



Desert Health[®]

News from the Valley's Integrated Health Community

January/February 2017

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We all long for a doctor who takes the time to listen to our true concerns: someone wise enough to have answers, but open to others' ideas; someone we can count on in good health and bad, a partner in our personal care.

And while the movement towards integrative medicine and complementary modalities encourages whole person care, according to Tieraona Low Dog, M.D., a leader in this movement, instilling humanity back into medicine is the key to true change.

"I believe that so much of what we do as doctors really comes down to the art of medicine. All the science in the world will not help you have a conversation with a 26 year-old woman who asks why her 18 month old has cancer," Dr. Low Dog stated in a recent interview with *Desert Health*. "So many clinicians are not prepared to have those conversations because we don't offer chaplaincy or contemplative care in medical schools. And while it is great that we are pushing for complementary medicine, I actually feel that it is more important to patients that they have someone they can partner with on their journey; someone who understands that life is more than our organs and cells."

Dr. Low Dog is an internationally recognized expert in the fields of integrative medicine, dietary supplements and women's health. She was appointed by President Bill Clinton to the White House

Commission on Complementary and Alternative Medicine Policy, served as the elected Chair of the US Pharmacopeia Dietary Supplements and Botanicals Expert Information Panel, and was appointed to the Scientific Advisory Council for the NIH National Center for Complementary and Integrative Medicine. She has appeared on CNN, ABC's 20/20, and is a frequent guest on the Dr. Oz Show and NPR's *The People's Pharmacy*.

On January 25, Dr. Low Dog will appear as the guest speaker for the 11th annual Leonore Annenberg Lecture at the Annenberg Center for Health Sciences at Eisenhower in Rancho Mirage. The free event is open to the public and made possible by the Eisenhower Medical Center Auxiliary.

Our inspiring interview with Dr. Low Dog opened our eyes to the heart of medicine and the movement she sees that will truly change the way medicine is practiced.

Breaking down the Barriers

The words integrative and complementary medicine can often create barriers, she feels, instead of using language that brings people together.

TLD: I teach and practice integrative medicine, but I know a lot of physicians who would not call themselves integrative who really are; and I know some who call themselves integrative, yet all they do is push a lot of supplements. This nature of integration, this notion

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Let's live this New Year full of gratitude
- gratitude for our family, our friends, our community and for those in our life who make each and every day a little better.

Are you grateful for someone who inspires you towards good health and wellness? If so, we would like to help you honor them with the Desert Health Wellness Awards.

Now in its third year, the Wellness Awards have become a community celebration of those moving health and wellness forward. Doctors, health care practitioners, fitness studio owners, gyms, health businesses, teachers, students and many everyday people are recognized for the work they do to educate

and inspire others in making healthier choices along their journey.

We feature all approved and accepted nominations in issues of *Desert Health*, finalists in each category are selected, and winners are announced at the festive awards celebration. This year's Desert Health Wellness Awards are presented by the Eisenhower Wellness Institute and will be held Thursday, May 18, at Desert Willow Golf Resort.

Our first group of nominees can be found in this issue. Nominations are open now through March 31 and we encourage you to take part. For more information on how you can submit your nomination, visit www.DesertHealthNews.com.

Continued on page 6



Join Desert Regional Medical Center for "Affair of the Heart" on Valentine's Day. This free annual health fair focuses on heart health. Come hear doctor seminars, watch a cooking demonstration, enjoy refreshments, learn fitness tips and hands-only CPR. All on our lovely Palm Springs Campus at 1150 N. Indian Canyon Drive.

SAVE THE DATE!
Affair of the Heart
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Lauren Del Sarto
& The Desert Health® Team

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Follow Us for Updates & Events!

Fun & Healthy Happenings

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

Jan. 10 • Eisenhower's Wellness Worth Watching Movie Series. Desert Health® is proud to co-sponsor a screening of the acclaimed movie *Fed Up: It's Time to Get Real about Food* followed by a discussion and healthy eating sampler with Jeralyn Brossfield, MD. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute (760) 610.7360.

Jan. 14-15 • 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. Ask about the Thunder Down Under Weekend Pass! Agua Caliente Resort. For vendor and guest info contact info@marloproductions.com. (760) 285.3903 www.desertwomansshow.com.

Jan. 25 • Tieraona Low Dog, MD. Helene Galen Auditorium, Annenberg Center for Health Sciences at Eisenhower. A reception with light refreshments and an opportunity to meet Dr. Low Dog follows the lecture. Tickets and reservations not required. Call (760) 773.4500 for more information.

Feb. 3 • 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 11a. Agua Caliente Resort. (760) 837.7222. Visit www.wlfdesert.org.

Feb. 3 • WineLover's Auction. Presented by JFK Memorial Hospital and Desert Regional Medical, this signature event features a wine reception and dinner to benefit Coachella Valley Volunteers in Medicine. Silent and live auctions feature wine and wine-themed baskets, travel and entertainment, art, jewelry and much more! Tickets: \$250. 5 pm. www.WineLoversAuction.com

Feb. 4 • Heroes in Recovery Walk/Run. The Heroes in Recovery 6K - Palm Springs in The Corridor is a unique run/walk that seeks to break the stigma associated with addiction and mental health disorders. The sixth kilometer symbolizes the extra effort it takes to sustain recovery. Sign up at Heroes6K.com to help break the stigma and support the charity beneficiary SafeHouse of the Desert. We invite you to use promo code **DESERTHEALTH6** to save \$6 on registration! www.heroesinrecovery.com/heroes6k/palm-springs

Feb. 7 • Eisenhower's Wellness Worth Watching Movie Series. Desert Health® is proud to co-sponsor a screening of *The Connection*, understanding the remarkable link between your mind, body and health. The movie will be followed by a mind-body practice with Jayne Robertson. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute (760) 610.7360.

Feb. 11 • Outdoor Resort Palm Springs Health Fair. This free event is open exclusively to residents of this seasonal upscale resort park that houses over 2400 snowbirds. Health fair with Desert Health® exhibitors to take place on Saturday from 9a - 12p. For more info contact Lauren Del Sarto (760) 238.0245.

Feb. 14 • Affair of the Heart. This free community education and screening event offers guest speakers, lectures on heart conditions, treatment options and prevention, as well as free blood pressure and blood sugar screenings. Desert Regional Medical Center 9a -12:30p (800) 491.4990.

Feb. 17 • 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. 10a-2p. The Westin Mission Hills. Contact Ellyse Lathrop ellyse.lathrop@heart.org. Visit www.cvoredluncheon.heart.org.

Feb. 18 - 20 • 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. 18 • Walk to End Alzheimer's. The 18th annual Walk to End Alzheimer's takes place at Palm Desert Civic Center Park and supports the National Alzheimer's Association, California Southland, Coachella Valley. Funds raised at the walk provide much needed care and support for the more than 40,000 local residents touched by Alzheimer's and related dementias. Funds also go to educate the public about Alzheimer's and research to fight the disease. To register online: www.act.alz.org/cvwalk2017. Or call (760) 996.0006, ext. 8414.

Feb. 25 • Jim Cook's 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. (760)773.1578. www.Emc.org/ddc.

March 7 • Eisenhower's Wellness Worth Watching Movie Series. Desert Health® is proud to co-sponsor a screening of *Happy*, a movie that explores the world to find the secret behind our most valued emotion. Followed by a discussion and relaxation practice with Kiran Dintyala, MD. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute at (760) 610.7360.

March 25 • Trilogy Health and Wellness Fair. This festive and free event takes place from 9a to 12p and is open to all throughout the valley. A variety of Coachella Valley health professionals will offer demonstrations, samples and product information. Contact Sharon McKee: Sharon.mckee@fsresidential.com (760) 702.3037.

May 18 • Desert Health® Wellness Awards presented by Eisenhower Wellness Institute will once again honor those in our community moving health and wellness forward. Nominations now open and all are encouraged to take part. 2017 sponsorships are also available. Contact Lauren@DesertHealthNews.com (760) 238.0245 or visit www.deserthealthnews.com.



Closing the Door on 2016

By Pam Salvatore

As we wake to another bright and sunny desert morning, a sense of calm has settled over the valley as it is finally 2017, a new year that brings the promise and hope of things to come.



As 2016 came to a close, the online world had much say in the usual "Year in Review" commentary. If you looked online, the world was coming to an end. Politics destroyed us and violence abounded. Despite what the great feedback loop in the cloud (AKA social media) portrayed as a world gone mad, I had a lot to be thankful for in 2016. Sure, we suffered the loss of legends David Bowie, Prince, Leonard Cohen, John Glenn, Gene Wilder, and the great Arnold Palmer, to name a few. However, as with all great losses, we will carry a piece of these pioneers forward in our hearts so we can pass their joy along to future generations.

And, yes, there were many who proclaimed the 2016 presidential election as the most contentious of all time. However, that contention opened the eyes of a great many voters and got them involved in the process as never before. As a people, we reinvested in the governance of our nation which serves us well moving forward.

A visit to the real world (i.e., talking to live human beings) further exposed great things that happened in 2016. A casual poll among friends came up with all kinds of good things to remember the year by: The Cubs finally won a World Series. The Coachella Valley provided the backdrop for two historic weeks of Desert Trip. A shy folk singer won the Nobel Peace Prize for communicating the thoughts of generations through his songs. Medical studies advanced our knowledge of the inner workings of the brain, opening the door for possible cures to many diseases. We fought for human rights - here at home and around the world. The Rolling Stones played a free concert in Cuba! These events made history in their own right... good history.

As we look forward to the New Year, let's take a collective deep breath. Ask yourself how you want to remember 2017 at this time next year. What amazing things will we accomplish both privately and collectively in the New Year? Let's set our intention to create more good and to reject the bad. Let's consider the perspective with which we view others. Let's listen to others and really hear what they have to say. Let's come together as a whole and show the world what we stand for, both as an individual and as a nation. Let's advance progress in fighting disease and share that knowledge with all who are ill.

In the end, these intentions will restore our faith in each other and give the Internet only good things to say. Each of us is inherently a good person. We need to let this goodness shine through and eliminate the nastiness. Goodbye, 2016. It's been real, and we are all moving on.

Contributing writer Pam Salvatore of La Quinta is a nutrition journalist. For more from Pam visit her blog pamsalvatore.wordpress.com.



39-year-old Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and has been sharing her journey with Desert Health® readers in an ongoing column. When we left Shay, she was finishing 20 rounds of chemo and preparing for surgery...

I woke up that morning like I did every day. However, this time, I knew my life depended all on this particular day.

They had to get all the cancer out of my body. I had barely slept all night, and as I turned on the shower, emotions started to flow. I started crying and it just would not stop. I jumped into the shower to wash off with a special soap the hospital gave me. I could not control my fears. I sobbed as I scrubbed my body down. The one time when I finally fell apart and no one was watching. The tears kept coming and coming until I finally just stopped what I was doing and let the hot water flow over me.

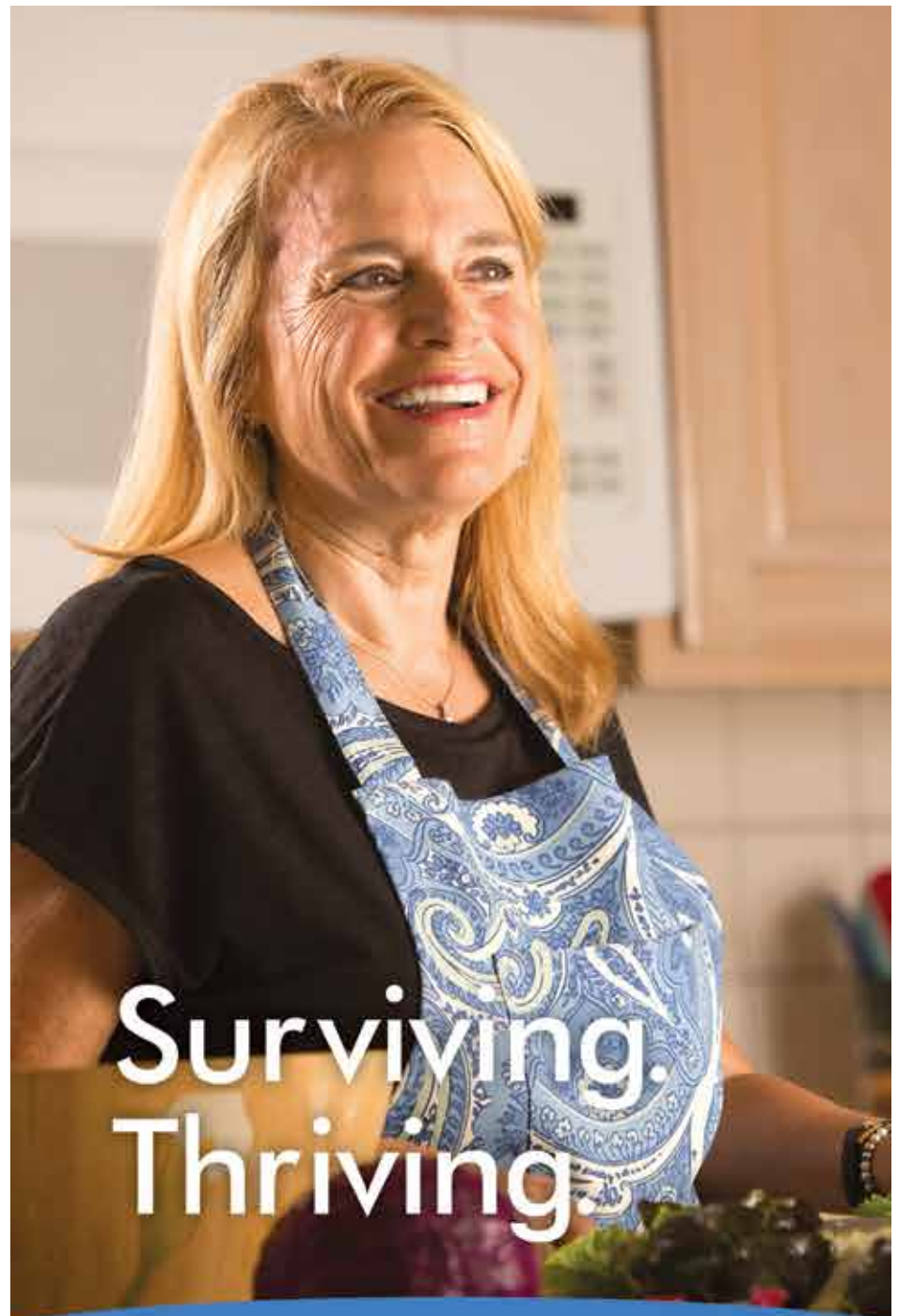
This would be the only time during cancer I would ask God, "Why me? What are you trying to teach me? Am I going to lose my breast? Will you let me live and see my daughter grow up? How can I make a difference in this life, if you do?"

I - and so many others - had worked so hard for this day with prayers and positive vibes throughout this journey. Now it was all up to trusting once again in my doctors. I thought to myself that the next few hours would be the last hours of cancer. 'I am going to beat it,' I told myself. The past 8 months were behind me. I did it and now I had to do the hardest part and just let it all go. Put it in the hands of God and my medical team of surgeons.

As I stepped out of the shower and said another prayer, I felt a calming that I hadn't felt before. Everything was to be ok. The ride to the hospital was one of the longest rides I had ever had, but I put on my gown, saw my doctors, and was ready. The anesthesiologist came in to introduce himself and we soon found out he was from a small town in Wisconsin near where I grew up. As we talked about farm country, he put the needle in me and I soon drifted off for my two-hour surgery.

When I opened my eyes, I was greeted by my family and a close friend. I asked right away if they were able to get the cancer and the answer was "yes" - plus they were able to save my breast! My pain was tolerable but soon the meds would make me sick, really sick. I stayed in the hospital for 2 days until they could get everything under control. When the doctor came to visit me on his rounds I said to him ... 'I find it funny how 20 rounds of chemo never made me throw up and one strong pain med can. Not to mention my tummy hurts from not being able to potty.' With a big laugh he said, "I can see you are going to be just fine. You go home and heal and we'll wait for your pathology results to come back in two weeks and give us the final answers. You did good, now we just wait...."

To view previous columns or to leave a message for Shay, please search 'Shay' at www.DesertHealthNews.com. For more information on triple negative breast cancer, visit www.tnbcfoundation.org.



Surviving. Thriving.

“Early Breast Screening Saved My Life.”

My whole life, I've been a rule follower – so getting my regular mammograms was no exception. Even when they told me they saw something suspicious, I didn't think anything of it. But when two physicians came in to give me the results of that biopsy, my heart sank.

Without those regular mammograms, my cancer probably wouldn't have been caught. And the Comprehensive Cancer Center was right with me every step of the way. Little things made me feel special, as well as the thoughtful and kind technicians who cared for me.

The Comprehensive Cancer Center didn't just help me live – now I savor and appreciate everything. I am back doing the things I love most... like cooking. I may be a rule follower, but I refused to let cancer rule my life.

Joan Petruzzi, Teacher, CANCER SURVIVOR



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Be Sure Your Dentist Knows

The effects of bisphosphonates on dental care and treatment

By Nicholas S. Baumann, DDS

Bisphosphonates are a class of medication commonly used to treat osteoporosis or other conditions where bone may be weakened, including some forms of cancer. Many people are familiar with the brand names in this class; the most common medications are Fosamax, Boniva, Actonel, Aredia, Zometa, Reclast and Bonefos. Some of these medications are taken orally in pill form while others are given as injections.

With the prevalence of people taking these medications, it is vital that patients understand it is imperative that they inform their dentist they are taking them - or have taken them in the past - before any dental treatment.

Bone in our body is constantly remodeling. Osteoclasts break down bone, and osteoblasts build it back up. In a healthy individual, the net effect is no change. In people who have issues with osteoporosis and weak bone, the breakdown of bone can be greater than the build-up. To counteract this, sometimes a bisphosphonate is prescribed which inhibits the work of the osteoclasts in breaking down bone in order to increase density.

Sometimes breaking down bone is good though, as in the case of infection or injury. If a patient with an infection or injury is taking a bisphosphonate, they often

do not allow the bone to remodel and repair those affected areas. What can occur is a condition called bisphosphonate-related osteonecrosis of the jaw (BRONJ). In this case, instead of natural healing, an area of necrosis occurs. Whenever an infection occurs or bone is exposed to the oral environment, as in the case of teeth abscess, extractions, dental implants, and periodontal surgery, there is a chance that the bone will not heal correctly. Studies show the risk for this can be anywhere from under 1% for oral bisphosphonates and up to 10% in the cases of injection bisphosphonates.

These risks can be limited with surgical techniques or with the use of other adjuncts such as hyperbaric oxygen treatment, but these options can only be explored if the dentist is made aware of the use of bisphosphonate medications. Even if a patient is not currently taking the medication, it is still vital for them to let their dentist know. Some of these medications can stay in the body up to 10 years, so even though it is not being actively taken, it can still have an effect.

In the end, many of these risks can be mitigated, either with adjunctive treatment or altering plans to favor lower risk options. If BORNJ is already present, it is more difficult and invasive to cure than preventing it in the first place. There have been multiple occasions in my office where a patient has taken one of these medications in the past and I would have been unaware of their use without more specific questioning.

The take-home message is that it is very important that your dentist know if you are currently taking - or have taken - any of these medications in the past so that the risks of BRONJ can be limited or eliminated.

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



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Helping You Put your Best Foot Forward

By Stacey Clarke, DPM

Peek a boo shoes a taboo for you? What about around the pool? Are you someone who's hiding their feet? If your reason for hiding your feet includes contracted toes, or hammertoes, this article is just for you.

In some families, it seems that the contracted toes are hereditary. Actually, it is the foot type and the inherent foot function and mechanics which contribute to hammertoes that is hereditary.

Muscle imbalances around the joints of the toes can contribute to early activation of the top tendons on your toes, causing them to buckle or contract early. Tight heel cords or muscles can also cause the tendons on the bottom of the toes to contract early, also contributing to a hammertoe. Other contributing factors to hammertoe formation may include trauma, arthritis as we age (osteoarthritis) and other forms of arthritis (seronegative arthritis, rheumatoid arthritis). Whatever the cause, the toes get out of balance with the many hours, miles and years accumulated. And, unfortunately, we do not have an indicator light installed that tells us that it is time to check or repair our feet.

When the toes remain flexible, they generally do not seem to be a bother. But, as the toes get stiffer and sometimes more bent, they start to cause discomfort, shoe fit issues and corns. When present, the corns or calluses can be on the tops of the toes, tips of the toes, between the toes and they also can cause potential calluses on the bottom of the feet from retrograde pressure from the digital deformity.

For some hammertoes, addressing the mechanics of the feet is a must. Strengthening foot muscles and improving the mechanics can help arrest the deforming toes. Sometimes, orthotics or arch supports are necessary, or a simple pad worn about the toe to cushion the prominent knuckle may eliminate discomfort. Paring and reducing any associated corn or callus may also provide relief. Simple shoe adjustments, such as a more flexible upper, or spot stretching the area of the shoe where more room is needed will help.

With more rigid toes, sometimes surgery is necessary.

Fortunately, surgeries on the feet, like so many other surgeries, have been refined and perfected over the years. Patients see and feel an improved foot shape and condition. Some hammertoes can be fixed easily in the office. Others, which require more correction, can be done with outpatient surgery. Sometimes wires are used for temporary fixation or positioning of the toes to help achieve a very straight toe after the surgery. The recovery time for hammertoe surgery can vary, depending on the type of surgery needed, the number of toes being corrected and if any wires were needed during the surgery. Any other contributing health condition such as diabetes, venous insufficiency (very swollen legs), circulation issues or other health issues that may affect healing can all change the healing time.

As people are living longer, it is interesting to consider "how many more miles will you be toting these contracted toes along?" Generally, if there is no pain (except in patients with diabetes), it is recommended to do nothing. However, if you have problems with the contracted toes and conservative measures have not eliminated the discomfort, perhaps it is time to consider more treatment.

Case in point, one of my patients years ago, had hammertoes of both her little piggies. She was 99 at the time and we both concluded she was "too old" to have her toes fixed. Now, she will be 109 in January. We both wish we would have fixed her hammertoes. I have been practicing podiatry for the past twenty-five years. Experiences like this give us pause for thought.

Dr. Stacey Clarke is a podiatrist and provides concierge home treatments through her business, Foot Doc On Foot. She also specializes in Muscle Activation Techniques® for the body. Dr. Clarke can be reached at (760) 285.7723.



You Are Not Your Anger

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

Are we born angry? All too often, it can feel that way. A recap of a family get together might start off with the best of intentions and sometimes end with voices raised to a high-pitched frenzy over who was right regarding the topic at hand. Well, you know what you get when you're hell bent on being right? That's right. You just end up being right. Alone, but right.

At times, it might feel like some triggering relationships are fruitless attempts, at best, to curb the desire to overreact and act out negatively or inappropriately. No one wants to wake up with the intention to create or cause harm to anyone, but sometimes old patterns can loom large and cause emotional havoc. If all one knows is a chaotic past, the norm might be to act or react with a lack of impulse control.

Is it worth all the effort to be right? And angry? So very angry that inner rage might be a correct description of what is brewing inside?

Emotionally chaotic childhoods can greatly affect one's childhood as well as the development of internal regulatory processes in adulthood. Resentments (also defined as unresolved feelings or unresolved anger) that are internalized may eventually cause physical symptoms such as migraines, fibromyalgia, irritable bowel syndrome and more. These are hot topics inside therapy rooms and in anger management courses, and subjects of a myriad of books on anger/rage. Unfortunately, uncontrolled anger/rage can be passed on from generation to generation if left smoldering and untreated.

The following are a few concepts about anger/rage and suggestions of how to get the better of it before it gets the better of you:

Impulsivity. Hopefully, impulse control or internal self regulation is addressed, repeatedly worked through, and curbed during childhood. Some adults struggle with impulsive behaviors which can have devastating effects on the individual and meaningful interpersonal relationships. A person who acts as they wish, when they wish, can often feel out of control, and their families and/or significant others may not feel safe around them. The good news is this isn't a hopeless situation. If one stops, takes a few deep breaths, calls for a time out, walks away from the situation, and talks about the wounds that have created internal emotional havoc, these options might lead to healthier outcomes. With concerted effort, successful outcomes can be achieved which can then positively affect the whole family dynamic and structure.

Reactivity. Your hand is laying on the horn of your car because you think the road belongs exclusively to you. Another example is that you think you have a permission slip to treat your loved one(s) with disrespect, disregard, and dismissive behaviors. It takes as much time to react negatively as it does to react with respect and "unconditional positive regard." (Carl Rogers)

Remember, you are not your anger, so why let it define you? Anger should never serve as a dysfunctional cover or coping mechanism to distance yourself from friends and loved ones. It takes courage and perseverance to relay your genuine and authentic self to the world.

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.



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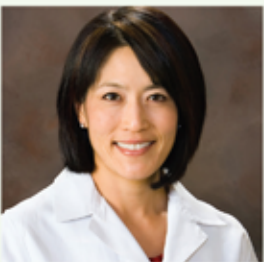
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"I Gotta Go" Sounding Familiar These Days?

By Lance Patrick Walsh, MD, Ph.D.

You've seen the commercials and have possibly even joked with friends about a "Flomax moment." We see men playing golf or enjoying other activities who are constantly interrupted by their urgent need to find a restroom.

If you find yourself in this scenario more often nowadays, you are not alone. Over 70% of men in their 60s experience urinary symptoms¹ and more than 500 million men worldwide are affected by this common condition called benign prostatic hyperplasia, or BPH.

Do any of these symptoms sound familiar?

- A frequent need to urinate both day and night
- Weak or slow urinary stream
- A sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

Fortunately, the American Urological Association (AUA) has developed a survey which may help you and your doctor understand the severity of your symptoms and if you indeed may be suffering from BPH. The survey can be found at <http://urolift.com/understanding-bph/symptom-quiz>.

Understanding the Condition

As men age, there are changes they may experience, including enlargement of the prostate. This is a normal occurrence in the aging male. The prostate, which is normally about the size of a walnut, grows from puberty and continues to enlarge over time. The prostate is an important part of the male



reproductive system as it secretes prostate fluid, one of the components of semen. It also helps propel the seminal fluid into the urethra during ejaculation. The urethra is the opening through which urine is eliminated from the body. As the prostate enlarges, it may begin to compress the urethra (think pinching the garden hose). This narrows the channel through which urine passes and can create bothersome and uncomfortable urinary symptoms.

BPH is a non-cancerous condition, but can be troubling as it can cause loss of productivity and sleep, depression and decreased quality of life. Treatment options for BPH range from medications to surgery, with minimally invasive options in between.

If you are experiencing urinary symptoms, I encourage you to take the AUA survey and to speak with your urologist to determine which treatment option is best for you.

Dr. Walsh is a specialist in urology, treating a variety of conditions ranging from cancer of the genitourinary tract (kidney, prostate, bladder) to benign conditions including kidney stone, BPH, incontinence, bladder prolapse, and hematuria. For more information call (760) 346.7191 or visit www.walshurology.com.

Reference: 1.Berry, et al., J Urol 1984 and 2013 U.S. Census worldwide population estimates

Health is a Choice

Continued from page 1



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Jayne Robertson

BAppSci, GradDipEx/Sport Science, E-RYT 500, Certified Yoga Therapist

As a certified yoga therapist, yoga teacher, studio owner and wellness advocate, Jayne has helped thousands improve their health and strengthen their mind-body-soul connection in her 35 years of practice. She not only shares her gift with clients, but through SEVA (service) with many local organizations and globally.

"This work gives me an avenue to support not only individual, but global, change. To bring peace to our world, we must recognize that peace begins within."



Jason Tate Educator

Seven years ago, this Indio High teacher wrote a course entitled *Physiology of Digestion* to help students understand the effects of food. Further inspired, he developed the 4-year Health & Nutritional Sciences Academy of Wellness teaching pre-med, nutrition, yoga, functional medicine, and more. A student-run Wellness Clinic is also underway propelling our next generation of valley health care practitioners.

"All of the willpower to achieve optimal health is limited only by your knowledge of what it takes to do so."



Janet Zappala News Anchor & Your Health Matters Reporter

Her passion for health and wellness led to a tailored television news segment educating our community on medical, wellness, and nutrition practices. She is also a certified nutritional consultant and recently authored a healthy cookbook. She freely gives her timely both personally and professionally to help local non-profits generate support and growth.

"Do what you love and you'll never work a day in your life – and when you help people, it's just good karma!"

Continued on page 8

BPH Relief. In Sight.

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Most common side effects are light blood in the urine, some pain or discomfort when urinating, some increased urge to go and discomfort in the pelvis that typically resolve within 2-4 weeks after the procedure.

J. Roethlisberger, J Urology 2013 LIFT Study

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Brain Metastasis Options

By James I. Ausman, MD, PhD

Brain metastasis, when cancer cells spread to the brain from primary tumors in other organs in the body, is often regarded with hopelessness. However, new advances in diagnosis and treatment are changing that opinion.

Brain metastasis occurs in up to 50% of patients with cancer. As new systemic treatments prolong life, brain metastases become more common. Quality of life is the most important goal of treatment.

Often a metastasis to the brain is silent and is found on routine screening after the primary cancer is found. Weakness of an arm or leg, speech or visual disturbance, or balance problems are the most

common symptoms from larger lesions or smaller metastasis located in critical areas. Headache, nausea and vomiting are non-specific symptoms of increased intracranial pressure. Metastases which produce symptoms are considered for surgical treatment; silent metastases are best considered for stereotactic radiation treatment (SRT).

The best imaging modality is contrast-enhanced MR, as CT with contrast can underestimate the number of lesions. Treatment decisions include the following:

- 1) No treatment for those with far advanced disease who have a poor prognosis or whose quality of life cannot be improved.

- 2) Surgery is best for solitary lesions that are accessible. For larger lesions producing symptoms, radiation therapy is not successful. The goal of surgery is to remove the metastasis totally, which will produce the longest survival. Metastasis to the cerebellum will produce rapid death from increased intracranial pressure unless operated, as the cerebrospinal flow is obstructed by the mass and swelling. Radiation often produces more swelling and faster mortality. Removal will provide more time for therapy and even long survivals. In patients with more than one lesion, a combination of surgery and a single treatment of stereotactic radiation therapy (SRT) can be performed to provide quality of life. Surgery can now be done with intraoperative imaging for tumor

localization with a high success rate and low morbidity, no mortality, and a short length of stay. Surgery is usually followed with stereotactic focused radiation to the tumor cavity to limit recurrence and prolong survival with quality of life.

- 3) Whole brain radiation therapy (WBRT), formerly relied on as the standard treatment, produces cognitive deficits in patients. SRT can be focused on the lesions and produce lesion regression while preserving cognition and quality of life. SRT can be used in patients with multiple metastases.

- 4) Chemotherapy is used for the primary lesion and for the metastasis. Much more is known today about the molecular factors leading to the seeding and growth

Continued on page 15



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A Look at Your Eyes

The importance of wellness exams

By Lauren Del Sarto

As one who has always enjoyed 20/20 vision, I never thought of going to the eye doctor for a regular checkup. It was only recently that I succumbed to cheaters, and if something more significant had changed with my vision, I would certainly know it. Then Dr. Evans sent us a study stating that patients with no perceived change in vision had a greater than not chance of having a change in eye health revealed during a wellness exam.

Published in the April edition of *Optometry and Visual Science*, the study found that 58% of patients who went in for a routine exam either had a change in ocular status or a change in care-management plan as compared to 77% of those who went in with symptoms.

So I thought maybe it was time for me to have my first exam in, probably, 20 years, and it turns out that I was one of those statistics.

The first thing I noticed was the technology to analyze every aspect of your eyes. It certainly has come a long way, and Dr. Evans and his team are very thorough. But it was the old-fashioned eye chart that made me take a second look. My right eye has become significantly weaker than my left, and my good eye has been overcompensating. It wasn't until Dr. Evans added correction that I remembered how well I used to see! "You are right; you have very good eyes. With correction, you see better than 20/20." He recommended a prescription glass that would maximize my vision, while alleviating the need to peek over readers

going from documents to the computer – a welcome change.

He also noted retinal thickening which was not of concern at the moment, but something to watch. The floaters I have had for a while were no cause for concern, but I did show signs of dry eye. I admitted to frequent use of Visine which he strongly opposed due to preservatives, so he recommended a natural eye drop.

Seems there might be some truth to this research. Of the 6,397 patients in the study 41% had a change in eyeglass prescription; 31% had a change in management of an existing condition; and 16% had new critical diagnosis.

Turns out many people think they will know when a change in their vision occurs, but that is often not the case because your eyes are good at creating illusion. A breakdown by age surprisingly showed that both the younger (ages 20-40) and older (ages 40-65) had changes at similar rates 59% versus 74%.

I am officially one to now say, if you haven't been to the eye doctor for a while (or ever), a wellness exam could be eye opening. You may just be surprised at what you see - and how much more you can potentially see.

For more information on the importance of regular exams, visit the National Institutes of Health https://nei.nih.gov/hvm/healthy_eyes_exam. 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.evansyecare.com.



A wellness exam with Dr. Evans opened my eyes.



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BUSINESS

Mo'tus Floatation & Wellness Center



Mo'tus Floatation and Wellness Center

Louise Evans established Mo'tus as a multiple modality center to rebalance mind, body and spirit in 2016. They offer floatation, body work, fitness, and more with numerous complimentary educational workshops to educate and unite community.

"Improving quality and quantity of life is not just about the physical, but also the emotional, spiritual and mental balance we all need to find." – Louise Evans, Owner

Thrive Fitness Studio



More than a fitness studio, Thrive is a transformational experience that starts from the inside out in helping people become their best self. Members call themselves the Thrive Tribe and have not only shed pounds and gotten fit through the program, but have established concrete and lasting lifestyle changes.

"We all have a gift and it is our responsibility to share that gift with the world. My gift, my responsibility, is to help people live their best life." – Jay Nixon, Founder

Thrive Functional Wellness Center

Thrive Functional Wellness Center

Under the guidance of Grey Rappe, DC, Thrive Wellness works to identify root causes of chronic conditions and to educate clients on nutrition, exercise and weight loss. Their team approach provides the tools and knowledge to bring about transformation and lasting change.

"We have so much passion about the work we do and personally follow our wellness program every day." – Dr. Rappe

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"The current number of people with vision loss will double due to aging baby boomers, so the need for rehabilitative services will continue to grow." – Lisa Jimenez, Executive Director

Continued on page 12

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Electronic Health Care Records (EHRs): Who owns the patient health care record?

By Christopher H. Hancock, MD

The concept of the medical record has been around since the 1960s following the advent of the first electronic programmable computers in the 1940s and 50s: the Colossus, ENIAC, and UNIVAC. Larry Weed, MD, wrote a seminal paper on the topic of problem-oriented medical records in 1964, entitled *Medical Records, Patient Care, and Medical Education* and then authored *Medical Records That Guide and Teach*, which was published in *The New England Journal of Medicine* in 1968. In parallel, also during the 60s, significant health care law was being developed and Medicare was passed into law in 1965. Over the past five decades, ideas about the medical record and models of health care law have evolved considerably.

More recently, the 2009 Health Information Technology for Economic and Clinical Health (HITECH) Act and the 2010 Patient Protection and Affordable Care Act (PPACA) were passed. These laws mandated even greater oversight and prolific requirements to the management of health care records. Specifically, these laws have linked reimbursements for health care delivery to provisions requiring the electronic record keeping of health care events. Significant bonuses and penalties have been integrated into these laws to gain compliance, which have led to a whole host of unintended consequences. Two of the major consequences are having to purchase and work with costly and cumbersome electronic health care record software systems (EHRs). Most EHR systems do not operate seamlessly with other EHRs, though the law requires this. Therefore, creating software conduits where one EHR can communicate and exchange data with another EHR has become an entirely new industry. Creating these conduits is both time consuming and expensive, as it requires software specialists to write specific code and continually update this code to ensure proper function.

The newest health care law change is the 2015 Medicare Access & CHIP (Children's Health Insurance Program) Reauthorization Act (MACRA), passed by more than 90% of Congress. As a result of this bipartisan act and previous health care laws, the cost of EHRs have skyrocketed, leading many independent physicians, physician groups, hospitals, and health care systems to invest tens of thousands to billions of dollars to achieve compliance. The expenses are passed on to the final consumer, who is of course, the patient.

This is the juicy part of this editorial prefaced by the introduction. Who owns the medical record? Is it the government, health care providers, or EHR vendors; or is it the patient? If a patient leaves a physician to go to another physician by choice or because they are moving, can they easily take their electronic health care records with them? If a physician leaves a hospital, health care system, or physician group, can the doctor take patient records to practice independently in the community? Who pays for the transfer of the medical record? Believe it or not, this has not been well worked out. Physicians in your community, at the county, state, and national level are working on this complex issue and many more. We encourage readers to get involved and make their voices heard. Who should own the medical record? You decide.

Dr. Hancock is a board certified neuroradiologist with Desert Medical Imaging and can be reached at (760) 694.9559. He is also a member of Desert Doctors. For more information visit www.DesertMedicalImaging.com or www.DesertDoctors.com.

Every Shoe Tells a Story

By Dale Charrette, DC

A shoe is like a book. If you know how to read one, you can learn a great deal.

Worn out shoes and shoes that do not fit properly can interfere with the feet, pelvis and spine.

A survey by the American Orthopaedic Foot and Ankle Society showed that 88% of women wear shoes that are smaller than their feet with 80% of those women reporting some sort of foot pain and 76% with some sort of forefoot problem.¹

Fit is Critical

Putting your foot into a shoe is like putting your foot into a cast. Poor-fitting, unsupportive shoes can cause problems. If you are supported in your shoes in a proper weight bearing posture, you should be able to touch the large toe joint and find it positioned at the widest part of the shoe. Basically, if the joint of the big toe is forward of this area, the shoe is too short. If shoes are broken down with the tops of the shoes pushed to the side or with uneven heel and sole wear, this usually tells the story. Here is what it all means:

Heel Wear

Heel wear should be even on both sides. If the wear is only on one side, there is postural weakness on that side. From a clinical point of view, as a doctor of chiropractic, I find that the shoe that has the most wear is on the same side as the patient's knee, hip or spinal problem. You will find that if you follow the heel wear, you will find the corresponding postural problem, as it always shows up in the shoes.

Sole Wear

Turn your shoe over and look at the sole wear. Start at the toe and let your eyes follow the sole wear toward the heel. At the point at which the sole wear "feathers

out" and stops, draw a horizontal line with a pencil or chalk. Repeat the same procedure on the other shoe. Then notice which shoe demonstrates sole wear closest to the heel. If one shoe has more sole wear, that foot has broken down biomechanically leading to fast shoe breakdown on that foot. This is the foot that is misaligning, indicating pronation.

What to do

Proper footwear will do much to help you walk properly and efficiently. Wearing the correct shoes will restore the balance to your foot foundation and go a long way in helping your overall whole body posture.

The Take-Home Message:

- Make sure that your shoes fit properly, as the ball of the foot should be positioned at the widest point of the shoe.
- Remove any store-bought (generic) insoles before putting in custom-designed orthotics.
- Old, broken-down shoes should be thrown away and replaced with new shoes.
- Buy shoes like you buy fruit - squeeze them at the heel area. You want a firm counter around the heel for a pronated foot.

To have your own shoes and posture analyzed, you should seek the help of a doctor of chiropractic who specializes in this type of analysis.

Dr. Dale J Charrette is a chiropractor practicing in Yucca Valley and a member of Desert Doctors. He can be reached at (760) 449-4548. For more information visit DesertDoctors.org or call (760) 232.4646.

Reference: 1) Frey C, Thompson F, et al. American Orthopaedic Foot and Ankle Society women's shoe survey. Foot & Ankle, 1993;14:78-81.



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Bell's Palsy and Acupuncture

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

Bell's palsy, or idiopathic facial palsy, is a nerve disorder that affects muscles on one side of the face causing temporary facial paralysis. It is called idiopathic because it arises suddenly and the exact cause is unknown. It is the result of damage to certain facial nerves. Each facial nerve controls specific muscles on one side of the face, and thus damage to a facial nerve can inhibit the muscle's response for actions like blinking, smiling, and frowning. This can cause one side of the face to droop from the resulting muscle weakness or paralysis. Other symptoms can include twitching, drooling, dryness of the eye or mouth, taste impairment, and excessive tearing. It can affect men and women of any age.

According to the National Institutes of Health (NIH), the disorder occurs when a nerve controlling the facial muscles becomes swollen, inflamed, or compressed. It's unclear what causes this damage, though many scientists believe that viral infections like meningitis or herpes simplex may be responsible or aggravating factors.

The NIH lists acupuncture among several helpful alternative treatments for Bell's palsy, including relaxation techniques, electric stimulation, biofeedback, and B vitamin therapy.

In China, acupuncture has been used for thousands of years to assist in Bell's palsy recovery. According to TCM the initial treatment goal would be to expel wind and resolve damp, as well as to invigorate Qi and promote blood circulation to the face.

A Harvard University study recently reported that intensive acupuncture, meaning several treatments per week, helps patients recover from Bell's palsy more quickly, with little or no side effects. In our clinic we prefer to treat every day for 6 to 10 days, if possible. The researchers behind the Harvard study hypothesize that the needles used in acupuncture increase blood flow to the paralyzed facial muscles, which provides more nutrition and oxygen to help strengthen them and diminish the inflammation to the nerves.

This condition is often a shock, as it comes on overnight. The majority of patients wake with the facial muscles in paralysis with no clue as to what happened. Most patients either have no symptoms beforehand, or they miss the warning signs, which are subtle and can include neck pain, pain behind the ear, or pain in the back of the head.

Often, people jump to the conclusion that a stroke has occurred, but thankfully, Bell's palsy is not the result of a stroke, and is also rarely a permanent affliction.

Gently massaging the afflicted areas of the face, or practicing daily facial exercises can also help. Try to avoid wet hair and being under fans, which can exacerbate the condition. It is also beneficial to seek help as soon as you notice the onset of the palsy as the sooner it is treated the better, and quicker, the results. In any case, you can be comforted knowing that in the vast majority of cases with acupuncture, and especially electro-acupuncture, the palsy will eventually subside and the symptoms will go away.

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



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& Patti Wright

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Facial Cupping & Exercises
with Dr. Diane Sheppard

Jan. 27 • 6-6:30 p.m. FREE
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Karen Vielhaber

Feb. 3 • 6-8 p.m. \$15
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Dipika Patel

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Feb. 23 • 6-7 p.m. FREE
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Feed Your Genes Back to Health

Historically, science has relied on an antiquated theory of how genes are physically expressed.¹ We presumed that DNA, the blueprint of life, translated information one way—from the double helix strands to the physical body at the cellular level. For decades, this theory instilled the belief that our genetic traits were set in stone. Many feared our genetic makeup, particularly family health history, was our destiny. Today, we can thank the emerging sciences of epigenetics and nutrigenomics for revealing a more empowering truth: we do have control of our genetics and overall health through the management of nutritional choices.

Epigenetics is the study of various external factors that switch parts of the genome “on and off.” A well-known influence on genetic function is low-grade inflammation of the body; however, this was never well understood until 2013.

Exploring previously uncharted territory, a group of genetic researchers from the Norwegian University of Science and Technology (NTNU) suspected this systemic inflammation was a result of dietary choices and released eye-opening findings. Their work identified that the cause of unwanted upregulated genes was related to a high carbohydrate diet (65% of kCal per day).² According to Berit Johansen, a biology professor at the NTNU, “This [common] type of diet stimulates our genes to initiate the activity that creates inflammation in the body... genes that are involved in type 2 diabetes, cardiovascular disease, Alzheimer's disease and some forms of cancer respond to diet, and are up-regulated, or activated, by a carbohydrate-rich diet.”

The NTNU research suggested that diet composition is of utmost importance in inflammatory processes and provided

recommendations worth noting that may help limit our risk of most lifestyle-related diseases:³

- A healthy diet shouldn't be made up of more than one-third carbohydrates in each meal.
- A low-carb diet is closer to the right diet, but too low will also cause stress on the body.
- Be mindful that every meal can have an effect on your genetic function.

Most interestingly, it took only six days to change the gene expression of each of the volunteers in the dietary study. Johansen advises, “If you want to reduce your likelihood of lifestyle disease, this new diet will have to be a permanent change.”

Another study published in the journal *Pharmaceutical Research* in 2008 reported that only 5–10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90–95% are caused by the environment and lifestyle.⁴ Clearly, we are realizing that our daily choices influence our state of health more than anything else.

Knowing we have control over our health is promising news for those of us who want to be, feel, and even look better. Of course, there are ways to individualize your nutritional intake for further health benefits, as carbohydrate intake is not the only factor to consider when it comes to truly being healthy. An experienced professional can help you to not only analyze your diet, but further identify inflammatory triggers that may also be influencing genetics such as food sensitivities, toxins, and digestive function.

References: 1. <https://www.ncbi.nlm.nih.gov/pubmed/1111098>
2. <https://www.ntnu.edu/news/feed-your-genes> 3. <http://online.liebertpub.com/doi/full/10.1089/omi.2010.0124> 4. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>

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Health is a Choice

Continued from page 8

INTEGRATIVE PRACTITIONER



Pamela Potenzo RN, BSN, HNB-BC, CHTP

Pamela is both a registered nurse and a board-certified holistic nurse which takes a mind, body and spirit practice approach for optimal health and healing. She provides consultations and workshops that focus on integrative wellness strategies and last year established a local chapter of the American Holistic Nurses Association to further the practice.

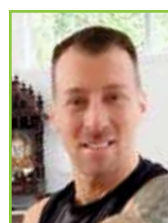
"I believe people can empower themselves and improve their health by integrating the best of both Eastern and Western health care practices."



Kelli Rose Nutritional Chef/Instructor, Certified Cancer Nutritional Therapist, Surgical Technologist

Kelli's 20 years of experience in the fitness, nutrition, therapeutic, holistic and medical worlds has led her to current career as a nutritional chef and therapist for those facing chronic conditions or simply looking to improve their health. Her vast community outreach includes helping displaced families and animals connect with loving new homes.

"Mindful eating reconnects us with our ground roots to our health and our planet."



John V. Yuhas RN, BA, ERYT 400

John is both a clinical nurse and an advanced yoga instructor who teaches only donation-based classes for non-profits. He also has a strong foundation in meditation, Ayurveda and music therapy and draws from all of these skills to help people heal. He also offers his gifts as a volunteer nurse with CV Volunteers in Medicine.

"Life is all about leveraging your passion to help others, and watching great changes unfold when we expect nothing in return."

YOUTH



Stephanee Sandoval Student

Stephanee is a senior at Indio High with aspirations to study functional medicine at Harvard Medical School. As part of Future Physician Leaders, she educates other students and the community on health practices and careers. Graduating at the top of her class, she plans to return to continue mentoring on health care careers.

"I strongly believe that the relationship between doctor and patient can do more healing than a prescription medicine can ever do."

Nominations open now through March 31.

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Specialized Massage Therapy for Parkinson's

By Louise Evans, CMT

The benefits of massage therapy have long been recognized by people with Parkinson's disease and Parkinsonisms (any condition that causes a combination of the movement abnormalities seen in Parkinson's disease). Because the diseases typically cause muscle stiffness and rigidity, bodywork's ability to alleviate joint and muscle stiffness makes it a logical choice for management and symptom reduction.

A new concept when designing a treatment protocol for the somatic symptoms of Parkinson's disease is the rationale that relentlessly increasing stiffness and tremors lead to muscle exhaustion; the available oxygen is insufficient for the amount of work the trembling and permanently contracting muscles need in order to stay in good repair.

The stresses put on the Parkinson's patient's body are similar to stresses endured as the result of sporting activities. The big difference, however, is that exhausting sporting events are typically followed by long periods of rest and relaxation, whereas the poor musculature of the Parkinson's patient never has any rest period; hence, it suffers structural changes which make it palpably different.

Specific massage with its manifold effects on the body is the perfect medium to keep muscles soft and pliable (i.e., in five minutes, the long strokes of Swedish massage carry 10 times the amount of blood to the massaged muscle as arrives naturally during a 15-minute rest). The effect is most noticeable where there is a lot of cleansing and nourishing going on, as is in the case of the Parkinson's patient who is in the clutches of a nervous system gone haywire.

The effect on the release of neurotransmitters by massage is likewise enormous and may be responsible for the production of endorphins with their calming influence. This can help with feelings of anxiety, depression and hopelessness.

As commonly reported by experienced therapists, massage also seems to enhance the utilization of various L-dopa combinations that are being used with good success. If this is borne out through careful research, then massage could really become an important factor in the treatment protocol, as it could conceivably prolong the overall effectiveness of medications for years beyond their present usefulness. Just imagine adding years of useful life to people who now feel doomed by their diagnosis and their failing bodies.

A 2002 study conducted by the Touch Research Institute at the University of Miami, along with staff from the university's neurology department and Duke University's pharmacology department, reported that Parkinson's disease symptoms are reduced by massage therapy. In this study, the group of adults with Parkinson's disease who received two massages a week for five weeks experienced improved daily functioning, increased quality of sleep and decreased stress-hormone levels. The study's authors reported, "These findings suggest that massage therapy enhances functioning in progressive or degenerative central nervous system disorders or conditions."

Physical manipulation of the musculoskeletal system is an ideal Parkinsonism management component. All modalities report improvement in function, from the reduction of rigidity and improvement of sleep, to the reduction of tremor and increase of daily activity stamina.

Louise Evans is a certified massage therapist and owner of Mot'us Floatation and Wellness Center in Palm Desert. For more information, visit www.motuswellbeing.com or call (760) 610.5761.

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Oxidative Stress and Coronary Heart Disease

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

According to the Centers for Disease Control (CDC), heart disease has been the leading cause of death in the U.S. for the past 80 years. The most common form of heart disease is coronary artery disease (CAD), which can lead to a heart attack. This year, close to 900,000 Americans will suffer a heart attack, many of which occur without any prior warning. A heart attack occurs when blood flow to part of the heart is blocked. This is often the result of atherosclerosis, or a build-up of plaque inside your arteries. Plaque may rupture and form a clot which can result in blocked blood flow to the heart muscle. If the blockage isn't dissolved or removed quickly, a portion of the heart muscle will begin to die. You then may have angina (chest pain or discomfort) or a heart attack.

The cause of coronary artery disease has been increasingly linked to endothelial dysfunction. Endothelial refers to the smooth muscle tissue that comprises the lining of the walls of your arteries. The endothelial tissue can become damaged by a cascade of events including oxidative stress, which produces inflammation and immune dysfunction. Oxidative stress is a condition which may result from lifestyle and diet choices that are high in sugar, refined carbohydrates, trans-fats, oxidized fats, chemicals, and heavy metals and low in nutrient minerals and antioxidants. These combine to cause inflammation and injury to the arterial linings.

These are the top indicators that you may be at increased risk of coronary artery disease:

- HDL cholesterol/total cholesterol ratio. To determine HDL percentage, divide your HDL by your total cholesterol; 0.24 or higher is better.
- Triglyceride/HDL ratio. Divide your triglyceride number by your HDL; it should be a number less than 2.
- Height to waist ratio. Your waist circumference should be no more than half of your height. For instance, if you are 72 inches tall, your waist line should not exceed 36 inches.
- Fasting blood glucose. If your fasting blood sugar exceeds 100-125, you may have nearly a three-fold higher risk for coronary artery disease.
- Fasting Insulin. An optimal fasting insulin level is below 10.
- NMR lipoprofile. This test determines your portion of smaller, more damaging LDL cholesterol particles. These are the particles that can contribute to plaque build-up in the endothelial lining of the artery walls.
- If you smoke or have a history of smoking;
- Hypertension (high blood pressure).

There are several strategies that can help reduce oxidative stress and inflammation in your arteries:

Avoid processed carbohydrates, including gluten- and lectin-containing grains, sugars and fructose. These foods promote insulin and lectin resistance which are primary drivers of heart disease and atherosclerosis.

Continued on page 22

Getting Back on Track

Your colon is a good place to start

By Amanda Beckner, CN, HHP, Ph.D

After the holidays, many clients come in complaining of constipation, bloating and fatigue and/or feeling sluggish, with headaches and pain. The holidays can do that to us - especially with changes in diet, exercise and water consumption.

Every 7 years we have a molecular cell change, every 180 days a blood change and every 7 days a bowel lining change, which is why the celebratory season can leave our bowels in such a mess. Poor elimination created by bad eating habits, environmental factors, and drug and chemical intake not only causes a build-up of toxic overload but also creates a breeding ground for parasite infestation. When we eat a poor diet including excessive caffeine, alcohol, simple carbohydrates and too much animal protein, the bowel becomes sluggish and slow to eliminate waste. In turn, this slow elimination allows waste material to ferment and become rancid and then recirculate through the body as toxic substances.

An imbalance of bacteria in the gut has been associated with many antibiotic-resistant infections, metabolic disorders and gastrointestinal disorders. We have trillions of microbial cells within our body; the microbiome is made up of organisms that live within your gut. When our immune system is strong, our T-cells recognize certain proteins as friendly and leaves them alone, while it recognizes others as invasive bacteria causing our T-cells to attack.

So what can you do to get your system back on track?

Take Probiotics. Using a good series of probiotic can help the body keep good bacterium within the gut and prevent the bad from adhering to, and building up within the intestinal wall. This, in turn, stops and prevents problematic disease from continuing or forming.

Hydrate. Remember that although the weather is cooler, you still need to drink a lot of water. When the body is dehydrated it becomes more constipated and reluctant to allow the colon to do its job and eliminate toxins.

Avoid Laxatives. Laxatives will cause a swelling within the colon and an unnatural evacuation which flattens the small ecoli hairs on the colon walls. When the colon hairs are moving and working correctly we are more regular with our bowel movements, but when they are not, the body becomes more reliant on unnatural remedies to assist. The problem, however, is that taking too much fiber - especially mixed with artificial colors, dyes and sugar-creates more constipation because the body is not fixing, healing and working naturally.

Add Natural Fiber. By helping our bodies with additional fiber found in foods

Continued on page 23



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Riding the Waves of Wellness

We have tides in our life. Just as the waves in the ocean rise and fall based on gravitational forces exerted by the moon, sun and other factors, the health we experience throughout our lives follows the same archetypal pattern of advance and retreat.

When we are younger, the tide is behind us, carrying us forward constantly. In our youth, we often think we are invincible and if we stop exercising and abuse our bodies, the tide will still carry us through.

However, there is a mid-point in life when the tide goes slack and the free ride is over. During this time many of us begin to realize that the work not done during the “free ride time” needs to be made up for. This is when a majority of people start an exercise program and start to eat more consciously.

In our later years the tide inevitably turns against us and this aftermath is reflected in physical weakness, compromised balance, frail bones, waning memory and illness. The final tide can be likened to an experience in which one is thrown onto the rocky shoreline, never to ride a wave again.

This progression of the tide does not need to be such an inevitable journey of demise from stage to stage. We can turn the tide. We can learn to ride the waves of wellness so effortlessly that the last ride is carried up to the shoreline with a graceful exit.

In order to head in this direction and in control of the waves, we must practice “kedging” in our daily life. Kedging is an old nautical term from the 1900s for a process of maneuvering large engineless ships in and out of tight harbors. Sailors would take longboats and row out one of the ship’s smaller anchors in the direction they wanted to move the bigger ship. They would then drop the anchor after they ran out of cable. These sailors would go back to the larger ship and pull it towards the anchor. This process was performed in a slow, arduous manner until the larger ship arrived into harbor.

We must continually be setting sights forward and learning how to drop an anchor for ourselves thereby setting a goal, a plan and an intention. This means of “life kedging” will allow us to ride waves that we are in control of, instead of inevitably being surprised and engulfed by waves we cannot handle.

Wellness is all about intentional day-to-day planning and preparation, and a large part of the journey can be maneuvered to ensure a pleasant ride in the sea of life.

Reducing Your Toxic Load

By Cheryl Kane-Banke, CCHT

Toxins are present in the air we breathe, the food we eat, and the water we drink. They can also be found in the shampoos, toothpaste, perfume, body lotions and creams we use every day. Our entire body, including our DNA, is under endless, daily assault by toxins from a variety of sources around us.

The toxins to which we are exposed can easily overwhelm our natural detoxification processes; when impurities aren’t properly filtered, every cell in the body is adversely affected and suffers. Much of the accumulation occurs in the colon where toxic waste material can harden and adhere to the walls of the colon producing a barrier that prevents nutrients and supplements from being properly absorbed into the body.

It is vital to have a clean colon, free of waste and harmful micro-organisms. When this plaque is removed, it enables the body to absorb vitamins and minerals for optimal performance and for accelerating the healing process our body needs.

Colon hydrotherapy is a simple, safe and non-invasive procedure that removes waste from the large intestine by introducing filtered and temperature-regulated water into the colon. The waste is softened and loosened resulting in evacuation through natural peristalsis. 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.

How do you know if your colon could use a cleanse?

You might not feel it, but chances are that your body has an excess of toxins and is missing some of the essential nutrients it needs to perform detoxification processes and all other bodily functions optimally. If your colon could use a cleanse, you may experience decreased energy; you may lose muscle mass and gain fat, become irritable, and/or develop sleeping problems; your mental clarity or libido may decrease. Conditions such as eczema, hair loss, high blood pressure, high homocysteine levels, dyslipidemia or insulin resistance may also be signs of a toxic colon.

Toxic build-up in the colon can also lead to silent inflammation which is now identified as the primary source for many chronic conditions including heart disease, depression, obesity and diabetes, Alzheimer’s disease and even cancer.

Colon hydrotherapy not only removes harmful micro-organisms but can also rid your body of beneficial organisms, so it is important to complement the therapy with beneficial pro- and pre-biotics.

A licensed and certified natural health care practitioner can help you determine if colon hydrotherapy is right for you and to help develop a comprehensive cleanse and replenish program.

Cheryl Kane-Banke is a certified therapist with A Healthier You in Palm Desert which is owned and operated by Deb McMahon, R.N., CNH. For more information call (760) 360.8877.



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Have You Had Your Pap?

By Jessica Needle, ND

January is cervical cancer awareness month, and the National Cervical Cancer Coalition encourages women to make a New Year's resolution to have a Pap test.

Over 11,000 women in the United States will be diagnosed with cervical cancer this year, and 4,000 will die from the disease. This is tragic, because cervical cancer need not be fatal and the Pap test can detect pre-cancerous changes which can be monitored and treated.

The Pap test consists of taking a sample of cells from the cervix using a small brush and examining them under a microscope. The test is recommended for women ages 21-65. The frequency of testing can vary from 6 months if cellular changes are noted, to 3 years for women with a history of normal Pap tests. Genotyping for human papilloma virus (HPV) can potentially lengthen the interval to 5 years for women over 30.

HPV is a common virus with which most people are infected. Over 100 strains have been identified. Some are benign and cause common warts or plantar warts; others cause genital warts and cervical cancer. HPV 16 and 18 are considered high risk because they cause about 70% of cervical cancers. HPV 6 and 11 cause approximately 90% of genital warts, but are considered low risk since they rarely develop into cancer.

The Affordable Care Act ("Obamacare") mandated that health insurance plans cover an annual well woman exam with preventive screening tests such as the Pap smear and HPV genotyping, so take advantage of this benefit if you are insured.

Optimal Health Center has partnered with the Tracy Lane Foundation to provide Pap tests to all women, regardless of insurance status, at no cost to the patient. The foundation also works with Coachella Valley Volunteers in Medicine, which treats people without insurance.

Tracy Lane was a local resident and golf pro who died of cervical cancer. Before her passing, she established a foundation to spread awareness regarding cervical cancer and to ensure women know that it is preventable through having regular check-ups, practicing safe sex and living a healthy lifestyle.

Be sure to get tested yourself, and spread the word to other women about this valuable resource in our community.

For more information visit these sites:

<https://www.cdc.gov/cancer/cervical/index.htm>

<http://www.nccc-online.org/>

<http://www.tracylanefoundation.org/>

<https://www.hhs.gov/healthcare/facts-and-features/fact-sheets/aca-rules-on-expanding-access-to-preventive-services-for-women/index.html?language=es>

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

Brain Metastasis Options

Continued from page 7

of metastases. Recent new molecular treatments can provide remarkable remissions of brain metastasis in patients who previously failed other measures.

5) Dexamethazone (4mg every 6hr) is used to reduce the edema associated with brain metastases and can produce rapid symptomatic improvement. Use with proton pump inhibitors. Anti-convulsants are also used prophylactically.

Patients with leptomeningeal carcinomatosis can be treated with a combination of therapies, including shunting for hydrocephalus or reservoir implantation for intrathecal treatment.

All cancers can metastasize to the brain. With the success of modern therapy extending life, brain metastases are becoming more frequent. The most common tumors to metastasize are lung, breast, renal, and colon cancers, and melanoma. Given the many options now available to patients, a discussion by the referring doctor, or the patient with the neurosurgeon, is valuable to be able to review these options.

Dr. Ausman is formerly Head of Neurosurgery at Henry Ford Hospital in Detroit, Michigan and at the University of Illinois at Chicago. He is presently Professor of Neurosurgery at UCLA and Harbor-UCLA Medical Centers and Editor-in-Chief of Surgical Neurology International, a free internet journal of neurosurgery with the largest circulation in the world. He can be reached at Desert Spine and Neurosurgical Institute (760) 346.8058 or at jamesausman@mac.com. He is also a member of Desert Doctors. DesertDoctors.org or call (760) 232.4646.

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The Tracy Lane Foundation began in 2013 when Tracy Lane of La Quinta passed away from cervical cancer at the age of 31. TLF's mission is to promote cervical cancer awareness and prevent the disease in as many women as possible. Early detection via Pap-smears and annual screenings are the best way to accomplish this.

www.tracylanefoundation.org

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The Heart of Medicine

of partnering with a patient, is not that big a leap for most clinicians, and I think we have to be careful with our language that we don't push away physicians who are committed to easing the suffering of their patients; and are open to knowing more about nutrition, motivational interviewing and understanding more about mind-body practices. They are open; however, sometimes our message can feel divisive or make them feel bad about what they do or don't know, or about what they are contributing. It sets up barriers; it is not an invitation.

TLD: Integrative medicine is not something that you [simply] learn; it is something that you are. It is the way you move in the world and the way you see the world. I have been to an acupuncturist who I would consider the least holistic person I know, and have watched a trauma surgeon sit at the bedside of a woman he had done surgery on, late at night after a long shift, reading her the Bible until she fell asleep.

She advises not getting hung up on labels which can serve to separate us versus bringing us together. "There is enough divisiveness in the world right now. We need to find common ground, and that is really what our patients are asking for."

Finding Common Ground

The reason most health care practitioners entered their field is the common ground that can bring them all together, she adds.

TLD: I believe we were called to medicine for a reason. We didn't choose this path because we wanted to be rich and famous - there are easier ways to do that. We were called to medicine because we wanted to ease suffering and to help people, and you can lift people up by reminding them why they choose medicine in the first place.

TLD: Much of what we are seeing in clinical practice today is the result of stress and lifestyle - poor eating, not enough exercise, too much processed, sugary, and carbohydrate-rich food. This is what is driving diabetes and heart disease, and much of what we learned in medical school



Humanity is a key ingredient to integrative medicine.

is not going to give us the tools we need to really help all these people; It is going to take working together in teams, working with dieticians, getting a PharmD on the team, working with social workers, and being open to acupuncture and other integrative approaches to help deal with pain because we cannot keep giving out opioids the way we are. It is going to take a team approach. Those things that we have in common give us the common ground to move forward.

Opening Our Minds

TLD: It is difficult to spend all those years and long hours training to be a clinician and to believe that there was a large body of knowledge that could heal people that we didn't learn. However, with the amount of information out there and the speed at which science is building upon itself (they estimate that in another 10 years or so everything we know in clinical medicine will be doubling every 73 days), it is impossible to think that any individual clinician could "know it all." Part of what we have to surrender to is the belief that we "have to know it all" and embrace the fact that there will always be so much more to learn.

In 2013, Dr. Low Dog was diagnosed with stage 4 cancer which spread to her liver. While she is now cancer free, she feels that cancer was a gift that made her a better doctor. "Nobody would want cancer as a gift. However, some challenges that are so great, they humble you. I think it made me a better servant, a better teacher, a better listener, and it made my capacity for compassion and empathy much larger. No hardship comes without some gift, and it is up to us to find that gift in every challenge handed us."

Teaching the Next Generation

Dr. Low Dog is beginning to see changes in medical institutions. "In medical school, no one wants to give up their time; biochemists feel that you can never have enough biochemistry; pathophysiologists feel you can never have enough pathology and physiology. There is a lot of vying for time, so when I hear about nutrition being

Continued on page 21



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Functional Medicine's Role in Health Academies

By Jason Tate

Five exabytes of data were created between the birth of the world and 2003. In 2013, statistics show us that 5 exabytes of content are created every day. To put this into perspective, 5 exabytes of data is the equivalent of all the words ever spoken by mankind. The way that we share information is changing exponentially and one crucial component is how we educate our youth. Education has changed very little in the past 100 years, and we are at a turning point in our society with respect to how we educate future healthcare professionals.

Our understanding of how the body heals itself, the role of nutrition, and the role of our microbiome in our overall health is part of this information explosion. There is a movement within the conventional medicine community that has emerged called functional medicine. Functional medicine acknowledges the fact that our body is a complex network of systems all working to maintain balance and vitality while addressing the underlying causes of disease in a patient-centered approach that takes into account the entire person, their relationship with their microbiome, and how imbalances manifest themselves as symptoms that many consider diseases.

The relationship between the doctor and patient is of utmost importance as the doctor performs more of a coaching role in recognizing that it is the patient who must ultimately heal him or herself. Acute treatment is certainly necessary when there is an acute trauma, but utilizing acute care when treating chronic disease can no longer be the answer. This is where functional medicine comes in. The Institute for Functional Medicine provides free resources for the public regarding how transformative this approach is when adopted by healthcare professionals.

As the world changes and our understanding of the human condition in health and in disease evolves, so must our delivery and training system for our future healthcare professionals. Techniques like "building rapport with your patient" are not only interesting to learn but absolutely necessary as they provide improved patient outcomes and patient satisfaction, an increasingly critical component of our healthcare institutions. Functional medicine recognizes the importance of genetic science, systems biology, and how our lifestyles and environment play a key role in our overall health and well-being.

In the light of this new information that grows daily, an educator's opportunity becomes a responsibility to provide our young pre-med students with the most advanced knowledge possible in regards to the art of healing. The Health and Nutritional Sciences Academy of Wellness at Indio High School has fully embraced and integrated the functional medicine model into all four years of their academy with the goal in mind of producing a future healthcare workforce that embraces the body's profound ability to heal, given the right circumstances. Let us not forget the words of Hippocrates when he said, "It is more important to know what sort of person has a disease than to know what sort of disease a person has."

Jason Tate is the Director of the Health & Wellness Academy at Indio High School where he is creating one of the nation's first Functional Medicine Wellness Academies for high school pre-med students. For more information on starting a Wellness Academy or integrating Wellness into an existing academy at your school, please contact Mr. Tate at jason.tate@desertsands.us.

Giving Cancer Patients a Voice

By Anita Roark, MA

What if you could share your experience of being diagnosed with and treated for cancer—including the emotions you felt and how you coped—and that sharing could contribute to research that will improve the lives of others?

Well, you can, through a valuable online resource called the Cancer Experience Registry. As a cancer survivor who just recently learned about the project and became a participant, I would highly recommend it not only to other cancer patients, but their family members as well.

For many years, I've worked as a public relations professional in the cancer field at UCLA, Cedars-Sinai, the American Cancer Society, and now, part-time at Gilda's Desert Cities. Friends, colleagues, and family members have been diagnosed with cancer, and sadly, my husband succumbed to it 12 years ago. But until this year, except for the occasional skin cancer, I myself was cancer-free.

Then out of the blue, my yearly mammogram showed something suspicious in my left breast, and within a month, my own cancer journey had officially begun. Thank God for early diagnosis, outstanding medical care, and association with Gilda's program of emotional and educational support.

Gilda's Desert Cities is an affiliate of the worldwide Cancer Support Community and benefits from its immense resources, including the Research and Training Institute and Cancer Experience Registry. It was by helping spread the word about the registry among Gilda's members (they hear about it via orientations, support groups, flyers, e-newsletters, and the website, according to Clinical Director Gail C. Bardin, LMFT) that I myself became aware.

I've always thoroughly believed in participating in scientific studies that can increase understanding and improve outcomes for those who follow, so I decided to go online to www.cancersupportcommunity.org and try it out.

The principal research tool is an extensive, secure online survey. Before recommending it to others, I wanted to make sure it was well-designed and hassle-free. Happily, it was. And once you are registered, you can take as much time as needed, go backwards to change anything at any time, and even log off and resume at a later time or multiple times. I was impressed with the broad spectrum of the questions the researchers are asking, and can see how they will gain critical insights that enable them to reach their goal "to qualify and quantify the issues and challenges that are of the most concern."

To date, more than 10,000 people have participated in the Cancer Experience Registry, and healthcare providers, researchers and oncology professionals are already making use of the early findings to develop specific tools and resources that cancer patients and their caregivers need. But there's much more to be learned, and your experience can make a great contribution. I urge you to go to www.cancersupportcommunity.org. It's right there on the home page. I'm sure that, like me, you'll find the Cancer Experience Registry to be a valuable personal resource. And you'll have the deep satisfaction of knowing you've made a real difference for others with cancer.

Anita Roark is a writer/editor and public relations professional whose career has been devoted to the cancer field. In 2016, she also became a cancer survivor. She is currently public relations/communications coordinator at Gilda's Desert Cities, a professionally led, no-cost program of emotional and educational support for all those impacted by cancer serves more than 5,800 men, women, children and teens in the Coachella Valley. Contact Gilda's at (760) 770.5678 or www.gildasclubdesertcities.org



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Life: Adaptation vs. Balance

Often we use the word “balance” to describe the illusive horizon of a happy, healthy life. When our priorities are out of order, or we are feeling drained of energy, we think, “I need more balance,” or “My life is out of balance.” I propose that balance may not be what we are truly seeking. The word balance implies a static achievement of a perfect ratio of all the demands we juggle. The problem is, that as soon as we achieve balance, life throws another curve ball, and we are wobbling trying to again find balance.

We talk about achieving homeostasis, or a state of balance, in the body. Many systems drive towards maintaining a very specific balance to support health. The concept of homeostasis implies remaining stable by staying the same. But in attaining not only health, but also peace of mind and management of stress, there is another method our body employs to succeed.

The word “allostasis” means “stability through change.” Allostasis is a dynamic response where stability is maintained through constant adaptation. An easy analogy is the difference between a palm tree and a willow tree. When winds are strong a palm tree is more likely to be toppled, but a willow will bend and flow with the windstorm. Adaptation and resilience align closely with integrative wellness; in fact, I often define wellness as the state of having the most responses available to adapt to challenges. By consistently prioritizing and expanding the resources we need to build health, we become more adaptable. Or, put another way, if we have many tools in our toolbox of how to respond to stressors, we are able to adjust and accommodate faster and more easily.

Wherever we are is exactly where we are capable of being. In other words, our current reality is exactly what we have been able to create in our lives. If we were capable of anything else, we would be experiencing a different reality. The only way to experience a different outcome is to be, or to become, a different person. This work of adaptation is the constant challenge of human life. Personal growth takes a commitment to getting out of our comfort zone and placing new structures or patterns in place.

The structures we set up in our lives will determine our results. If we wish to become stronger for instance, we must set up challenges that cause us to build strength – that could look like hiring a trainer, making a commitment to an exercise buddy, or enrolling in a class. Or if we want to eat less grain in our diet, we may need to buy a grain-free cookbook and make dinner from it for a period of time while we learn a new habit. Setting up a structure that supports your goal is the critical step in making your commitment a reality.

As we look at the close of a momentous year and evaluate what we want in the next, what structure could you build to increase your adaptability?

Dr. Brossfield is the medical director at the Eisenhower Wellness Institute and can be reached at (760) 610.7360.

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The Heart of Medicine

added and small steps like that, I feel they are steps forward in the right direction.”

The greater change she sees is that more and more medical schools are not just looking for physicists, chemists and biologists, but also anthropologists, sociologists and philosophy majors who may present a different perspective or interpersonal skills.

What advice would she offer clinicians in our community?

TLD: I would say that it is an invitation to think more broadly about how we can help our patients and how we can help ourselves so that we don't burn out and don't want to leave medicine because we are being asked to do so much. So much of what we do is the art of medicine. Science informs what we do, but we are all craftsmen, artists, and part of the way that we stay connected to that is through nourishing ourselves, by taking good care of ourselves so that when we show up, and we listen, and we care for our patients, we have the energy to partner with them.

TLD: This is [also] an invitation for us to work together; for us to share our experiences and to remember that it may seem like a very large jump from acupuncture and Traditional Chinese Medicine to surgery, but it doesn't mean that we aren't all wanting the same thing, which is to help people feel better – that is what we have in common.



Dr. Low Dog will be speaking in Rancho Mirage on January 25.

We noted that this is quite a change in mindset for many clinicians...

TLD: The way you open people's minds is by opening their hearts. We see each other as allies and friends all with a common goal of helping people. So, it's not just a shift in our minds, it's a shift in our hearts.

Clinicians, health care practitioners and all Desert Health readers are encouraged to attend Dr. Low Dog's lecture on January 25. For more information call (760) 773.4500.

Tieraona Low Dog, MD

Wednesday, January 25 • 3 p.m. • Helene Galen Auditorium
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39000 Bob Hope Drive • Rancho Mirage

A reception with light refreshments and an opportunity to meet Dr. Low Dog follows the lecture.

Tickets and reservations not required.

This lecture and reception are made possible in part by generous grants from the Eisenhower Medical Center Auxiliary and the Annenberg Center for Health Sciences Board of Directors.

Call (760) 773.4500 for more information

Yoga For the Rest of Us

By Jayne Robertson, E-RYT 500

In an ocean of choices, yoga is no exception, and for so many it can also be an ocean of confusion. The media has done a fantastic job of portraying yoga as a practice for a certain person: typically a young, white female, who is lithe, wearing a fabulous two-piece outfit and exhibiting extreme ranges of motion. And although this can be an aesthetically pleasing image, in a subconscious way, many people look at this as an unattainable quest.

So how does one go about finding the “right” yoga class to meet their needs?

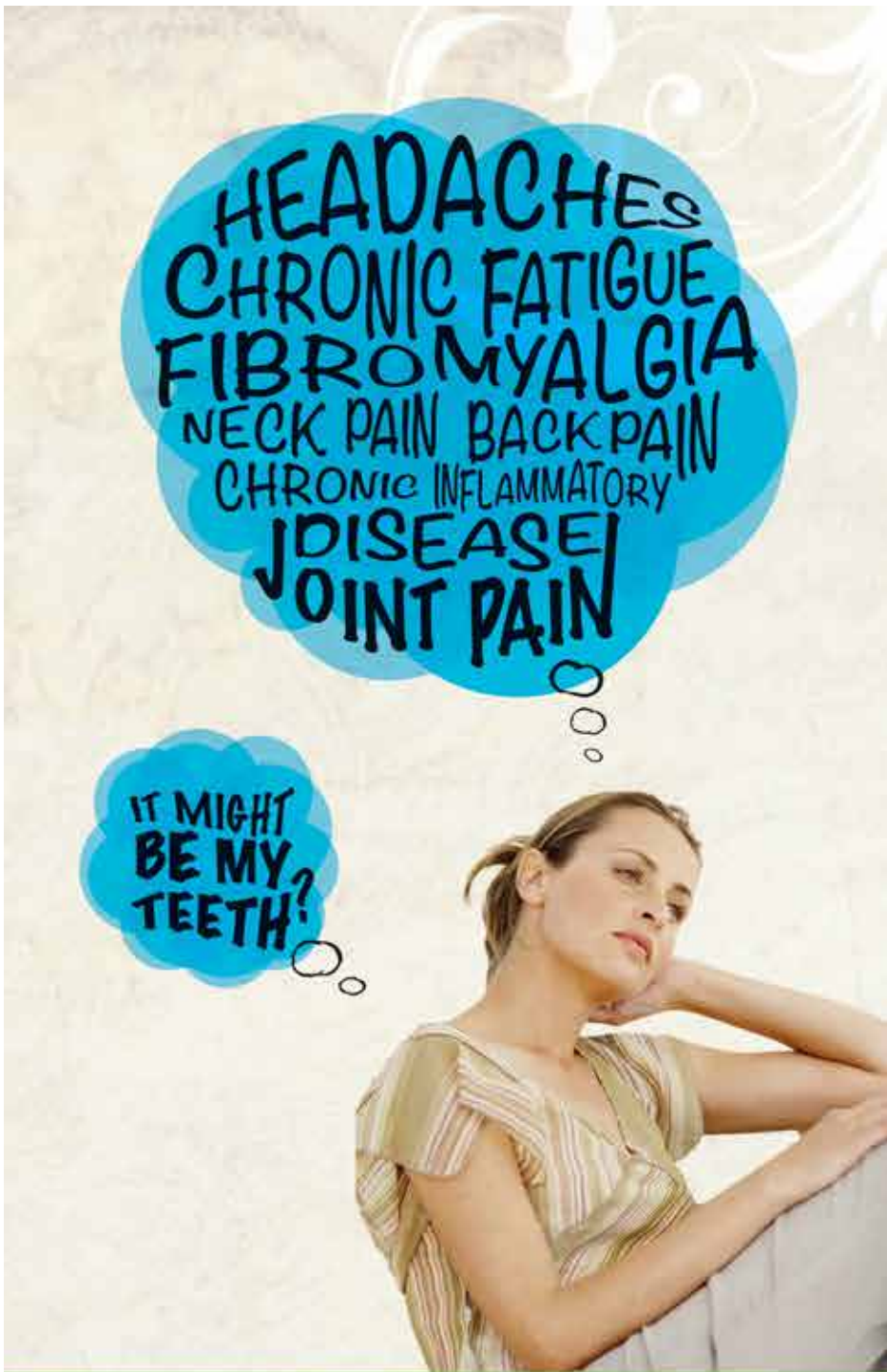
All yoga is not created equal. Many come to the mat to make improvements on a physical level. We know that yoga is an excellent choice for improving flexibility, balance and strength. Some people step onto the mat for relaxation, hoping to find an alternative way to manage stress, rather than turning to self-medication through the use of pharmaceuticals, alcohol or shopping.

I believe that the yoga world is not attracting a large portion of the population that would greatly benefit from a more subtle and gentle approach to the practice. Yoga may be popular but it is not yet mainstream. The largest growth I have seen in group yoga classes has been in therapeutic and restorative types of classes. In therapeutic yoga, we focus on re-establishing functional movement patterns, hand-eye coordination, both static and dynamic balance, breath awareness and deep relaxation. It's particularly suitable to those who have had chronic pain or injury and, as a result, have generated a way of moving that compensates around the injury. In therapeutic yoga, we undo the habitual patterns and reconnect to a more inherent way of moving. The beauty of the practice is that it teaches the individual student to be in charge of their own practice, rather than simply following sequences as dictated by the instructor. It empowers the student to move within learned guidelines which begin to enhance the body's natural rhythms. In other words, the student creates their own experience, not the instructor.

The growth in restorative yoga is a reflection of our inherent need for deep relaxation. Our lives are overbooked, overstressed and overcommitted. This busyness begins to feel like it's a “normal state” and how life just is. However, we didn't evolve to be in chronic states of stress, and poor health is the result of being constantly out of harmony between body-mind-spirit. Restorative yoga is a practice that aims to recalibrate the nervous system, shifting out of the “fight, flight or freeze” response to one of deep healing and balance, that part of us where we renew and restore. It is thought in the world of restorative yoga, that it's difficult to heal when our nervous system is agitated, so deep and profound relaxation opens the door for this process to unfold.

I believe if you can breathe, you can do yoga. Find a certified yoga therapist who has extensive and particular training in working with people who have challenges. Know that options are available for all types of people regardless of age, health status, gender or experience. You don't need to be flexible to do yoga; you do yoga to bring balance back into your life.

Jayne Robertson is a certified yoga therapist, E-RYT 500 Yoga Teacher and owner of Desert Yoga Therapy in Rancho Mirage. She holds graduate degrees in exercise and sports science and has 35 years of teaching experience. For more info visit www.desertyogatherapy.com or call (760) 456.5160.



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Bright Eyes: More Than a Fresh Look

By Jennifer I. Hui, M.D.

Interpersonal communication is such an important part of life. And we are naturally drawn to people's eyes as the focal point. The eyes provide visual and emotional cues and other non-verbal information and are vital in communication. Thus, we naturally want our eyes to look and feel their best.

Cosmetic eyelid surgery restores your natural eyelid contour and refreshes your appearance; however, this common surgery does more than enhance your looks.

The eyelid skin is very unique, as it is the thinnest and most delicate on our body. Eyelid skin is normally smooth, but with time, the eyelid tissue stretches, the fat bulges, and the muscles weaken. These changes are most often caused by age, heredity and sun damage. Dermatochalasis, the medical term used for excess eyelid tissue, occurs in both the upper and lower eyelids. When the upper lid is affected, you may have a feeling of heaviness and the redundant tissue may interfere with your peripheral vision. You may experience forehead fatigue as your body attempts to use these muscles to lift the excess upper eyelid skin out of your field of view. Some may note the urge to tilt their chin up in order to see more clearly, or have the sensation that their eyes want to close on their own while reading. An upper eyelid blepharoplasty (eyelid lift) can help to alleviate these symptoms while also improving your appearance.



Eyelid lifts may be performed for both cosmetic and medical applications.

Some patients may also have ptosis ("toe-sis"), or a drooping eyelid. The muscle used to lift the upper eyelid is very delicate. With time, its attachment may become loose, causing the lid to droop. This drooping can be addressed with a ptosis repair. The repair can be performed with an incision on the inside of the upper eyelid, or through a skin incision. Your surgeon will help you determine if you have ptosis, and if so, which approach is most appropriate for you. At times, upper lid blepharoplasty or ptosis repair may be medically indicated if the patient meets certain criteria. A visual field test must be performed in the office to determine medical necessity.

A blepharoplasty may also be performed to reduce excess fat and skin in the lower eyelids. The surgeon makes incisions (either on the inside or on the skin of the lower lid) and excess tissue is removed. Incisions made inside the eyelid are not visible; incisions on the skin are barely visible and generally fade over time. The goal of surgery is to provide a more rested but natural appearance. Your surgeon will help you determine which approach is most appropriate for your surgery.

Eyelid surgery is performed on an outpatient basis. Patients may have the surgery with local anesthetic only, or they may receive intravenous sedation (twilight sleep) as well. Pre-operative preparation includes a thorough review of your medical and ophthalmic (eye) history as well as a review of your medication and over-the-counter supplements. After surgery, swelling and bruising are alleviated with ice packs. Most patients experience minimal down time and are able to return to many activities within a week. The results of surgery are generally long lasting, leaving patients looking refreshed, seeing clearly and feeling lighter and vibrant.

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

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Oxidative Stress and Coronary Heart Disease

Continued from page 13

Increase levels of healthy fat in your diet including organic coconut oil, high phenolic olive oil, avocados, butter from organic milk, organic eggs, raw nuts (almonds, pecans and macadamia) and omega-3 fish oil high in DHA and EPA.

Exercise regularly. Use a combination of high intensity interval training, strength training and walking more.

Consume foods high in antioxidants. These include brightly colored fruits and vegetables including berries and green leafy vegetables. Many nutrition supplement companies make high quality antioxidant powders that mix in water.

Consider taking nutritional supplements, or non-drug treatment of coronary heart disease, including:

- D-Ribose 5 grams tid (3 times a day)
- CoQ10 300 mg bid (two times a day)
- Carnitine tartrate 3 grams bid
- Taurine 3 grams bid

- Beetroot extract: Neo 40 bid
 - Magnesium chelates 500-1000 mg bid
 - Curcumin 500-1000 mg bid
 - Aged garlic 1200 mg per day
 - L-5 methyfolate 1200 mcg per day
 - Quercetin 500-1000 mg bid
 - Berberine 500-1000 mg per day
 - Black raspberry seed extract 1 tablespoon per day
 - 2 grams sodium, 10 gramspotassium per day
 - Probiotics, 50 billion CFU per day
- As always, consult with your health practitioner prior to beginning a supplementation regime.

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

Sources: 1) Journal of the American Society of Hypertension 2010; 4:272; 2) Houston MC, What Your Doctor May not tell you about Heart Disease.; 2010; 3) Journal of Nutritional Biochemistry 2011;22:1105 and 2012; 23: 39-50; 4) Journal of the American College of Cardiology 2003;54:1600.



Getting Back on Track

Continued from page 13

and antioxidants from vegetables, bowel movements become normal and natural daily. It is normal to have 1 to 6 bowel movements per day as long as they are fairly firm and good in color. Extremely runny/watery, hard pebble-like or pencil thin is not healthy. If there is a lot of dark blood in the stool, this may indicate a more serious health issue and should be checked by your doctor. With that said, color can be affected by what we eat – maybe you had a lot of dark greens – your stool would reflect that, just as drinking a beet juice would cause a red/pink look in the toilet – don't confuse that with blood.

Consider a Colon Cleanse. Following this simple colon remedy for 3 to 5 days will help the body to naturally heal and will have you feeling better in no time.

Colon Health Remedy

On Rising: 4oz George's Aloe Vera Juice

Breakfast: Soak a mix of dried prunes, figs and raisins the night before; take 4 Tbsp. with 1 Tbsp. blackstrap molasses and mix with 6 oz dairy-free yogurt and ½ cup wheat-free granola or 1 cup oatmeal.

Mid-morning: Have 12 ounces of fresh organic carrot/beet/celery juice with a wedge of apple.

Lunch: Have a fresh green salad every day with lemon/oil dressing or steamed veggies and a baked red-skin potato with low fat goat or rice cheese.

Mid-afternoon: Have 12 oz fresh organic carrot/beet/celery juice with a wedge of apple.

Dinner: Have a large dinner salad with pureed lentil soup (Note: if you have diarrhea, or a bowel disorder such as IBS, colitis or diverticulitis, pureeing the lentils is important as the whole bean will cause more issues).

Before Bed: Have ½ cup papaya with a squeeze of lime juice

Drink 1 to 2 cups of Pau de arco tea in the day and 64-80 oz of water.

And don't forget to make sure everything you're eating is certified organic and non-GMO.

Here's to a happy colon and a healthy 2017!

Dr. Beckner is owner of Your Body Code personalized nutrition and wellness programs in Palm Desert and can be reached at (760) 341.BODY(2639). For free recipes and more information visit www.yourbodycode.com.

Sources: 1) Amanda Beckner CN, HHP, PhD, Your Body Code, copyright 2009; 2) Linda Rector-Page PhD, Healthy Healing an alternative healing reference, copyright 1992; 3) Robert Rister, Healing without Medication, copyright 2003.



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NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

Choosing the Best Supplemental Baby Formula

We can all agree: Breast is Best! There is no formula substitute that will ever compete with the health benefits provided by breast milk. From dehydration to enhancing immune boosting properties for a sick infant, a mother's breast milk is able to adjust its nutritional components to reflect the immediate needs of her baby. However, there are a number of issues that can prevent a family from feeding their infant breast milk. Adoption, significant breastfeeding complications, and other health and family issues can inhibit short- or long-term accessibility to breast milk. Choosing a proper infant formula for new parents can be nerve racking. It is daunting to assess formula options without information as to what truly makes a formula nutritionally superior.

When choosing a formula, clean quality ingredients are first and foremost in importance. As with any healthy and quality food, begin by reading the ingredient list, note the number of 'real' food-based ingredients. The primary ingredients should begin with real foods such as goat milk, organic cow's milk, organic rice, organic whey, organic lactose, or organic Non-GMO soy. A formula must also contain organic simple carbohydrates needed for energy for growth and development from a recognizable food source such as corn, soy, palm, or coconut. For brain development and weight gain, a healthy fat will be added such as coconut oil or other vegetable oils. The next ingredients will be nutrient additives such as Vitamin E or alpha-tocopheryl acetate, which may appear as the common or chemical name. If an ingredient is unrecognizable or seems chemical in nature, be sure to look it up. Many times a formula will contain a vitamin or mineral additive that looks like an unhealthy preservative but is simply

the chemical name of a healthy nutrient supplement.

Infant formulas have traditionally been cow's milk, soy, or rice based. However, a new category of goat milk-based formulas has become accessible. Goat milk is more digestible than cow's milk and is more similar to breast milk. Although goat milk is still lacking key nutrients contained in breast milk, it is a far superior choice as a formula base than other options. Kabrita goat milk formula is a newer product to the American market, but is the highest quality formula currently available. Kabrita is headed by a naturopathic doctor and an infant formula nutritionist, both with small children who needed formula supplementation.

Families have also chosen to make their own formula using a combination of goat milk, rice syrup solids, and added fats and nutrients. Recipes for homemade formula are traded on the internet without supervision of an infant nutritionist, pediatrician, or naturopathic doctor. While homemade formulas can be excellent options, they must be approved by a qualified and knowledgeable health practitioner well versed in infant nutrition.

Again, choosing a formula is a very difficult decision. Focus on quality, organic ingredients from companies you may be familiar with such as Earth's Best. Consider buying more than one formula base to ensure your baby is getting a range of quality ingredients, although the nutritional content should be very similar between brands. When in doubt, research ingredients to check on quality.

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.

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Resolutions: Rewire Your Brain

By Brian J. Myers, ND

The New Year is often accompanied by aspirations of self-improvement. For some that means making better nutrition choices and for others that means getting into shape, moving more – fitness.

An oft heard expression involves how long these changes might last before we revert back to the same old – what's familiar and comfortable. Why can't we stick with these changes?

"Can't" in this scenario is a choice. Change isn't easy and it requires persistence and perseverance. For motivation people commonly fall back on phrases about the number of days it takes to form or break a habit. However, much of that is simply marketing: "Stop smoking in 30 days!" The fact is, we don't know how many times or days it's going to take before you adapt to that resolution.

What we really need is to rewire the pathways in your brain to more strongly prefer that new, and possibly uncomfortable, goal in favor of what's more familiar and easier. Everyone is different; everyone's motivating factors are different and the number of times or days it takes is going to be different.

Neuroplasticity describes our brain's ability to change even through adulthood in the same way that plastic can change shape. Gone is the idiom, "You can't teach an old dog new tricks." You can. It just may not be easy, but it is certainly within the realm of possibilities. So what helps?

In short, you need to do that new thing, that resolution, so much and so often that your brain now prefers it to the old thing. You have to decide for yourself each day to do so. It takes work. It isn't always easy, but the reward is a new and improved You. Many of us need coaching, support and community for this change. Check out your local clinic, gym, or wellness center for a boot camp or a class or series of classes. Accountability to someone or something beyond yourself is of great assistance in the beginning phase of uncomfortable change.

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

Sources: 1) Livingston R.B. (1966). "Brain mechanisms in conditioning and learning". *Neurosciences Research Program Bulletin*. 4 (3): 349-354.; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4306487/>; 3) Rakic, P. (January 2002). "Neurogenesis in adult primate neocortex: an evaluation of the evidence". *Nature Reviews Neuroscience*. 3 (1): 65-71. doi:10.1038/nrn700. PMID 11823806.



Repetition is key for rewiring the brain.



Divorce: Don’t Go It Alone

Courtesy of Deborah Tryon, Financial Advisor

Divorce is a time of many changes and is seldom easy for anyone involved. Still, certain steps you can take now may make the process less stressful and help simplify your life when the divorce is finalized.

First things first – assembling a strong, experienced team of confidential professional and personal advisors can provide critical guidance and support, helping you make more informed decisions while you approach the future with greater confidence. Consider building a team that includes:

Your Own Lawyer

Yes, it is possible to get through a divorce without a lawyer, but usually it’s not wise. Your lawyer takes on the responsibility of safeguarding your best interests and can deal objectively and unemotionally with the many complex issues that typically arise. Plus, an experienced lawyer can help ensure that you take advantage of any benefit afforded to you during the divorce process.

Your Own Accountant

Your tax filing status changes significantly as the result of a divorce. An accountant can advise you on matters such as income and capital gains taxes — as well as any residual tax issues that may linger from your marriage.

Your Own Financial Advisor

You and your spouse may have worked with a financial advisor to help plan and manage assets during your marriage. Now you need a financial advisor who can focus solely on you and your needs and goals — on a completely confidential basis. Your financial advisor can help you understand the assets you own and your liquidity and cash flow issues, as well as strategies for reaching long-term objectives such as educating a child, funding your next business venture or planning for retirement.

Your Own Personal Counselor

Divorce is a legal, financial and emotional process. If you don’t feel comfortable discussing certain private matters with your financial or legal advisor, you might consider seeking a therapist, clergyperson or other personal counselor. Their help may become invaluable as they guide you through the very human side of divorce.

As you go separate ways remember you are now in charge. Work with a team that helps you keep your balance, while planning for short-term realities and long-term possibilities.

Deborah Tryon is a financial advisor with the Dewing-Tryon Group at Morgan Stanley in Palm Desert and can be reached at (760) 776.6227. CA license 0H8751.

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‘A Matter of Balance’ Is Making a Difference

By Lauren Del Sarto

In the Coachella Valley, approximately 23,575 local seniors fell once or more in a three-month period according to a recent survey by HARC. In California, 25% of older adults who fall and break a hip die within one year, and falls among older adults are the most common cause of trauma injuries and hospital admissions nationwide.

So, it’s no wonder that 30% of seniors report that their fear of falling has kept them from social activities, which can lead to social isolation – another common concern for the senior population.

These alarming statistics inspired the Mizell Senior Center to bring the nationally recognized A Matter of Balance (AMOB) program to the valley. With community support from area foundations and hospitals, the program is expanding to other locations and is scheduled to grow in 2017.

AMOB was developed at the Roybal Center at Boston University to help attendees reduce their fear of falling and increase their activity level. The course, which consists of eight two-hour sessions led by certified coaches, teaches participants about falls management, falls control, exercise, and social limitations with regard to concerns about falling.

“Falls are not a natural part of aging and most falls are preventable,” said Ann Mostofi, VP of Patient Care and CNO at Eisenhower Medical Center which, along with Desert Regional Medical Center, is one of eleven host locations. The program is funded locally by the Desert Healthcare District and The Auen Foundation.

Since the program debuted last year, it has seen over 300 graduates. Post-program surveys revealed that graduates who took the course learned to change their mindset about falling, changed their environment to reduce the risk of falling, and participated in a regular exercise program as a way of increasing strength and balance as a preventative measure. Many participants viewed the program as educational, fun, and non-threatening, noting that the course provided good exercise and fostered socialization.

“The A Matter of Balance course helps participants learn to see falling as controllable and offers practical strategies on how to manage falls and increase activity levels,” said Suzanne Spencer, Director of the Falls Prevention Program at Mizell Senior Center. “Our goal with this course is to help modify and minimize the physical and psychological ramifications of falling, which helps our participants maintain a healthy level of activity as they age.”

Host sites include the Mizell Senior Center, Cathedral Center/Mercy Housing, Desert Oasis Healthcare, Desert Regional Medical Center, Annenberg Center for Health Sciences at Eisenhower Medical Center, Eisenhower Renker Wellness Center, Joslyn Center, The Springs Country Club, Desert Cove Assisted Living, The Center and The Colony of Rancho Mirage. Plans to extend the program to the east valley are pending funding.

“Our goal of sharing this award-winning falls prevention course with other organizations is to significantly prevent and reduce falls and the fear of falling among the large population of older adults in the greater Palm Springs area,” said Jack Newby, Mizell Senior Center’s Director of Development.

For more information on the A Matter of Balance program contact Suzanne Spencer at SuzanneS@mizell.org, call (760) 323.5689, or visit mizell.org.

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Image of Janet Zappala with text: YOUR HEALTH MATTERS WITH JANET ZAPPALA WEEKNIGHTS ON KMIR NEWS



Healing Broth

By Dipika Patel

“Bone broth isn’t just broth, and it isn’t just soup. It’s concentrated healing.”

— Kellyann Petrucci, ND

When I first heard about bone broth, I was a little baffled. I did not understand how someone could drink bone broth on its own and say it makes a difference to his or her well-being until I saw what a difference it made for me.

I love soup in both summer and winter. In the hottest part of summer I know that it is cooling me down from the inside out (an Ayurvedic practice). However, being of Indian, Hindu heritage, I never thought of making bone broth, as it was not a part of my culture. We made soup several times a week but it was nothing like broth. It was usually made from beans or legumes which left me feeling bloated and gassy due to the rich fibers my body was not digesting.

So here are my thoughts about bone broth... It is normally made up of ligaments, cartilage, meat, collagen and fat. There are many health benefits from the newly popular delicacy as long as it is properly prepared.

When choosing bones, whether it is poultry, beef, lamb, pork, fish or a blend of these, you want to make sure that you get the best quality, meaning wild caught or pasture raised, locally farmed, and grass fed. The water you use should also be free from heavy metals and toxins and the broth should be cooked for 24-48hrs or more. Then, it must be cooled, strained, the fat separated, then jarred, canned or frozen.

This process is an integral part of the making of bone broth; if not made correctly it can cause problems to your health. One of the most common mistakes, using non-organic produce and tap water, has led to people having a lot of heavy metals and toxins in their body.

The best way to preserve bone broth (if you do not want to freeze it) is to strain the broth with the fat content already in it, then put the containers in the fridge. The fat of the broth will rise to the top of the container sealing in the freshness. It is said that this can stay in the fridge for up to six months without freezing it. Personally, I would use it within a couple of months (do not leave it out in the open especially with our climate here in the desert as you don’t want to alter the bacterial count).



Bone broth: a newly popular delicacy

An alternative to bone broth is to cook your meats on the bone. This will aid digestion and provide essential and vital vitamins, minerals and bacteria that are not found in pure protein without the bone. But remember, we don’t need as much protein in our diets as we have been told all these years.

Chef Dipika, holistic health and lifestyle coach, holds monthly Healthy Eating & Exotic Food Cooking classes. For more information, visit www.dipikapatel.life or contact her at Dipika@dipikapatel.life.



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Spinach, Barley and Lemon Soup

From Janet Zappala, KMIR's Your Health Matters

When you're in the mood for a light, but heavy on flavor soup, chocked full of nutrients, try this recipe for Spinach Lemon Soup. I learned this one from a professional chef in New York City a few years back, and believe me, it stands the test of time. The toughest part of making this soup is the chopping. Other than that, it's about as easy as it gets. So, get going. Chop, chop! You'll love this!



What you'll need:

- 1 tablespoon Earth Balance

1 tablespoon extra virgin olive oil

1 cup diced celery

1 cup diced carrot

1 cup diced onion

1 teaspoon salt
- 6 cups chicken stock (unsalted)

1/3 cup pearly barley or Arborio rice

2 cups baby spinach or just about any green such as escarole or Swiss chard

Juice of one lemon

In a large soup pot add the butter alternative and olive oil, over medium heat. Let heat about a minute then add celery, carrots and onion, stir to combine. Reduce heat to low, cover and let cook until vegetables are softened. Add salt and stock, bring to boil. Stir in barley, bring to a boil, stirring frequently. Cover pot and let cook until barley is cooked, al dente, about 10 minutes. Just before serving, add lemon juice and spinach. Stir and let cook for another 2 minutes or so.



Serve in soup bowls and top with grated pecorino or parmesan cheese. Enjoy!



A Healthy Twist on Classic Fare

June Hill's Table at Trilogy at the Polo Club

A Desert Health Review

Across from the Polo Grounds in Indio is a new contemporary community called Trilogy at the Polo Club. The all-ages resort boasts an "active lifestyle" and offers a large community and separate lap pool, state-of-the art fitness center, tennis and pickle ball courts, bocce courts, and even a life-sized chess game.

At the heart of the community is a stunning clubhouse outfitted in equestrian décor which is home to *June Hill's Table*, a rustic modern health-conscious restaurant which is open to the public.



Chef Kevin Land

June Hill's Table is a welcome addition to the east valley which is lacking in variety for those desiring tasty cuisine that is also nutritious in a modern, cool environment. The restaurant has quickly become our favorite as the ambiance and staff are refreshing, and a large portion of the menu satisfies our gluten-free lifestyle.

The restaurant, which opened in March of last year, was named after June Hill Robertson McCarroll, who from 1907 to 1916 was the only physician regularly practicing in the desert between the Salton Sea and Palm Springs. As you may have seen on KMIR's *Our Desert Past*, she is also credited for establishing the white line that separates road lanes. Following a near accident, she personally painted a line on Indio Boulevard and then, with help from the Indio Women's Club and similar organizations, launched a successful letter writing campaign for roads statewide. The idea was adopted by the

California Highway Commission in 1924 and later, worldwide.

Beyond the name, the restaurant's classic, yet modern design, melds past and present in a warm and welcoming display. The menu is no different. "We like to consider our fare a new twist on classic favorites," says Chef Kevin Land, a desert local who has worked throughout the country and blended his varied experience and passion for the desert into the restaurant's offerings. And while the menu includes succulent comfort food like St. Louis BBQ ribs, maple-brined pork porterhouse, and ravioli with shrimp, it also features an open fire-grilled free range chicken breast served with seasoned cauliflower rice, garlic sautéed green beans and a port wine mushroom reduction; turkey spinach wrap; and hot iron seared Scottish salmon as some of the healthier options. The kitchen is also very accommodating to substitutions and dietary considerations.

My favorites are the generous salads. Chef Kevin sources his produce from local farmers' markets, and you can taste the difference. His unique blend of ingredients provides a well-balanced, tasty and filling meal. The Polo Life Salad combines marinated kale, quinoa, feta cheese, Kalamata olives, marcona almonds, cherry tomatoes and red onions topped with a roasted garlic vinaigrette. The spinach salad is tossed with pomegranate seeds, toasted pumpkin seeds, blue cheese or feta crumbles, arugula and granny smith apples. The Coachella Valley Cobb is presented with whole strips of homemade bacon, charred sweet corn, sliced eggs and avocado, and handfuls of fresh ham and turkey. The portions are generous and chicken, salmon, shrimp or skirt steak may be added.

Pizzas are offered with a homemade thin crust or a gluten-free polenta and parmesan crust. The polenta is unique and very filling, thus recommended as a shared item – possibly with a side of their to-die-for crispy Brussel sprouts.

All protein is natural and free of hormones and antibiotics. Chef Kevin prefers corn-fed beef over grass-fed for the marbling which delivers very juicy, tender steaks sourced from Cedar River Farms about one hour east of the valley.



Free range chicken with cauliflower rice



Sautéed Brussel sprouts



Spinach and pomegranate salad

In lieu of bread, *June Hill's* serves their house made Yukon potato chips with which I have a love-hate relationship. Tossed in garlic oil, Maldon sea salt flakes and pepper, they are so exceptional that it's impossible to eat just one.

The well-stocked bar offers a wide variety of wines by the glass as well as the bottle, craft beers, and signature cocktails - also a fun twist on classic favorites like the New Fashion, the Polo Pony (mule), the Model T, Desert Rose and Dr.'s Orders.

June Hill's Table will not disappoint.

Beyond the health-conscious menu and friendly staff are beautiful mountain views enjoyed from either indoor or outdoor seating.

June Hill's Table is located at Trilogy at the Polo Club off Avenue 52 at Monroe in Indio (51750 Polo Club Drive). It is open for lunch and dinner Wednesday-Saturday from 11:00am to 9:00pm and Sundays from 10:00am to 6:00pm for brunch with a limited menu after 3:00pm. For reservations, please call (760) 797.7229 or visit OpenTable.com.



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It's Time to Play!

By Lauren Del Sarto

When was the last time you tried something new just for the fun of it? As we age, busy schedules - and often apprehension - can keep us from exploring new horizons and trying things a little out of our comfort zone.

Such is the case with the latest craze to arrive in the desert: trapeze yoga.

I love yoga and practice often, but the thought of doing it suspended from the ceiling was a bit intimidating. Was I strong enough to maneuver the straps or pull myself up? What if I slipped and pulled a muscle or fell on my head? I do love inversions, however, and the thought of upside down suspension made my curved spine smile.

Letting all that apprehension go, I decided to give it a try. "Trapeze is very playful," said instructor Jade Mason at Bikram Yoga Plus in Palm Desert. "So even if you aren't doing it for the physical benefits, it's just a lot of fun."

I quickly realized that as with all yoga, you can take this practice at your own pace and to your own level. No one is judging you and the instructor is there to assist as necessary, so it is welcoming for beginners, and IS a LOT of fun!

Beyond the excitement of trying something new, there are many physical benefits to the practice. The poses Jade took us through focused on flexibility, core strengthening and - my favorite - traction.

"Trapeze yoga allows gravity to work for you and not against you," says studio owner Denise DuBarry-Hay. "For regular yoga practitioners, it

allows you to melt into a supported stretch that you can't get any other way. It's a great cross training for other types of yoga - and it's fun." She adds that in many cases, back pain can

be greatly reduced by this inversion therapy as the self-controlled traction separates each vertebra by gravitational pull.

Other newbies in the class included Dr. Amir Lavaf, a radiation oncologist, and Dr. Shervin Rafie, a radiologist, who both recently took up yoga. I commended them for incorporating constructive play into their busy schedules. "I thought it was fantastic," said Lavaf. "I liked both the static and kinetic movements. I was sweating; for me it was work."

It was work, and the rocking cocoon pose at the end was a welcome pause in time. The class left me feeling relaxed, definitely taller (thanks to the inversions), and wanting more. "Trapeze is new to the Desert, so everyone who comes in is new to it," says Mason who added that poses can get very acrobatic. "We only scraped the surface as to what is possible to do in the trapeze sling."

The practice was not only a good workout, it reminded me of the value of stepping outside of your comfort zone - and making more time for play.

Trapeze yoga is available at Bikram Yoga Plus-Coachella Valley in Palm Desert with several classes weekly.

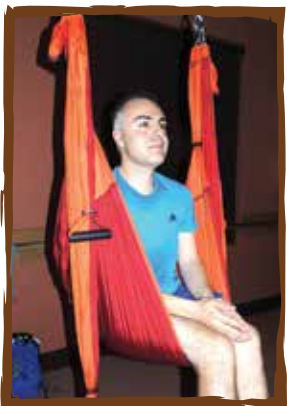
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Flexibility, core strength and traction are the focus of trapeze yoga.



The cocoon pose is a calming rest to complete class.



Dr. Amir Lavaf gets ready for some play time.



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Why Do Athletes Use Hyperbaric Oxygen Therapy?

By Maria S. Himelman, MBA

Hyperbaric oxygen therapy (HBOT) is becoming widely popular in today’s athletic world. Many professional, collegiate, and amateur athletes are utilizing the therapy to aid in faster recovery time and overall athletic performance.

Hyperbaric oxygen therapy is a Federal Drug Administration (FDA) and American Medical Association (AMA) approved medical treatment that delivers 100% oxygen in a pressurized chamber. It is a highly effective way to increase the volume of oxygen in the blood and other body fluids, thus increasing many the beneficial effects that oxygen has on the body. In medical application, HBOT is a superior tool for treating non-healing diabetic wounds, radiation tissue damage, post-surgical healing, and many other conditions. But how does HBOT benefit athletes?

The pressurized chamber in which athletes breathe pure oxygen increases the oxygen level of the blood plasma and hemoglobin up to 25 times. The red blood cells become more malleable, enhancing their ability to penetrate restricted blood vessels so that cells and tissues receive the oxygen they need to regenerate and heal. These elevated oxygen levels help athletes increase performance and recover more quickly after a workout, as it also flushes out the lactic acid that causes muscle fatigue and increases oxygen delivery to the brain which can enhance an athlete’s ability to make split-second decisions.

The therapy also stimulates production of body stem cells, boosts immune function, and decreases swelling and inflammation. With HBOT, a sprained ankle might recover in four days instead of eight; a bruised thigh could mend in one week versus three. Recovery time is reduced significantly and athletes at all skill levels get back into play faster.

Many athletes, including Michael Phelps and Novak Djokovic, reportedly use hyperbaric chambers to help them with injuries and for recuperating after intense training and physically grueling competition. During a recent interview with ESPN, NFL pro James Harrison stated, “It’s simple – my body helps me make money.” Harrison has a meticulous weekly routine which includes HBOT that helps him to repair his body. “I have a hyperbaric chamber that I use to rejuvenate myself. The days that I don’t do it, I don’t have that extra ‘umph,’” he said about his almost daily use of hyperbaric oxygen.

While there is no specific protocol for athletes, Desert Hyperbaric Medicine’s medical director Dr. Ronald Himelman recommends at least five daily 90-minute HBOT sessions during an athletic event or in preparation for a competitive race or match. It is important to note that HBOT is conducted by highly trained certified hyperbaric technologists, and medical clearance by a medical director or nurse practitioner is required.

Maria Himelman is owner of Desert Hyperbaric Medicine in Palm Desert. For more information call (760) 773.3899 or visit DesertHyperbaricMedicine.com.

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Shoulder Impingement: A Common Problem for Golfers

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

Shoulder injuries are very common with golfers because of overuse during the swing. This is due largely in part to poor mechanics, restricted motion due to muscle imbalances, and/or inflammation.

In golf, which many do not consider an overhead sport, 30% of your swing is spent vertically elevated above 90 degrees. The combination of horizontal and vertical extremes has been shown to be a mechanism of a shoulder injury, especially to the rotator cuff.

The term impingement refers to the inability of the rotator cuff tendons to slide freely under the subacromial space, resulting in inflammation and prolonged thickening, which then results in pain and loss of strength.

Golfers get impingement syndrome from elevating their shoulders during the follow-through of the swing instead of rotating their trunk and hips. The symptoms can start slowly and then progress to severe unless manageable care is started. Most golfers don’t want to take a day off, with the desire to be on the course sometimes outweighing treating a problem before it becomes worse.

There are 2 types of impingements, external and internal, depending on which direction is affected.

External impingement is often due to a congenital deformity, or to degenerative changes, where small spurs of bone grow out from the arch and impinge on the tendons. This often comes with age.

Internal impingement occurs in athletes whose throwing or overhead activities are overused with time. The underside of the rotator cuff tendons are impinged against the cartilage of the shoulder known as the labrum.

Management or care for impingement syndrome can solve most of the physical issues that are associated with the syndrome. Physical therapy is a good place to start with an evaluation and treatment plan including range of motion exercises and conservative therapies like ultrasound, electrical stimulation and ice to control inflammation. If that does not seem to help, your physician should order further diagnostic testing like an MRI to visually see if there is damage to the shoulder structure. A cortisone shot, which is more invasive, along with anti-inflammatory medications and continued physical therapy may also be an effective treatment protocol option.

Shoulder impingement doesn’t have to be a lifelong problem; proper care and management can get you back on course quickly.



Management of impingements can get you back in play.

Michael K. Butler B.A.;P.T.A.;CSCS*D;RSCC*D NMT is co owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as physical therapist assistant, national certifications of distinction through the NSCA as a strength and conditioning coach, Poliquin International state coach and as a Full body Active Release Techniques Practitioner. Mike can be reached at (760)200.1719 or at michael@kinetixcenter.com. kinetixcenter.com.



Fighting Alzheimer’s Every Step of the Way

“Alzheimer’s is relentless, and so are we,” said Anne Gimbel, Alzheimer’s Association Coachella Valley Regional Director. “The disease is growing at an alarming rate and affects not only those diagnosed, but countless spouses, children, parents, family members and friends. New research from the state of California indicates that one person in nine older than age 45 have some signs of cognitive decline. We look forward to our 2017 Walk to End Alzheimer’s at Civic Center Park and encourage everyone to lead a team, join a team, or volunteer.”

The 18th annual Walk to End Alzheimer’s 2017, takes place Saturday morning, February 18, at the Palm Desert Civic Center Park. The event supports the Alzheimer’s Association, California Southland, Coachella Valley to provide much needed care and support for the more than 40,000 local residents touched by Alzheimer’s and related dementias. Funds also go to educate the public about Alzheimer’s and research to fight the disease.

The Alzheimer’s Association began serving the Coachella Valley in 1998 and offers numerous free programs and services to individuals, families, and caregivers dealing with dementia. The office provides caregivers with the information, education, and resources necessary to help them better care for their loved ones, themselves and their families.

Many valuable programs are offered including no-cost care consultation, a lifeline to those dealing with the 24-hour-a-day responsibility of caring for someone with dementia. Through the Savvy Caregiver, an evidenced-based education program, caregivers learn about the disease and ways it affects thinking, memory, communication and behaviors, and skills to better manage the challenges of disease progression. Caregiver support groups offer peer-to-peer interactions where participants benefit from sharing insights, understand they aren’t alone with their fears and frustrations, and develop a support system that often lives beyond the disease. Memory Club, led by a professional staff member, is an eight-session education and support group for early-stage individuals and their family care partners.

The Alzheimer’s Association is the largest voluntary health organization dedicated to Alzheimer’s research and support. Its mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The Walk to End Alzheimer’s takes place Saturday, February 18, at Palm Desert Civic Center Park. The Alzheimer’s Association, Coachella Valley, is located at 69-730 Highway 111, Suite 100, Rancho Mirage. For more information and to register visit www.act.alz.org/cvwalk2017 or call (760) 996.0006, ext. 8414.



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Desert Woman’s Show Celebrates 10 Years!

The Desert Woman’s Show is celebrating its 10th fabulous anniversary on January 14 & 15 at Agua Caliente Casino, Resort & Spa and promises to be bigger and better than ever.

Expected to draw more than 2,500 attendees, the expo will shine the spotlight on women’s issues offering stimulating seminars on today’s hottest topics including *The Latest Secrets to Longevity*, *Myths of Organic Foods and Cooking Raw & Fresh* with renowned Chef Herve of Parker Palm Springs. *Top Tests That Can Save Your Life* will be discussed by a dynamic cast of female physicians from Desert Regional Medical Center.

Saturday opens with an educational and empowering symposium, *Heartbreak of Addiction*, featuring a panel discussion with several distinguished individuals who have reclaimed their sobriety. Hosted by Josie Herndon of Addiction Therapeutic Services, the panel discussion is designed to offer hope and inspiration to families affected by addiction. Public seating will be open to Woman’s Show attendees free of charge.

Saturday also features a Macy’s MOM & Me fashion show under the Desert Sun Fashion Tent with mother and daughter models from our community ranging from 35 to 77 years old, including *Desert Health’s* own Lauren Del Sarto and her mom, Doris Steadman. Eileen Fisher and Vince Camuto spring fashions will be previewed. Next on the runway is *Fashions with Furry Friends* featuring the distinguished apparel by Jordan Sack. Joining our models are their favorite furry friends. Following this fashion show *Loving All Animals* will have an adorable pet adoption.

More than 50 exhibitors will gather under one roof showcasing products and services ranging from the latest in beauty, weight loss and anti-aging to apparel and accessories. When the Sunday fashion show is over Charity Bingo (with bubbly!) begins. It’s every woman’s whimsy come true.

The ever-popular Taste of the Valley returns this year offering attendees relaxation on the patio under the palms while sampling a cornucopia of tasty food, wine and spirits from some of the valley’s best restaurants. Live jazz will add to the ambiance.

Totally new this year is the VIP Thunder Weekend Pass that starts on Friday at 8 p.m. with a cocktail reception featuring entertainment by the Australian group Thunder from Down Under in The Show theatre at Agua Caliente. Thunder bills itself as ‘the perfect girl’s night out’ with Vegas dance routines, cheeky humor and boy-next-door charm. On Saturday and Sunday, the VIP pass includes pampering specials, fresh juice mimosa, oxygen infusion facial, premium seating at fashion shows and presentations, goody bag, and free admission to Taste of the Valley. Tickets are \$100 per person.

The Desert Woman’s Show is brought to you by Diana Marlo Noll of Marlo Productions, one of the top 12 most interesting and influential women in the Coachella Valley. “Giving back, being a part of my community and caring about those around me keeps me grateful for all that life has given me,” says Diana. “I love being busy and championing the incredible women I have met along the way.”

Proceeds from the Desert Woman’s Show weekend charitable events will support *Loving All Animals*, *Addiction Special Grants* and the *Parkinson’s Resource Organization*.

The Desert Woman’s Show takes place Jan. 14 & 15 at Agua Caliente Resort & Spa in Rancho Mirage. General admission is \$15. For a limited time, one free ticket for Saturday or Sunday is available online courtesy of Desert Regional Medical Center. Taste of the Valley is \$15 per person per day. For more information and tickets visit www.desertwomansshow.com. (800) 374.6952 or info@DesertWomansShow.com.

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Fifth Annual Women Who Rule!

The Women Leaders Forum of the Coachella Valley (WLF) is proud to announce the 5th Annual “Women Who Rule” Awards Luncheon and Scholarship Fundraiser presented by Desert Regional Medical Center. Four incredible women serving the Coachella Valley and beyond will be honored for their extraordinary community leadership, philanthropy, commitment to education and visionary entrepreneurship on Friday, February 3, at Agua Caliente Resort Spa in Rancho Mirage.

WLF Desert Visionary Award: Susie Harvey

As a founder of Leadership Coachella Valley and of the All Valley Legislative Committee, Susie Harvey has been vital in developing leaders in our desert communities. Employed as a professional non-profit manager from 1981 until her retirement in 2006, Susie was recently named Palm Desert Citizen of the Year by the Palm Desert Area Chamber of Commerce and received the Greater Coachella Valley Chamber of Commerce Chairman’s Leadership Award.

Mary T. Roche Community Leadership Award: Jan Salta

Jan Salta’s philanthropy is well known in the Coachella Valley, but her charitable heart touches even further. She serves as President and Chairman of the M. F. Salta Company as well as the Jan and Mike Salta Foundation which are both based in Irvine, California. Jan looks forward to continuing her charitable work and encouraging the next generation to help make this world a little better.

Helene Galen Excellence in Education Award: Dr. Sharon Brown-Welty

Dr. Sharon Brown-Welty came to the Coachella Valley in July 2014 when she was appointed as the Dean of Cal State San Bernardino’s Palm Desert Campus. In addition to being an accomplished writer, editor, reviewer and presenter of educational leadership, Dr. Brown-Welty also extends her passion to community service.

WLF Inspiration Award: Melissa Neiderman

Melissa Neiderman was a teacher for 21 years, leading children to look beyond the school walls to lend a hand. Since retiring from teaching, she has become a full-time volunteer for the American Cancer Society in Palm Desert, and spearheaded the high-profile fundraising effort for Desi Cechin, a young local girl who was diagnosed with Stage 4 neuroblastoma.

The luncheon is open to the public. Proceeds, along with a matching donation from Pathways to Success, a division of the Coachella Valley Economic Partnership, will go directly towards college scholarships for the best and brightest members enrolled in WLF’s Young Women Leaders Mentoring Program.

“Each one of the honorees chosen has exemplified a dedication to our community and serving others,” said Event Chair Mahasti Islami. “We are honored to recognize them as women who rule.”

The event begins at 11 a.m. with an elegant reception and silent auction, followed by a 12 p.m. awards program and lunch. Luncheon ticket prices are \$70 for WLF members, \$80 for non-members and \$800 for tables of ten until January 6. For more information on the event or to purchase tickets, please visit www.wlfdesert.org.

Heroes in Recovery to Host Sixth Annual 6K Event

Heroes in Recovery, a national movement celebrating the heroic efforts of those who seek addiction and mental health treatment, is returning to Palm Springs for their sixth annual 6K run/walk. The race is a 6K, not a 5K, which not only represents the six letters in the word “Heroes,” but also symbolizes the extra distance people in recovery go to achieve a healthier lifestyle. Heroes in Recovery was ignited by Foundations Recovery Network (FRN), a family of treatment centers, which includes inpatient and outpatient treatment centers located in the southern California area.

According to the Substance Abuse and Mental Health Services Administration, 23 million people needed treatment last year, yet only 3 million sought help. Ten million Americans did not receive needed mental health care. The stigma associated with substance abuse and mental health disorders creates a significant barrier to individuals and families seeking help.

Heroes in Recovery is a grassroots movement intended to remove the social stigma associated with people who are in recovery, to recognize the heroic effort it takes to overcome the obstacles in seeking help, and to celebrate the act of preventing the past from kidnapping the future. While the movement initially focuses on persons recovering from addictive behavior, it is meant also to recognize heroes recovering from many other types of disorders and trauma that can feed or manifest from an addiction.

The Heroes in Recovery 6K races serve as an educational tool for the community as well as a reminder to individuals that while

they are on a personal journey of recovery, many others are on that road with them.

The Heroes race in Palm Springs will also benefit local charity SafeHouse of the Desert which is the only 24/7 non-profit shelter in the Coachella Valley for youth in crisis. Together with community support, they provide emergency shelter, intervention, outreach services and a substance abuse program for teens.

“It is an honor for SafeHouse of the Desert to partner with Heroes in Recovery to bring this great event to Palm Springs,” said Mary Battin, Sustainability Officer for SafeHouse of the Desert. “We hope our local community will join us on race day to celebrate recovery, increase awareness and enjoy the outdoors. Together, we can help break the stigma surrounding addiction and create a safe, encouraging environment for those in need.”

The Heroes 6K will be held on Saturday, February 4 at 8:00am in The Corridor in Palm Springs. The race starts and finishes in the center courtyard of The Corridor and takes participants on a 6K (3.728-mile) road course through beautiful neighborhoods with mountain views. All registered participants will each receive a race shirt and finisher’s medal. This is a family friendly event and will include post-race food, entertainment, cash prizes for placers, and raffles for participants and spectators.

Early registration is \$35 and the day-of-race fee is \$40. Please use promo code DESERTHEALTH to save \$6 off your registration. For more information and to register for the event go to: <http://www.heroes6k.com>.



Come walk or run on February 4 in Palm Springs.



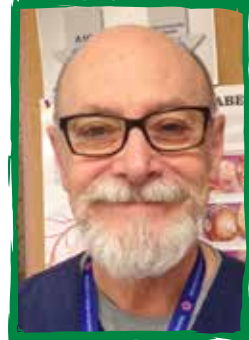
22nd Jim Cook Day of Hope for Diabetes®

A Better You Today and Tomorrow Living with Diabetes is the theme of the 22nd Annual Jim Cook Day of Hope for Diabetes taking place Saturday, February 25, from 8 a.m. to 12:30 p.m. at the Annenberg Center for Health Sciences at Eisenhower.

The public is invited to attend this free event sponsored by the Desert Diabetes Club and the H.N. and Frances C. Berger Foundation which includes a product fair showcasing the latest technology and treatments for persons with diabetes and many speakers and presentations.

"Education is key when it comes to having diabetes," says Melinda Read, popular television personality and Day of Hope emcee. This year, attendees will learn stress reduction tips from keynote speaker and stress management expert Kiran Dintyala, MD, MPH, ABIHM.

According to the American Diabetes Association, stress results when something causes the body to behave as if it were under attack. Sources of stress can be physical, like injury or illness, or they can be mental, like problems in your marriage, job, health, or finances. When stress occurs, the body prepares itself appropriately in what is called a fight-or-flight response. In the fight-or-flight response, many levels of hormones become elevated for the purpose of creating an abundance of stored energy like glucose and fat that are then available to cells. These cells are then primed to help the body escape from danger. In people who have diabetes, the fight-or-flight response does not work as efficiently and glucose can pile up in the blood.



Yuri Krochmaluk, RN, CDE, and Eisenhower Diabetes Program Educator will speak on "Insulin: Mastering its Use."

Day of Hope will also feature experts from Eisenhower Medical Center, Eisenhower's Diabetes Education Program and Walgreens speaking on the latest research and information on various diabetes-related topics such as insulin pumps, continuous glucose monitoring (cgm), insulin, medications for

diabetes, cholesterol and high blood pressure management, nutrition, kidney health, and current trends in diabetes treatment.

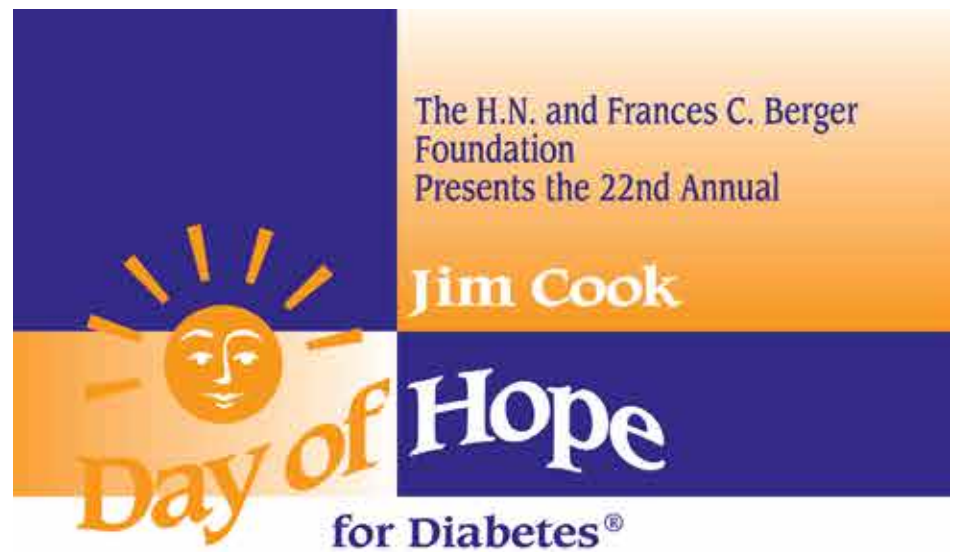
Attendees will also hear from Eisenhower Physical Therapist Bill Carlson who became the first person with diabetes to finish an Ironman championship. Learn all about his incredible journey battling diabetes during this massive achievement!

Free A1c testing will be available for those with diabetes and other free screenings will be available to all attendees. Snacks and coffee will also be available. Enter for a chance to win one of several gift baskets with a value of over \$100 each! Drawing held at 12:30 and one must be present to win.

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. Reservations are not required.



Rodolfo Batarsé, MD, Nephrologist will speak on "The 3 Ms of Behavioral Modification."



A Better You Today and Tomorrow Living with Diabetes

**Saturday, February 25, 2017
8 a.m. to 12:30 p.m.**

Annenberg Center for Health Sciences
at Eisenhower, Rancho Mirage, California



**KEYNOTE
SPEAKER**

Kiran Dintyala, MD, MPH, ABIHM
Author, Speaker and Stress Management Expert

FREE! • Health Fair • Medical Screenings •
Free A1c testing for people with diabetes •
Lectures • Prizes • Valet Parking

Produced by the Desert Diabetes Club.

For more information, visit emc.org/ddc
or call 760-773-1578.





POLOCHELLA™

YOUTH TOURNAMENT

February 18 & 19 • 10 a.m.

EMPIRE POLO CLUB

Forum Field

81-800 Avenue 51 • Indio

Come see future polo players (ages 6–18) from throughout the western United States compete at Coachella Valley's 1st annual tournament benefitting Empire Polo Club's Youth Polo Program.

FREE activities for the entire family includes the 2-day tournament, instruction for youth on playing polo, vendor displays, raffle drawings, tailgating, and more!

For more information call (760) 899.5102

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Polochella has teamed up with Dog Angel, a non-profit spay, neuter, vaccination and dog licensing organization. Become a Dog Angel and help control unnecessary euthanization.

Polochella Youth Tournament Returns

Come cheer the kids on!

Empire Polo Club will once again host the annual youth polo tournament dubbed "Polochella" on Saturday, February 18 and Sunday, February 19 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, silent auction; tailgating; and more.

The tournament will draw young players ages 6-18 from all over the western United States with two team divisions from intermediate (canter/gallop) to experienced (full gallop/canter). The entry fee is \$25.00 per player. 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.

A fun-filled reception and dinner will also take at the Tack Room Tavern on the polo grounds Saturday, February 18 from 6pm to 10pm. The



Kids ages 6 and up try their hand at polo with help from retired polo ponies.

dinner is open to all attending the tournament and will feature a DJ. If you are not participating in the tournament but would like to join the party, a donation of \$20.00 per person is welcome. Proceeds will go to Empire Polo Clubs Youth Polo Program.

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



Advanced juniors provide exciting competition for spectators.

Empire Polo Club is located at 81-800 Avenue 51 in Indio. Polochella is played 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.

Wellness Worth Watching: Movie Series

We'll be screening three documentaries that will entertain you, make you think, and maybe even motivate you to make some changes. **Each screening will be followed by a special practice or experience inspired by the film.**

TIME: Each event runs from 5:30 - 8 p.m.

PLACE: Annenberg Center for Health Sciences at Eisenhower

COST: \$15. Tickets are available at emc.org/wellness or by calling 760-610-7360.

January 10, 2017 "Fed Up" (1h 32m)

Everything we've been told about food and exercise is wrong. Director Stephanie Soechtig and producers Katie Couric and Laurie David will change the way you eat forever.

February 7, 2017 "The Connection" Mind Your Body (1h 12m)

There is a direct connection between your mind and your health. Whether it's through stress reduction, meditation, mindful nutrition, or nurturing relationships, you can change your mind to change your health.

March 7, 2017 "Happy" (1h 13m)

Roko Belik, Oscar® nominated director of *Genghis Blues* explores the nature of happiness worldwide, from the bayous of Louisiana to the deserts of Namibia, to the beaches of Brazil.



Wining, Dining & Helping a Great Cause

The acclaimed WineLover's Auction returns this year to Thunderbird Country Club in Rancho Mirage on February 3. Given the success of last year's inaugural event, the auction will no doubt be overflowing with fine wines, good times and good-hearted generosity.

The WineLover's Auction is a festive event reflective of the extraordinary people who populate the Palm Springs area and the wines they love to drink. Just as the Coachella Valley draws fascinating people from all over the world, the superb wines presented at the annual WineLover's Auction come from all over the United States, France, Italy, Chile, Argentina, Australia and more.

The 2016 inaugural WineLover's Auction was a resounding success, raising nearly \$200,000 from a sold-out house of 250 wine lovers.

All proceeds from the event go directly to supporting Coachella Valley Volunteers In Medicine (CVVIM), the only no-charge medical and dental clinic in the Coachella Valley serving adults, who for whatever reason, can't get medical care anywhere else. The Auction, which features both silent and live auctions during a wine reception and wine-paired dinner, is the primary fundraising event for CVVIM.

Guests attending the auction can bid on wine travel packages and wine dinners, golfing events with wine, wine storage and wine accessories – everything an oenophile could ask for. Many of the exceptional wines that are available for bidding hail from private wine cellars and provide a wide spectrum of rare types and vintages.

Donations for the 2017 WineLover's Auction are still being accepted and can include wine, wine-themed baskets, travel and entertainment items, art, jewelry and other desirable items.

"San Diego and Seattle travel packages, Dom Perignon champagne, fresh caviar and several California, Oregon, Washington and international wines have already been donated for the auction," said CVVIM Executive Director, Doug Morin.

The Auction takes place at the historic Thunderbird Country Club in Rancho Mirage, a location synonymous with the desert lifestyle, whose inspired culinary team will pair some great wines with exquisitely crafted food for a wonderful, fun and entertaining evening. Jay Fiske, a locally known, Seattle-based professional auctioneer, will lead the Auction.

Individual tickets are \$250. For more information about the 2017 WineLover's Auction, to purchase tickets, a table, donate auction items, or to inquire about sponsorship opportunities, visit WineLoversAuction.com, mail to PO BOX 10090, Indio, CA 92201 or contact Doug Morin at (760) 342.4414.



2016 Co-chair Bob Lucurell, Lunn Lucurell, Sandy Gandolfo, and 2016 Co-Chair Joe Gandolfo



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Honoring those in our community moving
health and wellness forward

Nominations Now Open



The "Welly"

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!**

(Nominations open until March 31, 2017)

2017 Categories Include:

- 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 and winners will be announced at the evening celebration!

May 18, 2017 • Desert Willow Golf Resort

2016 Desert Health® Wellness Award Winners



Non-profit
HARC, Inc.



Business
Harvest Health Foods



Integrative Practitioner
Joseph E. Scherger, MD, MPH



Individual
Alexa Palmer



Youth
Valeria Chavez &
Esther Rameriz



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For more information on submitting nominations visit www.DesertHealthNews.com

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