

# Desert Health<sup>®</sup>

News from the Valley's Integrated Health Community

March/April 2015

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## Yes, We Can! Because Health Matters

**By Lauren Del Sarto**

When you read about the movement towards wellness, you may regard those taking part as an elite group. But they aren't. They are individuals just like you and me who see the effects of diabetes, cancer, AIDS, and other chronic diseases and want to see change.

Those involved have a will to succeed and an open mind to collaborate with others for the greater good. They are starting small in their own homes, neighborhoods, governments and businesses, and building from there.

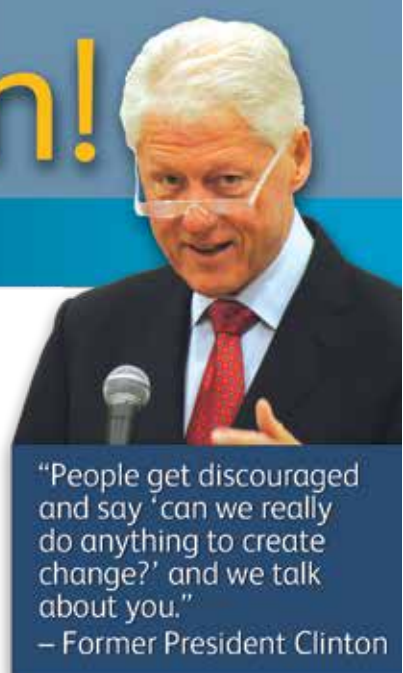
This is the premise behind the Clinton Health Matters Initiative (CHMI): creating systematic change for wellness at the community level which can be shared and duplicated in other communities. The Coachella Valley was the first region challenged with this undertaking and according to the President and his team, we are doing a very good job.

"I just want to encourage you, and to tell you that we go around country and talk about you," President Clinton told the audience of local participants at the kick-off breakfast for the Clinton Health Matter Activation Summit in January. "People get discouraged and say 'can we really do anything to create change?' and we talk about you."

He stated that three years ago, when his foundation was asked to get involved in the Bob Hope golf tournament, he knew he wanted to make a difference in the community. It wasn't long before he realized that the Coachella Valley was one of the most economically and racially diverse communities in America with both the need and the resources to effect change. Since the CHMI launch in our valley, they have established a Blueprint for Action in Central Arkansas, Greater Houston, Northeast Florida and Mississippi.

Because of the progress and achievements we have made locally, he adds, people see that this works. "That if you get all the stakeholders together, they can make a difference."

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## Health is a Choice

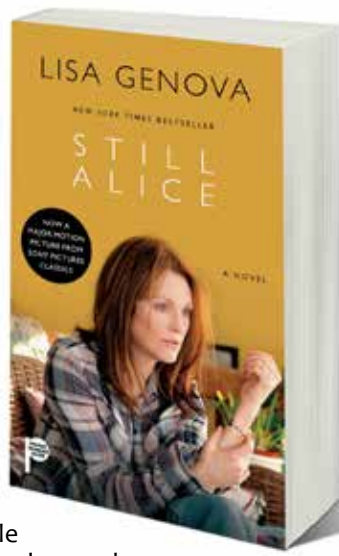
**Lisa Genova had a dream. She wanted to someday write** a book, but as a Harvard-trained neuroscientist, her family and colleagues laughed at the thought. Ironically, life circumstances led her to that dream sooner than expected, while her grandmother's diagnosis of Alzheimer's led her to the valuable research that made *Still Alice* a New York Times bestseller and major motion film.

*Still Alice* is unique in that it speaks of the disease from the patient's point of view, giving readers a glimpse of what life with Alzheimer's might be like. It is the only book of its kind endorsed by the National Alzheimer's Association.

On her way to the Oscars, Dr. Genova stopped in the Desert to share her story as part of the Eisenhower Wellness Matters Speaker Series. While it was inspiring to hear her journey, the most important messages came from her years entrenched in relationships with those diagnosed with the disease in an attempt to understand what they were going through. She is still good friends with many today.

Genova came to understand the frustration of caretakers in conversations and interactions with their affected loved ones. "You have to get comfortable with being uncomfortable," she says. Much of her advice stemmed from acting classes she

*Continued on page 23*



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## Working Toward Wellness



What a wonderful year this has been so far! We are lucky to live in this incredible community with so many opportunities to grow and learn, and with such a focus on living – and being – well.

Did you attend the Eisenhower Wellness Speaker Series lectures by Dr. Davis or *Still Alice* author Lisa Genova? Those in attendance are still talking about their impactful content. The Health Matters Activation Summit brought over 400 participants from across the country to brainstorm on how we can continue to improve the health of our communities nationwide. Many of you walked or ran in the Mayor's Race & Wellness Festival which attracted record crowds this year. Well done!

There are so many ways to take part in the wellness movement. We hope this issue inspires you to step out of your comfort zone and try something new on your path toward good health. It doesn't have to be as dirty as Jennifer DiFrancesco gets in her column (p. 12); it could simply be attending an educational event while supporting a cause– there are plenty taking place! (p. 28).

You never know where your path to wellness may lead, how many people you will meet or inspire along the way, or how grand your results may become. We heard this from many Desert Health® Wellness Award nominees (p.15); when they took their first step toward health, they never imagined their impact would receive such recognition. But others noticed, and we are proud to shine the spotlight on their efforts.



Lauren with Clinton Health Matters Initiative CEO Rain Henderson and Regional Director Tricia Gehrlein

What is your next step? Read away, get inspired and let us know how you are proceeding on your path toward wellness.

*Lauren*  
Lauren Del Sarto  
Publisher



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## Diabetic Wound Care a Priority

### At new Advanced Wound Healing Center

Desert Regional Medical Center has opened the Advanced Wound Healing Center, with locations in Palm Springs and La Quinta, to provide sophisticated medical solutions for patients with difficult-to-heal wounds, including individuals with diabetes and other chronic conditions.

If a wound has not healed within a month, it is considered a chronic condition that requires medical attention. Those with diabetes face increased risk of health complications including impaired blood circulation, loss of nerve function, a weakened immune system, foot ulcers and infections – all of which can lead to lower extremity amputations.



Diane Bakke, RN, speaks with a patient in the center's new hyperbaric oxygen chamber.

The new center offers a comprehensive approach with a multi-disciplinary clinical team and some of the latest wound healing technologies, including hyperbaric oxygen therapy (HBOT) and reconstructive surgical procedures. "The team approach to care is what distinguishes our program," said Medical Director Oscar Paz-Altschul, MD. "We have physicians from various specialties – including wound specialists, vascular surgeons and foot-and-ankle surgeons – available to review each case and determine the clinical approach that has the best opportunity for successfully healing the wound."

For many diabetic patients with ulcers and poor circulation, a combination of HBOT and surgical procedures to restore blood flow can save a limb. HBOT accelerates the body's natural healing process by delivering 100% pure oxygen under pressure greater than sea-level, which studies show directs oxygen to the tissues and body systems affected by injury, infection or disease. It can also promote the growth of new blood vessels in these areas. Patients simply breathe in the oxygen while placed in a comfortable chamber.

"This really takes wound care to the next level for our outpatient population," says Program Director Katie Schnaser, FACHE. Since the centers opened in January, they have seen a variety of wounds including diabetic foot ulcers, venous ulcers, vascular wounds, and pressure ulcers. "Our new diagnostic testing equipment allows us to measure the blood flow and oxygen reaching the affected area, which is important because we really want to go beyond the treatment of the wound and identify the root of the problem."

The Advanced Wound Healing Center at Desert Regional is part of the Amputation Prevention Centers of America, a network of wound healing centers devoted to the avoidance of amputations among the growing number of people in the country who suffer from the complications of diabetes or peripheral arterial disease. Desert Regional locations include 47647 Caleo Bay Drive, Suite 110 in the La Quinta Medical Center and 1180 N. Indian Canyon Drive in the El Mirador Medical Plaza on the main campus in Palm Springs.

For information and appointments call (760) 323-HEAL (4325).



### Coachella Valley's Health Care Industry

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## Disaster Training for Local Health Academy Students

If disaster were to strike during school hours, would you know what to do?

Members of the La Quinta High School Medical Health Academy (MHA) sophomore class are now more prepared to help themselves and their friends after taking a national disaster training program offered by FEMA called Community Emergency Response Team (CERT).

In January, MHA students took the 20-hour course which certifies volunteers throughout the country in disaster preparedness and emergency response. Taught by Jerry D. Hagen, Shane Reichart and Eric Cadden, emergency services coordinators with the Riverside County Fire Department Office of Emergency Services, the training included information about the potential disasters that could affect this area and how to safely and responsibly respond to them in an effort to help students protect themselves, their family, and their friends.

After a disaster, professional responders are needed everywhere. In the chaotic aftermath of an emergency, Teen Cert responders can help until professional responders arrive.

The MHA students learned critical skills such as extinguishing small fires, conducting light search and rescue, disaster medical operations, assisting those who are injured, setting up medical treatment areas and triage, assisting emergency responders, identifying and anticipating hazards, cribbing, reducing fire hazards in the home and workplace, and how to help reduce survivor stress. These students will play a vital role as the student emergency response team for the La Quinta High School campus.

Now residing in its new campus facility, the medical health academy at La Quinta High School is a three-year program focused on medical health careers. There are seven health academy programs in the Coachella Valley helping to prepare the next generation of health care workforce in our region.

For more information contact Kathryn Pedersen, lead teacher of La Quinta High School Medical Health Academy, at [Kathryn.pedersen@desertsands.us](mailto:Kathryn.pedersen@desertsands.us). La Quinta High School is located at 79255 Blackhawk Way in La Quinta (760) 772.4150.



LQ Medical Health Academy students working toward CERT certification.

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## Have You Considered Saving a Life?

By Greg Evans, OD

I don't know when I finally awoke and decided, "OK, enough thinking about it, it's time to act." A kidney transplant was a big personal commitment and would create the chance to make a huge difference. Patients that are candidates for kidney transplantation have already used up all their options and the end of the road is dialysis. Our kidneys function to clean the blood, and dialysis doesn't work nearly as well as a properly functioning kidney.

Every day, 14 people die waiting for a kidney transplant. As of January 3, 2015, there were 123,233 candidates in the U.S. waiting for a transplant. The number of transplants completed January to October 2014 was 24,383. 70% of donors were under age 49 and 27% from ages 50-60. In 2012, they identified only one anonymous donor.

During one of my kidney function tests called a Renogram, the radiology technician noticed we were only 17 days apart in age. We got to talking about the relationship to the recipients of previous transplant donors. I was curious to learn how many donors were anonymous. He said I was the first he had seen in his 30 years as a tech and the 8 years they had been doing it at Loma Linda. I also asked him if he would donate a kidney. He thought about it for a minute and said, "Yeh, I guess I would" as if the thought never crossed his mind.

Did you know that if you become a donor and at some point in your life you need a kidney you get moved to the front of the line? Also worthy of mention, kidney donors actually have a lower lifetime risk of kidney disease (3x lower) than the general public. When you learn about the meticulous care that goes into screening donors it makes a lot of sense. There are a lot of resources devoted to a kidney transplant and the costs to the health care system with surgeons, surgery centers, labs, CT scans, blood work, coordinators, directors, advocates, nurses, radiology testing and follow-up for both the donor and the recipient are enormous. My labs and hospital bills were all covered under something called the "kidney transplant program."

Before the transplant center spends a lot of money and effort on you, they want to make sure you don't have any major issues. That means a visit (and explanation) to my general practitioner. He had never had an anonymous donor patient before and was curious. I also thought he was going to start asking psychological questions like "have you been feeling depressed lately?" Instead, he played it down and ordered the list of labs they specifically wanted.

Each donor is reviewed not by one person but by a team that decides on the viability of that donor kidney and the match with the patient. They also decide on who gets a kidney like mine. I do know that of the 4,700 living donors in 2013, around 70% were white, 14% Hispanic, and 11% were black. I researched the politics of who gets a kidney and for non-directed donations, especially with blood type O (universal donor), and found that there are very specific rules to ensure that the recipient process is as fair as possible.

In all the literature, including the release, they make no bones about the fact that

*Continued on page 6*



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# Neck and Back Pain Relief Starts with Proper Posture

By Farhad Limonadi, MD

Low back pain is a very common health problem for 60 to 70 percent of people, according to the World Health Organization. Studies suggest the highest incidence of low back pain starts when patients are in their 30s and increases until the age of 60-65.

The 2010 Global Burden of Disease Study estimated that low back pain was among the top 10 diseases and injuries<sup>1</sup> and the leading cause of activity limitation and absence from work, causing a high economic burden for individuals and families.<sup>2</sup>

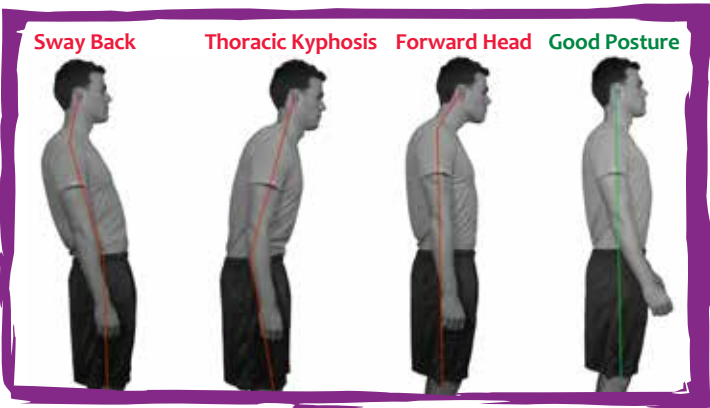
Neck pain is another common problem affecting two-thirds of the population at some point in their lives.<sup>3</sup> While many studies link traditional desk and technical jobs to chronic neck and back pain, advancement in technology and prolonged use of personal computers and tablets are further adding to the problem. It has been well demonstrated that the gravitational demand on the neck is 3-5 times greater during tablet computer use compared to a neutral posture of the neck due to flexing and forward tilt.<sup>4</sup>

Perpetual slouching of the head, neck and back can result in musculoskeletal sprain and strain (common causes of neck and back pain), and furthermore, can contribute to progressive deformity of the spine.

Maintaining proper body posture is one of the first and most important steps in the prevention and treatment of neck and back pain.

One way to check your posture is to stand sideways in front of a mirror with your chin held parallel to

the floor and visualize a straight line going through your earlobe, shoulders, the center of your hip, and through your ankles. Imagine a string pulling the top of your head toward the ceiling. When sitting, choose a chair with a straight back and let your shoulders rest against the back of the chair with your upper back straight. When using a computer or iPad, ensure proper distance and angle between your eyes and the screen so that you are maintaining proper posture and not bending or thrusting your neck or back forward.



Recognizing your position is the first step in preventative care.

Continued on page 6



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# Gluten-Free Globally

By Lauren Del Sarto

When the latest diet craze gains momentum, many shrug it off as just another passing American fad. I heard several people say this after the author of *Wheat Belly*, William Davis, M.D., spoke here in January. His on-going conversation details the biophysics, consequences, and science to support a growing intolerance to today's wheat and grains.

This led me to ask, if Americans are having issues with pasta, what in the world is happening in Italy? Are we the only ones recognizing a growing increase in celiac disease in our children? Is this, in fact, just another American fad?

The answer is an unequivocal "no." In fact, due to the rapidly growing number of celiac cases around the world, many countries have implemented official government policies protecting those with the disease and those who must eat a gluten-free diet.

Following are some of those policies as outlined by the Celiac Disease Foundation (celiac.org), which in its 25 years has seen the disease – and gluten sensitivity – significantly increase. Let's start with the land of pasta and pizza...

## Italy

**All Italians are tested for celiac disease at an early age (by 6).** Each Italian citizen over the age of 10 with celiac disease receives a **monthly stipend** of 140 euros, which can be spent on specific gluten-free foods (regulated by the Ministry of Health). Italians with celiac disease also **receive extra vacation time** to shop/prepare GF food. The Italian Celiac Association and government have done an excellent job educating restaurants on how to deal with celiac disease. **There are even gluten-free meals in schools, hospitals, and all other public eating establishments.**<sup>1</sup>

## Argentina

Argentina recently implemented its "National Program for the Detection and Control of Celiac Disease." The program not only promotes awareness and knowledge regarding celiac disease, it also implemented an impressive array of labeling restrictions and created a national logo for all certified GF packaged foods. For residents, Argentinian health care providers must cover the cost of alternative flours and gluten-free mixes.<sup>2</sup>

## Australia and New Zealand

Australia and New Zealand have the toughest labeling laws in the world; these have been set by the Australia New Zealand Food Standard's Code and apply to all food sold or prepared for sale, including imported food. The Australia New Zealand Food Standards Code requires the following:<sup>3</sup>

Continued on page 17

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### Neck and Back Pain Relief Starts with Proper Posture

*Continued from page 5*

The best way to maintain proper posture is to constantly check yourself - or ask your family and friends to keep you in check - which can result in behavioral modification. Alternatively, there are electronic wearable devices that help users maintain a desired posture with a simple electronic alert mechanism.

Lastly, it is important to note that not all back and neck pain is due to poor posture. With persistent neck and back pain, it is crucial to seek the evaluation of a health care provider as the differential diagnosis of neck and back pain is quite extensive and requires expert evaluation. Multidisciplinary evaluation is beneficial for proper diagnosis and a prompt, effective treatment plan. The good news is that of the hundreds of patients we see, only a small fraction require surgical intervention, and most are managed with appropriate conservative measures.

*Dr. Limonadi is a neurosurgeon with Desert Spine & Neurological in Rancho Mirage and can be reached at (760) 837.8020.*

References: 1) Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. Lancet, 2012, 380(9859):2163-96. doi: 10.1016/S0140-6736(12)61729-2. Erratum in: Lancet, 2013, 381(9867):628. Al Mazroa, Mohammad A.; 2) Andersson GBJ. The Epidemiology of Spinal Disorders. In Frymoyer JW (ed.) The Adult Spine: Principles and Practice. Philadelphia, Lippincott-Raven, 1997, pp. 93-141; 3) Binder AI (2007). "Cervical spondylosis and neck pain". BMJ 334 (7592): 527-31. doi:10.1136/bmj.39127.608299.80. PMC 1819511. PMID 17347239; 4) Ergonomics. 2015 Feb 2;1-15. [Epub ahead of print] Vasavada AN1, Nevins DD, Monda SM, Hughes E, Lin DC.

### Have You Considered Saving a Life?

*Continued from page 4*

"there will be pain." Fortunately, they follow up with the assurance that "it will be well controlled with medication." Thank goodness for modern drugs. Most donors are expected to be off work for 4-6 weeks.

The preoperative workup included kidney function labs, drinking a ton of water, 6-7 blood draws including one for 22 vials of blood, a Glomerular Filtration Rate test, a CT scan and a Renogram. During the GFR test a chemical marker is injected into your vein and blood is drawn each 30 minutes for 2 hours starting after the first 30 minutes. The concentration of this marker in your blood is a measure of the efficiency of the kidneys. It estimates how much blood passes through the glomeruli of the kidney per minute. The Renogram test involves a radioactive isotope that is injected into your vein while a special camera takes images showing the isotope being filtered through your kidneys.

Turned out after going through all the testing that my 59 year-old kidneys were healthy, but just didn't have enough flow to be a good candidate for transplantation. As the doctor who broke the news to me said, "If we take one of your kidneys you'll be looking for a donor in 10 years." My wife was relieved; I was ..... disappointed.

As of end of January 2014 there were 123,000 patients waiting for a kidney. Want to change a life? Consider donating.

*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.evansyecare.com](http://www.evansyecare.com).*

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## PET/CT: Not a CAT-Scan for Your Pet

By Bernadette M. Greenwood, BSRS, RT (R) (MR)(ARRT)  
and Adam Brochert, MD

PET/CT is an acronym that stands for "positron emission tomography/computed tomography." It is a combination of PET and CT (CAT scan) which combines the best of both worlds in terms of functional metabolic imaging at the cellular level, and anatomic imaging for structural detail. It also incorporates the PET scan's ability to use special probes (also called agents or tracers) to identify areas of abnormality.

In cancer imaging, PET/CT can be useful to map out locations of old or new cancer growth. Cancer cells reproduce rapidly

and in order to do that, they consume glucose (a form of sugar). The faster the cancer cells grow, the more glucose they consume. FDG is a safe and effective form of glucose that emits particles called positrons; when

FDG is injected into a patient, it becomes concentrated in areas of rapid consumption. A PET/CT scan detects these areas of increased FDG and maps the abnormal area onto a CT image showing structural detail. This helps the physician detect the presence of disease and localize it precisely.

For these reasons, PET/CT is commonly used in cancer imaging; it is also used in cardiology to image the part of a heart that may have suffered damage following a heart attack. PET/CT can also

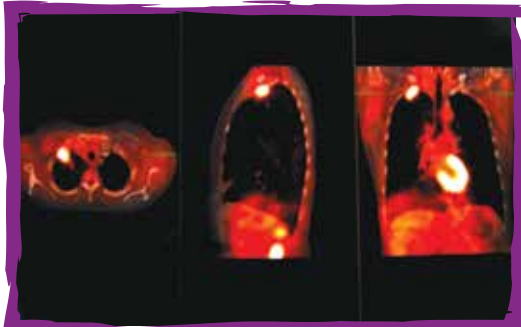
demonstrate coronary artery disease before the onset of symptoms, and show if a cardiac treatment has been effective. PET/CT can also be useful in better understanding brain metabolism, particularly for Alzheimer's disease, epilepsy and Parkinson's.

A PET/CT scan is a simple process which can significantly help your health care team identify issues and guide your treatment and care plan. The scan process includes some preparation such as no eating or drinking for 6 hours before your study, and no heavy exercise

for one day prior to your exam. At the time of the examination, an I.V. will be placed and a painless injection will be administered. Patients lie quietly (without speaking) for 60 minutes allowing the FDG to

distribute in the body. After the scan is completed, you may leave and resume normal activity. A report will be sent to your doctor by an expert radiologist, and your doctor will contact you with the results.

Bernadette Greenwood is director of clinical services at Desert Medical Imaging (DMI), as well as an author and educator. Dr. Brochert is a board-certified radiologist at DMI who specializes in PET and cancer imaging. For more information visit [www.DesertMedicalImaging.com](http://www.DesertMedicalImaging.com) or call (760) 694.9559.



PET/CT demonstrating a lung cancer in the right lung apex and normal heart uptake

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## The ABC's of Age-Related Macular Degeneration

By Camille M. Harrison, MD

Age-Related Macular Degeneration (ARMD) is the leading cause of vision loss in people over the age of 65. It is believed that just over 2 million Americans have some form of ARMD which is far more common in the Caucasian population than in other ethnic groups.

There are 2 types of ARMD commonly referred to as “dry” and “wet.” All macular degeneration starts as dry disease. It is our goal as an eye care community to detect the disease in its earliest stages so that early treatment can be instituted. Therefore, dilated eye exams are recommended yearly after the age of 50 to screen for this condition. Technology has provided us with significant improvements in early detection, most specifically an imaging technique called OCT. If you have a family history of the disease or have been diagnosed with the condition, it is important to ask your eye care specialist to do this test routinely. This is a simple, noninvasive office study that provides a great deal of information about the health of your aging retina.

Typically, dry macular degeneration results in small amounts of central vision loss and distortion. In 10 to 15% of patients, the disease will advance to the wet form of the disease. This form, if untreated, can lead to the permanent loss of the central vision. The good news is that there are now highly effective treatments for wet macular degeneration which are most beneficial when the disease is detected early.

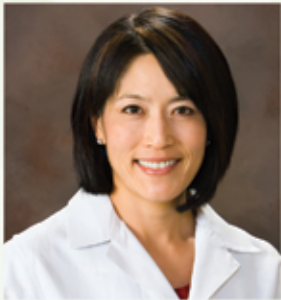
Currently, there are recommended treatments for both dry and wet macular degeneration. Anti-oxidant vitamin supplements have been extensively evaluated by the National Eye Institute for dry ARMD and have been shown to halt the progression of the disease in 25% of patients. We are fortunate now to have excellent treatments for wet macular degeneration as well. Fifteen years ago, a diagnosis of wet macular degeneration would regularly result in the loss of central vision. Patients who were diagnosed with macular degeneration were told to call if they experienced a loss of vision. With the introduction of modern therapeutics for wet macular degeneration, central vision loss can be avoided. Numerous studies have shown that when therapy is introduced earlier in the course of the disease, long term vision is improved. How can we accomplish this? Regular monitoring of the condition with high resolution scans is the answer. If the study shows the early onset of wet macular degeneration, therapy can be started before a patient experiences significant vision loss. These treatments are done as injections in the eye with specialized medications. Fortunately, in the right hands, these injections can be administered with minimal discomfort and optimal results.

The outlook for macular degeneration is much brighter than ever before. The majority of my patients with wet macular degeneration continue to enjoy all aspects of life including reading, driving and living independently.

Dr. Harrison is a vitreoretinal specialist with Coachella Valley Retina in Rancho Mirage and can be reached at (760) 895.1993.

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Acupuncture For Pre- and Post-Surgery

By Mahmoud Yeganeh, MD, L.Ac, and Diane Sheppard, Ph.D., L.Ac.

Traditional Chinese Medicine (TCM) takes a holistic approach to health and regards illness as a sign that the body is out of balance. Unlike western biomedical science, TCM does not make a distinction between the physical, mental, and emotional components of life.

Acupuncture indirectly stimulates the central nervous system (CNS). When an acupuncture needle is inserted into the body, it triggers a cascading effect on neurotransmitters in the brain. Among these neurotransmitters are endorphins which act as the body's own natural opiates. The resulting biochemical changes influence the body's homeostatic mechanisms, influencing such things as the body's perception of pain and physical and emotional well-being.

With this understanding, we can see how acupuncture can be used to greatly reduce pre-operative stress and anxiety. It is important to note that acupuncture does not provide a true anesthesia or unconsciousness, since it preserves all normal sensory, motor, and proprioception sensations. Rather, with the release of endorphins, patients experience deep states of relaxation, calm and drowsiness. Being in a relaxed state prior to a procedure has multiple benefits, among which is a more positive attitude and a reduction in the need for strong anesthetics or opioids.

Pain after surgery is common, often severe and largely unnecessary. It can prolong the hospital stay as it can affect all organ systems. The goal for post-operative pain management is to reduce or eliminate pain and discomfort with minimum side effects. It has been shown that acupuncture treatment before surgery, followed by acupuncture treatments after the surgery, significantly reduces levels of post-operative pain as well as the need for painkillers post-surgery.

Acupunture also helps ease nausea and vomiting, common post-operative symptoms that effect up to 70% of high risk patients. These are basic human reflexes that protect against absorption of toxins. Contributing pre-operative factors to risk include young age, gender (women are three times more likely to suffer post-operative nausea and vomiting as men), prior experience leading to anxiety, smoking status and a history of motion sickness. Causes during procedures include type and duration of surgery and type of anesthetic used. Post-operative factors include pain levels, and medications used to alleviate that pain.

Post-operative acupuncture is also extremely useful in restoring balance and enhancing the body's immune system. After an invasive procedure, the immune system and the gut are weakened, and use of opioids and antibiotics can further compromise intestinal health, leaving the body vulnerable to infection and other issues. It is widely accepted that acupuncture accelerates the healing process by enhancing immune function, elevating the production of blood complements and increasing the circulation of blood, lymph and body fluids. It restores harmony to the gastrointestinal tract as well.

Dr. Yeganeh received his medical degree from Kerman University of Medical Science in 1993. He is also a licensed acupuncturist and works part time with Dr. Sheppard at AcQPoint Wellness Center in La Quinta. (760) 775-7900. www.Acqpoint.com

Now Boarding: Patients Wanted

Angel Flight seeks those with medical transportation needs

By Lauren Del Sarto

When it comes to medical care, transportation is the second most common barrier to cost. And if your means are limited, the specialist hundreds of miles away that you or your child needs may feel out of reach, creating loss of hope and despair.

This is when Angel Flight West (AFW) may swoop in to save the day, and in the Coachella Valley, they are looking for more opportunities to serve.

The network of 1,700 volunteer pilots include retired career pilots, engineers, doctors, and teachers who pay the transportation costs out of their own pocket. They simply love to fly and want to serve. AFW's administrative team of 7 organizes each "mission" and since their inception in 1983, 62,000 have been accomplished; 4,000 in 2014 alone.

"I really like working with kids," says volunteer pilot Norm Brod of Hillsborough, CA, who is spending time in the Desert. "Some of these kids have no chance in life, and they deserve a chance." Brod has worked with AFW for four years and is honored to take part.

At a recent local fundraiser for the organization, I was surprised to learn that one of their challenges is finding patients to serve, especially in this region. "Flying isn't top of mind if someone has

to go to Southern California or Arizona for treatment," said Executive Director Josh Olson. "But the travel can take its toll if you have to repeat a treatment several times. An aircraft can help ease that burden."

They are seeking awareness and outreach to hospitals, medical facilities, non-profit organizations and others locally. "We want to get the word out that we are here and available as a free resource to assist patients who may not have the means to travel," adds Olson. "There is a lot of great health care here, but when a patient is referred out to a specialist, air transportation can often make that referral a reality." AFW serves the 13 western states and works with sister organizations throughout the country.

The name fits as Angel Flight sounds too good to be true. "Sometimes it is hard to get our foot in the door," says Olson. "They think there is an ulterior motive, but there's not. We are ready to serve and looking for the opportunities to do so."

For more information on patient missions, volunteering, or donating to the organization, visit www.angelflightwest.org, and Facebook at www.facebook.com/angelflightwest.



AFW volunteer pilot Christopher Gaertner gives Emily a hand en route to Stanford's Lucile Packard Children's Hospital for treatment.



AFW Executive Director Josh Olson, Desert Jet President/CEO and AFW Command Pilot Denise Wilson, and AFW Chairman Stephen Danz

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## The Issue with GMO Foods

By Shannon Sinsheimer, ND

During the last decade, there has been increased focus on foods and chemicals thought to be harmful to the body. Of particular controversy are Genetically Modified Organism (or GMO) foods. Despite all the attention, many people are still unaware of exactly what GMO foods are, and why are they potentially harmful.

The term "GMO food" applies to any food whose DNA has been manipulated through genetic engineering in a lab.<sup>1</sup> Such a food has been unnaturally altered at its most fundamental level. We simply do not know how the human body may be affected by ingesting genetically altered food. For many, the primary concern is whether GMO foods create discord in both the body and the environment.

GMO foods were created as early as 1943 in an effort to produce a food source that could feed the world's starving populations and introduced into mainstream food circulation in 1994.<sup>2</sup> They now exist in our food supply in heavy quantities. In fact, it would be difficult to buy food in a traditional grocery store or eat in a regular restaurant without ingesting a GMO food product.

The issue is that long-term human safety studies do not have the breadth and depth necessary to truly establish GMO foods as safe for long-term human consumption. There is research on GMO safety, but it lacks in-depth investigation into chronic health ailments now associated with ingestion of GMO foods, including increased risk of allergies, asthma, digestion issues, and dysbiosis (an imbalance of good to bad bacteria in the colon). There has also been research into potential increased risk of cancer; as well as mood, mental health, behavioral, and processing disorders.

Put simply, our bodies absorb and adapt to what we put inside them. We alter our bodies with the foods we ingest, and if those foods contain unnaturally altered DNA, we risk unnatural alteration of our own DNA.

Those concerned with the ramifications of GMO foods can limit exposure by being aware of the common sources. Below are a number of foods to look out for:

- Alfalfa
- Canola (approx. 90% of U.S. crop)<sup>3</sup>
- Corn (approx. 88% of U.S. crop in 2011)
- Cotton (approx. 90% of U.S. crop in 2011)
- Papaya
- Soy (approx. 94% of U.S. crop in 2011)
- Sugar Beets (approx. 95% of U.S. crop in 2010)
- Zucchini and Yellow Summer Squash
- Wheat

The foods above are often components and additives of other foods or ingredients - such as cooking oils or preserving agents. You can still avoid GMO foods by adhering to foods labeled 'Non-GMO' or 'Organic.' Foods without these labels very likely contain GMO ingredients. Be aware that many products marketed as "health foods" still contain GMO constituents. Food products such as canola oil, soy-based meat alternatives, and corn syrup are produced from GMO crops.

If a food is not labeled non-GMO or organic, it should be considered a GMO-containing food.

Dr. Sinsheimer is a Naturopathic Doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.



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## When Diets Fail, Mindful Eating to the Rescue

By Scott Kiloby

Tired of traditional dieting? Mindful eating is a truly natural, conscious alternative that works.

How often do you eat in a really unconscious state, with your attention in conversation or TV? By "unconscious," I'm referring to having attention somewhere other than on the food and the thoughts, emotions and sensations that arise around food. When we are not eating mindfully, it is difficult to gauge our bodies and determine when we are truly full. It is also difficult to actually notice the difference between eating that happens because of real hunger and eating that is based on a need to mitigate negative emotions.

There are several ways that mindfulness can be powerfully beneficial when it comes to eating and overeating. Diets often involve willpower, and science is telling us that willpower just doesn't work that well with addictive cravings. Willpower happens in the frontal lobe of the brain; addictive cravings happen mainly in the midbrain. And the two parts of the brain just don't communicate well. One of the main benefits of mindfulness is that it does not involve willpower.

By being more present and mindful of the colors and shapes of the food and more aware and accepting of the thoughts, emotions and sensations that are coming and going in the moment, you may find that you are not as prone to engaging in compulsive eating and overeating. You may also notice through mindfulness that food often has an aversion that comes along with the craving. For example, along with the craving thought/sensation, "I want that cake," you may become aware of its opposite, "I shouldn't have that cake." This internal tug of war can keep you addicted. Science has revealed that the same part of the brain that is responsible for addictive cravings is also responsible for the anxiety/stress response (the aversion) we experience when there is a big "no" around certain foods. Similar to the forbidden fruit metaphor, the more we think we shouldn't have something, the more enticing it is. This is when the front part of the brain, which is involved in willpower, just can't rescue us.

Mindful eating is a practice. It can be challenging at first because we are so conditioned to eat unconsciously. But practicing mindfulness with someone highly skilled in the approach can help you put away all those diets that haven't worked. It can help you be more in touch with your mind and body during the act of eating and help you naturally put down that fork or spoon once you are full, but not bloated. It can even help you say "no, thank you" to those late night binges that are mostly caused by emotional or "bored" eating.

Scott Kiloby is founder and director of the Kiloby Center for Recovery, one of the first addiction treatment and dual diagnosis centers to focus primarily on mindfulness. He is the author of six books including *Natural Rest for Addiction* and offers consulting to treatment centers desiring to bring an effective, mindfulness approach into their programs. For more information, visit [www.kilobycenter.com](http://www.kilobycenter.com).





DECLUTTERING: 101

By Susan Murphy, Ph.D., MBA

Are you a “stuff-aholic”? Many people collect stuff. Some even pay for storage units to house their extra stuff. Answer this honestly...when you walk into your home, is there a sense of overwhelm and frustration as you see piles of clutter from papers, magazines, clothes, gadgets and dishes?

Don't feel badly if this describes you. Some of the world's nicest people attract clutter, and there is some rationale behind it. You may think you'll need it later or perhaps you spent serious money on it, so you feel obliged to keep it. Maybe it has sentimental value. Some clutter bugs will delay downsizing to a smaller home so they don't have to deal with their stuff. Others won't have friends over because they are embarrassed about their clutter.

Why should you declutter? Clutter robs you of energy and cuts into your productivity. How much time do you spend looking for items that aren't where they're supposed to be? The stress of a cluttered life means you may work longer hours, miss deadlines and misplace important documents. A Princeton University study found that physical clutter in your surroundings competes for your attention and can have a negative impact on your ability to focus, process information, make decisions and think creatively.

Where do you start?

**First, realize that you may resist decluttering.** If you've ever seen the TV show *Hoarders*, you've watched people resist parting with their stuff. You may feel the same way as you tackle the project.

**Set a SMART goal for your decluttering.** SMART goals are Specific, Measurable, Achievable, Result-oriented, Time-bound. Last year, my SMART goal was to declutter and organize my garage by December 31. I took a whole year - and I achieved it.

**Select 4 boxes** for your items and apply labels: “Keep”, “Maybe Keep”, “Trash” and “Charity or Consignment.”

**Start small.** Tackle one drawer or shelf at a time. Do not empty all your drawers simultaneously, but one at a time. Do not progress to another area until you've finished with your first small area.

**Declutter one room at a time.** Choose a room where you will be successful quickly in achieving your goal of being clutter-free. As you declutter you will feel freer and lighter. One client said she felt “100 pounds lighter” after decluttering her first room, plus she felt motivated to keep going.

**Set a timer for 15 minutes.** You'll be amazed by your progress after 15 minutes of uninterrupted, focused time. If you have time, set it for another 15 minutes. Don't declutter for more than one hour the first day, so you will save your energy and enthusiasm for the next day.

**Extra tips.** Avoid putting paper in horizontal piles – it's more peaceful to see some open space on desks and surfaces. Take photos to remember items – one guy took pictures of his 1000 beanie babies before donating them. Stick to the Rule: “When in doubt, throw it out.”

Enjoy the process! You never know, you may find some hidden treasures among your clutter.

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.



Your Brain on Gluten

It has taken us over 200 years to discover and prove that gluten, introduced late into the human diet, can - and is - producing disease. Gluten, the protein in wheat, normally associated with gastrointestinal problems, is now clearly linked to dysfunction of the brain along with other systems of the body. It is eye opening to find that studies reveal 60% of those with any form of non-celiac gluten sensitivity (NCGS) do not have symptoms related to the gastrointestinal system, but which are neurologically based.

The more common neurologic disorders include chronic headaches or migraines, developmental delay, “brain fog,” learning disorders, and ADHD. However, at the top of the list are anxiety and depression.

Dr. Hadjivassiliou of the United Kingdom, a recognized world authority on gluten sensitivity, reports in *The Lancet* journal that “the antibodies that a person has when they are gluten sensitive can be directly and uniquely toxic to the brain.” In short, this means that a person sensitive to gluten may not experience gastrointestinal symptoms at all; symptoms may only be experienced in the brain.

Many people with celiac disease and gluten sensitivity can tell quickly when they've been “glutened,” often reporting that they can feel their brains clouding up and physical actions becoming slow and clumsy. This phenomenon is known as “brain fog.” Some people are more sensitive than others when eating gluten; some feel symptoms, some don't. Yet there is no doubt that the detrimental (often silent) conditions do progress as you continue to trigger the IgG antibodies by continuing to eat gluten - whether you feel it or not.

Dementia sufferers and young and old

suffering from epilepsy are commonly diagnosed with celiac disease, which is usually not uncovered until later in life. Screening for NCGS or celiac disease are not standard protocol, yet early diagnosis and removal of the “trigger” by implementing a gluten-free diet is a promising therapeutic intervention for these symptoms and conditions. Scientists are now even suggesting that at minimum, IgG anti-glutadin antibodies should be part of the routine investigation of all patients with neurological dysfunctions, helping identify a common marker of gluten sensitivity.<sup>1</sup> It is interesting to note that in Italy, all children are tested for celiac by age 6 (see *Gluten-Free Globally* page 5).

With a reported 83% of gluten sensitive people still undiagnosed<sup>2</sup> today, many integrative doctors all over the world are recommending and seeing great results on gluten-free diet trials with those suffering from symptoms previously mentioned, as well as neuropathy, autism, obsessive compulsive disorder, insomnia, tremors, autoimmune diseases, and multiple sclerosis.

Yet, since research on non-celiac gluten sensitivity is in its infancy, not all physicians have accepted it as a “real” condition. Consequently, not all will provide patients with a clear diagnosis of gluten sensitivity, even if all the signs are present. Most doctors will gladly rule out celiac disease, but gluten sensitivity is not diagnosed by the same methods of testing.

Everyone should consider how gluten may be attributing to ailing symptoms, and ask your doctor or health professional about getting tested and starting on a proper gluten-free diet.

References: 1.) <http://jnnp.bmj.com/content/72/5/560.full> 2.) <http://www.celiaccentral.org/ceeliac-disease-in-the-news/Celiac-in-the-News/161/vobid--9539/>



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## Living Wellness

with Jennifer DiFrancesco



### Step Outside Your Comfort Zone and Find Your Fitness Tribe

Working in the spa and fitness industry has definite benefits. It is an environment that allows one to feel inspired by individuals focused on health, wellness and personal motivation. I am constantly feeding off the energy of four personal trainers and other health professionals at Toscana Country Club where I work. It is with motivation from these co-workers that I would elevate my personal self-improvement plan with the help of two little words: "Spartan Race."

How did the Spartan Race enter my life?



Stepping outside of her comfort zone, DiFrancesco enters the mud pit.

Upon arriving at work one day, I heard the rumblings from a small group of co-workers who were forming a Spartan team. This group was already plotting to convince me that I should be part of their "Gladiator" conquest. From the little I knew about a Spartan Race, I imagined an extreme series of hair-brained, absurd obstacles to conquer. Never in my wildest dreams could I see myself crawling on my hands and knees under barbed wire in mud to meet a physical goal. My diligent, daily exercise routine gravitated towards calmer forms of exercise such as Pilates, yoga, hiking and long, serene bike rides. I was never drawn towards P90X, CrossFit, or Navy Seal-style boot camp training.

This picture of a savage woman crawling in the dirt fed my imagination as I started to research what I would be getting myself into by committing to this team challenge. A few days passed and before I knew what hit me, I had signed up to be a fellow Spartan. After my last-minute sign up (our challenge was three weeks away!), I did my best to juggle work and workouts as well as relinquish a need to win or control the inevitable.

When the day came to join my "tribe" for this true test of personal will, the buildup of nerves and emotions vacillated between numb and nervous. On race day, our team entered what looked like a crime scene of strange obstacles and I started to scope out the participants. There were muscular head gym sharks, painted Herculean warriors, and a sprinkling of ordinary participants - such as our team - with Spartan bandana headgear.

Lining up before the start, my tribe huddled and reaffirmed that we would stick together and support each other. The day consisted of running up hills, carrying buckets filled with rocks and sandbags, throwing spears, swinging from ropes, jumping through fire, and doing a ton of burpees (a push up will never be the same now that I am intimate with performing burpees). All of these challenges forced us to confront physical and mental obstacles, but most importantly, they taught us the value of our strong bond of mutual support. During a harried challenge, while looking for but not finding my fellow tribe members, I briefly caught the eye of another stranger who was there for support. A plethora of fist pumps and high fives were constant proof that we were all on one team and in this thing together. There is no better feeling.



DiFrancesco and her Spartan tribe

In life, our first basic need is shelter and food. After that, we must feel love and support in order to reach the pinnacle of self-actualization: the realization of being fully alive and having a defined sense of self. The supportive experience of a Spartan Race tests all conventional limits of challenge while working with others in a supportive tribe; it is the best way to feel complete belonging and personal achievement.

I cannot wait to meet up with my Spartan tribe next year.

I hope my experience encourages others to step outside of their comfort zone and add a challenge such as a Spartan Race to their bucket list of things to do in life.

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# Understanding Reflexology

More than just a foot massage

Provided by Footloose Reflexology

People often think that reflexology is simply a gentle foot massage, when in fact, it's not a foot massage at all. Reflexology is a therapeutic approach used to complement treatments for illnesses and to relieve tension.

It focuses on pressure points in your feet, hands and ears that are connected to other parts of your body. Applying pressure to target areas can help treat specific organs or specific health issues. For example, if you suffer migraines, the pressure points are in your toes. Your reflexologist would begin a treatment pattern that ultimately covers your entire foot and provides a treatment for your whole body.

**Your foot serves as a guide map**

Reflexology practitioners include chiropractors, physical therapists and massage therapists. They are guided by foot charts that map out the links of specific areas of your foot's sole to a specific organ. For example, the pads of your four smaller toes are linked to your sinuses; a sliver of your interior heel is linked to your bladder; the ball of your foot shares space with links to your heart and lungs.

The treatments have been used for thousands of years and are known to help those with a broad range of health concerns such as anxiety, asthma, and cardiovascular disease. The reflexologist works to bring your body into balance by applying pressure

to stimulate the nervous system. The nervous system does the real work of balancing your body. The reflexologist gives your nervous system the necessary nudge.

**Bringing your body into balance**

Reflexology is about more than simply easing tightness in a target area of your body or releasing pain. It's about bringing your body into balance. Treatments standardly begin at your fingers, toes, or ears and expand from there.

Before your session, it's helpful to discuss a specific condition with your reflexologist which helps him or her make a direct approach to the area of your feet or hands that are linked to your specific problem. Your reflexologist will also be able to return to that area to confirm the problem has been resolved.


In the end, you may experience a lightness or surge of energy. This further supports the theory that reflexology is a tool which allows the body to nurture and repair itself. And that happens only after your body is free of tension.

Footloose Reflexology has two locations in Rancho Mirage (760) 770.6700 and La Quinta (760) 863.0900.



Points on the feet link to organs and can assist in healing and balancing the body.

Sources: 1) <http://www.mayoclinic.org/healthy-living/consumer-health/expert-answers/what-is-reflexology/faq-20058139>; 2) <http://www.mayoclinic.org/expert-biographies/brent-a-bauer-m-d/bio-20025121>; 3) <http://www.takingcharge.csh.umn.edu/explore-healing-practices/reflexology/what-can-i-expect-first-reflexology-visit>



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# Acute Stress Isn't Very Cute

By Amy Austin, R.N., PSY.D., LMFT

Someone recently told me they were going to the cardiologist for a stress test. This got me thinking that stress really gets to the heart of the matter; pun very much intended. Stress just seems to be part of our society today with technological advances, multitasking, deadlines, double income families, kids' busy schedules, staying afloat financially, life transitions, grief and loss, divorce, blended families - you name it. And, when we explore the biopsychosocial (biological, psychological, and social) parts of a person, we can see the importance of living in the present and not just existing or surviving in it.

Living in the present is attempting to stay aware of your mind chatter or the "hamster wheel syndrome" as we like to describe it, and not letting this chatter lead you by the nose, thereby increasing angst and anxiety. We have a choice as to how we want to live our lives. Thinking one thought that is anxiety provoking and letting it control you by ruminating and worrying can eventually cause emotional and physical exhaustion. Hence, the body gets used to increased levels of adrenaline and cortisol (that fight or flight feeling) and you become one anxious person.

Being mindful and taking simple steps to decrease acute stress is important and can be very easy and effective.

**Breathing.** Breathe deeply at least three times a day. Five slow, deep breaths in through the nose and out through the mouth (like you are blowing on hot soup) can re-oxygenate the brain and energize the body, and feels soothing and calming. Sit while you are practicing this to avoid any dizziness if this is a new exercise.

**Mindful Walking.** The difference between walking for mere exercise and mindful walking is that you are not just walking from point A to point B. Take a walk while observing your surroundings and observe your mind chatter. Eckhart Tolle calls this "watching the watcher." Listen intuitively and give yourself permission to let go and relax. Take time to quiet the mind. Turn off all electrical gadgets and get into a state of 'beingness.' Remember, you are not a human doing, but a human being.

**Make Shorter Lists.** Long lists and high expectations. How many of you make long lists and get stressed when you don't complete everything on them? Make shorter lists. There's always tomorrow.

**Talk It Out.** Talk about the things that cause stress with someone you trust. You don't have to figure it all out on your own; talking helps get things out of your mind, gives you a voice, and often offers new options.

**Find Balance.** Balancing mind, body, and spirit is crucial for keeping stress at bay while supporting a healthy, happy lifestyle.

**Accept Yourself.** Self-acceptance and self-care are essential in achieving good health. Put yourself on the top of the list at times. You deserve it!

Now, that you've finished this article, take a few moments to close your eyes and breathe in relaxation while letting go of the tensions of the day. A few minutes of this type of self-care on a daily basis can help you to lead a happier, more fulfilled life.

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



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## Alternative Cancer Care Pioneers *A look at some who led the way*

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

Over the last several decades, a search for a cure for cancer has largely been focused on developing new chemotherapy drugs, radiation therapy and surgical interventions. Nonetheless, the incidence and mortality of cancer, in general, are increasing. The number of cancer-related deaths is expected to double in the next 50 years in spite of current advances in cancer prevention and treatment. Many of the clinically approved chemotherapy drugs exert deleterious side effects on normal tissues, many times with severe consequences on the overall health and strength of the cancer patient.

Dr. William Kelley was an early pioneer in the field of non-toxic cancer treatment. Kelley, a dentist by professional training, had survived terminal pancreatic cancer in the early 1960s using himself essentially as a 'guinea pig.' Dr. Kelley's treatment protocol was based, in part, on the work of Dr. John Beard, a biologist in the early 1900s who studied human embryonic development. Beard postulated, after years of study, that the body's primary mechanism for destroying cancer cells is contained in pancreatin, an enzyme secreted from the pancreas.

Beard arrived at his hypothesis based on research he performed detailing the steps of how the early human embryo invades and destroys part of the uterine lining before it embeds itself. This is accomplished by cells called trophoblasts which have the ability to divide rapidly, and are highly invasive. They are also capable of escaping the effects of the immune system. It was Beard's contention that trophoblasts were very similar to cancer cells, and in fact, that trophoblasts and cancer cells developed from the same cell line. Beard further concluded that when the embryonic pancreas becomes active and begins secreting enzymes, the trophoblast ceases its cancer-like invasion of the uterine wall.

Beard published many of his findings in a book entitled *The Enzyme Treatment of Cancer* and is credited with the theory of the cancer stem cell. Much of what Beard discovered fell into scientific oblivion until Dr. Kelley began treating cancer patients several decades later.

Dr. Kelley's program can be divided into six basic components:

- 1) An appropriate diet, based on the patient's metabolic type
- 2) Intensive nutritional support
- 3) Protomorphogen support
- 4) Digestive aids
- 5) Pancreatic enzyme therapy
- 6) Detoxification

Dr. Kelley was particularly known for his use of coffee enemas as part of the detoxification step. Other alternative practitioners, such as the late Dr. Max Gerson, also prescribed coffee enemas as part of a detoxification regime. During the 1930s and 1940s, Dr. Gerson developed his own nutritional therapy for degenerative diseases (including cancer) and recommended daily strong coffee enemas for all his patients.

Dr. Kelley believed in treating the patient and not just 'their disease.' He termed this protocol as a 'metabolically-based' approach. He also believed it was important to address energetic problems, often referred to in Chinese Medicine, as well as one's spiritual health. In many ways, he was a true forerunner to the personalized and integrative medicine approaches that many alternative providers are turning to today.

Word spread quickly in the 1970s and 80s regarding the success Kelley was obtaining treating cancer. It was during this time that Dr. Nicholas Gonzalez began his study of Dr. Kelley's treatment protocols using pancreatic enzymes. Dr. Gonzalez published a book entitled *One Man Alone* in 1987 after studying 1,000 of Kelley's patient files and then selecting 50 cancer cases to chronicle. These cases involved 25 different types of cancer. All of these cases were given either a poor or terminal prognosis by the standards of conventional oncology. In all of the cases, Gonzalez documented evidence of regression of the disease, unusual long-term survival - or both - that he logically attributed to the Kelley program.

Dr. Gonzalez currently maintains a private practice in New York City treating chronic conditions including cancer. His website, [Dr-Gonzalez.com](http://Dr-Gonzalez.com) details his cancer treatment program. It also includes testimonials from various researchers and scientists who have reviewed his patient files and validated the positive outcomes his patients have obtained using his protocols.

According to the American Cancer Society, there have been no well-documented studies showing that pancreatic enzyme therapy is effective for treating cancer. However, the significance of what men like Beard, Kelley, Gerson, and Gonzalez have brought to alternative cancer treatment, including the importance of detoxification and proper nutrition, is paving the way for more integrated approaches.

*Dr. John Dixon can be reached at the Natural Medicine Group (760) 345-7300.*

Sources: 1) Dietary Modulation of Cell Signaling Pathways, Packer et.al. 2009 2) One Man Alone, Gonzalez, 2010 3) The Trophoblast and the Origins of Cancer, Gonzalez, Isaacs, 2009

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INDIVIDUAL



**Chuck Amendola**  
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Chuck uses a synergistic blend of traditional and natural health principles to facilitate pain relief and functional performance improvements for his mostly senior clientele. In his 29 years of practice as a holistic health practitioner and physical therapist, he has helped thousands improve and perform to the best of their ability.



**Christian Jelmberg**  
Founder, Street Life Project

Seven years ago Christian had a vision to help those living on the streets who were often forgotten. His organization now provides food, clothing, blankets, toiletries and supplies, as well as mentoring, hope, and education for self-sufficiency to over 300 homeless every week. Many served over the past two and a half years return to inspire others to follow their path.

*“We provide hope to the hopeless, inspire life change, and give love that transforms lives and unites communities. We go after the broken and love them back to life.”*



**Kelly Lewallen, LMFT**  
Licensed Marriage & Family Therapist

Kelly’s mission is to “end dieting.” As a therapist, she focuses on binge eating disorder following a professional protocol for treating the disorder. Dedicated to her clients, she has developed an intensive outpatient program utilizing mindful eating sessions, DBT therapy, process group therapy, basic nutrition and gentle therapeutic movement. Her ongoing support includes weekly alumni meetings and private Facebook pages.

*“We are inundated with daily stresses and often wrongly use food to mitigate our problems and emotions, only creating more. We need to learn to nourish our bodies and our souls.”*

Previously recognized in this category:

Aaron Adame, OD • Christopher S. Bates • Jeralyn Crossfield, MD  
Jill Gover, Ph.D • Steven Gundry, MD • Scott Kiloby • Tina Marx  
Michele Mician • Alexa Palmer • Christy Porter • Mayor Steve Pougnnet  
Vanessa Reyes-Flores • Joel Rodriguez • Cathy Serif • Marta Shand  
Valerie Somervell • Glenn Smith • Carol Teitelbaum, MFT

NON-PROFIT ORGANIZATION



**Melanoma Awareness Project of the Desert (MAP)**

Learning that 19 out of 20 melanoma deaths could be prevented through education, William Lavin started MAP in 2009 while still in high school. With the goal of making a difference, he developed a website, lectures, awareness bracelets and brochures that have educated over 13,000 students (and more adults) about skin cancer. Wills also established free screening clinics targeting those without insurance.

*“We live in a place where the sun shines every day and I felt that this community service project could really make a difference.” – William Lavin*

Previously recognized in this category:

AIDS Assistance Program, Inc. • Desert Blind & Handicapped Association  
Desert Recreation District • Green Acres Sustainable Living Farm  
La Quinta Middle School • Neighbors 4 Neighbors • Palm Springs Cruisin’ Association  
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*“Seeing people cross their first finish line, and knowing that it is a life changing event, is powerful.” – Greg Klein*


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LARGE BUSINESS



**The Vintage Club**

Making membership health a priority, The Vintage Club partnered with the Eisenhower Wellness Institute to develop a comprehensive, preventative program addressing all areas of physical, mental, and emotional health. Vintage Vitality includes individual assessment, a tailored action plan, and post-program evaluation aimed at helping members thrive at an optimum level of health. Individual programs

are coupled with educational group activities. The program is set to be extended to Vintage employees this summer.

*“This new club initiative has led us in a direction where both physical well-being and mental sharpness has become the focal point of our members’ everyday healthy lifestyle.” – General Manager Steve Cenicola*

Previously recognized in this category:  
Massage Envy • Two Bunch Palms

EVENT OR PROGRAM



**Drive Against Hunger**

Now in its fourth year, this annual golf tournament has raised \$73,000 for its chosen charities: FIND Food Bank and The Well in the Desert. The steering committee selected these organizations because of the large number of people they reach and serve valley wide. The event brings together generous sponsors, golfers and community members to make a difference.

*“Anyone can run a golf tournament! We hope to encourage others to donate, participate or start a similar tournament of their own!” – Sue Henricksen, Chairperson*

Previously recognized in this category:  
FIND Food Bank’s Summer Feeding Program  
Palm Springs’ Mayor’s Race & Wellness Festival

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What makes us unique individuals? If we reduce the human equation to our simplest feature, most of us would say our brain, and our ability to think. So it's no wonder that we are concerned about keeping our brain in tip-top shape throughout our lives!

There are six pillars of brain health: healthy diet, mental stimulation, quality sleep, stress management, an active social life, and regular exercise.<sup>1</sup>

**Dietary choices** that create health for our heart or metabolism also create brain health. *The Journal of Alzheimer's Disease* reports that a high-carbohydrate diet is correlated with an 89 percent increased risk of mild cognitive impairment, while a high-fat diet is actually associated with a 44 percent decreased risk of mild cognitive insufficiency. Choosing a diet filled with healthy protein, colorful fruits and vegetables and healthy fat provides the brain with vital nutrients. Grain-based foods must become minimal in your diet if brain health is your goal. In addition, food choices that keep our blood sugar steady (often called "low-glycemic") help us minimize damaging glucose highs and lows which are key contributors to brain decline.

**Mental stimulation** builds connection between neurons (or brain cells). The more we provide the opportunity for the brain to learn new skills, the more well connected these neurons become protecting each other from damage. It's as if the surrounding cells hold each other in place and are sustained because of cross-linking.

A novel method of targeted brain stimulation is the practice of neurofeedback, which is guided exercise for the brain, or a learning modality designed to retrain brainwave patterns. The goal of all neurofeedback is to transform unhealthy, dysregulated brainwave imbalances into normal, healthy, organized patterns. In this way, the brain becomes more stable and is

able to operate optimally and efficiently. This non-invasive method is approved by the FDA.

**Quality sleep** provides time for unwinding and reorganizing our brain data. Lack of sleep sends a message to our body that we're under stress, which signals our brain to increase cortisol levels. High cortisol levels affect our overall health by increasing inflammation and also cause us to feel wired and easily agitated.

**Stress management** can be achieved by many methods. A Harvard study demonstrated that meditation (in 8 weeks at 27 minutes per day) increases the density of our hippocampus, the part of our brain associated with compassion, self-awareness and introspection, while also decreasing our sense of stress and anxiety. Meditation also creates brain wave patterns that support a calm, aware state in which we more easily choose to respond rather than react.

**An active social life** decreases the development of dementia. Those who stay involved with their communities, play sports, serve as volunteers, go out to new places and spend time with peers are half as likely to develop dementia as those with minimal social activities.<sup>2</sup>

**Physical exercise** has remarkable effects on brain longevity. Even a gentle walk three times a week builds new brain tissue. According to the Alzheimer's Research and Prevention Foundation, exercise reduces our risk of Alzheimer's disease by 50 percent.

A healthy lifestyle empowers us to change the course of our life experience by our choices. Every choice makes a difference! What choice will you make today?

Dr. Brossfield can be reached at (760) 610.7360.

References: 1) Helpguide.org; 2) Beckman Institute for Advanced Science and Technology at the University of Illinois

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## Stem Cell Therapy: The Swiss Army Knife of Health

By Darren Clair, MD

In life, people commonly use the tool with which they are most comfortable over and over again. Repeated usage leads to mastery and confidence, which in turn leads to use of that tool in a variety of situations; sometimes in situations for which it was not designed, even when a more appropriate tool exists. We may be rusty with that more appropriate tool, so we turn to "old reliable."

The human brain is an example of a wonderful tool developed over millions of years and for which we are continually learning new applications. Our brain has brought us to the top of the food chain. It not only helps us figure out complex problems while taking care of housekeeping chores such as breathing, eating, and sleeping without conscious thought, it has also helped us develop new tools (such as computers) to simplify its own workload. It is hard to imagine a more useful, more widely applicable tool in any tool box!

As incredible as the human brain is, it is not the only tool in our toolbox. We have many others - equally impressive - which we often take for granted and sometimes forget. Our intuition, for instance, is an extremely valuable asset often overlooked or ignored because we have so much faith in our brightest tool, the brain. As many of us can testify, this can be a big mistake as our gut feelings are often correct, yet we allow our logical minds to lead us astray.

Stem cells are another tool in our toolbox, and we are just beginning to appreciate their power and usefulness. Imagine a car that can sense a serious, potentially damaging transmission problem while barreling down the highway at 70 miles an hour. Now imagine that this car can replace the broken part (whatever it may be), reprogram the car's software, and fix the problem while still driving without missing a beat. What would that car be worth? That is exactly what stem cells do for us every day - and without the conscious assistance of the brain!

Stem cells have helped people recover from a wide variety of previously untreatable or challenging conditions. This growing list includes arthritis, heart disease, stroke, Alzheimer's, Parkinson's, lupus, Addison's, ulcerative colitis, chronic lung disease and more.

One of the latest stem cell technologies is called PEP therapy. PEP therapy harvests stem cells from your blood and is replacing bone marrow-derived or adipose (fat cell-derived) stem cell therapies because it is equivalent to embryonic stem cells, considered the gold standard due to the wider variety of cells that they can become (and thus repair). Unlike embryonic stem cells, PEP does not have the inherent risks or ethical issues of the embryonic stem cells because your own stem cells are used.

When it comes to using what we have to heal, stem cells are leading the way. Move over brain, there is a new tool in town!

Dr. Clair is founder and medical director of Vibrance Rejuvenation Center located in Rancho Mirage. He offers free consultation on PEP therapy and can be reached at (760) 324.4872.

### Gluten-Free Globally

Continued from page 5

- Foods labeled as "gluten free" must not contain any detectable gluten; no oats or their products; or cereals containing gluten that have used malt or their products.
- Ingredients derived from gluten-containing grains must be declared on the food label, however small the amount.
- Foods labeled as "low gluten" must contain less than 200 parts per million of gluten. Australia does not have a very large range of low gluten foods and be aware low gluten foods are not recommended for a gluten-free diet.



#### Canada

Canada has labeling restrictions on all packaged gluten-free foods. All foods considered certified gluten-free by Health Canada must contain under 20 parts per million of gluten. Any intentionally added gluten-containing ingredient must be listed on a product.

In addition, Canadian residents receive **tax deductions** for the extra cost of gluten-free foods versus their non-gluten-free counterparts.<sup>4</sup>



#### Ireland

Irish citizens may claim **tax deductions** for the extra cost of gluten-free foods versus their non-gluten-free counterparts. Ireland used to have a program that entitled some celiacs to specific gluten-free foods free of charge. However, the program has been discontinued.<sup>5,6</sup>



#### United Kingdom

Over 90% of British celiac patients receive gluten-free food as part of their prescription for the gluten-free diet. Essentially these patients receive gluten-free food and mixes at a heavily discounted price (the cost of the prescription).<sup>7</sup>

The good news is that in 2013, the U.S. government began recognizing some celiac expenses as medical expense deductions. If you or one of your dependents has celiac disease and you itemize your deductions, the extra costs due to gluten-free dietary restrictions may be taken as a medical expense. In addition, you can deduct the cost of attending medical education conferences (see [celiac.org/ceciac-disease/resources/tax-deductions](http://celiac.org/ceciac-disease/resources/tax-deductions) for additional information).

The worldwide impact of gluten is fascinating and confirms that this is not just another American fad. It is good to know that governments are taking action to educate and protect their populations, and to make gluten-free options more readily available to those in need.

It certainly makes you wonder if "3 to 5 servings of healthy whole grains a day" will one day be considered a passing American fad.

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## Wellness Center Now Open

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Wellness Center offers a variety of services and facility offerings to assist you in your wellness journey. Here are some examples: (Program offerings may require additional fees)

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## La Quinta Wellness Center Serving All

In January, the former La Quinta Senior Center opened its doors to much fanfare as the new state-of-the-art La Quinta Wellness Center. Created for all ages, the amenities, traffic flow, and programming designed to feed mind, body and soul have lived up to expectations.

661 annual memberships have sold (with more selling each day) and the center is averaging 10 daily passes per day. Memberships are an affordable \$50 per year for residents and \$75 for non-residents. Day passes are \$5. (Fitness and wellness classes are additional.)

Much of the programming is in place with more in development. Kids' classes such as Music for Little Mozart (ages 4-7) and La Quinta Glee (ages 7-14) are new. Led by performing arts instructor, Sam Kline, Glee has attracted 45 youngsters and additional aspiring singers are encouraged to join.

"We find out what the community wants and then seek instructors to deliver those programs. Others are coming to us with ideas," said community services supervisor Christina Calderon.

Popular classes to date include Sunset Yoga for more experienced yogis, daily yoga classes for beginners and seniors, mat Pilates, and Tai Chi. Their morning interval training class is seeking additional participants eager to start the day with a high-intensity cardio workout from 6-6:30am.

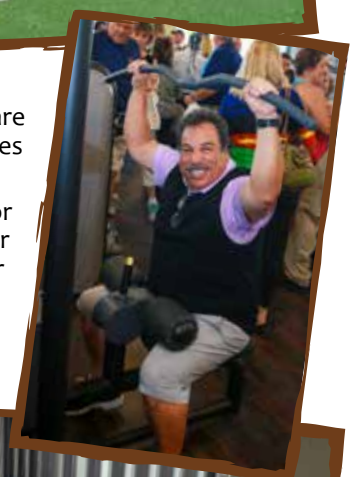
Popular senior activities have returned, including The Putters who now enjoy a new putting green, and art classes such as sketch and water colors. The new computer lab, which is free and open to computer use Mondays, Wednesdays, and Fridays from 2pm - 4:30pm has featured beginners' classes, as well as, digital camera operation. The center is seeking interest for a social media class scheduled April 2-16 (\$35 per person).

Nutritional wellness programming has launched with the planting of a vegetable and herb garden, and classes on how to build a garden from the ground up are underway. Nutritional classes are also in the works.

"People love the inviting atmosphere which creates a wonderful work out space, but this is much more than a gym," says La Quinta Mayor Linda Evans. She adds that the center is introducing people to the entire Civic Center Park, including the beautifully manicured outdoor space, the library, and not far from there, the museum. All locations are available for meetings and private classes for community members.

If you haven't stopped by, we encourage you to visit the beautiful new La Quinta Wellness Center located at 78-450 La Fonda in Civic Center Park in La Quinta.

For more information, call (760) 564.0096 or visit [www.la-quinta.org](http://www.la-quinta.org).



Community members of all ages enjoy the expanded center.

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# What a HIIT!

## Benefits of high intensity training

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

In the fitness industry, the number of new programs claiming to help you shed those unwanted pounds is constantly increasing. One of the latest crazes is high intensity workouts designed to shed fat and build muscle. While these programs can be beneficial, one must be careful when choosing an exercise style since some are very aggressive and could cause injury if you aren't ready for that type of program.

High intensity interval training, or HIIT, describes any workout that alternates between intense bursts of activity and fixed periods of less intense activity or even complete rest. For example, a good starter workout is getting on the rowing machine and warming up for 3 minutes followed by bouts of intense 30 second bursts and then a 1-minute recovery. Doing this program cycle for 12 minutes is enough to kick start fat loss. A more aggressive approach is running as fast as you can for 1 minute and then walking for 2 minutes, then repeating the 3-minute interval 5 times for a 15-minute period. This is certainly a fat blasting workout.

HIIT training isn't limited to just machines; you can jump in and do circuits of body weight exercises including, but not limited to, pushups, lunges, squats, or plyometric (jumping) drills. As long as you are moving intensely with some recovery time, it will work.

If you are an athlete, a popular HIIT workout is complex training, which involves doing 3 exercises in succession with no rest between exercises. The exercises most used are the clean followed by the squat and then a push jerk, each one of these exercises by themselves is physically demanding, but when done in succession they really stimulate human growth hormone.

HIIT training can deliver the following benefits:

1. It's efficient, meaning it doesn't require a lot of space or time to perform. So if you don't like crowded gyms and have a tight schedule, this program is ideal for you.
2. It increases your metabolism by stimulating the production of human growth hormone up to 450% during the next 24 hours following the workout.
3. You can do this program anywhere - the beach, gym, garage, home, or park.
4. No equipment is necessary. If you have limited finances, don't worry, all you need is your body and some floor space.
5. The best thing about the program is that you will lose weight, not muscle. While steady state cardio seems to encourage muscle loss, studies show that both weight training and HIIT training workouts allow you to preserve that hard-earned muscle while ensuring most of the weight loss comes from fat.

HIIT also has its cons which make it not suitable for a particular category of people involved in workouts or cardio training as the level of intensity involved makes it risky for people with medical constraints, including those with cardiovascular issues.

The bottom line... whatever type of training you decide to try, first get cleared by a physician and then give HIIT a try for fat loss and a healthier you!

Michael K. Butler is co-owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant, national certifications of distinction through the NSCA as a strength and conditioning coach, Poliquin International state coach, and as a Full Body Active Release Techniques (ART) practitioner. (760) 200.1719 or at michael@kinetixcenter.com.

### Yes, We Can!

Continued from page 1

"That you did an assessment and identified the real needs of this community is important, and I am particularly excited about what you have done. I just want to encourage you, because what we are seeing in other communities is their local version of what you are doing, but you are way ahead of them."

Signs of progress spurred by both the CHMI and the local focus on wellness include the 2016 groundbreaking of CV Link, an alternative transportation and recreational path connecting the valley from end to end; the aggressive effort to end AIDS in our region through Get Tested Coachella Valley; the transformation of the La Quinta Senior Center into a Wellness Center for all ages focusing on mind, body and soul; and of course, the health and wellness message promoted around the Humana Challenge.

"What is obvious to me," said President Clinton, "is that no matter how we reorganize the health care system, we have to involve real live human beings in every community in the country to take advantage of opportunities and to address the shortcomings faced by the people who live them."

He believes that in the next 20 years there will be more and more potential for building a network of cooperation ("as in this room") and building people-oriented systems from the ground up. "And I think you will

see it all across America and all across the world, because we know that no matter what (national) health care system you design, the people who live in this valley are not the same as people living on the Pine Ridge Native American reservation in South Dakota or in Brooklyn or Queens."

Once a year, those making an impact throughout the country, and those with the means to implement change on a large scale, are invited to attend the Health Matters Activation Summit now in its fourth year. Speakers share success stories on programs that are working, and attendees form small groups to see how they can help each other through challenges, or to collaborate on new ideas.

Topics discussed included physical activity to address the diabetes epidemic, wellness programs for our returning vets, and behavioral health focusing on depression and social isolation. The *Desert Health*® May/June issue will feature this topic following the Coachella Valley Health Collaborative's Mental Health Summit III: Solutions on Depression taking place April 17 at the CSUSB campus in Palm Desert (another bold action step by our community).

At this year's conference, President Clinton stated that it statistically takes 17 years to see measurable change when an idea is implemented. Those at the Activation Summit don't plan



At 19, Elizabeth Holmes founded Theranos, a lab test company that is changing the industry.

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# MMR: Pros and Cons in the Wake of Disneyland

*By Brian J. Myers, ND*

Following the most recent U.S. measles outbreak which began at Disneyland, the vaccine debate has been ignited once again. Whether to vaccinate along the recommended schedule, along an alternative schedule, or not at all, is a heavy decision that needs to work for each family based on their risk factors and what they're comfortable living with. An important component of that decision is in understanding the risks of these pathogens as well as the risk of vaccinating. Complicating the matter is research on vaccine efficacy and safety which is ongoing. For the sake of this article, we will focus on the MMR vaccine and measles specifically, given its recent attention.

The measles virus is highly contagious and first presents with a progressive fever, then a rash that spreads from head to toe along with the “three c’s”: cough, coryza (runny nose), and conjunctivitis. The disease is self-limiting with complications including diarrhea (8%), ear infection (7%), pneumonia (6%), and, rarely, encephalitis (0.1%). Worldwide, measles can cause death; however, mortality is extremely rare in the U.S. and other developed countries.

Measles vaccines were first introduced in the U.S. in 1963; however, the incidence of complications and death associated with the measles had plummeted long before. The CDC currently recommends two doses of the MMR vaccine – one between 12-15 months old and another between 4-6 years old. It may be that this approach is not adequate though. What we're finding with those who have been vaccinated is that immunity wanes over time and even people who were vaccinated on schedule can both contract and spread measles. Just like with the recent mumps outbreak among NHL players, this measles outbreak has affected both vaccinated and unvaccinated people. By comparison, those who have had wild-type measles have been shown to have stronger and longer lasting immunity. Advocates of an alternative schedule argue that waiting until a child is 2-4 years old and has had a chance for their innate immune system to take hold before vaccinating allows for stronger and longer-lasting immunity.

The current MMR vaccine has never contained the highly controversial ingredients thimerosal and aluminum. Regardless, the MMR vaccine was once erroneously linked to the development of autism thanks to the Andrew Wakefield study. Autism is a complex neurodevelopmental disorder, and it seems that its development is multifactorial. Vaccines may be partly to blame, but at this time there is no compelling evidence. Finding properly unbiased research on the safety of vaccines is difficult if not impossible. The general consensus is that they are safe. Despite this, there have been documented cases of adverse reactions and even deaths linked to vaccines, and that is tragically unfortunate. Many who choose not to vaccinate do so because they fear side effects, preservatives, chemicals, and immune load more so than the risk of illness. Because we don't commonly see these illnesses anymore, it is hard for many to understand the risk and sequelae (abnormal conditions resulting from an illness).

Before deciding how your family wants to vaccinate, I encourage you to do your own research – read articles and opinions from a variety of perspectives. Then have a conversation with your partner or loved ones, weighing the pros and cons, before finally asking questions and discussing options with your physician. This decision is about what's best for your family and for your community.

Dr. Brian Myers is a naturopathic primary care doctor with a focus on pediatric and family health at Live Well Clinic in La Quinta. For more information visit [www.livewellclinic.org](http://www.livewellclinic.org) or call (760) 771-5970.

References available upon request.

Continued from page 19

**Yes, We Can!**

on waiting that long. They are breaking down the competitive barriers, operating with transparency, and working together to create change.

And the young “disruptive innovators” brought in to speak are proof that it can be done on a grand scale.

Elizabeth Holmes, who left Stanford at 19 to start Theronas, a company built on the belief that access to health information is a basic human right, is reinventing lab testing. Her Theronas Wellness Centers, which allow individuals and/or their physicians timely access to a full range of lab tests from a few drops of blood at unprecedented low costs, are now open in Walgreens in Palo Alto, CA and the greater Phoenix area. Holmes is considered a renegade, yet is supported by some of our country's top strategists including former Secretaries of State Henry Kissinger and George Shultz, who sit on her board.

Further inspiring those in the room, Holmes stated that “individual engagement is easier than trying to change the system.”

Young venture capitalist Josh Kushner started Oscar Health, an insurance start-up transforming the health care industry through the use of technology, data, personal service and design. Serving the NY/NJ area, Oscar brings doctors, resources, and your health records to your phone for easy 24/7 access. “Health care was built on business to business, not with the consumer first,” stated Kushner. “We’re using technology to make insurance simple, intuitive, and human.” According to the *New York Times*, Oscar has “the new era tech pedigree to become the Spotify, Airbnb or Uber of health insurance.”

“The world needs more disruptive innovators,” says the President.


However, most of the 400 individuals in attendance represented local communities throughout the country.

So how does it work at the local level? The CHMI follows a six-step process to drive systematic change and create measurable results, but individuals and businesses within the community do the work. The approach includes:


- 1) Building support
- 2) Accessing organization capacity (get the game changers together)
- 3) Exploring and connecting resources
- 4) Developing strategic plans
- 5) Implementing strategic plans
- 6) Evaluating and revising the process and procedures


It is happening in the Coachella Valley, and we are doing a very good job. As the President says, this is really, really important. “I want to say that we started here,” he reiterated at the breakfast. “Because if you can prove that you can build a grass roots community-driven, constantly evolving, constantly improving system committed to wellness – not fixing sickness, but wellness; if you can do that, everyone in America will take notice. It’s really important.”

To get involved with the Clinton Health Matters Initiative, review the Coachella Valley Blueprint for Action [www.clintonfoundation.org/files/chmi\\_coachella\\_valley\\_blueprint.pdf](http://www.clintonfoundation.org/files/chmi_coachella_valley_blueprint.pdf) and contact regional director Tricia Gehrlein at [tgehrlein@clintonfoundation.org](mailto:tgehrlein@clintonfoundation.org) or (760) 834.0975. For more information on the Clinton Health Matters Initiative visit [www.clintonhealthmatters.org](http://www.clintonhealthmatters.org)



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# When Do You Know If Your Child Needs Therapy?

By Ari Regar, MA, LMFT

Although it is my belief that therapy should be a mandatory requirement for all school-age children and their parents, I am readily aware that this could be an idealistic belief. Like adults, children can greatly benefit from having an objective and empathic listener to help mentor and provide them with direction.

Most children face problems in some form or another as they develop and navigate life's journey. A therapist assists a child with important problem-solving skills, with the added benefit of responsive exploration and much needed validation for their issues. A proactive approach could deter minor problems from exacerbating later in a child's personal and academic life.

Working with children and adolescents, I've observed the pattern and progression of emotional responsiveness that commences in early childhood. A child's mind is like a sponge, soaking up both positive and negative experiences. Sometimes these experiences are internalized and can affect the child and/or adolescent's mental, emotional, and relational life. What makes these events unique for children is their lack of expressive language and insight which are fundamental tools that give adults a motor outlet for inhibited thoughts and feelings. As a consequence, children can bottle up negative thoughts, feelings, and emotions that can result in a variety of contexts which can lead to symptoms of depression, anxiety, and acting out behaviors.



Significant life events, such as a parent's divorce, forms of abuse, abandonment, death of a family member or pet, a parent leaving on military deployment, trauma or a major illness in the family, can greatly impact a child's sense of well being and safety and could lead to psychological problems. Parents often pick up on signs that something is wrong with their usually well-functioning child and should trust their instinct if they notice anything that might be creating angst.

Clues that your child may be struggling include:

- Social withdrawal or isolation;
- Episodes of sadness, tearfulness, isolation, or depression;
- Behavioral problems (excessive anger, aggravation, shutting down);
- Diminished interest in previously enjoyed activities;
- A significant drop in grades;
- Sudden change in appetite (particularly in teenagers);
- Insomnia or hypersomnia;
- Signs of alcohol or drug use;
- Bullying behavior or being the victim of bullying

If your child is displaying such symptoms, your next questions may be 'how do I choose a therapist?' and 'what type of therapy is most appropriate?'

While experience and education are important factors in making your decision, it is equally important that your child feels comfortable with the therapist. It's normal for a child to have some trepidation in sharing their thoughts and feelings with a stranger, but a well-trained therapist has specialized strategies for building rapport and facilitating a nurturing, validating and positive therapeutic relationship.

Many different styles of therapy are utilized according to a child's age and level of maturity. Some clinicians employ play therapy or art therapy, while some elect to use a classic talk therapy method. When the therapist explains the confidential relationship to the child, the child should feel more comfortable and safe while sharing with the therapist. Once in therapy, it's explained to the child and parents that some limitations are necessary to maintain the safety of the child or others.

Just remember, from a small seed, a sturdy trunk may grow. Let's nurture our children into adulthood, ensuring sound mental health and success for their future.

Ari Regar is a licensed marriage and family therapist working with individuals, teens, families and children. Ari can be reached at (760) 348.8677.

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## Vitamin D Testing for Infants

In recent years, medical research has shown that an increasing number of children are Vitamin D deficient. Currently, 1 in 10 children in the U.S. is estimated to be Vitamin D deficient, and 60 percent of children have suboptimal levels of this vital nutrient.<sup>1</sup>

Vitamin D is primarily necessary for building strong bones in growing children. However, it is also necessary for keeping a strong immune system, building lung tissue to prevent asthma, and reducing long-term risk of chronic illness, heart disease, and diabetes. Our adult health begins with pre-programming in the first ten years of life and many diseases are rooted in early exposures, lifestyle, and nutrition, or lack thereof.

Vitamin D production is stimulated when our skin is exposed to sunlight; it is also found in dietary sources such as some fish, eggs, and some dairy. Vitamin D deficiency can be due to lack of sun exposure, daily sunscreen use, poor diet, gastrointestinal disorders and/or inflammation, higher levels of melanin in the skin, and excess body mass.

Although it is recommended to use sunscreen daily to prevent skin cancer, an effect is lowered production of Vitamin D, and while only a small portion of usable Vitamin D comes from the diet, a poor diet can limit necessary supplementation.

Vitamin D deficiency shows few – and often no – symptoms including bone and muscle pain, muscle weakness, poor muscle stamina, bowed legs in children, and low mood.<sup>2</sup> Due to the lack of obvious symptoms, it is essential that babies, children, and adults get their Vitamin D levels tested yearly.

Currently, the American Academy of Pediatrics (AAP) recommends that beginning in infancy all children be tested for Vitamin D deficiency and begin supplementing 400iu daily.<sup>3</sup> While Vitamin D is found in breast milk and formula, it is possible that those sources may not contain adequate levels of Vitamin D for supplementation. It is also recommended that pregnant women and nursing mothers take Vitamin D as supplementation in pregnancy can reduce the risk of asthma, build the immune system, and prevent adulthood diseases. Mothers who supplement while breastfeeding will also enhance the content of Vitamin D in their breast milk.

In addition, it is generally recommended that women began pre-conception supplementation of Vitamin D three months in advance of a planned pregnancy, and as stated above, continue supplementation through pregnancy and while breastfeeding.

Vitamin D testing is simple and can be done through a finger prick test for infants, small babies, and needle-adverse children. Vitamin D supplements are best in a liquid base or gel cap form. Doses higher than 400iu daily should be balanced with supplementation of Vitamin K and Magnesium.<sup>4</sup>

Dr. Sinsheimer is a Naturopathic Doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.

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# Considering a Reverse Mortgage Loan

By Christopher Longe

Oftentimes seniors are faced with the reality of living on a fixed income from a pension, retirement income, and/or social security when they retire. A statement often heard when speaking with seniors preparing for, or currently in retirement is, “I am having trouble making ends meet. My monthly income hardly covers expenses, and I don’t know how to afford the quality of life I’ve always wanted for my retirement.”

Thousands of seniors will be retiring every day and will continue to do so for the next fifteen years. It is important to know what options are available to assist seniors looking to elevate and enjoy their quality of life.

One of the highest monthly expenses Americans face today is their mortgage payment. Thankfully, the government sponsored a program designed specifically for seniors 62+ that eliminates monthly mortgage payments for life and provides tax-free funds depending on how much is owed on the home. These tax-free funds can be used for anything the borrower chooses. Seniors looking to move can also utilize this program to purchase a home. Still, there will be no payments for as long as they live in the home.

The FHA program, known as a Home Equity Conversion Mortgage (HECM; also known as a reverse mortgage), is growing in popularity because of its many benefits including relieving financial burden and creating financial freedom.

The HECM is a very viable option for many seniors because it eliminates their monthly mortgage payment for the rest of their life while maintaining sole ownership of their property. The only items which need to be paid are the property taxes and homeowner’s insurance. By eliminating what is oftentimes a senior’s highest monthly expenditure, the income and possible funds they receive can be allocated elsewhere to improve their quality of life. The borrower(s) may also sell their home or refinance out of the reverse mortgage with no prepayment penalties.

The downside? Since no mortgage payments are being made, the amount owed on the home increases over time due to interest accumulation (note: FHA insures that seniors will never be underwater in their property, meaning, they will never owe more on the home than the home’s worth). Heirs will be required to qualify for a traditional mortgage if they decide to keep the property.

The home may still be left to heirs though the heirs are not financially liable for the loan should they decide not to receive the home. The heirs have six months to a year to decide what to do with the property with full benefits of the HECM program. The heirs may refinance the loan or sell the property. If heirs decide they want to sell the home, they may do so by paying back what is owed and keeping the remaining funds from the sale.

The reverse mortgage investment/retirement tool can go a long way to secure a comfortable retirement.

Christopher Longe is a branch manager with The Money Store, now offering services throughout the Coachella Valley. Chris welcomes questions about reverse mortgage loans and can be reached at (949) 556.8861.

# What Kind of Retirement Do You Want?

By Reesa Manning, Vice President & Senior Financial Advisor

We all know the process. Estimate how much is needed in retirement (which can range anywhere from 70% to over 100% of preretirement income), determine available income sources, and then calculate how much to save annually to reach those goals.

As you go through this largely mathematical exercise, however, don’t forget the most important part... You need to give serious thought to the type of retirement you want.

Visualize what retirement will be like. Retirement is no longer viewed as a time to slow down, but is now considered a new beginning in life. That means your current living expenses may have very little to do with your retirement expenses.

To help you visualize your retirement so you can estimate retirement expenses, consider these questions:

- When do you want to retire? Will you realistically have the resources to retire at that age?
- Do you plan to stay in your current home, trade down to a smaller one, or move to a different city? If you plan to move, is the cost of living there more or less expensive than your present city?
- Will your mortgage be paid off by retirement? What about other debts?
- Will you continue to work after retirement? If so, will you work part time or full time? Where will you work and how much can you expect to earn? Do you have any

hobbies or interests that can be turned into paying jobs? Are you planning to start a business after retirement?

- How will you spend your free time? What hobbies will you pursue? How much and where will you travel? How much will all these activities cost?
- How will you pay for medical costs? Will your employer provide health insurance or will you need to purchase insurance to supplement Medicare coverage?
- Do you have any medical conditions that are likely to impact your quality of life in retirement? What would you do if you became physically disabled? Would your spouse take care of you, would you move in with your children, or would you go to a nursing home? How will you provide for long-term-care costs?
- How much of your income will be provided by personal investments, including 401(k) investments? Are you confident you can invest so those investments will last your entire retirement?
- What would happen financially if your spouse dies? If you die, would your spouse be able to support himself/herself financially?

Answering these questions should give you a clearer picture of what your retirement will be like.

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

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Decades of Progress in Years Gone By

“Knowledge is powerful and self-education is the only education there is.” — Isaac Asimov

We have all benefitted from the unprecedented advances in technology, planetary exploration, and medicine that have taken place during our lifetime. Between 1945 and 1971 there were many breakthroughs, and the progress has accelerated ever since.

For us seniors, it is a challenge to understand and keep up with the changes, and to a lesser extent, for our younger generation as well.

History can provide a thread of knowledge and excitement for the privilege and pride to be part of it. For that reason, I have researched a timeline of significant events for our readers (and myself!) to think about, share with the next generation, and explore deeper if so motivated.

Space Exploration

- 1893 Zeppelin airship crosses from Europe to America
  - 1939 Turbo (jet) engine aircraft introduced
  - 1947 The sound barrier broken by test pilot Chuck Yeager
  - 1957 Sputnik, Russia: the first satellite in low earth orbit
  - 1960 Yuri Gagarin of Russia orbits the earth
  - 1962 John Glenn of the USA orbits the earth
  - 1969 Apollo 12 USA landing and first walk on the moon
  - 1998 John Glenn at age 77 takes second space flight of 9-day mission
  - 2000 ISS international space station in low orbit
- Planetary Exploration
- 1977 Voyager 1 and 2 explore outer solar and interstellar system.
  - 2004 European Space Agency launches Rosetta, a cosmic space probe
  - 2014 Rosetta lands a space probe on a comet for scientific exploration

Technology

- 1820 The principle of electricity is discovered
  - 1879 Thomas Edison demonstrates the incandescent light bulb
  - 1880 Alexander Graham Bell invents telephone transmission
  - 1900 Radio wireless transmission is invented
  - 1920 Television followed by radar... computer... and internet
- Medicine
- 1895 Dr. Roentgen discovers x-rays for radiology and radiography
  - 1940 Influenza vaccine created
  - 1952 Polio vaccine created by Dr. Salk
  - 1967 Dr. Barnard performs first heart transplant on a human
  - 1979 Small pox eliminated
  - 1960 First heart bypass surgery
  - 1963 Computer-assisted robotic surgery born
- Today: Ongoing stem cell research referred to as “The double spiral key to life.” I can lay no claim for this list to be complete. Please educate me on any omission or corrections.
- George can be reached at ugadolph@live.com

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Health is a Choice

Continued from page 1



EWI Executive Director Jeralyn Brossfield, MD and Dr. Lisa Genova  
Photo by Robert Brossfield

also took on her renegade transformation from elite scientist to the creative arts.

“In improv acting you learn to always say ‘yes, and’ to keep the conversation going,” she said. She found this also to be true with Alzheimer’s. Often those with the condition will speak of incorrect places, times or things which can be frustrating to family and friends, whose natural instinct is to correct them. “It’s not about the words necessarily; it’s about the emotional connection.”

By simply agreeing with them (“yes”) and adding to the conversation (“and”), you can keep the conversation going which is the important part, says Genova. “While they may not remember the conversation the next day, they will remember the feelings they got from the conversation.” So keeping things positive and coming from a place of love – while challenging at times – can be very beneficial.

Lisa’s journey is an incredible one, and now she has a new dream: to make the ‘often scary’ conversation of Alzheimer’s as prevalent as the conversations of the once scary ‘C word’ (cancer) and AIDS. Both of these diseases hid behind doors for years, then surfaced and moved to the forefront through conversation and awareness, which then led to research funding, preventative testing and care, and lives saved.

An important question asked by the audience was to clarify the difference between dementia and Alzheimer’s. Genova explained that often people feel safer with the word dementia as a precursor to the disease, but that is not the case. “Dementia is merely a symptom of this disease which means impairment of intellectual capacity; however, it is a symptom of many other diseases as well.” Thus, the diagnosis of dementia does not necessarily mean you have Alzheimer’s.

Of course the audience of mostly baby boomers couldn’t help but ask, ‘how do I know if I have Alzheimer’s?’



Genova discusses the factors that can lead to Alzheimer’s.  
Photo by Robert Brossfield

Genova presented an easy-to-grasp difference. “Most of us lose our keys, not due to memory loss, but due to lack of attention. You were doing five things at once and weren’t even consciously placing your keys down, so you have no memory of their whereabouts. However, if you find your keys in the microwave, or look at your keys and wonder what they are for, then you may have a problem.”

Genova also emphasized the importance of caretakers taking care of themselves. “You have to feed the feeder.” There are many local support groups available including the Coachella Valley Alzheimer’s Association (760) 328.6767, and the Dementia Friendly Café, a “safe space” for people to come together and socialize whether they are diagnosed with a dementia-related illness, family, friends, caregivers, and doctors. The group meets every third Wednesday of the month at PF Chang’s at The River from 3pm-5pm. For more information contact Dementia-Friendly Coachella Valley (760) 341.1095.

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## The Body Shaping Boom Evolves *But starts and ends with healthy lifestyle choices*

By Lauren Del Sarto

In the past decade the options for body shaping therapies have significantly increased. Seems like every day there is a new treatment guaranteed to freeze, heat, shrink, or kill fat cells in those stubborn areas like thighs, hips, tummy or arms.

But according to plastic surgeon Dr. Suzanne Quardt, healthy lifestyle choices are still an important factor - both before and after treatments are performed. Whether you are considering a more traditional surgical procedure, or a new non-invasive option, your body mass index (BMI) and overall fitness play a significant role.

"Surgical technique for weight loss has not changed that much," says Quardt. "Beyond classic liposuction was the introduction of laser lipo which was marketed as a quick and easy fix, but is really not; it's still a surgical procedure." For elective cosmetic surgery such as this, she notes that a patient's BMI should be under 30. "With a BMI over 30, your risk of all peri-operative complications - from infection or wound healing to major complications like clots - increases dramatically." If a patient is over 30, she recommends weight loss through diet and fitness, nutritional counseling, or a medically supervised program.

Quardt believes that the newer, non-invasive therapies do provide more options, but are still recommended for those who are fit, and as with all weight loss treatments, maintaining a healthy lifestyle is important.

The newest technology emphasizes longer-lasting results achieved with fewer treatments. Those that "kill" fat cells are showing better results than those that simply shrink cells, as the latter standardly require additional maintenance.

Quardt feels that the most effective new product is UltraShape which is FDA-approved for the abdomen but also used off-label for other trouble areas. The technology is totally painless (unlike radiofrequency or freezing products which can be uncomfortably cold or hot) and is showing lasting results in less time with fewer treatments. It is a pulse ultrasound technique that causes fat to burst (die) which is then eliminated through the body's natural metabolic process. A series of three treatments 2-3 weeks apart is recommended, and patients start to see results after the second week, which is encouraging. Quardt recommends this new therapy for those with diffuse fat, a layer of pinchable fat in a larger area like the abdomen, versus those with fat rolls.

She adds that the newest products are also combining technologies for more power, such as the Vela III which combines infrared, radiofrequency, suction rollers and lymphatic massage resulting in cellulite reduction, skin tightening and some fat reduction in as few as 3-5 treatments. But again, this advanced therapy is recommended for trouble spots on people who are already fit.

Dr. Quardt counsels her clients on lifestyle changes. "If they don't make lifestyle changes and shift their thinking, they are not going to maintain results," she says. "I always tell my patients 'It is the everyday things you do that make the most difference.' Eating well, sleeping well and taking care of your skin will have the greatest impact; the surgery and non-invasive therapies are available to tweak and enhance."



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# BEAUTY

## Inside & Out

Ritu Chopra, MS, MD

### Turn Up the Volume

Plastic surgeons used to focus on “removing the problem.” Eyelid bagginess? Remove the fat. Jowls on the jaw line? Suck it out and cut away some skin. Droopy brow? Take away a strip of the scalp.

But times change and new philosophies have emerged regarding facial rejuvenation. Retaining the fullness of youth is a new concept that has taken the plastic surgery field by storm. We now recognize that aging carries with it a thinning out of the soft tissues of the face. There is also a “remodeling” of some of the facial bones as we age, a re-absorption that collapses the mid face and flattens the cheeks. This happens to everyone, no matter what your diet, health habits or genetics.

The results can be a hollow, sallow, gaunt look that becomes more and more skeletal over time. This loss of facial volume represents at least half of the problem of aging. Gravity is the other half. So lifting (as in face lift surgery) alone is not the answer. In fact, we have found that restoring facial volume alone adequately treats the changes of facial aging in most patients with a minimum of risk, downtime and expense. This advance is a real advantage for patients today, as the procedures tend to be less expensive and lower risk with a faster recovery.

There are three ways to retain or add facial volume for a youthful look. Let's take a look at the methods from most to least involved:

#### Tissue Transfer

With this technique, we surgically move tissue from one area of the face or eyes to another without detaching it from its point of origin. One example: When the soft tissues (fat pads) of the eyes herniated out from the deep layers, a “bag” of fat beneath the eye is formed. Below this bag is a circular indentation we call the Tear Trough. This circle can be dark, deep and very aging. Worse, it makes a youthful, energetic person look tired, as if they missed a night's sleep. But no one has to live that way.

I perform “septal reset surgery” on this problem. From inside the eye lid (with no external incisions), I relocate the hammock of tissue (the orbital septum) that holds the fat there, transferring some of the fat into the trough and eliminating the dark, indented circle. In this way I transfer some of the fat and septum to fill a defect that made my patient look tired and old and restore a smooth youthful look.

In a similar manner, the soft tissue of a jowl can be relocated to fill in hollow cheeks. And bagginess of the neck can be replaced to the shrinking jaw line and make my patients proud of their neck once again. These procedures require some recovery (one to two weeks) but is well worth it to turn the clock back ten years or more.

#### Free Fat Transfer

Free grafting is a medical term that refers to the technique of separating tissue from one's body and relocating it. It differs from tissue transfer, where we leave the tissue attached. Most people have heard of fat transfer by now. We take fat from where it isn't needed, such as the tummy, the knees or thighs, and purify and condense that fat into a thick paste so that we have as many survivable fat cells per millimeter as possible. Then we insert the fat gently wherever that patient needs it. We can use it to fill the tear troughs and cheek hollows, as described above, but we can do even more! This fat/graft/paste is a wonderful sculpting medium. We sometimes build cheekbones, fill lips and correct the hollow in the temporal area that gets deeper as we age, especially in women. This typically requires about a week of recovery but some people need even less time. The quality of this result depends on how much of the fat “takes.” By that I mean what percentage of fat cells survive the transfer process. In recent years, improvements such as adding PRP (platelet rich plasma) which contains growth factors make this procedure better than ever.

#### Injectable Fillers

These fillers come in a syringe or a vial from a pharmaceutical company. They can do much of what fat injection can do but in a different way. In some ways they are more versatile and allow more options. You see, fat can only be injected beneath the skin, not within the fiber of the skin itself. That is great for filling in contours and larger volume defects, but it doesn't do much to help fine lines, wrinkles and crinkles. For those smaller problems, I must inject the material directly into the dermis (layer of skin) itself to plump it up. These fillers can also be used beneath the skin, but I reserve their use for smaller volume defects because they are like a painter's fine-tipped brush. Fillers like Voluma, Restylane and Juvederm are for minor problems or putting the finishing touches on big problems. These improvements can be made with what I call “same day recovery.” With some of them, my patients go right back to work. If we get a little more involved, returning to normal activity the next day is wise.

Restoration of facial volume is the wave of the future. These three modes of treatment provide all patients with the type of improvement they need at a cost they can afford with a recovery they can manage. And like most surgeons, I enjoy bringing you to the “cutting edge”!

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 new column via email to [csmith@roxosurgery.com](mailto:csmith@roxosurgery.com).



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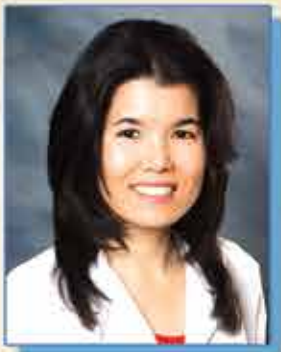
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# A Closer Look at That Eye

By Jennifer Hui, MD, FACS

Like skin elsewhere on our bodies, our eyelids are often prone to developing small growths. Most often, these lesions are benign entities such as nevi (moles) or skin tags. Some growths, however, are cause for concern.

Our beautiful weather brings with it intense ultraviolet exposure which is the most significant cause of skin cancer, and our eyelids are no exception. Eyelid skin is among the thinnest, most delicate tissue of the body and is an important part of ocular health. The eyelids protect us from foreign bodies and trauma and help to keep the eyes well lubricated.

When evaluating a bump on your eyelid, enlargement or changes in appearance are two key factors. These changes may occur slowly and go unnoticed for a prolonged period. Other times they seem to appear and progress quickly. Other important changes are altered architecture of the eyelid margin or loss of eyelashes (madarosis). The eyelid margin is the portion of the eyelid where the skin meets the moist inner surface of the eyelid. The lashes emanate from the eyelid margin. Skin cancers may cause irregularity or ulceration of the margin's surface and may manifest as a small non-healing area, or an area that periodically bleeds and crusts. Other presentations include the presence of a lesion that recurs following treatments such as cryotherapy (freezing) or excision.

Prevention is key when considering skin cancers. A broad spectrum sunscreen that blocks both UVA and UVB rays is recommended on exposed skin. A sun protection factor of at least 30 is ideal. Sunscreen should be applied prior to any vigorous activity so it has time to set into the skin. Thirty minutes is ideal if swimming or heavy perspiration is anticipated. Sunscreen should be applied liberally to ensure proper coverage. Adequate amounts will require repeated smoothing over the skin. You should begin with enough sunscreen to cause a milky film on the skin that requires numerous motions to work it onto the area. Sunscreen should be applied to all exposed areas, including the nose, ears, top of scalp, backs of hands, soles of feet and neck.

And reapplication is key. Too often we forget to reapply, or think that since we applied so much the first time, it will last all day. With activity, perspiration will cause loss of protection and the sun's UV rays can break down the protective ingredients of the sunscreen. Therefore, sunscreen should be reapplied every 2 to 3 hours.

But don't forget your eyelids! Sunglasses that block UVA and UVB rays and are large enough to fully cover the eyes and periocular areas are the most beneficial. When purchasing sunglasses, take shape into consideration. Ideally, sunglasses should wrap around the eyes. Also take into consideration the types of activities and times of day you are planning to use them. For example, if you will be playing golf or tennis midday, make sure they are large enough to block the sunlight that is directly over your head.

The addition of a broad-brimmed hat or visor is also recommended. When it comes to your eyes, extra precautions are most beneficial. Cataract progression may be slowed with prolonged and diligent use of sunglasses and/or hats. In those people who are more prone to develop macular degeneration (family history), UV protection is also beneficial in protecting the retinas from toxic insult.

Any suspicious lesion of the eyelid should be evaluated. Signs which cause concern include enlargement, change in appearance, and alteration of architecture or loss of lashes. Persistent inflammation and recurrence are also important factors.

Early diagnosis and treatment are key in eyelid malignancies. Appropriate management is important in eradicating

the tumor while maintaining as much normal tissue as possible. If skin cancer is diagnosed and is localized to the eyelid, removal is usually indicated. This can be performed by an Oculoplastic surgeon, or by a dermatologist trained in the Mohs technique. Once the cancer is removed, the eyelid must be

reconstructed to ensure optimal function and appearance. Sometimes an entirely new eyelid and/or tear duct system must be created. Lesions in this region can be difficult to see and are often overlooked. Any area of concern should be evaluated, preferably by a physician who is specially trained in this eye region.

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. An Oculoplastic surgeon is a physician with combined training in Ophthalmic Plastic and Reconstructive Surgery (Oculoplastics) and Ophthalmology who has unique abilities to perform a variety of delicate procedures around the eyes. Dr. Hui can be reached at (760) 610.2677.



Even seemingly innocuous appearing lesions can be cause for concern (central LLL margin basal cell pictured).

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I was so sick when I came to D.A.P. the first time that my case manager called an ambulance and sent me to the hospital—and then visited me there to finish my intake, so I could get the services I needed so much! When I was released, I was homeless...but my case manager set me up with an apartment and made sure I was back on the right track to good health. Although I've had other case managers since that first visit, D.A.P. has always been there, helping me every step of the way.

### This and more...all under one roof

Thanks to your generous support, Desert AIDS Project has been saving lives for more than 30 years.

Please continue to help by donating at [desertAIDSproject.org](http://desertAIDSproject.org), joining one of our annual giving programs, or by saving the date for one of our upcoming fundraising events.

Dinner at My Place | March 22 - April 2, 2015

Dining Out for Life | April 30, 2015

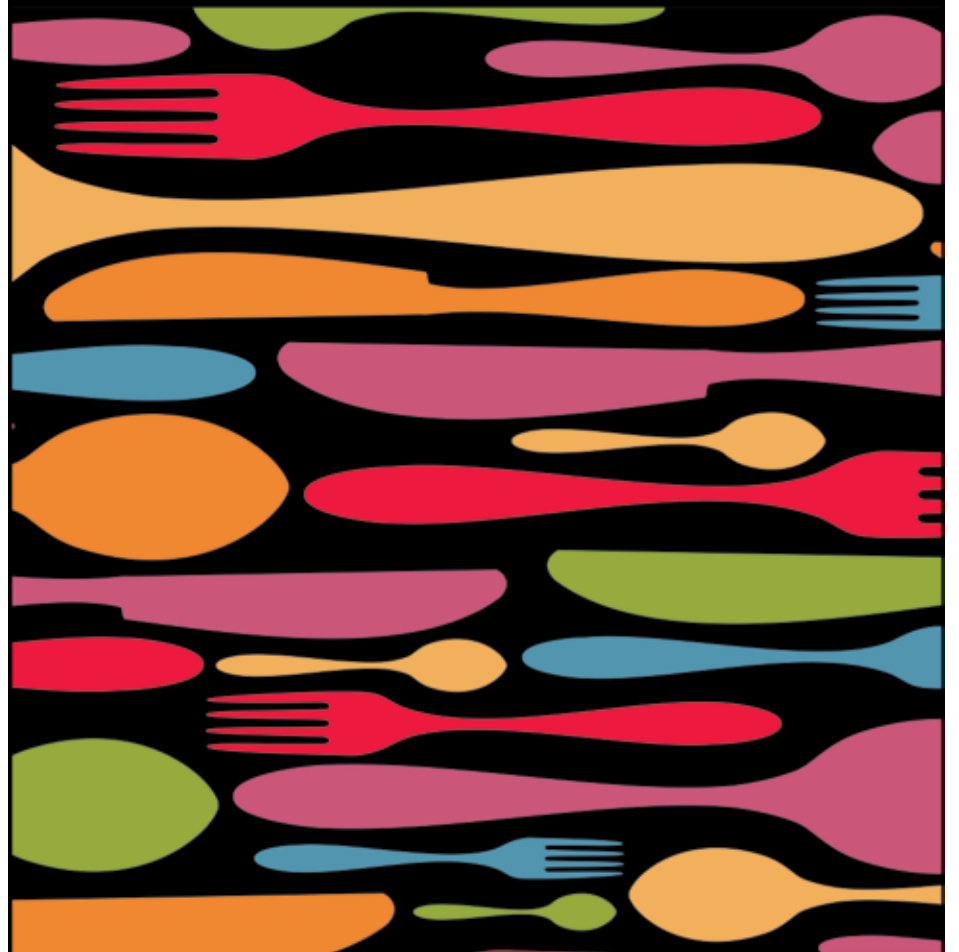
Queen of the Desert | May 27, 2015



760.323.2118 | [desertAIDSproject.org](http://desertAIDSproject.org)

## Dining Out for Life Dine Out, Fight AIDS

Thursday, April 30, 2015



**OVER 40 PARTICIPATING RESTAURANTS THROUGHOUT THE COACHELLA VALLEY**

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care :: prevention :: advocacy

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**[diningoutforlife.com/palmsprings](http://diningoutforlife.com/palmsprings)**





# BODY in BALANCE

presented by



## Women Leaders Forum's Lunch & Learn

Learn how obtaining physical balance can  
help balance all other aspects of your life.

Healthy Lunch • Wellness Gift Bag • Speaker Panel

Thursday, April 16, 2015

11:30am – 1:30pm

Agua Caliente Resort & Spa

**ALL WELCOME!**

Tickets are \$35 for WLF members/\$45 non-members



**NATALIE TAYLOR**

Owner, Lotus Flow Movement

**Movement for Balance**

Extending life through movement



**PAMELA POTENZO RN, HNB-BC, CHTP**

Owner, Desert Zen Shui

**Inner Balance**

Creating energetic harmony



**B. MAYA KATO, MD**

Owner, The Ear Institute

**Physical Balance**

Preventing physical imbalance as we age



**JAYNE ROBERTSON**

Eisenhower Wellness Institute  
Program Manager

**Mental Balance**

Meditation and mindfulness for balance

Moderated by KMIR  
Anchor and  
Health Reporter  
Janet Zappala



WLFDesert.org • (760) 837.7222

Sponsored by



## We are Proud to Support These Desert Events

**Mar. 6-7 • 7th annual 'It Happens to Boys' Conference** by Creative Change Conferences focusing on the impact of abuse and trauma on survivors. Taking place at The Annenberg Center for Health Sciences at Eisenhower Medical Center, 39000 Bob Hope Drive in Rancho Mirage; 8:30 am to 5:30 pm each day. \$250 conference ticket includes lunch both days. For more information or to register, call (760) 346.4606 or visit [www.CreativeChangeConferences.com](http://www.CreativeChangeConferences.com).

**Mar. 21 • 7th annual Trilogy Health & Wellness Fair.** FREE and open to the public 9:00 am to 12:00 pm in La Quinta. Over 30 local health and wellness professionals will be featured with music, food and raffle prize drawings benefitting CV Volunteers in Medicine. Trilogy Resort is located at 60-750 Trilogy Parkway in La Quinta. For more information call (760) 777.6046.

**Mar. 27-29 • Coachella Valley Expedition.** Doctors, dentists, and health care practitioners are needed for this 3-day free medical and dental clinic which will serve over 1,000 people a day at the Riverside County Fairgrounds in Indio. For more information or to volunteer, visit [www.CaliforniaCareforce.org](http://www.CaliforniaCareforce.org).

**Mar. 28 • 20th annual Jim Cook Day of Hope for Diabetes.** Presented by the Desert Diabetes Club, this FREE event is open to the public and all those interested in diabetes care. Many medical speakers are featured and this year's celebrity keynote speaker is actor/dancer and diabetes advocate, Ben Vereen. 8 am – 3 pm. Visit [emc.org/ddc](http://emc.org/ddc) (760) 773.1578.

**Mar. 29 • Poses for the People.** Join local yoga instructors for a day of health and wellness benefitting CV Volunteers in Medicine. Demonstrations and a one-hour class for all ages and ability will be performed to live music. Civic Center Park, Palm Desert 10 am. Bring a picnic lunch and enjoy the post-practice concert. Special program for kids as well! Donations \$25 in advance/\$35 onsite. PosesForThePeople.com [johnnyuhas@me.com](mailto:johnnyuhas@me.com).

**Apr. 16 • Body in Balance.** Women Leaders Forum Lunch & Learn featuring top wellness professionals discussing how keeping your body physically balanced can aid in balancing all other aspects of your life – for the rest of your life. 11:30 am – 1:30pm. Agua Caliente Resort & Spa. All welcome! Tickets \$35 members/\$45 non-members. Visit [WLFDesert.org](http://WLFDesert.org).

**Apr. 30 • Dining Out for Life.** Treat yourself, family and friends to dinner on the town and help fight AIDS. On this one special day, over 35 participating restaurants, coffee shops, and bars throughout the Coachella Valley commit to donating a portion of their proceeds to client services at Desert AIDS Project. For a list of participating establishments, visit [www.diningoutforlife.com/palmsprings](http://www.diningoutforlife.com/palmsprings) or call (760) 992.0442.

**May 20 • Desert Health® Wellness Awards** honoring those in our community moving health and wellness forward. All welcome! Enjoy dining stations including Protein Power, Mediterranean Medley, and Vegetable Veranda, a guest speaker, silent auction and the awards presentation from over 50 nominations submitted. Tickets \$75 and available at [www.DesertHealthNews.com](http://www.DesertHealthNews.com). (760) 238.0245.



Sponsored by Desert Health

**Free admission and open to the public**

Join us for:

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a variety of health and wellness professionals.**

**Food • Music • Raffle Prizes**

Enjoy hand and chair  
massages from

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CoralSpa  
at Trilogy

\$1 Raffle prize  
drawings to benefit

VIM  
Coachella Valley  
Volunteers in Medicine

For more information, please call 760.777.6046

60-750 Trilogy Parkway • La Quinta





## A Day in the Sun at Poses for the People

What could be better than a day of yoga under the sun to live music followed by a healthy picnic lunch?

Palm Desert's Civic Center Park will come alive Sunday, March 29, with a yogic fundraiser benefiting Coachella Valley's Volunteers in Medicine (CVVIM), the valley's only free medical clinic.

Presented by Eisenhower Wellness Institute, Poses for the People will begin at 10am with an advanced yoga demonstration, followed by a dynamic one-hour yoga practice for all abilities led by key leaders of the yoga community bringing their various pathways to the stage. A powerful musical performance by recording artist Larisa Stow & Shakti Tribe will accompany the practice, and a post-event concert will take place with vegetarian cuisine available from Pea Shoots Mobile Cafe. Attendees are also invited to bring their own picnic lunch.

Formerly an emergency room nurse, event organizer Johnny Yuhas, RN, RYT 400, saw firsthand how patients who receive proper medical care are able to get back to work and lead healthier, more productive lives. He made it his mission to support CV Volunteers in Medicine which provides care to those with no other resources.

"Yoga is a powerful source of healing for so many people who find its path," says Yuhas. "Building off the success of last year's event, Poses for the People will extend this healing resource to those in the Coachella Valley who are in desperate need of medical care. By uniting the community through a shared interest of health and wellness, we can inspire participants to serve as beacons of hope, and raise funds to help others achieve greatness."

The mission of CVVIM is to provide a no-cost primary health care service to medically underserved people in our community. The clinic is staffed by volunteer doctors, nurses and office personnel and relies entirely on donations to fund operations.

This year's event is graciously supported by Eisenhower Wellness Institute, City of Palm Desert, Desert Recreation District, Desert Health®, lululemon athletica, and participating yoga studios.

Tickets are \$25 in advance and \$35 day of the event. Registration is online at PosesforthePeople.com with 100% of funds going to CVVIM. Registration is from 8:30am - 9:30am; demonstration and practice from 10:00am - Noon; concert and picnic lunch from Noon - 1:00pm.

For more information on the event visit PosesforthePeople.com or contact Jason Press at (917) 885.5178 or jason@jasonmarcpress.com. To learn more about CV Volunteers in Medicine visit www.cvvim.org.



Yogis of all ages and ability come together in the name of health.

## Trilogy's 7th Annual Health and Wellness Fair

**Free and open to the public!**

Desert Health® is proud to support the 7th Annual Coral Spa Health and Wellness Fair at Trilogy Resort in La Quinta on Saturday, March 21. This free event takes place from 9:00am to 12:00pm and is open to everyone.

A variety of Coachella Valley health professionals will offer demonstrations, product samples and information. Meet many Desert Health® partners including Tiffany Dalton of Gluten-Free with Tiffany who will be discussing cleansing programs, supplements, and nutrition.

Dr. Diane Sheppard of AcQpoint Wellness Center can answer your questions about acupuncture, and the Eisenhower Wellness Institute will conduct Body Mass Index testing.

Darren Clair, MD, and his team at Vibrance Rejuvenation Center will showcase the latest in integrative therapies for health and vitality, and Yemi Omelani of Fireside Pharmacy will be available to discuss compounding drugs and bio-identical hormones.

The Coral Spa will also be offering free hand and chair massages and TRUElicious will offer samples of their delicious raw organic bars...and much more!

Guests will all receive a complimentary gift bag from Trilogy and may purchase \$1 raffle tickets for the opportunity to win a variety of health and wellness prizes. 100% of proceeds from the raffle will benefit Coachella Valley Volunteers in Medicine, the valley's only free medical clinic.

Food and beverage will be available for purchase at the event.

Experience a free day of health and wellness and join us at the 7th Annual Coral Spa Health and Wellness Fair.

The event is free and open to all. Trilogy Resort is located at 60-750 Trilogy Parkway in La Quinta. For more information call Sharon McKee (760) 777.6000. Vendors interested in participating may contact Lauren@DesertHealthNews.com.



The beautiful surroundings at Trilogy paint the backdrop for the health and wellness fair.

# POSES FOR THE PEOPLE

PRESENTED BY EISENHOWER WELLNESS INSTITUTE

Experience Wellness

MARCH 29

## Register now for the year's biggest yoga fundraising event at Civic Center Park in Palm Desert.

Hit the mat and dedicate your yoga practice on Sunday, March 29 to this labor of love benefiting Coachella Valley Volunteers In Medicine. At 10:00am sharp we will begin a yoga demonstration and dynamic yoga practice. Larisa Stow & Shakti Tribe will perform throughout, and there will be a post event concert and lunch, featuring vegetarian food truck service. Even if you've never practiced yoga before, you'll enjoy a morning of community building, live music, and delicious food. Register online today!

100% OF PROCEEDS BENEFIT:

We're providing a special kids' section for all young yogis who are looking to grow their practice, while having fun. Learn about yoga, listen to the music, and enjoy a morning of exciting activities.

LEARN MORE AND REGISTER TODAY AT **POSESFORTHEPEOPLE.COM**

OUR SUPPORTERS:





## The H.N. and Frances C. Berger Foundation Presents the 20th Annual

# Jim Cook Day of Hope for Diabetes®

Produced by Desert Diabetes Club  
**Saturday, March 28, 2015**  
**8 a.m. to 3 p.m.**

**Annenberg Center for Health Sciences at Eisenhower**  
39000 Bob Hope Drive, Rancho Mirage  
*Keynote Celebrity and Medical Speakers*



**Ben Vereen**

Tony® and Emmy® Award-winning Actor,  
Dancer and Singer. Advocate for Diabetes  
living with Type 2 diabetes



**Etie Moghissi, MD, FACP, FACE**

Diplomate American Board  
of Internal Medicine  
and Endocrinology

**This FREE, full-day event provides inspiration and  
information for those who have diabetes or are at  
high risk for diabetes, their families and friends.**

**Plus more than 10 educational sessions by physicians,  
researchers, nutritionists and other health experts.**

**Spanish speaking lectures and exhibitors offered**

### SESSION SCHEDULE

**7:30 a.m. – 1 p.m.**

Registration/Membership/Lunch Tickets  
Members: FREE/Non-Members: \$5

**8 a.m. – 3 p.m.**

Product Fair – Vendors

**8 a.m. – 3 p.m.**

FREE Diabetes Screenings  
*Desert Diabetes Club Members Only*  
(New memberships available at  
Membership table.)

**Stroke Risk Assessment**

**A1C** – Eisenhower Diabetes Education Program

**Blood Pressure** – Visiting Nurses Association

**Body Mass** – Take Shape for Life®

**8 a.m. – NOON**

Turn in your written questions for  
*Ask the Doctor* panel and prizes (2 p.m.)

**8:30 – 8:45 a.m.**

**Welcome**

**Melinda Read**, Spokesperson

Jim Cook Day of Hope for Diabetes®

**Ron Cochran**, President

Desert Diabetes Club

**Rodolfo Batarsé, MD**, Spanish

Program Director

Jim Cook Day of Hope for Diabetes®

**9 – 9:45 a.m.**

**Barreras para el Cuidado de la Diabetes  
en la Comunidad Hispana**

**Marielena Cid, RN, CDE, BSN**

Diabetes Educator, Eisenhower Medical Center

**The Kidney Machine**

**Rodolfo Batarsé, MD**

Nephrologist, Eisenhower Medical Center

**New Developments for the  
Treatment of Diabetes**

**Elke Jost-Vu, MD**, Endocrinologist

Eisenhower Medical Center

**Designing and Maintaining a Good  
Workout Program for Diabetes**

**Joseph Weaver**, Certified Fitness Trainer

Eisenhower Renker Wellness Center

**Technology and New Frontiers**

**in Diabetes Management**

**Yuri Krochmaluk, RN, CDE, BC-BSN OD**

Diabetes Educator

Eisenhower Medical Center

**10 – 10:45 a.m.**

**Eating for Diabetes: Myth vs Truth**

**Andrea Knatz, RD, CDE**

Diabetes Educator, Eisenhower Medical Center

**Myth-Busters: Common Myths in Dental**

**Treatments of People with Diabetes**

**Klaus Yi, DDS**, Periodontist, Desert Periodontics

**The Kidney Machine (SPANISH)**

**Rodolfo Batarsé, MD**

**Medications to Combat Hypertension**

**and High Cholesterol**

**Brandon Lee, PharmD**

Pharmacist, Walgreens Pharmacy

**Making A1c Goal a Reality**

**Paul Guleria, MD**, Endocrinologist,

Eisenhower Medical Center

**11 – 11:45 a.m. CELEBRITY KEYNOTE SPEAKER**

**Living with Diabetes, Ben Vereen**

**NOON – 1 p.m. LUNCH BREAK**

Product Fair Open

**1 – 1:45 p.m. MEDICAL KEYNOTE SPEAKER**

**Creating a Balance in Diabetes Management**

**Minimizing Hypoglycemia Risks,**

**Etie Moghissi, MD, FACP, FACE**

**2–3 p.m. ASK THE DOCTOR: EXPERTS PANEL**

**Raffle Prizes! Must be present to win**

**Etie Moghissi, MD**, Endocrinologist

**Andrea Knatz, RD, CDE** Diabetes Educator

**Brandon Lee, PharmD**, Pharmacist

**NURSES! Register for the  
conference and earn your CEU's.  
Call 760-837-8718 or email  
mcid@emc.org to register.**

## 20th Annual Day of Education Jim Cook Day of Hope for Diabetes®

*Jim Cook Day of Hope for Diabetes®* returns to the Annenberg Center for Health Sciences at Eisenhower on Saturday, March 28, and everyone is encouraged to attend. This free, educational event is presented by the H.N. and Frances C. Berger Foundation and produced by the Desert Diabetes Club.

This year's celebrity keynote speaker is Tony Award- and Emmy Award-winning actor, dancer and singer Ben Vereen, who thrilled crowds at the event two years ago. The animated song-and-dance man won a Tony award for his role in the Broadway musical *Pippin*; was memorable as Chicken George in the TV miniseries *Roots*; and nabbed an Emmy for the TV special *Ben Vereen...His Roots*.

As a person living with Type 2 diabetes, Vereen has worked tirelessly as a diabetes advocate — traveling across the country to encourage people living with diabetes to join him in a national movement for better blood sugar control.

Vereen's presentation will accompany educational sessions by physicians, researchers, nutritionists and experts from Eisenhower Medical Center and the community. Topics will include the latest diabetes treatment, dental health, pre-diabetes, new findings, diet, exercise, and long-term implications. The popular "Ask the Doctor" session will return offering attendees the opportunity to query physicians about their particular areas of concern.

Spanish sessions with Rodolfo Batarse, MD, will take place at 8:30am and 10am.

This year's medical keynote speaker is Etie Moghissi, MD, FACP, FACE, a recognized leader in endocrinology who will discuss the importance of creating balance in managing diabetes and minimizing hypoglycemia risks.

A product fair showcasing the latest technology, treatments, and resources for persons with diabetes will be open to all attendees. Free screenings of the heart, eyes and feet and more will be available for Desert Diabetes Club members.

The Desert Diabetes Club is a non-profit organization designed to educate all Coachella Valley residents about both type 1 and type 2 diabetes. The club meets monthly (October through May) at the Annenberg Center for Health Sciences at Eisenhower. With a tax-deductible membership of \$25, members receive vital information about diabetes and improving their quality of life through lectures by diabetes professionals. Social and support events are also planned throughout the season.

If diabetes affects you or someone you love, you are encouraged to attend this FREE event to enjoy the festivities and to learn the latest information on controlling the disease and living a life of wellness.

*Jim Cook Day of Hope for Diabetes® will be held from 8 a.m. to 3 p.m. at the Annenberg Center for Health Sciences at Eisenhower. For more information, please call (760) 773.1578 or visit [emc.org/ddc](http://emc.org/ddc).*

## Join Us for the First Annual Desert Health® Wellness Awards

*By Lauren Del Sarto*

We invite you to join us for a festive evening of good food, friends, and organic libations as we celebrate the over fifty nominees - and the ultimate winners - of the first annual Desert Health® Wellness Awards.

The evening will include dining stations offering an array of power proteins, vegetarian delights, and Mediterranean delicacies. There will also be an American Classics station for those who feel the urge to splurge, because as we all know, "health is a choice." Each guest will also receive a complimentary beverage from our friends at Bonterra Organic Vineyards and local farm-to-glass brewery, Coachella Valley Brewing Company. Additional beverages will be available for purchase.

The casual dinner will be followed by a guest speaker and the much anticipated awards ceremony. There will also be a silent auction benefitting Coachella Valley Volunteers in Medicine (CVVIM) where you can bid on services from Massage Envy, The Vein Institute, Transcendental Meditation®, La Quinta MedSpa, and J. Russell Salon to name a few, as well as, rounds of golf at PGA WEST, luxury accommodations from the Hyatt Regency Indian Wells, and certificates to a variety of valley restaurants. All proceeds from the silent auction will benefit CVVIM, the valley's only free medical clinic which is staffed by volunteer doctors and nurses and serves those in our community most in need.

All guests will also receive a complimentary gift bag with a variety of wellness and promotional offerings from

participating sponsors. The offerings will enhance your own path to wellness, and the bags will come in handy as we work toward a plastic shopping bag-free Coachella Valley!

This awards celebration is a dream to recognize all of the individuals and organizations whose efforts – large and small – are contributing to the spotlight of health that shines on our valley. They are

teachers, coaches, doctors, non-profits, companies and more who have made a positive impact on others within our community, and in turn have been nominated for a Desert Health® Wellness Award.

We could not do it without the generous support of our Presenting Sponsors Desert Regional Medical Center and JFK Memorial Hospital, our Dining Station Sponsor Integrated Wealth Management, our Community Sponsors Eisenhower Wellness

Institute and KMR/KPSE TV, and our beverage sponsors Coachella Valley Brewing Company and Bonterra Organic Vineyards.

Look for the Official Event Program to appear as an insert to the May/June issue of *Desert Health®* and JOIN US on Wednesday, May 20, from 5:30pm to 8:30pm, at Desert Willows Golf Resort for the first annual Desert Health® Wellness Awards.

For more information, visit [DesertHealthNews.com/Events](http://DesertHealthNews.com/Events). Tickets can be purchased from the home page at [DesertHealthNews.com](http://DesertHealthNews.com). We hope to see you there!



*The Desert Health® Wellness Award*

### SPONSORS:

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