

Desert Health[®]

The Valley's Leading Resource for Health and Wellness

January/February 2019

what's inside

5 Medical News

Colon Cancer: Lifestyle Factors Play a Role at Every Age

14 Natural Options

The Healing Sounds of Music For Body and Mind

23 Integrated Practices

Aging Gracefully Through Hormone Balancing

25 Financial Health

The Game of Golf "FORE" Savings

26 Through the Generations

Making a Baby? Top Fertility-enhancing Foods

27 Through the Generations

Inner Space, Inner Peace: Finding Peace Within

29 Fresh Cuisine

Citrus & Palm Serves Whole Food with Heart

31 Fitness

Maximizing Your Endurance Training Program

32 Desert Events

Community Wellness Fairs Bring *Desert Health* to Life

Are You Grounded?



When was the last time you walked barefoot on the beach or lay in the grass with your face in the sun? How about camping in the forest or hiking without your shoes?

This may be the perfect prescription for what ails you.

Of course, this statement is nothing new. We often heard, "Go outside and play!" and know that a beach vacation can change your entire perspective. But how often do we actually do these things? Not as often as we should.

The sad truth is that in our modern society, humans have become isolated from Mother Earth, living in our plush homes with comfy shoes on our feet, and while generations before us used her healing embrace as a natural home remedy, it now takes science for many of us to understand why and how we need her.

Everyone agrees that being outdoors makes you feel better, yet many say we are sick from missing that connection, and studies over the years have supported that claim: attention deficit disorders improve when kids spend more time outdoors;¹ short periods of time in the woods can improve depression,² while long stretches can increase white blood cells that fight viruses

and tumors;² and those who exercise outdoors have lower blood pressure, higher self-esteem, and improved mood compared to indoor exercisers.³

In Japan, "forest bathing," or *shinrin-yoku*, simply being in nature and connecting through all your senses, is an evidence-based therapy with so many health benefits there is even a Japanese Society of Forest Medicine.

In our nation's capital, a physician-supported group has created Park Rx America, a public health intervention for "nature deficit disorder," encouraging doctors to prescribe time in green spaces and local parks for those with anxiety, hypertension, asthma, diabetes, and behavior issues in children.

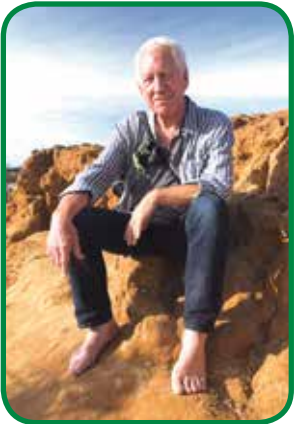
But what is it about being connected to the earth that actually heals us?

The biophilia hypothesis suggests that we have an evolutionary need to be near nature and doing so enhances all our

senses; that we are genetically programmed to find trees, plants, water, and other natural elements engaging and soothing.

However, a local Palm Springs research and development company takes this theory a step further and points to our dependency on the earth's energy, or

Continued on page 10



Palm Springs grounding pioneer, Clinton Ober

Health is a Choice



Transformative. It's the word I've heard

most from those who attended Wellspring, the mind-body-spirit think tank produced by Wanderlust and held at the Palm Springs Convention Center last October. With over 150 influential speakers, yoga, meditation and fitness classes, and an array of spaces to experience products and practices, the event was overwhelmingly wonderful.

Wanderlust's mission is to help us cultivate our best selves and the many opportunities to grow were summarized as Practice. Think. Sweat. Restore.

"The most exciting thing for us," said Wanderlust CEO and Co-Founder Sean Hoess, "was that the very concept of the event, redefining wellness to include social wellness (relationships, social change) and global wellness (environmentalism, global health), resonated with our audience. Attendees were ready to learn and practice for their own wellness, and then take larger ideas back to their community to help others."

There were too many highlights to name, and everyone took away something different. I enjoyed *Making of a Modern Elder* author Chip Conley, who told us "curiosity plus passion gets rid of wrinkles" and Bulletproof's Dave Asprey, who said he'd live to be 180. "Here's to attention, intention, and incorporating this knowledge and shift into my every day," said Greater Palm Springs CVB's Donna Sturgeon, while DAP's David Brinkman summed it up as phenomenal.

There were a few things I was skeptical about in the lead-up to the event, but Wellspring exceeded my expectations in every way. The first was the indoor location as Wanderlust festivals are standardly outside, but the convention center could not have been a better place; every room offered a different experience.

Another anomaly was keynote speaker Russell Brand (not really the face of health), but WOW, did he deliver an entertaining and heartfelt presentation. Through

Continued on page 24



SAVE THE DATE
AFFAIR OF THE HEART
Thursday, February 14, 2019 • 8am to 2pm

A FREE HEALTH FAIR
CELEBRATING HEART-HEALTHY LIVING!

IN THE BIG TENT on the grounds of Desert Regional Medical Center



- Enjoy Free Heart-Healthy Food and Take Home A Recipe
- Hear About Heart Health Directly from Doctors and Heart Experts
- See the Latest Technologies to Treat Heart Conditions
- Review Drug Interactions with a Pharmacist
- Learn Hands-Only CPR

CALL TO RSVP
(833) 430-8589



DesertCareNetwork.com

CELEBRATING Mother Earth

In this shiny New Year, we take a look at our relationship with nature. When was the last time you enjoyed the great outdoors, went camping or strolled on the beach? In today's society, we've done a good job of isolating ourselves from Mother Earth, and it seems to be harming our health.

So with this New Year's issue, our wellness recommendation is simple: kick off your shoes.

Our lead feature looks at grounding, a global wellness trend with roots in our valley of which we can be very proud. Earthing pioneer Clint Ober shares memories of his mid-western youth with Native Americans and how they turned to Mother Earth for answers and healing. In *Living Wellness with Jennifer Di Francesco*, we learn of the Peruvian practice of honoring Pachamama, as she is called there (p.17).

It's no coincidence that grounding is growing at the same time energy medicine is evolving in both the allopathic and natural medicine worlds. Who provides more energy than Mother Earth? She - and we - are all part of a very powerful and energetic universe, and when we live life in the same direction as that universal energy flow, things go smoothly for us; when we go against the grain, things become challenging.

Both Jayne Robertson and Tracy Smith offer related insights in their respective articles, *Inner Space, Inner Peace* (p.27) and *The Power of Emotion through Affirmation, Intention and Prayer* (p.16). Jay Anderson shares *The Healing Sounds of Music* (vibrational energy flow; p.14) and Leah Wiltgen offers tips on maintaining our lymphatic system, our "internal river of life" (p.15).

We are all part of the same universal energy flow, and we need our Mother Earth. So kick off your shoes, get grounded and embrace the energy around you which is there for one purpose - to make you a healthier and more complete human being.

Here's to a flowing New Year for all ~

Lauren
Lauren Del Sarto
Founder/Publisher



FOUNDER/PUBLISHER
Lauren Del Sarto



An Independent Publication
PO Box 802, La Quinta CA 92253
(760) 238.0245 • lauren@deserthealthnews.com



Follow Us for
Updates & Events!



EVENT MANAGER &
EDITOR/WRITER
Doris Steadman



GRAPHIC DESIGN
Heather McKay
m.kaydesign@mac.com



LEAD EDITOR
Jo Ann Steadman



WEB MASTER
Benjamin Katz Creative
bk@benjaminkatzcreative.com



DISTRIBUTION
Trish Lounsbury



DISTRIBUTION
Richard Whitehill

Thank you to the Desert Health team and all our marketing partners!

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

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

This publication is printed on paper sourced from sustainable forests and farms.

Home delivery subscriptions available. Call (760) 238.0245

A Season of Good Health!

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

Jan. 11 • Saks Wine & Rock 'n Roll. This charity kickoff event for the Desert Woman's Show will feature the "Best of Saks 5th Avenue" fashion show and pop-up store, Santa Margherita Wines, appetizers and open bar by Toscana Country Club with entertainment provided by Big Rock Pub. Ticket proceeds and a silent auction will benefit SafeHouse of the Desert. 6:30-8:30pm at Toscana Country Club, everyone is welcome, and tickets are \$75. www.DesertWomansShow.com/tickets.

Jan. 12 • Trilogy at the Polo Club Wellness Fair. On the beautiful grounds of the Valley's fast growing gated community whose motto is "Live Happier." A variety of valley health and wellness professionals will offer demonstrations, samples and product information from 9am-12pm. Enjoy raffle prizes and fresh bites from their acclaimed restaurant, June Hill's Table. Model home tours also available. Free, open to the public and presented by *Desert Health*®. Located on Avenue 52 between Monroe and Jackson. (760) 238.0245.

Jan. 16 • Wellness Worth Watching. Food Choices presented by Eisenhower Health and *Desert Health*. Groundbreaking documentary exploring the impact our food choices have on our individual health and that of our planet. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. Doors open 1:30pm; Movie 2-4pm. \$5. RSVP (760) 423.4855.

Jan. 16-20 • Desert Classic. The PGA Tournament is celebrating 60 years with a focus on its rich history, a festive environment and giving back to local children's charities. Top golfers compete by day while Sammy Hagar & The Circle (Friday) and Bad Company (Saturday) entertain at night (5pm). PGA WEST and La Quinta Country Club. \$30 tickets include access to three on-course hospitality venues and evening concerts and are available at www.desert-classic.com/tickets.

Jan. 25 • 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 11am (see p. 32). Agua Caliente Resort. (760) 837.7222. www.wlfdesert.org.

Jan. 26 • Palm Springs Health Run & Fitness Expo. Join runners, walkers and health enthusiasts for the 10K, 5K, and 1K Fun Run or simply come for the EXPO featuring over 100 vendors including the Pet Pavilion and Lifestream blood drive. Stay for the 1st Annual Health and Wellness Luncheon honoring United Way of the Desert's Kristal Granados and Desert Health's Lauren Del Sarto. Races begin at 8am; luncheon begins at 12pm and tickets are \$30 (see p. 34). Register at www.PalmSpringsHealthRun.com. (760) 409.1530.

Feb. 7 - 10 • 19th Annual Palm Desert Senior Games & International Sports Festival. The first California senior games of the season include the team events of soccer and volleyball, and individual competition in table tennis, 9-hole golf, track & field, race walking and the most popular of the sports, pickleball. Registration open through January for those ages 35 and up. www.DesertSeniorGames.org or (760) 568.2560.

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

Feb. 14 • Affair of the Heart. This free community education and screening event hosted by Desert Regional Medical Center offers guest speakers, lectures on heart conditions, treatment options and prevention, as well as free blood pressure and blood sugar screenings. 8am-2pm on the Desert Regional campus in Palm Springs. (800) 491.4990.

Feb. 16 • WineLover's Auction. Presented by Desert Care Network, this signature event features a wine reception and dinner to benefit Coachella Valley Volunteers in Medicine. Silent and live auctions feature wine and wine-themed baskets, travel and entertainment, art, jewelry and much more. Thunderbird Country Club 5-10pm. www.WineLoversAuction.com.

Feb. 16 • 12th Annual Desert Woman's Show. One day only at the Renaissance Indian Wells Resort from 10am to 5pm. Fashion shows include Pete Carlson's with spring arrivals of golf and tennis attire and Macy's. Guest speakers include Michael Klaper, MD, and life coach, Lynda Reid, author of *The Little Book of MORE*. Complimentary general admission tickets available online at www.DesertWomansShow.com courtesy of Desert Care Network while supplies last. Diana@MarloProductions.com or (760) 285.3903.

Feb. 16 • 12th Annual Greater Palm Springs Food & Wine at the Desert Woman's Show featuring your favorite restaurants including Mastro's, Eight4Nine, Roy's Hawaiian, Panera Bread, California Pizza Kitchen, Wildest Greens, Daniel's Table and much more! Tastings and live entertainment sponsored by Big Rock Pub. 11am to 4pm at the Renaissance Indian Wells Resort. Tickets are \$20 in advance available at www.GreaterPalmSpringsFoodandWine.com.

Feb. 20 • Wellness Worth Watching. *The Mindfulness Movie* presented by Eisenhower Health and *Desert Health*. Learn about the scientific research on the benefits and the increasing acceptance of mindfulness for brain health. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. Doors open 1:30pm; Movie 2-4pm. \$5. RSVP (760) 423.4855.

Feb. 23 • 11th Annual 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. Raffle tickets for thousands in prizes available for \$1 each to benefit Coachella Valley Volunteers in Medicine. 9am to 12pm. 60-750 Trilogy Pkwy (off Ave. 60) La Quinta. (760) 702.3037.

March 20 • Wellness Worth Watching. *Queen of the Sun* presented by Eisenhower Health and *Desert Health* takes us on a profound journey through the catastrophic disappearance of bees and the struggles and solutions facing beekeepers, scientists and philosophers. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. Doors open 1:30pm; Movie 2-4pm. \$5. RSVP (760) 423.4855.

April 24 • Wellness Worth Watching. *Walk with Me* presented by Eisenhower Health and *Desert Health* is a cinematic journey into the world of mindfulness and the Zen Buddhist Master Thich Nhat Hanh. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. Doors open 1:30pm; Movie 2-4pm. \$5. RSVP (760) 423.4855.

May 22 • Desert Health Wellness Awards. The Wellness Awards return honoring those in our community moving health and wellness forward. The evening includes a reception, dinner, celebrity speaker author Mimi Kirk discussing longevity through food choices, local integrative doctor William J. Grimm, DO, and the awards presentation. To be held at The S Rancho Mirage. 6pm-9pm. Wellness Award nominations open now through March 31 and everyone is encouraged to take part (see p. 33). Visit www.deserthealthnews.com (760) 238.0245.



Take the Call: Your Voice and Your Health Matter

By Health Assessment and Research for Communities

In the coming months, you may get a phone call asking you to participate in a health survey. This may be the sort of thing that you normally politely decline, but this isn't just any survey. It's the Coachella Valley Community Health Survey, and it's essential to improving health in our region. Below are some of the details about the survey; we hope that you will find this information compelling enough to take the call.

Who Conducts the Survey? The Community Health Survey is conducted by HARC (Health Assessment and Research for Communities), a nonprofit research organization located in Palm Desert. The survey is conducted every three years and has been taking place for over a decade. Calls will come from HARC's partner, Kent State University (so they will not be from a 760 area code).

Who Will Get the Call? Community members are randomly selected to participate in the survey; anyone with a phone (cell or landline) could be called. We need more than 2,500 people to take the call and share their stories. We want to hear from everyone who lives here one month or more per year, including snowbirds and migrant farmworkers along with permanent residents.

What Happens with the Data? Once the phone calls are complete, HARC analyzes the data and prepares a written report of the findings. The report and a searchable database are freely available to the public at www.HARCdata.org. It is very important to note that individual answers are confidential. HARC's data tells a story about our entire community, not any one person in particular—so your responses are safe with us.

Who Uses the Data? The data is provided back to the community for free so that everyone can access it. HARC's data is used by a wealth of local organizations, including the cities, hospitals, clinics, and nonprofit organizations. Here are a few examples of how organizations have used HARC's data to provide services in the Valley:

- Desert AIDS Project uses HARC's HIV testing data to get funds to provide free HIV testing for everyone.
- Local senior centers, including Mizell and Joslyn Center, use HARC's food insecurity data to obtain funds to provide home-delivered meals for low-income, homebound seniors.
- Shelter from the Storm, the Coachella Valley's only domestic violence services provider, uses HARC's children's data to get funding to support their onsite schools for children.

Is There Anything in it for Me? The call should only take about 20 minutes of your time, and as a bonus, every week one participant will receive a \$100 Visa card. The information gathered on this survey helps our community immensely, so please take the call—for your community and your health.

Who Supports this Survey? This survey is made possible by funding from the cities of Cathedral City, Coachella, Desert Hot Springs, Palm Desert, and Palm Springs; Desert AIDS Project; Desert Care Network: Desert Regional Medical Center and JFK Memorial Hospital; Desert Healthcare District; Eisenhower Health; First 5 Riverside; IEHP; RAP Foundation, RUHS – Behavioral Health and Public Health; and generous private donors. For questions, please visit www.HARCdata.org/FAQ or call HARC at (760) 404.1945.



Healthcare District Seeks Two New Board Directors

"Knowing is not enough; we must apply. Being willing is not enough; we must do."
—Leonardo da Vinci

Two residents in the Desert Healthcare District's newly expanded area will soon have an opportunity to apply those wise words as members of the District's Board of Directors.

With the expansion of District boundaries, which 80 percent of voters approved on November 6, the board will increase from five to seven members. Letters of application to fill the two new seats will be accepted until 5 p.m. Tuesday, January 8, 2019.

Serious candidates with varied experience and qualifications are welcome to apply. All candidates must be registered voters who live in the Coachella Valley, east of Cook Street. Top managers and executives employed with valley hospitals are not eligible to apply.

The new directors will be expected to help carry out the mission of the District and Desert Healthcare Foundation: "To achieve optimal health at all stages of life for all district residents." The District/Foundation promotes equity in health care and supports many providers, hospitals and community organizations that deliver care to residents.

All current and incoming directors are charged with representing the health and wellness interests of the entire district of 400,000+ people. Board commitment includes a variety of responsibilities and at least one monthly board meeting. Directors are paid a stipend per meeting.

"Serving on the Desert Healthcare District Board is an awesome opportunity and responsibility," said Dr. Les Zendle, board president. "Unlike other boards where directors may not be directly aware of the impact they're making, District Directors are in the rewarding position of frequently hearing and seeing for themselves the effects of the decisions they make for the health and wellbeing of the Coachella Valley."

The application process includes an open meeting on Tuesday, January 15, when the board expects to review submissions and interview applicants. The board will then have an opportunity to nominate candidates for consideration, and ultimately appoint the two directors.

One of the new appointees will be expected to serve until the general election in November 2020, and the other until elections in November 2022. The terms likely will be assigned by lot.

The appointees will be the latest new members to join the board. In November, voters in Zone 4 of the District (largely Cathedral City) elected Evett Perezgil to the board. Incumbent Carole Rogers ran unopposed and retained her board seat, while Kay Hazen ended her 18-year run as a director.

To learn more about the application requirements and process, go to dhcd.org or email Board Relations Officer Andrea Hayles at ahayles@dhcd.org.

You're Invited to AFFAIR OF THE HEART



A FREE HEALTH FAIR CELEBRATING HEART-HEALTHY LIVING!

- Enjoy Free Heart-Healthy Food and Take Home A Recipe
- Hear About Heart Health Directly from Doctors and Heart Experts
- See the Latest Technologies to Treat Heart Conditions
- Review Drug Interactions with a Pharmacist
- Learn Hands-Only CPR

Thursday, February 14, 2019
8am to 2pm

IN THE BIG TENT on the grounds of
Desert Regional Medical Center
1150 N. Indian Canyon Dr. • Palm Springs, CA 92263

CALL (833) 430-8589 TO RSVP
for this free event! Space is limited, so call today!

Affair
OF THE
Heart

DesertCareNetwork.com





DESERT MEDICAL IMAGING

The Coachella Valley's leader in medical imaging services

Precision care from board-certified, fellowship-trained radiologists who will guide you through the process and work with your doctor to get the answers you need.

NATIONAL WEAR RED DAY IS FRIDAY, FEBRUARY 1ST

1 in 3 women die of heart disease and stroke each year.

Join us as we honor our mothers, sisters, daughters and friends.

Know Your Risk Factors!

LOOK TO THE EXPERTS, LOOK TO DMI

Our doctors are Level II Cardiac CT Certified and share over 40 years of combined medical imaging experience.

Advanced Heart Imaging at DMI:
Coronary CT Angiography (CCTA)
Coronary Artery Calcium (CAC) Score



IMAGING

MRI, CT, Ultrasound, PET/CT, X-ray

SPECIALTY IMAGING

Prostate Cancer Detection, Coronary Artery Imaging, Alzheimer's Surveillance, Brain Imaging including Traumatic Brain Injury, Lung Cancer Screening and Virtual Colonoscopy.

PAIN MANAGEMENT

Image-guided Therapeutic Injections targeting the cause of the pain including sports related injuries and stem cell therapy clinical trials (site participant).

PROSTATE CANCER PROGRAM

At DMI, we use MRI as a new option for the detection and localization of prostate cancer for men with abnormal PSA levels. A diagnostic MRI creates a detailed cross-sectional image of the prostate gland without an invasive procedure. DMI's world recognized radiologists then examine the images using Computer Aided Detection to identify areas in the gland that look suspicious; these areas may be further evaluated through a targeted MRI-guided biopsy.

ANTHEM & UNITED HEALTHCARE PLAN PROVIDER
Imaging Clinical Site of Care

The right care at the right place for the right price.

DESERT MEDICAL IMAGING

HEALTH CARE MADE EASY.

DESERTMEDICALIMAGING.COM

INDIAN WELLS • PALM SPRINGS • INDIO

SCHEDULING: (760) 694-9559

YOU HAVE MEDICAL IMAGING OPTIONS. WHY PAY HOSPITAL FACILITY FEES?



MOST INSURANCES ACCEPTED

Maintaining Quality Of Life with Tinnitus

By Lisa Nathan Bellows, MA, CCCA

It is estimated that 50 million Americans suffer from a tinnitus disorder, a ringing or buzzing in the ear.¹ Most patients describe the perceived noise as a persistent, chronic, annoying and sometimes debilitating buzzing, ringing, static or high-pitched sound in the ear(s) or head. However, current tinnitus research now defines tinnitus as a disorder involving the brain and not necessarily the ear(s) as previously suspected.²

Tinnitus is defined categorically as subjective and objective. Subjective tinnitus occurs in 95 – 98% of patients who are the only ones to perceive the sound. There is no external stimulus present to measure. Objective tinnitus can be measured because a physical sound source is present.³

The source and intensity of the tinnitus may not be relevant to each individual patient. According to a 2014 National Institutes of Health report, "The percentage of tinnitus awareness during the day, self-reported depression and/or anxiety, and subjectively experienced loudness are the most important factors related to the severity of the perceived tinnitus."⁴

Even after 40 years of dedicated study and research in the field of tinnitus, the American Tinnitus Association reports that most patients are given little hope and direction when they turn to the medical community for help with their affliction. Many patients are counseled by their primary physician or otolaryngologist (ear, nose, and throat specialist) that little or nothing can be done to reduce or manage the complaints.

The good news is that there are now safe and effective non-invasive treatments to address patients who report that their tinnitus is debilitating, according to audiologist Douglas Beck, AuD, and these therapies can include the use of hearing aids.⁵

In their 2017 report *Tinnitus Issues and Management*, Mazeveski, et al., concluded that many patients who suffer from chronic tinnitus also have a hearing loss component present.¹ Many people are therefore unaware of their hearing deficit because their hearing loss is relatively silent in comparison to the tinnitus they experience. Most patients therefore pursue relief for their greatest complaint and ignore their hearing deficits. The report also revealed the 80/80 Rule: 80% of the patients with sensorineural hearing loss (nerve deafness) also experience tinnitus. Reciprocally, they added that 80% of the patients with tinnitus suffer from hearing loss.

The report advised that most patients can be effectively managed utilizing three levels of support tailored to the specific needs of each patient. These primary strategies include:

- Level I – Referral to a health care provider such as a primary physician to address the patient's general health.
- Level II – Audiometric baseline testing to provide a comprehensive clinical assessment of the patient's auditory function. A tinnitus survey may be utilized. When needed, a referral to an otolaryngologist is made to diagnose and treat any ear, nose and throat conditions that may be present. When appropriate, amplification (hearing aids) and tinnitus programs may be discussed and recommended.
- Level III – A skills education program designed by an audiologist and mental health practitioner to teach self-management responses to address negative reactions to tinnitus.

As articulated by Beck in 2017, tinnitus unfortunately continues to be an enigma and there are no clear answers, cures or treatments available in a one-size-fits-all medical strategy. It is important for patients who experience chronic and debilitating tinnitus to maintain flexibility when selecting a preferred method of treatment and/or management by a physician, medical practitioner, audiologist or therapist. Baseline audiological testing is key, in cooperation with assessment by the otolaryngologist, to identify a multitude of specific medical conditions which may be present and that can be addressed. Only then can an appropriate and tailored management plan be implemented to improve a tinnitus patient's quality of life.

Lisa Nathan Bellows is an audiologist practicing in Palm Desert and a member of Desert Doctors. She can be reached at (760) 340.6494. For more information visit www.DesertDoctors.org or call (760) 232.4646.

References and sources: 1) Mazeveski, Beck, and Paxton 2017 Hearing review.com/xxx2015; 2) Reavis, K.M., Rothholtz, V.S., Tang, Q., Carroll, J.A., Galilian, H., Zeng, F.G. (2012) Temporary suppression of tinnitus by modulated sounds. Journal of the Associated of Research in Otolaryngology, 13, 561-571; 3) Beck DL. Tinnitus 2012: Issues and answers. Paper presented at: British Academy of Audiology (BAA) Annual Conference, Liverpool, England; November 2012; 4) Hoekstra, Wesdorp, van Zanten 2014: Socio-demographic, health, and tinnitus related variables affecting tinnitus severity <https://www.ncbi.nlm.nih.gov/pubmed/25003528>; 5) Kochkin S, Tyler R: Tinnitus treatment and the effectiveness of hearing aids – hearing care professional perceptions. Hear Rev. 2008, 15 (13): 14-18; 6) US Census Bureau US and world population clock, June 2017. Available at <https://www.census.gov/popclock/>; 7) American Tinnitus Association website: www.ata.org Accessed Jan 25, 2011.



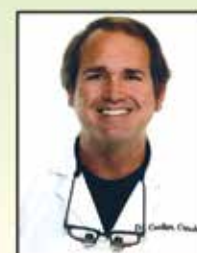
While there is currently no cure for tinnitus, management options are available for those with the condition.

COULTER CROWLEY, DDS

High Quality • Comprehensive

Cosmetic and General Dentistry

Conscious Sedation for Patient Comfort



Holistic Dental Association

- International Association of Mercury Safe Dentists
- American Academy of Cosmetic Dentistry
- American Dental Association

(760) 837-1983 Call Today • 73993 Hwy. 111, Ste. 200, Palm Desert

For more information **COULTERCROWLEYDDS.COM**



Colon Cancer: Prevention is Key

Lifestyle factors play a role at every age

By Lauren Del Sarto

Colorectal cancer is the second leading cause of cancer-related deaths in the U.S. behind lung cancer. According to the American Cancer Society (ACS), the lifetime risk of developing colorectal cancer is about 1 in 22 (4.49%) for men and 1 in 24 (4.15%) for women. And while colorectal cancer rates have dropped overall, the numbers are rising in younger adults, many in their 20s and even some in their teens.¹

A report from the Cleveland Clinic states that the risk of getting colon cancer before age 50 is now twice as high, and the risk of getting rectal cancer is four times as high, for people born in 1990 as it was for those born in 1950.¹

These concerning statistics have prompted the ACS to lower their recommended screening age from 50 to 45 for those at average risk.

While researchers work to identify the contributing factors for today's youth, many point to lifestyle as diet, exercise and social habits such as smoking and drinking have all been linked to adult onset of colorectal cancers.

"Diet plays a very important role in preventing these cancers," says gastroenterologist Mehrdad Asgeri, MD, of Palm Springs. He encourages all to "keep things moving" as constipation increases the exposure to toxins which irritate the lining of the colon. Additionally, he says, chronic inflammation increases your chance of these cancers, and a healthy diet can decrease inflammation.

Asgeri recommends eating fibrous foods that keep your system working properly such as leafy greens, figs (one of the most fibrous foods), fresh fruits and raw vegetables; eliminating processed meat, limiting grass-fed red meat, and eating more white meat and fresh fish. "Metamucil and other fiber supplements are good as they not only alleviate constipation, but also absorb toxins."

He emphasizes avoiding aspartame, the artificial sweetener found in diet beverages and sugar-free foods, as it has been scientifically linked to colorectal cancers.

"Exercise has also been shown to decrease and prevent colon cancer," adds the father of two with expressing concern for the younger generations. "Many young people are so bound to their computers and spend less time being physically active. We need to encourage them to get outdoors and play, and that goes for the rest of us as well!"

Other risk factors

In addition to lifestyle choices - poor nutrition, inactivity, smoking, and drinking - a history of inflammatory bowel disease (IBD) such as ulcerative colitis and Crohn's disease can also increase risk. Dr. Asgeri adds diabetics and those who use narcotics, muscle relaxants and steroids to the list.

Genetics do play a role and genetic testing can help identify mutations and risks. Those with a history of colorectal cancer in the family should begin screenings as early as 25 years of age.

Symptoms

Symptoms of colorectal cancer include rectal bleeding, blood in the stool, abdominal cramping, a change

in stool shape and consistency, and weakness and fatigue. However, many of these symptoms can also be caused by something other than cancer such as infection, hemorrhoids, or irritable bowel syndrome.² Asgeri adds that other common symptoms he sees include unintentional weight loss, loss of appetite and change in bowel habits.

Preventative screening

Colorectal cancer almost always develops from abnormal growths, or polyps, in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before turning cancerous. Screening can also find colorectal cancer early, when treatment works best,³ and is important because the condition is standardly non-symptomatic in the early stages.

However, it is estimated that only 53% of Americans over 50 have undergone appropriate screening.⁴ "We have to be diligent about screening," says Asgeri. "Because by the time it is symptomatic, the cancers are often too progressed for positive outcomes."

As stated, the new ACS recommendation is to start screenings at age 45 and earlier for those with hereditary risk factors (identified genes or affected family members) and those with IBS conditions.

Standard of care most often recommended is a colonoscopy which is covered by insurance as preventative. If benign polyps are found, then colonoscopies are repeated every ten years; if polyps are found to be cancerous, then every 2-5 years based on the type of cancer cells identified. Other screening options include:

- **Virtual colonoscopy**, a CT scan with ingested contrast and observation of the lining of the colon. While there is a 95% accuracy rate, it is less favorable due to the X-ray exposure, and if polyps are identified (25-35% of the population), a gastroenterologist is then called in for a colonoscopy to biopsy.
- **Fecal immunochemical, or FIT, test** is a fecal sample collected at home and sent to the lab to test for blood in the stool. It is recommended annually and reported to be 95% effective.
- **Fecal DNA tests** are the newest option and are also a home collection. They look for abnormalities characteristic of the DNA in colorectal cancer. With an 80% efficacy, they are recommended every three years, but significantly more expensive than FIT.
- **Sigmoidoscopy** is a less invasive procedure than colonoscopy and can be done in a primary care office, but only checks the lower three feet of the large intestine where more aggressive polyps usually occur. Because it does not check the entire colon, Dr. Asgeri recommends this procedure more often in rural areas where access to comprehensive options is limited.

For more information, visit the American Cancer Society at www.cancer.org.

References: 1) <https://health.clevelandclinic.org/rising-colon-cancer-rates-in-young-adults-prompt-earlier-screening/>; 2) Signs and Symptoms of Colorectal Cancer, American Cancer Society, May 30, 2018; 3) https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm; 4) Winawer S, Zauber AG, Ho MN, et al. Prevention of colorectal cancer by colonoscopic polypectomy. The National Polyp Study Workgroup. N Engl J Med. 1993; 329:1977-1981.



OASIS ADVANCED GASTROENTEROLOGY

COMMITTED TO PROVIDING YOU
WITH THE MOST PROFESSIONAL
AND PERSONALIZED
DIGESTIVE CARE AVAILABLE

A focus on prevention and
treatment of all gastrointestinal
conditions including:

Colorectal Cancer
Acid Reflux and Gerd
Irritable Bowel Syndrome
Celiac Disease
Ulcers
Ulcerative Colitis
Crohn's disease
Hemorrhoids
Diverticulitis
Pancreatic Cancer

Offering preventative
screening for colon and
pancreatic cancer with
innovative technology
based on the
latest science.



**MEHRDAD
ASGERI, MD**

BOARD-CERTIFIED
GASTROENTEROLOGY
INTERNAL MEDICINE

With over 25 years of
experience and advanced
training, Dr. Asgeri is
nationally-recognized and
respected by his patients
and peers for his quality
care and follow through.

PALM SPRINGS LIFE
TOP DOCTORS 2018

*A pioneer in the prevention and treatment
of gastrointestinal cancer.*

(760) 699.7607

1100 North Palm Canyon Drive, Suite 214,
Palm Springs, CA 92262

OasisGI.com



Another Reason to Exercise: Your Memory

Provided by Alzheimers Coachella Valley

January is usually a time of renewed commitment to improving one's health. Diet and exercise are at the top of the list. While we know that exercise helps strengthen bones and muscles, reduces stress and the risk of cardiovascular disease and diabetes, there's another reason: physical activity benefits the brain.

According to Jonathan Graff-Radford, M.D. with Mayo Clinic, "Studies show that people who are physically active are less likely to experience a decline in their mental function, have a lowered risk of developing Alzheimer's disease, and possibly have improved thinking among people with vascular cognitive impairment."

Alzheimer's is the most common form of dementia and while the disease currently cannot be cured nor the progression of memory loss be stopped, some treatments can reduce the symptoms.

"It is evident that both physical and mental exercises can reduce the chances of getting Alzheimer's and slow down the worsening process of the disease among those who are already suffering from it," says Parama Roy Chowdhury in her CounselHeal.com article, *Alzheimer's Patients Can Slow Memory Loss Process by Regular Exercise*.

She cites research led by Dr. Marie-Christine Pardon, School of Biomedical Science, The University of Nottingham, UK, which found "that the hormone CRF or corticotrophin-releasing factor, which is mostly produced in excess when a person is stressed or depressed, has a positive effect on the brain... It was also found that the amount of CRF is significantly lower in patients suffering from Alzheimer's."

"Overall, this research provides further evidence that a healthy lifestyle involving

exercise slows down the risk of Alzheimer's disease and opens avenues for the new interventions targeting the altered CRFR function associated with the early stages of the disease," said Dr. Pardon.

Brain Size Matters The hippocampus, the part of the brain that is involved in the formation of new memories and learning, begins to shrink in late adulthood.

Sportrec.com in its article, *Does Exercise Improve Memory*, notes the results of a 2011 study in which participants, ages 55-80, walked for 30 minutes three times a week, while others performed a stretching routine. At the end of seven weeks, the study found those who participated in walking had improved memory function due to the increase in volume of their hippocampus.

In another 2013 study published in the journal, *Frontiers in Aging Neuroscience*, sedentary adults ages 57 to 75 were separated into an exercise group and a wait-list. The participants exercised on a stationary bike or treadmill for an hour, three times a week. After the 12-week study, those who exercised improved their memory performance, brain health and physical fitness. The stretching group did not improve their memory.

How Much Exercise A well-rounded exercise routine should include resistance training and cardio exercise such as light walking or jogging. According to the Mayo Clinic, "short 30-minute exercise sessions have been proven to be beneficial."

Start with 10 to 20 minutes of brisk walking or weight lifting once or twice a week and gradually increase your workout. Always consult your doctor prior to beginning any exercise routine.

For more information, contact Alzheimers Coachella Valley at (760) 776-.3100.

Sources: 1) <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/alzheimers-disease/faq-20057881>; 2) <https://www.counselheal.com/articles/3571/20130125/alzheimer-patients-slow-memory-loss-process-regular.htm>; 3) <https://www.sportsrec.com/406604-does-exercise-improve-memory.html>

11 Ways to Be Healthier in 2019

FREE MEDICAL CARE FOR QUALIFIED PARTICIPANTS

Do you or a loved one have any of these medical conditions?

Volunteer for our clinical research studies. Qualified participants receive:

- Study-related medical care at no cost
- Comprehensive observation by a team of experts
- Satisfaction of contributing to medical research to help others
- Compensation for time and travel (most studies)

Call us to see if you qualify for a study!

(760) 778-7799



Enroll in One of These Clinical Studies

Dermatology

- Alopecia Areata
- Atopic Dermatitis
- Plaque Psoriasis (Registry)

Pulmonology

- Lung Cancer Screening Trial
- Idiopathic Pulmonary Fibrosis (IPF)
- Bronchiectasis

Infectious Diseases

- Clostridium Difficile (c.diff)
- HIV

Gastroenterology

- Ulcerative Colitis
- Non-Alcoholic Steatohepatitis (NASH)

General Medicine

- Type 1 Diabetes Mellitus

555 East Tachevah Drive, Suite 1E-201, Palm Springs, CA 92262 | palmtreeclinical.com



Do any of these describe you:

- > Eating large amounts of food
- > Eating behavior is out of control
- > Obsessed with restricting calories
- > Purging food
- > Eating only limited "safe" foods
- > Eating alone or in secret
- > Family and friends are worried about your weight
- > Feeling depressed, disgusted, ashamed, guilty or upset about your eating

WE CAN HELP!

We offer a personalized approach to eating disorder treatment.

Get help for Anorexia, Bulimia, Binge Eating and co-occurring eating disorders.

We offer expert, compassionate care for adults and adolescents in all stages of recovery.

Take back the power and control in your life.

Outpatient and Intensive Outpatient Treatments Available

- ✓ We complete an eating disorder assessment
- ✓ Individual therapy along with intensive outpatient therapy
- ✓ Meeting with a dietitian who specializes in disordered eating to develop individualized meal plans
- ✓ Mindful and intuitive eating

We accept most Insurances

FREE EATING DISORDER ASSESSMENT

Call our office for a FREE confidential consultation.



(760) 777-7720

www.MindOverBodyPS.com

43585 Monterey Ave #1, Palm Desert, CA 92260



New Year, New Day, Set New Goals

Each year, as December 31st approaches, people start talking about goals, especially fitness-related ones. I feel everyone has the best intentions, including myself, to lose the weight, eat clean, or detox. I like to sit down with my cancer Warriors and have a goal-intention setting night. After cancer, your body has the innate ability to detox itself and rejuvenate to healthy again, but it needs help from you both mentally and spiritually.

Let's talk about a mental detox for a second. For a survivor this might be the biggest thing to overcome: the aches, shooting pains, the fear and anxiety that comes along with the word Cancer itself, and the "what if" questions. What if it returns? Why do we think this way; why not change our vocabulary and mental state to gratitude? Why not make goals to stop ourselves when we start to drift into the that fearful state? It's hard, but maybe setting a goal to practice this type of mindful thinking one day at a time is the way to mentally detox.

Most survivors also end up with the notorious chemo belly, so maybe the goal is not to lose weight but just to tone the belly. Setting the goal to attend a gentle fitness class twice a week is realistic. Then after 30 days, increase the goal to four times a week, etc. When you start with a few days and book it like an appointment, after 30 days it will become a habit. Join a breast cancer survivors' group and ask others to help keep you accountable; you will be glad you did. Place it on your calendar like any other appointment and respect that time. Remember you are the most important person for whom you need to care.

So many times, after cancer I hear stories of survivors who try to go back to their normal routines in life. My philosophy: don't go back - it wasn't working then, so why would it work for you now? Use what you learned during your cancer treatments: self-care, slow down, enjoy the little things, don't sweat the small stuff, and live in the moment. If it is better nutrition you seek, then set goals with your family to meal prep a few times a week. Start by picking a night to do this, make 3-5 easy and interchangeable meals. It will not only be healthy for you and them, but a fun family bonding time, making conversation and connecting with one another, without electronics.

Let's talk electronics for a moment. Detox from those as well - no emails, social media, games, or even checking the news. Studies prove that all these things can make you more anxious, and we could all use a detox from anxiety. Set the goal for an electronics detox for a few hours, then half a day, then building up to a full day, and maybe even take your email off your phone. Use that extra time that you normally scroll through social media to re-connect with family, friends or use it as downtime and self-care. You will be glad you did. Send me your goals and let's keep each other accountable together. Have a very happy season and a blessed New Year.

Shay Moraga is an E-RYT500 yoga instructor, lululemon Ambassador and triple negative breast cancer survivor whose mission is to inspire, empower and educate. She can be reached at shay@namstewithshay.com or (760) 895.1705.



What Does Snoring Have To Do With My Eyes?

By Jennifer I. Hui, MD

The eyelids protect and maintain the health of our visual system. They lubricate our eyes bathing tears over the surfaces of our globes countless times a day. The tears provide nutrients, oxygen, disease-fighting antibodies, protective mucus and oils that are all key to the health of our eyes.

At times, a person's eyelids may become red and irritated, or their eyes may be constantly red, watering and sticky. These conditions can lead to floppy eyelid syndrome (FES) which is often seen in association with obstructive sleep apnea (OSA).

With FES, a patient's eyelids become very lax and excessively long/loose with time. It is part of a cyclical cause. With OSA, a person snores and stops breathing with sleep. With the cycle of repeated lack of oxygen with sleep, free radicals (rogue particles) form in the body and circulate, attacking tissues and causing inflammation. In the eyelids, these free radicals cause a change in tissue architecture and make the lids less elastic. As the elasticity is lost, the lids become more loose and lax, and easily evert with sleep.

In addition, those with OSA often turn onto their side or stomach to ease snoring which causes their eyelids to rub on their pillow and often flip over due to elasticity. The affected individual is unaware of this occurrence, but will be bothered by constant feelings of irritation and discharge.

The cycle repeats itself and relief is brought about by addressing the underlying cause – the obstructive sleep apnea.

Those suspected of having sleep apnea will be recommended to have a sleep study to confirm the diagnosis. In most cases, a CPAP device will be issued to ensure proper oxygenation is maintained with sleep. Affected individuals are also often advised to lose weight. With enough weight loss, often the OSA will cease, and the ocular complaints will improve and may even reverse themselves. If a person is unable to resolve their OSA, eyelid surgery may help to alleviate ocular symptoms. However, first and foremost, the OSA must be addressed to preserve lung and cardiovascular function. Low levels of oxygen stress both systems and significantly increase the risk of an adverse cardiac event.

So the next time your ophthalmologist asks if you snore, there may very well be a good reason! A recent patient was able to avoid having eyelid surgery after taking action to address his OSA, which can be reversed.

"I was recommended to Dr. Hui for a lazy eyelid," the patient states. "My initial meeting was met with doubt. Dr. Hui said I had OSA and would not operate until I was evaluated for this condition and tried to lose weight. After some serious thought, I did the sleep study and found I had severe OSA and began using the CPAP machine. Finally sleeping better, I took Dr. Hui's advice and lost 35 pounds in 6 months. I no longer need CPAP, the eyelid has corrected itself, and my COPD has disappeared. I have great breathing capacity, sleep soundly and regained my energy and health at 71 years old!"

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



Unique glasses helped Karen and her twin sister Sharon

Karen and Sharon have juvenile macular degeneration and can now read thanks to specially designed microscope reading glasses.

"For the first time in 30 years we could read."

**CALL TODAY TO SCHEDULE
A LOW VISION EVALUATION.**

Call Greg Evans, O.D.

Low Vision Optometrist, Member IALVS

(760) 674-8806

71956 Magnesia Falls Drive • Rancho Mirage

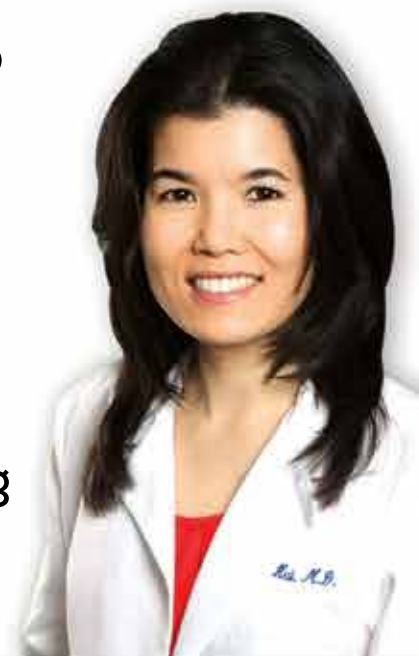
LowVisionPalmSprings.com • evanseyecare.com



**THE EYELID
INSTITUTE**

YOUR EYES ARE OUR FOCUS

Dr. Jennifer Hui is a
fellowship trained
Ophthalmic Plastic
Surgeon specializing
in all aspects of
eyelid surgery.



JENNIFER HUI, MD, FACS

Board Certified Ophthalmologist

University of Miami/Bascom Palmer

(#1 for 17 years)

Fellow American Society Ophthalmic

Plastic Reconstructive Surgery

(1 of 650 members in the United States)

PROCEDURES OFFERED:

Eyelid Lifts

Tearing (Lacrimal) Conditions

Eyelid Lesions, Cancer, Reconstruction

Non-surgical Facial Rejuvenation

Anti-Aging Services:

Botox • Dermal Fillers • Latisse®

760.610.2677

41990 Cook Street, Suite F1007 • Palm Desert

palmspringseyelidsurgery.com



Vincent J. Kambe, PT, DPT, OCS
Orthopedic Certified
Specialist



Luke D. Gentry, PT, DPT, OCS
Orthopedic Certified
Specialist



Diana Huffman, PT, DPT
Certified Vestibular
Specialist
(vertigo, dizziness,
motion sickness)



We Are Team Movement for Life



Matthew Wilson, DPT

Dr. Willson joined the AVID team in 2015. He was a Division 1 cross country and track and field runner at the University of Miami where he received his degree in Exercise Physiology. He received his Doctorate in Physical Therapy from the University of St. Augustine. Dr. Wilson is a three time All ACC Academic Honor Role and also holds a US Track and Field Coaching certificate. He has a passion for helping his patients regain functionality to return to their sports, pursuits and lifestyle without pain.

DOCTOR SPOTLIGHT

OUR SPECIALTIES INCLUDE:

Orthopedics including sports medicine

Back to Work programs

Post surgical care and blood flow
restriction therapy

Concussion rehabilitation

Vestibular programs for vertigo, dizziness
and balance disorder featuring the Valley's only
Vestibular Specialist Doctor of Physical Therapy

**Our Doctors of Physical Therapy
will get you back in the game
and back to doing
the things that you love**

Celebrating 10 years in the Coachella Valley

INDIO • 760.347.6195
81557 Dr Carreon Blvd. #C4

CATHEDRAL CITY • 760.202.0368
35-325 Date Palm Dr. #131

LOMA LINDA • 909.494.6645
328 Commerical Rd. #108

AvidPhysicalTherapy.com



We are pleased to present our first Wellness Award nominees.
Thank you for all you do in moving health and wellness
forward in our community!

**Nominations are open now through March 31.
Submit yours today at DesertHealthNews.com**

INDIVIDUAL



Valeria Batross

Fitness & Wellness Director, Sun City Shadow Hills

With over 22 years in the industry and a team of 25, Valeria has led the wellness charge in her community, introducing members to life-enhancing practices beyond fitness including guided meditation, Qigong, vinyasa yoga, crystal bowls and more. She also implemented Weight Watchers, a wellness hour podcast, and events and lectures to inspire others towards living their healthiest selves.

"Embedded in me since I was 15, wellness and fitness have taught me that with knowledge, passion and empathy, I can continue to impact other's lives for the better."



Denise DuBarry Hay

Owner/Founder Bikram Yoga Plus & Wildest Greens

A lifelong health advocate and practicing yogi since 1979, Denise has established quality businesses encouraging good health. She opened Bikram Yoga Plus in Palm Desert in 2011, Wildest Greens Organic Restaurant in Palm Desert in 2017, and Bikram Yoga Plus Palm Springs opening early 2019.

"I'm thrilled that I can create businesses that help people be their healthiest and happiest. It's my small contribution to our community."



Bronwyn Ison

Owner/Founder Evolve Yoga Studio & BronwynIson.com

Bronwyn founded an award-winning yoga studio in La Quinta and continues to broaden her wellness message through online classes and community outreach supporting Fit Prevention, Keep a Breast, Warrior Wellness Solutions, Run10Feed10 and Toys For Tots. She further inspires as a Women's Health Magazine Action Hero (4 years) and a lululemon Ambassador (2 years).

"As a health and wellness influencer over the years, I'm grateful to inspire and encourage others to evolve into overall wellness in mind and body."

Continued on page 25



Getting Into Zen

Is it a coincidence that the words Zen and Zone are so similar? There must be a reason that when human beings do what we love at our highest level of proficiency, we are also at peace and experience fulfillment.

There is clear evidence that our thoughts often get in the way of our flow.

I learned in typing class that once I trusted that my fingers knew where the letters were, I could stop thinking and type much faster. Musicians learn their instrument so that music can flow without specific thought of each note or strum. Athletes train so they can perform without thinking and their skill increases.

A very simple example of "being in the zone" happens when we are driving a familiar route and get to our destination and realize that we didn't think about the last segment of our drive – in fact it was as if we were on auto-pilot.

The science of flow is big business because it can produce results far beyond those expected.

In these states of flow or "being in the zone" we tend to have peace of mind, even when doing or creating something very technical or profound. Neuroscience shows us that when we are creating and have relaxed into the zone, we are also at our most efficient, peaceful, yet active, brain state.

I was privileged to view an exhibit of Jean-Michel Basquiat's art this past week. What struck me most was that in order to produce the volume and type of art that he produced in his eight-year career, he had to be "in the zone." The sheer number of paintings he created (over 1,500 before his death at age 27), each at rapid speed and seemingly with abandon, belie minimal effort. The lines and brush strokes of his art appear to be created so freely that it seems as if he must not have been thinking about what he was painting, but simply letting it flow.

The juxtaposition of this apparent flow and outcome compared to my own experience when I paint made me think: 1) this is where talent differentiates the great artists (LOL), but also; 2) If I weren't trying to copy something else, or thinking my art needed to look a certain way, be proportional, or make sense... then maybe I could let it flow and my own version of art would emerge.

The closest I've come to experiencing this has been a phase where I did "dot" painting by transferring paint using the end of a chopstick and made repeating

Continued on page 22



The art of Jean-Michel Basquiat



Benefits of Participating In a Clinical Research Study

Provided by Palmtree Clinical Research

The main thing to know when considering participation in a clinical research study is you are not a human “guinea pig.” Clinical studies are strictly monitored; volunteers receive detailed informed consent forms to review and sign before participating, and they receive excellent care by a team of medical professionals including a supervising physician. Many clinical research trials available in the Coachella Valley are phase 3 studies, which is the last phase of investigation to confirm safety and effectiveness before the medication or treatment is presented to the FDA for final approval.

Some studies compare existing drugs with similar new options; other trials test previously FDA-approved medications or ingredients that are being presented in different protocol combinations or strengths; and a few studies are truly groundbreaking.

One of the biggest benefits of participating in a clinical study is the opportunity to obtain leading-edge care before it’s readily available to the public. This is especially helpful if your current medication is not working as well as both you and your doctor would like. By volunteering in a clinical trial, you could get access to a medication or treatment that may offer greater efficacy than existing options.

One local teenager’s parents enrolled her in a clinical study through Palm Springs Clinical Research for a non-steroidal topical cream to treat eczema. The girl had severe eczema on her arms and legs and would wear long-sleeve shirts and long pants even in warm weather to cover up the scaly and often broken skin rash lesions which made her feel self conscious. Over the course of the trial her eczema greatly improved to the point where she was able to wear sleeveless tops and shorts. This study medication, Eucrisa, has since received FDA approval and was the first new medication approved for eczema in more than a decade. Among this plant-based formula’s active ingredients is boron. One of the side effects of steroidal creams is that they can thin the skin. The non-steroidal Eucrisa offers what may be a better safety profile and is a welcome option for managing eczema.

In addition to receiving study-related medical care at no cost, most clinical studies offer a monetary stipend for the volunteer’s time and travel costs. Yet one more reason to participate in a clinical study is the altruistic aspect of helping others with the same medical condition you have and knowing that you are contributing to scientific development and the future of medicine.

According to an online survey of nearly 4,000 people in the United States conducted this past summer by Scorr Marketing in conjunction with Antidote, the top reasons people choose to participate in clinical research studies are as follows:

- 1) I wanted to help future patients who come after me.
- 2) I wanted to improve my quality of life.
- 3) I wanted to receive the best care possible.
- 4) I wanted to receive the most up-to-date therapies without the high expense.
- 5) I joined to extend my life.
- 6) I was following my doctor’s recommendation.

Palmtree Clinical Research is located in Palm Springs. For more information about current clinical studies being offered, please visit www.palmtreeclinical.com or call (760) 778.7799.

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

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

a smartER choice
Great service and great price

VOTED BEST
IN THE VALLEY
Walk-ins welcome
Book your next
appointment online

Also featuring
EXECUTIVE
WELLNESS
BODY SHAPING
ZERONA
EXILIS



We accept most insurance.
If you are uninsured, we are always available to you with no hidden fees.

760 346-EXEC (3932)
ExecutiveUrgentCare.com



EXECUTIVE
URGENT CARE
AT INDIAN WELLS

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

Keeping you on the GO and out of the O.R.



Eric Sickinger, DO
Board Certified
in Sports &
Musculoskeletal
Medicine



Sports & Active
Lifestyle Conditions:
Sprains • Strains • Dislocations
Tears • Contusions • Fractures

Treatment for:
Bones • Muscles • Tendons
Ligaments • Nerves



In-Office Ultrasound
Dynamic visualization
with no radiation

Non-Operative Orthopedics • Musculoskeletal Medicine • Sports Medicine



ADVANCED CENTER
FOR SPORTS &
MUSCULOSKELETAL MEDICINE

760.636.1067
41990 Cook Street, Building F, Ste. 1006
Palm Desert, CA 92211
www.SportsandMSKmedicine.com



Get the right diagnosis and treatment for your Dry Eye

Stop using eye drops that only help temporarily



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

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

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



(760) 674-8806

71956 Magnesia Falls Drive • Rancho Mirage

For details visit evanseyecare.com

Medicare & PPO Provider

Are You Grounded?

electrons, to balance our bodily systems (along with every other living thing on the planet). And all you need to do is put your bare feet on the ground.

"The concept is so simple, yet the results are so profound," says Clinton Ober, the founder of Earthing, Inc., in Thousand Palms. Ober and his company have been conducting clinical trials on the positive effects of "grounding" or "earthing" for over 20 years.

Ober (74) grew up in the Midwest with many Native American neighbors and remembers traditions that would later resonate: a friend's mother telling him to take his shoes off as they would make him sick, and a little girl with scarlet fever whom the Western doctors couldn't help. Her family placed the girl in a hole in the earth while her grandfather built a fire and sat with her for 2-3 days. Shortly after, she was back playing with the others.

"The main thing I learned from the Native Americans is that they look at everything as alive," notes Ober, "from trees to a blade of grass, to the earth. And all that the earth offers belongs to everyone."

Ober would later become a pioneer in the cable industry where he learned the importance of grounding. The air and environment contain static electricity that gives electrical wires a different amount of electrical charge than the ground and in order to eliminate static, you have to ground the wires.

He began to apply this same principle to humans who for generations roamed bare foot or wore leather shoes (which are conductive) until the 70s when rubber soles, such as tennis shoes, became the norm. After experimenting personally and on a few friends with arthritic disorders, he became convinced that grounding was

the primary element humans were missing from our connection with the earth, and that reconnecting could promote normal functioning of our bodily systems and help reduce chronic inflammation and pain.

In 20 years, he has worked with doctors, scientists and health practitioners on clinical trials through the Earthing Institute and has seen revolutionary results. "If inflammation is the cause of most chronic health disorders," he says, "then I know that not grounding is the cause of inflammation, because we now know that if the body is grounded, we cannot have inflammation."



Grounding chairs at Desert AIDS Project

The world is starting to take notice and the "grounding" movement is on the rise.

So impressed by the research and his first-hand experience, Deepak Chopra, MD, has added the practice to his six pillars of wellbeing including sleep, meditation and stress management; movement, yoga and pranayama breathing; emotions, nutrition and nourishment; and now, biological rhythms and grounding.

But in today's world, going barefoot outdoors all day is not realistic, so how do you stay grounded?

To conduct his research, Ober needed a means of grounding subjects and, thus, created conductive mats for beds, floors, desks and chairs that connect to the grounding plug in an electrical outlet and automatically ground users. The demand for his Earthing products became so popular, he began selling them online. Today, over a million units have been sold.

"As time went on, we recognized that we can ground people and it can reduce inflammation, but we needed to look at what was causing all this inflammation and a primary factor was stress which elevates

Continued on page 11



Eisenhower Sexual Health Clinic

VD? STD? STI? Whatever you call it, it's still out there.

DATING IS FUN. And fulfilling. And sometimes, risky. If you're having sex and you're not in an ongoing relationship with someone you know well, you should consider regular testing – for your health, and that of your partner(s). At our NEW Sexual Health Clinic, our discreet, expert staff provides testing, treatment, and sexual health counseling. It's a good idea to come see us if you:

- ~ Have had sex without a condom
- ~ Have multiple sex partners
- ~ Have symptoms of a possible sexually transmitted infection (STI)
- ~ Have a partner being treated for an STI
- ~ Have potentially been exposed to an STI
- ~ Are sexually active and do not know your status

Walk-ins welcome! We're open from 8 a.m. to 5 p.m., Monday – Friday, and accept Medicare and most commercial insurance. Walk-in services are provided until 4:30 p.m. and appointments are also available. So do something good for your health: Stop by and see us soon.

Visit EisenhowerHealth.org/SexualHealth or call 760-837-8447 for more information.



4791 E. Palm Canyon Drive, Suite 200, Palm Springs





Why Does My Tooth Hurt After the Dentist?

By Nicholas S. Baumann, DDS

A trip to the dentist is supposed to help us keep our teeth healthy and take care of dental problems, but what if after a visit that includes something as simple as a filling, we start to experience sensitivity or pain? What are the possible reasons for this, and what can be done to solve the issue?

The first most likely cause of tooth sensitivity is if the bite is high, say from a filling or crown. Having even a small excess force on the tooth can lead to inflammation in the ligament around the tooth. This can lead to sensitivity while biting, as well as to hot and cold. A bite being high by as little as a few microns can lead to this. Think about if you get something as small as a hair stuck between your teeth. It is very easy to tell, and a hair is only about 50 microns thick. Luckily, it is very easy for your dentist to adjust the bite which usually eliminates the sensitivity. Even if the bite feels ok when you bite down, it still may need to be adjusted. Our teeth don't always come down in the same position and there may be areas that hit high when different bites are performed, such as chewing, or grinding. All of these different bites need to be checked and adjusted if symptoms persist.

If bite adjustments do not alleviate the problem, another possibility would be that the restoration did not adhere to the tooth fully. If this is the case, there can be microscopic movement between the restoration and the tooth, leading to sensitivity.

This is hard to determine as you would not be able to see this at all on an X-ray. Moreover, we must focus on symptoms after other solutions have been attempted. If this is the case, the only way to resolve the issue is to replace the restoration. Composite, tooth-colored fillings are the restorations most likely to have this issue. It can also occur in other types of restorations like crowns, although this is less common.

If all other things do not result in relief of symptoms, there may be a problem with the nerve of the tooth. If there is deep decay or a fracture of the tooth before a filling or crown is done, there may already be damage done to the nerve. The closer to the nerve, the more likely this can occur, but it may even occur in a simple filling. Preparing a tooth for a filling or crown is a trauma to the tooth. Sometimes it can just take time for sensitivity to calm down, but if the nerve reacts unfavorably to the filling process, this can lead to sensitivity ranging from minor to extreme. If the sensitivity is due to nerve irritation, the only solution is to have a root canal.

Tooth sensitivity after seeing the dentist can be frustrating; however, it can occur for a number of reasons. If you have sensitivity for longer than a few days after a filling or crown, be sure to see your dentist. Luckily, most of these cases are easy to fix either with a small adjustment or a little time, and long term it should feel just like your natural tooth.

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



If a toothache after seeing the dentist remains for more than a few days, it's time to return.



Does your business, home or health depend on electrical?

Don't be left in the DARK

EMERGENCY BACK-UP GENERATORS

Residential • Commercial

Kohler, Champion & Generac Power Equipment

Schedule your FREE in-home consultation today!

Desert Energy Solutions

Call **760.449.1311** or email **dsrtnrgy@aol.com** License# 913908

Are You Grounded?

Continued from page 10

cortisol and sympathetic response,” says Ober. “We knew we could ground people physically, but needed someone who could ground them mentally.”

A joint venture with Dr. Chopra made perfect sense as the two share the same intention of improving the wellbeing of our world and everyone in it. Their new line of grounding products is called Deepak Chopra InnerSpace and includes grounded yoga and sleeping mats and even yoga floors.

“When I met Clint, I knew a powerful, impactful movement could be created to help people in their journey towards total wellbeing,” said Dr. Chopra. “This new integration of meditation and grounding to reduce total body-mind inflammation is perhaps the most important insight yet and with 23 peer-reviewed and published studies on grounding and its various healing effects, the sound evidence is there to support the claims.”

“One of our shared goals is to grow the meditation and yoga industries,” adds Ober. “When you do yoga grounded, it's easier to move and easier to meditate because you can feel the positive effects on your body.”

A greater goal is to offer grounded wellness centers in cities and corporations throughout the world open and available to all. Last year they opened their very first at Desert AIDS Project (DAP) in Palm Springs which is now open to all through their new partnership with Kristin Olson's Urban Yoga. A similar site is planned this year at the Earthing headquarters in Thousand Palms.

The premier site came about as DAP and Dr. Chopra are working on a research program related to chronic inflammation in association with UC San Diego. To further aid in healing patients and DAP employees, Deepak Chopra InnerSpace gifted the non-profit a grounding yoga floor and grounding chairs. CEO David Brinkman shared that prior to installation, there were two weekly yoga classes attended by 3-4 people. Within 60 days of installation, their classes were full, with more classes added by Urban Yoga which moved its center to DAP last year.

“At the same time people are doing yoga, they are receiving treatment for inflammation, stress and pain reduction,” notes Brinkman. “I see patients and employees light up when talking about how much they enjoy their time in the grounded classes, and I know we are doing the work that is Deepak's and Clint's vision to achieve. It's a beautiful partnership and something for which we are so grateful.”

A feature film on grounding called *Down to Earth* will also be released early this year. The film will feature Ober, Dr. Chopra, Steven Sinatra, MD, and others and the movie trailer, which has been out for two years, has received over 100 million views. A premiere screening is planned locally this spring to benefit DAP.

“We encourage you to go outside, get your bare feet on the ground, and begin to let the inflammation drain from your body,” concludes Dr. Chopra, and if you don't have time for that, grounding products which are “second to nature” are also available thanks to the pioneering work of Palm Spring's own Clint Ober.

Editorial by Lauren Del Sarto, publisher, Desert Health. For more information on grounding visit EarthingInstitute.net.

References: 1) <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1758-0854.2011.01052.x>; 2) <https://www.ncbi.nlm.nih.gov/pubmed/27493670>; 3) Green Exercise Research Team, Centre for Sports and Exercise Science University of Essex, Essex, UK



An enticing spot like a backyard beach can encourage daily grounding.



PALM DESERT SMILES^{MD}

HIGH-TECH CARE

- Among Palm Springs Life's TOP DENTISTS
- Check out our on-line reviews!

www.PalmDesertSmiles.com

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

Just a few of the services and products we offer ...

✓ CERC Same Day Crowns	✓ Pinhole Gum Rejuvenation
✓ Implants	✓ TMD/TMJ Support
✓ iCAT 3D X-Ray/Digital X-Rays	✓ Conscious Sedation
✓ Modern Periodontal Care	✓ Fountain of Youth Dentures
✓ Soft Tissue Laser	✓ KÖR® Teeth Whitening
✓ Holistic, Mercury-free Practice	

Book your FREE CONSULTATION today!



Like Us on facebook.com/BruceRBaumannDDS



760.568.3602

44239 Monterey Avenue
Palm Desert, CA 92260



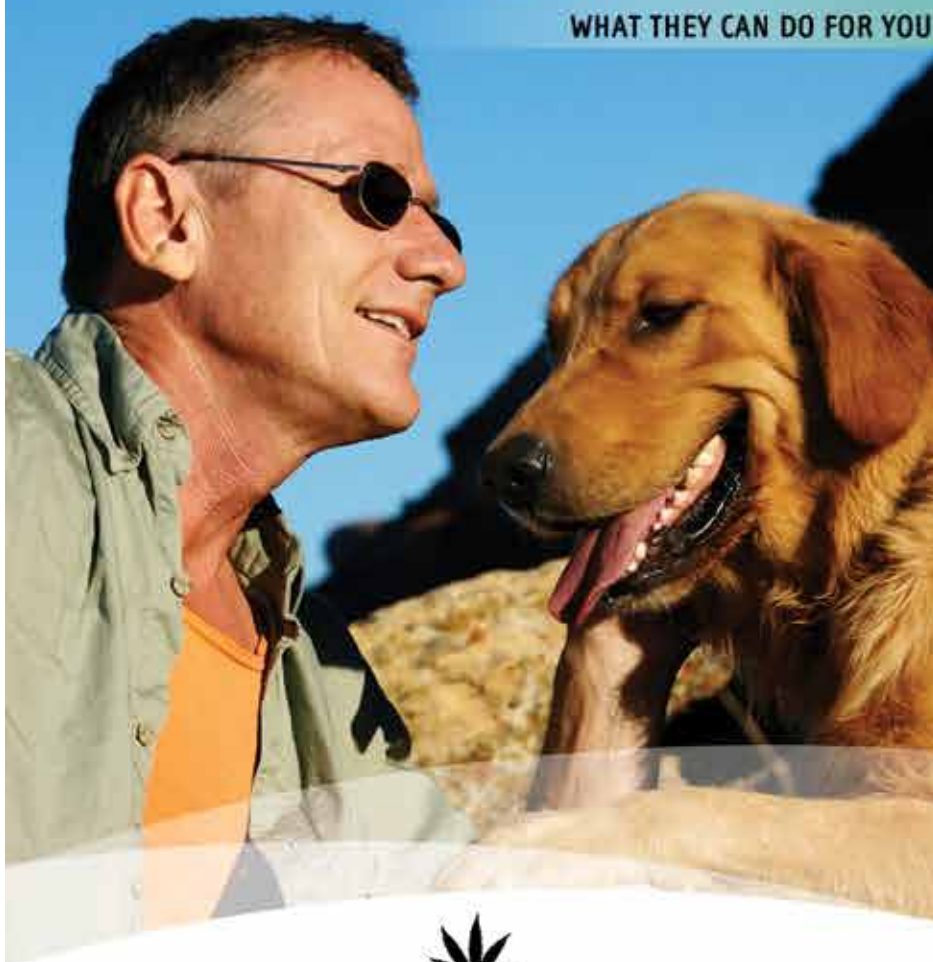
NICHOLAS S. BAUMANN, DDS



Discover a New Pathway to Wellness

through Topicals, Edibles and more.

VISIT OUR WEBSITE TO LEARN ABOUT
HEALTH & WELLNESS OPTIONS AND
WHAT THEY CAN DO FOR YOU



THE
LIGHTHOUSE

THE FIRST FULLY LICENSED CANNABIS BOUTIQUE
MEDICAL • RECREATIONAL • WELLNESS

HOME DELIVERY • MEMBERSHIP PROGRAM

LIGHTHOUSE DISPENSARY.COM

FREE
DELIVERY

WITH PURCHASE
OVER \$100

84160 AVENUE 48, COACHELLA CA

(442) 256-3627

Beauty Sleep: Myth or Must?

By Deborah Schrameck, NC, PT

Sleep is the foundation on which we build and maintain our health and is the best way of guarding against stress and age-related diseases.

Is the concept of beauty sleep a myth or reality? Science tells us that a good night of sleep is essential for repairing, regenerating and restructuring the skin. Several studies suggest that the magic happens between 11 p.m. and 2 a.m. when the skin renewal rate almost doubles, increasing cell division that renews and repairs skin.

During the day when it's light, our skin's main job is to keep hydrated and protected. At night when we're sleeping, the skin is genetically programmed to switch into recovery mode, proving beauty sleep to be far more than a marketing line.

The benefits of sleep for skin include fewer wrinkles, less sagging, rejuvenated color, fewer acne blemishes, and less inflammation.

During sleep, blood flow increases to your skin increasing oxygen and nutrient delivery. This allows the skin to remove pollutants, free radicals and other irritants which cause skin aging. Increased nutrients rebuild collagen and repair damage from UV exposure. Collagen, a protein found everywhere in the human body, has different functions in different places, but in the skin, it provides volume and thickness. When we get proper sleep collagen repair reduces wrinkles and improves dry, flat, sagging skin.

Melatonin is commonly thought of as the hormone that helps us get to sleep, but it also acts as an essential antioxidant produced at night to support the repair of oxidative stress from UV-light damage. This improves age spots, fine lines and even helps prevent skin cancer.

Getting a good night's sleep helps to lower the stress hormone cortisol. Lack of sleep increases your cortisol levels putting your skin in a pro-inflammatory state. This impacts the protective barrier of the skin, drying the skin and increasing the exposure

to bacteria or other irritants that can result in acne, blemishes or other skin conditions like psoriasis. Elevated levels of cortisol also increase the breakdown of collagen and elastin, resulting in more wrinkles and premature aging.

During sleep a surge in human growth hormone helps repair and rebuild body tissues, increasing muscle mass and strengthening skin. Naturally occurring growth hormone plays a big part in maintaining the collagen matrix, and hence the appearance of youthfulness.

At midday the protective oil on our skin peaks with a significant drop at night, causing the skin to lose vital levels of hydration. The less you sleep, the more dry and dehydrated your skin will look and feel. The effects of dehydration on skin are swollen, sunken eyes; dark circles; flaking; a pale, ashen complexion.

Here are a few quick tips to improve your skin at night:

- Sleep 7 – 9 hours consistently.
- Wash your face to remove pore-clogging irritants before bed.
- Moisturize to hydrate and protect the skin at night.
- Sleep on a smooth clean surface to reduce skin irritation.
- Sleep on your back to limit wrinkles from skin stretching and compression.
- Elevate your head to help reduce bags and circles under your eyes by improving blood flow and preventing blood from pooling.

Beauty sleep of 7 – 9 hours per night is a surefire way to help your skin repair itself, increase blood flow, rebuild collagen, and allow the muscles in your face to relax after a long day.

Deborah Schrameck is a wholistic kinesiologist, health coach, nutritional counselor and owner of Body Alive. She can be reached at (760) 238.0625 or happyfit@mac.com. For more information visit www.BodyAlive.us.

The Benefits of CBD Topicals

By Danielle Rubin

It's important to focus proactively on health and wellness, such as eating better and exercising regularly; however, as we age we also pay the price for the activities in our younger years. Aches and pains, whether from old injuries or new sports, exercise routines and illness, are challenges that can stop us from continuing on our wellness journey.

One new avenue that has come to the forefront when seeking relief from chronic aches, pains, soreness, skin conditions and even insomnia is the use of innovative cannabis-infused topical products. Topicals, which include lotions, balms, salves and oils, are non-psychoactive cannabis products which are absorbed directly through the skin for localized pain and inflammatory relief. The healing ingredient in all cannabis topicals is CBD oil, short for cannabidiol, which has anti-inflammatory properties, vitamins A, D and E, and essential fatty acids.

Different topicals are created for a variety of conditions. People with mild to chronic joint or muscle pain can use specific topicals as an alternative to opiates and pain-killers, while other creams have demonstrated marked results in alleviating symptoms from skin conditions such as eczema and acne. A variety of applications are also available including moisturizing lotions, creams, oils, skin patches, salves, liniments or ointments designed to produce hot or cold sensations alongside their beneficial botanical and cannabis chemistry.

CBD oils are also popping up in high-end skin care creams, gels, and serums. CBD interacts with our body's endocannabinoid system and helps the skin look more radiant and youthful, while also helping with inflammation due to acne or other skin issues.

It is important to speak with an expert to best identify which products will address your issues. Many topicals are designed to treat specific pain and are applied directly to the site, such as a sore shoulder, elbow,

or skin care. Other products are more generalized and can relax the entire body and provide relief from a variety of aches and pains at the same time.

"We work with our clients to identify their issues, and then review and discuss the products that will best address their needs," says Jennifer Montgomery, manager at The Lighthouse Cannabis Boutique in Coachella. "Many of the products are infused with essential oils and use organic ingredients, so we diligently research all of our products and carefully check the labeling to ensure that the ingredients and suggested usage information is clear and readily available for our clients."

Montgomery advises these best practices for using CBD topical products:

- Determine the affected area and then choose the best product to target the issue.
- Clean the area before applying the product with a quick rinse, then pat dry.
- Be generous and massage vigorously with each recommended application.
- After applying the topical product, wash your hands so as not to transfer the product, which might also contain citrus, pepper or mint, to your eyes.

It is also important to manage your expectations. Prepare for a subtle, innocuous relief alongside sensations depending on the concentration of other soothing ingredients. These products don't necessarily cure our ailments, they simply make them more bearable.

Danielle Rubin is the creative director of The Lighthouse Cannabis Boutique in Coachella, the valley's only fully licensed dispensary. They offer home delivery and highly trained and educated staff to assist patrons on their health and wellness journey. Learn more at www.LighthouseDispensary.com or call (442) 256.3627.



Coachella Valley's Health Care Industry MENTORING THE FUTURE

Brought to you by OneFuture Coachella Valley



Valley Teens Becoming Mindfully Resilient

As rates of stress, depression, and teen suicide have soared in the past decade, the Health and Nutritional Sciences (HANS) Academy at Indio High is piloting a new curriculum called Mindfully Resilient. Units in anger management, the science of stress, anxiety, depression, healthy relationships and more are taught to bring mental health awareness and education to over 100 teens in the HANS Academy. The goal is to raise awareness about mental health and provide teens with coping skills to deal with life's mental health challenges.

Senior Samantha Pineda talks about her experience in Mindfully Resilient:

As a senior in high school, the reality of graduation is settling in and many of us are feeling stressed about this. One of my favorite courses this year is my HANS class. One of the lessons I apply to my life every day is the breathing techniques we've been taught through our meditation sessions. I've learned to relax and live in the moment through breathing properly. I've learned in this class how we can positively impact others, so I take these mindful techniques home to my family and they even share them with their friends.

We also have a difficult weekly tradition with workout Wednesdays with a yoga session during class. Some weeks we even have guest instructors who volunteer their time to come to our school and teach yoga.

One of my favorite activities from class is my 'mindfulness jar.' A mindfulness jar is literally a mason jar filled with sand and water. Although this jar may seem basic, it represents much more. When the sand settles and the water is clear, you can see right through the jar. When the jar is shaken and the water is murky, you can't see anything. This is like your mood and mind when you are upset and aren't thinking clearly. You need to "let your sand settle" so you won't do anything rash and regret it later. Just shaking the jar when you're upset feels so satisfying. We did this activity in our anger management unit where we're being taught how to identify and manage our anger.

I've only just touched on a few things from class, but I'm grateful for all I've learned and am eager and enthusiastic to see what's to come during the rest of the school year.

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



Student Samantha Pineda finds calm with her mindfulness jar at Indio High's wellness academy.

Are you ready to EVOLVE?

evolve yoga

Offering Vinyasa, Gentle, Yin and Restorative Yoga plus workshops to further your practice

Best Yoga Studio
Palm Springs Life & CV Weekly

IN-STUDIO:
ONE FREE CLASS
Mention *Desert Health*.
(for new students only).
e-evolveyoga.com

ON DEMAND/IN-HOME:
FIRST WEEK FREE plus
33% off the first 3 months.
(Use discount code **DESERTHEALTH**)
Over 25 hours of yoga classes
bronwynison.com

760.564.YOGA • 50-991 Washington St. & Calle Tampico



YOUNG LIVING
ESSENTIAL OILS
Independent Distributor

A Young Healthier You.

Essential Oils. Diffusers. At Home.
Healthy & Fit. Personal Care. Animal Care.

Maria Billis

www.mariabillis.vibrantscents.com

518.879.6360 | mbillis@nycap.rr.com | member #823193

New Year's Resolutions:

What's on Cancer Patients' Lists?

By Anita Roark

There's no denying it—having cancer (or any other life-threatening disease) definitely changes the way one looks at the future. So it's only natural that, after a diagnosis of cancer, the nature of patients' New Year's resolutions changes as well.

I can say that from my own experience (diagnosed with breast cancer in January 2016, treated throughout that year, still on tamoxifen to help prevent recurrence and/or new cancers) and from what newly diagnosed patients and long-time survivors have expressed both in online posts and in person at CancerPartners, a non-profit offering free educational and emotional support for Coachella Valley residents.

As I sifted through many people's stories, including my own, I began to see some patterns emerging—certain items rising to the top of most everyone's New Year's lists. Here, in no particular order, are some of them.

Stay clear of grand resolutions. Keep them modest, realistic, and attainable.

Be gentle with yourself, after all you've been through and are still facing. And don't beat up on yourself if you feel anxious, worried, scared, angry or depressed. Just let it all out for a moment or two, take some deep breaths, and then bring yourself back to positive thoughts and actions.

Take good care of your physical body. That includes resolving to:

- Exercise as much as possible in your current condition. Remember, it doesn't have to be miles of jogging—a short, leisurely walk around the block will be just fine.
- Eat as well as possible. Whole foods that are organic and processed as little as possible are usually best. But if you're experiencing nausea or decreased appetite due to treatments, it's okay to indulge in foods that are less healthy but appeal to you. Just get back to the good stuff when your appetite returns.
- Get proper rest. Take naps when you feel tired. That will help to restore your energy.

Be willing to accept help. Nancy Brier put it this way: "As hard as it can be to be on the receiving end of a helping hand, put the word out that you have cancer and ask for help. Then take it."

Conversely, help others. "I want to focus less on me and more on others," said Bonnie Annis on curetoday.com. She especially wants to be compassionate toward others who have been newly diagnosed and share the wealth of information she's gathered on her own cancer journey.

Spend more time with friends and family. Go on some adventures with them, in nature if possible.

Connect with your spirituality, whether that be through meditation, religious affiliation, inspirational readings, or prayer.

And most of all, *be grateful!* Thank everyone involved in your health care and every other aspect of your life. Thank God or the Universe that you are alive, for however long that may be. In fact, give thanks for all things, day and night. It's amazing how that kind of deep gratitude makes all things endurable, even turning suffering to joy.

Anita Roark, MA, is communications coordinator at CancerPartners, the local non-profit offering educational and emotional support to all those in the Coachella Valley affected by cancer. She can be reached at (760)770-5678 or aroark@cancerpartners.org. www.cancerpartners.org.

CancerPartners™
Supporting the Journey

If You've Been
Touched by Cancer,
We're Here for You!

CancerPartners provides cancer patients, survivors and their loved ones with the emotional, social, and educational support they need on their cancer journey.

Support groups, Healthy Living Program (HeLP) and more,
all at no cost to you.



OPEN TO THE PUBLIC EVENTS January/February 2019

The Benefits of Microcirculation for Cancer Patients
Ilona Kopaz, CNHP, CCT, CNC (1 to 2:30 pm on 1/23)

Nutrition for Living with Cancer & Beyond
Tiffany Dalton, FDN, CNC, HHP (1:30 to 2 pm on 1/17 & 2/21)

Health, Wellness and Advocacy Series
A Collaboration of the Palm Desert Public Library, Cancer Legal Resource Center and CancerPartners.
All lectures held at the Library from 3:30 to 5 pm

Be Your Own Advocate, Richard H. Gelb, MA (1/31)

The Importance of Legal Resources & Information for Cancer Patients and Survivors, Stephanie Fajuri, Esq. (2/7)

Managing Emotions When Dealing with Cancer, Richard H. Gelb, MA (2/21)

Call 760.770.5678 or go to cancerpartners.org/events for complete information.

CancerPartners
73555 Alessandro Drive, Palm Desert 92260




Music Therapy is focused intentional use of music and music activities to facilitate change and improve quality of life.

There is a **Minding Music** therapy session for everyone, all ages and needs – group or individual

No musical experience required

"I have seen and heard the power of music bring joy, communication, healing and comfort. Science continues to prove it."

– **Jay Anderson, MT-BC**
Music Therapist–Board Certified



(760) 834-1164
janderson@mindingmusic.com
MindingMusic.com
Member American Music Therapy Association

The Healing Sounds of Music

By Jay Anderson, MT-BC

Music is wonderful. It is often referred to as the universal language. We may listen to music for sheer joy, to dance, to change our moods, to enhance fond memories and to exercise. Music therapy, however, is much more.

As an allied health profession, music therapy is defined as the focused and intentional use of music and music-related therapeutic interventions, applied by a professional music therapist, to relieve and assist recovery from a variety of emotional, mental, and physical diseases, illnesses, disorders, or discomforts.

Two common misconceptions about music therapy: one must have some musical ability to benefit from the therapy, or that one style of music is more therapeutic than others. Musical talent or training is not necessary for clients, and all types of music can be useful to effect change and reach therapeutic goals of those taking part. Musical preferences, treatment needs, circumstances and goals of the individual or group help determine the types of music a therapist might employ.

Designed to address health and educational goals, music therapy can help manage stress, promote wellness, enhance memory, relieve pain, express feelings, improve interpersonal communication, promote physical rehabilitation and more. It is a creative, flexible and often spontaneous therapy to help people of all ages and abilities including seniors, children, adolescents, and adults.

A holistic and non-invasive treatment, music therapy can relieve anxiety, acute and chronic pain, Alzheimer's disease, developmental and learning disabilities, substance abuse issues, mental health needs, brain injuries, traumatic stress, aging-related conditions, Parkinson's disease, anger issues, and physical disabilities. Through music therapy, persons experiencing challenges can make positive changes in mood and emotional modulation, practice problem solving, explore feelings, and resolve interpersonal conflicts – all which can lead to stronger family, friend and community relationships.

Music therapists work in schools to provide services listed on individual education plans for special learners to strengthen areas important in daily life such as sequencing, memory, communication, sensory and physical motor coordination skills. The therapy is also used in hospitals to elevate patients' mood; it can counteract depression, fear and apprehension and reduce or alleviate pain associated with surgical procedures or in conjunction with anesthesia and pain medication. Music therapy can help induce sleep, relaxation, assist in labor and delivery, and promote movement for physical rehabilitation.

For seniors, the sensory, emotional and mental stimulation of music can help increase or maintain levels of mental clarity and memory, emotional stability, and physical and social functioning which improves overall quality of life.

In all cases, a professional music therapist assesses physical health, emotional well-being, social functioning, communication abilities, and cognitive skills through the musical responses of an individual or group. Based on defined needs, strategic music therapy interventions follow. Sessions and progress are documented and evaluated.

Community music groups such as drumming, improvisational music making, simply listening to music, songwriting, and music and imagery can all bring family and friends together, supply vital support for physical exercise and provide opportunities for personal growth. Music is profound. Unleash the power of music.

Jay Anderson is a music therapist and member of the American Music Therapy Association. For more information contact janderson@mindingmusic.com or (760) 834.1164.

INGREDIENTS YOUR BODY CAN RECOGNIZE AND UTILIZE!

Superfood Menu • All Natural/Whole Foods • No Purées or Syrups
Fast and Fresh • Everything Made to Order



fresh
JUICE BAR
DRINK SMART LIVE WELL

PALM SPRINGS PALM DESERT RANCHO MIRAGE LA QUINTA
FreshJuiceBar.com | [social media icons]

Self-Care for the New Year

By Sonja Fung, ND

Are you ready for a "new you" this year? It may be no surprise that the all-time leading resolution is to lose weight and get healthy. After indulging in festivities for the past four months, all those tasty, sugary treats and drinks have probably found their way to your waist line.

We all tend to gratefully overlook all the sugar, carbs, and alcohol during celebrations; however, our bodies still feel the impact of the resulting added stress and inflammation. Sugar pushes all the good-feeling buttons in our brain and gut and makes it that much more addictive and harder to quit. Sometimes, even the best of us need a little help over the sugar detox hump.

What better way of jump-starting the New Year than with a reboot to clean out the old and bring in the new? A nutritional detoxification program is an effective way to remove everyday stress and toxins and restore gut function - especially after the holidays.

Think of a nutrition reboot like an oil change. Your car won't function optimally and efficiently when its oil is old and sludgy. Your body's major detoxification organs, including your liver, kidneys, colon, and skin, function in the same way. Like any type of filter, if not maintained, it will eventually clog, and the detoxification process backs up, recycling toxins back into the body.

Effective cleansing programs can help with weight loss, increase energy, eliminate inflammation, normalize digestive function, improve sleep, and reduce joint pain, headaches, and other chronic disease symptoms. With a structured detoxifying program, many people can identify and eliminate specific chemicals and/or foods that cause inflammation and immune imbalances in their body.

While some prefer a three-day juice cleanse, your body needs time to reset for lasting change. It takes 21 days to form a habit which is the recommended length for a detoxifying cleanse to reset your taste-buds, get rid of sugar cravings, and get onto a healthy eating plan to stay with you throughout the year.

You can do a 21-day program on your own at home or by joining a group. A group program has the advantage of accountability and the support of others throughout all stages. Studies have shown that people who participate in a group are much more likely to successfully follow an entire protocol and report better results.

Putting in the time now while you're motivated will serve you best in the long run. It is also important to note that those with health issues should be screened before starting any program to determine if it is safe for their body.

Start your New Year with a self-caring oil change and get ready for the New You!

Dr. Fung is a primary care naturopathic doctor with a focus on integrative cancer care and PRP regenerative joint injections at Live Well Clinic in La Quinta which also offers a 21-day Nutrition Reboot program starting January 17. For more information, call (760) 771.5970 or visit www.livewellclinic.org.



January can be a good time to commit to a cleanse.



IV Nutrient Therapy

PRP Hair Regeneration & Skin Rejuvenation

B Vitamin Injections

Medical & HCG Weight Loss

Acupuncture & Chinese Medicine

Ozone Therapy

Regenerative Stem Cell Therapy

Bio-identical Hormone Replacement

Naturopathic Primary Care

Prolotherapy/ PRP Joint Regeneration

PDO Thread Lifting

Reiki Sessions

LiveWell CLINIC

Dr. Sonja Fung
Naturopathic Doctor

Dr. Brian Myers
Naturopathic Doctor

760.771.5970
78900 Ave. 47, Suite 102
La Quinta
info@livewellclinic.org • www.livewellclinic.org



Assisting Our Internal River of Life
The benefits of manual lymph drainage therapy

By Leah Wiltgen, LMT, CDT

The lymphatic system is often referred to as the “river of life” as it flows with nutrients and substances that bathe our cells and flood the interstitial spaces under our skin. This vital system is key to sustaining homeostasis throughout our bodies, working silently and consistently to maintain fluid balance while serving as a main pathway for eliminating toxins via our lymph nodes.



This sprained ankle demonstrates swelling and bruising

The lymphatic system is an essential part of our immune system as it is the primary reservoir of white blood cells. Thus, a compromised lymphatic system can result in chronic diseases and increased pain which can negatively affect our quality of life and limit daily activities.

When the congestion of lymph occurs, it can also impair healthy circulation and nerve conduction. It is critical that the lymphatic system is stimulated so that the flow of lymph can improve compromised areas and the entire body.

The origins and effects of the lymphatic system have been studied for centuries. As far back as 1647, the cisterna chyli, a lymph depository in the abdomen, was identified; the lymph vessel system was discovered shortly thereafter. In the early 20th century, Danish doctors Emil and Estrid Vodder pioneered the specialty of medicine called “lymphology.” They noticed that patients with chronic colds often had swollen lymph nodes and that gentle massage could reduce swelling and aid in recovery. Since there is no pumping mechanism for the lymphatic system, it relies in part on muscle and joint movement to function. The Vodders dedicated their work to developing specific massage techniques using intuition and practical experience and called the treatment manual lymph drainage (MLD) therapy.

The strokes applied in the Vodder’s MLD method are intended to stimulate the movement of the lymphatic fluids in order to assist the body in cleansing. It’s a gentle, rhythmical technique that cleanses the connective tissue of inflammatory materials and toxins, enhances the activity of the immune system, reduces pain, and lowers the activity of the sympathetic nervous system. There are no lotions or oils used in these treatments.

MLD can improve many conditions. Because of the gentle nature of the touch (about the weight of a nickel), it can even be applied a day after most surgeries to help reduce swelling and bruising while assisting in faster, healthier recovery. Positive results have been seen with cosmetic surgery, pre- and post- orthopedic procedures and post breast cancer treatments, as well as with primary and secondary lymphedema and non-infected inflammatory conditions such as sprains and strains.

Leah Wiltgen is a licensed massage therapist with certification from the Dr. Vodder International Academy of Manual Lymph Drainage and can be reached at (760) 449.7855 or leahwiltgenmld@gmail.com.



Symptoms are significantly reduced and client reports less pain and increased range of motion after (1) one-hour manual lymph drainage session.

Lowering A1C Levels with Osteogenic Exercise

By Bettyann Sator, BS, RDMS, RVT

For many affected by high glucose levels, the A1C is a familiar blood test that measures the amount of glucose that attaches to or binds with hemoglobin found in red blood cells. High glucose levels in the blood stream are often indicators of pre-diabetes or type 2 diabetes (T2D) and greatly impact a person’s overall wellbeing.

When a person’s A1C points to high glucose levels, medication, modifications in diet, and incorporating cardiovascular and some weight training exercise are considered appropriate paths to lowering associated risks.

Research is now showing positive results for osteogenic loading, a form of resistance training, as a simple, yet effective means of also lowering A1C.^{1,2} Osteogenic loading (OL) is traditionally a rehabilitative medicine method with a goal of improving bone density and preventing bone fracture. It is a brief, intensive resistance exercise that has long been shown to increase lean muscle mass and improve bone density. This new theory is that these protocols also stimulate myofibril (muscle fibers within cells) to change the actual cell structure where insulin receptors absorb glucose. By increasing myofibril hypertrophy (or structure), more insulin receptors are available to convert glucose into energy which, in turn, lowers A1C levels.

This new research is encouraging for those struggling with pre-diabetes and T2D as the osteogenic loading does not require a lot of time to see results. As reported in the *Journal of Diabetes and Journalism*, subjects completed therapy intervention only once per week with a minimum of 18 sessions completed at the conclusion of the 24 weeks; no dietary modification was implemented. Bone density improvement is seen with as little as 15 minutes a week.

That osteogenic loading is effective for increasing bone density and muscle strength has been well-researched and documented. What we did not know is that it is also showing promise as an effective, non-invasive way to reduce A1C.

Bettyann Sator, is co-owner of BioStrength in Palm Desert and can be reached at (760) 408.2720. For more information visit www.getstrongbones.com.

References: 1) Chelsea R. Slagowski, Sarah E. Dixon, Rebecca C. Mo9ynes, James S. Skinner, Derek T. Smith, Division of Kinesiology and Health, University of Wyoming; 2) The Effects of Axial Bone Osteogenic Loading Type Resistance Exercise on Adults with Risk of Moderate Metabolic Dysfunction: A Pilot Study. *Journal of Diabetes and Metabolism*, Bazil Hunte and John Jaquish. 6: 539.



Sator works with a client performing osteogenic exercise.



Bringing your Body Alive

Utilizing your unique genetic profile to achieve your greatest health potential through Wholistic Kinesiology,™ diet and supplementation.

Deborah Schrameck
– AcQpoint Wellness Center –
760-238-0625
happyfit@mac.com
www.bodyalive.us



OPTIMAL HEALTH CENTER

Naturopathic Medicine For All Ages
Treating the whole body using an integrative approach



SHANNON SINSHEIMER, ND

Specializing in:
Chronic Conditions
Complimentary Cancer Care
Bio-HRT
Food Allergy & Nutritional Testing
IV Therapy
Fertility
Pregnancy Care
Children’s Health



JESSICA NEEDLE, ND

(760) 568-2598
74361 Highway 111, Ste. 3 • Palm Desert
optimalhealthpd.com

Leah A. Wiltgen L.M.T., C.D.T.
Trained & Certified in the Dr. Vodder’s Method of Manual Lymphatic Drainage
(760) 449-7855 leahwiltgenmld@gmail.com

Do you suffer from swelling & tightness in your limbs?

Manual Lymphatic Drainage Therapy can help!



Manual Lymphatic Drainage (MLD) is a gentle non-invasive treatment that assists in eliminating fluid, relieving swelling and tightness of the skin. MLD can be utilized in the treatment of many different conditions including, but not limited to:

- * Primary & Secondary Lymphedema
- * Non-infected Inflammatory Conditions (i.e. sprains & strains)
- * Venous Insufficiency
- * Circulatory Disturbances
- * Post-Breast Cancer Treatments
- * Pre & Post-Cosmetic Procedures
- * Pre & Post-Orthopedic Procedures

CALL FOR additional information & appointments

Services provided in the privacy & comfort of your home



Learn How to Truly Relax

Chronic stress relief is an inside job.

Listen to your body's wisdom.
Clear your mind.
Change your outlook.

Welcome to
Choose Inner Peace Coaching Programs & Retreats

If you're a seasoned woman who is struggling with stress let's sit back, unplug, and talk about how this approach can work for you.

Laya Raznick, CHHC, L.Ac.
Certified Holistic Health Coach
(760) 512-3399 • layaraznick.com

Tuning the Biofield

Alas, science has discovered the "Aura", that invisible emanation which surrounds all living things. We now call this space the "biofield". It took a machine to measure what the human mind has intrinsically known for eons. Biofield Tuning works within this 360 degree bubble of vibratory energy. Certified Practitioners use tuning forks as frequency antennae to detect discordant vibrations occurring throughout the biofield, and in the body.

These discordant vibrations directly relate to life difficulties, traumas or illnesses. Using a timeline and an energetic map discovered by the founder of this technique, Eileen Day McKusick, practitioners have learned how to interpret the frequency changes in the tuning forks that occur from birth to the present. The sound changes which occur at different ages throughout this timeline are heard by both the practitioner and the client, which helps to encourage a dialog between the two. Within this safe and respectful environment, repressed or unexpressed memories resurface, allowing for some resolution to occur. Certified Biofield Tuners are not psychotherapists; they serve only as supportive, impartial witnesses. Sometimes just being heard is enough to gain some clarity around the difficult parts of life. After receiving a tuning, clients often feel a sense of lightness, freedom and coherence. They often gain new ways of seeing why unproductive patterns consistently occur throughout life, and the ways in which they participate in these cycles. All of the real work is done, in the moment, by the recipient. The Biofield Tuning Practitioner only acts as the guide, shining the light, opening the door. Driving the bus, the recipient decides where to go, the practitioner offers the map.

Like a beautiful violin, the human body has a sound. When this sound goes out of resonance, Biofield Tuning can help. No one is "broken", no one is "damaged". A treasured violin is not thrown away or discarded. A string is tightened, another is loosened. Harmony is restored. All by the use of a tuning fork.

BodyTune



bodytunestudio.com
760-218-2346

471 N Palm Canyon Dr - Palm Springs



An Extraordinary Year Starts with the Right Questions

By Laya Raznick, CHHC

We all feel it! The turning of the page. A new beginning. And with the New Year often come resolutions; a focus on what we don't want and a goal to change it.

Last New Year's Eve, when the clock struck midnight, my client Pamela resolved to lose 10 pounds. Like many of us, she had lost and gained these same 10 pounds again and again. At the start of the year she made progress, but as the year went on she gained the weight back, plus 3 extra pounds as well.

Most of us can relate to Pamela's story. So, what's the missing piece that leads us from resolution to long term success?

As stated by Jeralyn Brossfield, MD, "Focus on the problem and we tend to advance and then reverse in our progress. Focus instead on what we want, begins an endless (positive) pattern that is sometimes described as a repeated cycle of action – result – evaluation – adjustment."

When we define our goals by what we want rather than what we don't want, we're aligning with a vision rather than a problem. Add the reason why we want it and we have a winning formula for long-term goal success.

Pamela decided to redefine her goal and considered why she wanted to lose weight. She recognized that what she really wanted was to feel lighter, healthier and more inspired each day. She designed daily actions that supported these goals in all aspects of her life, not just in diet. And by the end of the year she had lost 10 pounds and kept it off.

To have an extraordinary year, answer these four questions to reveal your passions, your motivation, your strengths, and what's in the way for you right now.

1. **Define your gifts:** Name three things you do well and feel inspired by doing.
2. **Recognize your successes:** What were your three greatest accomplishments this past year and what was your motivation for accomplishing them?
3. **Acknowledge your tests:** What was the hardest thing you had to overcome this year and what did it teach you?
4. **Admit your challenges:** Name three things you've been procrastinating to complete for weeks, months, or even years, and why you haven't acted yet.

Most people are much closer to achieving what they want than they know. Do the work to get clear and enlist systems of support to keep you on track when old patterns set in.

There are resources all around you. Once you're clear, find the most interesting person in the room and begin a conversation. You never know how sharing your vision might spark the flame of creativity.

Laya Raznick is a certified holistic health coach guiding experienced women to release limiting stress patterns so they can relax and live with more inspiration, joy, and ease. Laya can be reached at (760) 512.3399. www.layaraznick.com.

The Power of Emotion through Affirmation, Intention and Prayer

By Tracy J Smith

"While many people possess the intent of their prayer, many others miss the corresponding emotions that go with it." - Dr. Joe Dispenza

Emotion is one of the most powerful forces available to humans to create optimum health, financial prosperity, and a joyful life. When harnessed through affirmation, intention and prayer, we can create a life that is rich in all things. Many people who once dismissed these methods as "new age" are now discovering they are capable of changing their lives in ways they never imagined were possible by using these simple practices.

Each of these practices begins as a thought, which is then combined with faith and the expectation of the results, and then released, allowing for the manifestation of the desired physical condition or event. The initial thought is like a radio signal being sent out into the universe which returns as a formation in the sender's life.

Here are simple descriptions of affirmation, intention and prayer:

Affirmation is declaring that a desired condition is coming into one's life.

Intention is focused thought of a desired condition.

Prayer is a thought of a desired condition that is surrendered to a higher spiritual power to bring into our life.

For any of these methods of transformation to work, three things are necessary:

Emotional backing. You must be able to feel what it would be like to have the new condition in your life. For example, if you want to be healed of a physical condition, what would perfect health be for you?

Belief in the outcome. You must believe it can happen.

Release. You need to let go and allow the desired condition to manifest itself without controlling it. Let the universe do its part.

The power of affirmation, intention and prayer can be best understood by viewing them as the movement of energy. Knowing the universe is all energy, each person vibrates energy at different frequencies, and we attract whatever frequency our energy is vibrating. Our emotion is that frequency. If you are vibrating at the frequency of love, you will attract love into your life. For this reason, it is important for us to feel what we would like our life to be like and believe we can attract our desires into our life.

If you are skeptical about the ability of affirmation, intention and prayer to change your life, I encourage you to experiment with those emotions for 30 days and see what happens. Pay attention to your focus, for where your focus is, your energy goes. Even if the desired outcome is not happening on your timeline, keep your focus on the faith that the emotion is working. Keep an attitude of gratitude and look for the good in everything. You have nothing to lose!

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

Are you seeking Calm and Balance?

Positive energy therapy aligning body, mind, heart and spirit using Reiki, Tuning Forks, Crystal Bowls, Body Work and Sound Frequency.

Also featuring Emotion/Body Code to release imbalances and trapped emotions.

Over 20 years balancing energy for both people and animals.

TRACY J. SMITH

Energy Intuitive Therapist
Emotion/Body Code Release Practitioner

760-409-9289



BlissfulRelease88@gmail.com • www.tracyjsmith.net



Living Wellness

with Jennifer Di Francesco

Learning from the Peruvian Practice of Honoring Pachamama



My mother instilled in me a wanderlust spirit and quest to travel the world through the eyes of the people who live in faraway lands. Following this sage advice, I have affirmed time and time again that traveling allows one to journey into a deeper part of self and an extension of knowledge from an internal place to the external world. Traveling this summer to Peru, a country of ancient heritage, taught me some invaluable lessons related to treading more gently and respectfully upon this sacred earth.

Deep within the indigenous views of day-to-day living in Peru is the daily ritual of observance and deep appreciation for *Pachamama* - Mother Earth. The people of the Andes have believed for centuries that *Pachamama* has a generosity of spirit, by which one receives the necessities of life to sustain oneself. There is accessibility to food that nourishes, water that quenches, wood and metals that protect and the warmth of the sun that gives light and energy. Viewing Mother Earth as a living being allows for respect and understanding that when we cause destruction to nature, we harm the earth in ways that affect life force. Even in a land such as Peru with its rugged terrain, poverty and hardship there is a stunning appreciation. There is a palpable feeling that instead of viewing the world as having limited resources, which is our Western tendency, the Peruvians interact with nature in a dance of respect, mutual support and abundance. Tied directly into this world view is the Peruvian commandment and only moral rule that exists - *Ayni*, which is translated as reciprocity. The law of *Ayni* is a multifaceted concept. Simply stated, it is the belief that in giving, you are entitled to receive something back. When you receive something you then have an obligation to reciprocate and give in return. This belief is not the same thing as monetary payment. Reciprocity in Peru brings people closer with the goal to balance and have mutual support rather than gaining advantage.

How can we take the two lessons of *Pachamama* and *Ayni* and hold them with meaning in our multifaceted world?

Simplicity is Electricity: This statement is a great mantra to practice. In the Andean culture there is a tendency to focus on the quality of life that the calmness of the countryside provides. They also look to the nurturing quality from family and friends. Having abundance means something different. It can be laughter, peace of mind or *Pachamama's* gifts of weather or good health. By learning to focus on simplicity we can have a clear path towards gratitude. With more gratitude we become more generous. This is the cycle of reciprocity!

Connecting with Mother Earth: In Peru the massive steps leading closer to the sun at every ruin is the recurring symbol of Mother Earth. Upon realizing that a step in the Incan culture is the significance of Mother Earth, it becomes an easy reminder; with every breath and every step one connects with a sacred geography.

Modest rituals can be profound. Praying from the heart before mealtime, cleaning up debris from the earth, planting a tree, conserving water, walking instead of driving, or exchanging one's living energy in heartfelt ways, through reciprocity, serves as a catalyst of consciousness that spreads and multiplies.

Treating the Common Cold with TCM

By Diane Sheppard, PHD, LAc

I just caught a cold – a perfect time to write about the Traditional Chinese medicine (TCM) approach to treating the common cold. The *Shan Han Lun*, a treatise on cough/cold and viral/bacterial infectious diseases, is considered the groundwork for TCM theory.

TCM categorizes cold and flu in two stages with the first being wind cold. If not treated, the pathogen then turns into wind heat.

Common cold caused by wind cold

Classic symptoms of a cold just starting include fever, chills (worse than the fever), inability to get warm, nasal with clear mucous or sinus congestion, possible cough with clear mucus, stiff neck and shoulders, and an occipital headache (in the back of the head).

This is treated with a diaphoretic (sweating) therapy which is especially helpful in this stage as it warms the body and pushes the pathogen out through the pores. In the very early stages of this pattern, an effective remedy is miso soup using the white part of the spring onion and fresh ginger. Some say take cover under the covers to sweat it out. It is also helpful to take a steam shower with essential oils like peppermint or eucalyptus to open the nasal passages, or leaning over a steaming pot of water containing the oils with a towel over the head.

If the pathogen moves deeper in the body, symptoms that follow may include strong chills, sore throat, inability to sweat, wheezing, and stiff neck. The classic herbal remedy is cinnamon twig decoction, a stimulant that opens the bronchial passages, warms the body, and stimulates sweating. It also contains apricot seeds to help relieve wheezing and licorice root to soothe the throat and help with cough.

Common cold caused by wind heat

When the influence of wind combines with heat, the cold travels deeper into the body; the fever is worse than the chills, and the pulse is faster than normal. The primary symptom is a swollen and sore throat with headache and irritability. If there is a cough, it is usually dry or nonproductive, with occasional expectoration of yellow mucus.

Numerous formulas treat the many variations of this condition, but the most famous by far is *Yin Qiao San*. This is a highly effective treatment for wind heat symptoms appearing as influenza and tonsillitis in addition to the common cold.

Another effective herbal remedy in cases of wind heat is *Gan Mao Ling* whose patent formula has small dose of willow bark and aspirin.

Other elements of treating the common cold

When treating cold or flu symptoms due to wind heat, the results are always more dramatic if the treatment begins at the earliest possible stage of the illness. It is important to get adequate rest, a vacation from sources of stress, and good nutrition in the form of soups and fresh juices. Sweets and stimulants (such as caffeinated beverages) cause a rapid progression in the severity of the illness since they tend to feed the pathogen and should be avoided.

Diane Sheppard is a licensed acupuncturist and doctor of traditional Chinese medicine. She is the owner of AcQpoint Wellness Center in Palm Desert and can be reached at (760) 345.2200. www.AcQPoint.com

AC POINT

ACUPUNCTURE & WELLNESS CENTER

Get relief from Pain and Stress now!

Acupuncture • Cupping • Herbology
Chinese Herbs & Custom Formulas
ThermaJade Far Infrared Jade Roller Massage Beds
Therapeutic Massage • Cranial Sacral Therapy
Fascial Stretch Therapy • Visceral Massage
Chiropractic Therapy • K-Laser • Essential Oils
Wholistic Kinesiology • Energy Healing



Diane Sheppard, PhD., L.Ac.
CLINIC DIRECTOR



Gayle McGuire, RN, L.Ac.
ACUPUNCTURIST



Teri Tudor
PHYSICAL THERAPIST
CRANIAL SACRAL THERAPY



Tracy Smith
ENERGY/FREQUENCY
THERAPIST
BODY CODE/
EMOTION CODE



Deborah Schrameck
CERTIFIED WHOLISTIC
KINESIOLOGIST AND
NUTRITIONIST



Robert "Buzz" Edenburg, DC
CHIROPRACTOR



Maribel Diaz
MEDICAL &
MYOSKELETAL
MASSAGE THERAPIST

UPCOMING LECTURES:

Thursday, January 10 • 5:30-6:30 pm FREE

Taking care of your body's chakras with Tracy Smith

Learn how to care for your body's energy centers which when blocked can create dis-ease. Includes demonstrations and a crystal bowl sound bath.

Thursday, January 24 • 5:30-6:30 pm FREE

Introduction to Feldenkrais with LeAnn Brightwell

The Feldenkrais method is an educational system that allows the body to move and function more efficiently and comfortably.

Thursday, February 7 • 5:30-6:30 pm FREE

Healing using sound, vibration & music with Daniel Clemens of BodyTune

Daniel will discuss and demonstrate how to use sound, vibration and music to calm the body, open the mind, and free the spirit for healing and wellness.

Thursday, February 21 • 5:30-6:30 pm FREE

Live experience with Timothy Courtney

Join Psychic Medium Timothy Courtney as he helps us understand what happens when we pass over and how spirit communicates. Experience Tim connecting with the spirit world bringing messages from the other side.

RSVP requested; for full schedule email acqpoint@aim.com

760.345.2200

77682 Country Club Drive, Ste. G • Palm Desert

(2 blocks west at Washington & Country Club.

Turn at Park Center Drive right on Springfield Lane on right side.)

acqpoint.com

Now a Blue Shield preferred provider with other insurances accepted.



DesertDoctors

YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

Comprehensive Care by Independent Doctors

Desert Doctors is founded upon the time-honored physician-patient relationship that builds trust while providing value, experience and collaborative care. More physicians are choosing to join the Desert Doctors Network to maintain their independence in private practice, while being part of an innovative network that collaborates with other local and regional medical colleagues and area hospitals. Is your doctor a member? Search our website for direct links to member information including telephone number and physical address, and follow us on Facebook. We help you find an outstanding doctor to make a timely appointment. In a time when deductibles and co-payments have increased, and to assist the health care consumer with cost savings, Desert Doctors strives to provide you with cost transparency every step of the way.

Why Choose Desert Doctors?

- Quick access to top doctors
- Affordable quality care
- Save money when you choose independent doctors
- No facility fees for office visits

Desert Doctors, A Better Path to Health & Wellness



Gary Annunziata, DO
GASTROENTEROLOGY
(760) 321-2500



Mehrdad Asgeri, MD
GASTROENTEROLOGY
(760) 699-7607



James Ausman, MD
NEUROSURGERY
(760) 346-8058



Ramy Awad, MD
GENERAL AND
BARIATRIC SURGERY
(760) 866-0024



Robert Bass, DDS
ORAL & MAXILLOFACIAL
SURGERY
(760) 346-7431



Gordon Bateman, OD
OPTOMETRY
(760) 340-5292



Aaron S. Bean, DPM
PODIATRIC MEDICINE
AND SURGERY
(760) 565-5545



Hetal Rajendra Bhakta, MD
CARDIOLOGY
ELECTROPHYSIOLOGY
(760) 883-1600



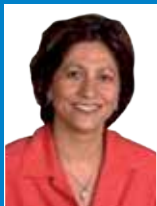
Bobby Bhasker-Rao, MD
BARIATRIC SURGERY
(ROBOTIC)
(760) 778-5220



Sathy Bhavan, MD
OPHTHALMOLOGY
(800) 898-2020



Arvinder Bir, MD
FAMILY MEDICINE
(760) 324-1700



Seema Bir, MD
FAMILY MEDICINE
(760) 324-1700



Soo Borson, MD
PSYCHIATRY
(206) 406-7645



Mark Bouffard, MD
PAIN MANAGEMENT
(760) 776-7999



Adam J. Brochert, MD
RADIOLOGY
(760) 776-8989



Ronald Bush, MD
INTERNAL MEDICINE
(760) 200-2992



Richard Byrd, MD
INTERNAL MEDICINE
Indian Wells



Tom Chang, MD
OPHTHALMOLOGY
(800) 898-2020



Jitka Civrna, MD
INTERNAL MEDICINE
(760) 773-4948



Michael Coords, MD
RADIOLOGY
(760) 674-8800



Daniel Cosgrove, MD
WELLNESS MEDICINE
(760) 777-8772



Doriana Cosgrove, MD
COSMETIC AND LASER
ANESTHESIOLOGIST
(760) 777-8772



Trevor Derderian, MD
VASCULAR SURGERY
(760) 568-3461



David Duffner, MD
ORTHOPEDIC SURGERY
(760) 340-2600



Fredrick Eko, MD
PLASTIC SURGERY
(760) 249-2222



Karen Elbert, DPT
PHYSICAL THERAPY
(760) 501-6655



Antoine Elhajjar, MD
NEUROLOGY
(760) 340-0528



Lee Erlendson, MD
PAIN MANAGEMENT
(760) 773-3075



Felipe Espinoza, MD
NEURORADIOLOGY
(760) 776-8989



Cesar Mora-Estevés, MD
UROLOGY
(760) 346-1133



Shahin Etebar, MD
NEUROSURGERY
(760) 346-8058



Gregory Evans, OD
OPTOMETRY
(760) 674-8806



John Feller, MD
RADIOLOGY
(760) 776-8989



Jolyn Fergon, DNP
WOMEN'S HEALTH
(760) 564-7900



Diane Fiander, MD
OPHTHALMOLOGY
(800) 898-2020



Derakhsh Fozouni, MD
OB/GYN
(760) 327-2707



Eric Freedman, MD
HAND/UPPER
EXTREMITY SURGERY
(760) 342-8444



Jeffrey W. Garcia, DDS
DENTISTRY/ORAL SURGERY
(760) 327-1509



Michael Gatto, MD
OTOLARYNGOLOGY
(760) 323-4735



Jane Gaunt, PhD, LMFT
FAMILY & MARRIAGE
THERAPY
(760) 777-7720



Luke Gentry, DPT
PHYSICAL THERAPY
(760) 202-0368



Steven Ginex, DPM
PODIATRIC MEDICINE
(760) 340-3232



Heidrun Gollogly, MD
OPHTHALMOLOGY
(800) 898-2020



Steven Gorman, MD
INTERNAL MEDICINE
(760) 564-1886



Peter Greenberg, MD
RADIATION ONCOLOGY
(760) 202-3946



Gary Greenwald, MD
ALLERGY/
PULMONARY DISEASE
(760) 341-9777



Maria Greenwald, MD
RHEUMATOLOGY
(760) 341-6800



Sanjeev Grewal, MD
OPHTHALMOLOGY
(800) 898-2020



Steven Gunberg, DO
RADIOLOGY
(760) 776-8989



Christopher Hancock, MD
NEURORADIOLOGY
(760) 776-8989



I. Annell Hanna, MD
PSYCHIATRY
(760) 776-6543



Naota Hashimoto, DC
CHIROPRACTIC
(760) 777-8377



Jeffrey Herz, MD
UROLOGY
(760) 346-1882



Mary Howell, MD
INTERNAL MEDICINE
(760) 346-3611



Jennifer Hui, MD
OPHTHALMOLOGY/
PLASTIC SURGERY
(760) 610-2677



David Hyams, MD
SURGICAL ONCOLOGY
(760) 773-3311



Samuel Ibrahim, MD
GENERAL SURGERY
(760) 837-7910



Pedram Ilbeigi, DO
UROLOGY
(760) 346-1133



Patricia James, MD
INTERNAL MEDICINE
(760) 836-9066



Timothy Jochen, MD
DERMATOLOGY
(760) 423-4000



Peter Kadile, DO
FAMILY MEDICINE
(760) 777-7439



Vincent Kambe, DPT
PHYSICAL THERAPY
(760) 347-6195



Mersedeh Karimian, DO
PAIN MANAGEMENT
(760) 346-1133



(760) 232-4646



www.desertdoctors.org



B. Maya Kato, MD
OTOLARYNGOLOGY
(760) 565-3900



Diana Katsman, MD
OPHTHALMOLOGY
(800) 898-2020



Frank Kerrigan, DO
HONORARY
MEMBER



Bishoy Labib, MD
NEUROLOGY
(760) 779-1177



Elliot Lander, MD
REGENERATIVE MEDICINE
(760) 776-0040



Hal Le, MD
OPHTHALMOLOGY
(760) 836-3937



John Lee, MD
VASCULAR & VEIN SURGERY
(760) 568-3461



Tim Leier, MD
PAIN MANAGEMENT
(760) 321-1315



Bruno Lemay, DDS
GENERAL DENTISTRY
(760) 324-4450



Ted Ling, MD
RADIATION ONCOLOGY
(760) 200-8777



Indermohan Luthra, MD
NEUROLOGY
(760) 328-7500



Rupinder Mann, MD
INTERNAL MEDICINE
GERIATRICS
(760) 770-7600



Kathy Mao, OD
OPTOMETRY
(800) 898-2020



Theodor Masek, MD
RADIATION ONCOLOGY
(760) 202-3946



Stuart Menn, MD
SLEEP MEDICINE
(760) 325-4100



Farshid Mirzaee, MD
UROLOGY
(760) 346-1133



Tobias Moeller Bertram, MD
PAIN MANAGEMENT
(760) 321-1315



Anthony Nelson, MD
ANESTHESIA &
PAIN MANAGEMENT
(760) 202-1919



Nhat Ngyuen-Minh, MD
GENERAL SURGERY
(760) 346-5551



Dan Olesnick, MD
INTERNAL MEDICINE
URGENT CARE
(760) 346-3932



Lilia Pacini, MD
OB/GYN &
URO-GYNECOLOGY
(760) 564-7900



David Perez, MD
FAMILY PRACTICE
(760) 548-3400



Philip Quach, OD
OPTOMETRY
(800) 898-2020



Arturo Quintanilla, MD
PEDIATRICS
(760) 770-0000



Justin Reckard, MD
GENERAL SURGERY
(760) 346-5551



Roland Reinhart, MD
PAIN MANAGEMENT
(760) 341-2360



Timothy Richardson, MD
DERMATOLOGY
(760) 341-1999



Wendy Roberts, MD
DERMATOLOGY
(760) 346-4262



Douglas Roger, MD
ORTHOPEDIC SURGERY
(760) 416-4511



Erica Ruiz, MD
FAMILY MEDICINE
(760) 564-9205



Edward Ruiz, MD
FAMILY MEDICINE
(760) 564-9205



Michael Samuel, MD
OPHTHALMOLOGY
(800) 898-2020



David Schreiber, MD
RADIATION ONCOLOGY
(760) 536-4400



Gerald R. Schultz, MD
OPHTHALMOLOGY
(760) 342-9991



Jeffrey Seip, MD
ORTHOPEDIC SURGERY
HAND SURGERY
(760) 365-2520



Manish Sheth, MD
PSYCHIATRY
(760) 469-9217



Eric Sickinger, DO
SPORTS MEDICINE
(760) 636-1067



Maryam Sickinger, DO
DERMATOLOGY
(760) 568-9300



Raj Sinha, MD
ORTHOPEDIC SURGERY
(760) 972-4580



Pushpinder Sivia, MD
VASCULAR & VEIN
SURGERY
(760) 568-3461



Christopher L. Snyder, DO
FAMILY MEDICINE
(760) 541-5888



Mark Sofonio, MD
PLASTIC SURGERY
(760) 341-5555



Joel Solano, MD
OPHTHALMOLOGY
(800) 898-2020



Jacob A. Spencer, DO
ORTHOPEDIC SURGERY
(760) 972-4580



Dennis Spurgin, DC
CHIROPRACTIC
(760) 327-9402



Peter St. Louis, MD
INTERNAL MEDICINE
(760) 568-9831



Jeffrey Stevens, MD
OPHTHALMOLOGY
(800) 898-2020



Jessica Super, DPT
PHYSICAL THERAPY
(760) 501-6655



Benjamin Tautges, OD
OPTOMETRY
(760) 779-0800



Keith Tokuhara, MD
OPHTHALMOLOGY
(760) 340-4700



Patricia Van Santen, DAOM
ACUPUNCTURE AND
ORIENTAL MEDICINE
(760) 674-8488



Grant Vorster, OD
OPTOMETRY
(760) 863-2241



Lance Walsh, MD
UROLOGY
(760) 346-7191



Joan Warren, MD
VENOUS & LYMPHATIC
MEDICINE
(760) 610-5573



Benjamin Wehrli, DPM
PODIATRIC MEDICINE
AND SURGERY
(760) 848-8231



Michael L. Will, MD
FAMILY MEDICINE
(760) 360-0333



Bachir Younes, MD
INFECTIOUS
DISEASE
(760) 636-1336



Roula Younes, DNP
GERINTOLOGY
CRITICAL CARE/
INFECTIOUS DISEASE
(760) 636-1336



Son Ha Yu, MD
VASCULAR & VEIN
SURGERY
(760) 568-3461



Lisa N. Bellows, MACCCA
AUDIOLOGY
(760) 340-6494



Michelle Brilee, FNP
PRIMARY CARE
(760) 346-8058



Michael K. Butler, PTA
PT ASSISTANT
(760) 200-1719



Gregory J. Cox, PT
PHYSICAL THERAPY
(760) 489-6905



Kelly Lewallen, LMFT
MARRIAGE &
FAMILY COUSLING
(760) 777-7720



Andy Lovato, PA-C
ORTHOPEDIC SURGERY
(760) 972-4580



Dan McBride, PA
PAIN MANAGEMENT
(760) 341-2360



Russell Pullen, PA
EAR, NOSE & THROAT
(760) 323-4735



Patricia Ryan, RN, MSN, ANP-BC
PRIMARY CARE SERVICES
(760) 668-1654



ISNING GAMEZ
VIDEO, WEB,
BRANDING
(760) 610-4106



RIVER'S EDGE
PHARMACY
(760) 340-3248



You have a Choice.
See an independent Doctor
you know and trust.



(760) 232-4646



www.desertdoctors.org



SERVICES

- ORTHOPEDIC CARE
- PHYSICAL TRAINING
- STEM CELLS
- WEIGHT LOSS
- PLATELET RICH PLASMA
- BIOTE
- NERVE STUDIES
- BRACING
- PHYSICAL THERAPY
- OSTEOPOROSIS
- MASSAGE
- B12 INJECTIONS



NO FACILITY FEES
 MOST INSURANCE PLANS ACCEPTED

PHONE: 760-340-2600

71511 HWY 111 Suite A
 Rancho Mirage, CA 92270

www.opmahealth.com





Cell Phone Safety

Simple steps to minimizing risks

By Ellen Marks

Take a look around anywhere you go - cell phones and wireless devices are an integral part of our lives because they are beneficial in many ways. However, we continue to hear conflicting messages about their health effects. So what can we do? In light of excellent independent science, we should take simple precautions.

As Director of the California Brain Tumor Association, I have been involved in this issue for over a decade and have testified to the U.S. Congress on the issue of cell phones and health. The recent results of the \$30 million U.S. National Toxicology Program study (U.S. NTP) concluded that there is "clear evidence" that wireless radiation is causing some cancers and "some evidence" that it is causing other cancers. The areas of most concern are tumors near the heart and brain tumors.

In 2011 the World Health Organization's International Agency for Research on Cancer classified radio-frequency electromagnetic fields as possibly carcinogenic to humans based on an increased risk of brain tumors associated with mobile phone use. This includes all things wireless, including cell towers. Other independent science indicates a risk of breast cancer when the phone is kept in the bra or breast pocket, damage to male fertility, miscarriages, thyroid cancer, behavioral problems for children and more. Children are more susceptible to any environmental toxin, including wireless radiation, according to the American Academy of Pediatrics which has spoken out publicly about the potential hazards from exposure to wireless radiation.

Cell phones entered the market 30 years ago without pre-market safety testing as microwave ovens had been deemed safe by the FDA. Today, the U.S. government does require testing, but the phones are tested held away from the body, thus holding it to the body could result in RF energy exposure higher than government limits. The U.S. NTP study, along with many other studies, has also proven that there is damage to our DNA at non-thermal levels which is what is emitted by cell phones. Despite this, the government testing for harm from wireless radiation only takes into account thermal damage.

In 2017 the California Department of Public Health released a cell phone safety document to the public with similar suggestions to those below. We need not throw away our cell phones, iPads, laptops, etc., but you can protect yourself and your families by implementing the following practices while enjoying this technology:

- 1) When your phone is on it is best to carry it in a purse, briefcase or backpack. If it must be on your body, it should be in airplane mode or off.
- 2) Children should use phones only for emergencies. If they carry one, it should be kept in a backpack or purse.
- 3) Instead of holding a phone directly to your head, use the speaker or text.
- 4) Do not allow infants or toddlers to play with a phone that is on; only use wired baby monitors.
- 5) If you need to hear your phone at night, you should keep it in a room other than your bedroom. No one should sleep with it (or an iPad or laptop) near them - especially not under their pillows.
- 6) Limit your use of a cell phone in areas where there is a poor signal.
- 7) Limit your use of a cell phone on buses, in trains, cars or planes; the metal surroundings reflect the waves and increase exposure to you and those around you.
- 8) Use corded landlines at home and in the office for the majority of conversations.
- 9) Pregnant women should keep all wireless devices away from their abdomen.
- 10) Couples attempting to have children should keep wireless away from a female's abdomen and the lower abdomen of a male.
- 11) When exercising, such as walking, biking, etc., turn it off and check your messages every so often.
- 12) Turn off WiFi at home while sleeping or not in use; use ethernet, if possible.

Ellie Marks of Indian Wells is the Director of the California Brain Tumor Association. She works on educating the public on prevention of primary brain tumors and other cancers and ill effects from wireless radiation. She also works on legislation locally and nationally to help bring awareness to the public, is co-producer of the award-winning documentary Mobilize, and appears in the new award-winning film Generation Zapped. For more information please visit www.calibta.org or www.saferemr.com.

Sources: 1) U.S. NTP Study: <https://www.saferemr.com/2018/11/NTP-final-reports31.html>; 2) WHO/IARC classification: https://www.iarc.fr/wp-content/uploads/2018/07/pr208_E.pdf; 3) Breast cancer: <https://www.ncbi.nlm.nih.gov/pubmed/24151509>; 4) Sperm: Second link is review of many studies <http://ccf.org/reproductivehealthcenter/docs/agradoc239.pdf>; 5) <https://www.sciencedirect.com/science/article/pii/S0160412014001354>; 6) Miscarriage: <https://www.nature.com/articles/s41598-017-16623-8>; 7) Behavioral issues in offspring: <https://www.nature.com/articles/srep00312>; 8) Thyroid cancer: <https://www.saferemr.com/2014/07/is-mobile-phone-use-contributing-to.html>; 9) Pew research: cell phones while sleeping <http://www.pewresearch.org/fact-tank/2010/09/13/do-you-sleep-with-your-cell-phone>



Our dependency on cell phones can overshadow thoughts of safety.



Holding your phone away from your body may help minimize exposure.

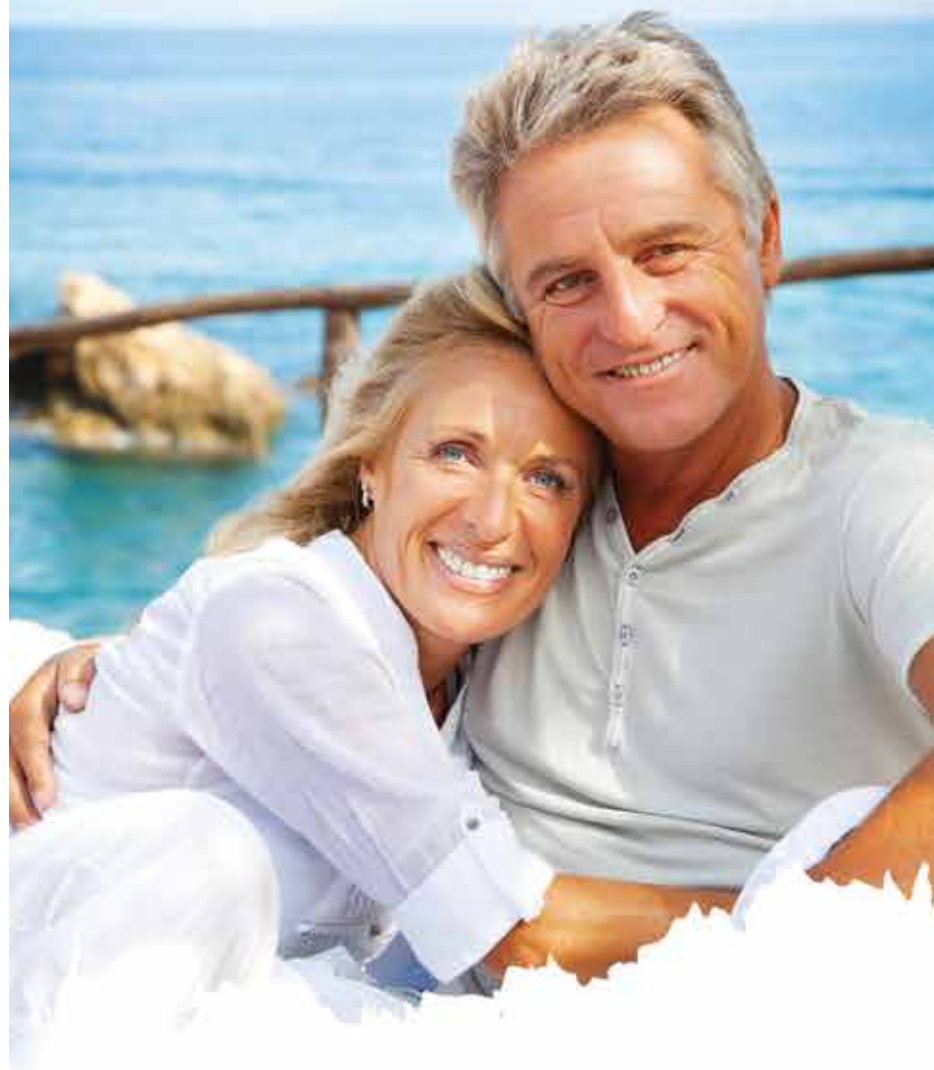


It is recommended to turn off your phone while sleeping or remove it from the bedroom.

Live Life to the Fullest

Live with Vitality

Live Younger



Join our international clientele who benefit from our medically-supervised regenerative and anti-aging services:

- PRP for joints, face, hair loss, sexual enhancement
- Hormone optimization
- Regenerative cell therapy
- IV drip therapy
- Colon hydrotherapy
- Detoxification
- LA Detox weight loss program
- And more



For more information, please visit www.cwi.la or call CWI at (760) 659-8000

Dr. Eugene Rajaratnam,
M.D., F.A.C.S., A.B.A.A.R.M.

Carol Christian,
CEO, CCHT, IIC

RANCHO MIRAGE
72-301 Country Club Dr.
Ste. 109

LOS ANGELES
11677 San Vicente Blvd.
Ste. 301



IMMERSE YOURSELF IN HEALING

DESERT HYPERBARIC MEDICINE IS GROWING!

More and more doctors are recommending hyperbaric oxygen therapy (HBOT) for treating a variety of medical conditions and to expedite healing after certain surgical procedures. In response to the increased demand for HBOT, we have added a third hyperbaric chamber to our state-of-the-art center in Coachella Valley.

In celebration of our expansion, we are offering

10% OFF ALL 5-TREATMENT PACKAGES

Offer ends December 31, 2018.
Call for details and booking

DESERT HYPERBARIC MEDICINE

760-773-3899 or
866-600-HEAL (4325)
deserthyperbaricmedicine.com

Depression and Inflammation

By Jessica Needle, ND

Depression is a disease that has plagued humankind for centuries and which unfortunately remains prevalent today, affecting 1 out of 5 individuals at some point in their lives. Up to 50% of the population may be seasonally affected, experiencing a mild form of depression due to fewer daylight hours during the winter. Moderate to severe depression is more likely to occur in the year following hospitalization for a physical illness or the death of a loved one.

Antidepressants are a common treatment and can be effective for many. However, one third of people with depression fail to respond to this type of medication. To find other avenues to treat depression, research during the last decade has looked at depression as an inflammatory disease, noting that physical symptoms in depression mimic those of a cold or flu: fatigue, loss of appetite, listlessness, change in sleep patterns, and lethargy. This sickness behavior is induced by inflammatory chemicals released in response to illness, and some patients with depression show an increase in these inflammatory markers.

During an inflammatory episode the body releases cytokines, small protein molecules that incite the immune system into action. One such molecule which is well-known and often tested through routine blood work is C-reactive protein. Anything over 3 mg/L is considered a marker of high inflammation, but values greater than 1 are an indicator that a patient is less likely to respond to selective serotonin reuptake inhibitors (SSRIs) such as Prozac and Zoloft.

Adding aspirin or the non-steroidal anti-inflammatory drug celecoxib to a medication regimen can improve symptoms during a major depressive episode. For people who want to avoid drugs and their side effects, there are many ways to lower inflammation naturally.

First, follow an anti-inflammatory diet. This requires eliminating processed foods, eating as many plant-based foods as possible, and consuming a high amount of omega-3 oils from avocados, salmon, olives, hemp seeds, flax seeds and nuts. Refined starches in bread and baked goods, cane sugar and alcohol all increase inflammation in the body. Diets characterized by high consumption of red meat, sweets, high-fat dairy products and low intake of fruits and vegetables are associated with an increased risk of depression.

Second, exercise moderately. When you are depressed, it can be difficult to motivate yourself to get moving. But if you do, you will get the benefits of increased endorphin production, weight control and reduced cardiovascular risk, along with a 5% reduction in inflammatory cytokines from just 20 minutes of walking on the treadmill. Low-intensity exercise causes nerve cells to grow and make new connections. This improvement in brain function helps relieve depression.

Third, manage your stress. Inflammation is your body's response to stress, and stress can induce or worsen chronic conditions, depression included. Cortisol is a hormone produced under conditions of stress, which leads to increased inflammation. Meditators and yoga practitioners lower their cortisol and inflammatory levels, but you can choose any stress reduction method you enjoy such as journaling, spending time in nature, deep breathing or petting an animal. Chronic stress makes people more likely to neglect healthy behaviors and thus increases the risk of major depression, so lowering your stress now can prevent recurrence later.

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

Getting Into Zen

patterns on a canvas. Once there was the first line of dots on the canvas, I could detach my mind and just repeat the pattern with dots of color. This felt like meditation – my mind felt calm, I was just watching the pattern emerge, and time passed without my awareness.

Getting into the zone can help manage your relationship with work.

In our day-to-day lives, we often think we have to “work hard” to succeed, but perhaps the possibility of getting “into the zone” offers a way to change our relationship with our work. Could we train ourselves to stay in a pattern of calmness that allows us to get into the zone creatively each day and keeps us in a healthy brain state?

Cognitive behavioral therapy teaches anxiety management by focusing on the symptoms experienced with anxiety. Do you feel your heart race? Do you feel your skin flush? Do you feel your palms get sweaty? Do you feel pressure in your head? Whatever physical symptoms are present for the individual are then recreated for a set time daily that is unassociated with any anxiety, until the brain learns that these symptoms are not cause for anxiety.

Meditation flips this concept around so that we repeat the physical practice of being calm, focusing on our breath, hearing ambient sound, detaching from our thoughts or watching them “float by like clouds.” By practicing this state, we can create brain shift similar to muscle memory so that we can stay in this zone throughout our day – even when challenged with the unexpected. The surprise is an ease and flow that is more productive than we think possible – without effort.

I’ve often brushed off the saying, “Do what you love and you’ll never work a day in your life.” But maybe it’s also about staying in a brain state that you love. It’s about getting into the zone so that your own thinking doesn’t get in the way of staying in your happy place.

In this state, the external work is not what drives the experience, but rather the internal brain state as it creates a zone of peace and calm that allows your work to flow... I’m giving it a try!

Dr. Brossfield practices functional medicine for men and women at her practice, XO Health, in Rancho Mirage and can be reached at (760) 573.2761.

Daily meditation shifts the brain to a happy state and helps to keep you in the zone.



Aging Gracefully Through Hormone Balancing

By Noelani Rodriguez, ND

Women, have you ever experienced any of the following symptoms - weight gain despite exercising and a good diet, low libido, dry skin, hair thinning, hot flashes or night sweats? Or maybe you've been dealing with horrible sleep quality, brain fog or difficulty with memory and cognition. Then this article may be for you.

As we age the hormones that control our metabolism, our sleep patterns, our skin health and so much more all start to decline. It has also been reported that when a woman's level of estrogen drops as it does with menopause, inflammation in the body can increase and brain function can decline, possibly increasing incidence of dementia.

Years of health care and media have told us that these symptoms are simply a part of aging, something which most women have to endure. But are weak bones, elevated blood pressure, horrible sleep, and no sex drive something we want to live with? I'd rather not if I don't have to, and this is where hormone balancing comes in.

There are two main styles of hormone replacement therapy (HRT): static dosing and rhythmic dosing. Static means the woman is essentially given the same amount of hormone all throughout the month. Rhythmic HRT follows the natural cycle of a woman's sex hormone production prior to menopause and is also known as "biomimetic" (mimicking human biology).

Rhythmic dosing was first developed by T.S. Wiley, a medical researcher and the author of *Sex, Lies, and Menopause* and *Lights Out: Sleep, Sugar and Survival*. There are pros and cons to each style of HRT; static is simpler in that the woman takes the same dose daily. However, some women have not achieved optimal results with static dosing and feel better following the natural rhythm of hormone production from when they were in their 20s. With rhythmic HRT, women with a uterus will return to having a light menses monthly and will need to follow their dosing calendar closely to ensure they apply the correct amount of hormones daily.

One of the most common myths about hormone replacement therapy is that it may increase the risk of cancer as reported by the Women's Health Initiative research study in the early 2000s. However, the study only assessed the effects of synthetic HRT, such as Premarin, while bio-identical HRT has not demonstrated the same concerns.

So which style of HRT is the better option? Well, rhythmic HRT is a newer practice in comparison to static, but is showing great anti-aging results and is considered by supporters to be the most natural way to dose hormones.

Think this approach to longevity may be right for you? For post-menopausal women, recreation of their cycle would follow the lunar calendar, which starts January 10, 2019. However, it is recommended that you speak with a health practitioner trained in rhythmic hormone replacement therapy to see if you are a candidate.

Dr. Rodriguez is a naturopathic doctor with Pure Health in Palm Springs and can be reached at (760) 322.2520. For more information, visit www.purehealthmedicine.com.

Sources: 1) Kantarci, Kejal., et al. Brain structure and cognition 3 years after the end of early menopausal hormone therapy trial. American Academy of Neurology. March 21, 2018. <http://doi.org/10.1212/WNL.0000000000005325>; 2) Lobo, Roger A. Hormone-replacement therapy: current thinking. Nature Reviews Endocrinology 13, 220-231 (2017). Published: 07 October 2016; 3) Pike, Christian J. Sex and the development of Alzheimer's disease. Journal of Neuroscience Research. 07 November 2016. <http://doi.org/10.1002/jnr.23827>

Make Tomorrow a Better Day

Bio-identical hormone therapy & stem cell treatments can help you:



- Regain energy, muscle strength and greater ability to lose weight
- Increase mental clarity
- Feel younger and happier again
- Enhance hair growth
- Increase quality of life and prevent age-related illness

Get Started Today for a Better Tomorrow!

(760) 698-8400

www.dr-odom.com

We provide IV chelation and vitamin therapy, including C and glutathione, and sound wave therapy for ED.



Balancing Nature & Science

David Odom, M.D.

info@dr-odom.com

78-150 Calle Tampico, Suite 102
La Quinta

A FRESH PERSPECTIVE ON HEALTH COMBINING THE WISDOM OF NATURE WITH THE RIGORS OF MODERN MEDICINE



PUREHEALTH

760-322-2520

1492 N. Palm Canyon Drive

Palm Springs, CA 92262

info@purehealthmedicine.com

purehealthmedicine.com

FREE 5 MINUTE CONSULTATION with our naturopathic doctors

OFFERING:

- NATURAL PRIMARY CARE
- IV NUTRITION THERAPY
- PRP JOINT INJECTIONS
- OZONE THERAPY
- PRP HAIR REJUVENATION
- HORMONE REPLACEMENT THERAPY
- CHELATION THERAPY
- NATUROPATHIC ONCOLOGY
- WEIGHT LOSS SOLUTIONS
- PEPTIDE THERAPY



COREY KING, ND



NOELANI RODRIGUEZ, ND

WILLIAM GRIMM, DO
Medical Director



Say
goodbye
to hot flashes,
2 o'clock fog
and weight
gain!

How do you feel?

Fatigue, insomnia, irritability, joint pain,
brain fog, decreased sex drive...

These symptoms are not simply signs of aging.
It could be your hormones.

- Bioidentical hormone replacement therapy
- IV therapy: chelation, vitamin, H2O2, high potency vitamin C
- In-office erectile dysfunction therapy & enhancement
- diVa vaginal rejuvenation
- Hormone pellet therapy

Non-Invasive, Non-Drug, Effective ED Therapy

Call now for a free consultation for this revolutionary acoustic soundwave therapy successfully used in Europe for the past 15 years. Many patients experience results after only one 20-minute in-office treatment.

Patients are experiencing over a 93% success rate.

Call us to confidentially discuss your symptoms

760.320.4292

3001 E. Tahquitz Canyon Way,
Ste. 108, Palm Springs

M-F 8:30 a.m. to 4 p.m.

Director/Founder:
Neal Rouzier, MD

Provider:
David Wilgarde, MD

Take the self-test at hormonedoc.com

Se Habla
Espanol

Gallbladder Function and Support

By John R. Dixon, DC, CCN, IFMCP

Many adults suffer from gallbladder problems with many experiencing symptoms in early adulthood, especially women who develop gallstones much more frequently than men. In fact, cholecystectomy, surgery to remove the gallbladder, is one of the most frequently performed abdominal surgeries in the United States today.

The gallbladder is a small organ that sits under your liver in the upper right quadrant of your abdomen. It stores and releases bile into the small intestine during digestion. Your liver produces on average about a quart of bile daily. It is a yellowish liquid that helps the body break down fat and detoxify various toxic organic and inorganic compounds.

Adequate healthy bile and bile flow is required for the absorption of essential fatty acids, cholesterol (which is required for steroid hormone production), and fat-soluble vitamins such as A, D, K, and E. When bile flow becomes congested, it can lead to the formation of gallstones and result in biliary obstruction. This can result in severe inflammation of the gallbladder (acute cholecystitis) and often leads to gallbladder removal.

In addition to fat digestion and absorption, bile plays a major role in the removal of toxins collected in the liver. In general, whatever the liver is working to eliminate finds its way into the bile. A condition known as cholestasis results from sluggish or disrupted bile flow from the liver to the small intestine which can lead to accumulation of toxic bile acids and other metabolites in the liver. The accumulation of toxic bile acids in the liver-gallbladder system damages bile duct epithelial cells and hepatocytes (liver cells) causing liver injury and inflammation.

Many people have genetic weakness that predisposes them to gallbladder disease. These particular genes produce a family of enzymes called the UGT enzymes. Faulty UGT enzymes result in something called impaired glucuronidation and the accumulation of toxic bile acids in the liver.

Following are several effective strategies for restoring gallbladder function, improving bile flow and up-regulating glucuronidation even if you've had your gallbladder removed:

Herbal bitters including barberry bark, dandelion root, fennel, ginger, globe artichoke, goldenseal root, milk thistle, peppermint, burdock root, myrrh, and clove work by stimulating the release of bile. Bitters also have been known to increase HCL, pepsin, gastrin, and pancreatic enzymes. Dr. Shade's Bitters No. 9 by Quicksilver Scientific is an excellent choice for bitters.

Other supplements to support bile formation and detoxify bile acids include choline, taurine, glycine, pancreatic lipase, ox bile, calcium d-glucarate, and artichoke root extract. Diets high in cruciferous vegetables including broccoli, kale, cabbage, Brussels sprouts and cauliflower are also highly beneficial.

Dr. John Dixon is an Institute of Functional Medicine certified practitioner and can be reached at the Natural Medicine Group (760) 345.7300.

Sources: 1) Role of Glucuronidation for Hepatic Detoxification <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3828276/>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4615692/> Bile acid metabolism; 3) Canadian Journal of Gastroenterology and Hepatology: <https://www.hindawi.com/journals/cjgh/2018/8096314>.

Natural Medicine Group

Personalized Natural Health Care



Dr. John R. Dixon
Doctor of Chiropractic
Institute of Functional Medicine
Certified Practitioner
Certified Clinical Nutritionist

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

Call today to schedule your appointment.

760.345.7300

77682 Country Club Drive, Suite A • Palm Desert
Monday - Friday, 8:00 a.m. – 5:00 p.m.

www.NaturalMedicineGroup.com

Health is a Choice

Continued from page 1

laughter and lunacy he inspired us all with his journey and struggles, many shared by those in attendance. He even sat on the side of the stage and invited those asking questions to join him, delivering ardent answers and garnering respect from even the most skeptic.

Then, with so many options, how could you cover the event in just three days? While the conversation was global, the experience was very personal. Each attendee selected what they wanted in advance with a straightforward app that allowed for last minute changes or wait listing for full classes (not many were turned away). Any free time could be spent in the expo recharging at the Bulletproof oxygen bar, sampling kombucha and chewable vitamins, or getting a nutritional IV.

Third was the cost. At \$945, the ticket price seemed out of reach for the anticipated 5,000, but the event delivered far beyond any conference or mindshare summit I've ever attended, and according to producers, attendance was 4,900. Many were from the wellness industry, while others were simply investing in their personal health. People came from as far away as Japan, Sweden, Brazil, Australia, and Hawaii.

Implementation and attendance were exceptional for a first-time event, and the Wanderlust team feels they can do even better. "We're looking at ways to reduce the price, as we want to make sure the event can attract a large and diverse audience. We'd also like to find more ways to integrate the event into Palm Springs, both for physical activities like runs, hikes, and treatments and in reaching out to the many amazing restaurants for collaborations," says Hoess.

Wellspring will return to Palm Springs in the fall so those who didn't get a chance to experience it can do so this year. "Palm Springs was the perfect venue for the event, and the amount of feedback we got from attendees about the town itself – its food, its natural beauty, and the great people – was overwhelming. It's our dream to grow Wellspring into something that directly involves the entire downtown area and exposes our guests to all that Greater Palm Springs has to offer!"

Editorial by Lauren Del Sarto



"Food isn't like medicine, it is medicine."
– Mark Hyman, MD (Photo by Alexandre Souetre for Wanderlust Festival.)



Attendees chose from a variety of yoga, meditation and fitness classes. (Photo by Melissa Gayle for Wanderlust Festival.)



Bulletproof's vibe plate and oxygen bar were of the many wellness products to experience in the expo. (Photo by Ryan Neddeu for Wanderlust Festival.)



The Game of Golf “FORE” Savings

By Michele T. Sarna, AIF, AWMA

Learning how to play the game of golf can be very challenging. The terminology alone is a hurdle in itself: bogey, eagle, mulligan, shank, fried egg! Seriously, was this originally an initiation into a secret society?

Nonetheless, those who play are passionate about the game. Understandably so. You spend a good part of the day outdoors surrounded by beautiful sprawling green grass, tall trees, often ornate lakes or ponds, and good company. The only focus is trying to get a ball into a hole; 18 different holes to be exact.

Learning the savings game is not any different. Yes, like golf, we need to “learn” to save, and like golf, a savings plan has its own dictionary. Beyond the traditional savings account, there is IRA, ROTH, 401k, 403b, HSA, SEP-IRA, a taxable investment account, and many other ways to save - all which have their own set of rules and challenges.

In golf, we play with a set of clubs. Each club is used for a given task at hand, to send the ball a certain distance or help in a specific scenario - like being stuck in the sand trap. Comparatively, in saving, each type of account is used for a certain goal, although some accounts are similar in nature such as retirement savings accounts. Many retirement accounts have tax advantages during the years of accumulation, but different annual contribution limits and rules to contribute and withdraw. All, however, have the same task at hand - save for the future.

There are many obstacles and challenges when trying to save. However, we need to approach our savings goals like we do golf -- one hole at a time.

Think of each savings goal as a golf hole. That particular hole (goal) may have a lake we need to clear, or a fairway lined with many trees making it impossible to find our ball if we hit it out of bounds. We may play it safe on that hole knowing we have other holes to make it up. In saving, if there is an unexpected event that occurs where we need to dip into another account or not save as much as we wanted to that month, we can adjust and make it up in the coming months.

As I always say, life happens and saving takes time, practice and lots of perseverance. When a ball goes awry, a golfer will yell “FORE” so other players proceed with caution. In planning for retirement savings, think of “FORE” as your Future; prepare for Obstacles; so you may Retire and Enjoy!

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



Like golf, we need to learn to save.

Wellness Award nominees to date

Continued from page 8

BUSINESS

Cetina Raw Natural Beauty

Located in downtown Palm Springs, Cetina offers each client a custom experience for skin and hair using all natural ingredients. Hair coloring, masks, facials, lotions and creams are all concocted using natural oils, herbs, organic and non-toxic products. Owner Ana Cetina loves educating her customers and “treats them all like family.”

“Beauty starts from the inside out. My purpose is to educate everyone how to use and make raw natural ingredients to feel and look beautiful.” – Ana Cetina



Desert Oasis Healthcare

DOHC developed the Employee Success Program with a focus on wellness including a locally-sourced café on campus, healthy catering, healthier themed company-wide events, a nutrition month, on-site dieticians, hiking and walking clubs and more. The effort has garnered many national workplace awards and has increased employee engagement, morale and wellbeing.

“As a local health care leader, we have a strong commitment to the health and wellness of our greatest assets – our employees, patients, and the community.” – Megan Guerra & Kristi Vaughn



Fit in 42

Gerry and Casey Washack have provided the Valley with training and nutritional guidance for the past 14 years. Their signature program, Fit in 42, teaches healthier habits through action and education and has helped thousands lose thousands. The brothers have created a family atmosphere and include their clients in the goodwill services they offer local non-profits each month.

“We wanted to create a road map for people so they have all the tools necessary to achieve their fitness goals and live their best lives.” – Casey Washack



INTEGRATIVE PRACTITIONER



Celeste Amaya, MD

Dr. Amaya practices mind-body medicine in her approach in treating patients. Using both allopathic medicine and Eastern philosophy, she assesses an individual's needs considering both their emotional and physical state. She takes time to teach meditation and meridian access therapy for whole body healing and treats each client with compassion and care.

“I merge ancient Eastern healing with modern traditional medicine to consistently produce dramatic reversals of chronic health issues. Patients report powerful, transforming and multidimensional shifts in mind, body and spirit.”

Continued on page 34

Are you financially fit?



Build strength and fitness through understanding your financial picture—where you are, where you want to go, and how to get there.

Let us help you through your financial journey with comprehensive financial planning.



Michele T. Sarna, AIF®, AWMA®
Managing Director, Partner
Phone 760.932.0930
Cell 760.844.2267
msarna@beaconpointe.com

BEACON POINTE
WEALTH ADVISORS
73-833 El Paseo Drive, Suite 102
Palm Desert, CA 92260
beaconpointe.com

Beacon Pointe Advisors, LLC and Beacon Pointe Wealth Advisors are separate entities but affiliated companies. Provided as information only and should not be considered investment, tax, or legal advice or a recommendation to buy or sell any type of investments. Asset Allocation, portfolio diversification, and risk strategies cannot assure or guarantee better performance and cannot eliminate the risk of investment losses. Form ADV contains important information and may be viewed at: adviserinfo.sec.gov.

LET'S TALK ABOUT MEDICARE

I can answer your Medicare questions and help you find the plan that works best for you!

- ✓ Medicare Advantage Plans
- ✓ Medicare Supplement Insurance Plans
- ✓ Prescription Drug Plans



Musia Witkes
License # 0K46508
(760) 412-0046
musiawitkes@gmail.com



By calling the number above you will be directed to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information.





For you. For life. For energy.

CHANGE YOUR LIFE

with the power of **PEMF:**
pulsed electromagnetic field therapy

Bemer enhances:

- General blood flow
- Sleep management
- Elimination
- Cardiac function
- Physical fitness
- Endurance
- Strength & energy
- Concentration & mental acuity
- Stress reduction & relaxation
- Supply of oxygen & nutrients

Experience Bemer at Kinetix
Kinetix is an Independent Distributor

Call for a complimentary session




Kinetix Health & Performance Center
(760) 200-1719
77804 Wildcat Drive, Palm Desert, CA 92211
KinetixCenter.com



Top Fertility-enhancing Foods

In the U.S. one in eight couples is infertile and many others struggle with optimal fertility. There are many options to enhance fertility. One essential option is to eat a high-quality diet and add specific foods that may enhance fertility. In addition to eating fertility-enhancing foods, it is also essential to eliminate toxicifying and hormone disrupting foods such as those high in high fructose corn syrup, trans fatty acids, hormone-enhanced meat and dairy, farm-raised fish, and non-organic produce.

Enhancing Female Fertility:

Yams and Sweet Potatoes. Yams and sweet potatoes contain properties that enhance progesterone and progesterone making parts of the body. Eating one or more yams several days per week can potentially boost progesterone.

Organic Eggs. Egg yolks, specifically, are high in choline and inositol. Choline and inositol have the ability to improve female egg quality and improve egg reserve. These nutrients are also essential in fetal brain and neurological development.

Healthy Fats. A diet rich in omega fatty acids can improve fertility overall from egg quality to sustainable embryo uterine implantation. Foods rich in omega fatty acids are wild fish, avocado, olives, olive oil, and organic pasture-fed beef.

Green Vegetables. Organic dark green leafy vegetables are high in B vitamins and folate that improve hormonal regulation, egg quality, overall fertility, and fetal health and development. Eating a wide range of organic green vegetables such as broccoli, spinach, kale, Brussels sprouts, and dark green leafy salad improves nutritional body status of these vitamins.

Enhancing Male Fertility:

Nuts and Seeds. Eating a variety of nuts and seeds increases selenium, zinc, and

healthy fats essential for quality sperm production, specifically almonds, Brazil nuts, sesame seeds (tahini in hummus) and ground flax seed are rich in zinc and selenium.

Healthy Fats and Quality Protein. Increasing foods high in both quality omega fatty acids and protein can increase the nutritional vitality of sperm. Pasture-fed beef, lamb, bison, and wild fish are high in quality fats and protein. Avocados are nutrient rich and full of health fat, as well.

Green Vegetables. Green vegetables rich in B vitamins and folate are also necessary for enhancing male fertility. Consuming green vegetables daily can enhance quality, production, and vitality of sperm.

The easiest way to enhance fertility with food choices and food quality is to prepare more meals at home, as it can be challenging to find the quality fertility-enhancing food in the prepared food and restaurant environment. Focusing on homemade meals is the best way to ensure quality and optimize nutritional content. However, one stand-out organic restaurant recently added menu options to enhance preconception health, fertility, and meals during pregnancy for women and men in Palm Desert. Luscious Lorraine's Organic Cafe now offers a menu on which I collaborated with Chef Lorraine using the above-mentioned foods for all stages of baby making.

To enhance fertility, this type of diet is one essential part of preconception preparation.

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

Outdoor Gym Opens in La Quinta Valley's first Fitness Court® free for all

La Quinta has joined over 4,000 cities around the globe making fitness free and accessible to all through the installation of an outdoor circuit training court. The new facility is part of a multi-million dollar nationwide effort to get people excited about health and fitness. Spearheaded by National Fitness Campaign (NFC), the Fitness Court® ecosystem combines national campaign resources, digital tools, evolving challenges and best-in-class equipment to create the world's best outdoor gym experience.

Located at La Quinta Park across from La Quinta High School on the corner of Blackhawk Way and Adams Street, the course takes users through seven movements and offers four progressive training options: easy, medium, hard and expert. There is also an app designed to be a coach in your pocket with platforms for both Apple and Android. The programming and challenges are digitally delivered and designed to be completed in just seven minutes. The app also allows you to track results.

"Health and wellness are priorities for La Quinta," said Mayor Linda Evans. "Being selected as the first location in the Coachella Valley for a Fitness Court® enhances our efforts to continue to promote well-being to our residents and visitors."



The high tech outdoor fitness court is open to La Quinta residents and visitors alike.


The Fitness Court was funded partially through a grant received from NFC and partially through the city's parks equipment replacement fund. La Quinta's Facilities department will maintain the recreation site.

Founded in 1979, NFC is a social enterprise which partners with local communities and nationwide sponsors to build funding and promote healthy infrastructure. Their goal is to provide free fitness spaces in hopes of breaking down barriers to fit lifestyles and to change health outcomes. Partnerships with more than 100 corporate sponsors have helped raise over \$100 million in the United States, Canada and Australia.

"We are delighted to bring our national campaign to the City of La Quinta," said NFC Founder Mitch Menaged. "We welcome this active community to our nationwide digital gym network and I invite everyone to download our free Fitness Court® mobile app."

"This unique exercise platform offers free access to fitness for everyone," adds Evans. "A healthy community is a prosperous community and we're proud to partner with NFC to further activate our public spaces for all to enjoy."



For more information visit www.playinlaquinta.com. The free Fitness Court® app is available at the AppStore and Google Play.



2019 Coachella Valley Community Health Survey

YOUR VOICE AND YOUR HEALTH MATTER

One participant will win \$100 each week!

You may receive a call from Kent State University on behalf of HARC to ask you about your health. Please take the call to help us identify the important health needs of our community. The calls are confidential and your responses help bring much-needed resources to our Valley.

Funding made possible by Alzheimers Coachella Valley, City of Cathedral City, City of Coachella, City of Desert Hot Springs, City of Palm Desert, City of Palm Springs, Desert AIDS Project, Desert Care Network: Desert Regional Medical Center & JFK Memorial Hospital, Desert Healthcare District, Eisenhower Health, First 5 Riverside, Inland Empire Health Plan (IEHP), RAP Foundation, Riverside University Health System - Behavioral Health, Riverside University Health System - Public Health, and generous private donors.

HARC is a nonprofit organization located in Palm Desert. If you have any questions, please visit www.HARCdata.org or call 760-404-1945.



Inner Space, Inner Peace

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

One of my deepest intentions is finding a peaceful heart. The inspiration has, in part, stemmed from my dad, who passed away in 1982 but not before leaving an indelible imprint on the person I am today. He was a metallurgical engineer and researcher in aerospace back in the day when it was an emerging field of exploration in the late 50s and early 60s. When Dad would talk to me about outer space, I would sit in a stupor trying to comprehend the vastness of it all. Here we are, on this little dot of a planet in the Universe and what's "out there" is mind-blowing. It was the new frontier, a place of apparent silence, radiant light, and endless opportunities to search into the unknown, where infinity has true meaning.

I then started to think about inner space...that dwelling within each of us that, like outer space, has unlimited potential for exploration. At one time, our body was thought of in limited terms but today, we are able to SEE strands of DNA. Sitting within this inner landscape beyond the physical is thought to be the "Hridaya," the cave of the heart - that untouchable, unchanging, and steadfast center of who we are. As spiritual teacher Eckhart Tolle said, "At the deepest level of Being, we are one with all that is."

One of my wishes for the world is peace, yep, that hippie-sounding affirmation of wanting peace throughout the world. I doubt we'll see peace in the world in my lifetime as we've been at war for a couple of thousand years, but that simply deepens the desire to be part of the peacemaking footprint. If I wish peace for others, I know that I must first have peace within my own being; hence, the need to explore my own inner space. Meditation, slowing down and living with intention, contemplation, and yoga are the doorways into inner space. Over the years, I have become better at finding the "Hridaya," the center of who I am. At times, we can become lost and the consistency of our practice is what reminds us of that connection and helps us to find that place within.

As so often is said, we begin with the breath. We breathe into our own inner space, bringing in what we need and, upon exhale, we release that breath into the outer space. Our earthly outer space or atmosphere is one which all beings have been sharing since the beginning of time. I know that if I can offer through my breath my own infusion of intention, or a sense of peacefulness, then each out-breath is an opportunity to offer peacefulness to the whole. Just as a prayer is sent out each time the wind passes through Tibetan prayer flags, we can do the same with our own breath.

So my 2019 wish is this: May all of us touch a natural sense of peacefulness, within and without. May all of us spend time exploring our own inner being and, in doing so, recognize how it is intertwined with everything else. And, finally, may all of us be inspired by those who have gone before us, exploring both inner and outer space.

Jayne Robertson 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

WANTED: Lovers of Life, Seekers of Truth, Passionate Explorers, Heart Centered Travelers



Spiritual and transformational journeys from Winn Journeys

Walk the Portuguese Coastal Camino de Santiago
An ancient & sacred pilgrimage for the body, mind and soul

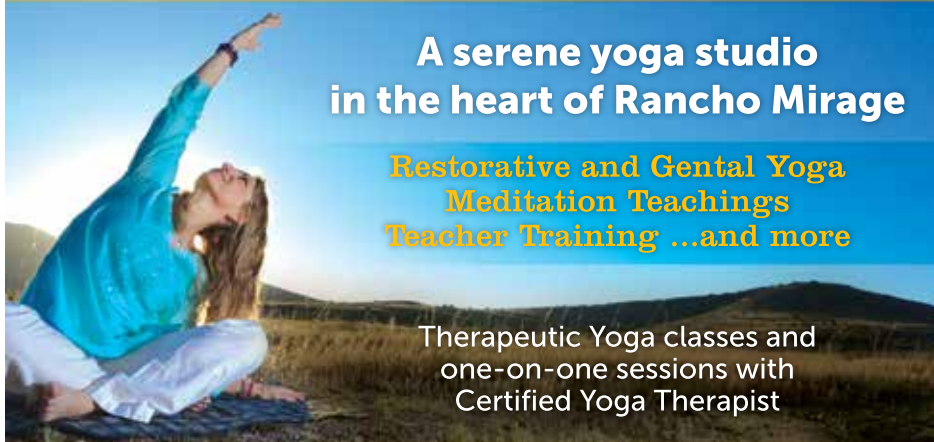


Mystical Southern France
A journey to awaken the Divine Spirit within us all

For more information and 2019 dates visit WinnJourneys.com
For questions, call Jennifer Johnson at 760-837-1952

A serene yoga studio in the heart of Rancho Mirage

Restorative and Gental Yoga
Meditation Teachings
Teacher Training ...and more



Therapeutic Yoga classes and one-on-one sessions with Certified Yoga Therapist



760-456-5160
jayne@desertyogatherapy.com
desertyogatherapy.com

New Student Special
3 classes
for \$30
within 30 days

Expanding Our Programs

At **Alzheimers Coachella Valley**, we focus on the **PERSON** and what is **STILL POSSIBLE**.



Every Tuesday, 10 a.m. to 1 p.m. in the ACV office for social time in a safe, secure setting for both care giver and loved one. Enjoy new friends, fun activities and lunch.

Coming Soon!

Ballroom Dancing & Tea Social Art & Cooking Classes

Caregiver Support Groups

Share experiences, learn new techniques, get professional help and local resources.

Wednesdays, 11 a.m., ACV Office

Thursdays, 10:30 a.m., Mizell Senior Center

Fourth Tuesday of the month, 9:30 – 11:30 a.m., Vista Cove at Rancho Mirage. Open to the public.

New! Wednesday, 2 p.m. at Bella Villaggio, Palm Desert

Travel the Journey Together

An eight-week social and educational program for both care giver and loved one. Experts in a variety of fields present a different topic each week.

Next series begins on January 11. Pre-screening is required; limited to a maximum of eight couples.



Dementia Caregiver Training

Monthly classes on different caregiving topics are held the **last Thursday of each month, 5:30 to 6:30 p.m. in the ACV office.** Developed and taught by Edwina Dirk, RN, earn state-approved Continuing Education Units for CNA and HHA professionals.

All of our programs are free! 100% of monies raised for ACV remain in the Coachella Valley to fill the need for professional and peer-led programs.



Alzheimers Coachella Valley

Become a "Friend of ACV" and support these great programs.

Call (760) 776-3100

for an appointment or more information.

**Alzheimers Coachella Valley
Berger Charitable Foundation Center
42600 Cook Street, Suite 134, Palm Desert**





A PALM SPRINGS CULTURAL CENTER PROGRAM

FARMERS' MARKET

FRESH PRODUCE • FLOWERS • BREADS
CHEF DEMONSTRATIONS • ENTERTAINMENT

All Markets are open from 8am to 12:30pm

SATURDAYS
PALM SPRINGS
2300 E. BARISTO RD.

WEDNESDAYS
PALM DESERT
72-559 HIGHWAY 111

SUNDAYS
OLD TOWN LA QUINTA
78100 MAIN STREET

(844) 732-7628 (844-7FARMCV)
certifiedfarmersmarkets.org

We accept CalFresh EBT Cards, WIC Farmers' Market Checks, and Senior Farmers' Market Checks.

Certified by the California Department of Food & Agriculture. The Coachella Valley Certified Farmers' Markets are a Palm Springs Cultural Center program. The Palm Springs Cultural Center incubates, produces and encourages arts and cultural programs in order to leverage the unique power of creativity to open minds, bridge what divides us, and discover what connects us.

Fig & Date Coconut Brownies

By Dipika Patel

Superstar figs are full of vitamins and minerals and packed with antioxidants and fiber, supporting the whole body for anti-aging, helping to fight cancer, and treating common illnesses. Fresh figs last seven to ten days after they're picked, but you can dry them to extend their shelf life and boost some of their nutrients. They are great as a snack, fresh or dried, or added to dishes giving you an interesting nutrient-dense meal. They are very versatile and can be used in salads, stews, drinks, preserves, in desserts (like these delightful brownies!), or as a side dish. You will not be disappointed.

While there is a wealth of wisdom in this glorious fruit, we must be mindful of our own bodies. Individuals with diabetes should be cautious when consuming or using figs for healing, as they can affect glucose levels, and those with skin and other allergies to mulberry (a kin to the fig) must be careful as well.

Ingredients:

- 1/2 cup raw almonds

1/2 cup dried pitted dates

1/2 cup raw organic cacao powder

1/2 cup applesauce

1/4 cup organic coconut sugar (optional for those who do not like the bitterness of cacao; you can use this or crystalized dates)
- 1/4 cup light canned coconut milk

1/4 cup organic coconut shreds

5-6 stemmed dried figs

2 Tbsp. organic unrefined coconut oil

1/2 tsp. baking soda

1/4 tsp. sea salt

1. Blend almonds in food processor until ground. Pulse in the dry ingredients (cacao, sugar, salt, and baking soda).

2. Next, add the dates, figs, coconut milk, coconut oil, coconut shreds, and blend until you have a smooth batter.

3. In a medium bowl, stir applesauce into the batter.

4. Grease an 8x8" pan lined with foil and spread batter evenly on the foil.

5. Bake at 325 degrees for 25 minutes, or until toothpick comes out clean.

6. Let cool about 10 minutes before cutting.

These delightful little treats are great once cooled, but best the next day from the refrigerator. They can last a week in the fridge, but trust me; they won't make it that long!



Dipika is a holistic health & lifestyle coach who empowers clients to activate a balanced lifestyle of the mind, body and soul. She can be reached at dipika@dipikapatel.life or www.loveyourlifehealthy.com

Family Owned & Operated Since 1972

Natural Foods Market

Selection - Staff - Experience - Affordability

SELECTION
Clark's has the largest selection of organic produce and supplements in the CV Valley.

NUTRITIONAL CONSULTANTS!
We have trained Nutritional Consultants to help assist you with whatever your health goals are. They're not on commission, and are here to help you "Live Better!"

WE ARE EXCITED TO MEET YOU!
Since 1972, it's been our company's mission to provide you with nutritional assistance that can really have a lasting impact on your quality of life. We look forward to meeting and serving you!

AFFORDABLE
Clark's goes to great lengths to make sure your family has what they need at an affordable price.

www.clarksnutrition.com

4 LOCATIONS TO SERVE YOU!

RANCHO MIRAGE
760.324.4626
34175 Monterey Ave.
Rancho Mirage

CHINO
909.993.9200
12835 Mountain Ave.
Chino

LOMA LINDA
909.478.7714
11235 Mountain View Ave.
Loma Linda

RIVERSIDE
951.686.4757
4225 Market St.
Riverside

Gluten-Free

with *Tiffany*

Why Nutrition Matters When You Have Cancer

A cancer diagnosis can be overwhelming. A health care team may provide a variety of treatment options, but it is up to the patient to prioritize and focus daily on their nutrition, which is the foundation of health. Malnutrition (lacking adequate nutrients) is a serious side effect of cancer and cancer treatments. In fact, at least half of cancer patients suffer from malnutrition at time of diagnosis and 20% of cancer-related deaths are due to malnutrition and not the cancer itself. Eating well prior to, and during cancer can result in significantly better survival rates and improved quality of life throughout the cancer continuum. Our biggest challenge as a nation is to get educated on using diet and lifestyle changes as a first line of defense for cancer prevention and for cancer survival.

A dietary approach for cancer patients may require specific adjustments, depending on the type of treatment and side effects. The anti-cancer diet philosophy is the same for everyone: a low glycemic diet centered around more vegetables than fruit, with adequate protein and high-quality fats. Fresh fruits and vegetables offer an abundance of fiber, vitamins and essential minerals, lowering risk of disease and reducing the likelihood of malnutrition.

Maintaining weight is key to cancer survival and correlated to improved quality of life during cancer treatments as well. A 2015 study by Martin and colleagues, published in *The Journal of Clinical Oncology*, identified that weight-stable cancer patients, even if overweight, survived 5 times longer than patients who lost 15% of their bodyweight. Weight loss in a cancer patient is a red flag that there is likely a risk of muscle loss and lack of nutrients; therefore, cancer patients need to be vigilant and actively participate in dietary interventions.

Common yet misguided advice to a cancer patient is, "Eat whatever you want." We have known for centuries how connected our body is to what we feed it. Oncology nutrition research continues to confirm what Hippocrates, the Father of Medicine, already knew. His wise words were, "Let food be thy medicine and medicine be thy food." Food is a powerful tool and is underutilized in our medical system today.

The "perfect" diet may not exist, but there are certain qualities of the diet that make the difference in health and survival. When cancer was rare, we were consuming traditional diets filled with a variety of seasonal, organically grown vegetables, herbs, some fruits, and some animals. They did not include modern offenders such as preservatives, pesticides, chemicals, processed sugars or inflammatory fats which have led us to today's epidemic of being overfed, yet under-nourished. Real, whole foods provide substantial benefits to the body as they contain healing compounds called phytochemicals. Science continues to prove that a diet loaded with these powerful plant treasures can potentially prevent, or even stop, cancer in its tracks. If we can treat the grocery store as our pharmacy, undoubtedly, we would see dramatic decline in all disease and better outcomes from cancer treatments.

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

Sources: <http://www.jhoonline.com/ton-issue-archive/2013-issues/october-vol-6-no-9/16012-malnutrition-in-patients-with-cancer-an-often-overlooked-and-undertreated-problem>

www.DesertHealthNews.com



Warm, Cozy and Real

Citrus & Palm serves whole food with heart

A Desert Health Review

For those of us who prefer to eat clean, discovering a new restaurant offering a full menu from which we can choose is sheer exuberance. The checklist can be demanding - grass-fed, free-range, garden fresh, locally-sourced, gluten-free, dairy-free – all served in a warm ambiance with a full array of beverage options.

Citrus & Palm in Indian Wells delivers on all fronts including a home-grown garden for freshly harvested herbs and vegetables.

My friend Pam and I went for dinner the other night and had a delightful evening and exceptional meal. She is a gluten-intolerant Italian, and I'm...well, all of the above, and we both love good food.

This hidden treasure located at the Miramonte Resort was recently redesigned with natural materials – grained woods, soft leather, rustic touches – and could not be warmer and more welcoming. Outside a large fire pit invites you to enjoy a pre- or post-dinner cocktail, and inside, the open kitchen chefs greet you upon arrival.

Sitting at a two-top with comfy barrel chairs and a large metal round, we were ecstatic to see so many menu options from which we could choose. We decided on shared plates to experience more flavors and started with the roasted cauliflower and stir-fried green beans, a house specialty. Pam loved the cauliflower, even calling it “comfort food,” while I preferred the green beans.

“It has an umami reminiscent of cheese with no cheese in sight!” she exclaimed describing the texture and flavors of the cauliflower dish created with pesto, toasted almonds and a light lemon aioli. It was heavenly!

The green beans were sprinkled with hearty pancetta, fresh mint from the on-site garden, crispy shallots, toasted peanuts and a chili yuzu glaze adding a touch of spicy citrus. I couldn't get enough.

We then moved on to the lobster salad and fried calamari appetizer. Pam's Calabrese rejoiced at the GF next to the fried calamari which is made with corn starch versus wheat flour. The crispy treat was lightly seasoned and served with both a marinara and Calabrian aioli.

The lobster salad was a rainbow of colors and flavors - tender chunks of the succulent seafood placed kabob-style with sliced avocado and both grapefruit and oranges slices and sprinkled with Fresno chilies. As Chef Paul Hancock described, the spicy notes round it out with the creaminess of the avocado and tart citrus. Delicious!

We then decided to split the Mangalista tomahawk pork chops served with Brussels sprouts and mashed yams. Mangalista is a domestic breed described as “the Kobe of pork.” Served with a succulent fig sauce, the moist and tender chops were delectable and large enough to share.

In speaking with Chef Paul, we learned that all their red meat is grass-fed, the salmon is wild-caught Alaskan, and the free-range chicken comes from Pasturebird whose hens are raised on a grass and bugs diet, enjoy elevated irrigation for cleaner ground, and are 100% vaccine- and antibiotic-free. Chicken like it used to be: lean, flavorful, and consciously-raised.

It was a wonderful evening of good wine, sampling an array of tastes, and appreciating wholesome ingredients. While quite full, when we learned that the berry crumble dessert was made with coconut flour and also gluten-free, we decided we had to try it! With fresh berries, tart rhubarb and toasted almonds, it did not disappoint. It was the perfect ending to an exceptional meal.

Real food restaurants like Citrus & Palm are hard to find. We can't say enough good things about it. The new design is warm but “cool,” and Chef Paul and his team have achieved their goal of offering savory, satiating and comforting food you can feel good about eating.

Citrus & Palm is located at the Miramonte Resort in Indian Wells and open for breakfast, lunch and dinner (open for dinner Tues.-Sat.). Small plate dinners and appetizers range from \$6 - \$20; main courses from \$23 - \$43. To view full menu and hours visit www.MiramonteResort.com or call (760) 341.7200.



Chef Paul Hancock with herbs and vegetables from the on-site garden.



The stir fried green beans, a house specialty



Lobster salad with citrus, avocado and Fresno chili peppers



A half serving of the signature dish Mangalista Tomahawk Pork Chop



Natural elements in the dining room and an outdoor fire pit create a warm and cozy environment.

Happy. Healthy. Here.



Start the New Year right—at Gelson's

If you've made a New Year's resolution to eat more healthfully, head over to your local **Gelson's**. In our spacious, well organized stores and pristine aisles, you'll find many ways to please your palate and nourish your body.

Our Produce Department carries a beautiful assortment of locally sourced and organic fruits and vegetables, selected right from the farm and orchard. Our knowledgeable staff can help you choose the ripest fruit, answer a question, or give you a sample.

And our Service Deli chefs use the same fresh, flavorful produce we sell in the store to create their signature salads and other delicious dishes.

Gelson's Registered Dietitian Jessica Siegel has her own special Service Deli salads as well as “Jessica Selects” shelf tags throughout the store so you can easily pick her recommended items.

Jessica shares her ideas, tips, and recipes in several formats, and regularly visits stores so you can ask questions about food, nutrition, diets, cooking, and more.



Jessica Siegel MPH, RD

Now is the time to eat and live well!

Come to Gelson's today and see how we can help you get started.

\$10 Off your entire order of \$50 or more.*

Our way of saying “thanks” for shopping with us!

Gelson's
gelsons.com

36-101 Bob Hope Drive
Rancho Mirage, CA 92270
(760) 770-0010

*Offer valid only at Gelson's Rancho Mirage location. Excludes pharmacy, bakery, tobacco, gift cards and postage stamps. Cannot be used with any other offer. Limit one coupon per customer per day. No cash back. No reproductions accepted; coupon must be surrendered when tendered.

Expires: 2/28/2019
PLU #8708

Visit our Pharmacy

Our Pharmacy's knowledgeable team is ready to take care of all your prescription needs. You'll receive personalized service with little to no waiting in line. Be sure to ask us about prescriptions by mail - a convenient option that works with your busy schedule.

Gelson's Pharmacy Hours:
Monday-Friday: 8am-8pm
Saturday-Sunday: 9am-5pm
(760) 312-1006

Gelson's



your new year's resolution
IS NOW OPEN
 the new fitness court at the La Quinta Park



#ExperienceLaQuinta

La Quinta
 — GEM of the DESERT —

Visit PlayInLaQuinta.com



Exercising on a Ketogenic Diet

By Michael K Butler B.A.; P.T.A.; CSCS*D; RSCC*D; NMT

It seems the hot diet trend these days is the term ketosis. People are losing weight quickly and keeping it off with a great deal of discipline and significant effort.

The aim of a ketogenic diet is to keep your body in a metabolic state called ketosis. Our bodies normally burn carbohydrates for energy. When you restrict the amount of carbs, the body will breakdown stored fat, creating molecules called ketones to use as fuel. The object is to eat high amounts of fat, moderate protein and low carbs.

The keto diet was originally designed not for weight loss, but for epilepsy. In the 1920s doctors realized that keeping their patients on low carb diets forced their bodies to use fat, instead of glucose, as the first line source of fuel. When only fat is available for the body to burn, the body converts the fats into fatty acids, and then into compounds called ketones. For reasons not entirely understood even today, fueling the body primarily on ketones reduces seizures, but with effective anti-seizure medication available few people with epilepsy rely on ketogenic diets.

Keto and exercise performance: By restricting carbs, we limit the ability of our muscle cells to access sugar (one of the fastest fuel sources the body utilizes). When the body doesn't get enough sugar, the ability to function at high intensities (activities lasting longer than 10 seconds) is impaired. This happens because the body starts to shift to burning glucose instead of ATP+ creatinine phosphate for energy.

Keto and weightlifting: Strength, power and muscle mass can all be improved while on this diet. Using the ATP+creatine phosphate will fuel those quick intense muscle contractions, as long as you're doing your sets at for a brief time (around 10 seconds), then carbohydrate restriction will not impair your gains.

Keto and cardio workouts: If your primary goal is to do cardio, then you don't have to worry about using high intensities which require sugar as the primary fuel source; all you need to do is get your heart rate up and keep it up. Due to the moderate intensities of cardio, the ketogenic diet will not impair your cardio exercise performance. In fact you may work out longer without getting tired. 50-70% of your max heart rate should be utilized.

In closing, it's the diet that's important for losing weight, and choosing the right mode of training will only reinforce and add benefit to your overall goal.

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

Maximizing Your Endurance Training

By Matthew Wilson, DTP

The development of an endurance training program involves different variables that need to be accounted for to maximize performance. Maximizing performance is the number one goal of all training programs.

Training used to consist of high intensity interval training most days of the week. Arthur Lydiard, the running coach for the New Zealand distance runners, believed in a high-volume base period to increase aerobic capacity at the beginning of an athlete's training cycle. This was a change to the traditional training schedule. Endurance training has built on this premise and continues to evolve.

There are two major measurements of an athlete's endurance capacity that training programs build on for improvement. The first is VO₂max, the maximum oxygen uptake or the maximum volume of oxygen that can be utilized in one minute during maximal exercise. It is generally considered the best indicator of cardiorespiratory endurance and aerobic fitness.

VO₂max is affected by oxygen availability and its transfer and usage in the cell. Oxygen is transported from the lungs to the mitochondria. The more efficient the process the faster the transfer of oxygen to the lungs, stroke volume and capillary density in the muscle.

Elite athletes have extremely high VO₂max capacity. Lactate threshold determines and distinguishes fitness levels. Lactate threshold is the exercise intensity at which lactate starts to accumulate. Lactate is produced when the body cannot produce enough ATP energy through aerobic metabolism, so it starts producing more energy anaerobically, producing lactate as a byproduct.

As lactate is moved back to the muscle to produce ATP molecules the athlete's threshold is reached when the lactate is produced faster than it can be metabolized.



Endurance training involves different variables elite athletes should consider.

YOUR ONE STOP BODY SHOP

THE DESERT'S PREMIER TRAINING FACILITY

FITNESS

Private One-on-one Sessions • Comprehensive Evaluations
Rehabilitation • Senior Fitness • Boot Camps

SWINGFIT

GOLF & TENNIS FITNESS
Increase Flexibility, Mobility, Stability & Strength

K/SPA

Active Release Techniques (ART) • Therapeutic & Medical Massage
Nutrition & Lifestyle Coaching
Far-Infrared Sauna • Esthetician Services • Detox Programs

CRYOTHERAPY

Reduce Inflammation • Ease Arthritis Pain
Aid Insomnia • Heal Injuries Faster

Best Valley MAGAZINE 2018
ADULTS • YOUTH ATHLETES
PROFESSIONALS
COMPLIMENTARY CLASSES AVAILABLE

Desert Health Wellness Awards
2015 Small Business Winners

KINETIX HEALTH & PERFORMANCE CENTER

760-200-1719
77804 Wildcat Drive,
Palm Desert, CA 92211
KinetixCenter.com

MICHAEL K. BUTLER
B.A., P.T.A., CSCS*D RSCC*D PES; NMT

SUSAN BUTLER
NMT, LMT, CFT

UC Berkeley physiologist George Brooks has found that training actually teaches muscle cells how to use lactic acid as a fuel to train and perform harder. As the training becomes efficient and harder, the mitochondria grow, taking in more lactate and burning it for more energy.

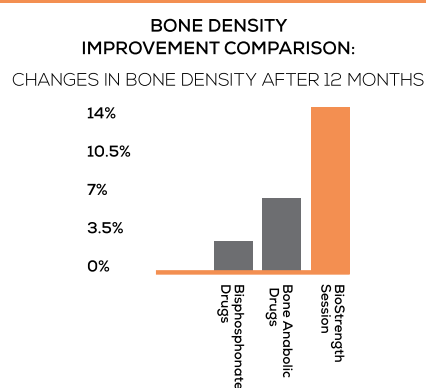
While high intensity training maximizes VO₂max and lactate threshold there are other factors that affect performance. Fatigue and recovery are a result of building endurance to a higher level. Overtraining inhibits the rebuilding process and requires a lengthy recovery. The 80/20 model is one way of rebuilding. Train 80% in zone 1 or below a ventilator threshold, which is a long slow run. Train 20% at zone 2 at the lactate threshold and zone 3 above the threshold, which is at race-specific intervals.

Keep in mind that every athlete and runner differs in reaction to specific workouts and their ability to recover. Constant reevaluation of the program is necessary to customize the training program based on the athlete's physical and mental capacity.

Dr. Wilson is a Doctor of Physical Therapy at Avid Physical Therapy. He was a Division 1 cross country and track runner at the University of Miami and received his United States Track and Field Coaching Certificate. Dr. Wilson can be reached at matthew.wilson@movementforlife.com

Source: 1) University of California - Berkeley. "Lactic Acid Not Athlete's Poison, But an Energy Source - If You Know How to Use It." ScienceDaily, 21 April 2006

The NON-PHARMACEUTICAL option to STOP, REVERSE and PREVENT OSTEOPOROSIS and CHRONIC PAIN



The new BioStrength center in Palm Desert is open! Schedule 2 free sessions to try out our bioDensity™ technology and experience the no-sweat, no-pain sessions that will strengthen your bones and help alleviate pain—with only 15 minutes a week!

BIOSTRENGTH
BONES | JOINTS | BALANCE

2 FREE TRIAL SESSIONS



Call 760-408-2720 to schedule your free sessions.

42220 Green Way, Suite C, Palm Desert • getstrongbones.com • By appointment only

Offer is limited to first 50 members. Trial session is free with no obligation to purchase membership. Sessions by appointment only.



7TH ANNUAL
WOMEN WHO RULE
Awards Luncheon and Scholarship Fundraiser

Presented by



DESERT REGIONAL MEDICAL CENTER
HI-DESERT MEDICAL CENTER
JFK MEMORIAL HOSPITAL

Friday, January 25, 2019
Agua Caliente Casino Resort Spa

Please join us as we honor



Laurilie Jackson
Instructor of Media Production,
College of the Desert
*Helene Galen Excellence in
Education Award*



Lauren Del Sarto
Founder/Publisher,
Desert Health®
*Trailblazer
Award*



Sheila Thornton
President/CEO,
OneFuture Coachella Valley
*Mary T. Roche
Community Leadership Award*



Michele Finney
CEO, Desert Regional
Medical Center
*Desert Visionary
Award*

Tickets on sale at www.wlfdesert.org

WLF Members: \$70 • Non-Members: \$80

After January 4, 2019

WLF Members: \$80 • Non-Members: \$90

Bringing *Desert Health* to You
Join us at our community health fairs

This year *Desert Health* is proud to present three community wellness fairs offering the opportunity to meet many of the doctors and health care practitioners who contribute to our publication. Beautiful venues, prize giveaways, and other festivities add to the fun at each event.

Our three events will take place on Saturdays from 9 a.m.-12 p.m. at **Trilogy at the Polo Club** on January 12; **Trilogy La Quinta** on February 23; and at **Outdoor Resort Palm Springs** on March 9. Both Trilogy events are free and



Outdoors at the Trilogy Polo Club Wellness Fair



Guests can sample the Polo Detox Salad

open to the public; the Outdoor Resort event is open exclusively to residents of that community.

In January, the Find Your Fit Wellness Fair returns to the grand lawn of Trilogy at the Polo Club. This spectacular new-home community is the fastest growing in the valley and features one of our favorite restaurants, **June Hill's Table**. Tasty bites will be offered along with prize giveaways, live music, and tours of the clubhouse and model homes. The Polo Club is located off Avenue 52 at Monroe across from the Polo Grounds.



Modern modalities like PEMF are demonstrated at both events.

Trilogy at La Quinta will once again attract a festive crowd as they celebrate their 11th annual event. \$1 raffle tickets for thousands in prize giveaways will benefit Coachella Valley Volunteers in Medicine - and everyone takes something new home. Trilogy La Quinta is located off Avenue 60 in La Quinta.

At each event, a variety of Coachella Valley health professionals will offer demonstrations, product samples and information. Learn more about the many practices and programs you see in *Desert Health*, get a free massage, check your blood pressure, try acupuncture... or just stop by and say hello.

Start the New Year out right and come see us at our Trilogy Wellness Fairs! For more information contact *Desert Health* at (760) 238.0245.

Brought to you by

WELLNESS
worth WATCHING



JANUARY 16 • Food Choices

This ground-breaking documentary explores the impact that food choices have on people's health, the health of our planet and on the lives of other living species. *Food Choices* also discusses several misconceptions about food and diet, offering a unique new perspective on these issues.



FEBRUARY 20 • The Mindfulness Movie

A powerful and educational showcase of worldwide brain research proving the benefits of mindfulness and the public's increasing acceptance of the practice. Dramatic stories shed light on the military's use, as well as how a group of special teens have benefitted. Narrated by Benedict Cumberbatch.



MARCH 20 • Queen of the Sun

A profound journey through the catastrophic disappearance of bees and the mysterious world of the beehive. We learn the heartfelt struggles of beekeepers, scientists and philosophers from around the world as they reveal both the problems and the solutions in renewing a culture in balance with nature.



APRIL 24 • Walk With Me

A cinematic journey into the world of mindfulness and the Zen Buddhist master Thich Nhat Hanh. Filmed over three years and with unprecedented access, this visceral film is a meditation on a community who have given up all their possessions for a monastic life in rural France.

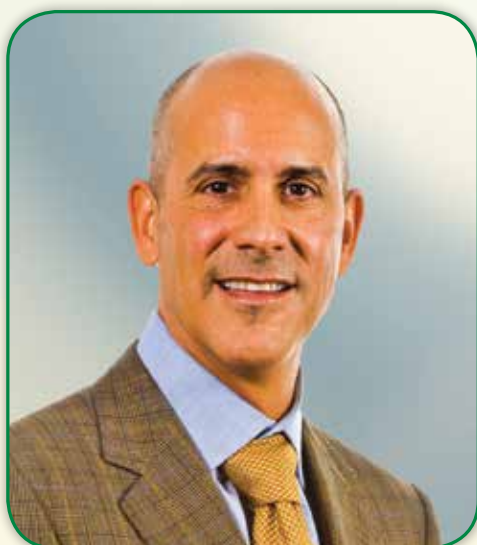
Annenberg Health Sciences Building at Eisenhower
Doors open: 1:30p.m. • Movies begin: 2p.m.
Tickets: \$5 (Cash only at door). Call (760) 423-4855
or reservations@eisenhowerhealth.org



We are proud to announce our 2019 Guest Speakers

William Grimm, DO

Medical Director
Pure Health
Palm Springs



Mimi Kirk

Internationally Acclaimed Author
Health and Longevity Advocate
Certified Raw Food
Plant-based Chef



Wednesday, May 22
6 – 9pm



Festive Reception • Lifestyle Dinner
Guest Speakers • Awards Presentation
Bountiful Wellness Tote

Evening Host,
NBC Palm Springs's
Janet Zappala



**Who inspires you to live
healthy and well?**

Nominate them today for a
Desert Health Wellness Award

Categories include:
Individual • Business • Non-profit
Integrative Health Care Practitioner
Youth (18 and under)

Submit nominations at DesertHealthNews.com
or call (760) 238.0245

Gold Sponsors:



EISENHOWER HEALTH



C A M B R I A



Community Sponsors:



Beneficiaries:



Join us!

For Sponsorship Information and Tickets (\$95) call (760) 238.0245



Sponsored by Desert Health

Free admission and open to the public

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

Food • Music • Raffle Prizes

Enjoy hand & chair
massages from

The Coral Spa
at Trilogy

\$1 Raffle prize drawing
to benefit

VIM
Coachella Valley
Volunteers in Medicine

For more information, please call 760.702.3037
60-750 Trilogy Parkway • La Quinta

Desert Health Wellness Awards nominees to date

Continued from page 25

INTEGRATIVE PRACTITIONER (CONT.)



William Grimm, DO

In Dr. Grimm's 25 years as a primary care physician, he has studied and embraced holistic health. He truly cares for his patients' overall wellbeing first prescribing lifestyle over medication. Dr. Grimm has recently expanded his practice to include two naturopathic doctors who work closely with him and his patients as well as their own.

"I believe the integrative physician is the doctor of the future. Years ago I chose my training in osteopathic medicine for this reason. And, for the past 25 years, I have had the privilege of helping patients heal themselves through my evolving holistic approach."



Christina Vu, MD

Recognizing the alarming suicide rate among physicians, Dr. Vu, a second-year resident at Desert Regional Medical Center, established a wellness program to address the physical, emotional and social well-being of her peers. Efforts focus on screening for depression, encouraging work-life balance, and implementing discussion platforms to help keep her fellow physicians in good health so they can best serve those who entrust them with their care.

"It's important to have a sense of self-care and well-being. As health care providers, maintaining wellness is vital to providing optimal patient care."

NON-PROFIT

Alzheimers Coachella Valley

Established in 2018, ACV provides educational and social service programs for individuals facing Alzheimer's and other dementias, their families and their caregivers. Their innovative and free programs focus on what is still possible and include interactive support groups, activities for caregivers and those affected, certified training classes and one-on-one care consultations.

"Our mission is to provide education, support, respite care, and advocacy for those in the Coachella Valley living with Alzheimer's and dementia." – Dom Calvano, Board President



YOUTH (18 & UNDER)



Secilia M. Valenzuela

A senior at Indio High, Secilia has embraced a path of health and wellness and works to inspire those around her to do the same. Using the knowledge she learned in Indio's Health and Nutritional Sciences Academy, including healthy food choices and stress reduction techniques, she is quick to lend a helping hand and encourage other students, family, and community members towards the same life-changing path.

"Changing my diet and lifestyle helped me to be more energetic and the best I can be. I want to help others to do the same."

PALM SPRINGS Health RunFitness Expo
Presented by: Desert Regional Medical Center
In Partnership with The Desert Sun

Honoree's Luncheon

Community Advocate
Kristal Granados
Executive Director
United Way of the Desert

Health & Wellness Influencer
Lauren Del Sarto
Founder & Publisher
Desert Health®

Saturday, January 26, 2019
12:00-1:00 p.m.
Ruth Nardy Park, Palm Springs
Tickets: \$30
www.PalmSpringsHealthRun.com

WOMAN'S DESERT SHOW
A Mario Productions Event
presents the 12th annual
GREATER PALM SPRINGS FOOD & WINE FESTIVAL

Saturday, February 16th, 2019

11:00 am - 4:00 pm

Renaissance Indian Wells Resort

\$20 advance \$25 door



WILDEST GREENS™

FULLFILL YOUR FRESH FOOD FANTASIES

Something for Everyone...

Vegan • Paleo • Gluten-Free • Flexitarian



COFFEE & TEA

COLD PRESSED JUICES

ALL DAY BRUNCH

HAPPY HOUR



Open Daily: 10am to 9pm

**FREE JUICE
SHOT!**

Bring in this ad for
a FREE JUICE SHOT!



Visit our website for a full menu and hours

wildestgreens.com

760-636-0441

72990 El Paseo

Palm Desert, CA 92260



CVW418

**Eat
Here**

**Do Yoga
Here**

HOT “SUN ROOM”

Bikram • Hot 60
Inferno Pilates
Warm Vinyasa

COOL “MOON ROOM”

Trapeze Yoga
Yin Yoga
Yoga Sculpt

OUR PROMISE:

Every class, every instructor, every
aspect of our studio is dedicated to
your wellness. We can't wait to see you.

NAMASTE,

Denise DuBarry Hay



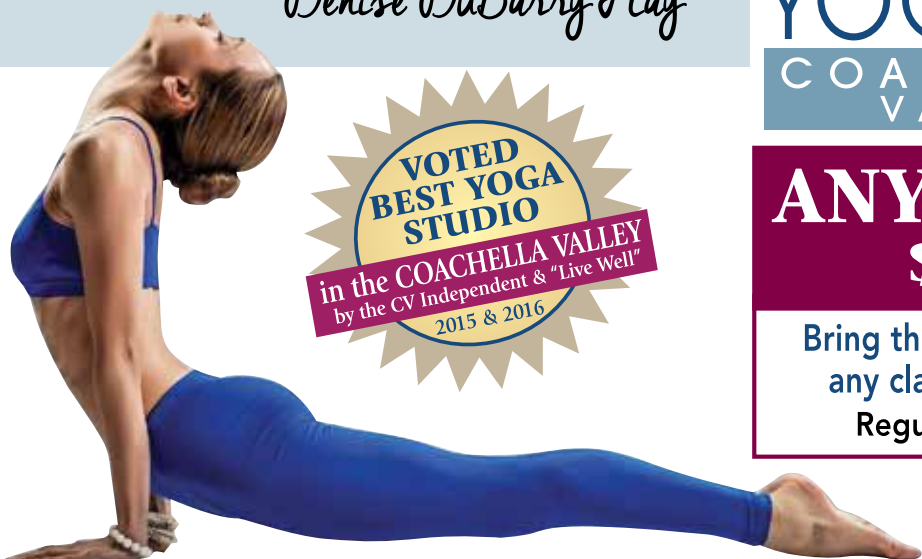
**BIKRAM
YOGA PLUS**
COACHELLA
VALLEY

**ANY CLASS
\$10**

Bring this ad in and take
any class for just \$10
Regular Price ~~\$20~~

- Retail Shop
- Showers
- Lockers

4.8 STARS ON:  



DOWNLOAD OUR APP:
search 'coachella yoga'

760-346-2988 • coachellayoga.com

PALM DESERT

36869 Cook Street, Ste. #101

PALM SPRINGS

611 S. Palm Canyon Drive, Ste. #206

Palm Desert Family Dental

(760) 568-5902

Samir Tadha, DDS

Coulter Crowley, DDS • Sarat Ummethala, DDS

**Maximize your Smile
in One Hour with
Dr. Crowley's Smile Lift.**

Only \$599

(A \$1,299 value!)

Satisfaction Guaranteed!

Call for details. Limited time only. Some restrictions apply.
Offer expires 2/28/19.

**New Patient Special
only \$99**

(Over \$600 in savings!)

Includes: Complete Exam, Full Mouth
Digital X-Rays, Teeth Cleaning,
Complimentary Whitening Trays*

*New and cash patients only. One-time use. Some restrictions apply.
Not valid for gum disease. Offer expires 2/28/19. Call for details.

**Free
Dental Implant
Consultation**

(Regularly \$120)

New and cash patients only. One-time use. Some restrictions apply.
Offer expires 2/28/19. Call for details.

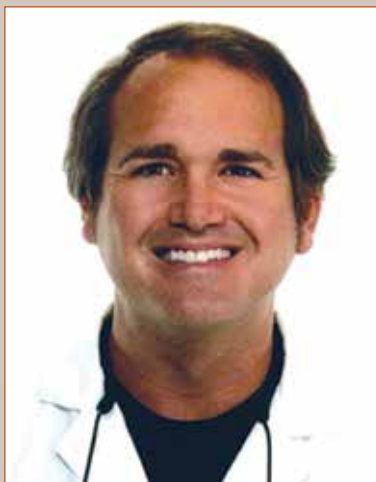
Do you have...

Worn out or yellow teeth?

Chipped or gap teeth?

**Teeth that will not
respond to whitening?**

**Veneers or Lumineers
may be the answer for you.**



Coulter Crowley, DDS

Cosmetic & General Dentistry

Do you have...

Missing teeth or ill fitting dentures?

Tired of messy adhesives?

Always worrying about denture mishaps?

**Want a second opinion from a
board-certified implant specialist?**

**Dental implant treatment
might be the solution for you.**



Sarat Ummethala, BDS, DDS, DABOI

Implant & General Dentistry

Specializing in:

Cosmetic Dentistry

Implants

Zoom • Veneers

Lumineers • Bridges

Crowns • Invisalign

All-On-Four One-Day

Dental Implants

Snap on Dentures



(760) 568-5902

74120 El Paseo, Suite 1, Palm Desert, Ca 92260

MyPalmDesertDentist.com

