



Desert Health[®]

News from the Valley's Integrated Health Community

July/August 2016

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Cancer does not discriminate. It affects people of all ages, races, backgrounds and lifestyles. And sometimes it finds those you'd least expect - those who have lived the healthy, balanced life that we all strive to achieve.

This year, breast cancer found Shay Moraga at 39 years old.

A yogi who lived a clean, balanced life full of organic foods, close friends and a deep faith, Shay had relatives affected by the disease, but thought she was beating the odds. Her triple negative breast cancer diagnosis came as a complete shock. Soon she would be counting on that nutritious food, those close friends and her deep faith to get her through the greatest challenge of her life: fighting this relentless disease.

Shay has always been a private person and was hesitant when a good friend offered to start a private Facebook page to lend support and to unite those who offer positive energy and prayer along her journey. It wasn't long before Shay began to understand how the generous support from others can be transforming and healing, or just how many people she would impact with her heartfelt posts



* Photo by Jennifer Van Zeipel

and sincere gratitude for the support of others, for life, and all it has to offer.

I was humbled when asked to join the Shay's Warriors page and deeply moved by the inspiring words Shay was sharing. Her strength and positive attitude were uplifting. I further encouraged her to share her journey, and we are honored to feature Shay's Story (in her own words) in *Desert Health*[®].

And so it begins...

Have you ever used the phrases "Everything happens for a reason?" or "Your life can change in an instant?" I am living proof that both of these statements are true.

February 11th, 2016, is a day I will never forget as long as I live. With that being said, I now live every day being more thankful than I was the last. Every new day I have is now a gift. February 11th is the day that, at 39 years old, I sat in a doctor's office while she told me I had breast cancer. Not just any breast cancer - I had triple negative breast cancer. It is the day my heart stopped beating. As words mumbled out of her mouth (like in a Peanuts special) she informed me that it was an infiltrating Invasive Ductal Cancer (IDCA), but we

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Health is a Choice

By Lauren Del Sarto

I have been grain free for the last 2+ years and love the physical benefits I continue to see and feel. I've made it through the cravings stage and while I do admit to a gluten-free wrap or crackers every once in a while, living primarily grain-free is a lifestyle choice I plan to maintain.

This choice also worked well with my exercise routine of walking and yoga, but recently I decided to hit the gym and start strength training for something new and challenging. I used to be a casual competitive runner and knew the rules for working out, but when it comes to nutrition, those rules are definitely changing.

After just a few training sessions, it was obvious that my grain-free lifestyle was not supporting me. I lacked energy during workouts and felt completely deflated afterwards. Now, the old schoolbook on nutrition and exercise had us "carb up" with pasta feeds the night before a race and carrying sugary gel packs to help us make it to the finish line. So, with the advice from others and against my own will, I started adding healthy grains (quinoa, rice) back into my diet. While they gave me more energy, I didn't feel good about it, and most of all, I wasn't "toning down" as

I had hoped from pumping all this iron.

I felt envious of those Paleo CrossFit kids and started feeling like a **grain-free wannabe athlete**.

So, I dived into the latest science from renowned doctors Jeff Volek, Ph.D. and Stephen Phinney, M.D., considered leaders in the field of clinical nutrition by doctors, nutritionists, and fitness professionals across the globe. They have two books: *The Art and Science of Low Carbohydrate Living* and *The Art and Science of Low Carbohydrate Performance*, which were recommended by Dr. Joe Scherger, M.D., an ultra-marathoner.

The bottom line is that it appears our bodies can indeed switch from requiring carbs for energy to resourcing our existing fat for fuel. That sounds great! Who doesn't want their body to use existing fat for fuel?

The bad news...It can take two or more weeks for your body to make the switch from burning ingested carbs to resourcing fat first, a state the authors call "keto-adaptation." It also requires a consistent diet of less than 50 grams of carbs per day. That's a bowl of spinach, cup of

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Why do we do all this crazy health stuff?

Because more and more of us are beginning to see the significant value of maintaining good health as we age. We're fueling our bodies with essential nutrition over taste, exercising and practicing mind-body therapies because they feel good both physically and mentally and create a more positive and happy self.

The day-to-day decisions we make to remain on this path take a lot of conscious effort, and we thrive on inspiration from others.

In May, I was honored to join Edith Morrey and a group of her friends to celebrate her 104th birthday. She also attended this year's Wellness Awards where guest speaker Bill Davis, M.D., was thrilled to meet her. Edith attributes her longevity to being wheat and dairy-free for 80 years, and Dr. Davis proudly posted his photo with her on his Wheat Belly Facebook page.

We were delighted to once again honor those in our community moving health and wellness forward at the second annual Desert Health® Wellness Awards (pg. 3). It was a spectacular evening that brought together kindred souls with the common goals of being the best that we can be and helping others to do the same.

Sometimes, no matter how healthy you live your life, disease can occur. Shay Moraga, a local yoga instructor and health enthusiast is bravely fighting triple negative breast cancer. Her positive attitude and grateful spirit have inspired hundreds on Facebook, and we are honored to have her share her story with you.

We hope you find inspiration on our pages and thank you for reading.

May your summer be filled with sunshine and smiles ~



Deborah Tryon and photographer Lani Garfield celebrate with Lauren at the Welly Awards in May.

Lauren Del Sarto
Publisher



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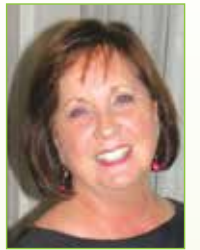
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And the Welly Award Goes to....

A look at the 2016 Desert Health® Wellness Awards

The second annual Desert Health® Wellness Awards took place on a spectacular May evening with five deserving finalists taking home a Welly.

The festive celebration, which took place at The Pavilion at Indian Wells Golf Resort, began with an outdoor reception, silent auction, and putting contest. Close to 250 health-conscious guests including doctors, health coaches, fitness instructors and wellness fans gathered to network and learn who would take home the stunning trophy.

Presented by Desert Regional Medical Center and JFK Memorial Hospital, the second annual Desert Health® Wellness Awards received over 30 nominations from peers and community supporters in five categories: individual, business, integrative health care practitioner, non-profit and youth. Three finalists were selected in each category and winners were announced at the event.

The evening also featured *Wheat Belly* author Bill Davis, MD, who spoke on the power of social media and how consumers are changing the face of health care. Through social media, consumers are telling their stories, sharing successes, and helping each other overcome conditions that used to require a trip to the doctor, he states. Davis has seen this through the many wheat and grain-free success stories shared through Facebook, Twitter, and more. "The days of doctors saying 'do as I say' are over and those [medical professionals] who don't educate themselves on the science of food as medicine will be left behind."

Rave reviews poured in on the evening's menu options which included sautéed spaghetti squash topped with julienned vegetables, fresh salmon with quinoa, grass-fed prime rib au jus, and free-range roasted turkey breast. The new American classics featured grass-fed Angus beef burgers with lettuce wraps and gluten free mac-n-cheese.

Enthusiastic guests tried their luck and skill on the putting green with Integrated Wealth Management's Align Your Future Putt for Prizes. The winner walked away with a round of golf for four at Indian Wells Golf Resort and two runners-up received massages from Massage Envy.

A silent auction benefiting Coachella Valley's Volunteers in Medicine also helped to raise thousands for the valley's only free medical clinic.

"The energy of those in attendance was incredible," said *Desert Health*® Publisher Lauren Del Sarto. "Bringing like-minded individuals together to celebrate wellness made for another magical evening. We look forward to keeping up this new tradition and invite anyone interested in moving health and wellness forward to join us next year."

2016 finalists included:

Individual: Kae Hammond, Jay Nixon, Alexa Palmer; **Business:** Harvest Health Foods, Next Level Fitness, and Somatherapy Institute School of Massage; **Non-profit:** Gilda's Club Desert Cities, Health Assessment and Research for Communities (HARC), Well in the Desert; **Integrated Health Care Practitioner:** Tina Louise Moreno, RCP, RRT; Joseph E. Scherger, MD, MPH; Diane Sheppard, L.Ac., Ph.D.

New this year was the **Youth Award** which went to the deserving team of Valeria Chavez and Esther Ramirez who were nominated by their Coachella Valley High School Medical Health Academy teacher Simon Moore.

The challenging job of selecting winners belonged to the Desert Health® Wellness Award executive committee: Coachella Valley health consultant, Donna Sturgeon; Act for MS board member, Margot Nelligan; and Lisa Ford of Desert Medical Imaging and the Desert Doctors Network.

AND THE WELLY AWARD GOES TO...

YOUTH: Valeria Chavez and Esther Ramirez

At the beginning of 11th grade, health academy students Valeria Chavez and Esther Ramirez decided to dedicate themselves to helping their community. Both are certified in CPR and first-aid through the Health Occupations Students of America and teach other students and members of the community these lifesaving techniques. They also participate on HOSA's National Service Project Team, and this year worked tirelessly to raise awareness and funds for leukemia and lymphoma in the East Valley. Their nominating teacher describes Valeria, an aspiring cardio thoracic surgeon, and Esther, an aspiring neurosurgeon, as "team players anyone would be inspired to emulate."

BUSINESS: Harvest Health Foods

For 49 years, Harvest Health Foods in Palm Desert has been locally owned and operated. Created by Norma Snow in 1969, and purchased by Laura Laffranchini 17 years ago, Harvest provides fresh organic produce and a vast array of vitamins, minerals, and supplements, along with a large selection for nutritional diets like raw and gluten free foods. Their trained and knowledgeable staff is always available to answer questions and provide suggestions. Harvest Health is highly regarded in their field and loved by locals. Laura and her team are passionate about helping consumers who seek to address their health conditions naturally.

NON-PROFIT: HARC

Founded in 2006, HARC's goal is to transform the Coachella Valley's health and well-being through research and evaluation. With community surveys conducted every three years, their valuable and free data has helped identify health disparities and generate over \$12.8 million in grant funding for local organizations working to improve the health of our community. The data confirms what is needed and why, and is resourced regularly by local governments, schools, businesses, nonprofits, media, and more. Through this valuable service, HARC has helped bring our community together to improve the quality of life for each and every individual.



The first annual Youth award was presented to the team of Valeria Chavez and Esther Ramirez.



Business award winners Laura and Dana Laffranchini of Harvest Health



Non-profit category winner, HARC, represented by Dr. Glen Grayman, Dr. Jenna LeComte-Hinely, Eileen Packer, and Dr. Casey Leier

Continued on page 17

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Movement Disorders and the Role of Imaging

By Bernadette M. Greenwood, BSRS, RT(R)(MR)

The passing of one of the greatest athletes in history, Muhammad Ali, has brought attention to the debilitating condition he suffered: Parkinson's disease.

This neurodegenerative disease affects as many as one million Americans which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease combined, according to the Parkinson's Disease Foundation.

Women are less likely to be diagnosed than men and most patients are diagnosed by the age of 50. While many cases will go undiagnosed, it is estimated that over 50,000 cases are diagnosed annually and 7-10,000,000 people globally currently live with Parkinson's.

Parkinson's Disease is just one of a number of conditions on the spectrum of movement disorders. Other neurologic movement disorders include:

- Tremor – also called “essential tremor,” this nervous system disorder causes uncontrollable, rhythmic shaking and affects about 200,000 people per year.
- Dystonias – involuntary muscle contractions which cause involuntary, repetitive motion, abnormal posture, twisting or cramping. Some patients also experience vocal cord spasm or eye twitching. Muscle spasms can be painful.
- Chorea and athetosis – both are symptoms of underlying disorders that impact the production of or sensitivity to dopamine, a neurotransmitter released by the brain and responsible for its pleasure and reward centers.

Imaging, in particular Computed Tomography (CT) and Magnetic Resonance Imaging (MRI), can be helpful to distinguish movement disorders from other serious conditions that may have similar symptoms.

For example, normal pressure hydrocephalus is a condition in which clear fluid surrounding the brain and spinal cord is blocked, causing the ventricles of the brain to fill up with cerebrospinal fluid. This puts pressure on the brain which can result in abnormal gait, altered mental state and urinary incontinence. Imaging can easily help identify this abnormality as the cause of the patient's symptoms.

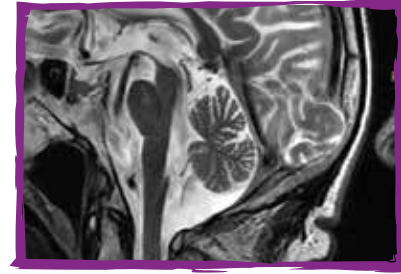
Another example is progressive supranuclear palsy, a neurodegenerative disease that can occur in adults over 60 resulting in movement disorders. This condition can be diagnosed with very high accuracy with MRI, as the key

imaging finding is a feature referred to as the “hummingbird sign.” On a side-view of the brain, an area in the brainstem appears like the shape of a hummingbird. This sign is not apparent in Parkinson's disease or multiple system atrophy, which is another rare neurodegenerative disease affecting the autonomic nervous system and movement. The autonomic nervous system controls bodily functions like heartbeat, blood pressure, and digestions.

Multiple system atrophy is debilitating and can be mistaken for other movement disorders and neurodegenerative diseases in its early stages, because of similar symptoms. Researchers are actively investigating the ways that imaging, characteristics of brain cells, and characteristics of cardiac cells contribute to the progression and severity of this disease.

Bernadette Greenwood is director of clinical services at Desert Medical Imaging (DMI), as well as an author and educator. For more information visit www.DesertMedicalImaging.com or call (760) 694.9559.

Resources: 1) Parkinson's Disease Foundation: <http://www.pdf.org>; 2) The International Parkinson and Movement Disorders Society: <http://www.movementdisorders.org/MDS/About.htm>



A brain MRI of progressive supranuclear palsy displays a “hummingbird sign.” (Case courtesy of Dr. Prashant Gupta, Radiopaedia.org, rID: 18863)

Neck Pain: Common Causes and Treatments

By Paul E. Kaloostian, MD, FAANS

Neck pain is a frequently encountered problem in society. It is associated with a significant decrease in quality of life and a significant increase in time off work, which is associated with a decrease in national economic productivity.

Patients typically present to either their primary care doctor or the emergency room with complaints of moderate-to-severe neck pain, with or without arm pain. Neck pain can vary in location from midline to paraspinal in nature and can at times radiate to the back of the head. Patients can have severe sharp shooting pains down the arms to the fingers, as well as weakness of specific muscles of the arms. In severe cases, patients can present with weakness of the hands and legs and/or immobility.

Cause

Causes of neck pain include traumatic injury, myofascial inflammation, and spinal disease. Traumatic injuries can result from falls, accidents, whiplash injuries, and acute acceleration and deceleration events. Myofascial inflammation is irritation of the fascia overlying the muscles due to a variety of causes such as whiplash injuries and fibromyalgia. Spinal disease includes cervical degenerative disc disease or arthritis affecting the vertebrae in the neck. Inflammation of the joints of the spine, nerve compression, and deformity of the vertebrae over time can cause significant neck pain and arm pain.

Careful history is critical in determining cause of pain, including the patient's past medical history, prior surgeries, smoking history, family history, medications, allergies and other bodily complaints. A thorough physical examination of the entire body, including neurological testing of the arms and legs, is critical to identify areas of weakness, atrophy, or numbness localizing in a particular area of compression in the cervical spine.

Diagnosis

Diagnostic modalities to determine cause of neck pain include the following: CT scan of the cervical spine to identify bony deformity and arthritis; MRI of the cervical spine to identify spinal cord or nerve root compression; flexion extension x-rays of the cervical spine to determine instability; DEXA scan to determine bone density quality; and nuclear SPECT CT scans to determine areas of increased osteoblastic activity and bony remodeling.

Treatment

Treatments for myofascial disorders of the neck include acupuncture, physical

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Understanding the complexity of neck pain can aid in diagnosis and treatment protocol.



Chromium-6 in the Coachella Valley Water Supply

By Brian Fiani, MD

The Flint water crisis has been one of the most publicized water contamination disasters in several decades. Concerns have surfaced, however, regarding water purity and safety in other parts of the country. In the Coachella Valley, there is apprehension over hazardous chemicals that include chromium-6.

Chromium-6 is the carcinogenic agent that was cause for the famous Erin Brockovich case in 1996 which was portrayed in pop culture through a movie starring Julia Roberts.

In 2014, water agencies in California stated that they believed the chromium-6 chemical was seeping from rock into the groundwater. Other sources include manufacturing and processing plants, dye and paint industries, leather tanning industries, and wood preservatives. The California Department of Health set a level of 10 parts per billion for this chemical, and an astounding 36 of 96 water wells locally surpassed that limit.

Safety concerns with regard to exposure include contact with skin and ingestion, as well as inhalation. Chromium concentrations can be measured via blood and urine to monitor levels in people at risk, including residential exposure and occupational exposure. While inhalation poses a risk for lung cancer, ingestion can cause cancer, reproductive issues with congenital disorders, neuropsychiatric disorders, neurodegenerative disorders, atherosclerosis, kidney damage, and liver damage. Contact with skin can lead to dermatitis and skin irritation.

Will this problem be solved? Unlike the outpouring of media attention and celebrities rushing to help Flint, Michigan, there has been a quiet, slow movement to find a solution to the crisis in the Coachella Valley. In January 2015, the Coachella Valley Water District continued to contemplate the issue and estimated that construction of treatment plants would cost around \$100 million, plus another \$15.5 million to design these water treatment plants. Estimates also indicated this could raise the average household water bill about \$30-\$50 over these years.

Water is an integral part of the daily lives of nearly 350,000 residents in the Coachella Valley. My concern as a doctor is how the hazardous chemicals could affect the various organ systems of these individuals. It is not common to have the specific water supply to a house tested or to seek lab work on an individual to test for chromium concentration within the body. Therefore, long-term consequences are difficult to link directly to the contaminated water supply, and it would be difficult to know whether each person is actively being affected. For this reason, residents will have to rely upon the Coachella Valley Water District and governing officials to resolve the issue; plans to develop treatment plants and to adhere to the state guidelines are currently underway.

Dr. Fiani is a neurosurgery resident with Desert Regional Medical Center's Graduate Medical Education Program. He is a graduate of Michigan State University's medical school.

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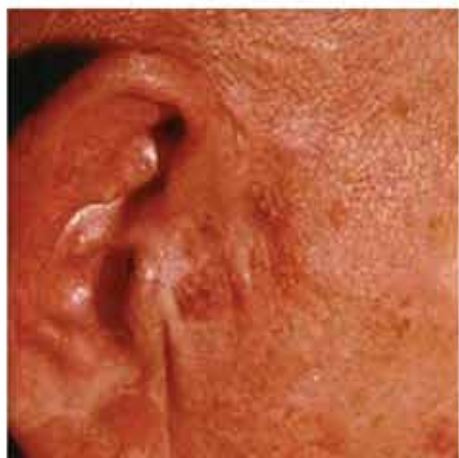
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Relief Today Can Cause Future Problems Considering the long-term effects of eyelid surgery

By Greg Evans, OD

My experience as a practitioner providing care to dry eye patients has led me to be significantly more cautious about the risk of potential damage to the ocular surface. Nowadays, I am much more judicious when recommending any type of eyelid surgery, especially with patients that have had laser vision correction.

The majority of dry eye patients we see are women 50+ who, in addition to the age risk factor, are also undergoing a simultaneous decline in hormonal levels. All of these are additive factors that pre-dispose this subgroup of patients to advanced dry eye.

Women have tremendous social pressure to defy the effects of aging and are more prone to pursue elective procedures such as laser vision surgery and eyelid surgery. Either one of these procedures can put the patient at risk for dry eye problems, and the combination can often lead to very advanced issues such as exposure keratopathy, night time nocturnal lagophthalmos (improper closure of the eye during sleep), and corneal surface irregularities such as raised or elevated Lasik gutters.

Some of these well-intentioned patients had no idea when they had their eye lid surgery or Lasik that later in life they were going to require additional plastic surgeries, amniotic membrane grafting and continual ongoing care. Most simply wanted fewer wrinkles, freedom from glasses, and non-droopy eyelids. They had no idea they were setting themselves up for potential troubles down the road; however, it is very common to see problems present 10-20 years following surgery when tissue contracts, atrophies, and weakens.

Certainly patient and physician education has improved over the past 10 years, as has patient selection. There is now a general understanding among oculoplastic specialists and other surgeons that perform eyelid surgery that more conservative management is better. However, not all patients seek care from an oculoplastic surgeon or experienced plastic surgeon.

Managing ocular surface disease is a significant component of my practice. Fortunately, there are more tools now, with more on the horizon. Diagnostics allow us to identify patients with degenerative dry eye before irreversible changes occur. New drops, procedures and medications allow us (in most cases) to prevent the chronic eye pain and manage the disease processes underlying dry eye. Thanks to topical anti-inflammatory drugs, we can also reduce the pain associated with dry eye.

I have learned that prevention and the benefits of educating the patient far outweigh the medical management tools we have. As eye care providers, we are often gatekeepers to many of these procedures to educate and minimize risk, resulting in happier and healthier patients.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and can be reached at (760) 674.8806 or online at www.evanseyecare.com.

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Neck Pain: Common Causes and Treatments

Continued from page 4

therapy, aqua therapy, TENS units, massage, chiropractic treatment, pain management consultation for injections, and cervical traction. If no significant abnormalities are noted on the diagnostic tests in such patients, treatments are non-surgical in nature.

Initial treatment for cervical spine pathology include acupuncture, physical therapy, aqua therapy, TENS units (Transcutaneous Electrical Nerve Stimulation), massage, chiropractic treatment, pain management consultation for epidural steroid injections, and cervical traction. If such conservative measures do not work, surgical options come into play. If diagnostic studies demonstrate severe spinal cord compression from cervical disc herniation or abnormal movement of one vertebra over the other with deformity of the spine, surgical intervention is recommended for spinal cord and nerve root decompression and restoration of spinal structural stability.

Surgical intervention on the neck can be performed from an anterior, posterior or combined approach depending on what the diagnostic studies and patient symptoms/examination demonstrate. Patients with MRI evidence of anterior pathology such as disc herniation will be best treated with an anterior approach on the right side of the neck through a small 2-inch incision over a skin crease. This procedure is called an anterior cervical discectomy and fusion (ACDF) and allows for complete disc removal and nerve decompression followed by fusion of the selected vertebral levels. If the MRI demonstrates multiple levels of spinal cord

compression from a predominantly posterior location, then a posterior approach to spinal cord and nerve root decompression is recommended. Such a procedure is called a posterior cervical decompression and fusion (PCDF) to allow for a complete and thorough neuronal decompression with stabilization of the selected vertebrae. In cases of both anterior and posterior pathology, with associated deformity or abnormal bending of the spine causing the chin to come closer to the chest, a combined anterior and posterior approach would likely be recommended.

Success rates are very high and patients can often return to work within 4 weeks to 3 months, depending on the type of procedure performed. Most simple anterior or posterior operations are associated with only 1-3 days of hospitalization.

Minimizing Risks

Smoking has been found to be associated with a weakening of, and increased degeneration of, the spine. Counseling for such patients in smoking cessation is recommended, especially in patients who are candidates for surgery, as smoking can affect wound healing and fusion rates. Additionally, bone density evaluations, hormone levels of parathyroid, estrogen, testosterone, and vitamin D should be routinely obtained in such patients to improve overall outcome.

All in all, neck pain is quite complex. However, utilizing and understanding the above paradigm will help patients heal and live life with significantly less discomfort.

Paul E. Kaloostian MD, FAANS, is board-certified in neurosurgery. He can be reached at (760) 346.8058 or at www.DrEtebar.com. He is also a member of Desert Doctors. For more information visit DesertDoctors.org or call (760) 232.4646.



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Confidence Is Your Key to Success

By Susan Murphy, Ph.D.

Are you holding yourself back because of low confidence? Do you spend a lot of time “in your head” worrying, regretting, putting yourself down, and wishing things were different? Do you stop yourself from taking advantage of opportunities and reaching the success of which you know you are capable? Without confidence, you will never venture out of your comfort zone.

When you have a healthy level of confidence, you can be your best you. Confidence is a belief in your ability to succeed – a belief that stimulates action. Self-esteem refers to your opinion of yourself, how well you value yourself, and the power you allow yourself to have. Everything you think and say and do affects your confidence and self-esteem. The good news is that you have control over what you think, say and do.



Confidence in your ability to succeed stimulates action.

Some of my favorite tips for increasing confidence include:

Start taking action.

The Nike SWOOSH invites action with the slogan, “Just Do It!” It doesn’t need to be perfect. Just Do It! When you take action, you achieve successes that build more confidence which encourages you to achieve even more successes! When I was working on my Ph.D., Dr. Pat Heim told me that the “D” stands for “Done.” I decided to get it “Done” and developed a mantra of “Focus & Finish.” Don’t let being perfect get in the way of being good.

Own your success.

Women need to take a page from the men’s playbook and own their success. When men accomplish great things, they are usually able to take credit for it without hesitating. When women accomplish great things, they often say they got “lucky” or “it wasn’t very difficult to begin with.” Men often recognize the benefits of confidence and start to practice it early on. In fact, many men value confidence as much as competence.

Monitor your self-talk.

We are born with only two fears: fear of falling and fear of loud noises. All other fears are developed during our lifetime. Let’s get rid of those manufactured fears! The great actor John Wayne once said, “Courage is being afraid but saddling up anyway.” Another favorite quote is from Wayne Gretzky, the great Canadian ice hockey player, “You miss every shot you don’t take.” Unfortunately, most of your self-talk (77%) is negative. When you hear yourself using negative self-talk, consider saying, “Thanks for your input, but I’m not interested!” Another suggestion is to wear a rubber band on your wrist and snap it when your self-talk turns negative.

Continued on page 12

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Using Technology to Plan Your Year

Why aren't more people as productive as they should be? Procrastination seems obvious, but is there more to it? People of all ages simply don't do the things they could potentially do to deliver their highest quality product or service. Why is this?

Often, the best product or service is simply the end result of an appropriate plan. When we plan, we increase productivity, reduce stress and experience fewer episodes of critical eyes.

As a health academy high school teacher, I find that deadlines, lead times, group activities, board presentations and dozens of other time tables are the foundation of productivity determining whether or not students receive their fair share of instruction while gaining opportunities for work-based learning with our business partners. Students need structure and guidance, which evolve from planning.

What is the key ingredient to planning (which is often easier said than done)? In the 21st century, few can plan without the use of technology. Nowadays, most problems are solved with, "there's an app for that." Sounds cliché, but it's true. What's the right app? Some of the best apps are free. Remind.com allows the leader / teacher to be able to create groups and send email and text messages 24 hours a day. Messages can even be scheduled to be sent in the future. It's like Star Trek, for the regular guy (or girl).

While Google is well-known, few actually use the calendar functions to their full potential. It's like driving your Corvette in second gear everywhere you go; you haven't yet seen what it can really do. Google allows the user to sync their Google calendar with their phone, so whatever is entered on the phone, is also entered on the calendar, and vice-versa. You can even import and export calendars to make them visible to others. If your phone is lost, your calendar and contacts are saved.

The purpose of using apps like Google calendar and Remind is to reduce repetition; if you have to do an activity more than once, you can automate. The number of people who still rely on a paper planner and individual text messages would shock the masses. The sooner you take advantage of technological options, the quicker productivity will increase – no matter the profession.

Another benefit of effective planning through technology is to empower the team. While micromanagement seems to contribute to productivity, it actually reduces efficiency. When employees are given leeway to deliver their version of the mission, they learn to deliver.

There are thousands of apps in our electronic world which can enable the leader to be a more effective leader. The use of technology and termination of the micromanager can also empower the team and increase productivity.

In the health care industry, without effective plans in place, the end result will likely not match up to expectations. Educating future health professionals is only possible with the use of technology and creative planning. Just remember, there's an app for that!

Editorial by Simon Moore, a ten-year teacher, Lead of the Coachella Valley High School Health Academy, and health services contributor with over twenty years EMS and public relations experience.

Breaking the Stigma

By Christopher Knippers, Ph.D.

While most of us see ourselves as kind, and even compassionate, many people have an almost basic instinct to stigmatize the weaker members of society: the poor; the less intelligent; the mentally ill; the disabled; and those with a chronic disease. There are varying degrees of this stigmatization, but it seems to be prevalent enough in our society that many people who have something that makes them appear weaker are marginalized and viewed with less respect.

I have known people who have received a cancer diagnosis and report that some of their friends - and even family members - distanced themselves after they learned of the diagnosis. I myself recently experienced the rejection of a close friend of many years who quit meeting me for our monthly lunches, making excuses over the past 16 months since I was diagnosed with severe kidney disease. Many people have similar examples of being rejected, usually without a direct explanation, after receiving a diagnosis of a serious disease.

There are no diseases more likely to trigger rejection than two very prevalent diseases here in the Coachella Valley: AIDS and substance use disorder (addiction). Fortunately, there is a culture here that can be very accepting of people who are considered "different". However, that does not lessen the impact of being rejected by those you cared about and who seemed to care about you prior to the diagnosis.

That is why it is so significant that organizations such as Michael's House are teaming together to sponsor a movement to help break the stigma of diseases such as addiction, depression, PTSD, and other disorders. Through events such as the Break the Stigma Golf Tournament on September 16, 2016, Michael's House is bringing together organizations from across the Coachella Valley to help raise awareness and to educate people about these diseases and the stigma that follows.

Through a better understanding of the disorders that plague so many people, we can learn that there is absolutely no reason to feel any lack of respect for people with disorders; in fact, quite the opposite. We all need what these people have to offer our culture. I personally find people who have to overcome the challenge of a disease to be much more interesting, as they often see life from deeper perspectives than others. They are by far the most interesting and understanding people I know.

The 3rd Annual Break the Stigma Golf Tournament will once again benefit SafeHouse of the Desert for youth in crisis. Taking place September 16 at Escena Golf Course in Palm Springs, the event is open to all - even those of us who don't know a golf club from a baseball bat. I go for the food, the archery, the interesting people I will meet and to support a great cause - breaking the stigma. Please join us!

Michael's House invites you to a fun round of golf at Escena Golf Course to benefit the SafeHouse of the Desert on September 16. The Cost is \$75 per person or \$300 for a foursome and includes golf and lunch. For more information, contact Renee.Baribeau@frn.com (760) 464.2138. <https://breakthestigmagolf2016.eventbrite.com>



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Could Poliovirus Treat Brain Tumors?

By Brian Fiani, MD

Since 2012, medical researchers at Duke University's Preston Robert Tisch Brain Tumor Center have been studying the utility of what was formerly a major threat to the public as the new treatment modality for one of today's scariest killers.

Glioblastoma multiforme is the most common primary brain tumor. Radiation and genetic predisposition are thought to be the major risk factors for developing this deadly tumor that attacks innocent, unsuspecting people every day. What can simply start with a headache, nausea/vomiting, and seizures can be the warning signs of this roughly one-year death sentence.

Here's the good news.

Due to the outstanding work of Duke researchers, the Food and Drug Administration (FDA) has declared "breakthrough status" for the recent results following phase 1 clinical trials with poliovirus. Although today's youth may not understand the significance of the poliovirus due to suppression with vaccines, it was a historically significant infectious virus with a wide range of symptoms and could result in paralysis/paresis as in the case of President Franklin

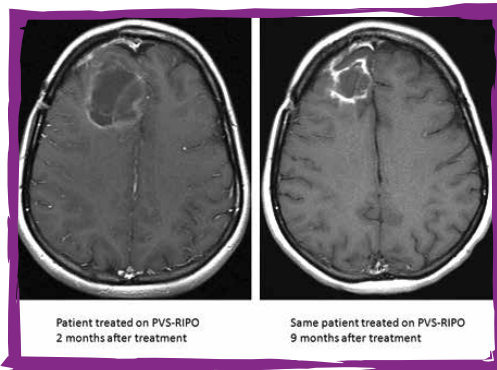
D. Roosevelt. Presently, this virus is being harnessed to help fight brain tumors, and the results are impressive! *The Duke Chronicle* cites that the study found a 20% three-year survival rate in patients with glioblastoma who received the poliovirus therapy, compared to a 4% survival rate.

On a recent 60 Minutes television broadcast Dr. Matthius Gromeier, who developed the activated the polio vaccine called PVS-RIPO, explained that it works by signaling the immune system to destroy the tumor. MRI tests from the clinical trials show remarkable shrinking of the tumor. These images can be viewed on the CBS News website for 60 Minutes entitled *Killing Cancer*.

Where will the research on this topic go from here?

The status granted by the FDA means that researchers will work extensively with the FDA to develop continued clinical trials. However, we must keep in mind the difference between "treatment" and "cure." Additionally, publicizing these developments should not make readers believe that there will be a swift movement in the medical community to adopt this method as a gold standard for treatment. Nonetheless, brilliant advancements like this one will save lives.

Dr. Fiani is a neurosurgery resident with Desert Regional Medical Center's Graduate Medical Education Program.



MRI of a patient's brain, axial view, at 2 months and 9 months after PVS-RIPO treatment (Source: Duke Preston Robert Tisch Brain Tumor Center website)

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Living Through the Lens Of Loss

By Amy Austin RN, Psy.D., LMFT

Usually, my goal in writing on various subjects in *Desert Health*® is to mentor, teach, and provide support. This article on loss is coming from a unique perspective, more of a personal view, since my mother passed away April 15 of this year.

As I walk through the steps of grief and loss, my hope is that you, the reader, know that my journey is our journey which makes this editorial all the more bittersweet.

Even though one expects the inevitable, it is a difficult transition from death back to life. People who offered, "Oh, she lived a long life," or "When it's our time, it's our time" meant well, but it just hit home that no matter what is voiced, there are rare times when words suffice to comfort or console. Grief and loss are such a personal journey, and navigating the loss can be rocky at best. Still, when words miss the mark, close relationships are key in providing a safe space to "just be you" while reflecting, remembering and missing.

The following are a few thoughts for you, dear readers, as I move through this process myself:

Give yourself time. Rushing back into usual daily life and enveloping yourself in busy mode can prohibit one from declaring that "this is my time to grieve this loss." In the book, *The Jewish Way in Death and Mourning*, Rabbi Maurice Lamm speaks about specified times for grieving. In Judaism, the first week is called shiva (Sheva in Hebrew means seven). During that week, the mourner is given guidelines on the modicum of behavior. At the funeral service, a garment of clothing

is torn, giving the mourner "emotional permission" to cry out and to grieve in any way that is appropriate for the mourner. After sitting shiva then follows "shloshim," or thirty days. After that, one year and then the "yartzeit" or annual anniversary of the death with respect paid to the deceased with a light that stays on for that month of the death each year thereafter in the synagogue.

Feel ALL your feelings. No relationship is perfect and many end imperfectly and unresolved. The answer is then to feel what you feel when you feel it, and to think

in the same manner. The path towards resolution is to admit that you are as perfectly imperfect as your loved one was, which can lessen expectations. Picture an ocean wave. That ebb and flow are our thoughts and memories. Let them flow.

Gratitude and appreciation. Realize that through the haze of grief and loss you can allow yourself time to develop a sense of gratitude and appreciation for lessons learned from that relationship, as your life moves on without that special presence in it.

So, Mom, this article is dedicated to you. We had quite a ride and my legacy will be to impart your strength, courage, optimism, and no-nonsense wisdom to my loved ones, family, and community. That way, you'll live in my heart forever.

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.



Allowing yourself time to grieve is essential to moving forward after loss.


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Neurofeedback: An Effective Tool for Mood Disorders

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

More than 20% of all Americans, approximately 57 million people, consume prescription drugs intended to treat mental health issues including anxiety, depression, and panic disorders. Developing safe, targeted and effective drugs to treat these conditions has increasingly become a struggle for the pharmaceutical industry. As a result, there has been a gradual withdrawal of research dollars from this area, despite the fact that globally, the mental health pharmaceutical market is more \$88 billion annually.

Until recently, most mood disorders were thought to be attributed to an imbalance of a single neurochemical agent or neurotransmitter such as serotonin. Thus, the model for treatment was based on developing drugs to raise or lower the levels of certain neurotransmitters as does the drug Prozac. However, the complexity of brain networks has proven the single neurochemical model to be an oversimplification of what is really occurring in the brain. Drugs may work to alleviate some symptoms, but they may exacerbate others. They may even contribute to new problems such as cognitive impairment, diabetes, and sometimes a decline in the condition, and even suicide.



Brain mapping technology is advancing non-invasive options for mood disorder treatment.

Because the diagnosis of many mental health conditions is a highly subjective process, determining the appropriate course of drug treatment is often an exercise in trial and error. Instead of focusing on single chemical neurotransmitters, mental health research is now evolving to address the brain's functional regions known as 'neural networks.' These networks can be influenced using non-invasive technologies such as brain-computer interfaces (BCI) and neurofeedback or "brain training."

A brain-computer interface is a direct communication pathway between the brain and an external device (a computer) with the purpose of assisting, augmenting or repairing cognitive and/or motor functions. Our brains produce different types of electromagnetic waves emitted at specific frequencies. These electrical events, or waves, can be detected using a set of electrophysiological sensors attached to the patient's head. These perform a variety of brain sensing and cognitive tests after

which the computer produces a detailed report on brain function and identifies any abnormalities. Based on the report of these findings as assessed by certified professionals, brain training is initiated.

Brain training is rooted in the principles of biofeedback, applied neuroscience, and evidence-based clinical practice. Through brain training, a person can learn to control the specific dysfunctional network of their brain, essentially teaching the brain to function more efficiently.

Evoke Neuroscience is a technology company that focuses on in-depth brain assessments and neurofeedback. They have produced the 'eVox system' which makes use of multi-modal brain evaluations that directly lead to training and rehabilitation solutions that, until recently, have not been available to the public. This system can perform a variety of brain sensing tests evoking neuropsychological assessments that can help clinicians treating disorders such as ADHD, anxiety, panic and sleep disorders. The 'eVox system' runs a simple and painless test that takes about 45 minutes. During the test, the patient wears an electroencephalography (EEG) cap, similar to a swim cap. The EEG cap is connected to a device that measures and then wirelessly transmits brain activity to a computer. The system then prompts the patient through a series of simple exercises on the computer.

The 'eVox system' reports contain objective brain maps to help develop a care plan that optimizes brain function. This new technology is advancing non-invasive options for mood disorder treatment; however, an effective plan should also address lifestyle, nutrition, stress management and psychotherapy as recommended through individual assessment.

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

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Don't Retire...Just Rewire

A number of incidents in my life recently converged, causing me to examine stages of life, quality of each transition, and my preoccupation with ageing. This awareness began after listening to Craig Marshall, a magnetic life coach, deliver a talk entitled 'Don't Retire, Just Rewire.'

At 23 years of age, Craig became a yoga monk with the Self-Realization Fellowship. For the next 35 years, he took vows of loyalty, obedience, chastity and simplicity and lived a life of meditation and service. His life has now transitioned beyond the ashram into a role assisting others with self-discovery. Craig's message is simple: the exploration and personal discovery process does not end at what we define as retirement. Even though one is slowing down and relinquishing some responsibilities of raising a family and advancing a career, one should still continue active introspection similar to the questions asked earlier in life. Some of these purposeful questions are:

1. What is your personal life purpose?
2. What is your deepest belief?
3. What would you do if you knew you could not fail?
4. What is your worst habit?

After I asked myself these questions, the answers aligned in perfect synchronicity with a 10-day hiking trip to Portugal I had planned. Hiking through medieval villages in a remote area, I connected with native residents. Their eyes uncovered for me the soul of their land and the openness in their hearts. I decided to learn the Portuguese for 'You are beautiful', which is 'Voce é bonita.'

When I connected with local villagers who called out to me with their eyes, I decided to express my appreciation for them using this phrase. On more than one occasion, after expressing my sentiment, the response from the villager, according to my Portuguese guide, was that they were 'old.' At this point, I insisted my guide tell them that being old is precisely the reason they hold so much beauty. I took countless pictures of each of these individuals, and their faces are just as beautiful as the pictures I have of Portugal's majestic countryside.

We often hold onto a stigma related to ageing and retirement, attributing decreased amounts of beauty and quality of life to this life transition. Just the word retirement can have the connotation of retreating and withdrawing, which is far from what this stage of life should offer. After my experience in Portugal, I realized that I must take time to honor age and see the beauty in myself and others.

It is never too late to initiate self-discovery. The first step is to explore our deepest beliefs about ageing, retirement and the projections we place on ourselves and others related to growing old. As soon as we can shed light and positivity on the aging process, we can look at the process as an ever expanding, evolving experience.

Michelangelo wrote in the margin of a drawing when he was 87 the words "Ancora imparo" translated, "I am still learning."

Pulse Diagnosis

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

Feeling a patient's pulse is a diagnostic technique used in Traditional Chinese Medicine (TCM), as well as traditional Tibetan and Indian Ayurveda medicine.

Using the pulse to determine body functions, deficiencies or imbalances dates back thousands of years and has changed over the course of time. Today there are many styles of this diagnostic tool from different regions and cultures. In classic TCM, the pulse was taken at nine different points: three on the hand, three on the head and three on the legs. Now it is generally taken on the radial arteries of left and right wrists.

Like all methods of diagnosis, the objective of pulse diagnosis is to obtain useful information about what is going on inside the body. In TCM, the pulse is considered to be the "palace of blood." It is governed by the heart and commanded by qi (vital energy). Regardless of the cause, disease, abnormalities or pathological changes can be reflected in the pulse. According to the Chinese understanding, the pulse can reveal whether a syndrome is of hot or cold nature, whether it is one of excess or deficiency, which of the qualities are affected (qi, moisture, blood), and which organ systems suffer from dysfunction. However, as a subjective form of discerning the cause of disease, it always needs to be taken into account with other signs and symptoms.

Of course, when we talk about the pulse in this sense, we are not just taking pulse to determine the heart rate as in Western medicine. When a TCM practitioner is feeling a pulse there are subtle and underlying qualities that have been found to be linked to dysfunctions in the body. In TCM, there are no less than 18 pulses that can be found on the wrist, and more on the temple, the neck and in the leg. On each wrist there are three locations on the radial artery, each of which can be sensed at three depths, using superficial, middle, and deep pressure.

Practitioners may describe pulse as hollow or full, slippery or choppy, weak or firm, or wiry or tight. Is the pulse floating, do you hardly press and feel a sensation or do you have to press down hard to get a reading? Does it feel tense, threadlike or slippery like beads? Is it flowy, strong or submerged and hard to find? These all have significance in making determination of what may be an underlying cause. Obviously, these are subtle differences and along with understanding the significance of each pulse at each position, pulse diagnosis takes a long time and much practice to master.

Still, there are those who have mastered this art, and give surprisingly accurate diagnoses about disease process and organ dysfunction with this method.

We take blood pressure, check heart rate and body temperature, and perform other diagnostic tests with equipment which gives quite objective information. Nonetheless, many TCM (myself included) still use pulse diagnosis to get an understanding of where patients' root problems lie.

Diane Sheppard is the founding owner of AcQpoint Wellness Center. She is a licensed acupuncturist with a Ph.D. in Oriental Medicine and can be reached at (760) 345.2200. www.AcQPoint.com.

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Gluten-Free

with Tiffany



After a hard workout the body develops tissue inflammation as an immune response to the wear and tear. We don't question why, nor do we worry whether the pain will go away. How can we explain the millions of people who experience chronic pain each day, uncorrelated to exercise?

Dr. Osborne, founder of glutenfree society.org, says, "One of the most common side effects I see that gluten causes is inflammation in the muscle and joints." Most doctors specializing in arthritis, joint pain, and autoimmune disease rarely even consider foods as an important factor in the development of these conditions. Perhaps we should take a deeper look at how grains play a role in pain.

An important clarification to first make, not often explained in its entirety, is that all grains contain some form of gluten. The gluteins of wheat, rye, barley and oats are well documented because of their special type of gluten called alpha-gliadin, discovered in early research of celiac disease. Gluten, however, is an umbrella term for hundreds of different proteins, some even more inflammatory than alpha-gliadin, which are even found in "gluten-free" grains such as corn and rice.

The peptides in grains, especially wheat, irritate the intestinal lining to various degrees depending on one's gut health. Understand that this is true for all humans, not just those with celiac disease.¹ All grains, which are the seeds of grasses, have a protective covering and natural chemicals that have ensured their survival and reproduction over time. These protective properties inflame and damage the gut. Dr. William Davis of Wheat Belly simply states, "wheat and grains powerfully inflame the body."²

Today we consume grain-heavy diets, high in molds and pesticides. Added life stress and environmental toxins contribute to the perfect storm for leaky gut syndrome.

When the gut becomes "leaky," the food particles passing through the intestine enter the blood stream, where they should not be, triggering the immune system to attack. Due to the constant heightened immune response, the body misinterprets what the invader looks like and attacks the wrong cells, often the body's own tissue.

We know inflammatory reactions are designed to heal and protect the body in response to damage. If you have a genetic predisposition to inflammation in the joints or muscles, this would result in and explain the unresolved chronic pain perpetuated by consuming grains.³

As you can see, ruling out food sensitivities and assessing the health of the gut lining for those with chronic joint pain is essential, as gluten is a common cause of joint and muscle pain.⁴

Here are a few key tips to reverse your chronic aches and pains:

- Remove the irritant. Make a goal to go grain-free. At minimum, go gluten-free.
- Replace those grains with vegetables and some fruits, and healthy fats. This promotes alkalinity and increases vitamin and mineral intake.
- Repopulate: add in beneficial bacteria for gut health with probiotics or fermented foods.
- Restore: Discuss with your health practitioner about supplementing with magnesium, calcium, omega-3 fatty acids, vitamins C, D, K, glucosamine chondroitin, and B-vitamins for joint and muscles health.

Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221 www.GlutenFreeWithTiffany.com

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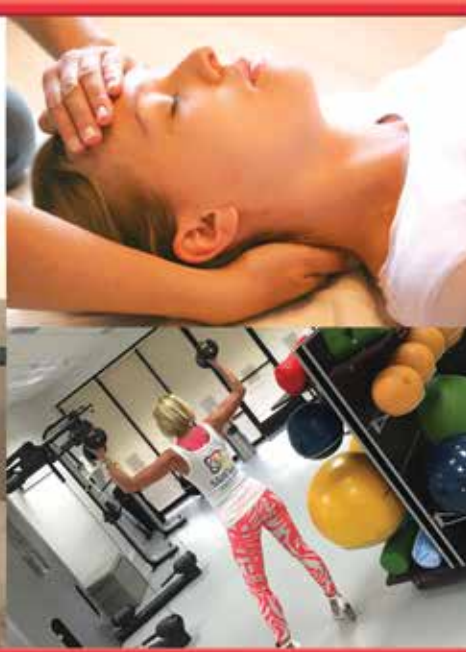
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Confidence Is Your Key to Success

Continued from page 7

Stay away from "Hoover People" (named for the vacuum).

Hoover people vacuum positivity, confidence and self-esteem out of everyone they contact. If you have a Hoover person among your closest friends, move her out of your group. Keep only positive, supportive people on your Personal Board of Directors. Remember Eleanor Roosevelt's words, "No one can make you feel inferior without your permission."

"Fake it until you become it!"

Use your body language to increase your confidence and self-esteem. Harvard professor Amy Cuddy's research shows the power of your body language on others - and on YOU! All it takes is 2 minutes to change your thoughts by moving your body. When you stand or sit confidently, you have an open stance, shoulders back, chin up, and good eye contact with your audience. If you do this for 2 minutes, you will become more confident. Smiling for 2 minutes makes you happier, even holding a pen sideways in your teeth can make you happier, more confident. People who feign confidence and self-esteem begin feeling better about themselves with this simple strategy.

Find your sense of humor.

Laughing is like internal jogging, increasing your confidence and self-esteem. Some days you're the bug; other days you're the windshield. Some days you're the statue; other days you're the pigeon. Laughing increases endorphins which are 200 times more powerful than morphine.

Develop your attitude of gratitude.

When you realize how much people have done for you or how much you have accomplished, you feel more confident. It is not happy people who are grateful; it's grateful people who are happy.

Leaders at NASA and Facebook realize that confidence is the key to success. Even high performers like rocket scientists need a boost sometimes, so their leaders consciously instill confidence and encouragement into the corporate culture. The slogan at NASA's Jet Propulsion Lab is "Dare Mighty Things". Posters at Facebook headquarters read, "What would you do if you weren't afraid?"

Today is your time. Just Do It!

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.



Studies show that body language enhances both internal and external confidence.



Is Sunscreen Safe?

By Jessica Needle, ND

When the weather gets hot, conversations with patients often turn to which sunscreen is best and whether it's always necessary. I am even asked if sunscreens can cause - or prevent - cancer.

This may be a surprising question given public awareness regarding the danger of solar radiation and the growth of the sunscreen industry, but it is a question that has been investigated extensively over the past three decades due to the tripling of cases of melanoma.

In its annual report on sunscreen, the Environmental Working Group (EWG), a research organization committed to protecting human health and the environment, states that there is little scientific evidence to suggest that sunscreen alone reduces cancer risk, particularly for melanoma, the most deadly type of skin cancer. EWG strongly disagrees with the FDA decision to allow sunscreens to claim that their products prevent cancer.¹

It has been established that sunscreen can prevent sun damage and squamous cell carcinoma (another type of skin cancer), but there are no studies that report decreased melanoma incidence with sunscreen use, and some studies actually suggest increased risk.²

One explanation for this finding is that lack of sunburn when using sunscreen properly inadvertently causes people to extend their time in the sun. This exposes them to more cumulative ultraviolet radiation, which causes DNA damage leading to mutations in tumor suppressor genes and arrest of DNA repair.³


Sunscreen ingredients may also play a role in cancer formation. Titanium dioxide is used in sunscreens and has been modified from a fine particle to a nano-particle to reduce its opaque white appearance. These nano-particles produce tumors in animal experiments, and the International Agency for Research on Cancer has therefore classified this substance as possibly carcinogenic to humans.⁴ Retinoic acid and retinyl palmitate, two types of topical vitamin A, are also known to cause tumor growth and skin damage in animals and yet are present in hundreds of sunscreens, skin lotions and lipsticks.⁵

Another hypothesis is that daily use of sunscreen leads to suboptimal vitamin D levels associated with various types of cancer including those of the skin, breast, colon and prostate.^{6,7}

Given this information, it is best not to rely on sunscreen alone to protect yourself from skin cancer. Use sunscreen when you expect to experience prolonged time in the sun, but avoid sunburn by seeking shade and using clothing as sun protection. Choose a sunscreen free of retinoids, nano-particles and parabens (a class of preservatives that may increase sun damage). And finally, ensure adequate vitamin D through brief periods of daily sun exposure on bare skin and/or by taking a vitamin D supplement.

Dr. Jessica Needle is a naturopathic doctor practicing at Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.


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A Healthy Head of Hair

Natural remedies for hair loss and regrowth

By Amanda Beckner CN, HHP, PhD

Why do some people lose their hair early in life? This question is not such a mystery if you understand the factors that contribute to hair loss and how, for some, it is possible to regenerate hair growth.

There are 10 commonly known factors that contribute to hair loss:

1. Poor diet
2. Stress
3. Vitamin & mineral deficiency
4. Inflammation
5. Hormone changes
6. Your genes
7. Poor circulation
8. Hair dyes and other chemicals
9. Acute illness and/or surgery
10. Radiation exposure and drugs, such as those used in chemotherapy

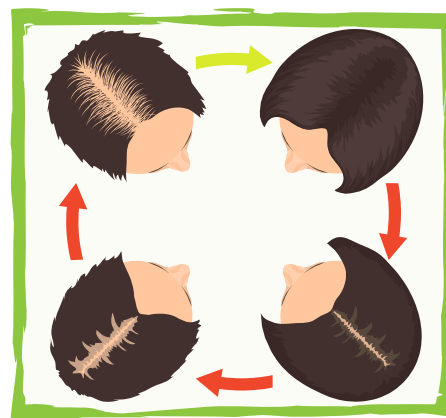
Balding occurs mainly in men and often in middle-aged women. However, if you understand that genetics are only 25% of the puzzle and environmental factors which you control are 75%, you will realize that you are holding all the aces and can help your body heal through proper nutrition and supplementation.

According to researchers, a contributing factor to balding is a tiny mite called demodex follicularum. These mites are present in 95% of our hair follicles by the time we reach our 50s. In most cases these mites do no harm; however, if our bodies initiate an inflammatory response to reject the mites, it will close down the hair follicle killing the mites, but also killing the hair.

More and more health care practitioners are beginning to understand that inflammation is the root cause of most diseases, and what we eat matters. If what you are eating feeds a condition to which your genes are predisposed, you will speed the process. If you rid the body of inflammation by eliminating contributing foods and supplements that tend to expedite the process of hair loss and add essential vitamins, minerals and nutrients, the body will promote health and can regenerate hair growth.

As a natural health care practitioner, I recommend the following to avoid hair loss and regenerate hair growth:

- Eat lots of fruits and green leafy vegetables, as they contain flavonoids and antioxidants that provide protection for the hair follicles and create new growth. Make



According to Beckner, nutritional choices and supplementation can aid in minimizing hair loss and maximizing regrowth.

Continued on page 24

Breaking Myths about Stress

By Kiran Dintyala, MD, MPH, ABIHM

Though people want to live a stress-free life, they often falter because of their wrong beliefs. The deeply rooted myths about stress in this society cost people their money, relationships, happiness, and sometimes even their life. With proper knowledge, you can reclaim lost peace, joy and balance in life by breaking those myths.

Actions you take based on wrong beliefs add more stress, instead of relieving it. The power of proper knowledge and beliefs can't be undervalued.

Our ancestors believed for thousands of years that the earth was flat and was the center of the universe. Then Copernicus, Plato, and other brave men yelled out, 'Hey! Earth is not flat like a plate, but it is round like a sphere. Sun is the center of our solar system, and the earth revolves around the sun and not the other way around!'

For a moment, just imagine what could have happened if our ancestors continued to believe that our earth is the center of the universe. All the astronomical calculations by our scientists would have gone utterly wrong. We could not have learned how to send satellites into space, get information about the earth, the details about weather, GPS capabilities, and so on. Probably we would not have the Internet, and many other technological advances we enjoy in this modern world.

Do you see how one seemingly correct - but profoundly incorrect - belief could dramatically affect the entire face of humanity? The same is true if we continue to hold false beliefs in our heart about stress.

There are ten costly myths about stress. We will discuss five of them today:

Myth #1: Stress is out there and is the result of our external circumstances.

Truth #1: Stress happens within. While external events do have some influence on us, it is our response to them that finally determines if we get stressed or not.

Myth #2: There is no way out of stress, and we have to succumb to it.

Truth #2: Stress is an illusion created through our thoughts. We are the thinkers of our thoughts; the moment we stop misusing our thoughts, all stress disappears.

Myth #3: Being stressed means you are successful.

Truth #3: Success has no meaning if you are stressed and not happy with yourself. Real success is a measure of peace of mind in balance with abundance in life.

Myth #4: No symptoms mean you are not stressed.

Truth #4: Symptoms of stress are just the tip of the iceberg. Many people do not have any symptoms. Sometimes, they are not aware of the symptoms they have. So, they think that they are not stressed. Most people have chronic stress in their lives which adversely affects their health and relationships.

Myth #5: Alcohol, tobacco, and drugs reduce our stress.

Truth #5: They don't. Alcohol, tobacco, and drugs give you a feeling of elation or sedation, masking the real problems of life by allowing you to ignore the true cause of stress in your life.

Dr. Kiran is a physician and stress management expert and can be reached at Dr.Kiran@StressFreeRevolution.com. (860) 375.0446. For more on how to live with less stress and more joy, please visit www.StressFreeRevolution.com.

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Shay's Story

could not rule out a sarcoma. The doctor said it was highly aggressive and there were limited ways to treat it. All I could get out of my mouth was, "Am I going to die?" She did not respond as I would expect. She didn't say much of anything.

After the pause, she went on to tell me that there was a good possibility that it had spread throughout my body into my lymphatic system. That is when I got scared. That is when, yes, my life flashed before my eyes. All I could think about was my family – especially my 12 year-old daughter. I could feel my stomach drop and the blood rush out of my body as the doctor asked me to take a deep breath in and hold it. She was giving the nurse in the room weird looks as she checked my lungs. What was going on, what did these looks back and forth mean? How could this be happening? I am a yogi. I eat organic. I use non harmful products for cleaning. I recycle, for God's sake.

Then something clicked inside of me like it had many times before. I was propelled into action. Thinking to myself, I put it all into perspective... Ok, so I have cancer. I can beat this. Let's get a game plan together NOW.

I asked the doctor what was next. When will we know if it is a sarcoma or not? What is a sarcoma? How can we find out if the cancer has spread? Based on my breathing did you hear anything? Again, she did not act in a way that I expected her to, nor did she respond with anything that led me to believe that I wasn't going to die. She kept telling me it was 'highly aggressive.' She never once told me I could be cured. She pulled out a diagram to show me what I had and to explain the options. She spent the first 20 minutes telling me all about what would not work. I finally got impatient and asked her what would work. She said if anything, it would be chemotherapy followed by radiation, and a possible mastectomy or lumpectomy. I thought, 'Ok. Great. When do we get started?' I was ready. I was ready to get this aggressive tumor out of me ASAP and move on with life.

I asked her... What do we do next? She said I would need a CT scan, MRI and possibly a few more tests. So let's go! Can I get it today? That is when she looked at me with cold eyes and said, 'We need to preapprove your insurance and tests could take 7-10 days or more to schedule.' Now I know insurance has a lot of red tape, but 7-10 days? You just got done telling me I have a very aggressive tumor that is highly likely to have spread throughout my body and you want me to sit and wait 7-10 days to see if I get approved for these scans and or treatment? Are you kidding me?

It was then I felt in my gut something was not right. I knew I needed a second opinion and quick. My life was in my hands and the seconds were beating in my heart. It was the Friday before President's Day, and I knew I needed answers



Shay cut her hair short in anticipation of losing her locks.



Shay in a surgical cap hand made and gifted by her attending nurse.



Faith and friends can also be seen at her bedside.

before Tuesday. I gathered all of my things and left. As I walked out the door, I could feel my legs shaking. I was going numb. I got into the elevator and broke down. One big loud cry. Then it was over. I knew I needed help. I knew I needed prayer to find the right doctor. So I picked up the phone....



That President's Day, Shay spent every moment convinced that she was going to die. Fortunately, with the help of good friends and teachers at her daughter's school, she found a doctor who embraced her fears and concerns and got her in on Tuesday. He changed her world around by reassuring her that she was going to be ok. "We are going to have to make some tough decisions today, but I want to make it clear that we are going for a cure." He explained

in detail what was happening and what needed to be done. Her biggest hurdle, he said, would be to stay positive. Shay liked him right away.

Follow-up tests the next day concluded that her cancer was not a sarcoma and had not spread to the lymph nodes. Next on the list was a consultation with a surgical oncologist. If she liked him, he would be taking her through surgery following her chemo treatments. "Right away, I knew I liked him - a good ol' mid-western guy from Chicago. My dad grew up in Chicago and I immediately felt a calming connection," she said. "He was my guy, and in awe that I had even found this tumor. He said, 'Kid, you have an angel sitting on your shoulder. That is one very difficult tumor to find. If you hadn't found it when you did, we might be talking about a very different outcome.'"

Shay's fight began on February 23 with surgery to have a port inserted into her chest to prepare for 20 weeks of chemotherapy followed by the removal surgery. Shay's first Facebook message to friends read: "Two weeks after starting treatment I expect to start losing my hair. I have always wondered what it would be like not to have a lot of hair...now I will know. Next week after my port surgery I will be cutting my hair very short to prepare for the transition. Soon I'll be shopping for wigs, beautiful scarves and a slew of baseball caps (that my head will finally fit into). :-) Thank you so much for the love, encouragement, support – and especially the prayers."

Following are some of her subsequent Facebook posts:

February 23

Hi Friends –

First of all, the outpouring of Love and Support is incredible. I am blown away. It has been an emotional rollercoaster. In such a strange way, and with everyone's help, I feel like I am preparing for the race of a lifetime...I have

Continued on page 22



Shay and her daughter
*Photo by Dean Mayo

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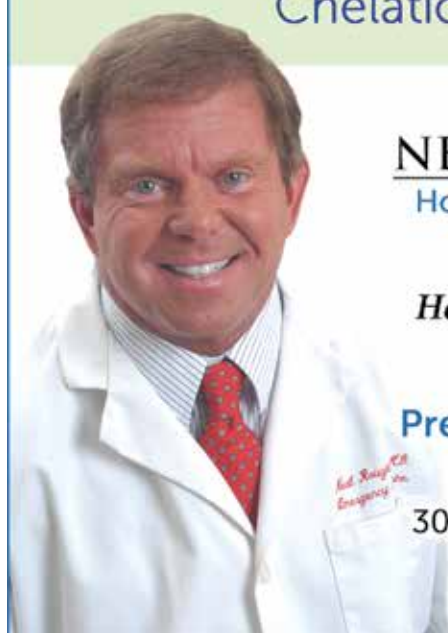
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The Dish on Fat

Demystifying the mythic evil food

By Nicole Ortiz, ND

It seems straightforward. Calories in equal calories out. If we eat less and exercise more, we'll lose weight. NOT TRUE!

The truth is: Eating calories isn't the same as burning calories. When you eat sugar and refined carbs (bread, pasta, crackers, chips, cereals), an increase in the hormone insulin occurs. This hormone fuels fat cells to flourish - yikes! Just the opposite happens when you eat healthy fat.

Eating carbohydrates and sugar often during the day is the switch that turns off fat burning. You also chance increasing your appetite and cravings. The best thing about eating healthy fats is that you decrease cravings and increase your fat burning metabolism. Research has found that eating sugars and carbohydrates (grains, rice, processed foods) instead of fat over decades causes a child to reach adulthood with a high chance of chronic disease such as diabetes, high cholesterol, and hypertension.

Not all fat is created equal, and it's not exactly straight forward.

Why do some fats raise cholesterol and others lower it?

High cholesterol (LDL, triglycerides) is actually influenced by eating sweets and refined carbohydrates. The opposite effect usually takes place when you consume healthy fats. The key to eating high fats safely is to NOT combine the fat with sugars. For example, a cheesecake is high in fat, but it has a lot of sugar as well. The benefits of a high fat diet are negated in sweet fat foods such as desserts.

Eating fat satisfies your brain and stabilizes your emotions as well. When you eat fat, you slowly release fuel from your stomach/intestines into your blood stream. The slow and steady release of fuel diminishes the chance of feeling agitated, anxious or lethargic after a meal.

For me, I feel the worst when I pair grains like bread with sugars. If I eat a large donut, I notice that I am feeling anxious about 15 minutes afterward. This is because my blood sugar has spiked and triggered my anxiety. I also notice my heart rate elevates at the same time. Healing my mood required me to curb my cravings for sweet fats like a donut or cake. Furthermore, the more I eat sweets, the more I can't stop thinking about them. They are truly addictive, as evidenced by the fact that they trigger a center in the brain that is also triggered by other addictions.

If you eat too much fruit (especially juices), fried foods, or other saturated fats, you can be sure that your diet is causing weight gain, inflammation, high cholesterol, and increased risk of cancer.

For most people, I usually recommend a high fat, moderate protein, and low carb diet, although some individuals need specialized dietary recommendations. Eat vegetables (except corn, soy, and potato) in abundance. Take a whole fruit or two daily but not in a juice, because you need fiber in the natural state. Choose fruits after activity. Eat soaked nuts and seeds daily as a source of fat and protein. Choose good quality, wild-caught fish and pasture-raised poultry, pasture-raised whole eggs, a fresh variety of good oils, avocados, grass-fed meats; and in moderation, starch, grains and sugar.

So what's what? The good, bad and ugly fats

ANIMAL FATS

GOOD – Grass-fed, organic, sustainably raised lamb, beef, bison, elk, venison; pasture-raised organic duck and turkey; pasture-raised, organic, free-range eggs; pasture-raised lard, tallow, duck fat.

BAD – Feedlot animal meats; commercialized meat with color additives; non-organic poultry which are given growth hormones.

FISH & SEAFOOD

GOOD – Wild-caught fish, especially fatty ones such as salmon, sardines, herring, tuna steaks, anchovies, and black cod; fresh, raw, or minimally cooked shellfish in moderation; clams, oysters, mussels, shrimp, scallops, and crab; calamari or octopus.

BAD – Lobster, canned tuna, catfish, king mackerel, Chilean sea bass, swordfish.

DAIRY & THE LIKE

GOOD – Grass-fed butter; clarified butter (i.e., ghee); organic, unsweetened nut milks (almond, cashew, hemp, hazelnut) without the ingredient carrageenan; homemade organic yogurt.

BAD – Cow's milk; all other yogurt, especially low fat and flavored; cheese, cream, and margarine.

NUTS & SEEDS

GOOD – Walnuts (highest in omega-3), pecans and Brazil nuts (highest in selenium), almonds, hemp, chia, pumpkin seeds (pepitas), sesame and flax seeds (do not pre-grind as the fats oxidize); organic nut and seed butters (without added sugars or modified oils such as soybean or canola).

BAD – Peanuts (Actually, they are a legume and often have fungus on them.)

OILS

GOOD – Organic, virgin, cold-pressed, unrefined coconut oil or butter; extra-virgin cold-pressed olive oil (not for cooking; use only at room temp); MCT oil (medium chain triglyceride); organic flax seed oil; organic avocado oil; any organic nut oil; homemade, organic mayonnaise.

BAD – Corn and soybean oil are the worst and found in most dressings and sauces; safflower, sunflower, canola and cottonseed oils; hydrogenated or partially hydrogenated oils; margarine.

WHOLE FOOD FATS

GOOD – Olive, coconut or cacao butter; raw, pure organic dark chocolate.



Eating good fats satisfy your brain and stabilizes your emotions.

Dr. Nicole Ortiz is a primary care naturopathic doctor with the Live Well Clinic in La Quinta. (760) 771.5970 www.livewellclinic.org.



And the Welly Award Goes to....

Continued from page 3

INDIVIDUAL: Alexa Palmer

As an early childhood educator, Alexa Palmer couldn't find a book on nutrition to which kids could relate, so she created Jolene, a feisty little girl who transforms her world from junk food queen to healthy role model. Since 2008, Alexa has impacted thousands of children and families at local farmers markets, shelters, libraries and in the classroom by reading *JoLene: Adventures of a Junk Food Queen* in character and with associated activities like making smoothies. To further spread the message of proper nutrition, she has recently created a children's musical of Jolene, which will launch locally. Alexa feels strongly that every child deserves a good beginning, and her mission to educate youth on the topic of healthy eating is never-ending.

INTEGRATED HEALTH CARE PRACTITIONER: Joe Scherger, MD, MPH

Dr. Scherger's interest in integrative health began in 1971. As a primary care physician, he leads by example, practicing food as medicine and helping hundreds of patients shed thousands of pounds and work towards a life free of chronic conditions. Since coming to the valley in 2009, Dr. Joe has been instrumental in establishing the Eisenhower Wellness Institute, and the hospital's Residency Program bringing much needed doctors to our valley. He is a champion for Volunteers in Medicine, a consummate teacher, and a prolific author who recently published a compilation of his work entitled *Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness*.

Thank you to all who took part in this year's Desert Health® Wellness Awards! (See photos of the event on page 20).

A special thank you to our sponsors who made it all possible: Desert Regional Medical Center, JFK Memorial Hospital, Integrated Wealth Management, KMIR TV, Whole Foods Market, Eisenhower Medical Center, Desert AIDS Project, Bonterra Organic Wines and Coachella Valley Brewing Company.

Nominations for the third annual Desert Health® Wellness Awards open November 1, 2016. Save the date and join us at next year's awards ceremony taking place May 17, 2017. For more information visit www.DesertHealthNews.com



The Individual award went to children's author and educator Alexa Palmer.



Joe Scherger, MD, took home the Integrated Health Care Practitioner award.

Continued on page 20



Rhythm

One of the beauties of life is the repetition of patterns that serve as teachers of life's great themes. Nature must know that we humans are slow learners and therefore offers us example after example of this important truth: rhythm is a vital component to virtually every part of our existence.

Our heart has a rhythm – blood is pressed forward, then there is a pause before the next heartbeat. Our earth turns around the sun, and we experience day and night in a perpetual rhythm. Our lives are filled with constructs of school-years and summers, seasons in the desert and elsewhere, birth and death... and the beat goes on.

Eastern philosophy disrupts our Western need for proof and profit with a call to honor the patterns in our life. It is so easy to resist the natural ebb and flow of work, relationships or even the variance of our own capacity. This fighting of the "what is" wastes energy and can actually cause "dis-ease". The realization that we each need periods of productivity interspersed with periods of reflection and renewal is an integral principle of wellness. Science has demonstrated that even 15 minutes of a restful pose with quiet reflection shifts us from our sympathetic ("fight or flight") nervous system into our para-sympathetic ("rest and restore") nervous system.

It is now the height of summer, and for me this season has a feeling of ease and restoration, along with a drive to pack in all the fun and richness possible. It's taken me a while to realize that this is integral. The tendency to reward productivity to the point of pathology is a rampant social norm, and whether it is

my age, or watching my children grow up that has pushed the issue, I'm giving in to the rhythm.

Raised as a star pupil in the school of overachievement, I have struggled with pouring my heart into work I genuinely love, while giving an even greater measure of passion to my family, but ignoring the need for rhythm where restoration is honored as equally as productivity. I'm now committing to create time in the day for moments of gratitude, a short walk, lunch with someone I love, observation of beauty, or an inspirational word.

I am so blessed with mentors who remind me to honor this need for both productivity and refueling. Dr. Robert Haberkorn tells me that a muscle cannot spring forward unless it has first had a period of contraction and gathering of its resources; Jayne Robertson lives as a continual call to being present in this moment; Dr. Hessam Mahdavi walked by the other day, saw my furrowed brow and gently reminded me to "be unattached."

In the Wellness Institute, we seek to encourage each other - and our community - to pause and restore. Our associate Deborah Schrameck often asks, "How many hours of this week have you devoted to decreasing tension in your body?"

So I invite you to let yourself experiment with being present, with spending time to decrease tension, or adding something new, not because it is productive, but merely because it sounds fun.

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

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Jicama or Not to Jicama

By Dipika Patel

I cannot believe I had never tried this vegetable before I came to the USA, and I must say I have tried quite a variety of exotic fruits and vegetables in my time. I know the local folks out here must know this amazing vegetable. Yes, I am talking about the fresh, juicy root vegetable, jicama.

I have been seeing jicama around for a while now, on restaurant menus and at dinner parties. At first, I honestly did not care for it, perhaps because it was a little dry or the way it was prepared.

Now though, I have a whole new opinion of this lovely vegetable. It's my go-to vegetable at the moment, especially with summer imminently here. As I am British, it was definitely something new to add to my repertoire, and to inform my peeps overseas about.

Let me share a little history of jicama with you.

It is grown in South and Central America and used in all sorts of flavorful dishes. Its scientific classification is *Pachyrhizus erosus* (does anyone know how to pronounce this?). It is commonly known as jicama (Ji-ca-ma), or a Mexican yam, Mexican potato, Mexican water chestnut, and Mexican turnip. This vast array of names tells you exactly how versatile this vegetable actually is. I love it!



Jicama is a satisfying, crunchy vegetable that can be eaten raw or cooked.

This crisp, white-fleshed, edible tuber of a climbing plant within the pea family has been cultivated since pre-Columbian times (around the 17th century) and used especially in Mexican cooking. It is a delicious, sweet-tasting, nutty root, which adds a cool crunch to salads and side dishes, or it can be cooked similar to a sweet potato, but don't forget... the skin is non-edible.

It can be eaten raw or cooked. I personally love it in salads as it creates and lifts any type of salad from boring and flat into a new

dimension. The fresh and light vegetable has a crunchy texture that I just adore. It leaves me feeling full and satiated, yet is low in calories and sodium and high in fiber. There is hardly any fat content, which supports heart health.

I make it in multiple ways - hot and cold, as a snack and as a main course. I julienne it, shred it, thick slice and bake it, or dehydrate as thinly sliced jicama chips which go great with salsa and other dips.

Originally in England, I would normally eat roasted lamb chops with a mint sauce and mashed potatoes, the good old-fashioned British way. However, this simple recipe I am sharing with you was something I came up with while making grilled Tandoori lamb chops for a friend of mine. I wanted to have something fresh and light that would complement the lamb, and that's when I thought, Aha!!! Ginger, jicama and red cabbage salad. (If you want the recipe for the Tandoori lamb chops, please visit my website.)

Ginger, Red Cabbage & Jicama Salad

(Serves 4-8)

- 1 Jicama
- 1 Small red cabbage, or ½ a medium size
- ¼ cup Sunflower seeds
- 3-5 Pitted dates finely chopped

Instructions

Medium julienne or medium grate the jicama and red cabbage and put to the side. You will add the sunflower seeds and dates atop the salad before it is served.

Dressing

- Avocado oil
- Juice of fresh ginger
- Fresh lemon juice
- Ground cumin
- Honey
- Pink Himalayan salt to taste
- Ground black pepper to taste
- A couple of sprigs of fresh mint leaves, finely chopped

Mix and whisk all ingredients together. You can store in the fridge for up to a week in a handy salad dressing bottle.

When you are ready to eat, you can mix the salad dressing together with the salad. I actually like it more when it is marinated. I make a couple of days' worth to have as I need when life gets really busy.

The best way to juice ginger is to grate it or put it in a coffee mill machine, crush it, put it into cheesecloth and then squeeze out the liquid. You do not have to discard the ginger fiber as you can use in another dish; there will still be a lot of flavor.

If you do not have cheesecloth, you can use a sieve or a durable paper towel.

Enjoy!

Chef Dipika, holistic health and lifestyle coach, holds monthly Healthy Eating & Exotic Food Cooking Classes. For more information, visit www.dipikapatel.life or contact her at Dipika@dipikapatel.life.



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Leaving a Loving Legacy: Getting Started

Courtesy of Deborah Tryon, Financial Advisor

Today, two-thirds of women identify themselves as the primary decision-maker in their home. Many of these women are also the breadwinner, earning 62% of the household income.¹

If you find yourself among this growing group of women, you play a vital role in managing your family's finances – from overseeing the household budget, to paying the mortgage, to determining where to invest your retirement assets. But imagine for a moment, what would happen if you couldn't continue to play this role due to death or sudden incapacitation...a sobering thought indeed.

Most of us prefer not to think about the inevitable passing of those we love, let alone ourselves. This may be why only 33% of women between the ages of 45 and 54 have drafted a will.² Yet failure to focus on basic estate planning activities can often create family conflict, cause the dissipation of assets you've spent a lifetime building, or result in the payment of taxes that might have been avoided.

While the loss or incapacity of a family member is always traumatic, the emotional turmoil is often magnified by the resulting confusion of incomplete or outdated information.

One of the most important things you can do in leaving a loving legacy for your family is to help them understand what is important about you . . . and important to you.

Getting Started. A good first step is to gather critical information about your family finances and take an inventory of your legal documents. It's important to know what you own, what you owe, and how you have protected yourself and your family against certain risks. Regular reviewing and updating of this list will help you stay current on your financial situation.

A Family Records Organizer may provide a system for you to gather important documents. This comprehensive tool collects all of your family's vital financial information and keeps it organized in one place for easy access and updating. In the event of a catastrophe or serious illness, someone you've chosen will be able to immediately

access timely information, including:

- Personal information, including Social Security numbers
- Financial statements
- Retirement benefits
- Tax information
- Liabilities (mortgage and other loan documents)
- Legal documents (will, power of attorney, etc.)
- Insurance policies
- Real estate documents (deeds, titles, etc.)
- Government benefits
- Health and medical information
- Beneficiaries
- Philanthropic causes

In addition to organizing all of these details about your life, the Family Records Organizer answers important questions:

- What financial records should you keep?
- How long should you hold onto documents?
- What is the best way to organize your important papers?
- What should – and shouldn't – go into your safe deposit box?
- How can you make sure your family has access to your records in case of an emergency?

This process helps you assemble personal information, essential documents, and clear letters of instruction to key individuals – all in one place. By providing your loved ones with clarity of your desires, you help them avoid conflict and eliminate common struggles that could result in costly, and often, irrevocable mistakes.

Deborah Tryon is a financial advisor with the Dewing-Tryon Group at Morgan Stanley in Palm Desert and can be reached at (760) 776.6227. CA license 0H8751.

Sources: 1) Power of the Purse, Center for Talent Innovation, 2014; 2) Americans' Ostrich Approach to Estate Planning," Forbes, April 8, 2014. <http://www.forbes.com/sites/nextavenue/2014/04/09/americans-ostrich-approach-to-estate-planning/#4616f9e9f07b>; 3) National Association of Unclaimed Property Administrators, accessed March 2016, <https://www.unclaimed.org>

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Healthy Workplace, Happy Team Players

HARC announces Workplace Wellness Award winners

Desert Health® Wellness Award winner, HARC (Health Assessment Resource Center), conducted their own awards celebration this year for wellness in the workplace.

The first annual Coachella Valley Workplace Wellness Awards took place on June 7 as part of June's Employee Well-Being Month, a nationally-recognized celebration of wellness in the workplace. Twenty organizations representing a wide range of industries across the Coachella Valley applied for the HARC awards.

HARC won the 2016 Desert Health® Wellness Award for their significant work in collecting data on the health of our community that continues to assist organizations within the health care industry to plan, fund, and implement programs. Their awards recognized winners in three subcategories: Nutrition/Fitness/Health Screenings; Safety/Ergonomics; and Mental Health/Well-Being. Overall grand prize winners excelling in all three subcategories were honored in both the large and small organization categories.

The aim of the awards is to highlight the efforts of exemplary workplaces that prioritize employee health and well-being, and to inspire others to start similar initiatives, says HARC, which views workplace wellness as a critical component of community health in our valley.

The grand prize winner among small organizations (fewer than 100 employees) was Cielo Vista Charter School, and Desert Oasis Healthcare/Family Hospice Care (DOHC/FHC) took the honors

among large organizations (over 101 employees). Both organizations have incredibly comprehensive workplace wellness programs that create a healthy, productive work environment.

Cielo Vista Charter School credits their programs for maintaining high morale and low turnover. When asked about their wellness program, Desert Oasis Healthcare/Family Hospice Care stated, "DOHC/FHC is taking active steps to become the premier employer in the Coachella Valley. The Employee Success Program is a fundamental pillar to achieving this goal."

Additional winners included:

Nutrition, Fitness, Health Screenings

- Riverside County Department of Child Support Services (small organization)
- Desert Arc (large organization)

Safety and Ergonomics

- MSA Consulting (small organization)
- Eisenhower Medical Center (large organization)

Mental Health and Well-being

- City of Indian Wells (small organization)
- Renova Solar (large organization)

KMIR's Janet Zappala hosted the awards luncheon which took place on the UC Riverside Palm Desert campus. The second annual Coachella Valley Workplace Wellness Awards will be held in June 2017.

For more information contact HARC at (760) 404.1945 or visit www.HARCdata.org.

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- 1) The Palm Springs High School string ensemble welcomed guests.

2) The festive pavilion was adorned in Desert Health® colors.

3) Guest speaker William Davis, MD, of Wheat Belly fame

4) Healthy dining options included sautéed spaghetti squash with julienned vegetables and choice of pesto or pomodoro basil sauce.
- 5) Nominees Eileen Packer (HARC), Lisa Jimenez (Braille Institute), Mayor Linda Evans (La Quinta Wellness Center), Doriel Wyler (Egg Café), Felice Chiapperini (Braille Institute) with sponsor Ken Alan of JFK Hospital

6) 2015 winners Michael and Susan Butler of Kinetix with Desert Health® columnist Tiffany Dalton Capobianco and Nino Capobianco

7) Mary Lou Green with 2015 winner Tammy Lavin of Melanoma Awareness Project and Wellness Awards production assistant Katrina Thomas
- 8) Jenny Bouffard, Heather Selberg, Lori Crete, and Lyssa Vermillion

9) Mary Somers, Elizabeth Kretz, and nominee Jay Nixon

10) Fresh vegetables provided décor and went home with guests at the end of the evening.

11) Special guest Edith Morrey (at 104) with Lauren Del Sarto

12) Desert AIDS Project's Brande Orr and Brett Klein celebrate their greens.
- 13) Guests line up to putt for prizes sponsored by Integrated Wealth Management.

14) Indio High School teacher Jason Tate and his medical academy student volunteers

15) The silent auction raised funds for Coachella Valley Volunteers in Medicine.

A special Thank You to
photographer Lani Garfield.
Photosbylani.com



Healthy Home, Healthy Children

Daily toxin exposure in children has risen dramatically in the past few decades. Children are now exposed to potentially harmful chemicals in everything from plastic wares to sunscreen to pesticides, in food to air pollution and beyond. Chemical toxins have the capability to alter growth and development in children producing potentially lower IQs, increasing risk of asthma and allergies, and increasing potential for behavioral and learning disorders.

Reducing toxic exposure in children can begin with overhauling their bedroom environment. Children spend the most amount of time in one single sitting in their bedroom during sleep, nap, and play times. Creating a healthy, clean, low-toxin producing bedroom environment can significantly reduce overall toxin exposure.

There are three main areas to review when lowering toxic exposure in the bedroom: air quality, sleep environment, and exposures to accessories and decorations (furniture, paint, toys).

The indoor home environment has higher pollutant levels than the outdoor environment. The inside of homes can become congested with toxic products without the benefit of ample space and wind flow to release and move the toxins out of the area. By reducing toxins released in homes, the air quality indoors improves.

In addition to reducing toxin-emitting products, air quality can be continually improved with implementation of high quality air filters. Air filters can reduce pet dander, molds, and dust particles, all of which accumulate toxins, as well as air contaminants such as VOCs (volatile oil compounds) from paint, and chemicals from furniture and household cleaners. Single room air filters can be placed near the bed where children breathe deeply during sleep. Whole house air filters can be attached to existing a/c and furnace units to improve deeper air purification for the entire home. Quality air filters can be purchased through <http://www.air-purifiers-america.com/pages/air-purifiers-by-concern>, or at the Clean, Green and Lean Healthy Living Store at Amazon.com.



Creating a healthy, clean, low-toxin producing bedroom environment can significantly reduce overall toxin exposure.

New standards have been implemented in California to reduce certain flame retardant agents in bedding and furniture that have shown to be harmful to health. However, there are many current toxic agents in mattresses, pillows, and bedding that have potential to damage health.

Pillows and mattresses are an area of close contact and proximity for long periods of time during deep breathing where chemical exposure is highest. It is essential to invest in non-toxic pillows and mattresses to reduce harmful chemical exposure in children. Replace standard pillows with organic, latex pillows. These pillows are easily found at big box retail stores or online, are reasonably priced, comfortable, and longer lasting than standard pillow fillers.

Organic, non-toxic mattresses are difficult to find for a reasonable price. However, Pebble mattresses by Nook have very low toxicity and toxin exposure, are reasonably priced and very comfortable. Pebble crib, twin, and full mattresses are an exceptional option for reducing bedroom toxicity exposure.

Children's bedrooms serve as storage areas for toys and games and need frequent cleaning with sanitizing agents. Toys that are made of plastics can 'off-gas' harmful chemicals into the air, reducing air quality. By purchasing wood toys decorated with non-toxic paint, off-gassing is limited. There are many great toy makers on websites such as Etsy that create handmade, non-toxic toys.

Similarly, painting bedrooms and furniture with no-VOC paint (which can be found at any home improvement store) can significantly reduce off-gassing of VOCs into the air. Buying natural wood furniture from companies such as Whimsy Woods treated with low toxicity stains or paints, or simply treated with beeswax-based wood tints reduces chemical exposure and improves air quality. Then, use natural cleansers that use essential oils as the sanitizing agent such as Better Life, ECOS, or Seventh Generation products.

Use the following checklist to review your child's bedroom environment to ensure you are reducing toxic exposure and providing an optimally healthy growing environment:

- Organic bedding
- Natural latex pillows
- Mattress made without flame retardants
- Wood toys
- Absence of electronics
- Natural cleaning agents
- Air filter
- No-VOC paint
- Natural wood furniture

For more information, visit any number of websites dedicated to natural children's health and wellness such as Wellnessmama.com, Mightynest.com, or DrGreene.com.

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

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You have no doubt noticed that we live in chaotic, yet amazingly potent times. Our style and manner of thinking, acting and responding are undergoing a revolution.

At no time in history has mankind experienced so many fundamental changes. A shift is underway as we try to function in a climate where everything is increasing - from the amount of available data we must digest, to the hours we must stay awake to understand and keep up with the changes and flood of information.

The beginning of this social revolution was research in 1960 which resulted in creation of the Internet, a global system of interconnected computer networks that consists of millions of networks carrying an extensive range of information resources and reaching into every aspect of modern life.

Today's younger generation has grown up with the Internet, but for most seniors, it is a daunting and often frustrating task.

From my experience, it comes down to analyzing meaningful and manageable choices approached with an open mind, curiosity and perseverance.

The key word is CHOICES which are selected from the thousands of available offerings. For those still contemplating the value of the Internet, let me attempt to simplify its being. My list below is still growing, as I'm always reminding myself: Is it of value for me? Can I handle it timewise?

A BROWSER connects to the Internet. There are several from which to select.

EMAIL AND TEXTS to communicate effectively and quickly.

GOOGLE to find answers to any conceivable question.

YOUTUBE for research - on everything and more.

SOCIAL MEDIA to keep in touch with friends and for business. At this time, my sites are Facebook, LinkedIn, and Twitter. I simply cannot handle more.

For business a WEBSITE is elementary.

For continuing education and information, I go to the following:

The KHAN ACADEMY offers an extensive range of academic subjects.

CURIOSITY STREAM is a growing selection of the world's most amazing documentaries.

PANDORA offers the widest range of background music.

I use iTunes for my music collections, TED for lectures, NPR and *The Wall Street Journal* at www.wsj.com for news.

It was revealing to read that Harvard research has discovered social media can be addictive, as it taps into the hardwired human instinct to tell other people about ourselves, our own thoughts and experiences. The term is neuro-chemical reward, which helps to explain why people use social media websites so often. In excess, it is a manifestation of narcissism.

Too much information is like too much eating. It cannot be effectively digested - even less retained.

The Internet gives us powerful choices. It is up to us to select wisely.

George can be reached at ugadolph@live.com.

Shay's Story

already learned so much on this 2-week journey. From people I have never even met to people I have known for 30+ years, I do feel your love. Please pray for my family and the team of surgeons that will operate on me, and please pray for me to LET GO for once and let someone else take the reins. This will be the hardest part, but I know so necessary. Please know I could not get through this without all of you. I feel loved and so blessed with each and every one of you in my life one way or another.

June 16

Today is a little emotional kind of day for me. Well, that is a lie. I guess the past 6 months have been a little emotional. Seriously though, today I can count on one hand how many treatments I have left: 5, FIVE, #5, V...1.2.3.4.5!!! I am feeling pretty good both mentally and physically. I have had minimal side effects, other than those that a little K o m b u c h a can't take care of. My head is starting to see baby hairs all over and best of all I am still kickin'. Like a lot of people, I cannot get the new Justin Timberlake tune out of my head... "Can't stop the feeling... I want to dance, dance, dance." I want to skip. I want to run. I want to laugh and be goofy. I want to go to Disneyland.

The past week has had its down time, too. I was given a chemo booster last week that should soar my blood counts into a tail spin over the next 3 weeks. I try to prepare myself. Always believing that the mind is a very powerful thing, I "stay above the line" and think of that song that makes me so happy. I trust in my faith and positive energy that my counts will stay up. Looking

over the past 16 weeks, I am feeling kind of proud of myself. So many emotions, so many thoughts - both good and bad. So many things that I have personally had to come to terms with. I have a few really good friends who reached out to me when this all started. They too walked this breast cancer journey. One piece of advice they all had in common was telling me that this journey was mine and only mine. Each one of ours is very different. You will have many friends and family in the beginning by your side and offering help, then towards the end they fade away. Everything they told me has been true. The end of chemo is nearing, and a new unknown (my surgery) is approaching...



Laughter and friends are an important part of the healing process.



108 sun salutations at Power Yoga Palm Springs welcomed the summer solstice and benefited fellow yogi Shay.

Shay recently shared with me some of the life lessons she has learned along this journey:

"Part of the journey with this cancer has been the fact that a close friend gave me permission to be vulnerable. She gave me permission to just let my hair down (if I had any) and to be OK with not being OK, and that is huge. I have made a [treatment] plan and am putting my faith in my decisions, in my Lord, and in myself and the fact that I know I can beat this."

Shay's Story will be a continuing column in *Desert Health*. To leave messages for Shay, please visit this editorial online at DesertHealthNews.com (search 'Shay') and leave a comment. For more information on triple negative breast cancer, visit www.tnbcfoundation.org. Please note that the Shay's Warriors Facebook page is a private page.

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Summer and Senior Care Caretaker clues to dehydration

By Kae Hammond

The average adult human body is made up of 60-65% water, averaging around 57-60%. We need fluid for our systems to properly function; while we must all be alert to our hydration practices, older adults and those living with Alzheimer's or other dementia need special attention.

"Organs pull water from the brain, shrinking it and causing headaches," says nutrition and exercise expert Rebecca Scritchfield, MA, RD, LD. "Dehydration can lead to a compromised immune system, constipation, and even death since our organs are mostly water."

With dementia, dehydration can create a vicious circle further impairing thinking/problem solving, leading to even lower fluid intake and worse, according to Soo Borson, M.D. and Professor Emerita at the University of Washington. Dr. Borson notes that the first signs of dehydration include confusion and weakness, while other symptoms include dark urine, decreased skin elasticity, headache, dry mouth, fatigue and lethargy, a sudden change in blood pressure upon standing up, dizziness, an increased heart rate, and even hallucinations.

Having a mother with dementia, I have experienced this first hand. One day she literally collapsed in my arms, her head falling to the side and giving me no response. I honestly thought she had just died. We called 911 and as the medical team arrived, she began to rally a bit. When they opened her mouth, the EMT showed me the tissue separations in her tongue that are a clear sign of dehydration. This was a major lesson for me.

Most of us rely on thirst as a signal for how much to drink, but at an advanced age, this may not be an accurate indicator of the body's fluid needs. And someone with dementia may not remember if, or how much, they've drunk throughout the day. When asked if they are thirsty, they will often say 'no' and decline the fluids because they don't actually 'feel' thirsty.

Since the signs and symptoms of dehydration can mimic dementia, lack of fluid intake can be easily overlooked. You know your person with dementia the best and will likely be the first to notice changes in how they behave or appear. Check for dry mouth, look at their tongue for separations, and check for darkened yellow urine.

My mother has never liked drinking water so her care team provides her small cups (1-2oz.) throughout the day. They coax her with a range of messaging such as, "Shirley, the doctor wants you to drink this," or "Kae brought this for you." To counter her resistance, they also give her Jell-o, ice cream, melons and grapes—enough high fluid content to keep her hydrated.

Most seniors need an estimated 7 cups of liquid daily; however, actual amounts will vary person to person. Liquids can include soups, broths, milk, tea, and coffee. Most fruits and vegetables have high water content; good choices are melons, strawberries, oranges, applesauce, tomatoes, cucumbers and salad greens. Ice cream, Jell-o, puddings and popsicles work nicely, too.

If you or your loved one experience any of the signs listed above, call your physician. An ounce of prevention can be the difference between life and death.

Kae Hammond is founder and President of Dementia Help Center offering senior placement, individual coaching, strategy/planning, and advocacy. Kae is the author of *Pathways: A Guidebook for Dementia & Alzheimer's Family Caregivers*. She is nationally recognized as an expert in her field and was a finalist for the 2016 *Desert Health News* Wellness Awards. For more information call (877) 699.3456 or visit www.dementiahelpcenter.com.



The Science behind Abdominal Training

What works and what doesn't

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

Summertime is here and a large portion of the population strives to look their best in that new bikini or swim trunks. They work diligently all year to build muscle and confidence to display their fit midriiffs. Thousands of crunches, leg raises and V-ups are done daily across the nation, but unfortunately, often to no avail. In fact, many may be doing more harm than good.

Let's first look at the abdominal anatomy. The rectus abdominis is the muscle that runs directly down the center from your rib cage to the lower part of your pelvis. The obliques (internal and external) are the side abdominal muscles, while the transversus abdominis fibers run transversely to provide the spine with support like a corset. To have a well-functioning – and fit looking - abdominal cavity, you have to develop and balance all of the abdominal muscles.

There are many ways to develop the abdominal muscles, but you must be careful which ones you choose and how often you work them. Many workout routines are based on the following myths that may hinder more than help progress and development:

- I can do sit ups every day!** This is wrong. All muscles need time to recover from workouts, or injury may occur. Throughout the day whether you know it or not you are using your abdominal muscles when you bend, reach, lift, pull, breathe or walk.
- Crunches will give me a six pack.** Actually, a good diet will give you that appearance. Those good looking lumps you see are actually tendons arranged in a horizontal pattern. Eating healthily for your body type will decrease body fat and give you the definition you are looking for.
- Crunches will make me strong!** Crunches work the upper two-thirds of your midsection but do nothing for the lower portion. Doing too many crunches can cause back problems due to the increase in disc pressure and can make you look like the hunchback of Notre-Dame. In addition, crunches create muscle imbalance as it is the lower abdominals that give you lower back support.

Doing leg raises will build my abdominals. Unless you can keep your pelvis in a neutral position throughout the movement, you will most likely engage and overuse your hip flexors. Most people are too weak to perform leg raises properly and soon will experience low back pain doing leg raises.

So what will work? Exercises that integrate your abdominals, not isolate them.

Most of the back complaints we hear are due to a malfunctioning core, so when we exercise, we must learn how to activate the abdominals and use them when we squat, deadlift, twist, reach or pull.

It is important to note that a well-balanced diet is also key to eliminating fat around your midsection and is the perfect complement to weight training for strength and an attractive midsection.

Michael K. Butler is co-owner of Kinetix Health and Performance Center. He is a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and a writer and publisher of over 100 articles, books and magazine contributions. His new book, *Par Fore The Course Golf Fitness* is available now. (760) 200.1719. michael@kinetixcenter.com. www.kinetixcenter.com

Health is a Choice Continued from page 1

berries and a cup of mixed nuts - for the day. Hmmm.

- According to the authors:
- Fueling tactics that emphasize carbohydrate-based diets and sugar-based energy supplements make your body dependent on carbs for energy while simultaneously inhibiting fat mobilization and utilization. This suppression of fat burning lasts for days after carbs are consumed, not just the few hours following their digestion when insulin levels are high.
 - Keto-adapted athletes show marked increases in fat burning, indicating that peak rates of human fat oxidation have been significantly underestimated.
 - Keto-adapted athletes show improved performance and endurance as the total amount of energy stored as fat will typically be more than 20 times the maximum level of carbohydrates stored in the body (even with very lean athletes).

Could this be the reason for working out, yet not losing weight?

It was interesting to read a 2008 blog from Loren Cordain, Ph.D., the inventor of The Paleo Diet, in which he actually said that when it comes to eating for performance, serious athletes needed to “bend the rules of the Paleo Diet” since they were placing demands on the body that were not normal for our Stone Age ancestors.¹ I wondered what he thought of this new research and found a 2015 blog in which he praised the doctors' work:

*Dr. Volek and his team are investigating the impact of very low-carb diets on an athlete's capacity to burn fat for fuel, compared to the traditional high-carb diets used by endurance athletes... The initial data is sending shockwaves through the exercise community.*²

Cordain also notes that, if you are engaging in endurance sports to lose weight, this is critical as your excess carbohydrate consumption is likely holding you back from achieving a better body.²

As stated in *The Art and Science of Low Carb Performance*, it's unfortunate that the human body is unable to promptly switch from carbs to fat as its predominant exercise fuel, so once the former is gone, you can't power your performance with fat (even though your carb-depleted body still has tens of thousands of fat calories on hand).

The authors go on to say the physiological adaption to low carb living allows much greater reliance on body fat, not just at rest but also during exercise, meaning less dependence on muscle glycogen and less need to reload with carbs during and after exercise.

But how do you get there?

There is certainly a learning curve, and the food restrictions exceed the grain-free lifestyle. While *Performance* gives you lists of foods to eat and recipes, if you are just starting on a low carb diet, the authors recommend you start with *The Art and Science of Low Carbohydrate Living*.

Sourcing a voice of reason, I turned to our oldest daughter Diana, a chiropractor and nutritional buff, who with her husband Buckley owned a CrossFit gym and compete regionally. They both maintain a Paleo-style diet.

She has seen keto-adaption in action. “Often people who go Paleo maintain a higher fat, lower carb intake and, yes, their body burns fat far more efficiently and they are less dependent on carbs.” She has studied the research on protein and fat versus carbs for fuel and says what she sees most often is that people don't make it past that transition period during which you can feel extremely fatigued.

Diana also brings up an important point which for many may be a more realistic option. “People forget that grain-free and low carb are two clearly different things. Often when people go grain-free, they inadvertently go too low carb.” Again, low carb is good if you are prepared and working towards that, but it can catch you off guard if not (as in changing your workout routine and BONKING at the gym).

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“There are many completely ‘safe’ carbohydrates that are a fantastic form of fuel without the side effects of grains such as sweet potatoes, plantains, and butternut squash,” she adds.

Michael Butler, an endurance athlete and owner of Kinetix Performance in Palm Desert, is a big proponent of shakes. “After you work out, you need a healthy source of protein and carbs within the first hour for recovery. Shakes are more absorbable and will help repair tissue quicker.” He recommends a whey or vegan protein powder shake with berries following a workout.

While achieving keto-adaption sounds ideal for the athlete who wants to be the lean, mean performance machine, the nutritional intake is pretty restrictive. For those of you ready to go, I strongly recommend these two books.

Here is what I have surmised from my research:

- Keto-adaption appears to be the new movement in athletic performance.
- The process of achieving this state (where your body burns fat first) takes at least two weeks of preparation for the strategy to work.
- “Carbing up” doesn't have to come from grains and sugars; it can come from green protein shakes, small portions of fruit, or starchy plants like sweet potatoes, taro root and yucca.
- Timing of meals is very important for sustaining energy during exercise.
- The type and duration of exercise plays an important role on what and when you eat.
- Healthy fats also play an important role.

Everyone's body is different, but know that wherever you are, you can change. Set goals, do your research and/or work with a fitness or nutritional expert to achieve those goals.

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A Healthy Head of Hair

Continued from page 14

sure all your choices are non-GMO and certified organic to avoid additional chemicals.

- Eat foods that are high in biotin such as brown rice, bulgur wheat, green peas, lentils, oats, sunflower seeds, walnuts and some organic soy. Soy appears to inhibit the formation of dihydrotestosterone, a hormone that contributes to hair loss; however, it does need to be eaten in moderation as it can be harmful to some health conditions. Sprouted organic low-fat tofu and organic tempeh are good sources.

- Stay away from "night shade" foods including bell peppers, eggplant, mushrooms, russet potatoes, and tomatoes as they promote the inflammatory process in the body. Dairy products, red meat, caffeine and alcohol are also on the list of inflammatory foods.

- Avoid crash dieting, pills and chemicals, as these not only break down the immune system and cause other health issues, but also cause more stress, anxiety and depression. This is due to the body lacking essential vitamins, minerals and antioxidants needed to promote hair growth and overall wellness.

Helpful vitamins, minerals and herbs:

- A good quality fish oil supplies the body with essential fatty acids.
- B-complex - If you have excess hair loss, take additional B5, B6, B3 and biotin.
- Vitamin C with bioflavonoid - Start with 3,000mg per day and build up to 10,000mg depending on the severity of, not only hair loss, but also the inflammation in your body. You will know if you are taking too much vitamin C, as your body will initiate a diarrhea response.
- Vitamin E (approx. 400iu) improves the circulation to the scalp and promotes hair growth.
- Zinc (20mg) enhances immune function which in turn stimulates the hair follicle.
- Kelp (500mg) supplies necessary minerals for hair follicles.
- CQ10 (50mg) is not only good for the heart by increasing oxygen in the tissues, but also increases circulation to the scalp on a continual basis.
- Copper (1 to 3mg) works in correlation with zinc to stimulate hair follicle and hair growth.
- Ginkgo biloba is a great herb that not only improves your memory but improves circulation of the scalp.
- Pygeum, saw palmetto, and caffeine-free green tea not only aid in prostate health, but also aid in the reduction of hair loss for men.
- Tea tree oil combats bacteria and mites that may cause hair loss. Massage about 1 TBSP into the scalp, wait 10 minutes and then rinse your hair with a quality organic non-chemical shampoo such as Tate's or Cathy's.

And, of course, learning to manage stress (versus pulling your hair out) can also contribute to an overall healthier you.

Dr. Beckner is owner of Your Body Code personalized nutrition and wellness programs in Palm Desert and can be reached at (760) 341.BODY(2639). For more information visit www.yourbodycode.com

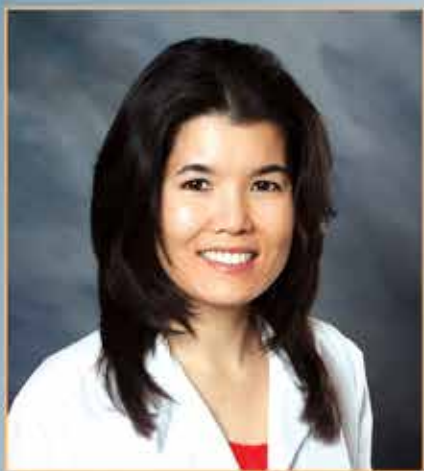
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BEAUTY

Inside & Out

Ritu Chopra, MS, MD

The Lips Speak Volumes

Lips speak to people - literally and figuratively. Even when someone isn't talking, a down-turned corner of the mouth says, "I disapprove. I'm sad. I'm angry." That's not so bad if you are expressing sadness, anger or disapproval, but what if you aren't? Lips can betray you and say something that isn't true or correct. And that can be a problem.

Plastic surgery in general - and lip procedures specifically - get a bad rap as being fake and "done" looking. But as a plastic surgeon, I am often trying to get a person's outside to match their inside. Rarely, and only after a lot of prodding by my patient, will I create lips that defy nature and look obviously *done*. And even when I do, I prefer to use one of the temporary fillers so that the person can have a change of heart and no regrets.

But I am getting ahead of myself. Let's talk about how the lips change over time and how we have dealt with making luscious lips over the years.

The lips are mostly muscle with a few minor salivary glands mixed in. Some ethnicities are blessed with fuller lips while others have thinner lips, but what happens as we age is always the same. The lips get thinner. They deflate. Also, the face around the mouth begins to sag in a downward direction. Since your mouth is held in place by muscle, it can't follow the face down, so the soft tissues that sag create a ripple at the corner of the mouth. Like water rushing past a boulder in a stream, a low area results. We call this crease the labio-mental fold or the marionette line. You are frowning and don't even know it.

What's a woman (or man) to do? Oh, yes, I am a big proponent of men having thin lips corrected. In fact, men who attend to the thinning of the lips and the agedness it causes are flocking in for therapy. And when they don't mention it to me, I often mention it to them. It's probably the most overlooked aspect of facial rejuvenation in men.

There are three categories of lip enhancement: fillers, structured implants and incisional. I do all three regularly and it isn't uncommon for me to combine two treatment modes on one patient, while some patients "graduate" from one style of care to another. Let's take a look.

Fillers

By a fifty-to-one margin, fillers are the most popular type of enhancement of the lips. Why? It's inexpensive, fast, no recovery is required, and it is reversible. Reversibility might seem like a bad thing in plastic surgery but it's not. It's a good thing. In a way, patients can try a look with fuller or lifted lips before they buy. Some of my more artistic patients get very involved with treatments, directing me precisely where to put the filler and how much to use. In fact, it's probably the only plastic surgery procedure in which the patient can become involved in the creative process *while* the treatment is happening.

Fillers fill the lip anatomy and can "stiffen" the corner of the mouth. This lifts the corner and makes it less droopy. Filler can be used also in the above-mentioned labio-mental fold to further support the corner of the mouth. The other thing that fillers do so well is to restore volume to the pulp of the lip and the vermillion border. It is the loss of volume of the border that causes those vertical lines that cut right into the lip. Filling the border is usually done to make the lips look poutier and sexier. It also adds structure to the lip and can make the mouth look wider.

Restylane and Juvederm are usually used to fill, but it isn't uncommon to use the patient's own fat. While the former are temporary, fat injected is a graft, which can take residence permanently - especially when it is repeated once or twice after the initial treatment. One filler I am not a fan of is silicone, as in a small percentage of cases it can cause permanent disfigurement. But even that small percentage is too much for me. I do not offer silicone injection to my lip patients.

Structured Implants

One new product that has taken the lip surgery scene by storm is the PermaLip implant by Surgisil. I like these prosthetic lip enhancers a lot. They are permanent, soft, squishable implants that feel very natural and are well tolerated by patients. They are inserted through a pair of small incisions at the corner of the mouth. The manner in which I insert the implant is a bit gross for the non-surgeon to watch, which is exactly why I did it on live television. (Honestly, I thought even my fellow hosts on *The Doctors* were going to be sick to their stomachs!) I place a special instrument into the small incision at one corner of the mouth and tunnel it all the way to the other side. Then I use this special "passer" to grasp the implant and drag it into place. It looks worse than it feels, somewhat like a dental procedure.

The PermaLip is not the first lip implant. Implants made of all sorts of things have come and gone through the years, but I believe this new one is here to stay. In the past, we have also inserted portions of the patients' own tissue. Fascia (the connective tissue that covers muscles in the body) and dermis (the deepest layer of skin) have also been fashioned into strips that can be inserted. Results with these techniques are good, but not great. That's why they have been replaced by newer methods.

Incisional Techniques

How can you make lips fuller by cutting something out? It doesn't make sense, does it? Well, it's more about rearranging tissue than cutting it away. We sometimes do V to Y flap advancement. That's when I make tiny incisions on the inside of the lip where the lip rubs against the teeth, and rotate some of the red part of the lip externally. This creates a fuller, pulpier lip. Another incisional technique does involve cutting skin away: the direct and indirect lip lift. This is an upper lip skin excision that removes some of the skin residing between the nose and the border of the upper lip. By reducing how much skin is in this area, the upper lip is pulled upwards and it looks tighter and fuller. Not my favorite method of lip improvement, but there are times when it is the best, or only way, to proceed.

I know all this information about lips is a lot to swallow, and maybe that's why we plastic surgeons train for so many years. My advice is, if you want fuller, more youthful lips to make your outside match the way you feel on the inside, try one of the temporary techniques first. Then if you love it, love it forever with one of the permanent techniques. A kissable kisser is within your grasp.

Dr. Chopra is medical director of The Plastic Surgery Institute in Rancho Mirage and can be reached at (760) 568.2211. Please send your ideas and recommended topics for his column via email to csmith@roxosurgery.com.



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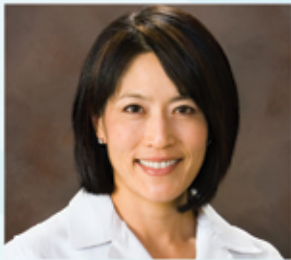
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Time To Diet

The ups and downs of finding the right fit

By Pam Salvadore

As you may recall, my most recent article discussed weight gain associated with alcohol intake during menopause (*I Need a Drink, Desert Health May/June 2016*). While the article was enlightening, writing it did nothing to burn the extra twenty pounds I've accumulated through this hormonal roller coaster that is "middle-aged."

So, I found myself faced with the harsh reality that it was time to go on a diet.

Having been down the diet road before, I was not looking forward to tracking calories, exercising when I didn't want to, and giving up my favorite foods and beverages. Subsequently, I set out to audition different diets in hopes of finding a more satisfying, yet effective, option. The four diets I explored were either new twists on old science, radical elimination set-ups, or back-to-basics calories in/calories out plans.

First, I tried the **Paleo** (or "caveman") diet. I ate pasture-raised meats, vegetables, seafood, eggs, drank bone broth, and dabbled in fermented foods (kimchi). Grains, legumes, added sugars, and dairy were strictly prohibited. On the plus side, the Paleo diet handed me a great foundation for a healthy, sustainable diet that eliminated all processed foods. The downside was that cavemen didn't drink alcohol, and they didn't need to shop at the local supermarket. I found the Paleo diet to be inconvenient in that I had to buy different foods for myself, while maintaining our original fare for my husband.



A diet that doesn't fit your lifestyle can lead to less-than-desirable results.

I also missed my glass of pinot in the evening and found that I really don't like coconut milk enough to put it in my tea. Discouragingly, at the end of my two-week Paleo audition, I'd actually gained weight!

Next I tried the **Atkins** diet, the infamous plan in which you eat meat and fat, but decrease your intake of carbs to less than 20 grams per day. I figured this would be easier to manipulate, as I could eat the meat and fat portion of whatever I served my husband and simply steer clear of the carbs. While eating an unlimited amount of meat was a plus to me, the downside of Atkins was that in cutting carbs, I ended up cutting out one of my favorites: fruit. After two weeks on Atkins, I felt incredibly deprived and, for this reason, found it was not a sustainable diet for me. (The scientist in me also noted the resulting nutrient imbalance from eliminating that rainbow of carb-rich fruits.) While I didn't gain weight auditioning the Atkins diet, I did find myself constantly obsessing over what I would eat at my next meal. The fact that food was always on my mind told me that too much of it was missing from my plate.

At this point I decided to loosen things up and simply downloaded a free caloriecounting app. I chose the **Fat Secret** app for its massive database of nutritional information and endless choices of foods. Unfortunately, the plus of unlimited choices turned out to be my downfall. Fat Secret was a little too permissive. Additionally, I was the one calculating how many calories I should eat in a day. That becomes a nebulous number when faced with dessert at the end of a conservative meal. Needless to say, I gained weight as well in my trial period using this unrestricted model.

While I had no interest in the monotony of being on a diet, I knew that **Weight Watchers** (WW) had worked for me in the past. I decided to see if it would work with my presently reduced metabolism. The upside of WW was that I could eat anything I wanted as long as it fit into my daily allotment of points. This allowed for a piece of chocolate after lunch and a glass of wine before dinner. WW also gave me weekly bonus points that I could use for special occasions or an evening out. I found that WW steered me toward making healthy choices, as fruits and vegetables are free, meaning I could eat them all day if I wanted to. WW also encouraged activity by rewarding it with activity points. On average, I earned 3 activity points for every 30 minutes of light exercise. I found it motivating to know that I was earning something. The downside I found with the WW program was that it required an electronic tether. I needed to access the website every time I put something in my mouth, which took the spontaneity out of eating. Then again, that spontaneity is what added the twenty pounds in the first place! WW was the only diet I tried and actually lost weight.



Finding a diet that works for you – and sticking to it – is the key to success.

Overall, I found WW to be better suited to my personality and lifestyle because it provided a realistic environment that directed me toward a healthy, balanced diet. It allowed for splurges and rewarded effort. While I once thought that I had ceded all dietary control to my menopausal hormones, WW gave me back that control. In the end, I found that each diet has its own unique criteria that speak to different people for different reasons. I'm going to continue with my WW plan.

If you find yourself in a similar position, don't give in to the hormonal shifts in your body. Take the time to consider if you should address these hormonal changes with dietary changes of your own and find a diet that works for you.

Contributing writer Pam Salvadore of La Quinta is a nutrition journalist. For more from Pam visit her blog pamsalvadore.wordpress.com.



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