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10

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# Desert Health

The Valley's Leading Resource for Health and Wellness

January/February 2020

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"Sun comes up and *shines* so bright  
And disappears again at *night*.  
It's just another *ordinary miracle* today."

- Sarah McLachlan, Ordinary Miracle



**W**hat does your typical day look like? You work, shop for groceries, run errands, attend appointments and scheduled events. Life is busy.

But when you look back at the bigger picture - your entire life - what happy thoughts comes to mind? Those special memories, maybe only a minute in a lifetime of thousands, stand out for some reason. Maybe they were defining moments that helped shape who and what you are today; maybe they were simply moments so engrossing they are etched in your memory forever.

One thing those memories most likely share is the way they made us feel: happy, excited, and content. So why don't we spend more time creating more meaningful moments? Well, life is busy.

It was only recently that I had this awakening. My husband and I are coming off an exceptionally busy year with a health scare adding an entirely new dimension of unknowns and unease. There was so much to learn, so many appointments to schedule, and many big decisions to make.

One day my husband asked if we could allocate one weekend morning to simply check in with each other and discuss how we are *actually* feeling. That was an "aha" moment for me because we standardly

only do this on vacations when life's distractions are miles away. Everyone had been asking me, "how are you feeling?" but the one-word answers didn't tell the entire story. And yes, he had feelings to express as well.

We started "Coffee Saturdays" on our patio with seats placed strategically in the sun for meaningful conversations and time to truly connect. These moments filled us both with a warmth and joy that had been missing. We didn't set parameters, but instinctively knew this wasn't a time to voice issues or fix problems; it was merely a time to reconnect heart-to-heart.

"To create meaningful moments is to stay present and grounded while letting go of mental distractions," says self-empowerment speaker and author Tony Fahkry. He refers to the distractions as "the capricious monkey mind seeking to assert its will because it strives to be heard."

Doesn't that describe most conversations with our loved ones?

"To recognize meaningful moments," he adds, "stop rushing to the next event and consider what is taking place before you. Our thoughts will convince us there's something wrong with the present moment and we need to fix it to feel better."

Continued on page 6



Nine months after treatment and a year after starting an integrative cancer care protocol, today, I am cancer-free.

In January 2019 I was diagnosed with early stage invasive ductal breast cancer and chose to have my tumor frozen versus a lumpectomy or mastectomy. "Cryoablation" as it's called is much less invasive and my results are consistent with study statistics; the procedure is proving to be 100 percent effective on tumors under 1 cm (search cryoablation at [www.DesertHealthNews.com](http://www.DesertHealthNews.com)).

For months, I envisioned this day and the enthusiasm that would accompany these words, but the reality is very different. I say 'today' because I have come to understand just how unpredictable this disease can be, and that cancer is a lifelong journey.

But through the journey, you learn so much about yourself. I now know that I am not invincible. I know that some days it just feels easier to give up and to give in. That deciding what is right for you - and you

alone - is extremely daunting, and that sticking to a plan that takes more time and more money than you feel you have takes unparalleled patience and faith.

As with any challenge we face, so much is mind over matter and I find solace in these words from Deepak Chopra, MD, in his recent meditation experience, *The Path to Empowerment*: "Here is a truth that most people don't even dare to consider. We have the power to change anything in our lives."

And so much has changed...

When I was first diagnosed, a psychic friend told me that he thought this journey was more spiritual than physical and asked what unresolved issues I needed to address in my life. Within 48 hours, the answer became crystal clear, and I made a conscious decision to free myself of that undue stress. The changes created a deep peace that continues to positively affect so many elements of my life. Through this process, I have grown and evolved to be a better, more balanced human being.

Continued on page 23



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# Happy Anniversary



Dearest *Desert Health* Readers,

It is hard to put into words how grateful I am to be celebrating our 10th anniversary. WOW. I cannot thank you, and all of our marketing partners, enough for your continued support over the years.

We began with the mission to “educate and unite” and continue to strive for those goals with each and every issue. We educate consumers to be their own health advocates through informative, inspiring and resourceful editorials from vetted contributors, and unite the medical and natural health communities through association, events and honors.

We also present the positive aspect of the subject, so when people call us “a happy little paper,” I smile at confirmation that we have also achieved this goal.

We continue as a complimentary publication because of support from our marketing partners and I would graciously like to honor those who have been with us from our very first year (inaugural cover below):

- AcQpoint Wellness Center
- Avid Physical Therapy
- Bikram Yoga Plus
- Desert Regional Medical Center
- Eisenhower Health
- Halō Diagnostics
- (Formerly Desert Medical Imaging)
- Judy Nemar Sklar
- Live Well Clinic
- Optimal Health Center
- The Eyelid Institute

All that contribute to *Desert Health* also contribute to establishing Greater Palm Springs as a world-class health and wellness community and we are proud to support their efforts.

To Heather McKay and Benjamin Katz, you have been with us from the very beginning; we wouldn't be who we are without your talents. My stepmother, Jo Ann Steadman, thank you for your attention to detail and tireless hours of editing. Rich, you are as much family as the rest and I thank you for always going above and beyond. To Scott Driscoll for dedicating eight years to “helping out,” and to Trish Lounsbury for joining the team.

Last but certainly not least, to Doris, better known as Mom, you are just as much a part of *Desert Health* as I am. Thank you for everything. And to my husband, Tom (who wants to come back as a No.2 pencil), thank you for putting up with the long hours, dedication and focus.

May 2020 bring health, happiness, inspiration and joy to you all!

With sincere appreciation-

*Lauren*



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**Your Health Matters**  
with Janet Zappala



Music has the power to move us. It conjures up memories of days and moments gone by and can emit emotions that we may not even know we're feeling until one particular song moves us to our core.

Music can also mend minds. Based out of Los Angeles, Music Mends Minds: Restoring the Rhythm of Life (MMM) is a non-profit that's hitting just the right note for people with Alzheimer's, Parkinson's, stroke, traumatic brain injury, and PTSD.

Studies show that music memory remains intact in people dealing with various brain illnesses, despite the disease process. "It's therapeutic for all involved - patients, family, caregivers and the community at large," says Carol Rosenstein, co-founder and director of Music Mends Minds, adding that the power of music has a direct effect on the brain. "As our community of patients waits for a cure, MMM is constantly updating our research information on how music benefits the mind and the brain." Rosenstein cites MMM's public awareness and educational program that shares new research findings which support their model of using music as medicine.

Playing a musical instrument is even more impactful as it is likened to a full-body workout for the brain integrating motor, sensory and auditory functions. Research shows that patients with Alzheimer's disease may forget certain melodic content of songs, but their ability to play their musical instrument seems to be unforgettable.

Approximately 5.7 million Americans suffer from Alzheimer's disease, and every 9 minutes someone is diagnosed with Parkinson's. Many of these patients fade away, but music, says Rosenstein, is empowering seniors, increasing their self-worth, confidence and identity. MMM is embracing everyone who wants to give music a chance. Its theme is, "using the power of music to change brain chemistry and celebrate life!" They do this by making a conscious effort to advance a cultural shift towards serving forgotten seniors, using music to lift the spirits of all.

There are also concerts presented by groups like 5th Dementia and sing-alongs featuring the Beverly Hills Treble Makers, bringing patients and caregivers together to make music and share in the benefits of people helping people. And the brain is listening. Neuroplasticity is the ability of the brain to compensate for injury and disease and to adjust, repair and reorganize itself. "Music training, for example, primes musicians for listening challenges, and its effect on neuroplasticity transfers to other areas like speech, language, and auditory and verbal memory," adds Rosenstein.

When Plato said, "Music gives wings to the mind," he was onto something way back then. So, while a cure is coming, music is ever-present serving as therapy for the mind, brain, and soul, and making an impact beyond what many could have ever imagined.

Janet Zappala is an Emmy award-winning anchor and reporter, and creator of Your Health Matters. Tunes for the Memory is the Coachella Valley Chapter of Music Mends Minds and offers free weekly sessions Fridays 1:30-3:00 pm October-May. For more information visit [www.musicmendsminds.org](http://www.musicmendsminds.org) or call (818) 326.0500.

**JFK Memorial Designated as Primary Stroke Center**  
*New distinction helps to save lives*

Every 40 seconds, someone in the U.S. has a stroke and every 3.5 minutes, someone dies from it. Stroke now accounts for one of every 19 deaths in our country.

And when someone has a stroke, seconds matter. That is why, over the past five years, JFK Memorial Hospital in Indio has been dedicated to the process of qualifying for the distinction of primary stroke center.

"Research shows that patients receiving care at a primary stroke center have a higher incident of survival and recovery than those treated in hospitals without this type of specialized care," says CEO Gary Honts. "Certification demonstrates our commitment to providing the highest quality of health services."

While the hospital has always treated walk-in strokes, the new designations received by both the joint commission and the County of Riverside allow them to accept patients through the county's EMS system. When it comes to stroke, "time is brain," adds Honts, "which is why I'm so proud that JFK Memorial Hospital can now bring this life-saving treatment to our community in the East Valley."

At the recent press conference announcing the honor, most who spoke shared a personal story of a loved one who came to JFK for a heart incident. "This does touch my heart," said Josie Arechiga, from the state senate district office. "My mom just had her third stroke, so the East Valley truly appreciates this."

"I actually lost my father-in-law to a stroke after Christmas last year," said Coachella Mayor Steven Hernandez. "Had this [happened sooner], we wouldn't have had to drive 20 [additional] minutes to get stroke care. I'm very thankful for JFK because the East Valley really deserves quality health care."

One of the key enhancements is the hospital's new telemedicine program featuring state-of-the-art equipment with access to a neurologist 24/7. Emergency Room Medical Director Andrew Kassinove, MD, states, "We are a heart attack receiving center with a 24/7 coronary angiogram lab and now a primary stroke center with 24/7 access to specialists to evaluate and consult instantaneously."

Securing the designation was a team effort. Honts concludes, "I want to thank all of our physicians, our staff, and our community and government leaders who continue to support JFK on our journey to save more lives."



JFK Memorial management and doctors join community leaders to celebrate the distinction as Riverside County's 12th primary stroke center.

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## Cryoablation Proving Effective for Breast Cancer

By Dennis Holmes, MD, FACS

*This editorial is offered in response to a November 2019 Desert Sun article regarding Phillip Bretz, MD, of La Quinta. In the article, we learned that the California Medical Board placed Dr. Bretz on probation due to factors related to offering cryoablation or "tumor freezing" to women seeking an alternative to surgery for early stage breast cancer.*

As a breast cancer surgeon, researcher and patient advocate, I feel it necessary to challenge the negative impressions that the aforementioned article creates regarding cryoablation and Dr. Bretz, as well as the significant number of women seeking alternatives to "traditional" surgical treatment.

Although cryoablation is new to most readers, the procedure has served a role in the management of various cancers for decades. I began performing breast cryoablation in 2003, initially as a treatment of benign breast tumors called fibroadenoma, and later beginning in 2009 for early stage breast cancer as part of a national clinical trial sponsored by the American College of Surgeons.

The American College of Surgeons trial found cryoablation to be 100 percent effective at killing invasive breast tumors that were 1 cm or smaller and 92 percent effective for tumors up to 2 cm. As a result of the lessons learned from that trial, two additional national trials were launched evaluating cryoablation as an alternative to surgery for early breast cancer. Currently, the early results of both trials are promising, and I am honored to serve as lead principal investigator for one of them, the FROST Trial.<sup>1</sup>

Internationally, the most promising breast cancer cryoablation experience comes from Japan where a respected surgeon has treated more than 300 women with estrogen-sensitive breast cancers 1.5 cm or smaller with cryoablation, radiotherapy and anti-estrogen therapy. This method has achieved a local control rate of 99 percent at 6 years average follow-up, and rivals what we can achieve with surgery. However, unlike surgery, cryoablation is a relatively pain-free procedure that can be performed through a 3 mm skin nick under local anesthesia as one-hour office procedure, with expedited return to normal activity and no long-term changes of breast shape or volume.



*While cryoablation has served a role in the management of various cancers for decades, innovative breast surgeons and radiologists have led the charge in bringing it to clinical trials for breast cancer today.*

The primary issue raised in Dr. Bretz's case was informed consent. Informed consent is essential for everything we do as cancer specialists, whether it's lumpectomy, mastectomy, radiation, chemotherapy or other treatments. Each treatment can reduce cancer recurrence, but none is guaranteed to prevent recurrence. To varying degrees, each is also capable of causing physical or emotional harm that can impair short-term or long-term quality of life. The goal of informed consent is to ensure that patients are aware of these factors and possible alternatives so that they can determine which treatment regimen suits them best. As it turns out, compared to their doctors, patients tend to be more willing to accept risk and explore novel treatment options. However, as surgeon-innovators, we must also temper our enthusiasm to offer patients new treatment advancements by ensuring that they are fully informed about what is known, and more importantly, unknown about the innovations we offer.

Criticism of Dr. Bretz must also be judged in the context of a long history of surgeon-innovators and patient advocates who sought to make breast cancer surgery less disfiguring and less harmful to women. For example, if not for the advocacy and independent research efforts of Umberto Veronesi, an Italian surgeon, and Bernard Fisher, an American surgeon, women across the globe might still be subjected to radical mastectomy with removal of the entire breast, chest muscles and underarm lymph nodes. However, ultimate credit goes to the communities of women around the world who demanded different and better options for treating breast cancer. Today's physicians are facing similar calls for better treatment options.

Cryoablation is not the only treatment for which Dr. Bretz challenged the status quo. Readers might also be surprised to learn that Dr. Bretz played a seminal, but similarly controversial, role in establishing tamoxifen as a treatment option for breast cancer. His early advocacy for tamoxifen stimulated national research efforts that ultimately established tamoxifen and similar medications as the preferred anti-cancer medication for women with estrogen-sensitive breast cancer. The human impact of this innovation is immeasurable.

It is safe to say that most physicians are motivated by their sworn professional obligation to "first do no harm" and by the desire to achieve the best possible outcome for their patients. However, it is no longer acceptable for physicians to be the sole judge of what is best for individual patients and to impose their own value-system on their patients. The new standard is "patient-centered care," which the Institute of Medicine defines as "providing care that is respectful of, and responsive to, individual patient preferences, needs and values, and ensuring that patient values guide all clinical decisions." This includes the decision to undergo cryoablation.

I am confident that the next 10 years will see cryoablation emerge as an established option for women with breast cancer. For this to happen, we must continue to monitor the outcome of ongoing trials and develop new trials for early, and later stage, breast cancer. Patients must understand that cryoablation is not intended to be a substitute for all other cancer therapies. Much like lumpectomy and mastectomy, cryoablation works best when supplemented by radiotherapy and/or drug therapy, as appropriate. Physicians must not hold cryoablation to a higher standard than we hold other cancer treatments. If a woman undergoes lumpectomy but later declines recommended radiation, we don't insist that she return to the operating room for a mastectomy lest we fire her from our practice—at least most of us don't. If a woman accepts tamoxifen but refuses chemotherapy despite its promise of additional survival benefit, we physicians still try to help her achieve the best possible outcome that can be achieved with tamoxifen alone.

At the end of the day, our highest responsibility is to equip patients with the knowledge required to make informed decisions about a range of imperfect treatment options. This practice will empower them to make healthcare decisions that best suit their physical and emotional needs from both a survival and quality of life perspective.

*Dr. Holmes is a breast cancer surgeon and researcher in Los Angeles. For more information visit [www.cryoablation.com](http://www.cryoablation.com) or call (800) 203.5515.*

Reference: 1) <https://clinicaltrials.gov/ct2/show/NCT01992250>



## What Are these White Spots?

By Nick Baumann, DDS

If you have white spots on your teeth and ever wondered why they are there or what can be done about them, you are not alone. These white spots, called demineralization, can cause some to be self-conscious about their smile. Luckily, advancements in technology have made this condition much easier to treat noninvasively and without pain.

Our teeth are mainly composed of calcium and phosphate. When minerals are stripped from the teeth, these areas become more porous and can start to have irregular areas of demineralization that most people would call "white spots." There are a number of things that can cause this including diets high in sugar or acid, developmental abnormalities of the tooth, fluorosis during tooth development, or poor oral hygiene. Often, the spots can occur around braces during orthodontic treatment since it is more difficult to clean around the brackets. Since these spots are more porous, they can be susceptible to decay and cavities, so it is important to have them evaluated by a dentist.



So, what can be done? Traditionally, remineralization can be attempted by using a paste with a high amount of calcium and phosphate. The teeth can soak up these minerals and reverse the damage. This treatment can work in some cases but is not successful all the time. It also can take a long time to do so and relies on good patient compliance. Another more invasive option is to remove the demineralized area and place a filling over it. This is the most aggressive approach and usually only recommended as a last resort.

A newer procedure that is very exciting to help repair white spots is called the ICON procedure. A dentist who does the procedure can actively re-mineralize these lesions in as little as under an hour, and no anesthesia or drilling is required. This procedure improves the structural integrity of the tooth as well as the esthetic appearance. This is a great option for someone who has not had success with other options. More information on this procedure can be found at [www.drilling-no-thanks.info](http://www.drilling-no-thanks.info).

If you are concerned about white spots on your teeth, the first step is to reach out to your dentist to see what your options might be. Treatment may be much easier than you think. Knowing your choices can allow you to make the best decision to give you a happy, confident smile.

Dr. Nick is with Palm Desert Smiles and can be reached at (760) 568.3602.



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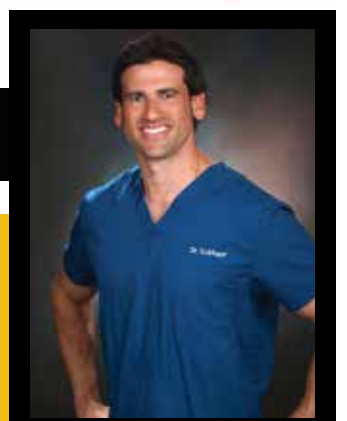
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## What is Direct Primary Care?

*New care option enhances patient-doctor relations*

By David Pérez, MD, FAAFP

Direct primary care (DPC) is a new way of receiving personalized health care from a primary care physician for a small monthly membership fee. In exchange for this fee, patients get unlimited access to their doctor. Depending on your day-to-day needs this can be accomplished by same day or next day in-office visits or, if more appropriate for your health circumstances, they can be addressed by telephone, text, email or even videoconferencing. The benefit to doctors is more time spent directly serving patients.

Some DPC offices include additional services for their members, such as in-office heart testing with EKGs, metabolic testing with glucose monitoring, and lung testing with pulmonary function tests. Many also offer blood testing and in-house medication dispensing at wholesale cost. To accomplish this, efficiencies were created through technology and elimination of non-patient focused tasks which in turn free up time for the physician to be accessible and flexible for patients' medical concerns. All this translates into a patient-focused primary care model that looks to provide value to its members by saving them time and money.

The idea of paying for health care directly has always existed but has largely been displaced by the growth of government and private health insurance. It wasn't until 2007 when three doctors in Seattle decided they wanted to practice medicine free of insurance and developed the direct primary care model. Since then, their efforts have served as a model for the over 1,100 direct primary care practices in 48 states, serving approximately 300,000 Americans, according to DPC Frontier and the DPC coalition websites.

Since DPC practices contract directly with patients, they are often considered concierge medicine. In this regard we are similar, but this is where the similarities end. DPC practices usually charge a small monthly membership which can be canceled at any time, whereas concierge practices typically charge a much larger up-front annual fee. Additionally, concierge practices may continue to bill insurance companies and the government for their services, whereas DPC practices, by definition, do not bill insurance for their services.

Direct primary care doctors believe that eliminating the barrier to your doctor and allowing time for health interactions can fundamentally change health care in America. In fact, the American Academy of Family Physicians considers the direct primary care model to be consistent with their advocacy of advancing primary care. They say that DPC's inherent goal of placing the power of the doctor-patient relationship at the center of health care can improve health and lower costs. With this goal in mind, DPC doctors across the country meet three times a year to discuss and collaborate on best practices and are constantly working to improve and expand the services they can offer their communities.

Most patients that have direct primary care memberships also have health plans. DPC works well with traditional Medicare, PPO and health-sharing plans. It is more difficult for DPC doctors to work with HMO-Medicare or other HMO insurance plans because these plans, by design, only allow for health care use within their limited network. In this regard, DPC practices always recommend that everyone have, at a minimum, some form of health insurance to protect against accidents, catastrophic illnesses and necessary hospitalizations. In some instances, for someone who has not purchased insurance, DPC is an excellent option as they can receive comprehensive primary care while working on getting basic health insurance.

If you are looking for a more personalized, accessible and affordable health care experience, know that you now have more choices and that direct primary care can be a great alternative to your current health care. Currently in California, there are approximately 35 direct primary care clinics, and that number is growing every day.

*Dr. Pérez is a board-certified family physician and fellowship-trained geriatrician with Premier Direct Care and can be reached at (760) 548.3400. www.premierdirect.care. He is also a member of www.DesertDoctors.org.*

### Heart-to-Heart

*Continued from page 1*

But we don't need to fix it, we just need to stop; to clear our heads of all the chatter and responsibility that keeps us in autopilot with only the destination in mind. But where are we going in such a hurry?

We all want to add more meaningful moments to our lives, so where do we start?

By taking your foot off the gas, says functional medicine doctor and *New York Times* best-selling author Frank Lipman, MD. To create a more meaningful life, he recommends the following:<sup>1</sup>

**Really be – and connect – with others.** Whether with those closest to you or friends you haven't seen in a while, make the time together matter. Focus on the content of conversation and be present. Listen, ask questions, and be engaged. The result just may be more laughter, hugs and memorable days.

**Connect with nature.** Spend a few minutes every day outdoors. Take a brief walk, sit on a park bench, gaze at the stars before bedtime and take in all the sights, sounds and smells around you. Give your mind a time out and don't check your phone.

**Do one thing at a time.** Multitasking is a myth, he says. Make the art of task completion a more meaningful, even meditative experience by pouring your energy into the task at hand, completing it well, and then moving on to the next with the same level of focus.

**Rise to the occasion.** For many, mornings are mayhem. Ease into your day by going to bed earlier so you can rise earlier and incorporate a quiet practice like meditation, yoga or watching the sunrise. Combining 'me time' with a sense of awe sets the stage for more memorable days.

**Make meals more meaningful.** When you eat, just eat. Don't watch TV, text, make calls, or drive. Choose food that nourishes your body and enjoy the sensory experience of eating. Share that time with others to create a richer, more meaningful experience with every meal.

**Give a bit of yourself.** Create an activity that nurtures compassion for yourself, your loved ones, your community, the global community, and the Earth itself.

**Make space for fun.** As we discussed in *Letting Go of Time: The Importance of Play* (Nov/Dec 2019), Lipman agrees that we all need to have more fun. Making space for moments of carefree, unselfconscious fun can spawn surprise, curiosity, and creativity. Silly activities out of the ordinary for yourself or with others can strengthen bonds - with your true self and with friends - and will create magical moments that last a lifetime.

*Editorial by Lauren Del Sarto, founder/publisher of Desert Health. She can be reached at Lauren@Deserthealthnews.com.*

Reference: 1) <https://www.bewell.com/blog/mindful-meaningful-moments>

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## Gallstones: When Is Surgery Necessary?

By Samuel Ibrahim, MD

The gallbladder is a small pouch that sits just under the liver. Its function is to store bile produced by the liver. After eating a fat-rich meal, the gallbladder contracts, emptying its contents into the small intestine to help digest the fat. Gallstones are hardened deposits of digestive fluid that can form in the gallbladder. There are two main types of gallstones depending on their composition. Cholesterol stones form in individuals with a genetic or environmental predisposition to bile that is supersaturated with cholesterol. They represent 75 percent of gallstones in the industrialized countries. Pigment stones are less common and associated with bacterial infection or parasitic infestation of the biliary system.

Gallstones are common, particularly in Western populations. In the United States, 6 percent of men and 9 percent of women have gallstones. Most individuals with gallstones are not symptomatic and gallstones are found incidentally on imaging studies done for other reasons. A majority of patients with incidental gallstones will remain without symptoms and prophylactic surgery is not needed as the risk of developing complications is low. If symptoms do occur, they are generally mild initially. Those individuals need to be educated about the symptoms of gallstone disease so they can seek treatment before more severe symptoms or complications develop.

Biliary colic is the term used to describe the most typical symptom of gallstone disease. The classic description is an intense, dull discomfort located in the mid- to right- upper part of the abdomen. The pain might radiate to the back and the right shoulder and is often associated with excessive sweating, nausea and vomiting. The pain is typically triggered by eating a fatty meal, but a significant number of patients have the pain only at night. It is not exacerbated by movement and is not relieved by squatting, bowel movements or passage of flatus. The pain lasts at least half an hour, plateaus within an hour, then starts to subside, with an entire attack usually lasting less than six hours. Pain that lasts more than six hours or is associated with fever, mental confusion, severe pain or excessive vomiting and dehydration is not biliary colic but rather an acute inflammation of the gall bladder and requires immediate attention in the emergency room.

Patients that present with biliary colic are usually recommended to undergo cholecystectomy, a surgery to remove the gallbladder. The surgery is done on an elective basis, as emergency surgery has higher risks of complications. The surgery is most often performed in an outpatient setting with minimally invasive surgery, either laparoscopic or by using the arms of a surgical robot that is controlled by the operating surgeon. The latter offers better visualization of the anatomy, better access to the operative field and lowers the incidence of having to do traditional open surgery. In rare circumstances, when the gall bladder is very inflamed or when there is extensive scar tissue from prior surgeries, the surgeon has to convert to open surgery through a 6- to 8-inch incision in the right upper portion of the abdomen to safely remove the gall bladder.

*Dr. Ibrahim is a general surgeon and former assistant professor of surgery at the Cleveland Clinic. He is currently in private practice in La Quinta and is a member of Desert Doctors. (760) 837.7910. www.DesertDoctors.org.*

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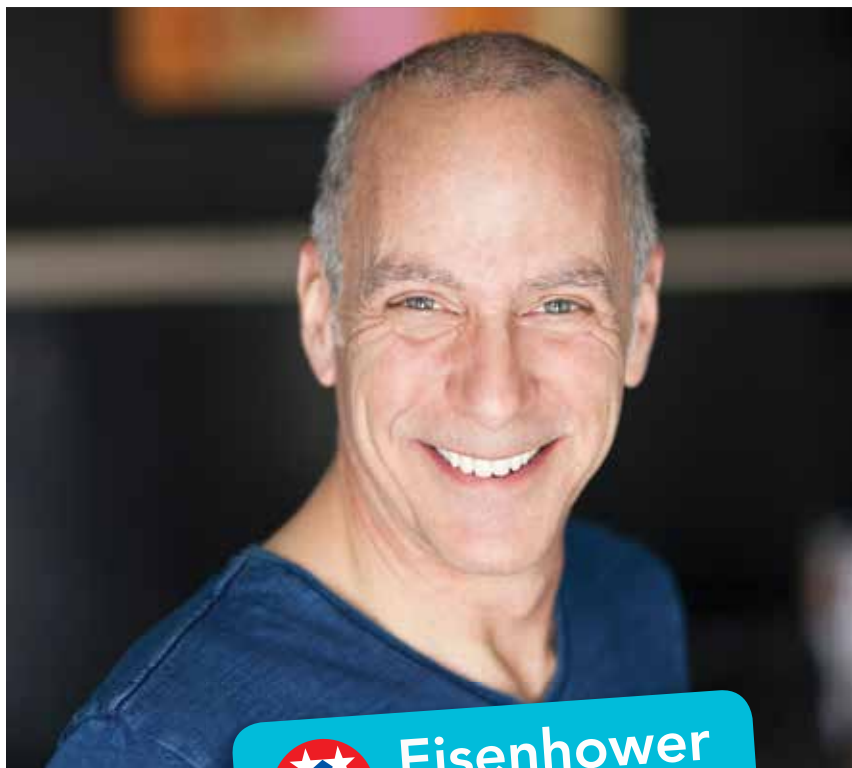
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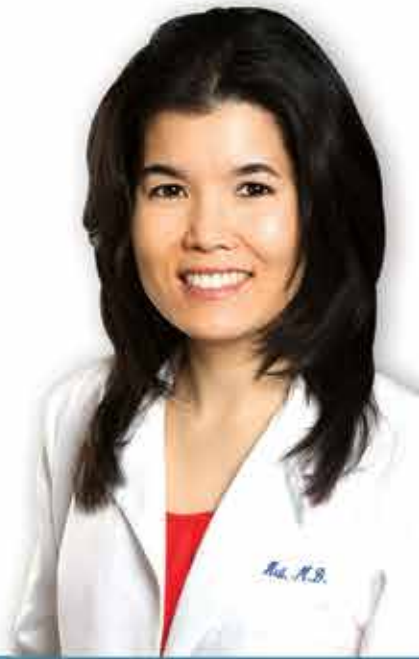
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The HANS Academy was initially created with one major goal in mind: to provide advanced nutrition education for those who wish to enter health careers in the future so that they may have the knowledge and skills to provide the healing power of proper nutrition for their future patients as well as enjoy the benefits personally. This initial dream has been realized and expanded upon; the HANS Academy is now well known across the Coachella Valley for providing education and experiences around its three pillars of wellness: Movement, Nutrition, and Mindfulness.



Seniors Darinka Rivera, Monserrath Arellano-Ayala, and Samantha Cardenas build a comprehensive digestive system out of sculpting clay as part of a unit exam.

The HANS Academy offers these opportunities with an underlying goal of producing a future health care workforce with a greater emphasis on the "care" of oneself and others by employing natural healing techniques and tried-and-true ancient practices for healing and longevity.

In the image, three seniors are building a complete digestive system out of sculpting clay without the aid of a book or any other resources as part of a unit exam. Darinka Rivera, Monserrath Arellano-Ayala, and Samantha Cardenas "aced" their exam as they accurately constructed the entire digestive tract with accessory organs, naming all parts, regions, and subparts, as well as describing their functions. The seniors will go on to learn about the gut microbiome, enteric nervous system, and how our symbiotic relationship with microbes plays a major role in our overall health.

The HANS Academy is always seeking guest speakers from the local health and wellness community, and we would love to host you on our beautiful campus as you share your story and knowledge with our amazing 21st Century healers.

For more information on the Indio High Health and Nutritional Science Academy (HANS), contact Jason Tate at [jason.tate@desertsands.us](mailto:jason.tate@desertsands.us).

## How Does my Thyroid Affect my Eyes?

By Jennifer I. Hui, MD

Because our eyes serve many purposes beyond providing visual input, they can be important indicators of other health-related issues. A variety of systemic conditions have ocular manifestations. One overlooked organ that may cause significant changes to the eyes is the thyroid gland which functions as our inner "thermostat," setting the rate at which our body uses energy. When it is underactive, a person may feel cold, experience fatigue and gain weight. When it is overactive, symptoms include feeling overheated, palpitations, anxiety/nervousness and unintended weight loss.

The eyes may also be affected when there is thyroid dysfunction, whether it be under- or over- active. A common hormone to check in lab work is TSH (thyroid stimulating hormone) which signals the thyroid's activity level. If a person has an underactive thyroid, the TSH will be elevated - the body is mounting a significant positive "on" signal to rev up the thyroid. When the gland is overactive, the opposite occurs and the TSH will be lower than normal. There are times when the TSH value is in the normal range, but a person may be experiencing systemic and/or ocular symptoms.

The ocular symptoms include pain around the eyes, often described as a pressure sensation which may increase with eye movements. The eyelid may also swell and look "juicy." This is often attributed to lack of sleep, excessive salt intake, weight gain, or the aging process, but it is actually an important indicator of thyroid dysfunction. As the disease progresses the eyes may become red and inflamed. Often there are complaints of burning, irritation and excessive tearing. Chemosis occurs when the conjunctiva (outer clear covering of the eye) becomes edematous with a jelly-like appearance on the surface. As the inflammation progresses, the tissues around the eye swell and displace the globe itself. The fatty tissues may expand as well as the muscles that control eye movement. As this occurs the body tries to compensate. The eyes often begin to bulge outwards, giving a surprised appearance (eyelid retraction). The body allows the eyes to project outwards (exophthalmos) so the edematous tissues do not squeeze the optic nerve (which connects the eye to the brain) excessively, thus causing vision loss. If the body is not able to compensate enough, then there is a risk of permanent vision loss from damage to the optic nerve; this condition is called compressive optic neuropathy.



Patient with severe eyelid retraction and exophthalmos due to thyroid dysfunction

Thyroid eye disease (TED) is an immune system mediated response. The thyroid serves as the antigen (perceived as foreign invaders), activating the immune system. As the immune system recognizes these antigens, the response causes a secondary response in the ocular region. As the inflammatory process persists, it may lead to formation of scar tissue, which may tighten the muscles that control eye movement. Patients may then experience strabismus, or misalignment of the eye. The eyelids may also become stiffer and more retracted, exposing more of the white of the eyes. These are all important symptoms which require treatment and therefore must not be overlooked.

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Dr. Hui is the founder of The Eyelid Institute in Palm Desert. She is an oculoplastic surgeon with a special interest in helping patients with eyelid, lacrimal and orbital conditions and can be reached at (760) 610.2677.





## What is an End of Life Doula?

By Glendon Muir Geikie

You may have heard of birth doulas who work with pregnant mothers and have been in our health care system a very long time. Recently, we have begun to look at the other end of the life cycle, one that is hard to think about and even harder to talk about: death.

End of life doulas (ELDs) work with people who have a terminal illness or those who want to better prepare for the final phase of this life's journey. They bring a deeper, more meaningful and spiritual experience to the end-of-life period and include loved ones in the process.

ELDs open the option to experience the dying process as a deeply profound and sacred phase. They aim to transform the approach away from a medical undertaking to a period of connection, family, love, and humanism.

ELDs conduct in-depth discussions surrounding the meaning of the individual's life and how that life will be remembered. We call this developing a legacy. This in-depth discussion may look at things such as making and receiving amends, forgiving and being forgiven, and finding the deeper meaning of your life. During these discussions, ELDs also work with guided visualization, mindfulness, and meditation.

This work also includes rituals the family may want to carry out as ways to remember their loved one. Rituals are a mainstay in our society and a bridge from one part of our journey to another. Transitions bring changes and changes arouse emotions. Rituals help keep these emotions in check and free people up to experience and focus on other things; in

this case, the dying process. Rituals may be culturally based, religiously based, or just something the dying person and family want to do either pre- or post-death. They may be as simple as holding hands, singing or saying a prayer, to more complex rituals of washing the hands, feet or face post-death.

A major part of the ELDs' work is planning the vigil. This encompasses the last days of life when the person is actively dying. What does the person want in their surroundings? Do they want music playing, and, if so, what music? Do they want it quiet? Who do they want there with them in their final hours? What do they want others to do during that time with them? The plan assures that during this last part of the journey, there is always someone with the dying person; they will not die alone.

The dying person's input is crucial, and ideally, they participate in the discussions. All plans are put in writing to assure that person's final wishes are carried out as they desire.

The intensity of this work brings the ELD close to the dying person and their loved ones. They are also available to meet with the family for several months post-death to assist in the grieving process, make referrals if necessary, and plan a final ritual for the ELD and family to say good-bye to each other.

Glendon Muir Geikie, Sr., is an End of Life Doula in Palm Springs and a member of the International End of Life Doula Association (INELDA). He may be reached at [glendon@endoflifedoulaps.com](mailto:glendon@endoflifedoulaps.com) or [www.endoflifedoulaps.com](http://www.endoflifedoulaps.com).



ELDs aim to transform the dying process to a period of connection, family, love and humanism.

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## NATUROPATHIC FAMILY MEDICINE

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### Switching to Natural Personal Care Products

Environmental toxicants are ubiquitous in conventional body care products and can negatively affect both adults and kids. Reducing the burden of toxicants on the body includes purchasing and using non-toxic personal care products. There is a varying degree of toxicity in different types of products and replacing certain products can have a more positive effect than others.

Following is a list of categories ordered by toxicity, so you can prioritize replacement from more toxic to less toxic products.

#### Sunscreen

Sunscreen is at the top of the list as it contains many chemicals such as oxybenzone, octisalate, octocrylene, homosalate and octinoxate which have been studied for their potential as endocrine disruptors which imbalance hormones in the body. Oxybenzone has been shown by the CDC to be present in 96 percent of Americans tested for presence of the chemical<sup>1</sup> and there has been a correlation for lowered testosterone levels in adolescent boys who have higher levels of oxybenzone in their bodies.<sup>1</sup>

Non-toxic sunscreens are free of benzones, including the list of chemicals above. Sun protection without toxicity is achieved with titanium dioxide, zinc oxide, and Mexeryl SX. Avobenzene has been shown to be a safer benzone ingredient of the chemical family, but products without this ingredient are preferable.

#### Body Lotions

Body lotion has an increased toxicity potential because of its method of application. A product that is placed or rubbed into the skin for long term, all day use has longer exposure to absorption and potential toxicity. There are many ingredients often used in lotion that have potentially harmful effects including parabens, DMDM hydantoin, butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), polyethylene glycol (PEG compounds), retinyl palmitate, and fragrance or perfume. These chemicals have greater concern as carcinogens and hormone disruptors; however, the list of toxic or potentially toxic products in lotion is extensive.



It is best to simply stick with products whose ingredients are recognizable. A non-toxic lotion will contain non-chemical named ingredients from whole products such as shea butter, coconut oil, jojoba oil, calendula, vitamin e, and essential oils. Like whole food, whole body care should have a short list of recognizable ingredients.

*Continued on page 19*

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## Using the Law of Attraction to Create What You Desire

By Tracy J. Smith

The law of attraction, put simply, is the ability to attract into our lives that on which we are focusing. It is a universal law that affects everyone regardless of age, race, nationality or religion. It responds to vibrational power of our thoughts, beliefs and words and then materializes them into our reality. Simply put, the law of attraction turns our thoughts into reality.

Our focus is where our energy goes. Our energy possesses a magnetic nature, causing that which we are emitting, either knowingly or unknowingly, to return to us. Thinking of it in another perspective, the universe is mirroring back to us the same frequency/energy we are emitting in one form or another. If one's focus is a negative nature, expecting doom, then that is what will be experienced. If on the other hand, one's focus is positive, gratitude and good will be experienced.

Have you ever been driving while either stressed, angry or frustrated and experienced every red light and/or crazy drivers around you requiring you to slow down? The law of attraction is responding to the energy frequency of stress, anger and frustration and is mirroring back to you the same frequency in situations that match, or create, more stress, anger and frustration.

Our focus is empowered by our feelings which are energy vibrations being emitted in every moment. It is the energy of these feelings to which the law of attraction responds, as everything in the universe is energy in one form or another. When we think negatively, the body becomes tight, restricted and tense. On the other hand, when we think of joy, happiness, and other positive thoughts, the body feels lighter.

Each of us is a human magnet, knowingly or unknowingly attracting back that which we are radiating. This brings to light the importance of being aware of our thoughts, beliefs and the words we use every day; those are the vibrations we emit outwardly as we go through the day.

To intentionally use the law of attraction, keep in mind the expression, "I will see it when I believe it," and create the following:

1. Decide what you would like;
2. Visualize within your mind what it is; paint a mental picture, then bring in the feelings you would like to experience;
3. Be open to the expression of what you desire in a greater version than you imagined;
4. Have faith and patience, knowing it will occur;
5. Maintain an attitude of gratitude throughout the day, as gratitude is the ultimate energy of receiving.

By understanding and accepting, we are each responsible for what comes into our lives. We can use the law of attraction to be our own director and producer of our life experiences. The law of attraction operates automatically, so "go with the flow." The more grateful you are, the more you will have for which you are grateful.

Tracy Smith is an energy intuitive therapist, Emotion/Body Code practitioner and Law of Attraction Coach with AcQpoint Wellness Center and can be reached at (760) 409.9289. [www.TracyJSmith.net](http://www.TracyJSmith.net).

## Is a Weight Loss Coach for You?

By Michelle Borthwick

Losing weight can be a challenge and having a coach as your partner along the journey can make a difference in successfully achieving your goals and maintaining results.

A study in the National Library of Medicine states that coaching raises awareness and responsibility for health behaviors.<sup>1</sup> Being accountable to someone for your weight loss typically enhances motivation to participate in creating action plans, developing a new mindset and setting higher levels of accountability. The study concludes that those who work with a coach are more likely to follow through and achieve the results they set for themselves.



For many, working with a coach can help break down unhealthy barriers to weight loss.

What's the difference between a weight loss coach and a dietitian?

In an article in *Today's Dietician* magazine, author and Registered Dietician Laurie Beebe discusses how dietitians standardly advise on portion control, label reading, cooking methods and ways to reduce caloric intake. "A weight loss coach listens more and talks less than a dietitian, asks questions in place of instructing, helps clients prepare for change, and offers strategies specifically designed for clients."<sup>2</sup> She adds that in coaching, the objective is to listen to clients, prepare them for change, and then assist them by eliciting an individualized plan that will work for them. "When clients design their own plans with their own schedules in mind, they're more likely to follow through."

In addition, a coach typically is expected to offer support through motivation, inspiration and coping skills to move clients forward in reaching their next challenging, yet attainable, goals.

Who is a good candidate for a weight loss coach?

- 1) Those who can't stop eating and gaining no matter how many diets they've tried;
- 2) Those who say "I'll start tomorrow" but never do;
- 3) Those who desire a healthier relationship with food;
- 4) Those who feel they need assistance in changing their mindset about weight loss.

For many, working with a coach can help break down unhealthy barriers to weight loss and create a healthy and sustainable relationship with food.

Michelle Borthwick is a keto lifestyle coach who tailors sustainable programs to meet individual needs and goals. She can be reached at (760) 285.1241 or [ketoiseasy@gmail.com](mailto:ketoiseasy@gmail.com). For more information or to book your complimentary consultation visit [www.Ketoiseasycoach.com](http://www.Ketoiseasycoach.com).

References: 1) <https://www.todaysdietitian.com/newarchives/110413p40.shtml>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5207339/>



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**Restoring Balance through Craniosacral Therapy**

By Shari Jainuddin, ND

Every day we are bombarded by input: computer screens, telephones, traffic, food, blaring TVs, and everyone else's energy. Our bodies are constantly challenged to integrate all this information, which can be exhausting. When our bodies are not able to process all of this information, we can experience imbalance that affects our nervous system, resulting in physical and emotional complaints such as digestive issues, headaches and migraines, fatigue, fibromyalgia, anxiety, irritability, and the silent elusive killer, "stress." More obvious culprits such as whiplash, PTSD, injuries, chronic neck and back pain, TMJ, and surgeries also contribute to this equation.

The origins of craniosacral therapy (CST) date back to the early 1900s when William G. Sutherland, an osteopath who trained under the principles of A.T. Stills, investigated the effects of applying pressure on specific cranial bones. After 20 years of research, he wrote a book called *The Cranial Bowl* in 1939. It was thirty some years later when John Upledger, an osteopathic clinician and professor, experienced the rhythmic movement of the spinal column first-hand during a surgery and studied the works of Sutherland.<sup>1</sup> Upledger and his team of researchers uncovered the craniosacral system which led him to conduct an initial study on 204 children with autism. The autistic children that received treatments showed significantly higher levels of functioning, theorized to result from calming and balancing the nervous

**A Good Night's Sleep with Moon Milk**

By Jessica Needle, ND

Ayurveda is an ancient healing system from India that remains relevant for modern-day concerns such as stress and insomnia. An Ayurvedic drink known as golden milk, containing cow or plant-based milk along with turmeric and other spices, has gained popularity in the last few years as a remedy to induce restful, quality sleep and boost the immune system.

Turmeric, which gives curry its yellow color and golden milk its name, is loaded with antioxidants—molecules that stop cellular damage in the body and lower inflammation. Cinnamon and ginger have these properties as well. Studies show these ingredients can treat arthritis as effectively as pharmaceuticals. They can also improve memory and boost mood and have been linked to lower incidence of heart disease.

I made golden milk with ½ teaspoon each of turmeric, cardamom, ginger, cinnamon, and nutmeg along with a dash of vanilla extract in a base of walnut milk. You can add coconut milk or ghee if you are following a ketogenic diet. This recipe produced a soothing drink and I woke fewer times during the night after drinking it. I also felt more energetic in the morning.



Warm milk and water steeped with healing herbs can be the perfect recipe for a good night's sleep.

The concept of golden milk has been extended to include a variety of warm beverages containing adaptogens, which are herbs that help the body maintain homeostasis when under stress. Ashwagandha is one of the best-known remedies and has been used for over 3,000 years to promote energy and reduce anxiety. It also lowers blood sugar levels and cortisol, a major stress hormone. As a bonus for men, it increases testosterone and improves body composition.

I used almond milk with a packaged blend of "nighttime latte" containing ashwagandha, lavender, chamomile, cinnamon and carob. I also made a version of this "moon milk" with tart cherry juice and rose petals. Cherry juice contains melatonin, a hormone that brings on sleepiness. The rose petals, which are meant to be strained out of the liquid after heating, were very aromatic but I preferred the plain version. Other variations are easily found online.

In addition to the properties of the herbs themselves, there are several mechanisms by which moon milk might help with sleep. After drinking a warm beverage, your body temperature will rise. As it falls, dropping temperature is a signal for the body to go to sleep. Additionally, the protein and fat in milk can prevent blood sugar fluctuations. Low blood glucose is one cause of waking during the night.

And finally, there is a ritualistic aspect to preparing and drinking a warm beverage before bed. If your nighttime ritual has been to use alcohol to induce sleep, I recommend swapping out the wine for some golden - or moon - milk. Try some of this tasty and healthy drink tonight!

Dr. Jessica Needle is a licensed naturopathic doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.

system. The results from that study intrigued him even more, so he continued to study the use of CST for other neurosensory afflictions and develop the practice of CST.<sup>2</sup>

CST balances and calms the nervous system in a very gentle, non-invasive way. During a session, the body is assessed for any 'restrictions,' and all treatments are customized for that individual. CST practitioners develop highly skilled hands that can sense the subtlest of changes in the rhythm of cerebral spinal fluid (fluid that bathes our brain and spinal column), movement of our cranial bones, as well as other tissue restrictions, and then assist the patient's body in regaining optimal balance and freeing those restrictions.

Overall, you can think of CST as a whispered conversation with your body through minute fluid and tissue manipulation until balance is achieved. The shifts back into balance can have profound results.

For this therapy, less is more, and almost everyone can benefit from CST. Sessions typically last about an hour, and outcomes are as specific to the session as are the individualized treatments; no two sessions are the same. Typically, patients report experiencing deep relaxation, feeling calmer and being more centered, as well as having relief from pain, if pain is a concern for them.

Dr. Jainuddin is a naturopathic doctor and certified craniosacral specialist with the Live Well Clinic in La Quinta. She can be reached at (760) 771.5970. For more information on CST, visit [www.upledger.com](http://www.upledger.com).

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## A New Year, a New Beginning, a New You

By Amanda Beckner, CN, HHP, PhD

If you have been battling unwanted pounds or gained weight over the holidays, you are not alone. There are many reasons we maintain unwanted pounds and even gain weight - all of which are within your control. More people die from feasting than from famine, so it's important to remember that overeating is a crime against yourself, your health and your overall wellness.

In this New Year, it's time to understand how to gain control of your food choices and the reasons that go into those choices.

### 10 reasons we keep gaining the FAT

- #1 **Emotional eating.** Often it is not the food, but the emotion behind it. The food fills a void we have not yet learned to deal with in a healthy way. As children, we are taught to either talk about our feelings or bury and feed them, and often, we carry this into adulthood.
- #2 **Control issues.** Growing up we may have been told to clean our plates, been forbidden to eat certain foods or made to eat others. When we become adults capable of making our own decisions, "the rules" no longer apply. If you try to follow a diet, you fail, because you're looking at it as another set of rules. However, if you can change the game and say to yourself, "These are my guidelines and should I choose to follow them, I can be in control of my foods. I am sick of my foods controlling me." This tends to reset your brain and allows you to feel in control which enables you to better follow your food plan.
- #3 **Eating too much.** Bottom line, if you're eating more than the calories you're expending, you will store the excess as fat. Your body cannot break down too many calories in one sitting. Everyone is different depending on the calories, fats, proteins, carbohydrates, sugars you need, but if you're not using the calories you're eating, you're storing the calories you're eating as FAT.
- #4 **Waiting too long in-between meals.** You need to work with your body's natural metabolic rate, not against it. If you're only eating one or two meals a day, your metabolism will slow down to accommodate; however, fasting at night (say, 7pm to 7am) is a good idea to give your digestion time to rest and heal.
- #5 **Not eating enough calories for your expended energy.** If you exercise extensively and restrict your calorie intake, your metabolism will slow down to accommodate and your body will burn muscle first and store fat. Your body needs the calories to maintain muscle for energy expenditure.
- #6 **Not eating correctly.** If you go on fad-based, packaged food diets that are full of chemicals and preservatives to keep them shelf stable, you're wrecking your health. If you eat too much protein and not enough complex carbohydrates, you will store fat and burn glycogen in the muscle - so you become a "thinner fat person." You also put undue stress on your kidneys,

Continued on page 30

## The Healing Practice of Ritual Bathing

An aromatic experience to revive and rejuvenate

By Julia Meadows

2020 is here: out with the old and in with the new! Now is the time to release negativity and stale energies from the past, replacing them with positive, healthy and life-affirming new energy. One way to achieve this result is through the adoption of new rituals that support health and improve wellbeing. One such ritual is the aromatic salt bath, combining water, the universal-living organism; salt, one of Earth's purest elements; and essential oils, the 'soul' of specific plants and herbs.

The ancient, healing practice of ritual bathing will cleanse, detoxify and purify the body and energize and harmonize mind and spirit. Salt bathing stimulates circulation, reduces skin inflammation, draws out toxins and heavy metals, relieves muscle pain, nourishes the body with calcium, potassium, magnesium and trace minerals, and clears out 'emotional static' from negative interpersonal strife and stressful life situations.

Create your own simple bath ritual using naturally mineral-rich salt and essential oils of your choice. Select untreated, preferably solar-dried coarse or fine salt, Kosher salt or pink Himalayan crystal salt. You can add Epsom salt (magnesium sulfate) to treat muscle aches and pains, or sodium bicarbonate for a cleansing, effervescent effect. (Avoid table salt, to which anti-caking chemicals have been added.) Place 2 - 3 handfuls of the salt in a clear glass bowl, and stir in 8 - 10 drops total of your favorite essential oil/s.

Citrus oils like grapefruit, lemon and lime are ideal oils to use in a purifying, detoxing ritual bath. Lavender, rosemary and sweet basil tone the system and revive energy. Frankincense is the oil of choice for a 'spiritual bath' that eliminates negative energy and invokes one's Higher Self.

Be sure that you will not be disturbed for at least an hour and prepare your bathing area with whatever pleases you --- candles, incense, crystals, flower petals and relaxing music. Pour a very warm bath and stir in your salt mixture. Relax in the bath for 20 - 30 minutes, meditating and visualizing the wonderful year ahead, and setting your intention with personal, life-enhancing affirmations.

In the tradition of 'taking the waters,' you can fully immerse yourself three times under the water and finish the ritual either by shower rinsing or towel drying. In addition to bathing, you can use handfuls of salt on your skin while showering, or make a footbath using the salts and essential oils.

Ritual bathing is traditionally done at the times of the new moon, full moon, or on Mondays ('moon days') but will enhance your health and outlook when performed at any time. No soap, shampoo or body wash is used in ritual bathing. You will find that the relaxation in mineral-rich salts and warm water, together with your meditations and affirmations, will create an experience that you will want to repeat regularly. As Hippocrates, the father of modern medicine advocated, "The way to health is to have an aromatic bath and a fragrant massage every day." May you enjoy vibrant health and wellbeing during this New Year!

Julia Meadows has spent 35 years in the essential oil industry and is the founder of Aromax Health and Sub Rosa Apothecary in La Quinta. She can be reached at (760) 831-8333 or juliasubrosa@gmail.com.



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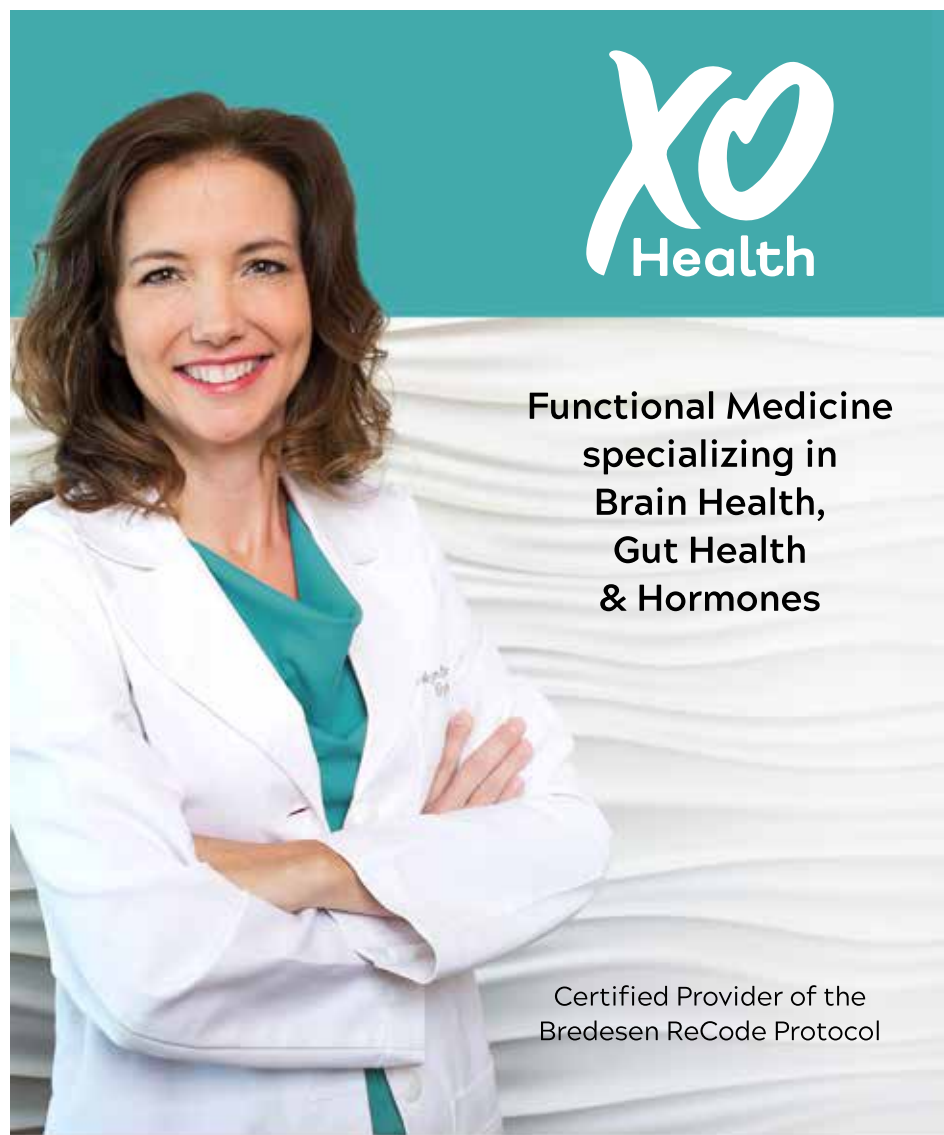
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## Treating Cancer Metabolically

By Bryan T. Drain, ND

Despite the billions of dollars spent on cancer research and treatments, cancer rates continue to skyrocket. It is currently estimated that 1,735,350 new cases of cancer will be diagnosed this year and 609,640 people will die from cancer.<sup>1</sup> Approximately 38.4 percent of men and women will be diagnosed with cancer at some point during their lifetimes according to the American Cancer Society.

While the current standard of care using chemotherapy, radiation and surgery offers progress, we are not winning the fight against cancer. There is a new model of care referred to as the metabolic approach which holds much hope in our battle against the disease.

Nasha Winters, ND, discusses this protocol in her book, *The Metabolic Approach to Cancer: Integrating Deep Nutrition, the Ketogenic Diet, and Nontoxic Bio-Individualized Therapies*, addressing the factors that lead to genetic mutations which can give rise to cancer cells. Most cancers have been correlated to environmental causes mainly through diet and lifestyle. This can be good news because, utilizing the metabolic approach, we can address the root cause of most cancers by addressing what we eat and how we live.

The theory behind this method is that a cancer tumor is the result of underlying imbalances in the body. Restoring the internal metabolic conditions favors a healthy and cancer-free body. The metabolic approach is a comprehensive program that addresses all areas which influence the internal environment of the body and is proving to be both powerful and effective at preventing, treating and arresting the reoccurrence of cancer.

Effective treatment of cancer must look at the environment in which we live and address the toxic burden we are exposed to every day. This includes how we clean our homes to the pans in which we cook. The mental and emotional aspect of our bodies must also be addressed. Reducing stress, for example, can lower cortisol which will benefit the internal environment in which our cells live. Sleep is also paramount for restoring the body and boosting the immune system.

The metabolic approach also considers our genetic makeup and addresses areas where our system needs support, as well as our hormonal state. We want to correct imbalances and ensure that our bodies can detox and eliminate hormones properly.

One of the most impactful areas of treatment is how, when and what we feed our systems to ensure we are not harming our bodies by what we consume. A healthy gastrointestinal system is paramount in protecting the body from absorbing harmful substances and eliminating the toxic byproducts of our natural metabolism. Studies have shown that cancer cells thrive on sugar and inflammation in our systems; we can use food as medicine to reduce both with a profound impact on treating cancer. Dr. Winters maintains that the ketogenic lifestyle is effective at creating an internal environment that will not support the growth and spread of cancer cells.

This may sound like an overwhelming and daunting approach to treating cancer, but small changes can have a dramatic impact. For anyone newly diagnosed, I suggest stepping back and taking enough time to review treatment options and outcomes. I also suggest interviewing several different health care providers and proceeding with what makes sense to you and your family.

Dr. Drain is a naturopathic physician with Longevity Wellness in Palm Desert and can be reached at (760) 300.0558. [www.LongevityPD.com](http://www.LongevityPD.com).

Reference: 1) <https://www.cancer.gov/about-cancer/understanding/statistics>



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## Lean is the New Fit

By Joseph E. Scherger MD, MPH

With 70 percent of Americans being overweight or obese, most people have excess body fat. Being lean means having low body fat, and many of us with this healthier state are often accused of being underweight.

What makes us have excess fat? This is commonly misunderstood. Our genes play a role, but that is generally only about 20 percent of the cause. UC San Francisco endocrinologist Robert Lustig points out that being fat today is not our fault or the fault of our parents. Simply doing what Americans do, following the glamorous and fun commercials we see on TV, makes us fat. We have a fat inducing culture with a fat inducing standard American diet. The problem lies with the processed carbohydrates.

Another aspect often misunderstood is that eating fat does not make us fat. That myth is well debunked in Dr. Mark Hyman's book, *Eat Fat, Get Thin*. It is the carbs that make us fat. All carbs become sugar in our body. Most Americans consume more carbs and sugar than we can possibly burn even if we exercise. Our body is well equipped to store this excess energy in the form of fat through a process called lipogenesis, driven by the hormone insulin which is stimulated every time we consume a carbohydrate. If we do this often enough, and for most Americans that is multiple times a day, we become resistant to the effect of insulin and our blood sugar goes up, often resulting in type 2 diabetes.

Worse yet, processed carbohydrates with the resulting fluctuations in blood sugar, drive us to be hungry and consume more. Carbs are the only foods we become addicted to which we affectionately call a "sweet tooth." We do not get addicted to broccoli and walnuts which are possibly the healthiest foods for our brain.

Those of us who are lean resist all the marketing of processed carbohydrates. These are foods made from grain flour such as bread, cookies, and cakes; foods that are sweets such as candy, sodas and ice cream; and alcoholic beverages, especially mixed drinks with fruit juice. I refer to grains, sweets and excess alcohol as the "three sins." Good news is that if you avoid the grains and sweets you can have one alcohol such as a glass of wine (preferably red) or a glass of beer (preferably light) most days.

Lean people eat the real food of nature. These foods have healthy fats, adequate protein and are low in carbohydrates. Eating this way removes the hunger drive, the most noticeable change when you give up the carbs. Exercise is important and we need to move to be healthy - and it is so much easier when you are lean, which is accomplished mostly from healthy nutrition. We should all make an effort to be strong in the upper body, the core and the lower body.

A good resource is the website [www.leanandfitlife.com](http://www.leanandfitlife.com) where I also provide a daily meal plan, list of superfoods, advice on supplements and additional research on the topic.

Lean people generally feel great; knowing you are healthy makes life all that more enjoyable.

Dr. Scherger is an Eisenhower Health Primary Care 365 physician, a core faculty member of the Eisenhower Family Medicine Residency Program, and a team physician for Reliance Hospice. He is also an author and his third edition book *Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness* is available at [www.Amazon.com](http://www.Amazon.com).



## Dietary Approaches to Alzheimer's Disease

By Scott Buesing, ND

*Editor's note: The connection between Alzheimer's and nutrition has been covered often in Desert Health, but as the topic is both new and important, we will continue to publish editorials by a variety of practitioners. Previous articles can be found at DesertHealthNews.com.*

The statistics around Alzheimer's disease are highly concerning. Alzheimer's is the 6th leading cause of death, and deaths from Alzheimer's continue to increase.<sup>1</sup> Currently, 5.8 million Americans are living with Alzheimer's at a total cost to the United States of 290 billion dollars<sup>1</sup> with costs projected to rise to over 1.1 trillion by 2050. With this in mind, we need to do better in preventing and treating this devastating illness.

Research investigating the relationship between diet and Alzheimer's is beginning to show some hope in the quest for treatment. In the published literature, Alzheimer's has a well-known relationship with insulin resistance in the brain and is even termed diabetes type 3 in some references.<sup>2</sup> Alzheimer's is also associated with localized brain and systemic inflammation with data suggesting that targeting and reducing this inflammation effectively may delay or even prevent the development of the disease.<sup>3</sup>

With these considerations, dietary strategies can effectively target both blood sugar and inflammatory components in Alzheimer's dementia. The Mediterranean diet is by far the best studied diet for treating Alzheimer's. Following a Mediterranean diet appears to reduce your risk of Alzheimer's by 33 percent and can even slow the progression of the disease if cognitive deficits are already present.<sup>4</sup> The Mediterranean diet focuses on mostly anti-inflammatory food choices being high in vegetables, beans, nuts, whole grains, seafood and olive oil.<sup>5</sup>



Evidence is accruing for a high-fat ketogenic dietary approach to Alzheimer's.

More recently, evidence is accruing for a high-fat ketogenic dietary approach for Alzheimer's disease. The human body primarily runs on sugar (carbohydrates) for fuel if carbohydrates are available. The ketogenic diet decreases carbohydrates to a level where the body is forced to utilize fat for energy. Ketogenic diets are composed of healthy oils, above-ground vegetables, meat, seafood, eggs, nuts and seeds, and some dairy products. By dramatically reducing carbohydrates, the ketogenic diet may help reverse insulin resistance by reducing blood sugar and improving energy production.<sup>6</sup> Burning fat for energy also exerts anti-inflammatory effects.<sup>7</sup>

Ketogenic diets have shown 20 percent improved cognitive performance at 3 months for those with Alzheimer's.<sup>8</sup> In one case study, a patient with mild cognitive impairment who also tested positive for the Alzheimer's gene fully reversed his cognitive decline in ten weeks on a ketogenic diet.<sup>9</sup>

Some supplements mimic the benefits of a ketogenic diet. Studies have shown improved cognitive performance in a subset of Alzheimer's patients within just 90 minutes of consuming medium chain triglycerides, a type of fat that can dramatically increase fat-based energy production (ketosis) in the brain and body.<sup>10</sup>

Other dietary factors may be important as well. Studies on green tea appear to show benefits in decreasing the incidence of Alzheimer's by almost four times in those consuming green tea daily.<sup>11</sup>

Unfortunately, none of the current medications for Alzheimer's are disease modifying, meaning they do not delay or prevent illness and provide only modest symptomatic improvement.<sup>12</sup> Dietary approaches may help to open the door to successful treatment strategies to reverse this epidemic. Utilized properly, dietary strategies appear to lay a foundation for the beginning of a successful approach for treating - and reversing - Alzheimer's and other dementias.

Dr. Scott Buesing is a naturopathic doctor with clinical experience treating mental health issues and other chronic illness. He currently sees patients at The Refinery Integrated Wellness in Palm Desert at (760) 385-3959. For more visit [www.buesingnaturopathic.com](http://www.buesingnaturopathic.com).

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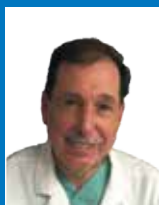
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# THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



## I Forgot My Oxygen Mask

As I write this column, I'm sick at home. It is a rare day that I don't push through and go to work, but as I continued to chill and sweat through the night, I knew I had to cancel my clinic day and just stay in bed.

This doesn't sound newsworthy but hear me out. Last week was extremely busy. My clinic was fully booked except for one day where I flew to an out of town meeting and got home at 11 p.m. I had extensive writing to do in the evenings and had three nights of less than 5 hours of sleep. I did my best to drink water, take immune-boosting vitamins, and get sleep after my flight. When I started to feel muscle aches, I quickly added a hot bath and broth, but it was too late. So, I'm home and being patient and quiet to let my body heal.

I have recently had multiple people gently remind me of the need for self-care - turning my usual message to others, back towards me. And yesterday, my sister said a counselor once told her, "I never get sick unless I want to. It's just the best to cuddle up and have no expectations of you." That statement sounded absurd at first. After all, I am a scientist and I can tell you all about the germ theory and how to prevent illness. And besides, being sick feels horrible. But there is a grain of truth there. I really needed these two days of no expectations and rest. I realized that maybe it took being "sick" in order to give myself permission to fully stop and shut everything else out.

I usually have a "mind-over-matter" approach to being sick and just do not ever entertain the thought that I might get sick. I am around sick people a lot, but I do believe that our focus has a huge impact on what comes to be in our lives. So, I just never focus on my body being anything other than resilient and wise. But this week, I neglected my own core need for sleep and down time; consequently, my mental focus alone did not keep me well.

It's a gentle reminder to me, and I hope you can learn from my lesson. Your own oxygen mask must be priority number one. This is hard for all of us during busy times. Part of my change is about more delegation and valuing where I expend my time. I need to realize that my expectations are high for what I can accomplish, but I also need to raise my boundaries about how many and how quickly I can complete extra projects.

My wise doctor handed me a prescription - it lists 8 hours of sleep a night, three baths a week and a creative project just for fun...I'm on the mend. But I'm taking my doctor's orders to make some new habits. I hope you will, too!

Jeralyn Brossfield, MD, is the founder and physician of XO Health in Rancho Mirage and medical director of Brain Health Restoration also in Rancho Mirage. She can be reached at (760) 573.2761 or [www.brainhealthrestoration.com](http://www.brainhealthrestoration.com)

### Switching to Natural Personal Care Products

Continued from page 10

#### Deodorant

Deodorant is one of the scariest products to switch from potentially toxic to natural because of the concern of odor or sweat. Deodorants use a combination of natural antibacterial and antiperspirant to achieve their goals. However, typical antiperspirants used to eliminate odors are an aluminum-based compound and a combination of synthetic chemical compounds, and placing these ingredients near the lymphatic drainage system to block the release of toxins in the body through sweat can cause congestion and toxicity.

Using products that naturally absorb moisture with baking soda or arrowroot and a combination of essential oils to break up odor-causing bacteria while providing natural fragrance are the most effective.

#### Toothpaste

There is one primary ingredient in conventional toothpaste that is of concern: triclosan. Triclosan is used as an antibiotic to prevent issues such as gingivitis. However, there is concern the ingredient is associated with antibiotic resistant organisms, and it may cause endocrine disruption.<sup>2</sup> In children, a current concern is that the volume of toothpaste used daily (which may be partially swallowed) is too much. Toothpaste is not made to be consumed, so there is concern that children are ingesting excessive levels of triclosan, fluoride, and additives such as aspartame. Excessive fluoride has been shown to affect neurological development in children.<sup>3</sup>

Toothpaste should contain non-toxic ingredients to control bacterial overgrowth and plaque formation. Natural toothpastes use baking soda, silica, charcoal, peppermint oil, or grapefruit seed oil to achieve these goals.

#### Hair Care

As with body care, there are numerous toxic chemicals used in shampoo, conditioner, and hair styling products. The most common are phthalates, ammonium lauryl sulfate, sodium laureth sulfate (SLES), sodium lauryl sulfate (SLS), parabens, polyethylene glycols (PEG), diethanolamine (DEA), triethanolamine (TEA), formaldehyde, synthetic fragrances, and synthetic colors. Each ingredient can have a different effect, but essentially the concerns are carcinogenic effects and possible endocrine disruptors.

Acceptable hair care products can be hard to decipher because even natural products often use a single natural derivative with a chemical compound name rather than a whole ingredient name. Hair care products should be purchased from a familiar company or reputable health food or natural body care store. Perusing a local health food store with a qualified store assistant is the best way to become familiar with non-toxic hair care products. I strongly recommend buying locally from The Body Deli, a fresh, raw organic body and hair care provider.

A change from trusted body care products can be daunting; however, the benefits from reducing the daily intrusion of unnecessary toxicants can improve health from infancy and beyond.

Shannon Sinsheimer, ND, is a state licensed naturopathic doctor with a focus on fertility, family wellness, and pre-conception health and can be reached at Optimal Health Center in Palm Desert (760) 568.2598.

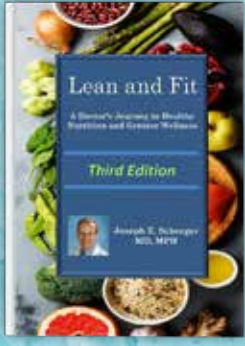
References: 1) <https://www.epa.gov/sunscreens/report-the-trouble-with-sunscreen-chemicals/>; 2) <https://www.fda.gov/consumers/consumer-updates/5-things-know-about-triclosan>; 3) <https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

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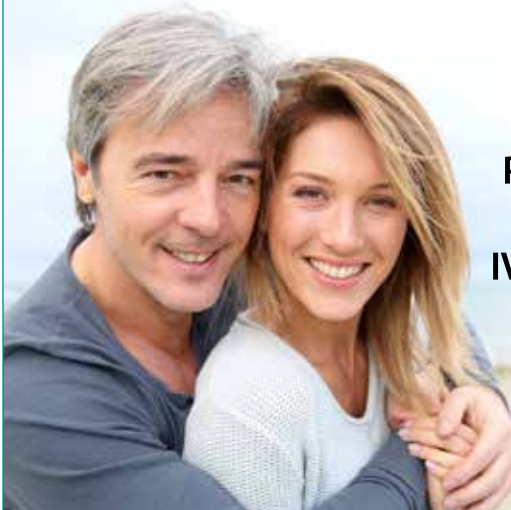
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# The Opposing Forces of Music and Silence

By Judy Nemer Sklar

It was a quaint little restaurant on a balmy desert night - just the two of them, she a writer, he a musician, together conversing in a syncopated rhythm of their own making. Their wine glasses clink and he proposes a toast, "hip-hip, chin-chin." They laugh at the funny Italian cheer and are reminded that it is the title of a song they once heard - a perfect toast on a perfect night.

Chin-chin, according to the Urban Dictionary, means a beat or a rhythm and this couple agrees that its beats and pauses hold their creative hearts together. It is the music that will in time become the patterns and progressions of their art, their love, their lives.

Fundamentally, music is the combination of musical sounds and vibrations. It is the rhythms, melodies, harmonies and colors that facilitate an emotional experience. Nietzsche proclaimed, "Without music, life would be a mistake." Music feeds the soul, playing an important role in our lives and our ability to communicate. It instills within us the pleasure and the pain of the human spirit. Whether rock, electronic, classical or folk, all music expresses ideas and emotions that can inspire, give hope and allow us to escape for a moment. It can improve the part of the brain that is involved in language and reasoning, and it can increase creativity, imagination and empathy towards others.

There is an opposing force to the sounds and vibrations that make up music. According to the writer Aldous Huxley, "Silence is an integral part of music." While his statement may sound contradictory, composers and musicians understand the dichotomy of music and silence. While musical scores are made up of many notes and sounds, they also are made up of empty bars and rests which become part of the composition. A skillful composer will use the rest note as an essential part of music and as an effective way to influence the mood of the listener.

As we move through our own rhythms of life, we too might think about our rest notes or spaces for silence. Taking time to rest makes for better decisions, less irritability and a better disposition. As an artist, I know that silence is a gift. When I take the time to quiet my mind and pause in silence, I know that I am in a healing place; a place where creativity and inspiration will spark. As in a musical score, silence can make for a more centered life.

In the morning before we roll out our mats, there is silence. In the afternoon when we chant in melodic tones, "Om Shanti, Shanti, Shanti" we find silence. In the evening long after the gong has rung, there is silence.

The power of music can touch our hearts and transcend the material universe. Likewise, if we sit in silence and listen, we surprisingly find that life becomes equally vibrant. We may discover that we are not separate from the world; rather, we are more connected.

Judy Nemer Sklar of Palm Desert is an artist, writer and educator who conducts workshops entitled *Embracing a Creative Life*. She can be reached at [judy@judynemersklar.com](mailto:judy@judynemersklar.com) or (760) 902.5467. [www.judynemersklar.com](http://www.judynemersklar.com).

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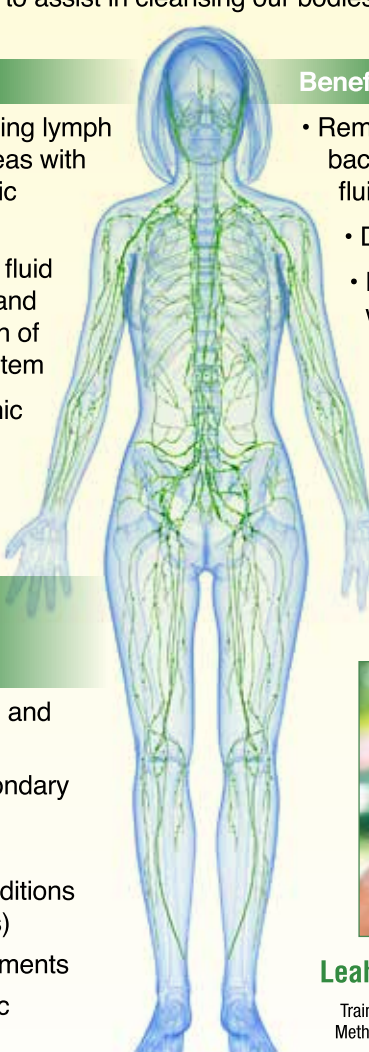
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# Establishing a Personal Practice

By Jayne Robertson, C-IAYT, E-RYT 500

It's that time of year when many people review and plan how to create optimal health in their daily lives. My question is, "Do you have a personal practice or routine that serves and supports you?"

Having come from a sports science and fitness background, I came across many people who were 23-hour couch potatoes. An hour at the gym was noble but many health goals were seemingly out of reach. By building a personal practice, we can connect to our routines through mindfulness and intention and, perhaps, begin to see the whole world as our own private yoga studio or gym.

When I first began practicing yoga, I'd show up to the class, do the practice and leave. At the time, that seemed to be meeting what I needed and expected from attending. I wouldn't necessarily leave the class with a precious nugget that I was going to instill in my next week of intentional growth but would reflect on the class largely because of sore or aching muscles. My practice was the time I spent on my rectangular rubber mat.



*A personal practice is what we do once we leave the larger environment of the class.*

Yet, something buried within was asking for more...it had been beckoning for quite some time to seek something meaningful, even spiritual, in life but I had yet to discover what that calling was. This began to change during my training to become a yoga teacher. We began to look at the ancient history and philosophy that much of yoga has as its foundation, and that flipped the switch - a way to connect to something deeper, yet practical, that would give me better skills at coping with my life.

A personal practice is what we do once we leave the larger environment of the class. It's our solo journey through inner space and it's completely personal; custom built by ourselves based on what feels right in our life in that moment. I have no idea as to what your personal practice should look like, but I can tell you what's worked for me and offer some guidance about things such as consistency and understanding things that are non-negotiables (such as a daily contemplation practice), but that's about as far as it goes. It's something that we need to uncover for ourselves, and it can look completely different from someone else's practice.

When asked about different personal practices, people have answered in a variety of ways ranging from "finding present moment awareness," to "being flexible in how it can look each day," and "making a consistent commitment to some aspect of it." Does it need to include yoga poses? I don't think so...it can, but that's not what constitutes it being a practice. It might be something as singular as being kind: kinder to ourselves, to each other, and perhaps kinder to the planet. If that's the case, what does that look like in practical terms?

So, if you lack clarity as to how to build a stronger personal practice, start by slowing down and set an intention of a daily connection to it and see where it takes you. And may we all find optimal health now and throughout the year!

Jayne Robertson is owner and instructor at Desert Yoga Therapy in Rancho Mirage. For more information, visit [www.desertyogatherapy.com](http://www.desertyogatherapy.com) or call (760) 456.5160. [jayne@desertyogatherapy.com](mailto:jayne@desertyogatherapy.com)



## The Joys of Weight Loss Hypnosis

By Roger Moore, CHt

I know firsthand that weight loss hypnosis works. Twenty-five years ago, I lugged around 260 pounds. Thanks to hypnosis, healthy eating and exercise, I ditched 120 pounds and have kept it off for twenty-four years.

As we are in the midst of a global obesity pandemic, I am more passionate now than ever about helping people lose weight, because this pandemic is preventable.

Nearly one in three (32 percent or a staggering 23 million) American children are obese or overweight and more than 80 percent of these children will likely be obese as adults. According to the World Health Organization, obesity is the top health problem in the world, overtaking AIDS. The world's people are now 7 billion pounds overweight! The incidence of obesity in the U.S. has increased by 70 percent over the last 30 years for adults and by 85 percent over the same time period for children.

Study after study has shown "...that hypnosis can more than double the effects" of traditional weight loss approaches and that "...the benefits of hypnosis increase over time." In numerous studies, those who received hypnosis lost more weight than 90 percent of those not receiving hypnosis and kept the weight off two years after treatment ended.<sup>3</sup>

It's estimated that 80 percent of obese adults have at least one or more health concerns including cardiovascular disease, diabetes, hypertension, fatty liver disease, osteoarthritis, gall stones, sleep apnea and certain cancers. For most children and adults, obesity can be prevented and the health consequences are reversible with a change in diet, weight loss and exercise. As a nation, we just can't afford this needless health care crisis.

Hypnosis for weight loss is a process that helps you take control of your health, rather than letting food control you. You can be in control of your relationship to food, enjoy eating healthy, nutritious meals and even learn to enjoy moving your body. Using the power of your unconscious mind, you can regain control of what you eat, how much you eat and, ultimately, your weight.

One client wrote about her weight loss hypnosis experience: "Everything has changed. My relationship with myself is the biggest change. I'm finding so much about myself that is special and am learning to love myself with the gift of knowing that the only thing I can change is me."

Hypnosis has proven effective in halting unhealthy cravings and instilling desires for healthy foods. Your voracious need for sweets, baked goods and processed foods can vanish.

Imagine being able to bake a sheet of cookies and only eat one - and none of the raw dough and none of the chocolate chips right from the bag! With hypnosis for weight loss, the seemingly impossible suddenly becomes possible. Just imagine, no more diets—just healthy long-lasting lifestyle changes.

Roger Moore is a certified counselor and registered hypnotherapist with Palm Desert Hypnosis and author of *Becoming Slender for Life*. He can be reached at [Roger@HypnosisHealthInfo.com](mailto:Roger@HypnosisHealthInfo.com) or (760) 219.8079. For more information, visit [www.PalmDesertHypnosis.com](http://www.PalmDesertHypnosis.com).

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## Soul-full Solutions for Time Well Spent

By Amy Austin RN, PsyD, LMFT

Time...We can't stop the clock, but if we recognize that a moment passed is a moment gone forever, we might want to make different choices about how we spend it.

Money, a good name, and even health can be regained, but a tick of the clock can never be retrieved. Is that why the present is thus called - to highlight the unique gift of the moment? Every moment has an exclusive energy to be utilized, a calling to be heeded, and a purpose for which it alone was created.<sup>1</sup>

There are those who live by the year. They look back on the year and judge it in its entirety. Was the bulk of the year productive and maximized? If yes, then they had a good year. And, there are those who live life by the day. Each day is treated as a chapter in their life, every hour a paragraph, and every moment as a sentence. We can then ask, are each of your days productive and did you reach your potential on a daily basis?

So many of us remain stuck in multitasking mode. We struggle with finding the time, instead of focusing on making it.

How do we create, value or acknowledge time? In Judaism, observant Jews go from the mundane workweek to sanctifying one day a week from a prescribed time on Friday evening until a prescribed time on Saturday night. This time is called Shabbat (or Shabbos for many). There is an acknowledgment that when G-d created the world, He rested on the seventh day. And so, after the Shabbos candles are lit, and the soft, warm light fills the room, life stops as we know it. We enter a new consciousness. We delve deeper. How? There is no computer, no phones, no lights, no cooking, no television or video games; in other words, no form of "work" whatsoever.

But, all those "no's" turn into one big YES! A chance to delve deeper to create a soul-full experience; an opportunity not to run, but to make time meaningful enjoying loved ones and guests, eating together without distraction, walking to the synagogue, essentially slowing down.

There are a myriad of ways to set aside time to make it precious and meaningful. I'm utilizing my own personal experience with Shabbos as an example to support you to create your own unique experience. Whether it be "Coffee Saturdays" during which you choose a time to delve deeper with a loved one or a day of the week when all social media is put aside for family time - enjoying a meal together, playing board games, creating your own family scenario, it matters not.

We can allocate our time as part of our 'emotional legacy' by designating special time every week and elevating it - and ourselves - and in my eyes, creating time well spent.

Amy Austin is a licensed marriage and family therapist (MFC# 41252) and doctor of clinical psychology in Rancho Mirage. Dr. Amy can be reached at (760) 774.0047.

Reference: 1) Lubavitcher Rebbe's teachings published in *Likkutei Sichot*, vol. 5 p. 33



There are a myriad of ways to set aside time to make it precious and meaningful.

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## How Can I Help When I Don't Know What To Do?

You just got off the phone and are in shock that your friend has cancer. You are the best friend, spouse, parent, volunteer...everyone's cheerleader.

How this could happen? The New Year is here and everyone is supposed to be happy and celebrating - not talking cancer! You feel helpless. Like any good person raised in the Midwest, your first thought is to comfort through cooking. This is something within your control, but what do you cook? How do you help when you don't know what they can or can't eat with their new cancer diagnosis or just finishing treatments?

Here are a few tips from a survivor to help you comfort your friend in need.

First, it's important to have a conversation with your friend or the main caretaker so you understand what they and their family may or may not like, if they eat a certain diet or have any dietary restrictions like allergies.

Also, be aware that chemotherapy and radiation can cause changes in taste, appetite, digestion and can deplete the immune system, so talk to your loved one about these issues before bringing them a meal.

Next, make sure you avoid any contamination, check expiration dates on products. Check labels; get everything fresh as a weakened immune system can be dangerous. Caution is key.



When cooking comfort food for a friend facing cancer, sometimes simple, bland and healthy is best.

Sometimes simple is best. Think bland foods like chicken, soups, rice, pasta; nothing spicy or raw. Wash and cook everything. Growing up in the Midwest, when someone got sick or there was a death in the family the way we helped comfort our neighbors was to bring them comfort food. Nothing is wrong with this, but when someone is going through cancer treatment, just make sure you are cooking healthy foods that include important nutrients.

One recipe easy to make is a good chicken and rice casserole, or as we like to say "hotdish." Include plenty of cooked vegetables. Keep the extra spice and heat out of recipes for now to avoid any digestive issues. Remember, if your friend hasn't been feeling great from current treatments, bland is best. Rice or noodles, chicken or vegetable-based soups, poached or rotisserie chicken are all great choices. If they are vegetarian, cook or bake all veggies thoroughly and avoid bringing foods with a strong odor that may cause nausea.

Consider making dishes that they can freeze easily and take out later to heat up. Soups work well and keep all the nutrients for months to come. Your friend may have up to a year or more of treatments, so having extra on hand is always comforting.

While studies on sugar intake and cancer are conflicting and controversial among the medical community, the verdict is still out. From this survivor, there is no reason why you cannot bake some sweet treats for your loved one. Just like choosing a treatment, let them choose what satisfies their sweet tooth whether cake and cookies or strawberries and bananas - or that big bowl of ice cream. If it brings a little bit of happiness to a grim day, who are we to tell them no?

There are many satisfying and tasty recipes, resources and cookbooks available on the subject. *Cancer Fighting Kitchen* by Rebecca Katz is loaded with an abundance of yummy and healthy recipes that will be just the key to comfort your friend from start of treatment well past survivorship and many new years to come.

Remember, your friend is going through a lot emotionally and physically. If they choose not to (or cannot) eat something you bring, they will still appreciate your love and support.

Shay Moraga is E-RYT500, triple negative breast cancer survivor. She teaches Yoga for Cancer Caretakers and Survivors locally at Eisenhower's Lucy Curci Center and is founder of Shay's Warriors- Life After Cancer. Contact Shay at [shay@namstewithshay.com](mailto:shay@namstewithshay.com), or reach out on social media at Namaste with Shay or Shay's Warriors.

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# The Bucket List

By Michele T. Sarna, AIF, AWMA

Ring in the New Year always sparks reflection on a new beginning and enthusiastic goals for the year ahead. Whether it be personal growth, must do experiences, or starting a new way of eating, we plan by jotting it down on paper, making a visual board, or telling someone our desires to be held accountable.

Planning for our future should have the same process. If we think of the financial situations and desires we have now, far into the future, and those in between, we can categorize them into buckets: Short-term; medium-term; and long-term. As time goes by, we will add to our lists and make changes for the earmarked funds as needed.

Let's start with short-term bucket goals for the year: emergency fund; pay off certain debt; buy a household item such as a refrigerator or new sofa; small home improvement, etc. These goals are set to be met within a year.



Next, is the medium-term bucket: save for a down payment for a home; start a business; pay for college or a wedding; take a dream vacation; buy vacation home; invest in a project or business; these are just some of the middle timeframe goals—3 to 6 years into the future.

Finally, our long-term bucket, which consists of saving for retirement; travel; college funding for kids or grandkids; help your kids with a down payment for a home; or increase the emergency fund in anticipation of large medical bills or in-home care.

Our short-term goals should be very liquid. Funds should be accessible without fear of the value decreasing. A separate checking or savings account is recommended. The funds for the medium-term goals should earn some interest; however, if the goal is close to 3 years away, you want to be very conservative with those funds. A CD or high interest savings account will help maintain the value. The long-term goals should be invested according to the estimated date of withdrawal. For example, if you are saving for retirement in 20 years, you should be invested in a growth portfolio.

Don't hesitate to dream big; fill your bucket list items with your desires and potential needs and start an active plan to fund those buckets!

Michele Sarna is a financial advisor at Beacon Pointe and can be reached at (760) 932.0930.

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**Today, I am Cancer-free**

*Continued from page 1*

I now find it ironic that my personal blog is entitled, "It's All About Balance: Journeys of an Overachiever" because it took cancer for me to truly make the changes necessary to achieve a healthy balance, and lightening up on "the overachiever" is an important part. So many of those I know affected by cancer are Type A personalities, and I feel strongly that stress plays a big role - even what some of us consider "good stress."

For many, it takes something of this magnitude to implement change, but I wholeheartedly ask that you honor yourself today; don't let unresolved issues linger, and work towards achieving balance before you are forced to do so. Slow down. Connect with your true self, leading with compassion and love in everything you do.

The changes don't happen instantaneously, and I am still getting used to the "new me" - especially the effort to slow down. But I am embracing the wonder and joy in the day-to-day process of minimizing stress (which means saying 'no' more often), eating nutrition that fuels my individual body, making time for self-care and play time, and nurturing enhanced empathy for others.

Life seems richer, deeper and calmer than before, and I have a clearer sense of what I want and don't want in my life. I am working on "going-with-the-flow" led by a sincere belief that everything will work out just as it's supposed to.

Living in harmony with the universal flow takes a different level of awareness and creates a much deeper gratitude for it all. Considering the driven, meticulous, and high-energy path I have been on for 54 years, I wouldn't have achieved this new level of consciousness if it weren't for this past year, and for that I am grateful.

Many have guided me and many more have inspired. I continue to thank those in my inner circle but cannot say enough about the larger community of support through *Desert Health* which truly means the world.

To what do I contribute my positive outcomes?

- 1) My belief that cancer was a sign that life changes needed to be made and listening to - and acting on - those signs;
- 2) My rigorous research and drive to be my own advocate;
- 3) My integrative protocol and open-minded health care team which includes medical and naturopathic doctors, an oncologist, acupuncturist and energy worker;
- 4) My revised diet which has become a lifestyle choice I now crave;
- 5) Support and love of family, friends and our desert community.

This is what life is all about - connecting, sharing and helping others along the way, and we would love to hear from you. As with all articles in *Desert Health*, you can leave your comments and share your experiences at [www.DesertHealthNews.com](http://www.DesertHealthNews.com).

Thank you for being a part of it all. It has meant more than you will ever know.

Lauren Del Sarto is founder and publisher of *Desert Health* and can be reached at [Lauren@DesertHealthNews.com](mailto:Lauren@DesertHealthNews.com).



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# Gluten-Free

with Tiffany

## Eggnest Noodles

If you are looking for a new inspiration this year to eat more fresh fruits and vegetables, consider investing under \$40 in a kitchen tool called a "spiralizer." A spiralizer can make long ribbon shapes from a variety of vegetables that can be cooked or eaten raw. These noodle-like vegetable shapes are great substitutes for pasta, can add a new texture in your salad, or serve as a fun side dish for the whole family.

A favorite of many is the "zoodle," short for zucchini noodle; so popular in fact, you can purchase them premade in most grocery stores now. Zucchini can be served raw or cooked, just like many of the other foods you can spiralize including cucumber, beet, cabbage, carrot, parsnip, sweet potato, onion, butternut squash, pear, and apple. Give any fruit or vegetable that is longer than two inches a spin!

Here is a unique recipe for breakfast or dinner adapted from [www.TasteandSee.com](http://www.TasteandSee.com) that can get you started on your spiralizing - and healthful - journey:

**Ingredients:**

- Coconut or avocado oil spray
- 3 zucchinis, spiralized into noodles or 1 package of Zoodles
- 2 tablespoons extra-virgin olive oil
- 4 large eggs
- Salt and pepper
- Red pepper flakes, for garnishing
- Optional: Pesto sauce drizzle or 1 sliced Avocado



**Directions:**

1. Preheat the oven to 350°F. Lightly grease a baking sheet with spray.
2. In a large bowl, toss the zucchini noodles and olive oil to combine. Season with salt and pepper. Divide into 4 even portions, transfer to the baking sheet and shape each into a nest, creating space in the center.
3. Gently crack an egg into the center of each nest. Bake 9 to 11 minutes, or until the eggs are set. Garnish with red-pepper flakes or drizzle with pesto sauce.

Consider serving two Eggneests alongside avocado slices, which are full of healthy fat and fiber. A quick tip: to avoid zucchini noodles from getting soggy, sprinkle salt over zoodles for 10 minutes to release the water and dry with the paper towel before tossing with olive oil.

Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221. [www.GlutenFreeWithTiffany.com](http://www.GlutenFreeWithTiffany.com)

## New Year Healing with Ginger

By Dipika Patel

The winter season, when many suffer from common illnesses, is here, so I want to share something to keep your inner and outer fire burning to keep you happy, healthy and full of vitality through these next few months.

In Ayurvedic medicine, agni (Sanskrit for fire) is the entity responsible for all digestive and metabolic processes in humans. When our actions are not aligned for our highest good, we are prone to sickness and other ailments. One of the better and simpler ways to keep the agni burning within our bodies is by keeping the digestive tract clean and flowing.

Worldwide since ancient times, cultures have hailed ginger for its culinary and therapeutic properties enjoying a variety of forms such as ginger root, dried whole ginger, powdered ginger, pickled ginger, crystallized ginger and extracted essential oil. Ginger has a hot, zesty bite; yet, it is warm and sweet. It is quite pungent and spicy with a very slight woody flavor, imparting exotic pepperiness.

The root of ginger's therapeutic benefits are due to powerful bioactive compounds called phenols which possess antioxidant and anti-inflammatory properties scientifically shown to prevent or reduce symptoms of many common ailments. Traditional homeopathy has long utilized ginger to treat constipation, diarrhea, and other ailments of the digestive tract.

In 2017, researchers at the University of Bologna found that a concentration of ginger root demonstrated significant beneficial effects on the intestines due to Phyto-markers 6- and 8- gingerol and 6-shogaol.<sup>1</sup> In clinical studies, shogaols in ginger have demonstrated potent anti-cancer potential.<sup>2</sup>

Obesity is an increasing global epidemic and a major risk factor for a plethora of illnesses including cardiovascular disease, arthritis, and infertility. In 2017, Phyto-therapy Research published a systematic review of dozens of studies that hint at ginger's anti-obesity

effects. The research suggests ginger may enhance weight management by increasing lipolysis and thermogenesis, inhibiting intestinal fat absorption, and suppressing appetite.<sup>3</sup>

Those of you who suffer from ulcers, acid reflux, heartburn, lower blood pressure and stomach sensitivities should consult your doctor before consuming ginger on a daily basis.

My mother would make this hot ginger tea for my brother and me during the bitter cold winter months in England to boost our immune system by keeping our gut healthy and clean.

Enjoy, my friends, and remember to Love Your Life Healthy.

### Healing Ginger Spice Tea

**Ingredients:**

- ½ to 1 Tbsp. grated fresh ginger
- 5 black peppercorns
- ¼ tsp Chai tea Masala (a blend of hot spices such as cinnamon, clove, cardamom, ginger powder and black pepper)
- 2 Tbsp. honey
- 2-3 cups of water or milk of choice

**Directions:** Bring all ingredients (excluding honey) to a boil on medium to high heat. Simmer for about 15 minutes on low heat and strain. Stir in the honey and your Healing Ginger Spice Tea is ready for cuddles on the couch.

Dipika is a certified holistic health coach and lifestyle practitioner who empowers her professional clients to activate an overall balanced lifestyle of mind, body and soul. She can be reached at (760) 821.3119. [www.LoveYourLifeHealthy.com](http://www.LoveYourLifeHealthy.com).

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## Countryside Comfort at French Rotisserie Café

### A Desert Health Review

By Lauren Del Sarto

Fabienne Struelle and Luis Fuentes moved to the desert to retire, but it wasn't long before they decided to do something new. Led by her love of cooking cultural cuisine and his passion for wines, they chose to follow their hearts and open what has quickly become a favorite neighborhood eatery, *French Rotisserie Café* in La Quinta. Their quaint bistro has done so well, they now have a second location in Palm Desert.

Fabienne has created a charming ambience through her collection of classic Parisian décor, much from her own home. The La Quinta location is cozy and casual with indoor/outdoor seating and French café music playing throughout, while the new location in Palm Desert is the picture of casual elegance.



La Niçoise Salad



Succulent chicken options are served family-style with side salad and pommes frites



Coachella Palm with hearts of palm and fresh dates

and their bountiful salads featuring hearts of palm, local dates, green beans, farm fresh eggs and more topped with light homemade dressings.

Their succulent crisp-skinned chicken and homemade chicken soup are favorites among regulars, while their escargot imported from France, is honestly the best we've ever had. Their bread and cheeses are also imported and Parisian classics include Le Jambon Beurre (ham and Brie baguette), French Dip au Jus, Quiches du Jour, and Bouillabaisse de Marseille (seafood stew). And you have to try their no sugar added chocolate mousse!

To accompany your meal, Luis has created a selection of excellent wines at affordable prices and offers both European and local craft beers.

Fabienne and Luis are warm and welcoming personalities and much a part of their restaurants' success. A visit to *French Rotisserie Café* will transport you to the French countryside where you'll enjoy an exceptional meal and may even meet a few new friends along the way!

The French Rotisserie Café is located at 50855 Washington Street in La Quinta and at 44489 Town Center Way in Palm Desert. Open Tuesday-Sunday 11:30a.m. - 2:30p.m. for lunch and 4:30p.m. to 9-10p.m. for dinner. Takeout is also available. For more information visit [www.FrenchRotisserieCafe.com](http://www.FrenchRotisserieCafe.com) or call (760) 848-7684.



Country charm in La Quinta

Creating the menu was a family affair as their son Alexander, a graduate of the Culinary Institute of America and three-star Michelin chef, serves as executive chef. Alex is currently on a Ment'or scholarship training with some of Europe's finest restaurants while Chef Frank who hails from Lyon is in charge of day-to-day operations as chef de cuisine.

"I asked my son to take the dishes he grew up on and to professionally present them," says Fabienne in her lovely French accent. What started as home cooking has evolved into high-end cuisine in a casual atmosphere at reasonable prices. "When you come to visit, we want you to feel at home and taken care of."

Their dedication to quality is reflected in both the professional and friendly staff and the exceptional selection (vegetarian, vegan, Paleo, etc.) featured at both lunch and dinner. Ingredients are locally sourced and organic and our favorites include the melt-in-your-mouth Sea Bass a la Provençale, the perfectly seasoned Moules Marinières (mussels) in white wine, the Heirloom Tomato Soup,



Heirloom Tomato Soup with cheese puffs



Casual elegance in Palm Desert

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Desert Health Wellness Awards  
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**MICHAEL K. BUTLER**  
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**760-200-1719**  
77804 Wildcat Drive,  
Palm Desert, CA 92211  
[KinetixCenter.com](http://KinetixCenter.com)

**SUSAN BUTLER**  
NMT, LMT, CFT

## Living Wellness

with Jennifer Di Francesco



### Jump into Health

There are multitudes of ways to exercise nowadays. New innovations appear in our local fitness facilities to keep us entertained while keeping us healthy, yet we often revert back to the time-honored ways of exercising and workouts of the past become current trends once again.



The child-like joy of trampolines accompanies the activity's many health benefits.

The trampoline, otherwise known as the rebounder, is an example of a reemerging exercise activity. The trampoline has been around since 1934 when it was developed. This buoyant device was first used to train astronauts to understand gravity, and the balance of pressure known as g-force.

In the 70s and 80s trampoline exercise was synonymous with the "Let's Get Physical" era. The mini trampoline has rebounded back into the spotlight with many notable advantages. Aside from the obvious benefits of being easy on the joints and good for balance, there is a particular change that occurs at the moment of landing, thanks to gravity. There is a surge of lymphatic drainage and greater white blood cell activity as lymphatic valves are opened. During a change in gravitational pull, this boosts the immune system.

If you are inclined to pick up this exhilarating activity once again - or see the benefits of trying it at this stage in life - start on the trampoline slowly, imagining the crushing of grapes under the feet with small jumps. Many trampolines come with a bar to hold for stability. As more proficiency and self-assuredness develops, movements resembling skiing, moguls, jogging, and high knee jumps provide burst training. This results in the ability to burn more calories than walking or jogging.

We fell in love with trampolines as children without understanding the physical benefits. In adulthood, as we catch "air-time" with each jump, our body releases endorphins thereby calming us. Ignite your child-like state by turning on some favorite music, and just bounce to get out of the business in your head and connect with the buoyancy in the heart. It is possible to jump into health through a little hopping and happiness.

## The Growth of Chinese Medicine in Sports

By Michael K Butler BA; PTA; CSCS\*D; RSCC\*D NMT

When it comes to competition, both professional and amateur athletes are always looking to gain an edge on their opponents. While strength, conditioning and core training are still essential in the daily regimen, recovery and injury prevention is now a primary focus. Over training can often lead to injury, and many pros are taking extra measures to prevent injury and expedite healing using Traditional Chinese Medicine (TCM).

Standard western techniques for treating athletic injuries include ultrasound therapy, TENS (electrical stimulation) units, massage therapy, and the all-time favorite RICE (rest, ice, compression and elevation). Ultrasound uses sound waves to break down scar tissue and improve local circulation, while a TENS unit blocks the pain going from the brain to the area being treated providing temporary pain relief. RICE uses ice to decrease inflammation while elevating and compressing the area being treated, and massage reduces muscle spasms, pain and inflammation.



Athletes are finding the value and "edge" obtained through Traditional Chinese Medicine practices like acupuncture and cupping.

But many are finding that TCM enhances healing in less time than these western methods by stimulating the body's own natural healing response. Famous athletes like Michael Phelps, Kobe Bryant, Grant Hill, Aaron Rodgers and AJ Burnett note a difference in their recovery using acupuncture, cupping, Qigong, and dietary and herbal supplementation as part of their TCM regime.

Acupuncture uses small targeted needles to reduce pain and stagnation to open up the body's meridians. It is often practiced with moxibustion, freshly burnt herbs, applied to the skin to help relax muscles and increase effects. Cupping is another therapy using suction cups to stimulate blood flow and muscle repair, while herbal supplements and specific foods are often prescribed to treat a variety of deficiencies or ailments.

Chinese medical massage, also known as Tui (to push) Na (to grab or squeeze), uses the theory of stimulating the flow of "Qi" and addressing stagnation that can lead to disease, emotional distress and pain. It's much like acupuncture as it uses meridian pathways and trigger points to help balance the Yin and Yang in the body, as does Qigong, also known as Chinese yoga, which works to align the body and re-establish proper movement through a structured program.

While the effectiveness of acupuncture has now been scientifically proven, the FDA has not fully supported all that Chinese medicine has to offer. The athletic community, however, seems in favor of these time-tested therapies for their ability to effectively and efficiently prevent and heal injuries naturally.

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, Poliquin International state coach and as a Full Body Active Release Techniques Practitioner. He can be reached at (760) 200.1719 or michael@kinetixcenter.com.

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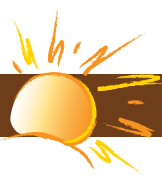
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# Unearth Your Bliss

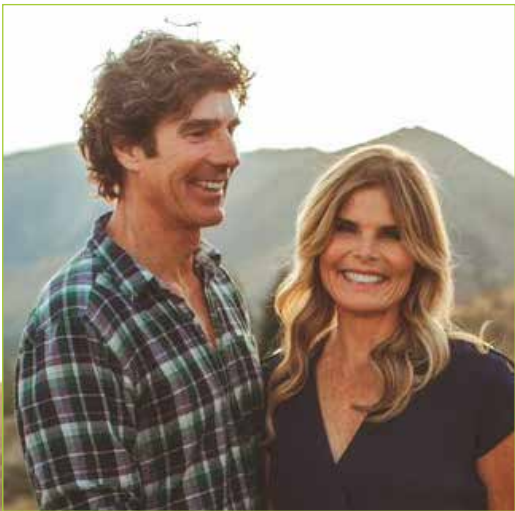
with Mariel Hemingway

COMPLIMENTARY PROFESSIONAL

## LUNCH and LEARN

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Health Advocate/Actor/Author

**BOBBY WILLIAMS**  
Actor/Stuntman/Author



**MELISSA YAMAGUCHI**  
Energy Therapist/  
Feng Shui Educator

Hosted by  
**JANET ZAPPALA**



**SATURDAY, FEBRUARY 1**

Hotel Paseo • Palm Desert  
9:30am – 2:00pm

Join us for a discussion on the importance of both mental and physical health.

Our speakers will share insights on self-awareness, movement, relationships, nutrition, and connectedness to self and to the earth.

Complimentary and  
Open to Wellness Practitioners

RSVP REQUIRED. SPACE IS LIMITED

Register at [Eventbrite.com](http://Eventbrite.com)  
(Search Unearth Your Bliss)



## Lunch and Learn for Wellness Professionals

Hemingway and guests to discuss balance and grounding

Mariel Hemingway is not only an iconic Academy Award nominated actor from a celebrated family; she is a prolific author, adventurer, eco activist, healthy lifestyle and mental health advocate, documentary producer, entrepreneur and speaker on mind-body-spirit optimization and purposeful living.

On February 1, Hemingway will be joined by her life partner and co-author Bobby Williams and Energy and Feng Shui Specialist Melissa Yamaguchi for "Unearth Your Bliss," a complimentary event for wellness professionals discussing the importance of mental and physical health and the life changing benefits of grounding.

Grounding (or earthing) is simply the practice of connecting with nature through bare feet or grounded contact that allows you to absorb the earth's energy, or electrons, to help balance your bodily system. The practice has been scientifically proven to have many health benefits.

The noted speakers will share insights about several topics including self-awareness, movement, relationships, nutrition, and connectedness to self and to the earth. "Our goal is to help others realize and create a happy, healthy, and balanced lifestyle," says Hemingway, who is considered an expert in high-touch (versus high-tech) solutions that facilitate the greatest sense of personal power, life balance, joy, fitness, authenticity and peace of mind.

Melissa Yamaguchi travels the world speaking on balance of the environment through the practice of Feng Shui. Described as "Erma Bombeck meets Dorothy Parker with a hard shot of truth," Yamaguchi uses humor mixed with self-awareness to encourage others to take ownership of their energy and their lives. "In order to successfully navigate the journey before you," she says, "you must take into account all factors: you, your relationship with those around you, the environment, the climate, the destination and goal. Once you understand your own energy, you can learn how to control your reactions and your destiny."

Unearth Your Bliss is sponsored by Earthing, Ground Therapy and Desert Health® at Hotel Paseo in Palm Desert from 9:30 a.m. to 2:00 p.m. Guests will be treated to the speakers, lunch and Q&A, and will experience grounding. The event is open to local wellness practitioners; space is very limited and RSVPs are required. Register online at [www.Eventbrite.com](http://www.Eventbrite.com) (search Unearth Your Bliss).



Mariel Hemingway grounding at home



## 8<sup>TH</sup> ANNUAL WOMEN WHO RULE

Awards Gala and Scholarship Fundraiser

Presented by



Please join us as we honor:



**Jan Hawkins**  
Director of Development,  
The Living Desert  
*Helene Galen Excellence  
in Education Award*



**Deborah Tryon**  
Financial Advisor,  
Morgan Stanley  
*WLF Trailblazer  
Award*



**Ann Sheffer**  
Chair, Palm Springs  
Public Arts Commission  
*Mary T. Roche Community  
Leadership Award*



**Linda Evans**  
Mayor of La Quinta  
Chief Strategy Officer,  
Desert Care Network  
*WLF Visionary Award*

**Friday,  
January 24, 2020**

Agua Caliente Casino  
Resort Spa  
11am-1pm

Champagne Welcome  
Silent Auction  
YWL Students

\$90 per guest  
Tables of 10: \$900  
Walk-ups welcome  
Tickets on sale at  
[www.wlfdesert.org](http://www.wlfdesert.org)

Proceeds benefit the best and  
brightest enrolled in Women  
Leaders Forum's Young Women  
Leaders program.

Visit [wlfdesert.org](http://wlfdesert.org) or call 760-837-7222



## Wellness Week at the Polo Club

Activities free and open to the public

Trilogy® at the Polo Club, one of the Coachella Valley's fastest growing resort communities, is opening their doors and inviting all to attend Wellness Week January 14-18 presented by Desert Health®.



Author and plant-based chef Mimi Kirk to appear January 14.

The active lifestyle community whose tagline is Live Happier® is located off Avenue 52 (at Monroe) across from the Empire Polo Grounds. At the center of this all ages and 55+ development is the stunning clubhouse which features *June Hill's* farm-to-table restaurant (open to the public), a high-tech fitness center, The Paddock member game room, and a large indoor/outdoor event space.

Living healthy, happy and well is a goal for members, and management supports the effort through a variety of activities, events and social clubs.

Wellness Week, which is free and open to the public, will feature best-selling author and plant-based Chef Mimi Kirk on Tuesday, January 14, from 4 p.m. to 6 p.m. The acclaimed speaker who also inspired the audience at the 2019 Desert Health Wellness Awards is an advocate for health and longevity. At 81 years young, she is devoted to sharing her outlook, mindset and natural approach to growing older and slowing down the aging process.

Kirk's presentation will be followed by a book signing featuring her numerous works including *Modern Juicing*, *Live Raw, Live Raw Around the World*, *The Ultimate Book of Raw-Vitalize*, *H2oh*, *The Plant-Based Dog Food Revolution*, and *Tea-Vitalize*. RSVP is required for this event, as space is limited.

Saturday, January 18, from 9 a.m. - 12 p.m. the third annual Polo Club Wellness Fair will take place throughout the clubhouse. This event is also open to the public, and no RSVP is required. Meet many of the practitioners featured in *Desert Health*, sample a variety of products and services, and enjoy tasty morsels from *June Hill's*. Attendees will also receive a complimentary book from Earthing founder Clint Ober who will be on site for autographs and education on the benefits of grounding.



The Polo Club is located off Avenue 52 in West Indio.

Over \$1,000 in prize giveaways will also be offered for \$1 raffle tickets benefiting Coachella Valley Volunteers in Medicine. Model home tours will also be available throughout the events.

Join us for Wellness Week at the Polo Club and see what it means to Live Happier®! Mimi Kirk's presentation and the Polo Club Wellness Fair are both free and open to the public. Please call (760) 775.5522 for questions and to RSVP for Kirk's presentation.

## Valley Achievers Honored by Women Leaders Forum

Proceeds benefit Young Women Leaders program

Women Leaders Forum of the Coachella Valley announces its 8th Annual Women Who Rule Awards Luncheon and Scholarship Fundraiser on Friday, January 24, at Agua Caliente Casino Resort Spa in Rancho Mirage. The highly anticipated event will honor the Coachella Valley's most inspiring achievers, while benefiting the Women Leaders Forum's Young Women Leaders (YWL) program.

Women Leaders Forum President Jennifer Jank explains, "Our Women Who Rule luncheon is our organization's biggest event of the year. In addition to honoring remarkable local women, the proceeds support our Young Women Leaders program. With support from our members, sponsors and the community, we're able to provide scholarships to high school seniors who successfully complete our leadership program." The esteemed 2020 honorees include: Jan Hawkins, director of development at The Living Desert who will receive the Helene Galen Excellence in Education Award; Deborah Tryon, financial advisor, Morgan Stanley receiving the WLF Trailblazer Award; Ann Sheffer, chair of Palm Springs Public Arts Commission honored with the Mary T. Roche Community Leadership Award; and Linda Evans, Mayor of La Quinta and chief strategy officer, Desert Care Network, who will receive the WLF Visionary Award.



Young Women Leaders receive college scholarships from funds raised at Women Who Rule.

Guests in attendance will enjoy a champagne reception and silent auction at the luncheon event taking place from 11 a.m. to 1 p.m. along with the opportunity to meet the extraordinary students in the YWL program. Guest ticket pricing is \$90 and \$900 for a table of 10. Early event sponsors include Presenting Sponsor Desert Care Network, Desert Health® and Agua Caliente Casino Resort Spa.

Proceeds benefit the Women Leaders Forum's Young Women Leaders program, sponsored by UCR Palm Desert Center with partner OneFuture generously matching all need-based scholarship funds raised. Sponsorships remain available starting at \$500. Prospective sponsors can contact President Jennifer Jank at info@wlfdesert.org.

The Women Leaders Forum has a long and successful history of supporting local students with workshops, mentoring and scholarships through YWL. This innovative outreach program provides leadership training and one-to-one professional mentoring for female high school students throughout the Coachella Valley. The goal of YWL is to guide these young women into roles of leadership and success as they prepare for college, business and life. Seniors who successfully complete the educational, community outreach and mentoring are eligible for either a need- or merit-based scholarship. Since its inception, Women Leaders Forum has raised \$685,000 for scholarships.

For information and tickets, visit [www.wlfdesert.org](http://www.wlfdesert.org) or call (760) 837.7222.

# THE Polo Club | WELLNESS WEEK



FREE AND OPEN TO THE PUBLIC!

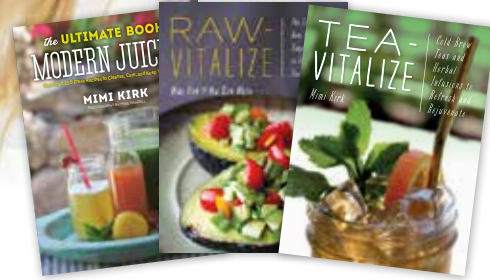


Best Selling Author and Raw Food Chef

Mimi Kirk

Presentation and Book Signing

Tuesday, January 14  
4 - 6pm



At 81 years young, Mimi Kirk is a visionary and advocate for health and longevity. As an international speaker, certified raw food plant-based chef, health and life coach, she is devoted to sharing her experience on maintaining vibrant health and happiness through diet and transformational thinking.

RSVP required and space is limited.  
Please call (760) 775.5522

## Third Annual Polo Club Wellness Fair

Saturday, January 18 • 9am - 12pm

Meet many practitioners featured in *Desert Health*, sample morsels from *June Hill's* restaurant, receive a complimentary autographed book from Earthing Founder Clint Ober and purchase \$1 raffle tickets benefiting Coachella Valley Volunteers in Medicine for your chance to win over \$1,000 in prizes!

Home tours will also be offered upon request.



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Trilogy® at the Polo Club | 760.775.5522  
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(Avenue 52<sup>nd</sup> and Monroe)  
TrilogyPoloClub.com



presents the 13th annual

# DESERT WOMAN'S SHOW

A Marlo Productions Event

JW Marriott Desert Springs Resort  
Saturday, February 22nd  
10:00 am - 5:00 pm



Tickets & information: [DesertWomansShow.com](http://DesertWomansShow.com)

## Wellness Wednesday 2019-2010 Movie Series

### Mark Your Calendar for Our Next Movies

presented by Eisenhower Health



**January 15**

Two dreamers leave their tiny L.A. apartment and move into the countryside to build one of the most diverse farms of its kind. For nearly a decade they seek to create a utopia by planting thousands of orchard trees, hundreds of crops, and bring in animals of every kind. Once the ecosystem reawakens and perfect harmony takes a series of turns, they realize they'll have to reach a far greater understanding of nature and life itself.



**February 19**

Join doctors, patients, scientists, chefs, farmers and journalists from around the globe who are combating illness through a paradigm shift in eating. This simple change – embracing fat as our main fuel – shows promise in improving the health of people. Follow the stories of several patients, sufferers of chronic and severe medical conditions such as asthma, diabetes and cancer, detailing their recovery after switching to a low carbohydrate, high fat diet.

**TIME**  
Doors open 2:30 p.m.; Movie 3 – 5 p.m.

**PLACE**  
Helene Galen Auditorium in the Annenberg Health Sciences Building at Eisenhower

**COST**  
\$5 (includes refreshments). Tickets are available at [EisenhowerHealth.org/calendar](http://EisenhowerHealth.org/calendar) or by calling 760-610-7360.



## Make a Day of It!

### JW Marriott to host 2020 Desert Woman's Show

Mark your calendars Saturday, February 22, for the 13th anniversary of the Desert Woman's Show and the Greater Palm Springs Food & Wine Festival taking place at the JW Marriott Desert Springs Palm Desert.

Attended by thousands, the Desert Woman's Show will offer dynamic daily fashion shows by Pete Carlson's Golf & Tennis and a variety of local boutiques at the Springs Retreat Pool. The Pavilion Marketplace will showcase plenty of shopping, plus health and medical experts including a stimulating seminar on "Age in Reverse" with renowned surgeon, researcher and author Steven Gundry, MD.



Chef Daniel of Daniel's Table is one of many restaurants sampling cuisine.

Additional presentations include "Stem Cells Demystified" with Dr. Hashimoto, "The Secret to Fabulous Legs" with Desert Vein & Vascular Institute and so much more!

The ever-popular Greater Palm Springs Food & Wine offers attendees relaxation and a cornucopia of tasty food, wine and spirits from some of the valley's best restaurants including Mastro's, Sullivan's, Koutouki Greek, Eight Nine, Fresh Juice, Wildest, Babe's Brewhouse & BBQ and The Steakhouse to name a few. Enjoy a variety of live entertainment sponsored by Big Rock Pub while sampling everything from craft beer and wines to Mastro's famous Butter Cakes. Chef demonstrations throughout the day will present unique wild and fresh recipes from top local chefs.

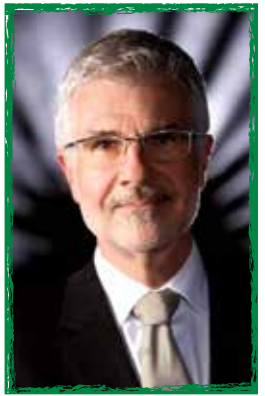
The first 1,000 guests can receive free general admission tickets online compliments of Desert Care Network (limited to one per person and online only). Tasting wristbands are only \$20 in advance online and \$25 at the door. We hope to see you there!



A variety of guest speakers will appear.



Plenty of shopping at The Pavilion Marketplace



Keynote speaker Steven Gundry, MD



Grab your girlfriends and make a day of it!

For tickets and the full line-up of featured speakers and special guests visit [www.DesertWomansShow.com](http://www.DesertWomansShow.com). Exhibitors and sponsors contact Diana Marlo at [Diana@MarloProductions.com](mailto:Diana@MarloProductions.com).

#### A New Year, a New Beginning, a New You!

Continued from page 13

additionally damaging your health.

- #7 **Not drinking enough water.** 65 percent of your body is water. If you're in a constant state of dehydration, your body will hold onto fat and burn muscle first. Water is stored around fat cells, so burning fat will not occur if you're dehydrated. Being in a state of dehydration will also increase your risk of heart attack by 50 percent. Without water, your body will perish, so drink more water.
- #8 **Hormone changes.** You can address this through your diet and natural hormone creams. Once addressed, your body can operate as normal again.
- #9 **Not providing needed nutrients.** Your individual body may need certain vitamins, minerals and enzymes to help it heal health issues you have developed over your lifetime. Once you give your body the correct nutrients it needs, you may find you no longer need unwanted medications as the body starts to heal and operate as it should.
- #10 **Simply over-indulging.** Eating or drinking too much alcohol will create imbalance in the body which will be stored in places you do not wish to see it.

Change your diet; change your life. If you continue to eat and drink all the things that brought you to where you are now - frustrated, overweight or underweight and unhealthy, then take the time and make the choices you need to create change. The definition of insanity is to continue to do what is not working and expecting change to happen. Little consistent changes will create bigger and more remarkable changes. Moderation is a key element and, initially cutting out incorrect nutrients while adding correct nutrients, will allow the body to change and heal. This doesn't mean you will never eat certain foods again; it just means once you reach your goal, moderation will be your friend.

Happy New Year, Everyone! Wishing you a happy, successful and great 2020!

Dr. Beckner is an author and owner of Your Body Code in Palm Desert which offers personalized nutrition and wellness programs. For more information, visit [www.yourbodycode.com](http://www.yourbodycode.com) or call (760) 341.2639.

# A Season of Good Health!



Desert Health® is proud to support these community events.  
We look forward to seeing you out and about!

## JAN. 14

**Best Selling Author and Plant-based Chef Mimi Kirk**

Free presentation and book signing at Trilogy® at the Polo Club. Kirk is a visionary and advocate for health and longevity devoted to sharing her experience on maintaining vibrant health and happiness through diet and transformational thinking. Author of *Modern Juicing*, *Live Raw*, *Live Raw Around the World*, *The Ultimate Book of Raw-Vitalize*, *H2oh*, *The Plant-Based Dog Food Revolution*, and *Tea-Vitalize*. 4p-6p. Free and open to the public. RSVP required; space is limited (See p.29). (760) 775.5522.



## FEB. 1

**Unearth Your Bliss with Mariel Hemingway**

Complimentary lunch-and-learn for wellness professionals focusing on how to live a happier, healthier, and more meaningful life. Speakers Mariel Hemingway, Bobby Williams, and Melissa Yamaguchi will discuss the life-changing benefits of grounding. 9:30a-2p at Hotel Paseo in Palm Desert. Free event with limited seating. RSVP required. (See p.28) [www.eventbrite.com](http://www.eventbrite.com) (search Unearth Your Bliss).



## JAN. 15

**Wellness Wednesday Movie Series**

Presented by Eisenhower Health and Desert Health® featuring *The Biggest Little Farm*. Two dreamers leave their tiny L.A. apartment and move to the countryside to build one of the most diverse farms of its kind. Their hard work gives them-and us-a far greater understanding of nature and life itself. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. 3-5p. \$5 RSVP (760) 423.4855.

## JAN. 16

**14th Annual Leonore Annenberg Lecture**

"The Future of Cancer Care: What's Giving Cancer Patients Most Hope?" Featuring Linda H. Malkas, PhD, professor of molecular and cellular biology at City of Hope, a leading research and cancer treatment center. Informal reception with Dr. Malkas for all guests following the 3pm presentation. Free and open to the public. Tickets and reservations not required. [www.annenberg.net](http://www.annenberg.net) (760) 773.4500.

## JAN. 16

**CONFIDENCE: Women + Wealth**

**+Wellness Summit** An inspirational day featuring keynote speaker Barb Stegemann, one of Canada's Top 100 Most Powerful Women, along with five sessions of wealth and wellness speakers including Desert Health® Founder Lauren Del Sarto. Guests will enjoy lunch, happy hour, complimentary book, book signing and luxury gift bag. 8:30a-4:30p. \$149 tickets available at [www.CW3ConfidenceSummit.com](http://www.CW3ConfidenceSummit.com).

## JAN. 18

**3rd Annual Trilogy at the Polo Club Wellness Fair**

Presented by Desert Health® this festive event features a variety of health and wellness professionals offering demonstrations, samples and product information at one of the Valley's fastest growing communities whose motto is Live Happier.® Enjoy raffle prizes and fresh bites from their acclaimed restaurant, *June Hill's Table*. Model home tours also available. Free and open to the public from 9a-12p. Located on Avenue 52 between Monroe and Jackson (See p.29). (760) 238.0245.



## JAN. 24

**8th Annual Women Who Rule**

Women Leaders Forum of the Coachella Valley invite you to raise a toast - and college scholarships - for Young Women Leaders while honoring dynamic community leaders at their celebratory luncheon. Champagne reception and silent auction start 11a. Agua Caliente Resort. Sponsorships available. (See p.29). (760) 837.7222. [www.wlfdesert.org](http://www.wlfdesert.org).



## FEB. 9

**Palm Desert 1/2 Marathon and 5K**

Join over 1,200 other runners and walkers for this 22nd event with three distances: half, 5K or 1K kids run. Enjoy music, beer garden, entertainment and a vendor expo featuring local businesses and health and wellness brands. 7a. Palm Desert Civic Center Park. [www.palmdeserthalfmarathon.com](http://www.palmdeserthalfmarathon.com).

## FEB. 11

**Indio Senior Center Health Fair**

Free flu shots, balance testing, blood pressure, nutrition services, giveaways, refreshments and more will be offered at this free event from 9a - 12:30p at the Indio Senior Center. 45-700 Aladdin St. For information call Sylvia Tenorio (760) 668.0395.

## FEB. 14

**Affair of the Heart**

A free community education and health event for family and friends. Activities include heart presentations, CPR demos, cooking demos and food samples, games, booths, music, and more. Join us for a heart-healthy good time! 8a-1p. Desert Regional Medical Center (833) 430-8589 to RSVP.

## FEB. 19

**Wellness Wednesday Movie Series**

Presented by Eisenhower Health and Desert Health® featuring *The Magic Pill*. With the worldwide trend of combating illness through a paradigm shift in eating, embracing fat as our main fuel is showing profound promise in improving health. Follow the stories of patients suffering from chronic and severe medical conditions such as asthma, diabetes and cancer, detailing their incredible recovery after switching to a low-carbohydrate, high-fat diet. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. 3-5p \$5 RSVP (760) 423.4855.

## FEB. 22

**13th Annual Desert Woman's Show**

Presented by Desert Vein & Vascular Institute, this one-day event at the JW Marriott Desert Springs Resort features The Pavilion Marketplace, fashion shows, medical expert panels and *The Plant Paradox* author and health innovator Steven Gundry, MD, as keynote speaker. Complimentary tickets available online at [www.DesertWomansShow.com](http://www.DesertWomansShow.com) courtesy of Desert Care Network while supplies last. 10a-5p (See p.30). For vendor info contact [Diana@MarloProductions.com](mailto:Diana@MarloProductions.com).

## FEB. 22

**13th Annual Greater Palm Springs Food & Wine**

Presented by Farley Pavers at the Desert Woman's Show featuring scrumptious tastings from your favorite valley restaurants including Sullivan's, Mastro's, Eight4Nine, Roy's Hawaiian, Panera Bread, Koutouki Greek, Wildest (formerly Wildest Greens), Daniel's Table, Babe's BBQ & Brewhouse, Brandini Toffee and much more. JW Marriott Desert Springs Resort. 11a-4p (See p.30). Tickets \$20 in advance; \$25 onsite. [www.GreaterPalmSpringsFoodandWine.com](http://www.GreaterPalmSpringsFoodandWine.com).



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# The Center for Smile Enhancement

(760) 568-5902

Open Monday, Thursday, Friday and Saturdays  
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## 20% OFF BASIC TREATMENT

Includes: Dental White Fillings, Dental Extractions, Teeth Whitening, Deep Cleaning and Nightguards

\*New and cash patients only. One-time use. Some restrictions apply.  
Offer expires 02/29/20. Call for details.

## 15% OFF MAJOR TREATMENT

Includes: Porcelain Crowns, Porcelain Veneers, Root Canals, Dental Implants and Cosmetic Dentures

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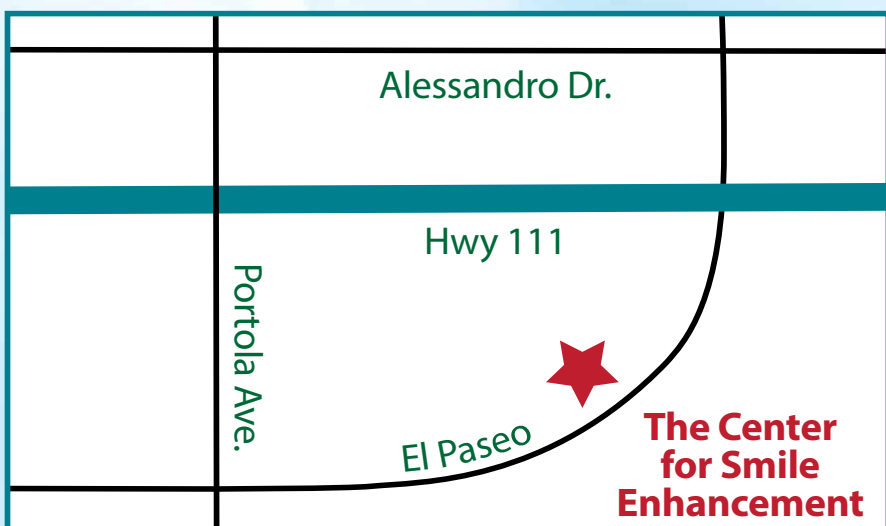
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