commonly uses can eliminate pet dander and outdoor allergy irritants brought inside by the pet. In general, maintaining a home free of dust, toxic household cleaners, smoke, and excess pet hair and dirt, will assist in decreasing allergy symptoms.

Each and every child has individual health needs. While basic alternative treatment recommendations can be quite useful for many children, some children require more specialized and individualized natural health care advice for optimal natural allergy relief. Consider seeking additional, qualified advice if allergies continue to be a health challenge for your child.

Dr. Shannon Sinsheimer is state licensed naturopathic doctor with a focus on fertility, family wellness, and pre-conception health. She can be reached at Optimal Health Center (760) 568.2598. Dr. Sinsheimer does not maintain any professional endorsement relationships with the above mentioned health products.

Cooling That Hot Headed Inner Child
Getting past impulsivity and reactivity

By Amy Austin, RN, PSY.D., LMFT

Are you one of those who sometimes wishes you could curb hurtful and reactive responses and behaviors in the heat of the moment? Well, the fall season is upon us and cooler temperatures present an ideal opportunity for those with hot temperaments to consider a personal "cooling."

The good news is we can conquer this seemingly impossible feat, experiencing a much more thoughtful and empowered mindset that is our "adult self." It's never too late to step into your grown self who can be authentic, genuine and motivated in seeking more workable and satisfying relationships.

You can see that I am separating your adult self from that reactive and impulsive "child self" who much too often likes to rule the roost and run the emotional show.

The first step is to understand that each one of us has an inner child who often feels hurt, shamed, wounded, and unsafe. Your job is to re-parent that inner child with more compassion and sensitivity than he or she has ever had, and to let that inner child know that you, the adult self, is gently taking over; communication is now an adult job and not one of that reactive, impulsive, angry kid.

Think I'm overreaching? This concept of non-attachment in childhood due to early childhood trauma or abuse (emotional, physical, and sexual) is data-based and many therapists often visit a person's childhood relationships in supporting someone to cope with their world views and behaviors today.

For example, when a couple comes to see me, many times it's their inner children who are present and fighting with no healthy or satisfying road toward resolution. The relationship is a hamster wheel of resentments, feeling unheard, dismissed, unimportant, invalidated, and most definitely unloved. One of the goals of therapy is to help the couple see who is in charge when they are hurt, and to empower the adult self to solve the issues the inner children can't possibly comprehend and master.

When relationships are left emotionally exhausted from inner child attacks, individuals often carry their wounded histories into the next relationship seeking someone who will fill their empty emotional selves. Thus, the cycle continues because we human beings do what's familiar. Living life unconsciously is not living life; it's merely existing or surviving.

With the application of a very conscious awareness and some valuable work, we all can live fulfilling lives that are no longer held hostage from our unsafe and wounded pasts. Everyone has a chance to improve relationships through consistent, healthier and more adaptive behaviors. We all can live life without our reactive and impulsive selves taking over.

So, each time you feel the cool breeze brush across your face, know you have an opportunity to keep your cool and experience life as never before.

Here's to living a cool life, inside and out.

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



Self-compassion can help calm that reactionary inner child.

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The Importance of Posture for a Better Golf Game

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

Posture is something we all need to consciously work on – especially when it comes to our golf game.

Ideally, if we stand tall, our shoulders, hips, knees and ankles are all in one straight line from our ears. However, many of us spend most of our time sitting for hours which puts our spines and hips through tremendous stress. Unless you can maintain an upright posture and sit straight at all times, you are going to experience pain and stiffness in the joints – just from sitting! Because most of the time when we are sitting at the computer or reading a book, we are slumped forward. However, the body is designed to naturally keep the eyes focused on the horizon, so when slumped forward, the muscles are going to compensate to make sure that the eyes stay focused: the upper back is going to slouch, the lower back is going to tuck underneath us, and additional stress will be placed on the spine and hips.

Your posture for golf takes a concerted effort as well. As we know, the golf stance is not natural due to the different planes of motion and the constant bending and twisting that we put our bodies through. So when we bend forward to address the ball, we should be bending from the hip joints not the back. Many older golfers bend from their backs causing spasms, strains and sprains from repeated overuse. It is critical for a good golf swing - and for your overall health - to have a straight spine and bend from the hips, as it allows your body to turn and relieve stress from the joints.

Bending from the hips helps alleviate injury and empowers your golf swing.

Unfortunately, as we age, getting used to a new golf stance is difficult and takes time, especially if you have been playing for years. Adhering to a regular exercise regimen that also addresses flexibility and stability can be advantageous and worth the extra money and time to alleviate back pain and injury.

Research shows that approximately 33% of most amateur golfers have “C” posture, which is a rounded back appearance while 25% have “S” posture which is too much spinal curve. These are pretty high percentages! Both of these postures can cause swing faults - especially a disconnect between upper to lower body ratios which can cause the ball to be hit either fat or thin. The key is to perform corrective exercises that stabilize the spine while integrating your core with arms and legs.

In conclusion, for healthy longevity – and to play better golf - you must address posture. As many have learned the hard way, the body naturally goes through changes as we age, and isn’t quite as quick to repair itself as when we were in our twenties.

Michael K. Butler is co-owner of Kinetix Health and Performance Center. He is a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and a writer and publisher of over 100 articles, books and magazine contributions.



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The Animal Connection

It is a privilege of advancing years to reflect on the memories of experiences to harvest insights that slowly deepen wisdom.

Some of the wisdoms I know to be true are that animals are a rich part of our human lives. The study of that connection creates a growing fascination with the wonders of the evolution of nature in our universe. Another wisdom that comes with age is that both joy and pain influence our perception of feelings in a direct relationship to one another. The process stimulates emotions and thoughts.

Our departed dog, Kayla, was a happy creature. She learned fast and always wanted to please. Her love was limitless. Our mutual attachment was complete. She was a part of our lives and we were the center of her existence.

Why does this fusion occur – selectively between humans and animals?

My conclusion is that science can measure the vibration of the universe, our planet and all on our planet. The measure is frequencies; the result is energy. When vibrations (frequencies) match, the harmony of affinity (love, attachment) is created in shared brain structures. The higher a species has advanced on the ladder of evolution, the deeper the effect of vibrational frequencies. Why is it that humans are emotionally attracted to animals and them to us as individuals? We are beginning to learn that our senses, and those of animals, are the result of harmonious or dissonant vibrational frequencies – aside from, or in addition to, hormonal factors. The contact develops first from feelings to emotions.

I detest the expression, “It’s only a dog, cat or horse...” A vivid life is not the domain of humans alone. Animals have emotions and memories, and plants have feelings which we humans do not have the capacity to fully comprehend. Some examples are wolves, whales, dolphins and others. Elephants have been observed to visit the graves of departed family members. We should all be in awe of the magical power of nature.

Kayla’s life and that of our other dogs before her are our examples. Kayla knew us before we realized she did without verbal communication, just an innate sense to absorb our emotions through observation and memory.

She taught us so much on our journey of learning and will forever be dearly missed.

“Ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall teach thee: Or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee.” - Job 12:7-8, King James Version

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How to Be “Worry-Smart”

By Susan Murphy, Ph.D.

The word “worry” comes from the Greek word for a divided mind, and the holiday season epitomizes that divided mind. We think we deserve a relaxed and joyous holiday season, yet so much about November and December seems to produce worry...pressure to buy the perfect gifts, to have the perfect holiday dinner with no arguing relatives, to entertain, etc. That adds up to a whole lot of worry, and worry of any kind is hazardous to your health. Among other effects, researchers believe that people who worry are 2 ½ times more likely to develop Alzheimer's than more carefree folks.

Instead of a food recipe, my holiday recipe for you is one that will put worrying in its place. This “Worry-Smart” recipe gives you a new outlook on your worries plus specific strategies. No more paralysis and anxiety!

STEP ONE: CLEARLY SEE YOUR WORRIES

“I am an old man and I have known a great many troubles, but most of them never happened.” – Mark Twain

In this step, come into the present moment so that you can investigate your current worries. Close your eyes, slowly breathe in and out 10 times, mentally counting each out-breath (breathe in, breathe out and mentally say “one”, etc.) This exercise brings your body and mind into the present moment. Then follow the steps below.

1. Make a written list of your worries.
2. Cross out the worries that are not likely to happen. Don't waste your energy on them!
3. Who triggers your worries? Usually it's our own negative self-talk, but sometimes a relative, friend, or co-worker can't resist saying things that make us question our competence. (“You always freak out when it comes to deadlines.” or “Are you going to spend too much on gifts this year again?”) The easy solution is to minimize your time with them, but that's not always practical. Instead, make a list of the people/comments that make you question your “Worry Smarts.” When one of these people makes a derogatory comment, give yourself a point for recognizing their patterns.

STEP TWO: PUT YOUR WORRIES IN THEIR PLACE

“Let our advance worrying become advance thinking and planning.” – Winston Churchill

1. Once again, come back to the present by closing your eyes. Slowly breathe in and out 10 times. This frees up space in your mind so that you can clearly see your worries and develop a plan.
2. Review the “Worry List” that you created in step one above. Envision the best and worst that could happen. If it's helpful, use absurd humor – best case is your sister-in-law loves your gift (for the first time ever); worst case is your sister-in-law throws her turkey drumstick at you. Then cross off the trivial ones that are not worth worrying about.
3. Change the “Worry List” to third-person voice. This gives you emotional distance to see your worries more clearly. When you read, “Susan worries that she will overspend on gifts because she's trying to please people,” there's no self-judgment because it's as if you are thinking about someone else. By taking the “I” out of the sentence, it's much easier to come up with a solution for “Susan.”
4. Put a check mark by the worries that you can't control. Try reciting the Serenity Prayer for help in accepting things you cannot change.
5. Choose a daily “worry time” of no more than 15 minutes. When worries creep up, say to yourself, “I will worry about that between 7:15-7:30 PM.” Then deliberately turn your attention to something else until it's “worry time.” Make sure you won't be interrupted and don't make it too close to your bedtime.
6. Don't complain to other people about how worried you are! It reinforces the worry and no one wants to hear about it.
7. Look at your original and edited “Worry Lists” and see whether you have a tendency to exaggerate negative issues and minimize positive ones. This helps you figure out whether you tend to overreact and over-worry.

When you have completed these two steps, congratulations! You've not only identified and come up with an action plan to deal with your current worries, but you know how you can better manage future issues. Don't set yourself up for failure by expecting to be “Worry-Free.” Now you are “Worry-Smart” – you have a record of your worries, can see the patterns, can accept the worries you can't control, and you can better manage those that you can.

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

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Why Any and All Activity Matters

By Nikhil Mehta

The health benefits of exercise are extraordinarily well documented. Regular exercise lowers your risk of a stroke by 27%, reduces instances of both high blood pressure and Alzheimer's disease by 40%, cuts your chance of developing diabetes by 50%, and lowers your risk of developing colon cancer by a whopping 60%. As well, it obviously helps maintain a healthy weight. Plus, exercise has been shown to be just as effective at fighting depression as both SSRIs (like Prozac) and therapy.

A study from the Appalachian State University's Human Performance Lab even showed that people who took a brisk walk five days a week had fewer and less severe colds and flus than sedentary control subjects. So it's not just long-term chronic and fatal conditions that being fit staves off – regular exercise actually helps you battle the common cold, too!

Beyond full-on exercise, however, a recent study out of Australia also shows the health risk of being inactive. The study from the physical activity lab at the Baker IDI Heart and Diabetes Institute in Victoria, Australia, found that the more television its subjects watched, the greater risk they had of dying at a younger age, particularly from heart disease.

Subjects in the study who watched four hours or more of television per day were 80% more likely to die from heart disease and 46% more likely to die from all causes, even when factors such as education levels, overall health, age, past smoking, waist circumference, cholesterol levels, and blood pressure of the subjects was taken into account.

The study concluded that the real problem with television watching is that it is done while sitting, and sitting with extraordinarily little muscle movement. Such "extreme" inactivity affects metabolism overall, not just during the time spent inactive. A study from July 2008 showed that standing engages muscles and promotes the distribution of lipase, a fat-absorbing enzyme that triggers the body to process fat and cholesterol. Most important, the benefits of this regular, unremarkable movement are independent from the amount of time subjects spent exercising.

That same study found that the health consequences that develop from too much sitting are very different and independent from those that result from too little exercise. Along with the recent Australian study, it found that the negative health consequences of prolonged periods of sitting – larger waistlines, higher bad cholesterol levels, lower good cholesterol levels, heart disease risks – were not fully counteracted by regular exercise.

In other words, regular exercise – beneficial as it is – doesn't counteract the negative effects of long periods of inactivity.

Part of the issue is that television watching is fundamentally inactive. Along with limiting television watching, these studies point to the importance of remaining active throughout the day. When watching television, standing up during commercial breaks, going to get a glass of water, or even putting down the remote control and getting up to change channels and adjust volume the old-fashioned way can help people from staying in one extremely inactive position for extended periods of time.

Nikhil Mehta is Owner/CEO of Home Care Assistance Palm Desert, a revolutionary in-home care group which offers clients The Balanced Care Method™ which emphasizes mental, physical and social activity along with healthy nutrition, calmness and purpose. For more information visit www.HomeCareAssistancePalmDesert.com or call (760) 345.0001.

Dementia and Alzheimer's Family Caregiving 101

By Kae Hammond

Your ability to survive the all-consuming role of caregiver /partner for those with memory loss will depend on many things, but expanded knowledge and acceptance are paramount.

Knowledge. Know thy enemy. The National Institutes of Health (NIH) states that there are 85-90 different types of dementias. Alzheimer's represents some 70% of the diagnoses followed by vascular dementia, Parkinson's, Lewy body dementia (LBD), frontotemporal lobar dementia (FTLD), and more. And sadly, misdiagnosis can happen. So, do your homework; be the lead detective and top advocate for accurate information about your loved one's condition. Learn everything you can about the disease: range of symptoms, characteristics, behaviors, beneficial medications, and treatment options. Find the national association dedicated to your loved one's dementia. You will help yourself enormously by understanding the why's and how's of it all.

Acceptance. Abandon denial and accept reality. Replacing your anger and fear with love and acceptance is fundamental for your own well-being. No one wants a diagnosis of cancer, a dementia-related disease, or any number of debilitating conditions for someone they love; however, denial isn't an effective strategy for you or your family as it limits your ability to properly support and aid your loved one and yourself.

Be honest and accept that you can't hit the rewind button to recapture the parts of the person you are watching slip away. You can't continue toward the future you both had planned. It's ugly, maddening, frustrating, cruel, hateful, and you have every reason to feel this way.

In time, your loved one will have less stress, while your stress levels bump to dangerous levels. You're juggling the responsibilities you used to share and trying to cope with the new person that keeps showing up. The more push back we get from the disease, the harder we work trying to control it, and the greater the internalized pressure we feel. Whatever the health condition of your loved one, caregiving/partnering is hard work, physically, emotionally, mentally and beyond.

In the Caregivers Bill of Rights (yes, there really is one), a key tenet is to be yourself enough to have confidence that you are doing the best you are able to do within the circumstances presented.

Assistance. One of the best things you can do for yourself is join a support group. I know what you're thinking; yes, there can be sadness and tears during the meetings; however, there is much more information, learning, and laughter than tears. In a well-facilitated support group, no one will scold you or judge you; people who understand everything you are living with and feeling will surround you. Nothing will be new to them. These men and women will be there for you and some will become your lifeline and earnest friends.

Your loved one has an incurable disease that impacts your entire family; you will all benefit tremendously if you take the steps now. Remember, your life matters, too.

Kae Hammond is founder and President of Dementia Help Center; author of Pathways: A Guidebook for Dementia & Alzheimer's Family Caregivers and host of "Care for the Family Caregiver" on 95.9FM KJJZ every Sunday at 7AM. For more information, call (877) 699.3456 or visit www.dementiahelpcenter.com.

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BEAUTY

Inside & Out

Ritu Chopra, MS, MD

Today's Liposuction

Liposuction has been around since the mid-seventies. First used by an Italian gynecologist, the French surgeon Dr. Illouz was the first to apply the procedure to purely cosmetic cases. The technology has come a long way since then, but traditional liposuction remains a mainstay in plastic surgery.

The primary goal of the advancing technology is to add some sort of power to the tip of the liposuction instrument in an effort to destroy the walls of the fat cells, causing them to break up and become easier to remove. There are three ways to break up the cells: ultrasound, laser energy and mechanical energy.

Smart Lipo is a laser instrument commonly used today. The laser destroys the cell integrity and little holes behind the tip vacuum up the cell residue. The instrument glides through the tissue easily, which requires very little strength on the part of the surgeon. This differs from traditional liposuction in the sense that traditional lipo requires a lot of strength, endurance and repetition by the surgeon. I always used to joke that a good liposuction surgeon looks like a guy you wouldn't want to challenge to a fist fight.

The ultrasonic-assisted device I prefer is called Vaser. The tip of this instrument emits a little shock wave in advance of the tip, further breaking up the fat. Then a standard liposuction instrument is inserted and the residue comes out very easily. This technique is especially suited to resistant fat that would be difficult or impossible to remove with a standard liposuction technique. One example is secondary liposuction, an area that has had lipo in the past. Another example is gynecomastia, the excessively enlarged male breast. In general, male fat is more attached and difficult to remove than female fat, and gynecomastia is the toughest of all fat.



Traditional liposuction is still applicable in many cases.

Both Power-Assisted Liposuction (PAL) and Tickle Lipo use mechanical energy to assist in fat removal. PAL uses a tip that pistons in and out a fraction of an inch. Tickle Lipo orbits the tip in a circular motion. Both of these devices reduce the amount of force required by the surgeon allowing doctors to perform the procedure more easily and with less strength.

Both ultrasound and laser create some heat beneath the skin, which is the biggest risk of the procedure. This heat can create a burn that could show on the skin. Furthermore, some fat may be destroyed but not vacuumed away, which can cause prolonged swelling, fluid collection or indentation. For this reason, traditional liposuction is still applicable in nine out of ten cases.

When using fat as a harvest material for grafting, as in the famed Brazilian butt lift, it is important to rely on traditional liposuction as well. The devices that "destroy" the fat as it is removed also eliminate any usefulness of the material as a graft. The same goes for treatments in which fat is being harvested for its stem cell content.

As with most things, experience counts. Surgeons who have been doing the procedure for decades have the experience and judgment to choose candidates well, perform the procedure perfectly, and provide excellent results. While plastic surgeons are specifically trained in this procedure, it appears that many E.R. doctors, gynecologists, general surgeons and others often practice beneath the title "cosmetic surgeon." We see many unhappy patients who previously placed price before experience and credentials. In my opinion, only plastic and reconstructive surgeons (preferably board certified) should be doing liposuction.

Most people who think liposuction would benefit them are correct. It will. But it is a significant procedure and claims of techniques that offer faster recovery and lower prices are not necessarily the smartest choices. Power liposuction techniques are not necessarily better, and traditional liposuction is applicable in most cases.

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@roxosurgery.com.

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Indie Lee Shares Her Story at Saks

All-natural should apply to both inside and out

Indie Lee was like many of us, an executive woman who worked hard, enjoyed life and paid great attention to what she put in her body. A native New Yorker, she had a large greenhouse in her back yard filled with organic herbs and vegetables and led a health-conscious existence.

Then, in 2008, a string of painful headaches and a peculiar change in vision led to a shocking, life-changing diagnosis – a rapidly growing brain tumor and six months to live. More shocking than the diagnosis was the likely cause – environmental toxins which are commonly absorbed through the body's largest organ, our skin.

With a new found determination, she made it through chemo and a risky surgery with a mission to understand the toxins she was using externally. Her research yielded an abundance of natural ingredients that work synergistically with the body, and sharing her knowledge became her life's passion. In 2010, the Indie Lee all-natural collection of skin care was born.

"For me, Indie Lee is more than just a product line," she says. "My true passion is to share my knowledge and story so that others can make the right beauty choices for themselves without sacrificing the things they love."

In October, Lee came to the desert as Saks Fifth Avenue's special guest at a hosted event for Women Leaders Forum of the Coachella Valley. Lee

inspired the group of over 75 to rethink their beauty routine to become "their healthiest self, flawlessly."

Combining powerful, natural ingredients with modern design, her impressive line of products includes balms, cleansers, oils, scrubs, and moisturizers which "deliver an eco-chic solution to your daily routine."

The Indie Lee collection combines familiar components like strawberry seed oil, lemon balm, and coconut oil with innovative powerhouses such as Swiss apple stem cells and CoQ-10.

Her olive-derived Squalane Facial Oil which promotes skin elasticity, diminishes age spots, and boosts cell regeneration and oxygenation, was an Editor's Pick in *People Magazine's* special wellness issue, and *VOGUE* applauded her hydrating body balm as a "miracle treatment for summer."

"We all take steps to be healthy, and Indie's life experiences certainly make you think," said WLF president Deborah Tryon. "We were honored to meet her and grateful to Saks for providing this opportunity to WLF here in the desert."

Indie Lee products are available at Saks Fifth Avenue at The Gardens El Paseo and online at IndieLee.com.



Indie Lee and WLF members at Saks Fifth Avenue El Paseo
* Photos by Nic Feldman



Living Wellness

with Jennifer Di Francesco



Travel and summer adventures are memories that linger with us the remainder of the year. I recently read that travel positively impacts the brain's plasticity; when on an adventure away from home, we expand our brain's capability, adaptability and flexibility.

My biggest life lesson this summer was a visit to Croatia. There are over a thousand islands in Croatia, each with their own exceptional beauty and unique personality. I was lucky to visit three of these Mediterranean islets. I always approach other cultures by discovering the essence of a place from its wellness practices. Croatia's past covers over 1,700 years of history with influences from the Greeks, Italians, French, Germans and others melding the best of many cultures throughout the land.

Below are four wellness lessons learned from this marvelous Mediterranean region.

Lunch is the biggest meal and olive oil over everything is ideal – The main meal features greens with vinegar and olive oil and served with pickled vegetables naturally fermented to boost good bacteria. The process of pickling vegetables is an ancient practice 4,000 years old. With seventy percent of land in Croatia devoted to farming, the majority of the population eats fresh foods from soil. Olive oil which lowers inflammation and decreases LDL cholesterol and triglycerides is present on any Croatian table. Unlike the American culture, more time is taken for this meal and leftovers are commonly used for dinner.

A little Grappa can only be a good thing – Grappa, a distilled liquor, is considered in many areas to be the national drink. Combinations of herbs, roots, plums, cherries, apples, quince and rose petals make grappa eclectic, intriguing, and thought to be a medicinal digestive. Small sips of grappa occur at the beginning and end of the meal for digestive purposes to toasts of "Zivjeli!" (pronounced Gi-vo-li).

Accepting compliments with pride is the Croatian way. There is a strong sense of self-respect that exists in Croatia and compliments are accepted with strong pride. Croatia even holds a large "awesomeness festival." I found this to be refreshing; confidence is a healthy trait that leads to positive self-image.

Deep roots connect us. History, culture and tradition are prevalent in an ancient city, yet we can all find ways to connect to our deepest roots. When every cobblestone touched has ancient roots, it is easy to understand that there is a story and a soul to most traditions. This weaves itself around the people, the food, the community and the region. We can learn from this by connecting to our own roots. Learning about our ancestors is a good place to start. In the event that tradition is hard to find, creating it within our family and lives is a good first step. Healthy traditions carried down from generations, and the awareness we have towards every action approached, is the best we can do for ourselves and for the future generations we impact.

I hope your summer brought adventure and life lessons. Here's to your good health, "Zivjeli!"



Weight Loss with Traditional Chinese Medicine

By Zaynah Shabo, L.Ac., CNC

As the days shorten and holiday festivities loom, so does the prospect of seasonal weight gain. Is it possible to prevent the inevitable cycle of gain and loss, or of denial and guilty indulgence that recur time and again?

Fortunately, a balanced, systematic approach that includes acupuncture and Chinese herbal medicine can offer a solution.

Unlike extreme diets which can indeed result in quick weight loss, but tend to create a rebound of rapid weight gain that often exceeds the loss, acupuncture works to tune the body to run more efficiently. This is not unlike how a tune-up for your car, which ensures proper operation, can prevent problems before they occur.

There are three ways in which acupuncture can help you lose weight - and keep it off for good.

Metabolism is something frequently discussed in weight loss literature. Some people can eat endlessly and gain no weight, while others have a hard time losing weight even on the strictest diet. This is often credited to one's metabolism. In Traditional Chinese Medicine (TCM), the concept of metabolism is referred to as your "inner fire," or Yang, a force which also helps keep your immune system strong and gives a sense of consistent energy and zest for life. People with deficient Yang are prone to depression, fatigue, low libido, constant colds, bloating, and a host of other symptoms. Boosting Yang, or stimulating the metabolism, involves keeping the digestive system "warm" and producing the enzymes that break down food into useful energy. A healthy digestive tract does not suffer from gas, bloating, heartburn or frequent belching. These symptoms, along with constantly feeling tired after a meal, are markers that your body is not processing foods efficiently and an indicator of Yang deficiency. Acupuncture and herbs can address this, toning Yang and restoring healthy metabolic function.

Secondly, acupuncture helps with weight loss by offering a paradigm shift as to what is truly healthful eating. According to TCM there are constitutional types and patterns of strengths and weaknesses from birth which are enhanced or exacerbated by life choices. Understanding constitutional type is critical to a successful diet plan. Often, patients struggling to lose weight are actually trying very hard to stick to a plan that ignores their constitutional type by including too many "cold" raw foods which sabotages their metabolic "fire." Meal plans should be individualized with nutrient rich, rewarding, easy to digest foods which can prevent cravings before they occur. Cravings are a sign of internal imbalance rather than a lack of willpower, and are a good indicator of what is wrong internally.

Last but not least, there are well documented benefits from acupuncture of stress reduction, improved sleep and decreased pain, all contributing to improved hormonal balance and reduction of the "stress hormone," cortisol, which is linked to weight gain. Poor sleep also decreases the body's supplies of ghrelin and leptin, two hormones associated with appetite suppression. As an added benefit of feeling better, the habit of "comfort eating" to soothe the emotions is reduced, and cravings for unhealthy food are gradually replaced by healthier choices as the body appreciates their positive effects.

Zaynah Shabo is a licensed acupuncturist and certified nutritionist with a focus on weight loss, women's health and pain management at AcQpoint Wellness Center in La Quinta. (760) 775.7900.

SMART Fitness

Continued from page 17

reinforcement of the games really direct my subconscious to "think" differently? Did my brain really become more efficient, or was that due to my enhanced focus on the 5 pillars of health?

Then I saw 20 weeks (and just as many pages) of data on my brain collected, analyzed and summarized. When it was time to review this with the EWI team, the smile on Mary's face was enough to tell me it must be pretty good. Before pictures showed specific areas of my brain working hard to pull resources; the after pictures showed a much more even distribution of resources and a more efficiently operating mind.

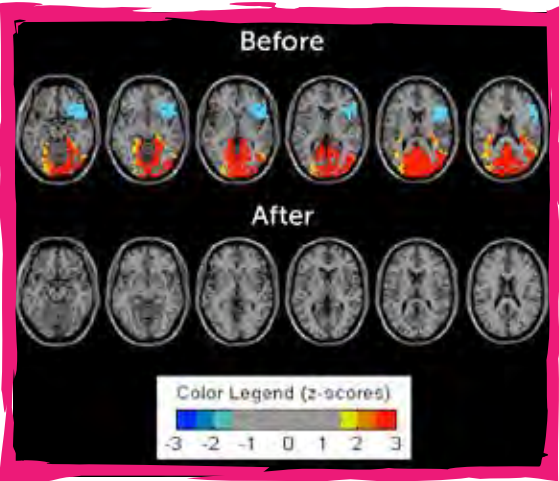
But that certainly wasn't how I saw it most clearly. What I experienced was the inability to "amp up" for project mode; I simply eased into it at a steady pace producing the same results. The difference was so significant it actually bothered me. It was explained that while I always thought my uber-productive and focused personality came naturally, it was possible that my brain had to work really hard (reds and blues in the data) to operate in that mode, and that now, it was telling me to trust the ability to produce the same quality at a much more even pace. The good news? The results are reported to last (so I'd better get used to it).

Other Eisenhower Wellness Institute clients have reported similar results: feeling smarter, getting better sleep - even feeling more socially engaged. One older gentleman actually complained that brain training had made him 'too happy,' which he was trying to get used to. (The fact that this issue made it on deadline shows that I am getting used to my more efficient self).

I believe we are all part of a smarter generation who is beginning to honor what we put into our body - not only for the brawn, but also for the brain power.

If you are considering brain training, I strongly recommend researching all options and the science behind it, and choosing a program that fits into your lifestyle. Your brain will thank you now, and hopefully for many years down the road.

For more information on neurofeedback, visit the International Society for Neurofeedback & Research at www.isnr.org. The Eisenhower Wellness Institute can be reached at (760) 610.7360.



My before and after brain activity in a quiet state with eyes open (placed on stock head images)

Before (top): Colors demonstrate the brain working hard in different states with blue and red representing extremes at both ends of the spectrum.

After (bottom): The complete grey picture indicates function that is near the norm not requiring significant effort.

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Desert Health® is proud to sponsor the first annual **Palm Springs International Health & Fitness Festival** taking place November 13 – 15 and produced by Marlo Productions. This interactive event offers festival-goers the opportunity to take part in a variety of fitness classes, learn from medical experts, enjoy informative lectures, and so much more. Here are just a few of the highlights:

Free Festival Friday in Palm Springs:

- 08:00 am Morning Yoga with Ann Marie Palma at BMW of Palm Springs
- 10:00 am Indoor Rock Climbing at Desert Rocks Climbing Gym
- 12:00 pm Golf Board test rides at Tahquitz Creek Golf Course
- 05:00 pm Meet Dr. Patricia Bragg at Clark's Nutrition, Rancho Mirage

Saturday at the Palm Springs Air Museum:

- 10:00 am Palm Springs Police Bicycle Agility Course on the tarmac
- 10:05 am Gentle Yoga with Bronwyn in the Zen Den
- 10:15 am Wake up with Zumba at the Caliente Main Stage
- 10:30 am Desert CrossFit obstacle course between the planes on the tarmac
- 10:30 am Learn to Live Gluten Free with Tiffany in the Hangar Hotspot
- 11:00 am Culinary Wellness panel discussing the future of restaurant menus on Main Stage
- 11:00 am TASTING ADVENTURES with Mr. Lyons, Shanghai Reds, Balisage Bistro, Clark's and more
- 11:30 am Benefits of Stem Cell Therapy with Dr. Elliot Lander in the Hangar Hotspot
- 12:00 pm Learn about GMO & Organic Myths and Truths in the Clark's Theatre
- 12:30 pm Rumors and Myths About Breast Cancer with Dr. Laura Lee in the Hangar Hotspot
- 01:00 pm Yoga on the tarmac with Kim Tang
- 01:00 pm Superfoods for Life with Starkie Sowers in the Clark's Theatre
- 01:30 pm Meet NFL Greats on Caliente Main Stage followed by photo ops and autographs
- 02:30 pm Pedal Spin Classes on the tarmac
- 02:30 pm Applied Nutrition with Dr. Steven Nelson in the Hangar Hotspot

Sunday at the Palm Springs Air Museum:

- 10:00 am Palm Springs Fire Department and their safety preparedness team on the tarmac
 - 10:05 am Yin Yoga in the Zen Den
 - 10:30 am Desert CrossFit obstacle course between the planes on the tarmac
 - 10:30 am Not Just Spider Veins with Dr. Sanford Greenburg in the Hangar Hotspot
 - 11:00 am TASTING ADVENTURES with Cheekys, Birba, Fisherman's Market, Balisage Bistro and more
 - 11:00 am Ask the Experts hosted by Patti Gribow at Caliente Main Stage
 - 11:30 am Learn to Live Gluten Free with Tiffany in the Hangar Hotspot
 - 12:15 pm Using Essential Oils with Cynthia Cruz in the Clark's Theatre
 - 12:30 pm Mind Body Balance with Bronwyn in the Hangar Hotspot
 - 01:00 pm Yoga on the tarmac with Kim Tang
 - 01:15 pm Kettle Bell Training with Cameron Noerr in the Clark's Theatre
 - 01:30 pm To Treat or Not to Treat (Breast Cancer) with Dr. Janet Ihde in the Hangar Hotspot
 - 02:00 pm THE DOCTORS, a discussion on prevention and treatment of skin conditions on Main Stage
 - 03:00 pm Secrets to a Good Workout with Starkie Sowers in the Clark's Theatre
 - 03:30 pm Medicinal Benefits of Medical Marijuana with Chris Cranfill in the Hangar Hotspot
- Visit www.PSHealthFest.com today and save your spot at your favorite lecture or activity! Festival passes start at \$15 per day. Gate proceeds benefit Old town Artisan Studios. Children under 12 are free of charge when accompanied by an adult. For more information contact Diana@MarloProductions.com (760) 285.3903

Shining the Spotlight on Community Leaders
2016 Steve Chase Awards not to be missed

For more than two decades, "the Steve Chase" has been the annual gathering of the Coachella Valley's most committed philanthropists who come together to honor those helping to create a healthier world for us all.

The gala benefits Desert AIDS Project, in honor of the internationally-famous interior designer Steve Chase, who was a devoted donor/volunteer/board member of D.A.P. from its earliest days, before he died of AIDS-related complications in 1994.

Thankfully, HIV infection can now be dealt with as a chronic illness. For many patients and clients of D.A.P. today, their HIV may not advance to AIDS because they have dedicated supporters who are helping them live longer, stronger lives and who won't rest until this scourge has been wiped from the face of the earth.

At the 2016 Steve Chase gala, honorees will include Jim Burba and Bob Hayes, Carolyn Caldwell, and Jim Casey. As of press time, a fourth honoree was being finalized... along with an entertainment headliner that is sure to have music lovers of many genres visiting the D.A.P. website for tickets.

Jim Burba and Bob Hayes sponsored the Community Service Award at the 2013 Steve Chase gala – to the tune of \$25,000 – where their friend **Lorna Luft** sang "Cockeyed Optimist." Three years later, this pair of optimists – with straightforward vision about helping make the world a better place – will receive the 2016 Partners for Life Award, in recognition of their major donor support of D.A.P.'s client services over the years. Just a year earlier, these life-and-business-partners pledged \$10,000 at the 2012 gala, in response to **Annette Bloch** announcing her \$1 million gift to establish the Annette Bloch Cancer Care Center at D.A.P.

Carolyn Caldwell, president and CEO of Desert Regional Medical Center (DRMC) will receive the 100 Women Award for 2016, in recognition of the impact she's made on Desert AIDS Project since joining its board in late 2012. Only a year later, she had secured a \$1.5 million gift from DRMC's parent, Tenet Healthcare, as lead sponsor of Get Tested Coachella Valley, the first region-wide HIV testing effort in the U.S. created by D.A.P., which leads 77 community partners. Caldwell also serves as one of the "champions" for Get Tested, along with Congressman Raul Ruiz, MD.

Having served with him as immediate-past co-chairs of the Steve Chase gala for seven years, from 2009-2015, D.A.P. board chair **Barbara Keller** remarked, "I am so delighted that **Jim Casey** has been named as the Arts and Activism Award honoree for 2016 because he has been a remarkable example of how you can combine business savvy, the performing arts, and philanthropy to really make a difference in the world. My years of working closely with him have made him a dear friend who I know can always be counted on."

If you'd like to join this evening of recognition and first-class entertainment at the Palm Springs Convention Center on Saturday, February 6, get your tickets at desertAIDSproject.org or call (760) 992.0440.

Palm Springs International Health & Fitness Festival

November 14 & 15, 2015
Palm Springs Air Museum

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- CrossFit obstacle course
- Informative health lectures
- Police bicycle agility course
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- Yoga & spin classes
- Medical experts
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- Health & fitness exhibits

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Tickets available at PSHealthFest.com

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Jim Cook Day of Hope for Diabetes®

Saturday, Feb. 27th, 2016
8 a.m. to 2 p.m.
Annenberg Center for HealthSciences at Eisenhower Medical Center

This event is FREE & open to the public!

Keynote Celebrity Speaker

Dr. Natalie Strand
First female team winner of the Amazing Race! Diabetes advocate living with type 1 diabetes.

Keynote Medical Speaker

Anibal Gauto, MD
Medical Director of Eisenhower's Wound Care Center. Nearly half of the patients seen at the Wound Care Center have diabetes.

EMC Nurses - Earn CEU's!
Register for this event by email to:
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For more information, please call (760) 773-1578 or visit emc.org/ddc



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"Come join us at the Desert Woman's Show!"

Healing Waters Spa Tour

Thursday, January 28, 2016
4:00 - 8:00 pm

Discover the natural healing water spa resort hideaways overlooking Palm Springs, California. Naturally heated to temperatures as high as 180 degrees, for centuries the waters have been believed to hold curative and magical powers.

VIP Guided Coach Tours
sell out every year!

Tickets and information at
HealingWatersSpaTour.com

Reindeer Run

EISENHOWER MEDICAL CENTER

Join us as we continue our year-long 45th anniversary celebration!

Eisenhower Reindeer Run

5K Run/Walk

Saturday, December 12, 7:30 a.m.

Start and finish the 5K run/walk on the beautiful campus of Eisenhower Medical Center. Follow the path through picturesque palm trees and iconic buildings, while enjoying the backdrop of the beautiful San Jacinto Mountains.

Activities and fun for the whole family! Awards presentation and more!

For registration and more information, please visit EMCReindeerRun.com

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Tour Our Valley's Healing Water Hideaways

Annual spa tour showcases world renowned properties

Desert Health® is proud to sponsor the 7th annual Healing Waters Spa Tour, offering a glimpse into the spa hideaways situated high above the Palm Springs area.

The naturally hot mineral waters beneath Desert Hot Springs, ranking among the best in the world, boast heated therapeutic water pools and relaxing spa treatments that soothe and rejuvenate the mind, body and soul. Each year the unique healing waters resorts open their doors to the public for a tour of their premises and a peek at their magical pools and services.

Ten spas will be featured in the 2016 tour including:

The Spring Resort & Spa, a boutique 13-room hideout offering three mineral pools, a Finnish sauna, juice cleansing packages, yoga classes and detox spa treatments.

Two Bunch Palms, an iconic 77-acre resort known for its labyrinth, duck and turtle pond, trails, tennis courts, yoga dome, fitness classes, mud baths, and farm-to-table restaurant, **Essense**. **The El Morocco Inn & Spa** with its Casablanca-inspired colors and décor,

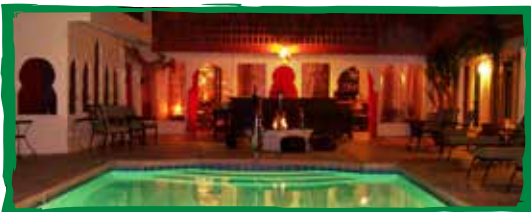


The natural mineral waters in DHS rank among the best in the world.



The Spring offers modern sophistication.

two mineral pools, fire pits, hammocks, colorful hanging lanterns in the chess garden, and Moroccan inspired music to add an exotic ambiance to the nightly happy hour. **Aqua Soleil Hotel & Mineral Water Spa**, a full-service spa with three mineral pools, a café and bar, and recently redecorated rooms boasting bright pops of color for an upbeat vibe. **Hacienda Hot Springs Inn** boasts lushly landscaped grounds with a lagoon, waterfalls, outdoor shower, Finnish rock sauna, mineral pool and Jacuzzi. **Sandpiper Springs**, one of the first to access the desert's natural healing waters, is perfect for family vacations, group escapes, romantic getaways, and personal retreats. **Desert Hot Springs Spa Hotel**, a classic example of mid-century modern architecture, features fifty comfortable rooms wrapped around a large central courtyard with tall palm trees and eight shimmering natural hot mineral water pools, complete with sports bar and full-service spa. **Miracle Springs Resort & Spa** offers 110 spacious guest rooms and suites with private patios and panoramic views, authentic Italian cuisine, and the quintessential French spa experience. **Desert Hot Springs Inn**, a unique six room boutique resort known as the most pet-friendly natural hot mineral water resort in the area.



The El Morocco at night



Two Bunch Palms yoga dome and Essense restaurant

Living Waters Spa, an award winning European-style clothing optional spa where pure mineral water flows from its own well into the pools from the earth and then flows back to the earth throughout the day and night.

The Healing Waters Spa Tour takes place January 28 from 4 to 8 p.m. with coach pick-up locations across the valley. The VIP Guided Coach Tour includes a private cocktail reception at Two Bunch Palms, air-conditioned coach bus comfort, a docent-led guided tour, and a swag bag with spa robe, healthy samples and a spa guide with future discounts at featured resorts. Self-guided tickets are also available. All guests will be entered to win a variety of spa resort packages.

This event sells out each year! Reserve your tickets today at www.HealingWatersSpaTour.com.



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Women Leaders Forum of the Coachella Valley's

WOMEN WHO RULE

Awards Luncheon and Scholarship Fundraiser

Presented by



FRIDAY, JANUARY 29 AT 11 A.M.

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Proceeds from the luncheon will support college scholarships for the best and brightest enrolled in WLF's Young Women Leaders Mentoring Program.

Silent auction and reception begin at 11 a.m.

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Judy Vossler & Lisa Vossler Smith
DESERT VISIONARY AWARD



Madeline Redstone
MARY T. ROCHE AWARD
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Carolyn Caldwell
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Table of Ten: \$750

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Wellness Matters Speaker Series 2016

Sponsored by **Eisenhower Wellness Institute** and



SAVE THE DATES!

January 13, 2016:

**"Death by Food Pyramid:
How Shoddy Science,
Sketchy Politics and Shady
Special Interests Have
Ruined Our Health"**

Denise Minger, Author



February 3, 2016:

**"Game-Changing
Tests for Early
Detection of Heart
Disease and Diabetes"**

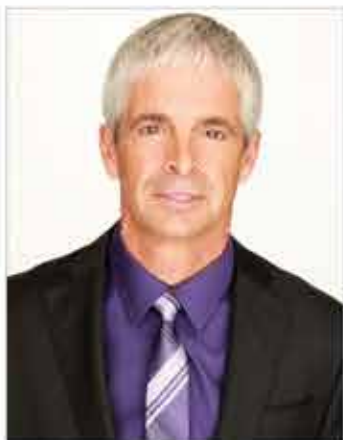
Tara Dall, MD



March 9, 2016:

**"Gluten and Your Gut –
What's the big deal?"**

*Tom O'Bryan,
DC, CCN, DACBN*



2016 Eisenhower Wellness Matters Speaker Series

Eisenhower Wellness Institute understands that wellness matters to all Coachella Valley residents which is why it is bringing back the Wellness Matters Speaker Series for a third consecutive year. Co-sponsored by *Desert Health*, the Wellness Matters Speaker Series will feature experts on a range of topics related to wellness. The series strives to bring speakers to the valley that deliver health messages that encompass whole-person health.

"The traditional western medical community is embracing eastern and alternative medical treatments realizing that treating the whole person — body, mind and spirit — is the key to wellness," states Jeralyn Brossfield, MD, Medical Director, Eisenhower Wellness Institute. "We are thrilled to bring three noted health experts from diverse and varied fields to our speaker series this year."

Denise Minger, Author • Wed., Jan. 13

Death by Food Pyramid: How Shoddy Science, Sketchy Politics and Shady Special Interests Have Ruined Our Health

Eisenhower Wellness Institute's first speaker is health writer and lecturer Denise Minger. Ms. Minger's reputation for aggressively challenging today's nutrition paradigm has made her a major player in the progressive health community. Her meticulously researched evaluations of the United States Department of Agriculture's guidelines and critique of T. Colin Campbell's *The China Study* published on her blog, *RawFoodSOS.com*, have frustrated mainstream nutritionists and other health figures promoting flawed dietary dogma. A summa cum laude graduate from Northern Arizona University, her motto is "I don't want to feel good, I want to feel awesome!" As a result of her own research in seeking relief from food allergies and firsthand discovery of various diets and nutritional regimens, Ms. Minger published *Death by Food Pyramid* in January 2014 unveiling the shocking consequence of following the federally recommended guidelines for nutrition.

Tara Dall, MD • Wed., February 3

Game-Changing Tests for Early Detection of Heart Disease and Diabetes

Dr. Dall is a board certified lipidologist with roots in family medicine and training at the University of Wisconsin, Madison and is founder of the Early Detection Center for Heart Disease and Diabetes. She has spent nearly 20 years using advanced biomarker testing in the clinical care of her patients. She has a special interest in the role of insulin resistance in cardiovascular disease, women's heart disease, polycystic ovarian syndrome and childhood obesity. Dr. Dall was one of the first to suggest that we would best benefit by doing away with traditional cholesterol testing and instead checking cholesterol particles — a perspective that is now supported by accepted research.

Tom O'Bryan, DC • Wed., March 9

Gluten and Your Gut – What's The Big Deal?

Finishing up the 2016 Wellness Matters Speaker series is Tom O'Bryan, DC, an internationally recognized speaker and founder of www.theDr.com. He specializes in complications of non-celiac gluten sensitivity, celiac disease and autoimmune disease as they occur inside and outside of the intestines and how they connect to diseases and disorders. Dr. O'Bryan recently hosted the paradigm-shifting 'The Gluten Summit — A Grain of Truth,' bringing together 29 of the world's experts on celiac disease and non-celiac gluten sensitivity at www.theglutensummit.com.

The lectures will be held in the Helene Galen Auditorium located at the Annenberg Center for Health Sciences at Eisenhower in Rancho Mirage. Tickets for the entire series are \$125; individual lecture tickets are \$45, \$65 at the door.

For more information, please call (760) 610.7360, e-mail WellnessInfo@emc.org or go to emc.org/wellness.

WLF Announces 2016 Women Who Rule!

The Women Leaders Forum (WLF) of the Coachella Valley proudly announces the honorees for its 4th Annual "Women Who Rule" Fundraiser presented by Desert Regional Medical Center. Five deserving women will be honored for their extraordinary community leadership, public service, commitment to education and visionary entrepreneurship on Friday, January 29 at the Agua Caliente Resort Spa.

WLF Desert Visionary Award: Judy Vossler and Lisa Vossler Smith

This mother/daughter team has been an integral part of the Valley's rich history and style. Judy, currently senior vice president of the Greater Palm Springs Convention & Visitors Bureau, has been a part of area development for over 30 years. Lisa grew up here and is currently the Executive Director of Modernism Week. She is passionate about promoting cultural tourism and the rich heritage of the Palm Springs desert region.

Mary T. Roche Community Leadership Award: Madeline Redstone

Madeline served as the managing director of Bear Stearns & Co. before retiring into a life of giving back. She currently serves on the Board for the Hazelden Betty Ford Foundation, the Nashoba Brooks School, the Palm Springs Museum, the Women's Division of the Jewish Federation and the Palm Springs Film Festival. She is also a member of the Children's Trust of the Boston Children's Medical Center.

Helene Galen Excellence in Education Award: Dr. Susan Murphy, Ph. D., R.N.

Through her writing, lectures, consulting and nonprofit work, Dr. Murphy is a consummate educator. She has over 25 years of national and international experience with over 300 organizations, including many Fortune 500 companies. Her extensive background combines the three worlds of corporate leadership, academia and management consulting and she is a member of USF's Graduate School faculty. Dr. Murphy has significantly contributed her talents to both WLF members and the Young Women Leaders mentoring program.

WLF Inspiration Award: Carolyn Caldwell

Carolyn is an inspirational women leader in our community and continually supports WLF. As the president and chief executive officer for Desert Regional Medical Center, she oversees the area's only level II trauma center and region's only neonatal intensive care unit. Caldwell serves on the board of trustees for the American Hospital Association, a national organization that represents close to 5,000 hospitals, health care systems, networks, other providers of care and 40,000 individual members. In addition, she serves on the board of the Desert AIDS Project and under her leadership, Desert Regional Medical Center became the lead sponsor of Get Tested Coachella Valley.

The luncheon is open to all and proceeds, along with a matching donation of up to \$50,000 from Pathways to Success, a division of the Coachella Valley Economic Partnership, will go directly to college scholarships for the best and brightest members enrolled in WLF's Young Women Leaders Mentoring Program. Since its inception in 2001, WLF has raised over \$350,000 in college scholarships to outstanding participants in the Young Women Leaders Mentoring Program. This year, \$20,000 in merit scholarships will also be distributed.

"We are thrilled to honor these exceptional women in the Coachella Valley," said Event Chair Lauren Del Sarto. "Each one has demonstrated a dedication to leadership, and as a group, they truly are women who rule."

The festive event kicks off at 11 a.m. with an elegant champagne reception and spectacular silent auction, followed by a 12 p.m. awards ceremony and lunch. Tickets are \$65 for WLF members, \$85 for non-members and \$750 for a table of ten. For more information, visit www.wlfdesert.org.

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For ticket information visit
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All approved nominees will be featured in upcoming issues of *Desert Health®*.
Three finalists in each category will be selected by our Executive Committee and
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(2015 nominees who did not take home a Welly may be nominated once again)

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