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## Alleviating SEASONAL ALLERGIES

### "I never had allergies before moving here"

is often echoed among Coachella Valley residents. And it begs the question, is it age or location? Turns out it may be a little of both. But the good news is that you don't have to suffer every spring or fall. With a little patience, practice and discipline, you can alleviate seasonal allergies. The key is to plan ahead.

#### Our Beautiful Desert

"The Coachella Valley may be one of the worst places for seasonal allergies," states otolaryngologist (ENT), Michael Gatto, MD of Desert Regional Medical Center who has practiced locally for 32 years. Moderate climates conducive to long growing seasons coupled with dust, wind, and sands captured in our bowl-shaped valley are the primary factors. Dr. Gatto says he sees patients' symptoms getting worse, pointing to climate change and the number of golf courses built. "This is the only place in the world I know where golf courses are scalped," says Gatto, as scalping adds spore, grass and dust particles to the air. "If you're here during scalping and allergic to grass, your symptoms are significantly magnified."

He also attributes the large number of allergy cases to our growing populations newly introduced to local pollens. "Allergies work on a 1-7 year cycle. When

you move to a new environment, you may have no problems at first, but as you start to breathe in local allergens, your body starts the reaction cycle." He says he usually starts seeing exasperated symptoms when people have been here 4-5 years. "It reaches a peak at 7 years, so if you start getting symptoms at 4 years you want to get tested and treated for better long-term results."

#### Is it Age?

Allergies affect people of all ages from infants to the elderly, but are we more susceptible as we age? Gatto notes that hormonal change can attribute to new allergies as you age. Palm Desert naturopathic doctor, Jon Dunn states that respiratory ailments are more common as we age and the desert's dry air is harder on the respiratory system, "So that part of the body is stressed more uniquely here in the desert than in other places." Dr. Dunn also sees more allergies here than other places he has practiced.

#### Why All the Symptoms?

"The body considers pollens as foreign invaders similar to a bacteria or virus," says naturopathic doctor, Shannon Sinsheimer. "When they are inhaled, your body attacks the pollen, producing allergic symptoms such as excess mucus, inflammation in the nasal passages,

Continued on page 3



**One of our Valley's most beloved residents is Ms. Carol Channing.** At 92, she is still the beaming ray of light we know from stage and screen – gracious and kind, full of positive energy and endearing spunk.

If you ask Carol how she accounts for her long, healthy life, she will tell you that lead theater people make health a priority because they have the weight of the show on their shoulders. "Now the chorus, they can eat anything they want," she says with a smile.

However, after reading her memoir *Just Lucky I Guess* and spending time with Carol, it is easy to see that there is something else at work. I believe it to be her combination of healthy choices; a life full of purpose and giving to her beloved audience; and the effervescent creativity which ignites her soul to this day.

She is known for her unwavering work ethic, including never missing one of more than 5,000 performances of *Hello, Dolly!* Eight shows a week required a lot of stamina which she supported with a diet rich in protein and vegetables. "I never bothered with desserts or starches. No potatoes, pasta or bread. Just protein and vegetables still today." She also avoided milk to save her voice. (Thespians were among the first to realize that dairy creates excess mucus). She learned what worked for her body and stuck to it.



Ms. Carol Channing

Continued on page 20

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## My 'In-the-Moment' Wonder

Last month I said good-bye to my dear friend, Dakota. He was a cherished member of our family for 10 years and we shared a very special bond. He was a strong-willed boy and it took years to gain his trust and respect, but once we crossed that bridge, he let me know that I was his best friend and the bright light in his day.

But what he gave me was so very much more. And it wasn't until his passing, that I came to understand the true depth.

At the time, I was participating in Oprah & Deepak Chopra's 21 Day Meditation Challenge. Day 17 was about the importance of 'play time' and creative expression. "How many of us really have fun every day?" Chopra asks as he takes us back to our youth... exploring our neighborhood... 'every bug, plant, rock and song you sang with your childhood friends.' All of it was new 'and each activity brought with it a flood of ideas and creativity.' He explains that experiences like these are for 'glimpses of the soul, rooted firmly in the present, and impervious to time.'

As adults, we often do not make time for such experiences – moments that are truly in the now leaving the past and future behind.

Dakota was my in-the-moment wonder. If I arrived at the barn talking on my cell phone or going through the motions with my head elsewhere, he got irritated. When I made a conscious effort to leave it

all behind and to focus on him, he was in heaven - and my greatest joy. We would walk bareback in silence and marvel at the snowcapped mountains in the distance, or perk up in wonder at what could be hiding behind that shaking tree limb. Cantering across green fields made me feel like a child again and my spirit was free.



Dakota ("Cody") 1991 – 2013

I realize now the magic of that gift. "Our spirit is our source of creativity," notes Chopra. Dakota's spirit put me in touch with my own. "It is through play and experimentation that some of our best ideas rise to the surface spontaneously." I felt my best when I was with him.

I can only hope that each and every one of you has an in-the-moment wonder. A time when you embrace the present and take notice of the many magnificent things around you. When you 'let go of rigid fixed beliefs, release your fears, and remain open to being your most creative.'

I miss my boy so very much, but I know his spirit is now free of the burden and pain that illness can bring. I am eternally grateful for his love, trust and friendship, and the many wonders he shared with me.

With love and gratitude,

*Lauren*  
Lauren Del Sarto  
Publisher

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## Alleviating Seasonal Allergies

Continued from page 1

tearing and coughing in an attempt to expel the invaders instead of ingesting them.”

Dunn adds, “Our immune system strives to maintain balance in the GI tract. If the GI tract is out of balance, as with bacterial or fungal imbalance (perhaps aggravated by allergies compromising the immune system), impurities are absorbed into the blood and result in allergic reactions and symptoms.”

### Grabbing an OTC Pill

“Conventional allergy medicines like Benadril, Allegra and Claritan can relieve symptoms, but do not get to the root of the problem,” says Dr. Sinsheimer. Gatto adds, “You can build tolerance to antihistamines, and the non-sedating ones don’t work as well when the symptoms are worse. He states that antihistamines are for the most part safe, but some do have side effects, and all drugs are broken down by the liver, so taking a variety of medications does put undue stress on the liver. “But don’t confuse antihistamines like Claritan or Allegra with decongestants like Sudafed,” warns Gatto, “as the later are not meant to be taken on a long term basis.”

### Treatment Options

Medical and naturopathic doctors approach the treatment of allergies in different manners, but all agree that the key to allergy relief is to plan ahead. You can prepare your body to be symptom free during the next allergy season with some trial-and-error testing to determine what works best for you. Each individual is different and what works for some may not work for others.

The next desert allergy season is only 3 – 4 months away (September and October) so use this time wisely to start your selected treatment plan.

### The Nose & the Neti-Pot

The first line of defense against inhaled pollens is the membranes of your nose. As your nasal passages are bombarded with particulate matter, your body creates histamine which triggers the inflammatory response resulting in that stuffy nose and more. On windy and high pollen days, the first thing you may want to try is a nasal rinse with warm salt water to clean out the foreign invaders. Neti-pots are a simple applicator you hold up to each nostril allowing the salt water to flow through one nostril and out the other. “Sometimes this alone will take care of symptoms,” says Dunn. “Washing out the particulate matter that settles in the nasal and sinus passages reduces the load and the immune system quiets down.”

### Nutrition

Foods can aggravate allergy symptoms and most practitioners will agree that dairy is on the top of the list as it is known to create mucus in the body. Many naturopathic doctors extend this list to include wheat, corn, soy, citrus, gluten, eggs, potatoes, caffeinated products and sugar – all thought to increase mucus and or inflammation.

Naturopathic doctors focus on GI tract health in fighting allergies. “One of the root problems of seasonal allergies is improper elimination from the colon and poor digestion,” explains Sinsheimer. “When you are constipated, you irritate the surrounding tissue of the colon and in turn, the surrounding lymph nodes which then inappropriately produce white blood cells.”

What you eat, how often, and the quality of your food affects how your body reacts to allergens. Whole organic foods are nutrient dense, reduce inflammation and improve elimination. Individual food sensitivities may also be responsible for the creation of excessive mucus or inflammation. “Food sensitivities are not food allergies,” explains Sinsheimer, “but may contribute to excessive mucus production and inflammation.” Testing

for sensitivities helps to determine which foods may be worsening the allergy symptoms.

A good rule of thumb: start a natural remedy treatment plan 6-8 weeks before allergy symptoms usually occur, so your body is resistant before you are exposed to the triggers.

### Supplementation

Naturopathic treatment plans often include therapeutic nutrition, herbal botanical medicine, and natural supplements. There are several plants with natural antihistamine properties and no side effects including butterbur, stinging nettles and quercetin. Vitamin C and bromelain can also reduce inflammation and make healthy mucus membranes.

Many of these products are combined in natural allergy remedies and found in quality health food stores like Harvest Health or Clark’s Nutrition. (For more information on these natural remedies, see Dr. Sinsheimer’s article on page 11). Supplementation for digestive tract health may include digestive enzymes and probiotics.

Dunn advises to try these natural remedies in the recommended dose and if you don’t see results, then consult a health care practitioner. Sinsheimer adds that she has a high success rate with treatment plans of nutrition and supplementation. “Those patients who follow my natural protocol typically show a reduction or alleviation of symptoms in 2-4 weeks.” However, she notes that this does not mean they have a complete reduction of symptoms come the next allergy season. “If they continue to improve digestion and remove dietary irritants, allergy sufferers will continue to reduce their symptoms from season to season.”

### Immunotherapy

The allopathic approach to treating allergies is through immunotherapy including allergy shots or sublingual drops under the tongue. “These are actually holistic therapies,” notes Gatto. “They work on your immune system and are not simply drugs masking symptoms; they are curing the allergy.” But like other types of vaccinations, he adds, the effect can wear off and your immune system kicks in again in reaction to the allergens.

Other treatments may include steroid pills, sprays or injections, and antihistamine sprays. Gatto feels that the allergy shots are the most effective. Treatment includes weekly shots for 18 -24 months, then every 2 weeks for 3 months leading to a maintenance dose of once a month. Otolaryngologist Mayo Kato, MD of The Ear Institute says that many individuals have long lasting remission of allergy symptoms after 3-5 years of treatment and never require treatment again (see Dr. Kato’s article on Allergy Shots p. 7). Gatto cautions against stopping maintenance treatment. “If you stop the shots, the condition can reverse itself. It might take 2 years or it might take 5, but eventually, it may all come back and you have to start over again.”

For those who don’t want to go for a shot each month, sublingual therapy is available for application at home, but this option is currently not covered by insurance. There is also a new combination antihistamine and steroid spray available that is meant to be used daily throughout the allergy season.

Gatto also advises to use the current “preparation time” wisely. “Start immunotherapy treatment now to build your defenses for the fall allergy season.” Also follow practical advice including staying inside and out of the wind on blustery days. Improve the quality of air in your home with an air purifier or HEPA filters, and although a daunting task at times, make an effort to keep your home as free of dust as possible.

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## Dry Eye: A Common Problem in the Desert

By Wallace Goldban, MD

Dry eye is one of the most common issues that I see in my practice. Patients often have symptoms like burning, itching, red eyes; sensitivity to light; and significant tearing. In fact, because their eyes are tearing, patients don't believe they have dry eyes. The tearing occurs due to lack of good basic tears needed to lubricate the eye. The body recognizes this, and reflex tears are secreted to try to make up for the lack of good tears. Hence, the feeling that the eye is tearing. The reflex tears don't lubricate the eye properly and dry eye persists.

### Arid Desert Climate Exacerbates Dry Eye Conditions

Living in the desert exacerbates the condition because of the dry arid conditions, as does aging and especially menopause. Many medications can lead to dry eye including antihistamines, diuretics and birth control pills. In the office we diagnose the condition in a variety of ways. The Schirmer test is the most common and measures how many tears someone produces. A small piece of paper is placed in the interior eyelid touching the eyeball and the amount of wetting on the strip of paper measures tear production. A low score means there is a deficiency in aqueous production. Similarly, a tear osmolarity test measures if there is enough water in the tears. If the concentration of tears is too high, it means that there is a dry eye condition. We also place yellow dye in the eye and examine the cornea to see if there is staining because in dry eye the cornea will show punctate staining because there are not enough tears to

lubricate the surface.

### Options for Treatment of Dry Eye

The early treatment of dry eye includes over the counter lubricating eye drops. Sometimes tear ointments are used because they are thicker and last longer.

In surgical options, punctal occlusion is a great choice because it works immediately and no further treatment is necessary. All the tears that we make go from the eye into the nose; that is nature's way to drain the excess tears. If someone has dry eyes there is no excess and all of the tears need to stay in the eye. We can block this drain with a plug, preventing the tears from leaving the eye and draining into the nose. This is a simple procedure done in the office and it is reversible and painless.

Another option is the medication Restasis, which helps glands make more and better tears. The only major downside to Restasis is that it takes a few months before it starts to work, but it is an effective long-term option. Recently, steroids have taken a role in the treatment of dry eyes. It seems there is an inflammatory component to this disease. Steroid eye drops help to improve symptoms and reduce inflammation so tears work more efficiently.

Dr. Wallace Goldban is a board-certified ophthalmologist specializing in Lasik surgery and cataract removal. He has over 20 years of experience and is a graduate of the Albert Einstein College of Medicine. He has office locations in Palm Springs and Palm Desert and can be reached at 760.320.8497.

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If only life could be as portrayed on television... Good conquers evil, the hero wins the girl, and indigestion is cured with a simple pill. In reality, life isn't so simple... and neither is heartburn!

The heartburn medication industry has exploded in the past decade. In 2007 and 2008, two of the top five prescription sales in the U.S. were Nexium and Prevacid, and in 2006 they accounted for \$8.5 billion in worldwide sales. Unfortunately, despite the abundance of medications to treat heartburn (otherwise known as GERD), **up to 30% of reflux medication users still have significant symptoms.** Why is that? Could it be inadequate medication dose, non-compliance, or an alternative diagnosis? The answer to that question lies in further evaluation.

For the majority of GERD sufferers, a trial of proton pump inhibitors (PPIs), a powerful acid reducing class of medications, may be all you need. However, if your symptoms do not improve over a 4 week trial, or if you have GERD and are no longer responding well to treatment, then endoscopy is recommended, as stated by the American College of Physicians clinical guidelines. Endoscopy is used to evaluate a structural cause for symptoms, such as an ulcer, esophagitis, stricture or a mass.

**What happens if nothing is seen?** Up until recently, if nothing was seen on endoscopy, a common practice was to either change or increase the dose of the current medication. However, we now have better diagnostic tools that not only can provide a more accurate diagnosis to explain symptoms, but also lead to better suited treatments.

**24hr pH Testing.** This test measures acid that may reflux into the lower part of the esophagus and can typically be accomplished by placing a small capsule (Bravo capsule) on the wall of the lower esophagus by endoscopy. This capsule senses any acid entering the esophagus and transmits this data to a recording device. In certain cases, a soft small pH catheter placed through the nose is alternatively used. If acid reflux events recorded correlate with symptoms indexed by the patient using the device, then an adjustment to current medical management will be made. Surgery, in certain instances, may also be considered.

**What if the pH testing is inconclusive?** If symptoms do not correlate with pH testing, there may be functional abnormalities in swallowing. This could be due to a variety of causes that include a poorly propulsive or hypertensive esophagus, a non-relaxing sphincter, or learned swallowing behavior of which patients may not be aware.

**How do we test for functional abnormalities?** A recent improvement, high resolution manometry, has led to a better understanding of functional abnormalities of swallowing. It involves placement of a catheter through the nose which measures pressure while swallowing. Depending on the motility disorder discovered, treatment may include medication, endoscopic and/or surgical intervention, behavior modification, or a combination of treatments.

If you are being treated for heartburn, but still experiencing symptoms, ask your doctor about advance diagnostics and treatments available today.

Dr. Johnson is a board-certified general surgeon with Premier Surgical Associates in Palm Spring. He has a focused interest in esophageal reflux and motility disorders and offers comprehensive work up for refractory GERD and can be reached at 760.424.8224. For more information visit [refluxmd.com](http://refluxmd.com).





## The Thoracic Cavity WITH DR. PRESSER



### Pleural Effusions

The #1 reason why people seek acute medical attention is because they can't breathe. Most people will walk around in pain, but if you cannot breathe it's pretty scary.

Pleural effusion, an abnormal amount of fluid around the lung(s), is one of the conditions that affect a person's ability to breathe easily.

**Causes.** The pleura is a thin membrane that lines the surface of the lungs and the inside of the chest wall outside of the lungs. In pleural effusions, fluid accumulates in the space between the layers of pleura. Normally, only teaspoons of watery fluid are present in the pleural space, allowing the lungs to move smoothly within the chest cavity during breathing. Numerous medical conditions can cause pleural effusions such as cancer, pneumonia, liver and kidney disease, and congestive heart failure which affect the body's ability to handle fluid properly.

**Symptoms** are more likely when a pleural effusion is moderate or large-sized, or if inflammation or pneumonia is present. They may include shortness of breath, chest pain (especially when breathing in deeply), fever or cough.

**Diagnosis of Pleural Effusions.** Usually your doctor can hear decreased breath sounds on the side of your chest affected. A CXR, Ultrasound or a CT chest scan should be ordered to better evaluate the problem. Once it is established you have fluid surrounding your lung, you need to know your options. A fluid sample is usually taken to determine the pleural effusion's character and seriousness. In a procedure called thoracentesis, a doctor inserts a needle and a catheter between the ribs, into the pleural space. A small amount of fluid is withdrawn for testing; a large amount can be removed simultaneously to relieve symptoms.

**Types of Pleural Effusions.** There are two main categories of pleural effusions: **Uncomplicated pleural effusion** contains fluid that is free of serious inflammation or infection. If large enough, an uncomplicated pleural effusion can cause symptoms. **Complicated pleural effusion** contains fluid that has significant inflammation or infection. If untreated, complicated pleural effusions may harden to form a constricting ring around the lung. This hardening process, called organization, can permanently impair breathing. To prevent organization, complicated pleural effusions require drainage.

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Minimally invasive chest surgery makes a difference in these cases. I've had numerous patients tell me how much better their life is now that they can breathe easier. What's most important is obtaining a proper diagnosis and understanding your options.

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.



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## My Eyelids Are in the Way!

### Misalignment a possible cause of redness and tearing

By Jennifer Hui, MD, FACS

Our eyelids are vital structures in maintaining ocular health and comfort. They protect the globes from foreign bodies and serve as protective barriers. Eyelids are also responsible for production of the oily layer of the tear film which prevents premature evaporation of tears, thus helping to ensure a healthy tear film is bathing the eyes. This tear film delivers essential nutrients to the surface of the eye and helps to clear debris and irritants.

Additionally, the eyelids help to direct the flow of tears across the eyes. However, the eyelids must be in proper position to ensure optimal function.

In the outer portion of each upper eyelid, you will find the lacrimal gland which produces the moist portion of the tear film. The tears wash across the surface of the globe and are directed towards the tear drainage system. With each blink cycle, the lids help to pump the tears into the tear drainage system. If the eyelids are not in proper alignment, the tears are not properly directed to exit the eye. Tears may pool and cause irritation and blurry vision.

The eyelids may become misaligned for a variety of reasons. Most commonly, they become lax over time and are unable to maintain their optimal position. It is most frequently seen as we mature, but can also occur in contact lens users or patients who frequently rub their eyes. Other causes of malposition include previous eyelid surgery (both cosmetic and functional) and post traumatic scarring.

#### Ectropion

When the lid margin is turned outward (directed away from the eye), ectropion occurs. Patients may notice that their eyelid looks red and irritated. Excessive tearing is also common as the opening to the tear drainage system is not in proper position. The inside of the eyelid is accustomed to a moist, sheltered environment. Ectropion alters this alignment, sometimes causing severe redness and pain. As the eyelid turns outward and the moist inner surface is exposed to the air, the eye becomes more uncomfortable. Ectropion affects the lower eyelid more commonly and may be caused by scarring of the skin, which causes external traction on the lid margin. In contrast, Bell's palsy causes a neurogenic ectropion. Lack of facial nerve function leads to poor eyelid muscle tone and consequently laxity of the eyelid.



With senile ectropion, laxity of the eyelid may cause it to turn outward

#### Entropion

When the lid margin is turned inward, entropion occurs. Consequently, the eyelashes are directed towards the cornea and can abrade the eye with each blink. The cornea can decompensate with this repeated trauma, causing discomfort and foreign body sensation. The eye is often watery and red as well. As the irritation increases, the patient may blink more forcefully, thus causing further inward rotation of the margin. This cycle of irritation and further misalignment causes a condition called spastic entropion, and primarily affects the lower eyelid. Patients may find themselves using their fingertip to evert the lid margin and stop the lashes from coming into contact with the eye. Other causes of entropion include scarring of the inner surface of the eyelid (the conjunctiva) which may occur after previous surgery or trauma.



With spastic entropion, laxity of the eyelid and ocular irritation may create an inturning of the eyelid causing lashes to rub against the eye

#### Treatment

Both ectropion and entropion are repaired with outpatient procedures. Proper alignment should be restored to ensure ocular health and, most importantly, to alleviate symptoms. Both conditions are usually addressed with a combination of procedures. In cases caused by eyelid laxity, sutures can be used to rotate the eyelids into the correct position. Additionally, most patients will need the outer corner of the eyelid tightened as well. In patients whose misalignment is caused by scarring, a graft may need to be placed to relieve tractional forces. Bell's palsy patients may find relief with lid tightening alone. In general, most patients notice a decrease in symptoms soon after surgery and the results are typically long lasting. Care must be taken to maintain the restored position, and patients are advised to refrain from rubbing their eyelids.

There is a variety of conditions which may cause redness of the eyes, irritation and tearing. A thorough evaluation is the first step needed to identify the root cause and determine the best course of action.

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. Dr. Hui can be reached at 760.610.2677.

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SEE PAGE 10 FOR MORE DETAILS





ALLERGY SHOTS: *Science and Success in Solving Chronic Symptoms*

By B. Maya Kato, MD

Many people have transitioned from reactively treating allergy symptoms to proactively fighting their allergies. While common allergy medications such as oral antihistamines and nasal corticosteroid sprays often control symptoms, when you stop taking the medication(s) your symptoms return shortly afterwards. An alternative approach is to desensitize your immune system to the antigens that are triggering the symptoms, potentially leading to long-lasting remission of the allergy symptoms. This alternative is called immunotherapy.

Immunotherapy is a century old concept. In 1911, both the electrical ignition system for cars and allergen immunotherapy were introduced. Both represented significant advances in their respective fields. The earliest published success of allergen immunotherapy was based on the work of two English scientists, Leonard Noon and John Freeman. Recognizing that pollen was the cause of hay fever, these researchers hypothesized that injecting hay fever patients with the pollen to which they were allergic could induce immunity and tolerance against the offending pollen.

When your body has an allergen-triggered response your immune system goes on high alert to protect against pollen, mold, dander or other foreign substances. This response causes symptoms of a runny nose, itchy eyes, nasal congestion, headache, and even difficulty breathing. Immunotherapy works by introducing small amounts of an allergen to your body in order to gradually increase your tolerance to the substance. Allergy immunotherapy works best in patients with allergic asthma, allergic rhinitis, and stinging insect allergies. Shots are less effective for those with food allergies.

How is it done?

First, the individual undergoes a medical evaluation that involves identifying the allergen(s) that one is allergic to by skin testing and/or allergy blood tests. The individual is then desensitized to the allergen by gradually presenting them with small doses of allergens given via shots, or sublingual drops. Allergy shots containing increasing amounts of the allergens are given once a week until the target dose is reached. Once the target dose is reached, the maintenance phase begins, which consists of target dose shots for 3-5 years. Many individuals have long lasting remission of allergy symptoms, never requiring treatment again. Others may develop recurrent symptoms after discontinuing their shots, and thus the overall duration of therapy varies.

Over the years, our knowledge about allergen immunotherapy has greatly expanded. Much has been learned about what protocols are needed to make it beneficial, as well as the long term benefits of immunotherapy. The success of allergy immunotherapy is well documented. Among the most important findings are that immunotherapy is safe, it can provide long-term symptom relief for years after treatment is discontinued, and that it is a very cost-effective approach for treating many allergies.

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: Finkelman FD, Boyce JA, Vercelli D, Rothenberg ME. Key advances in mechanisms of asthma, allergy and immunology in 2009. J allergy Clin Immunol. 2010 Feb; 125(2):312-8.; Akdis M. Immune tolerance in allergy. Curr Opin Immunol. 2009 Dec;21(6):700-7.; Cappella A, Durham WR. Allergen immunotherapy for allergic respiratory diseases. Hum Vaccin Immunother. 2012 Oct 1;8(10):1499-512.2.

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*Hear well, Balance well, Be well.*





# Ocular Allergies

By Greg Evans, DO

Spring is allergy season and in our desert the spring season starts earlier and runs later (due to the multitude of plants) than most American cities. This means daily and persistent high pollen counts, which can soar when the wind blows and agitate most allergy sufferers.

Patients often show multiple allergy symptoms related to more than one underlying cause. For example, dry eye can cause excessive tearing, redness and irritation. Allergy mediated inflammation in turn can exacerbate underlying dry eye.

Managing allergies involves three steps: 1) identifying the triggers/antigens; 2) preventing exposure; and 3) treatment.

Before any ocular exam, make sure to bring a list of not only oral prescribed medications, but also any over-the-counter eye drops and oral medication you may be using. Oral antihistamines dry up the sinus and nasal mucosa, but also dry up the eye's moisture membranes.

Treatment for ocular allergies has traditionally involved topical antihistamines and



topical mast cell stabilizers. With greater understanding of the inflammatory cascade pathway involved, doctors are now treating with topical and nasal steroids and non-steroidal agents. Treating the inflammation associated with allergies allows other drugs an opportunity to work faster and relieves the symptoms (runny nose, watering eyes, itching) of allergies quickly. Newer ester-based steroids are now available and have a greater safety profile - just as topical non-steroidal eye drops tend to have fewer side effects than earlier generation steroids.

If patients are treating themselves with over-the-counter oral allergy medicine, they should tell their doctor. Some oral antihistamines such as loratadine (the active ingredient

in Claritin) cause more drying of the mucous membranes than others. Switching oral allergy medication can often reduce the amount of dry eye symptoms (burning) associated with allergies.

Relief is available if you suffer from itching, burning eyes. It just takes a coordinated approach. If you're using topical eye drops of any kind more than three times per day seek an eye doctor. Chances are you have an underlying problem that can be addressed.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and can be reached at 760.674.8806.

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## Breast Health Update: Breast density a factor for cancer screening

Provided by Breastlink

As of April 1, 2013, California law requires that all women receive a notification if their mammogram reveals dense breast tissue.

While receiving this notification may lead to confusion at first, the information is provided to empower women. Dense breast tissue has been shown to be associated with a slight increase in breast cancer, and it is important for women to be aware of their risk factors.

### What are dense breasts?

The breasts are composed of glandular tissue and ligaments that create the dense tissue within the breasts. These appear white on a mammogram. Breasts are also composed of fat cells, which appear black on mammogram. When the dense breast tissue exceeds the fat density the breasts are dense. About 50 percent of women have dense breasts. Regardless of size or shape, breasts that are dense have an overall increase in risk of developing breast cancer than breasts that are predominantly fatty.

### How is breast density determined?

The breast density is determined by a radiologist when interpreting a woman's mammogram. It cannot be predicted by a physical examination. Breast density is categorized into four categories:

- 1) Predominantly fatty
- 2) Scattered fibroglandular tissue
- 3) Heterogeneously dense
- 4) Extremely dense

California women receiving a mammogram will now be informed if they have heterogeneously or extremely dense breasts.

### How does breast density affect screening?

Mammography remains the gold standard for breast cancer screening; however, some

cancers may not be detected in high breast density. That's because on mammograms, dense breasts are white as are tumors. It's similar to the challenge of finding a polar bear in a snowstorm. Mammograms in less dense individuals are less likely to obscure any potential tumors.

### Which imaging study is best?

For women with dense breasts and a normal mammogram, there are additional imaging studies available including ultrasound and magnetic resonance imaging (MRI).

The study chosen will depend on a woman's complete risk profile. Most insurance plans do not cover additional imaging for women with low risk, as the new law does not require that they do.

Breast MRI has the highest sensitivity for detecting cancers that may be missed on mammograms. Breast MRI may be a suitable adjunctive screening for high risk women or women with dense breast tissue. Annual MRI studies for women that have a greater than 20% lifetime risk of developing cancer are usually covered by their insurance plans.

The goal of screening with mammograms and any supplemental imaging is to detect cancer in its earliest stage. This leads to better survival and saves lives. Women should begin annual mammographic screening at age 40. Women that are at increased lifetime risk (>20%) or gene carriers may need to start earlier and this should be discussed with their breast care specialist or physician.

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Janet Ihde, MD  
Surgical Breast Oncologist



David Conston, MD  
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Breast Imaging Radiologist



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## Living Wellness with Jennifer DiFrancesco

### The Beauty of Orange Blossom

We are fortunate to live in a climate where spring's arrival brings full bloom to our desert. With temperatures getting warmer, we smell the sweet and citrusy aroma of orange blossoms wafting in the air. When this aroma hits our olfactory system, it is sure to be pleasant. Orange blossom aroma also has proven health benefits – as in the case of Neroli Oil coming from bittersweet orange blossoms as an essential oil used in vapor therapy for nervous tension, anxiety, depression and shock. There is more than sweet smell coming from this beautiful little blossom of spring, and we honor its effect upon us.

Neroli originated in ancient China and journeyed to the Mediterranean area. The name is believed to have come from Italian princess, Anna Maria de la Tremoille, Countess of Neroli who used the scent as her personal signature perfume. More than simply a succulent scent, applying Neroli oil on the skin can benefit both acne prone skin and mature skin. For acne prone skin, the citrus oil can clear and help with inflammation. In older skin that needs regeneration, it nourishes using the flavonoids in the oil and increases cellular metabolism. It is one of the only oils that is not phototoxic meaning when exposed to sun it does not create sensitivity. With skin symptoms such as scar pigmentation, broken capillaries, and overall uneven skin tone, Neroli can improve and work to minimize these symptoms. Many essential oils create photosensitivity and can exacerbate pigmentation and sensitivity. So to find an oil like orange blossom with such pure concentration that does not disturb the skin integrity is a great thing.

Due to Neroli oil's many benefits, it is costly. It takes 1,000 lbs. of orange blossoms to make 1 lb. of Neroli Oil, and it is worth every drop. By merely adding one drop to a moisturizer, the skin comes to life. One may also enjoy this essential extract in a hydrosol sprayed on the skin. This is different from water in a spray bottle that has drops of essential oil. A hydrosol is the remnants of water during the extraction process directly from the orange blossom. Bittersweet orange blossom is steam distilled and during this process the oil is procured along with water. Spraying a hydrosol is a wonderful way to initiate skin care as a first step. There are numerous benefits to this aromatic jewel. As there begins to be more comfort in the use of orange blossom oil, we encourage clients to blend it with compatible oils such as geranium, jasmine, sandalwood, rosemary and ylang-ylang for more comprehensive results.

Essential oils are nature's way of providing beautiful remedies for body, mind and spirit. There is an art to working with them, just like pairing fine food with fine wine. Learning about their small nuances and chemical composition allows us to learn about nature and ourselves resulting in a dynamic interplay.



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## Is Being Organized Healthy?

By Karen McElhatton

People often ask me how I can teach them to be organized. You can learn to be organized, but to a great extent, you have to want to make changes in how you think about your life in an organized manner. Organizational changes don't happen overnight, but it is possible to create systems that work for your life.

Is being organized healthy? Yes. Clutter makes life more difficult, as it increases stress and crowds your space physically and mentally. You want to have a good amount of harmony in your personal and work environment with positive energy moving through the space. This allows for creativity and eliminates that feeling of dread every time you enter a space with too much clutter. The hardest part for some of my clients is letting someone else into their space as they feel they are losing control, and/or are reluctant to let go of items they no longer need. I work with clients to overcome these fears and move into a less cluttered existence.



Some years ago, I was seated on a plane next to a physician who conducted geriatric research. We began discussing why, as we age, we begin to forget. At that time, I was barely in my forties, but I still found that I was forgetful at times. Some people call them "senior moments," but was I headed for dementia? The physician assured me I was fine. He explained that our brains are like computers and we need to delete information that is no longer useful. As we age, the files we have created in our brain are overloaded with useless information.

It occurred to me that organizing your environment is similar in concept – do we really need to keep everything we encounter during our life? Probably not – and organizing your space is a healthy step forward.

Growing up, my mother had a strict tradition that before the end of the year, our home had to be cleaned from top to bottom, and all closets, drawers, garage, etc., had to be in order. She felt this created a "clean" beginning for the new year. While I don't expect anyone to begin this tradition, processing what to "keep," "donate to charity," "and toss" was a great feeling.

My point is, by making your environment healthy, you can make yourself healthier too. No matter when you begin the process of organizing, big and small changes will make a huge difference in how you feel!

Karen McElhatton is a professional organizer with Let's Organize Now. She is a member of the National Association of Professional Organizers and can be reached at 760.899.5444 or [Organizer@LetsOrganizeNow.biz](mailto:Organizer@LetsOrganizeNow.biz)

## Physicians, Dentist, Nurses: VIM STILL Needs You... 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).

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## Military Use of Acupuncture

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

We have all suffered from stress and pain. But imagine being in a war zone where blast wounds, missing limbs, traumatic brain injury, and PTSD are common occurrences. Doctors on the battlefield and in VA hospitals face this suffering every day, and according to the armed forces magazine *Stars and Stripes*, they are finding that Western medicine alone doesn't always work in relieving the suffering. Recently, many are turning to acupuncture to get relief for their patients.

In 2001, an Air Force doctor developed a type of acupuncture using points on the ear that can be administered in frontline hospitals—as well as right on the battlefield – to treat pain. Often referred to as “battlefield acupuncture,” it is not designed to replace standard medical care for war-related injuries, but to assist in pain relief, and in many cases, eliminate the need for pain medication.

The Air Force sees it as one of the more promising alternatives for treating combat pain instituting the first full-time military acupuncture clinic at Malcolm Grow Medical Center at Joint Base Andrews, MD. In 2009, the center launched a program to train more than 30 military doctors to use acupuncture in the war zone and at their base clinics.

Col. Dominic DeFrancis, medical corps director for the Air Force Surgeon General says, “I think we realized with some of the tremendous injuries these folks have ... we certainly want to find an alternative to help them out, and to eliminate or reduce their use of pain medication.” DeFrancis further notes that acupuncture has few side effects and no apparent drug interactions, and it works quickly — allowing some troops with pain to return to duty faster. “This is an effective therapy that works and should be part of our physicians’ capabilities,” he said.

The US Army has also implemented several programs incorporating complementary and alternative medicine to treat symptoms of post traumatic stress disorder (PTSD). One of these programs, the Warrior Combat Stress Reset Program at Ft. Hood, Texas has experienced significant success with acupuncture. In a recent CNN special, Dr. Wayne Jonas, President of Samueli Institute, Military Medical Research stated, “We put together a study to see if we can actually insert this simple acupuncture technique (auricular acupuncture) during the aerovacs of wounded soldiers.” A soldier interviewed in the CNN special said that if he didn't have the acupuncture needles, he'd be “chomping narcotics.”

The military's use of battlefield acupuncture further demonstrates the powerful effects of this ancient practice on rapid pain and stress relief.

Diane Sheppard is a licensed acupuncturist with a Ph.D. in Oriental Medicine. She is a staff practitioner at Eisenhower Wellness Institute and owner of AcQPoint Wellness Center in La Quinta. 760-775-7900 [www.AcQPoint.com](http://www.AcQPoint.com)

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## Natural Remedies for Seasonal Allergies

By Shannon Sinsheimer, ND

Seasonal allergies are very common in our desert. These allergies are caused by grass cutting and reseeding in the fall, pollen in the spring, and our occasional dust storm. It is very easy to reach for an over the counter anti-histamine to control seasonal allergy symptoms; however, many antihistamines have side effects. Natural remedies not only improve symptoms, but may also improve the body's immune response to seasonal allergies. Following are common remedies to use for seasonal allergies:

**Vitamin C** is an anti-inflammatory that reduces swelling in the nasal passages and helps lower levels and break down histamine in the body. It helps improve the way the immune system functions, and reduces the allergic response. Vitamin C also helps prevent sinus infections caused by chronic seasonal allergies.

**Bromelain** is what's called a proteolytic enzyme. It breaks up proteins in the body that create an allergic response and inflammation. It can also break up excess mucus in the body. Bromelain controls allergy symptoms by reducing inflammation and mucus.

**Quercetin** is one of nature's naturally occurring antihistamines. It helps control the release of histamine and is also an anti-inflammatory. It can work just as effectively as pharmaceutical antihistamine, but without any of the negative side effects. It is one of the most powerful natural remedies in

treating allergy symptoms.

**Omega-3 Fatty Acids**, the fats found in cold-water fish, nuts, and seeds, are natural anti-inflammatories. Using a daily omega-3 supplement will also reduce inflammation in the nasal passages, lungs, and throat associated with seasonal allergies.

**Stinging Nettles**, or *Urtica dioica*, is a natural antihistamine and anti-inflammatory herb. It can be used in place of a pharmaceutical antihistamine, and in combination with other natural antihistamines. It comes in pill, liquid, or tea form.

**Nasal Cleansing.** An additional therapy to use for allergy relief and prevention is daily nasal cleansing, also called nasal lavage. A solution of sea salt and warm water is used in a small tea pot like ceramic piece called a neti pot, a syringe, or a dropper bottle. The water is poured in the nasal passages through the nose to break down mucus and clean out the sinuses. This can be used for immediate relief or for prevention of sinus congestion.

Each of these remedies can be used individually, or even better, in combination with one another. For best results, also consider dietary changes, adequate hydration, sleep, exercise, and stress management.

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



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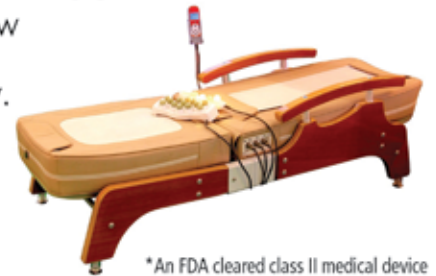
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## Healthy Muscle Mass Key to Long-Term Weight Loss

### Amino acids – the missing link

By Nicole Ortiz, ND

Weight loss is one of the most recommended lifestyle changes to improve health. When losing weight, most people hope to simply shed fat; however, most will lose weight by decreasing both fat and muscle mass, which is not always good. The manner in which one loses weight is critical for long-term health, and research now shows that simple supplementation of branched chain amino acids can be effective in maintaining vital muscle mass while shedding fat.

Ineffective dieting can put one at greater risk from malnutrition than if never embarking on a diet in the first place. This is especially true if one has cardiovascular and/or metabolic disease.

Your basal metabolic rate (BMR) is the most influential regulator of how you burn calories.

BMR - the amount of calories you need if you were completely inactive - accounts for 70% of all the calories you burn each day. Physical activity (exercise) accounts for only 5-10% of your BMR, and the amount of muscle mass has a lot to do with the rest. To maintain or increase your BMR, you need to maintain or increase your muscle mass.

Muscle is more active and energy-demanding than fat, so the more muscle you have (vs. fat), the higher your BMR and the easier it is for you to have a lean, healthy body. Muscle contains the highest amount of amino acids in the body. When you embark on a weight loss regime, it is important not only to reduce calories and add aerobic activity (as this actually reduces your BMR), but to also incorporate elements to maintain muscle

mass. Keep in mind that over-exercise can increase the rate of muscle loss, as muscles are broken down for nutrients making it even more difficult to lose fat.

Muscle breakdown also occurs in conditions such as congestive heart failure, diabetes, fatty liver, and muscle wasting due to cancer. With these conditions, the liver produces low amounts of glucose and the body resorts to breaking down muscle to release amino acids for the purpose of maintaining safe blood sugar levels. Malnutrition and inflammation are both strong predictors of mortality in people with these conditions.

At a recent conference on functional medicine, board-certified internist and cardiologist Bijan Pourat, MD discussed how nutritional supplementation of branched chain amino acids can maintain or increase lean body muscle mass. This is important whether you want to lose weight, or simply improve health while living with a chronic disease. Dr. Pourat noted that amino acid supplementation is also an approach to help the elderly reduce muscle deterioration that often occurs with age.

Studies have found branch chain amino acids to have benefits including increased muscle mass and BMR without exercise, increased exercise capacity, quicker recovery post exercise, improved circulation, reversal of heart failure and the regeneration of mitochondrial ATP production (cellular energy).

Whether you are actively working to lose weight or struggling with a chronic condition, speak with your health care practitioner to determine if branched chain amino acids may be beneficial in achieving your health care goals.

Nicole Ortiz, ND is co-founder of Live Well Clinic and a Naturopathic Primary Care Doctor. For more information visit [www.livewellclinic.org](http://www.livewellclinic.org). (760) 771-5970

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## Cutting Edge Technologies and the Mind: 'Well Use the Moment'

By Diane Richardson

Last month's discussion of meditation began with 'Simply Pause'... Now, I suggest again, **Simply Pause but also...Well Use the Moment.**

As we Simply Pause, it becomes apparent that more information is always at hand than we can possibly take into account. As we pause, it becomes possible to milk the moment for all it's worth to better inform ourselves. We then increase the likelihood that we will make good decisions on our own behalf.

Picture this: someone comes home after a few hours out and about. Upon arriving home, their habit is to have a glass of wine or a cocktail 'to relax.' There comes a time when this habit becomes problematic. This can be fought head on with a variety of techniques **or** one can Simply Pause and take stock, well using the moment **prior** to having the drink.

Not infrequently, folks attempting to overcome the habit of drinking alcohol too much or too often report that after Simply Pausing to take stock, they became aware that they didn't feel well. Taking stock of the complex factors in play at the moment, they were able to recognize that they were dehydrated. They then chose a beverage not to 'help them relax,' but rather to replenish their fluids. Interestingly, after choosing a beverage to replenish their fluids, they often reported that their desire for an alcoholic drink 'to relax' dissipated.

This device, '**Simply Pause and Well Use the Moment**' is anchored in a new theory of mind: the theory of mind as an information processing system, a system that's very purpose is to help you navigate your life. Looking at mind in this way puts the awesome information processing powers of mind at your fingertips.

Some of you may know that we now have a very sophisticated science of information management. Computer programming is built upon the foundation of information

management science.

Would it surprise you to know that Sigmund Freud, Father of Psychoanalysis, is now considered to be the first psych theorist to see 'mind' as an information management system? His identification of one function of 'associations' in the mind is analogous to our current understanding of the function of 'keywords' in a search engine. Information management science is helping us gain new understandings of mind and new understandings of mind are helping develop the information management sciences!

**Simply Pause and Well Use the Moment** is indeed a healing technology anchored in cutting edge science. Try it. Simply Pause and Well Use the Moment. Move into a quiet space internally (one step removed from your 'busy mind') and milk the moment for all it's worth to gather information. You will become privy to much information that was just at the periphery of your awareness.

The amount of information at our fingertips is amazing. More variables than we can imagine are contributing to our thoughts, our actions and our feelings, always. There's information on screen so to speak and there's information off screen so to speak. Any time we Simply Pause we become privy to more. If we do so often, we also see windows of opportunity to use the power of the moment to do what we determine to be is indeed in our best interest.

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.





## A Medical Life & Yogi Soul: ER Nurse Johnny Yuhas Finds a Way to Give Back

By Lauren Del Sarto

A Healthier  
**NURSES**  
Community



Johnny Yuhas has spent a large portion of his life helping others. As an RN at Eisenhower Medical Center's Tenny Emergency Department, he has helped save many, and as a yoga instructor, he has transformed many more.

But Johnny takes his work a step further. He donates all of the proceeds from his yoga classes to local charities including Coachella Valley's Volunteers in Medicine, the valley's only free medical clinic.

"Working in the ER, I have seen first-hand people without proper coverage or who have fallen through the cracks," states Yuhas. "Supporting Volunteers in Medicine is another way I can help people get back on their feet."

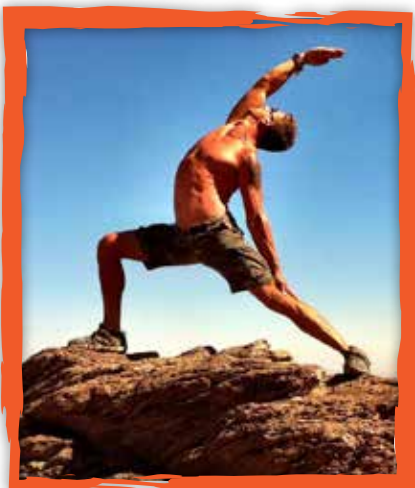
Yuhas studied medicine in Ohio and had the privilege of working for two years at the Cleveland Clinic, one of the nation's leading institutions for integrative medicine. But something was drawing

him to the West Coast and he set his sights on Scripps Hospital in La Jolla when out of the blue, he received a call from Eisenhower. One look at our magical mountains and Yuhas knew he was home. "I'm a firm believer that your past leads you where you need to go."

He describes his 15-year yoga practice as "a major cornerstone" in his life. Yuhas recently received an invitation to deepen his yoga practice through a second teacher training in Rishikesh, India. He is certain to return with many gifts to share with his students who think the world of this charismatic man.

"Everyone has the time and ability to give back in some way," states Yuhas noting something he calls "TBD" (too busy disorder). "Adding something purposeful to your life often creates a greater sense of freedom and time."

For information on Johnny's donation-based yoga classes, please visit Facebook: [AsanasOfLoveWithJohnnyYuhas](#)



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## The Science Behind Chiropractic

*By Lawrence Le Roy, DC*

In this modern "hi tech" world, chiropractic is decidedly "low-tech" in nature. Based on manual manipulations and founded over 100 years ago, studies to support its effectiveness have been slow to surface. Fortunately, numerous scientific studies over the past 25 years have established chiropractic to be an evidence-based modality. These studies have found the practice to be safe and effective, and further suggest that the chiropractic approach to reducing nerve disturbance along the spine may enhance the ability of the brain and nervous system to regulate the body.

Science consists of the systematic pursuit of knowledge involving the recognition of a problem, the collection of data through observation and experiment, and then testing the resulting hypotheses. As such, today's chiropractic is quite scientific and is based on the fact that "the nervous system function is to control and coordinate all other organs and structures, and to relate the individual to his environment."<sup>1</sup>

One of the largest studies was conducted in 1991 by neurologists, medical orthopedists and chiropractors on behalf of the RAND Corporation, an internationally-recognized nonprofit research organization. The results found spinal manipulation as used by chiropractors to be an effective and appropriate treatment for low back disorders. Additionally, researchers found that patients treated by manipulation improved significantly faster as compared to those treated by traditional medical care or having no treatment at all.<sup>2</sup>

In 1994, the U.S. government's Agency for Health Care Policy and Research commissioned a five-year study to assess various methods of treating low-back pain. The panel of researchers included medical doctors, chiropractors, physical therapists and nurses. After reviewing nearly 4,000 scientific studies, the 23-member panel of experts set forth national guidelines to establish safe, effective and cost-containing approaches to managing acute low-back pain. Included was spinal manipulation as it

was determined to be effective in reducing pain and speeding recovery.<sup>3</sup>

In June 1998, a second breakthrough study was funded by the U.S. government's Agency for Health Care Policy and Research (AHCPR). This collaboration among scholars, researchers, medical doctors and chiropractors resulted in a 100-page report highlighting the valuable role of chiropractic care. The report states: "It has taken 100 years of self-directed, bootstrap efforts utilizing internal funds to bring chiropractic in to the mainstream of healthcare... today the scope of chiropractic research now parallels that of medical research."<sup>4</sup>

The National Institutes of Health has also funded several studies on chiropractic care including the development of a curriculum to increase the understanding of evidence-informed practice in chiropractic educational institutions. Their on-going support includes a developmental center for research in chiropractic at the Palmer Center for Chiropractic Research. Investigators at Palmer and other partnering institutions continue to conduct basic and clinical research on chiropractic treatment approaches, how they work, and diseases and conditions for which they may be most helpful.<sup>5</sup>

The results of studies such as these validate that scientific data does indeed support chiropractic as a proven treatment modality. Additionally, chiropractic is widely viewed as a complementary treatment in traditional medical programs, and chiropractic doctors often work in conjunction with medical physicians to ensure patients receive a comprehensive care approach to alleviate symptoms and expedite the healing process.

*Dr. Le Roy is a doctor of chiropractic and can be reached at 760.771.4800.*

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## We ARE Making a Difference

### A Follow Up on Jayne Robertson's Journey

In our November/December 2012 issue, we wrote about Jayne Robertson and her commitment to contribute to a worthwhile cause. Her journey began over a year ago when she undertook the Global Seva Challenge, a fundraising effort as part of Off The Mat, Into The World (OTM), a yoga based non-profit in San Francisco. Each year, OTM raises awareness for a community in crisis. 2012 focused on the issue of sex trafficking in India and worldwide.

Jayne's challenge was to raise \$20,000 in order to spend three weeks in India supporting select organizations battling the sex trafficking epidemic. Although she had to overcome many self-trepidations in achieving this goal, Jayne raised a total of \$28,000 through 14 different events, the selling of wristbands and t-shirts, and the help of generous donors.



"The experience was intense and amazing," stated Jayne who was one of 18 OTM'ers to reach the goal and raise over \$1 million dollars. "We had unprecedented access to young girls who've been rescued from the sex trade." What Jayne found most inspiring was the astounding courage of the dedicated women who founded and direct these organizations; the young women who've been rehabilitated using Dance Movement Therapy (DMT) and now teach it to at-risk youth; and the rescued victims who are still able to laugh, smile and offer hugs. "The experience left us with heavy, yet hopeful, hearts."

The OTM funds are being used to build a vocational training center, as well as a residence and safe house for older girls who've made their way into the mainstream workforce. Fundraisers provide support and encouragement for individuals and the life-saving organizations that assist them in recovery.

Before she left for India, Jayne was uncertain as to how she would continue to serve. Creating relationships, meeting the girls in person and walking amidst the colorful extremes and experiences of India, made that decision easy: stay connected to this particular cause and to OTM.

Jayne's intention now is to hold additional fundraising events in the Coachella Valley throughout the year to contribute to a collective of OTM'ers committed to the cause.

"I was honored and thrilled at the number of people in our community who came together for this cause," said Jayne. "Together we ARE making a difference and can continue to do so."

To subscribe to Jayne's weekly newsletter for upcoming events, contact her at [fitnessbeyond@aol.com](mailto:fitnessbeyond@aol.com) or 760-333-2339 [www.desertyogatherapy.com](http://www.desertyogatherapy.com)

## DESERT HEALTHCARE DISTRICT:

### Funding Programs that Improve Local Health Care Services

### Grant Supports Expansion of Angel View's Day Program

The Directors of the Desert Healthcare District approved a grant award of \$201,440 to Angel View, Inc. that will increase enrollment capacity in their Day Program from 45 clients to 75. Funding from the District enables Angel View to cover operating losses that the organization will incur when they increase the census by 40% (primarily additional staff); purchase essential program equipment; and complete the capital improvements that were initiated in 2011.

Angel View's Day Program for adults with developmental disabilities is designed to promote greater independence and socialization in a center-based setting and daily life. It provides local families with peace of mind knowing that during the day their loved ones are enjoying companionship, recreation and therapeutic activities. The Program also gives caregivers the time to run errands, see their own medical professionals and pursue other interests, knowing that their charge is engaged and supervised in activities at the program.

The overall program goal is to help adults with developmental disabilities reach their maximum level of independence. All participants in Angel View's Day Program receive individual assessments by the multidisciplinary professional team. Once a participant's personal goals are set, activities are designed to advance self-care capabilities and daily life skills. Each client's progress is monitored and compared to his or her individual program plans; goals are modified regularly as gains in skills are made. All clients are reassessed by the professional team every six months.

The Day Program includes both ambulatory and non-ambulatory men and women age 22 and older. Transportation to and from the center is provided by Angel View in specially-equipped vans and buses. When needed, restricted health plans are provided, and a licensed nurse is on staff at the Day Program during operating hours.

Program participants benefit from multiple forms of sensory stimulation including music, games, sports, arts and crafts and more. Outings also play a critical role in each day's events. Day Program attendees go to movies, malls, museums, parks, parades and the Pegasus Riding Academy. Day Program participants also take part in Angel View's Summer Fun Days at Camp Forrest, a day camp in Joshua Tree for special needs campers.

Angel View, Inc., a local non-profit, is the only organization in the Coachella Valley that provides both 24-hour residential nursing care and Day Program services to individuals with disabilities. Since Angel View was founded in 1954, the mission has been, "To help children and adults with disabilities reach their maximum potential."

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.

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LQHS Medical Health Academy  
Seeking Internship Opportunities

La Quinta High School Medical Health Academy (MHA) is showing great results in graduating seniors! Of our 2012 graduate class, 100% graduated, 98% have pursued college and the other 2% the military. Of that 100%, we had 44% of the students accepted into a four-year university. The remaining students are going to a Junior College and/or transferring to a four-year upon JC completion.

MHA is a California Partnership Academy (CPA) and grant funded program for students interested in the medical field. This Career Technical Program (CTE) is designed for any student wishing to pursue a medical career and college. It is a rigorous three-year program that emphasizes A-G requirements to prepare them for university level. The program combines technical skills, mentoring, shadowing, field trips, internships, real world application of skills and rigorous academics and is for college-bound students.

211 students are currently enrolled in the academy. The students have four academy classes with academy teachers, and two of their classes are non-MHA. Seniors have an internship, the Academy Capstone Class, for most of the school year totaling an average of 300 hours. The academy students have the opportunity to work with MHA's medical partners in job shadows, internships, field trips, HOSA Club, and the American Red Cross Club.

The program's core medical business partners have been supporting our program with mentoring, shadows and especially volunteer internships for several years. We are continuing to look for local medical business partners who want to help out and have a hand in the education of the next generation. Our internship enrollment is increasing 25% this coming school year. Our doctors, nurses, physical therapists, office staff and allied health partners have a huge impact on the interns' future.

If you are interested in hosting an intern, please give us a call. Students are available year round. You will interview them and evaluate their progress. Interns work on a flexible afternoon schedule that can be tailored to meet your needs.

Our new MHA facility is under construction at LQHS. It will house two MHA technical classrooms, five medical bays, a dedicated sports medicine area, a scrub sink, and a certified lab area. In addition, LQHS is building science and additional CTE classrooms to replace the numerous portables currently in the back of the high school. The facility build-out is scheduled to be completed in July 2013.

Please join us in supporting the medical personnel of our future. We look forward to discussing how we may integrate our interns into your medical business and create a mutually beneficial relationship.

For additional information, please contact Kathy Pedersen LQHS Coordinator/Teacher  
Kathryn.pedersen@dsusd.us 760-772-4150 ext. 25705

LITTLE YOGIS

By Bronwyn Ison

Witnessing children striking yoga poses is more than just cute; it can be the catalyst to a lifelong practice. Parents and schools are becoming aware that yoga benefits children physically, mentally, and soulfully. The practice is orienting children to a discipline that is rejuvenating for the body and soul. Yoga is playful and allows children the freedom to explore without judging or competing. It is understandable why yoga is becoming 'the new soccer' for kids.

Yoga is a 5,000-year-old practice originating in ancient India. The practice was male dominated in its early inception until eventually integrating women. Over the past thirty years, yoga has become westernized and burst into mainstream US culture in the last decade. As parents come to experience the valuable benefits of the practice, many are enthusiastic to have their children partake.



A 2003 study by California State University, Los Angeles found that yoga improved students' behavior, physical health and academic performance as well as boosting self-esteem. Yoga programs for children also benefit parents. As a calming practice, it is a positive activity you can enjoy with your child while they learn lifelong coping techniques. Practicing yoga together helps facilitate a unique parent-child bonding.

Children have stressful lives - just like adults. Young peers can be harsh through name calling, bullying and/or teasing. Some may be challenged with autism, ADD, ADHD, behavioral problems or difficulty with motor skills. A stressful home life can also be mentally debilitating for a child. Yoga helps release stress, calming the mind and body, and connecting to a happy, peaceful place within.

When children are 'scattered', they are often told to take a nap to regroup and attain more self-awareness, yet yoga is known to have similar effects. The practice also encourages discipline and responsibility in a positive environment. It is a healthy outlet for stress management, and encourages creativity by piquing imagination.

In addition to the mental benefits, children prosper physically from yoga as it helps to maintain flexibility while bodies are growing. Yoga is an excellent complement to traditional sports. Concentration and self-esteem can reach new levels through yoga teachings which include engagement and focus while cultivating peacefulness.

The peer social interaction is also beneficial as it teaches children that we are all similar inside, despite what we look like on the outside. Yoga can inspire children to be patient, kind and respectful of others and self.

The many benefits of yoga will enable your child to flourish now and throughout their life.

Bronwyn Ison is the mother of two daughters and the owner of Evolve Yoga in La Quinta which offers a variety of classes for adults and children. (760) 564-YOGA. www.evolveyoga.com



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## Making Your Dreams Your Reality

By Reesa Manning, Vice President & Senior Financial Advisor for Integrated Wealth Management

It takes a lot of hard-nosed work to fulfill your dreams. And we're not just talking about the years of employment you put in to afford your dreams. We mean converting your dream into a plan to make those dreams come true.

The first step is to recognize the difference between a dream and a goal. A dream is a vision that inspires you to work hard, smart, or both. It's what gets you up in the morning, keeps you on the job no matter how tough it may be. As pleasant as the dream may be, it lacks specificity. Specifics are for goals and plans of action.

A financial goal – and plan of action to meet it – sounds like this: I'm going to retire when I'm 65 years old, in a lifestyle that costs \$150,000 a year in today's dollars and maintain it, adjusted for inflation, for as long as I live. Of that amount, \$120,000 is going to come from my personal savings, which means I need to save a total of \$1.7 million. And that means I have to save \$40,000 a year, and my savings has to earn 8% a year, pretax.

A financial goal consists of a date (1) by which time you need a specific amount of money (2) that lasts a specific amount of time (3).

The action plan calls for: 1) setting aside a specific amount of money, 2) investing it to achieve a specific rate of return, and 3) monitoring your progress and making the necessary course corrections to remain on target.

If you're in business, you understand this implicitly: to reach a goal, you have to define it, create a business plan of action, execute that plan, and periodically review your progress. The personal corollary to a business plan is a financial road map.

While investment plans cover a number of topics and strategies, they revolve around two core goals: supporting a lifestyle and paying for education. Every other element of an investment plan — obtaining disability and life insurance, minimizing taxes, and planning the efficient distribution of your estate — is designed to support the two goals of lifestyle and education for you and your immediate family.

Good goal making comes down to making reliable projections of what your financial goals are going to cost in the future and when that future will arrive. The more expertise that's applied to goal formulation, the better the goals will be. After that, the creation of a plan to meet those goals takes even more judgment calls: what is the rate of inflation likely to be between now and when your goal needs to be met; what kind of funding will the plan require; what asset allocation strategy is going to achieve the best balance between the rate of the return you need and the level of risk you're comfortable taking?

The key to achieving your goals is adjusting to the unexpected. If the changes are significant enough, it may take you back to square one — restructuring your goals. Creating a financial road map isn't a one-time exercise. It's an iterative exercise that calls for steadiness of vision, calm reactions to new realities, market awareness, and flexibility.

Reesa Manning is Vice President and Senior Financial Advisor at Integrated Wealth Management specializing in retirement and income planning. 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.



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## Insurance for Medical Professionals

By Carrie Abernethy

Simplifying insurance is like simplifying medicine; it's no easy task. As a medical professional, you can ask your patient a handful of questions that may flag a potentially serious problem, and then order diagnostic testing as needed. Likewise, you or your insurance agent should ask the proper questions to identify potentially serious problems with your insurance coverage. And problems with your insurance are as serious as a heart attack: if you are sued when unintentionally underinsured, you could lose everything you've worked hard to build.

Like medicine, insurance has specialties, but you should take a holistic view and examine all the elements of your coverage: professional coverage, personal coverage, your carrier and agent, and how it's all integrated. To begin, following are a few simple questions:

### Professional Coverage

- Are all of your professional activities covered? Is anything you do—even occasionally - excluded?
- Are all your people covered? Past and present employees, medical directors, volunteers, even vendors?
- Are all relevant time periods covered? Acts that occurred prior to your coverage period?
- Are all your entities covered? Does your firm have subsidiaries, or have you been involved in a merger?
- Are you using the savings from a high deductible to offset the cost of higher coverage limits?

### Personal Coverage

- Are the limits on your auto, homeowners and umbrella integrated? Are the limits

appropriate considering your net worth and earnings potential?

- Is your uninsured/underinsured motorist coverage limit as high as your liability limit?
- Are the limits on your professional and personal policies integrated?
- Do you have any non-standard exposures which may not be covered by a standard homeowner's policy (i.e. domestic staff, international travel, not-for-profit board memberships, etc.)?

### Insurance Carriers

- Do they have a track record of experience offering your particular coverage? A Best's Rating of at least A (insurance company measure of financial solvency)?
- Do they have a reputation for high quality claims processing? Do they supply ancillary services such as risk mitigation resources (for smaller clients, training materials and video library, for larger clients risk control audits to help manage exposures)?

### Agent

- Does your agent offer professional and

personal policies from multiple quality carriers, including specialty carriers (on the professional side, for various practice specialties and on the personal side, for high-end homes)?

- Does your agent have experience with commercial, professional liability and personal lines?
- If you have multiple agents, do they talk with each other to make sure your coverage is coordinated?

And finally, you want a fair price for your insurance. There are a limited number of carriers and those carriers price the same risk the same way regardless through which agent they work. So, when considering competitive rates, confirm the coverage is comprehensive. If you pay less for a policy that excludes one of your activities, the short-term gain may not be worth the long-term risk.

Carrie Abernethy is President of Desert Insurance Solutions, Inc. in La Quinta and can be reached at 760-564-6800 [Carrie@DesertInsuranceSolutions.com](mailto:Carrie@DesertInsuranceSolutions.com).

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### [ 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.





## Age is Simply a Number

Desert Health would like to recognize two local athletes who have recently completed impressive and inspiring accomplishments.

### Erich Obst, 65

Erich is an 18-year Palm Desert resident who just completed the 2013 "Escape from Alcatraz Triathlon." Known as one of the toughest competitions of its kind, Alcatraz consists of a mile and a half swim in the 51 degree waters of the San Francisco Bay (from 'The Rock' to the beach), followed by an 18-mile bike ride and an 8-mile run.

This is a huge accomplishment for any person, but even more so for Erich who only started doing endurance events in his 50's and suffers from dystonia, a severe neurological disorder which has crippled his right arm. Deathly afraid of sharks and facing large swells that frigid March day, Erich finished fourth in the ParaTriathlon category.

Why put himself through an event he now refers to as 'sheer terror' in the water? "As I reached my 65th year, I realized that because of my condition, the number of long distance swims I can do may be numbered, so I wanted to challenge myself," says Obst. "But my greatest hope is that I can inspire other aging athletes not to give up; to climb out of their chairs and keep fit." Will he do it again? "I just might do it again as a relay with the bike or run... as long as someone else does the swim!"



Erich Obst, 2 miles from the finish of the Escape from Alcatraz Triathlon

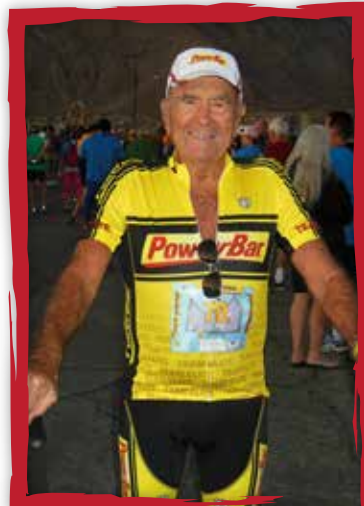
### Bill Bell, 90

Bill Bell is a legend in the triathlon world. He has competed in 32 Ironman and 33 half Ironman races. He has completed 158 marathons and ultra runs (between 26.2 and 52.4 miles); and two Ultraman 3 day triathlons (6 mile swim, 250 mile bike, and 52.4 miles run – yes, all in one day). He started when he was 54 and is still competing today.

We are proud to announce that the sport's governing body, the USA Triathlon, has designated Bell as a 2012 "All American" in the 90+ age group, the first to receive this prestigious honor in this newly created age group.

"It is still hard to believe that it has been over 30 years of doing triathlons," notes Bell.

"I always wanted to keep 'lining up' with all my triathlete buddies, and pushing the age limits. Now I will be honored as the first 90-year-old All American. What a thrill!"



Bill Bell at the finish of the 2012 Palm Springs Tram Run

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## A Shower On The Go: Refreshing Action Wipes

Desert Health Review by Marley Benshalom

Warm summer days are upon us and with them, more sticky sweat—not only working out, but while simply on the go. The Desert Health® team was recently introduced to a refreshing natural solution, Action Wipes.

Made with select plant-derived essential oils like tea tree, eucalyptus, and frankincense, Action Wipes are naturally antibacterial and antifungal. They smell SO very good - refreshing and relaxing -- and contain no harsh sulfates, parabens or alcohol, so they don't dry out or irritate skin. The large wipes are durable and reusable (just wash and reuse!)

Action Wipes were made for people on the move, and are perfect for long days of commuting in the sun, camping and hiking, family outings with the kids, or toweling off after a great workout.

We passed out Action Wipes to a variety of friends and asked for feedback. Here's what we got:

- ✓ They prevent you from having to head home between all the different activities in your day
- ✓ After cleansing yourself, Action Wipes are durable enough to wipe down your yoga mat, golf clubs, tennis rackets, or camping gear
- ✓ Great for cleaning kids' faces after a meal on the road or the dusty playground
- ✓ Take them to outdoor festivals (they saved us at Coachella Fest!)
- ✓ Very refreshing after a workout—especially when put in the refrigerator
- ✓ Use them as you get in and out of the car during our 100+ degree days (perfect for delivering Desert Health® to 350 valley-wide locations!)

"It's often convenient to stop and pick up groceries or breakfast at the end of my run," said Benjamin Fitzpatrick, a local physical therapist and COD teacher, "but I usually don't, as I am quite dirty and smelly. Action Wipes are a good solution to this dilemma."

Action Wipes were developed as a natural full body cleansing wipe for the entire family and come in individual Singles and a 30-sheet Soft Dispenser. We strongly recommend them for our sizzling days ahead!

For more info visit [www.ActionWipes.com](http://www.ActionWipes.com). Desert Health readers will enjoy special 25% savings by entering promo code DHNSummer during online purchase!







## Sports Conditioning Camps: A Building Block for Healthy Habits

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

Over the past 20 years, our nation has become a computer-driven, sit-on-the-couch society. The urge to text a friend, write on your Facebook page, or play violent video games has become second nature for our children. Most schools across the country have either eliminated physical education classes past the tenth grade or have not made it mandatory. It is no wonder nearly 70% of middle school children in California fail the President's Physical Fitness test.

It has been said that because of the statistical rise of obesity in our country, this generation may not outlive their parents. Diabetes, high blood pressure, cancer and heart disease are at an all-time high, and children are hooked on energy drinks, soft drinks and other beverages with sugar and caffeine. Fast food is a mainstay in many households and children increasingly stay up late watching TV or playing video games and not getting the sleep their growing bodies need.

Our children are at risk and often have very little idea of the magnitude of this problem - or the consequences. At home, we must educate our children and reinforce good nutrition and lifestyle habits. Summer break is an ideal time to encourage our kids to get off the couch and participate in physical activity.

### Sports Conditioning Camps Can Create Change

Whether kids are athletes or have never exercised before, a summer conditioning camp can kick start their interest in a healthier lifestyle. In our camps, we watch shy, low self-esteem kids blossom into fitness enthusiasts after exposing them to fun, energy-driven activities. Group programs with team participation encourage kids to succeed and feel good about themselves and their accomplishments. I have witnessed

depressed children come out of their shells and minimize their symptoms through exercise. Over and over again we hear from parents who can't believe their child wakes up early on their own and looks forward to attending each session - typical of middle schoolers newly exposed to fitness in a fun, age-appropriate environment.

When choosing a conditioning camp for your child, be sure to consider the following:

**Time & Location:** Proximity and scheduled hours need to work for both you and your child. When hot weather is a factor, as here in the Desert, the earlier the better to maximize physical activity and avoid heat exhaustion and dehydration.

**Trainer Credentials & Ratio:** What really makes a camp successful is the impact the trainers have on the kids. The trainers should show passion and interact with the participants as often as possible. You also need to consider their experience and credentials. This is very important in knowing that your young athlete is safe. A trainer that has a degree and holds national level credentials is highly advised. Also knowing the ratio of trainers to participants is important. Ideally, there should be a maximum 1-15 trainer to athlete ratio to ensure safety and proper supervision.

**Types of Activities:** You also want to ask questions regarding the types of activities and events that are planned. To inspire kids these days, fitness has to be fun and creative. Obstacle courses, running, skipping and strength training activities are examples of effective programming elements. Ensure that dynamic warm ups and cool downs are included to avoid musculoskeletal injuries.

**Nutrition & Hydration:** Ensure that your camp of choice has someone on staff qualified in nutrition for young athletes. I have given many lectures and seminars to local middle schools, high schools and



sports organizations covering topics such as energy foods that help with recovery after workouts; appropriate breakfast, lunch and dinner choices for an exercise routine; and how much sleep you should get for optimal mental and physical recovery. Beverages being offered should also be considered to ensure non-sugary, truly healthy options are provided.

**Progress Reports:** To best ensure lasting lessons and change, kids need to see positive change. Sports conditioning camps should offer pre- and post-testing in order to give the athlete feedback about their progress. Typical tests may include the number of pushups and/or sit-ups per minute, and a shuttle run to determine cardiovascular fitness. For more advanced athletes, tests may include the 40-30-20 yard dash, vertical jump, 5-10-5 agility test and long jump test.

**Program Length & Size:** Change takes time. Consider a camp that lasts a month, not just a week. This gives participants ample time to show performance gains and

for healthy habits to be instilled.

Look for smaller populations as it is easy to get lost when a camp has attendance of over 100 kids. Also, having siblings participate can often be a positive influence, and help build bonds that continue back at home long after camp ends. Above all, consider your child and his/her specific needs and interests in choosing the best-suited conditioning camp for him or her.

Healthy habits begin at home. Sending your kids to a conditioning camp can jumpstart their understanding the value of those healthy habits and making healthy decisions moving forward.

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. Mike can be reached at 760-200-1719 or michael@kinetixcenter.com.

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# Health is a Choice

Continued from page 1

On tour, she preferred fish between the matinee and evening shows as lighter fare. She tells the story of her beloved dresser, Tivis Davenport, who would heat her dinner in the wig oven. This lasted until members of the troupe finally told Tivis, “We love Carol dearly, but we can no longer stand her fish smell” as her wigs shared the same oven.

Carol always traveled with her own food, even when dining with heads of state. “My dear friend Lady Bird Johnson said, ‘I have to tell you. You are only the second person registered in the White House with any President who didn’t trust the food.’” The other was the lavish King Farouk of Egypt. Carol’s top priority was giving her best performance for each audience, and she feared having a negative reaction to something that may be hidden in prepared food.



Ms. Channing in her element

Her purpose in life became clear at a very young age when she began imitating students and teachers, captivated with the resulting laughter and applause – even from those she portrayed. It became a lifelong passion with unwavering dedication. “When you are on stage, there is nothing else in your life but the audience in front of you.”



Enjoying life at home in Rancho Mirage (2006)

A surprising discovery in her book is the uterine cancer she suffered during the first two runs of Hello, Dolly! She was flying back to New York every other weekend for cobalt and chemo treatments. When asked about it, she said “Oh yes, I forgot about that” and can only attribute her steadfast stamina to sheer adrenaline from performing night after night. “I later heard people say that this treatment completely drains you. Dr. Bill was so wise not to tell me.”

Dr. Bill Cahan was her beloved physician. “Wasn’t I fortunate he was the uterine cancer specialist at Memorial Sloan-Kettering? I mean, after years of piecing me together from falling in the pit, I finally came in with something in his territory.”

Due to her near-sighted vision, Carol often had mishaps onstage. “I remember falling into the audience one night and landing in the lap of a dear woman who fortunately laughed and blew me a kiss as I crawled back on stage.” She even finished a show with a broken arm, not leaving for the hospital until after the curtain fell. Dr. Bill believed her many broken-bone performances were made possible by ‘a combination of sheer willpower and Mary Baker Eddy’ referencing the Christian Science founder and religion with which Carol was raised.

The creative work of show business has long been a part of her healing power. In her book, she mentions Bill Moyer’s Healing and the Mind. ‘It covers methods of healing all over the world. It spoke of cancer patients who were given one week to live. They were brought to Big Sur California and told to create something, anything, every day – a poem, a song, a painting, a story, even a sand castle would do. They lived and lived.’

Carol still loves performing and creating to this day. George Burns told her once that she would be “just like him” performing until the day she died. She adds “Now that I’ve told you, I’ll have to do it. I can’t let George be proven wrong.”

Her schedule still takes her back to the bright lights of New York and LA. This August, she returns to Fire Island, a place they say she helped build, for an appearance at the Ice Palace. “I’m the Queen of the Gays, you know, or so they tell me,” she adds. “And I am very proud of that.” When on tour in Las Vegas, there were 8 performers impersonating her in 8 different night clubs. “I even entered a Carol Channing lookalike contest once in New York – and placed third!” she jokes.

Carol is looking forward to slowing down a bit and getting more involved locally in the Desert. She is grateful for her loving family and close friends including Barbara Walters, Debbie Reynolds, and Tommy Tune. Her inspiring life is one lived with passion, dedication, laughter, and healthy choices along the way. We are the lucky ones and look forward to seeing more of Ms. Channing in the many days to come.



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Allergies for the Aging 101

By Jeanette Jacobson

Millions of us suffer from seasonal allergies; at least one out of every 5 Americans experiences some type of allergic reaction<sup>1</sup>.The elderly are not exempt from typical allergy symptoms such as runny nose and watery eyes. Additionally, seniors often have complicating factors—such as chronic diseases that make it difficult to deal with allergies and the medications that are used to relieve symptoms.

The elderly should be treated as quickly and completely as possible, because allergies can have a larger impact on their health.<sup>2</sup> Symptoms can be extremely dangerous to a senior who may have varying pre-existing conditions, such as cardiovascular problems. That said, when an elderly person goes to the doctor, diagnosing allergies and separating them from an ongoing illness may be challenging.

Another issue is what to prescribe an elderly person that won't interfere with their other medications. Antihistamines are standard allergy relievers but can have worrying side effects including: confusion, drowsiness, urinary retention, dry mouth and eyes, and dizziness that can be especially dangerous for seniors<sup>3</sup>. Antihistamines may also cause changes in mood or behavior and can have dangerous interactions with commonly prescribed medications. Because of these potential factors, a doctor often prescribes a nasal steroid or some form of topical medication<sup>2</sup>.

Current allergy research is focused on preventing allergic reaction in the first place rather than managing the symptoms. Allergy specialists expect that this is the future of allergy treatment. There is hope that by combining an antihistamine with a steroid inhaler, treatment can be delivered directly into the nose, avoiding unpleasant side effects associated with the drug<sup>3</sup>.

We can manage our surroundings to reduce the exposure to allergy triggers by:

- Staying indoors on dry, windy days — the best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegating lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Not hanging laundry outside as pollen can stick to sheets and towels.
- Wearing a dust mask when doing outside chores.

Seasonal allergy symptoms flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check local media for the pollen forecasts and current pollen levels.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

There is no miracle product that can remove all allergens from the air in your home, but the following may help:

- Use air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use portable high-efficiency particulate air (HEPA) filters and clean floors with a vacuum that has a HEPA filter.

Jeanette Jacobson is a part of the ElderCaring team in La Quinta (760) 333.0427.

References: 1) <http://www.webmd.com/allergies/default.htm>; 2) Botek, A.-M. (n.d.). Retrieved April 14, 2013, from [www.agingcare.com/articles/help-elders-survive-allergy-season-150138.htm](http://www.agingcare.com/articles/help-elders-survive-allergy-season-150138.htm); 3) Eure, M. A. (n.d.). Coping With Seasonal Allergies. Retrieved April 12, 2013, from [http://seniorhealth.about.com/od/respiratorydisease/a/seasonal\\_allerg.htm](http://seniorhealth.about.com/od/respiratorydisease/a/seasonal_allerg.htm)

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Integrative Approach to Back Pain:  
A Case Study

By Stacy Hennis, PT, C/NDT

I'd like to share a story about a woman with whom I recently worked who was struggling with severe back pain. We will call her Susan. Susan was diagnosed with herniated discs (disc bulges) as well as spondylolisthesis (vertebrae slipping on each other). She had excellent medical care with anti-inflammatories, pain management and injections. Yet she was exhibiting progressive numbness and weakness in her foot and had changes in her walking as a result.

Susan was willing to explore many avenues to help her get back to her golf game. She researched a variety of therapies, spoke with professional practitioners, and determined that an integrative approach could be the quickest and most effective means of returning to the game she loved.

Her course of physical therapy included manual therapy to relax muscle spasms. Gentle mobilizations and muscle energy techniques helped to correct some of the compensatory changes in her pelvic and spinal alignment. Once her alignment improved, there was less pressure on her discs. This, along with lumbar traction, helped to reduce the disc bulges and return the discs to normal positioning. She quickly noticed improvements in her foot strength and walking.

During the course of treatment, Susan was educated by a golf rehab professional in modifications to her golf swing. She became more aware of her posture and worked to increase her ability to activate and sustain her abdominal muscle strength during activity. This took pressure off the discs as well. Susan was instructed in an exercise program to perform at home, as well as in the pool. She was able to provide traction to herself by hanging with a pool noodle under her arms, and walked in the pool for exercise.

Susan's next treatment modality is acupuncture. The National Institutes of Health state that "stimulating specific acupuncture points corrects imbalances in the flow of qi (or energy) through channels known as meridians." Acupuncture has long been used as a key component of traditional Chinese medicine. Additionally, Susan is learning about supplements that can help her system fight inflammation and promote healing.

Being proactive and using the resources around you is critical to improving your personal health. Susan knew that more than medicine was needed. Adding treatment from multiple disciplines helped her to recover more quickly. She sought expert advice in the following areas:

- Exercise
- Postural Education
- Massage and manual work
- Traction
- Aquatic therapy
- Ergonomic assessment and changes to her work environment

- Modifications to her golf swing by a golf professional
- Acupuncture
- Natural supplements

It's important to note that all of this was done under the supervision of qualified practitioners who worked together on her recovery. It required professional skills and coordination to prevent things from getting worse and to promote healing. This collaborative approach also helped mitigate potential long-term damage to her spinal nerves, muscles, and overall system, and allowed Susan to return to enjoying her active life.

Stacy Hennis is a physical therapist with New Beginning Physical Therapy and can be reached at 760-218-9961 or online at [NewBeginningPT.com](http://NewBeginningPT.com).



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## The Yard House

### Catering to Healthier Palates

#### A Desert Health Review

People are starting to make healthier choices when it comes to foods that best serve their bodies. Many are choosing vegetarian, paleo, gluten-free, and low carb lifestyles. It's not uncommon these days to ask for dietary considerations when inviting friends for dinner. And when choosing a place to dine out, meeting everyone's needs can be challenging.

The Yard House offers something for everyone. This upscale bar and grill is popular for their 100+ beers on tap and lengthy menu of gourmet bar fare, seafood and steaks. But many don't know that they also offer extensive vegetarian options and a stand-alone gluten-sensitive menu.

My husband and I love the Yard House as he is a lifetime beer connoisseur who favors paleo foods, while I prefer vegetarian. In addition to the many entrees and appetizers to appease our preferences, we get to sample from the largest selection of beer the Valley has to offer. And as craft beers are now considered 'the new wine,' sampling is a fun and tasty complement to the Yard House's vast array of cuisine.

**Vegetarian.** In addition to a variety of gourmet salad options, The Yard House features a lengthy gardein™ menu. Gardein™ is a new, very tasty chicken and beef alternative made from soy, wheat and pea proteins, vegetables and nutritious grains such as quinoa, amaranth, millet and kamut. Perhaps its greatest attribute is the wonderful, satisfying texture, which is lacking in other meat substitutes. In addition to being animal and dairy free, gardein™ is also cholesterol free and a good source of fiber.

The Yard House's gardein™ menu offers 14 selections from buffalo wings to a chicken rice bowl loaded with fresh veggies; from a spicy Thai chicken pizza, to their most popular orange peel chicken served with brown or jasmine rice.

In addition, you can choose to substitute any chicken or beef dish on the menu with gardein™.

**Gluten-Sensitive.** Because they do not have a separate kitchen for preparing gluten-sensitive dishes, the Yard House does not claim to be gluten-free. While your server will ask if it is an allergy or diet choice, and special preparations are made accordingly, this is very important for those who suffer from celiac disease or severe gluten allergies, and cannot chance any potential gluten exposure.



For those who choose gluten-free as a lifestyle choice, the stand-alone menu is a real treat. It contains a majority of the main menu items with suggestions for substitutions. While many restaurants will simply remove the sauces and other gluten-containing elements that flavor most dishes, the Yard House offers nine substitute sauces including spicy tomato, béarnaise, sweet chili and Thai basil pesto.

On this night, we enjoyed the rare pan seared ahi served with jasmine rice and asparagus. The standard dish comes with Chinese black bean sauce and fried basil which, along with the rice bowl sauce, were removed to offer a fresh and clean gluten-free meal. The tender, succulent ahi would have been well complemented by the gluten-free porcini mushroom or sweet chili sauce (which we forgot to order before we devoured it!)

**Paleo & Low Carb.** The paleo or 'caveman' diet is based on the premise of only eating items that would have been available prior to the development of grain-based diets. The modern paleo diet consists mainly of fish, grass-fed pasture raised meats, eggs, vegetables, fruit, fungi, roots, and nuts, and excludes grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils.

There are plenty of options on the extensive menu for this lifestyle choice. Their 'natural' beef varies per dish (hormone-free, grass-fed, etc.) so ask your server for details. Burgers are offered 'protein style' with a salad replacing fries and no bun.

So how popular are these offerings? "About 20% of our customers are choosing these healthier options," says Chef Roxanne Tavares. "We've only offered the gardein™ and gluten-sensitive options for two years and that number continues to grow."

The Yard House is a fun place for families and friends, serving tasty, interesting food, a wide breadth of specialty beer and wine, and even "Fresh & Skinny" cocktails. And because the Yard House is open to serving meals to your specifications, we strongly recommend it to all food-conscious diners.

The Yard House is located at The River in Rancho Mirage and open daily from 11am until 12am (Sun–Thu) and 1am (Fri–Sat). Happy Hour (Mon-Fri 3pm–6pm and Sun – Wed 10pm–Close) offers half priced pizzas and select appetizers (including gardein™ wings!). Limited reservations available, please call restaurant directly for more information 760.779.7475

## Desert Events



## The Desert an Oasis for Elite Competitors

### World-class events attract the world's best athletes

This season, over 200 of the world's top athletes competed in Valley events for close to \$20 million in prize money. World class competitions including the HITS Horse Show (Thermal), USA's Modern Pentathlon (Palm Springs), Humana Challenge (La Quinta), Kraft Nabisco (Rancho Mirage) and the BNP Paribas Open (Indian Wells) attracted athletes from 50+ countries worldwide.

These events not only bring international recognition to the Coachella Valley, but millions in revenue while providing locals with top-notch entertainment.

The 22nd annual **HITS Horse Show** featured the largest purse in show jumping history, the AIG \$1 Million Grand Prix presented by Lamborghini of Newport Beach. Horse and rider teams representing 11 countries came from as far away as Australia and included 10 Olympians. The top prize was awarded to Germany's Meredith Michaels-Beerbaum and her beautiful and talented Bella Donna.

The first annual **USA Modern Pentathlon** kicked off the sport's season in Palm Springs. It was the first in the 2013 World Cup series and followed by events in Brazil, China, and Hungary. 26 countries were represented and 75% of the top athletes were current Olympians providing some fierce competition. The Women's Gold went to Victoria Tereshuk of the Ukraine and the Men's Gold to Aleksander Lesun of Russia. Each took home \$5,000 of the \$30,000 total prize money awarded. The top 36 men and women of this event qualified to compete at the World Cup Finals in Russia this month.



Korea's Inbee Park  
\*Photo by Paul Lester/Kraft Nabisco Championship



Meredith Michaels-Beerbaum of Germany and Bella Donna soar to victory at HITS. \*Photo by Flying Horse Photography®

La Quinta's **Humana Challenge** featured an impressive field representing 11 countries and including 12 of the top 50 golfers in the world competing for over \$5 million in prize money. USA's Brian Gay took top honors this year. In partnership with the Clinton

Foundation, Humana has become so much more than just a world-class PGA Tour event. It has generated focus on healthy living and delivered hands-on action that is creating sustainable change for members of our community year round.

This year's **Kraft Nabisco Championship** in Rancho Mirage featured all 10 of the top 10 LPGA players in the Rolex World Rankings, and 23 of the top 25. Korea's Inbee Park took home the grand prize and her share of the \$2 million prize.

Last, but certainly not least, was the thrilling **BNP Paribas Open** held at the Indian Wells Tennis Garden. 130 Olympians representing 38 countries played night and day throughout the 2 week tournament. International stars Rafael Nadal of

Spain and Russia's Maria Sharapova won the singles finals and took home the lion's share of the \$12 million in prize money.

These spectacular events not only bring together athletes from around the world, but spectators as well. The economic benefits to our community match the thrill of being a primary destination for the world's elite athletes. And each event continues to grow: The Indian Wells Tennis Garden expansion is underway; the Kraft Nabisco is under new management by one of the world's leading golf event producers, IMG; and HITS-Thermal 2014 will join HITS-Saugerties and HITS-Ocala as part of the newly launched Triple Crown Challenge of Show Jumping.

We all looked forward to next season and the many exciting developments to come!



Japan's golfing sensation Ryo Ishikawa at Humana. \*Photo by Scott Avra/Humana Challenge



Victoria Tereshuk  
USA Modern Pentathlon Gold  
\*Photo by Cordova Photography



Maria Sharapova of Russia  
Women's Champion  
BNP Paribas Open



Spain's Rafael Nadal  
Men's Champion  
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Aleksander Lesun of Russia  
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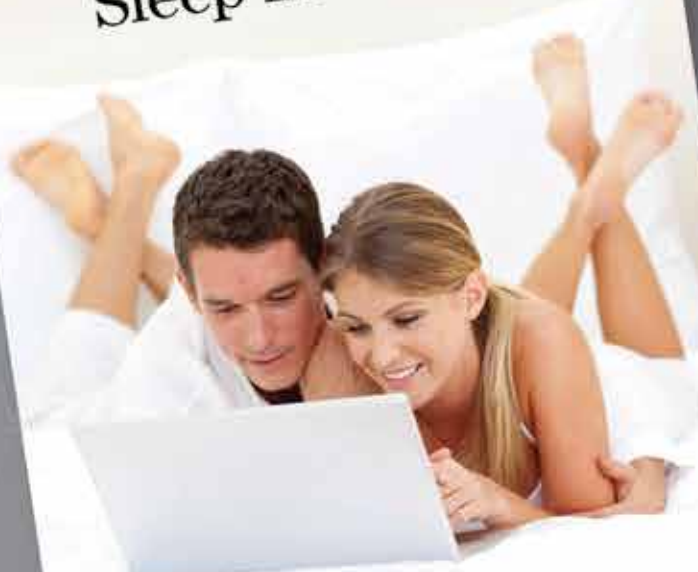
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