Complimentary

Desert Health®

News from the Valley's Integrated Health Community

January/February 2018

what's inside

Spread Sunshine by choosing kindness

In every moment of our lives we have the choice to think or say positive or negative thoughts. And those words will not only impact the recipient, but will also impact us.

Do you consciously think about how your words will impact those around you? What makes a person choose the negative? Is it the satisfaction of being right? Self-judgment or judgment of others? Maybe a lack of empathy, compassion or heart. These emotions are fueled by a sense of righteousness on which the ego thrives, suggests Deepak Chopra in Oprah and Chopra's meditation series Manifesting Grace through Gratitude. "The ego likes nothing better than to know that it is in the right."

Putting the ego aside and choosing the positive requires a conscious effort and practice, but it can become second nature, and the value it will add to your life, the life of others - and the world - is immeasurable.

The key is to lead with compassion. "Compassion is the commonality that links us together," states Oprah. "Knowing that you are human and I am human; that we are really more alike than we could ever be different."

However, sometimes it feels impossible to put compassion above an aversion towards another. Chopra advises to stop and think of a reason you are grateful for that person in your life. There is a hidden link between gratitude and compassion, he notes. "When you are thankful for something or someone, you can't be judgmental at the same time. This fact has healing power because if you feel critical and judgmental against someone, no matter how hard you try, you can undermine your judgmental attitude by finding reasons for being thankful that person is in your life."

Stepping down from the judge's chair brings a complete shift in attitude, he adds. "Even the person's worse faults become something you wish to help with not condemn, and in the absence of judgment, there is nothing to resent."

Finding compassion may also be stifled by a lack of forgiveness. When you bestow forgiveness upon others, grudges start to melt away. "Your awareness becomes more inclusive; it expands beyond I, me, and mine and the window of compassion opens."

From a place of gratitude, our hearts soften, says Oprah, and compassion becomes a natural way of being. "Your perception of the world starts to change and you become a conduit for peace, understanding, and happiness."

Gratitude, compassion, and kindness lead to a life of positivity. And it's those positive thoughts and actions which shine brightly on those around you and make your world – and our entire world – a better place in which to live.

The time in your life between childhood and adulthood can be very challenging.

Everyone expects you to be a grown up, but you may have no idea how to do that. Many young people in this age group also struggle with additional barriers including family dynamics, self-esteem, mental illness, even homelessness.

This time in life can be overwhelming for parents too who no longer know how to relate to their kids, and while county support services have long been available for families and children, programs specific to transition-aged youth (16-24), or TAY, are now a focus for the state.

Riverside County received a state grant to open three new TAY centers, one in each region: Riverside, Inland Empire, and the Coachella Valley. The first opened in La Quinta in June and is called Desert FLOW (Fun, Love, Opportunity and Wellness). The 13,000 sf space is like no other and built specifically for - and by - the needs and desires of the clients they serve. "In this process, we listened to the young people and what they wanted – and didn't want," said Mental Health Services Program Manager John Schwarzlose. There is no reception desk

Continued on page 10

Welcome to a Year of Health & Happiness

Season has started with incredible energy - and excitement for the many health and wellness happenings here in the Coachella Valley. We have renowned speakers, festive events and numerous no-cost opportunities to enhance your personal knowledge and practices and we hope you will take part.

In January, Eisenhower is bringing acclaimed sleep expert and Harvard professor Charles Czeisler, PhD, MD, for a free presentation on improving sleep health. In February, wellness icon Deepak Chopra and health advocate Mariel Hemingway will also be here. We have wellness movies, free health fairs and a large number of walks and runs to get you moving while giving back.

It seems we are seeing more and more people affected by cancer and other chronic conditions these days. Adopting healthy habits can certainly help with healing, but the time to start honoring your body, mind and spirit is now, before you are required to do so. We have many articles on our pages to set you in the right direction. What about creating a wellness room (p.11), starting your year with a vitamin and mineral injection (p.15), or incorporating periodic fasting into your schedule (p.21)? If you can't find it here, remember that seven years of inspiration can be found at DesertHealthNews.com which contains every article we've ever published.

We'd like to honor our dear friend and *Desert Health*® supporter, Morris Sheppard, whom we recently lost. He was an amazing man and exceptional at all his artistic and human endeavors. He kept us laughing and shared his beautiful kind heart with those he loved. We miss him very much but know he is enjoying his new journey beyond the here and now. You are stardust, my friend.

Sail on, Morris Sheppard.

Please join us at the many events and activities our health community has planned for you. Our shared goal is to make the Coachella Valley one of the healthiest places on earth, and it all starts with you.

Wishing you a year of health and happiness ~

Lauren

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News from the Valley's Integrated Health Community

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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. Join us for an afternoon of inspiration as we screen Louise Hay's powerful piece on healing *You Can Heal Your Life* (see page 32). Annenberg Center for Health Sciences at Eisenhower. 2p-4p. Tickets $5. Reserve your seat: (760) 610.7360.

Jan. 13-14 • Desert Woman's Show. Grab your girlfriends and head to this 11th annual event featuring an array of products and services, seminars on today's hottest topics, and Taste of the Valley with food, wine and beer tasting. Agua Caliente Resort. Sat. 10a-4p; Sun. 11a-4p (see page 34). For vendor and guest info contact info@marloproductions.com. (760) 285.3903 www.desertwomansshow.com.

Jan. 17-21 • Career Builder Challenge. This year's PGA Tournament focuses on "fun and giving back" with VIP hospitality and evening concerts featuring Huey Lewis and The News and the Goo Goo Dolls open to all ticket holders, and proceeds benefiting local children's charities. PGA WEST and La Quinta Country Club. Full schedule and tickets ($30) available at www.CBChallenge.com.

Jan. 18 • Improving Sleep Health for People of all Ages: The Sleep Matters Initiative. The 12th Annual Leonore Annenberg Lecture presents renowned expert Charles A. Czeisler, PhD, MD, FRCP in a free presentation open to the public (see page 9). Annenberg Center for Health Sciences at Eisenhower in Rancho Mirage. 3p-5p. (760) 773.4500

Jan. 26 • 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 (see page 31). Agua Caliente Resort. (760) 837.7222. www.wlfdesert.org.

Jan. 27 • Trilogy at the Polo Club Wellness Fair. Come enjoy this free Find Your Fit Wellness Fair on the beautiful grounds of the Valley's fasting growing gated community. A variety of Coachella Valley health and wellness professionals will offer demonstrations, samples and product information from 10a-1p. Also enjoy raffle prizes and fresh bites from their acclaimed restaurant, June Hill's Table. Free, open to the public and presented by *Desert Health*®. Located on Avenue 52 between Monroe and Jackson, east of the Polo Grounds. (760) 238.0245.

Jan. 28 • Heroes in Recovery Walk/Run. The Heroes in Recovery 6K is a unique run/walk that seeks to break the stigma associated with addiction and mental health disorders. Benefitting SafeHouse of the Desert. Use promo code DESERTHEALTH6 to save $6 on registration! www.heroesinrecovery.com/heroes6k/palm-springs.

Feb. 3 • Palm Springs Speaks presents Deepak Chopra, MD. "The Healing Self," a lecture and conversation with the iconic wellness expert at Richards Center for the Arts - Palm Springs. Tickets $30; $60 includes a copy of his new book; $95 VIP ticket includes meet and greet and autographed copy (see page 31). 7:30p. www.palmspringsspeaks.org.

Feb. 6 • Indio Senior Center Health Fair. Health resources, nutrition services, free giveaways, refreshments and more will be offered at this free event from 9a – 12:30p at the Indio Senior Center. 45-700 Aladdin St. For information call Sylvia Tenorio (760) 668.0395.

Feb. 6 • Cambria's Health by Design Speaker Series. Join us for this complimentary reception and presentation by a variety of health professionals. On Feb. 6, we welcome actress, author, and healthy lifestyle advocate, Mariel Hemingway. 5:30p-7:30p (see page 31). Cambria Gallery 42210 Cook Street, Ste M, Palm Desert. RSVP required: (760) 340.0600.

Feb. 7 • Eisenhower's Wellness Worth Watching Movie Series. Join us for an afternoon of inspiration as we screen *Sustainable*, a vital investigation into America's food system (see page 34 for more). Annenberg Center for Health Sciences at Eisenhower. 2p-4p. Tickets $5. Reserve your seat: (760) 610.7360.

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 8:30a -12p (800) 491.4990.

Feb. 16 • 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 (see page 34). 10a-2p. Westin Mission Hills. www.cvgoredluncheon.heart.org.

Feb. 17 • Outdoor Resort Palm Springs Health Fair. This free event is open exclusively to residents of this seasonal upscale resort park that houses over 2400 seasonal residents. Health fair with *Desert Health*® exhibitors to take place from 9a – 12p. (760) 238.0245.

March 3 • 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 (see page 33). Annenberg Center for Health Sciences at Eisenhower 8a-12:30p. (760) 773.1578. www.Emc.org/ddc.

March 21 • Eisenhower's Wellness Worth Watching Movie Series. *Desert Health*® is proud to co-sponsor a screening of *Inside Out*, the Disney film that explores our mind's emotional roller coaster. Annenberg Center for Health Sciences at Eisenhower. 2p-4p. Tickets $5. Reserve your seat: (760) 610.7360.

March 24 • Trilogy La Quinta Health Fair. This festive and free event is open to the public and presented by *Desert Health*®. A variety of Coachella Valley health professionals will offer demonstrations, samples and product information. 9a to 12p. 60-750 Trilogy Pkwy (off Ave. 60) La Quinta (760) 238.0245.

April 7 • Walk to End Alzheimer's. The 19th annual Walk to End Alzheimer's takes place at Palm Desert Civic Center Park and raises funds to provide much needed care and support for locals and their families touched by Alzheimer's and related dementias (see page 32). Registration 8a; ceremony 9a. www.act.alz.org/cv2018. (760) 996.0006.

April 11 • Eisenhower's Wellness Worth Watching Movie Series. *Desert Health*® is proud to co-sponsor a screening of *American Addict*, a documentary that explores contributing factors to America's opioid crisis. Annenberg Center for Health Sciences at Eisenhower. 2p-4p. Tickets $5. Reserve your seat: (760) 610.7360.

Five Things to Know If Your Heart Skips a Beat

Compliments of Desert Regional Medical Center

What does it mean to have a heartbeat that "skips"? And how prevalent is it? Among the senior population, as many as one in ten may suffer from a condition called atrial fibrillation (AFIB), a serious heart rhythm disorder.

But what is AFIB? Here are five things to know:

- **The heart has an electrical system—and it can have problems.** Just like your home, hearts have electrical systems. And just as problems with your home's electricity can cause your lights to flicker, problems with your heart's electrical system can cause the heart to "fibrillate," or beat very rapidly. When this happens, the heart can't pump blood properly throughout the body.

- **It's possible to have AFIB and not know it.** In some cases, AFIB can cause chest pain, palpitations, anxiety and shortness of breath—but some people may not feel any symptoms. "A lot of the episodes are silent, so these patients don't know they have atrial fibrillation," said Hetal Bhakta, MD, a cardiologist with Desert Regional Medical Center who specializes in electrophysiology.

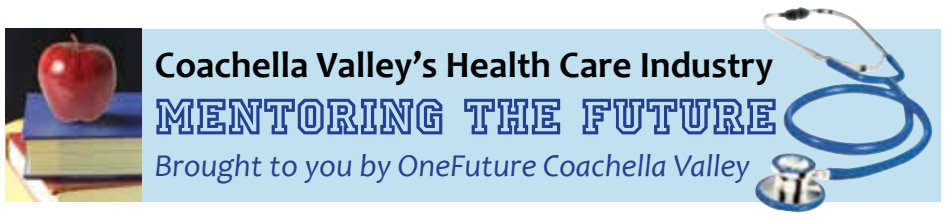
- **AFIB can cause heart failure or stroke—but these are preventable.** AFIB is a serious illness. When the heart can't move blood properly, the blood may pool in the chambers of the heart, causing blood clots to form. These clots can cause heart failure or stroke but properly treating AFIB can greatly reduce the chance of these events.

- **Medications can help but are not a permanent solution.** AFIB patients may take medications that reduce the risk of blood clots or even anti-arrhythmic drugs. However, long-term medication can have side effects.

- **Today's technology can actually target specific cells to restore normal heart rhythm.** Some patients are candidates for a more permanent treatment for AFIB called catheter ablation. Electrophysiologists can actually locate the specific heart cells that are causing electrical problems. By deactivating the cells that are misfiring in the heart, normal heart rhythm can be restored. This can be done without the need for open heart surgery. Just a single procedure with a catheter temporarily inserted and magnetically-steered to the problem area. "If we treat early, we've virtually taken care of the problem," said Dr. Bhakta. Patients who undergo this treatment require only a single night's stay at the hospital before returning to their normal lives.

To learn more about the heart, rhythm disorders, and AFIB, join Desert Regional for its annual Affair of the Heart Health Fair, taking place February 14 from 8:30a-12p on the Desert Regional campus.

Participants can enjoy healthy food, learn basic life-saving hands-only CPR, get their blood pressure checked, watch a cooking demonstration and learn directly from specialists in heart care. To RSVP, call (833) 232.1572 today.



Indio High Nutrition Class Partners with FIND Food Bank

Starting in November and continuing through June, Indio High School nutrition students receive over 1,200 pounds of organic produce from FIND Food Bank. Every other week, each of the 38 students enrolled in *Physiology of Digestion* with instructor Jason Tate take home over 20 pounds of produce to share with their families. This is a collaboration of efforts among multiple Coachella Valley nonprofit organizations including FIND Food Bank, Lift 2 Rise, and the Human Health Initiative.

A goal of this collaboration is to gather data and assemble a regional strategic plan to drastically reduce childhood obesity in the Coachella Valley by 2028 with access to healthy foods combined with nutrition education.

At Indio High, healthy homes can start in the classroom.

Approximately 31% (16,000+) of our Coachella Valley youth are considered obese. This is double the national percentage of 16% (9 million+). A study published by the *Journal of the American Medical Association* found that "obese kids were 5.5 times more likely to have an impaired quality of life than healthy kids, putting their life experience on par with that of kids undergoing chemotherapy treatment for cancer."

Our children are our future and if we want to have healthy, stable, and thriving Coachella Valley families, we need to provide them with the tools, resources, and skills in order to lead healthy lives.

Indio High has been offering a rigorous A-G compliant nutrition and lifestyle education course for the past six years; providing free organic produce to the families of those students enrolled builds on this program. The goal is to show compelling data that nutrition and lifestyle education, paired with access to healthy foods, greatly improves the health and vitality of our youth, as well as their families. Successful implementation of this initiative will ensure funding and resources to scale this model out to dozens of schools across the valley K-12 as early as the 2018-19 school year.

If you are interested in learning more about this program, getting involved, or learning how to implement this at your own school, please contact Jason Tate at jason.tate@desertsands.us.

New Diagnostic Imaging Test for Prostate Cancer

By Adam Brochert, MD

Many people have heard of PET scans to detect the presence and location of cancer. This test typically uses a type of radioactive sugar injected into a vein, which can then be detected by a machine that creates images of the person's body while he or she lies still on a table. A new type of radioactive tracer has been developed for prostate cancer called Axumin (generic name: fluciclovine F-18).

Axumin is a radioactively tagged synthetic amino acid (amino acids are the building blocks for protein) that is injected into the body via a vein. Where the tracer goes in the body can be detected by a PET scan machine - usually at the same time a CT scan is obtained, known as a PET-CT scan. The radioactive physiology images are laid on top of or fused with the CT scan anatomy images to create a whole body exam that looks for prostate cancer.

Axumin is officially approved by the U.S. FDA to look for prostate cancer relapse/recurrence after initial treatment. Typically, men with prostate cancer are followed with the prostate specific antigen (called PSA for short) blood test. After successful prostate cancer treatment, the PSA level usually goes to zero or close to it. If the PSA level later rises, this raises concern that the prostate cancer has come back. Where the cancer comes back is important to help determine what the next treatment step should be, such as watchful waiting, radiation or drug treatment.

The left picture is an Axumin metabolism PET image with an abnormal area of activity (highlighted by arrow). The right picture is the metabolism image fused with a CT scan image showing that prostate cancer has recurred in this patient within a pelvic bone (images courtesy of Blue Earth Diagnostics, Ltd.).

Traditional tests like plain CT scans and PET scans using radioactive sugar are not very good at detecting early prostate cancer recurrence, but Axumin is turning out to be a powerful advanced imaging tool for patients where this is of concern. Because prostate cancer is the most commonly diagnosed type of cancer in men, this concern is unfortunately a common situation. The test is painless other than the initial needle injection to get the Axumin into the body via an arm vein (similar to the needle stick when getting blood drawn). After that, the person simply lies still on a table while the pictures are created by a large donut-shaped camera that surrounds the body. The test takes around 30-60 minutes to complete. There is a small amount of radiation exposure from the test, just like with X-rays and CT scans.

After the test, the tracer simply dissolves/decays and is excreted mostly through the urine. People who have this test can go back to their normal routine later the same day. The images are processed and usually available for physician review the day of the exam. If you or someone you know has concern regarding prostate cancer recurrence, an Axumin PET-CT scan just may be the test you need to achieve peace of mind or figure out what the next step is in your battle against the not-so-friendly "C" word.

Adam Brochert, MD, is board certified in radiology with specific expertise in oncology/cancer imaging. He can be reached at (760) 694.9559 or at www.desertmedicalimaging.com. He is also a member of Desert Doctors. For more information visit DesertDoctors.org or call (760) 232.4646.

In-office Arthroscopy vs. Traditional MRI

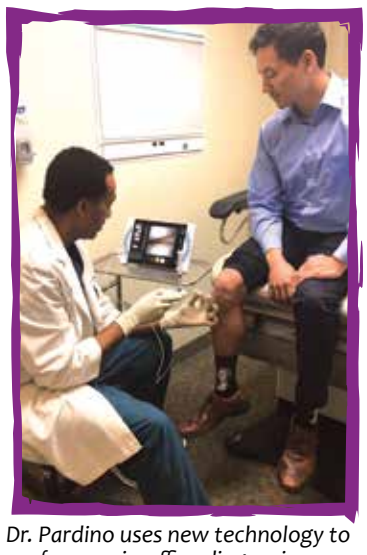
By Sydney Pardino, MD

Joint injuries are especially common among pro athletes who engage in contact sports. From skateboarding enthusiasts to pro football players, the risk of injury waits at every turn, twist, or bounce. Although you don't have to be an athlete or engage in contact sports to receive a joint injury, people in these categories are always at a much greater risk. When injuries occur, I use the tools and methods available to provide the fastest diagnosis possible. The sooner patients get treated, the sooner they can get back to enjoying the sport of their choice.

MRIs are the industry standard for the diagnosis of joint injuries.

The Anatomy of a Joint

A joint is a part of the body where two bones connect. A hinged joint like the knee or elbow is only capable of bending and straightening. They cannot rotate or bend to the side. Cartilage is soft tissue that acts as a barrier between two bones to prevent friction and pain during movement. Ligaments are strong, elastic bands of connective tissue surrounding the joint. Ligaments connect bones to bones and make it more difficult for the bones of the joint to move, giving it support.



Dr. Pardino uses new technology to perform an in-office diagnosis.

Tendons are also strong connective tissue found on each side of the joint. They attach to the muscles responsible for the movement of the joint. Tendons connect muscle to bone. The synovial membrane is a type of soft tissue that lines the joint. The membrane secretes clear, sticky synovial fluid which also helps prevent friction. A joint injury can include damage to the bone or tissue, including the inside of the cavity. The most common joint injury in sports is to the knee.

Diagnosing Joint Injuries

The various types of tissue and bone that make up a joint make it impossible to see the extent of any injury from the surface. I see patients with knee injuries that have very similar symptoms, but their injuries end up being completely different. Magnetic Resonance Imaging (MRI) is the imaging method of choice for most orthopedic surgeons for a number of reasons.

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The Why and How of Testosterone Therapy

By Lance Patrick Walsh, MD, Ph.D.

Low Testosterone (T) is common in men over 50. Patients ask us about T replacement after they have seen advertisements on television or direct to consumer advertising for T supplements. Which men are candidates for T replacement? The answer might surprise you!

Having a low T on a lab test alone is not adequate criteria to have T replacement. Men with the syndrome of hypogonadism and low T are candidates for testosterone replacement. This syndrome includes symptoms such as fatigue, low energy, weight gain, sagging sex drive, and depression. None of these symptoms are specific for low T. Poor sleep, lack of exercise, medical conditions, and stress can cause these symptoms as well. In general, men with total T levels less than 250 ng/dl have low T; those whose levels are more than 350 ng/dl are normal. In patients with T in the range between 250 ng/dl and 350 ng/dl, a free T can be obtained that will determine the bioavailable T. If the free T is low, then T replacement can be considered.

Some people mistakenly think that T is a drug like Viagra or Cialis which is used to treat erectile dysfunction (ED). These medications work to dilate blood vessels in the penis, leading to engorgement of the corporeal bodies and an erection. Testosterone is a hormone that works on multiple organs in the body to alter protein expression in cells. These proteins lead to the male appearance during fetal development, virilization at puberty and ongoing bone health, muscle maintenance, and many other positive health benefits during adulthood. In men with erectile dysfunction and low T, the treatments for ED may work better if the T is normal instead of low.

What is the treatment for hypogonadism? Treatments include gels, injections and an implantable pellet. These treatments are effective in increasing serum T levels within the normal range. To accomplish this, gels are administered daily, injections are administered every other week, and implants are given every 3-4 months. The goal is to maintain a steady state level of T. Generally, it takes 3-6 months of treatment to realize an improvement. If there is no improvement in symptoms after this period of time, it may be reasonable to stop T replacement. Fortunately, many insurance companies cover T replacement.

There are risks to T replacement. If a man with normal T takes additional T, the T replacement will shut down the man's own T production and can cause infertility. Subsequently, if T replacement is stopped, the body typically resumes its own production. If a young man wants to have children there are other ways to treat hypogonadism. Those on T replacement should be screened for prostate cancer with a prostate exam and a PSA. Also, testing hemoglobin level is recommended, as the red blood cell count may increase causing the blood to become too thick which can be dangerous. This can be addressed by blood donation to lower the red blood cell count.

Dr. Walsh is medical director at Walsh Urology and can be reached at (760) 346.7191 or visit www.walshurology.com.

What Can Cause Forefoot Pain?

By Aaron S. Bean, DPM

Many people at some point in their life experience pain on the ball of the foot, commonly known as the forefoot. Some patients describe the pain as feeling like they are walking on a pebble or sometimes like they are walking on a hot coal. At times the pain can prevent people from doing the things they like to do such as jogging, hiking, or even taking a leisurely walk with the dog.

Fortunately there is much that can be done to resolve this type of pain. Because of the many structures in this area, the proper diagnosis of the pain is paramount. Proper diagnosis begins with a careful exam of the foot and usually plain X-rays.

Forefoot pain can feel like you are walking pins or on hot coals.

The long skinny bones in the foot called metatarsals can sometimes be abnormally long, leading to excessive pressure on the ball of the foot. This abnormal anatomy can cause the fat pad to wear down and eventually pain develops. In this situation a custom made foot orthotic or insert is usually prescribed and fitted to the patient. Extra padding in the orthotic is added to allow for cushioning in the painful area.

In some conditions, patients can develop a painful tear in the ligaments under the ball of the foot. This tear is called a plantar plate tear. If the tear is severe, it usually results in a hammertoe deformity and often requires surgical intervention to resolve the pain. MRIs are utilized to make a proper diagnosis of this condition.

Another common cause of forefoot pain is called a Morton's neuroma. This is a painful swelling or enlargement of nerves between the metatarsal bones on the bottom of the foot. This results in a burning sensation or even sometimes numbness in the toes. A careful physical exam and taking a proper history from the patient will help to diagnose a Morton's neuroma. Corticosteroid injections and sometimes even surgical intervention are often needed to resolve this type of pain.

In conclusion, there are things that go wrong in the complex structure we call the foot. Your local foot and ankle expert can help to diagnose and properly treat these common conditions and get you "back on your feet" again.

Dr. Bean is a podiatrist with West Coast Foot and Ankle Center and can be reached at (760) 565.5545. For more information visit westcoastfootandankle.com.

New Treatment Approach in Men with Advanced Prostate Cancer

By Ted Ling, MD

Xofigo (Radium-223 dichloride) is a novel radiopharmaceutical treatment, the first of its kind that has been shown to improve cancer survival in certain men with metastatic prostate cancer. It is a promising treatment which may be effective when other treatments have failed.

Prostate cancer can often be detected at a very early stage with routine screening methods. Unfortunately, there are still many instances when prostate cancer is not found until it has spread, or metastasized, from the prostate to other parts of the body. Furthermore, the American Cancer Society estimates that 50% of men diagnosed with localized prostate cancer will still develop metastatic prostate cancer during their lifetime.

Anti-testosterone therapy is the primary treatment for metastatic prostate cancer. Treatments that lower testosterone can slow disease progression. However, prostate cancer can eventually become resistant to anti-testosterone therapy. These resistant cases are referred to as metastatic castrate-resistant prostate cancers (mCRPC). Prostate cancer frequently metastasizes to lymph nodes or other organs, but among the most common sites of spread is bone which can be extremely painful.

The spread of cancer into bone is the primary cause of ill health and poor quality of life in men with mCRPC. This is where Xofigo's unique mechanism of tumor-directed therapy has shown the greatest benefit.

Xofigo is administered to men with mCRPC in the bones that has not yet spread to other organs. Xofigo has been approved by the FDA, and its mechanism of action lends a very low toxicity profile compared to other radiopharmaceuticals. It works by binding specifically to minerals in the bone and delivering the radiation treatment directly to the prostate cancer within the bone. Xofigo differs greatly from two other radiopharmaceuticals frequently used to treat metastatic prostate cancer, Quadramet (Samarium-153) and Metastron (Strontium-89). While Quadramet and Metastron utilize beta particles, Xofigo utilizes alpha particles which travel a much shorter distance of only 2-10 cell diameters. This allows Xofigo to deliver a more conformal radiation dose, thereby maximizing the therapeutic effect to bone while largely sparing adjacent tissues and organs.

Xofigo works by binding to minerals in the bone and delivering radiation treatment directly to prostate cancer within the bone.

Aside from demonstrating improved prostate cancer survival, Xofigo was also found to improve quality of life for men with mCRPC. It has been shown to reduce bone pain and help prevent further metastatic disease in the bone. Most important, however, is that Xofigo may be administered in combination with other chemotherapies and systemic treatments. Xofigo also does not interfere with external beam radiation therapy and other targeted therapies. Together they can work together to attack mCRPC on multiple fronts.

Xofigo is uniquely suited for many patients with metastatic castrate-resistant prostate cancer. It has a relatively low side effect profile and can overlap with other prostate cancer drugs. Be sure to ask about Xofigo as a potential treatment option.

Dr. Ling is a board-certified radiation oncologist with 21st Century Oncology based in Palm Desert, Rancho Mirage, and Yucca Valley and a member of Desert Doctors. For questions, please contact (760) 200.8777 or visit socal.21co.com/local. www.DesertDoctors.com

Update on Diagnostic Testing for Dry Eye

By Greg Evans, OD

Dry eye is a common condition that is often under-treated or under-addressed, especially here in the desert. Our local climate has many unique factors that contribute to "corneal surface disease" which is the new descriptive name for dry eye. Factors include low humidity, wind, particulate matter in the air, dust, pollens, lots of places with air conditioning, and our self-induced problems such as overseeding and planting a large variety of flowering plants and trees.

That said, there are a host of diagnostic tools available to the practitioner to help identify corneal surface disease and initiate treatment, including the following:

Questionnaires. If we don't ask, you won't tell us. Do your eyes ever feel dry or uncomfortable? Are you bothered by changes in your vision throughout the day? Do you ever use, or feel the need to use, eye drops?

Corneal topography. When the corneal surface is dry, it creates an irregular surface that can be identified when mapped and improved with treatment.

Lipid layer analysis. Studies show the majority of corneal dryness has an underlying evaporative basis (low oil) versus insufficient aqueous production.

Blink analysis. Our blink is so automatic that most times we are unaware of it. With automation, we can measure how often you blink and whether it's a full or partial blink. Patients often have a history of facial or eyelid surgery from 10-15 years prior that can now interfere with proper blinking.

Tear osmolarity. As the moisture component of our tears evaporates, the osmolarity rises. High osmolarity has a strong correlation to corneal surface disease.

Red eye scaling. No one wants to have red eyes. We now have technology that allows us to objectively quantify how red the eyes actually are.

Matrix-mettaloproteinase-9. MMP-9 is a proteolytic enzyme released by compromised corneal epithelial cells. It is part of the inflammatory component of dry eye, and a simple in-office test is available to measure this.

Lissamine green and sodium fluorescein. These dyes along with rose bengal help identify damaged epithelial cells. Newer studies have shown that surface disease can be present without staining, but it is still a valuable tool.

Meibography. The meibomian glands are the primary lipid secretory glands. In patients as young as early 20s, dysfunction of these glands can be identified. Sometimes gland dropout occurs before symptoms occur. When there is significant gland loss, then supplementation is needed to replace the normal lipid secreted by these glands.

In summary, the science of corneal surface disease has come a long way in the last 5-10 years. Doctors can now treat patients earlier, and earlier treatment means less long-term damage and better outcomes.

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

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Are You Getting Enough Healthy Sleep?

An interview with sleep expert Charles Czeisler, PhD, MD

By Lauren Del Sarto

While we all know we need to get a good night's sleep, many of us don't realize what good sleep is, or how well we are actually sleeping, says Harvard Medical School Professor of Sleep Medicine Charles Czeisler, PhD, MD, FRCP. "Eighty-five percent of people with sleep disorders are undiagnosed and untreated which can be detrimental," he states, as more and more studies correlate sleep deficiency with devastating diseases like Alzheimer's, heart disease, and even obesity.

I spoke with Dr. Czeisler in anticipation of his January 18 appearance as part of the Leonore Annenberg Lecture Series at Eisenhower Medical Center. The lecture is free, open to all, and an important one to attend. While you think you may know all there is to know about a good night's sleep (eight hours, dark room, no electronics, etc.), his presentation – and some of the things I learned from him –may surprise you:

- Sleep apnea is the leading known cause of high blood pressure;
- People with undiagnosed sleep disorders have a 200-300% increased risk of depression, chronic anxiety disorders, cardiovascular disease and diabetes;
- In the spring when we turn our clocks ahead and lose an hour, there is a 5% increase in heart attacks – and a 5% decrease in the fall when we turn our clocks back;
- Sleeping five hours or less a night increases the risk of calcification of the coronaries over a five-year period by 300%;
- Kids under one who are getting less than 12 hours of sleep a day have a 200-300% increased risk of being overweight when they go to pre-school, and sleep deprived 7th graders have an increased risk of obesity when they are in their 30s.

Czeisler finds that the correlation between sleep deficiency and cognitive decline is the most surprising information for people. "One of the most common reasons for institutionalization of cognitive decline patients is not the disease itself, but the inversion of the sleep-wake cycle associated with these conditions," he notes. "With Alzheimer's, the internal clock specifically deteriorates – even with caretakers who may be awakened by a wandering parent or patient," and while many know that sleep disorders are more common in patients with cognitive decline, many don't realize that sleep disorders may actually be the cause.

Scientists have recently discovered a lymphatic system in the brain that cleanses the brain of toxic metabolized-like amyloid beta buildup which happens with extended wakefulness.

"When we sleep, the cells in the brain shrink which allows the lymphatic system to cleanse out those toxins more effectively," says Czeisler. "These are all very recent discoveries and are helping us make sense of the clinical observations, and to understand how lack of sleep and sleep disorders are related to cognitive decline."

The study of sleep medicine is a fairly new discipline and while there are exciting breakthroughs, Czeisler says what amazes him most is how little people put into practice what they already know. That is why he and his team have launched the Sleep Matters Initiative — to educate consumers and to encourage more people to get tested for sleep disorders.

"We are talking about a devastating illness and yet 85% of the people with it are undiagnosed or untreated. Our goal is to provide people with the latest educational

Continued on page 17

The Growth of Telehealth

By Bob Kambe

While communication technology is allowing health care professionals to be accessible to patients for specialty care when it may not otherwise be immediately available, we understand that some patients and potential users remain skeptical about the growth of telehealth. We have heard these comments when demonstrating our physical therapy teleMOVEMENT platform.

Responses like this provide the opportunity to open the dialogue about telehealth and on how it can help increase services to our communities.

While these health care delivery media have increased convenience for the busy mom or young professional, the weekend warrior, the homebound or as part of a wellness program for employees, we are aware not everyone is celebrating the emergence of telehealth and online management solutions.

These health care delivery platforms have increased convenience by limiting in-office visits, and many are concerned that it will replace in-person health care, which is not the intent.

We continue to see decreasing segments of the patient population that could benefit from health care services being able to obtain that care. For example, in physical therapy only 7-8% of the population obtains the care they need. If new technology can help people who have challenges with time, geography, transportation, traffic, etc., to obtain or initiate the health care they need, it is a win for the patient population.

Imagine a time when you strain your back and instead of waiting two weeks to get the needed care, you use the internet and go through a step-by-step algorithm for treatment strategies to alleviate your pain and get back in action in a few days. These specialty health care platforms now exist and offer a low cost, conservative treatment plan option.

The New England Journal of Medicine recently published an article on the state of telehealth identifying three primary telehealth trends. The first trend identifies telehealth as an evolving medium that started initially as a means to improve access to care but which is now increasing convenience and will hopefully eventually lower health care costs. Secondly, we are seeing the migration to telehealth grow for acute care addressing more chronic conditions. Lastly, the article identified telehealth as not only being utilized in hospitals, clinics and medical facilities, but also in patients' homes, at work or on mobile devices.

As the telehealth medium of care evolves it allows increased access, convenience and cost control and will be available to all patients, practices and providers. It will allow solid evidence-based care guidelines, a responsible and thoughtful approach to patient selection for this medium of care delivery, and continued focus on the patient experience to ensure success. It will not be for every patient or every condition but for many patients it will be life-changing.

Bob Kambe is the Director of Marketing and Business Development for the Avid Physical Therapy clinics of the Inland Empire. He can be contacted at bob@avidphysicaltherapy.com

Source: 1) Dorsey ER. Topol, EJ. State of Telehealth. New England Journal of Medicine. 2016; 375;2:154-160.

Dental Anxiety and Sedation

By Nicholas S. Baumann, DDS


Sedation can help provide a positive dental office experience and better dental hygiene.

For many people, going to the dentist is one of their greatest fears. This fear can lead to anxiety so pronounced that they may go years without a dental check-up. This, of course, creates the possibility of larger problems developing, which can lead to more involved and expensive dental work in the future. Often, people are not aware that they have options to make their dental appointments more comfortable. Sedation is a great option that can help even the most dental phobic patients have a better, more comfortable experience.

One of the easiest options to make dental work more comfortable is the use of nitrous oxide or "laughing gas." Nitrous oxide has been used for many years with success to offer a bit of relaxation for a patient receiving dental work. A small cone is placed over the nose and almost immediately the patient can start to feel the effect. It is not a deep level of sedation as some people expect. I often compare it to the relaxation of having a glass of wine or two. It also doesn't completely put the patient to sleep. The benefits of nitrous oxide are that it is very safe, has few side effects or contraindications, and it can be reversed in a matter of seconds by giving the patient pure oxygen. After nitrous oxide, the patient is still able to drive themselves home safely. It is a great option for the patient that has a mild dental anxiety and just needs minor sedation to feel comfortable.

The next level of sedation is called oral conscious sedation. This will provide a deeper level of sedation than nitrous oxide. Medications called benzodiazepines are used to provide this sedation. Common medications in this class are Valium, Triazolam, and Xanax. The benefits of this level of sedation is that the patient is less aware of their surroundings and are often more comfortable, leading to less stress and anxiety. These medications are very safe as well to use, and an added benefit is that some even lead to a level of amnesia, so often patients remember less of their dental appointment. Because this level of sedation is a little stronger, the patient must have a ride home from the appointment.

The deepest level of sedation routinely offered in the dental setting is IV sedation. This is often done in conjunction with an oral surgeon or anesthesiologist. An IV is placed and medication delivered that sedates the patient enough that they will remember nothing of the appointment. It is still very safe and the most comfortable way to be sedated. Often times it is used for more involved procedures like wisdom teeth extractions or dental implants, but it can be used for less involved procedures as well, particularly for those who are severely dental phobic.

Although dental anxiety is a serious problem for many people, letting this fear stop someone from going to the dentist can lead to serious issues. It's important to know that sedation is a great option for those that have dental anxiety whether it is mild, moderate, or severe. Dental work can be done in a completely stress-free and comfortable setting. Good dental experiences will lead to having more consistent check-ups and therefore a happy, healthy mouth.

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

Health is a Choice *Continued from page 1*

as clients felt that resembled too much of a clinic or doctor's office. The large open rooms are very welcoming, and while the center is a one-stop-shop for programs and services, TAY are also welcome to simply drop by and hang out.

The concept is innovative and modeled after successful programs around the world with the primary difference being a lack of expectations and requirements. TAY come there voluntarily and are welcome to take part, or not, in any activity they may need that day. Instead of referring TAY to services and appointments they may not keep due to lack of transportation, interest, or just not remembering, the services come to the center. Staff members will even pick kids up and bring them there.

"We try to make it as inviting as possible and clients feel very much welcomed," says Behavioral Health Services Supervisor Andreea Tomescu. "It is such a different approach than what has been done in the past. Clients can come in and they don't have to commit to any services or programs; they can just hang out. Many do this for a couple of days and then start to get interested in the services we offer. We are meeting them where they are versus the other way around."

The La Quinta center has twenty staff including a clinical therapist, psychiatrist, and nurse to offer traditional services, but the majority are TAY peer support specialists, a combination of consumer peers, those who have had similar life issues to their young clients, and family peers who have had family members in similar situations. "These folks can sit down with TAY and play a game of cards and it feels like 'I am one of them,'" states Schwarzlose.

Programs offered include group and individual counseling, life skills classes, health and wellness, art, music and yoga. There is even a therapy dog named Bruno. Subjects covered in the life skills classes address real fears expressed by TAY, not those adults think they need. "I told my staff to ask the young people what really scares them and what they are struggling with," says Tomescu. "It wasn't how to do laundry or buy food, but how to file tax returns or open a bank account because those are the things they see parents struggling with."

All three county centers will be based on the same structure and concept, but programs will be tailored to meet the specific needs of TAY in that region. In the Coachella Valley, there is special focus on cultural differences. "In some cultures, once children turn 16 they are considered part of the work force and education comes second," says Tomescu. "We are trying to support them to figure out how to do both – work if they want to and to finish school or go on to college at the same time."

Many high school teachers noted that a number of students in our valley struggle with gender identity, so the center hosted a National Coming-Out Day event which made a statement early on that this is a safe, welcoming and non-judgmental place for all.

A focus for all centers is mental health. "Lack of guidance can contribute to a hopeless feeling that might not be verbalized as such, but rather as silence or overwhelming depression," states Tomescu, adding that high schools struggle

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The Wellness Room

Prevention awareness gives rise to convenience

By Lauren Del Sarto

There is a positive trend taking place across the country as more and more of us start to understand – and honor – the importance of preventive health. It's the addition of wellness spaces conveniently located where people are most likely to use them - at home and work.

A dedicated space makes wellness welcoming.

Realizing that happy and healthy employees add to your bottom line, progressive companies like Google, Facebook and Cisco are leading the way with meditation rooms, in-house massage, yoga, and even sleep pods offering employees the opportunity to unplug and rejuvenate. Many companies are even offering in-house doctors or wellness practitioners.


Progressive companies are installing sleeping pods like this MetroNaps EnergyPod.

I was inspired to look into this trend by two new advertisers offering in-home facilities you would expect to find only in spas and clinics. A quick search online unveiled the beautiful spaces people are creating in their homes for wellness, many turning a spare bedroom or office nook into a quiet and personal reprieve.

While the design of a wellness room is certainly personal preference – some prefer a room full of natural light while others escape to a dark space for shut-eye – there are a few common recommendations on which most seem to agree.

Wellness Room Essentials

A comfortable space emanating positive energy should be the goal. Most agreed that the space should be uncluttered and free of technology that connects you to the outside world so your attention can focus on the here and now. A soft robe and fluffy socks provide a comfy hug, and a yoga mat or sleeping pad will invite you to take part in any activity that helps you transition to calm.


Aromotherapy can help you transition to calm.

Aromatherapy not only entices the senses but also has healing properties. Try an oil infusion candle or simple spray in your favorite scent, maybe lavender to relax or peppermint to revitalize. Extra towels and blankets act as pillows or props for stretching, yoga or shut-eye.

Soothing music or sounds help set the mood, but be sure to play them on a dedicated unit (not your phone) to avoid interruptions. Try sounds of the ocean. I found a beautiful station on Pandora called Nature Sounds for Sleep, Relaxation.

Incorporating Therapies

If you have the space and want to take your wellness to another level, many purifying modalities are available. A folding massage table creates a comfortable platform for couples to share massages, or a small sauna can assist with deeper detoxification and rejuvenation.

We tried Jay Douglas's Sunlighten Solo System sauna and were hooked. The portable far infrared pad and domes are easy to place and to store and very effective for inflammation and detoxification. The heat is warm and relaxing and produced as much sweat in one 20-minute session as a 90-minute Bikram class. The unit is simple to operate and offers chromo (or light) therapy as well. We are proud new owners and find that sessions 2-3 times a week greatly contribute to an overall sense of wellbeing. You can try the Solo System by contacting Jay directly (see page 15 for details).


The Sunlighten Solo System

For those with the space and means looking for the ultimate in rejuvenation, there is the HOCATT, a top-of-the-line unit offering nine modalities in one, including a steam sauna, ozone therapy, carbonic acid therapy, far infrared, oxygen, electro, sound wave, chromo and aromatherapy. The combination of transdermal therapies is programmed to address a variety of medical and cosmetic conditions and is reported to reduce inflammation, enhance the immune system and aid in athletic and medical recovery. You do need a qualified person to assist you with operation, and certified technicians are available from the local representatives, Riggs Technology. You can try the HOCATT at Venus de Fido Luxury Spa (see page 17 for more information).


The HOCATT offers nine modalities in one.

The wellness room can be as much or as little as you'd like it to be. Size doesn't matter; what is important is the feeling you create. You will come to love your special space and are doing yourself a lifelong favor by practicing prevention and preserving your mental and physical wellbeing.

Editor's note: Desert Health® writers are not compensated for product trials or reviews, and their opinions are their own.

Understanding the Use of Marijuana

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

With the passing of Proposition 64 this past November, marijuana (aka cannabis) is now legal in California with some restrictions, depending on local and municipal guidelines. Marijuana is still considered illegal under Federal law.

Despite records dating back 4,700 years documenting medicinal uses of marijuana, no one knew how it worked until 1964 when a researcher at Hebrew University named Raphael Mechoulam reported that one of the two main active components of cannabis was tetrahydrocannabinol (THC). This is the psychotropic and euphoric component. It is thought that THC acts on the brain by forcing itself into the intrinsic neuronal signaling system and binding tightly to specific sites in the brain. The other primary cannabinoid is cannabidiol (CBD), a non-psychotropic which means it doesn't get you high. To date, over 483 compounds have been identified that are unique to cannabis.

Many people have questions and uncertainties pertaining to both medical and recreational uses of cannabis. In addition, a basic understanding of cannabis physiology is becoming increasingly necessary for physicians, nurses, and health care providers in providing good patient care. This understanding begins with a brief description of what is called the "endocannabinoid system."

The endocannabinoid system is one of the most important physiologic systems involved in establishing and maintaining human health. Having the word 'cannabis' as part of the name of this vital system may seem confusing; however, endocannabinoids are naturally occurring chemical messengers produced by the body. They function by interacting with particular receptor sites. Endocannabinoids are literally chemical communication bridges between the body and mind. The interaction between endocannabinoids and their receptors is analogous to a lock and key mechanism; both are found throughout the body, particularly in the brain, organs, connective tissues, glands, tonsils, spleen, and immune system cells.

By understanding this system we can begin to see the basic mechanism of how all cannabinoids work. This includes marijuana and cannabis products, which are called plant cannabinoids or phytocannabinoids. The cannabinoids contained in marijuana affect human physiology because they either stimulate or down regulate the same receptors that cannabinoids produced by the body do.

The three key pieces of the endocannabinoid system are:

1) The endocannabinoids, small chemical messengers that activate cannabinoid receptors. The primary endocannabinoids are anandamide and 2-AG which are naturally occurring and produced by the body.

2) Cannabinoid receptors found on the surface of cells are called CB1 and CB2. CB1 receptors are one of the most abundant receptor types in the brain; CB2 receptors are more abundant outside the nervous system and found primarily in the immune system.

3) Metabolic enzymes break down endocannabinoids after they are used, in particular FAAH and MAGL. Use of CBD has been shown to inhibit the FAAH enzyme and increase levels of the naturally occurring cannabinoid anandamide. This has been noted as a useful strategy in treating anxiety disorders and depression, both of which have been linked to what is called 'endocannabinoid deficiency.'

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New Nutritional Labels Aid Shoppers

By Tiffany Dalton, CNC

In 2016, the U.S. Food and Drug Administration (FDA) formally announced that the Nutrition Facts Label would have its first significant makeover in over 20 years. Originally, the compliance date was set for July 2018; yet the FDA recently stated that the deadline was extended with no new date offered.

The new changes have been generally welcomed by the public, but for some manufacturers, complying with the required changes will not be easy or inexpensive. Additionally, some nutrient recommendations are still in question so more changes may be ahead.

Despite the waiting period, you will likely still see some new labels from the smaller or more conscientious companies in 2018 and some have already rolled out their new compliant labels. According to the FDA, "The new Nutrition Facts Label will make it easier for consumers to make informed decisions about the food they eat."[1]

Here are the key changes to look for on the new labels:

Added Sugars. A new sub-category under carbohydrates is "added sugars" and the percentage of recommended daily limit that this amount comprises. This means that any sugar *other than* what is found naturally in that product will be listed separately. The percentage will reflect the significantly decreased "added sugar" limit that has been set.

Serving Size. Packages that are between one and two servings will be listed as one serving now, due to the fact that people will typically consume the entire package in one sitting (e.g., a 20-ounce soda). In our super-sized country, the FDA wants consumers to easily reference in any personal size product all the calories and nutrition without requiring calculations. All serving sizes are required to reflect more closely the actual amount that people typically eat. Some serving sizes will increase and others will decrease because by law, the serving sizes must be based on the amounts of food and drink that American's *typically* consume, not on how much they *should* consume. We do know that Americans eat much more than decades ago; therefore, anything from a bottle, bag, or box will have an increased serving size calculation to match our American appetites, but that does not mean that will be a recommended healthy amount.

Per Package Disclosure. For foods that can be eaten in one sitting (such as a pint of ice cream), the new label will include both "per serving" and "per package" calorie and nutrition information.

Limit Changes. Limits for sodium intake have decreased and recommended daily value for dietary fiber have increased.

Newcomers. Vitamin D and potassium have been added to labels. According to nationwide food consumption surveys,[2] Americans are not getting enough of these nutrients, and lack of these is associated with increased risk of chronic disease; vitamin D is important for bone health, and potassium helps to lower blood pressure. Calcium and iron are already required and will continue to be on the label.[1]

Visual Enhancements. Calories and serving size are enlarged for quick and easy reference as research suggested that these changes may increase consumers' attention to the information.

Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221. For more information visit TiffanyDalton.net.

Sources:1.)https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm. 2.) http://www.cdc.gov/nchs/nhanes/

RAW or COOKED?

The benefits of eating raw foods

By Amanda Beckner CN, HHP, Ph.D.

Why do some choose a raw food diet? Eating raw means food is not cooked over 116 degrees. When foods are cooked, the natural enzymes in foods that are most beneficial to our gut and bodies become inactive. This applies to any plant- or meat-based natural food; however, eating raw meat is not advised. Most people eating a raw food diet are doing so with vegan choices.

Cooking at high temperatures changes a food's structure resulting, in essence, eating "dead" food. However, the human body is a very efficient organism; we have the capability to break down those dead proteins into their constituent amino acid form, and then to rebuild them into enzymes once again. If our bodies were not capable of doing this, we would die from eating cooked food.

So why bother going raw? Simply put, when you eat "live" food, you skip a step in digestion which does many wonderful things for us. When our bodies don't have to use our own enzymes to break down food, those enzymes can help fix disease and repair cells, which aids in healing and slows the aging process. It also helps to speed up metabolism and promotes weight loss. If you eat raw, you do not have to expend as much energy re-creating the enzymes in food; you're getting them intact in an active form and can absorb and use them right away.

The other problem with cooking all our meals is that certain vitamins are destroyed in the process and most minerals are not as easily absorbed, so we need supplements to replace the nutrients no longer available in the cooked foods.

There are many ways to get creative if you want to "go raw" and don't want to always have cold food. We can warm or "cook" foods to less than 116 degrees with no damage to the enzyme. Using a dehydrator, or slow cooking in a crock pot (when you can set it at a certain temperature) are ideal ways to do this. Keep in mind that if you make it a practice to eat only one to two raw meals per day, it will make a big difference in how you feel and the rate at which you heal.

Germinating and sprouting are two ways to unlock the nutrients in beans, seeds and nuts. Beans have enzyme inhibiters, which keep the enzyme from being released. Sprouting the bean allows you to get the nutrients you want from this food; cooking destroys the enzyme inhibitor as well as the enzyme itself. We have all seen alfalfa and bean sprouts in the grocery store as well as legume and mung bean. When beans or seeds are sprouted, their enzyme inhibitors are neutralized. This way you can eat the raw sprouted bean and absorb the bean proteins and enzymes intact. The same is true for germinating nuts or beans, which is simply soaking them in water for a specific amount of time.

In closing, eating raw foods is maximally efficient nutritional support for health. While we are able to ingest cooked food and to use it to survive, we never really thrive as it is not "real food" once it has been fully cooked.

Dr. Beckner is the 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 her on Facebook and on the web at www.yourbodycode.com.

How to Tame Your Lizard Brain

By Susan Murphy, PhD

Did you know that a lizard may be controlling you and trying to prevent your success? Until you learn to recognize and tame this reptilian part of your brain, it will be difficult to achieve all the goals you desire.

Your Lizard Brain is the part of your brain that wants to prevent you from changing. It's left over from prehistoric times when humans faced life and death situations on a daily basis. The Lizard Brain is focused on survival. It's that voice in your head that tells you to "be careful, back off, run away from danger and play it safe." Today, as in the past, your Lizard Brain's role is to keep you safe.

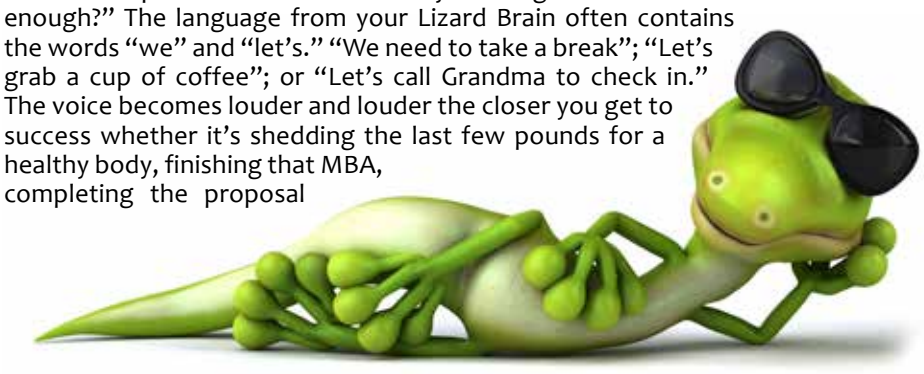
Lizards and humans share this similar brain part that they inherited from fish. This reptilian part handles basic body functions like breathing, balance, and coordination plus simple survival urges like feeding, mating, and defense. The trick is to discern when the Lizard warrants your attention, and when you should ignore it. Because with your Lizard's focus on your safety, it can prevent you from taking risks, being bold, accomplishing goals and living the life you envision.

In contrast to your Lizard, the Primate part of your brain is considered the thinker. When your Primate Brain is more active, you're likely to slow things down, reason, reflect, plan and strategize.

Don't Let Your Lizard Brain Sabotage You

How do you recognize when your Lizard Brain is rearing its head and sabotaging your success? You must learn to acknowledge it and then tame it. The Lizard Brain or "amygdala" is a physical part of your brain near the brainstem and it feels responsible for your survival by causing fear, enabling you to attack, and pushing you to reproduce. Another name for the Lizard Brain is "Resistance." It wants to limit your exposure to anything new like your growth, development and risk-taking. The Lizard tells you why you shouldn't take action to do something and gives you a lot of excuses why it won't work. Seth Godin writes in *Quieting the Lizard Brain*, "It hates change, achievement and risk."

You can recognize your Lizard's voice by the "What if?" questions resounding in your head. "What if I don't succeed?" "What if I can't lose weight?" "What if I can't find a publisher?" "What if everyone laughs at me?" "What if I'm not smart enough?" The language from your Lizard Brain often contains the words "we" and "let's." "We need to take a break"; "Let's grab a cup of coffee"; or "Let's call Grandma to check in." The voice becomes louder and louder the closer you get to success whether it's shedding the last few pounds for a healthy body, finishing that MBA, completing the proposal



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The Six Pillars of Brain Health

Pillar Five: Brain Food

This is the fifth of a six-part series on brain health from Deborah Schrameck, NC, PT, of the Eisenhower Wellness Institute. Preceding articles may be found at www.DesertHealthNews.com.

In the last few years of my grandmother's life she complained that food "just didn't taste good" and that she really wasn't hungry. This is a common complaint amongst those suffering from age-related dementia and Alzheimer's. The sad thing was that the foods she did want to eat were garlic bread, chocolate chip pancakes and pasta. It was heartbreaking for me to watch her deteriorate and to know that no matter how many healthy foods I stocked in her refrigerator, she was going choose those that were escalating her cognitive decline.

In his article "Reversing Cognitive Decline" (*Desert Health* Nov/Dec 2017), Dr. Joe Scherger discussed the great news surrounding cognitive health. He reviewed Dr. Dale Bredesen's book, *The End of Alzheimer's* stating that high sugar and carbohydrate intake are part of the cause and advising that Alzheimer's could be altered using Bredesen's ReCODE protocol. Eating our way to a healthier brain and reversing cognitive decline are no longer just platitudes; they are realities.

After a festive holiday season, I wanted to begin the New Year with a focus on changing when, how and what we eat to support changing our brain to a healthier state. It doesn't have to be difficult; you can simply begin with a couple of small consistent alterations.

Integrate intermittent fasting. This does not mean to stop eating entirely, it means controlling the amount of time between food consumption with a goal of at least 12 to 16 hours. There are many benefits to intermittent fasting; one is supporting the body's ability to clear its own debris. The technical word is autophagy where cells destroy and recycle themselves so new healthy cells can thrive. Intermittent fasting also supports the body going into a state of ketosis where magic can happen. In ketosis, your body becomes a fat burning machine, not relying on glucose and carbohydrates. For brain health this is optimal because the brain is very efficient at using ketones for fuel especially when a history of excess sugar or carb consumption has left the brain and body insulin resistant or unable to utilize glucose.

Add healthy fats. In "Coconut On, Healthy Ones" (*Desert Health* July/August 2017), Lauren Del Sarto discussed the use of coconut oil and its multiple health benefits. Coconut oil is 62 – 65% medium chain triglycerides (MCT). MCTs are quickly converted to ketones (efficient brain fuel) that increase metabolism and are unlikely to be stored as fat. This is great news for not only brain energy and cognition, but for overall metabolism and potential weight loss.

Go green. To support the brain by staying in a mild state of ketosis, go low carb. To make it simple, load up on non-starchy green vegetables at every meal. The goal is to choose carbohydrate options that are lower than 35 on the glycemic index. Going low carb will rule out all added sugars and this is one of the best things you can do to preserve your brain.

Deborah Schrameck is a wholistic kinesiologist, health coach, nutritional counselor and personal trainer currently working with the Eisenhower Wellness Institute, AcQpoint Acupuncture & Wellness Center and the La Quinta Resort and Club.

Healthy Cocktails for the New Year

By Sonja Fung, ND

The holiday season focuses on family and friends and goes hand-in-hand with another helping of dessert and just one more glass of wine. Do you need a cleanup from the extra holiday cheer? Start your New Year's detox with a different kind of cocktail.

IV nutrient cocktails can rev up your metabolism, pump up your immune system, and most importantly, help detoxify your body more efficiently. The "Myers Cocktail" is a well-known IV formula which includes concentrated doses of magnesium, B-vitamins, and vitamin C. This vitamin cocktail is the perfect "cellular drink" to help replenish depleted vitamins and minerals after partying hard. IV nutrients bypass the digestive system and are absorbed 100% directly into your cells. IVs are shown to improve fatigue, fibromyalgia, and respiratory infections as well. If you're not ready to take the plunge and get a full IV, weekly B-vitamin injections are a quick and easy way to reduce stress, improve energy, and boost your immune system.

One of the best IV nutrients to restore your liver and help with detoxification is glutathione. Glutathione is one of your body's most potent antioxidants and aids in detoxification and as a free-radical scavenger. It also plays an important role in your immune system and recycling your antioxidants (i.e., anti-aging!). As glutathione is not easily absorbed through oral routes, getting a dose via IV will assure your cells are getting what they need. Increasing your helpings of sulfur-rich foods, such as garlic, onions, cruciferous vegetables (broccoli, kale, cabbage, etc.) and high-quality, bio-active whey protein, can improve glutathione production.

The New Year may also be a good time for a nutritional reboot to clean up your gut! Participating in a post-holiday 21-day detox program allows your body to rest and recover from the everyday stress and toxins we put into our bodies, especially after the holidays. Detox helps with losing weight, increasing energy, reducing inflammation, normalizing digestive function, and improving sleep. A strong immune system comes with an optimally functioning digestive system. If you want to protect yourself against the flu season, then work on your gut health first.

Round out your detox goal with a daily exercise and stress management plan. Movement every day is a significant part of stress management. Exercise can be in the form of walking, yoga, tae kwan do, hiking, cycling, going to the gym, dancing - whatever wakes your body up and makes it happy. Scheduling time to exercise your heart and the rest of your muscles reduces the risk for a multitude of health problems and helps with sleep, weight, energy, hormone balancing, bone health, and stress reduction. Remember, deep breathing and meditation during exercise helps clear your mind of the clutter in your brain. I personally like to go to the climbing gym after a busy day in the clinic. It helps me clear my mind and get rid of all the pent-up energy in my body. The main thing is to do what works for you, and to just do it. Cheers to your health!

Dr. Sonja Fung is a primary care naturopathic doctor with a focus on integrative cancer care and regenerative joint injections at Live Well Clinic in La Quinta which offers B-vitamin injections, IV nutrients, HCG weight loss programs, and specialty nutritional lab tests for a personalized health plan. For more information, call (760) 771.5970 or visit www.livewellclinic.org.

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Try Essential Oils Before Drugs

Plant-derived remedies effective for common illnesses

By Jessica Needle, ND

For nearly a century, antibiotics have been used to control bacteria that can make us sick. But in recent decades, bacteria have evolved to be resistant to some or all known antibiotics. These are called "superbugs," with MRSA (methicillin-resistant *Staphlococcus aureus*) being the best known. Certain strains of tuberculosis, pneumonia, gonorrhea and diarrheal diseases also belong in this category. The Centers for Disease Control and Prevention (CDC) estimates that drug-resistant bacteria affect 2 million people per year.[1]

Inappropriate use of antibiotics is one factor that has led to the rise of drug-resistant bacteria. Penicillin and similar drugs are often prescribed to people with colds and flus, which are caused by viruses (vs. bacteria). Antibiotics are effective against diseases caused by bacteria, and therefore ineffective against viral illnesses. Antibiotics are similarly ineffective against chronic sinus infections, which are frequently caused by fungi.

While scientists are developing new drugs, they have also studied botanical medicines for their antibiotic properties and validated what herbalists have long known: bacteria do not develop resistance to plant-derived remedies. Four of the major bacteria responsible for respiratory illness, including those that are antibiotic-resistant, were studied and shown to be susceptible to the effects of essential oils. The common strains of bacteria include *Haemophilus influenzae, Streptococcus pneumonia, Streptococcus pyogenes* and *Staphlococcus aureus*. Over 500 studies of essential oils were published between 1987 and 2001, and one review called the antimicrobial properties of these compounds "exceptionally good."[2]

Thyme, cinnamon, lemongrass, Perilla and peppermint oils are particularly effective at inhibiting bacterial growth.[3] Eucalyptus, oregano, rosemary and salvia are other oils which act directly on the respiratory tract, affect the coughing reflex, or increase airflow in the nasal passages.[4]

To limit the spread of resistant bacteria, avoid taking antibiotics for minor illnesses like colds, flus and ear infections. Instead try using essential oils to kill microbes in your environment. These concentrated plant compounds are readily available and easy to use in the following ways:

- Put 5 drops in a hot bath or in boiling water on the stove for steam inhalation to clear the nasal passages.
- Make a compress by soaking a washcloth in water with several drops of oil and apply to neck or forehead for headache relief.
- Use a few drops in your humidifier or aromatherapy diffuser for a good night's sleep.
- Add some to your natural cleaning products to disinfect surfaces.

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

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Breaking Through Your Heart Wall

By Tracy Smith

What would your life be like if you had always listened to and followed the wisdom of your heart? Maybe you have, and your life is full and flourishing, or maybe you pause when you think about the many times you have chosen your head over your heart. Some of you may feel the entire notion of leading with your heart is irrelevant, or maybe even dangerous.

The heart beats about 100,000 times a day. It generates 60 to 1,000 times more power and electromagnetic energy than the brain does. It has been discovered that the brain within our head obeys messages that are sent by the brain within our hearts. The heart is always sending out information to the entire body; each and every beat sends critical messages that affect both our emotional and physical health.[1]

According to Bradley Nelson, DC, author of *The Emotion Code*, the heart has its own unique intelligence. "There is now considerable evidence that the heart contains memories and feelings," he says. "A large number of heart transplant recipients have reported new food and drink preferences and cravings, as well as handwriting changes, music preferences, and memories that don't seem to be their own.[2]

When we experience heartache or heartbreak, it is a painful physical sensation that occurs in the heart and is felt by the heart, which often causes people to "put up a wall." Nelson believes that to indeed be the case. He states that when we feel heartache, our subconscious, aware that the heart is our core and needs protection, will sometimes use the energy of trapped emotions to create a wall around the heart to shield and protect it, and while the wall is imaginary, the subconscious behaves as if it is real.

The presence of a wall can affect our emotional, physical and mental wellbeing and can lead to feelings of isolation and depression, as well as heart disease. Living with a wall protecting the heart with emotions trapped in the past is similar to living with the past in front of you versus living with your past in the rear view mirror.

The traditional modality for identifying and releasing negative emotions is therapy or counseling. Today, many are turning to the ancient practice of energy medicine which uses electromagnetic energy to work with both the heart and the subconscious on a physical and energetic level.

Nelson's philosophy which incorporates energy medicine states that there is a process to address a heart wall. The first step is to identify if there is a wall; there could be a hidden heart wall, or an inner child heart wall. The next step is to determine the thickness and composition of the wall. Then each trapped emotion is addressed and released. Holding onto these emotions and old beliefs can keep you from moving forward in your life with joy and happiness.

We all are meant to live vibrant, joyful lives and to thrive in all we do. If you feel you are holding on to anger or negative emotions that are keeping you from moving forward, take the necessary steps to break through your heart wall to live a life of abundant joy.

Tracy Smith is an energy intuitive therapist and Emotion Code practitioner with AcQpoint Wellness Center and can be reached at (760) 409.9289. For more information visit www.TracyJSmith.net.

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The Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD

A year ago, I was soul-searching. There were great things happening in my work, and I was passionate about the wellness programs we were providing. However, I was starting to see new possibilities for greater impact and for me to live a more balanced life. Eventually, what I wanted became clear, so I am now opening my Functional Medicine practice, grateful for the opportunity to craft an office and educational programs that are my next step in being who I am called to be.

Transitions can be challenging. When contemplating a big choice or a change, there is a period of time during which we notice a desire or options opening and start to question what we really want. This step involves "noticing" - noticing when something creates a visceral reaction; noticing what energizes versus what drains you. This is a great time to clarify what we want. In my case, having trusted friends with whom I could brainstorm was crucial. One of them suggested that I write a list titled, "What success looks like one-year from now." This is a way to identify what is most important to you so include everything you can think of. Understanding your "Why" is an important foundational step. For me this included prioritizing self-care actions, along with relationship and work goals.

After the "Why" came the "How." How could I form my priorities into a practical reality? For many this step might include research. I had mentors who were most helpful as I imagined what my daily life and practice could be like. Post-It Notes became my favorite tool, as I made sure that ideas were grouped on a big wall space and I imagined walking through a typical day. Whether your style is an Excel spreadsheet or mind-mapping or Post-it Notes, getting clear on how to set up what you want to achieve is both fun, and when the vision becomes clear, a very freeing place to be!

In her book, *Rising Strong*, Brené Brown describes what she calls the "messy middle" as the zone when you are "too far in to turn around and not close enough to the end to see the light." There is no avoiding this middle ground. For me the main support during this time came from the consistency of things falling into place that I never could have foreseen. And when there were times that seemed uncertain, several mantras were helpful. On my mirror is written: "What you seek is seeking you." (Rumi) "When you are on your path, the universe will conspire to help you." (Coelho) And "If it's not 'Hell Yes' then it's 'No.'" (Sivers)

The biggest lesson in this transition for me has been to trust. Letting go of the illusion that I am in control is a mind-shift that I have to repeat over-and-over. It has definitely been my experience that the more I choose to stay unattached, the easier the process moves along. I am choosing daily to trust that the path will be clear for me to provide care and compassion in a way that is most effective for my skillset. Thank you for walking with me on this journey and I look forward to this year with you!

Dr. Brossfield is now the medical director at XO Health and can be reached at (760) 573.2761.

Are You Getting Enough Healthy Sleep?

Continued from page 9

material. We are going to focus on what is known about the impact of sleep deficiency and why getting enough sleep is so important for the brain and the body, and what happens to those systems when we are chronically deprived of that sleep – not only duration, but timing and quality as well."

Educating practitioners is also a goal. "Sleep apnea is the leading known cause of high blood pressure with over one-third of cases caused by sleep apnea," he adds. "However, if you go to your doctor's office, you are more likely to get a large dose of expensive blood tests than a $300 test for sleep apnea." According to Czeisler, if you test positive you have a 70-90% chance of actually having sleep apnea. "Certainly every doctor's office should offer sleep screening."

Through the initiative, over 25,000 individuals across the country have been screened so far including first responders and school children. "When we implement validated questionnaires, we find that 30-40% of the populations have disorders." He described testing among 5,000 Ohio firefighters. Some were randomly assigned to get sleep screenings and some were not. "What we found was that the group that received the program had a 24% reduction in injury rate and a 46% reduction in disability usage over the following year which saved the city over two million annually in replacing people because of disability." Several participants also wrote letters about how the diagnosis and treatment completely changed and improved their lives. "So these programs can be very impactful."

In January, Dr. Czeisler will be presenting what people should know about sleep and what we can do to improve our own sleep health for successful aging. "When you change the culture of sleep, it can make an extraordinary difference in people's lives," he concludes. "The results are making a huge impact — even beyond our greatest expectations."

If you feel that you or a loved one may benefit from sleep disorder testing, speak with your primary care physician or specialist and request a test. The in-home or in-lab testing process is covered by most insurance. For more information visit http://healthysleep.med.harvard.edu/healthy/matters.

Charles A. Czeisler,
PhD, MD, FRCP

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Pellet Hormone Therapy Benefits

By Gunther Mueller

There are several forms of bio-identical hormone replacement therapy including pellet therapy in which a pellet about the size of a cooked grain of rice is easily implanted in the upper fatty part of the hip or buttock. The therapy is viable for both men and women; women typically receive 2-3 pellets and men receive 8-12 pellets. They last about 4-5 months in men and about 3-4 months in women, and the pellets never need to be removed. They are completely absorbed, as they contain nothing but pure human-identical (aka, bio-identical) testosterone or estrogen and a small amount of stearic acid as a binding agent to keep the contents in pellet form. This is the exact molecular structure of hormone that your body has been making all its life; therefore, there are very minimal potential, temporary, and treatable side effects which less than 2% of patients may experience.

Pellet therapy was invented in the 1930s and introduced in the U.S. in 1939 by Robert B. Greenblatt, MD, the renowned pioneer of endocrinology. The pellet was used in estrogen replacement therapy (ERT) for women who had undergone radical hysterectomies. Shortly thereafter, pellet therapy was used to administer testosterone replacement therapy (TRT) as well.

The advantage of pellet therapy over other modalities of treatment is convenience and optimally sustained levels of protective hormones essential to healthy aging. Pellet therapy behaves much like the natural endocrine system in that hormone is absorbed directly into the blood stream through cardiac activity and does not have the first pass effect in the liver, as with oral administration of hormone which potentially increases the risk of blood clots and DVTs.

Pellets also offer the advantage of having personalized levels of hormone (determined by lab work and medical history) administered to the body which is bio-available to the body 24/7 for a much longer period as compared to creams, gels, patches, orals, and shots.

Every randomized controlled trial in the past 50 years has shown no harm, and only benefit, with improved quality of life. The 1990 Studd study showed 8.3% healthy bone growth per year with pellet therapy, whereas creams and gels had 3.5% and orals came in at 1-2%. The Susan Davis Study in 1995 showed a positive effect on all lipid parameters with pellet therapy. In 1993, the *British Journal of Hospital Medicine* showed no increased risk of blood clots or DVTs and reduced cardiovascular risk with pellet therapy, as well as no increased risk of breast cancer compared to oral therapy.

With pellet therapy, patients are able to achieve the symptom relief caused by hormonal imbalance without having to remember to take a pill every day, apply creams twice a day, change a patch every 3 days, or get a shot either daily or weekly. Pellet therapy has been shown to be a safe and effective modality preferred for their convenience of use and stability of hormone levels maintained for a much longer period of time.

Gunther Mueller is an associate with Preventive Medicine Centers in Palm Springs and host of the weekly Vibrant Health Gurus Radio Show on KNEW 94.3FM Radio Saturdays from 2pm-3pm. He can be reached at (760) 320.4292 or www.hormonedoc.com.

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Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and shares her journey with Desert Health® readers in an ongoing column...

The Cancer Cycle: Setting Goals to Move Forward

In this New Year, I look forward to reviewing my goals from last year and reflecting on how the past year has played out. However, the goals I set now are not to lose 10 pounds or to take a vacation. My new goals involve living a healthy lifestyle and making it to my next 6-month checkup cancer free. It is funny because before I had my cancer, I thought I had a grasp on what people went through that had cancer. I would give them the stay positive speech, "You are going to make it through this," and then when they did, you tell them, you knew they would. Life would then go back to normal. Boy was I wrong.

There are so many different phases of cancer that I did not know cancer patients went through until I went through it on my own. From the time you receive the news to the treatments (however long they may last), to the meds, or being done with treatment and having nothing left to do but just wait and see if the cancer stays away. The psychological effects of cancer are sometimes worse than the actual treatments themselves. Unfortunately, cancer treatment is only really thought of and talked about as the physical aspects of what it does to a person like losing hair, throwing up, etc. While all of this is a must, the real goal is to first get rid of the cancer and secondly, to keep it from returning. No one ever really speaks about the aftermath. Or as I like to say, the real cancer that eats away at your mind and makes it difficult for you to sometimes get out of bed in the morning. The mental effects are seldom considered or addressed. At first you are in total shock and fear of the unknown. As you get your game plan together, the shock goes away, but the fear sticks with you. As I finish my first year of remission I can honestly say that fear has not gone away. When I go to my breast cancer meetings and I listen to 5-, 10- and 20-year survivors, I see that their fear has not gone away either. Life as we knew it does not exist, and I was naïve to think that I could go back to what I had before cancer even after my doctor told me I would be ok.

My cancer was treated with lots of prayer, 20 rounds of chemo, surgery and 38 rounds of radiation. I used Eastern philosophies to help heal like yoga, meditation, sound baths and a strict nutritional plan. In the end this all has worked beautifully for me, but no one told me that psychologically this would be so tough. Looking at the scars that I have from the surgery only reminds me of the fear I felt that I may lose my life. It is a constant reminder that cancer is a beast and not everyone survives. It is also a reminder of all the bills I have yet to pay or the fight I have still with insurance companies to pay them. This is so overwhelming that I just want to ignore it in hopes

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We Finally Understand Overweight and Obesity

By Joseph E. Scherger, MD, MPH

Jason Fung, MD, taught me how not to eat. I never realized I could skip meals and have greater mental clarity and more energy.

In his book, *The Obesity Code* (Greystone, 2016), Fung, a nephrologist turned obesity physician, describes with great clarity and solid science that obesity is a hormonal illness: the central hormone is insulin.

In medical school we are taught that insulin is the hormone that allows sugar to enter cells for energy. Type 1 diabetics lose their capacity for making insulin in the pancreas and will die unless they get insulin. Curiously, type 2 diabetics, currently over 90 % of those with diabetes, have excessive insulin and what is called insulin resistance, that is, the insulin does not work well in lowering blood sugar.

More importantly, as Dr. Fung points out, insulin is a fat storage hormone. When we stress our body with excess carbohydrates, insulin pours out and "locks the door" for burning fat. Any excess carbohydrates we do not burn for energy become fat through lipogenesis. The actual biochemistry is more complicated, but the general principle as stated is true. When we expose ourselves to a daily ample amount of carbohydrates, our daily high insulin level results in insulin resistance, overweight or obesity, type 2 diabetes and even high blood pressure and high cholesterol.

Our bodies did not evolve to eat carbohydrates like we do today, averaging 60% of our daily food intake in calories. Back when we ate the foods of nature - root vegetables, whole fruit, nuts, wild meat, eggs and fish - the dominant nutrient was fat followed by protein and then carbohydrates, only about 15% of calories. That is the evolutionary human diet; what we eat today with processed foods is not what our body wants. Excess insulin with its high blood sugar is a stress response that causes poor health, even dementia.

The key to reducing fat is to get your insulin level low. Fasting insulin is now regarded as an important lab test that should be part of any routine check-up. Fasting blood sugar roughly correlates; however, the fasting insulin reflects more time in the body than a spot blood sugar.

The current "normal range" for fasting insulin is silly, being 2.5 to 26, a whopping difference. Normal ranges are established from an average of what most people have in their blood. In order to lose weight, the fasting insulin should be below 10. Without that, diets and exercise are a waste of time and effort. To avoid dementia, the fasting insulin should be below 5 or 4.5 per Dr. Dale Bredesen, author of *The End of Alzheimer's* (Penguin, 2017).

Any time we eat, no matter what we eat, insulin in the blood goes up. Obviously with carbs it goes up higher. Fung points out that we have been focused only on what we eat and not focused on the equally important *when* we eat. We did not evolve to eat three meals a day and to snack in between. More natural in the history of our species is to eat 1-2 times a day, and drink only water in between.

Fasting has been part of our history for thousands of years. Judaism, Christianity, and Islam all honor fasting, even for days at a time. All report mental clarity, inspiration and other health benefits from fasting. Fasting even just 12 or more hours in a day may lower insulin levels.

Fung is the founding director of the Intensive Dietary Management Program at the University of Toronto. There he uses fasting as a core modality and is successful in reversing obesity and type 2 diabetes. A variety of fasting programs is used, depending on the person, from part of a day to as long as three weeks. The documented record for a medically supervised fast is 382 days in a male weighing over 400 lbs. With exercise, all muscle is preserved during a fast. Besides water, minerals and electrolytes are consumed, such as in bone broth.

Our cultural eating pattern of three meals a day is more psychological than physical. We think we are hungry and need to eat, but we do not. Carbohydrates drive hunger through blood sugar fluctuations, so fasting is much easier with a low carbohydrate diet.

I have started recommending intermittent fasting to patients and many have lost weight where they failed on just a low carb diet. I do this myself, eliminating snacks and skipping lunch. The method of eating two meals a day in one eight-hour period, for example from 11 AM to 7 PM gives 16 hours of fasting daily and is very effective in lowering insulin levels and fasting sugar, as well as burning fat. Staying hydrated with water is vitally important during a fast and helps to suppress hunger; morning coffee, even with a little butter or cream (but no sugar), will not break a fast as the effect on insulin levels is minimal.

Thanks to Jason Fung, MD, and others we have a much clearer physiologic understanding of overweight, obesity and type 2 diabetes. Fasting is a powerful tool to add to any diet program for better health.

Dr. Scherger is Vice President of Primary Care at Eisenhower Medical Center. He is also the Marie E. Pinizzotto, MD, Chair of Academic Affairs, and Clinical Professor of Family Medicine at the University of Southern California Keck School of Medicine.

In-office Arthroscopy vs. Traditional MRI *Continued from page 4*

Unlike ordinary X-rays, the MRI has the ability to take pictures of bone and soft tissue. The diagnostic machine also works without radiation like that of a CT scan. In spite of the advantages of MRI, there are also some disadvantages including high cost, confinement for claustrophobic patients, potential for an allergic reaction to contrast (if used), and delay in obtaining test results used for a timely diagnosis and treatment.

Diagnosis and Treatment of Joints with Arthroscopy

In-office arthroscopy is a faster way to diagnose patients so they can get the treatment or surgery they need. The surgeon starts the procedure by inserting a narrow tube through a small incision. A fiber-optic video camera on the tube sends pictures of the inside cavity of the joint to a monitor. I prefer using this in-office procedure as it allows for diagnosis during the initial appointment.

Advantages of In-office Arthroscopy

I use MiEye™ which utilizes the newest technology to create a versatile tool for use during these procedures. The handheld device has a needle, integrated camera, and a light source. It offers a viewing angle which allows me to visualize the entire joint and view the results on an iPad. The technology provides me with real-time analysis of the patient's joint for a fast and accurate diagnosis.

MiEye™ provides optimal imaging of any joint without the time-investment or risks of more invasive methods and allows me to make a decision about scheduling patients for more advanced treatment options such as surgery, if necessary.

Preventing Joint Injuries

Pro athletes are at the greatest risk of joint injury, but anyone at any age or activity level can develop joint conditions or injuries that cause them pain and/or limit mobility. In-office arthroscopy offers fast diagnosis to alleviate the pain of joint injuries and helps you get back to doing what you enjoy doing the most.

Dr. Pardino is an orthopedic physician with a private practice in Palm Desert, and can be reached at (760) 340.6784 or visit www.cuttingedgeortho.net.

Mindfulness Tools for Cancer Patients and Families

By Felina Danalis

In May 2010, while living and working in Greece, I received the call that would change my life. It was from my mother living here in the desert. She had just been diagnosed with breast cancer. That call completely altered my life, as I left my career in Europe and moved to Palm Springs to care for her during her cancer journey.

I had started to meditate and learn about mindfulness many years earlier, and had even taught a little. But now it was time to really put what I had learned into practice, for my own sanity of facing the highs and lows of the cancer journey, as well as for hers. If I was to be a good caregiver, I knew I would need to practice what I had learned.

What is mindfulness? Mindfulness, in the words of Dr. Jon Kabat-Zinn, the founder of the world-renowned Mindfulness-Based Stress Reduction (MBSR) program, is about "paying attention, on purpose, in the present moment without judgment." In other words, it's about getting out of the past (what happened yesterday) and the future (what might happen tomorrow) and learning how to be with the thoughts, feelings and sensations actually happening in this moment. For those looking to make the most of their time on this planet, it's a vital practice, and no more so than when one is facing cancer.

Why mindfulness? I taught my mother how to bring her awareness to her breath and begin to meditate using mindfulness. She gravitated to it as something powerful that she could do to give her a sense of control when facing the challenges that go along with chemotherapy and radiation. She especially used the meditation techniques I taught her when doing CT scans and MRIs that were uncomfortable and anxiety-provoking. I used them when I felt the seesaw of emotions coursing through my body. Since then I have taught hundreds of people to do the same, from corporate settings such as Google headquarters to community yoga studios.

Benefits. Anyone facing cancer knows the anxiety that can accompany it. Mindfulness has been scientifically proven to help. In a 2013 Massachusetts General Hospital study, for example, 93 individuals with generalized anxiety disorder were randomly assigned to an 8-week group intervention with mindfulness-based stress reduction or to a control group. The group that went through the MBSR program was associated with a significantly greater reduction in anxiety.

Resources. Currently I have the pleasure of teaching the mindfulness and meditation workshops that CancerPartners (formerly Gilda's Desert Cities) offers, at no cost, to everyone in our community who has been affected by cancer. These 2-hour monthly workshops, an important component of CancerPartners' Healthy Lifestyle Program, allow patients, their loved ones and those grieving the loss of someone to cancer to learn, practice and discuss how mindfulness practices are helping them.

While I wouldn't ever have chosen for my mother to get cancer, it confirmed my desire to share the benefits of mindfulness and meditation with the world, work I do today here in the Coachella Valley with tremendous gratitude.

Felina Danalis is a mindfulness coach and affiliate member of the Institute of Coaching at Harvard Medical School-affiliated McLean Hospital. Her next CancerPartners mindfulness and meditation workshop, open to the public, is on January 17. Please call (760) 770.5678 or go online to cancerpartners.org.

How to Tame Your Lizard Brain *Continued from page 14*

or writing your story.

The Taming Process

Once you learn to recognize the negative soundtrack from your Lizard Brain, you can begin the taming process. You can begin to consciously tap into the large part of your Primate Brain, the neo-cortex, the modern, creative brain that can feel joy, gratitude and has become skillful in intellectual pursuits like science, creativity and reaching goals.

TIPS:

Stay aware of the Lizard and how it wants to control your behavior. Awareness is the first step. According to Seth Godin, "The Lizard Brain is not merely a concept. It's real, and it's living on the top of your spine, fighting for your survival. But, of course, survival and success are not the same thing."

Recognizing and taming your Lizard Brain can help in achieving goals.

When your Lizard Brain sends you warnings, flip your thoughts to something positive that you enjoy or someone you love.

Suspend your natural instinct to be fearful and judgmental of others. Instead of fearing that people laugh at you, envision them applauding your success. Envision yourself reaching your goal.

Instead of "what if?" having a negative tone, shift it to the positive. "What if I win the award?" "What if my job interview goes well?" With positive thoughts, your brain releases endorphins that make you feel better, perform better and attain success.

Wear a rubber band around your wrist and SNAP it when you are doubting yourself and playing negative tapes in your brain. It takes 21 days to cement a new habit into your way of life, so take control of your thinking, tame your Lizard and change your self-talk into a positive way of thinking.

Keep Post-It Notes with affirmations within eyesight and read them out loud daily.

Surround yourself with people who support you and your goals.

Tell your Lizard Brain, "Thank you for sharing, Lizard, but I'm not interested. Come back when my life is truly in danger."

Dr. Susan Murphy is a best-selling author, coach and speaker who specializes in relationships, conflict, leadership & goal achievement. She co-authored In the Company of Women and Life Q. Dr. Murphy can be reached at (760) 674.1615 and Susan@DrSusanMurphy.com

Creating Health in Our Community

United Way's walks and challenge improve health behaviors

This past fall, the United Way was busy encouraging healthy activities among businesses, organizations and individuals across our valley. Three grass roots programs, the 9 Weekly Walks, the Wellable Workplace Wellness Challenge, and the Tram Challenge, brought together thousands and resulted in hundreds of thousands of miles of physical activity, and many charitable items collected.

The United Way programs increased access to physical activity and helped change behaviors for participants

Between August 26 and October 22, over a thousand individuals participated in the 9 Weekly Walks which took place in Desert Hot Springs, Palm Springs, Cathedral City, Rancho Mirage, Palm Desert, Indian Wells, La Quinta, Indio and Coachella. Companies and government organizations formed teams, individuals encouraged family members and many came out for the Saturday morning stretch and 5k walks led by fitness pros and local personalities.

In association with the walks, the United Way also held the Wellable Workplace Wellness Challenge in which another 423 individuals from 27 local worksites participated. Participants logged their healthy activities and steps online for points towards the finish line. In total, 199,519 miles of physical activity were tracked and the availability and accessibility of free physical activity and wellness was improved.

Over the nine weeks, walk participants also donated backpacks and school supplies, children's books, canned food, infant care supplies, and toiletries to benefit local non-profit organizations serving Coachella Valley families in need.

The events culminated on October 24 at the iconic Palm Springs Aerial Tram Road Challenge. All participants completing the 6k, 2,000 foot incline race/walk received a medal, and those who excelled in the Workplace Wellness Challenge were awarded at the post-race ceremony.

An online post-program survey completed by 177 Workplace Wellness participants indicates improvements in healthy habits related to physical activity and nutrition. More specifically, 94.4% of participants shared that the challenge motivated them to increase physical activity and live a healthier life, while 87.0% indicated that the challenge had a positive effect on their health. As a result of the challenge, 80.5% exercised more; 56.5% consumed more nutritious foods; 59.4% increased water consumption, and 61.1% either maintained a healthy weight or lost weight.

More importantly, 90.4% of participants indicated they are likely or very likely to maintain the positive behavior changes gained during the challenge.

Overall, the 9 Weekly Walks and Workplace Wellness program increased access to physical activity and wellness activities for all Coachella Valley residents, and improved long-term physical activity and nutrition behaviors for local valley employees.

For more information on how you or your organization can get involved in the 2018 United Way Walks and Challenges call (760) 323.2731 ext. 22 or visit www.unitedwayofthedesert.org

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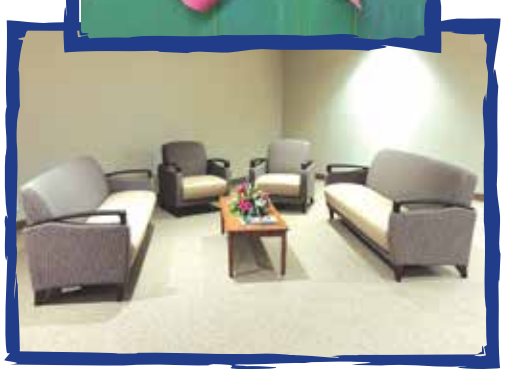
Health is a Choice

Continued from page 10

with this aspect and often label it simply as depression or anxiety. "They need therapy, yes, but not all of it is mental. We help them identify barriers and find solutions. They need our help to figure out what they want to be when they grow up."



The TAY facility offers a place of interaction and understanding for young people transitioning to adulthood.

There will also be a focus on first episode psychosis. The concept is that 70% of people with psychosis had their first episode between 14 and 25. Australia is considered a leader in this category. They intervene early with long-term treatment (18-24 months) and are having very positive outcomes. Representatives from that country will be coming to educate and train county staff on their program and will continue to work with the TAY centers for up to a year.

There is also support for TAY family members. Many parents don't know what to do with their children at this age and are often fearful of watching their children making progress. "I can say, 'Mom, you are not OK. Come in and let me give you the support that you need to realize how to let go of your child, and to be the supportive parent you need to be.'" If family members feel overwhelmed, they can call and say they want to come in; a family communication class is also offered on Tuesday to help parents learn to approach their young adults and to understand that different approaches may or may not work.

The La Quinta center already has over sixty TAY clients plus those who are simply dropping by and hanging out. They can provide services for up to 200 with clientele growing daily. "I really enjoy seeing these young people making progress and doing more than what they have seen in their small environment," adds Tomescu. "We are connecting kids with whatever their needs are today; we are working to help them achieve their goals despite the problems they may have at this time in their life and trying to make a difference."

Desert FLOW is located at 78-140 Calle Tampico in La Quinta. For more information call (760) 863.7970.

Living **Wellness**

with Jennifer Di Francesco

Pilates: An Exercise Spanning Generations

Some forms of exercise have deep historic roots; Pilates is one of them. With a rich background, this practice of movement touches a special place in one's heart.

In 1925, Joseph Pilates immigrated to the United States, founded a studio and coined his approach to exercise "contrology," which later became known as Pilates. He taught many students, including dancers and patients who needed rehabilitation. Pilates includes intricate concepts related to breath, alignment of the spine, and strengthening the abdominal muscles.

In this same year, 1925, Millie White was born. She now practices Pilates with instructor Sean Bergara at a studio in Palm Springs. For 92 years, Pilates has stood the test of time and so has Millie White.

At 92, Millie White enjoys practicing Pilates.

The day I met Millie, she was about to start a class. I was awestruck by her ability to move her body with awareness. She started with footwork on a machine called the reformer, which encourages foot articulation and progressed to bridging her hips and segmentally lowering her spine. Millie then placed her feet in straps to perform leg circles and finished with "Eve's Lunge," moving the carriage of the reformer in a lunge with focused balance.

Millie has been practicing Pilates for four years. She is thankful for the improved range of motion and stretch she received from this practice. When asked who provides her inspiration, she paused, stating that she has been motivated by many people in her lifetime. But she was clear that her current inspiration is her teacher, Sean.

There is reciprocal inspiration between Millie and Sean. After Millie graduated from college, she worked as a physical education teacher when she adopted the motto "just keep moving." Millie sees Sean as the teacher she used to be, helping others through exercise; Sean, the epitome of health, hopes to achieve what Millie possesses as he ages. Millie envisions herself as a healthy 92-year-old. This unwavering vision of health and her mantra to keep moving are a steadfast commitment to personal well-being.

My journey with Pilates has spanned the same stretch of time as Millie's. Practicing for four years has enhanced my development towards better balance and strength. Just recently, my 15-year-old daughter, Bella, has taken an interest in joining me. Bella immediately appreciated that Pilates focuses on intricate movements, each one small but tremendously effective.

After a little reticence, she also revealed that I am an inspiration to her. The interesting fact is that my daughter is the same for me. We hold reciprocal inspiration toward each other just as Millie and Sean do.

Pilates is a deep-rooted form of movement spanning generations, allowing for the inspiration of progress between people from all walks of life – and across all generations.

Begin Again

By Jayne Robertson, E-RYT 500

The cycle is self-evident at this time of the year as many of us ask ourselves a familiar question: "What is my New Year's resolution?" Is this the year that whatever has been sitting on my to-do list finally comes off the list and is manifested?

We ring in the New Year often with great expectations and find ourselves in a puddle of disappointment that whatever it was that felt so compelling at midnight on December 31, seems to have fizzled, just like our glass of champagne. The oomph is gone and we are back in the dance with the familiar.

Do we really need to change that much? A more impactful change may come from understanding our why (what drives us) and putting into place non-negotiables to realize our intentions.

So instead of a new resolution, how about we revisit our starting point? We "begin again" all of the time. It's a phrase that's often talked about in the practice of meditation, whereupon noticing that you're no longer in your center, you "begin again" by coming back to whatever you're using as an anchor. It may be coming back to the breath, a mantra or focusing on a physical sensation in the body. We may have to restart countless times throughout our session and that is the practice. It's so easy to get drawn into distraction...the future, the past, problem-solving and to-do lists are ever so tempting places to focus our attention. Yet, the magical moment of the practice is when we notice that we've been pulled away. And, in that moment, we begin again.

We all go through cycles in our lives when something comes to an end and we are then at that next starting point. It can often seem as though we are standing on the edge of a dark abyss, uncertain as to what lies ahead of us as we stare into the unknown. If we are able to remember why we are facing a new beginning and connect to our purpose and to our why, we have a beautiful opportunity to shine our light into the darkness. When we know what supports us in staying connected to our intention, we are then able to put things in place that help us to stick with it.

I discovered a few years ago that, in order to stay even-keeled and away from the doctor's office, I needed to do two things every day: get plenty of sleep and meditate. That's it. Those non-negotiables allow adherence to what's important to me in the long term, not just at resolution time.

So my advice (if I may be so bold as to offer it) is to find what's truly important to you and pick just one or two things that allow you to stay the course. Happy exploring and may 2018 be a year of manifestation!

Jayne Robertson, E-RYT 500, is owner and instructor at Desert Yoga Therapy in Rancho Mirage. For more information, visit www.desertyogatherapy.com or call (760) 456.5160. jayne@desertyogatherapy.com.

Why All That Grunting In Sports?

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

Many regular gym goers find it irritating and disruptive to have to listen to, and put up with, power lifters slamming weights and making a lot of noise when under a tremendous amount of load. So is all that grunting necessary, or do these power athletes just like to be noticed?

There has been much debate over this subject which spans many sports, most notably tennis. Monica Seles, who was a #1 ranked women's tennis player in the world several years ago, started grunting during her matches. Other players started paying attention to her rather disruptive way of attacking the ball and the men started doing it as well. Rafael Nadal, the very popular Spaniard who is again ranked #1 in the world on the men's circuit, does so on every play. He is a very superstitious player and has stated that he notices a huge difference in his power game as a result of grunting throughout his matches.

Science says grunting can actually improve physical performance.

There are many reasons why athletes who understand the science practice grunting on a regular basis:

Establishes a rhythm. If you listen to how Rafael Nadal or Maria Sharapova play, there is a rhythm and tempo to each grunt or yell from them; they are establishing a sequential pattern along with their breathing.

Releases tension. Science has shown by releasing stored up tension, you can produce more force by not reabsorbing it throughout your body. This release can also reduce potential injuries.

Generates an adrenaline rush. It triggers the brain to release adrenaline and produce a higher heart rate and increased blood flow. It also gives the individual a psychological boost.

Increases stability. Loud grunting can increase core stability by activating muscles in your back and abdomen.

Grunting, screaming and yelling have become very popular in sports as a way to produce more power. Many people can see benefits from yelling into a pillow as a way of releasing stress. I have talked to some business people who start their day by yelling with "spirit" into a mirror; they say it wakes them up, stimulates their mind and gets them ready to be more productive at their job. Spirit cheerleaders are also a great example of executing this type of energy release.

Mike Butler is co-owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant, national certifications of distinction through the NSCA as a strength and conditioning coach, Poliquin International state coach and as a Full Body Active Release Techniques Practitioner. He can be reached at (760) 200.1719 or at michael@kinetixcenter.com.

Small Wonders "Wow" in Nutrition and Taste

By Megan Goehring

Nutrition microgreens are appealing to the eyes and palate.

There's nothing like a guest speaker to get third graders' hands in the air. Today the guest is up at the whiteboard drawing pictures and asking students to identify parts of a plant. The kids at Katherine Finchy Elementary have got this. "What's the tiny thing the farmer puts in the soil?" "Seeds!" "What pokes above the surface into the air?" "Stem!" "What are these two round parts at the top of the stem?" "Leaves!" "What do you call the stem and leaves together?" Confused faces, a little bit of whispering. The speaker clues them in. It's an infant plant, a very special one – in fact it's a "super baby" called a microgreen.

Most of the kids in this nutrition education presentation have never tasted microgreens (MGs) before, but the majority declares them surprisingly tasty (they tried sunflower MGs). They like the idea of these juicy little plants being "tiny but mighty" - a description many would proudly wear on a cape themselves. In fact, researchers at the University of Maryland studying groups of nutrients (vitamins K,C, E and beta carotene) in microgreens were bowled over by the results, which indicated that the miniature versions of certain vegetables were anywhere from 4 to 40 times more concentrated than the mature produce. 1

The third graders quickly learned what chefs have known for years – microgreens also explode with powerful flavor. People delighting the palates of desert diners often sprinkle salads, meat and other vegetables with a confetti toss of microgreens. The itty bitty leaves can impart the taste of a vegetable without the heft or fiber, enlivening an otherwise bland plate of lettuce. Farmers can easily deliver entire trays of microgreens still in their growing medium to kitchens, where the culinary artists harvest them with scissors as needed. 2

It's become such an important ingredient that microgreen cultivation is an agricultural niche unto itself. In the Certified Farmers' Markets of the Coachella Valley, three different farmers supply microgreens to the outdoor markets in Palm Springs, Palm Desert and La Quinta. Heinz Strahl from Around the World Herbs originally introduced MGs to the Saturday Market in Palm Springs. His farm is similarly compact – a single greenhouse next to his home in a suburban Hemet neighborhood along with a handful of tidy raised beds. When Cynthia Farquhar's son Casey wanted to expand his offerings alongside their Redlands-grown citrus and avocados, Heinz showed him the ropes. Now Casey brings MGs to Palm Desert on Wednesday. Rounding out the week, Ruth and Todd Chinnock (mother and son) joined the team in Old Town La Quinta this November, after finally putting their rural property in Oak Glen to the use they originally intended. Their tidy trays of microgreens delight the eye as well as the palate.

Sample these small wonders of the produce world at your local Coachella Valley Farmer's Market!

Megan Goehring is the Palm Springs manager and community liaison for the Certified Farmers Markets of the Coachella Valley and is passionate about improving access to fresh, high quality food for everyone in her community. For local farmer's markets dates and times visit www.certifiedfarmersmarkets.org or call (844) 732.7628.

References: 1) https://www.webmd.com/diet/news/20120831/tiny-microgreens-packed-nutrients#1; 2) https://www.npr.org/sections/thesalt/2012/08/29/160274163/introducing-microgreens-younger-and-maybe-more-nutritious-vegetables

Butternut Squash and Potato Soup

By Janet Zappala

This smooth, yet hearty, soup is easy to prepare, but will make you look like a super chef to those lucky enough to have some… and you thought you couldn't cook!

Prep time: 25 minutes

Cook time: 45 minutes

Serves: 4

What you'll need:

1 medium butternut squash, or even better, pre-cut butternut squash (so much easier!)

2 baking potatoes, peeled and cut in chunks

½ medium yellow onion, diced

2 medium carrots, peeled and diced

2 medium celery stalks, diced

2 cloves garlic, crushed

1 32-ounce container low-sodium vegetable broth

1 teaspoon salt

1 teaspoon cracked black pepper

2 teaspoons extra-virgin olive oil

If using a whole squash, cut off and discard the top and bottom of the squash. Peel the squash with a vegetable peeler. Cut lengthwise in half; scoop out and discard the seeds. Cut the squash into 1-inch pieces.

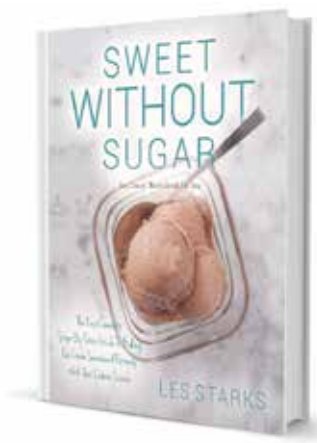
Put squash, potatoes, onion, carrots, celery, garlic, and broth into a large sauce pot over medium-high heat; bring to a boil (about 10 minutes). Reduce the heat to a simmer. Cook for about 35 minutes, gently stirring occasionally until all the vegetables are tender.

Using an immersion blender, blend vegetables until smooth. Season the soup with salt and pepper and ladle into individual bowls. Drizzle with olive oil (about ½ teaspoon each) and serve.

Enjoy! And happy New Year to all!

Good-For-You Ice Cream

Totally guiltless and 100% delicious!



Whether you live the raw, vegan, sugar-free, gluten-free, dairy-free or low carb lifestyle, you are sure to enjoy this savory delight from Les Starks of Whitewater, author of *Sweet Without Sugar: Ice Cream That's Good for You.* The simple recipe is easy to make and tastes like fresh strawberries.

Note that Starks' recipes are made using the Vitamix blender and adjustments will have to be made if using a different high power blender. Each recipe makes two 6- to 8-ounce servings.

Ingredients

1 cup frozen, soaked almonds

3/4 cup water; Intensify the fresh strawberry flavor by replacing the water with 3/4 cup fresh strawberry puree, made by blending fresh strawberries in the Vitamix until liquified.

1/2 to 1 level scoop stevia powder or 7 to 15 drops liquid stevia

1-1/2 tablespoons coconut oil

12 ounces frozen strawberries

Preparing the almonds for ice cream: Almonds have to be soaked in purified water in the refrigerator for twelve hours or longer, then rinsed, drained and frozen before they are ready to be used in ice cream. Almonds should be soaked in enough water to cover them by three inches or more, to allow for the water they will absorb. After draining the almonds, re-cover with water, drain them again, and repeat rinsing until water runs clear. Thoroughly drain the almonds in a colander or strainer and store in freezer bags. Freeze for twelve hours before using in ice cream. Each recipe for ice cream will take one cup of frozen, soaked almonds.

Delicious nut-based strawberry ice cream

Step One: Make the almond cream: Start blending almonds, water, and stevia on VARIABLE power 1, gradually accelerating to power 10. Switch the machine to HIGH, and blend until completely smooth. Add coconut oil, and blend, accelerating from 1-10 on VARIABLE. Switch the machine to HIGH, and blend until the coconut oil is incorporated.

Step Two: Incorporate the frozen ingredients: Add frozen strawberries. With the machine set on HIGH, use the tamper to push the strawberries down into the spinning blades, and blend until the mixture is smooth.

The result is a creamy, smooth and flavorful delight… Enjoy!

Sweet Without Sugar: Ice Cream That's Good for You is available at Amazon.com.

Naturopathic Family Medicine with Dr. Shannon

Tips to Help a Colicky Baby

Infants and young babies with regular colic tug on our heart strings as they cry, sometimes endlessly, leaving us with few options to relieve it. Any parent with a child that has colic can become desperate to help stop the tears. Colic is most often caused by issues with poor digestion and elimination, although it can have no obvious reason; it is simply defined as long episodes of crying in infants. However, simple changes can help to eliminate the issue.

A baby with colic often has a buildup of pinching gas in the intestines causing unrelenting discomfort for hours, which can be daily, nightly, or just on occasion. For a breastfed baby, the mother should eliminate all garlic, onions, hard-to-digest vegetables such as broccoli and Brussels sprouts, dairy, and coffee. Eating a simple diet of turkey, rice, and squash can reduce certain food compounds in the breastmilk that upset the baby's tummy. The mother can slowly introduce more variety and assess which foods, if any, are causing colic. For formula fed babies, a switch from cow's milk or soy-based formula to a goat milk-based formula can eliminate colic. Natural remedies for colic caused by gas pains are easily found at a health food store. Gripe water, castor oil rubbed on the tummy in a gentle clockwise direction, or homeopathic Carbo Veg 30c used as needed can help relieve gas. Sitting the baby in a more upright position and keeping the baby out of the car seat where they can stretch their tummy can help, too.

Baby wearing, defined as using a soft wrap or specific baby carrier with the baby close to the body, can help reduce colic. Babies worn on the body, close to the chest, and in a somewhat upright position, will relax with the warmth and closeness of another body. It may need to be worn for very long time periods throughout the day in the early months, so a wrap that allows the parent's arms to be somewhat free is necessary. Walking or bouncing the baby, or sitting with a baby wrapped on the parent while bouncing on a ball chair, all give the baby the same comfort and movement sensations found in the womb and help to relieve colic. It is also key for the person wearing the baby to stay as relaxed as possible in their body and with their emotions to provide comfort for the baby. The challenge is to remain calm with a baby that is very upset.

A baby with colic can be deeply frustrating for the parents, and the parents may often feel as if they are failing their baby. However, it can be a normal stage for some babies to experience colic. Working on diet choices, digestion, relaxation, physical closeness, and also taking breaks between caretakers if possible (to help relieve the anxiety and tension a colicky baby can produce) are important steps to take. If colic does not resolve, seek natural care options.

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

The Cancer Cycle: Setting Goals to Move Forward *Continued from page 20*

that it will just go away. No matter how much time passes, cancer mentally affects me and many others for the rest of our lives.

For friends or loved ones who are living with a no treatment diagnosis, it is a daily fear that today may be their last. For cancer survivors like me our fear is that new ache or pain, whether the cancer will return, and whether they missed something. Fear is something we learn to live with and respond to.

My goal this year is to slay fear. With all that I have in me, I will live that healthy lifestyle, I will help others through their cancer journey, I will help raise money for our local cancer foundations. I will attend my breast cancer support groups and I will teach yoga for cancer patients because when I give to others that have this same fear, our fear is understood and becomes love, and "With his love, he will calm all your fears." (Zephaniah 3:17).

In this New Year, cheers to loving one another and facing our fears as a community together!

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

Understanding the Use of Marijuana *Continued from page 13*

Phytocannabinoids found in marijuana, namely THC and CBD, interact with the endocannabinoid receptors CB1 and CB2. THC, for example, gets you high because it activates the CB1 receptor in the brain. CBD can counteract some of the less desirable effects of THC, such as a tendency to produce anxiety and rapid heart rate. At the same time, CBD has many properties that THC doesn't, such as an anti-anxiety, anti-pain, anti-psychotic and anti-inflammatory agent. Research has also shown that by adding agonists of cannabinoid receptors such as CBD, excitotoxicity, mitochondrial damage and oxidative stress can be prevented; in other words, CBD protects nerve cells against damage, degeneration, or impairment of function.

According to Dr. Ethan Russo, a noted and published cannabinoid researcher, a 1:1 mixture of THC and CBD is the best approach for treating a variety of symptoms including multiple sclerosis and many pain conditions, particularly neuropathic pain. It is his opinion that the 1:1 mixture also offers a good balance of efficacy and safety, meaning fewer side effects.

Preliminary evidence has linked genetic variations or mutations in the endocannabinoid system to specific diseases. Other studies have shown that it may be possible to predict your risk for side effects of THC such as cognitive decline, psychosis, and dependence by performing genetic testing, which is now available. This testing may also determine who will benefit from cannabinoid therapies. It should be noted that this testing is not yet FDA approved.

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

Sources: 1) https;//www.ncbi.nim.nih.gov/pmc/articles/PMC3997295/ 2) http://www.sciencedaily.com/releases/2017/07/170718142909.htm; 3) http://www.researchgate.net/publication/260760094 Care and feeding of the endocannabinoid system pharmacology of cannabinoid CB1 and CBD receptors, Pharmacol Ther. 1997; 74(2): 129-180; 4) http://www.projectcbd.org/ciencia/cannabis-pharmacology/dr-ethan-russo-cbd-clinical-endocannabinoid-deficiency; 5) Cannabinoids in neuroinflammation, oxidative stress and neurotoxicity Pharmaceutica Analytica Acta 6) Cannabinoid modulation of Neuroinflammatory Disorders, Curr Neuropharmacol 2012 Jun; 10(2) 159-166 7) Endocannabinoid System: Emerging Role From Neurodevelopment to Neurodegeneration mini Rev Med Chem 2009, Apr:9(4) 448-462.

The Emotional Impact of Bladder Disorders

By JoAnne Lake with Julia Parker

A few years ago, despite my happy circumstances, I was enveloped in a cloud. A lovely family, loving husband, yet where was my joy? Why was I anxious? My body ached. When I ate food, I felt full and unsatisfied. I had other tell-tale signs, of course, but they crept up so gradually, I did not notice them. I prided myself on not needing to use the restroom as frequently as my friends when we were out and about. In my youth, I could 'pee like a racehorse.' In fact, now I was pressing my urine out.

I had been sharing my symptoms with my doctor for years at this point. He suggested that I might have fibromyalgia or irritable bowel. It was not until I had a bladder infection that I was diagnosed with a neurogenic bladder. I was told that my bladder was not contracting properly; it was "underactive" and I would need to use intermittent catheterization to urinate for the rest of my life.

I was numb with shock and overcome with a myriad of emotions including humiliation, depression, and pure shame. How could I fess up to the fact that my problems were due to my bladder? Who talks about bladders? They are a forbidden topic. Never in my wildest dreams would I have equated my physical and emotional symptoms with my bladder and its deficient state.

New medical diagnoses affect each of us differently, but the reality of dealing with a chronic health condition is wearing at best - and devastating for most. It is not going to heal; it won't get better.

After receiving a neurogenic bladder diagnosis, I dealt with a daily change in routine. I was manually emptying my bladder using clean-intermittent catheterization (CIC). A bedridden or paraplegic might use an indwelling catheter (or Foley). Regardless, the very real challenge is avoiding chronic urinary tract infections (UTI). Why? Emptying the bladder manually inadvertently introduces bacteria into the urethra (neck of the bladder), which can migrate into the bladder itself. These bacteria then start to multiply and result in an infection. Chronic bladder infections can result in kidney damage or even septicemia.[1] Long-term catherization ensures you will have recurrent UTIs.[2]

Many times, feelings of despair, anxiety and mood swings are the result of bladder infections. It is a constant battle that wears on the nerves: many times you are suffering a low-grade infection from bacteria that have now colonized your urethra; only once symptoms appear and it is raging can you begin treatment. Will the antibiotic work? Will the bacteria become resistant to my current antibiotic and will there be a time when the infections can't be controlled? Emotionally, you can be caught unaware.

A 2015 study drew a relationship between a percentage of patients with UTI and various neuropsychiatric disorders,[3] including mood disorders. Dramatic mood swings (ranging anywhere from sudden lethargy to uncharacteristic yelling) are well documented among multiple sclerosis patients who experience a myriad of medical problems, including neurogenic/underactive bladder.[4] A study conducted on roughly 100 patients with spinal cord injury (SCI) showed that emotional and neurological symptoms, including depression, are more likely in women over men (3.8 fold), as well as those unable to successfully catheterize themselves (4.6 times)[5] compared to those able to maintain their independence by performing self-catheterization. A smaller study of people with urinary tract infections found twice as many women as men experience extreme mood swings.[6]

I think it's crucial to recognize the possibility of associated mental-state changes when dealing with a neurogenic bladder and UTI. If you have been diagnosed, watch for symptoms. Be ready to deal with them, rather than allow them to overtake and rob you further. The state of health care today demands that we be proactive; being our own advocate allows us to maintain our own best possible health.

JoAnne Lake is the author of Beyond Embarrassment: Reclaiming Your Life with Neurogenic Bladder and Bowel, together with Julia Parker, MS, MLIS. She can be reached at www.trudytriumph.com.

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You and #MeToo

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

It's been a long "quiet before the cultural storm" and now, a distinct shift is taking place. Barring the etiological causation, rhymes and reasons, perspectives and opinions, there exists the potentially positive development of a new norm in society coming out of the #MeToo movement.

A highly observable movement of stepping outside of one's comfort zone to share deeply hidden truths that have been kept secret, minimized, or even subconsciously forgotten for years, has come to light - not in a therapy room or support group - but out to the entire world. These hidden truths were perhaps minimized due to long-held societal cues, youthful naiveté, fear, rationalizations, and/or justifications in order to move up an occupational ladder where men have held the top positions.

There is always a tension of opposites with regard to the black and white in life. If there has been an abuse of power unleashed for eons, eventually a monumental shift will occur in order to re-calibrate. It is now happening and there seems to be no turning back; the lid has been blown off the kettle. Whether it has been sexual harassment in the workplace or hostility in other environments, change may very well be on the horizon. In the past, society might not have applauded this fight, but now there is strength in numbers.

The #MeToo movement is allowing many women and men to express hidden truths.

The abuse of power comes in many forms. It's not just about sexualizing a person; there's a powerful emotionally-controlling aspect in taking a person down a peg or two. No one deserves respect if they dis-empower another human being. Today, this long held, historically dysfunctional mindset is being challenged and will no longer be tolerated.

I always say that our behaviors define who we are. We teach others how to treat us through the application of healthy, adaptive, and functional boundaries. We teach what we will tolerate and what we will not accept. As we give our children a moral compass, we must also "walk the walk."

There have been men that have come forth sharing their truths about an abuse of power. A watershed moment can occur when more men are willing to speak up about their own abusive experiences, communicating to the world that this isn't only a female problem, but a human problem that has the potential for positive resolution of epic proportions.

Only from a position of empowerment can we flourish, recognizing and respecting one another as equal partners, each with our own talents and unique strengths, working together as a united front for the betterment of all people.

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.

Athleisure Wear

Taking your workout from studio to street

By Elizabeth Scarcella

Remember the days when exercise clothes belonged only in the gym? Today, athletic wear can take you from the mat to the mall with just a few thought-out touches.

When putting together a daytime errand-running-lunch-with-friends snazzy yet uber comfy ensemble, think trendy and practical at the same time. Fit leggings and a strappy sports bra are perfect for layering with an open back tank or a pullover that is equal parts cozy and chic. The sweater pictured here with a high low hem and side slits looks adorable with a knit scarf that ups the cozy factor. Finally, some rose gold flats with coordinating hardware on a handbag add just enough accessorizing to create a smart and fun street look.

A few simple additions can take your workout wear into town.

Sometimes our afternoon errands and late day workout routine take us into sunset creating the need to dress appropriately for happy hour, catching an early bird dinner, or dashing off to watch our child's practice or rehearsal. In those unforeseen, yet probable, cases, I recommend a chic jacket with lots of detail to pair with solid colored yoga gear. A cropped style works just as well as a hip length coat.

For diversity, I love a silky and strappy bra tank that wears almost like a camisole. Nothing says comfort and sexy at the same time like a built-in bra shirt in a move-with-you feel paired with black leggings. These pieces are so transitional - durable for a workout, yet luxurious enough for a night on the town. To complement this urban look, I would add black booties, maybe with metallic gold accents that offer just enough glitz, yet are walkable as well.

If this outfit will be taking you into the night, dress the whole ensemble up with a clutch purse in a metallic hue or any other color coordinating with your footwear. Finally, gold hoop earrings are more than enough jewelry, especially with a detailed jacket.

Once you start looking at your workout gear as additional pieces to your wardrobe, I bet you will quickly find many options that you hadn't previously considered. Don't be afraid to pair unlikely combos, such as kitten heel closed toe pumps with a textured pair of leggings, or a wedge sandal with flower print capris. It's easiest to start blending your studio-to-street wear by pairing with neutral colors, flowy knits and chunky jewelry to create a cool, put together vibe.

Most important is that you feel good in your own skin, express yourself freely and strive to live from an attitude of gratitude.

Elizabeth Scarcella, founder of Go Get Young and co-owner of Rx2Fitness, is dedicated to helping others find health in all aspects of life. For more information, find her at info@gogetyoung.tv.

Resolving to QUIT in 2018

By Jennifer Yockey

The New Year is upon us, and for many resolutions will be set and abandoned within the first 8 weeks of the year. Those resolutions were more than likely set to achieve some level of happiness - financial, physical or emotional.

THIS year, let's quit some stuff in order to move towards happiness rather than adding, abandoning and then feeling the subsequent self-loathing for lack of achievement. Just QUIT the following:

Comparing. Comparison is the thief of joy. It truly is. And let's be honest, we really don't know the whole story when we are viewing snapshots of vacations or parties that we see on social media. The picture that you see may have been preceded by devastating news or an argument. Stay in your own lane. Get clear on what you really want and chase that.

Expectations of Others. "Expectations are a down payment on future resentments." The bar you set for yourself is for YOU. Placing that same bar for others is a really quick way to get frustrated and disappointed. People have different values and place importance on different virtues. Being on time, for instance, is NOT important to some people. If it is to you, be on time. If your BFF is chronically late, tell her to meet you 15 minutes early. Problem solved.

Controlling Behavior. Listen, you only have control over you and your behavior, reactions and responses. You have control over the process but not the outcome. And here's the truth… sometimes, you miss the TRUE outcome, the BETTER outcome because you were too busy trying to manipulate the outcome you THOUGHT you wanted. Let it go. Do your best. Put one foot in front of the other, do the next right thing… the outcome will sort itself out.

Approval of Others. You don't need it. You are an adult and are capable of writing your own permission slips. Life is short and you are allowed to do, think and feel what is best for YOUR Soul. This doesn't mean you are selfish and don't think of others, it means YOU COUNT. Remember, you are not responsible for other people's reactions to your decisions. You are only responsible for how you impart and implement your own desires.

Your Limiting Beliefs. You are amazing! Take a moment to write down all that you have achieved. Really. Do it. If you are more than 2 years old, you have achieved a LOT. Write down the things that you think you should just "blow off"; learning to walk, read, write. It's a big deal. Continue to be a student. When you think that you can't do something, add the word "yet." It changes everything.

It's 2018 and it is going to be an amazing year. You will be challenged, there will be change, there will be joy, love, loss, excitement and fear. It's all happening. Some of it you will like and some of it you won't. How you navigate and respond to it all will shape your year. So, CHEERS to YOU, the New Year and QUITTING!

Jen Yockey is the owner of Gather, a movement and wellness studio, and founder of the Recover You™ Program. She is a certified yoga instructor and master life coach and can be reached at (760) 219.7953, jennifer.yockey@hotmail.com or jenyockey.com.

Come Celebrate the 2018 Women Who Rule!

The Women Leaders Forum of the Coachella Valley (WLF) is proud to announce the honorees for its 6th Annual "Women Who Rule" Awards Luncheon and Scholarship Fundraiser presented by Desert Regional Medical Center.

On Friday, January 26, at Agua Caliente Resort Spa in Rancho Mirage, four deserving women will be honored for their extraordinary community leadership, public service, commitment to education and visionary entrepreneurship. The event begins at 11 a.m. with an elegant reception and silent auction followed by the awards program and luncheon.

All proceeds from the luncheon, and a matching donation from OneFuture Coachella Valley, 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. Over $400,000 has been raised to date.

Each honoree has exemplified a dedication to our community by educating, inspiring, and empowering others. The 2018 Women Who Rule include the following:

WLF Desert Visionary Award–Denise Wilson

Denise Wilson is President and CEO of Desert Jet, a group of aircraft management, charter, maintenance and ground handling companies based she founded with no investors or start-up capital. The company has been ranked on the Inc. 500|5000 list of the nation's fastest growing, privately-owned companies five consecutive years and named one of the "50 Fastest Growing" women-owned/led companies worldwide.

Helene Galen Excellence in Education Award
Kajsa Thuresson-Frary

In 1997, Kajsa launched the arts-centered education for children and adults to more deeply serve the local community. As Director of McCallum Theatre Education, Kajsa leads a team of education coordinators, teaching artists and others in designing, developing and implementing dynamic programs serving close to 40,000 students, teachers and community members each year.

Mary T. Roche Community Leadership Award
Patricia 'Patty' Newman

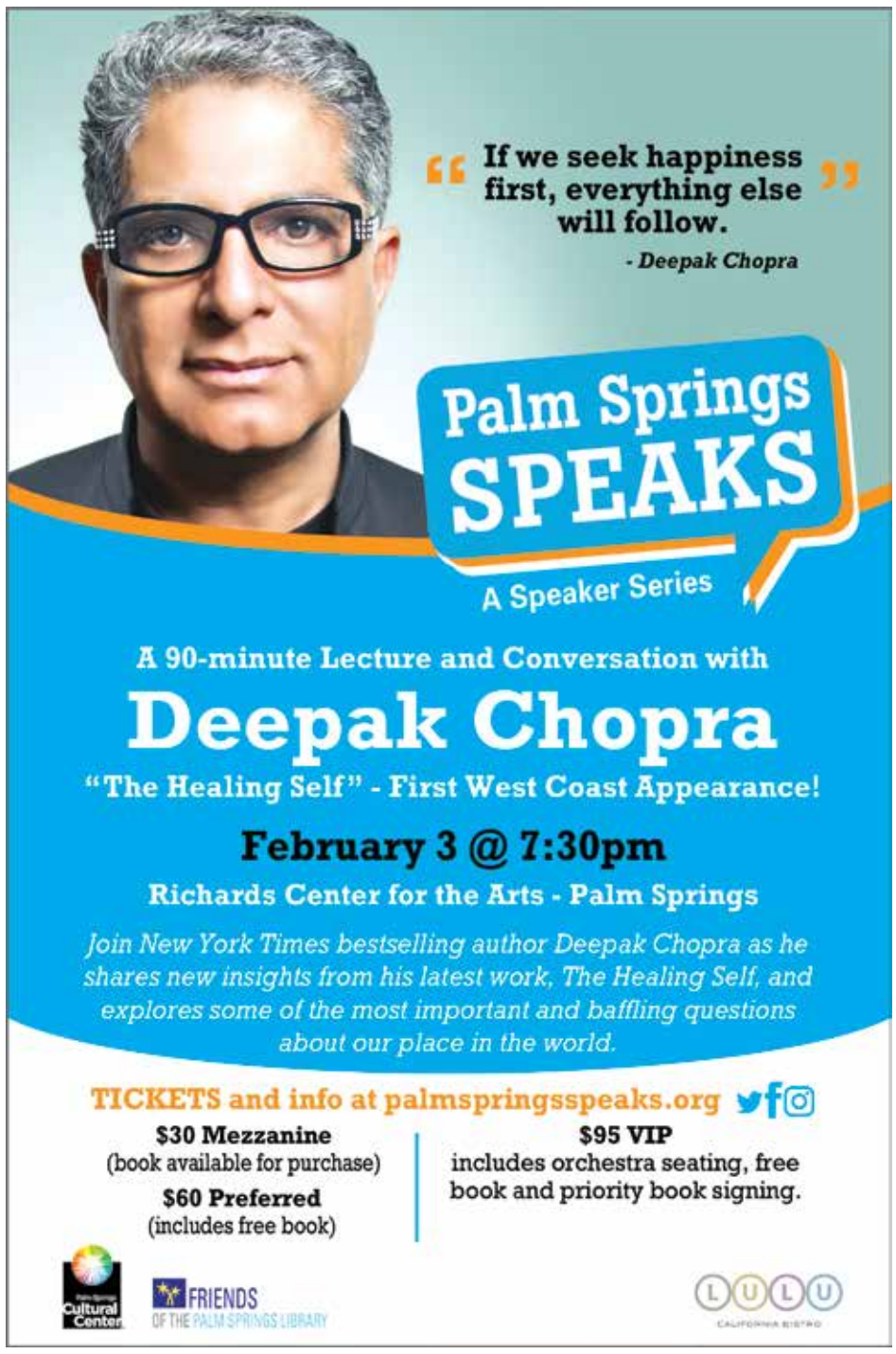
Patty Newman is a 36-year desert resident. She has served many charitable organizations, including women's groups and Animal Samaritans and has chaired two Rancho Mirage commissions. She was also active in the mentoring project at Cielo Vista Elementary School and has always worked hard to improve the wellbeing of our community.

WLF Trail Blazer Award–Reesa Manning

Reesa played an integral part in establishing WLF. Her entrepreneurial expertise and drive inspired many to join and grow the organization. In addition to her work as a financial advisor, she has had many appointments including WLF President; President of Women of Sinai, Temple Sinai; President of the Los Angeles Chapter of National Council of Jewish Women; and The National Association of Women Business Owners.

WLF's mission is to empower and develop women leaders of all ages and backgrounds in our community. The organization has raised more than $400,000 in college scholarships for local high school girls and this year is mentoring over 60 Young Women Leaders as they prepare for college and life.

Women Who Rule takes place Friday, January 26, at 11a at Agua Caliente Resort Spa in Rancho Mirage. Tickets are $85 for WLF members, $95 for non-members and $800 for tables of ten. For more information or to purchase tickets, please visit www.wlfdesert.org.



Cambria Speakers Series Open to All

Health advocate Mariel Hemingway February 6

The Cambria Health by Design Speaker Series launched in November with integrative doctor Joe Scherger, MD, speaking on how to reverse – and end - Alzheimer's. Scherger spoke to a full house, all of whom took home life-changing information on maintaining a healthy brain through dietary choices such as avoiding carbs, consuming healthy fats and greens, and eating fewer times throughout the day.

Joe Scherger, MD, addresses the audience at the November presentation.

Guests also enjoyed healthy snacks from Salads in a Jar such as tomato, cucumber and garbanzo beans; Thai salad; and no-bake peanut butter balls. Complimentary beverages were also served by Cambria.

Mariel Hemingway returns to the desert February 6.

The series continues on Tuesday, February 6, with author and health advocate Mariel Hemingway who will be addressing mind-body-spirit optimization and purposeful living. Hemingway, who has written several books and speaks around the world, is considered an expert in solutions that facilitate the greatest sense of personal power, life balance, joy, fitness, authenticity and peace of mind. She's both a devoted teacher and student in this holistic concentration.

The Cambria Health by Design Speakers Series is presented by Eisenhower Wellness Institute and *Desert Health*® and aims to provide valuable and complimentary health information to our community. Each presentation takes place in Cambria's elegant Palm Desert showroom and all are welcome to join. Our April speaker will be announced at a later date.

Salads in a Jar caters a healthy selection at each event.

The Cambria Health by Design Speakers Series takes place Tuesday, February 6, from 5:30pm – 7:30pm at the Cambria Gallery, 42210 Cook Street, Palm Desert. The event is free but space is limited and reservations are required. To RSVP call (760) 340.0600.

The Walk to End Alzheimer's

It's hard to beat the beauty of the Coachella Valley in the spring, with glorious flowers of all colors painting our desert landscape and infusing our home with life and beauty.

On Saturday, April 7, our valley will be filled with a different kind of flower as the Walk to End Alzheimer's is held at lovely Palm Desert Civic Center Park. An important part of every Walk to End Alzheimer's event across the country is the Promise Garden Ceremony; every Walk participant is given a large "windmill" styled flower in a color that represents their connection to Alzheimer's disease and the Alzheimer's Association: yellow for caregivers, orange for champions of our vision of a World Without Alzheimer's, blue for people living with the disease, and purple for those who have lost a loved one.

Walk participants are given a flower in the color that represents their connection to Alzheimer's.

The Walk to End Alzheimer's is truly a transcendent way to experience the Alzheimer's Association and all that we stand for and offer, from information, education and referral, to advocacy, public policy and research that will someday find a cure for this devastating disease. Most of all, it is an inspiring, uplifting event that brings all segments of our community together to celebrate, honor and support those living with the disease of Alzheimer's and their families.

The entire family is encouraged to take part.

Register today, form a team and ask your family and friends to join you. All fundraising is done online via the Walk website with many tools and tips to help you be successful. Special areas such as the Champion Tent with a catered breakfast and the Team Tailgate area where the top 5 fundraising teams will have special benefits and perks at the Walk. In our festival area, enjoy live music, food, a kid zone, entertainment, special guests and a beautiful venue to educate all about the many local resources and community partners that offer services meaningful to you and your family.

Your fundraising efforts will ensure that our programs and services such as support groups, educational series and lectures, and social engagement classes like our art-based "Expressions" series remain free to all participants, in addition to our counseling, information and referral and care consultations.

The Alzheimer's Association has been serving the Coachella Valley for 20 years and with your help, we will continue our mission until every desert family living with Alzheimer's has the help that they need.

For more information and to register, visit act.alz.org/cv2018 or call (760) 996.0006.

Bringing *Desert Health*® to Life!

Join us at this year's community health fairs

One of our favorite things to do is to bring *Desert Heath*® to life through our community health fairs. This is your opportunity to meet many of the doctors, health care practitioners, businesses and products you read about in our publication. Beautiful venues, prize giveaways, and other festivities add to the fun at each event.

The beautiful new Trilogy at the Polo Club

This year we are presenting three fairs: January 27 at Trilogy at the Polo Club (10am-1pm); February 17 at Outdoor Resort Palm Springs (9am-12pm); and March 24 at Trilogy La Quinta (9am-12pm). Both Trilogy events are free and open to the public; the Outdoor Resort event is open exclusively to residents of that community.

The Trilogy health fairs are free and open to the public.

The newest addition is the Find Your Fit Wellness Fair on the grand lawn of Trilogy at the Polo Club. Located off Avenue 52 across from the Polo Grounds in Indio, this spectacular new community is the fastest growing in the valley and features one of our favorite restaurants, June Hills Table. Restaurant bites will be offered to guests, along with prize giveaways and tours of the clubhouse and model homes.

Trilogy at La Quinta celebrates their tenth annual health and wellness fair this year. Located off Avenue 60 in La Quinta, the event always attracts a large and engaged crowd, and everyone takes something home. $1 raffle tickets for thousands in prize giveaways will once again benefit Coachella Valley Volunteers in Medicine.

At each event, a variety of Coachella Valley health professionals will offer demonstrations, product samples and information. Learn more about the many modalities you read about in *Desert Heath*® including medical services, acupuncture, detoxification, and more; learn hands-only CPR, get a free massage, check your blood pressure… or just stop by and say hello.

Start out the New Year right and come see us at the Trilogy health and wellness fairs!

For more information contact Desert Health at (760) 238.0245.

23rd Annual Jim Cook Day of Hope for Diabetes

All are encouraged to attend this educational day

On Saturday, March 3, the Jim Cook Day of Hope for Diabetes® returns for a day of information and education that is open to all – and free. Sponsored by the Desert Diabetes Club, the event includes a product fair showcasing the latest technology and treatments for persons with diabetes, along with a variety of speakers. Medical screenings will also be available to all attendees at this year's event.

In a report released this year by the Centers for Disease Control and Prevention, more than 100 million U.S. adults are now living with diabetes or prediabetes. The report also found that as of 2015, 30.3 million Americans, or 9.4 percent of the U.S. population, have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years. The statistics are staggering which is why education is vital for people living with diabetes, as well as for those who want to live a life free of the disease.

For individuals with type 1 diabetes whose pancreas is no longer capable of producing insulin, education is equally important.

The keynote address for this year's event entitled, "Research Focus: Islet Cell Transplantation, Type 1 Diabetes, Sexual Dysfunction," will be given by Fouad R. Kandeel, MD, PhD, Chair and Professor of the Department of Clinical Diabetes, Endocrinology and Metabolism at City of Hope in Los Angeles.

Dr. Kandeel is the principal investigator on the islet transplantation trial to determine the safety and efficacy of islet cell transplantation as a treatment for patients with type 1 diabetes. In addition, Dr. Kandeel recently concluded a clinical project to identify genes related to the development of type 2 diabetes and cardiovascular disease in the Hispanic population. He also continues to oversee the Diabetes and Cardiovascular Risk Reduction Program, which he established several years ago at City of Hope. Due to his strong background in endocrine tumors and thyroid cancer, Dr. Kandeel participates in the development of the national guidelines for the management of neuroendocrine tumors.

Experts from Eisenhower Medical Center and Eisenhower's Diabetes Education Program will also speak about the latest research and information on various diabetes-related topics.

Jim Cook Day of Hope for Diabetes® will take place from 8a.m. to 12:30p.m. at the Annenberg Center for Health Sciences at Eisenhower in Rancho Mirage. For more information on the event or the Desert Diabetes Club, please call (760) 773.1578, or visit emc.org/ddc. Reservations for the event are not required.

Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women, advocating for more research and swifter action for women's heart health. Through the outreach and efforts of Go Red For Women, today about 293 fewer women in the U.S. die from heart disease and stroke each year.

SAVE THE DATES

National Wear Red Day
February 2, 2018

Wear red to show your support of Go Red For Women. Heart Month will kick off with an fun-filled Wear Red Day event at the Palm Springs Air Museum.

Two Weeks of Red
February 2, 2018 - February 16, 2018

Businesses throughout the valley will invite customers and the community to participate in special Go Red activities at restaurants, fitness centers, golf clubs, retailers and more.

Go Red For Women Luncheon
February 16, 2018

The annual luncheon will be a celebration like no other, featuring wellness education & activities, health screenings, auction and inspiring stories.

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February is Heart Month
Join us in celebrating Two Weeks of Red

This year's Go Red campaign is extended to include two weeks of activities.

February has long been recognized as American Heart Month. Many things have changed since the initial proclamation in 1963. Unfortunately, one thing that has not is that heart disease is still the leading cause of death of Americans.

Major inroads have been made during this time, with an emphasis on increased awareness, prevention and treatment. One significant area of improvement is awareness of heart disease among women. In just the past decade, the number of women aware that heart disease is their leading cause of death has nearly doubled, and 293 fewer women in the U.S. die from heart disease and stroke *each day* compared to when the American Heart Association's Go Red For Women campaign was launched in 2004.

This year, we are excited to build on that success in the Coachella Valley and introduce the "Two Weeks of Red" campaign.

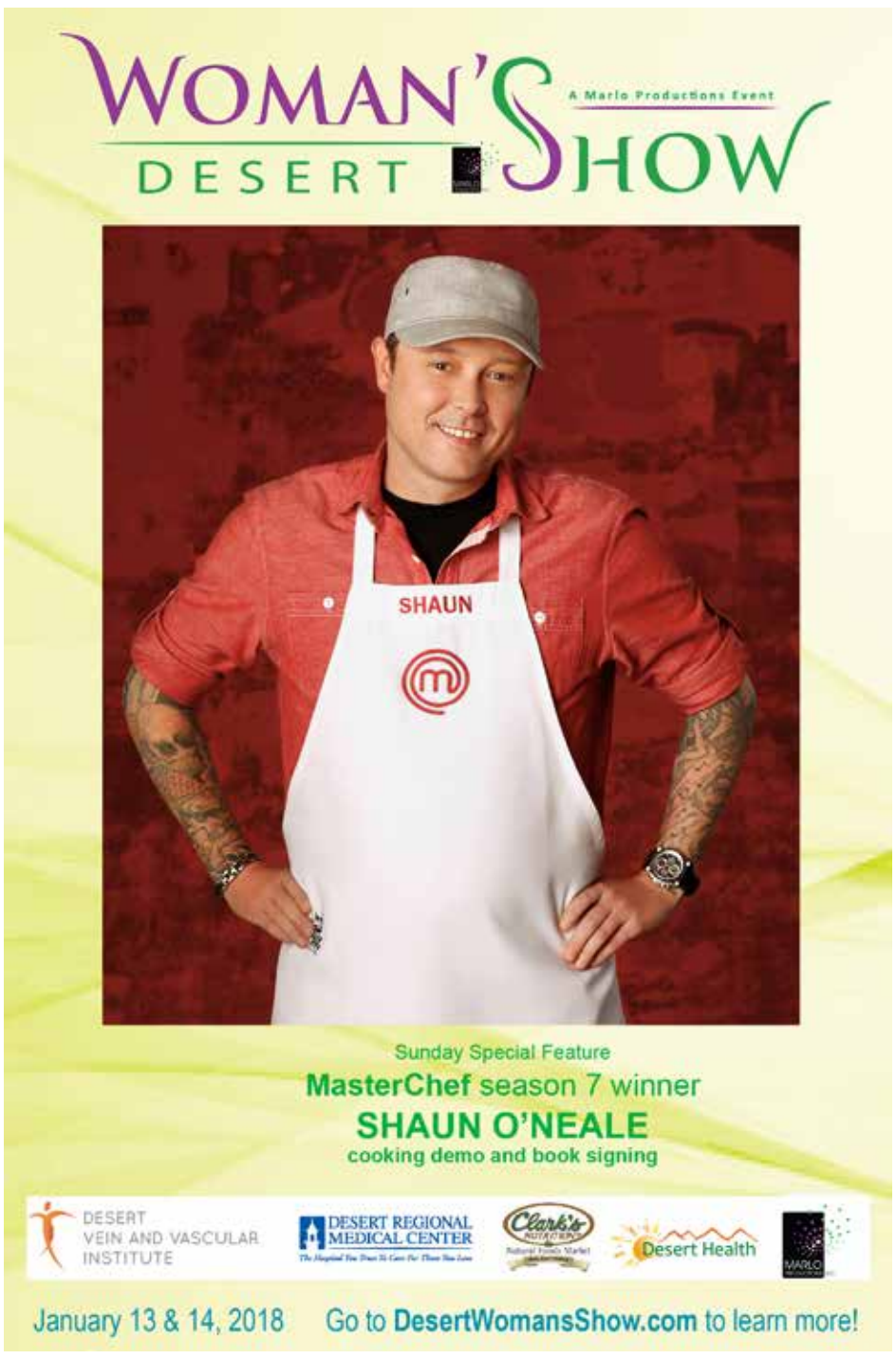
The campaign kicks off Friday evening, February 2, with the inaugural Kick-off Sock Hop at the Palm Springs Air Museum. We are very excited about the Sock Hop and expect a lot of energy to help kick off our 2018 Go Red campaign.

The campaign culminates with the festive Go Red Luncheon on February 16.

We will share some exciting Two Weeks of Red community collaborations at the Sock Hop, including a number of local businesses that will help raise awareness across the community by lighting up their buildings in red to show their support. A number of clubs, businesses, and restaurants will also be featuring fun fundraising, as well as heart-healthy activities and menu options throughout the campaign.

The campaign culminates February 16 at the Westin Mission Hills with the Coachella Valley Go Red For Women Luncheon. This year's theme "Your Passport to Heart Health" will guide attendees on a tour to take care of themselves with a passport that will coach them toward good health throughout the year. The pre-lunch activities will include not-to-be-missed "Red Talks" led by healthcare specialists, heart-healthy cooking demos, interactive stations for health monitoring and other activities, shopping, and of course, the annual auction. The event is sure to be inspiring and educational. The 2018 Coachella Valley Go Red For Women campaign is chaired David Herrlinger of HP Energy. The Coachella Valley Go Red For Women Luncheon is locally sponsored by Eisenhower Medical Center.

For more information and to get involved in this year's campaign, contact Danielle Grout at Danielle.Grout@heart.org or (760) 346.8109. www.CVGoRedLuncheon.heart.org.



Helping Macular Degeneration Patients

8 Ways We Can Help

When you've been told *"nothing else can be done"* then it's time for a low vision exam.

1 Spectacle Miniature Telescopes

Designed for tasks requiring better central vision and mobility, these glasses are used by drivers to see signs and traffic lights, by grandparents to see grandchildren playing soccer and bridge players to see cards on the table.

2 Bioptic Driving Glasses

Bioptic Drives glasses allow drivers to continue to drive when they struggle with seeing road signs. These glasses have small telescopes that allow drivers to see road signs and traffic lights. They can also be used by grandparents to see grandchildren playing soccer and other sports.

3 Spectacle Microscope Glasses

Compounded high powered prescription lenses give crystal clear images for reading. Where regular reading bifocals or lenses don't help enough microscope glasses allow reading vision.

4 Spectacle Prismatic Glasses

These moderate powered lenses are useful for near tasks like reading, writing, and handicrafts.

5 E-Scoop Contrast Enhancing Glasses

Macular degeneration and other diseases reduce contrast sensitivity. E-Scoop lenses combine 5 elements to create a larger, clearer high contrast image. E-Scoop lenses improve overall vision and reduce the risk of a fall.

6 Electronic Magnification

Portable purse size & full size magnification far superior to hand held magnifiers. Take it with you, to read menus, price tags books and newspapers.

7 Virtual Reality Wearables

Affordable autofocus, head worn electronic magnification for advanced loss. For advanced vision loss these provide many advantages over traditional cctv's. Induction charging and other specialty features for advanced vision loss.

8 Testing and solutions individually prescribed

If it's one thing experience has taught me, there is no one solution for helping low vision patients. Each case involves listening carefully to the specific needs of each patient, carefully examining their usable vision and then using the best low vision solutions to address their individual needs. Prescription telescope, bioptic and reading glasses are only available by prescription.

Toll Free (760) 674-8806

www.LowVisionPalmSprings.com

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