



# Desert Health<sup>TM</sup>

News from the Valley's Integrated Health Community

July/August 2011

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## Integrative Cancer Care: Communication is Key

Desert Health would like to thank the following for their time and contribution to this feature: Desert Regional Medical Center's Comprehensive Cancer Care Center; Eisenhower's Lucy Curci Cancer Center; Shannon Sinsheimer, N.D.; Amy Law, M.D.; Sonja Fung, N.D.; Megan Foster, M.D.; Scott Gering, M.D.; Thomas F. Reynolds, M.D.; Diane Sheppard, Ph.D., L.Ac; Gilda's Club Desert Cities; and Coachella Valley cancer survivors Tim, Randy, Thea, and John.



**"You have cancer."** For some, these words are a sudden reality. For others, a harsh diagnosis to deliver. They have become three of the most feared words in our society today. When faced with this news, a patient may become overwhelmed with the plethora of information and tasks that follow. There are immediate steps to be taken and many decisions to be made. The road ahead is challenging and can be very long.

Fortunately, years of research has changed treatment for this diagnosis from 'terminal illness' to 'chronic disease management' in many cases. No longer is cancer treated by one or two doctors. Your team of practitioners may include your primary care physician, internist, oncologist, social worker, radiologist, surgeon, pharmacist, nutritionist, acupuncturist, massage therapist, naturopathic doctor, and mind-body practitioners. Each practitioner will know their specialty, but may or may not know about other elements you have been prescribed

or have chosen for your integrative treatment plan.

It is important to note once again that 'Integrative Medicine' does not mean replacing conventional medicine with alternative therapies, but rather using conventional medicine in conjunction with complementary therapies as part of a complete treatment regimen. Given this modern day, multi-faceted approach to treating cancer, communication is key.

### The Case for a 'Case Manager'

Tim N. of Palm Springs states, "A team of health care practitioners is built around you and at some point you realize that someone needs to take charge—to absorb the information, ask the questions, maintain the busy schedule and review options so you can make the best decisions for your own cancer care regime." Tim, who is winning his battle with two different types of advanced cancers knows it can become a full time job. "You need to become your own Case Manager. And if you are not able to do this,

then appoint a family member or hire the right professional. Someone has to take the lead."

Oncology surgeon, Dr. Scott Gering agrees, "Having a quarterback on your team, whether it is the patient or someone they have appointed, certainly helps the process. It can all be so overwhelming and having someone manage the information is beneficial to the patient as well as to his or her health care team." Gering adds that some insurance companies and hospitals will assign a case manager to complex situations to help patients through the process.

Additionally, some concierge doctors will take on this role to assist a patient with the decision-making process.

### It Shouldn't Be Tough to Talk

Statistics reported by the Society of Integrated Oncology include a 2002 survey stating that 80% of cancer patients used 'CAM' (complementary and alternative therapies)

Continued on page 5



## Health is a Choice

**Mickie Riley had it all...** A successful business, expensive cars, a loving family and money in the bank. He enjoyed the good life: great friends, good food, expensive wine. He was well known and respected in the community. His life was good.

His entire life, Mickie worked and played to excess. He is an overachiever and considered himself indestructible. He started his first venture at age 12 (a lawn mower business which included a fleet of friends) and worked his way up to founding the Desert's Riland Communities in 1989 consisting of 5 real estate businesses, over 400 employees, and \$120 million net worth. Mickie was on top of the world.

In the Fall of 2007, Mickie went to his doctor for symptoms of acid reflux, insomnia, and anxiety that he

thought were related to stress. The real estate market was changing and getting tougher every day. His doctor recommended tests and told him to come back after the first of the year.

That Christmas was spent with family and friends playing golf, enjoying food, drink, and celebratory cigars. At dinner one night, a relative told Mickie he looked terrible, "much older than a man in his 50's should look." For the first time, he stopped and took a good look in the mirror. "I didn't recognize this person. My family was always telling me I should eat better, drink less, but I never paid attention." He didn't know how it happened, but his 170 lb athletic body had ballooned to 230.

Continued on page 19

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In this issue, we take a look at living with cancer. It seems that everyone knows at least one person affected by this prevalent disease. My moment of realization came upon walking into a local oncologist's office only to find it more crowded than Clark's Nutrition. It truly made my heart sink.

In researching our feature story, I had the pleasure of meeting some amazing doctors, practitioners, and patients. They are Desert people from all walks of life, sharing a strong bond, similar experiences and the same concerns. I am grateful that each shared their knowledge and stories in an attempt to help others.

Fortunately in many cases cancer is making its way from 'terminal illness' to 'chronic disease management' and integrative medicine is playing an important role in that progression.

It is my hope that this special issue brings inspiration, information and resources to you or someone you know. Thank you for joining us.

Here's to your health!

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## Desert Health News Added to SunLine Transit Agency's *Healthy Lifestyles* Program

As part of their internal program encouraging healthier lifestyles, SunLine Transit Agency is distributing Desert Health News to all employees.

Three and half years ago, SunLine initiated a 10 week weight loss program encouraging employees to adopt healthier lifestyles. SunLine's health provider, HealthNet, supported the program realizing that conditions such as obesity, diabetes, high blood pressure and smoking were challenges to SunLine employees.

The program's success led to increased activities for which participants receive points. Points can be exchanged for prizes such as certificates to Clark's Nutrition and Subway. In addition to the weight loss program, SunLine's *Healthy Lifestyles* program includes kick-boxing and circuit training classes; a noon walkers program; a hiking

group; volleyball, golf and bowling. If employees suggest and organize an event, they receive extra points. (Competing in the points program is not required).

SunLine purchased exercise equipment such as hand weights, mats, stretch bands and weighted balls for the program. Their partner, HealthNet, donated exercise bands for use in aerobic classes.

"SunLine Transit Agency supports the *Healthy Lifestyles* program in an effort to create both a healthy work environment and personal health for each of our employees," states C. Mikel Oglesby, General Manager.

Desert Health is available for distribution at your work place. For more information contact Lauren at 760.238.0245

### Tune In for Interviews with the following Desert Regional Medical Center Doctors

**KPSP CBS 2 Palm Springs CBS**

**Sat. July 9th-3:30 PM • Sun. July 10th-5:30 AM**

Darryl Warner, DO-Back Pain  
William Schmitt, MD-Urinary Incontinence  
Javed Siddiqi, MD-Brain Tumors

**Sat. July 23th-3:30 PM • Sun. July 24th-5:30 AM**  
Jeffrey Seip, MD-Wrist Arthritis

**Sat. July 30th-3:30 PM • Sun. July 31th-5:30 AM**  
Douglas Roger, MD-Knee Replacement

**Sat. Aug. 6th-3:30 PM • Sun. Aug. 7th-5:30 AM**  
Silvio Hoshek, MD-Pituitary tumor

**Sat. Aug. 13th-3:30 PM • Sun. Aug. 14th-5:30 AM**  
Alex Christ, MD-Silent Diseases  
Louis Stabile, MD-Hip replacement table

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# Studies Identify Correlation Between Fibromyalgia and Sleep Disorder Breathing

By: Leonard J. Feld, D.D.S.

Fibromyalgia (FMS) is an often misunderstood—even unrecognized—disorder that causes widespread muscle pain and tenderness which tends to come and go and move about the body. FMS affects 2-4% of the population, predominantly women and the prevalence increases with age.<sup>1</sup>

In 1990, The American College of Rheumatology (ACR) in the Criteria for the Classification of Fibromyalgia defined FMS patients as having “chronic widespread pain” present for at least 3 months in the left and right sides of the body and above and below the waist. Axial skeletal pain (cervical spine, anterior chest, thoracic spine, or low back) must also be present.

Fatigue and sleep disturbances are of the most prevalent complaints among FMS patients and noted as symptoms that compel them to seek treatment.<sup>2</sup> In fact, the ACR criteria for the classification of fibromyalgia identify the presence of sleep disturbances in excess of 73% of patients.<sup>3</sup>

An increasing number of studies are showing a strong correlation between fatigue, FMS and sleep disordered breathing (SDB). It has long been appreciated that SDB symptoms include non-restorative sleep, fatigue, morning headache, lack of concentration, decline in libido, anxiety and depression,<sup>4-8</sup> symptoms often shared by those with FMS.

A landmark study published by Moldofsky and Smythe in 1975 was the first to describe alpha-delta sleep as a possible marker for fibromyalgia, but moreover, that “fibrositis complex” might be a consequence of non-restorative sleep syndrome. The results of this study, along with recent treatment outcome data on sleep interventions, suggest that sleep should be a primary intervention target for people with FMS.<sup>9</sup>

In a 2007 article entitled “Sleep Disturbance in Fibromyalgia,” Drs. Lineberger, Means, and Edinger, uphold the correlation stating “... it seems reasonable to specu-

late that sleep disturbance is mechanistically important to the etiology or symptom maintenance of FMS” and “of all FMS symptoms, sleep disturbance is among the more common, and perhaps more etiologically significant.”<sup>10</sup>

Studies have shown the prevalence of upper airway resistance syndrome (UARS) and obstructive sleep apnea (OSA) in FMS patients in excess of 70%.<sup>4-8, 11, 14</sup> In a descriptive study of 14 consecutive female patients diagnosed with fibromyalgia, all were treated with a nasal CPAP (breathing apparatus) resulting in an improvement in functional symptoms ranging from 23% to 47%. Other studies have shown similar observations.<sup>4</sup>

### SUMMARY

Considering the oftentimes discouraging and/or unremarkable results of efforts to treat FMS, the aforementioned findings beg to ask the question: Could FMS be a manifestation of SDB?<sup>12</sup>

The clinical consequences of untreated sleep disorders are devastating. Serious medical conditions including (but not limited to) high blood pressure, heart attacks, stroke, ADHD, sexual dysfunction, decreased mental functions, crowded or mal-aligned teeth (too small of a mouth or no room for the teeth) all can lead to a decreased quality of life.

In the majority of cases, sleep disorders can be diagnosed and managed by qualified practitioners. According to the American Academy of Dental Sleep Medicine, dentists with post graduate education in dental sleep medicine are the first defense against SDB by diagnosing patients’ dental structures. Patients are best served by having their primary care physician work together with a qualified dental practitioner to properly diagnose and treat SDB.<sup>13</sup>

When a case presents a past medical history of unsuccessfully managed fibromyalgia, consideration of sleep disorder breathing as part of the differential diagnosis may prove to be a positive decision.

Dr. Leonard Feld is a TMJ-TMJD Dentist with offices in Los Angeles, San Jose and Palm Desert. He is the co-founder of the TMJ & Sleep Medicine Network and is located at Southwest TMJ Specialty Group on Hwy 111 in Palm Desert (760) 341-2873. Dr. Feld’s philosophy is always a conservative, non-invasive and no-surgical treatment. [www.DocFeld.com](http://www.DocFeld.com)

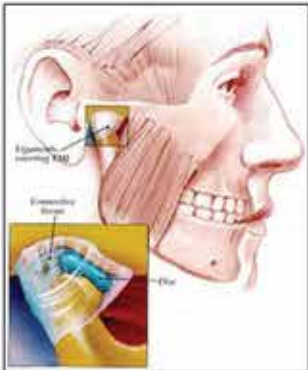
Studies show that sleep disorder breathing symptoms including non-restorative sleep, fatigue, morning headaches, lack of concentration, anxiety and depression are symptoms often shared by those with fibromyalgia.

1) [http://www.rheumatology.org/practice/clinical/patients/diseases\\_and\\_conditions/fibromyalgia.asp](http://www.rheumatology.org/practice/clinical/patients/diseases_and_conditions/fibromyalgia.asp) 2) Lineberger MD, Melanie KM, Jack DE. Sleep Disturbance in Fibromyalgia. 2007;2(1):31-39. 3) Wolfe F, Smythe HA, Yunus MB, Bennett RM, Bombardier C, Goldenberg DL, et al. The American college of rheumatology 1990 criteria for the classification of fibromyalgia. Arthritis & Rheumatism 1990;33(2):160-72. 4) Gold AR, Dipalo F, Gold MS, O'Hearn D. The Symptoms and Signs of Upper Airway Resistance Syndrome. Chest 2003;123(1):87-95. 5) Halbower AC, Ishman SL, McGinley BM. Childhood Obstructive Sleep-Disordered Breathing. Chest 2007;132(6):2030-41. 6) Guilleminault C, Tilkian A, Dement W. The sleep apnea syndromes. Annual Review of Medicine 1976;27(1):465-84. 7) Millman R, Fogel B, McNamara M, Carlisle C. Depression as a manifestation of obstructive sleep apnea: reversal with nasal continuous positive airway pressure. J Clin Psychiatry 1989;50(9):348-51. 8) Thase M. Depression, sleep, and antidepressants. The Journal of clinical psychiatry 1998;59:55. 9) Hamilton NA, Affleck G, Tennen H, Karlson C, Luxton D, Preacher KJ, et al. Fibromyalgia: the role of sleep in affect and in negative event reactivity and recovery. Health psychology: official journal of the Division of Health Psychology, American Psychological Association 2008;27(4):490-97; 10) Lineberger MD, Means MK, Edinger JD. Sleep Disturbance in Fibromyalgia. Medical Disorders and Sleep 2007;2(1):31-39. 11) Dahan V, Kimoff RJ, Petrof BJ, Benedetti A, Diorio D, Trojan DA. Sleep-disordered breathing in fatigued postpoliomyelitis clinic patients. Archives of Physical Medicine and Rehabilitation 2006;87(10):1352-56. 12) Germanowicz D, Lumertz M, Martinez D, Margarites A. Sleep disordered breathing concomitant with fibromyalgia syndrome. Jornal Brasileiro de Pneumologia 2006;32:333-38.; 13) Clete A. Kushida, Timothy I. Morgenthaler, Michael R. Littner, et al. Practice Parameters for the Treatment of Snoring and Obstructive Sleep Apnea with Oral Appliances: An Update for 2005. SLEEP, Vol. 29, No. 2, 2006. 14) Gold AR, Dipalo F, Gold MS, Broderick J. Inspiratory airflow dynamics during sleep in women with fibromyalgia. Sleep 2004;27(3):459-66.

## Dr. Leonard J. Feld



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## You Can Win the Arthritis Battle

By Ruth Anderson, M.D.

Regular exercise eases the pain and returns function to people suffering with arthritis. Why do you think the first thing your doctor does when you complain of a sore knee or painful shoulder is to send you to physical therapy? They want you to strengthen the muscles supporting your aching joint to treat your pain. Exercise is the best medicine.

Over 1 in 5 people in this country are diagnosed with osteoarthritis. If you're over 65, that number jumps to 50%. Osteoarthritis (also known as degenerative joint disease) is the most common type of arthritis and is caused by wear and tear on the joints. It most commonly affects weight bearing joints – hips, knees, and feet. But it can affect any joint in the body including the joints in your spine. By 2030 there will be 67 million Americans with diagnosed arthritis. Yet the trend in health care right now is to cut back, not expand, the coverage for physical therapy – the mainstay of treatment for arthritis.

Although we can't predict who will get painful arthritis there are certain risk factors that predispose you to developing this disease. Some of these risk factors include obesity, age, a history of joint trauma, and your occupation (jobs that cause repetitive trauma and over use can predispose you to developing arthritis).

We think of osteoarthritis as being a disease of old age, but pain is not an inevitable part of growing old. If we took an X-ray of the hips and knees of every person over the age of 40 almost 90% of them would have evidence of joint degeneration. Yet these changes are asymptomatic (no pain). So just because it appears on an X-ray doesn't mean it hurts or will ever hurt.

If you do hurt, the first treatment your doctor will prescribe is physical therapy. Licensed physical therapists (PTs) are qualified to teach you how to exercise safely and effectively to treat your pain (personal trainers don't have this medical expertise). Your doctor may also prescribe a non-steroidal anti-inflammatory medication (NSAID) to calm the inflammation in your joints; the 'itis' in arthritis means inflammation. These drugs such as Ibuprofen and Naprosyn should not be used on a long term basis; they can cause bleeding ulcers, kidney failure and heart attacks. And the older you are the more likely you will suffer with one of these complications. But they are generally safe and very useful on a short term basis to attack the cause of your pain.

If your pain is not controlled, cortisone injections could be the next step and possibly an injection of synthetic synovial fluid such as Orthovisc or Hyalgan. Injections are used to control your pain long enough so that you can get moving and get your muscles strong. Ultimately, your commitment to a lifetime of proper exercise will be the most significant factor in controlling the pain of arthritis.

Exercise is effective on several fronts to combat arthritis. First, it has been shown to make a real difference in easing pain and returning function to people suffering from arthritis. Second and most importantly, exercise prevents the development of pain by keeping the muscles in top condition to support your aging joints. The stronger your muscles, the more work they can do and the less wear and tear on your hips, knees and even shoulders. Lastly, exercise is the best way to lose weight and spare your poor joints the burden of lugging around those extra pounds.

Although many of us walk for our daily exercise, this is not the best option if you have painful arthritic knees and/or hips. The first step is to increase the flexibility of your aching joints with appropriate stretching exercises. After a few days of stretching, progress quickly to weight lifting exercises to increase the strength of your muscles supporting those joints. This should all be done under the supervision of a physical therapist.

Only after your muscles are strong enough are you ready to start your walking or biking program. Walking before your muscles are strong enough to support your joints will only increase the wear and tear on your joints, further break down the cartilage and lead to increased pain. It is important to focus on strength first and then 'cardio' for heart health and weight loss.

So remember, exercise should be a key component in your health care regime to manage arthritis.

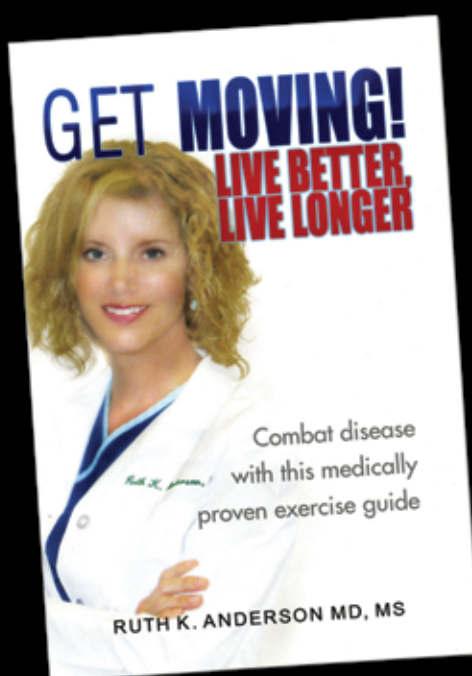
Dr. Ruth Anderson is a noted fitness expert, wellness consultant, pain management specialist and author of "Get Moving! Live Better, Live Longer." Desert Pain Specialists can be reached at 760.625.1960



## Dr. Ruth K. Anderson, MD, MS

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# Integrative Cancer Care: Communication is Key

Continued from page 1

with other studies noting that an alarming 38 to 60% of those using CAM did not inform their medical care team.<sup>1</sup>

The most common reason patients give for this is that it never comes up in discussion; that no one asks them and they do not think it is important. Or they may believe the topic will be received with indifference or dismissed without discussion because their doctor does not know how to respond.<sup>1</sup>

Each of the doctors with whom we spoke disagrees. “As oncologists, the more information we know about our patients’ care, the more we can do to help them,” states Dr. Amy Law. “Sharing this information will help us to help you.”

Bringing complementary modalities in-house has helped Desert Regional’s Comprehensive Cancer Center change the perceptions for both doctors and patients. “We are proud to provide a welcome mat for both physician and patient to openly discuss all forms of treatment,” states Dr. Anita Chatigny.

Alison Sachs, Director of Community Outreach Patient Support at Eisenhower Medical Center adds, “Integrative oncology has become standard care throughout the world. You don’t open a cancer center today without an integrative focus. Doctors are learning to ask the questions and patients are learning to be a part of the team and not simply the recipient.”

An easy-to-read resource for both practitioners and patients is the Society for Integrative Oncology’s ‘Evidence-Based Clinical Practice Guidelines for Integrative Oncology’ which is referenced by the National Institutes of Health ([www.integrativeonc.org/index.php/sio-publishes-2009-practice-guidelines](http://www.integrativeonc.org/index.php/sio-publishes-2009-practice-guidelines)).

### Why Speak Up?

Dr. Tim Tyler, Desert Regional’s Comprehensive Cancer Center’s Pharmacy Director whose team is a resource for both physicians and patients provides some simple examples. “Like aspirin, garlic and feverfew both lengthen clotting time which is important to know if a client is undergoing surgery.” Tyler adds, “As a matter of fact, almost any herb that begins with a ‘G’ may impair your ability to clot. And some herbs can interfere with radiation by intensifying the treatment or creating a dermal reaction (like a sunburn).”

Tyler’s team resources information from the Natural Medicines Comprehensive Database which provides unbiased, scientific, and clinical information on natural medicines, including effectiveness ratings and potential interactions with drugs. “Another example is Green Tea which is considered an effective antioxidant; however, animal model data has shown that Green Tea negates the impact of Velcade, an effective drug used in the treatment of multiple myeloma. The data is strong enough for us to recommend that patients don’t drink Green Tea while on Velcade.”

### Helping Your Doctors Help You

We asked the doctors with whom we spoke how patients can best approach the subject of integrative care:

- **Plan your appointments with respect to time.** If you have a lot of questions for your practitioner or feel you need more than the standard 15 minute appointment time, make that request when you book your appointment. Most doctors are paid by insurance companies for their time and there are insurance codes or ‘categories of visits’ that allow doctors to allocate more time to patients.
- **Be prepared.** Have your written list of questions and research information with you at appointments
- **Be organized.** Start a binder. Take notes. Be able to reference those notes in a timely manner in case there are questions about your overall treatment plan.
- **Know all supplements you are taking.** Not only the brand, but all the ingredients as one of these ingredients may make a difference or may interact with other care.
- **Don’t expect your doctor to know everything.** New treatments, therapies, and drugs are introduced all the time. An oncologist may not know all that an oncology surgeon may know, just like your primary care physician may not know all that a naturopathic doctor may know. Our health care system nowadays is built on specialists. Add the proper specialists to your team for the information and treatments that you are seeking.

Naturopathic doctors Dr. Shannon Sinsheimer and Dr. Sonja Fung promote their therapies as complementary treatment to conventional care (versus alternative, stand alone treatment) and both encourage open communication with their patient’s medical team.

“In addition to fully reviewing lab tests and reports, I provide patients with a list of questions to ask their oncologist prior to recommending treatment,” states Sinsheimer.

“The most common form of integrative care I see is integrative cancer care,” states Fung. “Either patients are newly diagnosed and seeking a third party perspective or referred to me by their oncologist for adjunct care to minimize side effects and improve their nutritional status. Once we come up with a plan, I provide their oncologist with regular written reports.”

This approach of working together and sharing information should be embraced by all practitioners on your health care team.

### A Good Place to Start

As stated, the reasons for open communication are clear, yet it is often not easy. The trauma that a cancer diagnosis can cause underlines the importance of psychosocial support. Speaking openly with others who can relate to your situation – cancer patients, survivors, friends and family - feels good and is scientifically proven to aid the healing process. Both Desert Regional’s Comprehensive Cancer Care Center and Eisenhower’s Lucy Curci Center offer support groups and programs. Gilda’s Club Desert Cities provides 13 different support groups led by specially trained and licensed psychotherapists. They are open to all those affected by cancer and offered free of charge. Gilda’s Club feels like a home and many of their staff and volunteers are cancer survivors themselves.

“There is a common thread that doesn’t care who you are or what type of cancer you have,” said Randy G. of Gilda’s Club. “If you can connect with someone who is going through the same thing as you, it makes you feel better. There is always someone here who is one step ahead of you in treatment and their experience can turn your fear into a sense of security and your tears into laughter.”

1) Society for Integrative Oncology’s ‘Evidence-Based Clinical Practice Guidelines for Integrative Oncology’ ([www.integrativeonc.org/index.php/sio-publishes-2009-practice-guidelines](http://www.integrativeonc.org/index.php/sio-publishes-2009-practice-guidelines)).

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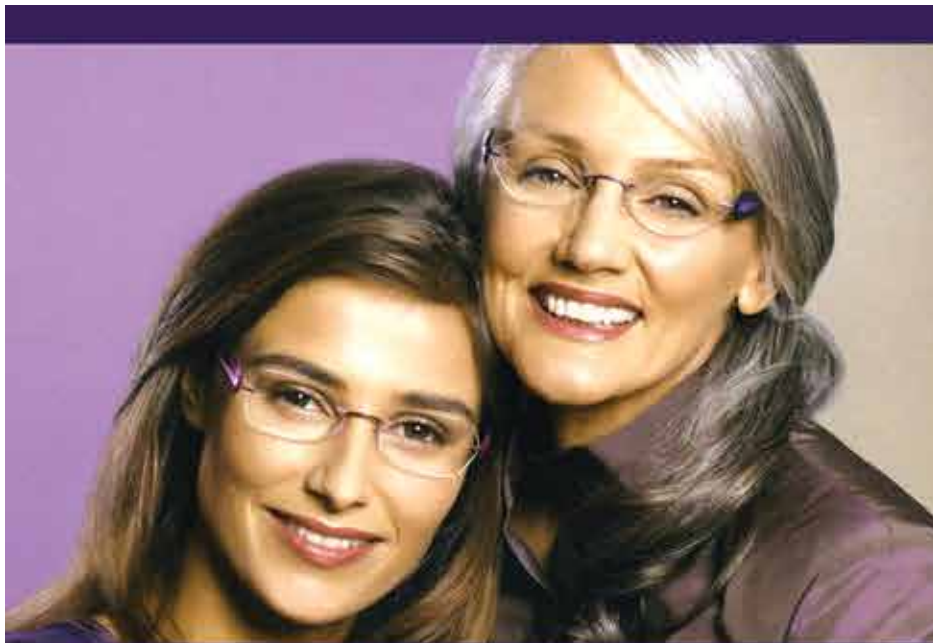
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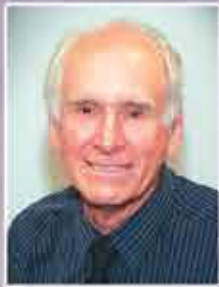
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## To Shoe Or Not To Shoe

By Jon McLennan, M.D.

In the last several years, the “toning” or “fit” shoe has inundated the fitness market with claims to burn more calories, improve posture and endurance, decrease the pain of arthritis and tone leg muscles. These shoes have a rocker bottom or curved sole that was created to provide an unstable walking base and mimic the natural environment. This “uneven” surface is thought to make ankle and foot muscles work harder to maintain body balance, thus strengthening the muscles and enhancing benefits of walking.

Sketcher Shape-Ups, the MBT shoe and Reebok Easy Tones, all tout additional benefits that strengthen the muscles of the back, abdomen, buttocks. They claim to reduce body fat and also improve cardiovascular endurance. As of March, there are only two controlled research studies that compare these toning shoes to traditional shoes, and the studies do not provide the evidence necessary to support the fitness claims. However, there is no evidence that they are harmful either, and they may benefit some patients with low back and knee pain.

Adding fuel to the fitness craze is the antithesis of the shoe, barefoot running. Many health practitioners suggest that shoeless running is “kinder and gentler” to the body. There is basic science demonstrating that during shoeless running the side of the foot strikes the ground first and dissipates forces more evenly as the foot pronates on impact. In contrast, running in shoes distributes impact away from the arch to the heel and hind foot. Oxygen usage increases 4-5% when wearing shoes while running.

Are we witnessing less impact injuries in shoeless running? Do shoeless runners out perform shod runners? There is no clinical research that supports this contention. There are many elite runners who have succeeded in transitioning to shoeless training and running. However, the same elite, world-class runners wear shoes for competitions.

To shoe or not to shoe? That is the question! If one considers the data, most athletes—whether elite or recreational - are not likely to see significant gains from either the toning shoe or by running shoeless. The toning shoe creates a rolling, unnatural gait that propels you forward, requiring solid balance and braking skills that are awkward and difficult to master for most individuals. Running barefoot obviously requires ideal surfaces, a change in technique, a tedious transition and adaptation. While neither appears harmful, few clients in my practice have adapted to toning shoes and even fewer to running barefoot. Is either harmful? In general, no.

Dr. Jon McLennan specializes in Orthopaedic Surgery and Sports Medicine and is located at JFK Orthopedics in La Quinta. Dr. McLennan can be reached at 760.777.8282. Visit [www.OrthopaedicSportsMedicineLaQuinta.com](http://www.OrthopaedicSportsMedicineLaQuinta.com)



There is a movement supporting barefoot and “minimalist footwear” running

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## Hospitals Embrace American Health Journal's *Discoveries in Alternative Medicine*

When Roland Perez decided to produce a segment on alternative medicine to complement his award-winning television show, American Health Journal, he was nervous to tell his many hospital clients.

"I saw the growth of science-based complementary medicine and thought it was important to cover that aspect as well," stated Perez. "I called each hospital personally to let them know and was delighted that none one of them hung up on me." Then he received what he considers to be the biggest surprise in his 23 years of producing American Health Journal. "Each one of those hospitals called me back asking how they could participate."



American Health Journal President and Founder, Roland Perez

Two years ago, Discoveries in Alternative Medicine launched as an independent program, but today, it is incorporated as a segment within American Health Journal. "In addition to nutritionists, acupuncturists and mind-body modalities commonly found in hospitals, we feature chiropractors, energy workers, and a variety of alternative practitioners. We've done 7 segments with the American Association of Naturopathic Doctors."

Each interview provides a wealth of knowledge to viewers in an easy to follow format. "We are the longest continually running health care show on US television. We've interviewed over 5,700 doctors and have gone to over 100 hospitals nationwide."

The show's reach includes a mobile app with over 1 million downloads in 205 countries. Perez is also working on a new website which he hopes to launch within a year as "the largest video driven health care website on the internet."

Perez concludes, "Some of our Discoveries in Alternative Medicine segments may be a little far out for some M.D.'s, but the gap is closing and we are proud to be presenting both sides."

American Health Journal is aired locally on Channel 2 (CBS). See page 2 for the July/August schedule of programs or visit [www.DiscoverHealth.tv](http://www.DiscoverHealth.tv).

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## practitioner profile

### Yemi Omilana, RPh., FACVP, FAARM

**Profession:** Clinical Compounding Pharmacist

**Accreditations:** Fellowship American College of Veterinary Pharmacist, Fellowship Anti-Aging & Regenerative Medicine, Member of Professional Compounding Centers of America

**Career:** Doctor of Pharmacy from University Ife in Nigeria, Worked for Thrifty & Wal-Mart in California (10 years), Founded Las Palmas Pharmacy in Palm Springs in 2002, Acquired the Desert's oldest pharmacy, Fireside (1963) in 2005

**Hometown:** Palm Desert since 1998 where he lives with his wife, Yeti and 3 children



**In this issue we are pleased to profile Yemi Omilana who was nominated by his peers for his integrative practice. Yemi's two valley pharmacies provide pharmaceutical drugs, compounding drugs and preventive medicines.**

**Compounding** is the mixing of prescription drugs by a pharmacist to fit a patient's unique needs. These needs may include changing the form of the medication from a solid pill to a liquid, or to avoid a non-essential ingredient that might result in an allergic reaction, or to adjust the dose of an ingredient in a medication. We specialize in bio-identical hormones, pain creams, veterinary drugs, and sterile medications.

**Why did you decide to open a compounding pharmacy?** I originally learned my trade in Nigeria, where compounding is a necessity as everything is made from scratch. I learned industrial pharmacy in college as well, but compounding is my passion.

**Tell us about your newest Fellowship in Anti-Aging Regenerative Medicine.** It involved three years of study and a final board exam. There is always a case for both conventional and preventative medicine and we are proud to offer both. I pursued this accreditation to be a better resource for our customers.

**Why do clients choose your pharmacy over big business?** Relationships mean a lot to me and we take every patient's case to heart. We strive to know our patient's needs, and providing personal service is the top priority for all of our 15 employees.

**What changes in your business have you seen?** More people want to explore options for prevention. Most patients now don't want to take another pill. Traditional drugs are becoming emergency medication. A lot of people these days are thinking proactively in terms of their health.

**Your best health advice?** People should cherish each other and enjoy each others' company. Relationships are key, because if you have a strong support system, you are able to overcome any unhealthy issues, or illness that comes your way.

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## The CrossFit Craze: Camaraderie, Competition...and Results

By Lauren Del Sarto

One of the latest fitness crazes to hit the country is CrossFit, a short, intense workout program that participants call "addictive." A CrossFit gym resembles the muscle gyms of the 80's; however, you are more likely to see 30 year old women and 60 year old men cheering each other on than a bunch of body builders spotting each other.

The program is designed for 'universal scalability' making it applicable for all individuals regardless of age or experience. The weight and intensity vary, but the program remains the same. Classes typically include a warm-up, a skill development segment for proper positioning, and a high-intensity workout that lasts around ten to twenty minutes.

Greg Glassman, inventor of CrossFit, refers to it as a sport—the sport of fitness. "We've learned that harnessing the natural camaraderie, competition, and fun of sport or game yields an intensity that cannot be matched by other means." CrossFit coaches create a "Workout of the Day" and scoring and ranking systems transform those workouts into sport. Workouts may include push ups, weight lifting, obstacles, rowing and many things you never thought you were capable of doing. However, when you throw in a coach, encouraging team mates and a timer, you can accomplish more than you ever thought possible.



CrossFit Fan, Erin Maddox

on performance and the physical results follow."

Kelly Noto worked out at a large gym by herself for 8 years but never got the desired results. "I push myself harder here and in 2 months have seen a difference. The results and team work keep you coming back."

At 30 years old, Ben Adams was put on blood pressure medicine. "I was looking for something to get me off the medication," states Ben, who has 2 little ones at home and enjoys the short workouts and camaraderie. "My blood pressure is now at 120/80" he announced to congratulatory cheers from his fellow athletes. "It's made a big difference in my life."

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## AT THE GYM WITH Casey

### Death to LSD for Fat Loss: Why Long Slow Distance is Outdated

In the beginning of this great country, people got from point A to point B by horse and carriage. It worked well. It got the job done. A couple centuries later the automobile was invented and revolutionized the way people traveled. People were able to get to their destination in a fraction of the time, making transportation far more efficient and increasing productivity.

Unfortunately, in the fitness world today, personal trainers and gym members are still using "the old horse and carriage" for fat loss. It's called the treadmill. It works. But it has been replaced by a more effective, efficient and productive

way to lose weight than all those hours on the treadmill.

#### The Case Against the Treadmill

This piece is directed to the people who spend hours on the treadmill at a steady speed. Let's run some numbers. Most people burn 100-130 calories per mile. I rarely see people on the treadmill going above a 5.0 speed (which is 5 miles per hour). That's approximately 500-650 calories per hour. That is if you continue at this pace for a full hour. Many programs call for a half hour of cardio. So if you did ½ hour of the treadmill at a speed of 5.0, you would burn about 250 calories.

For many, this is their only form of exercise. In order to lose 1 pound (3500 calorie decrease) this person would need to do 14 half hour sessions. That is a lot of time on the treadmill with seeming little result. Doesn't seem worth it, does it? Before you throw your hands up and quit altogether, let me introduce you a relatively new concept called Metabolic Circuits.

Metabolic Circuits is designed to work non-competing muscle groups in a circuit-style workout. Working non-competing muscles allows you to not over-fatigue the muscle group and actually allows it to recover while you are performing one of the other exercises in the series. It is a more streamlined approach to working out. Instead of resting between sets of an exercise, you do a different exercise that does not involve the muscle group worked in the first exercise.

Typically we start individuals with 3 exercises and increase repetitions based on individual fitness. We have clients

now doing 10-12 exercises in a row. This type of workout allows you to work many more muscle groups (and burn many more calories) than the old "horse and carriage-style" workouts of treadmills combined with chest day, leg day, arm day etc.

So if you're looking to shed pounds, try Metabolic Circuits as an alternative to the single muscle group days and treadmill combination. It's the natural progression in maximizing results of your workout, and using your exercise time more efficiently. Time to get off your fitness "horse and carriage" and hop into your modern day fitness regimen!

Casey is a certified nutritional coach and a certified personal trainer. His clients include US Marines, PGA and LPGA golfers, and those with physical limitations and medical conditions. Casey is co-owner of Next Level Fitness and co-creator of the highly successful Fit in 42 program. He can be reached at 760.413.9858 or [casey@nextlevelfitness.org](mailto:casey@nextlevelfitness.org).

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## A Workable Solution for Baby Boomers Near Retirement

By Reesa Manning

Concerned about having enough money saved for retirement? Here's a simple solution: work just a few years longer. By accumulating more savings and shortening your withdrawal period, you'll reduce the lump sum needed to generate the necessary income at retirement.

In a report titled "Retirement Age and the Need for Saving," the Congressional Budget Office (CBO) analyzed the impact of retirement age on the total assets needed in retirement. Here is the conclusion:

Every additional year of work leaves individuals with more income, a shorter retirement to finance out of pocket, more time to save and earn returns, and higher Social Security benefits. Taken together, those factors can substantially reduce the private assets needed to maintain their

working-age standard of living in retirement.

Consider a married couple in their early 60s earning \$77,000 per year. After paying federal and state income taxes and Social Security taxes, the couple takes home about \$58,600 in annual income. To replace 80% of their income in retirement, they will need \$46,900 in after-tax income.

If both spouses retire at age 62, the couple will receive about \$20,100 in Social Security benefits annually. This means they will need another \$26,800 of after-tax income per year. The CBO estimates that it would take a lump sum of about \$510,800 at age 62 to generate the necessary income.

If the couple were to retire at age 63,

their annual Social Security benefits would increase to about \$21,600, so they would need to finance \$25,200 per year after taxes themselves. In this case, the required lump sum drops to \$465,000. The amount the couple needs to accumulate continues to decline for each year that they delay retirement, to about \$298,400 if they retire at age 66 and to about \$117,700 if they retire at age 70.

Postponing retirement a few more years also offers the following benefits:

- **More salary to save and invest or pay down debt.** Pre-retirees at the peak of their careers can make substantial contributions to their retirement and investment accounts and dedicate a chunk of their income to debt reduction.

- **Higher Social Security benefits.** Applying for Social Security benefits at full retirement age (66 for anyone born between 1943 and 1954) produces a 25% higher benefit than applying for early benefits at age 62. Waiting until age 70 more than doubles the benefit compared to the

amount available at age 62.

- **Higher pension benefits.** Whether a pre-retiree participates in a traditional pension plan with benefits based on salary and years of service, or a 401(k) plan with an employer match, working longer will, in most cases, boost those benefits and result in more assets to draw from in retirement.

- **Save on health insurance premiums.** Retirees who go from an employer-sponsored health plan straight to Medicare at age 65 can avoid the high cost of individual health insurance during ages 55-64.

To help you ensure that your investment plan and goals are on track for a secure retirement, consider consulting with a professional financial advisor who specializes in retirement.

Reesa Manning is a Senior Financial Advisor at Integrated Wealth Management, Inc., a Registered Investment Adviser. Contact Reesa at 760-834-7200 or [Reesa@IWMgmt.com](mailto:Reesa@IWMgmt.com).

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## What are the Differences Between Alzheimer's and Dementia?

By Patty Curtis with review by the Alzheimer's Association, Coachella Valley Regional Office

There is often confusion and misunderstanding with the terms Alzheimer's disease (AD) and dementia. Here are the facts: The term dementia is described by the American Psychiatric Association as a group of disorders, or "dementias". Each of these dementias has a number of symptoms or 'chief complaints.' Unfortunately, when it is the brain that is injured, it is often very difficult to get an accurate diagnosis. According to the Mayo Clinic, the symptoms of dementia include language difficulty, loss of recent memory or poor judgement. A dementia diagnosis requires symptoms severe enough to interfere with normal daily living and involving at least two brain functions.

Medical reviews indicate that Alzheimer's Disease (AD) causes as many as 70-80% of all cases of dementia. AD is extremely common in seniors, and approximately 50% of people over age 85 have the disease. AD and dementia are not part of normal aging and get worse over time. AD can occur as early as age 45, whereas dementia usually appears later in life. Some causes of dementia are treatable and even reversible. This was the case for Joan Teats.

The family didn't really know what was going on or what to do when their mother started to show signs of confusion, difficulty with balance and incontinence. Joan's physician referred her for a CT scan of her brain, and then to the Neurologist for an evaluation. She was diagnosed with Vascular Dementia, but the cause for the sudden onset was still unknown. Several months later, when she was rushed to the hospital after being revived from a cardiac arrest, the family learned that she had a systemic urinary tract infection (UTI) that caused dementia like symptoms. She still had signs of Vascular Dementia according to the CT scan, but once the UTI was treated, the symptoms of dementia disappeared.

### Know The Early Warning Signs:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, activities of daily living
- Confusion with time or place
- New problems with words in speaking or writing
- Difficulty completing familiar tasks at work or leisure
- Changes in mood or personality
- Withdrawal from work or social activities

### Get A Thorough Evaluation

If someone has dementia either due to an underlying cause or AD, it requires accurate diagnosis and treatment by a well-trained health care provider who specializes in degenerative diseases. The Mayo Clinic agrees that with a thorough screening including a complete family history, physical exam, blood tests, a mental evaluation and testing, and sometimes a brain scan, they can accurately diagnose the cause of dementia symptoms in 90% of the cases. Family members, friends and caregivers who are closest to the patient and observing the behavior changes, play a key role in assisting the health care provider to make an accurate diagnosis.

Patty Curtis is co-owner of Eldercaring 760.333.0427. The Alzheimer's Association, Coachella Valley Regional Office can be reached at 888.328.6767 or visit [www.alzla.org](http://www.alzla.org)

And, what better way to gain a positive attitude and zest for life than through an opportunity to express yourself creatively?"

Dr. Mary Archer, started her terpsichorean career in 'Show Biz' in New York City where she was part of the dance team Stanford & Lynn. She graced the stage with such headliners as Paul Anka, Dionne Warwick, Bobby Vinton, Pearl Bailey, Cab Calloway, Gregory Hines, to name a few. She has recently moved to the Desert and looks forward to bringing dance to residents of all ages through her company Breath of Life Creative Arts.

So, if you looking to add something new to your present agenda, this creative new "brain boost through boogie" approach to health, fitness and fun may just be the answer. Archer concludes by saying, "No matter what age or condition one is facing, it is always nice to believe and declare 'I've got rhythm. I've got music. I've got tap shoes. Who could ask for anything more?'"

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## Brain Boogie Tap Dancing Let Your Heart Move Your Feet!

Tap dancing is regaining popularity as a healthy approach to creating wellness for the heart, mind and body. For older adults, tap dancing is an example of how art programming can positively effect one's physical being, mental health, and social functioning, regardless of ability.

Providing interactive rhythm, tap dancing is a brain-boosting activity which fosters optimal brain integration geared at improving attention spans, breathing, and memory. Through a collection of old-time favorite songs, rhythm classes touch your heart and inspire your soul.

"We find fulfillment in activities that not only challenge us, but keep us focused on the promising possibilities of accomplishing a goal," states Dr. Mary Archer who teaches tap dancing classes here in the Desert. Her newly created method of teaching this art-form has no limitations on age. Her students may be in their 80's or 90's and may be on walkers or wheelchairs, while others may be experiencing dementia or recovering from stroke. Her greatest achievement comes from the fact that her work serves many purposes in addition to skill development. Her goal is to draw people into the arts experientially while boosting their ability to learn by awakening their individual expressiveness and creativity.

"Fulfillment and joy are the result of making an effort to meet the challenge, and a healthy mind, body and soul are the rewards of persistence to achieve your goal.



Dr. Mary Turner-Archer and The Boca Tappers perform





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## Happiness: The Beauty Within

A book review by Nancy Laytham-Jorgensen  
**Dr. Martin Seligman's Authentic Happiness**

Do you believe that happiness is something that just "happens" to you? That something good needs to happen to you, to make you happy?

Dr. Martin Seligman's book, *Authentic Happiness: Using the New Positive Psychology, to Realize Your Potential for Lasting Fulfillment*, provides evidence that we can make a difference in our own life and increase our own happiness. It was the first consumer book on this new science and although many other positive psychology books have been published since, I continue to consider this the most valid.

A pioneer in his field, Seligman practices at the University of Pennsylvania. When he took over as president of the American Psychological Society (APA) in the 1990s, psychology was focused solely on mental illness, depression and what made us Unhappy. Seligman challenged psychologists in universities all over the world to start studying what made people happy, thrive and grow. The new field of 'positive psychology' was born.

Within a few short years, scientific studies were published and the proof was presented. Happiness and optimism are under our control. They are a necessary element in the foundation of a long, satisfying, happy and healthy life.

Seligman states that our happiness is not just a mood, but a way of experiencing and believing. It offers us optimism and strength, and increases our "self-efficacy."

Seligman does not believe that wealth is a guarantee for personal happiness. And research supports this—many wealthy people are not happy.

One of the enemies of happiness is "taking things for granted." This common behavior continually raises the bar for what we need to achieve happiness. Remember how exciting it was to take your first airplane ride? Now it is routine and to get

back that initial thrill of flying, we go sky diving or hand gliding.

Showing appreciation for what we have may be a factor in building our own happiness. Seligman identifies other factors that support happiness including forgiveness and an optimistic view of the world and our lives. Positive psychology is centered on the present, letting go of the past and moving forward. This redirects energy that was bound up in past sadness and focuses that energy on enjoying the present.

Happiness is in the here and now. To many philosophers, 'now' is all we have. This means accepting and savoring the simple pleasures in life such as enjoying a meal, savoring the food and your dining partners.

Seligman and his colleagues found that "personal strengths" such as humor, perspective, enthusiasm, perseverance, kindness and self-control, enhance overall happiness. He refers to them as our "pillars of happiness."

In his conclusion, Seligman states that "as we evolve and become more intelligent in our pursuit of happiness, the world will get better, because the greatest happiness for each of us depends on us all being happy. Where there is love and happiness, aggression, strife and war are absent. Happiness is our divine destiny."

Nancy Laytham is a licensed and certified Health and Wellness Coach. Her certification is recognized by the ICF (International Federation of Coaches) and the American Academy of Sports Medicine. She previously enjoyed a career in pharmaceuticals before entering the coaching profession and has had a life-long passion for health and wellness. Her clients are those seeking to enhance their lives by improving their overall health and increasing their positivity and happiness. [www.yourhealth-coach.com](http://www.yourhealth-coach.com). [yourhealthcoach@mac.com](mailto:yourhealthcoach@mac.com).

## Inspiration Begins at The Spa Esmeralda

### A Desert Health Review

Living in the Desert, we tend to forget that we are surrounded by world-class resorts with award-winning services and amenities. Summer is an ideal time to take advantage of the special offers from these top notch properties.

Such is the case with the Spa Esmeralda at The Renaissance Esmeralda in Indian Wells. The Spa Esmeralda takes elegance and pampering to a whole new level. Although visiting a spa is often considered a luxury, summer specials make it easy on your health care budget. If you were inspired by Mickie Riley's story (Health Is A Choice, pg. 1) or embarking on a new health regime, the Spa Esmeralda is a great place to start.

I had the pleasure of experiencing a 90 minute Compression Wrap Therapy at the Spa Esmeralda and found it to be an amazingly uplifting therapy. I left feeling completely happy and genuinely good to the core. I honestly wanted to dance out the front door!

There are a few specific elements which contributed to this exuberance. First of all, the treatment is multi-faceted including 8 different therapies designed to remove water weight, cleanse your blood and detox the largest organ, your skin. It takes place outside in the open Desert air under a curtained cabana (weather permitting). The natural heat aids the process and feels magical.

Secondly, the products used are all natural and made from Chinese herbs and minerals. The product line, Jadience, was developed by Anna Ragaz, M.D. from actual Jade stone which is said to contain natural infrared properties that cleanse and heal. The Jadience ingredients include such healing herbs as Burdock Root, Mulberry Bark, Goji Berry and Ginseng.

Last but certainly not least was my therapist, Jessica. She is one of those special souls who may possibly know more about you than you know about yourself. She was trained at Soma Therapy Institute here in the Desert and her physiological knowledge is an asset to her trade.

The Compression Wrap begins with a soft, full body scrub on a water therapy table followed by a soak in a spa tub sprinkled with fragrant rose pedals. You are treated to alkaline water as you relax under the clear desert sky.

After your soak, you are painted with a serum of herbs used in traditional Chinese medicine to cleanse the blood. You are then lightly wrapped and placed in a soft cocoon of coverings. Now, I've had wraps before and didn't care for the tight claustrophobic feeling I experienced then. This was nothing like that. The unimposing wraps felt as if you were tucked in a soft sleeping bag. The head, neck and shoulder massage that takes place for the 20 minutes you are bundled, certainly makes the time fly as well.

The wrap is followed by an application of a cellulite reducing serum (in places you need it most) and then stimulated with jade stone rollers bringing the natural infrared effect to skin cells. You finish with a light, full body massage using Jade and Ginseng body lotion and a shot of Jadience Total Body Detox drink.

Did I mention that at the beginning and end of your treatment, your measurements are taken? I was selecting this treatment more for the detox properties than weight loss, but was pleasantly surprised at the combined total of 5 inches lost throughout my legs, waist and arms.

I highly recommend a visit to the Spa Esmeralda this summer. Through July (and maybe August) they are offering the 90 minute Compression Wrap for \$145 and 60 minute Detox and Slimming Wraps at \$109. If you are inspired to begin a new health regime or need a refresher, a detox therapy at the Spa Esmeralda is a great place to start!

For current specials and more information visit [www.SpaEsmeralda.com](http://www.SpaEsmeralda.com) or call 760-836-1265.



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## Recapture Childhood: Practice Enchantment

By Brent M. Cooper

Thomas Moore wrote a book called "The Re-enchantment of Everyday Life." In it he talks about enchantment, the kind most of us experienced as young children. It is important for us as adults to bring enchantment back into our lives as it is a quality or way of experiencing life and ourselves.

Just the other day I held my young son, Charlie, in my lap and a Lady Bug flew onto the back of my hand. I held my hand very still and pointed to it asking Charlie, "What color is her body? Do you see her black dots?" My son was wide-eyed and very quiet which is unusual for him. More importantly, for that brief moment I shared a connection with my son and saw the world again through the eyes of a child.

In our hectic modern world, **conscious** choices must be made to capture moments of enchantment. To see and experience the world as a child once again seems to be much needed by us all.

By focusing on the very small or the very large we can immediately rediscover enchantment. It doesn't have to last. It is the quality and depth of the experience, not the duration of a moment in time that matters. These moments can sometimes remain with us for all of our lives. The sweetness of holding my young son in that moment is a memory I will haul out every now and then just to add perspective to my life.

By slowing down in our day to watch trees bending in the wind, witness sunlight reflecting off a mountain or experience the delicious smells of nature, we can connect our inner world with the outer world and give us a sense of place in the universe.

These are some exercises that can be done to promote enchantment:

Buy a magnifying glass and from time to time observe things like rocks, different surfaces, leaves, bugs, etc. If you have children, this can be an especially rewarding experience to do with them. Make it a ritual. For five minutes after dinner we look into the "glass."

Take your shoes off just a few minutes each day. Feel the ground under your feet, feel the connection to the earth.

Lie down on the floor at home for 10 minutes or more. It seems that as we grow older we spend less and less time on the floor. Bring back this connection. You will be surprised how good it feels on your body.

Brown bag your lunch at least once a week. Go to a park or your backyard to eat it and turn off all electrical devices for half an hour. Take this time to eat your lunch chewing slowly and mindfully enjoying each bite of food and the world around you.

Taking conscious steps to practice enchantment will enrich your life, unite your family and recapture those magical moments of childhood.

Brent M. Cooper, Licensed Educational Psychologist is the Director of the El Paseo Children's Center for Psychological & Educational Assessment. He specializes in conducting assessments for children, adolescents and adults who may have Learning Disabilities, ADHD, or Autism. He also provides counseling and life coaching. Brent can be reached at 760-342-4900 or visit his website at [www.elpaseotesting.com](http://www.elpaseotesting.com)



## Picture Me Happy A Creative Outlet for Seriously Ill Children

Imagine what it would be like if you couldn't go outside—ever. Or even leave your room? Anyone who has been sick with a serious illness knows that it is an awful experience. The days drag on, optimism shrinks, and boredom and depression set in.

For approximately 1 million children in the United States, this is every day real life. These children are seriously ill with progressive medical conditions and reliant on the hospital for daily care and activities. Communication is limited to visits by family and friends. Excitement and hope can be a tall order.

As a hospital volunteer, Palm Springs' resident and celebrity photographer Tim Courtney saw the need for chronically and terminally ill children to have a creative outlet. "I knew that the magic of photography could bring something powerful to these children and I wanted to do more," said Courtney, "that was the start of **Picture Me Happy**."

Founded in May 2007, **Picture Me Happy**, is a non-profit 501 (c)(3) that brings creativity to chronically and terminally ill children through a photography workshop in children's hospitals. It is an 'Arts in Medicine' program that is recognized for enhancing the healing process.

The program gives these children whose life is filled with doctors, appointments and treatments a creative activity which they control from start to finish. **Picture Me Happy** places emphasis on supporting and inspiring a child to take ownership of their creativity. Each child is given a Polaroid camera and becomes the Photographer, the Designer and Creator of his or her very own personal magazine.

Allison Singhi, BA CCLS, of Miller Children's Hospital in Long Beach states, "**Picture Me Happy** is wonderful because it is unique and just plain fun. It is the only program



A young Picture Me Happy artist at work

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Courtney assists his young "apprentice" in a photo shoot

I've seen that allows patients to use a camera and take photos of whatever they want all by themselves. Patients and families truly enjoy **Picture Me Happy** visits. Some patients have participated numerous times throughout different hospitalizations. They always get excited when we tell them that **Picture Me Happy** is coming."

**Picture Me Happy** is currently raising funds to serve more Coachella Valley children through Loma Linda Children's Hospital and other local hospitals. It takes thousands of dollars a year to bring the **Picture Me Happy** program to these hospitalized children. To donate or get more information visit [www.PictureMeHappy.org](http://www.PictureMeHappy.org).





## Probiotics for Babies: A Mom's Perspective

By Cindy Burreson

Have you ever wondered which mother actually uses the disinfectant wipes at the grocery store to clean their shopping cart and spreads out the cushy seat cover before placing her little bundle of joy in it? Well, that mother is me.

Since giving birth just over a year ago, I am definitely more precautionary against Mr. Cootie and all his friends. So, trying to explain, especially to other new mothers, why I give my son probiotics, aka BACTERIA, can be tricky.

The definition of probiotics, "for life," is a good start. Probiotics are bacteria that promote intestinal health and are often referred to as "good bacteria." Probiotics coat the intestinal lining and fight off disease-causing bacteria by keeping them from penetrating the intestinal lining and have been shown to be useful in the following medical situations<sup>2</sup>:

- Following antibiotic therapy
- Rotavirus-associated diarrhea
- Lactose intolerance
- Intestinal bacterial and viral infections
- Chronic, allergic eczema in infants
- Diarrhea
- Bladder infections

Prevention Magazine published an article in 1993 regarding the benefits of these friendly bacteria for babies' health. The article goes on to say that mother's milk encourages the micro-organisms, particularly Bifidobacteria, in the digestive system which may be why breast-fed babies have fewer incidences of colic and other digestive problems and are less susceptible to infections. Bifidobacteria accounts for up to 99% of the friendly intestinal flora in healthy, breast-fed babies.

Babies are naturally inoculated with Bifidobacteria infantis and other helpful microorganisms as they pass through the birth canal. They enter the baby's intestines through the mouth and attempt to attach themselves to sites on the gastrointestinal wall before other unfriendly microorganisms compete for the same real estate.<sup>4</sup>

However, even in healthy babies, different environmental factors can cause the balance of intestinal flora to become unstable making supplementation desirable.

Probiotics are now available in a variety of pills, liquids, food products, powders and in many of the baby formulas on the market. Baby's Only Essentials Probiotics Supplement is a powder that you can add directly to your baby's milk or formula. Garden of Life makes a product called Primal Defense for Kids which is also in powder form and contains Bifidus and other friendly flora. It is recommended for children aged 3 and up and is made with organic banana to enhance the taste.

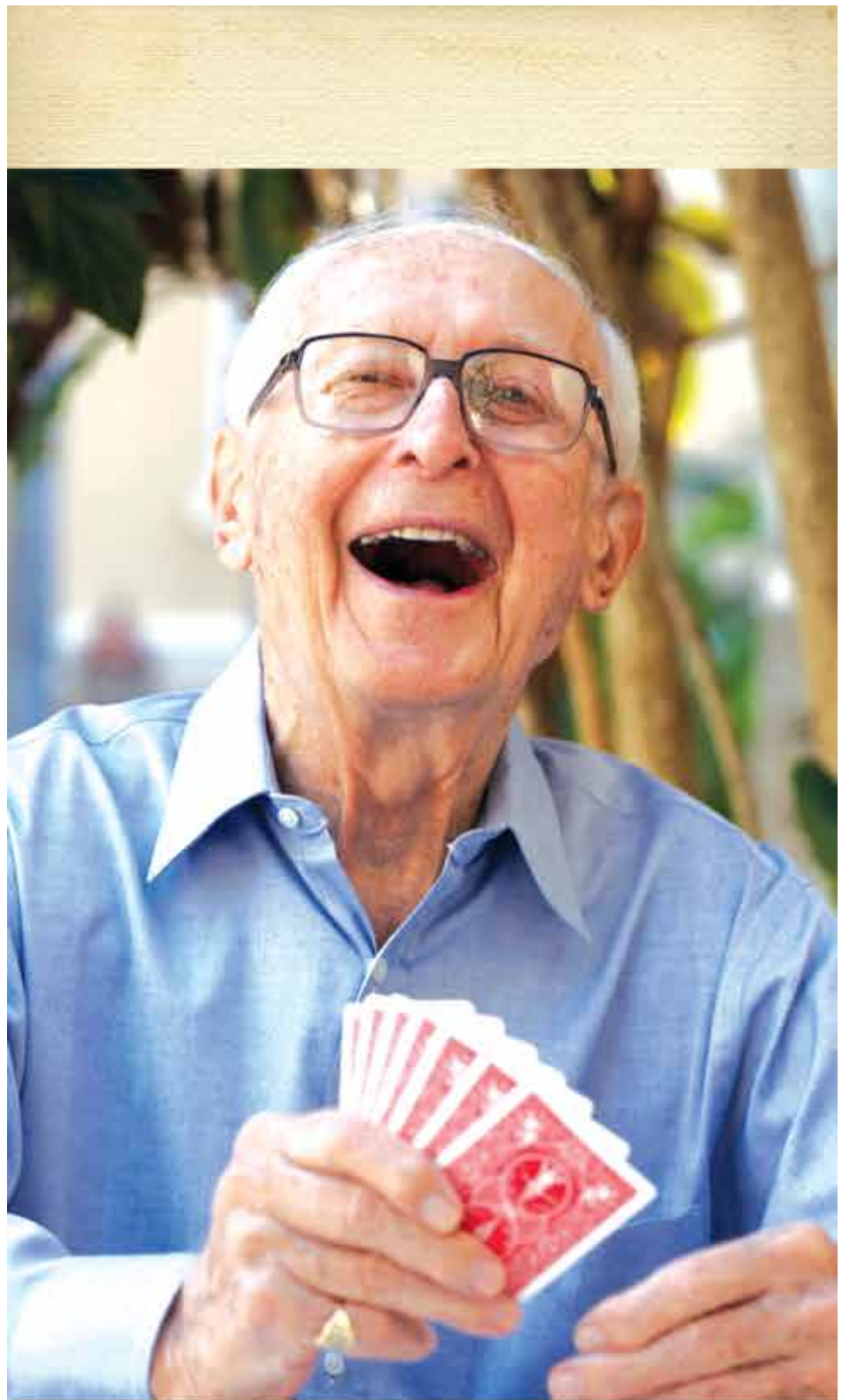
My favorite product is Childlife Colostrum 4 Kids with Probiotics. The addition of colostrum gives this product added benefits. Colostrum is the first milk a new mother produces and is highest in white blood cells and infection-fighting proteins. (2) Cultured (or fermented) foods also contain various types and amounts of beneficial bacteria including buttermilk, cheese, miso, sauerkraut, and yogurt.<sup>(5)</sup> YoBaby makes an organic yogurt that contains 6 live cultures (according to their website most contain 2-4) to supplement those already found in the digestive tract.

As parents, we want the very best for our children. Ask your pediatrician about adding probiotics to your little one's diet to maximize digestive and immune efficiency.

Cindy Burreson has worked in the health and fitness industry for over 15 years as a national fitness competitor, personal trainer, and owner of a nutrition store. She holds a certification in nutrition and worked for both MET-Rx and PR Ironman Bar. She is now a full-time mom and writing about health and fitness is her passion.



Probiotics are available in many baby foods today



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## What people are saying about Bikram Yoga

"After several years of working out at the gym, I was unable to match the results with just several months of Bikram Yoga. In just 2 months I have already achieved 50% of my weight loss goal (20- 25lbs). This works! I feel calm and more relaxed than I ever have"

— Joe Caffery, Palm Springs

"If you had told me that at age 77 I would be doing Bikram Yoga at 105 degrees and 40% humidity, I would have laughed at you. Well, I've been doing it five times a week for the past two months and I haven't felt this good in 30 years!" — Ed Monarch, former Mayor, Indian Wells

"I had cervical spine surgery a few months back which involved getting a fusion and an artificial disc. While healing I was limited in doing certain things, one of which was bending over. This caused great tension in my neck and back and loss of flexibility in my back and legs. The instructors at BYUV are aware of my situation and have been extremely caring and have shown me how to get great relief while still following the doctors' orders. The more I go, the more I realize the best part of the day is walking out of class and feeling absolutely fantastic. It is for this reason that I now know that Bikram needs to be part of my life because as I continue down the road to recovery, I am doing so pain free!" —Kathy Valentine, Rancho Mirage

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## Sophisticated Sweat @ Bikram Yoga University Village

By Lauren Del Sarto

The Desert is lucky to have Bikram Yoga University Village—a beautiful facility that is modern, professional and very welcoming to experienced and new yoga fans alike. And it's no surprise considering the brains and beauty behind the project.

Denise DuBarry Hay, who founded and owned Malibu Yoga in the late 80's, and Village Director Kim Tang, spared no details in designing, building and managing this premier yoga center. The spacious yoga room is airy, bright and clean. There is a CO2 controller for optimal balance of oxygen and CO2, UV light filters that kill bacteria, and slip resistant, antimicrobial carpets. Well-appointed locker rooms feature showers, and yoga mats, towels and water are available for purchase or rent.

Both Hay and Tang are certified and active Bikram instructors as well as facility managers. In fact, Tang was crowned the 2010 Southern California Regional Yoga Asana Champion, placing her among the Desert yoga elite. The studio has already established a large following with over 1,500 attending since January 1 and an average of 100 daily participants.



Tang and DuBarry-Hay  
Photo by Peter McMahon



The classroom at BYUV

Bikram Yoga, which takes place in a temperature controlled room at 105 degrees with 40% humidity, claims deeper stretching and injury prevention than standard yoga and increased breathing and lung capacity. The practice consists of 26 yoga postures and 2 breathing exercises in each 90 minute session. You sweat more than you ever thought possible, but feel cleansed and energized upon completion.

Now is your time to try Bikram Yoga University Village. Specials include a "locals only" introductory offer of 10 consecutive days of yoga for \$20 and a "Karma Class" on Fridays at 8pm for which donations of any size are accepted.

**Bring:** bottled water (clear drinks only), yoga mat, large towel and drying towel which are also available for rent. I also recommend a change of clothes. **Leave at home:** your makeup.

For more information visit [www.BikramYogaUVPalmDesert.com](http://www.BikramYogaUVPalmDesert.com) or 760.346.2988

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## Can a protein from jellyfish give you a better memory? Scientists say, "Yes"!

### Can a simple sea protein hold the key to preserving your memory?

Researchers have discovered a protein from the depths of the ocean that actually protects our brain cells as we age.

Robert Pastore, Ph.D., a member of the New York Academy of Sciences explains, "As you age, you lose about 30,000 brain cells a day and that impacts every aspect of your life...how you think and how you feel."

Recently, scientists made a significant breakthrough locating a calcium-binding protein (CaBP) called "apoequorin" that can contribute to a healthier brain, sharper mind and clearer thinking.

### Protects brain cells & memories

According to Dr. Pastore, "CaBPs are vital and found naturally throughout the body. They bind with excess calcium in

our cells and keep it from rising to toxic levels.

At around age 40, these vital CaBPs start to decrease. This is known to lead to cell damage and even cell death. This may be one of the factors that results in loss of memory, forgetting names, etc."

### The jellyfish connection

Apoequorin is in the same family of proteins as those found in humans, but it comes from one of nature's simplest organisms — the jellyfish.

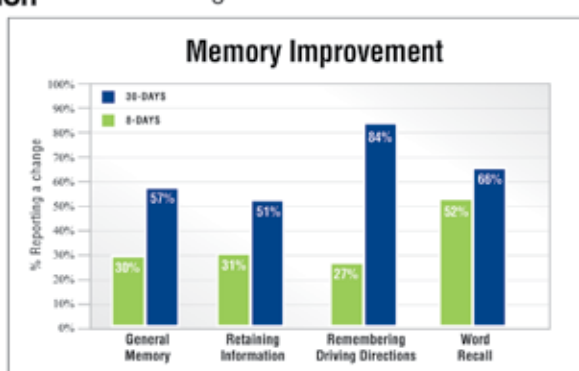
Recently, researchers formulated this vital protein into a product called PrevaGen®.

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### What doctors are saying

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- **Dr. Henry Matick**  
Matick Neurology Clinic

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<sup>1</sup> "Madison Memory Study," Quincy Bioscience, ct. 2010 [www.preva-gen.com/science](http://www.preva-gen.com/science)

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## Traditional Chinese Medicine and Acupuncture for Cancer Care

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

In China, where they practice Western and Eastern therapies for cancer, Traditional Chinese Medicine (TCM) plays an auxiliary but important role. It is employed to minimize the side effects of conventional treatments such as chemotherapy, assist in pain management and strengthen the immune system. It also aids in dealing with the stress and emotional factors that come with a cancer diagnosis.

In TCM, cancer is viewed first as a deficiency of 'qi' ("chi" or life energy) and/or blood. Deficiency of qi can be viewed as a low white blood cell count and a concomitant weak immune system, while deficiency of blood may be seen as a low red blood cell count and related anemia and fatigue. Long-term deficiencies of qi and blood lead to stagnation, and the formation and accumulation of fibrinogen and platelets that can lead to a tumor and the degradation of the body's normal defenses against external pathogens or internal disease.

Our role as western TCM practitioners is primarily to help mitigate the side effects of conventional therapies such as surgery, radiation and chemotherapy. We work to boost the immune system and relieve patient stress.

The TCM practitioner has various modalities available to accomplish these goals. Clinical studies by the NIH find that acupuncture causes physical responses in nerve cells, the pituitary gland and the brain. These responses can cause the body to release proteins, hormones and brain chemicals that control a number of body functions. Acupuncture can decrease blood pressure, boost immune system activity and cause the body's natural painkillers, such as endorphins, to alleviate the pain associated with the disease itself and the associated treatments. Natural painkillers can help a patient cut down on medications that may have unwanted side effects. Acupuncture is also helpful for relieving nausea and preventing vomiting,

especially in combination with vitamin B6 injections.

Moxibustion, a heating method used for cold in the body, also helps with digestive problems, especially when patients are extremely weak. Cupping, a technique used in eastern traditions and many other cultures, consists of creating a vacuum on the skin by placing a glass cup with heated air inside or by using a small vacuum pump. This suction opens up the pores to help eliminate toxins.

Some of the most important tools in helping cancer patients with their treatments come from Chinese herbal therapy. There are special formulations for different stages of disease, treatments and types of cancer, and for dealing with the various side effects of traditional cancer treatment. Herbs can help the stomach digest food, reduce stress and are used prior to surgery to enhance effects and outcomes. For instance, surgery injures normal tissues, inhibits and diminishes microcirculation and may cause spasms of micro arteries which delay healing and lead to adhesions and keloids. Herbs activate and invigorate the blood to improve microcirculation, which may reduce inflammation and restore connective tissue.

When recommending Chinese herbal therapy, TCM practitioners should work closely with a patient's oncologists and cancer care team to alleviate negative interactions with other therapies.

As science-based studies have shown, TCM can play a valuable role in minimizing the side effects associated with treating cancer.

Diane Sheppard is a licensed acupuncturist with a Ph.D. in Oriental Medicine. Dr. Sheppard trained in both China and the U.S. and recently opened AcQPoint Wellness Center in La Quinta. 760-775-7900 [www.AcQPoint.com](http://www.AcQPoint.com)

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## Qualified Life Coaches Can Assist with Life-Threatening Illnesses

By Jaime R. Carlo-Casellas, Ph.D.

Often overlooked in the health care picture for individuals suffering from a life-threatening illness is the importance of stress management and a blueprint to assure present-moment happiness.

A life-threatening illness diagnosis can be devastating. The patient and family are overwhelmed with the "what will happen" of the future or the "what ifs" of the past. These are states of mind that hamper enjoying the present moment in a health crisis.

Stress management and life coaching are two integrative medicine modalities that can mitigate the distress by showing the patient how to let go of the unpredictable future and unpleasant memories of the inextinguishable past.

According to the International Coach Federation (ICF), life coaching for the treatment of life-threatening illness is partnering with a patient to help him/her define outcomes and to plot a plan that decreases the associated fear and stress. In essence, a life coach can help the patient and family discover the strength of inner wisdom and move forward in a most positive way.

Selecting the right life coach can be nebulous and therefore problematic. It is recommended that individuals investigate the credentials of a life coach by visiting the ICF website ([www.coachfederation.org](http://www.coachfederation.org)). The organization assesses and certifies the competence of life coaches and inspires the pursuit of continuous research and development in the profession. For certification, life coaches must clock up to 60 training hours, complete at least 250 supervised coaching hours, pass an exam and abide by the ICF Code of Ethics.

Among other requirements, the Code expects a certified coach to accurately identify his/her coaching qualifications and indicate that he/she is not a psychotherapist or physician and refer the client to other professionals as needed.

It is important to emphasize that stress management and life coaching are not meant to be substitutes for the care of other health professionals, but can be vital adjuncts to such care.

The primary aim of stress management and life coaching is to help the patient and family design a plan to decrease the anguish associated with a life-threatening illness and to start living a happier and healthier life.

*Jaime Carlo-Casellas, Ph.D. is a Stress Management Specialist, a Certified Life Coach, a Registered Yoga Instructor, and founding director of the Stress Management & Prevention Center in Rancho Mirage. For more on Jaime Carlo-Casellas, visit [www.stressprevention.org](http://www.stressprevention.org).*

## Circulating Tumor Cell Test: A New Perspective in Monitoring Cancer

By Shannon Sinsheimer, N.D.

Over the past few decades, developments in the field of oncology have allowed physicians to detect cancer earlier, intervene sooner with more effective treatments, and to monitor cancer growth more efficiently. However, even with advancements in modern medicine, far too many individuals still suffer from cancer and live in fear of how this disease may ultimately affect their lives.

In the mid-2000's, the Circulating Tumor Cell (CTC) test was developed to monitor cancer in patients. It was designed to predict a more realistic outcome of their disease, and allow for more effective treatment choices. CTC tests for tumor cells in the body's peripheral circulation. The information CTC provides has been useful in predicting the probability of metastasis from the original tumor site, mortality rates, and in directing treatment choices.<sup>1</sup> As a naturopathic doctor, I have implemented CTC testing as part of my assessment of individuals with cancer to monitor their progress and the "in between" time when the patient is tumor free but fear they are not cancer free.

The CTC test is FDA approved for specific cancers and is just beginning to be understood for its full potential in cancer treatment therapies. A tumor will continually shed cells that end up in the body's peripheral circulation. The tumor cell in circulation has a predicted life span of less than 24 hours.<sup>2</sup> The most advanced CTC tests will differentiate between dead and live tumor cells, making it more plausible to successfully determine metastatic rates. However, not all CTC tests in development have the same testing methods. Current research shows the total number of CTC found does indicate probability in metastasis and mortality despite being a possible measurement of both live and minimal amount of 'dead' tumor cells.<sup>3</sup>

After careful research, I have found a European lab that has developed the most sensitive and specific CTC test available. It is available at 10% of the total cost of US testing. Using this particular CTC test, I have been able to monitor the decline of CTC as patients use various cancer treatments. I use the test clinically as a method to monitor total treatment effectiveness and to alter the dosage of IV

Vitamin C infusions, which I use routinely for adjunct cancer treatment.

I have found the CTC test very effective in use with patients who have finished their recommended course of conventional cancer treatments and are looking for alternative support. Naturopathic Doctors work on optimizing the immune system, and as part of that process I monitor the patient's progress with a CTC test every 3 months. If the values increase, there are options such as increasing the dosage and frequency of IV Vitamin C treatments, increasing supplementation, altering diet, and follow-up consultations with a patient's oncologist for further assessment.

The CTC test has begun to fill the clinical gap from when a patient's treatment is complete to when a new tumor becomes visible by diagnostic imaging. This is crucial because, while cancer patients are closely monitored by their oncologists and internists with scans and other blood tests, often these tests are only positive when a tumor has grown to a

visually detectable size. At this stage the body is less able to fight its growth. The CTC test detects increases in circulating tumor cells before an imaging scan can detect a metastasis. It can find tumors faster, so to speak, and a smaller tumor is an easier tumor to treat.

The use and prevalence of CTC testing will continually evolve, improving over time. Meanwhile, this test currently has a place in an adjunct treatment approach, monitoring treatment progress and predicting the potential for tumor growth more accurately.

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

1) Cohen SJ, Punt CJ, Et Al. "Relationship of circulating tumor cells to tumor response, progression-free survival, and overall survival in patients with metastatic colorectal cancer", Journal of Clinical Oncology. 2008 Jul 1;26(19):3213-21. 2) Kevin Halling, MD, PhD, Michael Campion (2011) Circulating Tumor Cells and the CellSearchAssay (Lecture Notes) Rochester, Minnesota: Divisions of Laboratory Genetics and Anatomic Pathology, Department of Laboratory Medicine & Pathology, Mayo Clinic. 3) Mayo Clinic. (2011). Circulating Tumor Cells (CTC) for Breast Cancer by CellSearch, Blood. Retrieved from <http://www.mayomedicallaboratories.com/test-catalog/Clinical+and+Interpretive/89089>

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**Jaime Carlo-Casellas, Ph.D.** is a Stress Management Specialist, Certified Life Coach, Registered Yoga Instructor, and founding director of the Stress Management & Prevention Center in Rancho Mirage. Jaime studied at the Center for Mindfulness in Medicine at the University of Massachusetts Medical School.



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## Vitamin D: Shedding Light on 30 Years of Research

*By John R. Dixon, D.C., C.C.N., Dipl.Ac*

Vitamin D is making news headlines as an underappreciated, readily available vitamin with big health boosting potential.

Internationally recognized as the leading authority on Vitamin D, Dr. Michael Holick has spent the last 30 years researching vitamin D and its role in bone, immune and nervous system function. He has written over 300 research papers published in medical journals including the New England Journal of Medicine, The Lancet and Science. According to Dr. Holick, low blood level of vitamin D is the most common nutritional deficiency, affecting at least one billion people worldwide.<sup>1</sup>

Dr. Holick's research has shown that every tissue and cell in your body has a vitamin D receptor. It is his contention that vitamin D helps control cell growth. It does this by 'apoptosis' a process whereby adequate levels of vitamin D signal abnormal cells to die, thus preventing malignant cells from forming.

The clear and undisputed relationship between sun exposure, Vitamin D production and bone health has been known for a long time. It also appears that sufficient Vitamin D levels not only help prevent bone diseases but also play a significant role in organ and cell health. Scientists have recently begun studying why people living in sunny climates have a lower incidence of organ and cell-related conditions such as heart disease, type 1 and 2 diabetes, and cancers of the breast, colon, ovaries, and prostate.

In 2009 a study from Harvard and the University of Colorado revealed that 70 percent of whites, 90 percent of Hispanics and 97 percent of blacks in the United States have insufficient blood levels of vitamin D. According to Dr. Holick, Vitamin D is actually a hormone. He is also convinced that vitamin D is the one single ingredient that could help with the prevention of heart disease, stroke, type 1 and 2 diabetes, dementia, depression, insomnia, muscle weakness, joint pain, osteoarthritis, osteoporosis, psoriasis, multiple sclerosis, depression, autoimmune disease and hypertension.

Dr. Holick endorses what he calls 'sensible sun exposure without sunblock.' However, the majority of dermatologists see the relationship between melanoma and sun as strong enough to dispute the idea that any amount of sun is safe. According to Ronald L. Moy, M.D. president of the American Academy of Dermatology, 'to reduce the risk of skin cancer and premature aging, dermatologists continue to recommend generously applying a broad-spectrum sunscreen.'<sup>2</sup>

I recommend that you consult your health care provider or dermatologist for their opinion regarding safe sun exposure. Each person is unique and tolerance levels to UV light may vary from person to person. As research continues to determine the best methods to obtain adequate amounts of vitamin D, few in the scientific community would deny the importance of vitamin D for bone, immune and nervous system function.

### **Vitamin D supplementation: How much do you need?**

Vitamin D taken orally may not provide as much benefit as the vitamin D derived from sunlight. Vitamin D from the sun stays in your body longer and thereby provides for longer-lasting benefits. That being said, Dr. Holick recommends everyone take at least 1000 IU a day (children included).

A simple blood test ordered by your doctor or health care provider will determine your current level of vitamin D. The beneficial form of vitamin D is called 25 (OH) vitamin D. Normal ranges of the blood test for 25 (OH) vitamin D is 30-100 ng/ml. Insufficiency is a number in the 21-29 ng/ml range. Marked deficiency is any number under 20 ng/ml. Many experts consider optimal levels of vitamin D to be in the 60-70 ng/ml range.

If your provider tests you and determines you are severely deficient, it is Holick's opinion and mine as well, that you can safely take 5000-6000 IU a day for two to three months. For very low levels of vitamin D, Dr. Holick recommends 50,000 IU of vitamin D2 once a week for 8 weeks followed by 50,000 IU once every two weeks which is the equivalent of 3000 IU a day. This should be done under your doctor's or health care provider's supervision.

For more information on what Dr. Holick considers to be safe levels of sun exposure, I recommend obtaining a copy of his book, The Vitamin D Solution. Remember, proactive health care is the key to vitality, wellness and longevity.

*Dr. John Dixon can be reached at the Natural Medicine Group 760.776.0022*

1) Holick, Michael, The Vitamin D Solution (2010) 2) American Academy of Dermatology, sunscreens remain safe, effective form of sun protection, May 2011

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## Saccharomyces Boulardii: A Yeast You Don't Want to Live Without!

By Nicole Ortiz, N.D.

Yeast has the reputation for causing infection, so the notion of taking a few billion a day to be healthy may be difficult to swallow. One yeast in particular, *Saccharomyces boulardii*, has an indisputable role in the health of the digestive tract in mammals. This yeast is considered a probiotic. "Pro-biotic" literally means "for life." Probiotics are live organisms, which when administered in adequate amounts, confer a health benefit on the host.<sup>1</sup> *S. boulardii* is a non-pathogenic yeast that has been used for over 50 years to treat diarrhea and dysentery. Without *S. boulardii*, our digestive system would be vulnerable to infection, inflammation, and dysbiosis (a microbial imbalance).

*S. boulardii* was first discovered in 1920 by French biologist Henri Boulard while traveling in southeast Asia in search of yeast that was heat-resistant for the production of wine. During Boulard's stay, a cholera outbreak occurred. He noticed people would combat the diarrhea by chewing on the skins of lychee and mangosteen fruits, or boiling the skins in tea. He discovered that the yeast could grow at an unusually high temperature of 98.6 degrees Fahrenheit.<sup>2</sup>

The yeast *S. boulardii* has broad, versatile gastro-intestinal and systemic benefits. It is best known to support healthy intestinal function in conditions including but not limited to: anti-biotic associated diarrhea, *C. difficile* disease, candida overgrowth, parasitic infection, inflammatory bowel disease, irritable bowel syndrome, and traveler's diarrhea.<sup>3,4</sup> *S. boulardii* has also been found to effectively treat diarrhea associated with viral infections, including chronic diarrhea associated with the HIV virus.<sup>5</sup>

Researchers have found *S. boulardii* confers anti-inflammatory protection in our body during an *E. coli* infection or overgrowth in the bowel. It does so by preventing the secretion of a chemical messenger that activates inflammatory

markers in the gut, therefore reducing the severity and toxicity of *E. coli* invasion by 50 percent.<sup>6</sup> Preliminary studies show *S. boulardii* reduces allergies to dietary proteins especially after recovery from acute gastroenteritis, decreasing the likelihood of persistent diarrhea.

When sourcing this yeast, be sure to find a reputable natural pharmacy or doctor's office that maintains *S. boulardii* in cool temperatures to preserve product quality. I recommend two brands that have extensive 3rd party verification of product purity and potency, Prothera (Klaire Labs) and Florastor. This strain of yeast is not found in yogurts as with other probiotics. *S. boulardii* does not interact with any prescription medications and is safe for all persons with the exception of immuno-compromised ICU patients or those with indwelling central catheters.

*S. boulardii* is a unique probiotic with numerous beneficial properties. It defends our system from the toxic effects of antibiotics, and provides a wide-range of gastrointestinal support against infectious and inflammatory disorders. *S. boulardii* can be used on a regular basis to maintain normal gastrointestinal function.

Dr. Nicole Ortiz is co-owner of Live Well Clinic. For more info call 760-771-5970 or visit [www.livewellclinic.org](http://www.livewellclinic.org).

1) World Health Organization AO/WHO: Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria. Report of the Joint Food and Agriculture Organization (FAO) of the United Nations/World Health Organization (WHO) Expert Consultation on Evaluation of Health and Nutritional Properties of Probiotics in Food Including Powder Milk with Live Lactic Acid Bacteria. 2) <http://www.probiotic.org/saccharomyces-boulardii.htm>. 3) Buts JP, Bernasconi P. *Saccharomyces boulardii*: basic science and clinical applications in gastroenterology. Gastroenterol Clin North Am 2005;34:515-32, x. 4) Can M, Besirbelioglu B, Avci I, et al. Prophylactic *Saccharomyces boulardii* in the prevention of antibiotic-associated diarrhea: a prospective study. Med Sci Monit 2006;12:PI19-22. 5) Saint-Marc, T., Blehaut, H., Musial, C., and Touraine, J.L. (1995). "AIDS-related diarrhea; a double-blind trial of Florastor® (*Saccharomyces boulardii*)". Semaine des Hopitaux. 1995; 71, N° 23-24: 735-741. 6) Czerucka D, Dahan S, Mograbi B, Rossi B and Rampal P (2000). "Saccharomyces boulardii Preserves the Barrier Function and Modulates the Signal Transduction Pathway Induced in Enteropathogenic Escherichia coli-Infected T84 Cells."

## Health Is A Choice

Continued from page 1

On January 2, 2008 he returned to his doctor's office for a scheduled echocardiogram and additional tests. He left feeling tired, but nothing unusual.

On his way home, the phone rang. The nurse on the other end of the line instructed Mickie to immediately turn around and check into the hospital. "Do not wait," she said and he started getting nervous. He was admitted immediately and given the news. He had severe atrial fibrillation or abnormal heart rhythm. His heart rate was over 170 and his cholesterol was 300. He was suffering from congestive heart failure and severe acid reflux. Worst of all, his ejection fraction or "heart strength" was only at 15% (anything below 20 qualifies you for a donor heart).

"I don't know why you are breathing and walking right now," said Dr. Kazmouz, Mickie's cardiologist. "If you have blockage in your arteries, there is an immediate surgery we need to do" to which Mickie answered, "Sounds fine." But it wasn't fine because, due to his weak heart, Mickie's chances of survival were 40%.

Mickie looked at his wife, Hansi, and said, "I am so sorry. How could I have done this to you and our family? We are going to lose everything and now I am going to leave you without a husband." Mickie thought to himself "How selfish have I been with my life? Here I thought I was going to be this wealthy man sharing all I had with my friends, employees and family. And now I am about to leave them all without an employer, a friend, a husband or a father."



Mickie Riley before...

Further tests revealed that for some unknown reason, Mickie's coronaries had no blockage. However, his heart valves were badly leaking. He didn't need immediate surgery, but was told he needed to get his heart healthy enough to operate on his valves. "If you get your heart strength up to 40%, we can operate."

From that moment on, Mickie's life changed. He was given a second chance and decided to put all his energy into turning his body – and his health – around. His priorities shifted and so did his goals.

He started researching all he could. He designed a diet low in fat, salt and sugar and with a variety of nutrients and supplements. Mickie worked exercise back into his daily regime. He and Hansi attended several fitness camps. He lost a good amount of weight and came back to the Desert seeking professional help to keep on track. His primary care physician, Dr. Peter Kadile, recommended the team at Live Well Naturopathic Clinic.

Mickie was on 9 different medications when he left the hospital in January. With guidance from his health care team, he weaned himself off the medicine and focused on diet and exercise. Four months later, his ejection

fraction had gone from 15 to 50% (a perfect heart works at 60-65%).

During the same timeframe, real estate took a turn for the worse and Mickie lost all the material things he had worked so hard to acquire - his house in Tradition, his vacation homes at the Lake and in Hawaii and many cherished cars. But as he had quickly come to learn, none of that truly mattered.

Mickie now enjoys life in La Quinta with Hansi. Their new passion is health. They have run 9 half marathons and are training for their first full marathon this Fall. Mickie's heart is healthy and strong. His cholesterol is 140 with his HDL up and LDL low. His doctors are monitoring, but have foregone that surgery for which he was scheduled.

At 60, Mickie is now truly happier than ever before. He has a team of health care professionals which includes his primary care physician Dr. Kadile, D.O., his cardiologist, Dr. Kazmouz, and his Naturopathic Doctor, Nicole Ortiz. He is on only one heart medication, which he hopes to wean off by the end of the year, and is back at his 'fighting weight' of 170.

"My body was badly broken and I should have been dead," says Mickie. "I came to realize that most of the goals I had set in life didn't really matter in the end. I was given a second chance and hope to inspire others to make good health a priority."

Mickie and Hansi launched a new company called Zoetic Health & Fitness. "The goal with our new company is to teach people that it can be done."

One of the key elements Mickie promotes is taking your health into your own hands.



...and today

"Do not let someone else manage your health. You manage your life, your family, your work. You need to manage your health."

He also emphasizes the importance of an integrated lifestyle. "Integration is about balance. You've got to enjoy life. You can't just eat grass and you can't overindulge on a regular basis. Western medicine has its place and complementary treatments have their benefits. When they are practiced together, true balance and health can be achieved."

"My goals in life have changed drastically. Every time I turn around I'm achieving my own personal best. Building health is my goal now and it is no different than building a company. At 60 years old, I am changing my life career from real estate to health and fitness, because I know how important, how life changing, and how life saving it can be."

You can contact Mickie at [Mickie@zoeticfit.com](mailto:Mickie@zoeticfit.com). Zoetic Health and Fitness is a 6 night 7 day all inclusive Health, Fitness and Wellness program held at the beautiful JW Marriott Desert Spring Palm Desert. [www.Zoeticfit.com](http://www.Zoeticfit.com)

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## Sense Makes Sense in the Desert

### A Desert Health Review

Those of us who have made healthy eating a lifestyle don't necessarily want to give up sophisticated restaurants and a nice bottle of wine. You can enjoy it all at **Sense**.

**Sense** is the model for restaurants to come. Not only are their ingredients organic, but also sustainably grown. Their wild foraged greens come from Running Squirrel, a 70 year old Cherokee Indian. An array of fresh fish comes from sources that include



Indian tribes who replenish their stock in natural settings versus 'farms.'

**Sense** presents fresh at a whole new level. They do not have a freezer or microwave and their menu changes daily based on availability. But there is nothing 'granola' about this place. The art deco building which previously housed Omri and Boni Restaurant has been remodeled with chic, black and white décor. The professional staff wears black and is well-educated on the ever changing menu.

Although **Sense** feels small, it encompasses big city flair and elegance. Their selection of beverages includes a quality wine list and variety of unique beers. Sparkling and still water are offered free of charge. Their summer special is ½ priced wine by the bottle or glass (who else offers a Ferrari-Carano Reserve Chardonnay for \$30?).

Your meal starts with a Lazy Susan filled with a sampling of fresh breads, flavored butters, and fresh sea salt and peppercorn. My husband and I enjoy eating "tapas" style so we can try a little of everything and **Sense** delivers. We nibbled on lightly breaded calamari spiced with "jade pesto"; garbanzo beans flavored with smoked sea salt, lime and Tabasco and served in their original pods; and crudite from local growers, County Line, served with a homemade Goddess dressing.

Running Squirrels' foraged greens are served with light vinaigrette allowing the natural flavors of the flowers and herbs to burst through... delicious! We tried a trio of soups including a Chilly English Pea Soup, Gazpacho and my favorite, the "Sopa d Cruda," a chipotle bisque with charred local corn, cheddar cheese and cilantro.

Another favorite is the swordfish sliders (\$3 each) which are served with a lemon aioli and tenderly melt in your mouth. On our next visit we enjoyed prawn sliders.

Unique entrees include the cheese crusted chateau steak (from hormone free and grass fed beef); a lamb sausage with kraut, pickled peppers, and homemade mustard served on an Artisan hoagie with a cucumber salad side; and an apple wood smoked pork chop served with locally grown summer squash, "pomme puree" and black Arkansas apple sauce.

You can top off your meal with chocolate cake ("grandma's recipe") or the healthier choice of strawberries and fresh cream.

Chef Robert Douglas and co-owner Ben Nance have given the Desert a special treat with **Sense**. The best thing about dining there was waking up the next morning and feeling great (even after the Ferrari-Carano!). It supports the basic fact that we are what we eat and that fresh ingredients make fresh foods which truly satisfy and replenish your body.

We will be back to **Sense** many times and encourage you to do the same. They offer a variety of smaller plates for under \$15 and entrees start at \$17. **Sense** is open for diners hours Wednesday thru Saturday from 5pm – 12am. You can also stop in at the bar for a beverage and appetizers.

**Sense** is located at 73675 Highway 111 in Palm Desert, on the south side of the street between San Pablo and Portola. Reservations are recommended. (760) 341-2900. [www.SensePalmDesert.net](http://www.SensePalmDesert.net)



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## Living Wellness

with Jennifer DiFrancesco



### Taking The Waters

The word "spa" comes from a small 14th century town known for curative, thermal mineral springs. From this location, the Latin phrase "sanitas per aquas" (health through water) originated. Treating the body through baths and water traveled from ancient Greece and the Roman Empire to the Renaissance era. By the 20th century, doctors in Europe were convinced that Mother Nature possessed a medicinal spring to heal each disease.

At this time Sebastian Kneipp, the "father of hydrotherapy" emerged in Germany. As a young boy, Kneipp contracted pulmonary tuberculosis, a fatal disease at that time. While ill he read about the benefits of bathing in the icy Danube River to stimulate the immune system. Following this bathing regimen, Kneipp's tuberculosis went into remission, and he began promoting the benefits of using water therapy. Kneipp went on to write a book in 1886 called "My Water Cure" and helped treat many people. Kneipp's recommendations included bathing in and drinking cool water, going to bed and rising early, long barefoot walks in wet grass and herbalism.

From the long history of spas in Europe, there is an ingrained culture of understanding the importance of spa therapy. It is not an indulgence, it is a necessity, and spa therapy is woven into government social and health policy. In Germany, doctors undertake specialized post-medical education on climatology, balneology (use of spas and mineral baths), and natural therapies. When a patient is not sick enough to go to a hospital, they are often sent for "the cure" of visiting a spa village for up to 4 weeks. Insurance companies have been paying for these curative stays since the 1960's. Public officials cite a 60% drop in sick days and a 66% decrease in prescription drug consumption due to this therapy.

How can we apply European practices in the United States to use spas and healing centers as a tool of personal empowerment and enhanced well being? There are approximately 10,000 spas in this country. Most of the messages we receive from these establishments focus on vanity and image. We know we go to a spa to feel good through massage and many other therapies; yet we should remember the rich health benefits a spa visit has to offer.

Next time you enter your neighborhood spa keep in mind that the steam, sauna and Jacuzzi are healing. Spending time in the spa facility and having a spa service can profoundly benefit ailments such as arthritis, lower back pain and insomnia. Take time to find your "spa village" in your own backyard and build a relationship with a spa of choice to ensure you are using the facility to its optimal benefit. We are far from a time where a neighborhood doctor will prescribe a "spa cure," so take the healing benefits into your own hands and be empowered with this wonderful gift that is so readily available in our Coachella Valley.

Jennifer is a Desert native with 20 years of experience in the spa industry. She also has a Tuesday morning wellness segment as ZenJen on 100.5 fm radio.

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## Coachella Valley's Health Care Industry

## MENTORING THE FUTURE

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### Forward Looking Funders

Mentoring youth for success in life and career requires recognition of their talent and potential contribution to the community, as well as, investment in support systems to ensure success. When it comes to investing in young people's pursuit of health careers, one local funder stands out.

The Desert Healthcare District (DHCD) is dedicated to meeting the health care needs of our community. Since 2005, DHCD has funded multiple programs to prepare a quality health care workforce for the Valley's future. These programs include a high school health academy at Cathedral City High School; a Health Career Exploration program in Palm Springs Unified School District; health science education programs at College of the Desert; and the construction of Cal State San Bernardino Palm Desert's Health Science complex.

Since 2005, DHCD has invested \$1,150,000 to support CVEP's Healthcare Industry Council and Pathways to Success Scholarship programs, bringing industry leaders, educators and community partners together to expand opportunities in health careers for the valley's most disadvantaged students.

## Pathways to Success

### Scholar Spotlight:



### Faith Villanueva

CVEP PTS and Desert Healthcare District Scholarship Recipient

**Her Goal:** To become a Physician Assistant in the Emergency Dept serving the Coachella Valley

Today, more than 1,000 students study in high school health academies in the region and 1,250 middle school students have toured local hospitals and learned directly from health professionals. Undergraduate health science majors are offered paid internships with local businesses and matched with health professionals as mentors through the DHCD-funded Mentors Advising Students program.

As the first health care matching partner to CVEP's Pathways to Success scholarship program, since 2009, DHCD has invested \$370,000 in funding for scholarships, joining CVEP, the College Access Foundation and other matching partners in providing 345 of the region's students with \$1,670,000 in scholarship support. DHCD is truly investing in - and mentoring - our future!

For more information on the Desert Healthcare District visit their website at [www.dhcd.org](http://www.dhcd.org). For more information on CVEP's Workforce Excellence programs in health-care, visit [www.SmartStudentsGreatJobs.org](http://www.SmartStudentsGreatJobs.org) and [www.CVEP.com](http://www.CVEP.com).





SunnySide of the Street

Truths that Transform the World



Jasenka Sabanovic

Human beings are born with a longing to grow beyond ourselves, to penetrate and illuminate the mysterious depths of our own heart. Our desire to walk among the stars does not seem out of reach; the wish to be eternal goes with us everywhere. In more down-to-earth terms, if we wish to live without resentments and rid ourselves of fear with all of its debilitating limitations, we must shed the skin of our “selfishness.”

To realize the higher level of Self that reveals the need for further transformation, we must use our lives to become living examples of the qualities of character to which we aspire.

Following are ways to teach the truths that transform the world we live in, even as we ourselves are transformed by our own actions:

- 1) We teach others when we do not react in alarm to some potentially frightening news or event. The world around us receives the lesson that those events do not have the power to make or break the awakened soul. Our lesson is that we may choose how we react and our level of expression.
- 2) We teach others when they see us laugh at our own mistakes. The world around us receives the lesson that there is a difference between making a mistake and thinking of oneself as being a mistake. Our lesson is to see that any wish to be seen as perfect in the eyes of the world is not a part of true peace and contentment.
- 3) We teach others around us when we don't give voice to complaint. The world around us receives the lesson that there are superior ways to handle times of discomfort or disappointment that do not include expressing negative emotions. Our lesson is to see that we can use passing dark states to realize an interior wisdom that knows how to use everything positively for its own growth.
- 4) We teach others when we refuse to psychologically defend ourselves — be it simple sarcasm or vicious slander. The world around us receives the lesson that what is true needs no defense and that what is false cannot be defended. Our lesson is the realization that people attack what frightens them and that we need never live in fear of any frightened person.

Our real spiritual development is under invisible laws: To grow, we must learn. To learn, we must teach. To teach we must lead. To lead, we must make mistakes. Making mistakes tills the ground of us, making it receptive to new and higher lessons, and thus the positive spiral completes itself, even as it rises above its original starting point.

Always strive to remember that anything we work to change in ourselves cannot help but change everything around us. What can be more promising than that?

Jasenka Sabanovic is a Certified Life Coach and owner of Coaching to Vision offering individual life coaching and group workshops. For additional information and workshop schedules call 760-799-0523 or visit [www.CoachingToVision.com](http://www.CoachingToVision.com)

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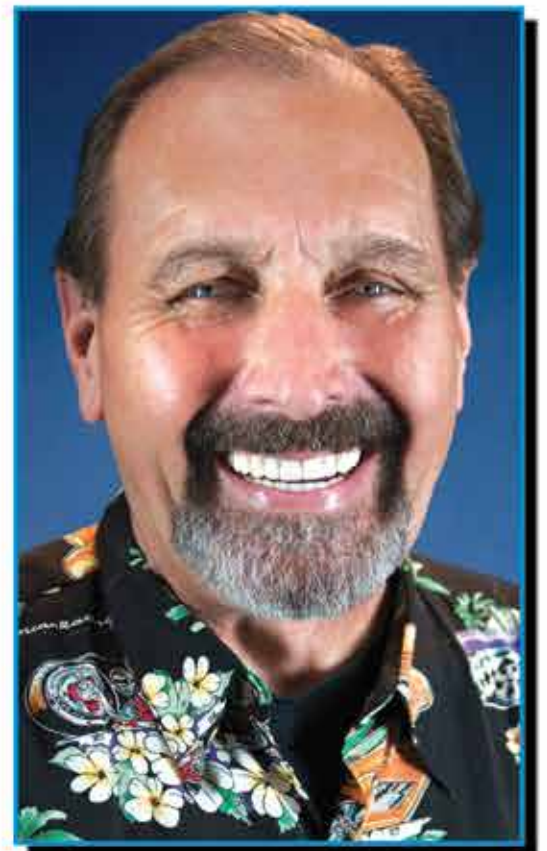


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