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HEALTH MATTERS Now It's Up To Us



The internationally-acclaimed Clinton Foundation chose the Coachella Valley for their annual 'Health Matters' conference bringing industry and local leaders together to discuss our country's health crisis and the need for change. The message was clear. Change starts with each and every one of us.

"We hope that through the work that we are doing with Humana and the PGA Tour, we will encourage every single person to make a personal commitment to lifelong wellness and to be involved with family and community to encourage healthy living in others."

Why is this important now? Childhood obesity is our #1 health problem and threatens a generation that will live shorter lives than their parents. Baby Boomers are aging and thus wreaking havoc on the country's normal expansive demographic distribution. "We must recognize that our children's ability to raise our grandchildren depends upon our not consuming as many health care dollars per capita as people our age have been consuming over the past 30 years," said Clinton. "We have to stay healthier. We have no right to continue to take away from future generations."

And there are no excuses. Each of us is responsible and we have to work together.

It's easy to blame lack of funding support federally or locally, noted fitness pro Jillian Michaels, but these

are the times when everyone needs to step up, get creative and more involved. "You do have the ability to change. It doesn't cost anything. What it requires is passion, innovation and commitment. The solutions and answers are there."

Individuals

We need to take back our health in our own homes, our faith-based organizations, and in our communities. This problem is going to be solved in community with everyone helping each other.

What does health mean to you? How are these changes going to affect every aspect of my life? Identify your reason for wanting to change and know that every single one of us is an influencer

and has an opportunity to make a difference.

Lakeysa Sowunmi, a young mom and community advocate, spent four years trying to convince her church members to change the fish fry and chicken dinners to healthier meals. She created a model which she now takes to other community churches.

Being healthy is a lifestyle, not what you can do during one hour of your day, but the dozens of choices you make throughout your day.

Parents

Most of us eat the way we eat and live the way we live because we were raised this way. Studies show

Continued on page 5



Health Is A Choice showcases individuals who have significantly changed their life and/or the lives of others by making health a priority. We are pleased to present Richard Long of Rancho Mirage who was nominated for this feature and is an inspiration to us all.

Richard Long is 98 years young. He is a handsome man with an infectious smile and a twinkle in his eye that hints at a life well lived. He was a pilot in World War II and flew planes most of his life. He rode motorcycles into his 90's, and plays tennis to this day.

When asked how he achieved his longevity, he honestly doesn't know. "If they gave awards for the most cocktails, I would have won that." But spending time with Mr. Long brings his secrets to life. He is one of the most optimistic people I have ever met with a 'can do' attitude that keeps him active and spry. He works out with a trainer six days a week (only because his trainer needs a day off) and never lets obstacles stand in his way.

"He is very disciplined," says Sylvia, his wife of thirty years. "He never changes his routine and always keeps going. We have trouble keeping up with him!" Sylvia is part of a close circle of family, friends and caretakers, who love this man for obvious reasons. The house is filled with warmth, laughter and love.

I couldn't help but notice his beautiful, smooth complexion that seemed to portray a life free of stress. "Oh, I don't worry about much," notes Long. When he was in his 40's a near-death experience changed his outlook for good. Hospitalized for two months, he promised himself that if he got out alive, he would stop working so hard and start enjoying life. He was a successful entrepreneur who started his business in 1945 with \$600 and a "whole lot of credit" garnered by his reputation as an honest and hardworking man.

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You just have to take the first step

I have been a competitive equestrian since I was 9. I rode hunters and jumpers and would clear fences with grace, stamina and enthusiasm. In my teens, I competed internationally and my first trip to the desert was to show at HITS.

But in my early 30's, I was in an accident (not horse related) that instilled a fear in me and hindered my ability to enjoy the sport I have always loved. I still rode, but took a break from jumping justifying that I would easily return to it 'one day soon.'

Before I knew it, ten years had passed and I just never took the time to do it again. There was always a reason, and "my bones are getting old" seemed to lead that charge. I made a pact with myself to jump again for my 45th birthday. That was two years ago.

Then in January, I had the honor of attending the Clinton Foundation's Health Matters conference. A recurring message among their incredible speakers—from celebrities to moms to inspiring young adults still in school—was that change is possible, and it starts with each and every one of us.

Whether you like or dislike Clinton, you have to respect that he is making a difference in global health. We are incredibly lucky to have his Foundation bring their initiative, Activating Wellness in Every Generation, to the desert. Their eight-year commitment shows a vested interest and allows us time to create and implement programs, and to track success.

But it can't be something we simply read about in the paper once a year. It must take roots locally in our schools, local governments, and

communities. And it starts with each and every one of us.

That is the message in our lead feature. Individually we can and should contribute to making our community a healthier place—for ourselves, for each other, and for the next generation.



Taking the first step with help from trainer Laurie Cunningham and Shatze

So with the help of local trainer, Laurie Cunningham of Tahquitz Equestrian Facility, I jumped my first jump in 12 years. OK...it was only a 1' cross rail, but I DID it! Tackling this personal hurdle was one of the most gratifying accomplishments I have achieved in a while. It helped bring back my "anything's possible" attitude.

Now there are more goals on my plate (including jumping higher fences!)

With the help of Palm Springs Unified School District board member, Gary Jeandron, I put the Clinton Foundation's Alliance for a Healthier Generation in touch with our school district superintendents to hopefully incorporate Clinton's Healthy Schools program here in the desert.

Each of us can make a difference. When you take the first step to conquer your own fears, hurdles or roadblocks, it will encourage and inspire you to reach out and do the same for others. You just have to take that first step!

Cheers to your health,

Lauren
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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.

Community photos on health & wellness:

We invite you to submit photos that portray health and wellness in the Coachella Valley. Email high resolution photos (minimum 300 dpi) to News@DesertHealthNews.com with photo caption and credit. Submitted photos may be published free of charge by Desert Health and will not be returned.

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Medical Experts Offer Advice at the 12th Annual Affair of the Heart

By Lauren Del Sarto

In celebration of American Heart Month, Desert Regional Medical Center (DRMC) hosted lectures by three expert physicians on heart health, prevention and treatment of various heart diseases. The lectures were part of the hospital's annual Affair of the Heart event, held each year on Valentine's Day.

I attended the event and was delighted to see a standing room only audience. I was also impressed by the healthy cuisine offered by Chef Brian Sisk of DRMC's food and nutrition department who served guests a seasoned salmon over quinoa and large plates of fresh fruits and vegetables.

Featured physicians included heart surgeon Steven Gundry, MD, founder of the Center for Restorative Medicine, and author and frequent lecturer on diet and health; Richard Schatz, MD, research director of cardiovascular interventions at Scripps Clinic in La Jolla; and Hetal Bhakta, MD, a electrophysiologist (cardiologist who specializes in the heart's electrical system).

Some of the key points discussed by these noted physicians include:

Avoiding the lure of processed foods

Dr. Gundry's lecture focused on how modern food manufacturing has made it easy for people to consume foods that taste great, but are terrible for their health.

"The modern diet is so seductive to our genes that many of us succumb to the allure of simple sugars and forget how totally foreign simple sugars are to the natural human diet," Gundry said.



Desert Regional Medical Center's Rich Ramhoff introduces Dr. Steven Gundry at Affair of the Heart

Gundry also said that grains in general—even oatmeal and whole wheat breads—are a modern invention and do not contribute to optimal health. "In my opinion, telling people to eat whole wheat bread instead of white bread is like telling people to smoke a filtered Marlboro instead of an unfiltered Camel," Gundry said. "Eating a piece of whole wheat bread raises your blood sugar higher and faster than 4 teaspoons of straight sugar."

He also criticized the oils that are still too large a part of the modern diet, and said that our diet should

instead include more olive oil and fatty fish, such as sardines. Gundry added that in 1900, there were three fats in our diet: butter, beef tallow and lard. Now, they are replaced by killer polyunsaturated fats introduced in the 1970s: corn oil, soybean oil, grapeseed oil, sunflower oil, safflower oil, and cottonseed oil.

"If you look at pictures of people from the 1950s, you will be struck by the fact that everyone looked skinny," Gundry said. "And few of these people were exercising regularly."

Understanding your risk for heart attack

Dr. Schatz discussed how to know your risks of a heart attack. Schatz was co-inventor of one of the first successful coronary stents, a small mesh tube that's used to treat narrow or blocked arteries, called the Palmaz-Schatz stent. Stents have led to the reduction in open-heart surgeries in the United States, Schatz said.

Schatz said that despite the advances in modern medicine, some people still don't recognize when they are having a heart attack. It is important to get treatment as soon as possible to minimize damage to the heart.

Some of the early warning signs of a heart attack include:

- Chest pain or discomfort that lasts longer than a few minutes or goes away and then comes back. This pain may be severe and feel like uncomfortable pressure, squeezing or fullness that is not relieved by changing positions or resting.
- Pain that extends to other areas of the body, such as the shoulder, arm, back, neck, jaw or stomach.
- Shortness of breath as well as light-headedness, sweating, fatigue, fainting, nausea or vomiting.

It is important to remember that not all people who have heart attacks experience the same symptoms or to the same degree. The warning signs of a heart attack for women may be slightly different than those for men. While both commonly experience chest pain or discomfort, women may be more likely to have shortness of breath, nausea and vomiting, and back or jaw pain. Some people may not have any symptoms at all, especially diabetics because that chronic condition can affect the nerves.

Most people have warning signs and symptoms hours, days or weeks beforehand. One of the earliest warning signs of an impending heart attack is chest pain, or angina, that occurs repeatedly because of exertion and is then eased by rest.

Treating the heart's electrical system

Dr. Bhakta spoke about conditions that affect the heart's electrical system and create abnormal heart rhythms. About 2.5 million Americans experience abnormal heart rhythms, known as atrial fibrillation, each year.

This common heart disorder occurs when electrical signals in the heart become irregular, causing the heart's upper chamber to beat out of rhythm. "When the heart rhythm is out of control, people feel an uneasy feeling in their chest," Dr. Bhakta said. "This symptom can mean that you have a heart-rhythm disorder, which can be symptomatic of something more serious."

Atrial fibrillation is first diagnosed through an electrocardiogram, which measures the heart's electrical impulses. "Cardiac-rhythm disturbances can be fatal, but most are treatable conditions," Bhakta said. "In addition to, or in lieu of taking medications throughout one's life, there are procedures that can eliminate these abnormal heart rhythms."

Thank you, Desert Regional Medical Center, for offering this very informative and free event for the community!

All three physicians who spoke at Affair of the Heart are on staff at Desert Regional Medical Center and can be reached through the hospital's free physician referral service by calling 1-800-491-4990. Find out about upcoming lectures by signing up for Desert Regional Medical Center's email newsletter by going to www.desertregional.com and clicking "Newsletter Sign-up" at the top of the page.

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My Head is Spinning! Dizziness and Vertigo Are Treatable

By Greg Cox, RPT & B. Maya Kato, MD

Does it sometimes feel like the world is spinning around you? You're not alone. Dizziness is a very common symptom, experienced by patients throughout the world. In fact, it is the third most common symptom reported to primary care physicians in the US, according to the National Institutes of Health. Due to a lack of understanding about symptoms and available treatment, dizziness is often incorrectly treated or ignored.

Is it vertigo, dizziness or imbalance?

Physicians and patients alike often do not understand the difference in these terms, which can prolong the work-up, and delay necessary treatment and relief for the patient. Stroke, heart problems, and hypoglycemia are very different conditions, yet may share similar symptoms of "dizziness." It's important that the terms "vertigo," "light-headed," and "imbalance" not be mistakenly used.

What's the difference?

Vertigo: The whole-body sensation of uncontrollable spinning. Episodes of vertigo are usually disabling during their course.

Light-headedness: The feeling as if you are about to black-out or lose consciousness. There is no actual sensation of motion. This is common with blood pressure problems and hypoglycemia.

Imbalance: The inability to maintain balance; a feeling of disequilibrium. This is especially common among the elderly.

Of these descriptive terms, "vertigo" is usually the most disabling complaint. Vertigo is often caused by Benign Positional Paroxysmal Vertigo (BPPV). BPPV is due to loose calcium crystals in the balance canals of the inner ear. These tiny crystals are normally static (fixed), and are adherent to a gravity-detection organ in the ear. When they become loose, they move with gravity, causing a swirling motion of the fluid inside the inner ear.

Typically, a patient with BPPV will report that they have a violent spinning sensation that is provoked by head motion. It often occurs when rolling over in bed, looking up or down, or leaning back to have one's hair washed at the beauty salon. The spinning sensation is violent, but brief, lasting no more than 15 seconds.

Fortunately BPPV is quite easy to treat if it is correctly identified by a physician or physical therapist. Get to the right physician first. An Otolologist is a medical doctor



Dizziness, light-headedness, vertigo and Imbalance are all symptoms of underlying medical issues.

(M.D.), with expertise in treatment of vertigo and disorders of the ear. Treatment is usually a series of gentle head and body movements that return the loose crystals to their proper place. Once this is done, the vertigo usually stops. Most patients with this condition are cured with only one treatment. BPPV is not treatable with any type of medication. BPPV is due to a mechanical dysfunction of the inner ear, and is treated by mechanical manipulation, not drugs.

Are there other types of "dizziness"?

Yes. Dizziness, light-headedness, vertigo and imbalance are all "symptoms" of underlying medical illness. It is extremely important that a qualified physician perform a complete medical evaluation. Not all physicians have expertise in treating "dizziness", so be sure to ask if they specialize in treating disorders of the ear. An Otolologist may recommend painless, non-invasive tests, including: hearing test, VAT and ENG, to assist in diagnosing the cause of the dizziness. These are tests that are used to check the function of the inner ears. Blood tests, CT or MRI scans or cardiology tests may also be ordered for certain dizzy symptoms.

In addition to BPPV, other common causes of "dizziness" include: Meniere's disease, migraine variants, and presbystasis (age related dysfunction of the inner ear). As with any disease, curative treatment depends on making the proper diagnosis, and is different for each of these specific causes.

The good news is that most types of "dizziness" are treatable. Treatment may include dietary management, and occasionally medication or surgery. Many causes of "dizziness" are best treated with a specialized form of physical therapy called "Balance & Vestibular Therapy."

Balance and vestibular therapy is rendered only by qualified physical therapist specialists who usually have many years of clinical experience and training. Therapy is one-on-one with a licensed physical therapist (not an aide) and usually 1-2x a week for several weeks. Exercises and techniques are dynamic and highly varied.

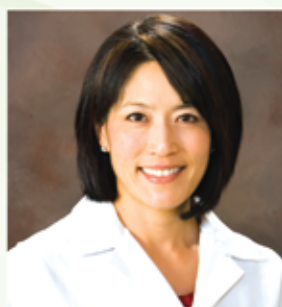
Advances in otology, as well as balance and vestibular therapy, enhance our ability to diagnose and treat all forms of dizziness. Working with the specialists in these fields will help eliminate dizziness, prevent falls, and restore one's health and quality of life.

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.

Sources: Bhattacharyya N, Baugh RF, Orvidas L et al. (2008). "Clinical practice guideline: benign paroxysmal positional vertigo" (PDF). Otolaryngol Head Neck Surg 139 (5 Suppl 4): S47-81.; Korres, S. G., & Balatsouras, D. G. (2004). Diagnostic, pathophysiologic, and therapeutic aspects of benign paroxysmal positional vertigo. Otolaryngology - Head and Neck Surgery, 139(5), 438-444.; Epley JM. The canalith repositioning procedure: For treatment of benign paroxysmal positional vertigo. Otolaryngol Head Neck Surg 1992 Sep;107(3):399-404.; Vestibular Disorder Association www.vestibular.org

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Health Matters: Now It's Up to Us

Continued from page 1

that children who grow up on fruits and vegetables, LIKE fruits and vegetables. Parents are the greatest role models and education is key.

Traditions in families and cultures may conflict with healthy choices. So behaviors need to be changed - in every community and in every household. How can you be a positive agent of change for your family and community?

- If you haven't walked through your kids' school, take a tour. See what healthy and unhealthy influences are there and get involved.
- Create or join a school wellness council.
- For birthday celebrations, instead of cookies and cakes, create a special activity or a special healthy meal your child chooses.
- Eat dinner at the table with your kids at least 3 times per week.
- If gym class was cut from your school, take turns with other parents to run gym class one day a week after school.
- Organize a school or community garden for kids and parents to tend together - or start a community fruit and vegetable co-op for greater buying power on healthy foods.

Employers

This country spends \$1 trillion a year on wasted productivity due to people not being well, states Mike McAllister of Humana. 70% of medical costs are due to smoking, food choices and stress. If you cut those things, you cut your health care costs.

McAllister cited an employer in Ohio whose health care costs were rising 12% a year due to smokers and diabetes. The employer offered to pay for smoking cessation programs individuals chose. He also built a gym in his facility. In two years, smoking incidents went from 30 to 4%. And employees are working together to lose weight. The company's health care cost growth rate is down to 3% a year.

It has to be a priority at the top and easy to implement. James Curleigh, CEO of Keen footwear, promotes fun breaks for employees. Remember when employees were free to take smoke breaks? But recess, which was created in 1854 to give kids a break to improve focus, would be frowned upon. Change that, he says. "Encourage people to create, play and to care. Bring back recess."

Ideas?

- Empower employees to come up with ideas and implement them.
- Create employee incentive and rewards platforms based on good health.
- Change cafeteria food to eliminate unhealthy options.
- Build a culture around the subject of health and make it easy and fun for employees.
- Nominate a wellness advocate within the organization to educate and motivate both employees and the company.
- Draw hopscotch at the doorway or put a hula hoop in the corner. Encourage movement throughout the day.

Places of Faith

Saddleback Church in Southern California has 30,000 members and an average weight of 170 lbs for women and 250 lbs for men. Working with Dr. Mark Hyman, the pastor implemented a group program aimed at improving member health. On the day they launched the program, over 8,000 people signed up to participate and within a week over 15,000 joined. In the first year, the congregation lost over 250,000 pounds, changing the complexion of the church forever. Saddleback's successful program is now used as a model for other church groups. (www.drhyman.com)

Community is more effective than any medication, says Hyman. Start by simply changing the menu at church functions.

School Administrators

55 million kids in this country are in

Continued on page 26

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NeuroQuant: A Medical Imaging Aid to Early Detection of Alzheimer's

By Christopher R. Hancock, MD

Alzheimer's disease is a form of dementia that robs millions of people each year of critical thinking capabilities that are needed to live a healthy and happy life. The statistics are staggering in both number of lives affected by the disease and the cost of caring for those individuals.

The Alzheimer's Association latest figures are:

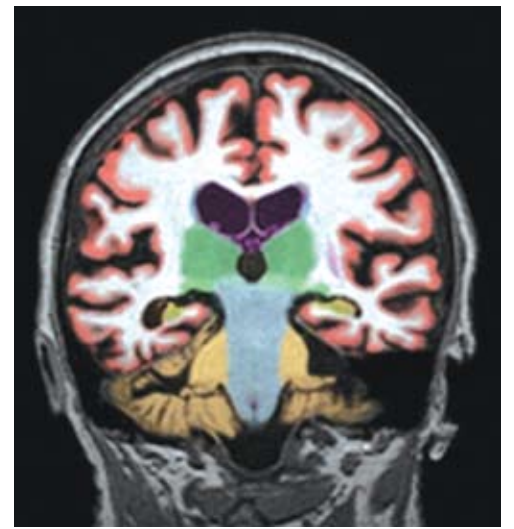
- 5.4 million Americans are living with the disease;
- Two-thirds of those with the disease are women;
- Of Americans aged 65 and over, 1 in 8 has Alzheimer's;
- Alzheimer's disease is the 6th leading cause of death in the United States and the 5th leading cause of death for those aged 65 and older;
- In 2011, the cost of caring for those with Alzheimer's to American society will total an estimated \$183 billion;
- In 2010, 14.9 million family and friends provided 17 billion hours of unpaid care to those with Alzheimer's and other dementias.

In April 2011, for the first time in 27 years, three expert work groups (Alzheimer's Association, National Institute on Aging and National Institutes of Health) developed new criteria and guidelines for diagnosing Alzheimer's disease. The new criterion expands the definition of Alzheimer's to include two phases of the disease: (1) pre-symptomatic and (2) mildly symptomatic but pre-dementia, along with (3) dementia caused by Alzheimer's. This reflects current thinking that Alzheimer's begins creating distinct and measurable changes in the brain of affected people years, perhaps decades, before memory and thinking symptoms are noticeable.

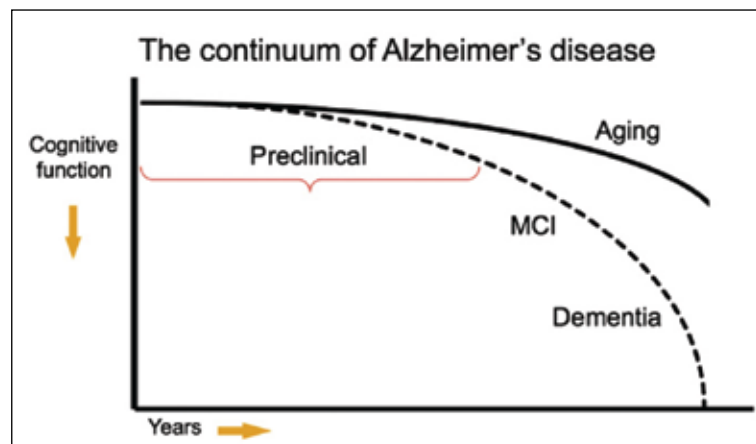
Early detection of Alzheimer's has benefits to both physicians and patients. Early diagnosis allows the physician to educate the patient of the various treatment options available to them, and the patient will have an understanding of what is happening, and therefore, will be able to evaluate their options and plan for their future. While there is no definitive test for early detection of Alzheimer's, there is now a diagnostic test using magnetic resonance imaging (MRI) and a special post-processing volumetric software. This program, called NeuroQuant, is the first of its kind available to assist diagnosis.

NeuroQuant analyzes high resolution images from a MRI scan of the brain to quantify the volume of the hippocampus, temporal horn, and other structures of the brain. The hippocampus is responsible for memory and spatial navigation. Researchers have found that Alzheimer's occurs when there is atrophy (shrinkage) of the volume of the total brain, and specifically the hippocampus.

NeuroQuant produces two reports: (1) Age-Related Atrophy report, and (2) General Morphometry report; and color-coded brain segmentation. The Age-Related Atrophy report contains the absolute and relative volumes of the hippocampus and inferior lateral ventricles. The resulting values are compared to age-appropriate reference distributions. The General Morphometry report provides the absolute and relative volumes for key structures of the right and left side of the brain. Physicians may use these reports, and the color-coded brain images, to measure atrophy of the brain.



High resolution brain scans are analyzed by NeuroQuant for Alzheimer's detection



Model of the clinical trajectory of Alzheimer's disease (AD). Preclinical AD precedes mild cognitive impairment (MCI) and AD dementia

Physicians may use these reports, and the color-coded brain images, to measure atrophy of the brain.

NeuroQuant may also be used for comparative purposes. Alzheimer's is a progressive disease, so physicians may get a "baseline" study of a patient's brain when there is a suspicion of Alzheimer's, and then have follow up exams at prescribed times to see if the brain atrophied, and if so, at what rate. In addition, the standard MRI brain evaluation performed with NeuroQuant assists the clinician in determining other potential causes of dementia such as vascular dementia, Huntington's disease, fronto-temporal dementia, Parkinson's disease, amyotrophic lateral sclerosis, and pseudo-dementia related to major depression.

The insidious onset of Alzheimer's disease, and other dementia related disorders, complicates the clinical evaluation. NeuroQuant MRI is a highly valuable tool that aids clinicians in the diagnosis, treatment, and surveillance of dementia.

Dr. Hancock is a Board Certified Neuroradiologist and can be reached at Desert Medical Imaging 760.694.9559

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Teary Eyes: When Is It Time To See A Doctor?

By Jennifer I. Hui, MD

Do you have teary eyes? Have you learned to live with constant watering, or been told that there is no treatment? Epiphora, the medical term for excessive tearing, is a common complaint the cause of which can be difficult to isolate. Patients often suffer from this condition silently for years, or become accustomed to its presence after failing to find the source. Excessive tearing can interfere with many activities in daily living. Patients may experience difficulty with reading and driving due to blurriness and build-up of eye secretions. There is also the added annoyance of having to carry tissues to dry the eyes, and frequent tissue use can cause skin irritations.

To better understand tearing problems and isolate the source, it is first important to know where tears come from and how they function. A healthy tear film is a vital aspect of ocular health. Tears provide key nutrients to the eye and contain immunoglobulins (antibodies) which help to combat infection. They also remove foreign bodies, debris and infectious agents.

Tears are produced in the lacrimal gland and are comprised of three layers (the outermost fatty layer, the middle aqueous layer, and the innermost mucus layer). This gland is located in the deeper tissues of the upper outer eyelid. Once formed, tears exit the gland openings of the upper eyelid, bathe the surface of the eye and then migrate across the ocular surface. Eyelid blinking mechanically determines the directionality of tear flow. As the eyelids blink, the tears are directed towards the inner eyelids. Once in this region, tears enter the lacrimal drainage system through the puncta (small openings in the inner corner of the upper and lower eyelids). After flowing down through the lacrimal sac (tear sac), tears drain out through the nose.

Excessive tearing may be congenital or acquired and have a variety of causes, including eyelid inflammation, eyelid malposition and malfunction of the lacrimal system itself. Eyelid inflammation may disrupt the formation of the outermost fatty layer of the tear film, leading to its instability and premature evaporation. This results in dry eye, irritation and reflexive tearing, as the body attempts to ameliorate the discomfort. Inflammation must be controlled to help restore proper lipid production.

Eyelid malposition can cause tearing as well. Different types of malposition exist. Entropion occurs when the eyelid margin is turned inwards. The eyelashes rub against the eye and cause irritation. This irritation causes secondary reflexive tearing. Ectropion occurs when the eyelid margin is turned outward and

thus not in contact with the eye. The moist inner surface of the eyelid, which is normally not directly exposed to the environment, is now subject to air flow and direct contact. This irritation leads to tearing. Additionally, the punctum is not properly aligned to receive the tears. This is similar to having the drainage hole misaligned with the sink. In most cases, eyelid malposition can be repaired with a short outpatient procedure.

Finally, the lacrimal system itself may be responsible for epiphora. Optimal tear performance requires proper tear production and flow. Occasionally, epiphora is caused by the production of excessive amounts of tears. This condition is less common, but may be amenable to treatment with Botox®. Tiny injections of botulinum toxin into the lacrimal gland can decrease tear output. In the vast majority of cases, a blockage

of the drainage system is the culprit. In children, a membrane that is located at the end of the nasolacrimal duct, just before it exits into the nose, usually causes the blockage. An outpatient probing of the lacrimal system usually alleviates this blockage. In adults, the blockage is usually an acquired closure of the nasolacrimal duct itself. Once blocked, a detour must be created to bypass this area through a procedure called dacryocystorhinostomy (DCR). During a DCR, a small incision is made at the side of the nose at the level of the nasal bridge. A small amount of bone is removed from the side of the nose

so that tears can flow out of the eye. A silicone stent is left in place for 3-6 months to maintain patency of the new pathway.

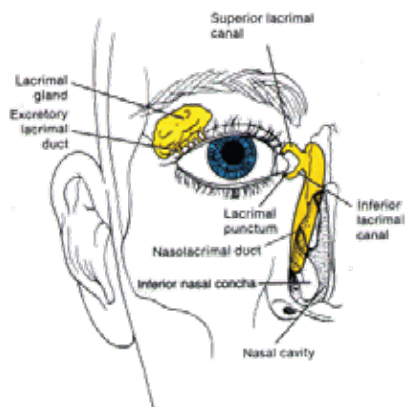
In summary, proper treatment of excessive tearing requires identification of the source. There are many causes of tearing; sometimes more than one

condition is contributing to the problem. Excessive tearing problems are often overlooked but can have a significant impact on a patient's functioning. Many people have slowly adapted to its presence and changed their lifestyle accordingly. The good news is that tearing is treatable. The cause is sometimes difficult to isolate, but thorough investigation and subsequent treatment can greatly ameliorate your symptoms and allow you to put those tissues away!

Dr. Hui is an Oculoplastic surgeon fellowship trained to treat patients with Eyelid, Lacrimal and Orbital conditions. She has trained and been on faculty at the world renowned Bascom Palmer Eye Institute in Miami, FL (consistently ranked the #1 eye hospital in U.S. News and World Report). She has relocated to her native Southern California opening The Eyelid Institute in Palm Desert. 760.610.2677.

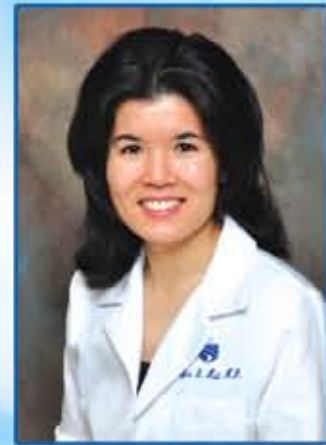


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Infusion Centers Save Millions and Offer Comfortable Care

By Lauren Del Sarto

Infusion therapy is the intravenous administration of medication. IV medications are generally prescribed by a physician when a patient's condition or disease state cannot effectively be treated by conventional therapies or oral medications. Many medications are designed to be delivered intravenously as their only means of treating a disease.¹ So it's not surprising that IV infusion centers are appearing nationwide—including here in the desert.

I became aware of IV infusion centers recently when a family member contracted a severe case of cellulitis, an infection just under the skin. After several rounds of oral antibiotics, her condition did not improve, so her primary care physician prescribed 30 days of intravenous antibiotics to be administered at an IV infusion center.

Diseases commonly requiring infusion therapy include infections that are unresponsive to oral antibiotics, cancer and cancer-related pain, dehydration, gastrointestinal diseases or disorders which prevent normal functioning of the gastrointestinal system, and more. Other conditions treated with specialty infusion therapies may include congestive heart failure, Crohn's Disease, hemophilia, immune deficiencies, multiple sclerosis, rheumatoid arthritis, and more.²

As recently as the 1980s, patients receiving infusion therapy had to remain in the inpatient hospital setting for the duration of their therapy. Heightened emphasis on health care costs, as well as developments in the clinical administration of the therapy, led to strategies to administer infusion therapy in alternate settings. For individuals requiring long-term therapy, inpatient care is not only tremendously expensive but also prevents the individual from resuming normal lifestyle and work activities.²

Cost savings of infusion centers

Specialty medications infused in a hospital or long-term care facility cost approximately twice as much as those administered in an infusion center due to the "hotel cost" and associated overhead.¹



Infusion Centers are a growing trend.

"IV Centers save the country millions of dollars annually by keeping patients out of hospitals," states Hany Benjamin of River's Edge Pharmacy whose company provides patients and centers with infusion medications. "They are supported by the government, insurance companies and hospitals, which often have in-house centers."

The number of specialized IV medications in the health care marketplace has surged in the past 5-10 years.¹ According to www.clinicaltrials.gov, an estimated 280+ infusion drugs are in Phase I/II development, and almost 100 of those infusible drugs are in Phase III review. These new medications will require a delivery model that is patient-centered, safe and cost effective.²

The average cost of a hospital stay is \$1,500 per day without medications whereas the per day cost of an IV center is \$150 with medications. A four-day cellulitis treatment costs \$600 in an IV center compared to \$7,180 in a hospital resulting in a per-patient savings of \$6,580.³

Below is a chart of five infusible drugs and the cost of therapy by site.

Brand Name	\$ / Claim		
	Hospital	Home Infusion	Infusion Center
Remicade	\$5,995	\$3,255	\$3,221
Avastin	\$8,832	N/A	\$3,024
Neulasta	\$5,971	\$3,410	\$3,081
Rituxan	\$9,068	N/A	\$4,565
Herceptin	\$4,877	N/A	\$2,150

Medical Injectables & Oncology Trend Report, 2010 First Edition, by ICORE Healthcare, pg 33.

How does it work for patients?

This growing trend also offers patients convenience and comfort. IV centers provide medical drugs as well as natural infusions such as vitamin supplements and intravenous immunoglobulin (IVIG), a blood product commonly prescribed for immune deficiencies, autoimmune diseases and acute infections.⁴

When prescribed treatment at an infusion center, patients have many options, adds Benjamin. "Medications can be picked up or sent directly to the center. We offer free delivery or shipping, and working with local agencies we can even have medications delivered to the home and administered by a nurse."


Centers are staffed by qualified nursing teams and overseen by a medical director. Comfortable recliners are offered and the ambiance offers a more positive experience than that of a busy hospital environment.


On her first few trips, our family member felt odd sitting in a room with a bunch of other people also receiving IVs. But after a while, she came to appreciate the comfortable surroundings, immediate care and the camaraderie developed among all the familiar faces.

Considering cost savings and patient comfort, IV infusion centers are a win-win for the national economy and local residents.

References: 1) National Infusion Center Association (www.infusioncenter.net); 2) National Home Infusion Association (www.nhia.com); 3) TXPricePoint.org - query on Cellulitis MCC Oct. 2008-Sept. 2009 - Seton Medical Center

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New Studies Link Sleep Disorders to Parkinson's and Dementia

By Leonard Feld, DDS

Although their genetic foundations differ, neurological disorders such as Parkinson's, Alzheimer's and dementia are all characterized by the untimely death of brain cells. What triggers cell death in the brain?¹ In a recent study, American neurologists and sleep experts suggest that rapid eye movement (REM) sleep behavior disorder could be an early sign of Parkinson's disease or dementia that develops 25 to 50 years later.²

Neurologist and sleep specialist Dr. Bradley F. Boeve and colleagues from the Mayo Clinic College of Medicine arrived at their findings in a paper published in Neurology journal on July 28, 2010. REM typically happens several times during a night's sleep, and normally during REM nearly every muscle is paralyzed and our bodies lie still. Boeve told the press that: "Our findings suggest that in some patients, conditions such as Parkinson's disease or dementia with Lewy bodies (spherical masses that displace other cell components) have a very long span of activity within the brain and may also have a long period of time where other symptoms aren't apparent."²

The REM disorder is more common in men than women, and middle aged and older patients. For their study, Boeve and colleagues searched patient records held at the Mayo Clinic and identified 27 patients registered between 2002 to 2006 who experienced REM and sleep behavior disorder for at least 15 years before developing one of three neurological conditions: Parkinson's disease, dementia with Lewy bodies, or multiple system atrophy (a disorder with symptoms similar to Parkinson's). All the patients were examined by a sleep

medicine specialist to confirm REM sleep behavior disorder, and by neurologists to confirm the later disease symptoms. 13 of the patients developed dementia, 13 developed Parkinson's and one developed multiple system atrophy.²

The researchers found that the median interval between onset of REM sleep behavior disorder and the neurological disease symptoms was 25 years and ranged up to 50 years. 100% of the affected patients had sleep and REM disorders. "At most recent follow-up, 63% of patients progressed to develop dementia [Parkinson's disease or dementia with Lewy bodies]. Associated autonomic dysfunction was confirmed in 74% of all patients."

Approximately 40 million people in the United States suffer from chronic long-term sleep disorders. Sleep Disorder Breathing (SDB) is caused by a structural problem in the nasal passage or oral airway that results in a lack of oxygen during sleep. This structural condition is called Temporal Mandibular Joint Dysfunction (TMJD.)

If the structural problem is in the nasal passages, such as allergies or swollen sinuses, it is imperative to see an Otolaryngologist (E.N.T. specialist). Otherwise, the oral airway must be examined. When a person suffering from SDB falls asleep, the muscles in the airway relax, but then partially or fully collapse as the individual breathes in and out. The sounds of snoring are the result of pharyngeal tissues vibrating against one another, or the tongue being too far

back. If the airway is blocked, the result is a lack of oxygen to the brain.

Sleep disorders may be defined as those that disturb, disrupt or fragment quality, restful REM and refreshing sleep. Despite the attention being accorded to sleep today, it has been reported that only approximately 10% of patients with clinically deficient sleep syndromes have been diagnosed.³

Those diagnosed include:

- 80% of all patients with uncontrolled high blood pressure⁴
- 60% of all stroke patients⁵
- 50% of all congestive heart failure patients⁶
- 30% of all patients with coronary artery disease⁷

Approximately one-third of the US population suffers from sleep disorders⁸ such as: snoring, Upper Airway Resistance Syndrome (UARS), Obstructive Sleep Apnea (OSA), sleep bruxism or clenching and REM disorders.⁹

Polysomnography (or sleep study) is the universally accepted standard of care in diagnosing OSA. Home sleep testing has recently been approved as an option to qualify a patient for insurance coverage. Dental signs include wearing of the teeth, abfractions, scalloped tongue, high vaulted palate, narrow dental arches, deep overbite, open bite, large overjet, bony growths called tori or exostosis, missing or replaced posterior teeth with crowns, bridge or root canals and abnormalities in the upper airway.

"More research is needed on this possible link so that scientist may be able to develop therapies that would slow down or stop the progression of these disorders years before the symptoms of Parkinson's disease or dementia appear." Scientists can't say how many people who experience REM sleep behavior disorder will go on to develop

neurological diseases like Parkinson's or dementia.

Summary

The clinical consequences of untreated sleep disorders are devastating. Serious medical conditions including high blood pressure, heart attacks, stroke, ADHD, sexual dysfunction, and decreased mental functions can all lead to a decreased quality of life. And as the aforementioned studies indicate, sleep disorders may be linked to diseases such as Parkinson's and dementia.

In the majority of cases, sleep disorders can be diagnosed and managed by qualified practitioners. According to the American Academy of Sleep Medicine and Sleep Medicine Dentistry, dentists with post graduate education may identify SDB by diagnosing patients' dental structures. Patients should work with their primary care physician and a qualified dental practitioner to properly diagnose and treat SDB.

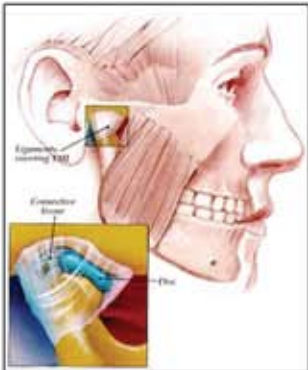
Dr. Leonard Feld is a TMJ-TMJD Dentist with offices in Los Angeles, San Jose and Indian Wells. He is the co-founder of the TMJ & Sleep Medicine Network and his philosophy is always conservative, non-invasive and non-surgical treatment. Dr. Feld can be reached at (760) 341-2873. www.DocFeld.com

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Dr. Leonard J. Feld



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The Food and Inflammation Connection

By Maura Ammenhauser

A connection between back pain and diet isn't immediately obvious. But an aching back led Dr. Hessam Mahdavi, MD, DC, to develop a food lifestyle to fight inflammation.

Mahdavi's back problems began in 2002. As his pain worsened, he tried ibuprofen, exercise and spinal manipulation, but none provided more than short-term relief. As a physician, Mahdavi knew that inflammation and swelling occurring throughout the body can be symptomatic of serious medical issues.

"It got to a point where there were mornings I just couldn't get up," said Mahdavi, who practices at Eisenhower Wellness Institute. Blood tests revealed his C-reactive protein level, which rises with inflammation, was above 9; normal is under 1. The diagnosis—ankylosing spondylitis, an inflammation-related autoimmune disease of the spine.

Through researching functional medicine, Mahdavi learned certain foods can trigger inflammation, especially in people genetically predisposed to it. "I followed the recommendation to avoid the foods, and it really changed my life," he said. People suffering autoimmune disorders, such as lupus and osteoarthritis, can benefit from following an anti-inflammation diet.

For example, sugar prompts the body to produce insulin, which lowers blood-sugar levels. Insulin is inflammatory to the arteries. With each blood-sugar spike, insulin creates a bit of inflammatory damage to the arteries. Also insulin works together with other hormones; when one gets out of balance it wreaks havoc on the others as well.

Mahdavi's strategy is avoiding foods that are the "most common offenders" in triggering inflammation. Unfortunately, "the foods that are inflammatory are some of the most common foods we ingest through the standard American diet," he said.

Foods that typically contribute to inflammation include:

Gluten

Gluten is a protein found in wheat, rye and barley. People with Celiac disease must avoid gluten, but so should about 35% of the American population. Far more people are sensitive to gluten than they realize.

Corn

Though it seems benevolent enough, corn doesn't have much nutritional value. It's mostly starch, and much of the corn we eat is a genetically modified food. It's used as feed for many farmed species, including even fish. "I don't think fish were made to ingest corn in the wild sea," Mahdavi said. Generally, eating against nature isn't great for an animal's health – or ours, when we eat species that have been raised on an unnatural diet, he said. Corn syrup, a form of sugar, meanwhile, is found in a staggering number of processed foods.



Dairy Products

Humans lack the enzymes necessary to effectively digest dairy protein. And nowadays cows are generally fed corn, not part of bovines' natural diet. To counteract frequent sicknesses in the herd, many dairy farmers give cows antibiotics. Whatever goes into the cows goes into their milk, so by drinking and eating dairy products, people ingesting corn and antibiotics.



Soy

This might surprise people who rely on soy to get around drinking dairy. "In Japan, the soy is fermented and healthy," Mahdavi said. "In the U.S. it's mostly processed soy,"—again not a truly natural product. Soy can affect the thyroid gland. A good non-dairy substitute is almond milk.

Sugar

Positron emission tomography (PET) scans have shown that sugar fuels inflammation, even cancer. Avoiding gluten cleanses the diet of a lot of sugar, he added, because the body gets a large dose of sugar when it converts simple starches that typically contain gluten (bread, crackers) to glucose (sugar). Artificial sweeteners can trigger the same physiological reactions as sugar.



Mahdavi recommends easing into an anti-inflammatory diet by writing down everything you eat for three days. Then choose one of the top-offender items to eliminate for a few months. Most people feel better in weeks. In time, eliminate another likely offender. This is easier than giving up all these foods overnight.

You have to determine your 'level of readiness' and be honest with yourself to succeed.

For example, people who drink several sodas or juices each day should start by replacing those with water. "Some people drop seven to 10 lbs. just from that change, and they feel a lot better. It may not be perfect, but it's a good place to start."

Maura Ammenheuser is a freelance health and wellness writer and editor; a personal trainer (certified with World Instructor Training Schools); and certified Mama Wants Her Body Back instructor.

Dr. Hessam Mahdavi practices Integrative Medicine at the Eisenhower Wellness Institute and can be reached at 760.610.7360.



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Irritable Bowel Syndrome: An MD's Perspective Symptoms, Diagnosis, and Treatment

By Thomas F. Reynolds, M.D.

Irritable Bowel Syndrome (IBS) is the most commonly diagnosed gastrointestinal condition in this country, estimated at 10-15 % of the population, with a 2:1 female predominance. IBS is a group of symptoms without a known cause. The current medical criteria are chronic abdominal pain and altered bowel habits, lasting at least three months, without a verifiable diagnosis (e.g. appendicitis, ulcerative colitis, diverticulitis).

There are two diagnoses that should be ruled out from IBS. The first is celiac sprue, due to gluten sensitivity, a protein found in wheat, barley and rye. The diagnosis is suspected with positive blood tests (IgA anti-tissue transglutaminase and IgA endomysial antibody) and confirmed with small bowel biopsy, both while on a high-gluten diet. The second is lactose intolerance and the diagnosis can be suspected with a lactose absorption test or lactose breath hydrogen test. I recommend a trial of gluten and lactose avoidance before making the diagnosis of IBS.

The pain is usually described as crampy or gassy of variable intensity with periodic exacerbations. Diverse upper gastrointestinal symptoms are common. Altered bowel habits are always present, but of no specific type, ranging from diarrhea to constipation to both. Weight loss, rectal bleeding and pain that awaken the patient from sleep are very uncommon. There is no known cure for IBS.

Non-pharmacologic treatment is often more effective than prescription drugs. The establishment of a therapeutic physician-patient relationship is a critical component of care. Next is dietary modification, especially avoidance of carbohydrates. The role of fiber supplementation is controversial, and there is no reliable way to diagnose food allergies. Increased physical activity has been suggested as helpful but the research evidence is weak.

Drugs are only an adjunct to treatment, and the choices vary widely depending upon the symptoms. Chronic use of drugs is

discouraged because of the lifelong nature of IBS and the lack of convincing long term benefit. Also, the placebo effect confuses matters.

The most common drug categories include:

Antispasmodics—Dicyclomine (Bentyl), hyoscyaminealone (Levsin) or with belladonna and phenobarbital (Donnatal) are sometimes helpful. Peppermint oil is an anti-spasmodic and is discussed by Dr. Sinsheimer.

Antidepressants—Tricyclic agents (e.g., Elavil, Tofranil, Pamelor, Norpramin) have some evidence of benefit, given at doses less than for depression. However, side effects limit their use, particularly constipation. The results with SSRIs (e.g., Prozac, Zoloft, Paxil) are inconsistent.

Benzodiazepines—These drugs (e.g., Xanax, Valium, Ativan) are of limited value, except for the short term therapy of acute situational anxiety that may be contributing to symptoms.

Antibiotics—Rifaximin (Xifaxan) is the only antibiotic reported to be effective, and should only be considered in patients with constipation after failure of other treatments.

Others—Information is sketchy (lubiprostone (Amitiza) or the drug is not available in the U.S. (linaclotide, ketotifen, tegaserod (Zelnorm)), or has severe side effects leading to very tight FDA control (alosetron (Lotronex)).

Patients with IBS should establish a good relationship with their doctor, try non-pharmacologic therapy first, and use prescription medications only with severe and prolonged symptoms.

Dr. Thomas Reynolds is a board-certified internist and oncologist. His practice focuses on integrative and comprehensive medical care, particularly for older adults. Dr. Reynolds can be reached at 760.773.3200

Irritable Bowel Syndrome: Alternative Treatment Options

By Shannon Sinsheimer, ND

Irritable bowel syndrome (IBS) is a gastrointestinal (GI) condition, most often diagnosed when all other probable conditions have been ruled out. This means, it is a clinical diagnosis based on eliminating the possibility of more serious disease when uncomfortable GI symptoms still remain present without serious progression. The most frustrating aspect of IBS is that there is no obvious cause and no known treatment besides palliative pharmaceutical medication.

IBS can also be frustrating because symptoms are present at random and those symptoms may alternate from cramping to constipation to diarrhea. Although there seems to be no true 'cause' of IBS, there are several relatable events within one's emotional and dietary spectrum that should be adjusted to provide long term relief of symptoms. There are also highly effective supplement protocols that significantly reduce occurrences and severity of IBS symptoms.

IBS has been heavily associated with food allergies/sensitivities, improper digestion, and stress and anxiety. It is beneficial to begin assessing the potential causes of IBS exacerbation with food allergy and sensitivity testing, possibly a digestive stool analysis (CDSA), and a food, sleep and mood journal to correlate symptoms with IBS events. The results of these evaluations, along with a thorough professional intake of symptoms, diet, lifestyle habits and personal medical history, will create an individual symptomatic picture and -- along with concrete lab results -- help us understand the cause(s) of IBS events and devise an effective the treatment plan.

Aside from medication, there are natural supplements that help reduce symptoms in the majority of IBS patients. Low levels of stomach acid, digestive enzymes, and probiotics in the digestive tract can exacerbate IBS. Including digestive enzymes and probiotics daily with meals can increase proper digestion of food and recolonize the GI with good and necessary probiotics. Increasing fiber intake in the form of ground flax seed, psyllium, or fiber-rich foods, can improve bowel function. Melatonin and 5HTP have both shown to reduce symptoms of IBS in clinical studies. Trying low doses, one at a time, of these supplements can reduce symptoms, most especially in those prone to anxiety and depression. Peppermint oil, solely in enteric-coated form, can reduce contractions and cramping of the GI when taken daily. To reduce symptoms during an IBS 'attack' or as a daily tonic, castor oil packs used topically on the abdomen are highly effective for IBS discomfort and constipation.

For a complete assessment and effective treatment plan for IBS, a thorough medical evaluation is necessary to rule out serious GI conditions. When all other conditions are ruled out, a beginning approach to IBS treatment is evaluation of irritating foods, exacerbations caused by stress, and lab tests to determine functional GI health. Nutritional supplements and lifestyle adjustments are effective at reducing the severity and frequency of symptoms, as well as partially treating the underlying cause of IBS. Long-term IBS treatment includes a combination of dietary changes, enhancement of digestive function, and stress management.

Dr. Shannon Sinsheimer is a licensed naturopathic doctor at Optimal Health Center and can be reached at (760) 568-2598.

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Positive Results for Autism with Hyperbaric Oxygen Therapy

By Maura Ammenheuser

April is National Autism Awareness Month bringing our focus to this serious condition which affects as many as 1 in 1,000 children nationwide, as well as their family and friends. While there are no known cures, there is a growing treatment for autism that involves delivering more oxygen to the brain.

Hyperbaric oxygen therapy (HBOT) is an increasingly common strategy for easing some of autistic children's troubling symptoms. Autism is characterized by hampered social, language and emotional abilities.

Positron emission tomography (PET) scans of autistic children's brains show that "most have decreased blood flow to various parts of the brain," wrote Dr. Bob Sears, pediatrician, medical advisor for Talk About Curing Autism and author of "The Autism Book." Blood vessels in their brains have narrowed, limiting blood flow and consequently oxygen delivery to brain cells and restricting their function.

"When extra oxygen under higher pressure is inhaled into the body and absorbed into the bloodstream, that oxygen needs to find somewhere to go. It is theorized that the narrowed blood vessels in the brain open up again to accommodate this oxygen and re-supply the brain," Sears wrote. PET scans before and after HBOT treatment show such an effect.

Another theory is that Oxygen molecules under high pressure reach areas of the brain that aren't receiving direct blood flow. "Studies have also shown that stem cells ... in the brain tissue are stimulated by HBOT to multiply and differentiate into brain cells to replace any damaged cells, thus improving brain function."

HBOT is administered in a chamber. The patient receives about 25% greater oxygen content than ordinary air, which has an oxygen level of 21 percent. Air pressure is boosted to about 33 percent higher than normal. The patient stays in the chamber for 60- 90 minutes. It's large enough for them to bring activities, and in some cases be accompanied by a parent. The usual regimen entails 40 such sessions over eight weeks.

HBOT provides positive results for most children, Sears says, citing improved social interaction and language, better cognition and reduced hyperactivity. But,

Sears added in an interview with Desert Health, these gains are usually incremental, not a night-and-day change in symptoms.

Sears recommended that families take a break from HBOT therapy after the usual 40 sessions due to time and financial considerations as not all health insurance covers these treatments. Ideally, autistic children return for a second, and maybe a third, course of 40 sessions, with a month or two off in between. "Some children will lose some of their gains while off therapy and some will not. The hope is that a child will continue to improve the longer he does HBOT therapy," commented Sears.

If a child doesn't improve, future sessions may involve higher air pressures and oxygen levels. Sears noted that children can stop HBOT once they reach a point where they're not improving further and aren't losing their gains when they're off the therapy. He added that some patients benefit from periodic "maintenance" therapy a few times per week.

There are a few medical considerations to HBOT. Sears' book notes that children need certain nutritional supplements to counteract the free radicals the extra oxygen can create in their systems. And a tiny percentage of children have had seizures during HBOT, which also occurs with some adults.

Sears warned that HBOT therapy isn't a cure for autism – nobody's discovered one. He does not know whether autistic children will require HBOT in the very long term, such as into their teens or adulthood. As a pediatrician, he hasn't researched how HBOT may benefit autistic adults. HBOT probably helps autistic people of any age, he said, but "we feel the younger you are, the more potential you have for healing what's wrong in the brain."

Maura Ammenheuser is a freelance health and wellness writer and editor; a personal trainer (certified with World Instructor Training Schools); and certified Mama Wants Her Body Back instructor.

Resources: 1) NIH: National Institute of Child Health and Human Development; Noted source: "The Autism Book: What Every Parent Needs to Know About Early Detection, Treatment, Recovery, and Prevention," by Dr. Robert Sears, 2010, Little, Brown and Co.;



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The Tao of Food: Nutrition in Chinese Medicine

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

The science of Chinese nutrition dates back some 6000 years and is based on the idea that the healing properties of foods can correct disharmonies within the body and promote health.

These properties are: temperature (hot/cold/warm); taste (sweet, sour, bitter, salty, pungent or bland); drying or lubricating; and the energetic action as a result of specific food consumption. For example, foods that are pungent/spicy can make one perspire and open the pores, moving heat from the inside to outside. Foods that are bitter/cold can cause the opposite.

Western nutrition deals with the mechanical and biochemical, measuring units of protein, carbs, fats, vitamins and minerals. Chinese nutrition seeks to create balance—to warm cold or cool heat, dry dampness or lubricate dryness, calm nerves or excite the lethargic.

In traditional Chinese Medicine (TCM) the world, including the body's functions, is seen in terms of the opposing, complementary forces of yin and yang. Typical symptoms of hot or excessive yang could include red complexion, sweats, nervousness, aggression, dry mouth, thirst, dark urine and constipation. Yin foods like grapefruits, apples, cucumber, watermelon, barley, spinach, eggplant, radishes and strawberries, help to cool these symptoms. One should try to avoid hot, spicy warming foods, which raise metabolism.



Symptoms of the cold or excessive yin type include paleness, coldness, low energy, fatigue, loose stools, excessive sleep, feeble weak voice, lack of appetite, clear urine and edema. The patient's diet should incorporate garlic, ginger, green onions, black beans, sesame seeds, chicken, coconut, coriander, fennel and cinnamon—avoiding too many cold yin foods and drinks as they lower metabolism.

Most of us are a combination of yin and yang. You can make a checklist to see where your preponderance lies and try to balance yourself through the foods you eat for optimum wellness. The color of the food also plays a role in Chinese nutrition. White foods like radish, pears, white mushrooms, white fish and white rice are considered to nourish the lungs and large intestine. Black, dark foods like eggplant, black beans, black mushrooms, and blueberries nourish the kidneys and bladder; green foods like leafy vegetables, cucumbers, green peppers and peas nourish the liver and gallbladder. Red foods like beets, tomatoes, red meat and kidney beans nourish the heart and small intestine. Yellow or orange foods such as squash, pumpkin, yams, lemons and bananas, nourish the spleen and stomach.

In accordance to the laws of Chinese nutrition, a healthy person should follow the seasonal guidelines to prevent illness or to harmonize the body. Nature has the perfect plan in providing the appropriate foods for the season. We are influenced directly and indirectly by changes in weather and need to make corresponding nutritional responses.

In the spring and summer nourish yang, with onions, leeks, leafy greens, sprouts, yams, dates, cilantro, melons and mushrooms and add liquid, sugar, honey, or fruit. Nourish yin in winter with nuts, asparagus, root vegetables, grains, meats, vinegar and wine and add heat, time, pressure, and salt while cooking. Eat locally, as these foods are adapted to the same environment as the one in which you live.

In TCM, food is also medicine and many herbal formulas contain food elements. As an example, spring allergies can be treated with beet top tea, and headaches may be alleviated by drinking chrysanthemum tea and eating green onions, ginger, garlic and black mushrooms.

Proper nutrition is essential in TCM. Balance the properties of the various foods, along with the season and area in which they are grown, for achieving and maintaining good health.

Diane Sheppard is a licensed acupuncturist with a Ph.D. in Oriental Medicine. Dr. Sheppard trained in both China and the U.S and is now a staff practitioner at Eisenhower Wellness Institute. She can be reached at AcQPoint Wellness Center in La Quinta. 760-775-7900 www.AcQPoint.com

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Drs. Nicole Ortiz and Sonja Fung

Food Revolution: What's on Your Fork?

By Sonja N. Fung, ND

The American diet is filled with calorie-rich and nutrient-poor foods. No wonder there is an epidemic of childhood obesity, ADD/ADHD, diabetes, heart disease and cancer. People are overweight yet nutritionally starving!

So what can we do about this crisis? The answer starts with your fork!

When talking about nutrition with my patients, I always tell them this: Food is medicine you put into your body 3 or more times a day. Think about it a different way: junk food is poison you put in your body 3 or more times a day. There is a simple truth behind the old adage, "you are what you eat." Avoid the expensive processed foods filled with sugar, sodium, dyes, and a slew of other chemicals and preservatives. Be proactive in preventing future chronic disease!

Most people eat calorie-rich and nutrient poor foods. Within the past decade, pediatricians have seen a resurgence of rickets and scurvy (15th century diseases) due to the lack of vitamin D and vitamin C. Our children should not be suffering from diseases seen in pre-industrial revolution times. Currently, the top 10 most common nutritional deficiencies are: calcium, magnesium, vitamin D, folic acid, Iron, Vitamin B6, Vitamin B12, Vitamin C, essential fatty acids, and antioxidants.

The first step of living a healthy, vibrant life starts with eating healthy, nutrient-dense foods. Here are some examples of foods to eat to replenish your nutrients.

B vitamins (B12, B6, folic acid): Lean organic meats (bison, venison, grass-fed beef), organic poultry, wild caught fish (tuna, salmon, cod), beans, eggs, dark green leafy vegetables, and nuts and seeds.

Vitamin C: Papayas, bell peppers, strawberries, broccoli, pineapple, brussel sprouts

Calcium: Dairy, turnips, kale, Chinese cabbage, bok choy, broccoli

Magnesium: Seeds (pumpkin, sesame), almonds, spinach, Swiss chard, black beans

Essential fatty acids: Nuts and seeds (flax, walnuts), sardines, salmon, soybeans (whole)

Vitamin D: The Sun (I know it's not a food, but it's essential for life),

salmon, sardines, goat milk, cow milk

Iron: Green leafy veggies, legumes, beans, whole grains and, red meat

Eating healthy doesn't have to be difficult or time consuming. Inexpensive, nutritious meals can simply be a baked chicken breast over mixed salad greens and vinaigrette, or stir-fried mixed vegetables and shrimp over brown rice. If you want to determine where you stand nutritionally, specialized blood tests can be ordered by your naturopathic doctor or holistic medical doctor.

You are the only person who can take control of your health. Let your fork pave the way to a vital, optimal life, one healthy bite at a time.

Dr. Sonja Fung is a primary care, naturopathic doctor at Live Well Clinic located on Washington and Hwy 111 in La Quinta at Point Happy Plaza. For more information you can visit www.livewellclinic.org or call at 760-771-5970.

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Cleanse Your Colon for a Fresh Start to Spring!

By Anastasia Richards

Spring symbolizes rebirth and change. As we reflect on new beginnings, we are motivated to restore and refresh our own lives. Spring cleaning around the house or garage creates a sense of satisfaction, and a fresh start to the new season.

Similarly, a colon hydrotherapy cleanse gives our bodies a fresh start, creating that same satisfying feeling. Cleanliness and purity create a calm energy throughout the mind, body, and spirit.

The colon is known as the body's sewage system. Its role as an eliminative organ is to remove waste material by mass muscular contraction called peristalsis. Indulgence in foods that are highly processed and refined, high in saturated fats and low in

fiber can lead to blockages in the colon.

If waste material remains stagnant in the colon, the waste decomposes resulting in the production of toxins and excess gas. These hazardous toxins are absorbed and increase the risk of disease in the body. The effects of a stagnant colon also result in constipation, weight gain, bad breath, headaches, skin outbreaks and blemishes, lower back pain, and lack of energy. Daniel L. Johnson M.D. of Palm Desert states, "It has been estimated by many that 90% of all illnesses start with an unhealthy colon."

Water is a key element to maintaining colon health and ensuring the release of blockages. Colon hydrotherapy is an ancient practice that uses purified water

to cleanse the colon of poisons, gas, toxins and accumulated fecal matter. It is a safe, hygienic, painless and gentle treatment that infuses 8 gallons of filtered water into the rectum and cleanses the entire 6 ft. colon without stressing the individual.

Colon hydrotherapy cleansing has been proven effective for constipation, bloating, abdominal pain, gas, headaches, detoxification, PMS, prostate issues, fatigue, eczema, digestive disorders, parasites, allergies, asthma, infertility, increased energy improved skin, kidney function, and insomnia.' It is the ultimate cleanse for the body, from the inside, out.

March is National Colorectal Cancer Awareness month and could not come at a better time than the beginning of spring. Routine colon hydrotherapy cleansing prevents stagnation, minimizing the exposure of potential cancer-causing agents to the colon wall, and lowering the risk of colon cancer which is the second

leading cancer killer in the US.

Colonoscopy screenings are key to early detection and in order for the screen to be efficient and thorough, many doctors require their patients to have a colon hydrotherapy treatment prior so they have the cleanest colon with which to work.

Health and wellness begins within. This season, take 'spring cleaning' to a whole new level: allow yourself the health benefits and peace of mind that comes from a clean, efficient and healthy digestive system.

Anastasia Richards is a certified colon hydrotherapy therapist and accredited by the National Colon Hydrotherapy Association. She can be reached at Desert Colon Hydrotherapy in Palm Desert 760.773.5994. www.desertcolonhydrotherapy.com

Reference: 1) "Value of Colon Hydrotherapy Verified by Medical Professionals Prescribing It" by Morton Walker DPM copyright 2000 by Dr. Morton Walker.



Lyme Disease: Integrated Approach is Key to Treating Chronic Condition

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

Lyme disease is grabbing headlines nationwide. According to the Center for Disease Control (CDC) new Lyme disease cases are 4 times more common annually than new cases of HIV/AIDS. It is also thought to be the leading cause of 'vector-borne' infections in the U.S.

Lyme disease is defined as an infectious illness that results from the bite of an infected tick. However, according to some leading chronic disease experts like Dietrich Klinghardt M.D. and James Howenstine M.D., Lyme disease has been documented following a bite by an infected mosquito, flea, and mite as well. The bite releases a microscopic organism called a spirochete named *Borrelia burgdorferi*. Ticks may transmit a multitude of other potential pathogenic organisms including *Babesia*, *Bartonella*, *Ehrlichia*, *Anaplasma*, *Mycoplasma*, and viruses. These are known as co-infections of Lyme disease.

If Lyme infection is treated in the early stages with appropriate antibiotic drugs, outcomes for recovery are favorable. According to the Lyme research group ILADs (www.ilads.org), fewer than 50% of patients with Lyme disease recall ever having been bitten by a tick and in some studies the number is as low as 15%. If not caught in time, Lyme can become a chronic debilitating condition.

Chronic Lyme disease is frequently misdiagnosed. It has been known to mimic multiple sclerosis, lupus, rheumatoid arthritis, fibromyalgia, and chronic fatigue syndrome. Symptoms of chronic Lyme can include fatigue, low grade fevers or flu-like symptoms, night sweats, sore throat, swollen glands, stiff neck, joint pain, arthritis, abdominal pain, diarrhea, chest pain and palpitations, depression, anxiety, sleep disturbance, headaches, partial facial paralysis and other neurologic symptoms. The severity of the Lyme illness is directly proportional to the spirochete load, the duration of infection, and the presence of co-infections. More severe cases result in a weakened immune system.

Many collateral conditions result in persons who have chronic Lyme disease. Damage to virtually all bodily systems can result. For this reason Lyme disease expert, Richard Horowitz M.D., has chosen a new name for chronic Lyme disease called MCIDS or multiple chronic infectious disease syndrome. It is his assertion after treating nearly 12,000 cases of Lyme that multiple bodily systems become collectively dysfunctional. This may include disturbances or dysfunctions of the endocrine system (hormones, primarily adrenal and thyroid),

immune system, autonomic nervous system, gastrointestinal system and mitochondrial system. Other associated conditions are systemic inflammation, autoimmunity, heavy metal toxicity, food allergies, and nutritional deficiencies.

Lyme disease is very difficult to diagnose as there is currently no definitive test. When laboratory tests are positive they often indicate exposure only and do not indicate whether the spirochete is currently present and active. Therefore, the diagnosis of Lyme disease is a clinical diagnosis. The patient's entire clinical picture must be taken into account. Many practitioners treating Lyme also do laboratory testing for Lyme co-infections. It is believed that the presence of co-infection points to probable infection with the Lyme spirochete. Another test often utilized is a test called CD-57. This is a specific group of natural killer cells particularly damaged by Lyme disease. A low level of these cells is an indirect indicator of Lyme disease.

Conventional treatment of Lyme includes long term antibiotic use, but an integrative approach has been shown to be most effective. Supportive therapy includes an aggressive exercise plan, proper rest and adequate sleep, and a diet containing generous amounts of protein, quality fiber, and low intake of processed carbohydrates and fat. Many practitioners also advocate the use of far-infrared sauna therapy.

Nutritional supplements also play an important and supportive role. Some of the key supplements utilized and endorsed by the ILADS group include probiotics, Coenzyme Q10, alpha lipoic acid, magnesium, essential fatty acids, and a pharmaceutical grade and USP certified grade multi-vitamin. There are also a number of new and unique nutraceutical products designed to boost immune system function. Many of these products contain ingredients such as Beta Glucans, immunoglobulin supplementation and Transfer Factors.

Treatment of this disease requires a multifaceted team approach including conventional medicine and alternative therapies. If you suffer from chronic and unexplained illness, ask your doctor or health care provider if Lyme disease has been considered as part of your differential diagnosis. Remember, proactive healthcare is the key to vitality and wellness.

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

Sources: 1) website www.ilads.com 2) website www.Mercola.com 3) Townsend Letter for Doctors and Patients, July 2004

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"MyPlate" Replaces Food Pyramid... A Great Place to Start!

By Elizabeth Quigley, RD

March is National Nutrition Month and the theme this year is "Revamp Your Plate." The Academy of Nutrition and Dietetics is encouraging Americans to follow the guidelines set forth by the USDA's new MyPlate graphic that illustrates half your plate should be fruits and vegetables, one fourth lean protein and one fourth whole grains. MyPlate was designed by the USDA to replace the MyPyramid which was determined too complicated.

As a nutrition professional, I support the government's effort to encourage people to evaluate what they eat and make better food choices. The USDA is trying to educate the public on how their food choices can prevent many chronic diseases that contribute to the high cost of health care in this country.

As a Registered Dietitian, I believe the "MyPlate" format is a simple straight forward concept that can be used to teach children about the food they eat. Many people will be much healthier if they eat according to the "MyPlate" guidelines, because many of us don't eat enough fruits, vegetables and whole grains.

In reviewing the graphic, however, I would also keep in mind:

- There is still a big push for animal and dairy in the MyPlate concept which may be due to industry lobbying;
- There is still the underlying feeling that there has to be chicken or meat at every meal, which is not the case;
- The USDA's message is inconsistent in that they subsidize grain farmers but

tell us to eat more vegetables and fruits which are not subsidized and therefore higher priced;

- The USDA is not sufficiently funded to promote their message. This is evidenced by the still alarming rate of obesity, diabetes and chronic disease in the U.S.

National Nutrition Month is a time to review our eating style and explore ways to improve the nutrition on our dinner plates. A great place to start is by looking at what foods actually enhance your health and which foods could be setting you up for a health failure.

Here are some simple guidelines I recommend:

1. Eat foods as close to the way Mother Nature grew them as possible (i.e., whole grain versus refined grains).
2. Eat local and seasonal foods.
3. Consider having one or two dinners a week that are vegetarian.
4. Eat a rainbow of colors every day.
5. When you do choose to eat processed



foods, the ingredient list should read like a recipe not a chemistry experiment.

6. The food you eat should taste good and be good for you.

Remember, food is a very important part of a healthy lifestyle!

Elizabeth Quigley is a Registered Dietician and was formerly Eisenhower Medical Center's Chief Dietician for 23 years. She is now a nutritional consultant with EQ Consulting and can be reached at 760.773.1796 or www.ElizabethQuigleyRD.com

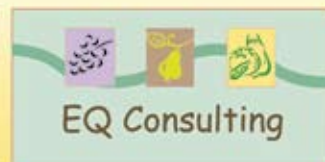
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Can Certain Foods Save Your Life?

By Jon Dunn, ND

When you plan your next meal, don't forget to include some raw broccoli and a few strawberries ... they may just save your life.

Heart attack, cancer, stroke and respiratory disease are the leading causes of death in the U.S., and for the most part these conditions are easily preventable. Sulforaphane, diindolylmethane and ellagic acid are three food medicines that can help. They are found in cruciferous vegetables such as cauliflower, cabbage, bok choy, broccoli and similar green leafy vegetables and berries.

Li Tang and colleagues at the Roswell Cancer Research Center in New York have been studying the effects of cruciferous vegetables on bladder cancer. Their findings indicate that raw cruciferous vegetables both lowered the risk and helped halt the growth of bladder cancer. Specifically, intake of just one serving a month of raw broccoli reduced the risk of dying from bladder cancer in those that had it by 57%. These results did not hold up as well for cooked broccoli, perhaps because cooking destroys sulforaphane, one of many cancer preventive compounds found in broccoli.¹

Diindolylmethane (DIM) is another compound found in cruciferous vegetables, especially broccoli. It has multiple beneficial properties including antiviral, antibacterial and anti-cancer activity. The National Cancer Institute is conducting clinical trials using DIM as an anticancer agent for numerous forms of cancer. For both prevention and treatment DIM has shown promise with breast, prostate, colon and pancreatic cancers.^{3,4}

Ellagic acid is found in berries and some nuts, particularly strawberries, raspberries, blackberries, cranberries and pomegranate. While not as well researched in human studies as cruciferous vegetables, lab studies done over the last 15 years are very promising.^{5,6} Ellagic acid has been found to prevent many types of cancer. It is an antioxidant that helps our bodies deactivate carcinogenic compounds and slow the reproduction of cancer cells. Plants have created this compound to protect themselves, and when we eat the plant/berry, we receive the same benefits.

When we eat a whole food, we derive the benefits that scientific research has identified, plus we receive the unknown but synergistic benefits that come with the whole plant. The common thread among the top four causes of death (the fifth being accidents) is inflammation. Eating cruciferous vegetables, raw and cooked along with berries and an all round rainbow colored organic diet provides potent anti-inflammatory activity throughout the body.

Dr. Jon Dunn is a 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. He is a member of the American Association of Naturopathic Physicians and the California Naturopathic Doctors Association. jon@drjondunn.com www.DrJonDunn.com 760-341-6502 www.facebook.com/DrJonDunn

References: 1) Tang L, Zilpoli GR, Guru K, Moysich KB, Zhang Y, Ambrosone CB, et al. Intake of Cruciferous Vegetables Modifies Bladder Cancer Survival. *Cancer Epidemiol Biomarkers Prev.* 2010 Jun 15; 3) <http://en.wikipedia.org/wiki/3,3'-Diindolylmethane>; 4) <http://clinicaltrials.gov/ct/search?term=diindolylmethane>; 5) Cancer Lett 1999 Mar 1 1;136(2):215-21 Expression and its possible role in G1 arrest and apoptosis in ellagic acid treated cancer cells. Narayanan BA, Geoffroy O, Wilmington MC, Re GG, Nixon DW CANCER Prevention program, Hollings Cancer Center, Medical University of South Carolina, Charleston 29425, USA.; 6) <http://www.brunnerbiz.com/products/ellagicacid.html>

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practitioner profile

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

Profession: Licensed Acupuncturist with Ph.D. in Oriental Medicine

Studied: Samra University of Oriental Medicine, MSOM 2007 - Valedictorian; American Liberty University, Ph.D. in Oriental Medicine, 2009 – Award for Best Dissertation

China Beijing International Acupuncture Training Center: Certificate in Tui Na 1990; Certificate in Acupuncture 2005; Tao of Healing Arts-Shiatsu-1989; Taoist Institute-Tai Chi Chuan, Qi Gong 1988

Practicing: Owner and Clinical Director, AcQpoint Wellness Center; Also practicing at Eisenhower Wellness Institute

Professional Accreditations: State of California Licensed Acupuncturist AAOM, SaAm Acupuncture Association

Why did you choose to enter the wellness industry? I avoided a major surgery through acupuncture therapy and it changed my life. My new passion brought me to Beijing where I studied and worked in the emergency orthopedic ward and China-Japan stroke ward at Guan An Men Hospital. I was told I had a gift and was eager to bring my new found knowledge back to the US.

What made you choose the Coachella Valley? I moved here to take care of my mom, who suffered incredible loss and open heart surgery in close proximity. I am pleased to say she is now doing amazingly well... driving again, going to the gym, cooking and coming to AcQpoint three times a week for vibration therapy, FIR therapy and acupuncture. Her cardiologist even called to ask me what I was doing with her!

What trends in Integrated Health Care do you see here in the Valley? Western medical practitioners are realizing the importance and validity of other treatment methods. We are not a complete alternative to Western practice and can be most effective working hand in hand with modern medicine. It is heartwarming to know people want well-rounded care and exciting to treat patients who are exploring different healing modalities to enhance their well-being.

What are your hobbies? Horseback riding, sailing, cooking, bicycling, meditation, and tai chi.

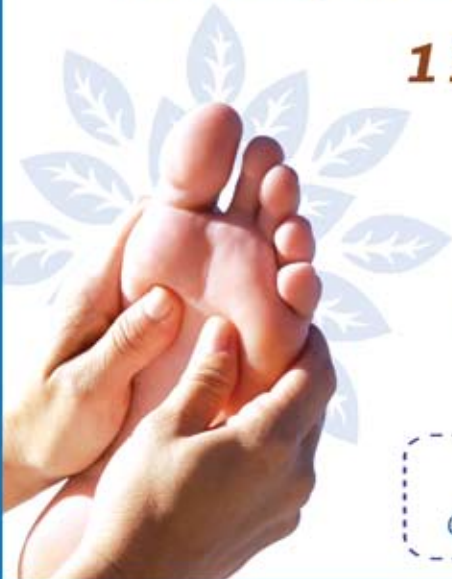
Your best health advice? Don't wait to get sick to go to the doctor or a health practitioner. In ancient China, a good doctor prevented illness, he did not just treat it.



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A Health Practitioner's Secrets: Foods That Help Heal My Body

By Jessica Blaisdell, LMT

Winter and spring are challenging for a person like me for two reasons: the cold weather does not agree with my joints; and my practice is busier during this season due to the influx of desert visitors. As a massage therapist, I give 30 massages a week, approximately 6- 60 minute massages , 5 days a week.

People get massage for a lot of reasons and the majority want to feel better after their session is done. Some come to the spa to find relief for their stressed out body. Some come with minor muscular pain, while others have colds or feel the onset of flu and hope that the increase of circulation in their bodies will help them fight a viral infection.

The daily nonstop movement of my body, usually only breaking for lunch, is like a U-haul truck driving full throttle. By the end of the day, I feel I need a massage to get through another day. So I do get regular massage, but even that is not enough. So I try my best to take vitamins, eat healthier, exercise and rest. And whenever I feel my body is not getting the rejuvenation it needs for optimum performance, I turn to nutrition for extra help. I know food gives me energy, and I know if I eat smarter, I will feel better.

FOODS HIGH IN MAGNESIUM

Magnesium is an essential mineral required by the body for maintaining normal nerve and muscle function, keeping healthy heart rhythm and building strong bones. Magnesium is involved in at least 300 biochemical reactions of the body.¹

Magnesium-rich foods include bran-rice, wheat, and oat; chives, sage, basil, and cilantro; seeds of squash, pumpkin and sunflower; dark cocoa, almonds and cashews.

FOODS HIGH IN GLUTATHIONE

Glutathione (GSH) is an endogenous antioxidant, meaning it is made only by our bodies. Even though GSH is not found in our food sources, it is very important to eat foods high in glutathione peroxidase (GPX) because it is a powerful fighter of free radicals.²

Glutathione-rich foods include avocado, asparagus, broccoli, garlic, spinach, raw eggs and tomatoes.

FOOD HIGH IN ANTHOCYANINS

Anthocyanins are a large subcategory of the bioflavonoid family. They are the pigments that give plants and fruits their beautiful colors. Plants and fruits use these phytochemicals and their powerful antioxidant properties to protect themselves against free radical damage caused by sunlight and other harsh environmental conditions. When we eat these foods, we will get the same antioxidant protection for ourselves.³

Anthocyanin-rich foods include acai, black currant, eggplant, blood orange, blackberry, raspberry, cherry, red grape, cranberry, strawberry and bilberry.

We are blessed to live in a country abundant with produce year round.

The resources are everywhere. Professional health providers are also there to help guide us. It is our lifestyle choices, starting with what we buy in the market, that make a big difference in our health...and in our lives.

Have a healthy one.

Jessica C. Blaisdell is a California State Certified Massage therapist with 8 years of experience and extended learning in holistic health care. Jessica can reach her at 760-401-1077 or email InstrumentsOfInspiration@gmail.com.

References: 1) www.healthaliciousness.com; 2) www.amazingglutathione.com; 3) www.antioxidants-for-health-and-longevity.com; 4) www.lip.oregon.state.edu/Ss01/ANTHOCYANIN

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Living Wellness with Jennifer DiFrancesco



Welcome Spring with the Many Gifts of Lavender

The first official day of spring is March 20th. It marks a time to welcome the beautiful hues and heady aromas nature provides. Morning Glories, Lilacs, Pansies and Lavender open their blooms and thrive. The benefits of Lavender are that it adds beauty to a table in the form of a fresh or dried bouquet, and has healing effects both topically and internally.

For more than 2,500 years lavender has exhibited anti-microbial, anti-fungal and anti-inflammatory properties. Lavender is derived from the Latin word lavare meaning "to wash" since it was used to scent water in Roman baths. Bathers soon experienced benefits other than a sweet smelling bath. The calming, skin healing, soothing benefits of Lavender were also sensational side effects.

Lavender is now one of the most common essential oils with a myriad of uses including soothing burns, healing acne, relieving cramping and calming muscle spasms, and for repelling fleas and mosquitoes in insect repellents. It is a known natural remedy for insomnia as it helps initiate sleep and is often found in pillows for the head and eyes, and bath products. Lavender herbal teas can be a warm internal remedy, and when combined with a warm lavender bath and eye pillow, can provide a soothing night's sleep.

Every year it is a priority to carve a day out of my schedule to attend the Lavender Festival in Cherry Valley. This festival is the last two weeks in June and is located at 123 Farms at The Highland Springs Resort. It is a wonderful secret

setting, approximately an hour away from our desert landscape. 123 Farms is certified organic and adheres to strict federal standards including handpicking and the use of no pesticides. During the festival, participants can take a variety of classes from lavender wreath making to technical classes on how lavender is distilled. Learning the distillation process opened my eyes to how every particle of this plant has apothecary power. You experience the steaming and pressing of the lavender plant to reap oil, and the process that emits pure lavender water called hydrosol. This water is as powerful as the oil and can be used as a skin hydrator or an insect repellent. Many stores will sell waters from essential oils, yet be wary and ensure that the product states it is a hydrosol, as scented water with essential oils does not hold the same value.

In addition to the medicinal uses of the oil and water, there are culinary opportunities to use lavender in cookies, breads, teas and lemonade. Lavender-infused sugar and butter also enhance cooking. The internal effects of lavender can settle upset stomach, reduce flatulence and stop colic.

Essential oils are plant hormones and we must not forget their power. We sometimes underestimate plant oils yet in the case of lavender, the body processes it similar to estrogen therefore pregnant or breastfeeding mothers need to avoid this oil until later. Aside from new moms or moms to be, we should all welcome spring with the introduction of lavender into our life.

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My 95 Year Old Grandfather Loves Eating Fats

By Marley Benshalom

My grandfather, Sam Katz of Rancho Mirage, is 95 and lives a happy healthy life. He travels and maintains a busy, active lifestyle. He battled high cholesterol in the past, but learned that eating good fats could actually help his condition. Through re-creating his diet, he has managed to live long and strong.

Grandfather learned that aging well can be achieved with the help of replacing bad fats such as saturated and trans fats with good fats, polyunsaturated and monounsaturated fats. These good fats have been proven to prevent chronic disease by lowering cholesterol levels and blood pressure. As we all know, excessive amounts of cholesterol become plaque that clogs your arteries and can result in a heart attack or stroke.

Bad fats are those found in dark meat, chicken skin, and whole milk products such as cheese, butter, lard, and ice cream.

The most important good fats are characterized as omegas 3, 6, and 9 and are found in salmon, tuna, flax seed, soybeans, nuts, avocados, and olive oil. Good fats have many positive attributes and are easy to digest. They provide the body with energy and create hormone-like substances that control blood pressure.

Good fats should account for up to 35% of your caloric intake. Consuming too much of these fats can be counter-

productive as even good fats are high in calories and thus, should be consumed in moderation. Checking food labels will bring awareness to how much fat you are consuming.

Old habits are hard to break, but as my grandfather will tell you, replacing the bad fats with good fats can certainly pay off. Making simple food choices like ordering the fish over steak; selecting nonfat or low fat cheese and yogurt; replacing butter and margarine with canola or olive oil; avoiding pre-packaged food, fast food and fried food; and eating more fruits, vegetables, and whole grains.

Being aware of what you consume is the best way to maintain a healthy diet. Consuming more good fats can help prevent serious health issues, and eliminating bad fats can turn some health issues around.

It worked for my grandfather and we are certainly happy to still have him around.

Marley Benshalom is a journalism student at the College of the Desert. Her passion is health and wellness and she is very involved in the community. This is her first editorial and she hopes to contribute more to Desert Health in the future.

Sources: "Fighting Bad Fat With Good Fat." Arabia 2000 (2009): Newspaper Source Plus. Web. 20 Feb. 2012.; "Fats In The Diet, Good And Bad: Recommendations For A Healthy Diet." Clinical Reference Systems (n.d.): Consumer Health Complete-EBSCOhost. Web. 20 Feb. 2012.



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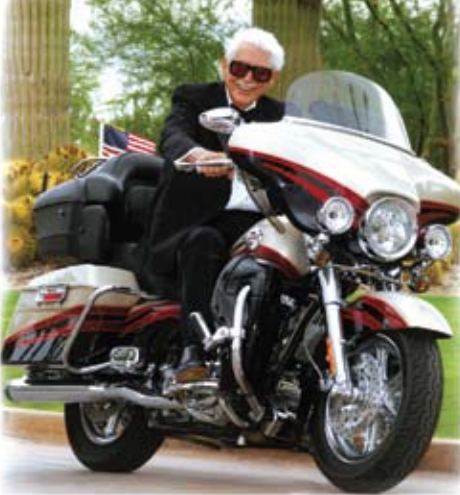
Health Is A Choice

Continued from page 1

Long did make it out of the hospital and shortly thereafter told his manager to run the company while he packed his clubs and took off to play every golf course in Europe he could find. He was single at the time after losing his wife of 20 years and describes these bachelor years as “the best time in his life.” With his charm and good looks, it is obvious that Long was popular with the ladies, which Sylvia confirms with a smile, as she was the controller of his company for 10 of those bachelor years.

Long brings you back to Palm Spring’s golden years when he speaks of his friends Desi Arnaz and Hoagy Carmichael, and his golf companions at the club, Bing Crosby and Bob Hope. Those days of waking up late and staying out later lasted for many, many years. “But 30 years ago, my new bride told me she really didn’t like going out so often. One night she said she needed to go home for her coat and we stayed in. I started staying home and came to like it.”

Sylvia tells a bit of a different story. “We went out every single night and it was fun. We danced and Richard would often sing with the band. But I grew tired and it was affecting my health. It took me about a year to convince him that staying home wasn’t all that bad.” He cut down on drinking, but maintained his social circle and daily activities.



Richard Long at 95 years young

He lives in Thunderbird Heights and plays gin rummy with his friends at the club almost daily, excluding the two days a week he goes to ‘bet on the horses.’ These are activities he has enjoyed his entire life and continues to do so.

When asked about his diet, Long shares another secret to his vibrancy. In the 70’s, he started visiting the Pritikin Longevity Center returning year after year. Pritikin’s one- and two-week lifestyle-change programs focus on daily exercise and an eating plan based on natural, whole foods like fruits, vegetables, whole grains, seafood, and limited lean meat. Scientists from Harvard, Stanford, and UCLA have lauded Pritikin’s effectiveness at improving people’s health.

These results certainly stuck with Long. “On Tuesdays, the ladies took over the golf course so that was my day to cook.” He would make a week’s worth of meals that he put in the freezer. He maintained these healthy habits and today eats small high protein meals throughout the day with fruit and some vegetables (“who likes broccoli?”) This focus on healthy eating has obviously helped Long maintain his mental clarity and physical condition.

“He is an incredible man,” says his trainer, Mike Rojas of Palm Desert. “When I first met Mr. Long, he had trouble lifting his left arm. Now he is lifting 10 pounds doing 12 to 15 reps! His motivation is so inspiring. He never gives up.” Rojas gives a lot of credit to his wonderful support system. “When I go there, I always leave feeling really good. There is just something about the positive environment that stays with you.”

“I was in great physical condition and playing golf every day up until my 92nd birthday” when an unfortunate medical error in a routine appendectomy left Long paralyzed in his right leg. “Physical therapy and training has brought me back to being mobile. One day I saw some guys on television playing tennis in wheel chairs and I said ‘that is for me.’” He got his sport chair and says he has finally perfected his backhand again. It struck me that the photo of him on a motorcycle was at 95... “Oh, I could still ride a bike.”

Richard Long has built a beautiful life for himself that he shares with a close group of family and friends. It’s a low stress life—not because he hasn’t had stress (he still has his company) – but because he made the conscious decision to enjoy each and every day. His optimism, combined with his discipline to maintain healthy eating habits and partake in physical and social activities, have kept him young at heart, in mind and in body.



Sylvia Long and ‘her James Bond’.

I am so honored to have met this inspirational man. And everyone looks forward to his 100th birthday celebration next year as his grand entrance is already planned. He will land his glider on the first fairway of the Thunderbird golf course and step out to take a well-deserved bow.

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Bodyweight Cardio

By Casey Washack

Let's face it. If you want to get lean, or get "in shape", you need to do cardio. The problem? Number one—it's boring. Number two—It can hammer the joints. Running one mile is equal to 1500 plyometric reps... or hopping 750 times on each leg. Would you ever prescribe that to someone who wanted to lose weight and reduce fat? Number three—Well, we live here in the desert and going for a run isn't always fun—in the summer the 100+ degree heat is definitely a deterrent. The good news? You can get a great metabolic workout, without pounding, without being bored, and maybe within six square feet... You're surrounded by nothing. Stuck in a house or hotel, miles from the closest gym. Perhaps visiting the in-laws, or on a business trip (trust me, I've been there), but you still want to do a fat burning workout. You can't even go for a walk because it's a) raining, b) snowing, c) there are no sidewalks. So what can you do? The only "equipment" you have is your own body, but all they taught you in gym class was how to do crunches, pushups, and flexed arm hangs. And you aren't doing that from the doorframe here in the Hotel 6. I've spent my entire adult life researching wild workouts, exotic exercises, and body movement. My bodyweight exercise obsession started when I was in the Marine Corps and we were stuck out in the desert for months on end with no gym (and no exercise equipment) for miles and miles. Fast forward thirteen years later and I continue to hunt for more bodyweight workouts. You don't need to be outside to do this bodyweight cardio fat burning workout, but hey, it

doesn't hurt to be out in the sunshine, getting a glorious sweat on while undertaking this intense exercise routine. A minute of bodyweight exercises doesn't sound like much, but when you get down to the brass tacks, it is a challenge. I'd love to know what you think of this workout and other ones like it. I have dozens of interval-type workouts that don't require you to sit on a stationary bike or use a treadmill. And you absolutely have no need to suffer the 'dishonor' of slow, boring cardio ever again. Thanks to bodyweight exercises (plus kettlebells, dumbbells, TRX exercises, etc., if you have access), there are a wide range of fun workouts that can help you burn fat and tone your body, without the need for expensive memberships to overcrowded gyms. That said, it's time to work out. Visuals always help, so take a quick minute to view these exercises on our website and you'll be ready to go anywhere at any time (nextlevelfitness.org). **1 minute each exercise:** **Ex 1.** Rear Foot Elevated Split Squat (1 minute each leg) **Ex 2.** Alt. Push-Up Touches **Ex 3.** Single Leg Hip Raise with Single Leg Sit-Up (1 minute each leg) **Ex 4.** Superman Pulls After completing this circuit, rest for 1 minute. Do 3 rounds total.. Get sweaty... reduce fat... build muscle... and enjoy! Casey Washack is certified in diet and nutrition, strength and condition training, water aerobics and kick boxing. He has trained a broad array of clients from US Marines, to PGA golfers, to those with physical limitations and medical conditions. Casey is co-owner of Next Level Fitness and co-creator of the highly successful FitIn42 Program. He can be reached at 760.341.8200.



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Keep Your Game On Course

By Vincent Kambe PT, DPT, OCS

There are now an estimated 23 million golfers in the U.S . alone. With a growth in sport popularity, and most golfers' strong drive to improve, golf-related injuries are on the rise. Close to 60 percent of golfers experience sport-specific injuries every year. And whether the golfer is a professional or an amateur, most injuries occur during the swing. So the question becomes, "how can we decrease our likelihood of developing these injuries, and if we do get injured how do we get our bodies back on the course?" There are two primary types of golf swings as they relate to the lower body, the modern swing and the classic swing. In the modern swing all the force is generated from rotation in the lower back. In the classic swing the golfers lead heel comes up at the top of the backswing absorbing some of the force. The classic swing may take a couple yards off your drive but it will decrease your chances of developing low back pain, the most common injury in golf -- and keep you doing what you love. A regular walking program can also help prevent golf-related injuries. As little as 30 minutes of walking per day can increase your endurance and help prevent problems associated with fatigue. Walking can also help shed unwanted pounds that put excess force on the knees and hips, as well as increasing blood flow to these areas. As with any new activity it is important that you consult your physician before you begin exercising. Injuries are bound to happen, but how do you get back into the swing of golf

when you've recovered? Once again you should always consult with your physician after returning from an injury and consider a functional screening with a movement expert; i. e. , a physical therapist to help prevent further problems. When you have been cleared to return, start out taking all shots off tees to avoid striking the ground and aggravating the injury. Also play with higher angled clubs and work your way down to your driver over a period of a few weeks. Injuries and pain do occur in golf, but adhering to a few basic guidelines can decrease their likelihood. The goal is to keep you on the course because you are not just participating in a great pastime. You are completing movement for life. Vincent Kambe received his Bachelor of Science in Kinesiology with a concentration in Pre-Physical Therapy from Cal Poly, San Luis Obispo and his doctorate in Physical Therapy from Azusa Pacific University. Vince can be reached at Avid Physical Therapy (760) 347-6195. vince@avidphysicaltherapy.com

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Fit Kids, Healthy Minds, Happy Family

By Bronwyn Ison

We hear time and time again about the frighteningly high rate of child obesity in the United States. And it continues to rise. Research now shows that unless we take serious measures and precautions, our children will be the first generation to die younger than their parents.¹

According to the Centers for Disease Control and Prevention (CDC), more than one-third of U.S. adults (over 72 million people) and 17% of U.S. children are obese. The statistics are startling. Several contributing factors include: genetics, diet, socioeconomic status, and physical inactivity—all precursors to overweight children.

Children and adolescents have different stresses than adults, fitting into the right clique, wearing the trendy

clothes, etc. Being overweight isn't cool, and being teased about it is worse. Establishing positive eating habits with your child can make all the difference in their future. Healthy changes can be made in the eating habits of every child, from toddlers to teens. Are you willing as a parent to set the guidelines for your child? Here is food for thought...

The CDC tells us that obesity is costly and increases the risks of many health conditions including coronary heart disease, type 2 diabetes, many cancers, sleep apnea and respiratory problems to name a few.

As parents, it is our responsibility to choose a healthy diet for our children. Lessening high carbohydrates and drastically reducing foods with a high

sugar count will cut the calories. If your child is eating more calories than he/she is burning, he/she can gain as much as ten pounds per year. Suggestion: Cut out fast food, soft drinks, and pastries, which are all high caloric foods and hard to burn off. It's a proven fact that kids who are raised on fruits and vegetables, like fruits and vegetables.

The average child spends 3 plus hours per day watching TV or playing video games, which leads to inactivity. Opportunities for parents to engage their kids are plentiful in the desert. Dynamic Athletix of Palm Desert offers youth athletic programs. This is a safe, fun, and positive training environment for children that builds confidence and boosts spirits. In order to keep a child's interest, Dynamic Athletix focuses on the fundamentals of movement and stability. According to world renowned strength and conditioning coach Peter Twist, studies show that kids 30 years

ago consumed more calories than kids today but they were far more active in daily life. Twist is nearly 100% certain that obesity among our youth stems from inactivity.

As a parent, how do you plan to guide your child to brighter future? Focus on healthy eating (more fruits and vegetables) and limiting TV/video time. As a desert resident and mother of two, I see firsthand the positive effects of healthy eating, and how fortunate we are to be able to play outside year round.

Start today so your child has a better tomorrow!

Bronwyn Ison is a yoga instructor with open (public) classes at the Empire Polo Grounds. Bronwyn can be reached at bronwynliv24@yahoo.com or visit www.BronwynIson.com

Reference: 1) New England Journal of Medicine, March 2005



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DESERT HEALTHCARE DISTRICT: Funding Programs that Improve Local Health Care Services

New Health Programs Now Available For Teachers, Students & Parents

Directors of the Desert Healthcare District approved two grants to the Palm Springs Unified School District (PSUSD) and Cielo Vista Charter School (CVCS) for nutrition and fitness programs designed to encourage parent involvement and spur healthier lifestyles for nearly 3,000 Valley students.

The District awarded \$803,626 to PSUSD to fund its Nutrition Education and Physical Activity Program over a 3 ½ year period, and a one-year award of \$259,726 to CVCS to conduct a "Soaring to Healthy Lifestyles Program" in the District.

Nearing the end of its first year, the PSUSD grant has funded extensive nutrition education classes and physical education activities for students, staff, and families at Agua Caliente Elementary School in Cathedral City and Julius Corsini Elementary School in Desert Hot Springs. The program also includes health assessments for a defined cohort of students at the two targeted schools along with Cielo Vista and a control school, Lyndon B. Johnson Elementary School in the Desert Sands Unified School District.


Parent involvement in this pilot program is critical to its success. Students in the first and second grades are being tracked for 42 months, both in the classroom and in their own homes via quarterly "motivational interviewing" with parents. The parents also attend workshops and confer with guest chefs in learning how to prepare healthy meals. A registered dietician and a licensed vocational nurse have been hired to help facilitate the program, and communicate directly with students, parents and faculty.

Physical activity is increasing using SPARKS (Sports, Play, and Active Recreation for Kids) techniques at two recess times per day and during physical education classes. The funding provided SPARKS teacher training and ongoing support for the duration of the program.

PSUSD's Student Services Department currently makes home visits to students and families that are at risk of falling behind in the system. Community liaisons – who already have established relationships with families – identify those families who may need additional services provided in the home. The home visits associated with this grant deal specifically with nutrition education, health, wellness and physical education for the students and family. The Nutrition Education Project Manager (a registered dietician) and a Licensed Vocational Nurse identify students on campus who warrant these additional services, and work in conjunction with the Registered Nurse on campus as well as the Student Services department.

The grant to Cielo Vista Charter School is helping to provide students and their families with fitness activities and nutritional education on school grounds. Classroom teachers and community aides facilitate active learning, instruction, and participation each day for 45 minutes. A full-time program coordinator has developed family-based activities and instruction based on health evaluations made at the beginning of the school year. Students are encouraged to work out on campus after school and with a parent. A school nurse conducts mid-year body composition assessments, and families and students complete a weekly menu plan that is used in nutritional evaluation.


For more information contact the Desert Healthcare District at 760-323-6113



Coachella Valley's Health Care Industry

MENTORING THE FUTURE

Brought to you by CVEP's Health Care Council



Exploring Careers in Nutrition Sciences

At the recent Clinton health conference, Dr. Mark Hyman reminded the audience that the food that's making us fat is also making us ill.

In response to this statement and to local workforce data, CVEP's Health Industry Council has developed a strategy to prioritize awareness of careers in nutrition, and to develop work-based learning programs around these professions. The program will be implemented initially at the high school and college levels. Two local nutrition champions stepped up to lead this work:

- **Liz Stankis, R.D.**, a graduate of La Quinta High School's International Baccalaureate Program, and Cal Poly San Luis Obispo's Nutrition Science Program, began the initial work of this group: to complete a regional scan of program offerings, followed by a student template or road map to and through Nutrition Profession Education/ Training Programs. Liz' mission is simple: "To help spread the word about nutrition in order to help young people embrace the idea of disease prevention, rather than just management. There is so little known about the profession. It is my mission to educate others about the opportunities available to them."
- **Sarah Gaete, R.D.**, College of the Desert Adjunct Faculty, and Certified Health Coach, has a wealth of experience, knowledge and passion about her chosen profession. Sarah has taught nutrition science classes at the community college level for 16 years, the past nine at College of the Desert, where she notes, "I have a captive audience for 16 weeks—time to change behaviors and to change lives." Sarah created the 'County Champions for Change' program which trained residents and students throughout the Coachella Valley to reach out to their communities to teach the Dietary Guidelines and My Pyramid information. Sarah trained a total of 165 people, primarily students, through this program—most recently, offering a 'Habits of Health' meeting held weekly at EMC's Annenberg Center for Health Sciences. Sarah relates her mission, "... Today about 70% of costs in healthcare are lifestyle-related... We each have the potential to impact greatly the face of healthcare today as well as our economy by having a more productive, healthy labor force."

These two professionals are dedicating their lives to reversing the ill effects of poor nutrition on people's health, ultimately improving the health of our community. Liz and Sarah are leading the effort to mobilize local students interested in health professions to understand how central what we eat is to our overall health.

The Health Industry Council's Nutrition Professions Education Program brings current and retired nutrition health professionals across the region together to improve and expand opportunities for local students to succeed in nutrition and dietitian careers. Mentoring our future healthy community means getting back to the basics—healthy food and active living still equate to good health.

If you are interested in participating in this program, contact Donna Sturgeon, CVEP Health Industry Council Work-Based Learning Programs Coordinator: DonnaSturgeon@gmail.com (760) 861-8288

A photograph of a restaurant interior. In the foreground, there's a dark, round table with a glass vase containing flowers. Behind it, a wooden bar with high stools is visible. The bar is well-stocked with various bottles. The background shows more tables and chairs, and the lighting is warm and ambient, with some pendant lights hanging from the ceiling.

A photograph of a garden bed at night, illuminated by string lights. A white sign with black text reads "STRAW- BERRIES". The garden contains various flowers, including pink, yellow, and red blooms.

A collection of glass jars filled with various preserved vegetables, including pickled cucumbers, tomatoes, and peppers, arranged on a wooden surface.





Desert Diabetes Club
Presents the 17th Annual

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Saturday, March 17, 2012
8 a.m. to 3 p.m.
Annenberg Center for Health Sciences at Eisenhower Medical Center

Keynote Celebrity and Medical Speakers

Alan Thicke
Actor (*Growing Pains*), writer, game show host and founder of the Thicke Center for Diabetes Research

Steven R. Gundry, M.D.
Director of the Center for Restorative Medicine and author of *Dr. Gundry's Diet Evolution*

A full-day FREE event. 44 exhibitors & products.
Health screenings for all members.

Plus over 21 educational sessions by physicians, researchers, nutritionists and other health experts.

Spanish speaking lectures and exhibitors offered this year.

Session Schedule

7:30 a.m. – 1 p.m. Registration / Membership	11 – 11:45 a.m. CELEBRITY KEYNOTE SPEAKER Health Care and Health Careless Alan Thicke
8 a.m. – 3 p.m. Product Fair – Vendors Diabetes Screenings for members	NOON – 1 p.m. LUNCH BREAK PRODUCT FAIR OPEN
8:30 – 8:45 a.m. Welcome to the Jim Cook Day of Hope for Diabetes®	NOON – 12:20 p.m. Chair Exercise, Lisa Manning, CET Continuous Glucose Monitoring Justin Macklin, TBM Judy Gates, RN, MPH, CDE
9 – 9:45 a.m. The New 3M Approach to Diabetes Rodolfo Batarsé, MD New Treatments for Diabetes Pushpinder Guleria, MD Diabetes Treatment and Programs (SPANISH) Marielena Cid, RN, CDE, BSN Taking Perfect Care of Your Feet Michael Seiberg, DPM	12:30 – 12:50 p.m. Let's Get Motivated to Exercise!, Sharla Jensen Addiction and Diabetes, James W. Golden, MD
10 – 10:45 a.m. Latest Diabetes Research K. Douglas Thrasher, DO Diabetes and Heart Disease Philip Patel, MD The New 3M Approach to Diabetes (SPANISH) Rodolfo Batarsé, MD Burst Exercise for Diabetes Mark J. Smith, PhD How Stress Can Complicate Diabetes Patricia Avila, MD, MPH	1 – 1:45 p.m. MEDICAL KEYNOTE SPEAKER Eat Fat to Cure Your Diabetes Steven Gundry, MD
	2 – 3 p.m. (Prizes awarded at these sessions!) Ask the Doctor Free Expert Advice Panel Elke Jost–Vu, MD, Philip Patel, MD, Mark Smith, PhD, Joy Hamilton, MD, Sofia Peterson, Ask the Experts Free Expert Advice Panel, (SPANISH) Rodolfo Batarsé, Raul Ruiz, MD, Patricia Avila, MD, Michael Seiberg, Marielena Cid, Gustavo Wong

For more information, please call 760-773-1578 or visit emc.org/ddc

Join Us at Relay For Life in Rancho Mirage



Relay For Life is a 24-hour life-changing event that helps communities across the globe celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease.

Our community event will be held in Rancho Mirage March 31st & April 1st and everyone is encouraged to participate.



Teams come together at Relay for Life

Here's how it works: A team captain gets together some of his or her closest friends, family and coworkers and forms a team. The team members go out and collect contributions prior to the event. Relay for Life is the celebration party at the end of the fundraising.

Come Relay Day: Participants grab their tents and chairs and head to the Relay for Life. It's like a community camp-out. People pitch their tents on the field, and take turns walking around the track.

Relay for Life is not just about honoring Survivors: It's about empowering them to fight back against cancer. The first lap at the Relay is special ... it's the Survivor's Lap. Cancer survivors are invited to walk the first lap. It's very emotional and hopeful to see how many people DO survive cancer.

In the evening: There is a Luminaire Ceremony. White bags with sand and a candle line the track. Each one is dedicated IN HONOR OF a cancer survivor, or IN MEMORY OF those who have lost their battle. Luminaries encircle the track and light the way as Relay participants walk through the night.

Why 24 hours? Cancer never sleeps, why should we?

Why participate in Relay for Life? One in three people will be diagnosed with cancer within their lifetime. The money raised at Relay saves lives by funding cutting-edge cancer research, early detection and prevention education, advocacy efforts, and life-affirming patient services.

Your involvement makes this all possible!

March 31st & April 1st at Marywood-Palm Valley School in Rancho Mirage from 10a – 10a.

Relay for Life is a team event to fight cancer. It raises awareness of cancer in the community and raises money to support the programs and services of the American Cancer Society. If you would like to join our fight, please contact Relay For Life Manager, Jennifer Heggie at 760 568-2691 (option 3) or Jennifer.Heggie@cancer.org. For more information visit our website at www.relayforlife.org/ranchomirageca

Helping to Celebrate More Birthdays!

Eisenhower Medical Center is proud to be the Presenting Sponsor of the 2012 American Cancer Society's Relay for Life of Rancho Mirage

Saturday, March 31, 10 a.m. through Sunday, April 1, 10 a.m. Marywood-Palm Valley School

Music, Food, Yoga, Zumba, Massage, Face Painting and More!!!

Relay for Life is a 24-hour team event to fight cancer. It raises awareness of cancer in the community and raises money to support the programs and services of the American Cancer Society.

For more information or to sign up, visit www.relayforlife.org/ranchomirageca or call Relay Manager Jennifer Heggie, 760 568-2691, ext. 3.

We salute the American Cancer Society in their fight against cancer.

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HITS Thermal Prepares To Cap The 2012 Winter Horse Show Circuit In Style

Coming weeks will feature a World Cup qualifier and the \$200,000 Lamborghini Grand Prix

From the moment the first horse entered a ring at the 2012 HITS Desert Horse Park excitement has been building for the last two weeks of competition, which will feature the last FEI World Cup qualifying opportunity at HITS Thermal and the return of the \$200,000

The following week, HITS Thermal will celebrate the return of the \$200,000 Lamborghini Grand Prix, presented by Lamborghini of Newport Beach on March 11. The featured class will conclude six weeks of exciting show jumping before HITS Desert Horse Park closes its gates for the year. Olympic Course designer Steve Stephens will lay the course for the Grand Prix and is known to serve us some innovative challenges. Lamborghini of Newport Beach will also be on-site to showcase some of their inventory as part of HITS Horsepower Weekend.



Lucy Davis and Nemo 119 sail over an airy vertical on their way to winning the 2011 \$200,000 Lamborghini Grand Prix of the Desert, presented by Lamborghini of Newport Beach, at the HITS Desert Horse Park in Thermal, California. The signature event will return to HITS Thermal Sunday, March 11, 2012.

Lamborghini Grand Prix, presented by Lamborghini of Newport Beach.

Saturday, March 3 will welcome spectators to the indoor arena for an evening of international level show jumping in the form of the \$50,000 HITS Grand Prix CSI*2-W. Acclaimed Course Designer Olaf Petersen will set the 1.60 meter World Cup course and welcome some of the best riders on the West Coast and from around the world to take a chance on competing in the 2012 FEI World Cup in the Netherlands this April.

Aside from closing out the HITS Thermal Winter Circuit, both the FEI class and the Lamborghini Grand Prix will provide the last West Coast Qualifying opportunity for the Pfizer \$1 Million Grand Prix, schedule for September 9, 2012. High-performance riders are sure to take advantage of the final chances to bank necessary prize money to become eligible for the world's richest weekend in show jumping before HITS moves east for the spring and summer.

For more information on the HITS Desert Circuit or a complete schedule, please visit www.HitsShows.com. ©Flying Horse Photography.

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Join us at the beautiful HITS Desert Horse Park for world-class equestrian show jumping.

Don't miss these upcoming Special Events

Saturday, March 5: \$53,000 Chartis Grand Prix CSI-W, 6:30 pm

Season FINALE!!

HITS Horsepower Weekend – March 9-11

Featuring the \$200,000 Lamborghini Grand Prix of the Desert presented by Lamborghini of Newport Beach

Don't miss the action, don't miss the horsepower! Starting at 12pm on Sunday, March 11, Lamborghinis will be lining the Strongid® C 2X Grand Prix arena as some of the best equestrians in the world compete for hundreds of thousands in prize money!



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Health Matters: Now It's Up to Us

Continued from page 5

school and will spend between 12-15,000 hours there before graduating. Schools have to take part in this movement. People who work with school districts understand the challenges, but change is possible.

To improve access to healthier beverages for school kids across the country the Alliance for a Healthier Generation brokered voluntary agreements with the nation's largest beverage companies to remove full-calorie soft drinks from every school in America and replace them with lower-calorie, smaller-portion beverages. The landmark agreement led to an 88 percent reduction in beverage calories shipped to schools between 2004 and 2009.

Dr. Howell Wechsler, Division Director for Adolescent and School Health, Centers for Disease Control and Prevention stated 5 critical points:

- 1) Schools must be greatly involved in activating wellness.
- 2) Promoting health needs to be a

fundamental part of the mission of our schools.

- 3) We know what needs to be done, but there is a lack of implementation. CDC provides tools for schools; they just need to act.
- 4) Promoting health needs to be integrated into school accountability requirements (health councils and quantifiable programs must be implemented).
- 5) No progress will be made unless policy makers are made to understand that it is not acceptable to cut gym class and school wellness programs.

The Durham, NC public school system has 33,000 students. 66% are on free and reduced lunch programs. The district has been working with the Healthy Schools program for 3 1/2 years. "Now we have one of the most aggressive wellness campaigns in the state," says Pete Shankle, wellness coordinator. Every school has a wellness

council and must turn in a wellness plan with short and long term goals, along with means of measurements. Each of the 54 schools takes an assessment to determine where they are and how far they have to go. District policies have created a chance for all the schools to achieve awards from the Alliance.

We need to change the defaults to change the culture of schools, says Clinton. Examples include:

- Create healthy councils of kids and staff to generate program ideas and teamwork.
- Instead of gold stars, hand out red apple stickers. A small gesture, but it shows that we value apples the same as gold bullion or a star in the sky.
- Open school playgrounds and sports fields off-hours to allow kids and parents a place to play and be active.
- Create summer challenges: How many steps can you all take before coming back in the fall (which can easily be done through the Valley's Healthy Lifestyle Challenge (below))

A district in Minnesota stopped allowing kids to drink or eat in the hallways or classrooms. Their weight went down 10% without altering anything else in health or exercise. Seemingly small changes can make a difference in the health of our students.

We all need to play a role in resolving our country's national health crisis. Clinton's 'Health Matters' conference highlighted the issues, discussed the opportunities – and offered us inspiration for positive change.

Working together, we can effectively combat childhood obesity and deal with the challenges of the aging baby boomer population. We can become healthier as individuals, and build stronger, longer-living communities around healthy living principles.

"Every human being has the responsibility to live as long as you can and to help others do so," concluded Clinton. "Everybody's got to be part of this effort. If we make this a national culture change, we will make a difference."

For more information or to view the conference visit www.clintonfoundation.org/healthmatters



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COACHELLA VALLEY HEALTH COLLABORATIVE



It's City vs. City in the Healthy Lifestyle Challenge: Join the Team!

The Coachella Valley Health Collaborative kicked off its 2012 Healthy Lifestyle Challenge at a nutritious breakfast event at Eisenhower Medical Center on January 11. Almost 1,000 Coachella Valley residents have already participated in the collaborative's previous challenges and more than 1,500 people are expected to participate this year.

Representing their respective towns at the meeting, Indio mayor Glenn Miller and Palm Springs mayor Steve Pougnet, formally challenged each other. "The City of Palm Springs is very excited to be taking part in the Healthy Challenge," according to Mayor Pougnet. "Palm Springs residents lead a healthy and active lifestyle to begin with, and I thoroughly expect our City to win the challenge!"

It's a community challenge, not a personal challenge and the mayors are representing their communities. They encourage everyone to get involved, including staff, council, residents, and friends. The mayors are announcing it at council meetings and spreading the word through city agencies.

Indio Mayor Miller adds, "The City of Indio is actively participating in the Healthy Lifestyles Challenge. Specifically, the Indio Senior Center and Teen Center are very involved with several exercise and nutritional activities. Our Teen Center is highlighting its very popular boxing program along with our Youth Advisory Council. Our Senior Center is offering a walking program and other exercise classes as well as healthy eating choices. I'm confident that the residents of Indio are going to embrace the Lifestyles Challenge and that Indio will be the city to beat."

"Mayors Glenn Miller and Steve Pougnet recognize the importance of health and are taking a lead in the community to role model fitness by participating in the fitness challenge," said Gary Jeandron, CVHC project director. "They are encouraging their communities to participate in becoming healthier." The challenge is geared toward local organizations, businesses and residents. The aim is to improve the health of Coachella Valley residents by promoting physical fitness and an overall healthy lifestyle.

The collaborative's interactive website, which this year is sponsored by Desert Oasis Healthcare, is designed 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 how they match up against others participating in the various challenges.

The program is free and all Coachella Valley residents are encouraged to participate. 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 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 health care.

To register for the 2012 challenge, visit www.mywellsite.com/cvhc. For more information about the Coachella Valley Health Collaborative, contact Gary Jeandron, Project Director, at (760) 341-2883, ext. 78163 or gjeandro@csusb.edu or visit <http://cvhc.csusb.edu>.

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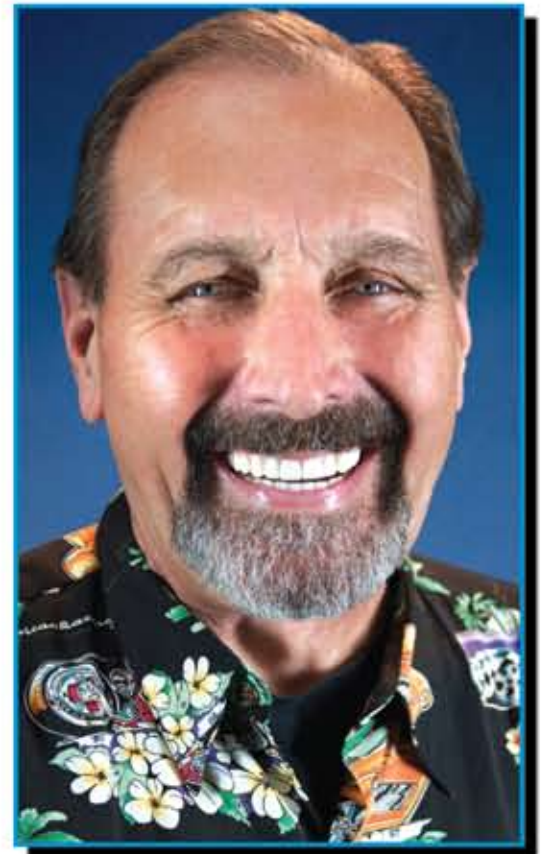


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