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**M**aking New Year's resolutions is a tradition that dates back to medieval times. We love them because they bring inspiration and hope for a brand new start, but more often than not, they also bring disappointment.

What if, instead of resolutions, we set intentions? Think the two words are interchangeable? They definitely are not, and the biggest difference between them is frame of mind. Just say the two words out loud with purpose and observe how they make you feel.

A resolution is standardly something from the past that you would like to fix or change. Intention is a purpose that you set for yourself in moving forward. Intentions are very powerful and work with the natural flow of the universe. Many believe that if you state your intention and put it out into the universe, the universe will respond. Resolutions feel more challenging because you are focusing in the wrong direction – backwards (in trying to fix something that exists) versus moving forward with purpose. Resolution = Past = Fix. Intention = Future = Purpose.

Let's take an example. The most popular New Year's resolution is to lose weight. What you are saying is that you are not happy with your current weight and want to fix that. An intention, which can lead towards the same result but is based on forward movement, is "I intend to make healthier food choices." With the resolution, if you don't see the pounds coming off, you'll be disappointed in yourself, and that resolution will probably go by the wayside. Your intention will always be there. You may not make healthier food choices all the time, but if you continue to believe in your intention, over time it will come to fruition.

It may seem like semantics, but it's not. It truly is a difference in your frame of mind, and intentions - or forward purpose - work with the universal Law of Attraction. If you haven't seen or read Rhonda Byrne's *The Secret*, which has sold over 28 million copies and has been translated into 46 languages, this would be a good place to start: "Ask. Believe. Receive."

Here's to moving forward in the New Year!

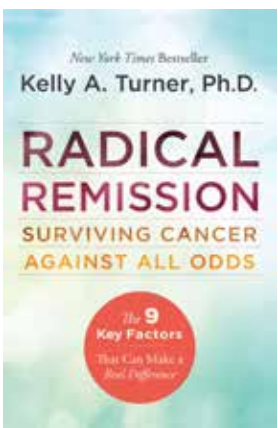
By Lauren Del Sarto



**Why do some people survive cancer** against all odds when others do not? That question sent Kelly Turner back to school to get her Ph.D.

As a cancer patient counselor, Turner was searching for answers in an effort to help her clients and was angered at the fact that no one had studied this population to determine why many felt they survived. She made a promise to her clients and began a journey that would change her life and the lives of many who continue to benefit from her work.

Turner's research began with an analysis of 20 "radical remission cancer survivors" for her initial Ph.D.



dissertation and grew to a review of 1500 written or published cases and 250 in-depth interviews. Her goal was simple: identify the common factors this group shared. What were they all doing that they believed help them survive?

She identified 75 factors total – from doing headstands to breathing fresh early morning air – and found a total of only 9 that the large majority all shared. And radical remission survivors continue to practice these things today to maintain their health, because most believe that if they stop, their cancer will return.

**This is why everyone should read Dr. Turner's book, *Radical Remission: Surviving Cancer Against All Odds*.**

Continued on page 16

**Do you know the Top Tests That Can Save a Woman's Life?**

Turn to page 3 to find out where you can learn more at Desert Regional Medical Center's upcoming lecture at the Desert Woman's Show.

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## Life: 2016

As we welcome the New Year, we say goodbye to many important people we lost in 2015. Among them is, Gloria Greer, whom I greatly admired as one of our Desert's original publishers (*Sand To Sea* 1974), a respected journalist, editor, television host, and champion for her non-profit Act for MS.

I had the pleasure of knowing Gloria socially over the past several years and was always inspired by her words of wisdom and positive attitude.

We lost Gloria to esophageal cancer which she felt was related to chronic acid reflux and the long-term use of PPIs (Prilosec, etc.). We have frequently written in *Desert Health*® about the dangers of this condition and extended use of medication to relieve symptoms. Too many people continue to mask symptoms without understanding the long-term consequences. Getting to the root of the problem and making dietary and lifestyle changes to get rid of acid reflux – and off the drugs – is key.

Cancer is a word we continue to hear all too often. Thus, I was delighted when Dr. Kelly Turner's book, *Radical Remission*, was introduced to me (books tend to find you when you need them). Her extensive work provides, not only hope and inspiration for those living with cancer, but cancer prevention "from those who have walked the walk." I truly feel everyone can benefit from this book – especially those in our medical and natural health communities who are treating this disease (see *Health is a Choice* pg. 1).

We are honored that 2016 is our sixth year of providing information, resources and options to help you make healthier choices for yourself and those you love. Thank you for reading!

Set your intentions for a happy and healthy 2016 ~



We were honored by Gloria Greer's attendance at the first annual *Desert Health*® Wellness Awards

*Lauren*  
Lauren Del Sarto  
Publisher

## We are Proud to Support These Desert Events

**Jan. 9 • The Galen New Year's Resolution 5k Color Run.** Jump start your New Year's resolutions at this festive color run traversing the neighborhood and trails that border Edgehill Drive. Resolution Celebration follows with awards presented by age group, live entertainment, museum admission, food, and special activities in the beautiful Faye Sarkowsky Sculpture Garden. Race fee of \$40 (adults 18-64), \$20 (children 6-17), \$5 (ages 5 and under), and \$30 for military, veterans, and adults 65+ includes a commemorative long-sleeved shirt and race bag. Palm Springs Art Museum in Palm Desert. 8-10 a.m Register online [www.galenregistrations5k.com](http://www.galenregistrations5k.com). (760) 346.5600.

**Jan. 13 • Eisenhower Wellness Institute Speakers Series** presents Denise Minger, author of *Death by Food Pyramid* which unveils the shocking consequence of following the federally recommended guidelines for nutrition. Annenberg Center for Health Sciences at Eisenhower. [www.emc.org/wellness](http://www.emc.org/wellness) (760) 610.7360.

**Jan. 16 & 17 • Desert Woman's Show.** The spotlight will once again shine on women's issues with over 100 exhibitors of local products and services, interesting seminars on today's hottest topics, and Taste of the Valley with food, wine and beer tasting. Agua Caliente Resort. For vendor and guest info contact: [info@MarloProductions.com](mailto:info@MarloProductions.com). (760) 285.3903. For tickets visit [www.desertwomansshow.com](http://www.desertwomansshow.com).

**Jan. 24 • City of Palm Springs Mayors Race & Wellness Festival** 1k, 5k and 10k run with over 80 health and wellness exhibitors and celebrity fitness expert demonstrations. For vendor information contact Jeff Hocker (760) 409.1530. For more information and to register for the race visit [www.HealthyPlanetHealthyYouPS.com](http://www.HealthyPlanetHealthyYouPS.com).

**Jan. 28 • Healing Waters Spa Tour.** Discover the many unique spa hideaways on the Desert Hot Springs aquifer. Sip wine and soak in these internationally-acclaimed resorts representing mid-century modern, Moroccan, restored hacienda, B&B, casual, classic, and more. VIP and self-guided tours available. 4pm – 8pm. [www.HealingWatersSpaTour.com](http://www.HealingWatersSpaTour.com). (760) 285.3903.

**Jan. 29 • Women Leaders Forum's Women Who Rule!** Presented by Desert Regional Medical Center. Raise a toast - and college scholarships - for Young Women Leaders while honoring dynamic community leaders at this celebratory luncheon. Champagne reception/silent auction start 11 am. Agua Caliente Resort. For tickets and more information visit [www.WLFDesert.org](http://www.WLFDesert.org)

**Feb. 3 • Eisenhower Wellness Matters Speakers Series** presents Tara L. Dall, MD, who will discuss early detection for heart disease and diabetes through the use of biomarker testing. Annenberg Center for Health Sciences. [www.emc.org/wellness](http://www.emc.org/wellness) (760) 610.7360.

**Feb. 6 • Steve Chase Awards.** Desert AIDS Project's largest fundraiser shines the spotlight on community leaders and D.A.P. supporters. The fun begins with red carpet arrivals, cocktail reception, silent auction, dinner, entertainment, and awards presentation to this year's honorees. For more information and tickets visit [www.DesertAidsProject.org](http://www.DesertAidsProject.org) (760) 992.0440.

**Feb. 13 & 14 • Polochella.** A festive weekend of polo for – and by - kids with activities for the entire family. Watch teams of children ages 6-18 compete in polo matches at the beautiful Empire Polo Club in Indio. There will be participatory games and free polo lessons for children who want to learn the sport. This event is FREE and open to the public. For more information call (760) 899.5102.

**Feb. 19 • Go Red for Women Luncheon.** Help raise awareness of heart disease and its impact on women at this fun and educational event. Everyone is encouraged to wear red to help all understand the toll heart disease takes on them. 10am – 2pm. The Westin Mission Hills. [Adrienne.Barton@heart.org](mailto:Adrienne.Barton@heart.org) [www.cvgoredluncheon.heart.org](http://www.cvgoredluncheon.heart.org)

**Feb. 27 • Day of Hope for Diabetes.** Presented by the Desert Diabetes Club, this free event is open to the public and features lectures on a variety of topics, exhibitors, and medical and celebrity speakers addressing issues related to Diabetes. [emc.org/ddc](http://emc.org/ddc) (760) 773.1578.

**Feb. 27 & 28 • Canada Snowbird Fest** An exciting two-day event featuring Electric Vehicle Show, Return to Paradise Polynesian Review, and Rock, Roll n' R&B Concert at the Show. Packages are available which include all events. Vendors, food, entertainment, speakers, sports activities and more! Agua Caliente Resort & Spa. Call Bette King Productions (760) 202.4007. [www.BetteKingProductions.com](http://www.BetteKingProductions.com)

**Mar. 9 • Eisenhower Wellness Matters Speakers Series** presents Dr. Tom O'Bryan who will speak on the complications of non-celiac gluten sensitivity and celiac disease, and how they connect to diseases and disorders. Annenberg Center for Health Sciences. [www.emc.org/wellness](http://www.emc.org/wellness) (760) 610.7360.

**Apr. 14 • Women Leaders Forum's Health Panel Lunch & Learn.** Open to all, this luncheon will once again feature a panel of top health professionals discussing topics of interest to women (and men!) of all ages. Agua Caliente Resort. [www.WLFDesert.org](http://www.WLFDesert.org)

**May 18 • Desert Health® Wellness Awards** will once again honor those in our community moving health and wellness forward. All welcome to attend and take part! Nominations are now open so send yours in today! See page 33 for more information or visit [www.DesertHealthNews.com](http://www.DesertHealthNews.com). (760) 238.0245.

**CORRECTION:** In the "ABC's of Stretch Therapy" (Nov/Dec 2015), it was stated that Roger Kraig, MST, was an Olympic gymnast on the 1976 and 1980 teams. We have found no evidence to substantiate this claim.



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PO Box 802  
La Quinta CA 92253  
(760) 238.0245

DORIS STEADMAN



Event Manager & Editor/Writer

HEATHER MCKAY



Graphic Design  
[m.kaydesign@mac.com](mailto:m.kaydesign@mac.com)

JO ANN STEADMAN



Lead Editor

J. SCOTT DRISCOLL



Distribution

RICHARD WHITEHILL



Distribution

BENJAMIN KATZ



Web Master  
[bk@benjaminkratzcreative.com](mailto:bk@benjaminkratzcreative.com)

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Give a Fresh Start to Your Personal Life

By Susan Murphy, Ph.D.

“Life is 5 % what happens to you and 95% what you do with that.” Although life doesn’t come with a re-set button, you can give your personal life a fresh start anytime you choose. Why not declare that “2016 is going to be a fresh start”? I believe that what we do every day is important because we are exchanging a day of our life for it. If you aren’t happy with the life you are living, then make a commitment today to get on track to a joyful, productive life.

How do you kick-start your personal life?

**Assess your current reality.** How satisfied are you with your progress in key areas of your personal life? Consider your level of satisfaction with your health, relationships, spirituality, personal development, living conditions. Applaud yourself for the areas going well and choose 2 to 3 areas where you’d like to focus this year.

**Examine your most important values and your life purpose.** Who are you and what do you stand for? As the late Stephen Covey said, “It’s incredibly easy to get caught up in an activity trap, in the business of life, to work harder and harder at climbing the ladder of success only to discover it’s leaning against the wrong wall.” Take time to understand yourself better. What are your hopes and dreams? Are you living a life that reflects your core beliefs?

**Reflect on your past.** Your rear view mirror can provide insights into your successes and your mistakes. Are there destructive patterns that have held you back? For example, do you have difficulty saying “No”? Perhaps it’s time for you to realize that when you say “Yes” to one thing, you’re actually saying “No” to something that may be more important to you. Do you struggle with your time management, leaving you no time for your exercise routine? Do you say that your family comes first and yet work every weekend? Has clutter bogged you down so it’s difficult to get organized?

**Decide what YOU really want.** It’s easy to be persuaded to set goals that others want for you. Your spouse may want you to become a good golfer, but if you don’t want to, you will not reach that goal. 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 will easily get off track.

**Limit your goals and spread them out.** Start small and easy, especially if you have not been successful in reaching your goals in the past. Consider starting with

Continued on page 28



Getting Ready for Joint Surgery

Provided courtesy of JFK Memorial Hospital

There are many things you need to do before going on a trip. You need to know what you will be doing, how long you’re going to be there, how you will get there, where you will be staying, and when you will be coming home. Getting ready for joint surgery is like that – with the added bonus of a speedy recovery after your procedure, but without the jet lag.

It is important to talk with your doctor about what you can do ahead of time so you can live a fuller, more active life after joint replacement. You may be asked to schedule a complete physical examination several weeks before your operation to make sure you are healthy enough to undergo surgery and have a successful recovery. Major dental work should be completed before joint surgery to reduce the risk of infection. Do not schedule any dental work, such as routine cleanings, for several weeks following surgery.

If you plan to donate your own blood for the procedure, schedule donation times at least one week apart starting about six weeks and ending approximately five days before your scheduled operation. Remember to eat properly during this time and take an iron supplement daily. Check with your surgeon to find out if any of the medications, vitamins or supplements you take should be discontinued a week or two before surgery. Cut down or quit smoking, and if you drink, avoid all alcohol for at least two days before surgery.

You may be able to walk on crutches or a walker soon after surgery, but you will still need help with daily activities for several weeks. Ask a family member or friend to stay with you for at least several days after your operation. If you live alone, make advance arrangements for help with cooking, shopping, bathing and doing laundry, or consider going to a specialized rehabilitation facility after hospital discharge.

To plan ahead for your homecoming, cook double batches and freeze half so you have plenty of food later. Consider buying things that might make it easier after surgery, such as a long-handled shoe horn or sponge, grabbing tool or footstool. Contact the Department of Motor Vehicles or ask your doctor about applying for a temporary parking permit for a disabled person. Make modifications at home to facilitate getting around, such as installing safety bars in the shower or bath, securing handrails along stairways, placing items at arm level to reduce reaching, and removing throw rugs and securing electrical cords that could cause a fall.

You may need to use a special soap that will help prevent infections during your bath or shower before the surgery. You will not need to shave the surgical area. Other last minute preparations include removing nail polish and makeup, not drinking or eating after midnight, and packing a bag to take to the hospital. Some items you should bring include flat walking shoes, comfortable clothes to wear home, robe, personal care items, medications, and insurance information.

For more information about getting ready for joint surgery, talk with your doctor or call (844) 227.3461 for a free referral to an orthopedic surgeon near you.


LECTURES

# Top Tests


That Can Save a Woman's Life

Come to the Desert Woman's Show to learn about the top tests that can save a woman's life from Desert Regional Medical Center's Dr. Janet Ihde and Dr. Marla Lander – moderated by Patti Gribow.


**Saturday, January 16<sup>th</sup>**  
1:30 - 2:30p.m.  
Agua Caliente Casino Resort & Spa



**Dr. Janet Ihde**  
Medical Director of Women's Health, Comprehensive Cancer Center




**Dr. Marla Lander**  
Diagnostic Radiologist, Comprehensive Cancer Center



**Patti Gribow**  
Moderator

The Woman's Show will also showcase the latest in beauty, weight-loss and fashion, as well as speakers, empowerment seminars, and holistic and wellness presentations. Desert Regional Medical Center is proud to be the Platinum Ticket Sponsor for the 2016 Desert Woman's Show.

For tickets and more information, go to [DesertWomansShow.com](http://DesertWomansShow.com).



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## Low Back Pain? The Spine is a Complex System

By Shahin Etebar, MD

Low back pain is a significant health issue and one of the most common reasons for a doctor's visit. Over 80% of the population has experienced at least one memorable episode of significant back pain in their lifetime, and it is the leading cause of disability and days lost from work.

The spine is a complex system of vertebrae (7 cervical, 12 thoracic, 5 lumbar plus the sacrum and coccyx), 22 discs, 48 facet joints, as well as numerous muscles and ligaments that are responsible for maintaining posture and motion. Injury to any one of these structures can result in pain, and diagnosing the origin of the pain can be difficult. A series of detailed questions about the nature of pain, how it started, where it is located and what motions improve or worsen the pain, combined with a focused physical exam, can help your doctor determine the cause. Diagnostic studies may be necessary in some cases, particularly if sciatica, the pain that radiates from the lower back into the legs, accompanies the back pain.

There are other disease processes unrelated to the spine that can cause back pain such as kidney stones, abdominal aortic aneurysms, inflammation of the pancreas or arthritis in the hip joints. The good news is that the most common cause of spine pain is a simple sprain, and the vast majority of patients (upwards of 90%) improve without any intervention. Simply resting the area, avoiding repetitive bending, twisting, lifting, short-term bracing and an over-the-counter anti-inflammatory take care of the majority of cases. If necessary the next step would be physical therapy,

chiropractic treatment, stronger anti-inflammatory medication and short-term (not more than a week or two) prescription narcotic pain killers.

The treatment protocol typically starts with noninvasive measures and escalates from there as needed to spinal injections, including steroid injections, selective nerve blocks and facet joint injections.

There are various types of surgical interventions that can be used to treat spinal disorders. These interventions can range from minimally invasive outpatient surgery to the more traditional open operations and even fusions depending upon the underlying problem. Although we use surgical treatment as the absolute last resort, in certain situations an operation is the first line of therapy, particularly when the patient has a neurological deficit and paralysis due to the nerve impingement.

There are certain measures we can take to minimize the risk of back injury as we grow older; most importantly, keeping the core muscles strong and maintaining a healthy weight and overall flexibility. Proper posture and body mechanics are crucial. Daily stretching, yoga and water therapy are highly effective in the older age groups as high impact exercises can result in aggregation of joint arthritis and disc tears. If you have not been active in the recent past, you should ask your physician for guidance on the proper exercise regimen.

Shahin Etebar, M.D., is fellowship-trained in spine and neurological surgery and can be reached at Desert Spine and Neurosurgical Institute (760) 346.8058 or [www.dretebar.com](http://www.dretebar.com). He is also a member of Desert Doctors. For more information visit [DesertDoctors.org](http://DesertDoctors.org) or call (760) 232.4646.



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## Alzheimer's, Dementia or Just Aging? *It's what we don't know that we don't know*

By Kae Hammond

It's very common to fear what we don't understand and then hide behind blinders, living in denial or buried in fear. This pattern usually causes more problems than are necessary.

This is certainly true around the subject of memory loss. We see some changes in ourselves or a loved one and imagine the worst—something we don't want happening—and then, in a cloak of emotional protection, we ignore it.

Alzheimer's and dementias are exactly where cancer was 50-70 years ago.

- We don't know what causes it.
- We don't know how to stop it.
- We're all terrified it will happen to us.
- We don't have a cure.

**What is dementia?** Dementia is a syndrome, a collection of symptoms, and the umbrella term for memory issues just as cancer is to all types of cancer. There are 85-90 types of dementia with Alzheimer's being the most prevalent form today. So, dementia is not a complete diagnosis, and it is essential that you know what type of dementia someone is suspected of having so they are treated properly. All cancers are treated specifically to the type—the same is true for dementias.

**So what does it mean to have a dementia?**

- Two parts of your brain are actively dying and one is always related to memory.
- It can't be fixed or stopped.
- It's constantly changing.
- It's terminal.

Before you jump to conclusions and attribute behavior changes to Alzheimer's or other dementia, consider whether the changes are permanent and/or treatable.

According to doctors at such esteemed medical centers as the Mayo Clinic, UCSF Memory & Aging Center, and the Fisher Center for Alzheimer's Research Foundation, there are many conditions that can cause memory slips among other 'dementia-type' behaviors that are

treatable, if identified soon enough. Some examples are:

- Brain tumors;
- Changes in blood sugar, sodium and calcium levels;
- Low levels of vitamin B-12;
- Normal pressure hydrocephalus (the build-up of fluid inside the skull, leading to brain swelling);
- Use of certain medications, including cimetidine (brand name Tagamet) and some cholesterol-lowering medications;
- Depression;
- Chronic alcohol abuse.

So it's very important to see your physician and request full blood and urine panels to uncover hidden issues and rule out forms of dementia. Should the results of testing leave the door open for possible dementia, then brain imaging and neuropsychological testing are the next steps in discovery.

Knowledge is always our greatest tool in life. And only fact-based rather than myth-driven information will give you the critical edge—the edge you need and deserve if you or someone you love is exhibiting characteristics and behaviors that are raising yellow flags. Alzheimer's and other dementias exact an enormous toll on the family caregiver/partner, usually a spouse or adult child, who is thrust into a bewildering world with no roadmap. Learn everything you can about it and how to manage it.

Be brave: Boldly going forward will greatly benefit your loved one and you.

Kae Hammond is founder and president of Dementia Help Center; author of *Pathways: A Guidebook for Dementia & Alzheimer's Family Caregivers* and host of "Care for the Family Caregiver" on 95.9FM The Oasis every Sunday at 7AM. For more information call (877) 699.3456 or visit [www.dementiahelppcenter.com](http://www.dementiahelppcenter.com).





Medicine vs. Health

By Lauren Del Sarto

How many doctors do you know who are truly healthy and fit? Why is that? Aren't they in the health industry? The answer to that is no.

Most doctors learned their trade in traditional medical schools which taught little about health and wellness, and a lot about medicine. We can be thankful for the latter, as we have many qualified doctors in this valley treating and saving those who are ill.

Fortunately, medical doctors who want to learn health and wellness can go "back to school" for board certifications in integrative and/or functional medicine, or they can simply self-educate through the newest science, research and literature available to us all.

But it takes a special doctor to take that step. It's a very different world and there is so little time.

One of the busiest doctors I know is Joe Scherger, MD, MPH, vice president of primary care at Eisenhower Medical Center. While he has always considered himself healthy, he now says "much of what I thought was healthy nutrition has changed." He learned through research and reading with William Davis, David Perlmutter, Mark Hyman, and Eisenhower's very own HESSAM MAHDAMI, as his mentor physicians.

Fortunately for all the other busy doctors – and everyone else ready to take the step towards greater health and wellness – Dr. Scherger has summarized

his newfound knowledge in a 97-page booklet called *Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness*.

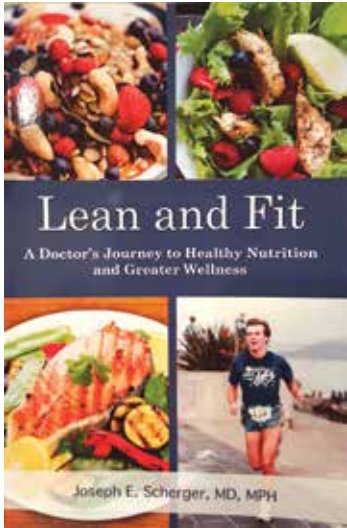
Much of the book discusses the benefits of a low carbohydrate diet backed by the latest research, and Scherger isn't afraid to admit that what he learned in school may not have been right:

*Like many physicians educated in the 1970s and for three decades after, I thought Robert Atkins was a kook. As the data accumulated that high cholesterol was a major risk factor for heart disease, and that eating saturated fat most likely contributed to this problem, how dare a physician recommend a diet high in saturated fat and low in the whole grains that provided fiber and other nutrients... Recent research is proving Atkins was largely correct. Carbohydrates are the main driver of excess body fat and the changes in the lipids that increase cardiovascular risk.*

*Lean and Fit* is simple in its message, backed by the latest research, and easy to read – especially for those who feel they don't have the

time. I commend Dr. Scherger, and all the other medical doctors stepping outside the box to complement their medical education with the latest research on health and wellness. May you never lose your passion for learning!

For more information visit *Lean and Fit* on Facebook or call (760) 610.7300.



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## Early Recovery: Giving Yourself Time and Gaining a Voice

By Amy Austin, RN, PSY.D., LMFT

Do you know the most important part of an inpatient treatment program for addiction? The first hour after discharge. Learning much about the "addict self" which looms large, while supporting and building a sometimes underdeveloped and undernourished "sober self" is quickly put to the test when on one's own, often feeling vulnerable and raw. There are many crucial aspects of early recovery that can either support or sabotage someone dealing with addictive behaviors.

### The "Pink Cloud"

Many times an individual leaves treatment "high on life." All the support, validation, and approval can reawaken a new lease on life with renewed intentions and hope. It's difficult to realize that some families are not yet ready to deal with a person who was once labeled the "identified patient" and daily life doesn't continuously give high fives or praise each baby step. This is not to minimize an addict's renewed sense of purpose and empowerment in the least; it's just reality which makes early recovery all the more challenging.

### Facing "Freedom Unconditionally"

Feelings. It's okay to feel your feelings, yet keeping feelings at an unhealthy distance is why many people self-medicate. Sometimes feelings can be intense and uncomfortable, but they are never fatal! Getting those unwelcome feelings out of your head and giving yourself a voice is a healthy first step towards renewal and acceptance of self and others. Feelings such as long held resentments can be reframed into healthier and more functional thought patterns. You can also learn to reframe an alcoholic behavior like isolation into positive solitude. Turning a numb brain into a feeling brain in early recovery can be challenging and scary. Never be afraid to share with someone you trust.

**Family.** Addiction is a family disease that causes much *dis-ease* in life and family relationships. Early recovery isn't easy for all family members. When someone is used to their partner coming home from work and passing out on the sofa at 7:30 at night and then, in early recovery, that partner all of a sudden wants to relate more, it may be greeted negatively. Change and built-up resentment in others can take time and patience to heal.

**Friends.** It might be a hard pill to swallow (no pun intended), but a person in early recovery might need to make some new sober friends. This can be difficult and heart wrenching as some long-term relationships might have to end and some emotional housecleaning may have to take place. Remaining sober is the goal and sometimes there's pain in this very touch-and-go, day-to-day experience.

**Freedom vs. Structure.** It is often said that there is much more freedom in a structured life than a life where one always does as they please (the "I want what I want when I want it" syndrome). There are many benefits and rewards for leading a more accountable life, especially in early recovery. Probably the most important thing we have to offer in life is keeping our word, showing up, and being fully present.

**Fun.** People sometimes forget how to have fun and to make time for fun in early recovery. Letting that inner child come out to play and to be silly, and a good hearty belly laugh can help to recalibrate a depressed brain and depressed mood.

Other important aspects of early recovery that can support greater success include:

**Awareness of Triggers.** A trigger is something that can immediately and sometimes subtly make early recovery challenging and can lead to a relapse. I advise people to make a list of their triggers and keep them close. An example might be seeing bottles of liquor, beer, etc., in the supermarket or waiting in line at a pharmacy. The more aware you are, the less chance of relapse. But, remember, recovery isn't necessarily a single event, so self-compassion when you slip with knowledge that you can get right back into recovery mode maintains hope and can turn shame into healthy shame that elicits positive change.

**Accountability.** Facing the mess you made and making healthier choices to clean up those messes equals a good, solid dose of humility. I can't say enough about how humility is the backbone of recovery and can support a person to come full circle in life.

**Cravings/Urges.** It's a good idea to explore problems of reactivity and/or impulsivity; allowing time and space can help in early recovery. Sometimes, a medical detox protocol might be warranted for a person who has had many relapses. Speak with a trusted physician about this treatment option. Remember, just because cravings disappear doesn't mean psychological issues do as well. Therapy combined with this medical protocol can be an ideal mix.

**PAWS:** Post Acute Withdrawal Syndrome. Post Acute Withdrawal Syndrome can occur from one month to several years with symptoms such as irritability, sleep issues, intermittent anxiety, depression, and lack of motivation. It's always a good idea to see a psychiatrist if an individual has a history of a mood disorder. Psychotropic medication may be warranted. Remember, addiction is a symptom, not the cause.

**Meetings.** Not everyone believes that recovery happens only within an AA framework. It can occur in a qualified therapist's office, in another support group format, or another venue of choice. It's been my experience that some form of immersion in the AA program has been quite beneficial, especially in the days, weeks, and months of early recovery. If one adheres to an AA program philosophy, it's a good idea to adhere to the 90/90 plan - 90 AA, NA, SAA, OA, etc., meetings in 90 days. In the first 90 days, trust your feet, not your head.

**Nutrition, Exercise, Sleep.** Living a healthy lifestyle supports early recovery. Not eating or sleeping well can affect mood regulation, and exercising can help a person to get out of their head and into their body (with a doctor's thumbs up).

**Self-Compassion.** Be extra gentle with yourself in early recovery. A few pats on the back and decreasing negative self-talk and thoughts will certainly help.

**Spirituality.** Religion is for those who are afraid of going to hell. Spirituality is for those who have been there. If you're not religious, it doesn't matter. A beautiful sunset can serve as a reminder to reach out, somewhere outside of self for solace. Nurture yourself. You don't have to go through early recovery alone. Ever!

I'll leave you with this. If you can think of one positive thought or feeling today, you've begun to reinforce a more positive memory to look back on tomorrow...

"Courage is fear who has said its prayers." My best to you always in early recovery and beyond.

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





What is TMJ?

By Nicholas S. Baumann, DDS

“TMJ” is a term many people have heard but few know what it really means. The TMJ refers to the Temporomandibular joint, the connection between the jawbone and the skull. As many people who experience problems associated to it know, it can be very fickle. The official term for any dysfunction of the TMJ is actually termed TMD (Temporomandibular disorder), and there are wide-ranging symptoms that can all be traced back to problems with this joint. Just as oral health is directly related to systemic health, TMJ dysfunction can cause issues in other parts of the body as well.

Many times, these symptoms all start with how the teeth come together in your bite. If there is a dysfunction here, whether from worn, broken, or missing teeth, or from a lifetime of dental work, it leads to the joint not sitting correctly in the skull which results in strain on the muscles of the head and neck, as well as pressure being put on the disk of the TMJ. This can lead to signs we often associate with TMD like jaw pain and popping, but there’s also a myriad of symptoms many people don’t realize can be related to the TMJ including headaches, neck pain, poor posture, tingling or loss of sensation in the



TMJ can cause pain in the jaw, neck, back and through the body.

body or extremities, and congestion. The sophistication and wide-ranging effects of the TMJ really can’t be understated.

So the next question is, if you feel you have TMD, what can be done about it? There are multiple options but they all come back to one point, putting the jaw in a position to decompress and allow resting of the joint and muscles of the head. From a dental standpoint, this is often done by using a type of “orthotic” to stabilize the way the teeth come together. This is different and more specific and advanced than a “night guard” that many people use to protect their teeth from grinding and clenching. By allowing the muscles and disc to relax and reset, a lot of the problems related to the bite can be alleviated. People are often surprised that many of these debilitating problems are related to something seemingly innocuous like the way our teeth come together.

“Getting the bite right” can help long-suffering patients without more invasive treatments such as surgery. If someone thinks they are experiencing one or more of the many symptoms of TMD, a good place to start is to have a conversation with their dentist. They can then either treat or refer them to a TMJ specialist so they can be on the road to relief.

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

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Are You at Risk for a Heart Attack?

A CT scan can help you find out

By Stuart May, MD

Dr. Joe Crowe, a famous breast cancer surgeon at the Cleveland Clinic, had operated tirelessly all day on that Friday in November 1996. After he said goodbye to his last patient, he got a very bad headache, which hit him in a flash, and he had to sit down. A minute or two after that, chest pain started. It radiated up his arm and into his shoulder and then into his jaw. He was having a severe heart attack.

Dr. Joe Crowe was only 44 years old, with a wife and three young children, as well as a successful medical career. He had no family history of heart disease. He was not overweight or diabetic and did not have high blood pressure or a bad cholesterol count. In short, he was not the usual candidate for a heart attack. Nonetheless, he had been struck and struck very hard.

Dr. Crowe was lucky. He survived his heart attack, although tests showed he had a severe blockage in one of his main coronary arteries commonly called the “widow maker.” Unfortunately, his coronary artery anatomy excluded him as a candidate for surgical bypass or angioplasty and stenting. Dr. Crowe was understandably depressed. Since he already exercised and did not smoke and had a relatively low cholesterol count of 156 mg/dl, there seemed to be nothing that he could do to halt the disease. Then Dr. Crowe sat down with another surgeon from Cleveland Clinic, Dr. Caldwell Esselstyn, who put Dr. Crowe on a strict plant-based diet. He stuck with the plan rigorously and eventually reduced his total cholesterol from 156 to 89 mg/dl. His bad cholesterol dropped from 98 mg/dl to 38 milligrams per dL! About two and a half years later he had a follow-up angiogram that showed a normal left anterior descending coronary artery (“widow maker artery”).<sup>1</sup>

Dr. Crowe was fortunate that he survived his heart attack. In one third of patients, the first sign of heart disease is death! So how can we find out if we have heart disease that puts us at risk for a deadly heart attack? We can have a 15-minute test called a CTA of the heart. This short CT scan allows us to see inside the coronary arteries to detect plaque that could potentially rupture, causing a fatal or debilitating heart attack. Following the test you can sit down with a physician and review your heart images on a 3D workstation. Seeing your own coronary arteries on a computer screen can have a powerful, life-altering effect; we have had patients make major behavioral and dietary changes that have saved their lives.

A plant-based diet is standard fare for 4 billion of the world’s 5.5 billion people and heart disease and many other chronic ailments are almost unknown in these populations.<sup>2</sup> The typical American diet guarantees that millions will die from clogged vascular systems. We have a clear choice: between invasive surgery and angioplasties that will do nothing to cure the underlying disease, or nutritional changes that will arrest and reverse the disease and improve the quality of our lives.

Dr. May is a board certified diagnostic radiologist with a subspecialty CAQ (Certified Added Quality) in vascular and interventional radiology, and Level II Cardiac CT. He is also a member of Desert Doctors and can be reached at Desert Medical Imaging (760) 776.8989 or [www.desertmedicalimaging.com](http://www.desertmedicalimaging.com). For more information visit [DesertDoctors.org](http://DesertDoctors.org).

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## Women's Eye Health

By Greg Evans, OD

The majority of people believe that men and women have about an equal incidence of eye disease causing vision impairment. The reality is that women are more affected than men, with the difference starting to accelerate at about age 50. Women have a higher incidence of cataract, macular degeneration, diabetic retinopathy and glaucoma. This trend is exaggerated in the over 75 age group, in part because women live longer than men. In fact, there are twice as many women as men over the age of 85.

According to *Prevent Blindness*, the number of Americans with age-related eye disease, or vision impairment that results from age, is expected to double within the next 3 decades.<sup>1</sup> The primary age-related eye conditions and diseases affecting women more than men are the following:



Women are more affected by eye disease than men, especially those 50+.

### Dry Eye and Medications Prescribed Primarily for Women

In addition to vision-threatening disease, women are more likely to have untreated refractive errors and dry eye. Women have twice the incidence of moderate to severe dry eye as men.<sup>2</sup> As women age and especially as they reach menopause, they can experience hormonal imbalances that are thought to contribute to dry eye syndrome. Dry eye is more common after menopause and medications that cause dry eye are more commonly prescribed to women at that stage of life, including exogenous hormones. These were once thought to decrease the risk of eye dryness but instead have been found to contribute to the development and severity of dry eye.<sup>8</sup>

Women are prescribed anti-depressants at twice the rate as men. Anti-depressants are known for their anti-cholinergic drying effects. Other medications include Topamax which is more commonly prescribed to women for migraine and off-label for weight loss and depression and is associated with acute myopia and mono-pupillary block secondary angle closure glaucoma.<sup>9</sup> Tamoxifen, commonly prescribed for treatment or prevention of breast and ovarian cancer, has been associated with crystalline maculopathy and cystoid macular edema. Gilenya used to treat MS (three times more common in women) is likened to the development of macular edema and increases the risk of uveitis by 20% in patients that have had previous episodes.<sup>10</sup>

### Cataract

According to the National Eye Institute cataract is more likely to occur among women (61%) versus men (39%)<sup>3</sup>. In addition, the number of people in the US with cataracts is expected to double from 24.4 million to 50 million by 2050.<sup>4</sup>

### Diabetes

Diabetic eye disease, or diabetic retinopathy, has a higher incidence in women starting at age 50.<sup>5</sup> A similar statistic indicates that women account for 61% of glaucoma cases in the U.S.<sup>6</sup>

### Macular Degeneration

Macular degeneration has a higher prevalence in women than men, and as the population increases this difference is expected to increase.<sup>7</sup>

What can women do to help mitigate the increased risk of vision impairment?

- Seek regular eye health assessments.
- Wear sunglasses outdoors and prescription eye wear.
- Use nutritional supplements containing essential fatty acids to reduce symptoms of dry eye.
- Avoid becoming dehydrated by drinking adequate water daily.
- Exercise regularly and keep weight in a normal range.
- Eat lots of green leafy vegetables, salmon, tuna and other oily fish, eggs, nuts, beans and other non-meat protein sources.
- Quit or avoid smoking.
- Be aware of your family history as many eye diseases have strong genetic risk component.

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

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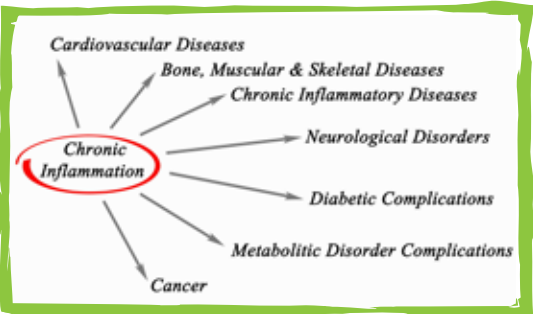


Managing Inflammation

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

Unresolved inflammation is associated with several widely occurring chronic diseases including arthritis, autoimmune disease, cancer, obesity, dementia, periodontal disease, diabetes, and atherosclerosis. These chronic diseases affect 125 million Americans.

The presence of inflammation is what makes most people aware that something is wrong in their body. Anyone who has had a rash, sore throat or a sprained ankle is familiar with the body's inflammatory response including pain, swelling, redness and heat in the affected area. Inflammation is part of the body's natural defense



Inflammation is now associated with a myriad of chronic diseases.

system. When your body incurs an injury or foreign invaders such as bacteria and viruses, a specific chain of events is put into action and your body mobilizes white blood cells and inflammatory chemicals called cytokines to protect you. This is a normal inflammatory response to an acute injury or infection. However, if your immune system shifts out of balance, the inflammatory response can become chronic and unresolved, resulting in smoldering inflammation and tissue damage. The presence of

chronic inflammation, which is sometimes referred to as 'hidden inflammation,' can exist for years and remain undetected until disease states become apparent.

Inflammatory disorders often have their origin in the gut. Damage to the gut's lining, also called leaky gut syndrome, can lead to the absorption of partially digested food particles, bacteria, molds, chemicals, medications and other toxins. When the body senses these foreign invaders, it mobilizes white blood cells which attack and engulf them. This sets off a cascade of events which lead to the release of cytokines. IgG food and chemical allergy testing, also called delayed hypersensitivity reaction testing, can be useful in identifying potential allergens provoking your immune system and leading to inflammation. Once these are identified, removing them from your diet or environment can greatly reduce immune reactions and help lower your body's inflammatory burden.

Several other factors have also been shown to contribute to inflammation:

- High-sugar foods, refined flours, processed foods, all of which promote bacterial overgrowth of the small intestine;
- Trans fats and fats high in arachidonic acid (dairy and animal fat);
- Food allergens which lead to the above mentioned inflammatory cascade;
- Insufficient fiber: Fiber pulls out toxins from the intestinal tract acting like a broom to sweep them out;
- Insufficient phytonutrients from brightly colored fruits and vegetables that contain antioxidants that quench inflammation including kale, spinach, blueberries, green tea;
- Lack of exercise and elevated amounts of body fat can result in increased inflammation; exercising reduces inflammation and improves insulin sensitivity;
- Insufficient vitamin D increases inflammation, promotes autoimmunity, and expedites progression of osteoarthritis;
- Toxin accumulation has been scientifically linked to elevated states of inflammation;
- Heightened states of prolonged stress promote immune system suppression and can promote inflammation.

Natural ways to reduce inflammation:

- Focus on eating a healthy diet. Reduce fried foods, refined grains, sugar and gluten-containing foods.
- Get plenty of Omega-3 fats from high quality, cold water fish. New research has shown that the body utilizes Omega-3 fatty acids, mainly EPA and DHA, to form special chemicals called SPMs (specialized pro-resolving mediators). The potential of SPMs to support resolution of the body's natural immune response is an exciting breakthrough in anti-inflammatory therapies. SPMs are now available as a dietary supplement and a natural treatment for chronic inflammation.
- If you suffer from an inflammatory-related condition, consider getting IgG food allergy testing to determine if this is playing a role. It will also help establish whether or not your gut lining is damaged and if you have leaky gut. If food allergy testing is not an option for you due to cost, consider a low-allergy diet. Low-allergy diets, also often called elimination diets, generally exclude gluten (wheat, barley, rye, oats); dairy (milk, cheese, butter, yogurt, ice cream); corn; nuts; night shades( tomatoes, bell peppers, eggplant, potatoes); and yeast( baker's and brewer's).
- Exercise regulates pro-inflammatory stress hormones, initiates deep breathing, and generally helps to detoxify the body. Also, if your waist size is more than half your height, you are at risk for higher inflammatory burdens.
- Take a daily probiotic (good bacteria) to help with digestion and support your gut flora.
- Consume high quality herbs and spices including cloves, ginger, rosemary and turmeric.



Ginger and turmeric are beneficial anti-inflammatory herbs.

Persistent long-term use of over-the-counter and prescription anti-inflammatory agents has caused numerous safety concerns. Potential side effects include adverse effects on kidney function and gastric ulceration. Determining whether or not your body is suffering from hidden inflammation can be extremely important for your long term health and wellness. Simple blood tests including C-reactive protein, VEGF, Myeloperoxidase, and a CBC can help identify underlying inflammation.

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

Sources: The Institute for Functional Medicine; website 2015; 2) PubMed website

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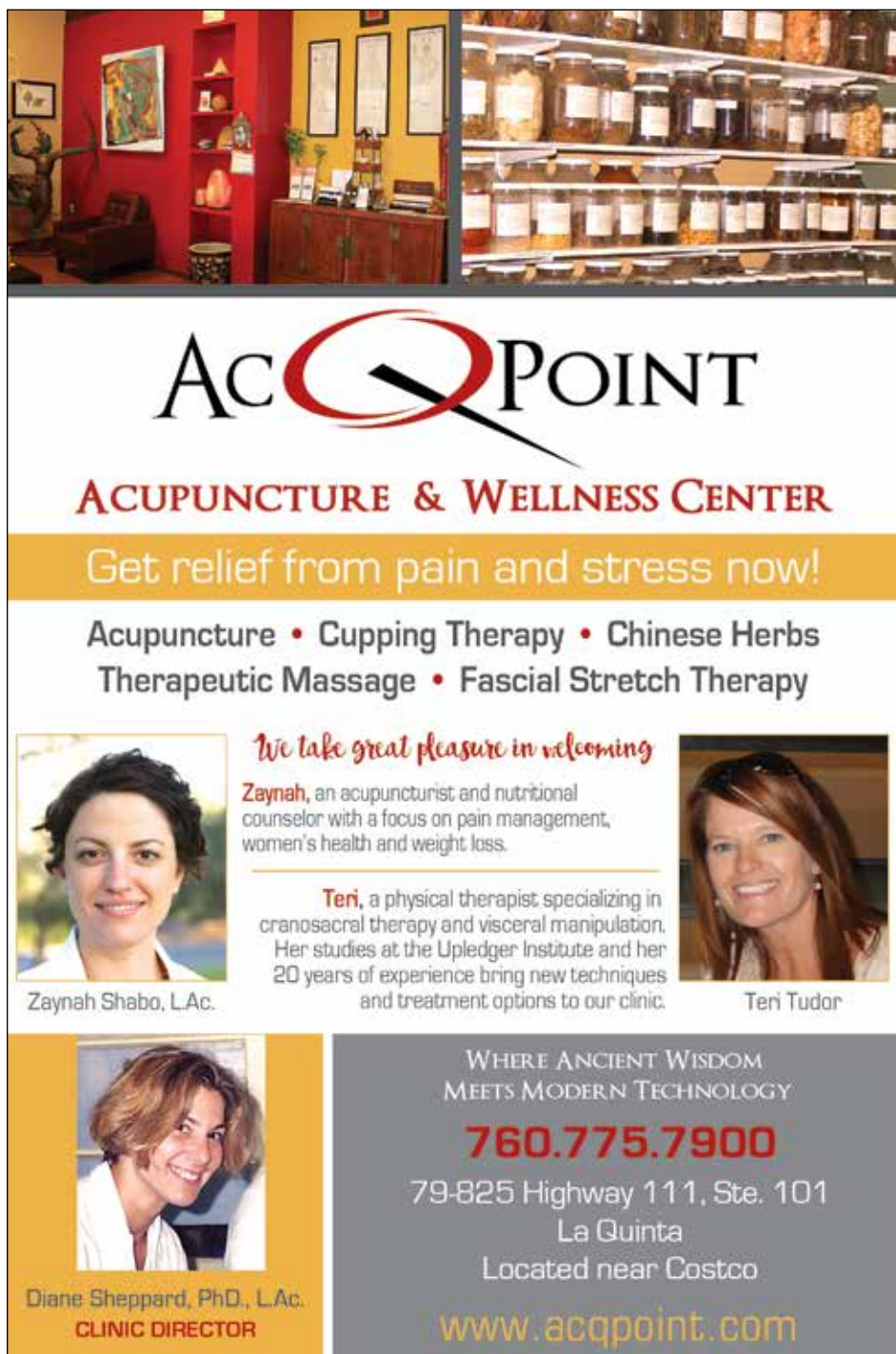
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## Craniosacral Therapy

By Teri Tudor, PT

The craniosacral system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. This system extends from the skull or cranium down to the tailbone or sacrum. Craniosacral therapy (CST) is a gentle hands-on technique that is used to loosen abnormal tensions in this system and surrounding tissues. Releasing these tensions deep in the body can relieve pain and dysfunction and improve whole body health.

It was developed by osteopathic physician Dr. John Upledger, a professor and clinical researcher at the College of Osteopathic Medicine at Michigan State University. While he was there from 1975 to 1983 he led a team of anatomists, physiologists, biophysicists and bioengineers whose work established the scientific basis for this therapy. In 1985, Dr. Upledger founded The Upledger Institute to educate the public and health care practitioners about the benefits of CST and in April 2001 *Time Magazine* recognized him as one of America's "next wave of innovators."

Practitioners are trained to discern restrictive patterns and use light touch techniques to facilitate their release. This enhances the body's natural healing process and is effective for a wide range of conditions associated with pain and dysfunction. CST is very gentle and can be effective for all ages from newborns to elderly.

In a typical session, the fully dressed client lies on a padded table while the practitioner evaluates the craniosacral system, after which delicate manual techniques are used to release involved areas. A CST therapy session typically lasts for an hour, and can be used alone or integrated with other therapies. Each person's experience is highly individual, however, the sessions are generally deeply relaxing.

Most practitioners of CST are health care professionals who study this technique as post-graduate continuing education. They include physical therapists, occupational therapists, chiropractors, osteopaths, physicians, acupuncturists, dentists, nurses, naturopaths, and massage therapists.

Former Heisman Trophy winner and pro player Ricky Williams credits much of his success to CST. In a news release, he stated that prior to the 2009 football season, he went through the craniosacral intensive program at The Upledger Institute. "I was looking to deal with some nagging physical complaints I had from past injuries and ended up getting the relief I was looking for and much more. I credit much of my wellbeing and my 1000-yard season to the program I experienced at Upledger."

Recently, the Ricky Williams Foundation and the Upledger Institute collaborated in The Ricky Williams Concussion Pilot Project. In 2015, seven former professional football players with chronic traumatic encephalopathy (CTE) were part of a study utilizing craniosacral therapy, visceral manipulation and neural manipulation. At the conclusion of the program, all the former players reported feeling much better physically and mentally and showed substantial documented quantitative improvement in their post-treatment evaluations.

Of course, even those who are not pro athletes can enjoy the physical and mental benefits of CST, especially if suffering from old injuries or pain.

Teri Tudor is a physical therapist practicing at Eisenhower Wellness Institute and AcQPoint Wellness Center in La Quinta and can be reached at (760) 775-7900. For more information on craniosacral therapy, visit [www.upledger.com](http://www.upledger.com) or speak with a qualified practitioner.

## Deep Tissue Massage Myths

By John Marasigan, AOS, BA, LMT, CMT, BCTMB

When a client asks for a deep tissue massage, the first question I ask them is, "What does a deep tissue massage mean to you?" For many people, it means PAIN and PRESSURE, which technically is very far from the truth about deep tissue bodywork.

In its most simple terms, there are two primary categories of tissue that massage therapists address: the superficial tissue layer (skin, fatty layer, and the superficial fascia) and the deep tissues, or rather structures, such as muscles, ligaments, tendons, and the deep fascia. Superficial tissues are typically massaged using Swedish relaxation and stress reduction massage techniques with the primary goals of relaxing the client, increasing circulation, decreasing stress, calming the nervous system, and preparing the client for deeper work. Deep tissue only means that the deeper underlying structures will be addressed using a variety of massage strokes that may include either very little pressure or a lot. It really all depends on the personal preference of the client.

**MYTH: Deep tissue means a lot of pressure.**

**REALITY:** Pressure is a personal preference. The depth required to address any particular structure in the body can be achieved with either a light or a hard pressure. That amount of pressure is up to the client; it's a personal preference, NOT a requirement.

**MYTH: More pressure means better results.**

**REALITY:** Massage is about applying a particular massage stroke to an area of tissue to get a particular physiological response. A seasoned professional will assess the area in need and find out what is wrong with the tissue: Is it a trigger point? Are there adhesions? Is the tissue fibrotic? From there, the right stroke is the one that creates the physiological response to repair the tissue and bring it back into homeostatic balance.

**MYTH: Deep tissue massage is painful.**

**REALITY:** Deep tissue work can be intense, and in some instances painful depending on how much tissue damage exists. But it should not be so painful and uncomfortable that the client tenses up and tries to pull away from the hands of the therapist. A good pressure is one under which the client is able to breathe and relax without having to cringe or tense any muscles. A painful massage can actually be counterproductive and have the opposite results from what both client and therapist were seeking.

**MYTH: Bruising is a good thing.**

**REALITY:** Bruising can be pretty complex, but simply put, there are two kinds of bruises that can be caused by massage: subcutaneous bruising which is broken blood vessels and deep bruising which is more damaging. Bruising means damage, and damage is not a good thing. There are instances where a client might be slightly anemic and therefore prone to bruising, but the bruises should never be more than superficial and care should be taken in follow-up sessions by using less aggressive strokes to minimize bruising. Remember, BRUISING=INJURY, and no one should be bruised after receiving a massage.

When searching for the best deep tissue massage, it is important to remember that there are many different modalities, many different versions of deep tissue massage, and every therapist works differently. You might have to try different therapists until you find the one that works best for your particular needs.

John Marasigan AOS, BA, LMT, CMT, BCTMB teaches Advanced Deep Tissue Massage at the Somatherapy Institute School of Massage in Rancho Mirage. For those interested in a career as a massage therapist, please call (760) 321.9214.



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## A Simple and Nourishing Guide to Your New Year

By Pam Salvatore

Around this time every year we all make resolutions to lose weight, get in shape, and take control of errant behaviors. This year, take advantage of that January mindset to do just one thing: get healthy. Commit to a fresh start by getting back to basics and all of those other goals will fall in line.

As you may expect, an essential first step is to look at what you're eating. Make the decision to eat clean by eliminating all of the processed food in your life. Eat whole foods like fruits and vegetables. Choose lean, clean protein like free-range chicken and grass-fed beef. Opt for minimally processed whole grains. If this sounds familiar, it's because it is. This is how we ate before food was made "convenient" and all but stripped of nutritious content. By eating clean, you are giving your body the fuel it needs to function at the top of its game. Your body will begin to purge unhealthy fats and additives, attack free radicals, drop unnecessary pounds, and restore balance to your system.

Now that you know what to eat, figure out how you're going to eat it by adopting a reasonable eating plan. No weights and measures, just eat when you're hungry and stop when you're full. This basic approach usually translates to three meals and one or two snacks a day. Eat slowly and without distraction so you can feel when your body is full. After a week or two of eating this way you'll notice that your body is satiated on a lot less food than what you're used to, leading to natural weight loss.

Once your diet is clean and portions are appropriate, try adding in a few more healthy items to your plate. Consider your dinner. Can you scale back on protein a little? Perhaps make that piece of meat equivalent to the size of your palm? Can you increase your vegetables? Maybe add a fresh salad to your meal? By upping your vegetable content you are increasing your fiber, which works to eliminate toxins from your system and helps you feel full longer. Salad is also a way to increase your vegetable diversity and help you eat a rainbow at every meal. Not only is it tasty, but it's a guaranteed way to be sure you get a broad spectrum of nutrients. Aim for one quarter of your plate filled with protein, one quarter with grain, and the other half full of vegetables. Add fruit for dessert, and you've just satisfied most of the nutrient needs in your body.

Now that you know what you're putting into your body, focus on what you're putting out. The word "exercise" can be intimidating, but it need not be. We're not talking about challenging Rocky to a race up the stairs. We're

simply talking about moving your body more. This can mean going for a walk in the morning, playing with your kids in the park, or keeping your car on the path during golf. Most of the things you do on a daily basis can be converted into exercise. At the market, grab a basket and carry it around instead of pushing a cart. The weight of your basket and lack of support provided by the cart will engage your muscles and challenge your balance. At the mall, park your car once and walk to all the stores you need to visit. Stop moving your car and move your feet instead. This all counts as exercise. Do more of it and your body will

respond with healthy rewards.

Now indulge your lazy side. Sleep as much as you can. Let those droopy eyelids call the shots and go to bed when you're tired. Aim for 7-9 hours a night. REM sleep is how your body restores and resets itself. It's also how your memories are processed and retained in your brain. Turn in earlier than usual for one week. By the end of that week, if you don't need your alarm clock to wake up on time, you're getting the right amount of sleep for you.

Finally, and perhaps most importantly, laugh! Pay attention when the littlest one at the table has a silly joke to tell. Really hear your spouse when he/she describes their daily giggle. Laugh with others and enjoy the happy things that surround you. There will always be a list of the negatives in our lives. By taking the time to laugh, you prioritize happiness. Being happy is one of the most rewarding health benefits of all!

Hopefully these ideas provide some basis for a calm, rational, and healthy approach to your New Year. Whatever you do, don't use the concept of resolutions to beat yourself up over your shortcomings. Use your resolutions to be kind to yourself, and the benefits you reap will become not only part of who you are but also who you want to be.

Pam Salvatore of La Quinta is a nutrition journalism student at Arizona State University. For more from Pam visit her blog [pamsalvatore.wordpress.com](http://pamsalvatore.wordpress.com).



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## Integrative Cancer Care

By Jessica Needle, ND

Conventional treatments for cancer are surgery, radiation, chemotherapy, hormones and targeted biological therapy. For those seeking alternatives or additions to increase efficacy or to mitigate side effects, a wide array of choices exist. Interventions which have been scientifically studied and have shown positive outcomes range from drinking green tea to receiving acupuncture to applying ozone oil to the skin.

Whether a patient chooses natural medicine approaches as stand-alone treatments or as adjuncts to traditional oncology, his or her choices should be respected. Some people seek complementary/alternative care as a first-line therapy due to their familiarity with natural medicine while others come to it after exhausting the options in the conventional system. Alternative medicine can improve a patient's health at any point in the recovery process, while conventional care may be advisable at various times as well.

In his book, *Love, Medicine and Miracles*, surgeon Bernie Siegel chronicles his work with exceptional cancer patients—those who recover from cancer and stay in remission for long periods. One factor which contributes to their success is belief that the treatment will work, whether the treatment is chemotherapy or art therapy. Patients who embark on a natural medicine protocol should be prepared to back up that belief with a commitment to making their health a priority. Those who are self-motivated and proactive about reclaiming their health will fare best.

An integrative cancer care plan will likely include changes to the diet. These changes could be minimal or radical, depending on what the patient was eating prior to seeking treatment. A vegetarian diet is well-established as being cancer preventive. Diets with animal products promote inflammation and create an acidic internal environment. Acidity is one factor which has been theorized to allow cancer to grow unchecked.

It is important to change the environment that gave rise to cancer so it does not recur.

Vitamin C is a treatment which can make the internal terrain less hospitable to cancer cells. Pills and powders provide vitamin C in low doses where it acts as an anti-oxidant, a substance that stops cellular damage in the body. Higher doses are given intravenously and lead to hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) production. Peroxide is toxic to cancer cells because they are deficient in the enzyme needed to convert H<sub>2</sub>O<sub>2</sub> to hydrogen and water. Vitamin C can interact with chemotherapy agents, often working synergistically and making them more effective; for a few drugs there will be interference.

Other cancer-fighting substances in the natural pharmacopeia include enzymes (papain, pancreatin), neurotransmitters (melatonin), mushrooms (reishi, turkey tail), and herbs (Boswellia, curcumin).

Detoxification may also be part of a patient's prescription. Strategies vary from spending time in the sauna to massaging the lymphatic system to taking coffee enemas to removing heavy metals with pills or intravenous therapy.

Treating patients with dietary changes, nutritional supplementation and detoxification can result in markers showing improved health: lower blood pressure and cholesterol, reduced pain and pain medications, less shortness of breath, reduced tumor size as shown on imaging, tumor markers returned to normal, longevity beyond the statistical average, and most importantly, improved quality of life.

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

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## Colon Hydrotherapy and Detox

By Deborah McMahon, RN

With the New Year upon us, we make our yearly resolution to shed excess weight, get a handle on our sugar intake and curb unhealthy cravings. Looking for a fast solution, most are drawn to the “quick fix” programs that are pervasive throughout the internet. The countless choices are overwhelming.

The popular choice is often a ten-day cleanse involving herbal supplements and fasting, providing an obtainable goal to get clean and healthy. So long as the cleanse is followed to the letter, you are promised quick and sustained results.

However, by day three many are left feeling worse than ever. As the cleanse progresses, flu-like nausea, headaches and overall malaise saps the will to remain committed. At the time these symptoms may seem innocuous, but what is often missed in the literature attached to these cleanses is that these feelings can signal an unhealthy process. This process called “auto intoxication” is when your body cannot keep pace with the toxins being released and consequently is reabsorbing them into your system. This condition is further exacerbated and often caused by a sluggish colon.

Incorporating colon hydrotherapy into a cleanse prevents “auto intoxication,” improving and extending the results of the detoxifying process. Colon hydrotherapy sessions use water to clear the colon of residual and toxic matter not passed through regular movement. Up to 90% of your immune system resides in your colon, so this process triggers not only the release of toxins in the local area

but other vital organs such as the liver, gallbladder, lymphatic system and blood.

Safety should always be considered when choosing a location for treatment. An FDA listed class 2 medical HydroSans Plus Machine is the top choice among certified colon hydrotherapists. It's recommended that you ensure your therapist uses all disposable, one-use only supplies. Certified therapists should be assisting your therapy at all times and access to a private bathroom is also a preferred factor.




Colon hydrotherapy may aid a sluggish colon during detox.

While a single session is incredibly beneficial to one's overall health, it is by no means a “quick-fix.” To achieve sustainable detoxification at the cellular level, a series of monthly sessions is often recommended. Licensed and certified natural health care practitioners can create a therapy structure that not only includes colon hydrotherapy but custom combinations of supplements, nutrition plans and exercise that suit your individual lifestyle and health goals.

As with any procedure, ask questions and get informed. By making smart choices about your wellness, you are sure to enjoy many happy and healthy new years to come.

Deborah McMahon is a registered nurse and founder of A Healthier You in Palm Desert (760) 360.8877.



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### Indio High Launches Wellness and Healthier Living Career Academy

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Wellness can be defined as an approach to health care that emphasizes illness prevention and prolonging life, rather than emphasizing the treatment of disease.

This viewpoint, as well as the current condition of health among humans, has inspired a new career academy at Indio High School under the leadership of Jason Tate, a biologist and student of human nutrition. Mr. Tate was also inspired by the World Health Organization definition of health as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

As wellness institutes become more prevalent in our health care system and medical communities, it becomes abundantly clear that this is a profoundly powerful way to approach the definition of human health.

At Indio High School, sophomores learn the history of disease, human pathology and medical terminology, and research various health careers. Junior health academy students spend the entire school year learning about the anatomy, physiology, and pathology of the digestive, endocrine, and cardiovascular systems. Seniors refine their knowledge of medical terminology, anatomy and physiology, and begin to define a career pursuit while focusing on internships.

All levels experience dimensions of wellness with units on mental health, nutrition, and physical activity. Daily yoga breaks during class led by the teacher, and sometimes students, enable the students to experience the healing potential of focused breathing and movement. It's quite a sight to see a class of 45 or more students doing the warrior three or crescent poses.

The Health and Nutritional Sciences (HANS) Academy at Indio High School is seeking business, industry, and community partners to help continue the development of the program and curriculum. The academy always welcomes guest speakers, and we encourage speakers to contact Mr. Tate to schedule an engagement.

The academy's mission is to produce organized, disciplined, and well-rounded health career professionals. All careers in the health-related fields are encouraged, based on the student's passion and interest. In addition to specialized education in their chosen field, all students in the HANS Academy receive extensive training in nutrition and physical fitness to foster and encourage total health. The goal is to cultivate health career professionals who possess the skills and experience to inspire their patients and colleagues to achieve optimum wellness.

From all of us at Indio High School, we wish you well.

For information contact Steve Biller at Coachella Valley Economic Partnership (CVEP) at (760) 340.1575.



Student Sam Stemmer leads the class through a daily yoga routine as part of the curriculum in the Indio High Wellness Academy.



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## The Aah Shot: How Your Platelets Can Help in the Bedroom

By Brian J Myers, ND

On average, 1 in 4 women experience some difficulty achieving an orgasm. As women age, sexual sensitivity can fade leaving one feeling sexually uninspired and less intimate. Many of the same women who have difficulty achieving orgasm also have problems with urinary stress incontinence (when you accidentally leak a little bit of urine when laughing, coughing, exercising, etc.) since weak pelvic floor muscles can be responsible for both issues. For those women who have given birth, sexual dysfunction and incontinence may be even more pronounced.

Approximately 5% of men over 40 years old and 15-25% of men over 65 years old experience long term erectile dysfunction. This is often caused by poor stress management as well as nutrition and lifestyle choices such as inactivity and smoking. These choices can lead to obesity, diabetes, and/or cardiovascular issues, which can cause erectile dysfunction. An enlarged prostate, prostate cancer, the after-effects of surgery, or even drug side effects may also lead to male erectile dysfunction.

Maintaining sexual intimacy and pleasure can be increasingly challenging for a host of reasons – with lack of time, stress, poor communication, and sex organ dysfunction at the top the list. Some find the use of daily medications (hormones or erectile dysfunction medications) useful, but what if there were a solution that provided longer lasting, rejuvenating benefits with no adverse side effects?

The Aah Shot uses one's own Platelet Rich Plasma (PRP) to help naturally promote healing in this area. PRP is a regenerative injection therapy that uses the healing components of our own blood to stimulate growth and healing. It has gained notoriety among professional athletes in recent years for its use in facilitating healing in joints and ligaments. It has also been shown to have significant benefits in resolving both male and female sexual dysfunction by generating healthier and more functional tissue in the areas of sexual response in the vagina and penis.

The PRP, which contain glycoproteins known as growth factors, is injected with an extremely thin needle directly into the penis or clitoris. This sounds cringe-worthy; however, the entire area is numbed beforehand with a topical cream so the patient feels little to no pain during the injection.

The glycoproteins, also called chemokines and cytokines, stimulate nearby uni-potent stem cells (stem cells that only produce new cells in adjacent tissue), collagen, and blood vessels, which then initiates the production of new tissue in and around the injection sites generating healthier and more functional tissue in the areas of sexual response.

The Aah Shot may be part of a more comprehensive approach to addressing sexual dysfunction that also includes pelvic floor exercises (for both males and females), nutrition modification, hormone evaluation, exercise, and other strategies to help manage stress. It is certainly worth considering to help jump start a lost connection between the sheets.

Dr. Brian Myers is a naturopathic primary care doctor with a focus on family medicine and sexual dysfunction at Live Well Clinic in La Quinta. For more information, go to [www.livewellclinic.org](http://www.livewellclinic.org) or call (760) 771.5970.

References available upon request.

## City of La Quinta Working for Wellness

Winter is the perfect time for outside activities in the desert. While our counterparts are shoveling snow, desert fitness buffs will be hiking, biking and going on nature walks in our near-perfect weather. While La Quinta's natural beauty offers considerable hiking trails, bike paths and meandering walkways for all ages and fitness levels (ranking No. 5 of the top 45 hiking locations in the west by *Sunset Magazine*), the City of La Quinta works to form partnerships within the community to create new and unique activities for its residents and tourists, and to further its position as the desert's fitness destination.



Ditch the cart and "Walk the Rock" for exercise and discounted rates at Silver Rock Resort in La Quinta.

One of La Quinta's unique healthy offerings is the "Walk the Rock" program at the City's public golf course, SilverRock Resort. In partnership with Landmark Golf Management, golfers who are willing to tote their own golf clubs and ditch the golf carts will get a great walk in with low rates in the late afternoon. SilverRock is nestled among the mountains and is a breathtaking venue, complete with big horn sheep sightings and the All American Canal cutting through the undulating greens... a beautiful place to walk and enjoy our beautiful winter weather.

The La Quinta Wellness Center will be celebrating its one-year anniversary in January, and this facility has already made a tremendous impact on the health and wellness of La Quinta. The Wellness Center partners with a number of local health groups to offer low cost or FREE programs for residents. Partnerships include the Live Well Clinic which offers B-vitamin injections regularly and hosts lectures and discussions on a wide variety of health topics, and Eisenhower Medical Center which offers regular health screenings and health fairs. Additionally, the Wellness Center encourages nutritional wellness in partnerships with nutritionists, chefs, and horticulturalists to teach farm-to-table food preparation.

The youth of La Quinta also take part in personal wellness. The Desert Youth Olympics was developed as a way to promote activity and movement with younger children. Kids ages 3-8 compete in mini versions of standard track and field events from the 20-yard dash and mini-hurdles to softball and Frisbee throws to name a few. The top placing children in each age group per event win gold, silver, and bronze medals. The Desert Youth Olympics is a collaboration involving the City of La Quinta, YMCA of the Desert, Rojas Tae-Kwon-Do, and select volunteer organizers.

Enjoy the winter season. We look forward to seeing you in La Quinta!

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## Non-traditional Therapies on the Menu for World AIDS Day

By Sandra Clark

Desert AIDS Project believes in the body's ability to care for itself and offers a variety of programs that aid that process.

World AIDS Day on December 1 was a time to remind clients, volunteers, board members, and donors that D.A.P. offers comprehensive compassionate care to treat the body and the soul. On this holiday celebrated by the AIDS service community worldwide, D.A.P. set out a buffet of mostly Eastern-inspired treatments and homeopathic remedies and invited everyone to dig in.

Ray Robertson, D.A.P. manager of the Client Wellness Services Center, coordinates activities and outside traditional medicine that promote health and well-being. Along with cooking classes and emotional support groups, Ray assembled the list of treatments that include reiki, acupuncture, yoga, hypnotherapy, transformational breathing, chair yoga, and horticultural therapy. Ray says non-traditional therapies have grown dramatically since he joined D.A.P. four years ago. Prior to that, he directed a substance abuse treatment center for 20 years.

Alternative therapies seem to be popular with our clients because group and individual sessions usually are booked solid, Robertson says. “A lot of our clients believe in natural, homeopathic healing,” he explains. “They have to take lots of pills, so anything they can do that's neither invasive nor dangerous, they really are eager to try.”

Acupuncturist Askat Ruzyev adds that some of the many medications his clients take have heavy side effects. “Acupuncture treats side effects; it doesn't add any,” Ruzyev says.

Sometimes these remedies can lessen the depression and anxieties living with HIV and AIDS can cause. Jeffrey McCall, who has weekly acupuncture treatments, is one such client. “I was depressed and had little energy,” McCall says, while Askat gently placed needles into McCall's left ear. “He knew what to do and how to treat it.”

Stanley Maeschen was waiting for his session while Askat worked with McCall. Maeschen compares acupuncture to “recharging the battery on a car.”

Maeschen wrestles with stress and depression and says the treatments do help him manage those challenges. “I'm not a needle person, but there's no pain,” he says, “and, in the end, it's worth it. It's brought me better sleep, even better dreams. I like the direction this is going.”

Reiki master John Strobel relates that his clients say they get relief from stress when he softly places hands on and around them in order to “channel energy from the universe” and produce a meditative state. “Some people have an emotional release. Most people just find it relaxing. Someone once said it was as good as an eight-hour sleep.”

Besides offering relief from depression, stress or insomnia, non-traditional therapies are yet another way to get clients up and out and active, which can have curative powers, Robertson maintains.

“We need to be able to offer clients every opportunity to get out of the house and do something they believe will improve their health and well-being,” Robertson states. “If they're coming here, then they're not isolated. If their bodies are active, then their minds are active, and that's good stuff!”

For more information visit [www.DesertAIDSProject.org](http://www.DesertAIDSProject.org) or call (760) 323.2118.

### Health is a Choice

Continued from page 1

The factors she identified can be easily practiced and used – in part or in whole – not only for surviving cancer, but also for prevention.

After reading the book, I interviewed Dr. Turner who continues as a researcher, lecturer, and consultant in the field of integrative oncology. She received her B.A. from Harvard and her Ph.D. from the University of California, Berkeley.

I led with “everyone needs to read this book!” “If people read the book and want to start acting like radical remission survivors as prevention, what they should know is that it cannot hurt, and it might help by strengthening the immune system.” She adds that all can be done at home and are not expensive; herbs and supplements are the only factors that should be overseen by a health care professional.

Before we review the factors, let's clarify Turner's definition of when radical remission occurs:

- a person's cancer goes away without using any conventional medicine; or
- a cancer patient tries conventional medicine, but the cancer does not go into remission, so he or she switches to alternative methods of healing, which do lead to a remission; or
- a cancer patient uses conventional medicine and alternative healing methods at the same time in order to outlive a statistically dire prognosis (i.e., any cancer with a less than 25 percent chance of five-year survival).

Turner states that a little less than half of the people she has studied declined western medicine outright or asked their doctors if they could take a few months to work on certain factors such as stress level and/or diet and then returned with shrinking tumors and improved blood work, thus never needing conventional treatment. The other portion unsuccessfully tried western medicine to the fullest and were sent home with hospice care, yet later recovered on their own.

Of the thousand plus cases published in medical journals, Turner found it odd that none of them reported input from the radical remission survivor themselves.

Doctors carefully laid out biochemical changes experienced, but none asked the patients, “Why do you think you healed?” She approached her research as an anthropologist studying a group that had never been studied before asking neutral, open-ended questions in an effort to identify their shared beliefs.

“You can't move to random controlled studies if you don't have a hypothesis, and when you find a cohort of people, these most frequent factors become the hypotheses.” She emphasizes that these nine hypotheses are not guarantees but commonalities.

Turner's qualitative research to identify the most definitive factors that radical remission cancer survivors shared resulted in the following:

- Radically changing your diet
- Taking control of your health
- Following your intuition
- Using herbs and supplements
- Releasing suppressed emotions
- Increasing positive emotions
- Embracing social support
- Deepening your spiritual connection
- Having strong reasons for living

It is important to note that these are not listed in any ranking order and as Turner states, there is no clear winner among these factors.

*Radical Remission* is an exceptional book. It contains significant science, respects both medical and alternative treatment perspectives, and is engaging and easy to comprehend. Each of the nine chapters delves into a different key factor, reviews the latest scientific research on that topic, tells the story of a radical remission survivor that highlights that factor, and provides a simple list of action steps for readers who wish to incorporate those factors into their lives.

The interesting thing is that Turner did not set out to write a book, but merely a dissertation for her Ph.D. (and research for her clients). The breadth of her work is impressive including a year-long trip around the world that was funded by the

Continued on page 27





THE **Paradigm Shift** in Medicine Today By Jeralyn Brossfield, MD



Most of us love traditions. As I write these words, I have just finished cleaning up the final dishes from our Thanksgiving holiday, with family and friends gathered around a bountiful table and expressing gratitude. I'm for tradition as much as anyone.

However, there are places that tradition is harmful. In western medicine, the desire to hold onto the "traditional" perspective and practice can be harmful and injurious to our patients if it keeps us from moving to better practices and recommendations.

Many such examples exist within medicine, but perhaps none is so ingrained as the way we test cholesterol. When we think of being responsible for our health, we are encouraged to "know our numbers" and keep our "healthy cholesterol high" and our "lousy cholesterol low." I have spoken these words to patients many times, as this is the dogma with which I was "raised" as a physician.

I bring this up because it is time for change. Two of the largest studies on cholesterol and heart disease (The Framingham Offspring Study and the Mesa Trial) demonstrate the extremely poor correlation between our LDL-C (what we are used to seeing when our doctor does our yearly cholesterol testing) and the incidence of cardiovascular events (like heart attacks or strokes). This discrepancy is most evident in those who have problems with blood sugar control. In people who have early signs of a trend towards diabetes (triglycerides over 80, HgbA1c over 5.5, insulin over 10, blood sugar over 100 or that rises more than 30 points after eating a meal), the LDL-C is almost worthless as a predictor of heart events. And yet this is the test we predominately have performed with our yearly blood work.

What should we do instead?

Evidence supports testing the number of particles of LDL cholesterol and our insulin levels as the two most predictive tests to indicate risk. In addition, testing for inflammation in our blood vessels (with tests like hsCRP, LpPLA2, and Myeloperoxidase) helps predict where we are in the spectrum of heart disease progression.

So the list to request from your doctor should include:

1. Advanced lipid particle testing (NMR is the most accurate). If your doctor cannot order this, then ask for an apolipoprotein B test which is a more commonly available screening test to know if you should continue to pursue the advanced testing. Apo-B is a receptor that exists on each particle of LDL cholesterol and a level greater than 90 means that you have elevated LDL particles.
2. Insulin and blood sugar level; and
3. Inflammatory testing such as hsCRP and LpPLA2.

A recent assessment published by the *Journal of Medical Economics* shows that by improving cardiovascular disease risk assessment we could reduce heart attacks and strokes by 10%. The health care cost savings from doing these advanced tests instead of a traditional cholesterol panel have been estimated at \$187 million. I'd say it is time to embrace a new paradigm in heart health.

Dr. Brossfield is the medical director at the Eisenhower Wellness Institute and can be reached at (760) 610-7360. EWI is offering an Integrated Heart Health Workshop on March 19th that will include advanced cholesterol and inflammation testing. Please call for details and registration.

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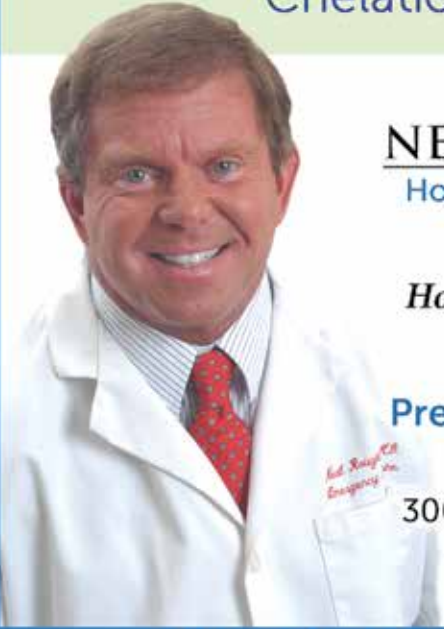


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## Cryopreservation of Your Own Stem Cells

### Personalized medicine for the 21st Century

By Elliot B. Lander, MD, FACS

Autologous (your own) stem cells from fat have been used for repair and regeneration on an investigational basis for various degenerative conditions including orthopedic, urologic, neuro-degenerative, cardiac and auto-immune diseases. These cell therapy procedures are generally performed on an outpatient basis and involve the use of cells from liposuction fat that are prepared on the same day and used fresh as a one-time deployment. This same-day process is known as a "point of care" procedure.

Many diseases, however, require repeat treatments or greater numbers of treatments for success. The only way to accomplish this with your own cells is to freeze some of them at the time of treatment and give them back later, or even better, use them for laboratory expansion to grow extremely high numbers of your own cells. This would provide a personalized repository of your own repair cells containing your own DNA in huge numbers. Several stem cell cryopreservation companies around the country offer this service, but until recently, they were only able to release your cells back under certain circumstances such as for an FDA-approved study or for an investigational procedure.

Thus, fat-derived stem cell procedures performed around the world have been restricted to same-day "point of care" with the hope that one day patients would be able to freeze some of these cells for future use. Well, the future is here. You can now freeze your own stem cells as bio-insurance to protect your health and are able to get your stem cells back for repeat treatments, and ultimately for laboratory expansion, at your discretion.

Here is the story....Our bodies are made up of trillions of cells, all of which have a particular life span. Some last longer than others, but all living cells eventually die. In youth, we are blessed with a lot of stem cells around our various organs and tissues. So, as cells age and die or sustain injury, this signals the stem cells to turn on and replace the dying or injured cells. Eventually, our organs run out of these stem cells and we're dependent on receiving them from other areas, such as bone marrow, or we simply heal a wound with other cells that form scar tissue instead of the needed organ cells. As we age, our bodies produce fewer and fewer of these cells and, of course, it eventually becomes impossible to keep up with our decline in natural cell death. Eventually, no matter how healthy you are, you run out of enough functioning cells to sustain your vital organs and you can no longer sustain life. Thus, a possible key to prolonged healthy living may be in regenerative medicine using your own stem cells – cell renewal therapy or CRT – to keep body parts and vital organs functioning properly.



Cryopreservation allows you to deep freeze your stem cells for future medical procedures

Stem cells reside naturally in huge numbers within our fat. Instead of leaving your stem cells in your body's fat compartments, you can now release and preserve them for more essential needs – like staying healthy. Cryo (meaning to freeze) preservation companies can provide this very option to anyone who has at least one ounce of fat (just 2 tablespoons) to spare. From this small amount of fat you can extract 10 to 30 million stem cells. You can also use unwanted fat following cosmetic liposuction procedures rather than throwing it out or just remove a little extra fat during a point of care regenerative procedure known as "cell surgery." The technology allows you to extract your own stem cells from this fat and save them for a rainy day in a very deep freeze. Cryopreservation is done by storing your cells at -190°C in liquid nitrogen. This absolutely preserves the cells and has been done successfully for years with sperm, eggs, embryos, and more recently, umbilical cord blood and tissue.

Having your healthy cells stored for life makes them immediately available should crisis conditions arise such as trauma, heart attack, or sudden illness. Banking these cells – with an FDA-approved cryopreservation company – before you need them may be the best insurance policy you ever buy. Besides the regenerative work being done now, your frozen stem cells may also have a role in the future in age mitigation strategies and also to treat cancer by carrying cancer killing agents directly into tumors. Your valuable stem cells not only contain your own DNA, their use eliminates any risk of allergic reaction or disease transmission.

Elliot B. Lander, MD, FACS, is co-founder and medical director of The Cell Surgical Network®, medical director of the California Stem Cell Treatment Center in Rancho Mirage and Beverly Hills, and founding partner of Cells On Ice cryopreservation company. He can be reached at (800) 231.0407. For more information on cryopreservation visit [www.cellsonice.com](http://www.cellsonice.com).

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## Organizing Your Financial Life

### A New Year's gift to yourself

By Reesa Manning, Financial Advisor

Financial organization is a cornerstone of a healthy financial life. At the most basic level, financial organization saves time and money because it aids in paying bills on time, being able to find needed documents during tax season, providing proof of payment, disputing credit card billing errors and avoiding the stress of dealing with piles of unorganized bills and paperwork.

It also sets the stage for better financial decisions surrounding investments, budgeting, debt and investment planning. Financial organization improves your working relationship with your financial advisor, because there will be less time spent looking for paperwork and more clarity around the overall financial situation, leading to more informed decisions about your investments and financial plans.



While having a system to organize financial paperwork is important, it is not important which system is followed but that a system exists. In most cases, a combination of electronic and paper filing systems will do the trick.

For couples, clearly establishing responsibilities for financial matters is an important priority. If one spouse manages the finances, the other spouse should be informed

about what is going on financially, where important documents are stored and the passwords for all online accounts.

What documents to keep and what to toss is another important part of becoming better organized. The IRS recommends retaining tax returns and any documents that support tax returns for seven years. Other documents such as paper bank statements, investment account statements and credit card statements can be shredded after a year, especially if they can be accessed online in the future if necessary.

Financial paperwork generally falls into the following categories: investments, taxes, credit cards and loans, college savings, retirement savings, insurance and estate planning.

Let's start the New Year with an Organized Financial Life!

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

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There are up-front costs associated with a reverse mortgage, so you may want to consider other options if you plan to stay in your home for only 2 to 3 more years. Since every senior situation is unique, it is important that you talk to someone you can trust when exploring your reverse mortgage options, the various types available or to simply get answers.

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## NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

### Treating Anxiety in Children

Childhood anxiety is increasingly an issue that many parents have difficulty treating naturally and successfully. Anxiety in children may be caused by numerous issues including food choices and nutritional status. Children do not always need pharmaceutical meds to combat anxiety. There are many natural remedies, dietary recommendations, and behavior modification strategies to moderate anxiety prior to employing pharmaceutical interventions.

Anxiety in children can commonly appear as unwarranted worry, fear, and tension. However, it can also present as bed wetting, mood swings, poor sleep habits, repetitive worrisome thoughts and questions, behavioral disruption including anger and hitting, and poor appetite or refusal to eat. Of course, many of the signs mentioned can also be part of normal emotional development. It is important to evaluate each child independently and correlate the reported symptoms within the context of their age appropriate developmental milestones. However, if you suspect a child's behavioral issues are prolonged or not in accordance with typical emotional development stages, the child could be dealing with an anxiety issue.

Children are very susceptible to emotional and behavioral changes with mild food sensitivities and nutritional deficiencies. When there are no other obvious emotional triggers for anxiety, assessing food allergies or food sensitivities with appropriate dietary changes can make a marked change in behavior. Many children do not have clinical nutritional deficiencies that cause obvious physical changes; however, even low-normal nutritional values can cause behavioral issues. For example, lab values on the low end of 'normal' for vitamin B12, B6, and D can alter stress tolerance, hormone balance, and anxiety.

Dietary structure and balance can play a role in emotional expression. Children are behaviorally triggered by imbalance in blood sugar levels caused by skipping snacks, excess sugar, lack of protein, or excess carbs without a protein or fat balance. Limiting excess sugar intake and fruit and fruit juices, as well as meals filled with just carbs, can reduce behavioral challenges. Balancing meals with adequate protein (as minimal as 2 oz of nuts, beans, meat, or fish) can moderate blood sugar levels which helps control mood and emotions. Striving for more balanced meals, increasing protein, decreasing excess sugar sources, and maintaining a regular schedule is essential for a child who struggles with anxiety.

Children with anxiety need constant structure and communication. Anxiety can be mitigated with routine so the child is aware of what to expect on a given day and constant communication about what to expect. If a parent has a child with anticipatory anxiety or fears, simply telling the child what is about to happen, how long they will be at any given place, and a slight warning prior to leaving will reduce responses of crying, resistance, fear, and anger.

Childhood anxiety is very challenging for all family members, necessitating lifestyle adjustments for a significant amount of time to see optimal results. In lieu of lifestyle, diet, and supplement changes that may not have the desired effect, there are also herbal remedies to consider prior to pharmaceutical meds.

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

## Beamer Shines Light for Kids Facing Addiction

By Lauren Del Sarto

The Hazelden Betty Ford Center is world renowned for the significant work they do with those dealing with addiction. But what about the many young children who struggle with an addictive parent or loved one in the family? There are thousands of these young victims for which Betty Ford Center Children's Program also provides support, and when they graduate from the program, Beamer's light helps lead the way.

According to the center, more than one in four children in our country today has a loved one struggling with drugs or alcohol. With children's programs in the Coachella Valley; Irving, Texas; and Aurora, Colorado, they work with over 1,200 children and their families each year teaching these core values to help kids understand the disease and their own feelings: 1) you are not alone; 2) it is not your fault; 3) find safe people and places in your life where you can talk about what's happening and what you are feeling.

And true to Betty Ford's initial vision, no child is ever turned away due to their inability to pay.

In 2003, a prevention researcher was retained to see how the children's program was working. It was

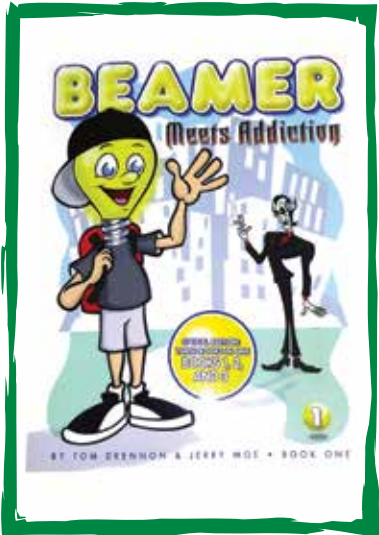
determined that while this 3-4 day program was very transformative, the message wasn't being reinforced once the kids left. "This was brilliant criticism which we embraced," says Children's Program Director Jerry Moe. "You

can teach kids things once, but if they don't get 'booster shots' of the information, they will lose the essence of what they learn in the program."

Shortly thereafter, the late Lois Horvitz, a board member at the time, introduced Moe to Tom Drennon, the creative mind behind many famous album covers in the 70s (Kansas, REO Speedwagon). Drennon had created the character of Beamer and wasn't sure what to do with it. Lois suggested

that the two of them create a series of books for alumni children that could be sent to them in the mail one by one, and Beamer's World was created.

"All of the characters in the Beamer books are light bulbs and the key to the story is that their feelings appear in different colors - when Beamer is angry he turns red; when down he turns blue; happy, he turns yellow; when scared he is white; and when guilty he is green," explains Moe. They also decided to end each book with a 'cliff hanger' to be continued. "The best thing about that," adds Moe, "is that kids will call me and



The Beamer books keep lessons fresh for Children's Program alumni

Continued on page 34

# KMIR NEWS

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## Do You Really Have Tight Hamstrings?

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

After playing 18 holes of golf requiring a forward bending position, you might be uncomfortable at the end of the round - especially if you start the round with tight muscles. Many trainers spend countless hours teaching their golf clients hamstring stretches when they complain of being tight. For many, the tightness will most likely be back tomorrow. This is because your hamstrings actually might not be tight!

For your hamstrings to be truly tight, you would have to sit all day with your pelvis tucked underneath you and your knees bent towards your bottom for long periods of time. So why is it then that so many golfers complain that their hamstrings are tight? What they are actually feeling is one or more of the following:

**1. Neural Tension** - Just because you feel your hamstrings all the time doesn't mean it's the source of a problem that you are having. It's probably masking something else going on. It can be the sciatic nerve having tension placed on it since it does run right down the middle of your hamstring, or it can be an entrapment of the nerve in the glutes or calf. So trying to stretch a weak structure over and over again can cause more harm than good. If you have tingling in the leg, cramping or severe pressure, consult your doctor.

**2. Protective Hamstrings** - Since we bend forward all the time playing golf, our pelvic bones are constantly put into a forward tilt; the hamstrings protect the spine from going into too much backward bend. Consequently, they tighten up to protect from a possible spinal condition. We see this more in females than males due to their structural anatomy.

**3. Previous Hamstring Injury** - Golf can cause a series of hamstring strains, especially the front leg since we end up rotating it with a planted foot. Once you have had a hamstring strain, the feeling of it being tight might last a lifetime unless you get regular massages or ART work. This is because the muscle tissue will never be the same again, due to how the fascia or muscle fibers arrange themselves after the injury. Adhesions or scar tissue can develop, interfering with normal function, which means blood flow will be affected to nourish the tissue as well.

**4. You might actually have a hamstring injury!** Due to repetitive stress placed on certain fibers of that particular muscle you might have micro tears from day-to-day activity, especially if you play a lot of golf. So getting the hamstring and adjacent muscles stronger might be the key to healing completely and correctly. Slowly building up stress on the tissues and not overloading it at first is very important.

If you are serious about your golf game and are concerned about how tight you are getting after a round, it would be in your best interest to get a golf physical evaluation done by a licensed physical therapist, TPI golf medical professional or competent trainer.

Michael K. Butler is co-owner of Kinetix Health and Performance Center. He is a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and a writer and publisher of over 100 articles, books and magazine contributions. Mike's new book *Par Fore The Course Golf Fitness* is now available.

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Then we checked our budget and reality set in. We did not make the purchase (not yet!)

My insatiable curiosity led me to research our discovery in detail.

Tesla Motors was founded by Elon Reeve Musk, its product architect. Elon is a 44-years-young South African-born Canadian-American engineer, inventor, investor, and business magnet. He is the CEO of SpaceX (reusable space rockets) and co-founder of Zip2, PayPal and chairman of SolarCity. He envisions a high-speed transportation known as Hyperloop and has proposed a supersonic jet aircraft with electric fan propulsion. He believes humans will land on the planet Mars and eventually establish a human colony to advance interstellar research.

Musk is a visionary driven primarily by his imagination. But why the name Tesla?

Nikola Tesla was a Serbian-American inventor, electrical engineer, mechanical engineer, physicist and futurist born in 1856. He is often referred to as "the man who invented the 20th century" and is best known for his design of the modern alternating current electrical supply system. Following the blinding flash of light in a Hungarian sunset, he envisioned the workings of a motor that uses a rotating magnetic field to produce electric currents that alternate directions many times per second. It was the dawn of the alternating current motor, which incidentally powers every home on our planet. The distribution of electricity was no longer limited in distance. It was a momentous breakthrough beyond the Edison patented direct current generators with a limit of a two-mile radius.

Not long after Tesla's stroke of imagination and genius, it became possible to flash sound and images through the air to any place desired. It was the beginning of transistors, the radio, television, telephone, radar, medical imaging, and many more things we are using in the present.

My lack of scientific academic education limits my ability to fully explain these phenomena, so I base my limited understanding more on curiosity and observation.

Remarkably Elon Musk honored Nikola Tesla, a fellow engineer, visionary and genius. Both men recognized and kept on learning from the immense power of the universe. As Tesla said, "When you want to learn about the universe, think in terms of vibration, frequency, energy."

The Universal Law of Vibration states that everything in the universe, including our galaxy, our planet, trees, plants, people, our thoughts and feelings, vibrate in one frequency or another creating an ocean of energy. As a self-proclaimed space cadet, I am inspired by that statement and the research into the life of these two geniuses. Their gifts inspire me to continue the journey, so I will continue to share thoughts on vital vibration in future issues of *Desert Health*.

George can be reached at [ugadolph@live.com](mailto:ugadolph@live.com).

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**Working with an Aging Life Care Professional**  
*By Nikhil Mehta*

Engaging an aging life care professional (previously known as geriatric care manager) is the first step many families take when seeking help for themselves or family members dealing with the challenges of aging. The aging life care profession is relatively new and grew out of the social service field. As the aging population began living independently of their families and living longer lives, a need for direct care of this population arose, and thus the field of aging life care management emerged.

Most aging life care professionals come from the health and human service fields. Many have a master's degree in social work, psychology, nursing or geriatrics. In the past 30 years the Aging Life Care Association emerged to help professionalize the field of care management and has become a resource for families seeking help.

Usually, the aging life care professional's first step is completion of an assessment of the older adult including the physical, mental, spiritual, legal, financial, psychological, emotional, environmental and social state of the individual. This assessment then is presented to the client along with a plan of care. The plan of care may include recommendations such as medical testing, environmental modifications, or home care. Aging life care professionals can help implement the plan of care and help individuals and families find the best solutions for the given situation. They also serve as the eyes and ears to family members who live out of the area. In several cases, the older adult and family members gain a peace of mind knowing someone is available to help navigate through the myriad of situations that may arise as one ages. It is recommended that an updated assessment be completed every 12 months as a preventative course of action. Aging life care professionals also typically have a network of health care and other professionals that they have vetted and can recommend to clients.

Aging life care professionals can save individuals and families considerable time and money. Many family members attempt to care for themselves or their loved ones without a good handle on the resources available. Many times decisions are made while the older adult is in crisis, and in most cases, these decisions are not the best choices. Aging life care professionals can help to assess the current situation and most times offer options and solutions that the older adult or family members were unaware existed. In one case, a husband called for an assessment on his wife who had moderate dementia. After a thorough assessment, it was determined that the couple was eligible for several county programs at little or no cost to them. For three years, the husband had been caring for his wife with no help or knowledge of the many services available to both of them.

Aging life care professionals are available throughout the country, and are a great first step when dealing with the challenges of aging. Go to [www.aginglifecare.org](http://www.aginglifecare.org) to find an aging life care professional in your area.

Nikhil Mehta is Owner/CEO of Home Care Assistance Palm Desert, a revolutionary in-home care group which offers clients The Balanced Care Method™ which emphasizes mental, physical and social activity along with healthy nutrition, calmness and purpose and the patent-pending activities based Cognitive Therapeutics Method™, designed to slow the symptoms of cognitive decline. For more information visit [www.HomeCareAssistancePalmDesert.com](http://www.HomeCareAssistancePalmDesert.com) or call (760) 345.0001.





## Living Wellness

### with Jennifer Di Francesco



At the start of 2015, I made a decision to start working with a personal trainer. As New Year 2016 approaches, instead of a new resolution, I am reflecting on the resolution set a year ago. Looking back, I realize that as a wellness decision, it has been one of the best individual, long-term investments I have ever made.

Fitness is a desire that motivates me daily. If I miss a day of exercising, it clearly shows as a deficit in my mental and physical functioning. When you start an exercise program, it is essential to get to the point where you are craving fitness rather than loathing it. 80% of the population has a loathing of exercise, noting lack of time in their schedule as the main culprit. This 80% includes many who are not meeting the federal government's physical activity recommendations of 2.5 hours of moderate exercise a week. Even though I did not need to be motivated by a trainer, working with one has made all the difference in changing my perspective and results.

For quite some time, my workout was to ensure there was cardio, cardio and more cardio in my daily regime. Activities such as hiking, biking, walking, and running were the focus to get my heart rate going. What had been missing were the weights and a motivator. As soon as I started a program of lifting weights, with assurance from a trainer that I had proper form, varied intensity, and more push than I would ever give myself through discomfort, I experienced noticeable results in muscle tone, improved posture, strength in cardio activities and enhanced confidence.

At 43, I learned that I was in an age range where there was the loss of 1% of lean muscle mass per year and that 30% of strength was going to dissipate between 50 and 70. Furthermore, another 30% of what is left in strength would diminish the decade after that. At this moment of clarity, I realized that cardio activity was important, yet weight training is the ticket to fighting against the atrophy that seemed apparent in the cycle of life.

Atrophy of muscle was not the only reason to show up at the gym and do this work in weight resistance, but also to burn off unwanted fat! One pound of muscle burns an extra 50 calories a day while at rest. If 10 pounds of muscle are gained, the resting metabolic rate soars to burning 500 calories extra per day! After obtaining all of this wonderful information there was no longer a fixation on burning calories through cardio. I started focusing on burning calories by building muscle, and it has made all the difference. My 2015 resolution will continue to be my 2016 resolution. More work can be done to build those 10 pounds of muscle!

Hopefully, there is a resolution from the past that worked so well for you that by merely continuing the same resolution, you'll have a happy new year. If not, give weights and a trainer a try.

## Geri-Fit® Program Comes to Palm Desert

Staying fit is important at any age, but when you are out of practice, getting back into an exercise regime can be intimidating – especially for seniors. Keeping it simple and fun can help, which is the concept behind Geri-Fit®, an evidence-based strength training program for older adults which is now offered in Palm Desert.

Geri-Fit® is similar to bodybuilding and done in a group setting. Participants start out using a set of 2-pound dumbbells moving up in weight as their strength increases. Most of the exercises are performed seated in chairs but participants have the option to stand, if preferred. There is no choreography, dancing, aerobics, or floor work, so those lacking coordination will enjoy this different kind of workout which is fun yet challenging. Any senior age and fitness level can enroll, but the program especially accommodates those that want to get strong again or are mobility disadvantaged and have a difficult time getting out of a chair, deep seated couch, or car.

Based in Temecula, the Geri-Fit Company has offered its senior fitness programs since 1994 and currently operates classes at 42 locations throughout the U.S. via licensing to

senior centers, country clubs, health clubs, and retirement communities. Classes are led by certified instructors, and the program is now offered at Fit & Flex by Angi in Palm Desert on Tuesdays and Thursdays from 12:00-12:45 pm. Those interested in attending should bring their own set of dumbbells, a stretch band, and water to drink during the workout. Class size is limited and advance registration is required; course fees are \$80 for eight classes.

The Joslyn Center will be hosting a free Geri-Fit® Osteoporosis Workshop on Wednesday, January 6, at 3:00-3:45 pm, and the public is invited to attend. Participants are encouraged to sit, watch, learn and take notes. Handouts of the exercises will be given out. Advance registration is required due to limited seating. To pre-register, call the Joslyn Center at (760) 340.3220.

Fit & Flex by Angi is located at 72990 El Paseo Drive, Suite 2. For more information contact Geri-Fit® certified instructor Jane Snyder (310) 729.1112 or visit gerifit.com.



Geri-Fit participants include 100 year old Mary Araki (top, right).

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# Exercises After a Hip Replacement

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

Hip replacements are becoming more common these days as baby boomers begin to age. The everyday wear and tear on our joints catches up with us at some point, so when medicine, physical therapy and/or exercise don't work and the pain interferes with our lives, it is time to fix it.

Normally, the first few weeks after surgery are spent with a physical therapy team trying to restore range of motion, build muscle strength, eliminate swelling and learn to walk again without limping.

The targeted muscles for building back strength are the quadriceps (thigh muscles); hamstrings (muscles behind the thigh); adductors (inner thigh muscles); and glutes (buttocks and hip joint muscles). At first, you want to work these independently of each other to isolate the weaknesses, and then once strength is restored, do exercise that works more on recruiting all these muscles to work in unison to add stability in a functional pattern.

Since the leg as a whole is weak after surgery, therapy starts with isometric contractions, like a quad set (straightening your knee and pressing down into a towel for example). Also, there are hamstring and glute isometrics that you can do. The next step involves concentric and eccentric contractions (leg movement with resistance) such as straight leg raises, side leg lifts, hamstring curls and leg lifts while lying on the stomach. These simple movements may sound easy, but they aren't if you've experienced hip surgery. You can expect 6-8 weeks of working to regain strength.



Hip surgery can require 6-8 weeks of working to regain strength.

After range of motion, strength, and stability of the hip are restored, therapy concentrates on functional movement pattern training which will get you ready for your job, sport and/or daily living chores. Exercises that affect those movement patterns include deadlifts, lower abdominal/hip training on a cable machine, and open-and closed-chain standing hip exercises that integrate the whole body and are stabilized by the core.

As with any surgery, always consult with your physical therapist as you advance through the stages of rehabilitation.

Michael K. Butler is co-owner of Kinetix Health and Performance Center. He is a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and a writer and publisher of over 100 articles, books and magazine contributions. (760) 200.1719 or visit kinetixcenter.com.

# Fresh Cuisine



## Feel Good Food

Fresh and festive fusion at Pho 533

A Desert Health® Review

When dining out, Asian cuisine can often be a healthy choice – especially if artificial ingredients like MSG have been replaced with healing spices in homemade sauces.

And if you start with regionally sourced ingredients and authentic Vietnamese recipes, then add influences from other cultures, you have truly fusion fare that entices the taste buds and makes you wake up in the morning feeling nourished and good.

Welcome to Chad Gardner's Pho 533, a great place to come for feel good food.

Vietnamese cuisine is consistently ranked in the top three healthiest cuisines in the world, and Chad appropriately calls his creations viet-fusion.

Located in Smoketree Village Shopping Center in Palm Springs, Pho 533 invites guests in with its bright and festive décor and encourages friendship, sharing and

conversation. You'll certainly have much to discuss in experiencing the food alone. Each ingredient is carefully laid out on the menu further conveying Chad's focus on fresh. Take the mango summer rolls: hand-picked fresh greens, fresh mango, house pickled ruby cabbage, cucumber, house pickled carrots and daikon radish, fresh cilantro and mint, and vermicelli noodles hand rolled to order in fresh rice paper. They are even better than they sound!

Regionally grown produce arrives almost daily to the restaurant and 50 percent of their options are gluten-free, which Chad says is by design, but also true to the culture. There is also a full page dedicated to vegetarian cuisine, a popular choice with customers.

We really enjoyed the grass-fed "shaking beef," sautéed tenderloin with a homemade nuoc cham (dipping) sauce, baby shallots, and crispy garlic mizzuna (greens) served over watercress salad with a spicy lime

vinaigrette. Kaffir lime is a common thread throughout Chad's menu and adds the perfect "wow" factor to each bite.

Another recommendation is the yellow curry with lime. Chad worked with our local Savory Spice Shop to create the special spice for the curry, and the lime is added for the cooling effect. Be forewarned that it is very spicy, but soooo tasty. The lime cuts the spice just enough to keep you coming back for one more mouthful.

Instead of fried, their rice is wok fired which is very light and tastes toasted rather than fried. The cargo rice adds a light nutty flavor and was exceptional with the tiger shrimp. Chad adds that red rice has all of the health benefits of brown rice with a little more finesse and flavor.

Pho 533 not only has flavor, but a lot of heart and history. Its original owner, Anh ho Rock was 10 years old when she fled Saigon with her family as it fell to the North Vietnamese. They found their way to an old US Land Support Tanker, the USS Cheboygan County, and she began her journey to a better life in America. She remembered the call numbers "533" painted on the hull, and made a promise

to herself that one day she would honor the memory of that broken down ship. When she opened her first restaurant, she named it Pho 533.

Last year Chad purchased the restaurant and continues to honor the history of Pho 533 and its loyal customer base, but has added his own flare with influences from his culinary past, and even his mom. "You'll find a lot of heart in my menu because it comes from my family, too," he says.

If you are looking for a quick meal to grab on your way home, Pho 533 is the perfect option. Take out is prepared quickly and all containers are green as Chef Chad and his team work to "leave the lightest footprint possible."

We look forward to returning to Pho 533 and strongly recommend you give it a try.

Pho 533 is located at 1775 E. Palm Canyon Drive, Ste 625, in the Smoketree Village Shopping Center in Palm Springs. They are open 11am – 9pm daily. For reservations and more information visit them online at pho533palmsprings.com or call (760) 778.6595.



Colorful and pristine décor complement fresh, crisp ingredients



Chef Chad combines cultural flare for unique flavors such as the grass-fed shaking beef and cargo red rice with shrimp and vegetables.





Beautiful Skin with a Gluten-free Diet

Did you know your skin is a reflection of your gut health? If you’ve tried every lotion and potion to achieve perfect skin without success, maybe it is time to take a look at the end of your fork.

The key to beautiful skin is focusing on digestive function and quelling inflammation. Wheat and other gluten-containing grains are common triggers of inflammation, leading to poor absorption of critical nutrients the skin needs to regenerate. A lack of these nutrients paired with inflammation is likely to result in acne, eczema, dermatitis, wrinkles, dull skin and more. And no amount of expensive cream can treat your nutritional deficiencies!

To improve skin health, you should not only omit foods that irritate the gastrointestinal tract, but also increase specific nutrient-dense and antioxidant-rich foods to nourish the skin.

- Let’s take a look at a gluten-free diet tailored for skin health.
- Low glycemic foods:** It’s not just gluten-containing grains like wheat, rye, and barley that spike your blood sugar. Even gluten-free foods such as rice, quinoa, and corn, along with dairy, sugar, and processed foods can accelerate aging and trigger acne due to the high glycemic load.
- Skin superfoods:** Increase your portion of healthy fats, and eat them with foods high in sulfur, biotin, and vitamins A, C, and D. Berries, broccoli, egg yolks, almonds, avocados, and ghee (clarified butter) are great choices for glowing skin. Half of your plate should be vegetables.
- Food quality:** Make sure all animal products are organic and grass-fed, or at minimum free-range. Eliminate inflammatory fats from fried foods and vegetable oils.
- Probiotics:** Long-term antibiotic use and poor diet can strip away your body’s healthy organisms. Probiotics are found in fermented foods like sauerkraut, kimchi, kombucha tea, and miso. They promote digestive health leading to improved liver function and greater absorption of nutrients. Alternatively, consider supplementing with a high quality probiotic.
- Prebiotics:** Prebiotics are special fibers that feed the good bacteria, and make good use of our probiotics. Fibers like chicory, inulin, and fructooligosaccharides (FOS) can be found in green tip bananas, sunchoke, leeks, asparagus, and garlic.
- Digestive support:** If you have bloating, gas, or heartburn, it’s likely you are not digesting food very well. Consider a digestive enzyme supplement at each meal. To stimulate your own enzyme production, try one tablespoon of raw apple cider vinegar before each meal.
- Stress management, hydration, and responsible sun exposure are important factors as well. Combine your healthy lifestyle with a nutrient-dense, gluten-free diet that can digest in a healthy gut, and you may have found the missing link to your beauty regimen.

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

Can Botox Make You Happy?

By B. Maya Kato, MD

Based on the thousands of patients who receive Botox injections each year, one would think the answer to this simple question must be, “Yes!”

Expression of emotions through facial animation is one of the most socially significant of human behaviors. More than a century ago, Charles Darwin, famous for his theory of evolution, wrote *The Expression of the Emotions in Man and Animals*. His intention was to show how the expressions of emotions in man were analogous to those in animals, giving support to his theory that man and animals were derived from a common ancestor.

We know that when we feel a certain emotion, we exhibit corresponding facial expressions. When we are happy, we smile. When we are in pain, we grimace. Is it possible, that the reverse is also true? Can facial expressions influence our emotional state? This theory, known as the facial feedback hypothesis (FFH) was proposed over a century ago by William James, and given further attention by Sylvan Tomkins in the 1960s.

Botox is well known for its cosmetic effects, in smoothing out facial wrinkles by preventing facial muscles from contracting. It does this by blocking the release of the neurotransmitter acetylcholine from the nerve endings at the neuro-muscular junction. A popular area to have Botox injections is between the eyes. By preventing these muscles from contracting, patients cannot create frown lines that we typically express when we are angry, sad, or worried. So by preventing the ability to create this expression, will we feel less angry or sad?

Several recent studies have looked at the effect that Botox can have on our emotional experience. Finzi and Wasserman looked at ten patients with major depression. Two months after receiving Botox injections to the face, nine of the ten participants were no longer clinically depressed. Similar findings were reported by Hexsel, et.al., who conducted a larger study with 50 subjects. Those with depression had a significant improvement in depressive symptoms, with a maximum effect occurring 8 weeks after receiving Botox. Another study used functional radiologic imaging to compare the brain activity of patients during angry and sad expressions. They found that patients receiving Botox had decreased activity in an emotion center in the brain when imitating anger, in comparison to the control group.

Clearly, there remains more work to be done, as many variables play a role in our emotional well-being. However, it is fairly well accepted that when “you look good, you feel good.” When we lose weight, work out, or get a fresh haircut, our self-esteem and attitude are improved.

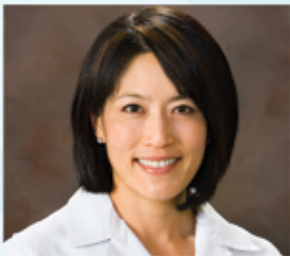
When considering Botox always remember... a holistic approach to good health and happiness through nutrition, exercise, maintaining a healthy weight, and engaging in activities that are important for our social and emotional well-being is the best place to start.

Dr. Maya Kato is the founder of Aesthetic Art and can be reached at (760) 610.5558. For more information visit [www.drmayakato.com](http://www.drmayakato.com).

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## BEAUTY Inside & Out

Ritu Chopra, MS, MD

### Surgery vs. Non-Invasive Cosmetic Procedures

Twenty years ago, non-invasive options for cosmetic improvement were few and were crude compared with what is available today. Collagen and silicone injections were the only options for fillers, and chemical peels were the solitary choice for skin resurfacing. The collagen of yesterday was effective for a very short time compared with today's options, and chemical peels were hit-or-miss - and the misses could be disastrous.

The major trends today offer patients more options, longer lasting results, increased predictability and safety. That's why the non-invasive segment is now available in so many surgeons' offices, and in many other places, such as dermatologists and medical spas.

As a surgeon, I inform all my patients about all options available. Sometimes non-invasive techniques offer a means of getting a similar, or the same, result as surgery, and sometimes it is actually better than surgery. Even though some patients don't want to hear it, I have to honestly identify people for whom non-invasive procedures are a waste of time and money, and surgery is the best option.



Trends today offer patients more options, longer-lasting results, increased predictability and safety.

Everyone wants fast recovery and inexpensive improvement. I know I do. Non-invasive techniques provide just that most of the time. The buyer has to beware, so do your homework and get all the information from your provider and other independent sources. Do not believe everything you read on the internet, or what your friends tell you. Different people have different skin, and that skin has been treated

differently during the course of its life. People who are twenty-something and have always protected their skin will get a different recommendation than a fifty-something person who worshipped the sun when they were young. Sun damage is cumulative, but luckily there are procedures to turn back the hands of time.

#### Neurotoxins

The most well known in this category is Botox. Dysport and Xeomen are other neurotoxins. Dysport differs subtly from Botox, and your provider can determine if it's the one for you. The neurotoxin explosion began in the 1990s, and new applications for these drugs are discovered every year. There is no recovery and the benefit can be observed in a few days. There are exceptions, but they are mostly used on the upper face: crow's feet, forehead and between the eyes where the #11 forms between the brows.

#### Fillers

Hyaluronic acid fillers like the Juvederm and Restylane family of fillers dominate the market - and for good reason. After a one-day recovery, substantial improvement can be observed and the results last from 6 to 24 months. Some fillers are injected deep to replace lost volume (volume loss looks old) and some go more superficially for folds and finer lines. Most patients would benefit from using a combination of two fillers: one deep and one layered over that.

#### Skin Tightening

Non-invasive skin tightening includes therapies such as Thermage and Ultherapy, among others. The idea is to heat up the deep dermis, which sends it into a proliferation phase and thickens/tightens the skin. There is little or no recovery. Surgery tightens the skin in a particular direction; whereas these techniques are more like shrinking a garment, and surgery is more like tailoring the garment. As I said, it's not one size fits all and often I recommend a lift for mini-lift instead.



Fat melting is the newest of all the non-invasive techniques.

#### Resurfacing

This means taking off the surface of the skin to reveal newer, smoother skin beneath. The only problem is that new skin is immature and needs time to toughen up to withstand the rigors of daily exposure, so there is a bit of recovery. Many lasers now treat fractionally. That means the laser hits a fraction of the skin, not 100% of it. The benefit is that since not all the skin is traumatized, recovery is quick. Chemical peel is still used, as is microdermabrasion and derma-planing. There is something for every person's type of skin and recovery stipulations.

#### Fat Melting

This is the newest of all the non-invasives. One technique, Coolsculpting, freezes fat and the frozen (dead) fat is re-absorbed and excreted (which means you pee it out). The newest in this category is Sculpt Sure, which uses a laser to melt fat and the treatment time is much quicker. I think you will be hearing a lot about this therapy in the near future. Nothing is more precise or thorough than liposuction, but for many patients with busy lives, non-invasive fat melting is precise enough and good enough. It doesn't "replace" liposuction though.

In my opinion the best person to advise you as to whether non-invasive techniques apply to you is a board-certified plastic surgeon. Only we can thoroughly evaluate if the non-surgical technique is nearly as good as the surgery, because we know surgery. I have mentioned tried and true treatments that are FDA-approved but, remember, these therapies are only as good as the person providing the service.

Dr. Chopra is medical director of The Plastic Surgery Institute in Rancho Mirage and can be reached at (760) 568.2211. Please send your ideas and recommended topics for his column via email to csmith@roxurgery.com.





Health is a Choice

American Cancer Society. She traveled to ten different countries and interviewed fifty alternative healers and twenty radical remission survivors. But when all the data was collected and analyzed, her 120-page scientific paper turned out to be too much for her clients to comprehend. "I did this [dissertation] for my patients, yet it wasn't in a form that they could easily absorb, so in order for me to complete my promise to them, I decided to write a book that they could read from the chemo chair – even with chemo brain. That is why I wrote conversationally."

*Radical Remission* is also a life-changing book. As one who already embraces many of these factors, it made me appreciate how good I feel most of the time (which I often take for granted) and to better understand the incredible medical benefits my yoga practice, meditation, close friends and family, and healthy diet have on my body. It also reinforces my desire to get back on track when I fall off.

The process was life changing for Turner as well. "You can't meet stage-4 cancer survivors who were sent home on hospice to die who turn it around on their own step-by-step, feeling around in the dark for what made them feel better and are here 5, 10, 20 years later... You cannot meet 250 of these people and not be moved to change your own life."

She feels that her big shift has been mental and emotional; taking care of her stress levels and prioritizing happiness and joy. "I don't hold anger in my body for more than a second because I know that it is hurting my body. I am much quicker to act with kindness and peace." She adds that for her, this book is just as much cancer prevention from those who are walking the walk.



Dr. Kelly Turner

We are fortunate that Dr. Turner has written this book to share with her clients and with us. Her work continues through her website [RadicalRemission.com](http://RadicalRemission.com) which allows anyone the opportunity to share their story or to search for a story based on select criteria (such as type of cancer). Since the publication of her book, hundreds of stories and cases have been added via the website which Turner continues to analyze.

As Dr. Turner states in her introduction:

I hope this book will motivate people to continue searching for additional ways to optimize their health, whether they are looking to prevent cancer, are in the midst of receiving conventional cancer treatment, or are looking for other options because that treatment has done all it can. Most importantly, though, I hope this book will be the start of a much-needed discussion about Radical Remissions, so we can stop ignoring them and start learning about them...After all, where would we be if Alexander Fleming [who discovered penicillin] had ignored the mold in that one petri dish? As history has shown us, studying anomalies is not an unproductive waste of time. On the contrary, studying anomalies has historically led to tremendous breakthroughs – and that's where the real hope lies.

*Radical Remission: Surviving Cancer Against All Odds* is available online and at Barnes & Noble in Palm Desert. For more information on Dr. Kelly Turner visit [www.Kelly-Turner.com](http://www.Kelly-Turner.com). To submit or search a Radical Remission cancer survivor story, visit [www.RadicalRemission.com](http://www.RadicalRemission.com). Editorial by Lauren Del Sarto, Publisher, Desert Health®.

Continued from page 16



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**Dr. Jenna LeComte-Hinley**  
HARC, Inc.

For the past 3+ years, Dr. LeComte-Hinley has conducted valuable research to improve the quality of life and generate resources for valley residents. She is now the Executive Director of Health Assessment and Research for Communities (HARC).

"The health research we conduct highlights the needs and disparities in our community, and then brings attention and resources to address those disparities."

BUSINESS

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Wellness Center

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Continued on page 33



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FOLLOW US!

**Give a Fresh Start to Your Personal Life**

Continued from page 3

something you already do occasionally but want to do daily. Your self-confidence will grow as you reach these initial goals and this will help prepare you for achieving future goals. One client's 2016 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. Start working on one goal in January, then calendar the start date for the next one, i.e., June 15.

**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." "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. We check off goals that we accomplish and save the list from year to year. This builds our confidence that we are being successful and achieving the goals we set. Annually we clarify our family's Mission, Values and Goals which is very unifying and creates a team atmosphere.

**Keep only supportive, positive people on your Personal Board of Directors.** This is the time to remove toxic people from your inner circle. Consider your closest relationships and decide who should stay, who should be re-classified, and who else can be recruited to support you. When you were a kid, your parents probably told you not to hang out with the wrong crowd. As adults it's easy to forget this, although your inner circle has a strong effect on whether you achieve your 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? When writing my doctoral dissertation, I placed post-its with "Ph.D." in many places around my home and office to keep my focus on my goal.

**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 goal, celebrate by rewarding yourself with a new golf putter, a massage or a concert.

Life is 5% what happens to you and 95% what you do with that!

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](mailto:Dr.Murphy@LiveWellClinic.org) and (760) 674.1615.

### Goal Setting

S	P	E	C	I	F	I	C		
M	E	A	S	U	R	A	B	L	E
A	C	H	I	E	V	A	B	L	E
R	E	A	L	I	S	T	I	C	
T	I	M	E	L	I	E			

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## Empire Polo Club Hosts Youth Tournament

**All welcome to come learn the sport!**

Empire Polo Club will host its first annual youth polo tournament, dubbed "Polochella," on Saturday, February 13 and Sunday, February 14 at 10am.

This free event is open to the public and features a variety of activities for families of all ages including the two-day tournament; instruction for youth on playing polo; decorative horse painting on "Whistler," the Empire Polo Club's little white pony; vendor displays; raffle drawings; tailgating; and more.

The tournament will draw young players ages 6 – 18 from all over the western United States with three team divisions from beginners (walk/trot), to intermediate (canter/gallop), to experienced (full gallop/canter). Most of the local children are not from polo-playing families and have learned to ride on the polo ponies provided by Empire's Youth Program, the event's beneficiary.



Polo kids aged 6-18 will compete at this fun filled family weekend.

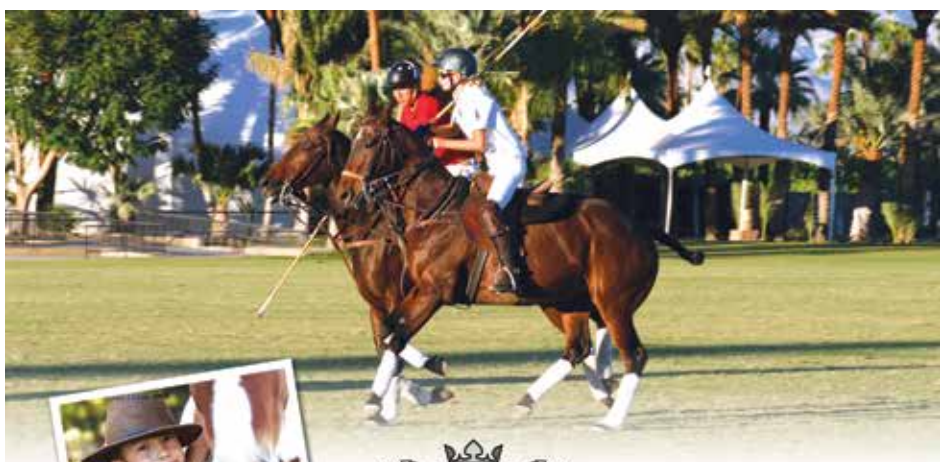
A fun-filled reception and dinner will also take place at the Tavern Restaurant Saturday, February 13 from 6pm to 10pm. The dinner is open to all attending the tournament and will feature live music and dancing. A variety of raffle prizes will be given away at the dinner, including a foursome of golf at PGA WEST.

"Polochella Youth Tournament is being played to promote this wonderful sport to all children and their parents," says Connie Atkinson, director of the Empire's Youth Program, adding that many have yet to discover this world in their own back yard.

After the Sunday morning children's tournament, everyone is invited to watch the finals of the four-goal adult tournament on field three at 2:00pm also free and tailgating is welcome!

All who love horses and/or are interested in participating in the sport of polo are encouraged to come out and watch these future champions play on one of the finest fields in America.

Empire Polo Club is located at 81-800 Avenue 51 in Indio. Polochella takes place on the Forum Field. For participation in the event, contact Connie Atkinson (760) 899.5102. For general information about attending the event, contact Jill Bonilla (760) 835.6318 or Kate Rust (760) 409.1532. For daily game schedules and general polo information visit [EmpirePolo.com](http://EmpirePolo.com).



## POLOCHELLA™ YOUTH TOURNAMENT

February 13 & 14 • 10 a.m.

**EMPIRE POLO CLUB**

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Come see future polo players (ages 6–18) from throughout the western United States compete at Coachella Valley's inaugural youth tournament benefitting Empire Polo Club's Youth Polo Program.

FREE activities for the entire family include the 2-day tournament, instruction for youth on playing polo, horse painting (on a real pony!), vendor displays, raffle drawings, tailgating, and more!

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Sketchy Politics and Shady  
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Ruined Our Health"

*Denise Minger, Author*



**February 3, 2016:**

"Game-Changing  
Tests for Early  
Detection of Heart  
Disease and Diabetes"

*Tara Dall, MD*



**March 9, 2016:**

"Gluten and Your Gut –  
What's the big deal?"

*Tom O'Bryan,  
DC, CCN, DACBN*



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# WOMEN WHO RULE

Awards Luncheon and Scholarship Fundraiser

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

Silent auction and reception begin at 11 a.m.  
Luncheon and awards program hosted by KMIR's Janet Zappala and Thalia Hayden.

**JOIN US IN HONORING**

**Judy Vossler & Lisa Vossler Smith**  
DESERT VISIONARY AWARD

**Madeline Redstone**  
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(After Jan 28th: Members \$75 / Non-Members \$95  
Table of Ten: \$750

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**Jim Cook**

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Wellness and Diabetes

**Saturday  
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8 a.m. to 2 p.m.**

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at Eisenhower  
Rancho Mirage, California

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## 21st Annual Jim Cook Day of Hope for Diabetes®

**Amazing Race winner Dr. Natalie Strand to be keynote speaker**

On Saturday, February 27, the public is invited to attend Jim Cook Day of Hope for Diabetes®—an annual free event, sponsored by the Desert Diabetes Club. The event, which includes a product fair showcasing the latest technology and treatments for persons with diabetes, will be held from 8 a.m. to 2 p.m. at the Annenberg Center for Health Sciences at Eisenhower.

Natalie Strand, M.D., the first contestant with diabetes on the Emmy® award-winning show, *The Amazing Race*, is this year's celebrity keynote speaker. Dr. Strand is an anesthesiologist who in 2010—along with fellow physician Kat Chang, MD—won the popular, grueling reality TV competition which challenges two-person teams to race across the globe in a wild international scavenger hunt with just one backpack each and very little money. Now Dr. Strand travels across the country to educate, encourage and inspire people living with diabetes.

A recognized leader in wound care Anibal Gauto, M.D., Medical Director of Eisenhower Wound Care Center, will serve as medical keynote speaker at this year's event discussing how wound

care has changed for people living with diabetes.



Learn the latest on diabetes research and advancements.

Experts from Eisenhower Medical Center and Eisenhower's Diabetes Education Program will speak about the latest research and information on various diabetes-related topics. Free screenings for A1c, eyes and feet and more will be available for Desert Diabetes Club members.

Designed to educate all Coachella Valley residents about diabetes, the Desert Diabetes Club meets each month (October through May) at the Annenberg Center for Health Sciences at Eisenhower. With a tax-deductible membership of \$25, members receive vital information about diabetes and improving their quality of life through lectures by diabetes professionals. Social and support events are also planned throughout the season.

This event is free to the public, and reservations are not required.

For more information about the Jim Cook Day of Hope for Diabetes® or the Desert Diabetes Club, please call (760) 773.1578, or visit [emc.org/ddc](http://emc.org/ddc).



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**\*\*NEW - Coach bus pick up locations now available in Rancho Mirage, Palm Springs, Cabot's Museum and Two Bunch Palms Resort.**



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## 8th Annual Desert Woman's Show Returns

**Grab your girlfriends and go!**

8th annual Desert Woman's Show sponsored by Desert Regional Medical Center, Clark's Nutrition and Mercedes-Benz of Palm Springs takes place Saturday and Sunday, January 16 & 17 at Agua Caliente Casino Resort Spa. The dynamic event will feature colorful desert fashions and accessories, nutrition and medical experts, personal development and a delicious assortment of tasty samplings.

Activities for women of all ages include fashion shows, educational seminars on today's hottest topics from "Stem Cell Therapy" to "Living Gluten Free." Visit a wide variety of vendors offering retail opportunities and speak with medical professionals and naturopathic doctors.

On Saturday, Clark's Nutrition will offer a series of workshops on "Using Essential Oils," "The Benefits & Myths of Non-GMO and Organic Foods" and a makeup tutorial with natural skin care.

Saturday morning join Patti Gribow and her panel of medical experts discussing "Cooling Off Breast Cancer" with Dr. Phillip Bretz, M.D., from OncoGen BreastScan and the "Benefits of Stem Cell Therapy" with Dr. Elliot

Lander, M.D., F.A.C.S., from Cell Surgical Network.



Fashion, fun, nutrition and medicine at this year's Desert Woman's Show

All attendees can enter to win a \$500 shopping spree from Tarah Jade clothing and accessories, enjoy daily fashion shows, and shop and browse many interesting exhibits featuring spring fashions, health, cosmetics, and even the newest models of Mercedes-Benz.

Sunday offers cooking demonstrations with Chef Daniel of Balisage Bistro demonstrating how we can create simple dishes at home using market fresh and raw ingredients.

Daily guests can purchase a separate wristband for \$15 per person for the Taste of the Valley featuring 15 local restaurants including Woody's, Trio, The Purpleroom, Backstreet Bistro, Crater Lake Vodka, Organic Wine Exchange, Balisage Bistro and more!

Grab your girlfriends and go to the 8th annual Desert Woman's Show!



Starkie Sowers of Clarks Nutrition



Nutritionist Tiffany Dalton

Saturday, January 16 and Sunday, January 17 from 10 am – 4 pm. Tickets start at \$15 and are available online with a daily schedule of events at [www.DesertWomansShow.com](http://www.DesertWomansShow.com). For vendor information, please contact Diana Marlo at (760) 285.3903 or [Diana@MarloProductions.com](http://Diana@MarloProductions.com).

A Marlo Productions Event

# WOMAN'S DESERT SHOW

January 16 & 17, 2016  
Agua Caliente Casino Resort & Spa







## TARAH JADE

el paseo · old town la quinta · idyllwild

**FREE Ticket!**

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

- FASHION SHOWS
- INFORMATIVE LECTURES
- MEDICAL EXPERTS
- FOOD & WINE TASTING
- SHOPPING
- COOKING DEMOS
- FINANCIAL HOT TIPS

Register for your complimentary General Admission Pass courtesy of **Desert Regional Medical Center**  
FREE tickets are limited!

EDUCATE \* EMPOWER \* ENTERTAIN

Visit [DesertWomansShow.com](http://DesertWomansShow.com) to learn more!





## Trilogy's 8th Annual Health and Wellness Fair

**Free and Open to the Public!**

Desert Health® is proud to support the 8th Annual Trilogy Health and Wellness Fair at Trilogy Resort in La Quinta on Saturday, March 5. This free event takes place from 9:00 am to 12:00 pm and is open to everyone.

A variety of Coachella Valley health professionals will offer demonstrations, product samples and information. Meet many Desert Health® partners and learn more about the modalities we feature on our pages including acupuncture, bio-identical hormones, stem cell therapies, floatation therapy, and more. Learn your body mass index and get a free hand or neck massage from The Coral Spa therapists.

Guests will all receive a complimentary gift bag from Trilogy and may purchase \$1 raffle tickets for the opportunity to win a variety of health and wellness prizes. 100% of proceeds from the raffle will benefit Coachella Valley Volunteers in Medicine (CVVIM), the only free medical clinic in the valley which provides free primary dental and medical care to low-income, uninsured and underinsured residents. CVVIM is staffed by medical and dental professionals, front office and support staff who donate their time to give back to the community.



Trilogy sets the stage for another festive health fair



Trilogy at La Quinta

So come make a day of it! Experience a free day of health and wellness and join us at the 8th Annual Trilogy Health and Wellness Fair.

The event is free and open to all. Food and beverage will be available for purchase at the event. Trilogy Resort is located at 60-750 Trilogy Parkway in La Quinta. For more information call Sharon McKee (760) 702.3037. Vendors interested in participating may contact Sharon at Sharon.McKee@FSResidential.com.

**INVITES YOU TO OUR 8TH ANNUAL**

# HEALTH AND WELLNESS FAIR

**SATURDAY, MARCH 5TH**  
9 A.M. TO 12 P.M.

Sponsored by Desert Health

**Free admission and open to the public**

Join us for:  
**Demonstrations, information and products from a variety of health and wellness professionals.**

**Food • Music • Raffle Prizes**

Enjoy hand and chair massages from

\$1 Raffle prize drawings to benefit

For more information, please call 760.777.6046  
60-750 Trilogy Parkway • La Quinta

DESERT AIDS PROJECT PRESENTS...

# SPOTLIGHT

THE 22ND ANNUAL

## STEVE CHASE

HUMANITARIAN AWARDS

### 2016 HONOREES

JIM BURBA & BOB HAYES  
PARTNERS FOR LIFE AWARD

CAROLYN CALDWELL  
100 WOMEN AWARD

JIM CASEY  
PIONEER ARTS AND ACTIVISM AWARD

DANNY PINTAURO  
NEW GENERATION ARTS AND ACTIVISM AWARD

**SATURDAY FEBRUARY 6**  
PALM SPRINGS CONVENTION CENTER

**FEATURING**

**CHAKA KHAN**

A MULTI-SONG SET BY THE INCOMPARABLE

**CO-HOSTS**

LESLIE JORDAN

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INFO | TICKETS | SPONSORSHIP  
[www.DesertAIDSProject.org](http://www.DesertAIDSProject.org)





Desert Health Wellness Awards Nominee's

Continued from page 27

BUSINESS

Desert Medical Fitness Academy

The Academy promotes health, fitness and wellness through sound and medically supervised exercise programs, diet plans, metabolic testing, yoga and Pilates sessions in a very welcoming, encouraging and private environment.



“As a physician, I have learned that disease can be prevented through education, exercise and healthy lifestyle. Our facility aims to improve quality of life.”  
– Learned Gonzales, MD, Owner

Egg Café

La Quinta's Egg Café puts a focus on health. Their menu features “doctor approved” meals from the LiveWell Clinic including farm fresh and gluten-free options. Their community outreach includes a “pay it forward” program that feeds 10 seniors a week.



“Help someone in your community and make that person's day...Pay it forward!”  
– Doriel Wyler, Owner

HARC, Inc.

Through their research and data evaluation, Health Assessment and Research for Communities strives to transform community health and well-being. Data collected helps identify disparities and secure funds to generate programs and solutions for those disparities.



“By providing objective, reliable health data that otherwise wouldn't be available, HARC helps our community to come together to improve quality of life for everyone.”  
– Dr. Jenna LeComte-Hinely, CEO

Harvest Health Foods

A community staple for 49 years, Harvest Health in Palm Desert provides fresh, organic produce, raw and gluten free foods, and a vast array of vitamins, minerals, and nutritional supplements. Their knowledgeable staff is friendly and their selection is abundant.



“Helping our customers with their needs to get healthy and stay healthy is our top priority.” – Laura Laffranchini, Owner

Palms Athletic Club

PAC is a private club with a multi-faceted approach to custom-tailored personal training services. They also specialize in conducting restorative fitness programming to help people regain their movement. Their clients love the expertise and individual attention they receive from Cory and Brianne.



“Through years of hardship and our undying beliefs, we have discovered...our unique approach to wellness.” – Cory Kelly, Owner

NON-PROFIT

Susan G. Komen Inland Empire

Komen IE has invested more than \$6.4 million within Riverside and San Bernardino Counties including over \$500,000 in the Coachella Valley with programs and services assisting women and families for screenings, diagnostic services, treatment support programs, social and psychological support, financial assistance, and patient navigation.



“Our vision: a world without breast cancer.”

INTEGRATIVE HEALTH CARE PRACTITIONER



Nicolas Baumann, DDS

Palm Desert Smiles

In addition to implant and cosmetic work, Dr. Nick focuses on biologic dentistry and educating his clients on prevention. He also gives his time to local schools for yearly screenings and partakes in California Careforce's free medical clinic annually.

“I find it rewarding to educate and provide care to patients that may not have access to routine dental care.”



Jill Gover, Ph.D.

The Center, Palm Springs

Dr. Gover created and currently directs a low cost mental health clinic for the LGBT community. She also developed The Suicide Prevention Anti-Bullying lesson given to every 9th grader in the PSUSD for the past 4 years (8,000+ students).

“I made a lifelong commitment to helping others find solutions to problems in living because I believe this is one of the most meaningful aspirations one can have in life.”



Joseph E. Scherger, MD, MPH

Eisenhower Medical Center

Since coming to the valley in 2009, Dr. Scherger has been instrumental in establishing the Eisenhower Wellness Institute and the Eisenhower Residency Program. He leads by example and practices food as medicine helping hundreds of patients shed thousands of pounds.

“My parents taught me that a life should be dedicated to helping people and making the world a better place. That is my calling.”

NEXT GENERATION YOUTH AWARD

Send in your nominations today!

Nominations now being accepted for the second annual



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DESERT REGIONAL MEDICAL CENTER

Honoring those in our community moving health and wellness forward

May 18, 2016 • 6:30pm  
The Pavilion at Indian Wells

Do you know an individual or organization making a positive impact on your health or the health of others?

Nominate them for a  
Desert Health® Wellness Award!



2016 “Welly Award” Categories:  
Individual • Business • Non-profit  
Integrative Health Care Practitioner  
(licensed health care professional)  
Next Generation Youth Award  
(18 and under)

All approved nominees will be featured in upcoming issues of Desert Health®. Three finalists in each category will be selected by our Executive Committee and winners will be announced at the evening celebration on May 18th! (2015 nominees who did not take home a Welly may be nominated once again)

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For more information on submitting nominations, visit Nomination Information at DesertHealthNews.com

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## Canada/Snowbird Fest Returns

**New location and festive concerts are certain to entertain**

Canadian and U.S. snowbirds, international tourists and locals will come together to celebrate our desert lifestyle at the fourth annual Canada/Snowbird Fest produced by Bette King Productions. The two-day event will be held at the Agua Caliente Resort Casino and Spa in Rancho Mirage on Saturday, February 27, from 9am-5pm, and Sunday, February 28, from 9am-3pm.

This year's event features three shows on Saturday including the Electric Vehicle Show displaying top technology vehicles. At 12:30 pm, JWP Productions will present a musical Polynesian Review, "Return to Paradise," featuring the dances and songs of the islands with a special tribute to Don Ho. At 8 pm, a Rock Roll 'n R&B concert will feature original performers from The Coasters; Jacko Marcellino of Sha Na Na; Freddie Pool of The Three Degrees; and Peter Beckett and Ron Moss of Player with a special performance by The Satin Dollz.

The concert finale will be a tribute to the military with an appearance by Kevin Shaffer of The Wounded Warrior

Project, this year's featured charity. During the two-day fest, there will be A Charity Tree of Life and several activities to benefit The Wounded Warrior Project.

In addition to these shows, Canada/Snowbird Fest also features a variety of activities, programs, entertainment, vendors, speakers, drawings, and giveaways. Tim Horton coffee, Poutine (Canadian French fries served with cheese curds and brown gravy) and other favorite food items will be served. Dr. Philip Yoo will be a featured speaker and will give out autographed copies of his book.

A special package ticket of \$65 includes admission to the Fest, as well as all three of the shows and a mezzanine seat for the evening concert (seat upgrades may also be purchased). Alternatively, you may purchase individual show tickets as such: \$10 for the Electric Vehicle Show, \$25 for the Polynesian Review, and evening concert tickets ranging from \$25 to \$75 for box seats including a "meet and greet" with performers.

For further information and to purchase tickets, go online at [BetteKingProductions.com](http://BetteKingProductions.com) or call (760) 202.4007.



### Beamer Shines Light for Kids Facing Addiction

Continued from page 20

say, 'I hate you! Tell me what is going to happen next!' and I tell them they have to wait until the next book arrives.

Created for 12-14 year old alumni, the books feature Beamer and his parents who are both alcoholics. "We talk about what treatment would look like; Dad ends up and jail and Beamer goes to live with his grandparents for a while, so it is trying to recreate the world of so many of the boys and girls we work with. And there is this creepy looking guy who is the disease of addiction because we are trying to teach kids to separate the person they love from the disease that takes control of their lives."

Moe and Drennon came up with 12 stories arranged in a series of 4 books with 3 chapters each. The characters and story lines even have input from some of the youth in the program. "I formed a focus group of boys and girls to whom I would pitch ideas. Little kids started emailing and calling me with ideas. When a child would recommend something and then see it in the book, it meant the world."

The project is ongoing, with Drennon and Moe just wrapping up their 13th book. "We are now recreating the group experience that kids have in our group programs, by building on the other kids in the book, Twinkle, Jamal, and Carlos, to see how all the kids are dealing with the challenges in their

families in a hopeful way."

They are also working with Big Bad Tomato, a creative agency specializing in entertainment and education-based digital media for kids, to develop a cartoon series based on the books. A website ([mybeamerworld.com](http://mybeamerworld.com)) is available to children who have gone through the program.

"Beamer is more popular than my wildest dream," says Moe. "With children, you always want to help them be excited about things and this is a tough topic - it's a painful issue that many children face, and Beamer excites them. He has truly become our mascot."

Their challenge is that the books rely on the fact that the kids have already received basic education on the subject. "Hopefully we will make him available to all kids who deal with addiction issues, and we need to build the bridge to get him there. We do good work here, but there are millions more kids who need us, so how do we take Beamer out into the world?"

For more information contact the Hazelden Betty Ford Center at (866) 831.5700 or visit [www.hazeldenbettyford.org/treatment/addiction-treatment-specialties/childrens-programs](http://www.hazeldenbettyford.org/treatment/addiction-treatment-specialties/childrens-programs).

**The 2016 Beamer Awards benefitting the Hazelden Betty Ford Children's Programs and Beamer's World development take place Saturday, January 30, 6:00 p.m. at the Ritz-Carlton in Rancho Mirage. Susan Ford Bales to be honored and Howie Mandel to entertain. For tickets visit [www.thebeamerawards.com](http://www.thebeamerawards.com) or call (760) 773-4105.**

BETTE KING PRODUCTIONS PRESENTS

# CANADA / SNOWBIRD FEST 2016

*Our Fourth Annual Event*

**Electric Vehicle Show • Return to Paradise  
Rock Roll n' R&B Concert**

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**CANADA / SNOWBIRD FEST**

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**ENTERTAINMENT • SPEAKERS**

**VENDORS DISPLAYS & EXHIBITS • PRIZES & GIVEAWAYS**

*Return to Paradise*  
Extraordinary Polynesian  
Review from the Islands  
Sat. Feb. 27, 2016 / 12:30 PM  
TICKETS \$25

**ELECTRIC VEHICLE SHOW**  
FREE with Canada / Snowbird Fest Admission

## Rock Roll n' R&B

Jocko Marcellino of SHA NA NA  
Freddie Pool of THE THREE DEGREES

THE COASTERS  
PLAYER / Peter Beckett & Ronn Moss

Judy Bell of the PALM SPRINGS FOLLIES

Jocko Marcellino of  
**SHA NA NA**  
"Do The Hand Jive"

From The Three Degrees  
**FREDDIE POOL**  
"When Will I See You Again"

The Original Cornell Ganters  
**COASTERS**  
"Yakety Yak & Poison Ivy"

Ronn Moss & Peter Beckett  
**PLAYER**  
"Baby Come Back"

Plus Special Performances by  
**JUDY BELL** In Tribute To The Troops  
**THE SATIN DOLLZ**

**THE SHOW**

Sat. Feb. 27, 2016 / 8 - 10 PM **THE SHOW** TICKETS \$25 - 75

**ALL DAY PACKAGE \$65 INCLUDES**  
**ADMISSION TO ALL FOUR EVENTS**  
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# Mot'us Floatation and Wellness Center

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760-610-5761  
Open Daily from 8am to 8pm  
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[info@motuswellbeing.com](mailto:info@motuswellbeing.com)

## Floatation - Freedom - Function

The Floatation Therapy Center is a powerful stress relief and wellness tool, where clients rest within a sensory controlled enviroment floating on the surface of a super-saturated salt-water solution. The experience is restful and rejuvenating for the body and mind. It reduces harmful stress hormones, alleviates pain and tension, and stimulates the release of beneficial endorphins in the brain.



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