



Desert Health

News from the Valley's Integrated Health Community

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Don't Forget to Breathe. *Really* Breathe.

By Lauren Del Sarto

As you read this article, take a deep breath in through your nose. Deeper. Now let it out through your mouth in one long breath. Empty to the bottom of your lungs.

As you complete this conscious breath, do you feel yourself start to smile? Does a feeling of satisfaction or relaxation start to peek through? When practiced on a regular basis, this simple act doesn't only make you feel better; it may one day save your life.

Most of us take breathing for granted. The average adult takes 15 to 20 breaths a minute—over 20,000 breaths a day. Your respiratory system brings air into the body. In your lungs, the oxygen from each breath is transferred to the bloodstream and sent to every cell in your body as life-sustaining fuel. In each cell, the oxygen is exchanged for waste gas or 'carbon dioxide.' The bloodstream then carries these toxins back to the lungs where they are removed from the bloodstream and then exhaled from the body.

"Breathing is something you don't think about until it doesn't happen," says Tina Louise Moreno, R.C.P., R.R.T., Pulmonary Rehabilitation Coordinator for Desert Regional Medical Center. "When our lungs are healthy, we enjoy exercising or even simply walking to the mail box, but when we are short of breath, daily activities become a challenge."

Proper breathing oxygenates every cell in your body and makes you feel better and more alive.

What is "proper breathing"?

If you watch a baby sleeping on its back, his stomach rises on inhalation and subsides on exhalation. As we go through life, many of us lose this innate ability to breathe. We may imitate others or give into social influences such as looking thin or having a flat stomach, which can compromise the way we breathe. When we are stressed, we tend to hold our breath and when we are in physical pain, we tend to restrain our breathing. These experiences can add up and we become habitual 'shallow breathers.'

Nancy Zi, author of *The Art of Breathing*, says, "Breathing incorrectly can produce tension and exhaustion; can interfere with athletic activity; and encourages aches and illnesses. Breathing correctly, however, nourishes every fiber of our body and soul."

Most of us breathe in and our chest rises. Breathe out and our stomach retracts. Zi states that to breathe correctly, you must first grasp the concept that the lungs are relaxed containers for air and that you must let the stomach do the pumping. Squeeze in your stomach

and air goes out; expand your stomach (actually the entire lower circumference, which includes the lower abdomen, the lower back, and the lower sides) and air is being drawn in. This practice is called 'abdominal deep breathing'. The inhaled air does not actually enter the abdomen, but the deep breath gives this mental impression and sensation.²



Continued on page 22



Steve Sanchez was stabbed 4 times in the heart, diaphragm and back. It was last December, and I remember hearing about it on TV. They said a La Quinta resident had tried to help a friend being accosted by two men. I always wondered what happened to this local hero – until recently, when I had the pleasure of meeting Steve. His is an incredible story of health,

strength of character, and positive mentality —and a natural for "Health Is a Choice."

Steve came to California in 1996 by way of the Marine Corps. He was stationed at 29 Palms and then Camp Pendleton, and in 2003 served a tour of duty in Iraq. Upon leaving the military, Steve decided to stay in the Coachella Valley for the 'weather you can't beat.'

He always considered himself healthy, but since leaving the Marines, had let himself go. His blood pressure was high and his diet could use improvement. Seeking guidance, Steve turned to Drs. Ortiz and Fung of the Live Well Clinic. "I didn't know what I needed," he said, "but I have always been attracted to natural options." It wasn't long before the healthy diet and exercise program they pre-

Continued on page 22

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As we near the end of a mild summer and celebrate the upcoming season, let's each take a look at how our lifestyle affects our physical well-being. I have to admit that lately, my workout routine has given way to a busy schedule.

After hearing "take a deep breath" from several loved ones, I stopped to actually observe my breathing. I realized that I have a bad habit of holding my breath...when stressed, when working at the computer, and sometimes even when exercising. As someone who has had pneumonia, I always thought that this just might be the thing that gets me in the end.

In researching the statistics, I learned that pneumonia does get quite a few people in the end and those with 'unhealthy lungs' are at greatest risk. I also learned the importance of oxygen to every cell in your body and how breathing has been 'practiced' for thousands of years.

So let's not take this simple act for granted. No matter your age, exercising your lungs through proper breathing practice just might save you in the end.

Here's to your health!

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We welcome local health related news stories: Please submit proposed editorial via email as a Word document with a bio and hi resolution photo of the writer. All submissions are subject to approval and editing at the Publisher's discretion and may or may not be published. Article and advertising deadlines are the 15th of the month prior to publication.

Distribution: Desert Health is distributed at 350+ locations throughout the Coachella Valley including, but not limited to, grocery stores, doctors' offices, medical buildings, cafes and restaurants, spas, fitness centers and clubhouses.

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Desert Regional Medical Center

Tune in for interviews with the following doctors:

PBS SoCal (KOCE) Channel 8 - 12:30 p.m.

Sept. 1 - Shubha Kerkar, MD • Staph Infections

Sept. 1 - Peter Jamieson, MD • Gall Stones

Sept. 8 - Rodolfo Batarse, MD • Cystic Kidney Disease

Sept. 15 - Ramy Awad, MD • Bariatric Candidates

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KPSP Channel 2 Palm Springs CBS

Sept. 3 @ 3:30 p.m. & Sept. 4 @ 5:30 a.m.

Steven Gundry, MD • Diet Evolution

Stuart Menn, MD • Sleep Apnea

Ragui Sedeek, MD • Eyes over 50

David Duffner, MD • Back Surgery Demonstration

Sept. 10 @ 3:30 p.m. & Sept. 11 @ 5:30 a.m.

Ragui Sedeek, MD • Ocular Migraines

Michael Gatto, MD • Strep Throat

Ameen Habash, MD • Breast Reduction

B. Maya Kato, MD • Balance Problems

Thomas Wolfe, MD • Stroke Interventions

Sept. 17 @ 3:30 p.m. & Sept. 18 @ 5:30 a.m.

Camilla M. Harrison, MD • Macular Degeneration

Louis Stabile, MD • Hip Replacement

Rodolfo Batarse, MD • Medications & Kidney Disease

Henry Jones, MD • 3D MRI & Imaging

Michael Gatto, MD • Laryngitis

Sept. 24 @ 3:30 p.m. & Sept. 25 @ 5:30 a.m.

Michael Lovy, MD • Rheumatoid Arthritis

Ava Mahapatra, MD • Annual Exams

Learned Gonzales, MD • COPD

Derek Fozouni, MD • Weight Management Pregnancy

Edmund Ayoub Jr., MD • Find a Family Doctor

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Dr. Weiss specializes in the treatment of neuropathy, migraine headaches, Parkinson's, Alzheimer's, MS, energy medicine, smoking cessation, and other medical conditions.

Gerald B. Weiss, M.D.

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on pages 12-14 for more information



Knowing You Have TMJ Is a Blessing: Not Knowing Can be a Curse

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

Many people suffer for years from debilitating symptoms such as migraine-like headaches, blurred vision, dizziness, ringing in the ears, soreness around or pain behind the eyes, facial pain, or clicking of jaw joints. Their first course of action is to visit their primary care physician, who may treat the symptoms with no clear diagnosis for the cause.

Although TMJ (or Temporomandibular Joint Dysfunction) has been known for more than 50 years, only recently has data confirmed a definite connection between TMJ and other common head and upper body ailments. The fact that it mimics so many other diseases and conditions prompted one doctor to nickname it "The Great Imposter."¹

TMJ dysfunction is a condition of "dislocated or crooked jaws." Because of its effect on the many nerves that pass through the jaw joint to the rest of the body, symptoms can vary. The more bizarre and diverse the symptoms appear, the greater the likelihood it is TMJ at work.

Temporomandibular joint dysfunction is usually difficult to diagnose because it begins as a soft tissue injury. The longer the condition goes untreated, more symptoms occur and more parts of the body are affected. In fact, a patient may present the doctor with numerous symptoms that appear to have no relationship to the jaw joint itself.

Additionally, the symptoms are not always constant, especially in early stages. They can be sporadic - intense for years, then followed by a lapse, making the condition extremely elusive to diagnose. Consequently, many chronic sufferers of TMJ are referred from doctor to doctor, in search of relief from recurrent and in some cases unbearable and debilitating pain. The intensity and duration of this pain can lead to emotional problems for patients trying to cope.

According to Dr. Brendan Stack, director of the Nation Capital Center for Craniofacial Pain in Falls Church, Virginia, many persons with TMJ syndrome who go through a litany of tests with negative results end up on a psychiatrist's couch after being told by doctors their pain is "all in their head."²

What causes TMJ?

The temporomandibular joint is the hinge of the side of the face that connects the jaw, or mandible, to the temporal bone of the skull. It is located just in front of the ear and is responsible for all jaw movements. If this joint is out of place because of teeth grinding, a blow to the jaw, whiplash injury, birth defects or opening the jaws too wide, the joint can be displaced. This places pressure on nerves that pass through the joint causing a variety of pain and very bizarre symptoms.

According to Dr. Harold Gelb, director of the Temporomandibular Clinic at the New York Eye Infirmary, the problem is actually an orthopedic one. "If one foot is shorter than the other, the entire body is

unbalanced. The jaws work the same way. When the teeth don't meet properly, the jaws become tense and strained, and stress is put on the joints. Because the head, jaw, neck and shoulder muscles are all inter-related, when there's an imbalance, they are all affected."³

Dr. Gelb speculated that about 90% of all headaches are due to muscle spasms or contractions, and that muscle contractions in the jaw joint are a potential cause for headaches in as many as 40 million of the country's chronic pain sufferers.

Taking the Mystery Out of Diagnosis

Beyond the need for a physician or dentist who has knowledge of this condition, the greatest help in detecting TMJ is a specialized x-ray machine called a cephalometric tomography. This X-ray creates 3-D imaging in layers allowing doctors to examine various levels of the joint for evidence of jaw displacement or other pathological changes.

This equipment is imperative to diagnosis and determination of the degree of injury considering that normal x-ray equipment usually cannot capture this jaw dysfunction.⁴


Dr. Nikolaas Tinbergen was able to demonstrate that changes or problems in body structure can affect the health of the entire body. For this discovery, he won the Nobel Prize for Medicine in 1973, a fact neither well-known nor publicized among physicians.

Later, Dr. Aelred Fonder, a dentist associated with the Dental Research Foundation in Illinois, demonstrated a list of systemic health symptoms (symptoms relating to particular organs or with the whole body) that abated when the temporomandibular joint was corrected. In observing women with such conditions as migraine headaches (99%); chronic sinusitis (86%); symptomatology of the eye (84%); and chronic skin rash (93%) co-existing with dental stress conditions, Dr. Fonder found that "once the malocclusion or imbalance was corrected and the dental stress of temporomandibular joint malfunction and neuro-muscular imbalance was eliminated, patients' symptoms diminished."


When a person's TMJ dysfunction has been corrected and that person is free of pain, not only does one feel better physically, but an overall sense of well-being can return.¹

Dr. Leonard Feld is a TMJ-TMJ/D Dentist with offices in Los Angeles, San Jose and Palm Desert. He is the co-founder of the TMJ & Sleep Medicine Network and his philosophy is always conservative, non-invasive and non-surgical treatment. Dr. Feld can be reached at (760) 341-2873. www.DocFeld.com

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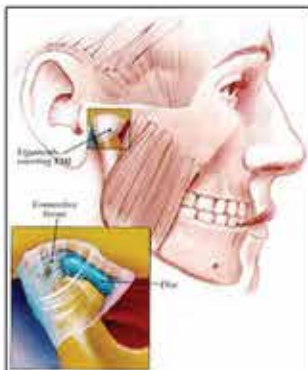
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Is The Pain In Your Head? Or from your jaw?

Clinical research shows that TMJ (Temporomandibular or "jaw" joint) disorders are often the cause of migraines, headaches, neck pain, dizziness, and ear pain in addition to ringing in the ears, jaw clicking, popping and pain or limitations in opening your mouth.

Living with these chronic symptoms can lead to depression, anxiety and chronic pain throughout the body.

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Complementary Medicine & Cancer Care

By Thomas F. Reynolds, M.D.

A large percentage of people with cancer use some form of “complementary medicine,” which I define as a treatment, practice, or product that is used in conjunction with conventional cancer treatment. Most patients who use Complementary Medicine find that it appeals to their values and beliefs about health and life. This article highlights just a few of the available Complementary Medicine treatments that have been scientifically proven to be beneficial.

Acupuncture — There have been several positive studies on the effect of acupuncture in treating hot flashes associated with hormonal treatment of cancer. It has also been shown to decrease the side effects of radiation treatment in some cancers and of chemotherapy induced nausea and vomiting. Trials for treatment of cancer pain have had variable results.¹

Mind-body techniques — These include biofeedback, yoga, pilates and tai chi. Others are hypnosis, guided imagery, meditation and spirituality. All may be useful before or during painful or stress-inducing medical procedures, chemotherapy or radiation treatment.

Hypnotherapy — Hypnosis is a state of altered consciousness that allows you to focus away from your pain, anxiety or nausea. One study which examined the benefit of hypnosis before surgery for breast cancer found that women who had a 15 minute hypnosis session before surgery had less pain, nausea and fatigue after surgery, and required significantly less time in the operating room compared to women who were not hypnotized.²

Visual or guided imagery — Visual or guided imagery is a technique that encourages the patient to relax by focusing on calming thoughts or experiences. In one randomized trial, women receiving chemotherapy for newly diagnosed breast cancer had a better quality of life if they used relaxation training and guided imagery.³

Spirituality — Researchers found that spirituality, when combined with traditional medicine, was an important component in the healing process and was of benefit not only to the patient but also to caregivers and health care professionals.⁴

Body-based therapies — Body-based therapies use movement or manipulation of one or more parts of the body.

Massage therapy — A study was done in 1,290 cancer patients who received massage therapy at Memorial Sloan-Kettering Cancer Center. It found that pain, anxiety, fatigue and nausea decreased by 50 percent in patients who received massage. Some patients reported benefits lasting up to 48 hours.^{5,6}

Energy therapies — Energy therapies involve using the body's energy fields to heal and maintain wellness. Reiki is a form of energy medicine and has been evaluated in several clinical trials for treatment of anxiety and improvement of well being in cancer patients. Some, but not all, trials showed positive results.⁷

As noted above, the role of Complementary Medicine in palliative and supportive cancer care is promising. The common denominator with these therapies may turn out to be the promotion of relaxation. Proponents have repeatedly argued that it would be inhumane not to provide such treatments if patients want them. Oncologists should certainly not hinder patients from seeking such help, especially if there is medical research supporting their effectiveness.

Dr. Thomas Reynolds is a board-certified internist and oncologist. His practice focuses on integrative and palliative care. Dr. Reynolds can be reached at 760.773.3200

References available upon request. Please email Lauren@deserthealthnews.com

The table below provides a list of common medications and the associated nutritional deficiencies. This list is illustrative, not comprehensive; and cannot take the place of a thorough medical intake by a qualified specialist.

To assess your nutritional status and potential nutritional deficiencies, a thorough medical intake and a comprehensive, functional nutritional test is advisable. These tests are available through select practitioners and certain naturopathic doctors.

Drug Category	Action	Name	Nutrient Depletion
Proton-Pump Inhibitor	Reduce Stomach Acid	Prevacid, Omeprazole	Vitamin B12, D, Folic Acid, Calcium, Iron, Zinc
Statin	Lower Cholesterol	Lipitor, Simivastatin, Lovastatin	CoQ 10
Birth Control	Prevent Pregnancy	Yaz, Alesse, Loestrin	Vitamin B6
Anti-Inflammatory/Corticosteroid	Reduce Inflammation, Arthritis, Pain	Prednisone, Cortisone, Budesonide	Calcium, Magnesium Vitamin B6, B12 C, D,
Diuretic	Reduce High Blood Pressure	Hydrochlorothiazide, Furosemide, Triamterene	Calcium, Magnesium, Vitamin B1, B6, C, CoQ 10, Zinc
Diabetic Drugs	Lower Blood Sugar	Metformin	Vitamin B1, B6 CoQ10, Zinc

Dr. Shannon Sinsheimer is a licensed naturopathic doctor at Optimal Health Center and a provider for Spectracell Micronutrient tests. She can be reached at (760) 568-2598.

Nutritional Deficiencies Caused by Pharmaceutical Medications

By Shannon Sinsheimer, N.D.

Treatment for long-term conditions such as high blood pressure, high cholesterol, chronic pain and acid reflux, often includes pharmaceuticals taken over long periods of time, and potentially for a lifetime. While pharmaceuticals may be medically necessary, they often have unknown, adverse, or poorly understood health effects. Though it has been observed that prolonged use of pharmaceutical medications can cause nutritional deficiencies, those deficiencies are rarely adequately addressed.

Pharmaceuticals can affect nutrition by retarding the body's intake of essential nutrients or by leaching present nutrients out. Understanding which effects a drug may have on nutrition is difficult because information usually only accompanies a prescription when there is known potential for significant health complications.

That's why it is a good idea to seek advice from a healthcare practitioner well-versed in nutrition about potential side effects of any new medications.

Each person's individual body chemistry plays a large role in how they will respond to medication. A blood test to determine the body's nutritional status can assist in predicting which deficiencies are most likely. Comprehensive functional nutritional testing, such as that offered by Spectracell Labs, tests for the percentage of up to 33 nutrients in the body's white blood cells. Initial results can be used to determine reactions to medication, while regular, annual micronutrient testing can assess ongoing nutritional status; enabling a preventative approach to nutritional deficiencies.



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September is Prostate Cancer Awareness Month

Desert Medical Imaging Offers Option to 'Watchful Waiting' for Men with an Elevated PSA

By Lauren Del Sarto

Prostate cancer is the second most common cancer in American men (next to skin cancer) and 1 in 6 will be diagnosed within their lives. These odds are high and it is likely you know someone who has been diagnosed – or who has been told they have an 'elevated PSA' but no confirmation of prostate cancer and are under 'active surveillance' or 'watchful waiting'. Patients may be told to return in a year to repeat the exam while living with the burden of "what if?" which can create significant psychological stress.

The current standard for screening for prostate cancer is a blood test to determine prostate-specific antigen (PSA) levels. Elevated levels may be due to prostate cancer, benign prostatic hyperplasia (BPH), or infection or inflammation of the prostate gland. If elevated levels are detected (over 4.0 ng/mL), a doctor may recommend a transrectal ultrasound biopsy (TRUS) to identify the cause. However, this random sampling test has a 30% error rate.¹

New FDA approved technology called 'MRI guided biopsy' is now available to better detect prostate cancer. Researchers from the Netherlands have reported that 'MRI guided prostate biopsy is an effective technique in men who have had repeat negative biopsies despite an elevated PSA level.' As reported in the February 2010 issue of the Journal of Urology, MRI guided biopsy has only a 3% error rate.² Coachella Valley's Desert Medical Imaging (DMI) was the first outpatient imaging center in the US to offer this procedure and is the only facility offering it in the Valley today.

DMI's Dr. John Feller states, "Most patients we see have an elevated PSA greater than 4 and most of those patients have already had a TRUS biopsy that was negative." Dr. Feller adds, "We have found prostate cancer in 60% of these patients."

This new MRI technology allows practitioners to better identify the specific regions of the gland that look suspicious. Dr. Feller explains that many of these cancers are in locations that cannot be reached by a TRUS biopsy nor identified by standard MRI technology which has been used for 20 years.

"MRI has been used successfully for many types of cancers, but in prostate cancer, it has not been specific enough to allow us to distinguish between benign and malignant

diseases. We can now administer 'diffusion weighted imaging' which is a way to find prostate cancer based on the fact that the cancer cells prevent the movement of water molecules around the cancer cells. This restriction of water movement can be detected by this new technology."

A second type of MRI detection DMI uses is Dynamic Contrast Enhanced Imaging in which a patient is given rapid injections of dye through an IV. 2,000-3,000 images of the prostate gland are then taken and sent to a computer which identifies areas that enhance rapidly and then wash out rapidly due to the fact that cancer cells form new blood vessels to help cells grow rapidly (this is called neovascularity).



John F. Feller, M.D.

"These two techniques have improved our ability to identify and localize prostate cancer," states Dr. Feller. "Once we find tumor suspicious regions, we can then use MRI to guide a biopsy on a more focused, specific region than the random sampling administered through a TRUS biopsy." Dr. Feller adds, "This is a huge improvement."

"In the past, men were told that they have an elevated PSA, which is a sign of cancer, and that the random biopsy was negative but that there is a 30% chance it was missed. They are sent home and told to come back in a year to try again through PSA screening and random biopsy. A year is a significant time for a malignant cancer that may have been missed to grow and the psychological effects on patients can be significant. We are now able to provide more definitive diagnosis and get patients onto definitive therapy."

Because DMI was one of the first to offer MRI guided biopsy of the prostate gland, they see patients from all over the country-and the world-for diagnosis and treatment.

"We have a multidisciplinary team involved in the diagnosis and care of our patients," states Feller who is the physician radiologist leader of the DMI team. Dr. Stuart May performs the MRI guided biopsies and local pathologist, Dr. David Kaminsky, of Palm Springs Pathology Services, assists in analyzing results.

"I've been in medicine for 25 years," concludes Feller. "A lot of times you wonder if you really help patients. Many of our patients have had a delay in diagnosis and have had to live with the psychological stress of wondering if their cancer has been missed. This technology has really helped a lot of folks and they are enormously thankful for that."

The diagnostic MRI of the prostate gland and the MRI guided biopsy is covered by most insurance carriers (though individual plans vary). DMI prefers patients come with physician referrals so their doctors can manage their results, but some patients are self-referred.

Annual screening of prostate cancer for men over age 50 is recommended with men who are at a higher risk for prostate cancer to begin screening at age 40 or 45.¹

Desert Medical Imaging has four locations throughout the Desert. This new MRI technology takes place at their main office in Indian Wells. For more information call 760-694-9559.

References: (1) National Institutes of Health; (2) Hambrook T, Somford DM, Hoeks C, et al. Magnetic resonance imaging guided prostate biopsy in men with repeat negative biopsies and increased prostate specific antigen. Journal of Urology. 2010;183:5020-528;

1 in 6 men

will be diagnosed with prostate cancer during his lifetime.

Do you know your options?



At DMI, we use MRI as a new option for the detection and localization of prostate cancer for men with abnormal PSA levels.

A diagnostic MRI creates a detailed cross-sectional image of the prostate gland without an invasive procedure. DMI's Board Certified Radiologists then examine the images using Computer Aided Detection to identify areas in the gland that look suspicious; these areas may be further evaluated through a targeted MR-guided biopsy.

DMI is the first to offer a clinical trial for MR-guided Focal Laser Ablation for treatment of prostate cancer. This breakthrough technology is an alternative to whole gland therapy in carefully selected patients.

The benefits of MRI for prostate cancer are obvious: more accurate, no radiation, less invasive and fewer side effects.

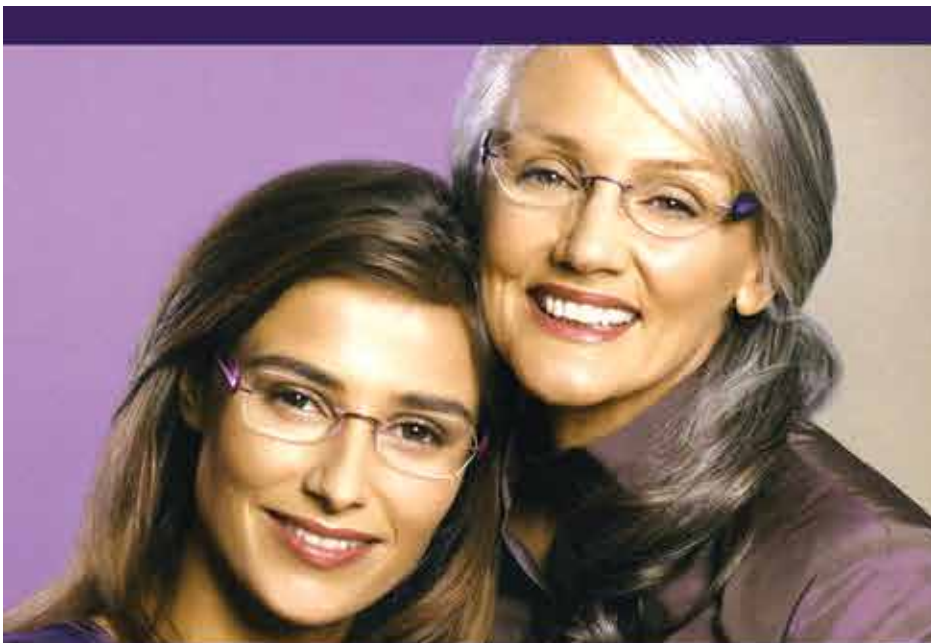
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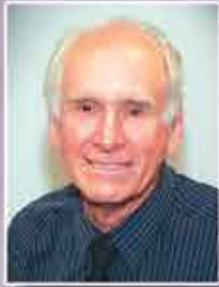
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practitioner profile

Peter M. Kadile, D.O.



Profession: Family Physician

Studied: Bachelor of Arts in Psychology 1989
(Marquette University)
Doctor of Osteopathic Medicine 1994
(Kirkville College of Osteopathic
Medicine)

Practice: Integrative Family Medicine with
House Calls in La Quinta

Hometown: La Quinta where he lives with his wife Jill, a Certified Pilates
Instructor, twin daughters Jasmine and Jade and son,
Valentino

**Professional
Accreditations:** Board Certified by the American Board of Family Medicine
Certified in Advanced Cardiac Life Support and Basic Life
Support, Member of Osteopathic Physicians and Surgeons
of California, Member of The American Academy of
Anti-Aging Medicine

**Hospital
Affiliations:** Eisenhower Medical Center Staff Doctor

What made you choose the Coachella Valley?

I was a Naval Physician stationed at Naval Hospital 29 Palms from 2000-2003.
I left active duty and joined Kerrigan Family Medical Group in Palm Desert in
2003. My wife and I love La Quinta and decided this is where we want to raise
our family. I started my own practice in 2006.

What trends in Integrated Health Care do you see here in the Valley?

I see more physicians/practitioners offering alternatives to traditional medical
care. Patients are getting frustrated with the current state of medical care
and are seeking alternatives. Integrative health care provides a more per-
sonalized approach which is what most people want. Our population is living
longer and realizing that integrative approaches to their wellness can provide
a better quality of life.

Biggest concern with our health care system?

Our current system does not provide enough incentive for prevention and
wellness. The traditional insurance driven model of health care does not
seem to encourage patients to be proactive about their health and does
not recognize scientifically proven alternative treatment modalities. There is
a shortage of primary care physicians, thus patients can be without the
guidance and education needed for their health.

What are your hobbies?

I love traveling with my family and enjoy music. I sing and play guitar in a
local rock band called "The Refills"

Your best health advice? Take charge of your health!

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“Are D.O.’s ‘Real’ Doctors?”

Excerpt from a Presentation by Peter Kadile, D.O.

Recently Dr. Peter Kadile (“Ka-DILL-ee”) spoke as part of Eisenhower’s Healthy Living Series. His presentation entitled *M.D., D.O., D.C., N.D.: Similarities and Differences* was very informative. In reference to our title, Dr. Kadile said, “Believe it or not, I get asked this question all the time.”

So, I thought we’d provide an overview to answer the question as to what a Doctor of Osteopathic Medicine, or DO, does and how they compare to Medical Doctors or MDs.

As explained by Dr. Kadile...

In the United States, DO’s can practice the entire scope of modern medicine as MD’s. They can prescribe medications and perform surgeries. DO’s have specialties and are required to obtain the same education and licensure as MDs. Both have to take a medical college aptitude test to get into school, have a 4 year bachelor’s degree, take pre-med classes, and study 4 years of medical school. DOs pursue post-graduate training through internship and residency for their specialty. To practice, they need to take a national board exam as well as pass state licensing requirements.

The primary difference between DOs and MDs are the philosophies we are taught in school. From day one, DOs are taught that a person is a unit of the body, mind and spirit. We look not only at the physical body, but at a person’s lifestyle and how they live, what they eat, etc.

The profession of DO was established in 1874 by Dr. Andrew Taylor Still who was frustrated at medical care which he saw as ineffective and too much about medications. He believed in looking at the whole person. His philosophy was that the musculoskeletal system played a vital role in health and disease. If the musculoskeletal system was balanced (with the help of osteopathic manipulation), blood flow would improve and the patient would heal better and on his own. He opened the first school of Osteopathy in 1892. There are 32 DO medical schools in the US today.

The philosophies that DO’s learn in school are as follows:

The parts of the body make up a unified whole. The effects of any disease are felt, in varying degrees, throughout the body. Therefore, the entire body can be mobilized to help combat illness. Treating specific, isolated symptoms ignores the interconnectedness of the body.

The body has a natural ability to self-regulate and self-heal. Using natural treatment methods rather than drugs alone, helps promote healthy body functions that are designed to battle disease and help repair injury.

The musculoskeletal system is a key element in maintaining health. This system makes up two-thirds of the body’s mass and includes the bones, muscles and cartilage. It impacts and reflects the condition of all other systems in the body (circulatory, nervous). The idea is that if I adjust you, you are going to feel better.

So are DO’s ‘real doctors’? I believe we can be included in that category. We are simply taught to look at the whole person first and learn to practice hands-on health care, manual manipulation, and lifestyle alterations that will allow the body to heal itself first. We promote prevention and lifestyle change in addition to using medications if warranted.

Options For Your Lower Back Pain

An Interview with Albert Lai, M.D.

Back pain is the second most common reason for a visit to the doctor’s office. If you are one who suffers from a lower back condition, you may be interested to learn about the latest options to alleviate pain.

Desert Health™ sat down with Dr. Albert Lai of Desert Pain & Rehabilitation Associates to offer answers.

What do you need to know if you suffer from lower back pain?

Most back pain can be helped. Arthritis is the major culprit for back pain followed by nerve impingement. The interesting fact that people don’t know is that most lower back pain will resolve itself in three months time. That is why some primary care physicians may not prescribe treatment or medication right away. When pain exists for over 3 months, we have a chronic issue that needs diagnosis and treatment.

What do you consider the most effective treatment?

The vast majority of cases should be treated conservatively with physical therapy, manual therapy such as massage or chiropractic care, and/or pain medications. The important consideration for resolution of pain is to ensure is that an integrated plan be implemented. Regardless of its original source, back problems affect multiple body parts (muscle, tendon, joints, nerves), and it is necessary to ensure all affected areas are addressed.

Water therapy is the number one therapy I recommend to my clients. Walking is good, but eliminating weight on your lower back by walking in a pool is even better.

What are options for more severe cases not helped by these therapies?

On the tail end of conservative therapy are injections. We often treat arthritic pain with steroid injections which is temporarily effective. Two additional allopathic treatments for severe and chronic arthritic lower back pain are medial branch radiofrequency ablation (rhizotomy) and the dorsal column stimulator. Both are outpatient procedures.


Rhizotomy is a minimally invasive procedure where a heated needle burns the sensory nerve that sends the message to your brain and causes pain. This sensory nerve is isolated and not responsible for crucial tasks like walking. This results in five to eight or more months of pain relief before the nerve regenerates and another round of the procedure needs to be performed.

An implant called the dorsal column stimulator is like a pace maker for your spine. It’s a small device that is planted under your skin that has electrodes on a small wire to stimulate the back side of the spinal cord where the sensory pain fibers lie. The electrodes send electricity to block the pain signal from going to your brain. This procedure is done in two phases starting with the unit being attached externally to see if it works for the patient. If proven effective, the device is implanted. This procedure is used as a last resort with the goal of returning a patient to a functioning state.

These are two of the most progressive treatments in allopathic medicine available for lower back pain. They are also coupled with other complementary modalities.

Treating lower back pain takes time and a combination of treatment therapies. Patients need to stick with their prescribed plan. The good news is that there are effective options available, and you don’t have to live with back pain.


Reference: (1) American Chiropractic Association www.acatoday.org



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October is National Breast Cancer Awareness Month

Know When to Get Your Mammogram

Each October during National Breast Cancer Awareness Month, women are reminded of the importance of having a mammogram to aid in early breast cancer detection.

Mammograms are essentially an X-ray of the breast while it is compressed. These images are used to detect abnormalities including breast cancer that may not be apparent to you or your doctor. Mammograms can assist in detecting cancer much earlier, when the prognosis for survival is much better and there are more treatment options. When breast cancer is found early, the five-year survival rate is 95 percent. Like almost all medical tests, mammograms are not 100 percent accurate, but they are the best method currently available for early detection of breast cancer.

While mammography has been shown to detect breast cancer early for many women, the recommendations regarding how often and when a woman should have a screening mammogram, vary.

"Ultimately, the decision about when and how often to have a mammogram

rests with the woman and her physician," said Laura Lee, M.D., medical director at the Comprehensive Breast Center at Desert Regional Medical Center. "The benefits of mammography for women of a certain age are well established and the risks are low."

Breast cancer risk increases as a woman ages. The U.S. Preventive Services Task Force recommends biennial screening mammography for women aged 50 to 74 years. According to the American Cancer Society, women in their 20s and 30s should have a clinical breast exam at least once every three years and beginning at age 40, women should have a clinical breast exam and screening mammogram every year. Women should talk to their doctor and make an informed decision based on their family history, general health, and personal values.

For more information on mammography or to schedule a screening, call the Comprehensive Breast Center at Desert Regional Medical Center, with locations in Palm Springs and La Quinta, at 760-416-4700.

About Mammograms

There are two types of mammograms: screening and diagnostic. The main difference between a **screening mammogram** and a **diagnostic mammogram** is its purpose. A screening mammogram is used to detect breast abnormalities in women who show no cancer symptoms. Two images of each breast are taken to look for abnormalities. A diagnostic mammogram utilizes additional views and is used when a screening mammogram detects an abnormality, or when a woman complains of a breast lump, nipple discharge, breast pain or other symptom. Breast cancer survivors may need diagnostic mammograms in the first few years after surgery or treatment.

Women who are at a higher risk for breast cancer should talk to their doctors about whether a breast MRI might be helpful.

How is tinnitus treated? For the majority of tinnitus patients, there is no "cure." If a specific cause for the tinnitus is found, there may be treatment to eliminate the noise. Avoidance of certain foods and habits such as salt, artificial sweeteners, sugar, alcohol, tobacco and caffeine can be helpful.

Treatment options for tinnitus include dietary modification; medication adjustment; noise avoidance; stress reduction, meditation, and cognitive therapy; hearing aids; tinnitus retraining therapy; neuromonics neural modulating device; and surgery.

The latest in tinnitus treatment. Two of the latest tinnitus treatments include: specially-designed hearing aids and the Neuromonics tinnitus device. Most tinnitus sufferers have hearing loss. Knowing this, a university audiologist developed a specific tinnitus reduction strategy. The treatment, incorporated into a hearing aid, has a harmonic sound program

specifically engineered toward tinnitus reduction. This device serves the dual function of both amplifying hearing and providing peace of mind, thereby assisting patients in coping with their tinnitus.

Alternatively, the Neuromonics device uses a customized neural stimulus. The patient wears a simple device (much like an MP3 player) for a couple of hours each day. Some patients do experience an immediate relief from their tinnitus. The treatment lasts for several months, and is designed to interact, interrupt, and de-sensitize tinnitus disturbance for long-term benefit.

Dr. Kato is the founder of The Ear Institute in Palm Desert. Her top priority is improving the quality of life of her patients. Dr. Kato can be reached at: 760-565-3900.

References: (1) American Tinnitus Association website: www.ata.org; (2) American Academy of Otolaryngology – Head and Neck Surgery. www.entnet.org

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Can Tinnitus (Ringing in the Ears) Be Cured?

By Maya Kato, M.D.

Nearly 36 million Americans suffer from tinnitus. Many famous people suffer(ed) from tinnitus including Peter Townsend, Bob Dylan, and even Beethoven.

What is tinnitus? Tinnitus is the perception of sound in the ears or head where no external source is present. It is often described as a high-pitched squeal, but it may also sound like roaring, or other types of sounds. The noise can be constant or intermittent. For some, tinnitus is noticeable on occasion, whereas for others, its presence can be a daily source of irritation.

What causes tinnitus? There are many possible causes of tinnitus. These include ear wax, hair or other foreign material

touching the ear drum; muscle spasm inside the ear; otosclerosis (excessive bone growth around the hearing bones); Meniere's disease; tumors; hearing loss; noise trauma; medication; stress and fatigue; food reactions; and smoking.

What should I do if I experience tinnitus? If the tinnitus is a brief, fleeting sound, occurring only on rare occasions, no treatment may be necessary. Those whose tinnitus is frequent or continuous should seek consultation with an otologist (ear doctor) or otolaryngologist (ENT physician). In addition to a thorough medical history and examination, hearing tests, balance tests and radiology studies may be ordered as part of the comprehensive evaluation.

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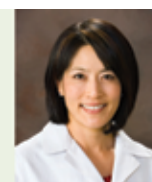
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Exercise Is Important for Parkinson's Patients

By Barrett Betschart

More than 1.5 Million Americans suffer from Parkinson's disease, a degenerative brain disorder causing a decrease in the brain chemical dopamine. Dopamine is responsible for relaying messages that control movement from the brain to the body. The cause of Parkinson's disease is unknown and there is currently no cure.

According to Dr. Stephen Silberstein, MD, Professor of Neurology at Thomas Jefferson University, diagnosing Parkinson's is crucial as many of the symptoms may appear in absence of the disease and these symptoms will require different treatment, medications, and have widely different prognoses. Obtaining an accurate diagnosis can allow the family to properly plan for the future, and grasp a better understanding of the progression of the disease.

According to WebMD, Five Stages of Parkinson's disease have been identified:

- **Stage 1**—Mild symptoms of slight tremors, poor posture, imbalance, and abnormal facial expressions.
- **Stage 2**—Bilateral symptoms, problems with balance and walking, and difficulty completing tasks.
- **Stage 3**—Inability to walk or stand without assistance, and slowing of movements.
- **Stage 4**—Severe symptoms with limited/rigid gait. Patients are unable to complete tasks. Tremors may disappear.
- **Stage 5**—Patient unable to walk or stand. Dementia is common late in PD and may include confusion and memory loss.

Exercise can be a vital component of the Parkinson's treatment regimen. It is thought that over-stimulation of the central nervous system triggers the release of certain chemicals that in turn improve motor function. Exercise activates the same brain regions that are activated by Parkinson's medication. Dr. Jay Al-

berts, Cleveland Clinic, observed the effects of exercise while tandem cycling across Iowa with his friend David who has Parkinson's. Prior to the ride, David was unable to write with a steady hand. After the ride, David's hand was steady and showed measurable improvement that lasted four (4) weeks versus taking medication only, which has an impact for merely hours.

According to the Parkinson's Foundation, exercise can slow the progression of Parkinson's and provide patients with the vital components of maintaining balance and mobility as the disease progresses. Bounce You Back's Recovery Specialist, Maricela Serrano, CMT, is currently working with Parkinson's patients on balance and coordination to improve movement and relieve pain or tightness in the muscles as well as to increase overall strength. "Exercise is also crucial to preventing stiffening of the joints, keeping muscles strong, and improving flexibility and mobility," states Serrano. Water exercise, walking on the treadmill and Yoga have also been shown to slow the progression of Parkinson's.

In addition to exercise, a well-balanced, nutritious diet is very beneficial. It is recommended that Parkinson's patients follow a diet high in fiber and whole grains, low in saturated fat and cholesterol, and limited in sugars and salts. Also recommended are drinking 8-8oz glasses of water daily, getting plenty of rest and elevating the legs and head while sleeping.

Barrett Betschart is the owner of ELDER-CARING, an "in home care agency" (760) 333-0427 and BOUNCE YOU BACK a post-surgical and injury recovery service specializing in Parkinson's (760) 282-4782. Barrett witnessed this debilitating disease first hand with her father and is passionate about helping families affected by Parkinson's.

References: <http://www.webmd.com/parkinsons-disease>; www.ParkinsonsResource.org

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S.A.F.E.™ (Support And Family Education) is a resource program established in 1980 to bring programs, education, coaching and counseling to schools and families. SAFE-line addresses family life and relationship issues and the SAFeline column is a compilation of many letters and calls to the SAFeline Coach.

DEAR SAFeline COACH,

We are new to this area and our pre-teen daughter is having a tough time making friends. She said the "kids are different" and she expresses some anxiety about approaching them. As the school year has just begun, she is concerned that she will not be accepted into a group. What do we do to help her feel more comfortable to make new friends from different cultures?

DEAR PARENTS,

We live in a diverse community among people from different races and cultures. Your daughter is meeting kids who are culturally different and this is a new experience for her.

Many people have anxiety about being in new situations. It is important to acknowledge how your daughter is feeling and appreciate her difficulty in making new friends. That is the first step.

As a pre-teen, your daughter is now building her own sense of identity, and she is not relating to the other kids in her new environment. She is anxious over her own feelings of inadequacy and may be concerned about being rejected. She is especially vulnerable to peer pressure at this time.

Children this age form cliques, making it difficult for a "newcomer" to join in. Her defense may be what she is telling you, "they are different" and "I don't fit in." We tend to stay away from people who seem different than us and who do not share our same beliefs. We hesitate to get to know them or understand their culture.

Your role as a parent is to help your child build her self-confidence and self-worth by supporting her, and helping her to learn the skills to deal with new challenges. For your daughter to appreciate others, she has to feel proud of her own heritage and recognize what she has in common with others.

You are also new to the neighborhood and the community so you are in the same situation as your child. You can model how to make new friends and bring people from different cultures into your home. Begin by participating in activities with other families and developing new family interests. When you broaden your family's experiences, you are helping your child learn about our diverse community.

Suggest your daughter go to her school counselor and identify various activities that are offered at her school. Find out how she can pair up with another student who can be a mentor or her school buddy.

Culture is very important to children and provides them with a piece of their identity. We are all hurt by prejudice and misunderstanding, and we need to pull together to eliminate it by befriending and connecting with people from other cultures.

SAFeline Coach is Helene Pine, PhD., Licensed Marriage, Family Therapist. Dr. Pine is a Family-Life Educator, Coach and Therapist and a Certified Family Wellness Instructor. For consultations regarding your family life and relationship issues, CALL SAFeline Coach at 760/360-5400 or send your questions to SAFecoach@verizon.net



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Local Health Care Internships

Over the past two summers, health care leaders and organizations from the Coachella Valley have stepped up efforts to 'Mentor the Future' by providing local college students with job shadow opportunities and paid internships to support their passion to becoming health care professionals.

Through two innovative programs, more than sixty local students studying for medical, nursing, public health and health care leadership professions have worked in local organizations gaining valuable hands-on experience on how hospitals, community clinics, emergency rooms, and public health programs, operate. The students are aligned with physicians, nurses, and other leaders to develop an understanding of the health needs and services of our community.

Through the CVEP/Health Career Connections summer internship program, twenty local students have been hired as full time, paid interns to complete ten week internships in multiple industry sites since 2009. These paid internships are critical in providing an economic path to success in higher level health professions.

Among the sponsoring and/or hosting industry sites are: Desert Regional Medical Center, Eisenhower Medical Center, Clinicas de Salud del Pueblo, CVEP Healthcare Workforce Excellence, UCR School of Medicine, Coachella Valley Healthcare Initiative, Riverside County Public Health, Borrego Community Clinics, City of Coachella, Angel View Foundation, Health Assessment Resource Center, FIND Food Bank, Raices Cultura and Pueblo Unido Community Development Corporation.

Through UCR School of Medicine's Future Physician Leaders Program, more than 40 students have completed six week sessions shadowing local physicians in a variety of health care settings to foster mentorship relationships with local physicians and to experience the various options of physician leadership. The physician mentors came from the following organizations: Clinicas de Salud del Pueblo, Coachella Valley Healthcare Initiative, Desert Regional Medical Center, Eisenhower Medical Center, Planned Parenthood of the Pacific Southwest, UCR School of Medicine, and Volunteers In Medicine.

These two programs are excellent examples of how local health care leaders and organizations are helping to grow our valley's next generation of health professionals.

For more information on these internship programs contact Traci Rees at www.cvep.com (Health Career Connections Summer Internship Program-www.healthcareers.org/program-overview/internship) and Natassia Valenzuela at natassia.valenzuela@ucr.edu (Future Physician Leaders Mentor Program-<http://medschool.ucr.edu/futureleader.html>)

Student Army-Defending Against Cooties

by Cindy Bureson

It's that time of year, when kids are excited to sport their new backpacks, don their school clothes and see their friends after a long summer...it's back to school! Along with all of these exciting things, is the not-so-exciting prospect of exposure to all new types of "cooties." We want to share with you the biggest "germ hotspots" in the classroom so you can make your kids aware in an attempt to keep them healthy.

Researchers from the University of Arizona* swabbed classrooms and common area surfaces at six K-12 schools and determined that the germiest place at school is the cafeteria table. Close behind were computer mice, which harbored nearly twice as many bacteria as desktops, the bathroom paper towel handle, water fountains, bathroom sink faucets, library tables and computer keyboards.

Those Pirates of the Caribbean and Princess backpacks are also breeding ground for bacteria because of the contents inside and the fact that they are tossed on the ground, in the bus, and goodness knows where else. Get your kids in the habit of using an enclosed antibacterial wipe after lunch and wash the backpack regularly. For kids who are embarrassed to pull out their hand sanitizer, have them use a long lasting sanitizer. OutLast Long-Lasting Hand Sanitizer protects for up to six hours. This formula, used in hospital during long surgeries, also does not leave hands with the stickiness that gel sanitizers leave.

Teach your kids to keep their hands off of their face and mouth and to wash their hands often. Washing hands after using the bathroom should always be reinforced. Studies have shown that only 53% of students wash their hands after using the bathroom and only 18% actually use soap. If there are lids on the toilets, kids should learn to put them down before flushing.

Of course, we can't hold our children's sanitized little hands all day at school, so what can you do at home to boost their immunity? There are several supplements that you can give your children to help build their defense system. One is Sambucol, a natural product that is my go-to during the winter season in both adult and children's formulas. I've used it successfully for years. Sambucol is elderberry extract in a syrup form. Studies have shown that elderberries are unusually rich in the phytochemicals known as flavonoids and among all fruits, elderberries are the most concentrated source of nthyocyanins, a class of flavonoids that act as powerful antioxidants to boost the immune system and protect the body's cells from harm. It has also been shown effective in fighting the H1N1 virus.

More than seven in 10 children of school-aged children (aged 5-17 years) in the United States missed school in the past 12 months due to illness or injury. Hopefully these tips will help keep your children from being one of them...

Here's to a cootie-free school year!

Cindy Bureson 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 writes a blog at www.dailyhealthbits.com and is a full-time mommy. Writing about health and fitness is her passion.

References: * University of Arizona workplace study, Fall 2005, Dr. Charles P. Gerba Unpublished; (1) www.travelingmom.com, "Back to School Germs", August 25, 2010; (2) www.clorox.com; (3) <http://www.blackelderberry.info/pdf/pec-001-signed-report.pdf> and www.sambucol.com; (4) CDC. Summary Health Statistics for



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Be Educated About Your Trainer

By Patty Curtiss, ATC, MS, MHA

These days, more than ever before, people are seeking options and education to better themselves. We are educated or "trained" in a variety of areas, from computer applications to sports performance. This has made us better advocates for our own health and wellness. However, in the sports and fitness world, the word "trainer" has lost its true meaning. Whether you are seeking enhanced performance or rehabilitation, understanding the definitions and qualifications of fitness professionals can help you make educated decisions.

According to the English thesaurus, the word trainer is similar in meaning to the words coach, teacher, guide, instructor and mentor. The terms "fitness trainer," "personal trainer," and "athletic trainer" are often used when referencing the person helping one to learn exercise, improve performance, and/or achieve a healthier level of fitness.

William E. Prentice has been writing about these differences for years. In his eighth edition of Essentials of Athletic Injury Management, he separates the specialization into two categories: Performance enhancement and Injury care & management.

Performance enhancement specialties include exercise physiology, biomechanics, sports psychology, sports nutrition, strength and conditioning, personal fitness training, coaching, and physical education. Injury care and management specialties include the practice of medicine, athletic training, sports physical therapy, sports massage therapy, sports dentistry, orthotists and prosthetists, sports chiropractic and sports podiatry.

The National Athletic Trainers Association further defines the differences between the coach, personal trainer and athletic trainer as follows:

Coach—Directly responsible for conditioning programs, safely developing the skills and techniques required for the sport, ensure that equipment is properly fitted, certified in first aid and CPR, and collaborates with other members of the sports medicine team.

Personal Trainer—Prescribes, monitors and changes an individual's specific exercise program in a fitness or sports setting, may or may not have higher education, continuing education or certification requirements.

Athletic Trainer—Meets qualifications set by a state licensure and/or board of certification, practices athletic training under the direction of a physician, must have a bachelor's degree in athletic training, pass a comprehensive exam before using the ATC credential, participate in continuing education, and adhere to standards of professional practice set by one national certifying agency.

Armed with this knowledge, you can be proactive with your fitness or rehabilitation choices. If you have questions about the person providing health care for you or your loved ones, ask questions.

Patty Curtiss is a Certified Athletic Trainer, LPGA 'Class A' Member, founder of Golf Rehab and co-founder of Bounce You Back in-home care. Her unique Golf Rehab program currently operates at the College Golf Center on the COD campus. Patty can be reached at 760.578.640, www.pattycurtissgolfrehab.com, or www.BounceYouBack.com

Desert Dwellers Take 125 Million Steps Toward Health & Fitness in Healthy Lifestyle Challenge

The Coachella Valley Health Collaborative just completed its first Healthy Lifestyle Challenge, in which hundreds of local residents participated. More than 573 desert residents took a combined total of more than 125 million steps and the equivalent of over 58,000 miles. A new challenge began on September 1st and the collaborative hopes to increase the numbers even more!

These challenges are geared toward local organizations, businesses and residents. They aim to improve the health of Coachella Valley residents by promoting physical fitness, sports and an overall healthy lifestyle.

In March of this year, the collaborative launched an interactive website, sponsored by the Desert Healthcare District, to motivate people to improve their health by becoming more active. The website records an individual's activity and converts it to steps on interactive maps. Individuals can see their progress and see how they match up against others participating in the various challenges.

Some of the challengers include those from various valley organizations, including the Alzheimer's Association, Braille Institute, Family YMCA of the Desert, HEALNet Project to name a few.

All Coachella Valley residents are encouraged to participate in a challenge. It's not too late to sign up for the September session and the program is free.

There are various programs to choose from including pre-designed challenges, or the ability to create your own. People can challenge friends and colleagues by walking, running, swimming, hiking, biking and even shopping. It all counts towards the final goal. Challengers can also track their progress online, communicate with other participants online, and receive weekly motivating reminders and health tips.

The mission of the Coachella Valley Collaborative is to provide a meaningful forum for individuals, agencies, and organizations to improve the health and well-being of residents of eastern Riverside County. The Coachella Valley Health Collaborative serves the multiple and diverse communities of the Coachella Valley through education and public advocacy and by acting as a catalyst to improve the health status of all residents and their accessibility to quality, state-of-the-art healthcare. A major goal is to improve health by increasing community collaboration and decreasing duplication and fragmentation of services.

The collaborative is supported by grants from the Desert Healthcare District, Regional Access Project Foundation and Kaiser Permanente. The Cal State San Bernardino Palm Desert Campus provides professional oversight, financial services, office space and other services.

To register for the challenge visit www.mywellsite.com/cvhv. For more information about the Coachella Valley Health Collaborative, contact Gary Jeandron, Project Director, at (760) 341-2883, ext. 78163; gjeandron@csusb.edu or visit <http://cvhc.csusb.edu>.

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Use It or Lose It: How to Maintain Your Brain

Local Experts Offer Tips on Preventing Memory Loss

Eisenhower Indian Wells Healthy Living Resource Center is pleased to present *Use It or Lose It: How to Maintain Your Brain*, a free lecture on Tuesday, October 18th at the Annenberg Center for Health Sciences at Eisenhower Medical Center.

Over 300 people of all ages attended last year's event to learn about what happens as our brain ages and how lifestyle factors—diet, exercise, intellectual activity and meditation—can impact our brain's ability to function.



Dr. Chris Flores

This year's panelists, including Christopher Flores, MD, board certified family medicine physician, and Hugh O'Neill, stress reduction specialist, will discuss the latest breakthroughs in understanding how we can strengthen the brain and increase cognitive ability. Panelists will present an integrated approach to brain health care and prevention to assist in alleviating dementia and memory loss.

"Research is proving that many healthy lifestyle behaviors like regular exercise, Mediterranean-style diet, not smoking and stress reduction practices, can significantly reduce our risks of suffering from memory loss and dementia as we age" says Dr. Flores. "Keeping an eye on cardiovascular risk factors like high cholesterol and high blood pressure are also important prevention strategies."

Dr. Flores will discuss updates on nutritional supplements and active ingredients in products like Huperzine-A, ProCera, and Prevagen; cutting-edge research involving cognitive training software; the role of dopamine in brain health and memory; and new research on meditation and memory/cognitive function.

This year's event will also feature a free Health Expo presented by *Desert Health™*. Meet many of the practitioners featured in this issue and others with specific products and services aimed at enhancing brain health.

Use It or Lose It: How to Maintain Your Brain will be held October 18th at Eisenhower Medical Center's Annenberg Center. The Health Expo presented by *Desert Health™* will take place from 12pm-1:30pm and the auditorium lecture will take place from 1:30pm – 3:00pm. For more information please call 760.568.1234.



Hugh O'Neill

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PGA WEST Health & Wellness Fair



PGA WEST Health & Racquet Club
Saturday, November 5, 2011

11am – 12pm PGA WEST Members Only
12pm – 2pm Open to the Public

Free Admission!

**We invite you to come enjoy free demonstrations,
products and services and to meet a variety of
Valley health care professionals**

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American Medical Response	Footloose Reflexology
Aromax Health	Helene Pine, PhD, MFT
Bikram Yoga University Village	Instruments of Inspiration Clothing
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Desert Medical Imaging	Live Well Clinic
Desert Recreation District's	Optimal Health Center
Palm Desert International	Precision Ultrasound
Sports Festival	Spa La Quinta at La Quinta Resort
Desert Regional Medical Center	Stress Management & Prevention Center
Desert Cities Woman's Show	The Ear Institute - Maya Kato, MD
Eisenhower Argyros Health Center	Tour Golf Fitness with Steve Jacobson
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...and more to be announced!

For more information call 760.564.7111



55-955 PGA WEST Boulevard
La Quinta



Come Enjoy PGA WEST's Health and Wellness Fair

Free and Open to the Public!

Desert Health™ is proud to present PGA WEST's Health & Wellness Fair on Saturday, November 5 at PGA WEST's Health & Racquet Club in La Quinta. The event is free and open to the public from 12:00pm to 2:00pm.

Over 30 Coachella Valley health professionals will offer demonstrations, product samples and information. Enjoy massage and skin care treatments from Spa La Quinta at La Quinta Resort. Get your Flu Shot from CVS Pharmacy or your B-12 shot from Shannon Sinsheimer, N.D. Test your blood sugar levels with Desert Regional Medical Center and meet the team at Eisenhower's Argyros Health Center or the naturopathic doctors from Live Well Clinic.

Shop stylish eyewear and accessories from Evans Eye Care and yoga clothing from Instruments of Inspiration. Get health advice from registered dietitian Elizabeth Quigley or Jaime Casellas, Ph.D. of the Stress Management & Prevention Clinic. Try the Thermajade massage table from AcQPoint Wellness Center or an Aromax Muscle Gel massage.

David Duffner, MD, will give a clinic on the mechanics of your golf swing and Steve Jacobson of Tour Golf Fitness will give tips on getting fit for the season. Dr. Maya Kato of The Ear Institute will give free screening hearing tests and Precision Ultrasound will offer free exams.

Guests will enjoy raffles throughout the event offering the chance to win gift certificates for detox programs, yoga classes, facials, massage, and nutritional consulting, as well as, clothing, gift packs and more.

Live life on the healthy side and come join us!

The PGA WEST Health and Wellness Fair presented by *Desert Health™* will be held November 5 from 11am-12pm for PGA WEST members only and open to the public from 12pm-2pm. The PGA WEST Health & Racquet Club is located at 55-955 PGA WEST Boulevard in La Quinta. For more information call 760.564.7111.



Location of the PGA WEST Health & Wellness Fair



November Dates for 2011 Desert Cities Woman's Show \$60,000 Earmarked for Local Charities

The 4th annual Desert Cities Woman's Show will take place November 19 & 20 at the Renaissance Esmeralda Resort & Spa in Indian Wells. Anticipated attendance for this year's event is 5,000 guests, up from 3,000 in previous years which took place in October.

\$60,000 in advance tickets have been distributed to local participating charities including American Heart Association, Shelter From the Storm, DesertArc, Friends of Palm Springs Animal Shelter, Hanson House, Junior League of Palm Springs and the Indian Wells Chamber of Commerce. Advance general admission tickets are \$12.00 per person per day and one hundred percent of revenue supports local charities, boosting their ability to help those in need in the Coachella Valley.

This premier event is a showcase of Valley businesses, including products and services of interest for women of all ages. Interior designers, women's health experts, financial consultants, fine jewelers, cosmetic surgeons, golf pros, outdoor living ideas, wedding planners and more can all be found under one roof over two festive days. Center Stage will feature daily fashion shows, celebrity guests including Project Runway star Michael Costello, Dr. Drew Ordon from the hit television series THE DOCTORS, international fashion icon Cheryl Tiegs and KPSP Local 2 fitness guru Scott Cole. Lectures on today's hottest topics are featured daily on the hour offering intimate sessions with cosmetic surgeon Dr. Mark Sofonio, financial management expert Reesa Manning and more.

"We are delighted the Woman's Show is set in November this year giving our snowbirds an opportunity to attend as well," says Diana Marlo, Executive Event Producer and also Marketing Director at Desert European Motorcars in Rancho Mirage.

The Woman's Show has quickly become one of Southern California's largest and most dynamic women's events, featuring over 100 exhibits, daily fashion shows, dynamic speakers and celebrity guests. "It's truly a girl's day out for shopping, connecting, learning, and having fun," adds Marlo, "and of course wine tasting and delicious bites from local restaurants to top it all off!"

Desert Regional Medical Center will be featuring the newest technology in minimally-invasive robotic surgery, and guests will have the opportunity to observe the cutting edge robot in action with doctors on hand to answer questions. The da Vinci® was FDA approved for gynecological use in 2005 and has significantly aided the team at Desert Regional Medical Center.

THE BIKINI CHEF returns again this year preparing "figure flattering flavors" with local Chefs who are offering tasty appetizers and specialty wines in the popular "Taste of the Valley." Featuring over 16 local restaurants, "Taste of the Valley" daily wristbands are just \$15 per day at the door and attendees must be 21 years of age or older.

Sponsored by Desert Regional Health Center, KPSP Local 2, Desert Radio Group, Palm Springs Life, Lamar Outdoor, Fashion Connection, The Gardens on El Paseo, Marlo Productions, My Valet and Desert Health™.

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Where: Renaissance Esmeralda Resort & Spa in Indian Wells

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There is no better place to celebrate the end of the season than the Coachella Valley where the average October temperatures reach a high of 90 degrees and low of 60 degrees. There will be a **CYCLOCROSS** and **RELAY RACE** on Friday and a **CENTURY** and **METRIC CENTURY RIDE** on Saturday.

Vendor Fair-Bike Swap
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Be a Part of the First Annual "Cycle-Fest" Come for the Ride. Stay for the Party!

The Desert Recreation District (DRD) is proud to announce the First Annual Coachella Valley Cycle-Fest taking place October 21-22 at the Empire Polo Club in Indio. Biking enthusiasts and people of all ages are encouraged to participate in the 100 or 62 mile rides, join the races and relays, or to simply come to enjoy the concerts, barbeque and Oktoberfest Bar.

DRD's Coachella Valley Community Recreation Foundation in partnership with Coachella Valley Volunteers in Medicine are feverishly planning, organizing and preparing for this event which is estimated to draw up to 3,000 participants over the two days. The Empire Polo ground provides a magnificent site with beautiful grass fields and breathtaking views of the Santa Rosa Mountains. The Forum, a 48,000 sf pavilion, will house the Exhibitor Fair and the Bike Swap Corral.

The Festival kicks off Friday with a cyclocross (or cross country) style race, a relay race, vendor fair, bike swap, live music and mouth watering food. Saturday's main event features the Century (100 Mile) and Metric Century (62 Mile) Rides. All rides wind through the scenic Coachella Valley, showcasing the beautiful Southern California desert.

Celebrate after the ride on Saturday evening with a free concert, a barbeque and the "Oktoberfest Bar" from 4:30pm-8:30pm.

Proceeds from this event will benefit Coachella Valley Volunteers in Medicine, a not-for-profit organization dedicated to providing primary health care to the poor and uninsured in the Valley. Their services are provided free of charge by professionals who volunteer their time. Proceeds will also benefit the Coachella Valley Community Recreation Foundation, a not-for-profit with a mission to raise funds to enhance, preserve, promote and expand Desert Recreation District's park and recreation system, enriching the quality of life for residents and preserving it for future generations.

Local artist and metal worker, Eric Banas of Joshua Tree is creating and donating a custom start/finish archway from recycled bike parts for the event. This magnificent piece will replace standard balloons and will remain a unique emblem for many Cycle-Fest's to follow.

Desert Health™ is proud to support the 1st annual Cycle-Fest which is sure to become a signature Valley event. We encourage you to take part as a rider, exhibitor, attendee or volunteer. Riders can register now at the CycleFest website www.Cycle-Fest.com. For exhibitor, volunteer or general information, call 760-568-4265.



Get ready to ride!

Natural Choices

First Accredited Naturopathic College Comes to California

San Diego Selected for Second Campus

Bastyr University recently announced that it is establishing a new campus in San Diego and first classes will begin in Fall 2012. "We are thrilled to have secured a location for our Southern California campus," said Bastyr University President Daniel K. Church, PhD. "To become the first regionally-accredited naturopathic medical institution in California is a tremendous honor. We look forward to providing the same quality education as is available through our Kenmore, Washington campus. Now students in California and throughout the southwest will not have to travel as far to receive a degree from the most acclaimed University for Natural Medicine in the United States."

After many months of scouting, planning and research, the news comes as a welcome step forward into the future for Bastyr University. San Diego was selected because of its strategic proximity to a significant number of prospective students, faculty and patients in Southern California who are interested in the natural health arts and sciences. The Doctor of Naturopathic Medicine degree program will be offered when the school first opens, with other degree programs expected to be added in the future.

"We are very pleased that Bastyr University has chosen to come to California and work with us," added California Naturopathic Doctors Association (CNDA) Presi-

dent Simon Barker, ND. "This is something we in California and CNDA have wanted for a long time. Not only does it provide a source of hope and pride for us, it also provides a source of training for tomorrow's primary care doctors in California."

Bastyr University's California campus will be located at 4106 Sorrento Valley Boulevard in the heart of San Diego's life sciences cluster, and approximately 14 miles north of downtown San Diego via I-5. It is within walking distance of public transportation, and within a short drive of the University of California San Diego, Scripps Hospital and the VA Hospital.

Bastyr University, located north of Seattle, Washington, is an accredited institution, internationally recognized as a pioneer in natural medicine. Bastyr is the largest university for natural health arts and sciences in the U.S., combining a multidisciplinary curriculum with leading-edge research and clinical training to educate future leaders in fields such as naturopathic medicine, acupuncture and Oriental medicine, and whole food nutrition. Founded in 1978 as the John Bastyr College of Naturopathic Medicine, Bastyr University now offers more than 15 accredited degree and certificate programs.

Bastyr was the nation's first natural health arts and sciences university to receive funding from the National Institutes of Health and the Bastyr University Research Institute plays a key role in the growth of complementary and alternative medicine (CAM) research. The University's teaching clinic, Bastyr Center for Natural Health, offers quality natural health care to the greater Seattle community while providing essential clinical training for students.

For additional information about Bastyr University and its teaching clinic, Bastyr Center for Natural Health, visit www.bastyr.edu or www.bastyrcenter.org



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Integrative Therapy for Osteoporosis Prevention and Treatment

By Nicole Ortiz, N.D.

Osteoporosis is a devastating consequence of aging. Post menopause, bones lose stores of essential minerals and calcium needed to remain strong.

The progression toward osteoporosis is a quiet one, many women not even aware they are at risk. Bones are living tissues that go through a process of breakdown and remodeling that in a young healthy person happens in perfect harmony allowing for strong hard bones. As we age, bone loss trumps bone building, causing compromise of bone strength and density.

Women entering menopause lose their hormone reserves (Estrogen, Progesterone, Testosterone and to a lesser degree DHEA). These very hormones are responsible for orchestrating the harmony of bone breakdown and rebuilding. Estrogen is in charge of reigning in the bone scavaging cells (osteoclasts) and progesterone is in charge of stimulating the bone making cells (osteoblasts). If either hormone is low or one out of balance with the other, bone strength is compromised. Testosterone and DHEA, similar to progesterone, are important “bone builders.” The effects of hormones on bone health are well-documented and leaves little room for discussion as to whether natural hormone replacement is beneficial in aging men and women.¹

Dietary nutrients are important ingredients in bone health regardless of whether or not one chooses to take hormone therapy and/or prescription medication. Your body needs minerals and calcium and those nutrients are normally consumed through a healthy diet. With a poor diet or poor absorption of nutrients, our body starts to steal from the reserves of calcium and minerals in our bones. This is when bones become vulnerable.

Calcium is needed for the matrix inside your bones. An inexpensive supplement, calcium integrates into bones best when combined with Vitamin D. For post-menopausal women, 1,000-1,500 mg of calcium is recommended in any form other than calcium carbonate. The Vitamin D recommendation is between 2,000-4,000 IU daily depending on your lab tests of this vitamin.² Magnesium is essential for parathyroid hormone production which activates Vitamin D to help absorb calcium, and it also acts as a bone health supplement. The latest research points to Vitamin K1 or K2 supplementation as a nutrient that decreases bone loss. Fish oil or consuming 3+ servings of fish weekly also improves the density of bones.^{3,4}

Other important players in bone health include: Manganese, Boron, Copper, Folic Acid, Vitamin B6, Vitamin C, and Strontium. I suggest finding a supplement with a natural health practitioner or health food store that contains most of these ingredients in conjunction with eating a healthy diet.⁵

Beyond hormones and nutrition, patients with osteoporosis should consider pharmaceutical therapy, such as bisphosphonates, calcitonin, SERMs, and parathyroid hormone. Each of these drugs is shown to reduce fracture risks.

Dr. Nicole Ortiz is co-founder of Live Well Clinic and can be reached at 760-771-5970 or visit www.LiveWellClinic.org.

References: (1) Effects of hormone therapy on bone mineral density: results from the PEPI trial. The writing group for the PEPI trial. JAMA. 1996;275:370-375; (2) National Osteoporosis Foundation. <http://www.nof.org>; (3) VanPapendorp et al. Nutrition Research, 1995; (4) Farina E, et al. Am J Clin Nutr 2011; 93:1142-1151; (5) Wright, Jonathan V MD and Lane Lenard, PhD. Stay Young & Sexy with Bio-identical Hormone Replacement. 2010.

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The Herb Pharmacy in Your Kitchen

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

In Traditional Chinese Medicine (TCM), the basics of good health are a moderate lifestyle; a broad spectrum of cooked and fresh food and spices; regular exercise; adequate rest and relaxation; and a good attitude. In Chinese culture, these strategies are part of everyday life and Chinese herbs are a part of every meal. You may already have many of these healthy—and healing—herbs right in your cupboard!

Cinnamon (Rou Gui) is one of the most common herbs in Chinese medicine. One of its constituents, cinnamaldehyde, is known for its positive effects on blood platelets. It is the fundamental chemical used to synthesize Warfarin, a blood thinning and anti-clotting medication. Cinnamon's essential oils also qualify it as an “anti-microbial” food, and it has been studied for its ability to help stop the growth of bacteria as well as fungi, including the problematic yeast Candida. Because of this, cinnamon has been used when faced with the onset of a cold or flu, especially when mixed in a tea with fresh ginger. It also slows the rate at which the stomach empties after meals, thus helping reduce the rise in blood sugar after eating (important in pre-diabetic conditions.) Considering its blood thinning properties, be careful using cinnamon if you are currently taking blood thinning medications.

Turmeric (Huang Jing) is a main ingredient in curry and gives many other foods, like mustard, their bright yellow color. Turmeric has long been used as a powerful anti-inflammatory in both Chinese and Indian medicines. Clinical studies have substantiated that the active ingredient in the turmeric root, curcumin, exerts very powerful antioxidant effects and may provide an inexpensive, well-tolerated, and effective treatment for inflammatory bowel disease (IBD). It is able to neutralize free radicals that cause painful joint inflammation, and as such may help in treating diseases such as arthritis. Studies have linked the frequent use of tur-

meric to lower rates of breast, prostate, lung and colon cancer. It may be able to prevent the oxidation of cholesterol in the body that can lead to heart attack or stroke. Growing evidence suggests that turmeric may afford protection against neurodegenerative diseases as well, such as Alzheimer's. Be sure to enhance store bought curry powders with turmeric as many have less than homemade curries do.

Cumin (xiao hui xiang) according to traditional Chinese medical theory is a warming herb used to treat disorders of low sex drive, impotence, nocturnal emission, premature ejaculation, menstrual pain, hernia, prostatitis and infertility. No wonder it's the second most popular spice in the world, and is used in Middle Eastern, Indian, Chinese, North African, Southwestern and Mexican cuisine. So make sure to use plenty in your next chili!

Ginger (jiang) has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress. It has also been shown to reduce nausea and vomiting during pregnancy. Ginger contains very potent anti-inflammatory compounds called gingerols. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly. Preliminary research indicates that gingerols may also inhibit the growth of human colorectal cancer cells and kill ovarian cancer cells by inducing apoptosis.

If you already have these spices in your cupboard, try to use them more often, and if you don't, run out and get some for tasty, healthy eating!

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



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— 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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Yoga—A Breath of Fresh Air

By Cindy Burreson

"When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath." —Svatmarama, Hatha Yoga Pradipika

The body can go weeks without food, and days without water or sleep, but can survive only minutes without air. In yoga, this vital element is referred to as "prana" or "life-force" and the practice of breathing is referred to as pranayama meaning "life-force control." Yoga participants work to adopt new breathing habits.

Referred to as "yogic breathing," the tangible benefits of the full yogic breath are vast and include that it releases acute and chronic muscular tensions around the heart and digestive organs; helps sufferers of respiratory illnesses such as asthma and emphysema to overcome the fear of shortness of breath; increases lung capacity; encourages proper nervous stimulus to the cardio-vascular system; dramatically reduces anxiety; and improves detoxification.²

A lot of us are chest breathers, breathing shallow, with our chests heaving up and down, rather than deep breathing through our diaphragms. Yoga practice teaches you to refocus your breathing and bring air into the lowest part of your lungs, exercising your diaphragm and enhancing your breathing capacity. It helps to relax the mind and body, massages your internal organs, calms emotions and induces restful sleep.

Bikram yoga, also known as Hot Yoga, takes place in 104-degree heat with 40% humidity. According to Denise DuBarry Hay, co-owner of Bikram Yoga University Village in Palm Desert, this type of yoga aides in breathing practice by "allowing muscles and lungs to stretch

more easily and safely. As Bikram says, 'you would never attempt to bend a cold candle, it will break. You must warm it up and then you can slowly reshape it.'

The same principle applies to your body." She goes on to say that, "The humidity in a Bikram class adds moisture to your lungs and skin which is essential in the dry desert. Breathing dry air can create tiny fissures in nasal passages and membranes allowing bacteria into your bloodstream causing illness. The benefits of breathing humidified air include keeping the throat and nasal passages clear, aiding in the transfer of oxygen to the blood system, and inducing a good, healthy sweat which helps detoxify the entire body".

There are many forms of yogic breathing for different purposes, such as rib cage breathing, complete breathing, alternate nostril breathing, and ujjayi (ooh-jai-ee) breath.³ We unconsciously breathe over 23,000 times a day⁴ and because our respiratory system has such a big role in our overall health, the goal to have more control over it makes perfect sense. Namaste!

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. Bikram Yoga University Village can be reached at 760.346.2988.

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Spotlight on Naturopathic Doctors

By Jon Dunn, N.D.

As a newcomer to Coachella Valley I was delighted to find *Desert Health*TM. I see it as an informative health guide and applaud its role in bridging the gap between diverse medical professions. Since my arrival, I have discovered that most desert dwellers know little about Naturopathic Doctors (ND's). To remedy this, I have prepared a brief editorial overview of this essential medical profession.

Naturopathic medicine is one of the oldest continuously licensed health care professions in the country.¹ ND's specialize in the use of natural techniques and medicines to support and stimulate the body's self-healing process. Trained as general care practitioners, we blend modern and traditional natural therapies to address acute and chronic health concerns. Naturopathic doctors are guided by a set of ethical principles including do no harm, practice preventive medicine, and work with the whole person to address both the symptoms and the cause of disease.

Naturopathic doctors employ safe, natural and effective therapies including therapeutic nutrition, botanical medicine, natural supplements and hormones, hydrotherapy, physical medicine, and lifestyle counseling. The roots of these therapies go back thousands of years and have been refined with present day science.

The medical style of ND's offers patients several advantages, the foremost of which is time. Office visits are structured with adequate time to review a patient's concerns and to provide the education necessary for preventive measures and lifestyle change. Listening carefully to each patient to provide individualized treatment is a hallmark of ND's.

The demand for natural health care is rapidly growing as people embrace a more proactive role regarding their health. These individuals realize that lifestyle factors significantly impact the well being they enjoy.

Naturopathic Facts of Interest:

- Approximately one third of the states have licensure for naturopathic doctors²
- There are about 4,000 naturopathic doctors and 1 million MD's in the US³
- California passed licensure for ND's in 2003, and now has nearly 500 licensed ND's⁴
- There are 4 accredited naturopathic medical programs in the US
- ND's receive a medical education on par with conventional medical programs as taught at Johns Hopkins, Yale, and Stanford.⁵

Dr. Jon Dunn is licensed Naturopathic Doctor with over 20 years of experience. He is the author of the book *The Family Guide to Naturopathic Medicine* and has a private practice in Palm Desert. Contact: Jon@DrJonDunn.com www.DrJonDunn.com 760-341-6502

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Mindful, Introspective and Intentional Breathing to Reduce Stress

By Jaime Casellas, Ph.D.

The power of the breath and its central role in health and longevity was something that the ancient Taoists verified more than 2,500 years ago. Now, centuries later, we know that breathing plays a very powerful role in energizing and detoxifying the body, and reducing the levels of pernicious, destructive stress.

In our normal, everyday life we simply breathe...our bodies just breathe without us having to do anything. Regrettably, given our hectic lifestyle and our desire to look "thin-waisted," most of us tend to breathe into the chest (thoracic breathing). This is an inefficient way of breathing in that the oxygen intake is insufficient. As a result, we feel stressed, exhausted, disordered, and stagnant most of the time. Thoracic breathing often puts us in a pathologic, and often chronic, "fight-or-flight," autopilot mode.

However, if we avail ourselves of the power of the breath by learning how to breathe mindfully, introspectively, and intentionally (MII), we can put ourselves in the "rest-and-digest" mode.

To tap into the power of the breath, we refer to a number of techniques. Some of these are used as meditative modalities, while others are used to increase oxygenation of the body or expand lung capacity. Yet, their common denominator is that all of them trigger biologic and biochemical reactions that reduce the level of the harmful stress-triggering hormone, cortisol.

This article describes two particularly easy, safe and inexpensive ways to breathe MII and reduce your level of stress.

The first is to sit quietly on a cushion or lie on a bed in a dimly lit environment,

perhaps suffused with subdued music. Close your eyes and take 15 unhurried breaths, concentrating on making the out-breaths long and slow. If you lose count, your mind has drifted into the past or opened doors into the future. Since you are not going anywhere, simply start again.

The second is to lie back comfortably, close your eyes and pay attention to different parts of the body. You may start by using your imagination to direct the breath to your feet and noticing the sensations you are experiencing there. After a few breaths into the feet, direct the breath to, let's say, your calves. Again, noticing the sensations you feel there. You then proceed by directing your breath upward to different parts of your body, until you reach the head.

You will find that these two techniques allow you to "take a vacation from thinking." MII breathing reduces our levels of stress; sharpens our mental and physical performance; enhances our concentration; intensifies information processing; ameliorates the intensity of symptoms that accompany migraine headaches, clinical depression, fatigue, and insomnia; alleviates depression, and boosts our energy. Mindful breathing adds energetic spark to our life—it's a prescription that works wonders.

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 visit www.stressprevention.org (760)464-2150

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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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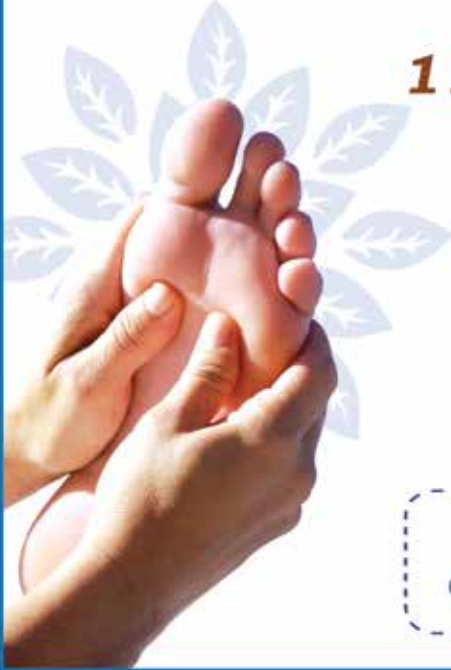
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A Desert Health™ Review

Many know reflexology as a foot and hand therapy. The concept is that each area of your feet and hands corresponds to a region and/or organ in your body. Thus, applying pressure in these areas can provide natural benefits for specific health concerns.

Footloose Reflexology offers a \$40 special (to Desert Health™ readers), on their standard \$50 service. However, what many don't know is that Footloose's standard service includes a one-hour, full-body experience, from head literally to toe, using acupressure, reflexology and massage to invigorate and treat the entire body.

"Reflexology is commonly known as 'zone therapy,' and one of the main objectives is to relieve tension while increasing circulation throughout the entire body," says owner Margaret Lai. "That is why we provide the full-body experience, to maximize the benefits of circulation flow from head to toe."

Footloose makes the experience very comfortable with its large, open space. Upon arrival you are asked about any areas of concern and the amount of pressure you desire (soft, medium or firm). You are then placed in a plush, oversized recliner with your feet soaking in a warm, rose-scented bath (like a pedicure). An eye pillow is offered and soft classical music fills the room. While you soak, your practitioner works on your upper body, massaging your head, neck, shoulders, arms and hands. Next, your chair reclines and your legs are extended for your foot reflexology session. Your legs are also massaged with a variety of invigorating motions.

At this point you are completely re-

laxed, but it doesn't end there. Your chair then fully extends and you flip over for a complete posterior treatment. Similar to a massage table, the recliner has a hole for your face and is completely comfortable. My practitioner knew exactly where I needed extra work and the pressure was perfect.

Footloose is celebrating its second year in the Desert offering quality, affordable massage therapy by trained professionals. "We are grateful for our success and the fact that we are able to offer affordable stress and fatigue relief for so many people," adds Lai. Margaret's husband is Dr. Albert Lai of Desert Pain & Rehabilitation Associates in Rancho Mirage. Footloose started as a physician referral business until it grew and moved to its current location near Clark's Nutrition. A second Desert location is in the works.

I got up from my treatment with that wonderful fuzzy head feeling, and within a few minutes I felt invigorated and lighter. My blood was flowing and I could feel it!

As I left, two friends of mine, Carol & Kym, were on their way in. "Oh yes! We come at least once a month." For \$40, Footloose is a good habit to have. Bring a friend and you get two for \$75. They also have a frequent-client program offering a half-priced service with each 10 paid. Give Footloose a try...your body will be grateful!

Footloose Reflexology is located in the Clark's Nutrition shopping center on the corner of Dinah Shore and Monterey in Rancho Mirage. Walk-ins are accepted but appointments are recommended by calling 760-770-6700. (Don't forget your Desert Health™ coupon on this page!)



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New Cause of Chronic Fatigue Identified: Mitochondrial Dysfunction

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

For many people over 40, episodes of fatigue are not uncommon. For many, having low energy is a chronic problem for which they've been to doctor after doctor trying to find a reason for their prolonged state of fatigue. Other symptoms may include depression, muscle pain, brain fog, weight gain, hypoglycemia, or digestive problems. Many times these patients say that they "just don't feel well."

Frequently patients are prescribed one or more medications to treat their symptoms. They will often describe sensitivities to their medications and may suffer from side effects. These may include strong reactions to odors and perfumes, artificial sweeteners, food preservatives, alcohol, and other chemicals.

What scientists are discovering is that many of these people actually suffer from a condition called 'Mitochondrial Dysfunction.' Mitochondria are the powerhouses of our cells. They are included as one of the sub-cellular structures found within our cells and contain DNA. Visible only under a microscope, mitochondria are responsible for generating your bodies' energy in the form of ATP (adenosine triphosphate). More importantly, they are susceptible to damage from free radicals and toxins. Mitochondrial dysfunction has been implicated in many diseases including diabetes, atherosclerosis, Parkinson's, Alzheimer's, bipolar disorder, poor attention, memory loss, fatty liver disease and chronic fatigue syndrome.

In the past 10 years, chronic fatigue syndrome has received significant media attention. It is still not known whether this syndrome represents one disease process or several diseases that cause similar sets of symptoms. The common symptom of debilitating fatigue may represent impairment of the production of mitochondrial ATP.

It is well established by medical science that nutritional deficiencies can cause your mitochondria to dysfunction and may lead to fatigue and other disorders. Vitamins, minerals, and other metabolites act as necessary cofactors for the synthesis of mitochondrial enzymes that support proper function. Vital nutrients include adequate amounts of copper, iron, zinc, selenium, magnesium, L-carnitine, lipoic acid, CoQ10, B vitamins, and several essential amino acids.

These key nutrients, along with your dietary intake of carbohydrates, fats and protein, combine in your bodies' central energy producing pathway called the Citric Acid Cycle (CAC). The CAC takes place in your mitochondria. The CAC is the final pathway where energy is released from the food and nutrients we consume. A breakdown or malfunction of your CAC is also capable of causing toxin accumulation. Therefore, proper function of these complex metabolic processes is imperative to good health.

Diets rich in antioxidants are thought to enhance energy cycle production. This includes a combination of foods high in flavonoids, polyphenols, and carotenoids (brightly colored fruits and vegetables including berries, sweet potatoes and kale). Additional benefits can be derived from consuming foods containing quality sources of marine oils, cumin, blue green algae, and whey protein. These foods have been shown to increase levels of the powerful mitochondrial revitalizing antioxidant called Glutathione.


Modern laboratory testing can now assist your health care provider in assessing the function of your body's energy production pathways. Urinary Organic Acid testing can also help pinpoint specific amino acid, B vitamin and nutrient mineral deficiencies you may have. These deficiencies can cause blockages or interruptions in your body's energy production cycle and contribute to fatigue.

Organic Acid Testing can also help evaluate toxin accumulation and breakdown in the body, both of which can contribute to disease and fatigue. It is a simple test that is conducted at home with a urine collection kit. After collection, the specimen is sent to the laboratory and the results are received by your health care provider. From this assessment your provider will be able to pinpoint specific nutrient deficiencies which may be contributing to your fatigue and other illness. A customized nutrient formula and nutritional plan can then be prepared to address these deficiencies and facilitate proper energy production.

We can combat episodic fatigue and chronic low energy through nutritional analysis and identifying what our body needs to boost energy production. Remember, PRO-ACTIVE HEALTH CARE is the key to vitality, wellness and longevity.

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

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Body Scrubs...Salt, Sugar or Anything in Between

By Jessica Blaisdell, C.M.T.

“Massage or body scrub?” Chances are you’d select massage—it’s familiar, feels good and is known to stimulate circulation.¹ Most of us have only a vague idea about scrubs as a beneficial and rejuvenating body treatment.

Body scrubs have been around for ages. The Romans used olive oils to nourish and soften the skin, and massaged it vigorously all over their body.² Today we know our skin renews itself every month.³ Dead skin cells cover our bodies and act as a protective layer—and then this layer will naturally slough off. Our use of preservative-laden soaps interferes with the natural sloughing process, leaving dead skin cells that block skin pores and make it harder for the body to purge toxins. The result is often dry, itchy and less-than-healthy looking skin.

If you experience some of these issues, you should consider a body scrub. The two most popular are Salt and Sugar Scrubs. Which is a better scrub for you? They are both good and at the same time different.

Salt is the most popular scrub used all over the world because it resonates our own body chemistry. Salt is the essential component of the body’s extracellular fluids which helps carry nutrients into the cells and regulates various body functions.⁴ Natural salts, such as Turkish salts or Dead Sea salts, contain magnesium that can aid the body in calming the nerves and muscles. Additionally, sodium is a natural detoxifying agent that helps retain nourishments and expel waste. Because of these components, salt is known to be more abrasive but more purifying to the skin.

The sugar scrub naturally comes from sugar cane. It is less abrasive and melts faster when applied to a warm body, but do not discount this sweet substance. Raw sugar cane has a natural enzyme alpha hydroxyl property that gently buffs away dead skin cells, cleans and unclogs pores as it slowly melts on your skin.⁵

Both of these scrubs are mixed with a base oil such as olive, safflower or coconut oil to give nice texture. Most have added essential oils for an extra herbal benefits and scents. A good body scrub can be done in 30 minutes by itself, 60 or 90 minutes with a combination of baths and of course, nourishing body massage to complete the experience.

It can be your own ritual of releasing your old self and welcoming the new you.

Jessica Blaisdell is a State Certified Massage Therapist. She has worked as a spa treatment provider at Renaissance Esmeralda Resort and Spa for 8 years. She is also the creative mind behind Instruments of Inspiration and can be reached at 760-401-1077 or visit her site at www.InstrumentsofInspiration.net.



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Summer Skin Renewal

This year I had my 39th birthday, and I was feeling the ravages of time in ways such as superficial lines and sun damage. I have been mindful of sun exposure, yet am physically active and enjoy an outdoor desert activity. The early sun exposure, when I was younger and less aware, is also now showing more visibly on my skin.

To take care of my cosmetic concerns I rely on spa products, particularly for lightening, tightening, smoothing and softening my skin. This summer, I decided to give myself an added boost in facial rejuvenation to battle the harsh effects of our desert climate. My treatment of choice was the **Erbium Laser** at the Cosmetic Surgery Institute in Palm Desert.

Through research, I discovered that Erbium Laser has been approved by the FDA since 1997 and is the forerunner in skin resurfacing, surpassing CO2 laser. This is due to the Erbium Laser’s ability to control heat dispersion resulting in shorter healing time. Delicate areas like lips and under eyes can be addressed, and skin is protected from pigment loss.

Once my appointment was scheduled, I planned time off work to avoid the scorching sun and recuperate at home. The morning of treatment, I received pain medication and a numbing agent to reduce any discomfort. An hour of “cool” light Erbium worked across my skin to heat, vaporize and ablate layers of the skin, removing sun damage and lines. After 4 days of treating my skin gently due to redness, peeling and swelling, something profound started to happen. My skin started to renew itself. Old skin shed, and new skin appeared free of sun spots and irregularity. Each day produced better results of taut, fresh skin. I spent the time reading and resting. Working to care for my external image and my internal need for respite provided a summer solace. The healing was deep from the inside out.

In taking this journey, I realized that my years of teaching sun protection had not made me the best student. The sun is a great source of energy and Vitamin D, yet the lesson in emerging with “new skin” is how much we need to protect the largest organ of our body in an effort to stay as youthful as possible. Erbium Laser has given me a new awareness to care for my skin with more mindfulness and a fresh facial start.

Jennifer is a Desert native with 20 years of experience in the spa industry. She is the Spa and Sports Club Director at Toscana Country Club in Indian Wells.

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How the Housing Market Impacts Your Retirement

By Reesa Manning

Across the United States, home values have dropped in the last few years. The impact is regional with some markets much less affected than others – some of the worst markets have appeared to have bottomed out; great homes in great neighborhoods are still in demand; new housing starts have been at a record low (good for existing home sales); and high-end homes not as hard hit as moderate- to low-end properties.

Homes are selling now and that activity will continue to pick up as unemployment lessens and the economy recovers. According to the Case/Shiller Index, which tracks U.S. housing values, home prices have traditionally followed a slow but steady incline. The upward spike we experienced from 2005 to 2007 was an anomaly, and not one we're likely to see

again in the baby boomer lifespan.

This may impact you in several ways. Perhaps your home no longer provides as great a backup retirement income plan. Or, perhaps you've considered a senior community, but delayed that move to wait and sell your home when prices recover.

However, it's not likely we'll return to the over-valued housing bubble of 2006. Consider what your home was worth back around 2003-2004. At the national level, we've returned to those levels and are near where they would be had prices simply continued their slow, steady climb without the spike.

According to the 2010 Urban Land Institute Report entitled Housing in America: The Next Decade, going forward, the rate of house appreciation is likely to revert closer to the long-term norms (pre-2006) of 0.75% to 1% per year over

the rate of inflation; not double-digit annual increases.

Current Investment Advice

Financial experts have cautioned homeowners and homebuyers that a house should no longer be considered a high performing asset, but rather a place to enjoy living over a long period of time. Economists want to encourage people to continue buying homes. Economists also want consumers to seek out other investment vehicles to increase the flow of money into capital markets to help fund public companies; thus adding jobs to the economy.

In today's environment, taking on a modest mortgage and paying it off before retirement is the goal.

A Harder Working Asset

The question in today's homeowner market isn't how much the value of your home has dropped, but rather will your house sell? Well-built homes in highly sought-after neighborhoods can sell for a fair price in today's market. People with

the means to qualify for a mortgage are interested in trading up to the community they want to be in at a fair price, as opposed to an inflated one. And for an empty-nester/pre-retiree who would do well to downsize, you can most certainly scoop up a smaller, quality home suitable for your needs while home prices and interest rates are low.

The only question left is: Can you secure a strong, long-term rate of return or a guaranteed source of retirement income if you downsize and receive an influx of cash? To answer this, consider contacting an expert financial advisor who specializes in retirement planning to learn more about how today's home values can lead to tomorrow's retirement income opportunities.

Reesa Manning is a Senior Financial Advisor at Integrated Wealth Management. For more information, call Reesa Manning at (760) 834-7200, reesa@iwmgmt.com. Integrated Wealth Management, Inc. is a Registered Investment Adviser.



"Healthy Diner"...Sounds Like an Oxymoron Not at Gary's Café

A Desert Health™ Review

I've mentioned this before, but when you make healthy eating a lifestyle, it is often tough to find restaurants that satisfy cravings and offer food you feel good about eating. Sometimes you desire a quaint romantic spot or maybe a loud, fun, happy hour ambiance. And sometimes you just want that warm and cozy diner for a hearty breakfast or lunch.

We found just that Gary's Café in La Quinta.

You could miss Gary's if you don't know where it is. For two years, I actually thought it was just a greasy spoon diner with food I used to love. It has that authentic neighborhood diner feel with striped table cloths, café style tables, and the smell of hot coffee brewing. Then one day I stopped and actually looked at the menu... Grilled Veggie & Potato Hash, Grilled Veggie Sandwich, Greek style yogurt with dried berries, local honey and sliced apples... This place deserved a chance.

We were not disappointed as Gary's delivers on several fronts. It's small and quaint with that neighborhood feel. Soy milk is offered with your coffee. And owner, Gary Fumicello goes out of his way to ensure the large majority of his fresh ingredients come from local farmers. Chamberlain Family Farms provides fruits and vegetables; apples come from a grove in Thermal; and many of the herbs from Gary's own backyard garden.

A white board with hand-written specials presents gourmet delicacies that sound like they are made by grandma, like blueberry peach pancakes or thinly-pounded breaded pork loin with sautéed spinach and lemon served with two eggs, café potatoes and toast.

"When I opened the restaurant in 2009, it was my goal to make it a community place in both the people we serve and the suppliers we work with," says Fumicello. The walls are covered



Gary Fumicello welcomes guests

Gary's also offers a Lite Side menu of oatmeal (cooked to order) with honey and dried berries; the Greek yogurt that originally caught my eye, and a vanilla soy milk smoothie with seasonal berries, banana and protein powder.

I should also mention that Gary's does offer many good old diner dishes such as a half pound sirloin burger, smoked ham and cheese sandwich, and a BLTA with apple wood smoked bacon and avocado. Each is still made with the freshest of ingredients. While enjoying our breakfast, we noticed that the smiling staff seemed to know everyone's name. We actually greeted two of our own neighbors as well.

Stop in, introduce yourself to Gary and his team, and enjoy a healthy, wholesome and hearty meal. I guarantee you'll be back again soon!



The Southwestern

Gary's Café is located in the Ralph's Shopping Center near Old Town La Quinta. 50-855 Washington Street Suite 2H. They are open for lunch and dinner from 8am-2pm Wednesday thru Sunday. Reservations are not required and they offer catering. Breakfast: \$5-\$10. Lunches: \$9 - \$10. 760.771.5656



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Don't Forget to Breathe

continued from page 1

In proper breathing, you pump air using your diaphragm, which is the sheet of muscle that separates the lungs from the stomach. When you squeeze in your abdomen (stomach), your diaphragm muscle moves upward, pushing air out of your lungs. When the stomach expands, the diaphragm lowers, allowing the lungs, like an accordion, to elongate and draw in air.

When might you wish you had "practiced" breathing?

Unfortunately, it may not be until you get ill that you wish you had practiced breathing. According to the National Institutes of Health, pneumonia is a common side effect from surgery, bed rest, or respiratory infections (such as the flu or bronchitis). Most of the time, the body filters germs out of the air to protect the lungs from infection. Sometimes, though, germs manage to enter the lungs and cause infections. This is more likely to occur if your immune system is weak or your body fails to filter germs out of the air that you breathe. When these germs reach your lungs, your immune system goes into action. It sends cells to attack the germs which cause the alveoli (air sacs) to become red and inflamed and to fill up with fluid and pus, the symptoms of pneumonia. And over 50,000 people die from pneumonia each year.³

That is why in surgical post-op in the hospital, patients are given an Incentive Spirometer, a medical device used to help improve lung function. The patient breathes in from the device as slowly and as deeply as possible. A gauge determines how well the patient's lungs are functioning.

"It is like a game with visual encouragement," adds Moreno. "When you are sedentary for long periods of time or in pain or medicated, you tend to take shallow breaths which do not allow you to "ventilate" or exchange gases. This is an opportunity for germs to settle in your lungs and cause pneumonia. The spirometer measures how deep a breath you are able to take, but you have to do it properly for it to operate. It takes focus to completely exhale and slowly inhale."

The incentive spirometer is also a good tool for people with chronic obstructive pulmonary disease or COPD. Also known as emphysema and chronic bronchitis, COPD is a very serious disease, and the third leading cause of death in the United States. There is no cure, but it is often preventable and treatable.

Exercise your breathing

Healthy lungs can keep you from getting viruses and respiratory illnesses, as well as promote faster recovery when you do get ill or are recuperating from surgery or bed rest.¹

Learning to breathe properly often requires re-evaluating your posture, retraining your muscles, and taking the time to focus and concentrate on 'conscious breathing.' Fortunately, there are many local practitioners who can assist you with this practice including pulmonary specialists, yoga, tai chi and QiGong instructors and even transformational breath workers, like Laz Jefferson of Palm Springs. Jefferson notes that, "Breath work has been practiced for thousands of years. As many before us knew, taking the time to learn and practice proper breathing can be life changing. It not only energizes your every day existence, but your healthy lungs may one day contribute to saving your life."

References: (1) American Lung Association www.lungusa.org; (2) Nancy Zi, The Art of Breathing, 4th edition; (3) Center for Disease Control www.cdc.gov;

Health is a Choice

continued from page 1

scribed became a lifestyle. He lost 60 lbs within 6 months, significantly decreased his body fat and increased endurance. He went from 260 to 200 pounds and felt better than he ever had in this life. "I still ate a lot of food, but I made healthier choices."

Two years later, Steve was in Los Angeles when his friend was accosted. "I stepped in to help him and was stabbed in the left ventricle of my heart. My diaphragm was torn and my intestines went into my chest. I immediately started losing a lot of blood."

His Marine Corps training instantly kicked in. "I knew to elevate my legs and how to control my breathing. Not to work my heart or lungs too much. I had my friend apply pressure until the paramedics arrived. I remember arriving at the OR before I passed out."

Steve was in serious danger of losing his life. The survival rate of people stabbed in the heart is less than 10%. He woke up a few days later and the doctors told him that if he wasn't in such good physical shape, he would have died. "I know my lifestyle saved my life. The surgeon even said, 'if that were me, I wouldn't have made it.'"

Doctors told Steve it would be 6 or 7 months before he could regain his active lifestyle. He took that on as a challenge. Traditional medicine like morphine was required for pain and recovery, but under Dr. Ortiz' guidance, he pursued natural options.

"One month post surgery, I started walking. I walked a block and was exhausted. But each day I did a little more. In February, I started running and 6

months later, I ran a 5k race. In September, I'm scheduled to run my first half marathon since the stabbing."

"We are so proud of Steve," says Dr. Ortiz, "Two years before he suffered his unfortunate injuries, he began a transformation and dedicated himself to learning how to eat for health and fuel his body with nutrition. He began a regimen of running and resistance training. His energy and attitude were unstoppable and Steve continued making his lifestyle changes permanent, without knowing that his improved physical condition would one day help save his life."

Dr. Ortiz adds, "During Steve's recovery, we administered IV tissue healing therapy, a lot of vitamins and strict rehab workouts at Kinetix Health and Performance Center in Palm Desert. He was off pain medication just 10 days post surgery."

At his three month follow up, an EKG, stress test, and images revealed that his heart had completely repaired itself. The cardiologist told him that his heart 'looked brand new.'

"Great surgeons saved my life, but even they recognized that I survived the incident because of my healthy lifestyle."

Steve is an active member of the community and is a board member for the Indio and La Quinta Chambers of Commerce. He is grateful every day for his life and life choices.

Dr. Ortiz concludes, "Steve emerged with greater strength and determination to conquer whatever life challenges come his way. We are proud to call him a patient and a friend."



Steve Sanchez

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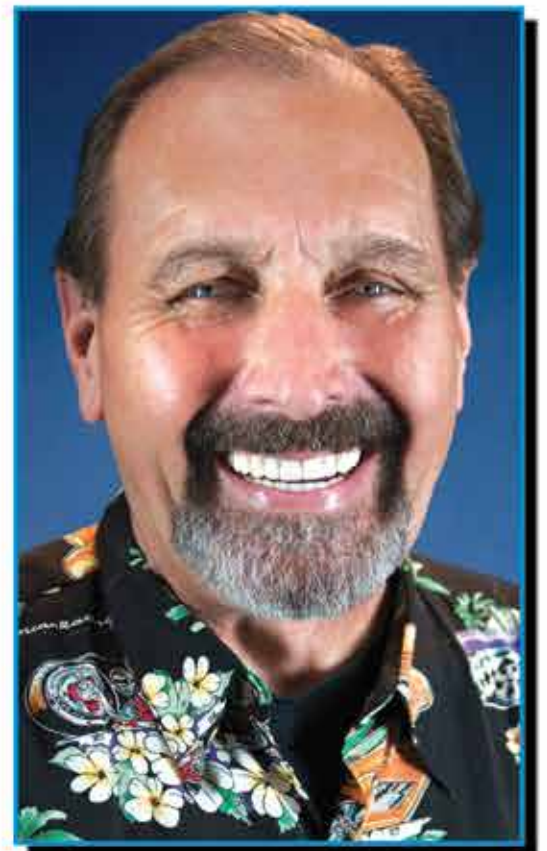


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