



# Desert Health<sup>®</sup>

News from the Valley's Integrated Health Community

March/April 2013

## what's inside

### Medical News

4

The Not-So-Sudden Heart Attack

### Natural Options

11

Achieving Healthy Cholesterol Naturally

### Integrated Practices

15

Stress: The Silent Killer

### Family Health

17

Indio High Teaching Physiology of Digestion

### Financial Health

18

Financial Basics for Your Kids & Grandkids

### Fitness

20

Healthy Lifestyle Challenge II Starts April 1

### Health & Beauty

22

Find Your Balance with Vino & Vinyasa

### Fresh Cuisine

23

Hip, Cool & Healthy at Workshop Kitchen + Bar

### Desert Events

25

Mayor's Race & Wellness Festival

### Senior Health

27

The Challenge of Dealing with Aging Parents

## Creating a Healthier Community

# Let's Do It!

The Coachella Valley is coming together in the name of good health and longevity. We accepted the challenge from the Clinton Foundation to serve as the first model city for the national Clinton Health Matters Initiative (CHMI) and action steps are underway.

The mission of the CHMI is to improve the well-being of our nation's population and reduce health care costs associated with preventable disease. "More than 70% of adults across the United States already live with a chronic disease," states Ginny Ehrlich, Chief Executive Officer of the CHMI. "We have a very costly epidemic on our hands, yet many of these diseases are preventable." Using proven models, the Initiative's goal is to build a platform to help people make small lifestyle changes to increase longevity and quality of life. This community-by-community effort is starting in the Coachella Valley. Other cities who have accepted the challenge include Little Rock, AK; Houston, TX; and greater Jacksonville, FL.

Following the launch of the CHMI in November, the Clinton Foundation brought together 125 local leaders

and stakeholders to identify needs and develop 45 concrete goals and strategies to accomplish over the next 5 - 7 years. This plan serves as the Blueprint for Action...and the actions are bold.

So who is doing all the work? It is not the Clinton Foundation. It is each and every one of us who chooses to be a part of this monumental movement. The Foundation is providing valuable resources including an established platform, examples of success, and the connectivity that only a former President can deliver. Acting as the facilitator, the Foundation will bring individuals and groups together for greater combined success.

Those contributing will range from mothers who start making healthier choices at the grocery store, to seniors who start a walking club in their neighborhood. From small employers who offer recess breaks in their workplace, to large hotels that implement wellness plans for employees. From non-profit organizations who join forces to serve a larger population, to major corporations who donate their time and resources to improve accessibility.

Continued on page 3

A Healthier  
STARTS WITH US  
Community



Throughout the decades, the concept of 'healthy habits' has evolved. One longstanding premise seldom challenged is that physical fitness—to maintain muscle and cardiovascular health—serves you well in the present, and in future years.



Gary Player delivers his message of good health at the Humana Challenge

This concept was challenged in the 1960's by those who thought muscle mass would infringe on a golfer's game, but Gary Player proved them wrong. Dubbed 'Mr. Fitness' for his dedication to working out, he faced the sneers of many who said he would never last as a professional.

"One famous reporter said I would never win a tournament over 35," says Player. "When I won a tournament at 63, I looked up to heaven and told him to make sure there is a gym we can both use when I get there!"

Now 77, Player has made physical fitness, not only a priority but a lifetime passion. And it has served him well. He is a legendary athlete winning more than 160 tournaments over the past six decades. He is one of only five golfers with a career Grand Slam title, having won all four major tournaments—the Masters, the U.S. Open, the British Open and the PGA Championship. He is also the only golfer to have won both an international grand slam and a senior international grand slam for players 50+.

Continued on page 28

**One Team. One Path. Your Life.**

The Comprehensive Cancer Center at Desert Regional Medical Center

Palm Springs • La Quinta

Contact us today to schedule your appointment:  
**(760) 416-4800**

**DESERT REGIONAL MEDICAL CENTER**  
Comprehensive Cancer Center

[www.desertregional.com/cancer](http://www.desertregional.com/cancer)



## Creating a Healthier Community

In one of our earlier issues, I wrote a piece on Coachella Valley Volunteers in Medicine, the Valley's only free medical clinic. VIM is a national organization and our local chapter opened in 2010. I interviewed founding



Moving forward and giving back

members Ron Hare, MD, and Roy Pitkin, MD, both retired physicians who after successful careers wanted to give back. I was struck by their passion for the cause—and desire to share that passion with other Valley doctors.

After reading the editorial, my mom Doris shifted from her respected volunteer role at Eisenhower to work with CVVIM in order to serve those most in need. She too

person waiting list for dental care, and the clinic's limited hours due to lack of volunteers. When I began sharing this information with the health care community, I realized that few even know about CVVIM.

After attending the Clinton Conference and gaining a clear understanding of the Clinton Health Matters Initiative and the 'call to action' for community Pledges, I knew how *Desert Health*® could help.

And that is what it's about...finding the way you can contribute to creating a healthier community. You come up with an idea, contact others who can help bring your idea to fruition, and set a goal. I cannot tell you how great it feels to be part of a larger plan aimed at increasing longevity and quality of life—for you, your family and the entire community.

They say that giving back is good for your health. I've caught the passion from those who support CVVIM, and understand how that statement is true.

Find your passion and make a Pledge—for your own health and others.

*Lauren*

Lauren Del Sarto  
Publisher

A Healthier  
**OUR VALLEY**  
Community

Follow Us! DesertHealth



PO Box 802  
La Quinta CA 92253  
760.238.0245

[www.DesertHealthNews.com](http://www.DesertHealthNews.com)

**PUBLISHER & MANAGING EDITOR**

Lauren Del Sarto  
[Lauren@DesertHealthNews.com](mailto:Lauren@DesertHealthNews.com)

**CONTRIBUTING EDITORS**

Chanin Cook  
Doris Steadman  
Jo Ann Steadman

**GRAPHIC DESIGN**

M.Kay Design • [m.kaydesign@mac.com](mailto:m.kaydesign@mac.com)

**WEB MASTER**

Benjamin Katz Creative  
[bk@benjaminkatzcreative.com](mailto:bk@benjaminkatzcreative.com)

**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](mailto:News@DesertHealthNews.com) with photo caption and credit. Submitted photos may be published free of charge by *Desert Health* and will not be returned.

**Distribution:**

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

*Desert Health* is a California Corporation. All rights reserved. Reproduction in any form, in whole or in part, without the written consent of the Publisher is prohibited. The opinions and views expressed in these pages are those of the writer or persons interviewed and not necessarily those of *Desert Health*. *Desert Health* hereby expressly limits its liability resulting from any and all misprints, errors and/or inaccuracies any advertisement or editorial may contain.

Printed on paper from sustainably grown and farmed evergreens

## PALM DESERT PODIATRY CENTER

COMPLETE FOOT & ANKLE CARE

### Pain Therapy by MLS®

When a physical condition or injury affects mobility or quality of life, there is one goal: A rapid return to every day activities.

Laser therapy has been cleared by the FDA and proven successful as evidenced by extensive and credible studies conducted in our country's finest institutions including Harvard University.

We have had great success with MLS.®



### STEVEN L. GINEX, DPM

Podiatrist, Foot Surgeon

Diplomate, American Board of Podiatric Surgery  
On Staff at Eisenhower Medical Center



Heel Pain • Hammertoes  
Pediatric Foot Disorders • Bunions  
Calluses • Corns • Toenail Problems  
Diabetic Foot Care • Custom Orthotics  
Circulation...and More  
X-Rays On-site

### Laser Nail Fungus Treatment

- Improvement in Clear Nails in as little as 1 treatment
- Procedure takes less than 10 minutes per foot
- Nail fungus is an embarrassing condition that impacts a person's quality of life and can lead to serious health problems.
- PinPointe is the only laser available today designed specifically to treat nail fungus.
- The entire procedure can be performed in less than 30 minutes, and results can be seen in as little as one treatment.

760-340-3232

74050 Alessandro Drive • Palm Desert

[www.PalmDesertPodiatry.net](http://www.PalmDesertPodiatry.net)





## Creating a Healthier Community

Continued from page 1

In this issue, we feature some of the local people, groups and programs already in place (look for the icon as on page 1). They include two sisters who started the Valley's first American Red Cross Club at La Quinta High, and Hidden Harvest and FIND Food Bank which gained grant funding from the Desert Healthcare District by coming together with a strategy to reach a larger number of our Valley's hungry.

We also feature some of the national successes presented at the Clinton Health Matters Conference to serve as examples of how each and every one of us can make a difference. These include a Virginia Beach teen whose healthy invention brought him to our nation's capital to meet the First Lady, and a hotel chain that implemented a wellness program that is dramatically changing the lives of its employees.

### How does it work?

The success of the Clinton Foundation's national and global initiatives is due largely in part to individual and corporate "Pledges." These commitments to action are not necessarily cash donations, but rather goals - large and small - supported by a strategy and a means of measuring results. Local Pledges should contribute to the established Blueprint for Action, and if successful, will serve as a model for other communities.

As an example, *Desert Health*® pledged to increase the number of medical professionals who volunteer at the Valley's only free medical clinic, Coachella Valley Volunteers in Medicine (CVVIM). The clinic currently sees a fraction of patients they could serve due to a lack of volunteers. Our goal is to double the number of volunteer doctors and nurses and to increase access for the nearly 60,000 community members in need. 'Access to Health Care' is a primary goal of the community Blueprint for Action.

Our strategy is to run an awareness campaign in *Desert Health*® that encourages medical professionals to contribute just four hours a month (which could be their individual Pledge). We are working with local hospitals to extend the awareness campaign internally and will seek assistance from other organizations. Our results will be measured by the number of medical professionals who heed the call and contribute their time.

Other local organizations with Pledges include the City of Coachella, Desert Healthcare Foundation, City of Palm Springs, Desert Regional Medical Center and JFK Hospital. These are supported by the CHMI's national Pledges which total a \$100 million investment in health and wellness and affect over 25 million people.

### What are our goals?

Goals were established using the *County Health Ranking Model*, an evidence-based framework for the contributing factors to morbidity and mortality which was introduced by the Clinton Foundation. "We look at health very holistically," says Ehrlich, "so we use a model that not only talks about health care, but also prevention and lifestyle factors; physical environment including quality of air and opportunities for activity; and social and economic factors, which we know play such an important role in overall health status."

Established goals aim at improving health behaviors (smoking, diet and exercise, alcohol use and sexual activity); clinical care (access and quality); social and economic factors (education, employment, family and social support, income and community safety); and physical environment (air quality and constructing healthier communities).

The Blueprint outlines five bold steps for each category (total 45) and the means by which each will be measured. Action steps include the development of infrastructures, awareness campaigns, youth councils, school curriculums, non-motorized transportation plans, and more.

With no management team, established budget or individual leader, how does it succeed? "We don't own this plan," says Ehrlich on behalf of the Foundation, "It was created by the community and it will only work if we don't own it."

The synergy of organizations coming together will accelerate success and will be the primary focus of the Clinton Foundation's local Director, Tricia Gehrlein. An advisory board or working group made up of community leaders will support each goal and oversee the progress. \$200,000 in program funding has already been Pledged by Mayor Steve Pougnet through his Mayor's Race & Wellness and matched by the Desert Healthcare District for a total of \$400,000.

It's each of these small steps - and those yet to come - which will contribute to the Blueprint's success. It is a five-year plan and progress will be measured by data provided by program partners and surveys by HARC, the Valley's Health Assessment Resource Center.

### How can I take part?

No one person or group can do this alone. The goals will be achieved by commitments to action from each and every one of us. Whether it is simply changing your own habits, or creating a plan to enhance the well-being of your friends, family or workplace, deciding to take action is the first step.

Identify something you can do within your community to create change. Whether this is volunteering or creating a group activity, know there is greater success in numbers.

Visit the Clinton Health Matters Initiative website to learn more about the program and make a Pledge. "There is such a tremendous spirit in this Valley among the people who live here to really advance an ideal such as this," concludes Ehrlich. "And the changes we will see will make this an idyllic place to live for everyone in the community."

Tricia Gehrlein, Regional Director, Clinton Health Matters Initiative can be reached at [tgehrlein@clintonfoundation.org](mailto:tgehrlein@clintonfoundation.org) or (760) 834.0975

### For more information on the Clinton Health Matters Initiative:

[www.clintonfoundation.org/healthmatters](http://www.clintonfoundation.org/healthmatters)

### The Coachella Valley Blueprint for Action is available at:

[http://www.clintonfoundation.org/assets/files/CHMI\\_CoachellaDoc\\_v4.pdf](http://www.clintonfoundation.org/assets/files/CHMI_CoachellaDoc_v4.pdf)

### To take action:

<http://www.clintonhealthmatters.org>

### To make a Pledge:

<http://www.clintonfoundation.org/main/our-work/by-initiative/clinton-health-matters-initiative/pledges/make-a-pledge.html>

## One Team. One Path. Your Life.

The Comprehensive Cancer Center  
at Desert Regional Medical Center



### Choosing the Right Path Means Having the Right Guide.

For more than 20 years, the Comprehensive Cancer Center at Desert Regional Medical Center has provided a team approach to cancer care. Our oncologists and clinical staff meet to discuss cases and determine the best treatment path to health. We provide a full scope of treatment options – from chemotherapy to radiation to surgery and more.

We're one team, dedicated to your path through cancer care.

Palm Springs • La Quinta

Contact us today to schedule your appointment:

(760) 416-4800



DESERT REGIONAL  
MEDICAL CENTER  
Comprehensive Cancer Center

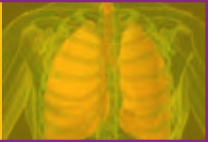
[www.desertregional.com/cancer](http://www.desertregional.com/cancer)







## The Thoracic Cavity WITH DR. PRESSER



### What Is Hyperhidrosis?

Hyperhidrosis, or excessive sweating, is a common disorder which can produce a lot of unhappiness. An estimated 2-3% of Americans suffer from excessive sweating of the underarms (axillary hyperhidrosis) or of the palms and soles of the feet (palmoplantar hyperhidrosis). Underarm problems tend to start in late adolescence, while palm and sole sweating often begins earlier, on average around the age 13. Untreated, these problems may continue throughout life.

Sweating is embarrassing. It stains clothes, ruins romance, and complicates business and social interactions. Severe cases can have serious practical consequences as well, making it hard for those who suffer to hold a pen, grip a car steering wheel, or shake hands.

**What Is the Cause of Hyperhidrosis?** Although neurologic, metabolic, and other systemic diseases can sometimes cause hyperhidrosis, most cases occur in people who are otherwise healthy. Heat and emotions may trigger hyperhidrosis in some, but many who suffer sweat nearly all their waking hours, regardless of their mood or the weather.

**Treatment.** Several treatment options are available for hyperhidrosis. Your doctor will work with you to find the least invasive treatment to relieve symptoms.

**Antiperspirants.** Strong antiperspirants plug the sweat ducts and can be effective. Products containing 10% to 20% aluminum chloride hexahydrate are the first line of treatment. Some patients may be prescribed a product containing a higher dose of aluminum chloride, which is applied nightly onto the affected areas. Antiperspirants can cause skin irritation and large doses of aluminum chloride can damage clothing. Note: Deodorants do not prevent sweating, but are helpful in reducing body odor.

**Medication.** Anticholinergics drugs, such as glycopyrrolate (Robinul, Robinul-Forte), help to prevent the stimulation of sweat glands. Although effective for some patients, these drugs have not been studied as well as other treatments. Side effects include dry mouth, dizziness, and problems with urination. Beta-blockers or benzodiazepines may help reduce stress-related sweating.

**Iontophoresis.** This FDA-approved procedure uses electricity to temporarily turn off the sweat gland. It is most effective for sweating of the hands and feet which are placed into water, and a gentle current of electricity is passed through it. The electricity is gradually increased until the patient feels a light tingling sensation. The therapy lasts about 10-20 minutes and requires several sessions. Although rare, side effects can include skin cracking and blisters.

**Botox.** Botulinum toxin type A (Botox) is FDA approved for the treatment of severe underarm sweating. Small doses injected into the underarm temporarily block the nerves that stimulate sweating. Side effects can include injection-site pain and flu-like symptoms. Botox used for sweating of the palms can cause temporary weakness and/or intense pain.

**Surgery.** In severe cases where other treatments fail, a minimally-invasive surgical procedure called sympathectomy may be recommended. Sympathectomy is an operation intended to destroy part of the nerve supply to the sweat glands in the skin. The procedure turns off the signal that tells the body to sweat excessively. Sympathectomy is 85-95% effective for palmar (hand) hyperhidrosis. As with any surgical procedure, educate yourself, understand the procedure and trust your surgeon.

Dr. Presser is a thoracic surgeon specializing in minimally invasive procedures. He is an advocate for prevention and encourages lung cancer screenings which are proven to save lives. He welcomes your questions and can be reached at 760.424.8224.



## The Not-So-Sudden Heart Attack

By Lauren Del Sarto

When we envision the classic heart attack, images of TV's Fred Sanford grabbing his chest and calling for Elizabeth may come to mind. But if you have spoken with men or women who have survived a heart attack, you realize that the true picture is often very different.

Because symptoms of a heart attack can mirror those of other, more common conditions like back pain or the flu, heart attacks are often overlooked. And when you throw in the notion that "this could never happen to me," we can see why even the professionally trained may overlook the signs.

"As a family and ER doctor, I see heart attacks present in ways we just don't consider," says Dr. Frank Kerrigan of Kerrigan Family Practice in Palm Desert. Kerrigan suffered a heart attack and went almost two weeks before seeking help. He had been closely watched considering his family history of heart disease. His cardio CATS and CT angiograms were clean.

"I powered through my heart attack and was completely unaware that I had it," says Kerrigan. He had no chest pain. "In my case, it presented as a bad case of the flu. I felt weak with shortness of breath." It was the first time in his 30-year career he left the office early. Looking back, he and his wife Deborah agree they should have taken this sign more seriously. However, he prescribed himself a z-pack and continued on a family vacation and even played golf. Finally fed up with feeling lousy, Kerrigan administered an EKG, and with results in hand, said 'Deb, you need to get me to a hospital.'

"The symptoms are not always what you'd think," Kerrigan adds that even with modern technology, nothing is full proof. "You have to be aware of your overall health and if any dramatic changes occur, pay attention." Kerrigan's heart attack probably occurred with the onset of the flu-like symptoms and by the time he sought treatment, he had done significant damage to his heart. He now wears a defibrillator.

Supporters before the incident, Dr. Kerrigan and Deborah are the new co-chairs of the Coachella Valley's Go Red For Women. He points to the staggering statistics. The total number of women who die from the top 7 cancer diagnoses combined does not exceed the number of women who die from heart disease annually. "Signs are often dismissed by women - and sometimes even their doctors - as stress or tension." A recent study by the American Heart Association showed that only 34% of women recognize heart disease as their leading killer. "We need to do a better job of building awareness."

Kerrigan's best advice is to embrace prevention now. "In life, we often oversee things," he concludes with an emotional tone. "It's not until something like this happens that you really hear the words to songs like Tim McGraw's Live Like You Were Dying. Embrace every day and let those you love know it."



Dr. Frank Kerrigan and his wife Deborah, new co-chairs of the Valley's Go Red For Women campaign

**EXECUTIVE URGENT CARE**  
AT INDIAN WELLS

**Why wait for hours to see an emergency physician in a busy ER?**

Executive Urgent Care is a full service ER alternative offering board-certified physicians specializing in emergency medicine, internal medicine, OB Gyn, tactical medicine, critical care and even chiropractic.

- Blood Tests
- Digital Motion X-ray
- CT Scan, MRI & Ultrasound
- Electrocardiography

Comprehensive & reasonably priced  
Walk-ins welcome  
Book your next appointment online

We accept most insurance.  
If you are uninsured, we are always available to you with no hidden fees.

*The most important part of caring for a patient is caring about them. We offer everyone the executive experience.*

760 346-EXEC (3932)  
www.ExecutiveUrgentCare.com

74-785 Hwy 111, Suite 100, Indian Wells, CA 92210

**COACHELLA VALLEY ORTHOPEDIC & PROSTHETICS**

*Every family has a story, welcome to ours!*

Our tight knit family business has been serving the Valley for over 20 years. The family-oriented culture of our organization is extended to our patients, employees and our referral sources. We treat every one like they are one of our own!

**Our Orthotics and Prosthetics services include:**

- Clinical Evaluation
- Hospital Consultation and In-House Services
- Individual Care and Evaluation
- Custom Design and Technology
- Professional Skill and Support

**Our products include:**

- Custom braces
- High tech extremities
- Diabetic footwear
- Lower back support systems
- Foot orthotics

**FREE CONSULTATION**  
**FREE INSURANCE VERIFICATION**

**(760) 345-4779**  
**75150 SHERYL AVE. • PALM DESERT CA**  
(OFF COOK STREET)





# THE GENERAL SURGEON

DR. DAVID S. JOHNSON



## An Age Old Surgery

What's the most common surgery procedure performed in the United States? The inguinal hernia repair.

In 2003, an estimated 770,000 repairs were performed. It was first described in the Egyptian medical writings around 1550 B.C., yet effective treatment was not discovered until the 19th century. Until then, treatment of hernias included ligation of the hernia sac (usually with castration), application of a hot iron, or both! Thankfully, over the last 100 years, a variety of durable repairs have been discovered.

**What is an Inguinal Hernia?** There are two types. Most are congenital or indirect inguinal hernias. During fetal development, testicles develop in the abdomen and then migrate through the abdominal wall into the scrotum. During this migration the inner lining that covers our intestines can bulge out, forming a hernia. A direct hernia is a weakness in the posterior wall of the inguinal canal. It is an acquired defect associated with exertive activity, chronic cough, constipation, and increased straining from an enlarged prostate. 90% of hernias occur in men.

**What are the Symptoms?** Surprisingly, most hernias are asymptomatic. Symptoms that do occur include a heaviness feeling, ache or pain, typically after exertive activity. A bulge may be present, and can extend into the scrotum. It can infrequently cause obstruction of the intestines, and rarely is considered life threatening.

**Options for Repair.** Non-Mesh Repairs. The hernia sac is removed and the "weakened" posterior wall of the inguinal canal is repaired. In 1953 Canadian Earl Shouldice modified the repair with a four layer tissue repair that resulted in a recurrence rate of less than 0.5% and became "the standard" repair for most of the late half of the 20th century. Unfortunately, outside of Shouldice Hospital, the recurrence rate was significantly higher (between 1-6%).

**Mesh Repair.** The majority of hernia repairs are done with mesh. A sheet of mesh is used to cover the hernia defect and may include a mesh plug. It is a simple, reproducible and durable repair with a low recurrence rate of 1%.

**Laparoscopic Repair.** Advances in minimally invasive surgery are now being applied to hernia surgery. Through three small holes in the lower abdomen, a space is created behind the abdominal wall, and mesh is placed on the underside of the abdominal wall to cover the hernia defect. The advantages include less scarring, less pain, possibly quicker recovery, thus, this is the preferred surgical approach for bilateral inguinal hernias. Recurrence rates are historically reported between 0-6%.

**Which Repair is Best for Me?** As the assistant chief of surgery at Shouldice Hospital, I performed nearly 3,000 hernia repairs, including multiple recurrent hernias and femoral hernias. As a patient, you should educate yourself on hernia repair options and make the best decision based on your personal situation. It is important to understand your specific condition as well so your medical team can address special circumstances, such as: bilateral inguinal hernias, recurrent hernias, hernias in the presence of infection or contamination, hernias in obese patients, patients preferring no mesh, or femoral hernias.

Dr. David Johnson is a board-certified general surgeon with Premier Surgical Associates in Palm Springs and can be reached at 760.424.8224. Premier Surgical Associates offers a tailored approach to hernia repair.

When surgery  
is your best option,  
your surgeon  
is your first choice.

## PREMIER SURGICAL ASSOCIATES

*At Premier Surgical Associates, accessibility and communication are as important to us as quality of care. Working with you as part of your health care team, we provide superior surgical care with the least invasive techniques available, getting you back to doing the things you enjoy most.*

*We offer minimally invasive surgical procedures for General Surgery including hernia repairs, stomach, gallbladder, colon and rectal surgery, and the evaluation and surgical treatment of GERD, Barrett's disease, and achalasia.*

*And minimally invasive Thoracic Surgery including lung resections, treatment of hyperhidrosis, thymectomies, and single incision VATS (Video Assisted Thoracic Surgery) for effusions.*

We also offer affordable lung cancer screening.

**Specializing in Minimally Invasive Procedures Providing**  
Less Pain • Less Physical Stress  
Less Scarring • Smaller Incisions  
Shorter Hospital Stay



DAVID S. JOHNSON, MD, FACS

BOARD-CERTIFIED  
GENERAL SURGERY



ERIC R. PRESSER, MD

BOARD-CERTIFIED  
THORACIC SURGEON

**You Have Options.**

Call us at (760) 424-8224  
to schedule your consultation.

OFFERING SERVICES THROUGHOUT THE VALLEY  
Major Insurance Accepted • Se Habla Espanol

## PREMIER SURGICAL ASSOCIATES

1180 N. Indian Canyon Dr., Suite E421 • Palm Springs  
www.PalmSpringsDesertSurgeons.com

Smiling  
never felt so good...

NOW YOU CAN RELAX  
AT THE DENTIST.

At El Paseo Dental Care, patients are treated  
in a relaxing, no-stress, spa-like atmosphere.

### DENTAL SERVICES:

- Metal-FREE Practice - Includes Metal-FREE crowns & fillings
- Porcelain Veneers
- Periodontal Maintenance
- Cosmetic Dentistry
- Oral Cancer Screening
- Dental Implants
- Dentures & Metal-FREE Partial
- Complimentary Smile Evaluation
- Advanced Zoom Teeth Whitening
- Computer Imaging using Intra-oral Cameras

New Patients....FREE Teeth Whitening for Life!\*

- Exam • Digital Radiographs
- Professional Teeth Cleaning with Periodontal Laser Therapy
- Oral Cancer Screening

CALL TODAY!

Only \$149\*\*

\*\* New patients only  
• Limited time offer.

\*\*New patients only  
• Limited time offer.

El Paseo Dental Care

Mo Hishmeh DDS • Manuel Guevara DDS, MS

72-608 El Paseo, Suite 10,  
Palm Desert, CA 92260

ElPaseoDentalCare.com

Info@ElPaseoDentalCare.com

Most Insurance  
Plans Accepted



760-340-9645





## Ear Wax...A Sticky Situation

By B. Maya Kato, MD

**Why do we have ear wax?** Earwax is a normal product of our ears. It is a mixture of cerumen (wax), oil, sweat, and dead skin cells that is produced in the outer 1/3 of the ear canal. Although many consider ear wax to be a nuisance, it serves two important purposes: it lubricates the ear canal and acts as an antibacterial agent.

There are two types of earwax: wet and dry. Wet wax is common in Western Europe, and dry wax is more common in Asia. Researchers have identified at least one gene (the ATP-binding cassette C11 gene), that determines the type of ear wax we produce. Individuals vary greatly in the amount and consistency of wax produced, which affects their predisposition to the canal becoming plugged. Some are rather prolific "wax producers," and others remain relatively wax-free with little maintenance.

**So how much wax should we have?** Too little earwax increases the risk of infection; however, too much wax can also increase chance of infection and cause hearing problems. So you want just enough. Two populations are known to have a high incidence of excessive/impacted cerumen: individuals with mental retardation and the elderly.

### What can go wrong?

1. Wax can occlude the ear canal, causing hearing impairment, and a feeling of fullness. This is called an "impaction".
2. Wax can trap bacteria in the ear, causing an infection. Symptoms are typically pain and hearing loss.
3. It can obscure vision when the doctor looks in your ears, possibly hiding a dangerous process (such as cholesteatoma – a erosive cyst of the eardrum).
4. Wax can cause hearing aids to malfunction.

### How do you know if there is an excessive build-up of wax?

If your ear(s) feel plugged or itchy, but there is no pain, you may have a wax problem. There may also be hearing loss in the affected ear. If this is the case, see a physician – either your internist or an ENT doctor.

**What is the best way to remove earwax?** There are several different methods to remove ear wax, including: ear drops, irrigation with water, or with instruments and suction.

It is okay to use a cotton tipped applicator only to clean the very outside of the ear, however, one should never put the applicator, or anything else for that matter, into the ear canal. Follow the old adage, "don't put anything smaller than your elbow into your ear."

**Over the counter drops** that help remove wax are largely water, oil and peroxide solutions (e.g. Debrox). These drops are generally safe to use, as long as one does not have a perforation of the eardrum. These drops can effectively remove small to moderate amounts of wax, but are generally ineffective in more severe impactions.

**Irrigation** is a technique where a stream of water is used to flush the wax out of the canal. While irrigation is an accepted method, it has many disadvantages compared to ear wax removal under direct vision. Irrigation is can be quite painful, and may cause infections, vertigo and perforations of the eardrum. It should never be performed if you have a hole in the eardrum.

**What about ear candling?** These hollow candles are placed into the ear canal and ignited. Although the intent is to create negative pressure which draws wax from the ear, ear candles have been scientifically proven to be ineffective, and carry the obvious risk of burning the ear canal. Studies show that these candles can even deposit debris, wax and soot into the canal causing greater problems than wax build-up.

The best method to remove earwax is by a physician using a microscope to directly visualize and remove the wax. This is done only by an ear specialist called an "otologist", or an ENT physician. Under direct microscopic vision, wax is removed with a cerumen spoon, suction, or both. It can be safely performed on all individuals, including those with eardrum problems.

### Recommendations for Optimal Aural (Ear) Hygiene

First, realize that wax isn't all that bad. It keeps your ear from becoming dry and itchy, and helps to prevent infection.

It is generally safe to put a few drops of clean baby oil or olive oil into the ear on a regular basis. Another recommendation is an over-the-counter drop such as Debrox on occasions when the ear feels slightly plugged with wax. Warning: DO NOT use drops of any kind if the eardrum is not intact.

We recommend regular cleanings by a physician using microscopic vision and following these guidelines:

- No wax -- do nothing.
- Small amount wax -- do nothing unless it is obscuring visualization of the eardrum.
- Moderate amount of wax -- take it out with instruments and suction using a microscope. Recheck in 6 months.
- Large amounts of hard wax -- take out as much as can be easily removed with microscope. Have the person use drops and return in a few days to a week for further cleaning. Recheck in 3 months.

Ear wax exists for good reason, but too much can be a problem. It is best to have your ears examined regularly by a physician. If wax build-up is a problem, see an ENT doctor to have the wax removed in the most effective manner possible.

*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.*

Resources: 1) Fairey A, Freer CB, Machin D. Ear wax and otitis media in children. Br Med J. Clin Res Ed 1985;291:387-8 2) Okuda I, Bingham B, Stoney P, Hawke M. The Organic Composition of Earwax. J Otolaryngol. 1991 Jun 20(3):212-5. 3) Petrakis NL. Earmarks of Art History: Cerumen and Medieval Art. Am. J. Otol 21:5-8, 2000; 4) Roeser, R. J. and B. B. Ballachanda (1997). "Physiology, pathophysiology, and anthropology/epidemiology of human earcanal secretions." J Am Acad Audiol 8(6): 391-400.5) Yoshiura, K., A. Kinoshita, T. Ishida, et al. (2006). "A SNP in the ABC11 gene is the determinant of human earwax type." Nat Genet 38(3): 324-30.

**NOW AVAILABLE!**  
Allergy Testing  
Sublingual Allergy Therapy

## THE **EAR** INSTITUTE Center for the Ear, Hearing & Balance



**B. MAYA KATO, MD**  
Otology and Neurotology  
Board Certified, Otolaryngology

### Do you or a loved one have:

- Hearing loss
- Ringing in the ears
- Dizziness
- Vertigo
- Balance problem
- Fear of falling

The Ear Institute is the Valley's only comprehensive care clinic dedicated to adults and children with ear, hearing and balance disorders.

Under physician directorship, the experts at The Ear Institute offer a multidisciplinary team approach to diagnosis and treatment of ear disease. Our emphasis is on delivering compassionate care, combined with a focus on innovation and research in a state-of-the-art facility.

### Areas of expertise:

- Hearing loss
- Hearing Aids
- Surgical solutions for hearing loss
- Cochlear implants
- Treatment for Single-Sided Deafness
- Adult and Pediatric Ear Disease
- Falls Prevention Therapy
- Dizziness
- Balance Testing
- Vertigo
- Balance therapy
- Tinnitus
- Meniere's Disease

### Call to make your appointment today.

THE **EAR** INSTITUTE

36867 Cook Street, Suite 103 • Palm Desert, CA 92211

Tel: 760-565-3900 • [www.theearinstitute.com](http://www.theearinstitute.com)

*Hear well, Balance well, Be well.*





# Students Develop Skills and Compassion at We Care Dental Center



When 24-year-old Western University dental student Angela Hastings started volunteering at the We Care Dental Center in Rancho Mirage, she thought the experience would help increase her clinical knowledge and dental skills.

What she didn't expect was that it would also help her develop an intense feeling of compassion for developmentally disabled children and adults—a group that regularly faces difficulties obtaining dental care, either because they don't have dental insurance or can't find a dentist who will treat them. "I didn't realize there was such a need for specialized dental care," Hastings said.

The volunteer program is part of Western University's community outreach.

Dr. Timothy Martinez, Dean of Community Outreach, said the university's volunteer work at We Care Dental Center fills a critical need, not only for student training, but as a community service. He said the university is working to create a new generation of dentists who are in tune with the needs of developmentally disabled individuals.



Western University dental students with their smiling We Care Dental patient

"Hopefully, we can instill compassion and humanism so they welcome these patients in their practices," Dr. Martinez said adding that the volunteer experience also helps provide students with real life experiences beyond the classroom or at the university.

We Care Dental was established by Desert Friends of the Developmentally Disabled in 2010 in an effort to provide free dental services to developmentally disabled adults and children. The state-of-the-art clinic is staffed by three Coachella Valley dentists who volunteer their time to treat the uninsured and underinsured developmentally disabled in Riverside County. State statistics indicate that 88 percent of disabled children and adults have unmet dental needs.

Working under the supervision of Dr. Martinez, Western University students provide We Care Dental patients with dental cleanings, examinations, and fillings, as well as root canals and tooth extractions.

"Dentists often sedate these patients for general procedures because they require patience and a bit more time," says Martinez. "We're not sedating them for general cleaning and exams. They receive the same respect as others, and if it requires more time and holding hands, our students are glad to oblige."

Student Marjan Hessamian had a similar experience volunteering at the We Care Dental Center. "I remember one mother who broke down and said, 'Thank you! I really appreciate what you are doing here.' It was the first time her daughter had ever received a general dental cleaning without sedation."

The We Care Dental Center is located in Rancho Mirage at 42-900 Bob Hope Drive, Suite 111 (behind the Rancho Las Palmas Shopping Center). Visit [www.dfddnow.org](http://www.dfddnow.org) or call 760.565.6055. For more information on the community outreach efforts of Western University's School of Dentistry, please contact Dr. Martinez at (909) 706-3820.

# #1 AMERICAN PHYSICAL THERAPY ASSOCIATION'S 2012 National Private Practice of the Year

## Specialty Programs

- Arthritis
- Prerehab programs for total joint replacement
- Balance & fall prevention programs
- Cardiopulmonary programs
- Diabetes programs
- Headache treatment programs
- Low back pain programs
- Oncology treatment programs
- Osteoporosis programs
- Sports conditioning
- TMJ programs
- Vestibular rehabilitation
- Women's health programs
- Work injury & return to work programs



Luke Gentry, PT, DPT  
Board Certified  
Orthopaedic Specialist



Vince Kambe, PT, DPT  
Board Certified  
Orthopaedic Specialist



AVID  
PHYSICAL THERAPY

CATHEDRAL CITY | INDIO  
35325 Date Palm Dr # 131 | 82013 Dr. Carreon Blvd # 1  
PH: 760.202.0368 | PH: 760.347.6195

AVIDPHYSICALTHERAPY.COM | MOVEMENT FOR LIFE

# Immerse Yourself in Healing



## Enhance your body's natural healing of:

- Diabetic wounds
- Osteomyelitis
- Radiation tissue damage
- Skin grafts and flaps
- Necrotizing soft tissue infections
- Gas gangrene
- Post Plastic and Reconstructive Surgery
- Traumatic brain injury
- Multiple Sclerosis
- Migraines
- Thermal burns
- Severe anemia
- Stroke
- ...and much more!



Desert  
Hyperbaric  
MEDICINE

36-923 Cook Street, Suite 102  
Palm Desert, CA 92211  
760.773.3899 or 866.600.HEAL (4325)  
[www.DesertHyperbaricMedicine.com](http://www.DesertHyperbaricMedicine.com)

Medical Director: Bachir Younes, MD • Certified Hyperbaric Technicians  
Certified Wound Care Specialists • Infusion for Antimicrobial Therapy





## Physicians, Dentist, Nurses: Volunteer... Just 4 Hours a Month!

By Lauren Del Sarto



Coachella Valley Volunteers in Medicine (CVVIM), the Valley's only free medical clinic, just opened a \$2.8 million state-of-the-art facility in Indio. They are projected to see over 7,000 patient visits this year, and that number could be 14,000 – the need is here, but they are lacking volunteer medical professionals.

CVVIM saw their first patients in a temporary location in November of 2010. In two years, the clinic has grown to over 20 active doctors who volunteer a minimum of 4 hours a month, allowing the clinic to accommodate up to 500 patient visits per month. There is a six-month waiting list for dental appointments.

**Who does CVVIM serve?** Adult medical care is offered to the 60,000 Valley residents with income less than 200% of the federal poverty guidelines who do not receive government health care. And the patient profiles may surprise you: 75% are from Palm Desert, La Quinta, Indio and Cathedral City, while 14% come from Palm Springs. Most surprising is that 28% live west of Cook Street.

CVVIM patients include: a 62-year old grandmother from Rancho Mirage with no medical insurance who was hospitalized locally with pneumonia; a 42-year old married man from Indio with a job that doesn't provide health care. He suffered a mild stroke brought on by high blood pressure and diabetes that he didn't know he had. After a week in our local hospital (for

which he couldn't pay), he was referred to CVVIM. Then there is a 60-year old salesman from Cathedral City with a history of blood clots to the lung who requires blood thinners for the rest of his life. Until 2010, he had great health insurance, but lost his job and couldn't afford COBRA or doctor visits. CVVIM followed him for a year and a half and made sure his blood pressure was under control. VIM hadn't seen him in a while and was glad to learn that he had gotten his job back – and his health benefits.

A primary goal of CVVIM is to provide quality care that keeps individuals out of local hospitals where the cost of their medical attention becomes a burden to the system and the rest of us.

**Who can help?** CVVIM has a need for primary care physicians and specialists willing to practice primary care, nurses, nurse practitioners, physician's assistants and administrative front office staff. The most urgent need is for dental personnel—dentists, dental hygienists, and dental assistants.

**What is required?** Retired or active doctors must have an unrestricted license to practice their profession in California. There is a 5-minute application to fill out, and CVVIM takes care of the rest. The credentialing process includes review by a local committee and the federal government (for liability insurance) and takes 6-8 weeks. CVVIM's volunteer requirement is just four hours each month (Monday – Saturday) which allows the clinic to open its doors during that time. The clinic schedules support staff to meet individual doctor's schedules.

Please help double the medical staff at CVVIM and the care they provide to Desert residents most in need. It is an easy way to give back to your community—and to practice medicine for the love of helping others.

Coachella Valley Volunteers in Medicine is located at 82-915 Avenue 48 (at Jackson) in Indio. For more information, please contact Bruce Yeager at 760.342.4414 [bruce.yeager@cvvim.org](mailto:bruce.yeager@cvvim.org) or visit [www.cvvim.org](http://www.cvvim.org).



Providing new and innovative eye care solutions  
utilizing the latest technology and materials.

- Better night vision with Zeiss Iscripton lenses
- Neuro-pupil testing, Specular microscopy
- Flicker Frequency threshold fields, Urgent care
- Anterior segment and retinal imaging
- Scanning Laser (OCT) — retinal, glaucoma, cornea
- Synergeyes HD contact lenses

Book on-line and learn more about our treatments at [www.evanseyecare.com](http://www.evanseyecare.com)

760.674.8806

73-271 Fred Waring Drive, Ste. 101 • Palm Desert, CA 92260

GREGORY EVANS O.D.  
VICTOR HOLMES M.D.  
SUSAN SHAHRIARI O.D.  
STUART GRANT O.D.

1<sup>in</sup>  
6 men  
will be diagnosed with prostate  
cancer during his lifetime.

Do you know  
your options?



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

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

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

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

DESERT • MEDICAL • IMAGING

Indian Wells • Palm Springs • Indio • Yucca Valley

Scheduling: 760-694-9559 Scheduling Fax: 760-356-8208

[www.desertmedicalimaging.com](http://www.desertmedicalimaging.com)





## Fighting Free Radicals with Anti-oxidants

By Jennifer Hui, MD, FACS and Christopher R. Hancock, MD

We all want to look and feel our best. More and more, people are striving to eat a balanced healthy diet, exercise and avoid environmental exposures. And every day our bodies are subjected to a variety of insults—UV radiation and exposure to a variety of toxins which contribute to the formation of free radicals in our body.

Free radicals are unstable molecules which take or scavenge electrons from other molecules. When it takes an electron from a molecule, this second molecule becomes a free radical in return. This triggers a chain reaction where free radicals steal an electron from the nearest molecule, in turn creating a subsequent free radical. Ultimately, this cycle of free radical formation damages a living cell and results in many of the changes seen in the aging body.

### Who invited the Free Radicals?

Exposure to free radicals is unavoidable in today's fast paced world. Free radicals form when we are exposed to UV radiation, stress, herbicides, preservatives or additives in processed foods, environmental toxins (pollution), or if we partake in unbalanced diets or exceed our ideal body weight. Over time, free radicals accumulate and negatively affect our bodies, exacerbating signs of premature aging.

### How do I get rid of them?

Anti-oxidants play a vital role in combating free radicals. Anti-oxidants donate one of their electrons to a free radical, resulting in the creation of a more stable molecule. When they lose an electron, anti-oxidants do not become unstable free radicals themselves because they are stable in either form.



Vitamins E and C as well as carotenoids are some of the most recognizable anti-oxidants. Vitamin E helps to reduce levels of lipid peroxidation, which lessens the risk of cardiovascular disease. It ultimately reduces the amount of LDL (bad cholesterol) oxidation and plaque formation. Vitamin C helps to combat the damage cause by pollution and UV radiation.

Vitamin E rich foods include richly colored vegetables and fruits such as mustard greens, spinach, Swiss chard, kale, collard greens, broccoli, red bell peppers, kiwi fruit, and papaya. Nuts (especially almonds), olive oil and wheat are also excellent sources. Vitamin C rich foods include hot chili peppers, guavas, bell peppers, fresh thyme and parsley, kale, water cress, mustard greens, broccoli, cauliflower, Brussels sprouts, kiwi, papaya, oranges, tangerines and strawberries.

Carotenoids also help combat free radical formation and premature aging. These antioxidant molecules are found in red and yellow bell peppers, carrots, sweet potatoes, tomatoes and citrus fruits. Overall, a good rule of thumb is to have your plate include a variety of rich deep colors such as red, orange, yellow, green, blue and purple. Other excellent sources of dietary anti-oxidants include blueberries, blackberries, raspberries, plums, cherries, pink grapefruit, beets, onions, corn and eggplant.

Avoidance of factors that create free radicals can significantly reduce our formation of free radicals. We can reduce our UV exposure with sun protection, and lessen pollutant loads by avoiding cigarette smoke and other toxins. Stress cannot always be avoided, but dietary changes by far have the ability to make the most significant impact on our bodies. Most people with a higher percentage of body fat have lower levels of antioxidants and a higher free radical load.

Dietary changes are the most manageable alterations. Avoidance of overly processed foods with additives and preservatives is important. Many people adopt more healthy, balanced diets and ultimately feel the changes in their bodies. Others incorporate dietary supplements. Increased energy, weight loss and improved overall health are palpable results, but knowing if these often expensive supplements are comprehensive or even well absorbed, is a common question. With modern technology, there is a non-invasive way to determine a baseline amount of antioxidant carotenoids in healthy skin.



### How do I know how I'm doing?

Pharmanex and NuSkin have developed a BioPhotonic Scanner which determines your Skin Carotenoid Score (SCS). The user places their hand in front a low-energy blue light and the optical scanning device measures the SCS in ninety seconds by returning a green light. This technology was based upon work by the Nobel prize winning physicist Sir C.V. Raman who discovered that monochromatic light rays in the visible spectrum can interact with specific molecules, which will return a precise frequency visible light.



This breakthrough detection method ultimately led researchers to determine that patients with macular degeneration have extremely low levels of carotenoids in their retina. Users are now able to quickly assess their skin carotenoid antioxidant levels that can reflect whole body tissue protection. If we use carotenoid concentration as a marker of overall antioxidant levels, we are able to create a more generalized picture of our dietary and lifestyle efforts. This scanner can be a key tool in helping people manage their diets, validating the absorption of vitamins and supplements, and reinforcing lifestyle improvements.

Dr. Hui is the founder of The Eyelid Institute in Palm Desert. She is an Oculoplastic surgeon with a special interest in cosmetic/reconstructive eyelid surgery and anti-aging treatments and can be reached at 760.610.2677. Dr. Hancock is Board Certified by the American Board of Radiology in both Diagnostic Medical Imaging and Neuroradiology. He is the Director of Neuroradiology at Desert Medical Imaging and can be reached at 760.694.9559.

Resources: First in the Archives of IM 2011; 171: 507-515-"Serum alpha carotene concentrations are inversely associated with risk of death from all causes, cardiovascular disease, cancer and all other causes. These finding support increasing fruit and vegetable consumption as a means of preventing premature death." <http://archinte.ama-assn.org/cgi/content/short/171/6/507>; Journal of the American Heart Association, Diets rich in antioxidants may be linked to reduced stroke risk in women, over 31,000 women in the study, 46-57% reduction! <http://newsroom.heart.org/pr/aha/vegetables-fruits-grains-reduce-219833.aspx>; S. Schlucker et al. (2011). "Design and synthesis of Raman reporter molecules for tissue imaging by immuno-SERS microscopy". Journal of Biophotonics (4) 6: 453-463.

## Do Your Eyes Need a Lift?

### REVITALIZE YOUR EYES

Do your eyelids droop or feel heavy? Do people say you look tired? Dr. Jennifer Hui is a fellowship trained Ophthalmic Plastic Surgeon, specializing in all aspects of eyelid surgery. At The Eyelid Institute, your eyes are our focus.

**PROCEDURES:**

- Eyelid Surgery
- Tearing (Lacrimal) Conditions
- Eyelid Lesions, Cancer, and Reconstruction
- Orbital Disease and Facial Trauma

**ANTI-AGING SERVICES:**

- Dermal fillers
- Botox
- Non-invasive measurement of antioxidant levels

**Jennifer Hui, MD, FACS**  
Board Certified Ophthalmologist  
Trained at Bascom Palmer (#1 for 9 yrs.)  
Fellow American College of Surgeons

**THE EYELID INSTITUTE**  
**760.610.2677**  
36867 Cook Street, # 103  
Palm Desert, CA 92211  
[www.TheEyeLidInstitute.com](http://www.TheEyeLidInstitute.com)

## REVITALIZE YOUR BODY

Antioxidants combat the aging process. They also prevent and halt the progression of macular degeneration. Knowing your antioxidant level is as important as knowing your cholesterol level or blood pressure. We are proud to offer non-invasive, painless measurement of your antioxidant levels with an optical scanner.

**Call Today to Schedule Your Scan. ONLY \$20!**  
**760.610.2677**





# ACQPOINT

## ACUPUNCTURE & WELLNESS CENTER

Get to the Point! **Feel Good. Look Great.**

**Get relief from pain and stress now!**

- Acupuncture
- Cupping Therapy
- Chinese Herbs
- Therapeutic Massage
- Fascial Stretch Therapy

**Diane Sheppard, PhD., L.Ac.**  
Clinic Director

**Toru Kodama, L.Ac.**

**Jay A. Nelson, CMT**

**Lizzie Avila, CMT**

**Robert Wild, CMT**

**Tracy Smith, LST LEVEL II**

**www.acqpoint.com**

**The New ThermoJade Therapy Tables\* are Here!**

Same performance with a new modern look. Now available as a space saving fold away.

**Call today to experience the ThermoJade!**

**Mention this ad for your Desert Health discount.**



\* An FDA cleared class II medical device

Where Ancient Wisdom Meets Modern Technology

**760.775.7900**

79-825 Highway 111, Ste. 101, La Quinta

Located near Costco

# Acupuncture Proven Effective for Carpal Tunnel Syndrome

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

Repetitive stress injuries (RSI) are common, costly and painful. These injuries are responsible for the highest number of days lost among all work related injuries. Carpal tunnel syndrome (CTS), one of the most well-known types, accounts for over two million visits to physicians' offices each year and is the most frequent cause for surgery of the hand and wrist. As their names imply, these injuries are caused by constant over-use from a repetitive task, such as typing at a keyboard.

The carpal tunnel is a narrow passageway in the wrist. The median nerve and the tendons that connect the fingers to the muscles of the forearm pass through this tightly spaced tunnel. The median nerve controls sensations to the palm side of the thumb and fingers, as well as impulses to the small muscles in the hand that allow the fingers and thumb to move.

CTS occurs when swelling or irritation of the tendons and ligaments in the carpal tunnel results in pressure on this nerve. Symptoms, which often first appear during the night, usually start gradually, with frequent pain, burning, tingling, or numbness in the palm of the hand and the fingers, especially the index, middle and ring fingers. As symptoms worsen, people might feel pain, weakness, or numbness in the wrist, radiating up the arm to the shoulder during the day. Decreased grip strength may make it difficult to form a fist, grasp small objects, or perform other manual tasks. If not properly treated, CTS can cause irreversible nerve damage and permanent deterioration of muscle tissue.

Acupuncture can be extremely effective for treating RSI, including carpal tunnel syndrome. In fact, repetitive stress injuries like CTS are one of the most common reasons that people seek acupuncture. Recent studies suggest that acupuncture may be even more effective than corticosteroids when it comes to treating CTS.

In a randomized, controlled study published in the May 2009 issue of the Clinical Journal of Pain, acupuncture was as effective as corticosteroid prednisone for CTS. The study investigated the efficacy of acupuncture compared with steroid treatment in patients with mild-to-moderate carpal tunnel syndrome as measured by both nerve conduction studies and symptom assessment surveys. One group received eight acupuncture treatments over four weeks, and the other group received daily oral doses of prednisone for four weeks. Results showed that acupuncture was just as effective as the corticosteroid for pain, numbness, tingling and weakness. For the symptoms of nighttime awakening and for motor function, the acupuncture group had better results. Researchers concluded that acupuncture is a safe and effective treatment option for CTS without the side effects of oral steroids and/or for those who do not wish to undergo surgery.

From a Traditional Chinese Medicine perspective, RSI is seen as a disruption of the flow of Qi and Blood (Xue) within the area and associated with cold, dampness or wind penetrating the muscles and sinews. Acupuncture points, stretching exercises, herbal remedies and nutritional supplements are chosen to specifically treat each condition.

In addition to reducing the swelling, inflammation and pain, acupuncture and herbs can address any headaches, neck pain, shoulder stiffness and sleeping problems that often accompany CTS.

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](http://www.AcQPoint.com)

# How is Reflexology Different from Massage?

By Lauren Del Sarto

Don't you love reflexology? You leave feeling so revitalized, light and happy. It's different from massage where you leave feeling relaxed, loose and yes, also happy. But why is that? What are the differences between reflexology and massage?

Some people think reflexology is simply a foot massage, but this is far from the truth. Reflexology and massage are two different modalities--each with its own strengths. Like many other body therapies, both involve the use of the hands to apply their technique, and the aim of both is to enhance a client's well-being.

To help differentiate the two therapies, below is a chart provided by the Reflexology Association of America.

Refloxology	Massage
PURPOSE	
Works with the function of the body to improve organs and glands and all systems of the body. Also changes the soft tissue directly manipulated.	Works with the structure of the body focusing on muscles and soft tissue directly manipulated.
APPLICATION	
Applied to specific areas (usually feet, hands and ears) to promote a response from an area far removed from the tissue stimulated via the nervous systems and acupuncture meridians.	Applied to the whole body: locally to muscles and connective tissue for local benefit, and or applied to muscles all over the body to benefit the entire body.
Only the footwear comes off, as standardly only the feet, hands, and ears are touched.	All clothing comes off, as most of the body is touched.
TECHNIQUES	
Uses small muscle movements primarily applied with thumbs and fingers.	Uses large muscle movement applying hands (either opened or closed) and sometimes feet, arms and elbows
BENEFITS	
Total body relaxation leading to the balancing of all internal and external body systems; Improves circulation via stimulation to the nervous and subtle energy systems.	Local muscle relaxation, or if the entire body is massaged, improved circulation and reduction of muscular tension via relaxation of the muscular system.

Footloose Reflexology provides reflexology therapy for the entire body in a relaxing, open atmosphere. Treatments are fairly priced to encourage preventative health on a regular basis for all. Call to schedule your appointment today: Rancho Mirage (760) 770.6700 and La Quinta (760) 863.0900.

WILL ACCEPT LOCAL COMPETITORS COUPONS



# FOOTLOOSE

## REFLEXOLOGY MASSAGE



### LUXURY AND RELIEF YOU CAN AFFORD

Our treatments are performed in a peaceful, relaxing open area environment. Our goal is that you walk away feeling relaxed & rejuvenated within.

**1 Hour Reflexology Treatment Includes:**

Head & Face • Back & Legs  
Neck & Shoulders • Arms & Hands  
Herbal Foot Soak and of course **FEET!**

**\$50**

**\$10 OFF** Compliments of Desert Health

**Announcing New Treatments**

Headache, back pain, sciatica, arthritis relief  
acupressure treatment.  
Stress reduction, tired muscle relief  
chair massage.  
Or combination treatment.

**RANCHO MIRAGE**

760-770-6700

72877 Dinah Shore Dr., Ste. #104

Entrance on Shopper's Lane & Market Place Way

**LA QUINTA**

760-863-0900

79-630 Hwy 111, Ste. 101

Across from Costco Center

**10 a.m. – 8 p.m. 7 days a week**





# Achieving Healthy Cholesterol Levels Naturally

By Jill Coleman, RN

Today many are concerned about high cholesterol numbers. However, cholesterol is necessary for brain function, hormone production, mineral assimilation, bone function, metabolism, energy production and a healthy immune system. It is the building block of fat soluble vitamins A, D, E and K. Every cell membrane is made up of cholesterol (and saturated fats) which helps protect the cell. 20% of the myelin sheathing, which protects our nerve endings, is made up of cholesterol.<sup>1</sup>

It is important to understand the real purpose of cholesterol and how we can help our bodies naturally increase good cholesterol levels.

HDL (high density lipids) are 'good' cholesterol and act like big fluffy balls flowing through our system. Think of LDL (low density lipids) as little pellets. LDL's can journey into the lining of vessels or into cells to heal wounds, inactivate toxins, or deliver needed supplies to cells. However, once they do their job, they are dead soldiers and become oxidized. Anything that is oxidized can start a chain reaction of negative oxidation in our bodies (like metal when it rusts).

HDL's pick up oxidized LDL's along the way and deliver them back to the liver for disposal. The trouble is many of us don't eat enough healthy fats (like Omega 3 oils) to have high HDL levels, and our liver is overwhelmed from the chemicals and toxins we are exposed to daily. So the oxidized LDL's keep circulating in the blood causing damage.

Considered the "cleanup crew," HDLs greatly lower risk factors, even if the LDL levels are high. A good cholesterol test measures not only the numbers, but the ratio between HDL and LDL.<sup>2</sup> If your HDL (good) is high, it can cause your number to be high, but there may be no cause for concern. The ratio needs to be considered and the ideal ratio of LDL to HDL is around 2.5 to 1 (but 3.5 to 1 is OK too). The ratio is derived by dividing the LDL number by the HDL number.

Factors found to increase bad cholesterol include emotional stress, trauma, injuries, toxins, chemicals in our food, sugar, and refined oils. This is because they cause inflammation. The body produces LDLs (the little pellets) to 'put out the fire,' heal wounds, and reduce inflammation.<sup>3</sup>

One of the best ways to help lower the bad cholesterol naturally (and help the good cholesterol do its job!) is to start with a liver detox. Then, cut back on packaged foods and those with added chemicals. Replace hydrogenated oils with olive, coconut, and omega 3 oils from flax seed, walnuts, and fish. Eat more fresh raw produce and stop smoking.<sup>4</sup> Reduce stress through exercise and meditation and embrace a healthier lifestyle.

Cholesterol is not always the problem we think it is. Often it is a symptom of an underlying issue that the body is trying to resolve. If we bypass the body's amazing healing mechanisms by suppressing symptoms, we are only sacrificing health for a quick fix and not giving the body what it really needs—whole nutritious foods that help our body rebuild and repair.

Jill Coleman has been a registered nurse for over 21 years working at a variety of Southern California hospitals including UCLA's Heart Transplant Step-down Unit and LAUSC County Hospital's Trauma Unit. She has studied holistic natural medicine since the late 1990's, and promotes the use of medicinal grade, whole food and organic remedies. Visit her blog at [www.JillColemanRN.com](http://www.JillColemanRN.com).

References: 1) <http://www.livestrong.com/article/69148-purpose-cholesterol/>, 2) <http://www.mayoclinic.com/health/cholesterol-ratio/AN01761>; 3) <http://www.westonaprice.org/know-your-fats/skinny-on-fats#evidence>; 4) <http://www.cabothealth.com.au/health-topics/heart-health/cholesterol>. Additional resources: <http://cholesterol.emedtv.com/hdl/hdl-ldl-ratio.html>; <http://www.cholesterol-and-health.com/>; <http://www.westonaprice.org/know-your-fats/cholesterol-friend-or-foe> Chavarro JI and others. A prospective study of dairy foods intake and anovulatory infertility. Human Reproduction, Issue 28, Feb 2007.; <http://www.westonaprice.org/know-your-fats/skinny-on-fats#lipid>

## Living Wellness with Jennifer DiFrancesco



### Connecting As a Couple

How was your Valentine's Day? Did you and your partner make it a special day? Why is it that we need a designated day to celebrate our love for one another? The tradition is not a new one although much of the meaning has changed. In early Roman times, the month of February was dedicated to purification. On the 15th of the month, a Roman Festival was held encouraging attendees to cleanse their sacred space, observe purification rituals, offer sacrifices and prayers, and engage in meditation.

Thus, February represents both historical and cultural significance to cleanse, improve and grow the heart. But why not practice this intention throughout the year? There are ways we can weave these historical and modern connotations into a beautiful blanket, embracing a loved one in our life, thus honoring them not only in February, but throughout the year.

All relationships are assignments in our life for maximum opportunity of soul growth. It is our job to find tangible ways to express our love through heartfelt gesture, and the most heartfelt gestures are not always in a perfectly wrapped box with a bow. Create an intention – based on positive speech, action and effort – by presenting your partner with a healthy offering or gesture, such as a cleansing spa experience at home or away. By doing this, we learn about ourselves and our loved one.

A wonderful way to honor your loved one is to draw a bath, drop aromatic oil into the water, light a candle, and pour a glass of wine. Bathing as a couple, or allowing your partner to soak in the benefits of a stress-relieving soak alone, gives permission to "check out" for a while. Warming a neck pillow, playing some soothing spa melody and giving a foot massage is another way to show honor and respect for a close partner in life. Providing this heartfelt, tactile, sensorial experience allows us to give love from the heart. It also allows the person experiencing the gift to openly express what they want more or less of, opening the gateway of connection. It is impossible to show love being in a negative space towards one's partner. Such spa-influenced gestures will transport couples into a place of ultimate positive regard.

Perhaps massage and spa do not sound appealing. Togetherness and purification of the relationship may also be achieved from a wellness approach incorporating fitness. Set a mutual fitness goal and motivate each other. This type of shared effort reinforces a couple's healthy connection and lifestyle for months and years to come.

One final togetherness recommendation that I encourage couples to consider is to have a "Watsu" with your partner. Find a spa that provides this amazing aquatic experience and make it a point to be moved, pulled, swayed, embraced, and connected in 98 degree water. It is sure to stir the soul and participants will never view the healing effects of water, or each other, in the same way again.

# HARVEST HEALTH FOODS

## ORGANIC FOODS & SUPPLEMENTS

- Organic Local Produce & Groceries
- Large Selection of Probiotics
- Paleo Products
- Largest Raw Food & Macrobiotic Selection the the Valley
- Organic Non-Hormone and Grass Fed Meats
- Organic Raw Dairy
- Organic Food-Grown Vitamins and Highest Quality Pure Supplements
- Huge Variety of Protein Powders, Amino Acids and Athletic Supplements
- Largest Gluten-Free Selection in the Valley
- Herbal Tinctures, Herbal Capsules and Essential Oils, Flowers & Remedies
- Household Items, Juicers and Books
- Organic Teas & Coffee
- Bulk Foods
- Organic Mineral-Based Cosmetics

### Celebrating 42 Years!

Harvest Health Foods is independently owned and operated by **Laura Laffranchini** with the assistance of the entire Laffranchini family. We treat YOU like family and have a knowledgeable staff to assist you every day of the year!

Monday thru Saturday 9am–6pm • Sunday 10am-4pm

## 760.346.3215

73910 Hwy 111 • Palm Desert  
(Northside of 111 between Portola & San Luis Rey)

[www.harvesthealthfood.com](http://www.harvesthealthfood.com)

Featuring

### Luscious Lorraine's Deli and Juice Bar!

Monday thru Saturday 9am-4pm  
Closed Sunday





# What is Reiki?

By Lauren Del Sarto

Reiki is a complementary health practice that uses universal energy to enhance the body’s own ability to heal itself. The use of universal life energy as a healing force has been practiced throughout the world for centuries and is referred to as Qi in China, Prana in India and Ki in Japan.

Reiki practitioners believe that human energy flows through meridians (or pathways) in the body that can be sensed by trained individuals. A disturbance in the flow of this energy may be caused by physical illnesses or negative emotions. Reiki practitioners aim to channel life energy to problem areas to enhance healing or overall well-being.

Reiki Masters are believed to have ascended to higher ‘levels of attunement’ to the universal life energy. There are three levels of training (Levels I, II and Master), but no formal regulation of the practice.

Treatments involve the systematic placing of hands directly on a clothed patient or held one to two inches above the skin varying positions for approximately 2-5 minutes each. Positions and timing will vary based on the energy flow sensed by the practitioner. Treatments usually last 30, 60 or 90 minutes.

Patients report different sensations during Reiki sessions such as warmth, tingling, sleepiness, relaxation, or invigoration. Practitioners have reported tingling in their fingers, heat, cold, or pulsing while administering Reiki, which they accredit to the energy flow.

It has been proposed that Reiki can lower heart rate and blood pressure, boost the immune system and endocrine (hormonal) systems, stimulate endorphins, or affect skin temperature and blood hemoglobin levels. However, these properties have not been clearly demonstrated in scientific studies.

According the Center for Reiki Research, approximately 75 hospitals, medical clinic and hospice programs now offer Reiki as a standard part of care. Julie Motz, a Reiki trained healer, has worked with Dr. Mehmet Oz at Columbia Presbyterian Medical Center in New York. Motz uses Reiki and other subtle energy techniques to balance the patients’ energy during operations. She has assisted Dr. Oz in the operating room during open heart surgeries and heart transplants and reports that none of those treated experienced the usual postoperative depression. The bypass patients had no postoperative pain or leg weakness, and the transplant patients experienced no organ rejection.

The National Institutes of Health’s Center for Complementary and Alternative Medicine has funded five studies on the effectiveness of Reiki for conditions such as fibromyalgia, pain, cancer, depression, and overall well-being. Although some of the studies suggest that Reiki may help reduce symptoms, others find no clinical benefits, underlining the need for additional research to validate Reiki’s effectiveness for therapeutic purpose.

As with any treatment plan, it is important to inform all your health care providers about therapies you select.

Resources: 1) National Institutes of Health Center for Complementary and Alternative Medicine. <http://nccam.nih.gov>; 2) Barnes PM, Bloom B, Nahin RL. Complementary and alternative medicine use among adults and children: United States, 2007 (361KB PDF). CDC National Health Statistics Report #12. 2008.; 3) vanderVaart S, Gijzen VM, de Wildt SN, et al. A systematic review of the therapeutic effects of Reiki. Journal of Alternative and Complementary Medicine. 2009;15(11):1157–1169; 4) International Center for Reiki Training: Reiki in Hospitals by William Lee Rand. Reiki.org;



# Reiki

## IN THE DESERT

Reiki is a Japanese technique that works holistically to clear and balance your energy fields and promotes healing of Mind, Body, and Spirit.

**INTRODUCTORY SPECIALS:**  
 60 Minute Session  
 March \$40/April \$50

To schedule an appointment or for more information:  
 Leslie Hill at (760) 835-6188 • [ReikiInnerPeace@yahoo.com](mailto:ReikiInnerPeace@yahoo.com)  
[www.ReikiLoveAndLight.com](http://www.ReikiLoveAndLight.com)

Reiki Master & Teacher • Professional Member of the International Center for Reiki Training



# evolve yoga

Evolve Into A New You

Yoga  
 Mat Pilates  
 Burn at the Barre  
 Meditation

50-991 Washington Street & Tampico La Quinta  
 Ralph's Shopping Center next to US Bank

760-564-YOGA  
[www.e-voveyoga.com](http://www.e-voveyoga.com)

## DESERT HEALTHCARE DISTRICT:

Funding Programs that Improve Local Health Care Services

### Desert Healthcare District Grant Funds Address Food Insecurities



A Healthier  
**NON-PROFITS**  
 Community

The Directors of the Desert Healthcare District approved grant awards of up to \$629,471 to FIND (Food in Need of Distribution) Food Bank and up to \$211,676 to Hidden Harvest for a collaborative effort to support increasing consumption of fresh produce to target populations, and thereby supporting improved health outcomes.

The goals of the Access to Healthy Food Project are to increase efficiency, effectiveness and access to fresh fruits and vegetables. FIND Food Bank expects to distribute over 3 million pounds of fresh produce in 2013 to the 100-plus food providers in the Coachella Valley. They will also increase the use of the FIND Mobile Pantry which will allow food providers to lower their overhead costs of space, refrigeration and utilities. The grant funds will cover, in part, the cost to purchase and deliver the fresh produce to the food providers at no cost to the agency or their clients.

Grant funds will allow Hidden Harvest to increase the number of free Senior and Low Income Produce Markets by adding new sites at senior housing complexes, senior centers and clinics, as well as develop a sustaining farm site at Coachella Valley High School. Through the agency’s gleaning program, Hidden Harvest will also deliver additional poundage of produce to FIND Food Bank for distribution to Valley food providers.

FIND Food Bank is dedicated to mobilizing the resources of the community through education and awareness to relieve hunger, causes of hunger and problems associated with hunger. Their vision is for the clients of food providers to learn to become self-sufficient and mindful of healthy choices.

Hidden Harvest’s mission is to hire low income farm workers to “rescue” or glean fresh, healthy and locally grown food from farmers’ fields and area packing houses to feed the poor and hungry. They also provide free produce markets at senior centers and apartment complexes where low and fixed income seniors congregate.

Desert Healthcare District is a government agency, established by the state of California in 1948, to improve and support community health programs within a 457-square mile service area in the Coachella Valley. The District also owns and oversees the lease of Desert Regional Medical Center in Palm Springs.

To find out how you can help these organizations fight hunger locally, contact FIND Food Bank (760) 775-FOOD [www.findfoodbank.org](http://www.findfoodbank.org) and Hidden Harvest (760)-398-8183 [www.hiddenharvest.org](http://www.hiddenharvest.org).



Women Leadership Forum’s Young Women Leaders volunteer at FIND Food Bank





From A Small Seed: Finding Your Inner Voice

By Judy Sklar

Something happens... you lose your job, you're forced to move, someone dear to you is ill. All of the plans you've made in the past suddenly seem pointless and you feel as if you've lost your direction. Five years ago, feeling stuck and missing a certain passion in my life, I too questioned myself. "Who am I? Where am I going?"

Experts say change is the very essence of life. Desperately wanting to make a change in my own life, I armed myself with self-help books and a wonderful mentor, and through hard work made a number of changes. I was an accountant who became a fulltime artist. I returned to college to finish my Bachelor's Degree and now – in the midst of my Master's Degree – I am painting, exhibiting and teaching creative art workshops.

I recently suffered a blow when my husband passed away after a difficult illness. I found that despite all of my progress I was again asking myself the same questions; "Where is my voice? Who am I now?"

A famous yogi once said, "Go inside and listen to your inner voice. Every question has an answer-your soul is full of wisdom and knows the way." I believe this is true, yet it is difficult to hear that inner voice when there is so much noise in your heart and mind. Still, I pondered that yogi's words. Why was I asking myself those same questions again? Was it grief or had I truly lost my way?

Upon reflection I decided to practice what I preached and take the advice I give my students; to slow down and breathe, appreciate life, write in a journal, listen to music, take time out for yoga, meditation, and to read and create.

I have learned through the teaching experience that we all have a creative instinct. The more time we allow ourselves to explore that creative part of ourselves, the more open and free we become. We laugh more, enjoy our lives and find peace in our creative world. Little by little, we begin to hear the inner voice inside... telling us where we are meant to go.

What did my inner voice tell me? I realized it wasn't just my husband's death that made me ask "Who am I?" My life had become one of goal-setting, school work, and painting schedules. I had been working so hard at rearranging my life, I had lost sight of the reasons I wanted to change in the first place. I was working so hard at making a creative life... I had stopped living my life creatively. I needed to enjoy those creative moments again, with a renewed spirit and an open heart and mind.

From time to time, all of us - teachers and students - need to be reminded to open ourselves up to our creative nature; to enjoy the present moment without expectation or judgments.

Starting fresh, with more insight and humility, I realize that I am on a creative journey that continues to unfold. I invite you, dear reader, to experience your own journey and suggest you not be afraid to try new things. With baby steps, dare to explore your creative nature, for I believe from the smallest seed begins the creative journey and from that seed you will find your inner voice.

Judy Nemer Sklar is a professional artist, teacher, student and business owner. She teaches a workshop series she has developed entitled "Planting A Seed: Creating Art Inspired by Words, Music, Artifacts, Texts and Tweets" @2010 and "Aging Artfully: The Power of Creativity" @2012 . For more information on her 2013-2014 workshop series visit [www.judynemersklar.com](http://www.judynemersklar.com) or call (760) 902-5467.

New Workshop Coming in 2014 ...

AGING ARTFULLY:  
THE POWER OF CREATIVITY



Aging Artfully is the second in a series of workshops by Judy Nemer Sklar addressing the importance of creativity in the aging process.

The artistic process can be transformative. Creating art in all its forms makes us happier and healthier. Using mixed media, poetry and music, the goal of this workshop series is to tap into your inner voice.

Enjoy feeling like a child again. Plant a seed and discover the power of creativity. Open to all levels.

Judy Nemer Sklar is an artist and teacher. Her artwork is in collections in the United States and abroad and she is the recipient of numerous awards and grants.

Please visit our website for more information and to express interest in the 2014 workshop series. We value your input.

[www.judynemersklar.com](http://www.judynemersklar.com)  
[www.judysklar.com](http://www.judysklar.com)

760.902.5467

INSPIRATION IS EVERYWHERE, FLEETING IMAGES, CONVERSATIONS, A POEM OR SONG. CREATE ART BY RECONNECTING TO THE WORLD AROUND YOU.

**Palm Desert Healing Arts Center**

**Modalities offered:**

- Pain & Stress Management
- Deep Tissue Massage
- Swedish Massage
- Maternity Massage
- Acupressure
- Reflexology
- Hypnotherapy
- Life Coach Sessions
- Cranio-sacral Therapy

**Irene Resendez-Hall**  
H.H.P./L.M.T./Life Coach

**Bob Wilkie**  
Certified Master Hypnotherapist

**Shayla Zachary**  
L.M.T.

**Brenda Jara**  
L.M.T.

By Appointment: 760-568-0094  
73-241 Hwy 111 • Suite 3-B  
Located on the corner of Sage Lane & Hwy 111  
Entrance faces the parking lot  
[www.lovinghealinghands.com](http://www.lovinghealinghands.com)

**COMPOUNDING PHARMACY**

• Full Service Pharmacy  
• Pain Management  
• Anti-Aging Skin Care  
• Sterile Injections  
• Veterinary Drugs  
• Pharmaceutical Grade Nutritional Supplements

**FREE DELIVERY AND MAILING ON ALL COMPOUNDED MEDICATIONS**

2 Locations to Serve You!

**FIRESIDE COMPOUNDING PHARMACY**  
73847 Hwy 111  
Palm Desert, CA 92260  
Ph. (760) 346-1113 • Fax (760) 346-8725

**LAS PALMAS COMPOUNDING PHARMACY**  
555 E. Tachevah Dr., Ste 1W101  
Palm Springs, CA 92262  
Ph. (760) 416-0830 • Fax (760) 416-0832

Mourning Star Offers Comfort to Grieving Kids

By Doris Steadman, MEd, MSW

Where do our children go to cope with the loss of a loved one?

Nationwide there are less than 400 centers for grieving children and one of the top, Mourning Star Center, is located here in Palm Desert. Mourning Star specializes in helping children (ages 3 to 18) and their families develop healthy coping skills after the death of a loved one.

The environment in the Center is welcoming for all ages of children and adults. Children are encouraged to express their grief through a variety of activities, from art to physical activity, from one-on-one counseling to group experiences. The Center also provides a room for the children's caretakers, teaching them how to help their children grieve and helping them understand and cope with their own grief.

How does a child perceive death? How does an adult respond? It is important to understand that until 7 or 8 years old, most children do not understand the concept of death. When a death occurs, an adult should be honest and use age appropriate language with the grieving child. Often times, art allows the child to express those feelings that he/she cannot verbalize. The walls of Mourning Star are covered with those very meaningful illustrations.

In addition to running the center, Mourning Star Director Pamela Gabbay and Program Coordinator Melissa Lunardini also lead grief support groups in all three Coachella Valley school districts. Both are nationally-recognized presenters in childhood bereavement. Mourning Star also offers one of the Valley's only suicide loss groups.

During the summer months, Mourning Star offers a special camp for affected children at Big Bear called 'Camp Erin.' The Friday – Sunday gathering is free for up to 100 children from Riverside and San Bernadino counties and features a specialized teen component. The support team for the camp consists of 110 to 120 volunteers.

If you know a child or family who has lost a loved one and are grieving, let them know about the Mourning Star Center. The experiences the Center provides can assist the child and family in understanding their grief and helping them build a new support system with other grieving families.

Mourning Star Center is located at 42-600 Cook Street, Suite 202, Palm Desert, CA 92211. For more information call 760-836-0360.



Tiles of emotional art come together for display at Mourning Star





**Your mind power is,  
and always has been...phenomenal!**

**Take a good dose of Yogi Philosophy...  
Add Cutting Edge Science...and Voila!  
You have Your Phenomenal Mind.**

*Unleash the healer within, Overcome self-defeating  
habits, Mobilize mind power to perform extraordinary  
feats and increase success in future endeavors*



*Diane Richardson was introduced to Eastern philosophy while traveling to India to study cross cultural conceptions of mental illness and alternative healing modalities. She has spent years tracking developments in the new science of Consciousness Studies with particular emphasis upon quantum theories of psychology.*

*Diane Richardson is a licensed Marriage and Family Counselor (CA MFT 3935). She has taught at University of California, Berkeley, California State University, East Bay and Chapman College.*

**Wednesday Evenings – 6:30-8:00 PM**

**925-943-5503**

*La Quinta Museum Meeting Room*  
**77885 Avenida Montezuma in Old Town La Quinta**  
**www.PhenomenalMind.com**

## New Science Opens Window to Our Minds

*By Diane Richardson*

A current buzzword for mind is 'consciousness.' Did you know you can now go to college and major in Consciousness Studies?

You are in good company in the Department of Consciousness Studies where you will find spiritual healers, psychologists, linguists, cognitive scientists and quantum physicists - all working together to better understand your mind as you experience it.

Your phenomenal mind is continuously trying to help you navigate a world of challenges and changes. Interestingly, this understanding of mind is a key component of the new 'Wellness Model' which is transforming medical care today.

The term 'Wellness Model' refers to a multi-dimensional approach to care. As Dr. Bill Hettler, co-founder of the National Wellness Institute (NIW) notes, six dimensions of our lives must be taken into account as we seek to create and maintain wellness: social, occupational, spiritual, physical, intellectual and emotional dimensions. This holistic health approach notes the interconnectedness of all things.

In the center of a holistic approach, we find our minds doing their part to help us thrive. Interestingly, we now see mind as having much in common with Google. Our brains absorb and manage an inconceivable amount of information every day. It manages that information with one objective, to help us navigate the trajectory of our lives. That awesome task is beyond the ability of our most sophisticated computers.

And, our minds permit us to glimpse something larger than ourselves, consciousness. Our everyday mind stands at the threshold of consciousness, and exploration of that juncture is bearing rich fruit as we seek to better understand ourselves. Enter the quantum physicists.

Many formerly inexplicable experiences of mind along with the power of mind are now better understood as we have penetrated the world of the quantum where things are not as they seem.

Henry Stapp, Theoretical Physicist at Lawrence Berkeley Mathematics Institute states that there is a kind of duality after all - not the mind/body duality that's been debated for centuries, but a material/non-material duality, a physical/quantum duality.

A better understanding of our minds is the result of this science. How we learn, how we come to be who we are, how we come to have our abilities and vulnerabilities. The fruits of this new science are technologies that help us cope when the going gets rough.

One of these technologies is at your fingertips. Meditation.

Meditation is not 'pop psychology'. It is a method designed to help us in a variety of ways. Some form of meditation has been taught throughout the ages in diverse cultural contexts.

To meditate, simply pause. Settle into the moment. Take note of your breathing and the scent of fresh cut grass wafting through your window.

Experience for the moment, the now. Let thoughts, concerns, and your 'to-do' list go.

You will have experienced an extraordinary state of mind with that brief meditation. That state of mind is, in and of itself, therapeutic. It is also true that, as you let go of thoughts, there is a window of opportunity to peek at the awesome fruit of the 'information processing system' of your mind as it is unfolding and, acquiring wisdom.

*Diane Richardson has taught college and practiced psychotherapy in California for many years. She has utilized meditative practices to explore consciousness and mind. She has been tracking developments in the new science of consciousness and in particular, theories developed from quantum psychology, for over ten years. She teaches Power Up Your Mind Classes and can be reached at [diane@phenomenalmind.com](mailto:diane@phenomenalmind.com) or 925-943-5503.*

## Le Roy CHIROPRACTIC CORPORATION

For over twenty-five years, Dr. Lawrence Le Roy has utilized light-force, gentle chiropractic adjusting methods to help patients improve their health and overall well-being.

Our mission is to provide the best chiropractic care possible and to educate our patients on their body's own innate healing power.

### SPINAL DECOMPRESSION

Spinal Decompression Therapy is a traction-based, non-surgical, FDA cleared treatment for bulging or herniated discs in the low back and neck.

At Le Roy Chiropractic, we proudly offer the most versatile, state-of-the-art decompression system available, the Kennedy Neuro-Flex Decompression Table, which provides more positioning options and computer programming that maximizes customization for each client's individual condition and comfort.

Our treatment programs often combine spinal decompression, chiropractic care, massage and other therapy treatments to accelerate the healing process, shorten the length of treatment and to provide lasting results.

Dr. Le Roy's skill and experience coupled with training by one of the country's leading experts in spinal decompression, Dr. Jay Kennedy, have resulted in hundreds of successful treatment cases for bulging and herniated discs.



### Our services include:

- A variety of highly-effective chiropractic adjusting techniques including the Activator Method®
- Non-surgical spinal decompression therapy
- Standard Process® whole food nutritional supplements

We recommend and offer the highest quality whole food nutritional supplements in assisting our patients to achieve true health and wellness naturally.



Give us a call today and ask to "speak with the doctor."

**Dr. Le Roy** will be glad to answer your questions personally to help you determine if this treatment is right for you.

**760.771.4800**

**78900 Avenue 47 Ste. 105 • La Quinta CA 92253**

**[LaQuintaChiropractor.net](http://LaQuintaChiropractor.net)**





Is the IRS Visiting you?

By Lucy Rojo, ND

Are you tired of getting reports saying that you have cholesterol and blood pressure issues? Do you feel especially tired after meals, or have you been trying to get a handle on your weight with little success? You may have Syndrome X.

Syndrome X is a common nutritional disease caused by eating foods high in refined carbohydrates. It is often referred to as Insulin Resistance Syndrome (IRS) and includes having one or more of the following: high cholesterol, triglycerides, blood pressure and/or carrying excessive weight. You may think these are signs of getting older, but they could be Syndrome X. If so, you are at increased risk of having numerous age-related disorders from diabetes to Alzheimer's disease to cancer.

Insulin, a chemical made by the pancreas and released in response to dietary sugars or glucose, plays a pivotal role in Syndrome X. Once glucose is taken up by the digestive system, it goes into the blood and eventually to the body where it gets used for fuel or repair. Insulin is needed in the crucial step of getting sugar out of the blood and into the cells of your body. It acts much like a key that is used to unlock a door. Insulin receptors on most cells act as the lock. If insulin (the key) cannot be put into the insulin receptor (the lock), glucose can't be delivered to the cell properly which results in insulin resistance. The body releases more and more insulin which goes unnoticed by the cells. As Syndrome X progresses, both glucose and insulin

get log jammed in the blood, while the cell starves in a relative abundance of glucose. The end result is that glucose and insulin remain in the blood where they cause other devastating problems.

If you consume the standard American diet of boxed and processed foods such as muffins, cereals, breads, cookies and soft drinks, your diet is leading you to disaster. These foods deliver an excess of sugars and bad fats with few vital nutrients.

If you consume the standard American diet of boxed and processed foods such as muffins, cereals, breads, cookies and soft drinks, your diet is leading you to disaster – Dr. Rojo

The following is just a partial list of health compromises resulting from IRS: Obesity (body mass index of over 30 in adults), darkening of the skin around the neck, skin tags, allergies, bad changes in the blood fats (triglycerides > 140 mg/dl and HDL < 40), and hormonal changes - especially in women. Gout, fatty liver, and kidney problems are also common conditions associated with IRS.

The treatment for IRS is in healthy diet and exercise choices. In addition to lifestyles modification, medication and nutritional or herbal supplementation can prevent the progression this syndrome. However, once IRS has developed, it is a lifetime management project. Stop it in its tracks now, so you don't pay the price later.

Dr. Lucy Rojo is a licensed, natural medicine doctor working with Robert Steinberg, M.D. in Palm Desert. She focuses on digestive challenges, intravenous nutritional therapies for a variety of conditions, and nutritional genetic testing. She is also fluent in Spanish and offers home/office visits. Contact her at the Desert Integrative Medical Center: 760.340.2260.

# DESERT INTEGRATIVE MEDICAL CENTER

*Desert Integrative Medical Center is proud to welcome the practice of Dr. Lucy Rojo, a licensed doctor of natural medicine. Dr. Rojo is a graduate of Portland's National College of Natural Medicine and brings 11 years of clinical experience to our practice.*

- IV Therapy with Targeted Nutrients for Athletes, Energy, Immunity, Inflammation, Macular Degeneration and Wound Healing
- Digestive Challenges, Allergies, Chronic Fatigue, Fibromyalgia and Insomnia
- Women's Wellness & PAP Smears

**Desert Integrative Medical Center offers the best of both traditional & alternative medicine. Please call our office if you are looking for doctors who listen and offer you choices.**

*Dr. Steinberg has been practicing internal and integrative medicine in the Coachella Valley since 1981.*

*Dr. Rojo is fluent in both English and Spanish*

**ROBERT STEINBERG, M.D. AND LUCY ROJO, N.D.**

**760-340-2260**

**41865 Boardwalk, Ste. 103 • Palm Desert, CA 92211**

**www.DesertIntegrativeMedicalCenter.com**

Stress: The Silent Killer

By Sonja Fung, ND

Everyone is familiar with stress in some shape or form. Most Americans indicate they have experienced moderate to high levels of chronic stress but didn't know what to do about it. Let's explore what our bodies do in the face of stress and how we can minimize the harmful effects.

Your body has a complex mechanism for handling stress and relaxation. Historically, stressful situations were intense and short lived-called the "fight/flight" or "sympathetic" response. When you are relaxed and safe, your body is in a "parasympathetic" mode so you can "rest and digest." If your body feels stressed or threatened, you immediately go into a sympathetic mode. Your body starts a domino effect of signaling that ends with symptoms of fatigue, weight gain, inflammation, pain and even disease. With modern day stressors, such as work, relationships, health, finances, childcare, etc., we can't just physically fight or run away (even though we may want to sometimes); and with long-term stress, your body works on overdrive and is unable to turn off these stress signals.

Prolonged stress can potentially lead to disease and most certainly affects your wellness on a daily basis. After a long period of stress, you often catch colds more easily and recover more slowly. Your body's immune system is less equipped to put up a fight. Stress also triggers inflammation which leads to increased pain and risk for multiple chronic diseases including cancer. Although there is no research directly linking cancer and work-related stress, there are positive links for increased risk of

mortality and worsening tumor prognosis correlated with prolonged stress response.

There are healthy - and unhealthy - ways to deal with stress. Self-medication, alcohol and drug use, smoking and over-eating are not the proper answer. Here are some suggestions on how to replace negative coping habits.

First and foremost, diet. According to the Okinawa Centerian Study, a diet low in calories, high in healthy fats (fish, nuts, seeds), and high in fresh fruits and vegetables, coupled with an active and low stress lifestyle, has shown significant increases in life expectancy and quality of life.

Never stop exercising. Start yoga, pilates, barre, jogging, hiking, resistance training, or whatever inspires you! Recent studies have shown the importance of exercise in breast cancer patients. The amount of exercise has a direct correlation to increased protection against cancer reoccurrence risk. So the more you exercise, the more you decrease the risk of cancer reoccurrence.

Also, maintaining a daily practice in meditation or prayer cultivates your spiritual side and has even been shown to reduce inflammation. Other techniques that decrease stress are mindfulness/visualization, hypnotherapy or hypnomeditation, deep breathing exercises every hour, tai chi, and chi gong.

Stress is unavoidable and will always be in your life. Even low levels of stress can increase risk of disease and shorten life expectancy. However, your health, happiness and longevity will rest heavily upon the daily choices you make to address your stress.

Dr. Sonja Fung is a naturopathic primary care doctor at Live Well Clinic in La Quinta. For more information about their integrative clinic, go to [www.livewellclinic.org](http://www.livewellclinic.org) or call 760-771-5970. Editorial references available upon request.

A destination of health and wellness. Integrating natural family medicine, nutrition, fitness and spa services.

[www.livewellclinic.org](http://www.livewellclinic.org)  
Phone: 760-771-5970  
• Live Well Clinic  
• LiveWellLQ  
[info@livewellclinic.org](mailto:info@livewellclinic.org)

**New Location:**  
78900 Avenue 47 Suite 102  
La Quinta, CA  
(near Adams St., directly behind World Market)

## Heal

Naturopathic Family Medicine  
Bio-Identical Hormone Therapy  
Food Allergy Testing  
Weight-loss (HCG)  
Detoxification Programs  
IV Nutritional Medicine  
Natural pain management  
Prolotherapy  
Integrative Cancer Care  
Nutrition Counseling

## Nurture

Yoga Seminars  
Hypnotherapy  
Meditation/Stress Reduction  
Massage Therapy (Deep Tissue, Lymphatic, Intuitive, Swedish)  
Organic Facials

## Inspire

Pilates (matt or reformer)  
Burn at the Barre  
Group Fitness  
Peak Performance  
Business Coaching  
Career and Life coaching





## OPTIMAL HEALTH CENTER

### Treating the Root Cause of Your Health Concerns

**DR. SHANNON SINSHEIMER**  
State Licensed Naturopathic Doctor

- Quality Integrative Health Care
- Wide Range of Natural and Conventional Treatment Options
- IV Nutritional Therapy and Vitamin Injections Available

**DR. VERONICA SLAUGHTER**  
Non-Force Chiropractic, ACTIVATOR METHOD

- Whiplash to Lower Back Pain
- Sciatica to T.M.J.
- Sports Injuries to Vertigo
- 28 Years of Experience

**LEILANI DELACRUZ**  
LMT, Massage Therapy

- New Client Special, Save \$40 on 1<sup>st</sup> Session
- Therapeutic Massage & Bodywork
- Swedish, Deep Tissue, Sports, Customized to Your Needs
- Headaches, Muscle Pain & Stress Relief

**Complimentary Consultations**

**Dr. Shannon Sinsheimer**  
(760) 568-2598  
www.drsinsheimer.com

**Dr. Veronica Slaughter**  
(760) 340-4157  
www.deserthealing.com

74040 El Paseo Ste. D • Palm Desert

## Naturopathic Treatment for Chronic Fatigue Syndrome

By Shannon Sinsheimer, ND

Chronic Fatigue Syndrome (CFS) is defined as a condition with a criteria of symptoms that includes lethargy, poor concentration and/or memory, sore throat, headaches, tender lymph nodes, and muscle pain that persists for 6 months or longer. CFS symptoms may vary among patients – solely as fatigue and lethargy, or as a myriad of seemingly unrelated symptoms. Naturopathic treatment of CFS is based on the symptomatic presentation of the individual; therefore, the treatment structure will be applied differently for each patient. Following is a brief overview of our general naturopathic approach to treatment of CFS.

The first step in treating CFS is conducting specific lab work to rule out hormonal imbalances, viral infections, environmental toxicity, and nutritional deficiencies that may exacerbate and/or contribute to CFS. A hormone panel that includes assessment of the thyroid, adrenal glands, testosterone, estrogen, and progesterone will detect any pattern of hormonal imbalance. The main virus known to cause fatigue is Epstein Barr Virus (EBV) and a simple lab test can determine active or past EBV infection. Heavy metal and environmental toxicity are diagnosed through simple urine and blood tests. A functional nutritional panel determining levels of essential nutrients is important in diagnosing the cause and alleviating the symptoms of CFS. Labwork is the first order of business, in that it may clearly point to a cause or, rule out non-contributing factors of CFS.

Treatment will vary according to lab results, symptoms, and the individual's health goals. In general, treatment begins with an elimination diet removing potential aggravating foods, and encouraging healthy nutrition choices. The frequency of meals and nutritional quality food will affect body function throughout the day. Eliminating potentially aggravating foods can assist in decreasing inflammation, feelings of ill health, and remove obstacles to achieving optimal health.

Focusing on detox, specific nutrient absorption, sleep habits, and exercise can help to alleviate CFS as well. A build-up of environmental toxins in the cells can have an effect on energy and inflammation levels. Depending on environmental test results, heavy metal chelation or a detox protocol may be necessary. CFS symptoms respond well to a high dose B-complex, magnesium, CoQ 10, carnitine, and a super green food combination. Sleep habits are essential to establishing a proper circadian rhythm. Going to bed and waking at the same time with scheduled naps no more than 15 minutes long can regulate the body's energy and cortisol levels. Exercise can be overwhelming and more tiring to a person with CFS but, a small amount of regular physical movement will improve stamina and a daily walk or 30 minutes of stretching is recommended.

In addition to healthy habits, lab exams, detox, and nutrients, herbal therapy is highly recommended to improve stamina and decrease symptoms. Herbs such as rhodiola, ginseng, ashwaganda, astragalus, and licorice can all have a positive effect on CFS. Herbal remedies should not be taken without an evaluation of the individual based on their personal health history.

CFS is a debilitating disease but, fortunately, a reversible condition. It takes time and adherence to a well-laid-out treatment plan. The body will heal itself with the correct nutrients and structure to build back to optimal health.

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

## Help Your Doctor Help You Start with a Health Care Portfolio

By Lauren Del Sarto

Wouldn't it be nice if we all came with an instruction manual? Then, if your doctor had a question about your health, the manual would provide answers.

Today we call that manual a health care portfolio—a collection of data that lets your health care team know where you are, what you are doing, and where you want to go. The government's requirement for electronic medical records is an attempt at creating your portfolio by collecting all of your information in one place, but the job should really be our own.

"We all want to be on the same page when it comes to patient care," says Dan Olesnick, MD of Executive Wellness and Executive Urgent Care in Indian Wells. He strongly encourages individuals to manage this task themselves by creating a binder with all their medical information. "A health care portfolio enables you to have an educated discussion with your doctor, so you can work together as a team."

Requesting your records and organizing them in a binder or scanning them into your iPad is a good place to start, along with establishing a thorough understanding of where you are today. "There are so many tests available now which provide a baseline of your current health status - not just your blood pressure and cholesterol, but if you are predisposed to disease; your vitamin and nutrient levels; and whether medications are actually working for you."

Olesnick studied molecular genetics and is intrigued by today's technology. "We now have tests to measure if your diet is working for you - if you are vitamin and nutrient deficient - and even if the drugs you take are effective."

Our bodies process drugs using specific pathways and enzymes. Your metabolic pathway, or the structure of your genes, determines whether your body is able to metabolize certain medications. "If tests show that your body doesn't metabolize, say CYP3A4 drugs, you may get the side effects, but very limited benefits. You should be on another type of drug (typically from the same class) that is metabolized a different way."

Olesnick compares our enzymes to tools in a tool box. "If you were born without a hammer in your toolbox, then don't do jobs that require a hammer. Do the jobs you can accomplish with a wrench." He sees genetic testing as a screening tool to cut down on errors. "If a patient knows their family disposition and individual risks, as well as their genetic profile and nutritional values, it certainly helps us as doctors to prescribe the most effective treatment for that patient."

Baseline genetic tests are around \$300 and some insurance companies now pay for them. Others can range up to \$10,000. There are vast arrays of tests available and Olesnick recommends researching the benefits of each noting two reliable companies: Genova Diagnostics for vitamin panels and Pathway Genomics for genetic testing.

It's as if we've figured out how to read the instruction manual that came with our body. However, the technology is very cutting edge and your doctor may or may not know about it yet. "Doctors are overwhelmed with information. Baseline testing may not be in the forefront of every doctor's mind. You can help your doctor by bringing this to their attention, and thus becoming a partner in your own health care."

Dr. Olesnick can be reached at Executive Wellness (760) 346-9354.

## FEEL BETTER. INSIDE AND OUT.

### ANTI-AGING

Our medical philosophy affirms that good nutrition and Bespoke medicine can decelerate aging and often mediate debilitating conditions such as osteoporosis, diabetes and heart disease.

We also offer programs utilizing Nobel Prize winning telomerase science for natural life enhancement with TA-65 and Product B.

### MEDICAL WEIGHT LOSS

Physician managed programs using 'science for success' through laboratory testing, hormone balancing and individualized diet.

### GENETIC TESTING

Get to know your body. 15 different genetic panels offered to help you scientifically achieve your health goals.

### NON-INVASIVE BODY SCULPTING

Offering the latest technology, Zerona, as seen on The Doctors, Dr. Oz and the Today Show using cool touch laser to break down fat molecules under the skin for immediate and noticeable results.

And Exilis delivering non-invasive radio frequency to rejuvenate collagen, smooth lines and tighten skin. Ideal for smile lines, sagging neck, stomach and thighs.

**(760) 346-9354**  
WWW.EXEC-WELLNESS.COM

**EXECUTIVE WELLNESS**  
AT INDIAN WELLS  
A Division of Executive Foresight

74-785 Hwy 111, Suite 100, Indian Wells, CA 92210





Coachella Valley's Health Care Industry

MENTORING THE FUTURE

Brought to you by CVEP's Health Care Council



Physiology of Digestion Course is Changing Habits at Indio High School

According to the latest information from the CDC (Centers for Disease Control), 17% of all children and adolescents in the U.S. are obese. This is a three-fold increase from just one generation ago. Recognizing the need to produce registered dietitians and nutrition professionals to deal with this issue, Indio High School has responded with a unique course offering called the "Physiology of Digestion."

Students at Indio High School take this course (now in its second year) under the guidance of biology teacher and science chairperson, Jason Tate. In an effort to increase levels of awareness regarding nutrition and how food choices affect health, students participate in this year-long science elective. The Physiology of Digestion is thought to be as rigorous as many college courses, requiring students to learn advanced concepts like organic chemistry and complex biological processes. Students get an in-depth view of how everything we eat is processed, absorbed, released and/or utilized by the body. Liz Stankis, a local Registered Dietitian and CVEP HIC Nutrition Work Group Champion, has been a guest speaker and after witnessing what the students are learning stated, "We didn't cover this material until our second semester as nutrition majors in college."

Students volunteer at sporting events on campus to provide healthy snack bar food and a Health & Nutrition Club has recently been approved by the district. This club will enable student members and officers to: participate in school and community events for nutrition education; hold diabetes and obesity awareness rallies on campus; build a school and community garden; and approach school lunch reform for the district.

Mr. Tate's Biology and Nutrition classes have received support over the years from Sprouts Farmer's Market in La Quinta and are looking for more community supporters to help the program grow. The level of excitement and passion for nutrition among present and former students of the program is inspiring. Many students have completely changed the way that they eat as well as the way that their families eat.

A second year is being developed for those interested in becoming food science majors, and will focus on job shadowing and internships. Ultimately, the vision shared by participants is expressed in a quote from Thomas Edison. "The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."



Making Your Dream a Reality

By Lauren Del Sarto

After watching *Super-size Me* and researching the link between sugary drinks, obesity and type 2 diabetes, 14 year old Carter Kostler had an idea – create a healthy, tasty and portable "fast drink" alternative that is good for the environment.

"My mother is a huge fan of fruit infused water but would grab a soda or non-reusable water bottle when she left the house. That was my "aha" moment." With a few sketches in hand and a preliminary business plan (from researching samples online), he presented the concept of a stylish, fruit infused water bottle to his parents who encouraged him to go for it.

But where to start? "My greatest fear was whether there was a market for this and how I could make my dream a reality," says Carter. With his parent's advice and guidance, he approached a patent attorney. From there, things started rolling. He found a design firm to help him develop the prototype and listed his new invention, The Define Bottle, on a "crowd funding" website, which helps individuals raise funds for their ideas. "Some of the people contribute small amounts, say \$25, to be the first to receive the product, and others just contribute because they support the cause." It wasn't long before Carter had raised \$5,000 in startup funding.

He also created an informative website that immediately attracted attention. "We launched [www.FruitInfusedWater.com](http://www.FruitInfusedWater.com) with drink recipes and reasons to choose this healthy alternative. We added a blog, invited interaction, and positioned the Define Bottle as a featured product, but not the focus." They now have a waiting list of 500 from the site.

One of those who found [FruitInfusedWater.com](http://FruitInfusedWater.com) was Valerie Alexander of the Clinton Foundation who was researching infused water recipes to serve at the Humana Challenge. This contact changed Carter's life and his first shipment of 500 bottles were delivered to the Health Matters Conference where President Clinton personally introduced him. Attendees each received one of Carter's inventions.

Through further research, Carter found the Partnership for a Healthier America (PHA), whose honorary chair is First Lady Michelle Obama. Carter entered PHA's Innovation Challenge on Facebook and of thousands of entries, was chosen in the top 10. In March, Carter goes to DC to present the Define Bottle to the First Lady, Senate Majority Leader Harry Reid, and an audience of over 1,000. If he wins, he receives 45 hours of business advice from leading business management, public relations, and venture capitalist firms valued at \$60,000 and a cash prize of \$10,000.

Carter is currently a ninth grader at Cox High School in Virginia Beach. His story proves once again how each of us—regardless of age—can make a difference in creating a healthier America. And how good intentions can change a young person's life. He is not certain where he wants to go to college but at this pace, he's certain to have many from which to choose.



For an update on Carter's visit to DC, friend us on FB/DesertHealth. For more information on Carter Kostler and his invention, visit [www.DefineBottle.com](http://www.DefineBottle.com).

Carter Kostler with his Define Bottle and parents, Carla and Mark



We make health care a family affair!

From pediatrics to geriatrics, Eisenhower has your family covered.



The Eisenhower Center for Family Medicine offers convenient, comprehensive care for every member of the family. Babies, parents and grandparents alike can see our Board Certified Family Medicine experts at the Eisenhower George and Julia Argyros Health Center in La Quinta. These primary care physicians act as "health care quarterbacks" who care for you when you are sick, monitor your general health and help you stay well. And because they are part of the Eisenhower network, they can refer you to a top-notch specialist whenever you need one.

In addition to physician offices, the Eisenhower Argyros Health Center features:

- ★ Onsite lab
- ★ Imaging services
- ★ Urgent care center
- ★ Orthopedic services
- ★ Eisenhower Wellness Institute
- ★ Breast center
- ★ Health education, exercise and more

So count on the Eisenhower Center for Family Medicine for inspired, leading-edge care for the whole family.



EISENHOWER  
GEORGE AND JULIA ARGYROS HEALTH CENTER

45280 Seeley Drive, La Quinta, CA 92253

To learn more about our physicians, call 760-773-1460 or visit [emc.org/primarycare](http://emc.org/primarycare).





## Financial Basics For Your Children and Grandchildren

By Reesa Manning

A very common reason for investors to focus on their portfolios is for the benefit of the next generation. They want to ensure that their children are well taken care of so that they, the investors, don't have to worry later in life.

Taking it another step is teaching your children about investing. You can help them understand the guiding principles, and why it is so important to think about investing—for their present and their future. This is a golden opportunity to start them on a solid financial path. Where to start in discussing investment basics with your children largely depends on their age and maturity. That said, there are effective approaches for children of all ages. Here are some ideas:

### Start with savings.

Savings should come before investing. Make sure your children have a firm grasp of the importance of saving. If they have a regular job, discuss with them the idea of setting aside about 10% of their earnings. Consider opening a savings account for them and discuss how interest works. These are important first steps in learning how to manage money. Once your children have a savings plan, investment topics will come more easily.

### Keep it simple.

As obvious as this seems, use your children's language, not sophisticated financial terms. Start by explaining to your children that investing is a means of using their money to create more money. Keeping it simple will help your kids to understand and embrace the concepts.

### Use a real goal.

Make investing real by focusing on a tangible goal. Chances are your children already have something for which they are working and saving. Depending on the age, it could be a new doll, the hottest video game, or their first car. By showing them how investing money on a regular basis can help earn more money to achieve their goals, you're more likely to catch—and keep—their attention. Set financial milestones on the way to reaching their savings goal, and talk about each milestone when your child reaches it. Many children are visual and posting a "Savings Graph" that shows their progress is a fun way for you and your child to track their savings.

### Explain stocks with familiar companies.

Kids are drawn to the idea that buying a stock means buying a piece of a company—the stock can rise or fall as the company succeeds or fails. If you tie the concept to a company with which your children may be familiar, say a sports company, computer manufacturer, or food and beverage company, they might be more interested in following its progress. You might purchase a single share for them so they can experience ownership first hand.

### Try virtual investing.

That said, you don't need to actually purchase a share of stock; rather, you can show your children how to research stocks online. Once again, choose companies whose products are familiar and, this time, have them "buy" 10 shares of a few companies they like. Record the "purchase price," monitor the performance and, after a while, have them calculate how much they gained or lost.

### Open a custodial account.

To give your children some real investing experience, consider setting up a custodial account under the provisions of the Uniform Gifts to Minors Act or the Uniform Transfers to Minors Act (depending on your state). You can start the account with a small amount of money and then add contributions from their already established savings plan or other gifts.

As you and your children explore investing together, remember to have fun and keep it light, emphasizing the following:

- **Long-term investing:** Any market has natural ups and downs, but the longer you have to invest, the greater chance you have to ride out these market movements. Historically, over time, investing has been an effective way to help your money grow.
- **Compound growth:** As earnings are reinvested back into your original investment and the aggregate amount keeps earning, it's kind of like a snowball that gets bigger as it rolls downhill. The earlier you start investing, the greater the snowball effect.
- **Diversification:** It's risky to put all your eggs in one basket—it's probably not a good idea to invest all your money in the hottest video game or clothing company. If the company falls on hard times, you could lose your entire investment. A great way to minimize risk is to spread your money across different types of investments.

Teaching your children about saving and investing can be fun and, in addition, profitable in the long term.

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



One Bank is Focused on your Financial Health in the Gem of the Desert.  
**That's us!**



**La Quinta Cove Branch**  
50961 Washington Street  
La Quinta, CA 92253

**Lori Crawford**  
Branch Manager  
760-564-0019

**Vince Starace**  
Senior Mortgage  
Loan Officer  
NMLS# 777584  
760-567-8988

**Lance Mullen**  
Payment Solutions  
Representative  
760-641-7980

**Brian Rissman**  
Business Banking Officer  
949-233-5577

**Andre Colucci**  
Private Client Group  
Relationship Manager  
760-773-4749

Whether you call the Coachella Valley home to work, play, retire or all three, U.S. Bank is here to assist with all of your financial goals. We are proud to offer you the most competitive banking products and services, whether you are buying a home, saving for college, or planning for retirement. Please call or visit us today right here in La Quinta.

All of **us** serving you™

**usbank**

 [usbank.com](http://usbank.com)

Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Mortgage products offered by U.S. Bank, National Association. Deposit Products Offered by US Bank, National Association. Member FDIC



**Integrated Wealth Management**  
**PLAN • ADVISE • INVEST • MANAGE • RETIRE**  
*Empowering you to achieve your financial goals.*



Providing expertise in planning, investing and managing your assets for income distribution throughout retirement.

**Reesa Manning**

Vice President &  
Senior Financial Advisor  
74-245 Highway 111, Suite 201  
Palm Desert, CA 92260

[Reesa@IWMgmt.com](mailto:Reesa@IWMgmt.com)  
**(760) 834.7200**

Integrated Wealth Management, Inc. is a Registered Investment Adviser.





## 2013 FICA Tax Increase Surprises Some Taxpayers

*Courtesy of Craig Rumbaugh*

With all the end-of-year hype surrounding the fiscal cliff and the relief that came with New Year's legislation permanently extending most income tax rates, one change seems to have been veiled by the settling dust: the 2 percent increase in FICA (Federal Insurance Contributions Act) tax. That increase, the result of an expiring provision that was not extended, means that the vast majority of American workers are now receiving about 2 percent less in their take-home pay, an unwelcome surprise to some people.

In the midst of the last recession a little more than two years ago, Congress passed and the president signed the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010. This new law included a 2 percent reduction in the

Social Security (OASDI) portion of the FICA tax. The provision was designed to help put a little more money into the wallets of American workers during the challenging economic environment of 2011. While the employer portion of the OASDI contribution remained at 6.2 percent, the employee contribution was reduced from 6.2 percent to 4.2 percent. The provision was extended through 2012 by the Temporary Payroll Tax Cut Continuation Act of 2011 and the Middle Class Tax Relief and Job Creation Act of 2012.

The reduction was never meant to be permanent, so during the 2012 fiscal cliff negotiations, both Democrats and Republicans agreed that it should expire at the end of the year.

### Impact of 2 percent

Despite media reports warning of the impending payroll tax increase, many Americans were caught off guard when they received their first paychecks in 2013. How much of an impact might the additional withholding have? A family earning \$60,000 a year will see their pay cut by about \$1,200, or \$100 per month, during 2013. Those earning \$100,000 will receive about \$2,000, or about \$167 per month, less. (The maximum amount of an individual's earnings that is subject to Social Security tax in 2013 is \$113,700.)

### Medicare taxes for high earners

Also consider that high earners will need to pay a bit more in Medicare taxes beginning in 2013. Taxpayers will pay an additional 0.9 percent Medicare tax on wages exceeding \$200,000 for single/head of household, \$250,000 for married couples filing jointly, and \$125,000 for married couples filing separately. Taxpayers whose modified adjusted gross income exceeds those same threshold amounts will also pay

a 3.8 percent Medicare tax on some or all of their unearned income. These provisions were part of the Patient Protection and Affordable Care Act of 2010, and like the expiration of the FICA reduction, were not affected by the 2012 fiscal cliff legislation. When combined with the 2 percent Social Security increase, the total hit could mean a difference of several thousand dollars a year to some higher-earning taxpayers.

If you have questions about your FICA withholding, your human resources department or personnel manager might be a good place to start to ensure that your withholding is correct.

*The above information is provided by Broadridge Investor Communication Solutions, Inc. (Copyright 2013) for informational purposes only, and is not affiliated with nor controlled by ING Financial Partners. The opinions/views expressed within do not necessarily reflect those of ING Financial Partners or its representatives. In addition, ING Financial Partners is not responsible for the accuracy of the information provided which was edited for length by Desert Health.*

## ING Financial Partners Investment Adviser Representative



**Craig C. Rumbaugh, MBA**  
ING Financial Partners  
[www.RumbaughFinancial.com](http://www.RumbaughFinancial.com)  
44330 Michigan Court  
Indian Wells, CA 92210  
760-341-5010 office  
760-250-4536 cell  
888-413-2998 fax



Over twenty years of financial services experience concentrating on financial planning advice with families and businesses. We work with local estate planning attorneys and CPAs to serve mutual clients' estate, tax and long-term retirement income needs with advanced techniques and integration. Be sure to ask about Values-Based Financial Planning.

**Our unique processes help guide clients towards their stated financial goals.**

### [ COMMUNITY MATTERS ]

Craig is an active member of the community supporting many non-profit organizations including Indian Wells Rotary Club (President 2011); Director of the Community Foundation of Riverside County; and Director of the Steinway Society of Riverside County.

CA Insurance License # 0E03819

Securities and Investment Advisory Services offered through ING Financial Partners, Member SIPC. Rumbaugh Financial is not a subsidiary of, nor controlled by ING Financial Partners.



**Jensen's**  
MAKE EVERY DAY AN OCCASION

*Celebrating Food Since 1940*

Jensen's has a wide selection of all natural and organic products from which to choose.

Niman Ranch Nitrate Free Ham & Sausage

Wild Caught Seafood from Sustainable Fisheries

Rosie All Natural Organic Chicken

Selected Organic Produce

Organic & Sulfite Free Wines

Selection of Gluten Free Items

[www.jensensfoods.com](http://www.jensensfoods.com)

**PALM DESERT**  
73601 Hwy 111  
760-346-9393

**PALM SPRINGS**  
2465 E. Palm Canyon Dr.  
760-325-8282



## UNRAVEL THE CHAOS

**Tax & Accounting Services**  
For Individuals & Companies

Chaos and uncertainty are stressful. Our current tax laws certainly provide enough of both.

But planning, clarity and professional guidance can make the challenges easier. I help my clients to reduce the stress and understand their options when it comes to tax planning, tax preparation and small business accounting.

Are you looking to reduce your stress and get the most out of your tax planning and preparation?

Call me today to learn more.



**NONA S. SOLOWITZ CPA**  
Personalized Service

760.423.0133  
[www.solowitzcpa.com](http://www.solowitzcpa.com)  
Palm Desert, CA





## Stop Struggling with Your Weight

### Take One Step Now – Take Shape for Life!

**Let Our Team of Trained Health Coaches at Perry4Health Show You How You Can Shape Up for Summer!**

**Easy, Fast, Safe and Proven Results**  
**FREE Comprehensive Health Assessment**  
**FREE Coaching & Support**

**Together, Shonna & Richard lost 153 lbs!**

Results Vary: Lose 2-5 lbs. per week for the first two weeks and 1-2 lbs. per week thereafter and 1-2 lbs. per week thereafter.

**Shonna and Richard Perry**  
 Certified Health Coaches  
 760-217-6169  
 Perry4Health@gmail.com

**Perry4Health**  
 Body-Mind-Longevity

## Healthy Lifestyle Challenge II Starts April 1st

Get on your helmets and bike shorts and get ready to a race around the rolling hills of France! The Coachella Valley Health Collaborative kicks off its second 2013 Healthy Lifestyle Challenge April 1 – July 31 with the “Tour de France” Challenge.

This virtual interactive challenge follows the 2011 Tour de France route starting in the seaside town of Passage du Gois La Barre-de-Monts, and traversing through the French countryside before finishing at the famous Champs-Elysees in Paris. As participants log their steps and physical activities, they will enjoy online pop-ups at all 21 stages of the route including fun site-specific facts and information.

Geared toward local organizations, businesses and residents, the Challenge is a community call-to-action around living a healthier lifestyle through physical fitness and exercise. 1,996 Valley residents are taking part in the first Healthy Lifestyle Challenge, “Rock Your Way to Wellness,” which kicked off February 1 and runs through April 30. Participating teams include students, staff, employees and or members at Cathedral City Elementary, the Braille Institute, City of La Quinta, Go Bike USA, Joslyn Senior Center, Family YMCA of the Desert, Southwest Community Church, Spinal Injury Center, Two Bunch Palms, and UCR Palm Desert to name a few.



Gear up and get your bike tuned for the virtual “Tour de France” Challenge!

Developed by the Coachella Valley Health Collaborative, the website records an individual’s activity and converts it into steps on interactive maps. Participants track their progress online, communicate with other participants online, and receive weekly motivating reminders and health tips. Individuals can challenge themselves or friends and colleagues by walking, running, swimming, hiking, biking - and even shopping!

Sponsored by Desert Oasis Healthcare, the website is free for all and designed to motivate people to improve their health by becoming more active.

The mission of the Coachella Valley Collaborative is to provide a meaningful forum for individuals, agencies, and organizations to improve the health and well-being of residents of eastern Riverside County. The Collaborative is supported by grants from the Desert Healthcare District, Desert Oasis Healthcare, Regional Access Project Foundation and Kaiser Permanente. The Cal State San Bernardino Palm Desert Campus provides professional oversight and other services.

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

## Keep Your Passion Without Pain!

**3-D Motion Capture**  
 Accelerated learning

**Private Instructions & Training**  
 Patty Curtiss, LPGA ‘Class A’ Member, Certified Athletic Trainer, and the founder of Golf Rehab offers a one-of-a-kind, medically directed golf program.

**760.578.6401**  
[www.pattycurtissgolfrehab.com](http://www.pattycurtissgolfrehab.com)

## Soothing MUSCLE RELIEF GEL

- organic aloe vera
- pure essential oils
- natural, drug-free
- non-greasy, non-staining
- no ‘freezing’ or ‘burning’
- safe with heating pads
- pleasant ‘spa’ aroma
- no locker room odor!

La Quinta, CA 92253  
**800-608-1330**  
[www.AromaxHealth.com](http://www.AromaxHealth.com)

## Want Desert Health DELIVERED to your home?

**Now offering annual subscriptions \$22**

email us at:  
[subscriptions@deserthealthnews.com](mailto:subscriptions@deserthealthnews.com)  
 or call: 760.238.0245

Credit cards and checks accepted





# Getting Out Of the Rough With Your Rotator Cuff

By Michael K. Butler B.A.;P.T.A.;CSCS\*D;RSCC\*D NMT

There aren't too many golfers in the world that can say they haven't experienced some sort of soft tissue injury as a result of playing golf. It comes with the territory, and even the pros routinely go out with soreness, sprains and tears. The number one golf-related injury is the back, followed by the wrist and elbow. But one region of the body that seems to have its share of serious problems is the shoulder.

Due to its anatomical complexity, and extreme mobility, the shoulder is highly vulnerable to injury. That fact is enhanced by the joint's poor stability. The shoulder is a ball and socket joint, and the complex joint is made up of the humerus (arm bone), the clavicle, and the scapula (the shoulder blade). The glenohumeral joint is the unstable portion of the shoulder complex, and is susceptible to anterior instability due to muscle imbalance. It is reinforced by the rotator cuff (the Infraspinatus, Supraspinatus, Subscapularis and Teres minor), which holds the head of the humerus down in its glenoid cavity. The rotator cuff also enables internal and external rotation, and abduction.

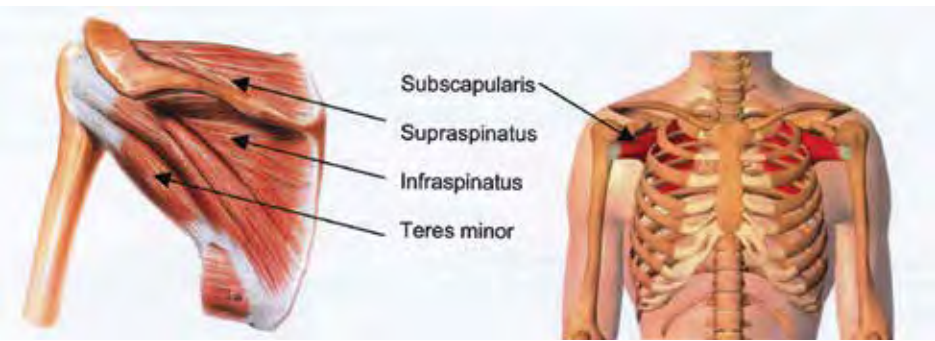
During the golf swing, rotator cuff muscles are highly active from start to finish, having to help accelerate and decelerate movement and making them vulnerable to injury. If you are a right-handed golfer, it is during the backswing that the right rotator cuff will be limited in external rotation, and while completing your follow-through the left rotator cuff is limited to externally rotate fully. Other shoulder muscles that are involved are the latissimus dorsi, teres major and the pectoralis major. It is important to have good flexibility and strength in these muscle groups in order to reduce the chances for serious injury.

Which golfing scenarios can cause rotator cuff injury?

- hitting too many divots
- coming out of the rough too hard
- digging yourself out from the sand
- improper mechanics

Rotator cuff injuries resulting from these unfortunate scenarios include adhesive capsulitis, impingement syndrome, tendonitis, bursitis, and sprains to the articulation of bones. If untreated, all of these conditions can lead to more serious shoulder problems.

There are 3 grades of rotator cuff strains. It is helpful to understand the degree of your strain to avoid under estimating the extent of the injury. Grade 1- there is a mild tearing of fibers that has little or no pain with no loss of range of motion. Grade 2- Moderate tearing of fibers with loss of motion and moderate to severe pain. Grade 3 is a severe tear of the muscle away from the bone, causing severe loss of motion and pain. Some of the signs and symptoms of a tear include a noticeable clicking or loud pop, pain with overhead movements, reaching out to the side and behind your back, or a deep ache in the shoulder that just won't go away. In all cases it is important to be aware of your shoulder pain, and take medical action before it becomes more serious and forces you off the course.



Initially treating the injury with ice compression and elevation for the first 72 hours is helpful to decrease swelling and pain. If symptoms worsen, seeking a physician's advice. Gaining back lost range of motion and regaining strength and function are of important value to the individual.

A significant issue for most of the shoulder clients that I see is that they wait until the problem worsens or inhibits their swing before seeking medical advice to do anything about it. They figure that they will heal like before, or they are in denial of any serious injury that may inhibit their golf game. In that mindset, injured golfers keep on playing until they can't properly function.

One way to help prevent injury, is to continuously strengthen high use muscle groups to minimize risk of injury. Golf is a game of repetition and as such consistently employs the same muscle groups. Working out intelligently by targeting weak areas and employing core strengthening exercises is of great value to the golfer. Such a targeted exercise routine off the course will help the shoulder learn how to stabilize during static and dynamic movements on the course.



Trainer Mike Butler demonstrates weight bearing exercises to strengthen shoulder muscles and avoid rotator cuff injuries

If you are experiencing stiffness, soreness or pain and have noticed that the shoulder isn't as strong as it once was, it is in your best interest to seek medical attention so that the area doesn't worsen. If you think golf may be the cause of your pain, be smart and get some help from a golf professional who can evaluate your swing. You'll feel better – and play better – for the rest of your golfing days!

Michael Butler is co-owner of Kinetix Health and Performance center in Palm Desert. He holds a state license as a physical therapist assistant, national certifications of distinction through the NSCA as a strength and conditioning coach, a Poliquin International state coach, and as a Full Body Active Release Techniques Practitioner. He is the fitness expert on a sports radio talk show (1010 kxps) three times a week and can be reached at 760-200-1719 or at michael@kinetixcenter.com. His website is kinetixcenter.com

# WHOLE BODY APPROACH TO HEALTH & WELLNESS

## TRAINING

- State of the art facility & equipment
- Highly trained & nationally certified staff
- Athletic performance training/testing
- Strength and conditioning sessions
- Olympic style weightlifting
- Group training
- Early morning Boot camp

## GOLF CONDITIONING

Golf Biomechanic/TPI Fitness specialist

- K-Vest 3D analysis
- SwingFit conditioning
- Individualized stretching programs

## FITNESS

- Comprehensive postural & fitness assessments
- One on one private fitness sessions
- Youth fitness programs
- Yoga & Mat Pilates classes
- Rehabilitation services

## WELLNESS

- Active Release Techniques (ART)
- Cryotherapy
- Massage therapy services and structural integration
- Nutrition and lifestyle coaching
- Metabolic typing
- Far-Infrared sauna
- Esthetician services

Get conditioned for the upcoming season with the Golf Bio-Mechanic & TPI Certified Trainer. Affordable fitness programs for the whole family. CALL TODAY TO GET STARTED!

Michael K. Butler,  
B.A.,P.T.A.,CSCS\*D RSCC\*D PES,NMT

Tune into Mike on Sports Radio 1010AM  
M,W,F @ 12:00pm for Fitness tips & info on injury prevention!

Susan Butler,  
NMT,LMT,CFT

KINETIX HEALTH & PERFORMANCE CENTER  
**760-200-1719**  
77804 Wildcat Drive • Palm Desert, CA 92211  
72-405 Park View Dr. Ste C • Palm Desert  
[www.kinetixcenter.com](http://www.kinetixcenter.com)





# Find Your Balance with Vino & Vinyasa

## Hyatt Regency Indian Wells offers unique class open to all

By Cristina Cascio

Finding balance in our lives can be extraordinarily difficult. When looking at the quality of life of the few who stay committed to achieving a balanced, harmonious state, the benefits appear to outweigh the necessary effort. It sounds easy, but most of us realize the challenge in maintaining the nirvana called balance.

Individuals who achieve balance in their lives are not just legend, they do exist! I have the pleasure of being friends with one such woman. Over the course of seven years, I have observed her schedule, listened to the choices she faced, and watched how they have all impacted the 'puzzle pieces' of life. Her ability to balance seems to boil down to remembering not to take yourself so seriously. Looking back at the first girls' trip we took to the Napa Valley - away from work, family, school, PTA meetings, volunteering, the gym, etc. - I remember she scheduled us for a class of all things! As our group reluctantly rose with the sun, we made our way to Vino & Vinyasa.

We assumed we would be studiously taking notes on the winery's best varietals, trying to reach note pads from a downward-facing-dog position, but before we even entered the room our sensorial journey began. We were met with intoxicating floral, oak and fruit scents that drifted into the hallway leading to our class. Once we stepped inside the room our eyes widened at the beautiful sight of the vineyards, stretching as far as the eye could see through the floor to ceiling windows. Our instructor explained she never would have considered wine tasting with Yoga, as it just was not respectful of her practice, but she fell in love with the combination after experiencing her first class. The Vino & Vinyasa session changed my outlook as well, and was more fun than any other yoga class I had ever taken.

We are delighted to offer Vino & Vinyasa at the Hyatt Regency Indian Wells. This private yoga, wine-tasting class is a two-hour journey of the senses and begins with a welcoming introduction to the art of yoga and wine in unison. We then move into 30 minutes of standing yoga poses to relax the mind, body and breath, and to enhance our senses. After using principles of yoga, we compare two white wines and enjoy cultivating the craft of tasting notes using our individual pallets to discern flavors, likes and dislikes.

We begin the second half of our journey with yoga poses close to the ground on our mats with respect to the earth and red wine-tasting. We further discuss tasting notes, flavors and small nuances having introduced numerous facets of

breath, balance, present moment mindset and other yoga principles to further each individual's experience of wine-tasting. Lastly, we practice a moment of relaxation and quiet-mind in corpse pose feeling the belly rise and fall with each breath. Then we'll close out our session with a toast of champagne in honor of our journey.

With the popularity of yoga steadily increasing, the traditional physiological, psychological and biochemical benefits we receive from practicing are becoming more commonly known. The question still remains, do people realize the essential aspect that fun plays in daily life? It makes perfect sense. The more enjoyable we make any of the demanding routines in life, the more likely we are to stick to them. Pairing Vino & Vinyasa allows us to enjoy the benefits of vast body relaxation and stress relief, in a connecting experience. Our guests feel a sense of community and fun. The resident V&V expert at Agua Serena Spa, Honri Marcel, says it best, "Guests enjoy the experience because the benefits are multiple: We use the yoga

modality as a release; increase flexibility and range of motion; access the relaxation response to help reduce our thoughts; increase our sense of being present; and enhance our primary tastes, smells and senses to discern personal flavors." Honri goes on to make a point to which many of us can relate. "We spend most of our waking hours in thoughts of the dead past, or presumed future, missing the NOW, which is where true awareness lies." In class he has even caught people lost in thought, about to take a sip before they even looked at the wine! How quickly we can move away from the moment and miss the experience.

If Vino & Vinyasa sounds interesting to you, give it a try. The gentle yoga class is open to all ages (over 21 of course), all backgrounds, and all body types. Some of our guests have never done yoga, but love the idea of wine tasting, while others are avid yogis but have never practiced with wine. Key features of these classes are the small size and sense of privacy, and combining the principles of yoga (breath, balance, flexibility, strength and

physical expression) with wine tasting. "Tasting" being the operative word, as we are working inside the healthy context of drinking wine and enjoying all the health benefits researchers have proven about phenols, polyphenols and other natural properties.

Considering moderation brings us full circle. Experiencing all things within limits, including not taking ourselves so seriously, allows for fun and leads us to that balanced life for which we all strive.

Vino & Vinyasa is offered as a private or group activity. Call to schedule your 2-hr class now. Pricing starts at \$250 for 2 people and \$65 for each additional person (maximum 10 people).

Cristina Cascio is Spa Director at the Agua Serena Spa at the Hyatt Regency Indian Wells 760.674.4100. For more information visit [aguaserenaspa.com](http://aguaserenaspa.com)



## Vino and Vinyasa at Agua Serena Spa.

Learn about the principles of yoga as well as simple stretching. Vino & Vinyasa, experience the basic orientation to the art of yoga and wine in unison.

Book your private or group class now by calling Agua Serena Spa at 760.674.4100 and mention Desert Health.



HYATT REGENCY INDIAN WELLS RESORT & SPA  
44600 Indian Wells Lane,  
Indian Wells, California, 92210, USA  
[indianwells.hyatt.com](http://indianwells.hyatt.com)

agua Serena  
AGUA SERENA SPA

[aguaserenaspa.com](http://aguaserenaspa.com)

Relax

[Facebook.com/HyattRegencyIndianWellsResort](https://www.facebook.com/HyattRegencyIndianWellsResort/)







## Hip, Cool & Healthy at the Workshop Kitchen + Bar

### A Desert Health Review

A visit to the Workshop is an experience for the senses. Chef/Owner Michael Beckman, his architecturally savvy partner Joseph Mourani, and sommelier Lonny Abugow have combined their worldly experiences to create a myriad of complementing and contrasting elements brought together in one tantalizing package.

The restaurant's stunningly modern interiors are housed in an historic uptown Palm Springs building and the two styles blend perfectly. Beckman studied in Lyon, France and worked throughout Europe including the Ritz-Carlton's Vitrum in Berlin, yet applies his expertise to very organic, modern American cuisine.

Their menu features the perfect recipe: farm-to-table ingredients with a large variety of vegetarian combinations served as small plates and or bowls and reasonably priced. Each presentation is a unique and flavorful masterpiece! Shaved Brussels sprouts with pomegranate, hazelnuts and pecorino cheese seasoned only with aged balsamic, olive oil, salt, pepper and lemon; or beet salad with quinoa, wild arugula with citrus and ricotta, both served in meal-sized bowls.

"Many can't understand why the salads often take longer than the hot foods to arrive to the table," explains Beckman. Once they arrive, it is easy to see how much preparation and time go into shaving the Brussels sprouts and separating the fresh pomegranate arils from the pith. Each salad is prepared fresh and seasoned per order.

You can taste the quality of the ingredients. "I started at the local Farmer's Markets creating direct relationships with growers to ensure we receive the freshest ingredients," says Beckman. It all comes from within a one hour circumference. "Our arugula comes from Sage Farms and our tomatoes and mangos from Wong Farms when in season." They also locally source their goat cheese, duck and hen eggs.

You can select and share small plates and bowls (we found 3 per couple filling) or choose an entree such as the grass-fed rib-

eye, Texas redfish, or pan roasted scallops to name a few. Sides include creamed kale, pea tendrils, and purple artichoke salad.

We enjoyed the fact that you can accompany your meal with wines from around the world...by the glass. We found each recommended varietal exceptional - from the French Mercurey to the Italian Nebbiolo. Our knowledgeable waiter, Allen, said we could thank the sommelier's discerning palate.

"We had a lot of fun with the bar menu," adds Beckman who explains the re-emergence of the "cocktail culture" which hit its peak at the turn of the 19th century. "The bartender was a craftsman with a specialized trade, but then prohibition hit." In the last 10 years, he says the trade has re-emerged throughout the world. It is evident on The Workshop's bar menu. Each beverage design is thoughtfully explained as are the unique and flavorful ingredients. Classics like the Singapore Sling and the Ward 8 will send you back in time, while originals like the El Diablo #2 are described as "a smoky, spicy variation on this mid-century classic." Bartenders take their time making drinks and none are sweet. "Each is perfectly balanced for a light smoothness."

We absolutely love the Workshop. The ambiance is modern and cool, the staff professional, the healthy cuisine exceptional and the price reasonable. Reservations are recommended, especially for one of their 10 lined booths, or bring a group and enjoy the large community table.



Innovative architecture creates a modern space within the historic building

Workshop Kitchen + Bar is located at 800 N. Palm Canyon Dr. Ste. G on the corner of Tamarisk Rd. They are open for dinner Sunday - Thursday from 5p-10p and Saturday and Sunday from 5p - 11p. Brunch is offered Sunday from 10p - 2p. Reservations are strongly recommended. (760) 459-3451. [www.WorkshopPalmSprings.com](http://www.WorkshopPalmSprings.com)



Shaved Brussels sprout salad with pomegranate, hazelnuts, and pecorino cheese



Brick chicken and arugula complimented by a Nebbiolo Italian red wine



Octopus carpaccio with peppers, cilantro, and pickled cauliflower fleurettes



Gregory serves up The Higgins: amber rum, cinnamon infused Italian vermouth, local honey and fresh orange juice

## WORKSHOP KITCHEN + BAR

STUNNING ARCHITECTURE  
FARM TO TABLE INGREDIENTS  
LOCALLY SOURCED  
SMALL PLATES & BOWLS  
WORLDLY WINES BY THE GLASS  
HANDCRAFTED COCKTAILS  
REASONABLY PRICED

DESERT HEALTH A+

## Sisters Launch Valley's First Red Cross Club at LQ High School

### Roll Out to All Valley High Schools in the Works

La Quinta students Ashley-Anne and Savie Hobbins come from a family with deep roots tied to the American Red Cross (ARC) - six generations and over one hundred years - starting with their great, great, great grandmother who established the first ARC chapter in the Midwest in 1909. So it is no surprise that both girls are studying to become registered nurses, are part of La Quinta High's Medical Health Academy, and have started an ARC Club chapter of their own.

Ashley-Anne and Savie were born in Paris, France and recently moved to the Coachella Valley from Wisconsin where they founded their Wisconsin ARC chapter's first K12 ARC club. Through the club, students work with the local Red Cross chapter and learn many valuable medical and emergency skills. The students organize blood drives, help U.S. military members, and work to eradicate childhood diseases such as measles. They can also become ARC lifeguards or trained instructors.

Upon arriving in the Valley, the sisters saw the opportunity to bring this valuable resource to their school and the community. "Before moving to La Quinta from Wisconsin, we started to correspond with the Red Cross about setting up the Valley's first ARC club," states Savie. After much effort and coordination, the La Quinta High Club was approved unanimously in a November 2012 Board of Education vote.



Savie (left) and Ashley-Anne (right) Hobbins, founders of the Valley's first American Red Cross Club

efforts," states Ashley-Anne. Their enthusiasm is catching. In January, ARC Club La Quinta voted to form the 'ARC Club Network Project Committee' to oversee club expansion and the formation of the network.

ARC clubs are for students committed to making their school, their community and the world a better place. They acquire skills that build a solid foundation of personal tools important to succeeding in college and any number of future careers. "Being ARC volunteers comes naturally for me, my sister and our nearly 100 club members. When we moved here, we had no idea of the impact we might have," says Ashley-Anne. With the launch of the Clinton Health Matters Initiative (CHMI) locally, their timing is perfect. The girls plan to submit their project as a CHMI Pledge to improve the overall health of our community.

Savie adds, "Our club is so excited about this project and we very are proud to carry on our family's legacy."

For more information, contact Ashley-Anne Hobbins, President ARC Club at La Quinta High School [aahobbinsact@yahoo.com](mailto:aahobbinsact@yahoo.com) or visit [www.redcross.org/support/get-involved/school-clubs](http://www.redcross.org/support/get-involved/school-clubs).

A Healthier  
**STUDENTS**  
Community



**Lowest Supplement Prices  
of The Year!**  
(For a limited time)



**RIVERSIDE**  
4225 Market St.  
(951) 686-4757

**RANCHO MIRAGE**  
34175 Monterey Ave.  
(760) 324-4626

**LOMA LINDA**  
11235 Mountain View Ave.  
(909) 478-7714

[www.clarksnutrition.com](http://www.clarksnutrition.com)





# SO Much More Than Golf at the Humana Challenge

By Lauren Del Sarto

The Humana Challenge is proving to be so much more than a world-class golf tournament. You probably heard about Brian Gay's exciting playoff victory. But did you hear about the many other triumphs featured around the event?

The busy weekend started early Saturday when more than 200 volunteers joined The Humana Foundation, KaBOOM!, the Boys & Girls Club of Coachella Valley and the City of Desert Hot Springs to build a multigenerational playground in Desert Hot Springs. This is the second playground our community has received from the tournament sponsor who also provided funding for a new recreation facility in Oasis last year. These new sites are prime examples of enhancing the Valley's physical environment and access for all, both goals of the Clinton Health Matters Initiative as discussed in this issue's feature.

Leading up to the event, many enjoyed the free Humana Well-being Walk and Family Fun Fair, and Humana Day at the Certified Farmers' Market. Healthy activities were also incorporated into this year's theme days including cooking demonstrations and a workout on Women's Day, and Tae Bo with Billy Blanks and Pilates for young fans on Kid's Day.

The inaugural Military Appreciation Day recognized three wounded heroes who played in the tournament's amateur field. Army General Wesley Clark gave tribute to Army Capt. Matt Anderson, retired Army Sgt. Saul Martinez, and retired Air Force Tech. Sgt. David Romanowsky. These soldiers suffered life threatening injuries during active duty and became passionate about golf as part of their recovery. To top things off, Humana made a surprise presentation to a fourth soldier, former Army Spc. Adam Sampson, who received a mortgage-free home in Beaumont. This special day honored Bob Hope's legacy and his daughter Linda took part in the presentation.

Humana's Walk It pedometer program was as successful as ever, and is going on tour as Humana challenges other PGA tour stops to meet or surpass the number of steps taken at the Humana Challenge. The winning community will receive a KaBOOM! playground of their own. Last year, tournament attendees walked almost 100 million steps resulting in \$2 million donated to local charities by the Humana Foundation. We look forward to the announcement of this year's revenue raised for local charities.

The bike stations, biometric stations and even an Xbox Kinect "Your Shape" game offered healthy entertainment off the course. "A common goal for Humana's programs is to make healthy things fun and fun things healthy," said Gary Player, Humana's well-being ambassador.

Desert Health's "Showcase of Local Health & Wellness" also offered a relaxing stop with TheraJade table and chair massage, medical testing, biometric readings, and even B-12 shots. We would like to thank all of our participants including AlmsBio, AcQpoint Wellness Center, Avid Physical Therapy, Coachella Valley Orthopedic, Desert Medical Imaging, Empire Physicians Medical Group, Executive Wellness, Le Roy Chiropractic, Live Well Clinic, Perry 4 Health, SACKS Wellness, and US Bank.

Congratulations to the winners of our drawing: Jeanne D. of Palm Desert and Christine S. of La Quinta.

The Humana Challenge is not only providing the Coachella Valley with an award-winning PGA Tour event, but also creating healthy, sustainable change for members of our community.

Thank you to Humana, the Clinton Foundation, Desert Charities and everyone who took part. Whether you come for the golf, the celebrities or just the fun of it all, we hope to see you at next year's Humana Challenge!



The Desert Health Pavilion offered massages, medical testing, giveaways and even B-12 shots



Young golf fans from La Quinta



Humana provided encouraging tips throughout the course



A spectator enjoys reading Desert Health between golf shots



An emotional Army Spc. Adam Sampson is surprised with a new mortgage-free home



President Clinton and Gary Player



Healthy cooking demonstrations presented by the Clinton Foundation



The secret to our success.  
YOU.

From tee to triumph, all of us at the Humana Challenge in partnership with the Clinton Foundation are sincerely humbled by the outpouring of support. The collective effort of our pros, celebrities and loyal amateur players combined with the contributions of sponsors, partners, staff, volunteers – and enthusiastic fans like you – have made possible a spectacular success.

Here's how we define success: The positive impact on the quality of life and financial health of our local charities and community; the heightened awareness and visibility for healthy living; and some truly stunning PGA TOUR golf performances. By any measure, the 2013 Humana Challenge has succeeded beyond everyone's imagination. Thank you for helping us make a tournament that makes a difference. In the end, that's what matters.







## Mayor Steve Pougnet to Lead Second Annual "Mayor's Healthy Planet, Healthy You"

1K, 5K, and 7 mile Race April 20th



Ready runners at the 2012 Mayor's Race & Wellness Festival

Mayor Steve Pougnet and the City of Palm Springs invite you and your families to register for the second annual "Mayor's Healthy Planet, Healthy You," 1K, 5K, 7 Mile Race and Wellness Festival, slated for Saturday, April 20.

The event starts at 7:30 a.m. in Ruth Hardy Wellness Park with a run/walk followed by an informative Wellness Festival in the park across from Desert Regional Medical Center.

The race includes a 1K fun run for kids, a 5K (3.1 mile) run/walk and a 7-mile competitive run with Pougnet leading the pack through Uptown and Downtown Palm Springs. This year, Pougnet has partnered with the Clinton Health Matters Initiative and the Desert Healthcare Foundation to raise hundreds of thousands of dollars for health and wellness programs in Palm Springs. The Foundation has pledged to match up to \$200,000 – and in 2014, the Mayor's Race will move to the weekend prior to the Humana Challenge, becoming the primary fundraiser for the Clinton Health Matters Initiative's efforts in the Coachella Valley.

Last year, Pougnet raised more than \$100,000 for health and wellness programs in Palm Springs, including a \$50,000 match from Desert Healthcare Foundation.

A long-distance marathon runner and the parent of two youngsters, Pougnet is passionate about the importance of healthy living and combining sustainability principles with health and wellness.

"Palm Springs residents are well-known for leading active lifestyles, but we can always do better," said Pougnet. "Education starts at home and in the schools – and it's important that we lead by example. I challenge the entire Coachella Valley to join me on April 20 as we race to educate our community that health matters and that we can create healthier generations."

The City of Palm Springs gratefully acknowledges the many generous donations from our sponsors, including the Desert Healthcare Foundation, Desert Regional Medical Center, Eisenhower Medical Center, P.S. Resorts, Wessman Development, Spencer's at the Mountain, Jessup Auto Plaza, Wintec Energy, Palm Springs Disposal Services, the Palm Springs Police Officers Association, and local philanthropist Helene Galen.

To sign up for the race, visit [www.YourSustainableCity.com](http://www.YourSustainableCity.com). For more information, call the Office of Sustainability at (760) 323-8214.

**CITY OF PALM SPRINGS**  
**MAYOR'S RACE AND WELLNESS FESTIVAL**  
 A Healthy Planet, Healthy You Event  
**SATURDAY, APRIL 20, 2013**  
 7:30AM START (7 Mile) 8AM START (5K)  
**WELLNESS PARK AT RUTH HARDY PARK**  
 All runners receive a T-Shirt, Finishers Medal and Hot Breakfast  
 Wellness Festival Features Samples and Fun and goes until 11:30am!

CLINTON FOUNDATION  
 CLINTON HEALTH MATTERS INITIATIVE

DESSERT HEALTHCARE FOUNDATION  
 Alliance for a Healthier Generation

SPENCER'S AT THE MOUNTAIN  
 DESERT REGIONAL MEDICAL CENTER  
 P.S. Resorts Inc.  
 TapIt

WESSMAN  
 EISENHOWER MEDICAL CENTER  
 JESSUP AUTO PLAZA  
 Helene Galen

## A Supreme Evening of the Heart

The fight to reduce death and disability caused by heart disease and stroke is a daily battle. The American Heart Association (AHA) recently celebrated the 10th Anniversary of its Go Red For Women campaign with the 2013 Go Red For Women Luncheon here in the Coachella Valley. That campaign has saved the lives of 627,000 women since its launch a decade ago.

While we celebrated that success, we were also reminded that the fight against heart disease and stroke is far from over. And the best place to start winning that battle is at home – by making heart healthy lifestyle choices. These choices not only impact our own health, but the health and well-being of our loved ones.

With that in mind, we encourage you to attend the upcoming 2013 Coachella Valley Ignite Heart Ball.

"A Supreme Evening for the Heart" - featuring Mary Wilson of The Supremes - is a rare opportunity to hear one of America's classic voices, and to learn more about decisions you can make to improve your own heart health.

"A Supreme Evening for the Heart" takes place on Saturday, April 6, 2013 at the Westin Mission Hills Resort and Spa.

The 2013 Coachella Valley Ignite Heart Ball is being brought to the community by the American Heart Association's Heart Ball Committee. Committee members include Kathleen von Dehn, Carol Adolf, Lisa Ford, Dr. Barry Hackshaw, and Denise Kramer – to name a few. The Heart Ball is chaired by Keith Goff, Dr. Charlie Shaeffer, and Dr. & Mrs. Frank Kerrigan.



The Heart Ball is a major fund-raising event benefiting research, public education and community programs of the American Heart Association. It is also the premier social event in recognition of its

mission-related activities in the Coachella Valley. More than 250 guests are expected to attend with the objective of raising more than \$100,000 for the fight against heart disease and stroke.

Founded in 1924, AHA is the nation's oldest and largest voluntary health organization dedicated to building healthier lives, free of heart disease and stroke. To help prevent, treat and defeat these diseases — America's No. 1 and No. 3 killers - AHA funds cutting-edge research, conducts lifesaving public and professional educational programs, and advocates to protect public health.

The 2013 Coachella Valley Ignite Heart Ball is sponsored by Rabobank and The General Heating & Air Conditioning.

For more information about this year's Coachella Valley Ignite Heart Ball, call 760.346.8109, or email at [kristi.narmore@heart.org](mailto:kristi.narmore@heart.org). To learn more about the American Heart Association or to join us in helping all Americans live longer, healthier lives, call 1-800-AHA-USA1 or visit [www.heart.org](http://www.heart.org)

The American Heart & American Stroke Association proudly presents  
*"A Supreme Evening for the Heart"*  
 Featuring  
**Mary Wilson of The Supremes**  
 Honored Guest & Entertainer for the  
**2013 Ignite Heart Ball**  
 Saturday, April 6, 2013  
 The Westin Mission Hills Resort & Spa

*ignite*  
 Coachella Valley Heart Ball 2013

American Heart Association | heart ball

For more information call 760-346-8109 or email [kristi.narmore@heart.org](mailto:kristi.narmore@heart.org)





Mr. Bingo Gives Back

By Rachel Druten

Two and a half years ago, Kate Porter of the Critter Coalition picked up an abandoned puppy, filthy and starving, wandering the streets of Joshua Tree. It was a miracle that the pup was still alive, or that some automobile or wild predator hadn't polished him off. As he lay panting and trembling in her lap, the tattered little fellow looked up and gave her a slurpy, licking kiss. Even in that sorry state he was grateful.

The first thing Kate did was to take him to the groomer to get cleaned up, then to the vet where he was neutered and given his shots. He appeared to be a Poodle, Bijon mix and just under a year old. Her next task was to find him a good home. As luck would have it, she was acquainted with a couple that had recently lost their canine companion and was longing to share their love with another one. She introduced them to the brave, scrappy pup. It was love at first lick, and they knew they had won the jackpot. They named him Mr. Bingo.

At the dog park, Mr. Bingo was known as "Mr. Congeniality" for his good manners, outgoing nature and exemplary behavior. He took instinctively to obedience training and would not go out the front door unless invited, nor the back gate even if it was open. Mr. Bingo excelled at fetch and hide and seek, loved greenies and other treats, barked to announce dinner and bravely chased Canadian geese from the apron of the swimming pool. He was patient but persistent and used his level, hypnotic gaze to convey his wishes. From the first night that he arrived, Mr. Bingo had his own personal pillow in the middle of the family bed.

His every response and action reflected his appreciation and love. It soon became clear that Mr. Bingo wanted to give back.

Through Animal Samaritans, Mr. Bingo and his family discovered therapy dogs. There were so many opportunities to serve – such great need in the community – that it was difficult for them to choose. He could visit disabled children, go to nursing homes and hospitals, even interact with incarcerated youth at Juvenile Hall. Or, in a state accredited curriculum, Mr. Bingo could help teach children responsible pet ownership, animal safety, dog bite prevention and respect for all living creatures.

Wow! It was almost overwhelming.

First he had to take the obedience and temperament tests...A piece of cake! Not only did he pass with flying colors, Mr. Bingo assisted in testing other dogs.

In a private ceremony with just the family present, Mr. Bingo was awarded the coveted Canine Good Citizen badge and honored with the Animal Samaritan's Therapy Dog vest.

A Healthier  
THERAPY DOGS  
Community





**A FEW SPECTACULAR REASONS TO MOVE TO MISSION HILLS AT RANCHO MIRAGE!**

**CHOOSE YOUR SPECIAL!**  
**MOVE IN BY APRIL 15TH AND RECEIVE YOUR 3RD MONTH'S RENT FREE!**

**BUT EVEN BETTER...**  
**MOVE IN BY MARCH 31ST AND RECEIVE YOUR 3RD MONTH'S RENT FREE AND A FLAT SCREEN TV!!**

  
**MISSION HILLS**  
AT RANCHO MIRAGE  
ASSISTED LIVING • MEMORY CARE

Call us to schedule a tour today!  
**(760) 904-4326**  
34560 Bob Hope Drive  
Rancho Mirage, CA 92270  
[www.missionhillsseniorliving.com](http://www.missionhillsseniorliving.com)  
Lic # 336424267

\*\*Offer limited and subject to change without notice. See Executive Director or Marketing Director for details. Applies to new residents only.

After much consideration, Mr. Bingo and his family chose to serve at the Eisenhower Hospital's Five Star Club, a day care facility in Palm Desert for those with illnesses such as stroke, glaucoma, Alzheimer's, depression or Parkinson's. He has never regretted his choice. The joy Mr. Bingo brings to his new friends is his reward for giving back.

Mr. Bingo faced challenges early on in life, overcame the obstacles and never forgot those who saved him. He finds giving back tremendously rewarding, and by example urges others to experience that same joy.

Rachel Druten of Palm Desert is an artist and published author of 11 historical novels for the inspirational market, two of which are now available as online books. She is also the founder of TOOLS FOR TOMORROW, a nonprofit, free, on-site after school literacy enrichment program integrating art, music, drama and writing for children grades 3 – 5 in elementary schools throughout the Coachella Valley ([www.afterschooltools.org](http://www.afterschooltools.org)). Rachel and Mr. Bingo can be reached at [RDruten1@gmail.com](mailto:RDruten1@gmail.com).

The valley has many opportunities for animals to contribute through therapy. Resources include (but are not limited to) Animal Samaritans: 760.343.3477; Critter Coalition: [CritterKindness@aol.com](mailto:CritterKindness@aol.com); and Paws & Hearts (760) 836-1406.

Eisenhower Five Star Club can be reached at 760.836.0232.



**Healthcare Products**

**In & Out**  
**MOBILITY**  
**SALES • SERVICE • RENTALS**

**For Your Wellness and Comfort**

WHEELCHAIRS

MOTORIZED WHEELCHAIRS

BATTERIES

WHEELCHAIR CUSHIONS

MOTORIZED SCOOTERS

VEHICLE LIFTS

PORTABLE LIFTS

PORTABLE RAMPS

HOSPITAL BEDS

MEDICAL SHEEPSKINS

BARIATRIC SUPPLIES

BATH AIDES FOR DAILY LIVING



POST MASECTOMY PRODUCTS

COMPRESSION STOCKINGS, SLEEVES

DIABETIC WEAR

SPORTS BRACING

DIABETIC FOOTWEAR

CRUTCHES & CRANES

WALKERS & ROLLATERS

3:1 COMMODE

TRANSFER SEAT FOR BATHTUBS

SHOWER SEATS

INCONTINENCES SUPPLIES

AND MUCH MORE!

**Come In and Say "Hello" to Harley**

**NO CHARGE FOR QUESTIONS – PLEASE CALL**

**Serving The Entire Coachella Valley**

**760.324.7790**

**73-800 Dinah Shore Suite 100 • Palm Desert**  
**(3/4 Mile East of Monterey Exit)**

**STORE HOURS**  
**M-F 9-5 P.M.**  
**SAT. 9-2 P.M.**

**WATCH US!**



Since 1988 and with over 6,000 physician interviews, The National Award winning American Health Journal PBS television program, has been dedicated to informing the public on prevention, treatment and the latest advancements in medicine

**AMERICAN HEALTH JOURNAL**



Tuesday–12:30pm

**CBS**

Saturday–3:30pm  
Sunday–5:30am





The Challenge of Dealing with Aging Parents

By Julie Chandler

Growing older is difficult and can be especially challenging for adult children of aging parents. These are the people who cared for you your entire life, and now you are caring for them. It's no easy task.

People are living longer and the age to which people live has increased dramatically in the past 20 years. Statistics show that by the year 2030, 1 out of 5 Americans will be 65 or older (roughly 72 million people). By the year 2045, the numbers of Americans 65 or older will reach nearly 90 million, that's twice what it is today. As people live longer there is a greater need for assistance.

As you look at your circumstances consider these questions: Are your aging parents able to care for themselves? Are they experiencing memory loss? Are your parents still safe in their homes or on the road? Are they eating properly or losing weight?

How do we address concerns about our elders if they are present? In her article "Caring for Aging Parents" found on Oprah.com, life coach Martha Beck offers some suggestions:

**Build a Village:** Find support and helpful information from those who interact with your parent(s): doctors, caregivers, friends, neighbors. Use this support network to assist you.

**Expect the unexpected:** Tasks and demands upon you may emerge and make you uncertain of what to do. Each aging parent is different according to factors in their personal history: the great depression, wars and drought. Formulate a strategy that will help you emotionally – and learn to laugh!

**Clean your emotional closet:** Find forgiveness. You may need to find resolution on inner struggles with which you dealt while growing up. Learn to find forgiveness so you can move on in your own life. Bitterness, grudges and judgment can be lethal.

**Face your own mortality:** The denial of our own inevitable death may impact that of our parents as we attempt to help them. We must accept that dying happens to everyone. Facing this reality will help us live more fully.

**Release guilt:** If you are unable to care for your parent or are uncertain what to do, seek help. There are many wonderful caregiver agencies and aging services that have the knowledge and skills to help you.

**Respect:** Most of all, remember that while physical and mental health may be declining, your parent is still an adult. Allow them the independence of making their own choices if they are mentally competent. Treat them as you would like to be treated as you age.

There are no perfect answers in working with aging parents, but remembering these guidelines may help. Follow your instincts, express your feelings openly and honestly, confront problems, and seek advice from doctors and caregiver groups. Communicate with siblings and family members, and discuss how to share responsibilities. Maintaining a healthy relationship with your parents will benefit both of you.

Julie Chandler is a social worker/case manager with ElderCaring in-home care and can be reached at 760.333.0427.

Resources: 1) www.oprah.com/health/caring-for-Aging-Parents-Martha-Beck-Advice3; 2) www.mayoclinic.com/health/aging-parents/HA00082/insectiongroup=2

Relieving Stress Important for Caregivers

By Dorcas Greene, MEd & Stacy Hennis, PT, C/NDT

We've all experienced it - heart racing, muscle tension, irritability. Perhaps stomach pain or clenched jaw. Anxiety can cause sleepless nights and feeling tired all the time. It can lead to forgetting things, and feeling as if life is spiraling out of your control.

These are just a few of the things people experience when under stress. In the U.S., there are 54 million people with a disability according to the US Census Bureau. According to the Family Caregiver Alliance, there are 44 million people in the U.S. providing care to family members. For both those with the disability as well as their caregivers, stress can become chronic and lead to other medical issues.

Chronic stress is associated with increased risk of heart attack, diabetes, stroke, obesity, depression and cognitive impairment. On the other hand, exercise helps to lower blood pressure, blood sugars, improve your cholesterol, amongst its other numerous benefits.



There are many things that can be done to deal with stress, ranging from meditation, time with friends, laughter, yoga, Tai Chi, etc. Exercise is repeatedly proven an effective coping mechanism. Harvard Medical School states that exercise not only releases endorphins which elevate your mood, but can lower the amounts of other stress hormones, such as cortisol and adrenaline. Many times, the exercise can give you a "high" and you find that you've forgotten the irritations of your day, especially if you avoid distractions and technology while exercising (turn off the television and put down that phone!).

For family caregivers, it's especially important to be kind to yourself. A 20-minute walk with a neighbor keeps you from being isolated. It can be so relaxing to talk with someone about something other than "caregiver" talk. Spend 15 minutes in your garden. Bending over to pick weeds or plant some flowers can be exercise! Do not quit your gym membership. Don't feel guilty if you can't make it 3 times a week – stop in when you can for 30 minutes.

While at home with your charge, simple floor stretches may help motivate them and you to do some simple chair exercises. Perhaps you can join a chair yoga class. Local community centers may have yoga classes that fit your schedule. There are even "laughing" yoga classes – mix exercise with laughter to feel even better!

Finally, remember to practice breathing. A few deep breathes, slowly exhaled and with focus, can greatly lessen stress and anxiety.

Dorcas Greene, Collaborative Coaching USA, has been a family caregiver for over 40 years. Her passion is ensuring that other family caregivers maintain their sanity and health. Stacy Hennis, New Beginning Physical Therapy, specializes in treating adults with chronic medical conditions. These conditions affect the family, not just the patient. To reach Dorcas, please call 760-301-5247 or online at DorcasGreeneCoach.com. To reach Stacy, please call 760-218-9961 or online at NewBeginningPT.com

A 5 STAR  
★★★★★  
Rated Company  
Rated by www.thefivestarguide.com

Caregivers Skilled In:  
Parkinson's ♥ Alzheimer's/Dementia  
Coumadin Testing ♥ Stroke Recovery  
Hospice ♥ Mental Health

No Deposits  
No Hourly Minimum  
Medicare Approved  
Long-Term Care Insurance

Licensed, Bonded and Insured  
Locally Owned & Operated  
Finger Printed and  
Background Checks

"Thank you for the incredible caregivers and personal service you provide."

Affordable In-Home Care for All Ages

760.333.0427  
www.ElderCaringPalmSprings.com

78401 Hwy. 111 | Suite E | La Quinta, CA 92253

Special Offer for  
Desert Health Readers  
In-Home  
Senior Services  
**TWO HOURS FREE**  
with your first day of service  
(four hour minimum). Expires 4/31/13  
New clients only.

FREE NO  
OBLIGATION  
IN-HOME  
ASSESSMENT

CARE  
for the Caregiver

- Individual confidential coaching for family caregivers
- 1 on 1 personal non-judgemental counseling/coaching
- 30-60 minute sessions in person or by phone
- How to handle caregiving from a distance
- Live seminars and support groups in community settings
- Speciality seminars for Dementia, Stroke, Parkinson's Disease, Chronic Illness
- Master's Degree in counseling/ Certified Coach

Dorcas Greene  
Collaborative Coaching, USA  
Your partner in caregiving...

We work locally and nationwide by phone with family members  
760-301-5247  
Palm Desert  
www.dorcasgreenecoach.com

Your Path to Wellness

We specialize in the treatment of:  
Stroke or brain injury  
Parkinson's  
Low back pain  
Neck & shoulder problems  
Arthritis  
Balance and mobility problems

IN-HOME SERVICES  
We come to you!

EXPERIENCED THERAPISTS  
Sessions are individualized, customized and enjoyable.

ONE-ON-ONE TREATMENT

760.218.9961  
Serving the Coachella Valley  
www.newbeginningpt.com

www.DesertHealthNews.com





## Health is a Choice

Continued from page 1

Player has now teamed up with Humana to promote physical fitness and a healthy diet for all generations. He feels the timing is right. "I've been preaching health and fitness for 68 years, and now we have support from Humana, the Clinton Foundation and all the great scientists in this country."

It wasn't always easy. While on tour in the 60's and 70's, it was tough to find a gym. "I went to YMCA's throughout the country and waited in smelly lines as we helped each other lift weights." He applauds the access professional players now enjoy. "Look at it today. We've got a traveling gym on tour! The progress we've made is terrific."



Player works out with his friends on the 200 stairs he had built into the hillside at his South African ranch

And he is eager to see fitness spread across America. "We live in the greatest country in the world, and the biggest problem we face is obesity which affects 30% of youth and 55% of the adults. The financial burden is enormous, but the greatest tragedy is the sorrow of those left behind. Because when one dies of poor health, they leave loved ones, family, a business and many tears. And it all could have been alleviated. We have the solution."



Working out during his younger tour days

He is especially passionate about reaching today's youth. "Winston Churchill said 'the youth of our nation are the trustees of prosperity.' We need to get the message out to them. Our youth need to realize their good fortune to live in the U.S., and that maintaining their health ensures they can contribute to the country's continued success."

"Great wealth breeds bad health," he adds recognizing the false sense of entitlement that many of our country's youth possess. "America now has fierce competition from Asia, India, and Russia. We have to work harder than we've ever worked before to maintain our status. And we have to get ourselves - and our kids - in shape." He knowingly references President Kennedy's famous words 'Ask not what your country can do for you—ask what you can do for your country.'

So what is his advice for today's youth? "Get a good education. Stay thin, remember 'it's thin to win; fat you're on the mat.'"

Learn to eat properly. Make sure you exercise, and do something for your country."

Gary Player has certainly done—and continues to do—a lot for both his native South Africa and adopted United States. To speak with him is a great joy as his love and appreciation for life are infectious. He continues to be an inspiring role model today with a daily workout routine that includes 1,000 sit-ups and a variety of other exercises. He is 'almost totally' vegetarian noting the antibiotics, steroids and hormones fed to today's livestock. "Diet is 70% of the fitness puzzle." He also meditates for 20 to 30 minutes every day. "I think it's important to work on strength of mind, patience and gratitude."

How would he like to be remembered? "As a man who has a lot of love for people. I think the most important words in our life are 'love' and 'gratitude' which is the mother of all attributes." Gary Player also wants to be remembered as a man who gave back and this year is the 30th anniversary of The Player Foundation, which has raised more than \$50 million for underprivileged children worldwide.

Sharing his personal fitness story, and partnering with Humana and the Clinton Foundation to encourage healthy habits, is another of his many contributions to us all. "It's been a monumental journey for me. I won the Senior Grand Slam, which may be the greatest achievement of my life because I had to do it after age 50! I was also the only one to win the International Grand Slam on the senior tour, and I am blessed with great health today. So yes, it has all been well worth it."



Celebrating a successful honorary tee shot to open the 2013 Humana Challenge

41377 Margarita Rd. Suite 107  
Temecula CA 92591

**2010 Winner for Consumer Research Award of America's Top Dentist**  
**2011 Winner of TOPDOC LA Award**  
**2012 Winner for Temecula's Consumer Research Award of America's Top Dentist**

**TEMECULA'S PREMIER CHOICE IN BIOLOGICAL DENTISTRY OFFERS:**

- Mercury Removal**
- Headaches & Pain Management**
- TMJ Dysfunction & Prolotherapy**
- Neuromuscular Full Mouth Reconstruction & Rehabilitation**
- Systemic Health Evaluation**
- Biocompatibility Testing**
- Biological Full Neuromuscular Reconstruction**
- Ozone Therapy**

**Dr. Ruby Ann Dollins, D.D.S.** Temecula dentist

Dr. Ruby Ann Dollins has been practicing dentistry since 1992 and exercises a passion to provide her patients optimum health and quality dental care. When Temecula, CA dentist Dr. Ruby Ann Dollins opened Bel Villaggio Dental in 2004 her office quickly gained a positive reputation among both patients and dental specialists throughout Riverside, San Diego and Orange Counties. Dr. Dollins specializes in Neuromuscular Fullmouth Reconstruction and Rehabilitation and Advanced Comprehensive Cosmetic Dentistry.

**BEFORE** **AFTER**

**FINALLY GET THAT SMILE YOU HAVE ALWAYS DESERVED. WITH A HEALTHY BODY TO SUPPORT IT**

- Proper Nutrition for the prevention and reversal of Degenerative Dental Disease.
- Avoidance and elimination of toxins from dental materials.
- Prevention and treatment of dental malocclusion (bite problems physical imbalance)
- Prevention and treatment of gum disease at its Biological basis

"I am a 74 year old patient at Bel Villaggio Dental in Temecula, California. I have seen many dentist in my time. The Dentist and staff are the most knowledgeable and truly concerned people I have ever met! Their procedures are directed to a more Natural and non-toxic approach to dentistry and health."

-DON

[www.makeoverdental.com](http://www.makeoverdental.com)





## Physicians • Dentists • Nurses Coachella Valley Volunteers in Medicine NEEDS YOU!

**JUST 4 HOURS A MONTH**

60,000 Valley residents have no medical insurance or government coverage due to financial challenges. CVVIM is the only free medical clinic available to serve this population. But only a fraction are served due to lack of volunteers.

### Who Do We Serve?

A 62-year old grandmother from Rancho Mirage with pneumonia  
A 42-year old man from Indio who lost his job then suffered a mild heart attack  
A couple from Coachella with no health insurance  
A 60-year old man from Cathedral City with blood clots temporarily out of work  
Patients come from every city throughout the Coachella Valley.

**Calling Active or Retired Family Practice Doctors  
Internal Medicine Physicians or Specialists • Dentists  
Dental Assistants • Registered Nurses • Nurse Practitioners  
Licensed Vocational Nurses • Medical Assistants\***



**Roy M. Pitkin, MD**  
Retired Physician  
Professor Emeritus in the  
UCLA School of Medicine

*"VIM provides the opportunity to do what I went into medicine for—to take care of patients free of distractions. VIM patients typically have treatable conditions that if left untreated, often threaten life and limb. It is incredibly rewarding."*



**Maureen Strohm, MD**  
Family Medicine Residency Director  
Eisenhower Medical Center

*"Caring for our community is part of who I am as a family physician, and Volunteers in Medicine provides me that gift—to care for those in need. Each session I spend at VIM recharges my energy and passion to return."*

**A 5 minute application and 4 hours a month is all it takes.**

**Please join us.**



A Culture of Caring

Call Executive Director, Bruce Yeager, for more information or a tour of our new state-of-the-art facility.

**(760) 342-4414**

**82-915 Avenue 48 (at Jackson) Indio**

**[www.cvvim.org](http://www.cvvim.org)**

\*Medical professionals must hold an unrestricted California license to practice in the clinic.





rainbow



naturally clean

Rainbow Environmental Cleaning System is a certified air purifier that cleans the air in your home or office using the Power of Water. Dirt, dust, dust mites, debris and allergens that cause allergies and asthma are trapped in a swirling water bath and fresh water-washed air is returned to your environment. Clean the Natural Way, using the Power of Water, "RAINBOW".

REQUEST A DEMONSTRATION! CALL TODAY!

Crystal Air  
951.683.0246  
1159 Iowa Ave., Suite L • Riverside, CA 92507  
rainbowsystem.com

## Enhancing Hospitality with Healthier Employees



At the Clinton Health Matters conference in January, Ryan Sistare of HEI Hotels & Resorts presented his company's employee health and wellness program. Desert Health is pleased to share his story to serve as an inspiration for the Coachella Valley's large hospitality industry. HEI Hotels & Resorts is a privately held company with 45 hotels in 16 states and over 5,000 employees.

I remember a quote from a former, rather challenging boss which has stuck with me. He said "Change is great, Ryan, until it affects you." But today, I am pleased to share with you the challenges, strategy and outcomes of our employee health and wellness program.



On behalf of HEI Hotels, Ryan Sistare receives well-deserved recognition from the President at the 2013 Clinton Conference

### Let's start with a few statistics from the Hotel industry:

- According to the Hotel/Motel Lodging Association, the average education of a hotel employee is the fourth grade.
- According to Tufts University, 60% of all immigrants in gateway cities in the US work in hotels.
- In a John Walker text entitled Supervision in the Hospitality Workplace, he indicates that hotels are the leading employer of minorities in the US
- According to the CDC, African Americans lead the obesity statistics with 49% of their population. Hispanics are a close second at 40.5%.

These are our employees and in 2010, things started to change. Health care costs had become overly burdensome to both the employer and the employee. The situation was not sustainable. We (as a company) knew we had to change behaviors to improve the well-being of our employees.

My company is a microcosm of what can be accomplished when strategic health care change is embraced.

First, we partnered with Cigna Health Care. We developed a consumer-driven insurance program that is unique in the hotel industry. In fact, currently we are one of only two companies taking advantage of this program.

Key elements encourage employees to use their primary care physician instead of the emergency room for common illnesses, by charging more out of pocket for going to the emergency room. This saves both the employee and the health care system money in the long term. Through our online tools, employees can actually 'shop' for any medical procedure they need. These tools show them where their dollars and those of the insurance company go based on their selection. These figures can be absolutely staggering to individuals.

The program also encouraged employees to take advantage of free wellness services like colonoscopies and mammograms. Everyone likes something that is free. We also offered complementary biometric screenings for all employees to provide a baseline for individual health. In addition, we offer them programs to improve those statistics.

We also created a complimentary Employee Assistant Program offering legal advice, marital advice, and other services to help our associates thrive. A happy and healthy associate is more productive, resulting in better bottom line and long-term results for our company. These complimentary services are offered to all employees - those who elect insurance coverage as well as those who do not. As a company, we believe the underinsured and uninsured should have the same access to these quality-of-life services as those of us who have insurance.

Then, we took things down to the micro-level. We improved our employee meal program with many simple steps like changing the plate size. We went from a 9 ½" plate to a 7 ½" plate. The less on the plate, the less you will eat. And we mandated more nutritious menus in all of our hotels. I had a challenging time getting my team to catch on to quinoa, but I am winning them over slowly.

### Our results have been impressive:

- In the first year, we lowered the percent of cholesterol from 10% to 2.9% in our employee population
- We lowered the number of people in our high risk category (those thought to have fatal diseases) from 17% to 10%
- We lowered the number of smokers in our population from 20.5% to 10%

One of the challenges we faced was educating doctors who were unfamiliar with our new program and sometimes reluctant to participate. We tackled this challenge by further educating employees on program details and requiring mandatory training for all hotel managers. We also appointed a designated person in each hotel (usually the HR or General Manager) who is the resident expert and will gladly get on the phone with any doctor's office to explain the program.

Then, after returning from the 2012 Clinton Conference, our CEO decided he wanted to see a greater and more individualized commitment. So we put that out to our 5,000 employees and to date 1,200 have made individual commitments. These pledges may be to stop smoking or to lose 10 pounds, and our company provides the tools to help employees achieve their goals.


Here's where it gets personal. When I was 12 years old, I saw my father experience his first heart attack. I now have 2 young boys with my high school sweetheart and all of them would like to keep me around, so I made a pledge to make myself 'heart healthy.' That was my commitment to action. I am down 42 pounds in 6 months and my lowered cholesterol levels are astounding - even to my doctor.

There is another individual within our organization that I'd like to mention. Cherry lost her mother and husband in the same year. She spent the following year in bed drinking cheap wine and watching reruns of General Hospital. She was a mess. Her commitment was that she would use every program available through HEI to become a better person. To date, Cherry is off three quarters of her medications. She has lost 50 pounds and is in a healthy, loving relationship with a younger man.

I ask each organization in the Coachella Valley to make a commitment to action to make healthy lifestyles accessible to your employees. If you can give us one story as good as Cherry's, it will have been worth your time."

Ryan Sistare welcomes calls and questions about this program from other industry professionals can be reached at 954.626.1702.

Let's Organize Now  
(760) 899-5444



BACK to SEASON SPECIAL  
20% Off Your First Day!

*Whether here for the season or year-round, let us assist you with your home or home office. We can organize:*

- Kitchen, closets/drawers, garage & storage rooms
- Create, organize & maintain office files
- Update contact info, organize tax receipts, etc.
- Run errands, schedule appointments
- Moving in, moving out...and so much more!

*Let us help you by doing what we do best!*

Visit our website: [www.LetsOrganizeNow.biz](http://www.LetsOrganizeNow.biz)

National Association of Professional Organizers (NAPO)  
Licensed • Bonded • Insured





## DESERT CLINIC Pain & Wellness

36101 Bob Hope Drive, Suite B-2  
Rancho Mirage, CA 92270



Let us give you back your Freedom.  
**Freedom from Pain. Freedom to Move.  
Freedom to Live.**

# ARTHRITIS?

THE START OF A  
**PAIN FREE LIFE**  
IS NOW A  
**PHONE CALL AWAY.**

New Advancements in medical technology have shown this treatment is safe, easy and effective.

**NO SURGERY IS REQUIRED.**

**“Pain Management Specialists”**

**Call 760-321-1315**

**Call today to schedule a one-on-one consultation!**

Treatment Covered by **Medicare** and Most Health Insurance Plans

Desert Clinic Pain and Wellness is committed to accurate diagnosis and patient care in a friendly and compassionate setting.

This is **YOUR LIFE, BEING PAIN FREE** is worth it!

**We change lives every day, give us the opportunity to change yours.**

- Osteoarthritis
- Degenerative Joint Disease
- Joint Aches and Pains
- Knee and Hip Pain
- Shoulder & Back Pain
- Tendonitis / Bursitis
- Head and Neck Pain
- Carpal Tunnel
- Headaches / Migraines
- Neuropathy
- Supplement Program
- Hormone Replacement

If you are considering surgery, think about these facts first. It can take months to recover and recuperate from post-surgery pain, forcing you to change your usual habits and wait even longer to return to the activities you love.

If you are experiencing chronic pain, don't let it control your life. **OsteoArthritis Centers of America** has helped thousands of patients relieve their pain **WITHOUT SURGERY** because surgery is not always the answer.



**760-321-1315**

*Se Habla Español*

8:30 am - 5:00 pm  
Monday - Friday  
[www.OAcenters.com](http://www.OAcenters.com)



GERALD FORD DR.

**WE ARE LOCATED IN THE  
PAVILIONS SHOPPING CENTER  
IN RANCHO MIRAGE**

BOB HOPE DR.

**The only accredited OsteoArthritis  
Center in the Coachella Valley.**





MASS-PRODUCED  
MATTRESSES ARE  
PERFECTLY FINE.  
FOR THE MASSES.

The first time you bought a mattress, it was probably something ordinary. Something you bought at a store after sampling the floor model for about 90 seconds. Now that you're ready to replace it, we hope you'll consider a DUX®. Our entry-level, queen-sized model is only \$4,800. And it's handcrafted with enough steel, pine and cotton to last over 20 years. So while a DUX may not be your first mattress, it just might be your last. Visit [Duxiana.com](http://Duxiana.com) for the store nearest you.

DUXIANA®

IT'S TIME TO REPLACE  
YOUR MATTRESS.

Let The Stress Go,  
Sleep In A DUX®



If back pain and restlessness describe your night, a DUX Bed is your answer. DUX Beds are made from the finest materials and have been engineered to support your body in a totally natural position, so that your muscles and joints are pressure-free, and you wake up feeling more rested and energized than ever before.

22 Years Free Of Pain  
For This DUX® Bed  
Customer.



Ginger and her husband did away with back pain—and that annoying trench in the middle of the bed—by buying a DUX Bed in Seattle 22 years ago. It's the same bed that they still sleep in today. "It's a great bed," says Ginger. "We are very happy with it. I replace the DUX removable top-pad occasionally, which keeps it new and fresh. I haven't had back pain since we bought it. Our dog and two cats sleep on it as well, and our grandson has used it for a trampoline for years. There's no other bed like a DUX!"

Ginger and her husband did away with back pain—and that annoying trench in the middle of the bed—by buying a DUX Bed in Seattle 22 years ago. It's the same bed that they still sleep in today. "It's a great bed," says Ginger. "We are very happy with it. I replace the

DUX removable top-pad occasionally, which keeps it new and fresh. I haven't had back pain since we bought it. Our dog and two cats sleep on it as well, and our grandson has used it for a trampoline for years. There's no other bed like a DUX!"

©2013 - DUX® and DUXIANA® are registered trademarks owned by DUX Design AB.

DUXIANA®  
ADVANCED TECHNOLOGY IN SLEEPING  
[DUXIANA.COM](http://DUXIANA.COM)

PALM DESERT 73-680 El Paseo (1 block east of The Gardens) 760.837.3511