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9th Annual Trilogy La Quinta Health Fair



Have you ever noticed on ingredient labels that while the recommended daily intake of most nutrients is listed, there is not a daily recommendation for sugar?

While watching Katie Couric's documentary *Fed Up*, part of our Wellness Worth Watching Movie Series, I learned why and looked forward to sharing the fascinating information with *Desert Health* readers.

In 2002, the World Health Organization (WHO), a division of the United Nations responsible for setting global health standards, put together a document known as Technical Report Series 916 (TRS-916) which very specifically indicated that sugar is a major - if not the - cause of chronic metabolic disease and obesity in the world. Based on this information, the WHO proposed a restriction on sugar intake to a level that scientists behind the report recommended stating that no more than 10% of calories in a diet should come from sugar.

It is no surprise that when word reached Washington, D.C., the sugar industry and its lobbyists started their march. This response is certainly not unprecedented for lobbyists in our capital, but the end results are astonishing and continue to have a negative impact on our country today.

As stated in the movie, senators Larry Craig and John Breaux, a Republican and a Democrat, asked then secretary of Health and Human Services Tommy

Thompson to stop the report. The Bush administration at the time was also resisting a plan from the World Health Organization to fight obesity on an international scale claiming that it was "too tough" on the food industry. Thompson flew to Geneva and "basically told" the World Health Organization that if they published this document, the United States would withhold their \$406 million contribution to the WHO.

"In other words, we extorted the WHO to bury this document," and they succumbed. The sugar recommendation was deleted from most World Health Organization reports going forward, and lobbyists for the sugar industry moved forward with their recommendation that 25% of calories in our daily diet should come from sugar, two and a half times the proposed WHO recommendation.

While food nutrition labels list government recommended daily amounts of various nutrients, today when you look on any food label, you will not find sugar listed with a percentage for the daily recommendation.

It is becoming more and more widely known that sugar is indeed the primary contributor to America's obesity epidemic, as well as many of the other chronic conditions killing us in alarming numbers. While we know that the food industry is extremely powerful and led by profits, it is disheartening to think that our government has been putting those interests before

Continued on page 10



Time for a seasonal time out. Here we are, in the peak of our local high season. We welcome the influx of snowbirds from the cooler climates and recognize that all the Coachella Valley has to offer is in full flight! As a health and wellness professional, I see many people with commitments to activities, fundraisers, galas, tournaments and all sorts of events who show up in class begging for some quiet time. I would like to suggest that we all take a page out of our own personal history book and allow for some down time. We could turn to the chapter on how kindergarteners manage life on a daily basis.

My memories of kindergarten include toting a napping mat with me to school. Mine was red on one

side, blue on the other with a white piping around the edges. It wasn't that thick, but I wasn't that big, so it really didn't matter. What did matter was that when it was time to rest, the mat dictated my own personal space, my own private sanctuary. When our quiet time was over, we all sat around drinking milk with graham crackers. What a life!

Unfortunately, that behavior wasn't encouraged much after kindergarten and off we went, launched into the ever active, scheduled and goal-oriented world. Today, time-out has become a way for parents to manage naughty behavior. When I was a kid, it wasn't called a time-out; it was "Jaynellen! Go to your room!" Once there, I would chill out until I felt it safe

Continued on page 6



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For more about Joan's story, turn to page 3.



*“Early Breast Screening
Saved My Life.”*

Surviving. Thriving. *Joan Petruzzi, Teacher, CANCER SURVIVOR*

Time to Shine

Have you found your groove yet this year? We are almost a third of the way through 2017 and I can't say I have quite settled in. There just seems to be something in the air... Maybe it's our unseasonably cold weather or this terrible cold and flu season affecting so many. It could be the busy season schedule, or maybe it's simply the evening news. I'm not really sure, but I am ready to turn it around.

I was reminded recently that when things seem unsettled, it's often not what is taking place around you, but how you perceive those things. The unsettledness can come from within and sometimes all it takes is a simple change in perspective.

Some find this from a long chat with a good friend or a weekend away. I am reminded to return to meditation. Sitting in stillness each morning clearing my mind as the sun rises in our blue desert sky changes everything in the day ahead. It instills an unexplainable contentment that enables me to face every aspect of the day with order and ease. The stress and chaos that previously plagued me seem to disappear. All is good once again and I am ready to shine.

I hope that your year is full of brightness and smiles that come from within. If you are not quite there, take the time to find it once again. It's there waiting for you.



As always, we thank you for reading Desert Health® and hope you'll share those smiles with us at the third annual Desert Health Wellness Awards on May 18th (see page 31). We are excited about this year's event and the many deserving nominees we will be celebrating, so please join us!

Here's to sunny days ahead ~

Lauren

Lauren Del Sarto
Publisher

Fun & Healthy Happenings

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

March 7 • Eisenhower's Wellness Worth Watching Movie Series.

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

March 25 • Trilogy Health and Wellness Fair.

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

April 1 • Autism Walk.

The Coachella Valley Autism Society of America will be hosting their third annual walk to raise funds and awareness on the athletics field at Cathedral City High School. A minimum donation of \$10 per walker is requested. Every walker that raises/donates more than \$25 will receive one (1) free t-shirt (while supplies last). Additional t-shirts will be available for \$10 each. 9a-12p. For more information and to register visit www.cvasa.org or call (760) 772-1000.

May 18 • Desert Health® Wellness Awards

Presented by Eisenhower Wellness Institute, the Welly Awards will once again honor those in our community moving health and wellness forward. Nominations open through March 31 and tickets are on sale now. Everyone is encouraged to take part! 6:30p – 9p Desert Willow Golf Resort. Tickets are \$85 and include dinner, guest speaker, complimentary beer and wine, and gift tote full of wellness offerings. For more information see page 31. To purchase tickets or submit nominations visit www.deserthealthnews.com or call (760) 238.0245.

Coachella Valley Certified Farmer's Markets

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and through May in Palm Springs and La Quinta

See page 23 for more information
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Our program has a 100% graduation rate. Additionally, approximately 65% of our students achieve A-G (college readiness) eligibility, and 50% of our students each year receive acceptance letters from UC, Cal State, and private universities. COD enrolls the other 50% of our students who primarily attend for the RN program.

We currently partner with over 25 businesses in our medical community through mentoring, advisory councils, speakers, job shadows, and internships. We thank them from the bottom of our hearts for providing guidance and "hands on" training, workplace skills, and clinical and communication skills.

Class of 2013 MHA Highlights: These students are current MHA college mentors.

Audrey Hunter. Graduating St. Louis University 2017 with a B.S. in occupational science and will graduate 2018 with a M.S. in occupational therapy. "MHA has served as a foundation for my pursuit into the medical field and confirmed my passion for

what I wanted to study, helped me better identify my role, and gave me a sense of community that I strive to have in both my professional and social life."

Charles Silva, Jr. Graduating Long Beach State 2018 with a B.S. in human development/minor in biology and will apply for medical school. "MHA was probably the best choice I made in HS. I've made so many connections; I can confidently say it better prepared me for life after high school."

Liliana Gomez Garza. Graduating San Diego Christian College May 2018 with a B.S. in kinesiology-PT and was accepted to Loma Linda University Doctor of Physical Therapy program. "MHA taught me valuable skills to succeed at the collegiate level. Through the classes, mentors, and internships I was able to determine what route I wanted to take in the medical field."

Jackie Barahona. Graduating UC San Diego 2017 with a B.S. in human biology and currently applying for pre-med programs.

Rick Johnson. Currently EMT at AMR and will be triple majoring in paramedicine, nursing, and fire science.

Lesley Rabago. Graduating UC Riverside 2017 with a B.S. in biology and then applying for pre-med schools.

If you would like a volunteer intern please contact Kathy Pedersen (760) 772.4150 or Kathryn.pedersen@desertsands.us.



Three Tennis Injuries

Treatment and how to prevent them

By Sydney Pardino, MD

Tennis is a fantastic sport. As an orthopedic surgeon, I routinely prescribe exercise to my patients to improve their wellbeing, and I often recommend tennis. Once learned, it is a sport that can be played well into our golden years. However, there are sports injuries that can accompany the game.

Whether you aspire to be center court across from Venus at the BNP Paribas Open or you are a weekend warrior who plays tennis for fun and health, here are three common tennis injuries to watch for:

Tennis Elbow

Tennis elbow is technically known as *lateral epicondylitis*. It occurs when tendons joining the forearm muscles to the elbow become inflamed on the outside of the elbow. The condition is usually the result of overuse, such as a sudden increase in playing volume, or intense training sessions and long matches. Tennis elbow can occur in other racquet sports like badminton, racquetball or lacrosse, and can even occur in non-athletes.

Symptoms: Patients indicate pain or burning on the outside of the elbow and weakened grip strength. Often, the symptoms are worse when doing activities that require forearm engagement or a strong grip.

Treatment: Non-surgical modalities such as anti-inflammatory medications, bracing, steroid shots and physical therapy are the first course of treatment. This is typically successful in 90% of my cases. In rare instances, surgery is required.

Prevention: Make sure your racquet fits you ergonomically in grip size, weight, and string tension. Have a local tennis pro fit your racquet. Just because a tour pro you admire uses a certain racquet doesn't mean it is the right one for you. Also, perform stretching and strengthening exercises for your forearm and wrist.

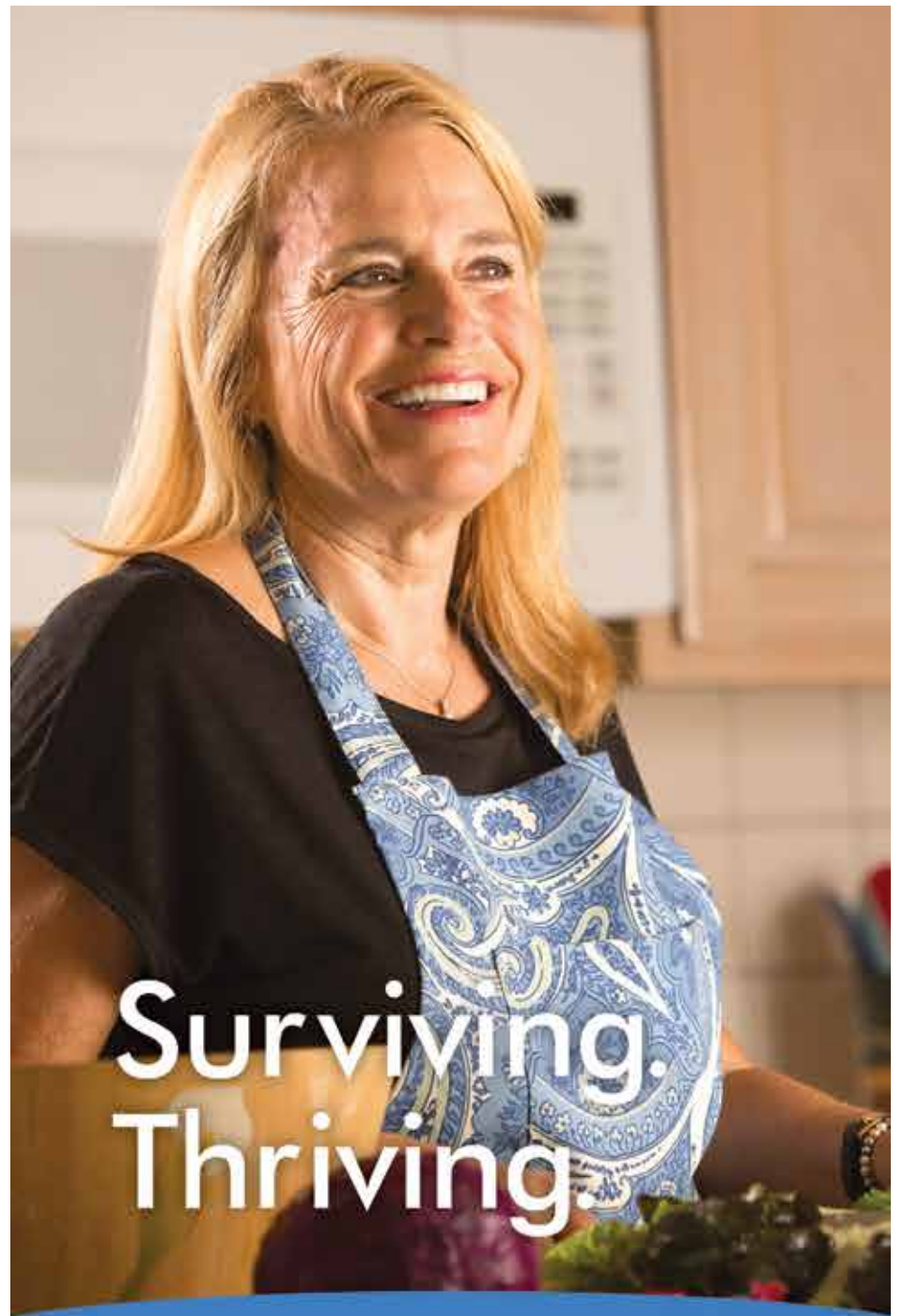
Rotator Cuff Tears

The rotator cuff is part of the muscle structure that allows your arm to rotate in your shoulder. Because of multiple movement planes, the joint is quite complex as it involves a large group of muscles and tendons. The rotator cuff is located underneath the large deltoid muscle of the shoulder and stabilizes this joint. Large tears or micro-tears can occur in these muscles or tendons. A rotator cuff tear can transpire in a single event, such as a huge serve followed by incredible pain. What patients often fail to realize is the tear often materializes more gradually, as the result of overuse and the onset of pain is quite subtle. Thus, they'll think they don't have a tear because there was no sudden onset. This is a mistake. With any shoulder pain beyond mild soreness, see an orthopedic specialist or your general physician as the tear can become worse.



Following a preventative strength and conditioning program is key to a lifetime of tennis.

Continued on page 28



Surviving. Thriving.

*“Early Breast Screening
Saved My Life.”*

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

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

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

Joan Petruzzi, Teacher, CANCER SURVIVOR



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Is Bleaching Safe For Your Teeth?

By Nicholas S. Baumann, DDS

What color are healthy teeth?

It's a question I get often, and there's not an exact answer. Healthy teeth can come in a wide range of colors from very white to quite dark. Many factors can play into this: genetics, age, antibiotic usage, and fluoride concentration in water. What we consider white has changed considerably over time. What many of us see as white teeth now is much lighter than what was seen a generation or two ago.

Because of the desire of many to have whiter teeth, bleaching has become a common procedure performed at dental offices as well as at home.

The process of tooth bleaching involves using a peroxide-based substance that breaks down into water and oxygen radicals that remove stains and whiten the teeth. There are different concentrations of peroxide used in various forms of bleaching. Over-the-counter bleaching systems such as crest white strips contain anywhere from 3-15% hydrogen peroxide. Professional bleaching systems such as Kor, Zoom, and Boost contain anywhere from 25-40%. By comparison, bottled hydrogen peroxide commonly found at the store is 3%. Whitening toothpastes do not contain any effective concentration of peroxide and mainly rely on abrasives to remove minor surface stains. They cannot whiten the structure of the tooth like peroxides. Higher concentrations of peroxide do a better job of whitening the teeth, but pose more risks.

When it comes to the safety of tooth bleaching, the answer has two parts. The act of bleaching the teeth with hydrogen peroxide is not harmful if done correctly. If done incorrectly though, damage to either the gums or teeth can occur. The concern with over-the-counter bleaching systems is that while they are not as strong as the ones provided by dentists, they are unsupervised. A person can bleach as much as they want, and over-bleaching can lead to damaging of the tooth enamel. Bleaching demineralizes the tooth, a process that is reversed with time and saliva contact on the tooth. Over-bleaching does not allow the remineralization to occur, which can lead to permanent damage.

Another concern is damaging of the gums. Any concentration over about 10% (in which many over-the-counter bleaching systems fall) can burn the gums, causing significant damage. In a dental office, special care is made to keep the bleach solely on the tooth; this is not always achieved with a person at home.

In the end, healthy teeth come in many colors, but many people perceive whiter teeth to be more esthetically pleasing. If done correctly, there are no adverse long-term effects, but care needs to be taken with over-the-counter or bleaching done by non-dental professionals because permanent damage can occur to teeth or gums.

The truth is, beautiful teeth come in many colors, and having a healthy smile is the most important thing.

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

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The Evolution of Cataract Surgery

By Greg Evans, OD

After almost 40 years of practice, I have seen tremendous changes in the evolution of cataract surgery. Prior to the mid 1970s, cataract surgery involved removing both the lens of the eye and the capsule. Implantable lenses had not been perfected leaving patients with very thick, very heavy glasses and poor optics.

The advent of implantable miniature intra-ocular lenses led to a revolution in the industry. Following implantable lenses were folding implantable lenses and single-piece implantable lenses. These lenses could be placed through smaller incisions resulting in faster patient recovery, less risk of complications and less surgically induced complications.

When cataract surgery is performed, the natural lens is replaced with another. That lens is part of an optical system in the eye that focuses light on the retina. The outcome is limited to some extent with how accurately the optics of the eye can be measured so that once in place, the implanted lens is optimally focused on the retina. Thanks to lasers, the accuracy of this procedure has improved dramatically. Lasers perform a host of steps in modern cataract surgery from measuring the optics of the eye (called biometrics), to making incisions (versus a blade), to more accurately opening the lens capsule (a step required to both remove the hazy lens and to insert the new lens), to fragmentation of the lens and finally, to measuring the optics of the eye during surgery.

In addition to the diagnostic and surgical improvements, the actual implantable lens has gone through many developments. Initially, the lenses were a single-focus lens that left the patient uncorrected for astigmatism and presbyopia. Newer designs allow for correction of both of these conditions in the implantable lens. A light-adjustable lens is now in trials, which is implanted like a regular lens, but following implantation, can be externally adjusted to improve the refractive outcomes. The current design uses a photosensitive lens material that is externally adjusted for power after the eye has healed post surgery. Another category of designs being investigated is the multicomponent intra-ocular lens. This is basically a base unit designed to secure the lens implant. The design is intended to allow a safe and easy exchange of the optic component of the lens implant. Which one of these new technologies will prevail remains to be seen.

What I do know is that cataract surgery now compared to the 1970s is a whole new ball game. When I started practicing, it was unthinkable to consider cataract surgery as a refractive, versus medically necessary, procedure. Presently, if a patient is 60 and older or shows any signs of cataract, it's not uncommon to look at having early cataract surgery, or clear lens extraction, completed instead of Lasik surgery.



Diagnostic and technological advances for cataract surgery continue to evolve.

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



Shay's Story

39-year-old Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and has been sharing her journey with Desert Health® readers in an ongoing column. When we left Shay, she was having surgery to have her tumor removed (after 20 rounds of chemo) and waiting for final test results...

The year was 1989. I was 13 years old in the 8th grade and into boy bands like New Kids on the Block. While attending my church's youth group one night, I would meet my best friend Kristina. Even though we have about 3,000 miles between us now, she is still my best friend of 27 years. I will never forget the day I called to tell her I had breast cancer. She was cool calm and collective. Little did I know she had another close friend with whom she had been through all of this. She knew the questions to ask and she knew how to keep me calm. She said she would be right by my side when I was ready. Well, that time had come and she booked her flight out about a week after I was done with my surgery. She flew in from Wisconsin and we picked up right where we had left off.

We got back to my house and went over the weekly schedule. Doctor appointments, a port flush and, last but not least, the day I was to see my surgeon and get the final results of the pathology. I felt like it was in a scene from the movie *Beaches* with Bette Midler and Barbara Hershey. Only, I didn't want to be the one to die. God, it was so good to have family with me. We watched movies, cooked dinner, went out to dinner, talked long hours and laughed a lot. She never let me talk about a "what if?" scenario. Only that I was going to be OK.

We went to bed and in the morning, got ready for the big day. The next day came sooner than expected or so it seemed. We got in the car and made our way down

Country Club Drive to the hospital. It was most certainly the longest drive I had ever had. Everything was in slow motion. The doctor's office was already filling up. My stomach was starting to do somersaults. We sat down and waited for them to call my name. 45 minutes later they did...

We slowly walked down the hall. I saw my doc and he was shaking his head looking at the piece of paper. I thought to myself, "Oh, God, this can't be good news." I looked into his eyes and said, "Is this for me?" He said, yes, and was dead silent. I looked at his assistant and said, "You have to tell me - What? What?" He said, "It is gone. I can't believe it, but there is no cancer detectable at all."

Kristina grabbed my hand and gave me a big hug. "Really? It is for sure gone, Doc?" He said, "Yes, it is gone." I gave him a big hug as I cried my eyes out. He and his assistant shed some tears, too.

It was the first time in almost 9 months that I would be able to sleep that night, and I slept really well. We still had a lot of questions to ask and follow-up appointments to do, but for now, I was free. Free of Cancer.

To this day, it will be one of the most emotional - and best - days of my life.

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

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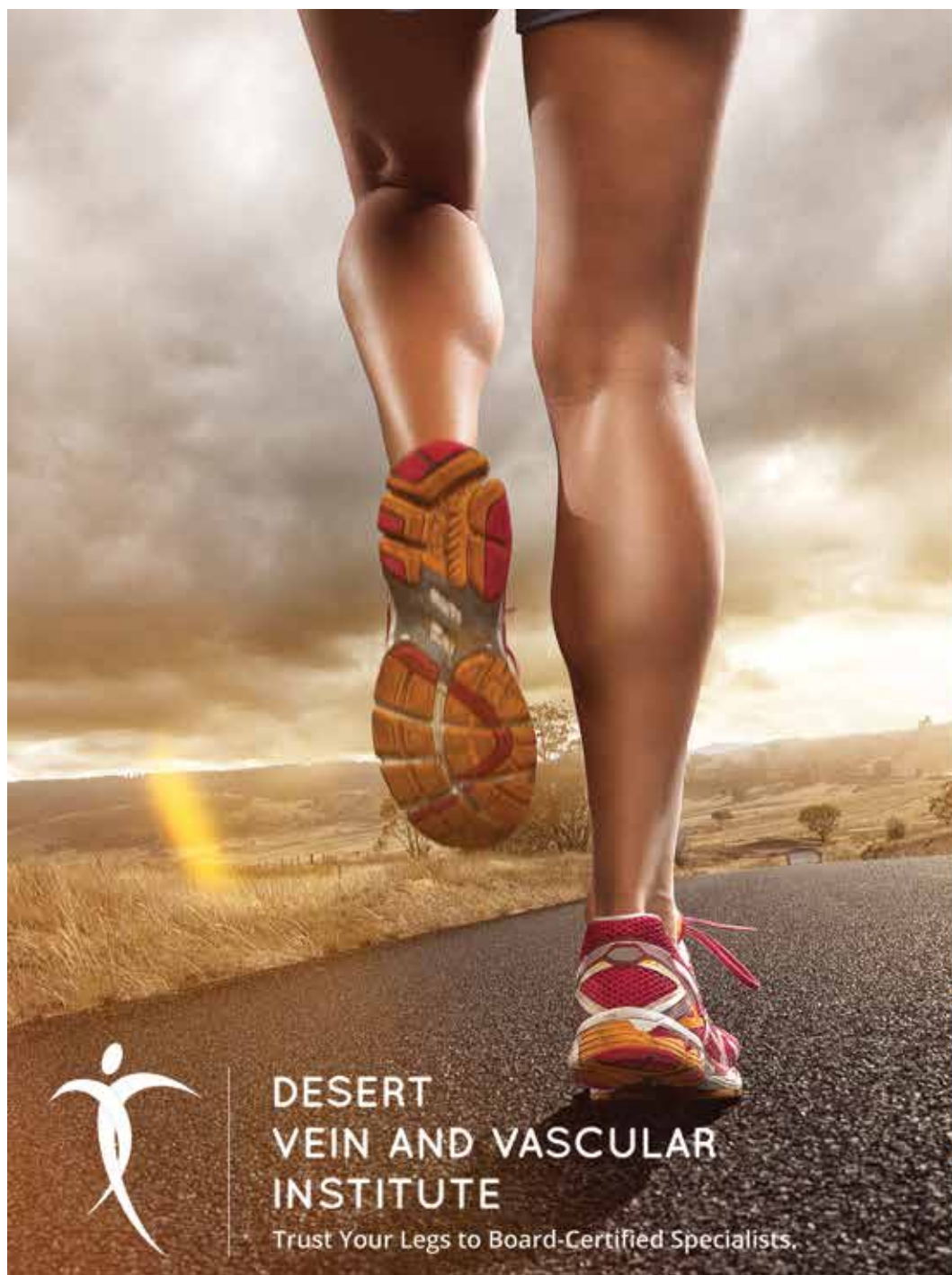
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You Didn't Fail Your Diet, Your Diet Failed You

By Kelly Lewallen, MFT

Well we're well past January 1, and most people have given up on their New Year's resolution. One of the most common resolutions is the goal to "lose weight, and get fit." The problem isn't the resolution; the problem is the intended solution: a diet.

The problem with diets is that they are contra-indicated to the problem of overweight and obesity. Diets over time simply just don't work. They actually make the problem worse! 95% of dieters regain their weight in a year, +5 pounds more. When the dieter inevitably fails, they blame themselves for their "lack of self-control."

Yet the truth is, diets actually set us up to fail. Our old survival brain comes back online and prevents us from starving to death (which is really what most diets are).

The famous Minnesota Starvation Study verified this phenomenon; our brain will only allow us to starve for so long.

Those who are overweight need a long-term weight loss plan and a change in their relationship with food and their body image. Over eating is often more like an addictive behavior – like gambling, smoking, or drinking – and in many cases, a treatment plan designed by someone who specializes in the psychological reasons we overeat can be effective in changing those long-term habits.



Binge Eating Disorder (BED) has recently been added to the *Diagnostic Manual of Psychological Disorders*.

Binge Eating Disorder (BED) has recently been added to the *Diagnostic Manual of Psychological Disorders* (DSM-5) and is classified as an Eating Disorder. Symptoms include: eating when not hungry, eating in secret, eating rapidly, eating until uncomfortably full, and feeling guilty or ashamed afterwards.

Many overweight and obese individuals are symptomatic for BED and the eating disorder treatment community has aggressively pursued treatment strategies to help patients struggling with the condition. Fortunately, treatment is now covered by insurance.

So next January 1 (or sooner), I strongly recommend anyone who has struggled with long-term weight loss, and whose diets have failed them, to meet with a psychotherapist who specializes in disorder eating. And if you know someone who is overweight or obese, please understand that a diet is the last thing they need.

Remember, overeating IS disordered eating.

Kelly Lewallen, is a licensed Marriage and Family Therapist practicing in Palm Desert and a member of Desert Doctors. She can be reached at (760) 777.7720. For more information visit her website at KellyLewallenmft.com or go to DesertDoctors.org.

Health is a Choice

Continued from page 1

to show my face and join back into family life. Mind you, it didn't happen that often (or at least I care to remember it that way!).

In our current cultural realm, we navigate our daily lives as though we are guiding a boat over a lake with threatening rocks lurking just below the surface. If we become careless or mindless or move too quickly, we might run aground and possibly stop our forward momentum. So we don't stop...we just keep moving, plodding along through our to-do lists as we hear the pinging of our appointment reminders. But what would happen if we did stop?

My thoughts for this time of year are: How much can we slow down in our current life? Do we need to? What happens to us if we over pack our schedule? Do we begin to let go of the things that are supportive of us, such as exercising, making healthy food choices, getting sleep or having down time? What do we sacrifice in order to stuff more stuff into our day? At what point is it no longer beneficial to engage in such "busyness?" Is this how we intend to live our life?

I ask these questions for two reasons: first, because I observe and listen to many clients throughout the week who have hectic, full days; secondly, I'm about to have a full weekend off, my first in about a month, and I feel like I am bordering on the edge of fatigue. Similarly, when students come walking into a class asking, "Is it time for Savasana?" (Sha-Vah-Sana - or final relaxation pose; the final pose at the end of a yoga class), it's fairly evident that it's time to do less, draw inward and slow down. Writing about it reminds me that it's as important for me as it is for everyone else.

One of my teachers, Judith Hanson Lasater, asks the question, "What would the world be like if everyone did Savasana for 20 minutes a day?" My question to you is, "What would YOU be like if you did 20 minutes of Savasana a day?"

I hope this has given you a little inspiration to head into your storage area and dig out your old kindergarten mat. Or perhaps schedule a morning where you awake without an alarm and stay in your pajamas until noon. Maybe do something out of the ordinary such as a restorative yoga class or spend time in a floatation tank. What may feel most challenging is to say "no" to that extra invitation and allow yourself to simply be present. And then, maybe grab some graham crackers and milk. Now that's a worthy time out!

Jayne Robertson, E-RYT 500, is owner and instructor at Desert Yoga Therapy, a yoga studio located in the heart of Rancho Mirage. Visit www.desertyogatherapy.com or call (760) 456-5160, email jayne@desertyogatherapy.com for more information.



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Avoiding Hip Fractures

Provided by JFK Memorial Hospital

Hip fractures send more than 300,000 Americans age 65 and older to the hospital each year. While hip fractures can be treated, the injury can lead to severe health problems and reduced quality of life.

Most hip fractures occur because of a fall, especially among adults over the age of 65 with osteoporosis, a condition in which bones become weak. In addition to advanced age and osteoporosis, other risk factors associated with hip fractures include lack of calcium and vitamin D in the diet when younger, physical inactivity, tobacco and alcohol use and certain medications. Environmental factors such as loose rugs or a cluttered living space could increase the chance of falling.

A hip fracture causes pain in the outer upper thigh or groin area as well as the inability to bear weight on the side of the injury. The hip area may become stiff, show signs of bruising or swelling, and a significant level of discomfort could occur after any attempt to rotate or flex the hip. Most hip fractures are diagnosed following an X-ray, which also shows where the fracture occurred in the hip.

Treatment is determined based on the patient's overall health and age as well as the location and severity of the fracture. Most hip fractures are treated surgically using one of three methods:

- Inserting metal screws into the bone, if it is properly aligned, to hold it together as it heals.
- Replacing part of the femur, the long bone that extends from the pelvis to the knee. This method, called a partial hip replacement, calls for removing the head and neck of the femur and replacing them with a metal prosthesis.

- Replacing the upper femur and pelvic bone socket with a prosthesis. This is called a total hip replacement.

Patients typically do better if they undergo surgery soon after the hip fracture occurs. They may be encouraged to get out of bed the day after surgery with help from a physical therapist, who also will work with patients to help them regain strength and start walking again. After a hip fracture, most patients are hospitalized for approximately one week and may then be either discharged home or referred to a nursing home if they are unable to live independently. Physical therapy rehabilitation usually takes approximately three months.

People at risk for hip fractures can take the following steps to reduce their chances of falling:

- Men and women over the age of 50 should make sure they get enough vitamin D and calcium in their diet.
- Engage in weight-bearing exercise to help strengthen bones and prevent falls.
- Avoid excessive amounts of alcohol and do not smoke.
- Wear shoes with non-skid soles and avoid high heels and shoes like sandals and bedroom slippers that flop when you walk.
- Check your home for trip hazards like throw rugs, electrical cords and clutter.
- Make sure your home and outside walkways are well-lit so you can see where you are walking.
- Talk to your doctor or physical therapist about whether assistive devices may be needed to help you keep your balance.

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"No" Is a Complete Sentence 11 Tips for saying "No"

By Susan Murphy, Ph.D.

Learning how to say "No" and when to say "No" is essential to living your life with purpose.

When you say "YES" to one thing, you're saying "NO" to something else. Time is a limited commodity and each of us has 24 hours per day. Once you invest that time, it is irretrievable. Oftentimes, when you are helping others accomplish their "to-do lists," you're not investing your limited resources in your own priorities.

Why is it hard to say "No"? Saying "No" can elicit intense negative emotions. You may feel guilty, embarrassed and apologetic. Or you could fear it makes you look selfish, lazy or like a bad team member who doesn't care about the feelings of those around you. To avoid those feelings you often say "Yes" even when you know it's the wrong answer! And then, you may become resentful and angry.

When used deliberately, "No" can empower you to be in greater control of your life. You can invest your time, energy and money to focus on your priorities. Some tips for saying "No" include the following:

- Determine your life's purpose and priorities so you can make important decisions about how to spend your time, energy and money. Block out time on your calendar for your priorities to "pay yourself first" by investing in your values and priorities. Schedule date nights with your significant other; calendar play dates with your kids; commit to exercise, prayer, meditation and talks with your best friend. Figure out what is most important to you, write it down and post it in a visible places to keep yourself focused. Examples are: "I already give to three charities so I will not give to other charities this year." "I reserve Sundays for my family time."
- Understand that you probably believe others judge you more harshly than they actually do. Most people move on to ask someone else once you have declined their request.
- Quickly and politely decline right away if you're sure you are not going to accept the assignment. That way you don't delay anyone else's plans. If possible, suggest an alternate who might be able to take your place.
- If this request is the wrong investment of your time, consider saying, "The helpful part of me would like to say 'Yes'," but the rest of me is overcommitted and more realistic." Or, "I'm going to pass. I'm really trying to slow down my pace these days."
- If you are not comfortable making an immediate decision, it's OK to say, "Let me check my schedule and get back to you." This response provides you a chance to step back, consider your priorities and do a cost-benefit analysis of your limited resources.
- If you'd like to be involved on a limited basis and on your own terms, say "I can't do what you've asked me to do, but I can..." and mention a lesser commitment that you are willing to make.
- Have criteria for when you say "Yes" and when you say "No." This makes decision-making easier! Ask yourself: "Do I really want to do this? What do I gain from

Continued on page 24



Don't Forget Your Shades

By Jennifer I. Hui, M.D.

While breast, prostate and lung cancers are the most prevalent forms of cancer in the United States,¹ skin cancer is the most common type in the Coachella Valley according to the recently released data from HARC.² This may come as no surprise with our love of the outdoors and our radiant desert sun.

Because of these updated statistics and my own patient experience, I thought we should revisit an article originally featured in *Desert Health* in 2012, *Protection and Signs of Eyelid Cancer Often Overlooked*.

The largest organ of our body is the skin which protects us from the elements and is often taken for granted. The eyelid skin is no exception. The eyelids are the thinnest and most delicate tissues of the body. They provide a physical barrier and also secrete unique oils to keep the surface of the eyes healthy. They protect the eyes from foreign bodies and trauma and help to keep them well lubricated.

Unfortunately, these delicate structures are often overlooked when we think about sun protection. The eyelids are best protected with the use of large sunglasses that block UVA and UVB rays, as well as a wide-brimmed hat. These protective measures decrease the amount of direct sunlight that reaches the eyelids, and sunglasses offer the added benefit of blocking reflected light. Both are key in reducing the number of ultraviolet rays that reach the eyelids and thus reduce the chances of developing skin cancer, particularly in our strong desert sun.

Signs of eyelid cancer are often mistaken for a variety of other things, often erroneously attributed to be styes, skin tags or "barnacles." A variety of lesions may appear on the eyelids, and it is important to distinguish between benign and malignant conditions. Benign lesions include skin tags, seborrheic keratosis (age spots), sunspots and nevi (moles). Skin tags are not cancerous but can be troublesome cosmetically. These can usually be removed in an in-office procedure if the patient desires. Seborrheic keratoses are waxy and pigmented (brown) and have a mounded, wart-like, "stuck on" appearance. They are benign and can also be removed in the office if desired. Sunspots range from benign pigmentation changes to pre-cancerous actinic keratoses. Actinic keratoses are small rough, scaly patches, that are sometimes more palpable than visible.

Moles by definition are benign. They may be pigmented or non-pigmented. Most remain stable in appearance throughout life, but some may undergo

visible change. Change in appearance is a key factor and the ABCDE rule is a useful guide in evaluating this evolution. Important changes to watch for include Asymmetry (one half does not match the appearance of the other half), irregular Borders, non-uniformity of Color, Diameter larger than ¼" (which is about the size of a pencil eraser), and Evolving appearance. A mole that seems to be changing should be evaluated to determine if further treatment is necessary.

Malignant lesions include the many different types of skin cancer that can affect the delicate eyelid tissues. As with the rest of the body, the most common cancer in this area is basal cell carcinoma. Less common types of cancer include squamous cell carcinoma, melanoma and sebaceous cell carcinoma.

Important signs of skin cancer include non-healing wounds, crusting and bleeding,

loss of eyelashes and/or chronic or progressive erosion or irritation of tissue.

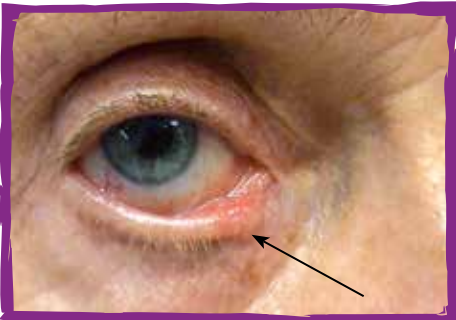
A less common entity is lentigo maligna, a slow-growing more contained form of melanoma. It often appears as a diffuse area of pigment without discrete borders. It can transform to frank melanoma and should be excised before this can happen.

Regardless of the type of cancer, early diagnosis and treatment are key in eyelid malignancies. Appropriate management is important in eradicating the tumor while maintaining as much normal tissue as possible. If skin cancer is diagnosed and is localized to the eyelid, removal is usually indicated. This can be performed by the oculoplastic surgeon, or by a dermatologist trained in the Mohs technique. Once the cancer is removed, the eyelid must be reconstructed to ensure optimal function and appearance.

As described above, eyelid skin is thinner than in other areas of the body and thus more susceptible to sun damage. Your eyelids should be protected from the sun as much as possible. Lesions in this region can be difficult to see and are therefore often overlooked. Any area of concern should be evaluated, preferably by a physician who is specially trained in this eye region.

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

References: 1) FastStats: Leading Causes of Death. (2015).www.cdc.gov; 2) Coachella Valley Community Health Survey 2016 Executive Report: Cancer; pg 45.



Cancer lesions such as this basal cell are often mistaken for styes or skin tags.

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Candy Coated - The Sugar Façade Exposed

Continued from page 1

the health of the American public for generations.

Between 1977 and 2000 Americans have doubled their daily intake of sugar. So let's go back to 1977. What happened then? Fed Up explains...

If there's a moment in time marking the start of the obesity epidemic, it's 1977, the McGovern Report. The Senate Special Committee on Nutrition is looking into the connection between heart disease and diet. Expert testimony before the committee on nutrition and human needs warned Senator George McGovern that obesity would soon be the number one form of malnutrition in the United States... With predictions of rising medical cost, the committee issued the very first dietary goals for Americans noting that our diet had become overly rich in fatty meats, saturated fats and cholesterol, and rich in sugar. The egg, sugar, dairy and beef associations with sales of their products in danger, united, and flat-out rejected the McGovern Report. They even demanded a rewrite.

Despite McGovern's best intention, the dietary goals were indeed revised and the words "reduced intake" were removed from the report for good. Instead, they encouraged Americans to buy leaner products and buy more food with less fat. And so, the 1980s began with a new health doctrine, and a brand-new market: every food product imaginable reengineered to be low in fat. When you take the fat out of the food, it tastes terrible. Tastes like cardboard. The food industry knew that. So they had to do something to make the food palatable, to make it worth eating. So what did they do? They dumped in the sugar... hiding it behind many names like sucrose, fructose, glucose, dextrose, lactose, maltose, invert sugar, turbinado sugar, and of course, high-fructose corn syrup.

According to a November 2016 report published in the *Journal of the American Medical Association* (Kearns, Glantz and Schmidt), the sugar industry has been buying their way into our kitchens for over 50 years. Back then, more and more studies were identifying the link between sugar and coronary heart disease, so the sugar industry decided they needed to fund their own research to refute these concerns.

The Sugar Research Foundation (SRF) sponsored research by Harvard scientists that did just that, downplaying the risks of sugar and highlighting the hazards of fat. The result was published in the *New England Journal of Medicine* in 1967 with no disclosure of the sugar industry funding. Disappointingly, one of the researchers was the chairman of Harvard's Public Health Nutrition Department and an ad hoc member of the SRF board.

This new report reveals direct influence on research results from the SRF and is raising eyebrows in the world of science. While these actions took place decades ago, it has opened the conversation on today's practices.

In a follow-up commentary, Marion Nestle, Ph.D., MPH states, "Is it really true that food companies deliberately set out to manipulate research in their favor? Yes, it is, and the practice continues. In 2015, the *New York Times* obtained emails revealing Coca-Cola's cozy relationships with sponsored researchers who were conducting studies aimed at minimizing

the effects of sugary drinks on obesity. Even more recently, the Associated Press obtained emails showing how a candy trade association funded and influenced studies to show that children who eat sweets have healthier body weights than those who do not."

So where do we go from here?

As with most things, it is up to each of us to take responsibility for our own health and the health of those in our care, and knowledge is power...

We know that sugar is bad for us and that we should limit its intake. But sugar is addictive – proven in rats to be eight times more addictive than cocaine – so giving it up is not an easy thing. Withdrawals can make us agitated and even ill.

Nutrition Facts	
Serving Size 1 cup (110g)	
Servings Per Container About 6	
Amount Per Serving	
Calories 250	Calories from Fat 30
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 4mg	2%
Sodium 300mg	13%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	14%
Sugars 2g	
Vitamin A	7%
Vitamin C	15%
Calcium	20%
Iron	32%
* Percent Daily Values are based on a diet of other people's secrets.	
Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 15g 75g
Saturated Fat	Less than 10g 12g
Cholesterol	Less than 1,500mg 1,700mg
Total Carbohydrate	250mg 300mg
Dietary Fiber	22mg 31mg

Why do labels not include a percentage of daily recommendation for sugar?

Sugar is poison. It is chronic, not acute, and chronic dose-dependent. The metabolic diseases that are associated with obesity, diabetes, heart disease, lipid problems, strokes, cancer...those diseases are being driven by sugar. How? Fructose, the sweet part of sugar can only be processed in the liver. When your liver is pushed to the max, the pancreas comes to the rescue by producing excess amounts of a hormone called insulin. Insulin is the energy storage hormone. Insulin turns sugar into fat for storage. That's insulin's job. High levels of insulin can also block your brain from receiving the signal that you're full. Problem is your brain thinks you're starving. So how do you feel when you're starved? Crappy, tired, slothy. Sit on the couch, don't want to do anything. And, of course, hungry. Well, I've just described every obese patient. The behaviors that we associate with obesity... the eating too much, the exercising too little... the gluttony and the sloth, they are the result of the biochemistry, not the cause.

Cancer's favorite food and source of energy is sugar. How do doctors identify cancer cells in the human body? They give you a shot of sugar water and watch as the cancer cells outrun their competition to consume the source.

Why do we continue to fuel this insanity? Changing old habits is hard, but giving up sugar is one we should all consider. While the conversation and research continue to grow, it is unlikely that our government will make substantial changes any time soon. However, you can. Just try it for 30 days and see how you feel on day 31. Great resources include JJ Virgin's *Sugar Impact Diet*, Dr. William Davis's *Wheat Belly 10-Day Grain Detox*, or Diane Sanfilippo's *The 21-Day Sugar Detox*.

Each of us can do our part to help protect future generations from the health epidemics we are seeing today. Washing away the candy coating is a good place to start.

Let us know how you are doing and keep the conversation going with comments at DesertHealthNews.com (search Candy Coated).

Editorial by Lauren Del Sarto, Publisher.

Sources: 1) *Fed Up: The Movie* January 19, 2014. Executive producers Katie Couric, Laurie David and director Stephanie Soechtig.; 2) Cristin E. Kearns, DDS, MBA; Laura A. Schmidt, PhD, MSW, MPH; Stanton A. Glantz, PhD. Sugar Industry and Coronary Heart Disease Research: A Historical Analysis of Internal Industry Documents *JAMA Intern Med.* 2016;176(11):1680-1685. doi:10.1001/jamainternmed.2016.5394; 3) Marion Nestle, PhD, MPH1, Food Industry Funding of Nutrition Research: The Relevance of History for Current Debates *JAMA Intern Med.* 2016; 176(11):1685-1686. doi:10.1001/jamainternmed.2016.5400; 4) Camilla Domonoski. 50 Years Ago, Sugar Industry Quietly Paid Scientists To Point Blame At Fat. *NPR America*, September 13, 2016 9:59 AM ET.; 5) Lenoir, Serre, Cantin, Ahmed. Intense Sweetness Surpasses Cocaine Reward *PLOS ONE* August 1, 2007. <http://dx.doi.org/10.1371/journal.pone.0000698>; 6) <http://www.healthline.com/health-news/tech-sugar-can-be-used-to-detect-cancer-cells-during-mri-scans-070813>



Men's Health Below the Belt

By **Lance Patrick Walsh, MD, Ph.D.; Gary Leifer, MD, FACS;**
Youssef S. Tanagho, MD, MPH

Physician experts from Walsh Urology address common men's urinary health issues to increase awareness of these important health conditions. If you suffer from aggravating urinary conditions, it is important to consult an urologist, as many of these conditions are easily treated.

Prostate Conditions. Most common problems with men can be issues related to the prostate – elevated PSAs, trouble emptying bladder, and sexual dysfunction.

BPH (Enlarged Prostate). The prostate is a gland that sits below the bladder. As men age, the prostate naturally enlarges in size. This can squeeze off the canal that carries the urine, and patients can develop symptoms such as decreased urine stream, getting up frequently at night, and urgency to urinate.

BPH is benign enlargement of the prostate. Over 70% of men over age 60 have the condition and over 90% of men over age 80 have it. Unfortunately, only half the people with symptoms seek treatment, but awareness is increasing. For a long time, patients accepted urinary problems as a product of aging. Now there are many treatments available to help patients improve their quality of life, from traditional surgical methods to the latest minimally-invasive office procedures.

Prostate Cancer. Prostate cancer, like any other cancer, can occur spontaneously and often without clear-cut cause or explanation. An important difference between BPH and prostate cancer is that prostate cancer doesn't oftentimes produce symptoms until it's advanced, so if we don't catch prostate cancer from an elevated PSA blood test or rectal examination, we are not going to detect it at an early stage to

implement an easy cure. We recommend regular prostate evaluation by a primary care physician or urologist.

Erectile Dysfunction. Although erectile dysfunction suggests a total inability to achieve an erection, it also includes problems achieving or maintaining a firm erection, or the tendency to only have brief erections. While erectile dysfunction and decreased libido is more common with age, it is a condition that is treatable and is not something older men should just accept.

Kidney Stones. Stones are extremely common, especially in the desert environment where people can fall behind on their fluids and dehydration can predispose them to stones. Bladder stones form in the bladder when the urine can't pass, usually because of an enlarged or obstructive prostate. Urine sediments can coalesce to form stones. Kidney stones form in the kidney and are often caused by diet (high salt, animal proteins) and metabolic abnormalities. Following studies and observation, we can tailor a specific program to treat the stones. Symptoms to watch for are: flank or groin pain, nausea or vomiting, fevers/chills, and blood in urine. Treatments for stones include laser energy to break up the stone, lithotripsy ("shocking " the stones through the skin), as well as surgical treatments for larger stones.

When should men consult an urologist?

- If they have symptoms that are annoying enough to bother;
- Blood in the urine;
- An elevated PSA blood test or symptoms.

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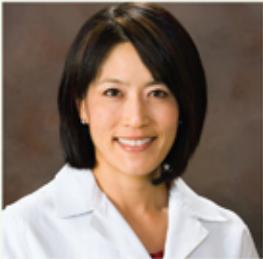
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Treating Anxiety Naturally

By Diane Sheppard, Ph.D., L.Ac. and Gayle McGuire, RN, L.Ac.

Anxiety is a feeling of worry, nervousness, or unease, often about an imminent event or something with an uncertain outcome. It is a nervous disorder that affects literally millions of people and is characterized by a state of distress and apprehension.

Anxiety can present itself in many different ways from mild worry to physical manifestations such as insomnia, nausea, and panic attacks including shortness of breath, palpitations, and excessive sweating. It can be accompanied with compulsive behaviors or feelings of fear. Some anxiety is a response to the stressors of everyday life and is considered a healthy form of anxiety, triggered by such naturally uncertain or potentially uncomfortable events as a visit to the dentist or a job interview.

Excessive anxiety, however, particularly that which has no clear trigger, is of concern, as it may lead to a more serious problems including high blood pressure, migraines, headaches, digestive issues or phobias. Panic disorder, post-traumatic stress disorder (PTSD), generalized anxiety disorder, and obsessive-compulsive disorder are all forms of anxiety.

While anxiety is one of the most common conditions for which medications are prescribed, there are many natural options available.

Exercise such as walking or swimming, qigong, yoga, massage and meditation can affect endorphin levels, generate feelings of calm and reduce stress. Connecting with others in a social setting, group or individual therapy, or spiritual or religious groups can also play a part. Sometimes a change in environment can be uplifting. Even a simple weekend at the beach breathing the salty air provides negative ions proven to engender calming.

Acupuncture is also effective in alleviating symptoms of anxiety. This ancient medicine was developed to balance the body's energies and can induce calm. Modern research has shown that acupuncture can have significant and striking effects on body chemistry and the production of various neurotransmitters such as endorphins. These compounds are known to have major roles in how we perceive such things as pain or stress and our feelings of wellbeing.

Traditional Chinese Medicine (TCM) has several diagnoses for anxiety depending on its source and manifestations. For instance, are heart palpitations, digestive disorders, dizziness, obsessive thoughts or unresolved fears involved? TCM looks at most anxiety as arising from liver imbalance or stagnation and heart fire or deficiencies. Along with varying acupuncture protocols in Chinese medicine, there are many herbal formulas that can be helpful, depending on the source problem and symptoms. Many contain ingredients like *rehmannia*, Chinese yam, and *poria* which have proven to be quite effective with none of the side effects or habit-forming qualities of western medicines such as Xanax.

Since we always prefer the natural way, certain foods can also help decrease anxiety. Vegetables high in magnesium like spinach keep cortisol and adrenaline levels in check. Vitamin C lowers stress hormones while B vitamins and E vitamins help boost the immune system during stressful times. These can be found in many foods, including nuts and avocados, so take your daily dose!

With a combination of physical activity, proper nutrition, herbs, and acupuncture anxiety can be conquered naturally.

Diane Sheppard and Gayle McGuire are acupuncturists with AcQpoint Wellness Center in Palm Desert. For more information call (760) 775.7900. www.AcQPoint.com.

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Conquering Cancer

Don't underestimate the importance of good nutrition

By April Hanig, MFTI

When it comes to conquering cancer, we all know how important it is to get the very best medical treatment possible. But most of us are far less aware of other things that can help us on the road to recovery, such as resources and practices that are complementary to excellent medical care.

Here at Gilda's Desert Cities, for example, we understand the importance of emotional and educational support, since that is the core service we have provided at no cost to those affected by cancer in the Coachella Valley for 12 years, and we are also well aware of the role that exercise and nutrition play during and after cancer treatment.

To address the need for reliable nutrition information, and to provide hands-on experience in cooking and eating well, Gilda's launched a six-session series this year called *Eating for Wellness: Nutrition for Living with Cancer and Beyond*. Open to the public, the class is being led by Tiffany Dalton, CNC, an AADP board-certified holistic health practitioner. Food demonstrations are being provided by nutritional health and wellness coach Dipika Patel.



Tiffany Dalton discusses nutritional choices for cancer care at Gilda's Club in Palm Desert.

Here are some of the questions that Dalton is addressing:

Please note: This information is not intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider prior to making decisions about your treatment.

What is the best overall strategy?

Because the human body is composed of many intricate systems that work together, and foods contain perhaps thousands of components that interact with our complex bodies, the most healthful strategy will always be one that addresses the overall diet, not single foods or dietary supplements.

How does diet affect cancer?

Many factors influence the development of cancer. Over the last 25 years, science has shown that diet, physical activity, and body weight—especially being overweight or obese—are major risk factors for developing certain types of cancer. Food should be viewed not just as an energy source, but as an instruction manual. Each bite we take literally contains information—good or bad—transmitted to our cells and genes, making each meal important to health and disease.

Are there foods that specifically help with cancer?

Researchers have known for some time that eating a diet rich in vegetables, fruit, beans, along with high quality protein and fats can help to defend the body

Continued on page 20

A Fresh Start for Your Gut Flora

By Cheryl Kane Banke, CCHT

Have you experienced digestive issues such as gas, bloating, constipation, and diarrhea? These are usually the signs of unhealthy bacteria in your gut. Did you know that gut health and brain health are related and having an unhealthy level of "bad" bacteria in the intestines is now linked to depression, anxiety, OCD, brain fog, and autism?

The intestines are home to tens of millions of micro organisms referred to as the gut microbiome. These bacteria play an important role in our health and the role of the digestive process. When the stomach and intestines encounter difficulty digesting certain foods we ingest, these micro-biota are present to assist in digestion, ensuring we get the nutrients we need. The foods we consume can cause rapid changes in the gut flora which are surprisingly reactive to diet.

Micro-floras are part of the immune system and represent nearly 80% of the body's immunity. The gut contains both beneficial and harmful bacteria, and research has revealed that all varieties of micro-flora influence immunity. The balance of gut flora should be approximately 85% good and 15% bad. When the ratio becomes unbalanced, the result is a condition known as dysbiosis, indicative of too much of a certain type of yeast, fungus or bacteria. Re-establishing a healthy ratio of good and bad bacteria can be challenging.

One of the most common causes of unbalanced microbiome is the use of antibiotics which wipes out bad bacteria, but also many of the good bacteria which are essential to our health. Research also suggests that good bacteria wiped out by antibiotics don't replace themselves unless you intervene. That is why it is highly recommended that you take probiotics (good bacteria) while you are taking antibiotics.

One effective therapy used to re-establish healthy bowels is colon hydrotherapy which can counteract inflammation and eliminate mucous buildup; eliminate toxins and control growth of disease-causing bacteria; help the body absorb and produce vitamins and minerals; and retrain bowel memory, improving peristalsis (the urge to eliminate).

The use of a prebiotic and a probiotic both strengthens and supports the immune system's ability to protect the body from disease and general malaise. Therefore, at the conclusion of a colon cleansing session the introduction of an additive is used containing prebiotics and probiotics. The colon is a highly vascular organ and absorbs these nutrients readily. If probiotics are not fed with a prebiotic, they die within about 4 hours; the prebiotic enables the probiotic to thrive in the gut for longer periods of time.

If your gastrointestinal condition is affecting your brain health, it may be time to consider colon hydrotherapy and a pre/probiotic supplemental program for a fresh, clean start to get your microbiome back in balance.

Cheryl Kane-Banke is a certified therapist with A Healthier You in Palm Desert which is owned and operated by Deb McMahon R.N., C.N.H.P. For more information call (760) 360-8877.

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Expanded Blood Panels Help Identify Risks *Is your annual checkup comprehensive?*

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

The United States health care system is the most expensive in the world. In 2016 we spent approximately \$3.2 trillion, or an average of \$9,990 per person on health care. Switzerland was the next highest country spending, \$6,776 per person. Despite the amount spent, the U.S. ranks poorly in health outcomes. A recent report published by The Commonwealth Fund found the U.S. ranked last or nearly last, in the areas of health outcomes, access, efficiency, equity and life expectancy when compared to 11 other countries with similar socioeconomic data, including Australia, Canada, and France.

In 2014 leading causes of death in the US were heart disease (614,348), cancer (591,699), chronic lower respiratory disease (147,101), accidents (136,053), stroke (133,103), Alzheimer's disease (93,541), diabetes (76,488), influenza and pneumonia (55,227), kidney disease (48,146), and suicide (42,773).

The Centers for Disease Control and Prevention (CDC) estimates that 150,000 to 200,000 of these deaths are preventable. The primary chronic diseases resulting in mortality are heart disease, cancer, chronic respiratory diseases, and stroke. The main risk factors for these includes smoking or other tobacco use, being overweight, a poor diet, alcohol and drug abuse, exposure to chemicals and toxicants, ionizing radiation and lack of physical activity. Most of these risk factors are avoidable or modifiable by making changes in personal behaviors and lifestyles.

Annual blood and laboratory testing is one of the most important steps aging adults can take to prevent life-threatening disease. It is possible to detect critical changes in your body before they manifest as heart disease, cancer, stroke and diabetes. Having the proper lab tests can enable you to take proactive, evidence-based, disease preventing steps that may add years to your life span – and save our health care system millions.

Standard blood testing usually includes a comprehensive metabolic panel, a complete blood count and a lipid panel. However, most annual check-ups do not include the following tests that could provide predictive biomarkers for impending disease conditions:

High-sensitivity C-reactive protein (hs-CRP) is a sensitive marker of systemic inflammation. It is a critical part of the immune system and can be predictive of a future heart attack, stroke, sudden cardiac death, and the development of peripheral artery disease.

Homocysteine. High levels are associated with disorders that range from heart disease and cancer to Alzheimer's disease and osteoporosis. Incremental increases in the level of homocysteine also correlate with an increased risk for coronary artery disease and heart attack risk.

Gamma-glutamyl transpeptidase (GGT). Elevated GGT is linked to increased risk for a multitude of conditions including cardiovascular disease, diabetes, and metabolic syndrome which can all cause mortality.

Omega Score/Omega-3 Index is a screening test to determine levels of healthy Omega-3 fatty acids in your blood. Low levels of the Omega-3s (EPA and DHA) are independently associated with increased risk of death from coronary heart disease.

Continued on page 24

Is it All in Your Head?

Testing neurotransmitters for biochemical imbalances

By Jessica Needle, ND

You may be one of the millions of Americans who has longstanding problems with mood, sleep, concentration or weight. Or you may have a medical condition that seems difficult to diagnose or treat, such as brain fog, fibromyalgia or panic attacks. If any of the preceding applies to you, consider testing your neurotransmitters to determine if a biochemical imbalance underlies your symptoms.

Neurotransmitters are chemicals that relay signals between nerves and convert electrical impulses into action. They are produced from amino acids and work widely throughout the body, affecting processes such as pain perception, appetite and heart rate. When out of balance, symptoms can occur, ranging from mild forgetfulness to serious illnesses such as epilepsy and Parkinson's disease.

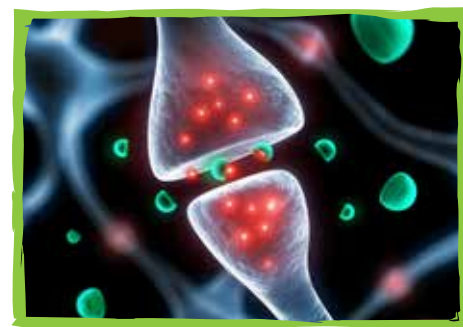
Neurotransmitters can be divided into two types – excitatory and inhibitory. Excitatory neurotransmitters stimulate the brain and other organs. They include epinephrine, noradrenaline and glutamate. When these neurotransmitters dominate, they can cause anxiety, ADHD and high blood pressure. Inhibitory neurotransmitters are calming. Some examples are serotonin, GABA and glycine. When they are low, depression, carbohydrate craving and addiction may result.

The anti-depressant medications Prozac and Zoloft work to maintain the level of serotonin available to receptor nerve cells. These drugs are successful in treating the symptoms of depression in some people, but not in others. If an individual has dysfunction utilizing serotonin, the drug is more likely to be effective than if the symptoms arise from a different chemical pathway. Checking neurotransmitter levels allows your health care practitioner to personalize a plan that corrects your specific imbalances.

Medication is not always necessary for treatment. Since neurotransmitters can be depleted by stress, poor diet, high sodium intake, alcohol consumption and caffeine use, addressing these contributory factors is of utmost importance. Nutritional supplements also play a role by providing your body with the raw materials it needs to produce neurotransmitters, such as vitamin C to support the adrenal glands and vitamin B6 for making melatonin.

Neurotransmitters are tested using a urine sample. You will be given the supplies you need to collect the sample at home and mail it to the lab for analysis. The results will be sent to your doctor, who can then devise a plan to address the root cause of your discomfort rather than masking the symptoms.

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



Neurotransmitters in the brain can be positively or negatively affected by lifestyle changes.



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Living Wellness

with Jennifer Di Francesco

Taking Health for Granted, Gratefulness and Gentleness



At the end of last year, I experienced a health issue which caused me to set in action a New Year's resolution. An unusually strong, gripping chest pain occurring over two days caused me to rush to the emergency room. After an EKG demonstrated an inverted T-wave, and two troponin blood tests revealed potential damage to my heart, I was rushed in for an angiogram. As dye ran through my arteries to detect where the issue existed, a main artery spasm was discovered that prevented blood from fully reaching my heart. With a little nitroglycerine, the spasm relaxed and returned to normal functioning. All other arteries were squeaky clean with healthy signs overall.

An experience such as this can throw a curve ball to a healthy person.

During and after this experience, I had several profound epiphanies. Initially, the ego denied that there was an issue. Then the mind dealt with the unfolding events displaying denial, shock and humor. Afterward, awareness set in that I am not invincible. When this health issue was over, I felt grateful and promised to be gentle with myself.

As it turns out, my sudden alarming experience with an arterial muscle spasm could have been due to a myriad of things; yet, the most important item doctors cautioned was to control stress exposure.

After a few minor residual spasms as my heart healed, I experienced no other issues. But I've made a few significant life adjustments. Taking days off during the midst of the busy desert season is a first step. In addition, I'm beginning to realize that I do not have to carry a heavy burden of responsibility for everything that presents itself. In addition, I now practice gratitude and gentleness with myself: gratitude for the big items such as overall health, and the little things as well. Appreciating the sun on my back, the feeling of human touch, or a runner's high during exercise are all the little things I now enjoy more. I am gentle with myself, knowing that perfection and impenetrability do not exist. As much as I practice and preach hyper-vigilance with all the indicators of health, there is a subtle yet pervasive facet of health that exists.

We experience stress daily, and it has the potential to alter our lives if we let it. Each and every day, we need to be thankful, reverent and gentle with others and ourselves as we move into each new day of health. We seem to realize this lesson only when we are presented with illness and discomfort. The most beautiful thing about gratitude is that it doesn't cost anything and it also takes very little time. There are few practices nowadays that can be placed in this same category.

Health setbacks can happen to anyone at any time, and the most important lesson provided is to not take health for granted. Count your blessings each and every day!

Acupuncture and Moxibustion for Cancer Care

By Stephanie Lee, L.Ac., Ph.D.

Acupuncture has been used for centuries to help identify imbalances and guide patients towards more optimal health. It stimulates the natural healing process of the body and aids in restoring health and balance. As such, more and more studies are identifying acupuncture as a safe and effective therapy in the treatment of cancer for the following reasons:

Reduced nausea, vomiting and fatigue associated with chemotherapy. According to the National Cancer Institute, there is strong evidence that acupuncture can relieve nausea and vomiting associated with chemotherapy.

Pain relief from incisions. Studies looking at pain control using acupuncture suggest that it may help reduce the pain associated with surgery, reducing the amount of pain medications needed and consequently some of the side effects of those pain medicines.

Neuropathy. Acupuncture can improve circulation in the body leading to regeneration of damaged nerves (neuropathy) and improved healing of scar tissue.

Improved digestion. Radiation treatments may lead to pain and swelling in the mouth and throat, making it difficult to swallow. Some patients lose their sense of taste as well. Acupuncture has been shown to decrease these side effects, allowing the patient to swallow, eat and drink more normally. Acupuncture can also help restore appetite and regulate patterns of elimination.

Assist in stress management. There are specific acupuncture points that help the nervous system relax when there is a constant feeling of anxiety or adrenaline. Cancer patients who use acupuncture report feeling calmer, happier, more mentally alert and emotionally stable, all contributing to improved sleep.

Another modality used in Traditional Chinese Medicine to treat cancer is moxibustion which consists of burning dried mugwort (moxa) on particular points on the body. This therapy plays an important role in the traditional medical systems of Tibet, Japan, Korea, Vietnam, and Mongolia as well.

Practitioners use moxa to warm regions and meridian points with the intention of stimulating circulation and inducing a smoother flow of blood and Qi (energy). It is claimed that moxibustion mitigates against cold and dampness in the body and can even serve to turn breech babies. Practitioners claim moxibustion to be especially effective in treating chronic conditions and gerontology, adding new energy to the body by addressing both excess and deficient conditions.

There are several methods of moxibustion including direct scarring, direct non-scarring, and indirect moxibustion. Direct scarring moxibustion places a small cone of moxa on the skin at an acupuncture point and burns it until the skin blisters, which then scars after it heals. Direct non-scarring moxibustion removes the burning moxa before the skin burns enough to scar. Indirect moxibustion holds a cigar made of moxa near the acupuncture point to heat the skin, or holds it on an acupuncture needle inserted in the skin to heat the needle.

Practitioners may use acupuncture needles made of various materials in combination with moxa, depending on the direction of Qi flow they wish to stimulate.

Dr. Lee is founding owner of Advanced Acupuncture & Healing, Inc. in Rancho Mirage and may be reached at (760) 832.7585.



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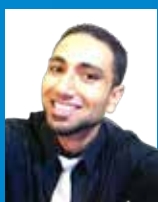
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Shingles: How Can We Help Our Bodies Heal Naturally?

By Amanda Beckner, CN, HHP, Ph.D

Shingles, also known as the herpes zoster, is a painful viral disease that causes skin rash and blisters appearing only on one side of the body along the peripheral nerve in a type of stripe. The outbreak is very painful, and the goal is to clear the condition quickly – something that proper diet can certainly impact.

Shingles begins with an initial infection of the varicella zoster virus that causes chickenpox, generally in children and young adults. Years after chickenpox, the virus remains and can re-emerge as shingles. Varicella zoster virus can become latent in the nerve cell bodies for years without causing symptoms, and an outbreak of shingles normally lasts 7 to 14 days. However, in people who are immune compromised, this disease can have serious consequences. People who suffer from shingles may also experience residual nerve pain for months or even years; this is referred to as post herpetic neuralgia. Other symptoms caused by the condition are fatigue, depression and flu-like symptoms.

Exactly how the virus remains latent in the body, and subsequently re-activates is not fully understood. However, with that said, I believe stress, poor diet and a weakened immune system are the common culprits.

To help the body heal and keep the virus at bay, one needs to avoid stress, allow the body necessary rest, stay hydrated, and cut out incorrect enzymes in foods that feed the situation, particularly those high in the amino acid L-Arginine which can perpetuate an outbreak.

For overall health, you want to increase your intake of fresh fruits and vegetables, but avoid citrus fruits during an outbreak. Vegetable juicing will allow high levels of antioxidants to feed the body which is extremely important in maintaining health with this disease. Beet, carrot, celery, spinach, kale combined in a juice offers a perfect combination.

Maintaining an anti-inflammatory diet will also help keep the virus at bay. Eat foods rich in B6 such as bananas, certain nuts/seeds, sweet potatoes, and red skinned potatoes. Also consume sprouted whole grains, sprouted brown rice, gluten-free quinoa, and rice-based pasta. Dairy-free yogurts that are free of chemicals, casein and lactaid, such as a quality goat or sheep yogurt can be very helpful for the G.I. flora.

If experiencing an outbreak, avoid peanuts, almonds, cashews, chicken, dairy products, red meats, barley and oats, as well as alcohol, caffeine, sugar and all refined simple carbohydrates, as these foods can aggravate the system and cause the virus to continue to spread and blister.

Adding chlorophyll and kelp will promote healing and enhance the body's immune system. Important vitamins include a B-complex, L-lysine, buffered vitamin C, vitamin A, vitamin E, bromelain and quercetin.

To soothe an outbreak, try a few drops of essential oil such as eucalyptus or goldenseal root diffused with a tablespoon of olive oil or grape seed oil and apply the mixture directly to the lesions. This will have a calming effect and, if caught early enough and combined with proper diet, may lessen the outbreak, or stop it completely and send it back into remission.

Dr. Beckner is the owner of Your Body Code, personalized nutrition and wellness programs in Palm Desert and can be reached at (760) 341.BODY (2639). Call us for a free personalized consultation and visit us on the web for free recipes and more information at www.yourbodycode.com.

Sources: 1)Amanda Beckner CN, HHP, PhD, Your Body Code, copyright 2009; 2)Roberta Wilson, Aromatherapy for Vibrant Health & Beauty, copyright 1995; 3)Robert Berkow MD, Editor -in-chief, The Merck Manual of Diagnosis and Therapy, copyright 1987

THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Do What You Can

Do you ever feel overwhelmed? Whether it is because of the number of tasks on my to-do list, or the complexity of a situation, I sometimes find myself feeling frozen because of the multitude of things to do. Because of my work in health education, I am frequently explaining how systems of the body work together like a puzzle and how each part impacts the others. This can feel overwhelming to the listener – especially when the adjustments to build health include changes in their nutrition!

Our diets are dearly held rituals and the need to eat multiple times each day presents a myriad of choices where we get to confront our patterns. When feeling overwhelmed and immobilized by the volume of tasks, I suggest this mantra: “Do what you can.”

My mom used to say, “How do you eat an elephant?” I soon knew the response and would say, “One bite at a time.” Mom’s reminders to me to start with what was possible have proven pivotal throughout my life. When I got to medical school and began assisting in surgery, there were many times where scar tissue made deciphering the organs virtually impossible. My attending surgeon would search for any landmark that looked normal and start there. Millimeter by millimeter we would separate the scar tissue between the organs until we could no longer be sure of a safe move forward. Then we would look from another angle and start again with what we could recognize and move forward little by little. Persistence and small, repeated actions allowed us to achieve our goals.

Even when progress seems impossible, there is a choice available. Sometimes the choice is between a good-better-best option and working with what is in front of us. Other times, the choice might be to “be” instead of “do.” Practicing a pause and creating time for planning amplifies my efficiency when I get back to the “doing.” I will often assess my day and allow myself to know that while I didn’t finish anything, I “moved the ball forward.” Not only is progress not linear, it also includes failure and course adjustment. Becoming comfortable with learning and adjusting helps keep stress low and allows for resuming action quickly.

In our quest for personal wellness, there are many voices to hear and resources to utilize. It can feel overwhelming to remove common foods from our diet, or implement a new mindfulness routine. I often orient myself again with asking, what simple thing can I do right now? I can drink water, I can pause for 5 minutes of deep breathing, I can feed myself a colorful fruit or vegetable, I can let my shoulders drop and be silent for a moment. Then I am ready to move to the next action, and I am present to do what I can.

“Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.” – St. Francis of Assisi

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



Caring for the Caregiver

A lifestyle intervention for those caring for patients with dementia

By Yani Lu, MD, Ph.D.

Today, more than 5 million Americans are living with Alzheimer's disease. A new case of Alzheimer's disease is diagnosed every 66 seconds. By mid-century, the number of people living with Alzheimer's disease in the United States is projected to grow to 13.8 million. Between 2000 and 2013, deaths resulting from stroke, heart disease, and prostate cancer decreased 23%, 14%, and 11%, respectively, whereas deaths from Alzheimer's disease increased 71%, making it the sixth leading cause of death in the United States and the fifth leading cause of death in Americans aged 65 years or older. One in 3 seniors dies with Alzheimer's or another dementia.

With the exception of Alzheimer's disease caused by genetic abnormalities, which account for 1% or less of all Alzheimer's disease cases, it is believed that Alzheimer's disease, like other common chronic diseases, develops as a result of multiple factors rather than a single cause. The greatest risk factors for late-onset "sporadic" Alzheimer's disease are older age, having a family history of Alzheimer's disease and carrying the APOE E4 gene. However, Alzheimer's disease is not a normal part of aging, and the increased risk associated with having a family history of Alzheimer's disease is not entirely explained by whether the individual has inherited the APOE E4 risk gene.

In recent years, numerous reports have highlighted the strong relationship between dementia and metabolic disorders, in which brain glucose utilization and energy production are impaired. Alzheimer's disease has been considered to be type 3 diabetes, a form of brain diabetes that has elements of both insulin resistance and insulin deficiency, even in patients without type 1 or type 2 diabetes. Evidence from most recent studies strongly suggests that several modifiable risk factors reduce risk for cognitive decline and may reduce the risk of dementia; these mainly include a healthy diet, physical activity, lifelong learning/cognitive training, and management of cardiovascular risk factors (especially diabetes, obesity, smoking, and hypertension). Bredesen, et al., recently demonstrated the reversal of cognitive decline in patients with early Alzheimer's disease by utilizing multiple modalities designed to achieve metabolic enhancement for neurodegeneration.

Although the results from recent studies that involve healthy diet and lifestyle changes are promising, the proposed interventions are challenging to implement and prove difficult to adhere to for patients with dementia who lack strong caregiver support. In 2015, more than 15 million family members and other unpaid caregivers provided an estimated 18.1 billion hours of unpaid care valued at more than \$221 billion to people with Alzheimer's and other dementias. The costs of Alzheimer's care may place a substantial financial burden on families. It has been shown that nearly half of care contributors cut back on their own expenses (including food, transportation and medical care) to pay for dementia-related care of family member or friend.


Compared to caregivers of people without dementia, caregivers of people with dementia tend to provide more extensive assistance, provide care for a longer time, and are twice as likely to experience financial, emotional and physical difficulties. Approximately 40% of family caregivers of people with dementia suffer from depression, compared with 5-17% of non-caregivers of similar ages; rates of depression increase with the severity of cognitive impairment of the person with dementia. Several studies show these caregivers also experience more sleep disturbance, higher degrees of physical strain, and a higher likelihood of elevated biomarkers of cardiovascular disease risk and impaired kidney function risk, which may lead to their higher risk of dying compared to caregivers of non-dementia patients. The etiology of all these health issues is likely from the combination of stress, high intensity of caregiving, and shared diet and lifestyle factors.

A team of doctors and staff from the Eisenhower Medical Center and the Eisenhower Memory Care Center are working together to initiate a new approach to help caregivers and their loved one with dementia. We will teach caregivers to establish good coping techniques to improve emotional well-being and to establish healthy lifestyles to improve physical health. This new approach actively involves caregivers, is tailored to meet their daily challenges, and will significantly benefit their loved one with dementia. Specifically, on a weekly basis, caregivers are offered a ninety-minute therapeutic yoga/meditation class and a series of lectures focusing on diet, deep breathing, meditation, physical activity, sleep, and updated knowledge in dementia prevention and treatment. To increase compliance, the diet intervention is designed to benefit both the health of caregivers as well as their loved ones with dementia. Improving caregivers' diets will carry over and change the diet of patients with dementia as the caregivers generally manage all aspects of the diet, including grocery shopping and meal preparation.

It is our hope that after completing this intervention, family caregivers will have improved health status and improved coping skills for daily caregiving duties. Encouraged by their own benefit from this intervention program, caregivers will be more motivated to become actively involved in implementing dietary and lifestyle changes for their loved ones with dementia to help them fight this chronic, life-long disease.

The success of this community intervention will provide a new approach in which we can apply diet and lifestyle changes to other community caregivers such as those caring for alcoholism, patients with HIV, cancer, multiple sclerosis, as well as Eisenhower employees and other community organizations. By implementing lifestyle changes among caregivers, their loved ones with specific health problems, other family members and friends also benefit. We hope to see an improved emotional health and quality of life within our whole society.


Team members for this community intervention program include Dr. Yani Lu, FM resident at EMC; Denise Latini, Manager of Memory Care Center; Dr. Joseph Scherger; Dr. Kenneth Thrasher and Dr. Kulwinder Fayssoux. With appreciation of the Family Medicine Resident Program at EMC; Eisenhower Wellness Center; Eisenhower IRB committee; Dr. Farhad Limonadi; Dr. Alfred Shen; Dr. Barry Hackshaw; Dr. Kiran Dintyala; and Dr. Michael Del Rosario. For more information contact the Eisenhower Memory Care Center at (760) 836.0232.



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The microbiome, the internal bacterial ecosystem that controls gut health, is one of medicine's most promising new frontiers. A growing body of research is shedding light on how the microbiome affects your digestive health, metabolism, and even your immune system. In fact, bacterial imbalances in the gut may be behind a variety of whole-system concerns, from weight gain and gastrointestinal distress, to auto-immune disorders and even neurological issues such as depression. Over time, exposure to toxins can disrupt the bacterial balance in the gut and cause breakage of the tight junctions of the intestinal lining. This makes it easier for toxins to enter your blood stream and impact your health. Fortunately, many problems that begin in the gut can also end in the gut. Below is just a sampling of what Eisenhower Wellness Institute offers to help you balance your diet, heal gut issues, control your weight, and enjoy better health:

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Conquering Cancer

Continued from page 13

against cancer and other diseases. These whole foods provide vitamins, minerals, and protective and naturally-occurring plant substances known as phytochemicals. Of course, each whole food has inherent special qualities, but the focus should be on the quality of the source, and the preparation of the food. Over-processed and hormone-laden lunch meats, for example, are not ideal sources of protein.

What should I avoid eating?

With the tricky labeling and deceptive marketing here in the U.S., it's likely more helpful to know what to avoid eating. Simply put, most things found in bags and boxes with long, unpronounceable ingredients on the label should not be on your everyday grocery list. Stick to real, whole foods with minimal processing.

What are strategies to manage common side effects?

For nausea: Eat small amounts of food more often, as small portions of meals and snacks are often easier to tolerate. Eating foods and sipping on clear liquids at room temperature or cooler may be easier to tolerate. Natural supplements such as ginger and peppermint can be helpful.

For unwanted weight loss: Start with high-protein foods while your appetite is strongest. Keep favorite healthy, high-calorie foods and beverages within easy reach. Try to be as physically active as you are able to be to help stimulate your appetite.

For fatigue: Prepare food when you feel your best and freeze leftovers in meal-size portions. Try to drink plenty of fluids; being dehydrated can make fatigue worse.

Dalton summarizes, "Cancer treatment can place a lot of nutritional demand on your body. It is important to try to consistently consume a healthy diet and to drink nourishing beverages. The main nutritional goals during this time are to maintain a healthy weight and eat healthy foods that supply your body with calories and nutrients for energy, repair, recovery, and healing."

Or, as Desert Regional Comprehensive Cancer Center dietician Nicole Verner, RD, puts it,

"Having regular meals will achieve the most nutritious diet whether going through cancer treatment, recovering from surgery, or trying to reduce your risk for cancer. Good nutrition is not about what you can't eat, it's about expanding the possibilities and incorporating more variety. Eating this way is not just nutritious, but more importantly, a more enjoyable way to eat."

April Hanig, MFTI, is Program Manager at Gilda's Desert Cities, an affiliate of the Cancer Support Community, www.gildasclubdesertcities.org. She can be reached at (760)770.5678 or ahanig@gildasclubdesertcities.org



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Drinking Water is Healthy....Right?

Provided by Preventive Medicine Center

The human body is approximately 70-80% water. Water is the basis of who you are and how healthy you are. Your cells are composed of water, and that water is what the body uses to wash itself internally.

We all know that drinking water is healthy, but this statement can be misleading. Drinking pure, clean water IS healthy and many people believe they can get that from any bottled water. But here are a few things to consider:

The Source

Many bottled water brands are simply city water that has been run through a filter, and thus, may not be the pure choice you were hoping. Chlorinated city water contains 100 to 10,000 times more synthetic compounds as natural spring water (it is estimated that we absorb several times more pollutants from bathing than we do from drinking). So when reaching for a brand of water, read the label carefully and consider the source.

The Container

If you look on the bottom of a water bottle you buy in most stores, you will see a triangle that contains a number. That number relates to the kind of plastic used to manufacture the bottle. A number 1 usually identifies a clear plastic that is not totally polymerized. If you leave a number 1 bottle in the sun, the polymers from the bottle will enter the water, and what most people don’t realize is that plastics act like estrogen in our bodies causing hormonal imbalances. Estrogens unopposed by progesterone block zinc, magnesium and B6 from being naturally absorbed, and an accumulation of these estrogens have been reported to lead to a number of conditions from anxiety to allergies, to autoimmune disorders and cancer.

Some plastic bottles are made from polycarbonate and have the number 7 on the bottom. These bottles contain bisphenol A (BPA) which is now widely known as an endocrine disruptor as it interferes with estrogen and thyroid metabolism. BPA has been suspected of being hazardous to humans since the 1930s. In 2008, concerns about its use were reported in the news media after several government studies issued reports questioning its safety.

High levels of estrogen can be a problem in both men and women with symptoms ranging from breast swelling and soreness, weight gain and hair loss in women to decreased sperm count and erectile dysfunction in men.

The Solution

Invest in a high quality filtration system for your home to ensure you are drinking healthy tap water and transport your water in a stainless steel container; glass is a good second option. If you buy bottled water from the store, buy a glass bottle and be sure to identify the source.

For more information, contact Preventive Medicine Center at (760) 320.4292 or visit www.hormonedoc.com.

Sources: 1) Healing is Voltage: The Handbook, Jerry Tennant MD, MD (H), Psc., D.; 2) Hypothyroidism Type 2: The Epidemic, Mark Starr MD, MD(H); 3) <http://naturalsociety.com/recycling-symbols-numbers-plastic-bottles-meaning/>; 4) <http://naturalsociety.com/recycling-symbols-numbers-plastic-bottles-meaning/>

Maximizing Muscle Movement
Achieving symmetry and contractile efficiency with MAT
By Stacey Clarke, DPM

When we strive for peak performance or simply want to help combat the aging effects, muscle maintenance is one area of fitness that needs attention. However, there is more to it than just strengthening sessions and increasing weights at the gym. Communication between your brain and your muscles is an important factor to consider, and that is where Muscle Activation Technique (MAT™) comes into play.

As a doctor of podiatry, I have seen many injuries and ailments that are due largely to asymmetry of the hips and lower extremities which could not be successfully treated by traditional medicine. MAT is a fairly new therapy that assesses and helps train your muscles for symmetry and contractile efficiency. Here is how it works: when a muscle is too weak to stabilize a joint, the brain senses this and tells the other muscles around the joint to “tighten up” to keep that joint safe. MAT improves your brain’s connectivity to the muscles and allows the muscles to function better. Just like the current from your car’s battery, if there is a bad connection, the motor will not respond. Similarly, muscles that are not receiving proper communication from the brain become weak or do not function well.

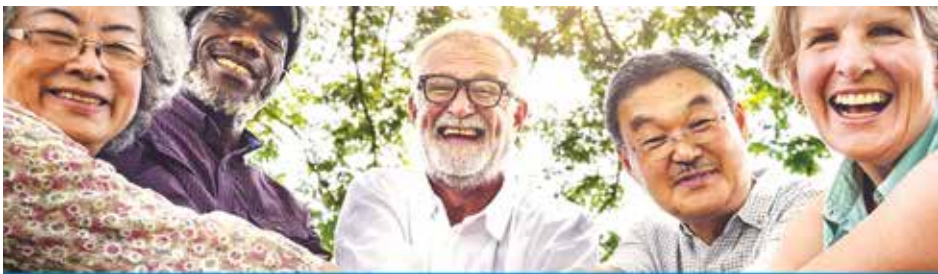
MAT is now being used successfully by trained and certified practitioners to increase strength, improve coordination and flexibility, decrease pain and improve muscle function with age. It differs from other muscle-focused therapies in that it never attempts to directly lengthen or change the muscle by stretching, heating, kneading, or foam rolling. It is not trying to relax the muscle, but instead, attempts to activate the muscle so that your body is better prepared to handle the forces that come from exercise and everyday movements. MAT does not force change on the body, but instead works with it to make improvements, causing changes in motion via improvements in muscle contraction.

After becoming certified as a MAT specialist, I was able to better evaluate my client’s left and right side range of motion along with their ability to develop efficient muscle contractions. If a movement is determined to be asymmetrical (i.e. one limb has a greater range of motion than the opposite limb) as determined by the Comparative Assessment of Mobility, then I know that one or more muscles that moves the less mobile limb is potentially weak. Precise forces are then applied to restore that muscle’s efficiency, re-activating that muscle. As muscles are restored to efficient contraction, MAT uses a system of accountability (checks and balances) to ensure that any increases in motion and symmetry are accompanied by improvements in a muscle’s contractile ability.

MAT specialists analyze the body’s responses and change their treatment decisions based on these responses. Each client is treated as an individual with their own muscular weaknesses and compensation patterns. Therefore, no treatment session is ever the same.

Incorporating this complementary therapy has allowed me to better serve my clients and I am very pleased at the results we are seeing. While many patients see significant improvement in their first session, others will return for multiple sessions to address all the challenges in asymmetry and contractive efficiency throughout the body.

Dr. Stacey Clarke is a Muscle Activation Technique specialist and podiatrist. She combines 26 years of traditional medicine with this complementary modality for integrative care. Dr. Clarke can be reached at (760) 285.7723. For more on MAT, visit www.footdoconfoot.com



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STACEY CLARKE, DPM
DOCTOR OF PODIATRIC MEDICINE
Providing medical and surgical care for 25 years.

My clients typically fall into one of three categories. Can you relate?

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The Next Generation of Healthy Fast Food

Local entrepreneur launches Salads in a Jar

Three years ago, life on the go inspired Indio resident Michelle Steadman to create a healthy raw food bar for herself and her family. It wasn't long before she, her husband Kevin, and son Logan were mass producing, packaging and selling their TRUElicious food bars to Whole Foods and other retailers throughout Southern California.

Building on her passion for healthy and convenient options, Steadman launched *Salads in a Jar*, a fresh salad delivery service, in October. The concept has quickly caught on and the company now offers a variety of options from protein, skinny and gourmet salads to snack jars, fresh fruit jars, breakfast dishes, chilled soups and more. Orders are placed online by Thursday, salads are created on Sunday in vacuum packed mason jars designed to stay fresh for up to a week, and deliveries (to homes and offices) are made each Monday.



Her many regular clients are big fans. "I often don't give myself enough time to eat lunch, let alone time to create a delicious, healthy salad," exclaims long-time friend, Kate Spates. "And delivered right to my door? Michelle has created the absolutely perfect solution!"

The enticing meals speak volumes on their own and help Steadman spread her message that healthy, convenient and flavorful options do exist. "When you see someone eating a colorful, fresh salad, you are drawn to that option," she adds. "I love that we have more and more offices placing orders."



Vacuum packed jars are made on Sunday, delivered on Monday, and stay fresh all week.

Steadman keeps healthy convenience also affordable. Salads which include mostly organic ingredients start at just \$9 and a jar redemption incentive encourages recycling. *Salads in a Jar* is another recipe for success for the Steadman family and for those seeking healthy fast food options in the Coachella Valley.

For more information, visit SaladsinaJar.com or call (760) 587.5076.

Artichokes Have a Lot of Heart

By Dipika Patel

This unique and exquisite flower offers a lot of healing properties. Did you know that an artichoke is a cluster of many budding small flowers that come together with many bracts (individual leaves)? They congregate to create an edible base that we call "the heart." The leaves have a slightly woody taste and can be dried and used as tea. You can also find artichoke leaf extract, which has been linked to lowering cholesterol. The artichoke is known for its antioxidant compound, cynarin, which stimulates cell regeneration, seeks free radicals, and influences the body to generate a healthier liver function.

Artichokes also help to lower blood sugars and blood pressure, to prevent inflammation, to help maintain a healthy heart, and to prevent cancer as it is one of the most pH balancing plants available. They are a great source of dietary fiber, vitamins C and K, folate, magnesium, potassium, and copper as well.

For all of you who plan to detox this spring, jump at the chance to make artichokes a part of your diet. Get to your local farmer's market and buy it in bulk while it is in season (March through May)!

Cooking Artichokes

Fill a large stockpot ¾ with water and place in a steamer stand (which sits above the water). Bring to a boil and place your artichokes stem-side up. Turn down the heat and put on the lid, cooking them for about 25 to 45 minutes depending on how many you are cooking. Remember the larger the artichoke the longer it takes to cook.

I can normally fit around 6-8 at a time in my stockpot. You will know when the artichoke is cooked as the leaves will peel away easily and you can easily pierce the heart of the flower with a paring knife. Viola!

A simple way to enjoy them is with some oil olive infused with garlic, salt and

pepper. If you feel a little adventurous, then I love this salad...

Hearty Bean-Artichoke Salad

Serves 4-6 people

3 cups cooked white beans of your choice (navy, board, cannellini, or lima beans or swap out beans for chickpeas, edamame, or lentils.)

- 2-4 fresh artichoke hearts
- ¼ cup chopped green olives
- 1 medium size shallot finely chopped
- ¼ cup freshly chopped Italian flat parsley
- 1 tbsp freshly chopped mint
- ¼ cup freshly chopped basil
- ½ cup roasted red peppers
- 1/3 cup extra virgin olive oil or avocado oil
- ¼ cup freshly squeezed lemon juice (if you use fresh artichokes)
- Crushed Maldon sea salt (to taste)
- Freshly crushed black pepper (to taste)
- 1 clove crushed garlic or garlic powder (You can add chicken or a firm white fish with this salad - super yummy!)
- 1. In a large bowl, combine beans, artichoke hearts, bell peppers, olives, shallot, parsley, basil, mint and roasted red pepper.
- 2. In a jar combine oil, lemon, salt, pepper, and garlic, stir well.
- 3. Mix salad and dressing well, cover and store in refrigerator for several hours, or overnight. This is a great dish to serve with some fresh fish.

Dipika Patel specializes in holistic health by empowering clients to activate balanced lifestyle of the mind, body and soul. For more information, visit www.dipikapatel.life or contact her at Dipika@dipikapatel.life.



Gluten-Free with Tiffany



The Benefits of Eating Seasonally and Locally

Seasonal eating is en vogue. Between the coveted White House vegetable garden, numerous food-related books, and sustainable restaurant menus, our world is being re-educated on how eating locally grown, in-season foods is beneficial for the planet, your health, and your wallet.

Historically, eating with the seasons was the only survival option humans had. After the invention of grocery stores, industrialized America gradually transitioned to importing foods from all climates and locations to fill our market shelves simply for convenience and profit. Today it is still estimated that on average the typical American meal contains ingredients from at least five countries outside the United States.¹

Here are some convincing reasons to get back to nature and to follow the trend of eating local, seasonally grown foods:

Better for you. Seasonal foods generally have more antioxidants, vitamins, and minerals than foods harvested before they are ripe and shipped long distances. Nature lets us know food is ripe and ready with bright colors and fragrant smells.

Better tasting. When produce is picked from the tree or vine at the perfect time, not only is nutrition at its peak, but the flavor is as well. We have all had the unsavory experience of biting into an un-ripened fruit.

Good for the environment. Shopping from local farms means we cut down on pollution from transportation methods by air, water, and land. Overall, we significantly reduce our carbon footprint by reducing our food miles.

Support of the local economy. Buying locally means you are supporting our small farmers. Local farms need our money to continue production. Often due to contractual obligations, the local chain

stores do not stock from our small local farms.

Saves you money. When you buy what's in season, those foods are in abundance. The costs are much less for farmers to harvest and distribute.

An ancient healing tradition. Seasonal eating has been a cornerstone of several ancient and holistic medical traditions, such as Ayurveda, which views it as essential to health and emotional balance. Science backs what most holistic practitioners believe: the body naturally craves seasonal foods.²

The best way to start a seasonal diet is to shop at your local farmers' markets or food co-op. Developing a relationship with farmers offers opportunities to discover the care they have for their farms. Often, local farmers cannot afford to go through the certification process for organic, yet many harvest under the strict organic standards. Organic or not, most nutrients begin to degrade the moment a fresh piece of produce is picked; so the sooner it gets to you, the better.

Additionally, consider joining your local Community Supported Agriculture (CSA) program. CSA allows residents to have direct access to the produce grown by regional farmers. These local crops are distributed for weekly pick-ups near you. These markets and programs are ideal ways to get exposed to an extensive variety of local produce, ensuring optimal nutrition.

You can obtain a list of seasonal foods in your area at www.sustainabletable.org.

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

References: 1) <https://food-hub.org/files/resources/Food%20Miles.pdf>; 2) <https://www.ncbi.nlm.nih.gov/books/NBK236229/>

Green Bean Salad

From Janet Zappala, KMIR's Your Health Matters

This is one of the easiest and tastiest, not to mention the most nutritious, salads you can make in a minute - well, maybe not literally a minute, but close to it. Once you blanch the beans and then shock them, it's nearly done. Serves 4.

What you'll need:

You'll need about a pound of fresh green string beans or *haricot verts*, if you want to get fancy and go all French on your family and friends. They really are the best. Rinse with cold water and trim the ends.

Boil beans in a large saucepot of salted water until al dente, or crisp tender, about 2 minutes or so.

Have a bowl of ice water ready, shock beans, then drain and pat dry. This will keep them bright green and crispy. Put beans in a medium to large sized bowl and set aside.

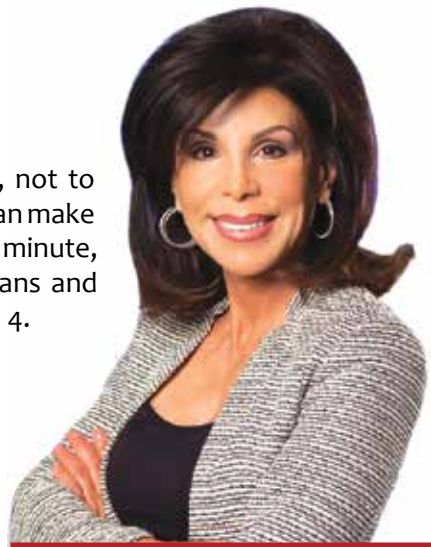
Dressing:

In a small bowl, add 2 1/2 tablespoons red wine vinegar, 1 teaspoon minced garlic, 1/2 teaspoon dried oregano, salt and pepper to taste. Add 1/4 cup olive oil in a steady stream whisking constantly until thoroughly combined.



Pour over beans, and using your clean hands mix it up so that the beans are lightly covered in the dressing. Add a little dressing at a time so it's not too heavy; you be the judge.

That's it... dig in and enjoy!



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Concerned about having enough money saved for retirement? Here's a simple solution: work just a few years longer. By accumulating more savings and shortening your withdrawal period, you'll reduce the lump sum needed to generate the necessary income at retirement.

In a report titled "Retirement Age and the Need for Saving," the Congressional Budget Office (CBO) analyzed the impact of retirement age on the total assets needed in retirement. Here is the conclusion:

Every additional year of work leaves individuals with more income, a shorter retirement to finance out of pocket, more time to save and earn returns, and higher Social Security benefits. Taken together, those factors can substantially reduce the private assets needed to maintain a working-age standard of living in retirement.

Consider a married couple in their early 60s earning \$77,000 per year. After paying federal and state income taxes and Social Security taxes, the couple takes home about \$58,600 in annual income. To replace 80% of their income in retirement, they will need \$46,900 in after-tax income.

If both spouses retire at age 62, the couple will receive about \$20,100 in Social Security benefits annually. This means they will need another \$26,800 of after-tax income per year. The CBO estimates that it would take a lump sum of about \$510,800 at age 62 to generate the necessary income.

If the couple were to retire at age 63, their annual Social Security benefits would increase to about \$21,600, so they would need to finance \$25,200 per year after taxes themselves. In this case, the required lump sum drops to \$465,000. The amount the couple needs to accumulate continues to decline for each year that they delay retirement, to about \$298,400 if they retire at age 66 and to about \$117,700 if they retire at age 70.

Postponing retirement a few more years also offers the following benefits:

- **More salary to save and invest or pay down debt.** Pre-retirees at the peak of their careers can make substantial contributions to their retirement and investment accounts and dedicate a chunk of their income to debt reduction.
- **Higher Social Security benefits.** Applying for Social Security benefits at full retirement age (66 for anyone born between 1943 and 1954) produces a 25% higher benefit than applying for early benefits at age 62. Waiting until age 70 more than doubles the benefit compared to the amount available at age 62.
- **Higher pension benefits.** Whether a pre-retiree participates in a traditional pension plan with benefits based on salary and years of service, or a 401(k) plan with an employer match, working longer will, in most cases, boost those benefits and result in more assets to draw from in retirement.
- **Save on health insurance premiums.** Retirees who go from an employer-sponsored health plan straight to Medicare at age 65 can avoid the high cost of individual health insurance during ages 55-64.

To help you ensure that your investment plan and goals are on track for a secure retirement, consider consulting with a professional financial advisor who specializes in retirement.

"No" Is a Complete Sentence

Continued from page 8

attending this event or doing this task? What has this person done for me lately? What else will I do with my time or money if I don't do this?"

- Ask yourself if you have a FOMO (fear of missing out)? Does your FOMO get in the way of your purpose and priorities? Facebook and other social media sites can make you feel like you need to overextend and say "Yes."
- Practice makes perfect when it comes to saying "No." Say "No" as often as you can to get more comfortable saying the word. Sometimes, repeating the word is the only way to get a message through to persistent people. Eventually, they'll get the message.
- Say "I don't," not "I can't." This is a simple shift that suggests that your refusal is based on strongly held beliefs. "I have a policy that I don't lend money to friends."
- When your boss wants you to take on new assignments and you believe you are spread too thin to take on more work, consider saying to your boss, "I'm not sure I can add this considering my current projects. I would appreciate your thoughts on how to prioritize."

Bottom Line: "No" is a complete sentence. Try it!

Dr. Susan Murphy is a best-selling author, coach and speaker who specializes in relationships, conflict, leadership and goal-achievement. She is also the co-author of *In the Company of Women* and can be reached at Dr.Murphy@LiveWellClinic.org. (760) 674.1615.

Expanded Blood Panels Help Identify Risks

Continued from page 14

Fish or fish oil consumption have been demonstrated to reduce total and coronary heart disease mortality with intakes of about 1 gram per day.

25-Hydroxyvitamin D (25OHD). Medical literature currently contains more than 50,000 articles on vitamin D which plays a critical role in the immune system, neurological regulation, and bone health. According to the National Institutes of Health, it may help prevent diabetes, multiple sclerosis, and high blood pressure.

HgA1c. When HgA1c is elevated, it means that your body is no longer properly managing blood sugar levels and you are at risk of becoming diabetic. Higher levels are also associated with inflammation throughout the body.

8-hydroxydeoxyguanosine (8OHdG) is an excellent biomarker of oxidative stress and risk factor for a variety of diseases including cancer, cystic fibrosis, rheumatoid arthritis, pancreatitis, hepatitis, inflammatory bowel disease, and neurological diseases including Alzheimer's and Parkinson's. It is a non-invasive test requiring a single first morning void urine collection.

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

Sources: 1) Biomarkers and Mortality after transient ischemic attack, stroke. ahajournals.org/content/463/659 2) GGT, a predictive biomarker of cellular antioxidant inadequacy and disease risk, <https://www.hindawi.com/journals/dm/2015/8185701> 3) Biomarkers in fasting serum insulin <https://www.ncbi.nlm.nih.gov/pmc/articles/pmc4274783> 4) Journal Environ. Health 2009 April 5) www.ncbi.nlm.nih.gov/pubmed/194112858 6) omega-3 index, a new risk factor for death from CHD www.ncbi.nlm.nih.gov/pubmed/15208005 7) a prospective study of plasma homocysteine JAMA 1992 Aug. 8) HgA1c predicts impaired glucose tolerance, *Annals Clin. Biochem.* 2005 May 9) Rider et al. *Circulation* 2004,109, 2818-2925 9) Urinary 8-OHdG a marker of oxidative stress to DNA <https://www.ncbi.nlm.nih.gov/pubmed/1467888> 10) Faststats, www.cdc.gov/nchs/fastats/deaths.htm, 2016 11) National Health Expenditure <https://www.cms.gov/research...and...nationalhealthexpendituredata/nhe-fact-sheet> 12) www.commonwealthfund.org/publications/fund-reports/2014/jun/mirror-mirror



Identifying and Treating Postpartum Depression

Postpartum depression (PPD) is defined as a variable mood, anxiety, and feelings of despair and deep sadness that occur in a new mother from several days to several months after childbirth. PPD can last for months, or longer, and if untreated can affect the way a mother is able to function in her daily life, bond with her new baby, and in some cases adequately care for her baby.

Symptoms of PPD are often discounted as fatigue, lack of sleep, or being ‘normally’ overwhelmed with a new child. Women with PPD often struggle silently without proper treatment, care, or recognition of their condition. PPD can be treated with pharmaceuticals when necessary; however, there are other natural agents that are extremely effective.

PPD often occurs with the initial drop in estrogen and progesterone within a few days of childbirth. There is a possible hormonal connection to PPD, but the physiological causes are not clearly understood. The difficult issue with PPD is that symptoms are entangled with some common variations in emotion and mood that occur with a new child, and it can be hard for the individual or friends and family to recognize as abnormal mood variation.

Treating a new mother prophylactically for an anticipated alteration in hormone levels, and for stress and anxiety can decrease PPD. Having a support system in place for new mothers to discuss their challenges adjusting to a new baby is important as well.

Signs of PPD are as follows:

Depressed mood	Severe mood swings	Excessive crying
Difficulty bonding w/ baby	Withdrawal from family	Loss or excess appetite
Insomnia or excess sleep	Overwhelming fatigue	Reduced interest or pleasure
Intense irritability and anger	Fear she’s a poor mother	Feeling worthless, shame
Feeling guilt or inadequacy	Unclear thinking	Severe anxiety
Panic attacks	Thoughts of self-harm	Thoughts of harming baby

PPD can be one or more of the above- listed symptoms. Feeling excessive anxiety as the only notable symptom can be PPD, and it can often be more subtle and hard to recognize. Putting a system of emotional, nutritional, and herbal support in place immediately following childbirth can mitigate symptoms and decrease necessary pharmaceutical treatment.

All new mothers should be supplementing with the following: encapsulated placenta pills (to help balance hormones) and Health Concerns Postpartum herbal combination, both of which significantly reduce PPD; prenatal multi-nutrient; fish oil blend; vitamin D; and B12/B6 injections weekly as often as possible, all which can help manage fatigue, stress, anxiety, and support a healthy mood; and joining a new mothers support group within a month of childbirth. The Coachella Valley has two great resources: About Families, a local non-profit aimed at supporting new families, and Healthy Beginnings at Desert Regional Medical Center. About Families holds monthly support groups, breast feeding clinics run by lactation specialists, and resources for services such as placenta encapsulation and postpartum doula care.

The single most important element for early treatment of PPD is joining a support group to listen to and share the experiences of new motherhood. If the above are not treating what seems like excessive variations in mood, anxiety, and abnormal personal behavior, pharmaceutical intervention can be enormously helpful to a new mother and her baby to have a healthy start together. It should never be considered shameful to begin medications where mental health, family wellness, and infant babies are concerned.

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. About Families, Inc. www.coachellavalleyprenatalclass.com; Healthy Beginnings <https://www.desertregional.com/our-services/womens-infants-center/healthy-beginnings>

15 Fun Self-Care Ideas for Daily Living

The key to finding time and balance is to incorporate self-care into what we are already doing. Here are a few discoveries to get you started.

1. In the kitchen, **squat for anything lower than the counter top** (strengthens pelvic floor muscles for men and women, improves bladder control, and sexual performance, especially after childbirth).
2. Make a game out of preparing a meal – **“once around the kitchen”** – see if you can go once around the kitchen and collect all the things that you need for a meal. Start with breakfast (saves time and keeps you focused in the present moment).
3. **Exercise with no electronics!** Use time for breathing and centering (improves focus and awareness).
4. **Put things away after use** (requires only a small amount of time, keeps environment uncluttered, relaxed).
5. **Keep water glass/bottle within reach** – sip when thinking/talking on phone (encourages hydration).
6. Ongoing shopping list – **plan meals for the week** and buy weekly (saves time).
7. **Take time to laugh, smell the flowers, and enjoy a precious moment** (boosts energy and appreciation).
8. **Eat meals mindfully** without distractions such as TV, iPhone, ear buds, music, or reading. Enjoy the colors of the food, feel the textures, be aware (enhances digestion and nourishes while

eating less).

9. **Take frequent breaks** – pause at least hourly for three or four slow, cleansing breaths (refreshes and rejuvenates energy).
 10. **Walk around** as you speak on the phone and focus on your breath (provides exercise and centering).
 11. **Begin to prepare for bed 30 minutes before** and turn off any noise in the environment such as TV, music, iPhone, etc. (decreases stimulation, allowing the body to prepare for sleep).
 12. **On the road, drive in stillness.** Breathe and pay attention to the world around you (helps you arrive refreshed, rejuvenated, and centered).
 13. **Allow the telephone to ring twice** and take a couple of centering breaths between the first and second ring (allows you to become more alert and aware).
 14. Rather than using the drive-through, **park and walk** into banks, restaurants, dry cleaners, coffee shops, etc. (promotes exercise and, as a bonus, you may receive quicker service).
 15. Take at least five minutes to look out the window or **sit outside in silence** to observe and listen (increases your alertness and awareness).
- Excerpted from *Self-Care: A Busy Person’s Guide for Finding Time & Balance*. Reprinted with permission from the American Holistic Nurses Association. www.ahncc.org.

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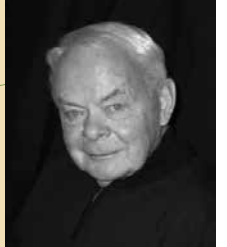
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Vibration and Healing

Shay Moraga's combat with the big C is being chronicled in *Desert Health*, and is a valuable contribution.

Her cancer is now in remission, which is glorious news after all she has suffered.

Her battle has been challenging. In addition to medical intervention, she prevailed with her courage, persistence, her love for life and always positive attitude. Through it all, the support of her friends, "Shay's Warriors," and her family never wavered; they were always by her side, bathing her in their positive vibrations.

The entire universe, everything in it or on it, possesses the powerful energy of vibration. Invisible vibratory waves crisscross through space with no boundaries in infinite consciousness and awareness. Vibration is also the source of intuition.

Vibration is measured in frequencies. The scientific units are Hertz, the name of a German scientist who made important contributions in the field of electromagnetism.

So much for the science. What does it mean?

Have you ever had a feeling a person close to you is thinking of you and connected at this very moment? Have you met a person and experienced an immediate connection? Have you planned on calling someone and that person calls you first? That is vibration of compatible frequencies – rarely just circumstances.

Have you had an intuition that something positive or negative may happen? The vibration of intuition is likely the cause.

"I have had moments when I thought about somebody, picked up the phone to call them and they are on the line already, and I think that maybe there is some vibration, some connection." - Clint Eastwood.

Sound is vibration. It is the frequency of the music played for our brain to perceive the sounds as pleasing, calming or unsettling. The sound of music impacts our moods and reaction.

It is a fascinating subject, relevant on many levels, and much information and musical examples are offered on Amazon. A few of my favorites include *Binaural Brain Beats – Subliminal Systems* and *Solvegio Harmonics*. To induce and deepen sleep, test the compositions of Steve Halpern: *Sleep Soundly* or *The Best Music for Sleep*. Listen as you drift off to sleep.

Meditation is also vibration in action used to enhance awareness and mental acuity with lasting benefits for mind and wellbeing. The practice is thousands of years old and may be shrouded in the mystery of the guru teachers on the mountains, living in solitude with years of disciplined practice. In our western reality its practice focuses primarily on breathing and awareness. To pursue the many advantages, only consistency is essential. The free app *10% Happier* by Dan Harris provides an easy introduction to calming the mind through meditation.

Shay is a spiritual being. She is a yoga teacher and meditation guide.

We are lucky to know her and these thoughts are dedicated to her health and happiness.

George Adolph can be reached at ugadolph@live.com.

Is It Retirement or Retiremental?

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

The golden years: sailing off into the sunset with a great love, enjoying every minute of life's treasures...

We all wish life was like that. We plan for a time when we have enough income, fortitude, and good health to enter the last stage of life with a sense of contentment and purpose. Unfortunately, it doesn't always work out that way. As they say, He laughs while we are making plans.

And while retirement may not be exactly how you envisioned it, there are simple steps to take to keep it exciting and fruitful:

Be here now. You've heard over and over "cherish each day, no matter what." It's trite, but so true. If you can find one or two pieces of each day that are sweet, encouraging, positive, or purposeful, those are tomorrow's memories. The next time you're having a conversation with someone, notice how many times your mind wanders. You might be thinking about the roast you forgot to take out of the freezer or your trip to the dry cleaners - anything but the current moment and being invested in that conversation. If you notice yourself leaving the moment, take a breath and allow yourself to come back. Eckhart Tolle calls that, "watching the watcher." As you begin to just observe your thoughts, you'll be brought back to the present moment rather than driven by your mind's busy mode. This is a crucial suggestion for a social media-driven world.

Expect the unexpected. "Live life on life's terms" is a saying from AA. There are always going to be times when we feel knocked down and helpless. It's how we perceive our challenges and react to them that matter, and being resilient, bouncing back from unexpected challenges, is key. According to psychiatrist Dennis Charney, MD, dean of the Icahn School of Medicine at Mount Sinai in New York, resilient people are less likely to be diagnosed with mental health struggles like PTSD, depression, and anxiety. He posits that, "increasingly, research has shown that the ability to thrive despite difficult circumstances can speed recovery from injury and surgery, reduce pain, and improve health outcomes for a wide variety of conditions." Optimism and positivity go a long way in the reduction of illness and illness timelines.

Appreciate your wisdom and give back. When the body begins to decline and we're not as spry as in our youth, wisdom excels and there's so much we can do to mentor and pay our life experiences forward. Younger people really are interested in learning from a more mature perspective. Explore opportunities to share that knowledge.

Acceptance. Life can take its toll and we need to honor and listen to our intuitive selves and accept what is. Finally accepting the loss of a loved one and trudging forward alone all come back to heartfelt acceptance. Finding a sense of peace and contentment can be achieved. Anything is possible!

Physical, mental, and emotional self-care. Remember that in order to find peace and purpose in retirement, one must get proper rest, eat right, and explore appropriate avenues of treatment for prevention, medical and emotional care.

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

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The Role of Exercise in Modern Life

By Shahriar Emami, Certified Personal Trainer, RYT 200

Many of us have taken steps to become a healthier, stronger version of ourselves this New Year by becoming more physically active. Some of us hit the weights, the yoga mat, the spin bike or the side walk, all of which are excellent options for getting in shape. For many of us, however, our workout routine can begin to seem repetitive and boring, as if we are just going through the motions, simply breaking a sweat because we were told it was good for us. But this isn't about the benefits of exercise that we have all heard so many times before. This is about bringing purpose – and longevity - to your exercise program.

Nowadays, we spend hours on end in chairs with “back support,” caved in from the chest as we work away on our computers or drive in our vehicles. Our sedentary world of comfort and support has led us down a path of physical unease, where poor posture and dysfunctional movement patterns have become normal at younger and younger ages.

Good posture can be defined as the proper alignment of body segments that allows muscles, nerves, and joints to function efficiently. It is simply the foundation of our movement. Holding oneself in correct alignment involves the correct relationship between the opposing muscle groups of the body. Because of our supported modern lives, these muscular relationships have become imbalanced and poor posture and a lack of mobility is the result. Now take this poor alignment of body segments, and go through the motions in your exercise program, and the result is wear-and-tear on the joints, further dysfunctional posture, and inevitable injury leading to an unhealthy relationship with exercise. Nick Frasca, owner of The Yard Authentic Strength and Barbell, says it best, “You can't put fitness on dysfunction!”

We are stuck with these bodies for the long haul. We must shift our attitude towards fitness from instant gratification to training for longevity, making our exercise session a practice of movement with the intention of living free of pain and injury. Building a strong foundation in your movement practice will reduce the aches and pains of daily life, allow you to commit to a long-term exercise program, and will even allow you to take your fitness to the next level. This is a tough task, but there are professionals (chiropractors, physical therapists, personal trainers, yoga teachers, etc.) who will guide you along the journey to becoming the strongest version of yourself. After receiving medical clearance from your doctor, seek out your local fitness professional and make that first step!

Shahriar “Shar” Emami is a certified personal trainer and registered yoga teacher (200 hour) who is passionate about helping others achieve a healthy well-rounded life through the avenues of weight lifting, yoga, and gymnastics. For more information contact Shar Sharseyed@gmail.com or the Live Well Clinic at (760) 771-5970.

Sources: 1) Kim, Deokju, Milim Cho, Yunhee Park, and Yeongae Yang. “Effect of an exercise program for posture correction on musculoskeletal pain.” Journal of Physical Therapy Science 27, no. 6 (June 27, 2015): 1791-794. doi:10.1589/jpts.27.1791; 2) Quka, N., Dh. Stratobedha, and R. Selenica. “Risk Factors of Poor Posture in Children and Its Prevalence.” Academic Journal of Interdisciplinary Studies, 2015. doi:10.5901/ajis.2015.v4n3p97; 3) Kendall, F.P. et. Al. (2005). “Muscles Testing and Function with Posture and Pain (5th ed.). Baltimore, Md.: Lippincott Williams and Wilkins.

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Three Tennis Injuries: Their Treatment, and How to Prevent Them

Continued from page 3

Symptoms: Watch for shoulder tenderness, pain, a weakened tennis serve, or “dead arm syndrome,” feeling your arm is just too heavy to lift. At times, a cracking or popping noise may accompany these symptoms. Reaching back to snap your bra or pull a wallet out of your rear pocket often activates the rotator cuff muscles and tendons at the rear of the shoulder, making the tear more evident.

Treatment: Non-surgical treatments that involve NSAIDs or steroid injections coupled with rest often alleviate pain, but most tears cannot heal on their own and require surgery. The good news is that the vast majority of tennis players having surgery are able to return to play.'

Prevention: Playing tennis builds up the muscles in the shoulder, but it doesn't build up those in the rotator cuff. Consider adopting the rotator cuff strengthening routines long common in the pro ranks. A simple online search will reveal a comprehensive program.

Jumper's Knee

Tennis requires a great deal of horizontal and lateral movements, but there is also more jumping than players might consider. Jumping and landing during serves and volleys can put excessive strain on the patellar tendon. This is the tendon which attaches the kneecap to the shinbone. Inflammation or microscopic tears occur in the tendon, leading to this persistent condition officially known as patellar tendonitis.

Symptoms: Pain or soreness occurs just under the kneecap. Often, this is accompanied by swelling and the sensation of being warm to the touch. One of the dangers of this injury is that it usually appears as a mild, nagging injury that “is not that bad.” Many tennis players continue to train and compete on it as the symptoms dissipate after a short period of rest. However, this does not allow for full recovery and can lead to a chronic injury that ultimately requires surgery. Do not ignore it.

Treatment: If caught early and before significant damage to the tendon occurs, the RICE principles of rest, ice compression and elevation coupled with anti-inflammatory medication can help. You must not rush back to playing merely because the symptoms disappear. A jumper's knee strap may be used once the rest period prescribed has ended. If the case has progressed, surgery may be required followed by 6-12 months of rehabilitation.

Prevention: Learn to land properly when jumping. Don't tuck your hips under you, as this places the shock load on the knee. Learn to let the hips absorb the landing shock. Do strengthening and flexibility exercises not just for your knees but also for the ankles, hip flexors and lower back. Increasing strength and mobility in these areas allows these joints to share the force of landing with the knee.

So keep playing tennis! It's a sport chock-full of cardiovascular, strength, bone density and joint benefits along with stress reduction. Just make sure you are following a preventative strength and conditioning program that matches the degree of your competitiveness.

Orthopedic surgeon Dr. Sydney Pardino serves as Director of Sports Medicine at the Institute of Clinical Orthopedics and Neurosciences at Desert Regional Medical Center. For more information visit www.cuttingedgeortho.net or call (760) 416.4511.

References: 1) <https://www.ncbi.nlm.nih.gov/pubmed/1558235>



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Nominations to date

(Nominations open through March 31, 2017)

INDIVIDUAL



Denise DuBarry Hay Yogi and Business Owner

A practicing yogi since 1979, Denise has shared her passion for wellness through fitness and health businesses opening Malibu Yoga in 1986 and Bikram University Yoga locally in 2011. She has served on many non-profit boards and gives her time generously to organizations that strengthen the health of our community.

"I believe that to evolve as humans, we must try to reach our highest potential. Through yoga, one can learn how to calm the mind, strengthen the body and allow the spirit to soar."



Bruno Lemay, DDS

Dr. Lemay struggled with the number of people in the desert who needed, but couldn't afford, dental implants. He saw how it was affecting their ability to eat and live healthy lives and made it his mission to create a low cost option which he now teaches to other dentists throughout the US and Canada.

"When a client who has suffered tells me that this [procedure] is the best thing they have done in life, I know I have accomplished my purpose."

Previously recognized in this category:

Jayne Robertson • Jason Tate • Janet Zappala

BUSINESS

Bikram Yoga Plus

This multi-faceted studio offers a variety of programs with the shared goal of improving mind, body and soul. They have created and support an environment of health in all aspects of lives offering discounted programs for seniors, teachers and first responders; workshops for teens and tweens; and programs on healthy living and eating.

"We see transformations in people every day with less pain, lowered blood pressure and blood sugars, weight loss..people who are happier and now medication-free." – Denise DuBarry Hay, Owner

Previously recognized in this category:

Mo'tus Floatation & Wellness Center • Thrive Fitness Studio

Continued on page 30

Trilogy's 9th Annual Health and Wellness Fair

Free and open to the public!

Desert Health® is proud to support the 9th Annual Trilogy Health and Wellness Fair at Trilogy Resort in La Quinta on Saturday, March 25. This free event takes place from 9:00 a.m. to 12:00 p.m. and is open to the public.

A variety of Coachella Valley health professionals will offer demonstrations, product samples and information. Meet many practitioners featured in *Desert Health*® and learn more about the modalities and practices you read about here including acupuncture, bio-identical hormones, floatation therapy, and more. Learn your blood pressure and blood sugar levels and get a free hand or neck massage from The Coral Spa therapists.

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

So come make a day of it and join us at the 9th Annual Trilogy Health and Wellness Fair.

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



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Desert Health Wellness Awards nominees to date

Continued from page 29

NON-PROFIT

Act for MS

Act for MS is dedicated to improving the quality of life for local residents affected by multiple sclerosis through free programs and services including fitness, yoga, aquatics, seminars, bill assistance and more. Founded in 1999 by media legend Gloria Greer, the organization has helped over 350 residents affected by the condition.



"There's no doubt my mother's vision to create ACT for MS to help local patients like myself has been paramount to the quality of life we're experiencing today." – Norma Greer, ACT for MS Client

Cielo Vista Charter School

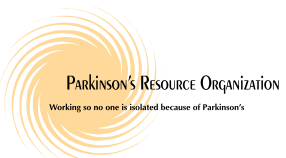
Seven years ago, CVC implemented a "contagious and comprehensive sense of personal wellness" on campus. Healthy vending machines, a school fitness center, monthly newsletters, a ban on hot Cheetos and sports drinks, a school garden, chickens who provide eggs for cooking classes, and more have created a measurable improvement in the health for students, staff and families.



"We believe that if we teach health and wellness at a young age, we can lessen childhood obesity... As staff and community of a school, we must lead by example." – Tanya Niwa, Physical Education and Nutrition teacher

Parkinson's Resource Organization

After being personally touched by the disease, Jo Rosen founded PRO in 1990 to provide services, resources, and local connection for those affected and their families. PRO now helps thousands through support groups, newsletters, coaching, outreach, training for caregivers and more.



"Until the cure, we help people achieve the greatest quality of life possible... with a disease that causes havoc in the life of the person affected and their family..." – Jo Rosen

SafeHouse of the Desert

SafeHouse is a 24-hour emergency shelter whose mission is to serve runaway, homeless, and at-risk youth ages 11–17 in the Valley. Services include emergency shelter, food, counseling, attempts at family reunification, on-site education programs, aftercare and a 24-hour toll-free crisis line. The organization has served over 6,000 youth and their families since its inception.



"SafeHouse provides a safe place for youth when they are at their most vulnerable. Our goal is to give kids opportunities, possibilities, and build hope that things can get better." – Kathy McAdara, Executive Director

Previously recognized in this category:
Braille Institute of Rancho Mirage

INTEGRATIVE PRACTITIONER



Celeste L. Amaya, MD

Embracing the mindset of whole person care, Dr. Amaya implements Eastern therapies in her Western medicine practice focusing on the mind-body connection to enhance healing. Meridian Access Therapy (a form of acupressure) combined with open discussions on the power of positive emotions have significantly helped her clients eliminate pain, neuropathy, fatigue, insomnia and more.

"Meridian Access Therapy brings Eastern healing influence into my traditional Western medicine training enabling me to teach people how to get the body to work with the mind and achieve, not just a cure, but total body healing." – Dr. Amaya



Tiffany Bell-Davantes, FNP

In addition to the title of family nurse practitioner, Tiffany considers herself a coach, cheerleader, manager, promoter and fan. She engages in her patient's lives to understand their values and culture to help implement healthy change. She uses holistic, alternative and medical knowledge and resources to deliver cost-effective and quality care.

"When a patient feels supported, valued, and respected, they are willing to make the sacrifices to change the course of their life and head down the path of healthier lifestyle choices." – Tiffany Bell-Davantes



Elliot Lander, MD, FACS

Since 2010, Dr. Lander has focused his efforts on researching, teaching and implementing regenerative medicine through stem cell technology. He formed the international Cell Surgical Network which now has the largest research database on the treatment of multiple conditions (auto-immune, cancer, trauma, neurological, degenerative disease, and more) through the use of patients' own fat-derived stem cells.

"The serendipitous finding that we have stem cells just under our skin that can be safely used to mitigate human disease is one of the great discoveries of the early 21st century." – Dr. Lander



Hessam Mahdavi, MD, DC, CNS

Dr. Mahdavi was a chiropractor before obtaining his medical and then functional medicine qualifications giving him well-rounded training for integrative, whole person care. In his family practice, he prescribes lifestyle, nutrition, supplementation and medicine to bring about wellness with each individual, each family and throughout the community.

"The art and science of wellness, holistic and western medicine has made such a profound impact on – and saved – my life, that I wanted to give this knowledge and gift to others." – Dr. Mahdavi

Previously recognized in this category:

Pamela Potenzo, RN, BSN, HNB-BC,CHTP • Kelli Rose, Nutritional Chef/Instructor, Certified Cancer Nutritional Therapist, Surgical Technologist • John V. Yuhas, RN, BA, ERYT 400

Previously recognized in our YOUTH category:
Stephanee Sandoval, Student



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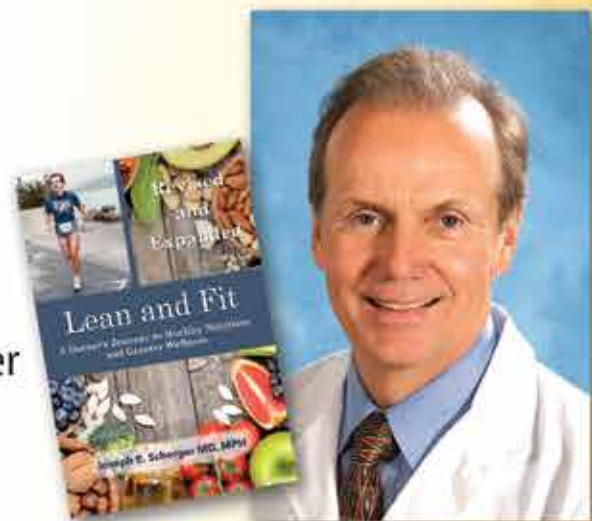
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