

Desert Health®

News from the Valley's Integrated Health Community

January/February 2015

what's inside

- 6 Medical News
Botox: The Poison That Heals
- 14 Natural Options
Set Your Intention For the New Year
- 15 Integrated Practices
Achieving Vibrancy Through Proactive Health
- 19 Family Health
Children's Cold and Flu Remedies
- 22 Health & Beauty
Non-Drug Treatments for Rosacea
- 24 Fitness
Gyrotonic® Method for Movement Through Life
- 26 Senior Health
Recollections from Years Gone By
- 28 Financial Health
Ramp Up Your Retirement Savings
- 30 Desert Events
CanadaFest Returns



William Davis, M.D., changed the way many of us view “healthy whole grains” with his New York Times bestseller, *Wheat Belly*. Describing his first book as a means of “easing consumers into the real conversation,” Davis takes it a step further in his new book, *Wheat Belly Total Health*, explaining the tremendous benefits – and reasons – for eliminating all grains from our diet.

Wheat Belly fans know Davis as a passionate educator who shares facts from the heart with humor and simplicity. He is also a cardiologist and consummate researcher who advises with care and conciseness. His goal: to empower people to take their health into their own hands.

According to Davis, conventional nutritional advice has led our country, and now the world, into record-setting epidemics of obesity, diabetes, and other “modern” health conditions, and it’s time for change.

In *Wheat Belly*, he explained the history of wheat and why the “Frankengrains” of today have such an adverse effect on our bodies. *Total Health* guides readers through grain withdrawal symptoms, lifestyle patterns and progress, nutritional supplementation, and natural remedies for specific wheat-induced conditions such as irritable bowel syndrome, inflammation, autoimmune disorders and thyroid disease.

The movement Davis helped create is gaining momentum and causing those who have written the rules thus far - the agricultural industry, leading health organizations, and food industry giants - to take note. The new demands come from consumers who are crowd-sourcing and sharing their viewpoints, wheat-free lifestyles, and astounding success stories on improved health through the powerful means of social media.

In preparation of his January 14 appearance as part of the Eisenhower Wellness Speakers Series, *Desert Health*® interviewed Dr. Davis on the wheat-free movement and where we go from here.

DH: Three years ago, you introduced the science behind wheat’s negative effects. Now you warn against all grains. Was there a master plan behind these steps, or an epiphany?

WD: If there is a master plan, it is really to provide information and education that empowers people. I have been so thoroughly disappointed in watching what has happened to health care; watching my colleagues become robots for a system that focuses on delivering drugs and procedures that drive revenue for their systems and has little to do with health.

I am working on a series of projects all meant to help people see the real story and not to rely on

Continued on page 18



Every day, people like you and me reach out to help others find their path toward better health. *Desert Health*® wanted to find these unsung heroes in our community and to honor them.

So in celebration of our fifth anniversary, we are proudly presenting the first annual *Desert Health*® Wellness Awards honoring those in our community moving health and wellness forward.

Since announcing the awards last July, we have received over 50 nominations in the categories of Large Business, Small Business, Individual, Non-Profit, and Event or Program. Those nominating others tell stories of deserving coaches, doctors, organizations, and instructors and who have changed their lives, or the lives of those around us. We have greatly appreciated learning about their work and service in the Coachella Valley.


Choosing winners in each category will be the challenging job of our executive committee and we

thank them for their participation: Tricia Gehrlein, Regional Director, Clinton Health Matters Initiative; Donna Sturgeon, Director, Work-Based Learning/Business Engagement, Coachella Valley Economic Partnership; Margot Nelligan, Owner, The Desert Look and Board Member for ACT for MS and Tools for Tomorrow; and Lisa Ford, Sales & Marketing Manager, Desert Medical Imaging.

We will continue to share each nominee’s inspiring story on the pages of *Desert Health*® leading up to the event which takes place May 20 at Desert Willow in Palm Desert. The latest nominations are presented on pages 5, 15, 17 and 21, and all nominees received to date are at DesertHealthNews.com.

Please take a moment to know their names and review their contributions. And if you have the opportunity to meet any of them, please shake their hand with gratitude and offer a well-deserved “thank you.”


Continued on page 5




Women Caring for Women

Comprehensive Breast Center • Comprehensive Cancer Diagnosis, Treatment & Recovery

DesertRegional.com/cancer



DESERT REGIONAL MEDICAL CENTER
Comprehensive Cancer Center



So Much To Celebrate!



The New Year brings time for reflection, appreciation, intention and change.

This issue is bursting with all of the above and we hope you find much inspiration on our pages.

As we celebrate our fifth anniversary, we reflect on our growth and the concentrated focus on wellness throughout the Coachella Valley (pg. 9). We appreciate the many who have helped us thrive, and celebrate others who are showing friends and neighbors a path towards better health (pg. 5). We set our intentions for a bright and rewarding year, and provide many tips for you to do the same.

And we continue to promote change for a world free of preventable disease by encouraging all to *simply choose health*.

We love being a part of this incredible community and cannot thank you enough for making *Desert Health®* a part of your life. We couldn't do it without our valuable team: Heather McKay, our graphic designer; my mother, event manager, editor, and contributing writer, Doris Steadman; my step-mother and editor, Jo Ann Steadman; our talented web master, Benjamin Katz; our dedicated distribution team, J. Scott Driscoll and Rich Whitehill; and my patient and supportive husband, Tom, who hopes to come back as a No. 2 pencil.



Wishing you much health and happiness in 2015 ~

Lauren
Lauren Del Sarto
Publisher

Wellness Matters Speaker Series 2015

Eisenhower Wellness Institute and Desert Health®

proudly announce the second in the

2015 Wellness Matters Speakers Series



Dr. Lisa Genova

Author of the *New York Times* bestselling novel *Still Alice* (Now a Major Motion Picture)

February 20th • 7 p.m.

Annenberg Center for Health Sciences at Eisenhower



For tickets visit emc.org/WellnessEvents or call 760-610-7360



An Independent Publication

PO Box 802
La Quinta CA 92253
(760) 238.0245

FOUNDER & PUBLISHER
Lauren Del Sarto
Lauren@DesertHealthNews.com

EVENT MANAGER & EDITOR/WRITER
Doris Steadman

WEB MASTER
Benjamin Katz Creative
bk@benjaminkatzcreative.com

LEAD EDITOR
Jo Ann Steadman

GRAPHIC DESIGN
M.Kay Design
m.kaydesign@mac.com



DISTRIBUTION
J. Scott Driscoll
Richard Whitehill


Home delivery subscriptions available!
Visit DesertHealthNews.com or call (760) 238.0245

Distribution: *Desert Health®* is distributed at 350+ locations throughout the Coachella Valley including, but not limited to, grocery stores, doctors' offices, cafes and restaurants, spas, fitness centers and clubhouses. Please call for delivery to your retail location.

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


Printed on paper from sustainably grown and farmed evergreens

Follow Us for Updates & Events!  



Desert Health® WELLNESS AWARDS

PRESENTED BY





Honoring those in our community moving health and wellness forward

May 20, 2015 • 5:30–8:30 p.m.
Desert Willow Golf Resort

Award Categories Include:
Large Business **Small Business**
Individual **Event/Program**
Non-profit Organization

The evening celebration will include dining stations offering a variety of lifestyle choices, a wellness expo, silent auction benefitting Coachella Valley Volunteers in Medicine, guest speaker and the awards presentation.




Sponsored by




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

“From your Plate to your Portfolio, healthy choices support longevity.”




Early bird tickets are \$75 and available at www.DesertHealthNews.com

Community Sponsors




Proudly Serving




For more information contact Desert Health® at (760) 238.0245 or Events@DesertHealthNews.com



Dotson Finds Treasure in DRMC Team

By Lauren Del Sarto

"Storage Wars" fans surely know America's most recognized auctioneer, Dan Dotson. He and his wife Laura lead a cast of characters seeking treasures in abandoned storage units throughout Southern California in the A&E hit reality show.

Dan's gruff voice, fast-paced chatter and packed schedule give the sense of 'life in the fast lane' and it was, until a fateful day in June of last year that changed his life forever.

Waking in the morning feeling strange with blurred vision, Dan thought a shower would be the answer. After showering, he collapsed. Fortunately, Laura was there to catch him and to call 911 when Dan started turning blue. Little did they know that he was suffering from an aneurysm that almost took his life.

"Laura and my son started CPR with the paramedics on the way," Dan told *Desert Health*® in a December interview. "Their efforts, in addition to the incredible team of doctors I was soon to meet, are the reason I am here today."

Dan was transported to Redlands Community Hospital where they discovered the first aneurysm and told Laura that his chances of survival were slim. His doctor determined he would be better served by the neurointervention specialists at Desert Regional Medical Center, which serves as the Advanced Intervention Stroke Center for Riverside Emergency Medical Services Agency (REMSA) as well as the Stroke Receiving Center by the Inland Counties Emergency Medical Agency (ICEMA).

It was there through advanced technology that Dan's second, smaller aneurysm was discovered.

After Dan's bleeding and blood pressure were stabilized, he underwent a successful five-hour surgery and remained at Desert Regional for 21 days, which is standard protocol according to Dr. Asif Taqi, the director of neurointervention and critical care neurology, who performed Dan's surgery. "We have found that while 2 out of 3 people

who suffer aneurysms make it to the hospital and through surgery, one of them (50 percent) would suffer a major stroke at around day 4-21 post bleeding. So we keep patients for 21 days to ensure stability, proper hydration and nutrition."

Laura was able to see Dan shortly after the surgery and her first sight was Dan's arms in the air. She immediately thought 'therapy can help that' until she learned that he was



Dr. Taqi led the team at Desert Regional Medical Center who performed Dan's surgery and helped save his life

actually calling out auction numbers much to the disbelief of his attending staff.

During his stay at Desert Regional he slowly worked his way back to cautionary health. "They fed me well, took such good care of me, and got me back on my feet," he says. "For the first time, I started paying attention to myself." Dan realizes how lucky he was, and since the incident has made major lifestyle changes. A smoker since age 16, he began nicotine patches four days out and quit taking daily pain medication. He cut red meat down to once a week and now works with a nutritionist to maintain healthy eating habits, which has allowed him to drop his cholesterol medicine. He keeps a close eye on his blood pressure. "I don't want to screw up the incredible work of these talented doctors," he says.

Back to his hectic filming schedule, he now takes things one day at a time. He says he can feel his brain mending and getting stronger, and even takes time to mindfully breathe and meditate. "I can actually take 30-40 points off my blood pressure by simply deep breathing."

"Doctor Taqi and his team are truly amazing," he adds. "I am one of the lucky ones, but they do this work day in and day out, and not everyone is as lucky as me. I commend them for taking on that responsibility and that stress in an effort to save the lives of others."

"I used to live like there was no tomorrow. Now I know I am truly blessed to be here," he humbly concludes. "My hat's off to all the men and women who worked with me. I owe them a debt of gratitude for saving my life."

Desert Regional Medical Center's Stroke Center can be reached at (760) 323.6511.



Dan and Laura Dotson of Storage Wars fame

Get your Mammogram Nailed Down!

Call the Comprehensive Cancer Center today to schedule your appointment.

Trust your breast health to a cancer center that truly is comprehensive – with full service capabilities including low-dose screening and diagnostic mammography, 3-D Automated Breast Ultrasound for women with dense breasts, and a multidisciplinary team for the treatment of breast cancer.

Comprehensive Cancer Center
(760) 416-4700

Two convenient locations!

1180 N. Indian Canyon Dr.
Suite E150
Palm Springs

47647 Caleo Bay
Suite 260
La Quinta

Desertregional.com/cancer

Affair of the Heart

February 12, 2015

This free community education and screening event offers guest speakers, lectures on heart conditions, treatment options and prevention, as well as free blood pressure and blood sugar screenings.

Desert Regional Medical Center
9 a.m.-12:30 p.m. • (800) 491.4990



Palm Springs
Hearing Aid Center
SERVING THE DESERT SINCE 1966

Call us today for an appointment with one of our licensed and experienced hearing aid dispensers

Remember – While other hearing centers seem to come and go, **Palm Springs Hearing Aid Center** has been serving the desert communities since 1966. We are happy and honored to have served you for the past 48 years.

FREE

- Ear inspection with Video Oscope
- Demonstration on special TV devices
- Demonstration on the latest hearing technologies

Exp. Feb. 28, 2015

PALM SPRINGS
760-325-3240
353-A S. Palm Canyon

TWO LOCATIONS
Improving the quality of your life

RANCHO MIRAGE
760-770-1703
70-065 Hwy 111, #5

J.D. & Susan Cunningham
Hearing Aid Specialists
WWW.PSHAC.COM

Medical Tourism Aids Local Economy

By Bernadette M. Greenwood, BSRS, RT (R)(MR)(ARRT)

When you think about your medical care do you envision a tennis match, a few rounds of golf, or relaxing in a spa? Many patients do! And the Coachella Valley is one of the premier locations in the United States - and the world - for both medical care and resort-style relaxation.

Individuals and families who enjoy the best that life has to offer have begun planning their travel around their medical needs, and vice versa. Whether it's routine screening examinations to avoid long queues and high costs in other countries, or specialized care and access to clinical trials, patients come to the desert from all over the world, many planning and combining their vacation with their medical care. Visitors to the valley can find not only world class restaurants, golf courses, entertainment, and art, they also have access to world-class medical services and specialized, personalized medicine.

The Greater Palm Springs Convention and Visitors Bureau reported in 2012 a recovery in visitor spending with a rise of 8.1% in 2011, reaching \$4 billion. They broke down visitor type into day visitors and overnigheters, analyzing the spending of each. Overnight visitors spent \$475 per visit while day visitors spent \$250 per visit. 56% of visitors were day visitors and the remainder were overnigheters who contributed to 60% of total visitor spending.

Tourism is bouncing back with the continued growth of the U.S. economy, which added nearly 9.5 million jobs through August 2014. Sperling's Best Places (BestPlaces.net) predicts a 35.9% job growth over the next ten years in Palm Springs. According to the *Coachella Valley Economy: Brief Analysis 2014*, economic growth in the Coachella Valley and Inland Empire experienced significant growth last year and continued momentum in 2014.

Tourism was among the five sectors primarily contributing to the Valley's economic recovery along with healthcare, housing, agriculture and retail. Visitors seeking medical care locally contribute greatly to our economy and keep it thriving; some even enjoy the convenience of our Thermal airport where they can land their private jets. Price & Associates reported that private jet users inject \$69,000 into their destination economies (excluding fuel, aircraft related expenses, and landing fees).

With all the region has to offer, it's no wonder people from as far away as Australia, New Zealand, Canada, and Europe come to the desert for their medical care. These patients are seeking high-quality, expert services while enjoying a second home or vacation here where they also benefit from our beautiful weather.

At Desert Medical Imaging, we see an influx of medical tourists during high season seeking consultations about cardiac CT, whole-body MRI, prostate imaging and treatment, personalized medicine (including genomics), and our advanced clinical trials.

Whether you live, work or vacation in the Coachella Valley, it is a unique place in which you and your loved ones can enjoy resort-style living while pursuing top notch medical care and treatment.

Bernadette Greenwood is director of clinical services at Desert Medical Imaging, as well as an author and educator. She can be reached at (760) 694.9559. For more information visit www.desertmedicalimaging.com.

Sources: 1) http://www.bestplaces.net/economy/city/california/palm_springs; 2) http://cvep.com/content-files/CVEP_2014_AnnualReport.pdf; 3) DK Shifflet, Tourism Economics, OTTI

Thank you for saying,
“I saw you in Desert Health®.”

As a complimentary publication, *Desert Health®* is 100% underwritten by our advertisers. The valuable information you find on our pages would not be here without them.

If you visit their businesses, please mention that you saw them in *Desert Health®*.

As we celebrate our fifth year, we are truly grateful for their continued support and thank YOU for reading *Desert Health®*!

Thank you!

You have
medical
imaging
options

Desert Medical Imaging is the Coachella Valley leader in medical imaging services. Our world recognized, board certified radiologists will guide you through the process and get you the answers you need.

At DMI, we provide a complete menu of healthcare services, including:

- MRI
- CT
- Ultrasound
- PET/CT
- Biopsies

- Prostate Cancer Program
- Coronary Artery Imaging
- Virtual Colonoscopy
- Alzheimer's Surveillance
- Therapeutic Injections

We are a physician owned and operated outpatient imaging center focused on patient care and cutting edge technology. Our 4 locations offer convenient appointments and welcome self-referred patients.

DMI – healthcare made easy.

DESERT • MEDICAL • IMAGING

Indian Wells • Palm Springs • Indio • Yucca Valley

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

www.desertmedicalimaging.com



Contact Lenses: Lack of Care Can Lead to Infection

By Greg Evans, OD

A 2014 study released by the Centers for Disease Control and Prevention (CDC) showed that in 2010 there were an estimated 988,000 visits to doctors' offices, outpatient clinics, and emergency departments for keratitis (inflammation of the cornea) and other contact lens-related eye conditions.

The total cost was estimated to be \$175 million and treatment included over 250,000 hours of clinician time spent seeing these patients. The study also estimated the cost of a doctor's visit for keratitis at \$151.00 on average; each emergency room visit costs an average of \$587.00, and neither of these estimates includes the cost of medications to treat the eye infections.

In the majority of these cases (76%), an anti-microbial prescription was prescribed, and the single largest risk factor by far was contact lens wear. What is the cause? As the CDC report states:

"Among the estimated 38 million contact lens wearers in the United States, poor storage case hygiene, infrequent storage case replacement, and overnight lens wear are established preventable risk factors for microbial keratitis, contact lens-related inflammation and other eye complications."

If anything, this study underrepresents the incidence of infectious keratitis as it captured few optometric offices, and optometrists provide over 70% of eye

care in America. The prescriptions recorded in the study were only those covered by insurance, not those filled by private pay. Lastly, visits for contact lens-related corneal problems do not all involve microbial keratitis. Others may involve erosions, abrasions or foreign bodies.

A large majority of these cases could be easily prevented with proper contact lens care. To prevent complications, patients should follow these recommendations:

- Wash hands with soap and water and dry well before handling lenses.
- Remove contact lenses nightly and before swimming.
- Rub and rinse contacts in disinfecting solution each time removed.
- Replace contact lens cases every month.
- Rub and rinse the contact lens case with contact solution, dry the case and keep it upside down with the caps off daily.
- Do not "top off" solution in the lens case.
- Replace the lens on schedule (do not extend the recommended replacement schedule).
- Avoid sleeping in your contact lens.
- Have backup glasses with a current prescription available.

Remember, eye infections can cause permanent vision loss. When an eye is sore, red, inflamed or irritated, remove the contact lens and see an eye doctor. The sooner treatment is started, the faster the recovery and the better the outcome.

Dr. Evans is the founding owner of Evans Eye Care in Palm Desert and can be reached at (760) 674.8806 or online at www.evanseyecare.com.

Reference: 1) Sarah A. Collier, Michael P. Gronostaj et al, CDC Morbidity and Mortality Weekly Report (MMWR), November 14, 2014 /63(45);1027-1030



BRUCE R. BAUMANN, DDS, FAGD

- Among Palm Springs Life's TOP DENTISTS
- Book your Free Consultation Today!
- Member, IAOMT, ADA, CDA

PALM DESERT SMILES^{MD}

HIGH-TECH CARE

New technology in dentistry is very exciting. It changes almost monthly as new materials and equipment are introduced to dentists at conferences around the country. We select the most proven, effective, patient and comfort-focused technologies. Our services include Cerec same-day crowns and veneers, implants, and cosmetic services such as Zoom and Kor whitening. Our dental hygiene department supports our patients' dental health with routine cleanings, cancer screening and periodontal maintenance. We also offer *Perio Protect* for our patients managing periodontal disease.

- ✓ Holistic, mercury-free practice
- ✓ Neuromuscular Dentistry
- ✓ CEREC Same Day Crowns
- ✓ Modern Periodontal Care
- ✓ One-Day Smile Makeovers
- ✓ The newest in Facelift Dentures

- ✓ Implants
- ✓ Digital X-Rays
- ✓ Soft Tissue Laser
- ✓ Intraoral Camera
- ✓ TMD/TMJ Support
- ✓ Conscious Sedation



44239 Monterey Avenue
Palm Desert, CA 92260



NICHOLAS S. BAUMANN, DDS

760.568.3602

PalmDesertSmiles.com

Like Us at [Facebook.com/drbaumanndds](https://www.facebook.com/drbaumanndds)

Health is a Choice – Desert Health® Wellness Awards Nominees



Desert Health[®]

WELLNESS AWARDS

Honoring those in our community moving health and wellness forward

Congratulations to our nominees! Visit www.DesertHealthNews.com for more information and send in your nominations today.

PRESENTED BY



JFK MEMORIAL HOSPITAL



DESERT REGIONAL MEDICAL CENTER

INDIVIDUAL



Aaron Adame, OD
Optometrist

For the past 20 years, Dr. Adame has provided free eye exams and glasses to those in need. He currently works with children in the Coachella Valley School District and has provided services to the CV Rescue Mission, Soledad Church Missioneros, and to those who lack resources in the Whittier area.

"Without vision, life would be challenging. Giving it to others has been gratifying and rewarding."



Alexa Palmer
Health Educator, Author

Alexa is an early childhood educator and author of *Jolene: Adventures of a Junk Food Queen*, a fantasy adventure story that teaches children about healthy eating habits. Since 2008, Alexa has shared Jolene with thousands of valley kids and beyond at Farmers Markets, clubs, shelters, libraries and in classrooms. Her mission to educate children on the topic is never-ending.

"Every child deserves a good beginning."



Christy Porter
Executive Director, Hidden Harvest

14 years ago, Christy started her non-profit organization to glean produce left in fields and packing houses post-harvest and distribute this healthy food to those in need. Christy has worked tirelessly to grow her vision, and Hidden Harvest now provides fresh local produce to over 55,000 in our community each month.

"I founded Hidden Harvest motivated by the idea that everyone deserves healthy food and aware of all the great local produce left in farmers' fields."

Continued on page 15



evans eyecare
OPTOMETRY

Get the right diagnosis and treatment for your Dry Eye


Stop using eye drops that only help temporarily



Dry Eye can be a symptom of many conditions including Sjogren's, a chronic autoimmune condition.

Evans Eyecare is a Medical Eyecare practice and an Accredited Dry Eye Center.

Dry Eye patients with dry mouth, fatigue or joint pain can now be tested for autoimmune biomarkers using a new finger prick test called SJO. (Insurance covered)



(760) 674-8806

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

Medicare & PPO Provider

For Details Visit

www.evanseyecare.com



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

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

a smart**ER** choice

Great service and great price

VOTED **BEST** IN THE VALLEY

Walk-ins welcome

Book your next appointment online

We accept most insurance.

If you are uninsured, we are always available to you with no hidden fees.

760 346-EXEC (3932)

www.ExecutiveUrgentCare.com



**EXECUTIVE
URGENT CARE**
AT INDIAN WELLS

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

Botox: The Poison that Heals

By B. Maya Kato, MD

Botulinum toxin is best known for its use in aesthetics as an agent for smoothing away facial wrinkles and turning back the signs of aging. It works by blocking the signals sent by nerve endings to muscles, preventing them from contracting and thereby smoothing out the lines of the skin over the muscles.

Modern medical use of botulinum toxin as a therapeutic drug began in the early 1970s when it was used to treat strabismus or "crossed eyes." Over time its desirable cosmetic effects were noted, and in 2002 Botox Cosmetic gained FDA approval for use in the temporary improvement of glabellar lines (frown lines between the eyebrows). The effects of Botox are transient, and each treatment lasts about 4 months.

The therapeutic uses of Botox have expanded to include a wide range of medical conditions. Otolaryngologists (ENT physicians) have used Botox successfully to treat both cosmetic and non-cosmetic conditions of the head and neck including:

Headache. Migraine sufferers know how debilitating chronic migraine headaches can be. Many well-conducted studies supported the use of Botox as treatment for migraine headaches which led to its FDA approval for migraine in 2013. Botox is injected into the muscles of the forehead, between the eyes, temple region, and neck and patients report significant reduction in severity and frequency of their migraine headaches.

TMJ. Temporomandibular joint disorder (TMJ) is a condition that causes pain and dysfunction in the jaw joint and the muscles that control jaw movement. TMJ affects over 10 million Americans and the pain can be excruciating. Injecting Botox into the muscles that move the jaw can significantly reduce this pain. It is thought that the mechanisms of action include

relief of tension by causing mild atrophy of the affected muscle, improved aerobic metabolism, and decompression of pain signals.

Hemifacial spasm. This condition causes recurrent involuntary spasmodic movements of the facial muscles. In randomized, controlled trials Botox has been shown to be an effective and safe treatment to diminish these involuntary muscle contractions.

Frey's syndrome. This is a condition in which the face flushes and begins to sweat when a person is eating. It typically occurs after surgery for the parotid (salivary) gland. Injecting Botox into the areas of excessive facial sweating can be helpful.

Spasmodic dysphonia. This is a voice disorder characterized by hoarseness and abnormal speech breaks. It is caused by inappropriate spasm of the vocal muscles, and can be improved with the injection of Botox.

The literature shows increasing numbers of studies focused on therapeutic roles for Botox in a wide range of conditions pertaining to Otolaryngology and head and neck surgery, as well as other areas of the body. It should be emphasized that Botox must be used only under a doctor's care. When used by a knowledgeable provider, the likelihood of spread to other areas of the body and the development of botulism are unlikely.

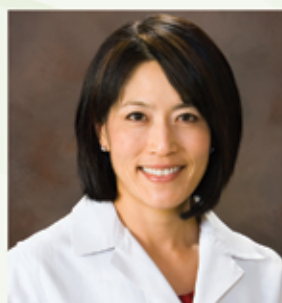
In the future it is likely that the spectrum of clinical uses and number of individuals receiving Botox will continue to rise for both medical and cosmetic conditions. It seems predictable that judicious and safe use of what was once known only as a potent toxin will continue to support its role as "the poison that heals."

Dr. Maya Kato is an Otolaryngologist and founder of The Ear Institute in Palm Desert. She can be reached at (760) 565.3900.

References available upon request

THE **EAR** INSTITUTE

Center for the Ear, Hearing & Balance



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

Do you or a loved one have:

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

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

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

Areas of expertise:

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

Call to make your appointment today.

THE **EAR** INSTITUTE

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

Tel: 760-565-3900 • www.theearinstitute.com

Hear well, Balance well, Be well.



Hyperbarics Show Promise for TBI

By Lauren Del Sarto

Every year in the United States, roughly two million individuals sustain traumatic brain injuries (TBI). Approximately 60,000 of these patients die, and the remainder proceed through life with various disabilities. Unfortunately, many of the brain-injured individuals, including a significant number of athletes and soldiers today, live a life of despair and decline in function.

TBI often occurs after a head injury because the brain starts to swell, pressing the brain tissue against its skull. Sadly, reckless behavior among young people and contact sports are responsible for a large portion of these incidents.

The use of hyperbaric oxygen therapy (HBOT) as part of rehabilitation protocol for TBI has been gaining recognition in recent years with results that include restoration of personality, individual uniqueness and the sense of self.

HBOT is an FDA- and AMA-approved medical treatment that involves administration of pure oxygen at greater than atmospheric pressure to a patient in order to improve or correct certain medical conditions in which tissues have been damaged by oxygen deprivation. Current FDA-approved HBOT indications include crush injury, gas gangrene, non-healing and diabetic wounds, arterial insufficiency, intracranial abscesses, necrotizing soft tissue infections, osteomyelitis, thermal burns and more. Other oxygen-deprived conditions for which HBOT has proven effective include birth injuries (such as cerebral palsy), autism, stroke and cardiac arrest.

With brain injuries, HBOT delivers oxygen-enriched blood to areas of the brain affected by the injury. These blood cells activate idling neurons, allowing them to take over the function of the dead cells aiding patients in regaining use of body parts which have become compromised by the injury such as speech, movement and memory. How a TBI patient responds depends on where the injury occurs in the brain and the extent of damage.

“During my high school, college and professional career, I probably had at least ten concussions of various degrees,” states a local retired professional football player who asked to remain anonymous. For the past three years he has participated in a study of former players who suffered concussions which includes HBOT as part of the treatment protocol. After each session, he is tested and his brain scanned. “With each test and scan, I can see the increase in brain activity.” He has seen many of his peers exhibit signs of brain weakening and feels that this treatment protocol has helped. “I feel strongly that HBOT has helped restore activity in my brain therefore slowing down the problems that many former players are experiencing.”

While studies on the effectiveness of hyperbaric medicine for TBI continue, many sufferers like medically retired Army sergeant Toby Yarbrough believe it has helped. Yarbrough started using HBOT five days a week and has seen changes that include eight hours of sleep each night, a decrease in seizures and improved concentration. After ten years of struggle, he is returning to college and leading an effort to encourage organizations such as the American Legion to sponsor other wounded veterans for hyperbaric oxygen therapy.

For more information on hyperbaric oxygen therapy contact Desert Hyperbaric Medicine at (760) 773.3899 or visit www.DesertHyperbaricMedicine.com.

Reference: 1) HamptonRoads.com; What's Inside:The Dive with Vicki Cronis-Nohe September 13, 2014

DOCTOR
RECOMMENDED
for post cosmetic
& reconstructive
surgery

Immerse Yourself in Healing

Hyperbaric Oxygen Therapy (HBOT)

is a medical treatment that delivers 100% oxygen within a pressurized chamber. Through HBOT, extra oxygen is carried to the compromised areas of the body and brain. The therapy promotes healing, boosts immune capabilities, and increases circulation of cells and re-vascularization.

Enhance your body's natural healing of:

- Diabetic wounds
- Osteomyelitis
- Radiation tissue damage
- Skin grafts and flaps
- Osteoradionecrosis
- Necrotizing soft tissue infections
- Post plastic and reconstructive surgery

- Gas gangrene
- Traumatic brain injury
- Multiple sclerosis
- Migraines
- Thermal burns
- Severe anemia
- Stroke
- ...and much more!

State-of-the-art Clinic • New Sechrist Hyperbaric Chambers
Exceptional Safety Record
Experienced Certified Hyperbarics Technologists
Physician and Nurse • Practitioner on Staff

STOP BY OUR BOOTH AT
CANADA FEST
Feb. 28 – March 1 • UCR Palm Desert

Medicare and many private insurance companies may cover the cost of treatment for certain medical conditions.

For more information or to schedule a visit of our facility
760-773-3899
36-923 Cook Street, Suite 102 • Palm Desert, CA 92211
www.DesertHyperbaricMedicine.com



Do You Have Fibromyalgia?



Desert Valley Research is Currently Conducting a Clinical Research Study to Determine the Effectiveness of an Investigational Drug for Fibromyalgia.

If you are 18 or older you may qualify as a Participant for this Clinical Research Trial. You will receive Clinical Research Study Related Doctor's Care and the Investigational Study Drug at No Cost to you. You may also receive Compensation for Time and Travel.

FOR MORE INFORMATION
DESERT VALLEY RESEARCH
760.464.0470

See our website at www.desertvalleyresearch.com

A Second Look at Pain

Changing your perception can aid recovery

By Luke Gentry, PT, DPT, OCS

Everyone experiences acute or short term pain during their life. 80% of the U.S. population experiences low- to mid-back pain while others experience persistent pain without relief.

Why do some patients with acute pain overcome their pain while other patients develop long-term, debilitating pain?

The answer lies in how the pain is perceived by the patient. Pain creates a fear and perception that changes the patient's movements, which in turn increases their pain intensity. Fear that is associated with pain is the driver that creates a feeling that the pain will last a prolonged period of time.

The degree of the injury does not always equal the degree of pain. Factors such as depression and anxiety can make pain worse. The physical therapist can help educate the patient through education and knowledge of the cause of the pain, as well as showing the patient how to move without pain, all while ruling out restrictive movements.

Patients who have persistent pain fear performing any movement that will aggravate symptoms. Avoiding movement in our lives in order to avoid pain starts a cycle where the patient avoids desired activities until they are

deconditioned and eventually disabled due to pain.

An example would be the fear of an unknown diagnosis such as degenerative disc disease which can create a mindset that the patient will never be able to improve from this diagnosis. This belief in the diagnosis may be more debilitating than the actual medical problem, even though other individuals might have positive findings on x-rays or MRI's for degenerative or herniated disc or bone spurs, yet don't incur any chronic pain.

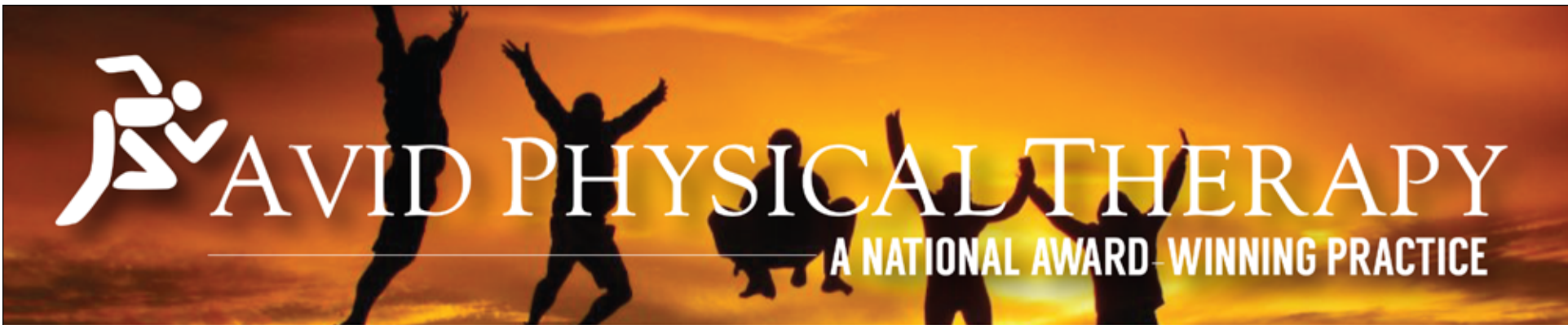


Fear of pain can hinder movement and recovery

A physical therapist can improve the patient's mobility, strength and endurance through proper movement, while identifying the symptoms and cause of the pain in order to assist in overcoming chronic pain. The physical therapist can educate the patient about the power of exercise at a time in their life when they fear it the most.

Once the pain and the fear associated with it has been understood and alleviated, recovery can take place.

Luke Gentry, Doctor of Physical Therapy, Orthopaedic Certified Specialist, is the Clinic Director for Avid Physical Therapy in Cathedral City. He can be contacted at (760) 202.0368 and at luke@avidphysicaltherapy.com



DID YOU KNOW?

- ALL DOCTORS
All Physical Therapists are Doctoral educated.
- BOARD CERTIFIED ORTHOPEDIC SPECIALISTS (OCS)
Several Physical Therapists are Board Certified Orthopedic Specialists.
- YOUR PHYSICAL THERAPIST
You receive 1-on-1 treatment & same PT every visit.
- EXCELLENT CUSTOMER SERVICE
Our team provides excellent, friendly & personable service.
- NO WAIT
There is no wait with prompt & convenient scheduling of appointments.
- FREE INSURANCE VERIFICATION
Free insurance verification & explanation of your benefits.

YOU HAVE A CHOICE. CHOOSE THE BEST.
CALL AVID PHYSICAL THERAPY!

NEW AQUATIC PHYSICAL THERAPY PROGRAM



LUKE GENTRY PT, DPT, OCS

Aquatic physical therapy can improve your cardio-pulmonary health while increasing circulation and reducing swelling. Increased buoyancy and hydrostatic pressure reduces weight bearing on your joints. Buoyancy provides support while reducing the fear of falling and increasing your activity level. Aquatic physical therapy promotes increased weight bearing through the joints and increases the bone density from resistance. This program is covered by Medicare and most commercial insurance.

VESTIBULAR SPECIALIST



DIANA HUFFMAN, DPT

Diana Huffman DPT is an advanced trained vestibular specialist. She specializes in vertigo, BBPV, dizziness, tinnitus, post concussion and mild Traumatic Brain Injury, Multiple Sclerosis, Parkinson's, Cervicogenic dizziness, migraines and headaches.

She has completed extensive training and is the only Doctor of Physical Therapy in the Coachella Valley with this advanced training.

INDIO

82013 Dr. Carreon Blvd. #I

760.347.6195

CATHEDRAL CITY

35-325 Date Palm Dr. #131

760.202.0368

LOMA LINDA

328 Commercial Rd. #108

909.494.6645



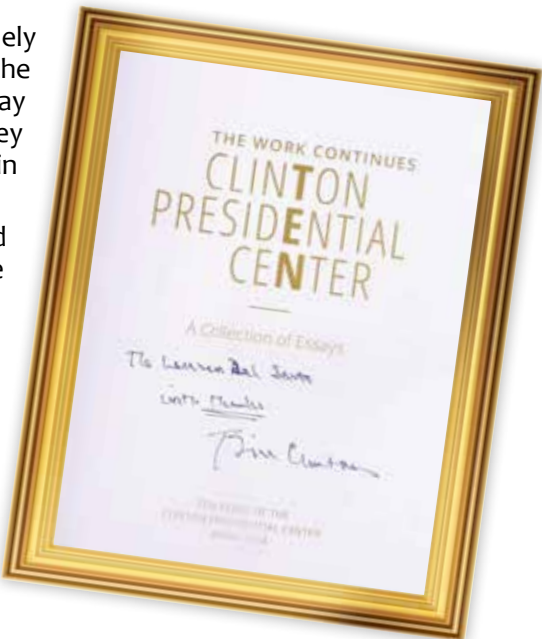
THANK YOU, MR. PRESIDENT!

By Lauren Del Sarto

Last October I was extremely honored to have been asked by the Clinton Foundation to write an essay on behalf of the Coachella Valley about President Clinton's impact in this region.

Worldwide essays were compiled in a book presented to the President in celebration of the 10th anniversary of the Clinton Presidential Center in Little Rock, Arkansas.

I was even more honored to receive a personal thank you from the President for this contribution, which follows. I can only hope that I represented our community well.



A Wave of Wellness Washes Over the Desert

Clinton Foundation propels health forward in the Coachella Valley

The Coachella Valley is often described as 'Heaven's waiting room' or 'martini mecca' by outsiders, but those in our natural health community have always considered it a place of healing.

Upon moving to the desert eight years ago, I was surprised to learn just how advanced the practice of natural modalities was locally, working in the shadow of a vast and well-respected medical community. Then I began to see where the two were converging and decided there needed to be a medium to promote their union, and the practice of 'whole person' care. *Desert Health*®, News from the Valley's Integrated Health Community was born and immediately embraced by the industry – including the valley's major hospitals which also saw wellness and integrated care as the medicine of tomorrow.

Desert Health® encourages readers to take their health into their own hands. We feature educational information by local practitioners from top medical and naturopathic doctors to yoga instructors and acupuncturists. But most importantly, we celebrate the individuals and organizations throughout the valley practicing and promoting positive health.

Two years into our venture, a similar effort of greater magnitude came to town: President Bill Clinton and the Clinton Health Matters Initiative (CHMI). They started at the top with government officials, educators and industry leaders and challenged the Coachella Valley to rise to the occasion as the first region to prove that systems can be instilled in a community to change the overall health of that population.

Meetings were held, a blueprint of action was created, and excitement grew. All of a sudden the conversation of health was propelled to the forefront in the Coachella Valley, and everyone was asking, "How can I get involved?"

There are only a handful of people in the world who could unite an entire community and instill the confidence that an effort of this magnitude - which aims to alter human behavior – is indeed possible. President Bill Clinton is one of them. The positive energy, worldwide respect and influences, and the long list of accomplishments demonstrate a human being who truly cares about making the world a better place for all. And that dedication – along with the never-ending determination to try - is contagious.

The Coachella Valley has risen to the challenge. In our coverage of the progress and accomplishments of the CHMI over the past two years, I have yet to hear "It can't be done." Our community embraced the effort creating unprecedented change and results that have surpassed even the Foundation's greatest expectations. "We are constantly in awe and inspired by the cohesion that you have around this work," stated CHMI CEO Rain Henderson. "You all have fabulous day jobs, and a lot that you are doing, and the amount of energy and investment you have committed to working with us on this initiative is truly special and unique."

With the help of the Foundation's Alliance for a Healthier Generation, all 80 of the valley's public schools have joined the effort. Cafeteria and vending machine foods have been improved; wellness committees of both students and staff have been formed; early morning running clubs and after school activities are taking place (being led by volunteer teachers and parents); and health fairs and school vegetable gardens are being incorporated. A few of our local schools were even honored nationally for their exceptional efforts.

Thanks to President Clinton's vision, wellness is everywhere in our community. The La Quinta Senior Center will soon re-open as the La Quinta Wellness Center, and the City of Palm Springs was recently awarded 5 gold medals in First Lady Michelle Obama's Let's Move! Initiative. Over the Halloween weekend, the second annual Run with Los Muertos 5K race will take place on Dia de Muertos in Coachella. Embracing the local culture, valley native Tizoc DeAztlan launched this event to encourage the area's large Hispanic population to not only celebrate those who have passed, but also to celebrate life. Last year, he saw many first-time

Continued on page 27




HARVEST HEALTH FOODS

ORGANIC FOODS & SUPPLEMENTS

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

CELEBRATING 46 YEARS!



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

Monday thru Saturday 9am-6pm • Sunday 10am-5pm

760.346.3215

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

www.harvesthealthfood.com

Ask about our new
Loyalty Card Program!

Featuring
Luscious Lorraine's Deli and Juice Bar!
Monday thru Saturday 9am-4pm
Closed Sunday. (Store is open 10am-5pm)





THE KILOBY CENTER for recovery

A NON-12 STEP RECOVERY CENTER
USING A CUTTING-EDGE MINDFULNESS APPROACH

Revolutionizing
the Treatment of
Addiction,
Anxiety, and
Depression.

Located in
Rancho Mirage,
California



INSURANCE ACCEPTED • INDIVIDUAL & GROUP SESSIONS • DAY FACILITY •

WWW.KILOBYCENTER.COM

442-666-8526

INFO@KILOBYCENTER.COM

New Year's Resolutions Overcoming addictive behaviors

By Scott Kiloby

Every year, millions of people make New Year's resolutions, and many of them involve trying to break addictions. But according to statisticbrain.com, only 8 percent of those who make New Year's resolutions are successful. 8 percent! From stopping smoking to quitting drinking to cutting out sweets or foods that are high in fat, Americans love the idea of a fresh start on January 1st.

This begs the question: why aren't we good at keeping these promises to ourselves?

Science may have the answer. When we are addicted, the midbrain (where addiction resides) becomes more powerful than the prefrontal cortex (where we make rational decisions like New Year's Resolutions). According to addiction specialist Dr. Gary Lange, Ph.D., LMFT, when the addictive craving arises, our prior commitment to stop an addictive behavior is invisible to us.

Does this mean that most of us are destined to fail at our New Year's resolutions? The answer depends on how we look at quitting. When we use willpower or make a rational decision to stop a behavior, we are engaging only the prefrontal cortex part of the brain. But it's the midbrain that is mostly responsible for addictive cravings. So it stands to reason that in order to beat that addiction, we need to be focused on methods that target the midbrain.

Thankfully, new approaches in addiction treatment are offering hope. As scientists are discovering the vital role the midbrain plays in addiction, they are working towards developing new medications that target that area of the brain. No such drugs have been developed, but the research is well on its way.

But fighting addiction with drugs is only one solution. Mindfulness is emerging as a new and effective way to target the midbrain. Through mindfulness, people don't try to think themselves out of addiction. Instead, they simply witness thoughts come and go in a non-judgmental way. They actually witness the midbrain in action without having to indulge in its every whim. This provides the opportunity to let go of addictive cravings as soon as they arise, and a better chance at keeping that resolution in the New Year.

Scott Kiloby is an author and international speaker on the subject of mindfulness. He founded the Kiloby Center for Recovery in Rancho Mirage which is the first exclusively mindfulness-based addiction, anxiety and depression treatment center in the United States. For more information visit KilobyCenter.com. (442) 666.8526.

Diabetes and Traditional Chinese Medicine

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

An estimated 25.8 million men, women and children in the United States have diabetes, a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

Untreated diabetes affects the whole body and can lead to other medical problems, including heart disease, kidney failure, blindness, peripheral neuropathy, digestive disorders and periodontal disease. Many remain unaware that they live with diabetes, but often there will be warning signs that help to make an early diagnosis. Pay attention if two or more of them apply to you.

Perhaps most noticeable are increased thirst and increased frequency of urination. The kidneys go into high gear to rid the body of extra glucose in the blood, and the increased urination leads to thirst to replenish lost fluids. Type II diabetics are often overweight, and rapid weight loss - 10 or 20 pounds over a couple of months - can be an alarming sign that the body's ability to utilize glucose is compromised. Since diabetics often go through wide swings in glucose levels, low blood sugar can also lead to excessive hunger pangs.

The poor circulation resulting from diabetes can also result in excessively dry or itchy skin. Slow healing of cuts and bruises is another classic sign of diabetes, as are susceptibility for fungal and yeast infections. Alarming symptoms include blurred vision, and tingling or numbness in hands and feet, which if left untreated can lead to a permanent condition called neuropathy.

According to Traditional Chinese Medicine (TCM), Yin deficiency is the underlying cause of the disease, characterized by dryness, heat and dampness. An imbalance of the flow of Qi within the meridians and organ systems produce heat that depletes Qi and the body's fluids, hence the dryness. This brings about the symptoms, while dampness is reflected in the increased blood glucose.

TCM has been used to treat diabetes for over 2000 years. The holistic approach TCM provides can be specifically tailored to the needs of each individual to provide both symptomatic relief and treatment of the underlying condition, allowing the body to return to its normal healthy functioning state.

In addition to acupuncture, a variety of techniques may be used during treatment, most notably herbal formulations. When prescribed correctly, Chinese herbs lower blood glucose levels, manage common signs and symptoms, and treat complications. Chinese herbs are very effective in treating patients with Type II diabetes and patients generally respond to herbal treatment within three-to-four weeks, with significant reduction in blood glucose levels and little fluctuation throughout the day.

In order to manage diabetes, create a support team of health care professionals. Your TCM practitioner will focus on regulating the circulation of blood and Qi, and balancing the organ systems to improve pancreatic function, as well as addressing internal heat and the depletion of fluids associated with this disease. It is also essential for people with diabetes to make the right lifestyle choices in diet, exercise and other health habits.

Diane Sheppard is owner of AcQpoint Wellness Center in La Quinta. She is a licensed acupuncturist with a Ph.D. in Oriental Medicine and can be reached at (760) 775.7900. www.AcQPoint.com.



AcQPOINT

ACUPUNCTURE & WELLNESS CENTER

Get relief from pain and stress now!

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



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

Call today
to experience
the ThermoJade!



WHERE ANCIENT WISDOM MEETS MODERN TECHNOLOGY

760.775.7900

79-825 Highway 111, Ste. 101, La Quinta
Located near Costco

www.acqpoint.com



Treating Anxiety with Nutrition

By Shannon Sinsheimer, ND

Feeling anxious or having episodes of anxiety can be very overwhelming and debilitating; yet struggling with daily anxiety is a common issue for many people.

Fortunately, there are many simple, natural approaches to reducing anxiety. One of the simplest – and a necessary fundamental treatment - is a healthy diet as dietary choices can either contribute to, or alleviate, anxiety.

Studies have shown that a consistent protein and plant-based diet can diminish anxiety episodes over time. Maintaining an even level of blood sugar throughout the day is also a primary dietary method to control anxiety. Eating regular, whole food-based protein-rich meals provides the body with a steady level of fuel to burn evenly and continually.

The consistent intake of high quality food regulates an even ebb and flow of blood sugar levels which decreases the severity and frequency of anxiety episodes. Therefore, eating a snack or meal every three hours alleviates any large dips in blood sugar (low levels or dips in blood sugar can be a trigger for anxiety).

In addition to regular and consistent food intake, meals and snacks should contain protein, good fat, and be nutrient-dense to nourish the body and keep blood sugar levels from spiking too high. An apple with 2 tbsp. of almond butter is an excellent example.

Eating breakfast daily with some type of protein and preferably vegetables, having a snack before and after lunch, a lunch rich in vegetables, a small portion of whole grains or whole food carbohydrates with protein, and a lighter dinner of protein and vegetables is the perfect combination for eating to control anxiety. Hydrating regularly throughout the day to prevent dehydration-related irritability and mood shifts, and limiting processed, quick, simple carbohydrates also help to reduce anxiety.

There are also certain foods that are particularly beneficial to control anxiety. Turkey, pumpkin seeds, sunflower seeds, walnuts, almonds, split peas, and black beans all contain high levels of the amino acid L-Tryptophan which is known to have calming and sedative properties for the mind and body. Nourishing your body with L-Tryptophan can help control anxiety.

Foods abundant in essential fatty acids such as salmon, low-mercury tuna, lake trout, ground flax seed, and chia seed can help enhance the body's level of good fats which help control mood, depression, and anxiety.

B vitamins are known to enhance energy while stabilizing the nervous system. Foods rich in B vitamins include beef, chicken, green leafy vegetables, legumes, oranges and other citrus fruits, nuts, and eggs.

Eating a diet rich in healthy fats, low-mercury fish, fresh fruits and vegetables, plant-based proteins such as seeds and nuts, provides the essential nutrients that contribute to stabilizing mood, energy, and overall physical well-being. Eating well for mood regulation can help you feel good throughout the entire day.

There are also foods that can contribute to anxiety such as caffeine, sugar, white flour, processed and packaged foods, and alcohol. Caffeine in small quantities can be tolerable to some, but many individuals with anxiety are affected by any amount of caffeine which overstimulates the nervous system and causes irregular blood sugar. Eliminating caffeine can help reduce anxiety episodes.

Sugar consumption is a major trigger for anxiety. Eating sugary products and processed and packaged foods spikes blood sugar too rapidly which then causes it to drop too quickly. This rapid rise and fall is an extremely common cause of anxiety. The yo-yo effect on blood sugar also contributes to more sugar and caffeine cravings to create a false sense of energy. This cycle of eating becomes regular with anxiety which creates, and then fosters, an ongoing anxiety issue.

Alcohol, even in small quantities, can have short term effects in anxiety reduction but increases anxiety episodes in the long term. Alcohol also negatively affects blood sugar regulation and contributes to sugar and simple carbohydrate food cravings. Avoiding simple, processed, sugary, caffeinated products and limiting alcohol can help to control the severity and frequency of anxiety episodes.

Dietary regulation is just one type of natural treatment for anxiety; however, it is a fundamental necessity to address for success with any other type of natural treatment or medication. Without a proper nutritional diet, some of the underlying causes of anxiety will not be entirely addressed.

Dr. Sinsheimer is Optimal Health Center's naturopathic doctor and can be reached at (760) 568.2598.



TRUE Licious

THE ORIGINAL
RAW SUPERFOOD BAR


Available at Whole Foods,
Clark's Nutrition, and other fine
Southern California locations

BE TRUE



Vegan Gluten FREE Organic


WWW.TRUELICIOUS.COM



OPTIMAL HEALTH CENTER

Treating the Root Cause of Your Health Concerns

- Prevention and Wellness Focus
- Integrative Treatments for Chronic Disease
- Natural Approach to Women's Health & Whole Family Care
- IV and Vitamin-Mineral Injection Services
- Bio-identical Hormone Therapy
- Natural Medicinary – Vitamins and Supplements



SHANNON SINSHEIMER, ND

State Licensed Naturopathic Doctor

FREE 5 MINUTE
INTRODUCTORY VISIT

(760) 568-2598

74040 El Paseo, Suite D
Palm Desert

www.drainsheimer.com



Healthy results. Twice the savings.

\$49⁹⁹

INTRODUCTORY
1-hour massage session*

\$59⁹⁹

INTRODUCTORY
1-hour Murad® Healthy
Skin facial session*

Schedule today for your introductory offer.

Massage Envy SPA

MassageEnvy.com · Convenient Hours · Franchises Available
Open 7 Days: M-F 8am-10pm, Sat 8am-6pm, Sun 10am-6pm

(760) 904-0123

LA QUINTA

79-485 Hwy 111
Hwy 111 & Dune Palms

PALM SPRINGS

5200 E. Ramon Rd.
Gene Autry & Ramon
In front of Home Depot

PALM DESERT

73-111 Country Club Drive
Country Club & Monterey
Next to Bristol Farms



*See clinic for details. Rates and services may vary by location and session. Not all Massage Envy Spa locations offer facial and other services. For a specific list of services available, check with the specific location or see MassageEnvy.com. Additional local taxes and fees may apply. Each location is independently owned and operated. ©2014 Massage Envy Franchising, LLC.



Natural Medicine Group

Personalized Natural Health Care & Pain Relief

Food Allergy Testing

Chiropractic Care

Chinese Medicine

Applied Kinesiology

**Nutritional Treatment for
Diabetes, High Cholesterol
& Hormone Imbalance**

**Specializing in Difficult & Chronic
Health Problems**

**Saliva & Blood Testing for
Hormone Imbalances**

Spinal Decompression Therapy



Dr. John R. Dixon
Doctor of Chiropractic
Certified Clinical Nutritionist
Diplomate in Acupuncture

**The Natural Medicine Group headed by
Dr. John R. Dixon has 35 years of
experience combining many different
disciplines to achieve an integrated
formula for wellness.**

**We accept most major private
insurance plans.**

Call today to schedule your appointment.

760.345.7300

Please visit us in our new location:
77-570 Springfield Lane, Suite E, Palm Desert

Monday - Friday, 8:00 a.m. - 5:00 p.m.

www.NaturalMedicineGroup.com

Mitochondrial Inflammation and Cancer *Dr. Seyfried's theory on prevention through nutrition*

By John R. Dixon, DC, CCN, Dipl.Ac

Dr. Thomas Seyfried teaches neurogenetics and neurochemistry at Yale University. He is also a pioneering researcher in promoting how to treat cancer nutritionally. His book, *Cancer as a Metabolic Disease: On the Origin, Management and Prevention of Cancer*, contains over 400 pages and 1,740 medical references that make a compelling argument for the following:

- 1) Cancer is not primarily related to genetic mutations;
- 2) Cancer results from damage to mitochondria and is a metabolic disease;
- 3) Cancer cell growth can be greatly marginalized with a ketogenic diet.

According to Dr. Seyfried, although cancer cells can have numerous mutations, it doesn't necessarily mean that these mutations cause cancer. He states that cancer cells within the same tumor can have different mutation patterns. Additionally, mutated genes thought to be strongly associated with cancer (oncogenes) sometimes promote tumor growth, but at other times inhibit tumor growth, or may be capable of both. If you transplant mutated cancer cell DNA into a healthy cell, the cell almost never becomes cancerous. Dr. Seyfried's opinion is that this essentially nullifies the mutation theory.

Seyfried states that the mitochondria, the main power generators of your cells, are the central origin of most cancers. They can be damaged by environmental factors such as toxins, radiation, and oxidative stress resulting from free radical formation. Free radicals are molecular species with an unpaired electron that can damage your DNA, proteins and other cellular components - including your mitochondria - resulting in inflammation and impaired function. It is the mitochondrial inflammation that may be the true cause of cancer.

Building on the 1931 Nobel Prize winning discovery that malignant tumors tend to feed on sugar, Dr. Seyfried believes that sugar is the primary fuel for cancer. He adds that restricting sugar while providing an alternate fuel (namely fat) can dramatically reduce the rate of cancer growth and recommends a low carb, low to moderate protein diet which will effectively lower your blood sugar. This type of diet, frequently referred to as a ketogenic diet, will help elevate ketone bodies which are released from the liver in the absence of glucose and used by the body as an energy source.

As tumor cells cannot use ketone bodies due to respiratory insufficiency, the ketogenic diet represents an effective, non-toxic way to target and marginalize tumor cell growth. When ketones are burned for energy instead of glucose, fewer reactive oxygen species are generated. These are the free radicals that cause the oxidative damage that has been associated with numerous chronic diseases.

This means that shifting your body from carbohydrate burning to fat burning will reduce potential oxidative damage to your mitochondria and minimize the chances of developing cancer.

Not all cancer specialists agree with Dr. Seyfried's theory on the cause of cancer. Some strongly disagree including Dr. Nicholas Gonzalez, who is well known in cancer treatment circles for results he is obtaining using a non-toxic protocol that incorporates nutritional elements of the Gerson principle, Dr. William Donald Kelly's protocol, and pancreatic enzymes. I will detail these protocols in my next article.

Dr. John Dixon can be reached at the Natural Medicine Group (760) 345.7300.

Sources: 1) Cancer as a Metabolic Disease: On the Origin, Management and Prevention of Cancer, Seyfried, 2012; 2) Dietary Modulation of Cell Signaling Pathways, Cadenas et.al. 2009

Achieving Your 2015 Resolutions

By Susan Murphy, Ph.D., MBA

Will you be one of the few who keep your New Year's resolutions this year? In America, 100 million people make resolutions, while only 10% keep them. Most abandon them after the first week. Have you noticed that gyms are jammed the first few weeks of January and empty by the end of February?

A "resolution" is a firm decision to do or not to do something. Take deliberate steps NOW for success in 2015.

Decide what YOU really want. Be clear on what you want and why you want it. The why is important because if you don't have a good reason for achieving the goal, you can easily get off-track. Choose goals in 3 major areas of your life: Health, Relationships, and Finances.

Limit your goals. Start small and easy, especially if you have not been successful in reaching your goals in the past. Consider starting with something you already do occasionally but want to do daily. Your self-confidence will grow as you reach it and this will help prepare you to work on future goals. One client's 2015 resolution is to develop a closer relationship with his young daughter, so his goal is to take his daughter for pancakes the first Saturday of every month.

Spread out your goals. Start working on one in January, then calendar the start date for the next one, i.e., June 15. It takes 21 days to form a habit.

Write down your goals and make them "SMART." SMART is the acronym for Specific, Measurable, Achievable, Results-oriented and Time-bound. "Cholesterol will be less than 180 by May 1." "E-Book will be published by August 15." "Family cruise will be enjoyed by November 30." The date of completion is critical because otherwise your destination becomes "Someday Isle," which translates into merely wishful thinking. "Someday I'll do this" and "Someday I'll do that."

Post your goals in visible sites around your home. My family posts 3 sets of goals: My Goals, My Husband's Goals, & Team Goals.

Visualize yourself achieving your goal. The Law of Attraction says that when you focus on something, it will manifest. Have you ever noticed that if you are thinking about buying a red sports car that you see lots of them?

Identify someone to hold you accountable, help you deal with obstacles and celebrate success. You will be 33% more likely to be successful when someone collaborates with you on your progress on a regular basis.

Find your sense of humor! Be willing to laugh at yourself and forgive yourself so you will get back on track when you fall off-course.

Reward yourself! When you achieve your resolution, celebrate with a new golf putter, a massage or a concert.

Happy New Year and much success in keeping your resolutions!

Dr. Susan Murphy is a best-selling author, coach and speaker who specializes in relationships, conflict, leadership and goal-achievement. Dr. Murphy can be reached at Dr.Murphy@LiveWellClinic.org (760) 674.1615.



The Benefits of Thai Massage

By Margaret Hines

If you've been receiving regular massage or body work then you already understand the benefit of taking care of your muscular and skeletal pains with therapeutic bodywork. Most people choose a Swedish, deep tissue or sports massage for these purposes. Thai massage is an often overlooked or misunderstood treatment that provides unique and profound benefits.

Thai massage is said to be over 2000 years old and is sometimes referred to as 'the lazy person's yoga.' In Thai massage, the therapist will use a series of carefully choreographed stretches, acupressure and reflexology points and exercise movement to activate the body's meridian system, relieve muscle tension and restore well-being. In Chinese medicine, the body's meridian

system is a network of lines and channels that link the body together. When the system is in its optimal state the Qi – or energy - is said to be balanced. Thai massage, along with Shiatsu and other modalities, is designed to move the Qi and restore balance and energy to every part of the body.

A good Thai massage therapist will "read the body" and focus efforts on moving Qi, soothing areas of tightness, releasing muscles and bringing the client into a more relaxed state.



Thai massage provides unique and profound benefits

Thai massage is a wonderful treatment for individuals who do not wish to disrobe for a massage as it can be completed in loose and/or athletic clothing. Traditional practice is done on the floor on a thick square mat, but a good therapist will modify treatment for clients who prefer to be on a massage table.

Because of its efficacy, the stretches and movements in Thai massage are the foundation for many new stretching-related treatments now popular with athletic trainers and body workers. Fascia stretching, myofascial release, sports massage and Shiatsu are each, to

some degree, similar to the work done in Thai massage.

Not only is Thai massage a great way to ease your way into massage, it can be a great supplemental therapy for a person who receives regular massage treatments.

Whether you are a massage enthusiast or new to the modality, once you receive a high-quality Thai massage from an experienced therapist, you will appreciate the power of this ancient healing art.

Somatherapy Institute offers classes that teach Thai massage to experienced therapist and athletic trainers. Their student clinic occasionally offers specialty Thai massage clinics to give the students relevant practice and refine their skills. For more information contact (760) 321.9214 or visit Somatherapy.com.

BECOME A MASSAGE THERAPIST
A Rewarding Career at all Stages of Life

SOMATHERAPY
INSTITUTE School of Massage

Massage Therapy State Certification Programs
OPEN ENROLLMENT
Call today and get certified for next season!

SOMATHERAPY INSTITUTE SCHOOL OF MASSAGE - RANCHO MIRAGE
760.321.9214 • www.somatherapy.com
Visit our Student Clinic \$40 Massage for 1.5 hours.

靈 Tranquil
氣 Reiki

Transformational
Energy Healing

Reiki is an ancient Japanese healing energy technique. The word Reiki means Universal Life Force.

For a Tranquil Reiki healing experience contact Reiki Masters Red or Awen in Palm Springs.

In person or distant healing for yourself or your pet.

www.tranquilreiki.com
info@tranquilreiki.com
(713) 591-4932

New clients receive \$10 off their first visit and a free crystal!

Whole Body Cryotherapy for Athletic Performance

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

Everyone knows that icing injuries can be very beneficial. Fortunately, technology has advanced and the days of submerging into a tub full of chilling ice water have given way a simpler, more comfortable and more effective method, nitrogen driven whole body cryotherapy (Cryo).

Medical doctors initially praised the benefits of Cryo on arthritis and inflammatory conditions, but soon thereafter the athletic community heard about it and its use spread. Over the past few years, more recreational and professional athletes are electing to freeze themselves for a faster recovery. Favorite sports teams like the Dallas Cowboys, Los Angeles Lakers, Los Angeles Clippers and Dallas Mavericks are using the device to help their athletes recover quicker from sore muscles, tendons and ligaments. A growing number of elite soccer players, rugby teams, professional cyclists, and track and field athletes from the USA and Europe are turning to this therapy as well.

In previous articles (available at DesertHealthNews.com), I have discussed how Cryo works. In review, you step into a chamber wearing shorts, gloves and socks. Nitrogen is released into the chamber for 2-3 minutes while you are moving around to keep your blood circulating. Temperatures can drop to negative 170 degrees Fahrenheit and skin temperature will drop by an average of 30 degrees. Your head remains outside of the chamber.

Why use whole body cryotherapy in sport? When someone bangs their head, what is the first thing they do? They grab ice or frozen peas and place it on their wound. This is basically the concept behind cryotherapy and applies to the vast bumps, bruises and muscular issues caused by the intensity of sporting events. The Welsh rugby team began using cryotherapy before the 2011 Rugby World Cup and found that players were able to practice harder and longer, felt more refreshed, and took less time off between sessions.

How does it benefit athletes? One of the numerous scientific studies on cryo which focused on cross country runners reported, "A unique session of whole body cryotherapy performed immediately after exercise enhanced muscular recovery by restricting the inflammatory process."¹

Another study by the University of Alicante published in *The Journal of Human Sport and Exercise* found that, "post exercise cryotherapy resulted in greater preservation of isometric strength endurance when compared to the control condition."² A third controlled study looked at recovery between two groups. Results found that the group receiving cryotherapy had significant improvements in all areas compared to the group that did not receive the cold therapy.³

There are many skeptics who say that there is not enough research or evidence to back the claims that whole body cryotherapy helps athletic performance or recovery. Some say that it's just a fancier, more expensive way to use ice. As there is no regulating body in the US or Europe to quantify its use, it is impossible to say with any precision how many athletes currently use the treatment.

What is clear is that the numbers are rapidly growing.

Michael Butler is co-owner of Kinetix Health and Performance Center and can be reached at (760) 200.1719 or michael@kinetixcenter.com.

References: 1) Lombardi, G; Columbini, A; Melegati, G; Whole Body Cryotherapy In Athletes; Sports med, 2010, June 1: 40(6):509-17; 2) Josephson, E; Morgan, M; Solander B; Cryotherapy and its effect on athletes; Journal of Medicine 2011, Aug 2: 39 (8) 454-460; 3) Killan, M; Horowitz N; Nathan H; Whole body cryotherapy; Health Today; Jan 2013; 45-51.

KINETIX
CryoTherapy
HEALTH • PERFORMANCE • BEAUTY

Whole Body CryTherapy is the exposure to extreme cold for 2-3 minutes which triggers a systemic anti-inflammatory healing response. It is a powerful treatment for arthritis, injuries, fibromyalgia and insomnia.

CryoTherapy also accelerates the production of collagen to improve skin elasticity and texture, reverse skin aging, and reduce the appearance of cellulite.

Come try CryoTherapy!

Chill for The THRILL...

of FEELING your BEST
of PERFORMING your BEST
of LOOKING your BEST

Kinetix Performance Center
760.200.1719
77804 Wildcat Dr., Palm Desert, CA 92211
www.kinetixcenter.com

Chill Pass
\$40 Session (reg. \$75)





FOOTLOOSE
REFLEXOLOGY MASSAGE

Buy 3
(at reg. price)
and receive
4th FREE!

Luxury
& Relief you can afford

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

1 Hour Full Body Reflexology Treatment Includes:
Head & Face • Back & Legs
Neck & Shoulders • Arms & Hands
Herbal Foot Soak and of course **FEET!** **\$50**
\$10 OFF Compliments of Desert Health®

New Specialized Treatments For
Headache, back pain, sciatica, arthritis relief, acupressure, stress reduction, tired muscles and relief chair massage

RANCHO MIRAGE
760-770-6700
72877 Dinah Shore Dr., Ste. #104
Entrance on Shopper's Lane & Market Place Way

LA QUINTA
760-863-0900
79-630 Hwy 111, Ste. 101
Across from Costco Center

10a – 8p • 7 days/week • Will accept local competitors' coupons

Living Wellness

with Jennifer DiFrancesco



Setting an Intention for the New Year

It's the start of 2015 and by now many of us have set resolutions. 45% of the population makes a New Year's resolution and approximately 8% sticks to the intention.

The most common reason for this is related to the busy time during the week between Christmas and New Year. During this time, an idea crosses our mind about what we would like to do for ourselves. Some of us take time to review the past year (successes and opportunities for improvement) and then look forward to what we would like to change in the next year.

Since 21% of total resolutions are related to health, weight loss and exercise, after the confetti has fallen, one should focus on health-related resolutions with deeper intent. In order to instill personal accountability, the following guidelines can help create a personal wellness initiative that will surely produce results:

- For six weeks, commit to a diary and write down all meals, snack and beverages daily. Studies show that the mere act of writing these items down equates to healthier choices. In addition, it becomes clear what our habits are when we can look back at journal entries.
- Use the same journal to also note what exercise was expended each day. Try to be as specific as possible with statistics such as duration, miles and elevations for certain sports. It is a positive motivator when we start to see the consistencies of exercise, and equally startling when we see missing gaps in this essential part of wellness.
- Start this New Year by reading a book focused on health. My choice this year is *The Blue Zones* by Dan Buettner. This book highlights the unique communities in the world where people are living the longest and explains why. Tangible lessons are related as to how one can learn from this. Finding an engaging book focused on health is just another way to follow through on health-related resolutions.
- An overriding lesson from *The Blue Zones* is that people who live in close communities with strong support thrive. Create a community for the New Year to help support your goals. Find a healthy life coach at the gym, country club, or city activity center. Surrounding yourself with others who motivate you in your self-improvement resolutions will ensure greater success.

Studies suggest that 25% of our vitality and length of life is dictated by genes. The other 75% is determined by lifestyle choices, and pivotal times when we set intentions and stick to them. By taking a few more steps to ensure a healthy New Year's resolution, one will have lasting results that can optimize lifestyle and maximize life expectancy. Setting healthy goals and meeting them is the most serious intention for the New Year and can add years to your life!

Meditation: A Widely Studied Phenomenon Today

By Dennis Rowe

Not that long ago, the word "meditation" conjured up images of ascetics dwelling austere in Himalayan caves. Today, just about every town in America has a yoga studio which typically offers some form of meditation practice. Until recently, however, no one really knew if meditation could offer consistent, practical benefits, or if it was merely an Eastern version of the sugar pill. It took modern science to lift the veil on meditation.

One of the most fascinating insights into the practice of meditation comes from the study of brainwaves recorded by electroencephalographic measurement (EEG). It turns out that different types of meditation produce different brain wave patterns during practice:

- Meditations that involve focused attention (e.g., Zen, Qigong, Diamond Way Buddhism, Vipassana) produce Gamma EEG patterns, which come about when the brain is working hard.
- Meditations in the category of "open monitoring" (e.g., mindfulness, Za Zen, Kriya Yoga) produce Theta 2 EEG patterns, found whenever your attention is turned within and you are following mental processes.
- A third style of EEG pattern, Alpha 1, indicative of restful alertness, is produced by meditations in the category of "automatic self-transcending" where the mind goes beyond the thinking process to experience being, as in Transcendental Meditation® (TM®) practice.

What effect do these different styles of brainwaves have on our brain functioning? Focused attention and open monitoring meditations are found to be helpful in consciously constructing mental tools to help cope with life. Automatic self-transcending changes our mental state so we see the world differently.

How does modifying our brain waves change our brain and the experience of our mind during the day? A recent Harvard study involving an eight-week mindfulness

meditation program showed measurable changes in brain regions associated with memory, sense of self, empathy, and stress.¹ A 2012 review of 163 studies, published by the American Psychological Association concluded that the TM® technique had relatively strong effects in reducing anxiety, negative emotions, trait anxiety and neuroticism, while aiding learning, memory and self-realization. Mindfulness meditation had relatively strong effects in reducing negative personality traits and stress, and in improving attention and mindfulness.²

Are physical benefits of meditation also proven? Researchers have also discovered positive, measurable changes in physical health from meditation practice. A five-year randomized controlled study on patients with established coronary heart disease reported a 48% reduction in death, heart attack, and stroke in subjects in the TM® group, compared to controls.³ An American Heart Association scientific statement in 2013 concluded that TM® meditation practice has been shown to lower blood pressure and recommends that TM® be considered in clinical practice for the prevention and treatment of hypertension.⁴

These few examples of meditation research shed light on the differences between meditation practices, and suggest in general that meditation practice may be helpful in reducing stress and improving health.

Dennis Rowe is the director of the Palm Springs center for Transcendental Meditation® and can be reached at (760) 537-1006.

References: 1) Study will be published in the Jan. 30, 2015 issue of Psychiatry Research: Neuroimaging; 2) Sedlmeier, Peter; Eberth, Julianne; Schwarz, Marcus; Zimmermann, Doreen; Haug, Frederik; Jaeger, Sonia; Kunze, Sonja Psychological Bulletin, Vol 138(6), Nov 2012, 1139-1171; 3) Stress Reduction in the Secondary Prevention of Cardiovascular Disease: Randomized, Controlled Trial of Transcendental Meditation and Health Education in Blacks. Robert H. Schneider, Clarence E. Grim, et al. Circulation: Cardiovascular Quality and Outcomes. 2012; 5:750-758, published online before print November 13 2012, doi:10.1161/CIRCOUTCOMES.112.967406. 4) Brook R.D. et al., Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure. A Scientific Statement from the American Heart Association. Hypertension, 61:00, 2013.



Transcendental Meditation®

Simple • Natural • Effortless

A proven method for relieving stress and preventing disease without harmful side effects...and doctor recommended.

Attend our free introductory talk to learn more about how the TM® technique can bring you greater success, happiness and health.

PALM SPRINGS
Wednesdays at 5:00 pm
January 7 & 21 • February 4 & 18 • March 4
Thursdays at 2:00 pm
January 15 & 29 • February 12 & 26 • March 12
Transcendental Meditation Center
121 S. Palm Canyon Dr., Suite 225, Palm Springs
(Corner of Tahquitz Canyon Way, above Starbucks)

PALM DESERT
Fri., Jan 9, 12:00 pm • Thurs. Jan. 22, 5:30 pm
Mon. Feb 9, 12:30 pm • Wed. Feb 18, 5:30 pm
Palm Desert Library, 73-300 Fred Waring Dr.

Other times available by appointment. To RSVP or for more information, please call (760) 537-1006
www.tm.org • email: palmssprings@tm.org

facebook.com/PalmSpringsMeditation

©2013 Maharishi Foundation USA, a non-profit educational organization. All rights reserved. Transcendental Meditation® and TM® are protected trademarks and are used in the U.S. under license or with permission.



Health is a Choice – Desert Health® Wellness Awards Nominees

Continued from page 5

INDIVIDUAL (Continued)**Glenn Smith**

Fitness Director, Sun City Palm Desert; Personal Trainer

Glenn's passion and unique approach to wellness encompasses overall health, wellbeing and quality of life. He develops programs and support groups for every disability, handicap and health concern presented by clients while instilling confidence to continue healthy habits and a drive to change that generates lasting results.

"In life, I have used obstacles as stepping stones rather than pitfalls. Now I give myself to helping others become overcomers."

**Joel Rodriguez** Preschool Teacher/Instructional Assistant, Martha's Village & Kitchen

Joel was an obese child, but in adulthood changed his life by making health a priority. He now uses his personal journey combined with a degree in early childhood education to motivate kids to adopt healthy habits. His passion and dedication garner respect from colleagues and results with kids.

"Setting an example is key. I feel it helps others learn and gain the strength to follow."

**Steven Gundry, MD, FACS, FACC**
Surgeon, Researcher, Author

Dr. Gundry is a renowned cardiac surgeon who was dissatisfied with repairing the damage of chronic disease. Devoting his efforts to disease reversal, he has helped thousands restore health through nutrition and prevention as the founder of The Center for Restorative Medicine, author of Dr. Gundry's Diet Evolution, and international speaker.

"My mission is to prevent and reverse the chronic diseases of 'aging' with diet and nutraceutical interventions using surgery for heart and vascular disease as a last resort."

**Scott Kiloby**

Founder, Kiloby Center for Recovery; Author, Speaker

Scott has helped thousands with recovery from addiction, depression and anxiety through his cutting-edge program using mindfulness to release thoughts, emotions and sensations that can lead to these conditions. His work has been worldwide since 2007 and locally with the opening of the Kiloby Center in Rancho Mirage in 2014.

"My passion is helping others learn and experience the same freedom from addiction and peace that I have found through mindfulness."

Continued on page 17

Achieving Vibrancy Through Proactive Health

By Darren Clair, MD

Being "well" to some doctors and being "well" to patients is not always the same thing. Doctors often focus on relieving suffering from illness, while patients just want to feel like they did when they were 25. They want their vitality back.

Being well shouldn't simply be about having less symptoms. A natural state of physical, emotional and spiritual vibrancy should be the goal of those who want to achieve a true sense of wellness.

In basketball, you don't want to just hit the rim, you want to make the shot. To me, wellness is only hitting the rim; vibrance is making the shot more often than not, and THAT is where you want to be - at your very best most (if not all) of the time.

We are all born as natural superstars, but unfortunately many factors such as stress, poor training habits, and often factors that we are not trained to recognize result in less than maximum performance. So, we take lots of shots and settle for hitting the rim. Many times we even forget that making the basket is the goal!

Following are a few priorities I emphasize with my patients to help them achieve top performance in their daily lives. It is important to realize the immensely powerful, innate health-restoring systems nature has provided all of us.

Step 1: Maintaining a healthy weight. This is the leading barrier for many in regaining their vitality; however, it can be accomplished more easily than many believe possible through good nutritional choices and naturally re-establishing optimal hormone levels, which is essential for personal vibrancy.

Step 2: Balancing hormones. The decline in our hormones (estrogens, progesterone and testosterone) largely contributes to what we call "aging." Thyroid deficiencies also frequently go undetected by traditional testing methods, and growth

hormone supplementation (when done correctly) can be very helpful to those who are truly deficient.

Step 3: Nutrient sufficiency. Although we should strive to fulfill our vitamin and mineral needs through our food, it is often difficult to do so in our busy lives. Fortunately, we now have intravenous or intramuscular vitamin therapies that can be a great boost for a person's energy and immune system. These therapies can safely help minimize a host of chronic health conditions; they should always be recommended and supervised by an experienced medical doctor.

I believe that the single most exciting and promising technology that has developed and matured over the last decade is stem cell therapy. New forms of stem cell therapy are now available that are as widely effective as embryonic stem cells without the risks, and without the pain of bone marrow or adipose derived stem cell collection. Stem cell therapy has been found to be very helpful for a wide variety of health challenges including lupus, heart attack or stroke recovery, Parkinson's, ulcerative colitis or Crohn's disease, rheumatoid arthritis (many patients are able to avoid joint replacement through this therapy), degenerative disc disease, Addison's, and many other chronic, previously untreatable conditions.

Today we have more tools and more knowledge than ever before to assist in achieving personal vibrance. The goal is not only to attempt every shot you take, but to never again settle for just hitting that rim.

Dr. Clair is the medical director of Vibrance Medical Group, and Vibrance Health Centers with offices in West Lake Village and now 41612 Indian Trail, Suite 1A, Rancho Mirage. For more information visit www.beVibrance.com or call (760) 324.4872.

Darren Clair MD is Coming to Rancho Mirage with his Vibrance Health Center — He's Not Just Another Doctor!

FREE Consultation (760) 324-4872



REAL PROGRAMS WITH THE RIGHT RESULTS. YOU DON'T FIND THESE PROGRAMS AT YOUR REGULAR DOCTOR'S OFFICE...

- PEP-Stem Cell Therapy
- S.H.A.P.E. Program
- Hormone Balancing
- Vitamin Infusions

Darren Clair, MD has spent his 30+ year career teaching his patients preventative and proactive health... *Vibrance.*

"I'll work with your regular doctor and bring you to a higher level of health."



Dr. Darren Clair will be a featured speaker at Canada/Snowbird Fest February 28, 2015

www.BeVibrance.com

Vibrance Health Center has expanded from Beverly Hills to Westlake Village and NOW... Rancho Mirage, California

2772 Townsgate Road
Westlake Village, CA 91361
(866) 677-6919

41612 Indian Trail, Ste: A1
Rancho Mirage, CA 92270
(760) 324-4872

Volunteering has given me 6,000 hours of smiles. Joel, D.A.P. client



D.A.P. treats and supports the whole person

Medical issues and depression pretty much kept me homebound—until I decided to give back a little bit of what I've received. Since Revivals has been supporting the mission of D.A.P. by providing a big part of its revenue, I knew it would be a great way for me to get back into the swing of things, while doing something really worthwhile. Now, I've logged 6,000 hours as a volunteer at the Palm Springs Revivals store. And every smile I get from our customers tells me I'm helping to make a difference!

This and more...all under one roof

Thanks to your generous support, Desert AIDS Project has been saving lives for more than 30 years.

Please continue to help by donating at desertAIDSproject.org, joining one of our annual giving programs, or by saving the date for one of our upcoming fundraising events.

Steve Chase Humanitarian Awards Gala
February 7, 2015

Dinner at My Place | March 22 - April 2, 2015

Dining Out for Life | April 30, 2015

REVIVALS
DONATE | CONSIGN | VOLUNTEER | SHOP



Desert AIDS Project

care :: prevention :: advocacy

760.323.2118 | desertAIDSproject.org

CDC: This Season's Flu Vaccine Ineffective. Now What?

By Brian J. Myers, ND

The Center for Disease Control (CDC) recently announced that this year's flu vaccine is not effective against this season's most prevalent flu strain. While this may be cause for alarm for some as we approach the peak of flu season, I am confident that using other flu prevention tools can be more effective than the flu vaccine.

The flu vaccine, which is recommended annually for everyone older than six months of age, is comprised of the three or four strains of flu most likely to be seen in a given season; however, the flu vaccine tends to not work very well if the strains of flu in the vaccine do not match the strains of flu in the current environment. On the rare occasion that the matching strain is perfect, 1% of flu-vaccinated individuals still end up with an infection, compared to 4% of unvaccinated individuals. In the case of a partial strain match, 1% of individuals still end up with an infection versus 2% of unvaccinated individuals, leaving the true reduction in flu risk a mere 1%. So when the media reports that the risk of getting the flu is cut in half, technically, that's true because the risk has dropped from 2% to 1%, but what's really being said is that the absolute risk has been reduced from 2 in 100 to 1 in 100 people.

The flu strain H3N2 appears to be circulating widely this year with enough mutation that our body will view it as an entirely new flu virus. As such, we can expect the vaccine to be largely ineffective. The good news is our bodies are well equipped to tackle new viruses if given a little support. Here are a few suggestions:

Rest is my top recommendation as it is paramount with any viral infection. Adequate sleep and stress reduction are vitally important to the proper functioning of our immune system and will have the most positive impact on your speedy recovery.

Probiotics, taken regularly for at least 6 months, are a safe effective way to reduce fever, runny nose, and cough incidence and duration in children 3 to 5 years of age. Scientists increasingly think that the health and diversity of our own microbiome has a huge influence on our overall health regardless of age.

Vitamin D3 is a powerful role-player in the regulation of our immune system. Low vitamin D levels are associated with greater risk of getting influenza than those with healthy levels. Further, higher levels of vitamin D have been shown to potentially shorten the duration of infection. In one study it was found that for each 4ng/ml increase in vitamin D levels in the body, there was a 7% lower chance of developing influenza.

Zinc supplementation in the form of tablets, lozenges, or syrup, if given at the onset of a viral infection, has been shown to reduce the duration and severity.

So the next time you catch the flu, consider supporting your body's own innate ability to heal instead of reaching for fever suppressors and antibiotics, which would not be helpful for a virus such as influenza anyway. Yours in health!

Dr. Brian Myers is a naturopathic primary care doctor with a focus on pediatric and family health at Live Well Clinic in La Quinta. For more information visit www.livewellclinic.org or call (760) 771.5970.

Sources: 1) HealthDay. <http://consumer.healthday.com/infectious-disease-information-21/flu-news-314/flu-694358.html>; 2) Jefferson T, Di Pietrantonj C, Rivetti A, Bawazeer GA, Al-Ansary LA, Ferroni E. (2010). Cochrane Database of Systematic Reviews. 2010 Jul 7; (7):CD001269. Doi: 10.1002/14651858.CD001269.pub4; 3) Leyer G.J., Li S., Mubasher M.E., Reifer C., Ouwehand A.C. (2009) Probiotic Effects on Cold and Influenza-Like Symptom Incidence and Duration in Children. Official Journal of the American Academy of Pediatrics, 124(2), 172-9. doi: 10.1542/peds.2008-2666; 4) Rao G, Rowland K. (2011). PURLs: Zinc for the common cold—not if, but when. The Journal of Family Practice. 2011 Nov;60(11):669-71.; 5) Laaski I, Ruohola JP, Tuohimaa P et al. An association of serum vitamin D concentrations <40 nmol/L with acute respiratory tract infection in young Finnish men. American Journal of Clinical Nutrition 2007;86:714-717.; 6) Aloia J & Li-Ng M. Re: epidemic influenza and vitamin D. Epidemiology 2007;18(5):669-670.; 7) Urashima M, Segawa T, Okazaki M, et al. Randomized trial of vitamin D supplementation to prevent seasonal influenza A in schoolchildren. American Journal of Clinical Nutrition 2010;91:1255-60.; 8) Berry D, Hesketh K, Power C, et al. Vitamin D status has a linear association with seasonal infections and lung function in British adults. British Journal of Nutrition 2011;106:1433-1440.; 9) Hultsz D. (2003) Efficacy of Zinc Against Common Cold Viruses: An Overview. Journal of American Pharmacist Association. 44(5):594-603

LIVING
with **HIV**

By Steve Bolerjack



Desert AIDS Project

World AIDS Day in the Coachella Valley

December 1, 2014 marked the 27th annual observation of World AIDS Day. Its purpose has always been to raise awareness, increase activism, foster prevention, support the HIV/AIDS community and most poignantly, commemorate the 39 million people worldwide who have died from AIDS. One would think that two-and-a-half decades are a sufficiently long time to accomplish those ends. But as recently as 2013, 1.5 million people died from AIDS-related illnesses. The 2014 figures aren't in yet.

As a volunteer at Desert AIDS Project (D.A.P.), I am regularly reminded how AIDS remains firmly entrenched—manageable to a degree with proper treatment, but still without a cure. With several at-risk communities here—gay men, seniors, minority youth, impoverished persons and too many people generally under-informed about HIV—we hope World AIDS Day has been a good opportunity to get their attention.

So how effective is the Day and specifically, what results does it produce here in the Coachella Valley?

For a collection of relatively small communities, the Valley has a great number of resources. This year, D.A.P. and the Riverside County Department of Public Health sponsored a free, full-day conference, "Pathways to Health," that focused not only on the basics of HIV education (nature of the virus, transmission, prevention, testing, medications, treatments, etc.) but the tangential aspects that profoundly affect quality of life with HIV as well. Lectures and breakout session topics included substance abuse, family planning, sexual health, insurance and the Affordable Care Act, nutrition, pain management, aging and other issues that complicate living with HIV.

Two well-known HIV veterans contributed their first-hand experiences to attendees, some of whom were too young to remember the early days of AIDS. Timothy Brown, also known as "the Berlin patient," was technically cured of AIDS several years ago through a very complex treatment of medications, surgeries and bone marrow transplants. Brown remains HIV-free and his results are encouraging, but the bone marrow treatment, for now, is not a practical or easy road to a cure for broad application.

Keynote speaker Sean Strub, long-time activist and founder of POZ magazine, talked of his own battles with the disease and his current work to eliminate the stigma that still surrounds HIV and AIDS. And that is the gist of where we stand today in dealing with the epidemic: overcoming that stigma, fear and ignorance, and replacing them with solid information, testing and treatment options, which is really at the core of World AIDS Day.

One good sign is that the media paid attention: television stations KMIR and KESQ covered the Day's events and the *Desert Sun* featured an excellent column by Mark Anton, director of AIDS Assistance Program (which provides food to lower income individuals living with HIV) that explained some HIV basics and promoted Get Tested Coachella Valley (GTCV), a region-wide public health campaign designed to reduce HIV by encouraging testing as standard medical practice and ensuring access to care.

In sum, World AIDS Day was a local success. Let's hope that as education increases and new infections decrease, such commemorations will eventually become unnecessary.



Health is a Choice – Desert Health® Wellness Awards Nominees

Continued from page 15

INDIVIDUAL (Continued)



Tina Marx
Empowerment Coach, Author, TV Personality

With a master's degree in metaphysics and certification in holistic life coaching, Tina helps change lives through education on the cause and effect principles of universal laws. Her books, television show, and client interactions focus on her Domino Effect philosophy and the importance of intention and being of service to others.

"By applying the teachings of metaphysics and universal principles, I believe that anything is possible."



Vanessa Reyes-Flores
Founder, Mariposa Fitness & Nutrition

Vanessa works primarily with women and mothers of young children in Coachella who standardly don't make time for themselves. Through fitness and nutrition, she teaches women how to be leaders for their families with the goal of instilling change in the entire household.

"We all have the willpower to make a change within ourselves that inevitably will impact those around us and our future generations."

Previously recognized in this category:

Christopher S. Bates • Jeralyn Brossfield, MD • Jill Gover, Ph.D
Michele Mician • Mayor Steve Pougnet • Cathy Serif • Marta Shand
Valerie Somervell • Carol Teitelbaum, MFT

NON-PROFIT ORGANIZATION

Palm Springs Cruisin' Association

PSCA holds an annual car show in honor of Dr. Sebastian George, the founder of Desert Cancer Foundation, which has raised over 1 million dollars for DCF to provide care and support for local cancer patients who cannot afford treatment. Since 2002, funding from the event has helped thousands in our community.

"We have all been touched by this horrible disease. DCF provides help directly to patients locally." – Joyce Fought for PSCA



Continued on page 21



This Year, Treat Yourself as Kindly as You Treat Others

January is all about fresh beginnings, renewed commitments, and resolutions to live the life we desire. Having just come through the hustle of the holidays, I often feel like I need a break in January, but instead life tends to pick up speed. Like many others, I often correlate my value with my productivity and expect myself to be endlessly moving, living life as a contribution, running faster and harder.

But what if I've had it wrong? What if the greatest gift I could give this year is being kind to myself? I've been exploring the idea of loving myself to great health. As this month rolled in, I know that healthy choices, like eating 5-6 small meals a day, drinking adequate water, moving my body, getting good sleep, and balancing my protein and carbohydrates are foundations to good health and effectiveness in my life. These are the habits by which I live and teach. These are known to reduce inflammation, optimize weight, and allow for clear brain function. Science is proving these choices produce clarity and health. But there is growing evidence that the inner-world of our thoughts, perspectives and expectations is just as influential in causing or decreasing inflammation and health. This year, for me, there is a gentle whisper of inner commitments that seem pivotal.

My resolution this year is to treat myself as kindly as I treat others. Does this resonate with you? How would you do this in your life?

In my life this means planning self-care in my day: Taking food with me. Nourishing myself mindfully. Allowing myself to slow down in my day. Moving into a restorative-yoga pose for 15 minutes mid-day. Getting up from my work every hour to move and feel gratitude. Surrounding myself with beauty and inspiration. Giving grace to myself about the pace I expect. Not beating myself up for the places I can do better. Choosing language that builds up rather than puts myself down.

The author Louise Hay states, "Anything you say or think is an affirmation. Really be aware of your thoughts and your words; you might discover that a lot of them are very negative. Many people tend to approach life through negative eyes. They take an ordinary situation like a rainy day and say something like, 'Oh, what a terrible day.' It isn't a terrible day. It's a wet day. To create a wonderful day sometimes takes just a slight change in the way you look at it. Be willing to let go of an old, negative way that you look at something, and look at it in a new, positive way."

So as you start 2015, how will you treat yourself? How will you re-frame the way you speak to yourself? Perhaps the most important gift you could give the world is giving love first to yourself. Are you ready to join me?

Dr. Brossfield is the Director of the Eisenhower Wellness Institute and can be reached at (760) 610.7360 or jbrossfield@gmail.com.

Experience Wellness

START A RESOLUTION REVOLUTION:
ACTUALLY LOSE THE WEIGHT!

We have a new year's resolution:
To support your weight loss in every possible way. Eisenhower Wellness Institute physicians, coaches, nutritionists, practitioners and instructors work together to help you become lean and healthy. We offer a variety of health programs for weight management, including coaching, nutritional plans, testing and/or movement support and goal-oriented fitness. Because your weight is just one aspect of your total health, we also offer integrative medicine consultations and wellness evaluations to help you be well, and stay well.

Call 760-610-7630 for membership and booking information. And get ready for a transformative year.



Eisenhower George and Julia Argyros Health Center
45280 Seeley Drive, Third Floor, La Quinta
760-610-7360 ★ www.emc.org/Wellness



HOW WILL STEM CELL THERAPY HELP YOU?

 Orthopedic	 Anti-Aging Longevity	 Alzheimer's
 Auto-Immune Disease	 Cardiac	 Cosmetic
 Respiratory Disease	 Chronic Pain	 Chronic Disease

Informational lecture on Jan. 8th at 5:30 p.m.
Limited seating, please RSVP 760.771.5970

LiveWell CLINIC 

78900 Avenue 47 Ste 102
La Quinta, CA 92253
760.771.5970
www.livewellclinic.org

It's Time for Change

dietary misinformation provided by organizations controlled by lobbyists. I am trying to pull back the curtain and provide better information for people so they can take control of their own health.

DH: Why ALL grains?

WD: If someone chooses only to eliminate wheat they will be much better off, but I find that people who really want to go the whole mile and want full restoration of health, such as reversing blood sugars to normal, reducing insulin to favorable levels, reversing autoimmune diseases, and restoring healthy bowel flora, have to eliminate all grains, correct nutritional deficiencies, and be aware of herbicide and pesticide residues in our produce.

The truth is that all human beings are "sensitive" to the systemic chain of destruction caused by ingesting grains. Just one of the many reasons is that you don't have a 4-compartment stomach (like a cow), nor do you have the unique microorganisms necessary to digest grains. You are not a ruminant.

And then, agribusiness exaggerated grain's effect on humans by creating these genetically altered strains. They made it much, much worse. I often wonder, if they hadn't done that, would we be having this conversation or still eating "healthy whole grains"? So, in some ways, I am grateful, because the cause and effect would not have been quite as obvious.

You see, grains were initially adopted as food by humans 10,000 years ago by the starving and desperate, but now are upheld as the 'ideal food' which is complete absurdity. If you eliminate grains, you eliminate a powerful source of phytates, so if you were to track a grain-eliminating population, you would see a rise in iron levels and ferritin; you'd see a rise in zinc, magnesium, and vitamin B12. It is not speculation, but fact, that the second most common cause for iron deficiency in the world after blood loss is grain consumption. What other food is fortified to compensate for its nutrient-blocking effects? Countries sending rations of grain to other countries have an expense line item to compensate for it!

There are no nutritional deficiencies from eliminating grains, and at many levels, nutrition improves off grains.

DH: Advice you give those just starting to eliminate wheat include "Don't exercise and eat salt."

WD: There is an opiate withdrawal syndrome when you stop eating wheat and grains. The withdrawal process can be very unpleasant and uncomfortable. I've had people rolled up in balls sobbing. Some people have this compulsion to exercise, believing that the limiting factor in weight is lack of exercise — it's not. During withdrawal, exercise makes them feel sick, so the first week of withdrawal is a time to pamper yourself and do nothing more than casual activities like walking.

With the salt, we do have solid data that shows that grains cause sodium retention and that high insulin levels are associated with sodium retention. So you get rid of these effects and there is salt loss. It is very common for people to become dehydrated and get light-headed, so it's a matter of compensating for the sodium and water retention. These effects certainly are variable and tend to dissipate over time.

The whole notion of restricting salt intake really crumbles with the elimination of wheat. For those on blood pressure medications, it is important to monitor blood pressure and speak to your physician about reducing medications. You should never stop or reduce blood pressure medications on your own, as some need a weaning period. And if your doctor doesn't agree with your dietary choices, walk away and find another doctor.

DH: Do you think that practitioners are starting to get it?

WD: Some of the younger doctors are starting to be more open and involved and I think that is just great, and more of my colleagues are starting to jump on this bandwagon.

Most doctors are not educated on nutrition, nor do they read the latest nutritional science literature. So, it's not as if they are in a continual debate on nutritional issues. Truth is, nutritionists are educated by Big Food, and doctors are educated more by the medical device and pharmaceutical industries than science, and so nutritional conversations are off their radar.

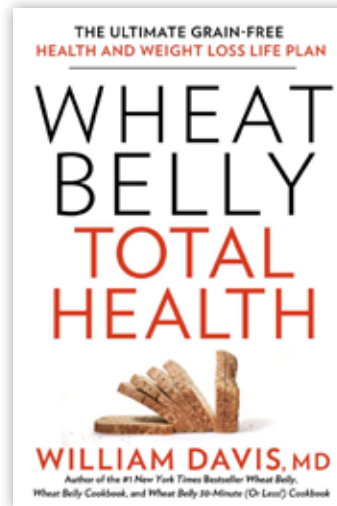
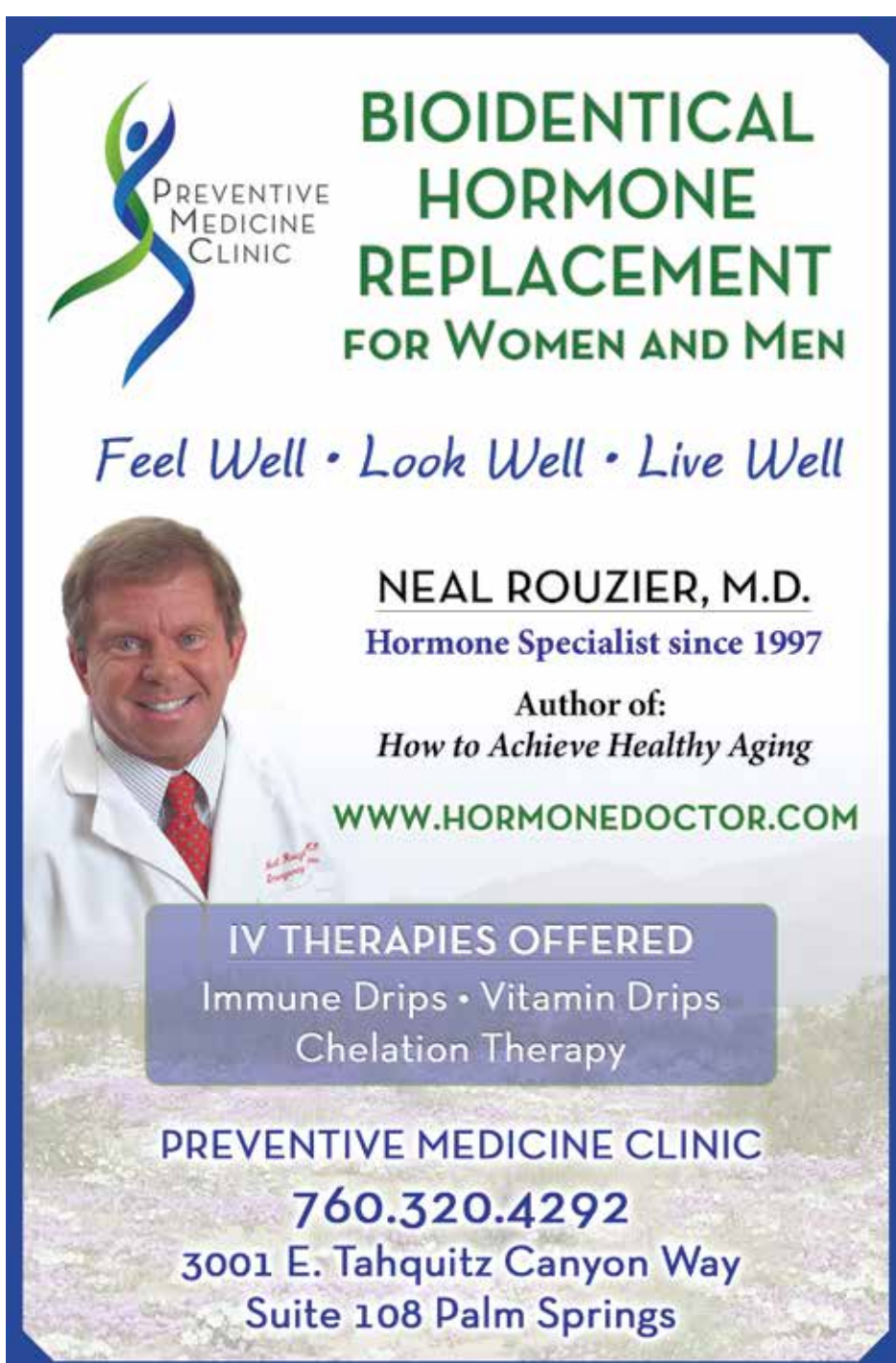
What has more commonly happened is that patients come back with weight loss, the disappearance of rashes, normal blood pressures, no more migraines or joint pain and doctors asked, "what did you do?" and the patient says, "I stopped eating wheat" and the doctors come to me and say, "maybe there is something to this."

DH: Where do you see our government and governing bodies going from here?

WD: I don't think we will ever hear governing bodies like the USDA say that "based on the new research available, we realize we were wrong" or admit that their guidelines contributed to the worldwide obesity epidemic.

So what I think is going to happen is what I see with the American Diabetes Association, and that is a very slow, quiet ratcheting back. For instance, a FAQ on their site asked if diabetics can eat cakes, cookies and candies. The answer was 'Yes. Sugars are natural, but just watch your blood sugar levels and adjust your insulin accordingly.' They have since removed that one. They also used to tell people to target 300 grams of carbs a day. Now they recommend targeting 50 grams per meal.

Yes. It's time for change.

PREVENTIVE MEDICINE CLINIC

BIOIDENTICAL HORMONE REPLACEMENT FOR WOMEN AND MEN

Feel Well • Look Well • Live Well

NEAL ROUZIER, M.D.
Hormone Specialist since 1997

Author of:
How to Achieve Healthy Aging

WWW.HORMONEDOCTOR.COM

IV THERAPIES OFFERED
Immune Drips • Vitamin Drips
Chelation Therapy

PREVENTIVE MEDICINE CLINIC
760.320.4292
3001 E. Tahquitz Canyon Way
Suite 108 Palm Springs

Eisenhower Wellness Speakers Series

presents

William Davis, MD**Wednesday, Jan. 14 • 7 p.m.****Annenberg Center for Health Sciences Eisenhower****Tickets \$55 in advance/\$65 at the door**
emc.org/wellnessevents • (760) 610.7360



Children's Cold and Flu Remedies

Cold and flu season is now upon us and as parents, knowing what to do ahead of time can alleviate unnecessary stress and discomfort for our little ones.

The first part of combating winter illnesses is of course prevention. This time of year, it is essential to continually remember to wash hands prior to eating, after the bathroom, and most importantly, after being in public spaces. Make a habit of hand washing after being at the grocery store, school, etc., where new exposure to bacteria and viruses is common. This also eliminates introduction of new germs to the home. For preventative wellness, consider daily supplementation of vitamin C and zinc to boost the immune system. There are many low dose children's products that contain these nutrients for wellness. In the event of illness, the dose of vitamin C and zinc can be increased to reduce the length and severity of a cold or flu.

At the first sign of illness, there are a few key herbs and nutrients to consider. In addition to increased doses of vitamin C and zinc, Echinacea is a great herb to reduce the severity of cold and flu symptoms. Echinacea works best when dosing begins within the first 48 hours of onset of symptoms, or when taken proactively if there has been exposure to illness. After the initial onset of symptoms, Echinacea has a much weaker immune-boosting effect. However, it is an essential herb for illness prevention and for an initial immune boost. It is easily found in alcohol-free children's herbal liquid tinctures at any health food store. Keeping this herb on hand is a way to ensure immediate remedies are readily available at home.

Another natural product to consider at the beginning of any illness is the homeopathic remedy, Children's Oscilloccinum. This is a low toxicity, safe homeopathic treatment to begin immediately in the event of an illness.

For active cold and flu symptoms, there are safe immune-boosting herbs for children and babies to utilize. One of the gentlest herbs for children's colds and flus is elderberry, which comes in many forms such as lozenges, syrups, and liquids that are easy and tasty for children to take. This is an excellent herb to use at any time during a cold or flu, or for prevention purposes. An additional immune-boosting herb to take at any time of an illness is goldenseal which is often found in combination with Echinacea in children's wellness formulas. Goldenseal can be taken for symptoms as well as prevention.

For ongoing symptoms, an herbal remedy company called Gaia Herbs has a very effective line of children's wellness products and cough syrups. Other reliable homeopathic companies with children's wellness products are Boiron or Hyland's.

However, natural treatments should not be used in lieu of a doctor's visit, and children should always be taken to the appropriate healthcare provider for any significant or persistent illness. Naturopathic doctors are a great resource for integrative options for children's health and wellness.

Dr. Sinsheimer is a Naturopathic Doctor and can be reached at (760) 568.2598.

Wellness Center to Open in La Quinta

Programs offer a wealth of health for all ages

A healthy 'sign of the times' has taken place in La Quinta as the former senior center has been transformed into a state-of-the-art wellness center for all ages.

Perhaps one of the city's most highly anticipated amenities in its continued HEAL (Healthy Eating Active Living) initiative will open its doors at 10:00 a.m. on Saturday, January 17.

This new health and wellness facility will provide a variety of services and offerings to assist in the journey of wellness, and all at an affordable price. The Wellness Center's \$50 annual membership fee for La Quinta residents (\$75 for non-residents) includes access to brand new state-of-the-art fitness equipment for cardio, strength training and flexibility. Day rates are also available at \$5 per day. Fitness and wellness classes such as Yoga, Taekwondo, Pilates, Tai Chi, plus physical therapy and health screenings, will also be available for additional fees.

The renovation of the former La Quinta Senior Center includes the addition of 6,000 sq. ft. to the facility's existing 10,000+ sq. feet. Architectural elements and new finishes have been added to update the building's aesthetics, and large picture windows now open up views over the lake, and public art on the Civic Center Campus.

The Wellness Center also introduces a community gardening area, new classrooms, and new restrooms with shower and locker areas for men and

women.

"The City of La Quinta embraces health and wellness on many levels, and this is just another opportunity for people to get out and get healthy in La Quinta," said City Manager Frank Spevacek. "Since 2010, we've been a designated Healthy Eating Active Living city. The HEAL campaign originated from the League of California Cities' efforts to promote healthier lifestyles and communities, and we're proud to have this as such a strong focus in our city as well."

Programs offered include a focus on intellectual wellness such as classes for life-long learning; nutritional wellness, including fresh ingredient cooking demonstrations and nutritional programs;

social wellness, such as games and discussion groups; and creative wellness including dance, music, art and language classes.

The La Quinta Wellness Center's grand opening on January 17th will coincide with the wellness events planned around the Humana Challenge Healthy Family Events held at the Civic Center Campus. Advanced memberships are on sale starting January 5th and a complete list of classes and programs can be found at www.la-quinta.org.

The Wellness Center is located at 78450 La Fonda in La Quinta. For more information, call (760) 564.0096 or visit www.la-quinta.org.



**HEALTHY EATING
ACTIVE LIVING**

OPTIMAL HEALTH CENTER FAMILY CARE

Preparing for your Family's Best Start

Attending to the whole person and the whole family.
Providing comprehensive natural therapies rooted in
tradition and informed by science.

- Fertility support for men and women
- Preconception detox, nutritional testing, and hormone balancing
- Lifestyle modifications for family wellness
- Early childhood natural health options
- Healthcare for adolescence needs

OPTIMAL HEALTH CENTER

OFFICE OF
Shannon Sinsheimer, ND
760.568.2598
74-040 El Paseo Blvd. Suite D
Palm Desert, CA 92260
www.drshinsheimer.com

Family Owned & Operated Since 1972

GOOD FOR ONE FREE MAKE-OVER

using SUZANNE Organics make-up and skincare Collection

Expires March 1st, 2015

Cannot be used with any other offer. One redemption per customer. Appointment must be booked by March 1st, 2015. Cannot be redeemed for cash or product.

"I am thrilled to partner with the good people at Clarks as an exclusive retail partner for my certified organic and toxic free cosmetics and skincare collection."

We carry "SUZANNE Organics" Cosmetics & Skincare Collection as an exclusive retail partner with actress Suzanne Somers

Come meet our Nutritional Consultants. They are here to assist you shop our huge supplement department.

We carry a wide variety of groceries; including dairy, grass-fed meats, and more. We also have Gluten-Free, Sugar-Free, Vegetarian & Vegan products.

We have local and organic produce just for you! We have one of the largest organic produce departments in the Inland Empire.

RANCHO MIRAGE

760.324.4626
34175 Monterey Ave
In the Home Depot Shopping Center on corner of Monterey & Dinah Shore



RITU CHOPRA, MS, MD

Offering a full spectrum of noninvasive, minimally invasive, and complete plastic and reconstructive surgery, as well as, preventative and therapeutic skin care products

SERVICES INCLUDE:

Full cosmetic and reconstructive surgery
Injectables such as Botox, Juvederm and Sculptra®
Non-invasive laser therapies
Facial cleansing treatments and peels
Laser hair removal
Eyelash extensions
Waxing and tinting
Full line of skin care products from SkinMedica®
Vitamin B12 shots



A non-invasive procedure to tighten the skin on targeted areas on the face and body using radiofrequency (heat) to stimulate the body's own ability to produce new collagen. The results are practically instant with little (if any) recovery time making this procedure great for those with hectic schedules.



A facial injectable which helps to replace lost collagen giving you subtle results over time. Made from poly-L-lactic acid, a biocompatible, biodegradable synthetic material that has been used by physicians for decades, it helps correct shallow to deep facial wrinkles and folds giving you a more natural-looking appearance, without giving you away.

BEVERLY HILLS | RANCHO MIRAGE

WORKING TOGETHER TO DISCOVER
HEALTHY BEAUTIFUL YOU

760.569.2211

71-949 HIGHWAY 111 • SUITE 300
RANCHO MIRAGE
ORDONCHOPRA.COM

BEAUTY Inside & Out

Ritu Chopra, MS, MD

Let Me Introduce Myself

I am delighted to have the opportunity to present a regular column about the latest news in cosmetic and reconstructive surgery. I am very passionate about my chosen field and am always striving to be better, know more, stay current, perfect technique and offer my Coachella Valley patients the newest and best that plastic surgery and age prevention techniques can achieve.

Ever since I was young, I wanted to know how things work. I was always taking things apart and reassembling them. I drove my parents crazy! But part of knowing how things work is developing the knowledge, creativity and intuition to improve on the status quo. I am still like that today (except I try not to drive anyone crazy any more).

My natural fascination with structure and building inspired me to want to follow in my father's footsteps. You know how people say, 'he's no rocket scientist'? Well, my dad was a rocket scientist, and I credit him for the creative intuition that defines my plastic surgery career. However, I was also inspired by my grandfather, a renowned health care professional who practiced both medicine and Ayurveda healing. Thus, I began my studies at the University of California earning a civil engineering degree before following my heart into medicine and graduating cum laude from Boston University School of Medicine. I was trained in general surgery at Cedars Sinai and finished with a residency in Plastic Surgery at Albert Einstein School of Medicine in New York.

Fully trained and ready to work, I was recruited by America's best-known plastic surgeon, Andrew P. Ordon, M.D. When he told me about his Rancho Mirage practice, I said, "The desert? Really?" I had visited Palm Springs but couldn't imagine working in the desert, much less living here. But I gave it a go and boy, am I glad I did. Now I love the desert. I love the people, the place, the natural beauty, the recreation....everything. I call Indian Wells home and operate in our surgery center in Rancho Mirage, as well as Eisenhower Medical Center. It's a blessed life.

I feel fortunate that Dr. Drew Ordon sought me out. Our partnership is exceptional in that we work so very well together and often collaborate on cases. That is very unusual in our field. We are the best of friends, business partners, and co-surgeons. I have even contributed on his television show, The Doctors, as their plastic surgery correspondent. I have performed over a dozen surgeries for television, and many of the most memorable cases have been charitable. We recently reconstructed a young lady who was run over by a lawn mower when she was 3 years old. She's now sixteen, so you can imagine the impact of a deforming

injury on her personality and self-image. Assisting in erasing the physical signs of the accident greatly aided in her recovery from the emotional trauma and was tremendously rewarding for me. That's why I consider myself so fortunate. I GET to do these types of things and am very grateful for the opportunity.

As medical director of The Plastic Surgery Institute, I try to lead by example. It is by no means a 'one-man-show' as I am supported by an exceptionally talented medical staff. But it's not all about the surgery. Good looks aren't accidental, it takes work, and I take pride in prescribing preventative measures and quality skin care practices in addition to non-invasive and surgical options. My grandfather was the first to expose me to the benefits of botanical extracts, and I have long been aware of the healing powers found within our natural environment.

Now that you have gotten to know a little about me, I want to know about you. What topics in the field of plastic surgery are of interest to you? I look forward to your input so that I may write about the latest technologies and options available which interest you most. You'll be surprised and impressed with the newest in breast reconstruction now that the surgery has become more accessible. Laws have been passed that require insurance to cover many procedures. If your insurance covers a medically necessary mastectomy, it now has to cover reconstruction as well.

The latest in the rocketing field of cosmetic fillers and nerve blockers (like Botox) will also amaze you. Innovations in breast implant surgery, liposuction and skin resurfacing with lasers are rapidly unfolding, and no other area of plastic surgery has experienced more evolution than the facelift. When I share what we are doing with our facelifts - and the impact it has on the results and recovery times - you will see why it is the very best time to consider the options.

We have a lot of topics to cover, so I hope you become a regular reader of this column. Tell me what you would like to hear about, and tell your friends to read along with you.

Let us begin.

Dr. Chopra is medical director of The Plastic Surgery Institute in Rancho Mirage and can be reached at (760) 569.2211. Please send your ideas and recommended topics for his new column via email to csmith@roxurgery.com.



Partners and friends, Dr. Andrew Ordon and Dr. Ritu Chopra



Health is a Choice – Desert Health® Wellness Awards Nominees

Continued from page 17

NON PROFIT ORGANIZATION (Continued)

Palm Springs Scottish Rite Childhood Language and Learning Center

Established by the Scottish Rite Freemasons ten years ago, the CLLC provides analysis and professional treatment for children aged 3-17 with speech and/or language challenges. Over 300 kids have graduated from the organization's program which aims to enhance communication skills and confidence.

"Left unaddressed, these challenges can lead to stress and emotional complications which are a failure for the individual, family and society." – James Petersen, President – Board of Directors



Green Acres Sustainable Living Farm

Green Acres is a teaching facility designed to educate children about agriculture, renewable energy, and sustainable living practices. There is a curriculum for K-8 students through field trips, afterschool programs, weekend family events, and summer camps, and high school students can gain knowledge about careers in the fields of agriculture, sustainability, and energy.

"Our goal is that education will result in healthier family meals... an increase in the use of renewable energy, and a happier, more sustainable community." – Christiana Green, Founder



Stroke Recovery Center

In their 36 years, SRC has provided over 10,000 local stroke survivors with multi-disciplinary rehabilitation programs to enhance recovery and quality of life. They help patients experience greater ease with daily tasks, fewer visits to emergency rooms, socialization and less depression.

"We are proud to continue to make major improvements in the quality of life for stroke survivors and traumatic brain injury patients locally." – Cheryl Scarlett for Stroke Recovery Center



Previously recognized in this category:

AIDS Assistance Program, Inc. • Desert Blind & Handicapped Association
Desert Recreation District • La Quinta Middle School
Neighbors 4 Neighbors • Transcendental Meditation® of Palm Springs
Turning Heads Project • We Care Dental

SMALL BUSINESS

Juicy Juicy Organic Juice Bar

Studying nutrition and seeing family member ailments disappear by incorporating organic foods and eliminating processed foods inspired Karen Livreri to open Juicy Juicy in Bermuda Dunes. She strives to educate each of her clients on the benefits of eating whole foods. Open only five months, the organic juice bar has garnered many fans and regular customers.

"I love inspiring others to make a change. I want my customers to feel like family, and I love my family." – Karen Livreri, Owner



Power Yoga Palm Springs

In an effort to bring the practice of yoga to all, Janet and Juliann Parks opened Power Yoga as an extension of their Yoga in the Park donation-based practice which continues to raise funds for non-profit organizations throughout the community. Close to 100,000 have experienced their practice in six years.

"In Sanskrit, Dharma means living with purpose. Our purpose is to help people live in Yoga or Union with themselves and the world." – Janet & Juliann Parks, Owners



Previously recognized in this category:

Evolve Yoga • Kinetix Health & Performance Center • LiveWell Clinic
Next Level Fitness • TRUElicious Bars

LARGE BUSINESS

Previously recognized in this category:

Massage Envy • Two Bunch Palms

EVENT OR PROGRAM

Previously recognized in this category:

FIND Food Bank's Summer Feeding Program
Palm Springs' Mayor's Race & Wellness Festival

Nominations close Feb. 28th! • Visit www.DesertHealthNews.com

A very special thanks to our sponsors: Desert Regional Medical Center, JFK Memorial Hospital, Integrated Wealth Management, Eisenhower Wellness Institute, KMIR, Bonterra Organic Wines, Coachella Valley Brewing Company

Additional sponsorship opportunities are available.
Please contact Lauren@DesertHealthNews.com

FEEL BETTER. INSIDE AND OUT.

From Medical Weight Loss to Simply Shaping

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

Non-Invasive Body Shaping by:

Zerona Cool touch laser to break down fat molecules under the skin providing immediate and noticeable results.

Exilis Most advanced aesthetic radio frequency treatment to rejuvenate collagen, smooth lines and tighten skin. Ideal for smile lines, sagging neck, stomach and thighs.

No pain, surgery or recovery time.



Call today for your consultation.

(760) 346-9354

WWW.EXEC-WELLNESS.COM

Bohdan T. Olesnicki, MD



EXECUTIVE WELLNESS
AT INDIAN WELLS
A Division of Executive Foresight

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



Revive the Skin

Advanced Micro-needling Innovations



Dermapen® + Biopelle's Tensage Growth Factors

The Newest Skin Rejuvenation Technology

Advanced Microneedling procedure coupled with Tensage Serum SCA 40, an intensive natural growth factor. Together they are the new gold standard in age reversing technology.

Benefits:

- Improves post-procedure healing
- Clinically proven to reduce the appearance of fine lines and wrinkles
- Clinically proven to reduce the appearance of acne scars
- Helps reduce the appearance of stretch marks
- Helps repair sun-damaged skin
- Experience little or no downtime

A NEW YEAR, A NEW YOU!

Call today for Weight Loss and Rejuvenating Specials

Call (760) 485-2870 for your appointment today!

42414 Rancho Mirage Lane, Suite D • Rancho Mirage, CA 92270
www.revivetheskin.com • revivetheskin@gmail.com



PREVIOUSLY FEATURED ON

LOSE

INCHES OFF YOUR WAIST, HIPS & THIGHS

IN AS LITTLE AS 2 WEEKS!

NO SURGERY • NO DOWNTIME • NO PAIN

verjú
by Erchonia®

Albert Lai, MD & Barry Nelson, DC

RANCHO MIRAGE

DPS | 760-980-9499

72-780 Country Club Drive, Ste. 300

www.verju.com

Non-Drug Treatments for Rosacea

By Lauren Del Sarto

Rosacea (pronounced “roh-ZAY-sha”) is a chronic and potentially life-disruptive disorder primarily of the facial skin and often characterized by flare-ups and remissions. It typically begins any time after age 30 as a redness on the cheeks, nose, chin or forehead that may come and go. In some cases, rosacea may also occur on the neck, chest, scalp or ears. Over time, the redness tends to become ruddier and more persistent, and visible blood vessels may appear. Left untreated, bumps and pimples often develop, and in severe cases the nose may grow swollen and bumpy from excess tissue. This is the condition, called rhinophyma (pronounced “rhin o - F Y - m u h ”), that gave the late comedian W.C. Fields his trademark bulbous nose. In many rosacea patients, the eyes are also affected, feeling irritated and appearing watery or bloodshot.

Oral and topical anti-inflammatory medications have traditionally been used to treat the condition; however, laser and light therapies are also used effectively to help control or reverse signs and symptoms. Essential oils are even beneficial to help soothe irritated and inflamed skin.

“When people see redness, they may think it is acne and apply abrasive skin care products that are drying and cause more irritation,” says medical esthetician, Nancy Cornicelli. “With rosacea, you want to avoid harsh cleansers and opt for calming, organic products that reduce inflammation and soothe the skin.” She recommends extracts from flowers and herbs such as calendula (her top choice), chamomile, lavender and rosemary. “Many underestimate the potency of essential oils,” she says reminding us that herbs and flowers are the basis for most medications.

Since the mid-1980s, lasers have been used to treat the dilated blood vessels, persistent redness, acne-like breakouts, and thickening of the skin that are characteristic of rosacea, and most recently, intense light therapy, which Joan Warren, M.D., of The Vein Institute considers the leading treatment for rosacea.

She prefers FotoFacial, which uses optical energy to go beyond the surface to the lower layers of the skin while providing little discomfort and strong results.

“With 5-7 treatments over a 3-4 week period, we standardly see 90% improvement,” she says. She also recommends wearing sunscreen all of the time and avoiding retin-A products which can make the condition worse.

Most of the time Dr. Warren uses two types of procedures to address different symptoms. For the tiny blood vessels that appear (and may or may not be associated with rosacea), she uses the “Vein Gogh,” a small needle that pops and coagulates the blood causing the vein to disappear.

Certain foods are said to increase symptoms including some dairy products, citrus and spicy cuisine, along with alcohol, and hot beverages such

as tea and coffee. Many now point to wheat as the core cause. “After suffering from acne for over 30 years, I started to develop rosacea on my face,” says primary care physician Joseph Scherger, M.D., of Eisenhower Medical Center. “Being from rural Ohio, I was a big bread eater and after reading Chapter 12 of Wheat Belly, realized - and was frankly angry - to learn about wheat as the cause.” He gave up wheat and in two weeks saw his rosacea disappear. He now prescribes wheat elimination to patients suffering from skin conditions such as rosacea.

There is no cure for rosacea and the cause is unknown. Individuals who suspect they may have rosacea are urged to see a qualified health care practitioner for diagnosis and appropriate treatment.

For more information on rosacea, visit rosacea.org. Nancy Cornicelli of the Facial Cottage can be reached at (760) 250.7229. Dr. Joan Warren of the Vein Institute can be reached at (760) 610.5573.

Reference: 1) National Rosacea Society



Signs of rosacea may include redness and/or small visible veins

Valley Leaders in Vein Treatment Since 1999 and now so much more...

- Laser assisted liposuction
- Rosacea, redness and brown spot removal with FotoFacial
- Non-invasive skin tightening & body contouring with EndyMed Pro3RF
- Stretch mark, acne, scar and wrinkle reduction
- Laser hair removal
- Lash lengthening with Latisse
- Skin care products
- B12 & B6 Injections

Full Service Vein Treatment including Varicose and Spider Vein Removal

Medicare & PPO Insurance Accepted
Financing Options Available

Joan L. Warren, M.D., RPhS
Diplomate American Board of Phlebology

Vein Institute OF THE DESERT

760.610.5573
74-361 Hwy 111, Suite 5, Palm Desert
www.VeinInstituteOfTheDesert.com

FOLLOW US!

Nancy Cornicelli
is back with

The Facial Cottage

Custom Holistic Facials

Featuring only the finest organic skin care from Jurlique

\$50 Introductory Offer
One time offer per person.

Each facial is designed to meet individual needs and includes acupressure massage using organic aromatherapy oils and caring hands.

760.250.7229
THE COLONY
Rancho Mirage



Gluten-Free

with *Tiffany*



It's Time to Change Your Lifestyle, Not Your Diet

If you're like most of the population, one of your New Year's resolutions is to lose weight. Did you know that 90% of diets fail? Dieting increases stress hormones, lowers testosterone, and causes you to store fat when it's over.¹

Let's resolve to not 'diet' this year, and instead, implement a few good lifestyle habits that help you reach your goals and maintain them.

Sleep more. Don't underestimate the miracle of sleep when it comes to fat loss. Sleeping allows your body to detoxify, repair, and regenerate cells and muscles. Aside from lack of energy, people who do not get 7-9 hours of quality sleep each night have lower levels of leptin, which regulates body weight and metabolism, and higher levels of ghrelin, which stimulates hunger. A good night's rest will help you naturally feel full and eat less. The late owls also miss out on the benefits of growth hormones, which stimulate the breakdown of fat and increase lean muscle.

It's not all about calories – eat some good fats. Eating fat does not make you fat and counting calories doesn't work. Yes, there are more calories per gram in fat, but fat does not trigger the release of the fat-storing hormone insulin the way carbohydrates do. The gluten, sugar, and chemicals in the low fat products are what cause you to gain weight. Fat balances the satiety hormones making you feel fuller, longer. Good fats to include are avocado, coconut oil, olive oil, nuts, seeds, and yes, even quality fat from pasture-raised, organic animal protein can be your ticket to those skinny jeans. Just be sure to keep sugar intake low and eat moderate portions.

Remove inflammatory foods. Inflammation in the body can interfere with fat loss despite all your good efforts. You can dampen inflammation by removing inflammatory foods such as simple carbohydrates, gluten, added sugar, alcohol, and dairy. I also recommend getting tested for food sensitivities as they are often the hidden factor in fat loss.

Drink water between meals. You often mistake dehydration for hunger. Staying hydrated will keep snacking at bay. You don't have to limit yourself to water; low-calorie alternatives include herbal teas and sparkling water with lime, as well as fruits and vegetables, which are high in water content.

Protein is important. Many of us miss the mark when it comes to protein consumption when cutting calories. Simply put, protein is the building block of muscle. The body will eat away your muscle and store fat when you are low calorie and protein deficient. An easy solution is to eat some protein at every meal, especially at breakfast to accelerate fat loss.

Exercise. Being consistent is the key, so to fit it in more often, you'll want to spend less time doing more intense work like high intensity training. Get a workout partner. Don't stress out about getting in hours at the gym; just do something.

Tiffany is a Certified Nutrition Consultant and Functional Diagnostic Nutrition Practitioner and can be reached at (760)285.1221 www.GlutenFreeWithTiffany.com

Reference: 1) <http://www.nejm.org/doi/pdf/10.1056/NEJMoa1105816>

Ladies, Why Go Red?

To know your risk for cardiovascular disease



Every minute in America, a woman dies of a heart attack, stroke or another form of cardiovascular disease (CVD) – and one out of every three women experiences some form of CVD in her lifetime. And yet, most of those cases are preventable if you lead a heart-healthy lifestyle.

"We are all at risk for developing cardiovascular disease; it is the number one killer of women – and men. The key to reducing cardiovascular disease is through risk factor modification, early screening and community awareness of early warning signs," says nurse practitioner at Eisenhower Medical Center and American Heart Association volunteer Cari Sudmeier, RN, MSN, FNP-C.

Key health indicators. Some risk factors for cardiovascular disease include high blood pressure, high cholesterol, body weight/body mass index and high blood glucose. Testing should occur as follows:

- Blood pressure – every regular health care visit starting at age 20
- Cholesterol – every five years starting at age 20. More often if: total cholesterol is above 200; if you are older than 50; if your HDL is less than 50; or, if you have other cardiovascular risk factors
- Weight/body mass index – every health care visit starting at age 20
- Waist circumference – as needed starting at age 20
- Blood glucose – every three years starting at age 45

Family history. If you know you have a family history of heart disease, it's important to share that information with your doctor. This will help cue your physician into your genetics, making him or her more aware of additional risk factors.

Health habits. Do you smoke? Are you physically inactive? Do you eat a diet high in fat? The answers could also impact your risk. Talk to your doctor so he or she has a better idea of your lifestyle, how to improve your health and to determine whether or not you need to be screened.

Join the movement and Go Red, Coachella Valley!

- **Get Your Numbers:** Ask your doctor to check your blood pressure and cholesterol.
- **Own Your Lifestyle:** Stop smoking, lose weight, exercise and eat healthy.
- **Realize Your Risk:** We think it won't happen to us, but heart disease kills 1 in 3 women.
- **Educate Your Family:** Make healthy food choices for you and your family.
- **Don't be silent:** Tell every woman you know that heart disease is our #1 killer.

Learn more about your numbers and key health indicators by visiting GoRedForWomen.org and join the Go Red Luncheon Friday, Feb. 13 at Renaissance Indian Wells for physician and survivor lectures, educational session, health expo and heart healthy lunch. CVGoRedLuncheon.heart.org (760) 346.8109.



Do Your Eyes Need a Lift? Revitalize Your Look

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

Procedures Offered:

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

Aesthetic Services

For a Naturally Refreshed Look:

Juvederm
Restylane
Professional Skin Care Line



Jennifer Hui, MD, FACS

Board Certified Ophthalmologist
Trained at Bascom Palmer (#1 for 10 yrs.)
Fellow American College of Surgeons



760.610.2677

WE'VE MOVED! VISIT OUR NEW OFFICE AT:

41990 Cook Street, Suite F1007
Palm Desert

palmspringseyelidsurgery.com



HOWARD

TRAINER

CERTIFIED
TRAINER
FOR
SENIORS
**BY
SENIOR**

Live healthier and longer.
Be stronger, more active,
and enhance your mind.
Live a better life.

- Physical training (not body building, just everyday, sensible exercise) with a trained senior specializing in seniors will definitely help you reach your goals
- Become more agile and improve your balance while having fun and enjoying the experience

Affordable rates for individuals and groups (2-6 people)
Come to my gym or I will come to you!

**FREE PERSONAL EVALUATION
AND ONE-ON-ONE MEETING**

(760) 464-5339 | howard@thehowardr.com

HOWARD
RUBINSTEIN

Certified trainer for seniors by senior

No Excuses in the New Year!

By Howard Rubinstein, CPT

Procrastination is the most serious real killer for those thinking about starting a new exercise program.

We know that close to 85% of our most dreaded diseases could be prevented with appropriate lifestyle changes, including proper nutrition and regular exercise. These healthy lifestyle behaviors not only help prevent disease (and ultimately premature death) but also improve your quality of life! No one wants to simply survive, we want to live fully, and regular exercise will absolutely help foster that goal.

A WebMD report by Karen Springen and Louise Chang, MD, considered the top exercise excuses and inspiration to overcome them. *May they motivate you into action!*

'I Don't Have Time.' We find time for things we value. Shouldn't your health be at the top of the list? Consider your time watching TV. During your shows, use resistance bands for strength training, or walk in place. You could also record your shows and watch them later, skipping the ads and using that time to exercise. If you don't have a long stretch of time, break up your workout into shorter sessions. Some activity is better than no activity.

'I'm Too Tired.' Working out actually gives you more energy. It produces feel-good hormones (endorphins), and increases circulation. It may help to work out in the morning before your day gets away from you. Not a morning person? No problem. Do it whenever you feel best, and with all that new energy, you just may start becoming a morning person!

'I Just Don't Like Exercising.' First, figure out why. Is it that you don't like getting sweaty? Work out indoors where it's air conditioned or swim so you won't notice any perspiration. Try a low-sweat activity, like gentle yoga.

Is it hard on your joints? Head for the pool. Exercising in water is easier on your joints. The stronger your muscles get, the more they can support your joints and the less you'll hurt. If your physical limitations are more serious, check with your doctor, or find an athletic trainer who can help you figure out exercises that are still safe and easy to do.

If you're self-conscious about your weight, you could start by walking with friends, working out in the privacy of your home, or exercising with a trainer who's supportive. Wear clothes that feel comfortable.

'I'm Too Old.' I added this one, which I hear all too often. After many years of excuses, I started working out later in life and soon became a fitness trainer. The truth is you are never too old. A study by Dr. Herbert A. deVries, former director of the Andrus Gerontology Center at the University of Southern California, demonstrated that men and women in their 70s and 80s can achieve levels of vigor associated with people 30 years younger by starting and maintaining an exercise program. deVries stated that assuming that there are no underlying disorders, exercise can make an 85 year-old as strong as a 55 year-old person.

Welcome to 2015! There is no better time to start a fitness program – and no excuse you can't overcome.

Howard Rubinstein (72) is an ISSA certified trainer who began his fitness career as a senior with the goal of helping other seniors stay - and get - fit. He welcomes your questions and can be reached at (760) 464.5339 or howard@thehowardr.com.

Source: 1) <http://www.webmd.com/fitness-exercise/guide/the-top-6-exercise-excuses-and-how-to-beat-them>

LOTUS FLOW
MOVEMENT

AWAKEN THE MIND, BODY & SOUL
GYROTONIC® | PILATES | YOGA | BODY BARRE

Lotus Flow Movement is dedicated to improving the quality of life for our clients through mindful movement practices.

Individualized and small group classes are offered in a positive environment with qualified fitness practitioners.

Featuring the Valley's exclusive **GYROTONIC®** system which enables fluidity of sequenced movements designed to create energetic release, cleansing, reorganizing and refreshing body and mind.

\$25 INTRODUCTORY SPECIAL

760-568-FLOW (3569)
73900 El Paseo | Palm Desert | CA 92260
www.LotusFlowMovement.com

The Gyrotonic® Method for Movement Through Life

The Gyrotonic® Method consists of two forms of activity ranging from simple floor exercises to sophisticated equipment. The practice was invented by Juliu Horvath, a former ballet dancer and competitive swimmer and gymnast who recognized the importance of developing inner strength to support muscular and skeletal health for life long flexibility and movement.

Gyrokenesis® is a series of seated and floor mat movements that incorporate the principles of yoga, Qi Gong, and tai chi. The emphasis is on continuous movements combined with special breathing patterns that flow seamlessly together stimulating the nervous system, opening the energy pathways of the body (Qi), and oxygenating the blood. There is a focus on spinal movement with arches and curls that expand the vertebra, increasing fluidity. According to certified practitioner, Natalie Taylor of Lotus Flow Movement in Palm Desert, the goal is to align your joints and internal systems to work synergistically to their greatest extension and flexibility.

The second part of the method is the Gyrotonic® equipment, a weight and pulley system that provides both assistance and resistance to promote fluidity and elongation of muscles and joints. The equipment gently pushes you to go beyond your capacity, helping to increase bodily movement. Results noted include improved balance, range of motion, flexibility and overall fitness.

“Unlike the traditional gym equipment which often focuses on increasing bulk muscle, Gyrotonic® promotes lean muscles

and the release of joint stiffness,” says Taylor. “It works from the inside out; from your nervous system, bones and deep muscles to your external layers.”

Phil Steinberg of Indian Wells says the Gyrotonic® equipment kept him from back surgery. “When I started with Natalie ten years ago, I had had three MRIs and doctors told me I needed back surgery.” At the time, he was getting cortisone shots, taking medications, and often crawling in pain. “I chose this option instead, and it worked.”

He adds that his closest friend who is ten years younger chose back surgery. “I said ‘are you crazy? Get into Pilates or Gyro.’” He didn’t and has now had two back surgeries. “When we exchanged MRIs, he told me that my issues were actually worse than his.”

Steinberg, who is in his 80s, has also seen his golf score improve. “As they get older, most golfers attempt to shoot under their age. Now I am upset if I don’t shoot under my age.” It is apparent that the elongating effects of the practice have helped

Steinberg maintain his 6’2” frame. “I walk almost every morning, but the Gyrotonics® provide stretching which enhances the twisting and turning required for golf.”

“The equipment is all about fluidity – almost like dance,” adds Taylor, a former professional ballerina. “It is wonderful to see clients discover movements they never thought they would perform again.”

Gyrotonic® Method is offered at Lotus Flow Movement in Palm Desert. (760) 568.3569.



Gyrotonic® enabled Phil Steinberg to forego surgery



Climb Every Mountain

By Lauren Del Sarto

Women are often guilty of not making time for themselves – especially working women with families and full schedules. But few are busier than Linda Evans who recently added the title of Mayor of La Quinta to her resume.

So I was surprised to learn that for the past five years, Linda and a dedicated group called the Working Women Hiking Club (WWHC) have met nearly every Saturday and/or Sunday at 7am to hike a different valley trail each week. When Linda invited me to join them, my first thought was, "I can't add any more to my schedule." But after walking three miles on a beautiful morning as the sun rose over the Santa Rosa Mountains, I realized I had added something tremendous to my day. The feeling was energizing, inspiring and truly uplifting.

The commonality these professional women share adds a special element to the group. The process is simple and there is no pressure to partake. A text goes out with a designated date and location and whoever is in for the day shows up. Sometimes it's 2 and sometimes 20. I asked each of these dynamic women what motivates them to get up early every weekend and take part. "Health, camaraderie, and appreciation for this beautiful place we call home."

"It's a great way to start the day to get our mind and spirits intact with friends," says Linda. She adds that it wasn't always that way. "Isabella (Smith) and I struggled with our first few hikes as we realized how out of shape we were."

"I can breathe again," adds Sandy Martin. "I have always worked out with weights, but not cardio, and never realized how unfit I was until I started hiking."

This organized activity provides a unique opportunity for these women to get together socially while enriching mind, body and soul. The group has helped one another through challenging schedules, personal ups and downs, and even knee and hip replacements. "We balance each other's strengths and rally

around each other when needed," says Sandy.

Do their families complain that they are gone weekend mornings? "Most of our family members are still asleep at this time, but sometimes they join us." Inviting family members on the journey helps to keep the balance; however, most are not regulars, which points to the bond these women share.

"When you work in an office building all day long and are running around for business, you need an activity like this to appreciate everything we have here," adds Debi Tryon.

The WWHC has hiked a large majority of valley trails. They buy the Summer Tram Pass and hike mountain trails to avoid the heat (and snakes).

When other hikers are encountered on the trail (often "angels") there is a good chance someone will know someone. On this day, we ran into Jessica Harris and Kelly Letzerich just as we had lost the trail (thus they fit in the angel category). They pointed to a peak assuring us that the spectacular views were worth the steep climb. The top of the hill did not disappoint and it was there I learned of the group's customary tradition (I won't share theirs, but all groups should create one).

We sat and enjoyed a variety of healthy snacks everyone brought while appreciating our stunning surroundings. I pondered just how much joy this simple activity provided.

It is so easy to do, yet easier not to do, and thus most of us don't. But this group inspired me and hopefully will inspire you to gather your group – be it friends, work associates, family, or social club and take to the trail.

While you may think you have no time to add hiking to your list, you will be amazed just how much group hiking will add to your life.

For a list of Coachella Valley hikes, visit www.everytrail.com/best/hiking-coachella-california or pick up Philip Ferranti's 140 Great Hikes in and Near Palm Springs or Falcon Guides' Best Easy Day Hikes Palm Springs and Coachella Valley.



From left to right: Kelly Letzerich and Samson, Tracy Smith, Linda Evans, Isabella Smith, Linda Riggs, Sandy Martin, Jessica Harris, and Debi Tryon



With a group, the climb is as much fun as reaching the peak

evolve yoga

CV WEEKLY VOTED BEST YOGA STUDIO OF 2014

Evolve Into A New You

50-991 Washington Street & Calle Tampico La Quinta (next to US Bank)

760-564-YOGA

www.e-volveyoga.com

WHOLE BODY APPROACH TO HEALTH & WELLNESS

TRAINING

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

GOLF & TENNIS CONDITIONING

Golf Biomechanic/TPI Fitness specialist

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

FITNESS

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

K|SPA WELLNESS

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

Michael K. Butler,
B.A., P.T.A., CSCS*, D.R.S.C.C., D.P.E.S., N.M.T.

Susan Butler,
N.M.T., L.M.T., C.F.T.

See the **CryoTherapy Chill Pass** on page 13!

CALL TODAY TO GET STARTED!
KINETIX HEALTH & PERFORMANCE CENTER

760-200-1719
77804 Wildcat Drive
Palm Desert, CA 92211
WWW.KINETIXCENTER.COM

THE TRUTH ABOUT LOCAL FOOD

"Local" means a lot of different things to different people. Some grocery stores call produce shipped in from a five-state region "local". Call us old fashioned, but to us, if you couldn't drive there in an hour or two, it's not truly local. That's why we put a measurable standard on our True Local products: We simply won't call it True Local unless it's 100 miles or less away from our stores.

WHY DOES LOCAL MATTER?

- Better for the environment
- Better for the local economy
- Helps local, family-run farms and businesses
- Local often means fresher
- Fresh food tends to taste better and have more nutrients

TRUE LOCAL

100 MILES OR LESS

Vineyard in Temecula, CA

Jensen's
MAKE EVERY DAY AN OCCASION™

PALM DESERT 73601 HIGHWAY 111 / 760.346.9393
PALM SPRINGS 2465 EAST PALM CANYON / 760.325.8282
JENSENSFOODS.COM



Affordable Care

In Your Own Home

Our personal care allows your loved ones to remain in the familiar, comfortable and peaceful surroundings of their own home where *it is always best.*

Every client is given a **screened, insured, bonded and experienced** personal attendant whose priority is to keep your loved one clean and comfortable.

Affordable Companion Care attendants will:
Help with personal care • Help with physical therapy
Prepare meals including special diets
Perform light housekeeping • Do the laundry

SERVING THE FOLLOWING COUNTIES:
Los Angeles, Orange, Riverside,
San Bernardino, Ventura & San Diego

2 HOURS FREE
with minimum
6 hour service
*First time clients only

Call us today at
800-562-5994
www.CompanionCareCalifornia.com

TIME FLIES...

Tempus Fugit

WITH **GEORGE ADOLPH**

Recollections from Years Gone By

“Look!” my mother said in 1937 at the Berlin Zoo as she pointed to a huge flying object in the sky shaped like an enormous cigar. “This is a Zeppelin and it can fly to America.”

Indeed, it was like a rigid airplane 420 feet long capable of crossing the Atlantic Ocean with passengers, sleeping quarters, a dining room and observation deck. That was perhaps the spark for desire to go to America and my fascination with flying and exploring.

During the war in Germany, I saw propeller planes by the thousands evoking sad memories. In 1942, I recall a noise in the sky I had never heard before. It was a turbo jet engine aircraft first tested in 1939 and then produced for the German air force in 1941. Again, my curiosity for sky adventures was forming.

My family exposed me to music that was played through the air. I wondered how and I don’t fully understand it now, but in the early 30’s the German government gave every German family a free radio; a little bakelite box with a dial and one station. What a deceptively evil gift. The government abused it with misleading propaganda softened with music.

Television was rare in the early 1950s. On my walks in Berlin I always stopped at a showroom window that displayed a TV. On February 6, 1952, I witnessed the coronation of Queen Elizabeth II on this TV, a miracle for me. How could a moving picture be transmitted from Great Britain to Germany? The radio, television, radar and radio were, as I learned much later, in the infancy of their technology.

About two years ago, I met the moon landing astronaut Dr. Edgar Mitchell at the Palm Springs Air Museum. My fascination was sealed. I wanted to learn more about space and the cosmos.

From the Zeppelin in Berlin to space exploration is a huge step for mankind. What else was accomplished during my octogenarian life?

As I searched from roughly the beginning of this century, I became convinced that we are privileged to live in the most exciting period for our species on our pale blue planet. The opportunities to experience, to learn, to be part of it all, are vast for the veterans of life - and for the young. It inspired admiration for the achievements of the aging generation. It has also created a foundation for new generations.

We should never forget that our brain, evolving over 100,000 years or more, gives us the greatest power, day in and day out. Weighing only three pounds, it is the most powerful computer known to man. The brain possesses about 100 billion neurons with roughly 1 quadrillion (1 million billions) connections (synapses) wiring these cells together.

To put it in perspective, it took the fourth most powerful super computer in the world 40 minutes to complete a simulation of one second of human brain activity.

My next column will look back on man’s achievements in the last 80 years or so.

Live healthy. Learn much. Share often.

PLAY YOUR BEST GAME

NAMED AMONG THE TOP 10% IN THE NATION FOR Joint Replacement By Healthgrades®

JOINT REPLACEMENT EXCELLENCE AWARD™
2015
healthgrades

Sports Medicine •
Joint Replacement Surgery •
Foot & Ankle Surgery / Podiatry •
Arthritis & Rheumatology •

JFK MEMORIAL HOSPITAL
JFK Physician Referral Line
1-800-343-4535

• Five-Star Recipient for Total Knee Replacement for 11 Years in a Row (2005-2015)
• Five-Star Recipient for Total Hip Replacement for 4 Years in a Row (2012-2015)
• Five-Star Recipient for Hip Fracture Treatment for 8 Years in a Row (2008-2015)

www.jfkmemorialhosp.com

Take Your Magnesium

By Lauren Del Sarto

In December, the *Desert Sun* ran an informative article entitled *Is magnesium deficiency a clue to many ailments?* by David Templeton of TNS Global. It stated that 80 percent of Americans are deficient in magnesium according to the World Health Organization, and that low magnesium levels have been implicated in hypertension, coronary heart disease, type 2 diabetes and metabolic syndrome.

Adding to the problem are many common medications like proton pump inhibitors for acid reflux (Nexium, Prilosec), statins, and blood pressure medications that deplete magnesium, while the phytates in breads and grains reduce magnesium absorption by 60 percent.

Yet when I ask many of my friends who take these medications or have suffered from heart palpitations and/or A-Fib, many are unaware of the need to supplement.

In his book *Dr. Gundry's Diet Evolution*, Palm Springs cardiothoracic surgeon Steven Gundry, MD, states that most adults become profoundly deficient in magnesium which is essential for muscle contraction, nerve conduction and healthy bones.² He informs us that this mineral is so essential that all heart surgery patients receive 1 to 2 grams intravenously during and every six hours after their operation to normalize their heart rhythm and control blood pressure.

Cardiologist William Davis, MD, of our lead feature agrees, adding that a diet rich in “healthy whole grains” virtually assures deficiency, which has become the rule versus the exception.

The recommended daily allowance is 420 milligrams per day for men and 320 mg for women, although Gundry advises working your way up to as high a dose as you can tolerate (between 500-1,000 mg per day) without having loose bowels. “Working your way up” should not be taken lightly, and you may consider starting at 50 mg. As Gundry notes, the laxative isn’t named Milk of Magnesia for nothing! (On my general advice to take magnesium, a family member started at 500 mg and will, unfortunately, never take it again).

Gundry also notes that when magnesium and calcium are combined in a supplement, you actually get less of each.

According to Davis, the most effective way to replenish magnesium (short of intravenous transfusion) is to make your own magnesium bicarbonate from unflavored Milk of Magnesia and seltzer water. The recipe, which is available online (www.afibbers.org/Wallerwater.pdf) and in Davis’ new book *Wheat Belly Total Health*, should be followed as outlined and can help alleviate loose bowels from capsules or powder.

In my interview with Davis, he indicated that there are no heart medications that interact negatively with magnesium, although if you take medications, you should always check with your doctor before adding a new supplement. “The only danger to magnesium is if someone has kidney disease,” he states, “because we lose magnesium in our urine, and if we stop clearing magnesium, we can start accumulating magnesium and it can become toxic.” On the contrary, he adds, there are some medications that become lethal in the presence of magnesium deficiency such as some antibiotics, anti-depressants and some heart rhythm medications.

As preventative or restorative, check with your health care practitioner and consider adding magnesium to your daily regime.

References: 1) From Davis’ *Wheat Belly Total Health*; noted source: T. Bohn et al., “Phytic Acid Added to White-Wheat Bread Inhibits Fractional Apparent Magnesium Absorption in Humans,” *American Journal of Clinical Nutrition* 79, no.3 (March 2004): 418-23; 2) Steven R. Gundry, M.D. *Dr. Gundry's Diet Evolution*, Random House, New York. 2008. Pg 93.



Verify Your Health Plan for 2015
Changes are possible until February 15

By Randy Alan Foulds

Most will agree, open enrollment for Covered California went a lot smoother this year compared to last year. Though there were a few hiccups, you still have time to correct them before you are locked in.

If you enrolled in the wrong plan, or you have changed your mind, you have until February 15 to make a change. Some of our local hospitals were unable to come to an agreement with the same insurers as last year, so don't assume you can still see the same providers and go to the same hospitals. Use this time to check once more with your doctors and other providers to be certain they are still in network.

You may receive a bill for your premium that is much higher than before. Check the statement closely. Were you receiving an advance tax credit which is now gone? If so, you probably didn't renew permission for Covered California to verify your income. Log on to your Covered California account and select "renew permission" on the right hand menu of actions. Covered California will then verify your income level and other qualifying statistics and calculate your monthly tax credit amount. This takes some time so do this as soon as possible. Follow up with a call to your insurer. You may be stuck paying the full premium for a month until the issue is resolved.

If you enrolled directly with an insurer and want to change your plan, most have a simple form or even web page to do this. For example, Anthem uses changemycoverage.com as a simple way for you to identify who you are, what plan you have, and what other plans are available in your area.

Enrollment through Covered California means they are your gatekeeper. Your insurer is not going to make any changes to your coverage or even change your address in their system unless it comes through Covered California. They now have twice as many customer service agents answering the phone calls as they did last year. Their mission is simply to help you get coverage so, if you really feel you have an issue you can't resolve, call them. They want to get you enrolled before the February 15 deadline.

Finally, remember that during the year, if you have changes in your income, employment or family situation, or if you move to another county, you can then choose to re-enroll in another plan, either through Covered California or directly with an insurer.

Verify your plan as soon as possible. Be sure it's the plan you want and has your provider of choice in network for 2015.

Randy Alan Foulds is a certified, independent health and life insurance agent in La Quinta. Foulds & Feldmann Insurance Agency can be reached at 760-777-9400.

Thank YOU, Mr. President

Continued from page 9

runners shedding tears of joy and exhaustion at the finish line, so he created a free six-week training program leading up the event called "Por Vida!". He enlisted the help of local naturopathic doctors to work with runners, and encouraged high school student, Johnny Flores to blog about his experience. "My friends and family think I am crazy," he told us; his blog was aptly entitled "Not Giving Up!"

Our most significant achievement may be the successful funding of CV Link, a 50-mile multi-use path that will connect the valley from one end to the other offering a scenic and auto-free place to bike, run, jog, and inline skate. While plans for the project preceded the CHMI, incorporation into the blueprint has generated additional support, team work, and funding. \$85 million of the estimated \$100 million budget has been raised, and a 2016 ground breaking is planned.

President Clinton also reminded us not to forget about those in our community with the greatest needs. CHMI strives to address disparities for all residents and to bridge the gap. Playgrounds and wellness parks have been constructed in the

east valley and a "Clean Up Coachella" day with Chelsea Clinton had a lasting impact on all. Desert Health® pledged to help increase the number of medical volunteers at the valley's only free medical clinic and our media campaign has helped increased staff, and thus the number of patients that Coachella Valley Volunteers in Medicine can see.

The Foundation also encouraged non-profit organizations such as FIND Food Bank and Hidden Harvest to join forces to reach

a greater population; their joint effort was rewarded by a significant local grant, and more of our valley's hungry receive fresh fruits and vegetables.

Many of these community efforts, large and small, would not have taken place without the vision, support and facilitation of the Clinton Health Matters Initiative.

On behalf of the Coachella Valley, I want to thank you, Mr. President, and your tremendous team at the Clinton Foundation for guiding us down this path of enhanced health and wellness. Thanks to your support and encouragement, we are doing it for ourselves, and for the greater good of our community. Desert Health® will continue to publish our achievements in an effort to inspire others to take part.

You can count on us as your "model community." Our work will continue, and we promise not to let you down.



Medicare Made Easy



Which Medicare plan you choose is very important, but doesn't have to be complicated. Choice of doctor, premiums, co-pays, area of coverage, there are many points to consider.

You need expert advice, and experienced agents to guide you. At Foulds & Feldmann Health Insurance, we've advised thousands of clients over 25 years. And we would love to help you make the right choice.

Come see us at our new location in Point Happy Plaza
(Corner of Highway 111 & Washington)



RANDY ALAN FOULDS
License #OG69218

760-777-9400

FOULDS & FELDMANN
HEALTH INSURANCE AGENCY


78370 Highway 111, Ste. 100
La Quinta, CA 92253

www.ForYourHealthInsurance.com




MAUREEN FELDMANN
License #0820405


KMIR NEWS



MAKING THE COACHELLA VALLEY A BETTER PLACE TO LIVE





YOUR HEALTH MATTERS



WITH JANET ZAPPALA

WEEKNIGHTS ONLY ON KMIR NEWS

THE ONLY LOCAL STATION THAT FIGHTS TO KEEP YOU HEALTHY!

KMIR.COM  



Integrated Wealth Management

PLAN • ADVISE • INVEST • MANAGE • RETIRE

*Empowering you to achieve
your financial goals.*

Women's Financial Literacy
*Learning in Retirement
on Fridays
at College of the Desert*

visit www.lirpalmdesert.com
for more information

Reesa Manning

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

Reesa@IWMgmt.com
(760) 834.7200

Ramp Up Your Retirement Savings

By Reesa Manning, Vice President & Senior Financial Advisor

As we enter the New Year, there is no better time to assess your current retirement plan and to set realistic goals for your long-term future. It is never too early or too late to start. Following are a few guidelines to set you in the right direction:

Know where you stand. First, thoroughly analyze your situation, calculating how much you need for retirement, what income sources will be available, how much you have saved, and how much you need to save annually to reach your goals. If you can't save that amount, it may be time to change your goals. Consider postponing retirement for a few years so you have more time to accumulate savings as well as delay withdrawals from those savings. Think about working after retirement on at least a part-time basis. Even a modest amount of income after retirement can substantially reduce the amount you need to save for retirement. Look at lowering your expectations, possibly traveling less or moving to a less expensive city or into a smaller home.

Contribute the maximum to your 401K plan. Your contributions, up to maximum of \$17,500 in 2014, are deducted from your current-year gross income. If you are age 50 or older, your plan may allow an additional \$5,500 catch-up contribution, bringing your maximum contribution to \$23,000.

Look into individual retirement accounts (IRAs). In 2014, you can contribute a maximum of \$5,500 to an IRA, plus an additional \$1,000 catch-up contribution if you are age 50 or older. Even if you participate in a company-sponsored retirement plan, you can make contributions to an IRA, provided your adjusted gross income does not exceed certain limits.

Move to a smaller home. As part of your efforts to reduce your pre-retirement lifestyle, consider selling your home and moving to a smaller one, especially if you have significant equity in your home. If you've lived in your home for at least two of the previous five years, you can exclude \$250,000 of gain if you are a single taxpayer, and \$500,000 of gain if you are married filing jointly.

Substantially increase your savings as you approach retirement. Typically, your last years of employment are your peak earning years. Instead of increasing your lifestyle as your pay increases, save all pay raises. Anytime you pay off a major bill, such as an auto loan or your child's college tuition, take the money that was going toward that bill and put it into your retirement savings.

Restructure your debt. Check whether refinancing will reduce your monthly mortgage payment. Find less-costly options for consumer debts, including credit cards with high interest rates. Systematically pay down your debts. And most important, don't incur any new debt. *If you can't pay cash for something, don't buy it.*

Stay committed to your goals. If you are starting your retirement planning in the later years of your life, it's imperative to maintain your commitment to saving.

Happy – and prosperous - New Year to all!

Reesa Manning is Vice President and Senior Financial Advisor at Integrated Wealth Management, specializing in retirement and income planning. For more information, call Reesa at (760) 834-7200 or Reesa@IWMgmt.com.

The above is being provided for informational purposes only and should not be considered investment, tax or legal advice. The information is as of the date of this release, subject to change without notice and no reliance should be placed on such information when making any investment, tax or legal decisions. Integrated Wealth Management obtained the information provided herein from third party sources believed to be reliable, but it is not guaranteed. Form ADV contains important information about the advisory services, fees, business, and background and the experience of advisory personnel. This form is publicly available and may be viewed at advisorsinfo.sec.gov

Health Insurance OPEN ENROLLMENT TIME IS HERE!

and it can be very confusing, yes?

*Please allow me to assist you so that it
“all makes sense” and allows you to make an
informed decision as to which option is best for
your personal needs for health insurance.*

People under Age 65: The Annual Open Enrollment Period began 11/15/14 and ends 2/15/15

- This 3 month Open Enrollment Period is the one time each year when you can evaluate alternative health insurance plan options for your health plan coverage in 2015.
- Unhappy with your current health insurance plan? Or you have no coverage now? Then this is the time to take action!
- But to change plans or enroll in a new plan for the first time AND have a 1/1/2015 effective date, you must select and enroll in a new health plan by 12/15/14...so there is only a 30 day window to enroll for 1/1/15 coverage. Otherwise you have until 1/15/15 or 2/15/15 to enroll in coverage effective 2/1/15 or 3/1/15.



*Please call or e-mail me...I will be most
pleased to assist you with the information
you need to choose a new health plan.*

Palm Canyon Insurance Agency

INSURING YOUR HEALTH
AND FINANCIAL WELL BEING

(760) 416-4225 ■ Fax (760) 416-3575

www.PalmCanyonInsurance.com

1276 N. Palm Canyon, Ste 203 ■ Palm Springs 92262
CA Ins. Lic. #0636369

*I care, and I have
your best interests
at heart.*

*For over 32 years—
I'm here for you!*



Bill Robinson

Humana Challenge Delivers \$800k

Continued focus on health and wellness

In November, 38 local organizations received charitable contributions from the 2014 Humana Challenge totaling \$800,000, a 25% growth from the previous year.

Desert Classic Charities, the local nonprofit entity that organizes the Humana Challenge in partnership with the Clinton Foundation, presented to nonprofits in three categories: structured programs for children (including Boys & Girls Clubs, Big Brothers Big Sisters); rehab, social and support services (such as Desert Arc; Desert Cancer Foundation; Guide Dogs of the Desert); and food and shelter for the hungry, homeless and abused (Martha's Village and Kitchen; Operation Safe House; Shelter from the Storm, among others).

Included in the total contributions for 2014 was a donation of \$200,000 presented to Eisenhower Medical Center, the event's primary beneficiary since its inception in 1960. During the past 55 years, the event has generated more than \$56 million in donations to Eisenhower Medical Center and charities within the Coachella Valley.

This year's event, taking place January 19-25, is shaping up to be bigger and better with a strong field including Phil Mickelson, Keegan Bradley, Jason Dufner, Zach Johnson, Brandt Snedeker, and European Tour players Luke Donald (former World No. 1) and Ian Poulter. Play will take place on the same courses as last year: the Arnold Palmer Private Course at PGA WEST, the Jack Nicklaus Private Course at PGA WEST and La Quinta Country Club.

As you've probably heard, the 2016 event will see significant changes including a new title sponsor (hopefully) and two new courses (not announced at print time).

But will the focus on health and wellness continue? According to Bob Marra, the

executive director/CEO of the Humana Challenge, that is the plan. "Our goal is to have a new title sponsor that understands what we are doing and how we are benefiting greatly from doing it." The decision to accept a new sponsor is shared by the PGA Tour, the Clinton Foundation and Desert Charities; Marra states that the majority of top sponsors being considered are in that genre.

"The partnership with the Clinton Foundation will continue and as such, it is our goal to secure a title sponsor who will help us carry out that mission," he adds.

The Clinton Foundation will continue to hold their annual conference, the Health Matters Activation Summit, around the tournament, attracting industry leaders from across the country to discuss and develop initiatives to improve health nationally. This year's summit will take place following the tournament on January 25-27.

Tournament fans and the community at large will once again enjoy the Humana Well Being Walk and Healthy Fun Fair on Saturday (1/17) which will take place in the new location of La Quinta Civic Center Park. Humana Day at the Certified Farmers Market in Old Town will return as well, featuring cooking demonstrations hosted by area chefs.

The Humana Walk It program also returns, offering golf fans and community members an opportunity to walk not only for their personal health, but also to generate charitable donations. Last year community members walked more than 126,000 miles together which generated \$50,000 of the aforementioned contributions presented to local charities.

For more information on this year's Humana Challenge and a full schedule of events, visit HumanaChallenge.com or call (760) 346.8184.



Women Leaders Forum of the Coachella Valley's

Women Who Rule!

Awards Luncheon and Scholarship Fundraiser

Friday, January 30th, 2015 at 11am

Proceeds from the luncheon will go towards college scholarships for the best and brightest enrolled in WLF's Young Women Leaders Mentoring Program.

Advanced Ticket Prices:

Members: \$65 Non-members: \$85
(After Jan 27th: Members \$75 / Non-Members \$95)

Table of Ten : \$750

www.wlfdesert.org

Aqua Caliente Resort & Spa
32-250 Bob Hope Dr., Rancho Mirage

Silent auction

and reception begin at 11 am

Luncheon and Awards Program,
hosted by KMIR's Janet Zappala
and Gloria Rodriguez, begin at 12 noon

Join us in honoring



Trina Turk

Style icon and community pioneer
Desert Visionary Award



Peggy Cravens

Philanthropist
Mary T. Roche Community Leadership Award



Selby Dunham

Founder BIGHORN BAM
Jackie Lee Houston Heart of Gold Award



Fern Rudd

Coordinator Partners in Education PSUSD
Helene Galen Excellence in Education Award



cord media COMPANY



charles SCHWAB

NONA S. SOLOWITZ CPA

Jenell Fontes & Associates



INTEGRATED WEALTH MANAGEMENT PRESENTS

The 21st Annual Steve Chase HUMANITARIAN AWARDS

SATURDAY, FEBRUARY 7, 2015

HONORING

SCIENCE & MEDICINE AWARD

DR. MICHAEL GOTTLIEB

PRESENTED BY DR. STEVEN SCHEIBEL

100 WOMEN AWARD

HELENE GALEN

PRESENTED BY SEN. BARBARA BOXER

PARTNERS FOR LIFE AWARD

DAVID MORGAN

PRESENTED BY LESLIE JORDAN

PALM SPRINGS CONVENTION CENTER

5:30 PM COCKTAILS & SILENT AUCTION

7:00 PM DINNER, AWARDS & ENTERTAINMENT

9:00 PM AFTER-PARTY

TICKETS

\$475 GENERAL ADMISSION SEATING

\$1,000 PATRON SPONSOR SEATING

\$4,750 TABLE OF TEN

\$10,000 SUPPORTING SPONSOR TABLE OF TEN

BENEFITING DESERT AIDS PROJECT

760.992.0440

DesertAIDSProject.org

We are Proud to Support These Desert Events

Jan. 14 • Wheat Belly author Dr. William Davis. The 2015 Eisenhower Wellness Speaker Series kicks off with Dr. Davis who rocked the world when he described how grain in our diet can be as harmful as refined sugars. Annenberg Center for Health Sciences at Eisenhower. Doors 6 pm; Lecture 7-8 pm. Tickets \$55/advance; \$65/door. emc.org/WellnessEvents (760) 610.7360.

Jan. 17 • Mayor's Race & Wellness Festival. Join Palm Springs' Mayor Pougnet for this 10-mile, 5K and 1k kids' race followed by the Wellness Festival featuring celebrity fitness gurus and over 80 exhibitors. Palm Springs Wellness Park (777 Tachevah; across from Ruth Hardy). 7:30-11:30 am. YourSustainableCity.com.

Jan. 17-25 • Humana Challenge Healthy Fun in La Quinta. "A week of wellness with a side of golf." Humana Well-Being Walk (Jan. 17; 9 am) at Civic Center Park followed by the Humana Healthy Fun Fair. LQ Wellness Center opening (Jan. 17; 10 am); Humana Day at the Certified Farmers Market in Old Town (Jan. 18). Humana Challenge (Jan. 19-25). Visit PlayInLaQuinta.com. (760) 777.7090. For tournament tickets visit HumanaChallenge.com

Jan. 30 • Women Leaders Forum's Women Who Rule! Help raise college scholarships for Young Women Leaders while honoring dynamic community leaders at this festive luncheon. Champagne reception/silent auction start 11 am. Agua Caliente Resort. Members: \$65 / Non-members: \$85 in advance. WLFDesert.org

Feb. 7 • Steve Chase Humanitarian Awards. Desert AIDS Projects' largest fundraiser. The fun begins with red carpet arrivals, cocktail reception and silent auction at 5:30 pm, and dinner, awards and entertainment at 7 pm. The after party starts at 9 pm. For more information and tickets visit www.DesertAidsProject.org (760) 992.0440.

Feb. 12 • Affair of the Heart. This free community education and screening event offers guest speakers, lectures on heart conditions, treatment options and prevention, as well as free blood pressure and blood sugar screenings. Desert Regional Medical Center 9 am-12:30 pm (800) 491.4990.

Feb. 13 • Go Red for Women Luncheon. Come learn what you need to know on women's heart health at this memorable event featuring speakers, a silent auction, health expo, gift bags, and stories from survivors. Renaissance Indian Wells 9 am-2 pm. CVGoRedLuncheon.heart.org. (760) 346.8109.

Feb. 20 • Still Alice author Dr. Lisa Genova. Eisenhower Wellness Speakers Series presents Lisa Genova, Harvard Neuroscientist and New York Times bestselling author discusses Alzheimer's Disease. *Still Alice* is newly released as a major motion picture. Annenberg Center for Health Sciences at Eisenhower. Doors 6 pm; Lecture 7-8 pm. Tickets \$55/advance; \$65/door. emc.org/WellnessEvents (760) 610.7360.

Feb. 28 & Mar. 1 • Canada/Snowbird Fest. Come celebrate our seasonal friends with Canadian food, music, health and wellness, and fashion shows. UC Riverside campus on Cook St. Palm Desert. Sat. 10 am-6 pm; Sun. 9 am-3 pm. \$10 daily admission; children under 8 free. Visit BetteKingProductions.com (760) 202.4007.

March 29 • Poses for the People. Join local yoga instructors for a day of health & wellness benefiting CV Volunteers in Medicine. A two-hour class performed to live music is for all ages and ability. Civic Center Park, Palm Desert 10am. Bring a picnic lunch and enjoy the day. Donations \$25 in advance/\$35 onsite. PosesForThePeople.com johnnyuhas@me.com.

It's A Party, It's An Event, It's A Celebration!

Canada/Snowbird Fest moves to indoor/outdoor location

Excitement is in the air for the third annual Canada/Snowbird Fest taking place Saturday, February 28 and Sunday, March 1 at their new location on the University of California Riverside campus in Palm Desert (corner of Cook and Frank Sinatra).

Produced by Bette King Productions, this year's event promises to be even bigger and better as the UCR campus makes for an exciting indoor/outdoor venue featuring vendors, gourmet food trucks, displays, demonstrations, entertainment on two stages, a marketplace of unique products, and speaker forums. Top doctors in the field of integrative medicine will present new concepts for vital health, and celebrity authors, sports figures, and entertainment by well-known artists have been added.

There will be great food from both Canada and the U.S. along with a wonderful array of beer and wine, and of course, the famous Tim Horton coffee.

"We are also pleased to announce that we are honoring the Province of Nova Scotia this year," said producer, Bette King, "and representatives from the Province will be here to promote their region's industries, beauty and events." Scheduled to appear are Nova Scotia Bureau of Tourism's Bruce Bishop, and local attorney, Michael Brooks, who will be presenting information on cross-border taxation and issues that Canadians need to know.

Canada/Snowbird Fest will showcase the latest cars from Crystal Chrysler, new designs from Yamaha Golf Carts, new book authors, and the latest in medical services and technologies. Learn how to protect yourself with security demonstrations, try your hand on the potter's wheel, see the beautiful works from famed artist Julie Okah, and enjoy animal encounters with The Living Desert's live displays.

It is a wonderful opportunity to meet the people behind the commercials and ads you see locally, shake their hands, and see what special offers they are presenting to event attendees.

Also new this year is "Party On Canada/Snowbird Fest" (an added event separate from Canada/Snowbird requiring advance ticket purchase) featuring two intimate performances with famous songwriter and producer Dennis Lambert and Peter Beckett of the band Player ("Baby Come Back"). Lambert has written over 600 popular songs, many which will be performed by opening act Bethany Owens, famous impressionist and songstress known as the Woman of 1,000 faces.

Canada/Snowbird Fest will be a fun-filled celebration uniting us with our seasonal friends and neighbors who call the desert home this time of year. Come join the festivities!

Canada/Snowbird Fest 2015 will take place February 28 & March 1 at UC Riverside campus at Cook and Frank Sinatra in Palm Desert. Sat. 10 am-6pm; Sun. 9 am-3pm. \$10 daily admission; children under 8 free. Visit BetteKingProductions.com or call (760) 202.4007.

BACK BY POPULAR DEMAND... BETTE KING PRODUCTIONS PRESENTS



CANADA / SNOWBIRD

FEST 2015

"The Valley's #1 Resource Fair"

It's A Party!
It's An Event!

SATURDAY AND SUNDAY

FEBRUARY 28 – MARCH 1, 2015

Third Annual
Celebration!

Canadians,
Snowbirds
and Locals
coming
together
to celebrate
our desert lifestyle.

Specialty Products	Arts and Handicrafts	Seminars	
Food and Beverage	Beauty and Glamour	Special Services	
Food Trucks	Featured Real Estate	Prize Drawings	
Live Entertainment	Health and Wellness	Party On Concerts	
Vendor Booths	New Technologies	with Celebrity Entertainers	



University of California Riverside / Palm Desert

75080 Frank Sinatra Dr, Palm Desert, CA 92211

Festival Admission: Adults \$8 • Children Under 8 FREE

Free Self Parking • Valet Parking Also Available



www.bettekingproductions.com TELE: (760) 202-4007 E-MAIL: bettekingproductions43@gmail.com





*Snowbirds
Welcome!*

DESERT CLINIC PAIN INSTITUTE

*New VIP
Services!*

www.DesertClinics.com

ARE YOU IN PAIN?

Rancho Mirage

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

(760)321-1315

Indio

81812 Dr Carreon, Suite D
Indio, CA 92201

(760)347-7676

Palm Springs

1133 N. Palm Canyon Dr.
Palm Springs, CA 92264

(760)320-8005

“The Only Multidisciplinary Pain Clinics In Coachella Valley.”

OPEN 7 DAYS A WEEK

MEDICAL DIRECTOR:

Tobias Moeller-Bertram, M.D., Ph.D., MAS.
Board Certified Anesthesiology and Pain Management

“Leading the valley with our team of Harvard, UCSF, UCSD, Yale, Board Certified Anesthesiologists, Pain Physicians, Psychiatrists, Neurologists and Psychotherapists.”

**YOUR PAIN IS OUR PRIORITY. OUR PAIN INSTITUTE
IS DESIGNED TO REDUCE PAIN WHILE IMPROVING YOUR LIFE!**

- Back & Spine Pain
- Degenerative Joint Disease
- Fibromyalgia Pain
- Knee and Hip Pain
- Headaches / Migraines
- Neuropathy
- Osteoarthritis
- Acupuncture Treatment
- Joint Aches and Pains
- Head and Neck Pain
- Sport Injuries
- Carpal Tunnel
- Stem Cell Therapy
- Work Related Injuries



**IN-HOUSE
PHYSICAL THERAPY**

Inquire About Our New VIP Services!

Insurances Accepted • Cash Payments Welcome • Snowbirds Welcome



36101 Bob Hope Dr., Suite B-2
Rancho Mirage, CA 92270
(760)321-1315



www.DesertClinics.com



Wellness Center Grand Opening Celebration January 17 at 10am

- Fitness Center Memberships available for ONLY \$50 per year!
(for La Quinta Residents, \$75 for non-residents)
- Pre-sale memberships available starting January 5 from 9am-2pm
- Brand new state-of-the-art TechnoGym equipment for cardio, strength training and flexibility



Wellness Center offers a variety of services and facility offerings to assist you in your wellness journey. Here are some examples:
(Program offerings may require additional fees)

Nutritional Wellness
Fuel your body with good food

- Healthy Cooking
- Nutrition programs
- Community Herb Garden

Intellectual Wellness
Expand the mind and learn new skills

- Life-long learning courses
- Technology programs
- Computer Lab
- Facility-wide WiFi

Physical Wellness
Improve fitness and overall health

- Yoga
- Pilates
- Tai Chi
- Martial Arts
- Interval Training

Social Wellness
Connect with others

- Nintendo Wii Golf & Bowling
- Social Bridge
- Mah Jongg
- Dominoes

Creative Wellness
Spark your inspiration

- Music
- Language
- Arts & Crafts
- Dance



Wellness Center

78450 Avenida La Fonda
La Quinta CA 92253
760.564.0096