



Desert Health[®]

News from the Valley's Integrated Health Community

March/April 2018

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A Lot to Learn and Do in Desert Events!



The world is seeking wellness. Whether at home in our daily lives or traveling abroad, more and more people are making health a priority and propelling the global wellness industry to a \$3.7 trillion market.

Wellness is the “state of being in good health especially as an actively sought goal,” and the sectors that make up this flourishing industry include beauty and anti-aging; healthy eating, nutrition and weight loss; wellness tourism; fitness and mind-body; preventive and personalized medicine and public health; complementary and alternative medicine; wellness lifestyle real estate; spa industry; thermal/mineral springs; and workplace wellness.

The Coachella Valley already excels in each of these sectors and is about to get a boost from the Greater Palm Springs Convention & Visitors Bureau (CVB).

With wellness tourism increasing globally – more than twice as fast as overall tourism – the CVB is launching an initiative to market the Valley nationally and internationally as a health and wellness destination.

“Wellness tourism now accounts for almost 16% of total tourism revenues – nearing 1 in 6 of total tourist dollars spent,” states Vicki Higgins, vice president

of destination development. She adds that wellness travelers also spend more per trip with international wellness tourists spending 61% more than the average international tourist, and domestic wellness travelers spending a staggering 164% more than the average domestic tourist.

The focus came after the CVB’s 2016 Destination Development Plan identified our health and wellness industry as an “authentic experience” (in place and thriving) and one of the area’s top opportunities for growth. Working in close collaboration with community partners, stakeholders, and the local tourism industry, the CVB is actively developing and implementing a number of targeted strategies including an advisory committee of local businesses and wellness practitioners; a health and wellness interest section on the CVB website; and a fall spa promotion. The CVB also continues to expand health and wellness messaging through their social media and other digital platforms.

Upcoming projects include a fall 2018 Wellness Month for locals and tourists alike; fourth quarter events including Wanderlust Wellspring in October (Palm Springs), The Ironman 70.3 in December (Indian Wells and La Quinta) and a series of influencer videos to highlight the many health and wellness offerings in the destination.

Continued on page 27



Five years ago, the Coachella Valley

received an incredible gift. We were chosen to be the model region for changing health behaviors in our community. The grand task would take many organizations working together for the greater good and the work of countless individuals making significant efforts – large and small – for themselves, their neighbors, and the next generation.

We accepted the challenge set forth by the Clinton Foundation and five years later continue to reap the benefits and continue the work. Our successes and challenges also helped define the foundation’s Community Transformation Model currently being implemented in other regions across the country.



The goal of the Clinton Health Matters Initiative (CHMI) is to improve the well-being of our nation’s population associated with preventable disease one community – and one person – at a time. Local leaders from a variety of sectors are brought together and Bold Action Steps designed to be “audacious and ambitious” are specified in a Blueprint for Action.

Those steps started with us. We came together; worked hard, and the impact has been significant. The specific goals we established aimed at improving health behaviors (smoking, diet and exercise, alcohol use and sexual activity); clinical care (access

Continued on page 5



DESERT REGIONAL
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Comprehensive Cancer Center

DesertRegional.com/cancer

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



“Early Breast Screening
Saved My Life.”

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



"You Just Have to Eat Well."

Today I had the honor of visiting a dear friend who wasn't feeling herself. She is hardly ever ill, has eaten healthy her entire life, and is my greatest inspiration. I brought her a beloved avocado which, thanks to her, I now eat daily. We spoke about nutritious foods keeping you well, getting the girls together again soon, the beautiful Desert sun shining through the windows, and the many colors of Palm Springs which she notably helped shape.

"You don't have to grow old and sick like so many do," she said. "You just have to eat well." Her inspiration was nutrition expert Gaylord Hauser, who during the 1930s inspired her to go grain- and dairy-free.

May 5 marks my friend Edith Morrey's 106th birthday. She has always been a picture of health and lit up when I told her that "this health and wellness thing" is finally catching on.

"It also helps if you love where you live." She certainly has loved her life in the Desert and I could listen to stories for days...

For all of you inspired to live healthier, the Desert is a great place to be and this is a great time to be here.

In this issue, we celebrate much that has been accomplished and the progress which is underway. We review the achievements of the 5-year Health Matters Initiative (pg. 1) and the launch the CVB health and wellness destination campaign (pg. 1). We applaud the Desert Healthcare District's "One Coachella Valley" expansion (pg. 3) and the Alzheimer's Association's broad study on lifestyle interventions (pg. 4). We are also thrilled to see students learning functional medicine (pg. 23) and cancer patients learning qigong (pg. 21).



With the ever colorful
Edith Morrey

Living a healthy lifestyle that works for you takes self-awareness and education. In Desert Events, you will find many activities and lectures to help you along your journey.

Remember to cherish every day and to nourish your mind, body and soul. It will serve you well along the way, and help you to be grateful until the very end.

With love and sunshine ~

Lauren

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Fun & Healthy Happenings

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

March 3 • Jim Cook's Day of Hope for Diabetes. Presented by the Desert Diabetes Club, this free event is open to the public and features lectures on a variety of topics, exhibitors, and medical and celebrity speakers addressing issues related to diabetes. Annenberg Center for Health Sciences at Eisenhower 8 a.m.-12:30 p.m. (760) 773.1578. www.emc.org/ddc.

March 13 • Cal State University Associates Speaker Series presents Medical Breakthroughs. A panel of doctors from Cedars-Sinai discuss cutting edge research in stem cells, cancers, and other medical applications (see page 33). Indian Wells Theater, CSUSB Palm Desert Campus, 37500 Cook Street. 6 p.m. RSVP Michelle Newman (760) 341.2883 ext. 78140. CalStateUniversityAssociates.com.

March 14 • Cancer and Women's Health. UC Riverside School of Medicine presents Drs. Samar Nahas and Adam Godzik discussing the revolutionary changes taking place in women's health and cancer treatments. Free and open to the public (see page 31). UCR Palm Desert Campus 75080 Frank Sinatra Drive. 6 p.m. RSVP at palmdesert.ucr.edu or (760) 834.0800.

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

March 23 • Alzheimers Coachella Valley. Join ACV for their first fundraising event to be held at PIRCH in Rancho Mirage. Enjoy hors d'oeuvres, beverages, silent auction, and more. 100% of monies raised here stays in the desert for programs and services (see page 32). \$50 per person. 5-8 p.m. RSVP to (760) 776.3100 or ACV42600@gmail.com. Coachellavalleyalzheimers.org.

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

April 3 • Cambria Health by Design Speaker Series: Managing Pain Naturally. Join us for this complimentary reception and presentation featuring three natural medicine practitioners discussing options to medication for managing pain (see page 31). 5:30-7:30 p.m. Cambria Gallery 42210 Cook Street, Ste M, Palm Desert. RSVP required: (760) 340.0600.

April 5 • John J. Benoit Extending the Legacy Dinner. An evening of remembrance and celebration presented by Cal State University Associates. Funds raised will help establish the John J. & Sheryl Benoit Endowed Student Scholarship Fund providing scholarships for CSUSB Palm Desert Campus students. Cocktails, dinner, entertainment and silent auction being held at the new Hotel Paseo, 45400 Larkspur Lane, Palm Desert (see page 33). 5:30-7:30 p.m. Tickets \$150. Michelle Newman (760) 341.2883 x78140. Michelle.newman@csusb.edu.

April 7 • Walk to End Alzheimer's. The 19th annual Walk to End Alzheimer's takes place at Palm Desert Civic Center Park and raises funds to provide much needed care and support for locals and their families touched by Alzheimer's and related dementias (see page 34). Registration 8 a.m.; ceremony 9 a.m. www.act.alz.org/cv2018. (760) 996.0006.

April 10 • Cal State University Associates Speaker Series presents Dignity in Dying. A panel of experts discusses the new California legislation, its intent and its potential application (see page 33). Indian Wells Theater CSUSB Palm Desert Campus. 37500 Cook Street. 6 p.m. RSVP Michelle Newman (760) 341.2883 ext. 78140. CalStateUniversityAssociates.com.

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

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District's Eastern Expansion Advances

A "One Coachella Valley" approach for health and wellness

The Desert Healthcare District (DHCD) is a leading organization connecting local residents to health providers, facilities, programs, and services. Each year they grant an average of \$4 million to nonprofit, community-based and provider-based organizations to assist residents – especially the underserved – in accessing vitally needed resources, such as primary and behavioral health care, housing, food, and transportation resources.

The government agency was formed in 1948 with a mission to achieve optimal health at all stages of life for district residents which encompasses the cities of Desert Hot Springs, Palm Springs, Cathedral City, Rancho Mirage, Palm Desert (west of Cook Street), and unincorporated areas of Riverside County.

Now the agency is one step closer to expanding their services to the entire Coachella Valley. The proposal has been in the works for years and in the end of February, the DHCD board approved the move stating that it is fully committed to the expansion.

"No one is healthy unless everyone in the community is healthy," said Board President Les Zendle, MD. "It's about expanding and transforming to help better meet the needs of all Coachella Valley residents."

Identifying and securing the funding option for the expansion is one of the last critical steps in the process. At a special meeting in February, the board voted to establish an amount for self-funding at a minimum of \$300,000 per year to assure the process moves to the ballot in November 2018. Their goal is to eventually match the \$4 million invested in the current district territory.

If the expansion initiative is approved by the east Valley voters, two new board members would be appointed from the east, increasing the board of directors to a total of seven. This would be followed by a 2020 election process that would divide the DHCD into seven voting districts with representation in accordance with demographics, including population and geographic factors, of the entire area.

The DHCD service area would expand from 515 square miles and more than 200,000 residents in the west Valley to a new total of 2,275 square miles, adding roughly 240,000 more residents from the east. It would encompass the remainder of Palm Desert (east of Cook Street), the cities of Bermuda Dunes, Coachella, Indian Wells, Indio, La Quinta, Mecca, North Shore, Oasis, Thermal, Vista Santa Rosa and other unincorporated areas of Riverside County.

"With polling of both east and west Valley voters indicating that 75 and 85 percent of residents, respectively, favor expansion, the District is fully committed to extending our ability to connect all residents to health and wellness services," said District/ Foundation CEO Herb K. Schultz, who cited the voter surveys conducted for the District by Probolsky Research.

Through the polling, extensive research and analysis, as well as significant community input, the DHCD is working to implement the expansion that will help reduce the health disparities that exist from west to east.

"We see the health needs in the east and want to expand to meet them," explained Zendle. "We envision a One Coachella Valley, where we could accomplish so much more for all residents of the Coachella Valley."

For more information on the Desert Healthcare District visit www.dhcd.org.



Coachella Valley's Health Care Industry
MENTORING THE FUTURE
Brought to you by OneFuture Coachella Valley



Medical Health Academy Alumnus Shines

As an alumni of La Quinta High School's Medical Health Academy ('03), Andrew Kehl set his sights on using his new medical knowledge to help others. Deliberately enlisting in the U.S. Air Force as a firefighter, he finished his emergency medical technician (EMT) credential and responded to over 400 medical emergencies where his skills were constantly put to the test.

In 2005, his passion for medical services led him to be a credentialed instructor, where he taught multiple courses ranging from basic life support to nationally registered EMT. His dedication to the medical profession brought many opportunities which he feels were directly influenced by his tenure in the academy back at La Quinta High.

Today, Master Sergeant Andrew J. Kehl is the assistant fire chief for operations assigned to Spangdahlem Air Base fire department in Western Germany. He is responsible for training and developing 73 firefighters and is the installation incident commander on emergencies involving 1,600 facilities and 10,000 personnel, as well as aircraft, hazardous materials and rescue situations.



Sergeant Andrew J. Kehl

Since graduating, his experience has included duties as driver/operator, crew chief, station captain, NCOIC of emergency dispatch center, NCOIC of fire training, assistant chief of operations, assistant chief of prevention, assistant chief of readiness and logistics, assistant chief of health and safety, and wing process manager for AFSO21. With a passion for innovation and process improvement, Sergeant Kehl applied and was accepted as the wing process manager for the wing commander, impacting teams across the installation and ultimately saving his air base \$18M and 145K man-hours.

Sergeant Kehl's vast breadth of professional and medical experience has been a key factor to his continued success, earning him Air Force level recognition, as well as allowing him to finish his graduate degree in organizational leadership. His assignments include bases in Germany, Japan and Nevada and he has deployed in support of Operations Enduring Freedom, Iraqi Freedom, and Inherent Resolve.

Sergeant Kehl has recently written a book called *My Rich Uncle: An Informal Guide to Maximizing Your Enlistment* to help others on their journey coming up through the ranks, from leveraging a military paycheck to leadership. For every purchased book on Amazon, Sergeant Kehl is giving one to a new airman.

We are proud of Sergeant Kehl and the work of all valley medical health academies in helping to prepare students for careers in the medical profession.

For additional information on the LQHS Medical Health Academy, please contact Kathryn. pedersen@dsusd.us (760) 772.4150 ext. 25705.



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“Early Breast Screening
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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.

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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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U.S. POINTER Aims at Change *Alzheimer's Association funds large study on lifestyle interventions*

In summer 2018, the Alzheimer's Association will launch the first-ever U.S.-based study to examine the effects of lifestyle interventions for seniors at high-risk for cognitive decline. The 2-year clinical trial will enroll 2,500 participants from health systems across the country, and intervention categories will include:

- healthy nutrition
- physical activity
- social interactions and intellectual challenges
- frequent monitoring of medical conditions that increase risk of cognitive decline

\$20 million has been committed to the national study entitled Protect Brain Health Through Lifestyle Intervention to Reduce Risk, or U.S. POINTER. Participants will represent a wide range of racial, ethnic, socioeconomic and geographic backgrounds.

The study results could have a great impact on the Coachella Valley population. "The Alzheimer's Association of the Coachella Valley has been serving our desert communities for 20 years," said Cortney Weir, regional director for the Coachella Valley. "We are thrilled to know that once again the Alzheimer's Association will be at the forefront of important research, in this case how improved lifestyle choices and activities may reduce our likelihood of facing cognitive decline and dementia."

The results of a recent two-year clinical trial in Finland suggested that a multi-component intervention of physical activity, nutritional guidance, cognitive training, social activities, and management of heart health risk factors can protect cognition in healthy older adults who are at an increased risk of cognitive decline. Since there are currently no drug treatments that can rival this effect, there is an urgent need to replicate and expand this work in geographically and culturally diverse populations, such as the U.S.

"We must test all options to treat and prevent this horrible disease," said Maria C. Carrillo, PhD, Alzheimer's Association chief science officer. "We must find the answers for the millions dying with Alzheimer's and their families, and the tens of millions more who will become affected if we do not act now. The Alzheimer's Association is extremely proud to launch this clinical trial with our scientific partners."

Intervention Methods will Include:



For more on the U.S. POINTER Study and additional Alzheimer's Association research initiatives, visit alz.org. For local programs and services for those facing Alzheimer's disease and their caregivers, contact the Alzheimer's Association of the Coachella Valley at (760) 996.0006. For a calendar of local events visit alz.org/socal.

Therapy Dog Brings Smiles to Patients and Staff

Each Friday, patients at JFK Memorial Hospital receive a visit from Zane, a six-year-old standard poodle, trained as a therapy dog.

Owner Sherri Halstead wanders from room to room, gently knocking on each door to ask the patients if they would like to spend a few minutes with Zane. For most, he offers the irresistible appeal of a cuddly, plush toy.

"Just on today's visit, there were two young women in the hallway, pretty devastated and in tears; they kind of were watching him, and I said, 'Do you want to pet him?' Immediately you could see the tension, and tears stopped. They caught their breath and then they were smiling," said Halstead.

For patients recovering from illness, this furry visitor offers a delightful distraction from their routine. And Zane doesn't seem to mind all of the love and affection he receives from both patients and health care staff.

At home, Zane is just like any other house pet - playful and sometimes "goofy," - but when the service vest comes out, Halstead says he takes on the calm demeanor of a seasoned health care professional. "He's a very different dog with his vest on. Poodles are actually hunting dogs. They have a very high work ethic. He knows his job is to go to people and stay with them as long as they want him there."

In addition to his weekly visits at JFK, Zane visits an elementary school and works with special needs children twice a month. "They have attention issues, so he'll sit and let them read to him. They relax a lot more and will attempt to read through their whole little story," said Halstead. Zane also provides therapy at agencies providing developmental services, such as Desert Arc and Canyon Springs.

Dogs in the Animal Assisted Therapy (AAT) program are provided as a public service by Thousand Palms-based Animal Samaritans. AAT volunteers must pay an annual membership fee, starting at \$25. Their dogs need their Canine Good Citizen (CGC) certificates from the American Kennel Club (AKC) before entering the program. Free AAT behavior testing sessions are held throughout the year.

Having the right temperament is a prerequisite to becoming a therapy dog, says Halstead. "Beyond that, you have to desensitize them to things like loud noises, hair pulling, fingers in the mouth ... you have to put a lot into training and then I believe that you, as a handler, need to know what you're doing, too. You need to know when to pull back (on the dog's lead)."

Friendly but overly enthusiastic dogs are not well-suited as animal therapists either. "If you have a little dog that does not like to sit on people's laps or if you have a dog that insists on jumping, it's probably not a job for them," she said.

Membership in the AAT program has benefits for pet owners as well. "I've always been involved in volunteerism. I've been lucky in my life and I think it's a good way to give back - and I get to go out with my best friend. How lucky am I?"

For more information on the Animal Assisted Therapy program at Animal Samaritans visit animalsamaritans.org.



Zane the therapy dog visits with patients at JFK Hospital.



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and quality); social and economic factors (education, employment, family and social support, income and community safety); and physical environment (air quality and constructing healthier communities). We reached many goals, some are still in the works, and others were set aside.

"As CHMI's first community health transformation region, the Coachella Valley served as an ideal pilot area for CHMI's vision of engaging, mobilizing, and empowering a broad spectrum of residents and leaders to improve health outcomes across a wide range of indicators," states CHMI CEO Alex Chan. CHMI has added six more regions in five states since the launch in the Valley.



Fresh produce for all! Boys & Girls Club kids enjoy a free farmer's markets.

- more effective sex education in schools taught by medical residents
- vegetable gardens, healthier vending machines, and wellness councils in public schools
- community-wide testing for HIV
- non-profit partnerships that deliver farm-fresh produce to a larger number of seniors, kids and the underserved
- OneFuture Coachella Valley's efforts to encourage high schoolers to aspire to medical careers in locally deficient specialties such as mental health
- expanding the Desert Healthcare District's boundaries to serve all east valley residents (see pg. 3)

Many of these community efforts would not have come to fruition by 2018 without the vision, support and facilitation of the CHMI. Certainly, a key factor was the dedication and inspiration of the foundation's local director, Tricia Gehrlein, a 30-year resident of the Valley who was at the center of the movement for all five years.

Continued on page 17



The Health Matters Summit brought many industry leaders to the Valley including former General Surgeon David Satcher, MD, PhD. (pictured with Publisher Lauren Del Sarto)

Continued from page 1

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Six Pillars of Brain Health

Pillar Six: Stimulation

This is the final pillar of a six-part series on brain health from Deborah Schrameck, NC, PT, of the Eisenhower Wellness Institute. For previous articles visit DesertHealthNews.com.

My final pillar on brain health is "stimulation," more commonly known as "use it or lose it." In the Jan/Feb 2011 issue of *Desert Health*, the article *Alzheimer's and the Brain* talks about keeping your brain engaged with games and activities to reduce your risk of Alzheimer's disease; this article aims to explain why and how.

Let's first review neuroplasticity and what it means to "use it." Neuroplasticity is the brain's ability to change, to even improve, throughout our entire life. The great news in research is that our brain has the ability to constantly reorganize and improve by forming new connections between brain cells or neurons.

When does neuroplasticity occur in the brain?

Infancy: when the immature brain begins to organize itself.

Injury (like stroke): to compensate for lost functions or maximize remaining functions. In the May/June 2014 issue of *Desert Health* the article *Improvement Takes Practice...Especially with Stroke*, Stacy Hennis, PT, discussed repetition and the brain's ability to relearn.

Adulthood: Whenever something new is learned and memorized, more connections are made and strengthened in the brain. This is where we are going to focus, on the enjoyable ways we can boost our own neuroplasticity and brain health.

Did you know that travelling to new places, reading maps and navigating efficiently can increase your brain volume and memory? A study on taxi drivers, the kings of navigation, showed they have larger hippocampi; this is the area that supports consolidation of new information from short-term memory to long-term memory, and that spatially organizes information to enable navigation.

How about picking up a new language to support this world travel? The brains of bilinguals have been shown to be functionally larger than those of us who are monolingual. With brain health, size does matter.

All types of music are enjoyed worldwide. Have you considered learning to play an instrument? Here's some motivation: brain volume is increased as you learn to play. The musician brain has been shown to have more neuroplasticity and connections. Music increases the areas of the brain responsible for working memory, sound translation and flexibility in thinking. The hand, eye and ear coordination required for playing music increases motor control and coordination. These are all fundamental things that can improve our everyday lives, maybe even our golf game.

Finally, there is a lot of research indicating that learning new abstract information causes beneficial changes in the brain. With abstract information, the brain begins looking for patterns. This causes increased stimulation through analysis. It also supports using your intuition and imagination, further activating and energizing areas of brain function. Almost any new venue of learning from card playing to online games can stimulate and activate your brain.

The goal is to be the perpetual learner, take action, stimulate your brain, use what you've been given and encourage your own neuroplasticity. In the Jan/Feb 2017 issue of *Desert Health* Brian J. Myers, ND, discusses what it takes to change your brain in his article *Resolutions: Rewire Your Brain* concluding, "It isn't always easy, but the reward is a new and improved you."

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

NETIQUETTE: 10 Tips for Internet Etiquette

By Susan Murphy, PhD

Last June, ten members of Harvard's incoming freshman class who had just received their acceptance letters to Harvard received another letter from Harvard. It was a letter rescinding their acceptance because of their posts on Facebook. How tragic and embarrassing for these students and their families!

Social media can impact our lives in ways we never imagined. As experienced by those ousted Harvard applicants, almost 100% of colleges investigate the social media behavior of applicants. Now, businesses routinely check the digital footprint of job applicants and employees as do online predators who may disguise their identity as they search for gullible prey.

Having social media etiquette, or "netiquette," is important for your overall health, wellness, career and relationships. Recently, a client explained that he fired an employee after discovering on Facebook that the employee had lied to him. The employee had asked for a week off to visit her gravely ill father in Colorado. My client had granted the leave of absence despite the department being short staffed. Then pictures surfaced on Facebook of the employee drinking margaritas and partying in Acapulco. Additionally, her posts contained animosity and vitriol toward her boss as she boasted that she was playing hooky from work for a week!

Social media behavior can even affect a job search. Recently a woman shared with me that although she is well educated and successful, she was having difficulties finding a new job. When I checked her Facebook account, I found angry, negative political commentary that certainly didn't make her appear professional. This is an indication that she might not get along with the rest of the team or with customers who may have different views or beliefs.

Predators scour the internet searching for unsuspecting victims who may freely share information about their private lives, i.e., when and where they are vacationing. Frequently homes are ransacked because thieves can track addresses and whereabouts by following the digital footprints and can easily find when a family is out of town on vacation or business.

Here are ten tips for "netiquette" and ways to protect your digital footprint:

- Before posting on social media, ask yourself these important questions:
 - Who's going to see this?
 - Why am I posting this? For attention or revenge?
 - Could this go viral?
 - Could this come back to haunt me? (Postings never disappear.)

Continued on page 29



Internet etiquette has earned this internationally recognized name.



New Treatments for Glaucoma Surgery
Less invasive options now available

By Xuan Le-Nguyen, MD

Glaucoma, a group of diseases that leads to damage of the optic nerve, is one of the leading causes of blindness worldwide. Left untreated, glaucoma causes permanent vision loss and blindness. Given that it is so common (it affects about 3 million people in the US alone) and there are many available treatments for it, why are so many people losing their vision?

Unfortunately, glaucoma is usually not accompanied by symptoms such as pain, and the early vision changes it causes can be so subtle that many people are not aware they suffer from glaucoma until it is in advanced stages. That is why regular eye exams to screen for the development of glaucoma are so important.

There are many factors to consider when evaluating glaucoma, and the diagnosis is often made over the course of several office visits and tests. The treatment typically involves lowering the pressure inside the eyes (IOP) by reducing the amount of fluid in our eyes. When diagnosed early, eye drops and laser are usually effective treatments, but in advanced stages, surgery is often required.

Previously, the only options to treat advanced glaucoma were complex, invasive surgeries, such as a glaucoma tube implant or trabeculectomy, which require intensive post-operative care. Recently, advancements in the glaucoma field have led to procedures that are effective and much less invasive. In this article, we will focus on three new advancements: Xen gel stent, CyPass micro-stent, and iStent.

The Xen gel stent is a collagen device about the width of a human hair that is implanted to create a passageway (think tunnel) from the inside of the eye to the area underneath the conjunctiva (the “skin” of the eye). The fluid drainage helps keep eye pressure within a safe range. The Xen gel stent can achieve the same function as a trabeculectomy, but is less invasive and generally has fewer complications. It is an excellent treatment for more advanced glaucoma cases.

The CyPass and iStent can be used to treat mild to moderate glaucoma. The CyPass is a tube implanted between certain layers of the eye to, again, create a passageway for fluid to escape the eye. The iStent is a 1mm surgical grade titanium stent that is placed directly into the natural drainage area of the eye to help fluid escape the eye. Both implants can be done at the same time as cataract surgery and clinical trials have shown that patients who have an implant (CyPass or iStent) with cataract surgery have lower eye pressures after surgery than in those patients who received cataract surgery alone.

With surgical treatments, patients are often able to reduce the number of anti-glaucoma medications they use and still maintain their vision.

Dr. Le-Nguyen is a fellowship-trained glaucoma specialist with Desert Eye Associates. For more information call (760) 342.6900 or visit DeaEyes.com.

Sources: 1) <https://www.aao.org/eye-health/diseases/what-is-glaucoma>; 2) <https://www.aao.org/headline/fda-approves-xen-gel-stent-glaucoma>; 3) <https://www.aao.org/eyenet/article/migs-options-increase-with-fda-approval-of-cypass>; 4) Vold S, Ahmed IIK, Craven ER, et al; for the CyPass Study Group. Two-year COMPASS trial results: supraciliary microstenting with phacoemulsification in patients with open-angle glaucoma and cataracts. Ophthalmology. 2016;123(10):2103-2112; 5) Resende, Patel et al. iStent Trabecular Microbypass Stent: An Update. J Ophthalmology. 2016;2016:2731856; 6) Samuelson T. W., Katz L. J., Wells J. M., Duh Y.-J., Giamporcaro J. E. Randomized evaluation of the trabecular micro-bypass stent with phacoemulsification in patients with glaucoma and cataract. Ophthalmology. 2011;118(3):459-467.

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Estrogen: To Use or Not To Use

By Pedram Ilbeigi, DO

In my practice, I often encounter post-menopausal clients that are referred for recurrent urinary tract infections. While on some occasions, physically identifiable ailments account for these issues, more commonly, they suffer from a hidden condition named vaginal atrophy which is often ignored or not recognized by patients and/or their physicians. The goal of this article is to introduce this often ignored condition and allow the audience to understand and address this important health epidemic.

Vaginal atrophy affects 75% of postmenopausal women; only 25% of symptomatic women seek medical care. By the time they do, greater than 50% of women develop dyspareunia (painful sexual encounter) and greater than 40% develop recurrent urinary tract infections. Pathophysiology is due to lack of adequate amounts of estrogen in the vaginal, labial and vulvar tissues which leads to the breakdown of collagen and elastin, decreased smooth muscle tone in the vaginal canal, and diminished blood flow which increases the vaginal pH and ultimately weakens the immune system. This sequence of events allows the normal vaginal bacterial flora which normally protects against infections to diminish giving rise to opportunistic pathogens. Symptoms often include dryness, itching, burning, vulvar pain and dyspareunia.

The use of topical estrogen is a simple solution. With proper use and time, estrogen can virtually regenerate and rejuvenate vaginal tone, integrity, immune system effectiveness and vaginal suppleness. And it can be started at any age.

Unfortunately, there are a lot of unnecessary fears and misconceptions about the use of estrogen. When I mention estrogen to my clients, I am often confronted with fearful statements such as, "I heard estrogen causes breast cancer" or "My mother had breast cancer; I was told that I should not be on estrogen." When I investigate further, I find that at times, it is their doctor, gynecologist or oncologist advising them accordingly.

Evidence-based medicine has shown that these myths are simply not true. In 2002, the Women's Health Initiative (WHI) study was first published suggesting these fears. Since then, over 160 further studies have been done which have refuted these concerns: women who had initiated hormone replacement therapy using conjugated estrogen plus progesterone (HRT) at 50-59 years of age had no increase in cardiovascular disease (CVD), breast cancer, or stroke; estrogen-only groups in the same age category showed significantly lower rates of CVD and breast cancer and no increase in rate of stroke; women 60-69 years of age had lower rates of breast cancer and CVD compared with the control group; overall outcomes in women 70-79 years of age showed no increase in rates of breast cancer. While these risks increased with age, data does not support estrogen causing breast cancer.

A follow-up study on WHI published in 2012 and confirmed by the National Cancer Institute stated that (while unknown mechanism) estrogen alone actually decreased risk for breast cancer.

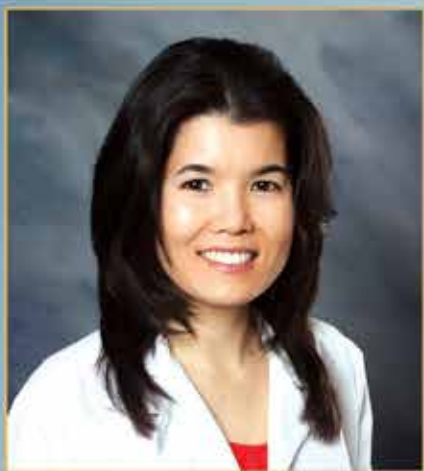
Publisher's Note: Vaginal estrogen creams come in both animal and plant-based products. We recommend that you research your options and please choose ethically.

Dr. Ilbeigi is Medical Director of Valley Urologic Medical Group/Urologic Institute Center for Female Pelvic Medicine & Surgery and can be reached at (760) 346.3436. He is also a member of Desert Doctors. For more information visit www.DesertDoctors.org.



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Breaking Bad for Good

By Karen Creasey, MA, BS, CHC, CPT

There used to be a television show called *The Newlywed Game* during which the host asked the newlyweds questions to discover how well the newly married couples knew each other. It was entertaining to hear the answer compared to what the spouse thought the answer would be. Exposed habits were frequently the brunt of the amusement.

Daily, we participate in habitual behaviors with little to no acknowledgment at all, such as walking cluelessly across the street while reading a text message, smacking while chewing, drumming fingers on the desktop or driving slow in the fast lane.

All of us are creatures of habit, both good and bad. Our repetitive behaviors become ordinary to us. They show off what we count as important or what we deem acceptable. They are generally performed quickly, residing somewhere between conscious and unconscious thought. They form our daily routine, freeing us from having to think about every little thing we do.

Thanks to our habits, we live on autopilot a fair amount of the time and, remarkably, we need most of the habits we have.

But what if we want to change a habit? How do we undo what has become automatic?

Here are six habit-changing steps to break bad for good:

Identify the Purpose

Habits serve a purpose. It is important to identify what purpose they serve. For instance, brushing your teeth every morning keeps you out of the dentist chair, and surfing the web for hours or obsessing on your phone keeps you from having to start that dreaded project or interact with the people around you. Identifying the habit's purpose is the first step to becoming more aware of the actions necessary to break it.

Isolate the Problem

Habits are frequently a cover for a deeper problem. For instance, binge eating for comfort to numb feelings of insecurity may be a cover for low self-esteem. Defining the problem the habit is solving is important. Dealing with that problem is even more important. Replacing a negative habit with a positive one is a good way to start. Realize, however, that when real life gets in the way, willpower may not be enough to keep the old ways at bay. This step may require help. Don't be afraid to reach out to a friend, coach, therapist, or support group.

Commit in Writing

Writing out goals that are specific, measurable, attainable, relevant and time-bound and keeping those goals where you see them often, has been researched and shown to be a very effective step in changing habits. Add to that a "behavior contract" between you and say, a trusted friend, that outlines a set of behaviors you want to complete in a designated timeframe, and habit changing success becomes much more likely.

Don't Go It Alone

There is real power in reaching out to a trusted friend, a counselor, a health coach or a support group when necessary. Others often see you differently from the way you see yourself. With their perspective, they can lead you to understand things from a new point of view. By being accountable, the habit breaking goal stays in focus, stays on track, and makes change possible.

Take it Slowly

A bad habit can be hard to change. Initially it was a behavior learned and adopted for a purpose. Unwinding that behavior takes time and patience. Focus on the long-term advantages of the desired change. You are developing a new purpose, a new rationale and a new resolve. When you make progress, celebrate the success and continue to review solutions to any difficulties that arise. Give yourself enough time.

Allow Do-overs


I often say three steps forward, two back. Nobody's perfect. Everyone slips up now and then. It is part of the human condition, but it is not a reason to give up. When you find yourself in a lapse, acknowledge where you are, where you have been, and where you want to go. Move forward afresh. Spend more time gathering information about why you slipped and less time beating yourself up over it. With the new information, revise your plan, if necessary, and start again. I believe in do-overs. Tomorrow is another day filled with opportunities.

Breaking bad for good is possible. Step by step, habits can be changed. Commit to begin, focus on progress, and go for it!


Karen Creasey is owner of Health and Wellness Motivation. She is a professional speaker and a certified Health Coach and Personal Trainer. For more information, visit www.karencreasey.com or call (760) 218.3640. karen@karencreasey.com

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Oil Pulling and Oral Health

By Nicholas S. Baumann, DDS

“Oil pulling” is an ancient Ayurvedic practice from India that has recently become popular in the US as a means of improving health of the oral cavity, especially gum health. The practice involves using an oil, usually coconut, and swishing it around the mouth and between the teeth for about 20 minutes. Advocates of the practice say that it greatly reduces gingivitis and oral bacteria levels.

I have been asked many times if oil pulling really does help with oral health. Some recent studies have shown that oil pulling does indeed improve oral health and reduces plaque and bacterial accumulation in the mouth. At the same time, studies show that rinsing with other substances for 20 minutes will do the same; some things even to a greater degree than oil.

The conclusion is generally that the act of rinsing for 20 minutes and mechanically removing bacteria and plaque is more responsible for the improvement in oral health than the oil itself. Multiple studies specifically compare the effects of oil to chlorhexidine, a prescription oral rinse used for gum inflammation. The studies generally show that chlorhexidine is more effective than oil in reducing gingivitis and plaque, but there is still a marked improvement when using oil over not rinsing at all.

Using oil to rinse also has fewer side effects than something like chlorhexidine, which can stain teeth and lead to poor taste if used habitually. It is generally not advised to use something like chlorhexidine long term, while there is no downside in using oil long term.

Other mouth rinses would also have a benefit when used in the same manner as oil pulling. I generally advise if a mouth rinse is going to be used, that it be alcohol-free. Alcohol-based mouth rinses can dry out the tissue and non-alcohol rinses work just as well. Also, alcohol is a carcinogen, and daily bathing oral tissue in it could possibly have long-term side effects. My favorite rinse is Closys, but ACT and Listerine both make non-alcohol versions of their rinses. If a rinse is to be used, make sure the label specifically says non-alcohol or alcohol-free.

In the end, oil pulling certainly has a benefit in improving oral health and reducing plaque. Although using other rinses have similar or better effects, oil has less side effects and can be a good option for someone who does not want to use a chemical-based rinse and is looking for something more natural.

I would love if all my patients made the effort to rinse daily whether with oil, or some other non-alcohol rinse. Doing so leads to a much cleaner and healthier mouth.

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



Oil pulling is an age-old remedy rooted in Ayurvedic medicine .



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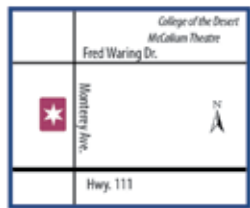
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NICHOLAS S. BAUMANN, DDS

Eye Disease in Diabetic Patients

New study differentiates types 1 and 2

By Greg Evans, OD

A recent article published in the *British Journal of Ophthalmology*¹ helped highlight the difference in eye disease based on whether a diabetic patient is on insulin or not. The study involved over 15,000 patients followed for 9 years. What is interesting is that outcomes were differentiated by any eye disease, sight-threatening eye disease, and something called diabetic macular edema. In diabetic macular edema the central vision (macula) is involved and in most cases vision is affected. I have summarized the results below:

Type 1 Diabetic (insulin-dependent)

- 47% cumulative incidence of any eye disease
- 15% annual incidence of any eye disease
- 18% incidence of sight-threatening eye disease
- 6% annual incidence of sight-threatening eye disease
- 8% cumulative incidence of diabetic macular edema
- 6% annual incidence of diabetic macular edema

Type 2 Diabetic (non insulin-dependent)

- 26% cumulative incidence of eye disease
- 8% annual incidence of any eye disease
- 8% incidence of sight-threatening eye disease
- 3% annual incidence of sight-threatening eye disease
- 6% cumulative incidence of diabetic macular edema
- 2% annual incidence of diabetic macular edema

This data shows us that there are a number of conclusions to make. First, type 1 diabetic patients have a higher incidence of overall disease and sight-threatening disease, as well as macular edema. Second, the incidence risk of going from no diabetic eye disease to the presence of eye disease is relatively high based on yearly evaluations.

Overall, almost 50% of type 1 diabetics and 25% of type 2 diabetics will be identified as having diabetic eye disease.

This study used a screening protocol which did not involve peripheral retinal imaging, and we know from many other studies that more diabetic retinopathy is identified when a dilated retinal exam and examination of the periphery are performed.

When a diabetic patient asks me, “Why do I have to have my eyes dilated every year?” the answer is simple: how diabetes is managed in part is not only due to your blood sugar control but also the level of diabetic complications. That is why not only are eye exams critical to help prevent vision loss; they are also used by the managing physician to help establish the proper level of diabetes control.

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

Reference: 1) Differences in Incidence of Diabetic Retinopathy between Type 1 and 2 Diabetes Mellitus, Pedro Romero-Aroca, et al, Br J Ophthalmol. 2017; 101(10): 1346-1351

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Improve Indoor Air Quality with Essential Oils

By Maria Billis

Did you know that one of the greatest ways to transform the air you breathe in your home is to create your own aromatherapy oasis? This is not only fun, but one of the simplest ways to improve the wellness and ambiance of your home.

The style, function and scent of our homes are very important. Yet, our homes are full of toxic chemicals - from building materials, to the cleaning products we use, to the dander we and our pets bring inside. All of these elements can add to stagnant air that not only smells "off," but can be hazardous to breathe.

Many people use candles for scent and beauty; however, decorative candles may actually emit potentially hazardous chemicals such as benzene and toluene, says Anne Steinemann, an environmental pollutants expert and the chair of sustainable cities at the University of Melbourne. These chemicals can damage the brain, lungs and central nervous system, as well as cause developmental difficulties.



Peppermint provides an uplifting and energizing scent to any room.

Plant-based essential oils are a more natural option which can easily be dispersed into the air through a diffuser, resulting in a home that smells fresh and clean while creating a wonderful spa-like atmosphere. Natural essential oils are also a healthier option to synthetic air fresheners like plug-ins, potpourri, spray perfumes or fresheners.

It is really fun to choose a different scent for each mood you want to experience, or each tone you want to set for individual rooms. For a vibrant and energizing ambiance in your kitchen, try peppermint.



Diffusers offer a more natural option to synthetic plug-ins or sprays.

For a calming and grounding aroma in your bedroom, try lavender or frankincense. In your office, a lively scent like lemon will help keep you focused.

From the beauty of your home to the beauty of good health, breathing in the cleanest and most natural air you can makes a significant difference in your environment and your health. A good place to start is with natural plant-based essential oils.

Maria Billis is an independent member of Young Living Essential Oils and can be reached at (518) 879.6360 or mbillis@nycap.rr.com. For more information visit www.mariabillis.vibrantscents.com.

NAD: New Powerhouse in Cellular Repair and Anti-aging

By Sonja Fung, ND

Why do we age? Your body is made up of about 10 trillion cells that form our tissue, organs, blood, etc. Each cell has an essential part called mitochondria which makes energy for the cell to use and a nucleus containing DNA to indicate how the cell should function. As our cells die or replicate, we lose a little bit of our telomeres (DNA length) each time. Telomere length represents our biological age as opposed to our chronological age. The more our DNA repairs by replication, the shorter the lifespan of the cell. As we age, oxidative stress from toxin exposures from the environment, smoking, what we eat and drink, and life stressors in general, can damage our DNA even faster, causing us to age faster, not counting our genetic health predispositions.

Nicotinamide adenine dinucleotide (NAD) is one of the most important molecules involved in aging. It is used in every cell of your body and has been shown to decrease with age. NAD has multiple functions, but the top three anti-aging mechanisms are: 1) promoting DNA repair by acting as fuel for the repair enzyme (PARP-1) that is triggered by DNA damage; 2) maintaining telomere length by activating sirtuins, a DNA regulator; 3) NAD is a crucial precursor to ATP, our cell's major energy source. With these crucial processes, NAD has been shown to slow cellular aging by reducing oxidative stress and inflammation and by improving cardiovascular and brain function, mitochondrial function, mood stability, and metabolic disease.

What's the best way to increase NAD?

Historically, research has shown that calorie restriction and exercise increases NAD. Currently, there are several ways of improving NAD levels. NAD is not stable taken orally; however, oral supplementation of NAD precursors such as nicotinamide riboside (NR), nicotinamide mononucleotide (NMN), niacin (B3), and nicotinamide can help increase NAD indirectly. A stable intravenous (IV) infusion form of NAD used in a clinical setting can directly increase levels. Although NAD is not yet FDA-approved, there are several human trials of NAD precursors underway globally, and preliminary studies show promising results.

As with any supplement or medication, ask your integrative doctor or pharmacist before introducing any new product.

Dr. Sonja Fung is a primary care naturopathic doctor with expertise in integrative cancer care, regenerative joint injections, nutrition, and IV nutrient replenishment. She is the owner and medical director at Live Well Clinic in La Quinta and can be reached at (760) 771.5970. www.livewellclinic.org

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Could Your Emotions Be Affecting Your Movement?

By Tracy J. Smith

We've all had days we don't feel like doing much. Sometimes, we consciously know that lack of motivation is due to a feeling of sadness or some other depressed emotion. But what about those times when we can't identify a reason or aren't performing up to par and can't figure out why? Is it possible that subconscious emotions are to blame? The "emotion code" theory believes they are.

In his book *The Emotion Code*, Bradley Nelson, DC, explains that every human experience creates a physical emotional molecule within the body. That molecule floats around the body creating emotional vibrations such as happiness, sadness, fear, anger, etc. Renowned neuroscientist and pharmacologist Candace B. Pert, PhD, refers to it as "the physical reality of emotions." Pert's groundbreaking study of emotions further explains that these physical molecules not only reside in our bodies but surround us as well. This is how people can sense our emotions without our saying a word. When unprocessed emotional vibrations reside in the body for a length of time, tissue damage can occur resulting in the stiffness and/or pain felt on one day but not another. The emotion code theory believes that the only way to eliminate these physical manifestations is to release those emotional vibrations.

The theory acknowledges that we are energetic beings both within our physical bodies and the electro-magnetic field surrounding us, commonly referred to as our personal space. For example, you can feel your personal space being crowded when on an elevator as more and more people enter. The presence of those people encroaches on your personal space without their even touching you. According to Pert, the key concept is that the emotions exist in the body as informational chemicals (neuropeptides and receptors) and in another realm, the one we experience as feelings, inspiration, and love – "the physical beyond." She states that the emotions move back and forth, flowing freely between both places, and in that sense they connect the physical and the nonphysical. Nelson and Pert both believe that many physical issues can be resolved with the release of excess emotional vibrations.

Just as cortisol is released in your body as a way to handle stressful events, emotional molecules are released throughout the body as a safety mechanism that informs the body, brain, and heart to react to each specific event. Furthermore, memories and/or repetitive thoughts of events create their own emotional molecules over and over again, adding to the molecular burden already vibrating internally. By not addressing emotional backlogs these molecules become trapped in the body creating physical reactions such as pain, stiffness, and disease.

The concept of emotional molecules, introduced by Pert in her 1997 book, *Molecules of Emotion: The Science Behind Mind-Body Medicine* continues to be studied by both medical and holistic health practitioners today. The field is expanding and there is new awareness to alternatives in healing physical pain and discomfort through emotional release.

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

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Holding Space: The What and The How

By Jennifer Yockey

Recently, there was another school shooting. There was tragic loss of life and the unbearable grief that family members, friends, classmates and colleagues have had to endure. My mentor's wife went to that high school and is now watching her high school classmates suffer imaginable loss. The grief and disbelief is palpable and left my mentor feeling helpless as to how to support her wife and their friends.

Several years ago, I was in a coach training that introduced me to the Taoist tradition of Holding Space. This beautiful idea enables one to be able to be of service to another human being by just bearing witness and to provide a safe container for all the emotions that come with grief and loss. Heather Plett describes Holding Space so eloquently, "When you hold space for someone, you bring your entire presence to them. You walk along with them without judgment, sharing their journey to an unknown destination. Yet you're completely willing to end up wherever they need to go."

The most difficult part of holding space is to reject the impulse to attempt to fix the situation or to offer advice, as well as to be able to sit with our own feelings. Our only job, when called upon, is to provide safe, sacred space for our loved one during their time of need.

Here are a few ways you can hold space for a person:

BREATHE.

You might be super uncomfortable. You might have your own emotions about what has happened. Just breathe. More often than not, stress, fear and anger cause us to hold our breath. The person that has come to you might be crying and having a hard time breathing; you can help by just breathing deeply and completely with them (inhale, two, three, four... exhale, two, three, four).

LISTEN.

Holding Space requires us to be present: be present with the person you are comforting, be present for what is being said, and be present for the emotions that arise. There is no room for opinion or fixing in the container of sacred space. Just listen.

WITNESS.

Notice how your body is responding to what is being said. Notice your breath. Notice your thoughts. Being connected to yourself is an integral part of holding space for another human being. Witness yourself without judgment, but with acknowledgment of what is.

It is a powerful practice to be able to create a safe space for someone, to suspend judgment, to allow the emotion to expand and flow and to trust the process of witnessing. We are natural fixers. Sometimes, the only fix is contrary action; letting it be as it is, rather than trying to control and manipulate a situation that cannot be controlled or manipulated.

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

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Spring: Time to Find Balance

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

Does life ever feel as though you're sitting on a giant swing? Flying through the air to hit a peak, rushing back toward the earth just to rise up into another peak? Does it ever feel like this giant swing represents all of the emotional ups and downs you experience? If you have had these moments, then learning about equanimity might be of interest as it is all about keeping one's cool as things heat up, particularly under stress.

We are in the time of the Spring Equinox, a time when nature is calling us out of the dark winter and into lighter days. It encourages us to find balance in all aspects of our daily lives. Instead of feeling as though we are helplessly strapped into the seat of the swing, it is through awareness and choice that we realize that we can get off... particularly if the reason why we're holding on no longer serves us.

Part of the swinging to and fro is staying attached to the smaller dramas that play out in our day-to-day happenings. We cling to the details and begin to lose sight of the bigger picture. We may find our nerves shot, our tempers flaring and our patience dwindling. So instead of feeling powerless, we have been given some tools to become empowered. One way to finding a cool head in times of uncertainty is by practicing loving-kindness (May I/You be safe, happy, healthy, find peace and live with ease); practicing compassion (offering loving-kindness when we see suffering in ourselves and others); and sharing in the joy of all that is good for other people.

It is said that equanimity stems from the qualities of loving-kindness, compassion, and sympathetic joy, and when we practice being kind, compassionate and joyful, equanimity becomes more available to us. People who are calm, cool and collected most likely aren't simply born that way; they practice becoming that way.

Equanimity is the quality of knowing we have a choice of how to be in our daily lives. It's having the insight, intention, and awareness in those moments when we're riding that swinging pendulum and are then able to make a choice...keep holding on or ultimately let go. When we do let go, it doesn't mean that the pendulum has stopped swinging; rather, that we are able to take a deep breath and step away from it, especially if it no longer serves us and our higher good. We see the swing moving but we choose the middle path of equanimity instead.

Everyone has the choice and the power to find a peaceful way. Know that you can't control anybody but yourself...so go ahead, start by taking a deep breath and let go.

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



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Extracting Heavy Metal Toxicity

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

Heavy metal exposure is a growing health concern worldwide due to multiple industrial, domestic, agricultural, medical and technological uses which have affected the worldwide environment. Their toxicity depends on several factors including the dose, route of exposure, length of exposure, as well as the age, gender, genetics and nutritional status of the exposed individuals. Because of their high degree of toxicity, mercury, cadmium, lead, and aluminum are among the most toxic metals.

In 2010, the United Nations Environment Program reported that nearly 2,000 tons of mercury was released into the air and 1,000 tons into the global water supply from gold mining and the burning of fossil fuels. While in the environment, bacteria convert mercury (Hg) into methyl mercury, which is ultimately consumed by humans largely via fish and shellfish.

The second major source of Hg exposure is silver-mercury dental amalgam (silver fillings). These have been phased out in several European countries but are still used in the U.S. Recent data from the National Health and Nutrition Examination Study revealed that silver fillings were a major source of Hg exposure in the U.S. It concluded that 67.2 million Americans would exceed the Hg reference exposure level established by the EPA. Other exposure sources include farm-raised fish, vaccines that contain the mercury preservative thimerosal and aluminum adjuvants, as well as some herbal medicines from outside the U.S.

Heavy metals including mercury, lead, cadmium and aluminum have been well documented in medical literature as contributing to chronic diseases of the brain and peripheral nervous system, cardiovascular system, gastrointestinal system, lungs, kidneys, liver, bones, and endocrine glands. In particular Alzheimer's and many cancers have been associated with these toxins.

For the last 50 years there has been no formally adopted standard of care for treating chronic or acute heavy metal exposures. Chelating and complexing agents such as dimercaprol, D-penicillamine, DMPS, DMSA and EDTA were considered to be the best option by many health care providers. These work by binding to the metals and then exporting them out of the body via the kidneys to the urine. Although considered to be controversial, chelation therapy is FDA-approved for treating lead poisoning and toxicity from other heavy metals. However, many providers prefer more natural remedies whereby the heavy metals are conjugated and detoxified via liver or gallbladder, or move directly through the gut to the feces. These include agents such as glutathione, N-acetyl cysteine (NAC), selenocysteine, alpha lipoic acid, zeolite, cilantro, chlorella, chitosan, modified citrus pectin, charcoal, bentonite clay and others.

Newer research using something called Thiol Functionalized Silica to extract heavy metals is gaining increased attention. This method has shown safety and efficacy using the gastrointestinal tract and feces as the route of excretion. It does not enter the circulation and because it bypasses the kidneys, no burden is placed on them or the liver. Functionalized silica is formed by covalently binding something called a thiol group to a silica particle. This combination can immobilize and bind mercury and other metals including cadmium, lead and aluminum. Research has shown it does not enter the circulation but binds metals and other toxins in the gut. Additionally, it does not diminish essential minerals in the blood as other chelators can. It can also

Continued on page 17



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Tai Chi Principles with Robert Haberkorn, D.C., M.M.Q.

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Using sound, vibration and music to calm the body, open the mind and free the spirit with Daniel Clemens, Sound Therapist

Thursday, April 5th • 6-7 p.m.

The Nature of Qi; Living Energy Communing with the Tao with Robert Haberkorn, D.C., M.M.Q.

Thursday, April 19th • 6-6:45 p.m.

Qi Gong Essentials: 36 touch points for self healing Part 1 (18 Points) with Diane Sheppard, Ph.D., L.Ac.

Thursday, May 3rd • 6-6:45 p.m.

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The Power of a Pen Pal on Health and Wellbeing

Who could have predicted the power of the first letter written by Shelley Sachs from Central Washington in 1968?

A pen-pal letter, written by Shelley in sixth grade, secured a connection, which has lasted fifty years, with Gloria Alvarez who resides in Indian Wells. The first letter written landed in an elementary school in Miami, Florida, and was randomly opened by Gloria when she was ten.



Pen-pals Gloria Alvarez and Shelley Sachs

Gloria immigrated to Miami from Cuba when she was five years old. When Gloria opened the first letter it was as if she was entering an undiscovered world. The window into Shelley's life on a cattle ranch and as a student in a two-room red brick schoolhouse was so intriguing. There was mutual adoration and excitement for each other's lives from the onset.

This excitement and appreciation for differences continued when Gloria and Shelley, now in their sixties, just met for the third time in fifty years for a desert weekend together. Shelley brought copies of the first letters to reminisce about the creation of this initial spark of synergy. The bond is not reflective of the similarities these two share. They

agree that the secret to this pen pal relationship has been an openness to learn about differences and to appreciate being extreme opposites.

Through sharing so many confidences over time, they have learned from each other. Over fifty years of letter writing has covered challenges, such as health problems, job changes, child rearing, and many other trials and tribulations. There is a cathartic experience when two people share such life experiences, considering the other as a sounding board. Over the years this relationship has allowed both Gloria and Shelley to hone their writing skills while leaving themselves vulnerable as they shared their vast differences and life experiences.

With the onset of technology, letters eventually became e-mails, and the continuance of this bond became stronger with the advent of social media. Both ladies realized they were connecting more with e-mails versus simply giving a "thumbs up" or posting pictures and hoping for a "like." Gloria and Shelley were sharing their soul and continue to do so.

Loneliness is one of the primary conditions of declining health. Communication technology with smartphones and social media often leaves the user empty. We have hundreds of social media friends, yet the outcome is empty in the realm of real social relationships.

A lesson can be learned from Shelley and Gloria, as they bonded in spite of their differences, socially and culturally, by honest and transparent sharing over time, resulting in an authentically deep connection.

Living in Harmony with the Five Elements

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

Everything in nature is made up of five basic building blocks that symbolize five different inherent qualities and states of natural phenomenon. This concept holds that all phenomena in the universe react and interact with each other and are always in a constant state of motion and change.

These five indispensable materials are for the maintenance of our ecosystem and life sustenance. Thus, changes in the season or climate are bound to induce changes in the human body; disharmony in these elements brings forth disease.

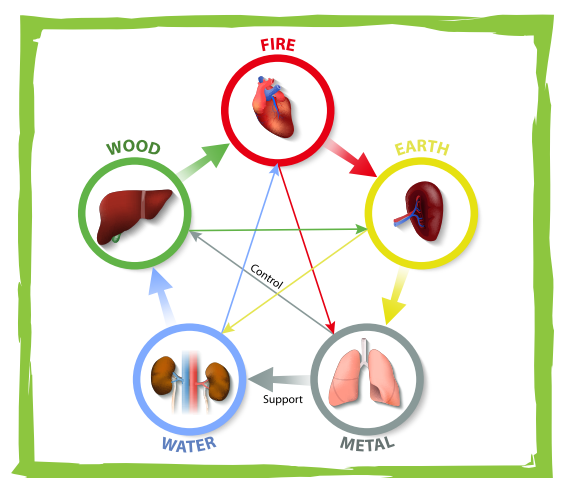
This theory dates back to the Warring States Period (475–221 BC), an era of division in ancient China when Chinese thought departed from shamanistic practices of healing which seek supernatural causes of disease. The new thought process was to set out to find patterns in nature and seasonal progressions and apply them to the interpretation of disease in the human body. The unity of the microcosm of nature and the microcosm of human life was derived from Taoist philosophy and became a guiding principle for Chinese medicine.

The Shangshu, one of the five classics of ancient Chinese literature written in 1000 BC, states that the five elements are water, fire, wood, metal and earth. "Water moistens downward, fire flares upwards, wood can be bent and straightened, metal can be molded and hardened, and earth permits sowing, growing and reaping."

The five-element theory is not only used in traditional Chinese medicine (TCM) but also in feng shui, astrology, music, geomancy, military strategy and martial arts. In Chinese medicine, water is affiliated with the kidney and bladder; wood is affiliated with the liver and gallbladder; fire is affiliated with the heart and pericardium; earth is affiliated with the stomach and spleen; and metal is affiliated with the lungs and large intestine.

When the elements are in balance, they follow the "generating" cycle and the "controlling" cycle, and when they are not in balance they follow the "over acting" or "insulting" cycle.

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According to the five element theory, changes in the season are bound to induce changes in the human body.



Health is a Choice

Continued from page 1

The efforts not being tallied are those by each community member who has been inspired by the movement: the mother whose child brought home fresh vegetables from school and started making healthier choices at the grocery store; the senior inspired by the United Way's 9 Weekly Walks who started a walking club in her neighborhood; or the employer introduced to the foundation's Workplace Wellness program who now offers healthier meals, recess breaks and *Desert Health* news in their workplace.

"Over the last five years, your efforts have been proof that cooperation works," stated President Clinton in a video message of appreciation. Naming key contributors, he recognized that every one of them took bold steps toward improving the health of our community in very creative ways and, in the process, provided a blueprint for others to follow.



Many schools started running clubs as part of the program.

At his 2015 Health Activation Summit, the President stated that statistically it takes 17 years to see measurable change when an idea is implemented; we are only one third of the way there.

From this effort, others have sprouted: many of our individual towns are now designated HEAL cities (Healthy Eating Active Living); efforts are underway to incorporate a Sleep Matters Initiative regionally emphasizing the importance of sleep and testing for sleep disorders; others are looking into making the Coachella Valley a Blue Zone; and this year, the Greater Palm Springs Convention & Visitors Bureau is launching a tourism initiative to establish the Desert as a health and wellness destination (see pg. 1).

Will the Foundation continue to support our work? "The Blueprint was always intended to be five years of engagement by CHMI, but to be sustainable beyond that window by galvanizing the community behind a set of goals and specific steps to achieve them," says Chan. "However, beyond this, the Clinton Foundation will continue to be engaged in the Coachella Valley several ways moving forward."

Those efforts include supporting the California State University, San Bernardino Palm Desert Campus through the Clinton Foundation's College Health Program; working with local partners including the Inland Empire's Opioid Crisis Coalition to address the opioid epidemic in the region; and sharing best practices with the Coachella Valley across all the Clinton Foundation's community health transformation regions.

Our sincere thanks go out to all who have taken part in this campaign and those who continue to advance the work. If you are hearing about the Clinton Health Matters Initiative for the first time, give yourself a hand. By picking up this issue of *Desert Health*, you are learning about many of the Desert's healthy happenings and taking the first step to join the movement towards a healthier Coachella Valley.

To view the full recap report, *Coachella Valley: Five Years of Community Health Transformation*, visit https://www.clintonfoundation.org/sites/default/files/coachella_valley-five-year_report.pdf

Extracting Heavy Metal Toxicity

Continued from page 14

be used in combination with other natural or chelating and complexing agents.

There is also emerging medical research being done largely by Stephen Genuis, a Canadian MD, suggesting that sweating is an optional method to facilitate removal of toxic metals, in particular, use of a sauna or far infrared sauna.

Testing for heavy metal toxicity is also somewhat controversial. Heavy metals are compartmentalized in various tissues throughout the body; they are not freely circulating in the blood stream. Testing methods vary using blood, urine, sweat and tissue samples to assess concentrations.

The best recommendation is to consult a health care provider experienced in the various testing procedures and treatment protocols.

Dr. John Dixon can be reached at the Natural Medicine Group (760) 345-7300.

Sources: 1) <http://www.nature.com/bdj/journal/v197n10/full/4811831a.html> 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144270/> 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4004256/> 4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3634463/> 5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144270/> 6) www.stephengenuis.com

Living in Harmony with the Five Elements

Continued from page 16

For example, the water element represents birth and death and the winter season; water nourishes the wood element signifying spring and growth; wood fuels the fire element allowing for fruition; fire produces the earth element that nourishes all things; the earth contains veins of minerals representing the metal element and the accumulation of riches gained throughout our lives; mineral veins run along the streams that lead to the great mysterious ocean, and back to the water element and birth and death.¹

Therefore, the only way to be healthy is to adjust to the natural forces within the world and become part of their rhythm. Just as we must water our trees (earth element), we must water our bodies following the laws of nature. In simplest terms, if you do not drink water you will become dehydrated which will affect your kidneys, the water element. As a result, your heart rate will increase affecting the heart (fire element).

One can see that if one organ system is affected, all other organ systems will eventually be affected if not treated. The more chronic your health condition, the more elements that are out of balance. Determining the root cause to a medical condition helps to treat the root of the disease and bring the body back into balance and harmony.

In conclusion, there are many ways to achieve harmony in the human body. Finding a balance starts with eating nourishing foods, getting a moderate amount of exercise and stretching, getting good quality sleep, incorporating mindful meditation, listening to or playing music, finding a creative endeavor like painting, writing, and attempting to keep stress at bay whenever possible.

Don't forget to play and have fun – live, love, laugh!

Diane Sheppard is the founding owner of AcQpoint Wellness Center. She is a licensed acupuncturist with a Ph.D. in Oriental Medicine and can be reached at (760) 775-7900. www.AcQPoint.com.

Reference: 1) <https://agelessherbs.com/five-elements-theory>



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Kidney Disorder Awareness

By Amanda Beckner, CN, HHP, PhD

Recently, I have been inundated with clients presenting with kidney dysfunction. Our kidneys remove waste from the body while keeping the body's chemicals and water in balance. Keeping the kidneys healthy is extremely important for overall health, and diet plays a huge role in doing so.

There are a number of diseases that can develop when the kidneys start to malfunction. Nephritis develops when the filtering tissues in the kidneys become inflamed; Bright's disease develops when blood pressure is high on a continual basis, water is being retained, and there is blood in the urine. Bright's disease is also a condition of chronic inflammation in the kidneys. The bloodstream at this point becomes toxic due to the overload of unfiltered waste and uremia can develop at later stages. Renal kidney failure can also result from this or other disorders such as congestive heart failure, diabetes, chronic hypertension and liver disease. Polycystic kidney disease (PKD) is an inherited condition in which cysts grow on the kidney causing them to malfunction.

Kidney disease can manifest from an unbalanced diet high in protein (especially red meat) and sugars, and/or an excess in oxalic acid-forming foods such as peanuts, pecans, wheat bran, spinach, rhubarb, beets and chocolate. It can also be caused by overexposure to drugs (prescription or recreational), toxins, cleaning solvents, venom from snake or bug bites, and pesticides.

When toxic waste accumulates in the bloodstream, your kidneys are malfunctioning. Symptoms that may indicate an issue with your kidneys include painful urination, frequent urination with irritation, chills and fever as if you have the flu, chronic lower back pain, fatigue, nausea/vomiting, swelling/edema, bloating, swelling of ankles and hands with shortness of breath, abdominal pain, and appetite loss. The urine may become cloudy or bloody or have a lot of foam.

Remember, the body works as a whole, not in parts and if you continue to treat symptoms and not the underlying problems, other areas of the body will continue to break down. Simply taking a pill to fix an immediate symptom can and will cause other issues to manifest.

Changing your diet and taking correct supplementation that aids in controlling a urinary tract infection will help maintain proper kidney function. Foods that inhibit kidney filtering are red meats; too much animal protein in general such as pork, chicken and turkey; dairy products; refined starches; salty, fatty and fast foods; and dark green, leafy veggies that are high in phosphorus and potassium.

Keeping the diet balanced with correct proteins, complex carbohydrates, fats, sodium, sugars, phosphorus and potassium is vital for healing and reversing kidney disorders. Helpful vitamins include B-complex, vitamin C, total EFA (essential fatty acid), and zinc.

Amanda Beckner is owner of Your Body Code in Palm Desert which offers personalized nutrition and wellness programs. For more information, visit www.yourbodycode.com or call (760) 341.BODY(2639).

Sources: 1.) The Merck Manual of diagnosis and therapy 15th edition 1987. 2.) Mosby's Nutritional Care 4th edition by Mary Courtney Moore RD, RN, PhD 1993. 3.) Understanding Nutrition by Eleanor Noss Whitney & Sharon Rady Rolfes 17th edition 1993.

The Use of PEMF for Health and Healing

By Andre Hugo Smith

The use of magnetic fields as a healing modality has long been practiced in alternative medicine and is now gaining popularity in integrative practices. Pulsed electro-magnetic field therapy (or PEMF) uses magnetic fields to energize the body and boost circulation and oxygenation while delivering energy to cells helping them to function optimally. It has been used effectively to reduce pain and inflammation, as well as to aid healing, recovery, performance enhancement, and detoxification.

PEMF is offered as either high intensity or low intensity. Low intensity PEMF requires longer treatment (30-90 minutes), whereas high intensity PEMF penetrates deeper into the body, making it more effective in a shorter amount of time. Also, 3-12 minutes of high intensity PEMF therapy has been shown to have longer lasting results.

PEMF technology is available to treat one targeted area or the entire body as with the recently developed HU+GO unit. It sandwiches the body from shoulders to feet, creating the electric field necessary to effectively enhance the transportation of nutrients and waste products across the cell membrane, helping cells to detoxify and absorb nutrients more effectively.

Full-body PEMF treats all areas of the body equally. While exercising the cells, nerves, muscles, and internal organs, fluid is moved around the body; with high intensity, one can actually feel the muscles contracting.

How to prepare for a PEMF therapy session

PEMF therapy is non-invasive and works through clothing. Only metal jewelry needs to be removed prior to treatment. Plenty of water should be consumed both prior to, and after, each session to help with detoxification. Supplementing with chlorella, a power-packed superfood, can help support the liver and kidneys during detoxification. Those who have medical devices or implants with a magnetic field, such as a pacemaker, should not use magnetic therapy because it could interfere with the function of the implant.

Results

PEMF therapy can be used for a variety of health conditions and results will vary accordingly. When used for pain relief, the results are almost always immediate and will last anywhere between a few days to a few weeks. There is also continued improvement over time with additional sessions. Benefits such as enhanced energy, improved digestion and concentration are normally felt 1-2 hours after a session and are especially noticeable the next day. Vitality and improved quality of sleep are often reported as well.

PEMF therapy is an effective non-narcotic approach to health which complements conventional medicine, or it can be used as a preventative measure to improve overall quality of life.

Inventor Andre Hugo Smith is the founder of Signature Health Ltd., creators of the HUGO and HOCATT. For more information, contact Health Technologies Plus at (760) 202.4007. www.ozone-pemf.com



Medical Qigong for Cancer
Patients and survivors benefit from the ancient art

By April Hanig, MA, LMFT

It’s been around for millennia, but not until a few decades ago has the American public become truly aware of the ancient healing art of qigong (pronounced “chee-gong”).

So just what is qigong?

Qigong is one of the four branches of traditional Chinese medicine (TCM), the other three being the more widely known acupuncture, herbal medicine and medical massage. According to Natasa Meyer, B Pharm, MQT, qigong originated in China between 5000 and 7000 years ago and was passed down through generations among monks and teachers. It has slowly made its way across the world to the west, and is now readily used for fitness and as part of integrative medicine.



A medical qigong therapist can identify imbalances or blockages and work to bring about homeostasis.

What is the difference between qigong and medical qigong?

Qigong is a form of exercise involving movements that are usually repeated in a specific sequence, Meyer says. These movements are gentle and not usually strenuous. Besides improving both physical and mental well-being, they allow for better energy flow in the body, removing some blockages and stimulating fluid movement.

Medical qigong involves a therapist who is able to determine where and what

kind of imbalances or blockages are present in the patient to bring the patient to homeostasis. In order to maintain the work done in the treatment and promote further healing, the therapist prescribes exercises specific to the patient’s particular condition.

Where and how do practitioners receive training in this country?

There are a few schools that offer training in medical qigong, but regulation and credentialing of practitioners is still a growing project. Meyer recommends asking the practitioner who works on you where they obtained their training and what level they obtained.

Meyer, who is also a working pharmacist, holds a master’s degree in medical qigong. She received her credentials from the International College of Medical Qigong, one of the major training/credentialing organizations in the U.S.

The International College’s levels of qualification are practitioner, therapist, master, and doctor of medical qigong—details can be found on their website, medicalqigong.org. The training includes clinical hours as well as clinical, practical and written exams

Continued on page 26



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Wednesday, March 7 | 5:30 pm - 7 pm
Medical Qigong Workshop with Natasa Meyer, BPharm, MQT

Wednesday, March 14 | 1 pm - 3 pm
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Wednesday, March 21 | 3 pm - 5 pm
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Testosterone: Not Just for Men

By **Gunther Mueller**

Testosterone therapy has been a very popular topic in men's health over the past decade, but not much attention has been given to testosterone replacement therapy (TRT) in women. With over 75 years of peer-reviewed medical literature from around the world, the evidence is overwhelming that TRT can improve quality of life in both men and women.

A paper published in 2013 in the European menopause journal *Maturitas* by breast cancer researcher Rebecca Glasser, MD, concluded that "abandoning myths and misconceptions and unfounded concerns about TRT in women will enable physicians to provide evidence-based recommendations and appropriate therapy."

The top 10 misconceptions considered in the paper were the following: testosterone is a male hormone; testosterone's only role in women is sex drive and libido; testosterone masculinizes women; testosterone causes hoarseness and voice changes; testosterone causes hair loss; testosterone has adverse effects on the heart; testosterone causes liver damage; testosterone causes aggression; testosterone may increase the risk of breast cancer; and the safety of testosterone use in women has not been established.

Dr. Glaser's research indicates that there is no credible medical literature supporting the validity or concern with these myths. In every study over the past 50 years in which testosterone has been given to women, there has been significant benefit including an improved quality of life. It has also been stated that higher doses of testosterone are correlated with greater improvement of symptoms with no adverse side effects which patients may experience with other patented drug therapies.

In a study by Glaser in 2015, entitled *Testosterone and Breast Cancer Prevention*, the conclusion stated that there was a reduced incidence of breast cancer in women treated with testosterone, and a lack of recurrence with the disease as well. The study determined that testosterone played a strong role in the prevention of breast cancer and further concluded that "testosterone's impact on overall health and quality of life, immune function, glycemic control, and prevention of inflammation further supported the role of testosterone in cancer prevention." The only caveat was that higher levels of testosterone can cause higher levels of estradiol through a process in the body known as aromatization which can be managed using aromatization inhibitors.

Testosterone has been shown to have a positive effect on many systems and organs of the body including the heart, bones, brain, and breast tissue. Testosterone is also a vaso-dilator which means it increases blood flow to cellular tissue and organ systems throughout the body; increased blood flow means more oxygen, nutrients, and overall healing support to every area of our physiology.

An overall view of the medical literature suggests that testosterone is an integral part of women's health and wellbeing as they age.

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

Sources: 1) www.hormonebalance.org; 2) *Testosterone and Breast Cancer Prevention*, *Maturitas* (2015) <http://dx.doi.org/10.1016/j.maturitas.2015.06.002>; 3) *Testosterone Therapy in Women: Myths and Misconceptions*, *Maturitas* 74 (2013) 230-234 <http://dx.doi.org/10.1016/j.maturitas.2013.01.003>; 4) *Beneficial effects of Testosterone therapy in women measured by the validated Menopause Rating scale (MRS)*, *Maturitas* 2011 Apr;68(4):355-61. Epub 2010 Dec 21.

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High School Wellness Clinic Underway

Community support needed for worthy dream

By Lauren Del Sarto

Indio High Health & Nutritional Science Academy (HANS) teacher Jason Tate has a dream – to build a comprehensive wellness clinic in his high school – and he is almost there.

Tate has brought many dreams to fruition in his tenure as a biology teacher at Indio High including the formation of the HANS academy which teaches students forensics, functional medicine, mind-body medicine, medical terminology, electronic health records, and much more.

Whereas we previously had auto body, woodshop and home economics, HANS students perform fictional autopsies, diagnose case studies presenting with specific conditions, and learn to tie sutures in lab. They even take part in community internships with doctors and other health care practitioners.

Much of the focus, however, is on prevention with movement, nutrition and mental/behavioral health as the “three pillars” of the academy. From Tate and associate Lourdes Flores, kids learn the physiology of digestion, food as medicine, mind-body healing techniques, meditation and yoga.

“We feel that this is a great opportunity to give the kids the best possible gift, the gift of a life free of chronic disease with massively reduced diabetes, heart disease, and cancer,” says Tate, “for them and their families, because the message spreads far beyond the classroom.”

Tate was inspired to create the health academy three years ago so that Indio High’s future doctors had at least one year of advanced nutrition and medical nutrition therapy knowledge. 10 percent of the students (200) take part; the classes are so popular that students have to apply to get in.

Now, he has his sight set on a wellness clinic built within the school and run by a medical director, medical residents and senior health academy students who apply for positions in the clinic. Clients will include staff, students and their families, and possibly others from the community. The design includes exam rooms, a physician’s office, a reception area, conference room and a mindfulness/fitness room.

The dream is supported by community leaders including many at Eisenhower Health, Loma Linda Hospital’s Indio team and the school board. Plans have been developed and applications submitted. According to Tate, the district has the funding for the project, but it is being held up for unknown reasons.

“There seems to be a road block that we can’t figure out,” says Tate. “We continue to ask what else they need from us, but don’t get any clear answers.” The holdup is frustrating for Tate and his team as room has been cleared in the pending site with ad hoc learning facilities set up around it. “We would love to go to the district with a long list of names of community members and leaders who believe in and support this idea,” says Tate who encourages all to reach out to him via phone or email.

In the meantime, Tate and Flores continue to inspire kids with the invaluable life lessons they teach.

“Nutrition is very important to us as human beings because it keeps us alive,” says senior Juan Nava, who is also an intern at Avid Physical Therapy. “As medicine is evolving, there is more focus on prevention instead of curing what is here now and we are learning a lot of that here.”

“At the academy, we hear all sides of the conversation which is new to us,” says junior Scarlett Moya. “In school when you are learning, you are usually told this is right and this is wrong, but these courses are completely different because they go into how people feel about the subject and I think that is really interesting.”

For more information on how you can support the HANS Academy Wellness Clinic, please contact Jason Tate jason.tate@desertsands.us or (760)775.3550.



Indio High School Wellness Clinic design


Indio High School



Junior Federico Pullido addresses attendees at a tour of the future wellness center site.




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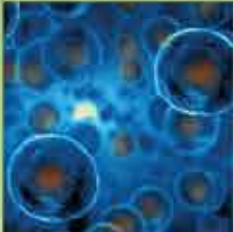


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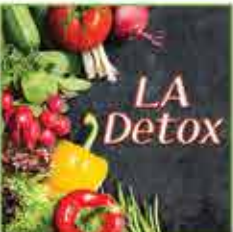
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Vegetarian Shepherd's Pie

By Dipika Patel

Being a Brit, I love this dish. An old-time hearty comfort food which can be packed with goodness, it most definitely sates me and my taste buds.

I am not a vegan, nor a full vegetarian; however, I do believe in having a balanced diet and looking at the fundamentals of how we do, what we do and how our pre-programmed habits impact our society today. With all that being said, all I want to do is share some love, get you to think out of the box, and introduce you to something new.

I consume an 80-90 percent vegetable diet and 10-20 percent animal products. Back home in England, I was introduced to a product called Quorn which has been around for more than 20 years, and I have noticed that it is becoming more widely available in some of our local stores in the desert, so if you are looking to add something different to your pantry, give this a try.

Quorn is a completely meat-free form of high quality protein and is also a good source of dietary fiber. Its most common ingredient is mycoprotein which is made by adding oxygen, nitrogen, glucose to a fungus called Fusarium venenatum. These ingredients are combined into a fermenter (like a brewing process) to form a continuous supply of mycoprotein which is then harvested and dried before egg albumen (powdered egg white) is added to bind and form a meaty texture.

The taste and texture reminds me of soy mince, also known as texturized vegetable protein, or tempeh. It makes a great one pot meal, with great texture for a meatless alternative especially if you make it with mushrooms.

Mycoprotein is a source of good protein (about 11g per 100g), contains all the essential amino acids, is high in digestive fiber, and low in saturated fats and sodium. It is rich in selenium, calcium, magnesium, potassium and phosphorous.

Even though this current product is not vegan friendly, I want my vegan friends to know that Quorn is working on a vegan alternative for this product which is already available in some parts of the world. Mycoprotein is not safe for those who have allergies to fungus, and it is safe for children to consume. Most Quorn products are not recommended to celiac sufferers or those who are lactose intolerant.

Healthy, Hearty Vegetarian Shepherd's Pie Serves 6-8 people

Ingredients for the stew	1 tsp turmeric powder
1 bag of minced Quorn (frozen)	1 tbsp Braggs aminos
1 ½ finely chopped yellow onions	
1-2 celery sticks, finely chopped	
2 cups of chopped chestnut mushrooms	
4 cloves of garlic, crushed	
1 tbsp tomato puree	
½ tsp xanthan gum (to help it all come together)	
½ - 1 cup of vegetable broth or water	
1 tsp of cayenne pepper	
2 bay leaves	
black pepper to taste	
Maldon sea salt to taste	
3 tbsp avocado oil	
	Ingredients for the mashed potato topping
	1 small bag of baby red potatoes (washed and boiled with skin on)/ you can also use sweet potato
	1 cup of raw cheddar cheese (nutritional yeast can also be used)
	2 tbsp of raw butter or ghee
	Maldon sea salt, to taste
	black pepper, to taste
	2 cloves of garlic, crushed
	2 tbsp of coconut cream or whole cream

Instructions

1. Add oil to a pan over a medium heat, add in the mushrooms and sauté without a lid for about 10 min., until all liquid has evaporated and the mushrooms are nice and brown (take out into a bowl and put to the side)
2. Add oil to the same pan over a medium heat, add in the Quorn (frozen), sauté for about 10-15 min. until it has lightly browned and all water has evaporated (take out into the bowl with the cooked mushrooms)
3. Add oil in a pan over a medium heat and add in the bay leaf and onions, sauté for about 10 min. with the lid on to make them sweat.
4. Add in the carrots, celery and sauté for another 10-15 min.
5. Add in the garlic and sauté for another couple of minutes, sprinkle over the turmeric, black pepper, tomato puree stir and cook for couple of minutes.
6. Add in the cooked mushrooms and Quorn and stir well to incorporate all the veggies.
7. Add in the Braggs liquid aminos, tomato puree, cayenne pepper and cook for about 3 minutes.
8. Pour in the vegetable stock or water stir and add in the xanthan gum.
9. Season with salt and pepper as needed at this point.
10. Stir, put lid on and cook for a further 5 minutes.
11. The stew is now ready; you can leave to the side and let it cool down.

Instructions for the mashed potato topping

1. Mash cooked potatoes together with the peel on (if you don't like the peel you can remove)
 2. Add in all the ingredients cheddar cheese or nutritional yeast, raw butter, garlic, coconut cream or whole cream and season with salt and pepper.
- I just bind all these ingredients with a fork as I like it a little chunky. If you want a smooth texture, you can put into a food processor for your preferred texture if you have kept the potato skin on, but if you have removed the potato skin you will be able to get this consistency without the food processor.
- Putting the Shepherd's Pie together**
1. Get a medium-sized baking dish and pour in the stew mixture, level off.
 2. Now you can scoop the potato mixture on top of the stew and level off so it has been spread evenly to the corners of the pan.
 3. I like to top the potato with a little more cheese and some dried parsley herbs.

4. Cook in the oven for 30-45 min. at 350F or until the potato is nice and crispy to your preference.
5. Serve with a side salad or on its own, or even some thickened vegetable stock in place of a gravy.



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



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For Women: How to Get The Benefits of Intermittent Fasting Without Becoming Hungry or Wrecking Your Hormones

Intermittent fasting (IF) is a popular method of weight loss with the additional benefits of increased energy, lowered inflammation, improved insulin sensitivity, revved-up metabolism, and possibly even cancer prevention. IF is simply applied by extending the hours between dinner and breakfast. The fasting period typically ranges from 12 to 18 hours. Men do particularly well fasting for long hours. Women, however, often struggle to reach even the 12-hour marker due to our protective hormonal and reproductive systems. The good news is that there are strategies women can use to get started on IF, without letting it affect hormones or mood, or triggering out-of-control hunger.

The primary concern for women when using IF is the likelihood that the body will identify chronic calorie restriction as a serious stressor. Long periods of food reduction can send signals that shut down the reproductive system, potentially leading to infertility, amenorrhea, or even early menopause - the opposite of anti-aging effects for which we were hoping.

A significant hurdle for women occurs on day one, however - unrelenting hunger pangs. The female body is very sensitive to signals of famine; therefore, as a protective response it increases production of the hunger hormone, ghrelin, which is difficult to ignore and causes most women to fail at fasting. To address initial obstacles such as hunger, and longer-term concerns such as early menopause, the following are strategies to help females be successful with IF:

1. Fast on 2-3 nonconsecutive days per week, such as Monday, Wednesday, and Saturday.
2. On fasting days, walk, jog, or do yoga in a fasted state.

3. Start the fasting period at 12 hours and work up to 16+ hours after 1-2 months.
4. Eat normal and adequate, but healthy amounts, on your strength training/intense exercise days.
5. Drink plenty of water (tea and coffee are okay- black/plain only).
6. After two weeks, start to add one more day of fasting, for a total of 4 days per week.
7. Consider taking 5-8 grams of branched chain amino acids (BCAA) during the fasting hours you are awake. BCAA supplements have few calories and will not affect the fasting benefits, but will provide fuel to muscles, taking the edge off hunger and fatigue.

Common sense rules still apply, such as avoiding unhealthy food and not overeating on "days off" are still necessary for weight loss and health. Of course, the better your diet is, the easier you will find it to adjust to IF, and the faster you will see the benefits. In fact, lower carbohydrate dieters often are more successful at intermittent fasting due to blood sugar stability.

If you have been unsuccessful at IF before, or if you are just looking for a simple way to improve your health, intermittent fasting can be made easier with the tips above.

Note: Fasting is not for everyone, such as diabetics or highly stressed individuals. Speak with your physician before starting any regimented diet or fasting.

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.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3680567/>

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Medical Qigong for Cancer

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With each higher level, more conditions may be treated. “Not only do these practitioners study for years, but their daily energy cultivation practice is essential,” Meyer observes.

How does qigong/medical qigong help in cancer treatment?

Put simply, when Qi (energy) does not naturally flow as it should, imbalance (disease) occurs. These imbalances could be stagnation, excess, deficiency, or direction of flow, and can occur for many reasons and at different severities. Sometimes environmental factors or emotional excess or insufficiency are involved.

“Cancer is basically a significant stagnation,” Meyer says. “When used with Western medicine treatment such as chemotherapy and radiation, medical qigong can give significant relief from the side effects. Addressing the root of the stagnation will further promote healing on a physical and spiritual level.”

Meyer finds Eastern and Western medicine to be complementary, and says there is a place for both. The main difference she sees is that Western medicine treats symptoms, while Eastern medicine looks for the root cause—symptomatic vs. causal treatment. She gives the example of extreme heartburn, where the western approach is to neutralize the acid with antacids or reduce its production with proton pump inhibitors, and the eastern approach is to seek out the root cause,



Natasia Meyer, MQT, will be conducting a medical qigong workshop at CancerPartners in Palm Desert on March 7.

such as stress, that started an imbalance and manifested physically as the heartburn.

Meyer has found that medical qigong treatments have helped not only the diagnosed patient, but also their family members. That’s because the cancer diagnosis doesn’t just affect the patient. “I’ve found that the family members have benefited from treatments, too, improving the support structure for the patient and the energy at home.”

Meyer will lead a qigong workshop at CancerPartners on March 7, and it will be for cancer patients and survivors, as well as family members. She prefers an open forum with plenty of questions from participants, finding that this helps her connect with her audience’s level of knowledge and creates understanding. She includes several exercises and meditations. Meyer’s aim? “To show how medical qigong can work, how it can help you and stretch your mind just a little further than what you are used to.”

April Hanig, MA, LMFT, is program director at CancerPartners, the local non-profit offering emotional, social and educational support to all those in the Coachella Valley affected by cancer. She can be reached at (760)770.5678 or ahanig@cancerpartners.org. The next medical qigong workshop, led by Natasia Meyer, B Pharm, MQT, at CancerPartners takes place Wednesday, March 7, from 5:30 to 7:00 p.m. More information at cancerpartners.org

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Electroceuticals: The New Frontier!

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

Most Americans who experience day-to-day discomfort or pain will seek out a primary care physician who will run tests, administer a pain shot and/or write a prescription for temporary relief. Others will reach for over-the-counter pain gels, oils and creams which can reduce inflammation and pain and help with recovery; however, many don’t have long-lasting results.

There is a new paradigm shift taking place in the world of sports and medicine called pulsed electromagnetic field technology, or PEMF. The simplicity behind the therapy is that it delivers a specific signal that helps to increase circulation to small blood vessels (capillaries) that make up 75% of total circulation. PEMF increases circulation at the cellular level enhancing the delivery of nutrients, red and white blood cells, and oxygen to those cells for self-healing and relief that lasts. In addition, PEMF enhances detoxification of waste products which helps build stronger tissue allowing the body to heal faster. It has been shown to enhance concentration, mental clarity, relaxation, strength, physical fitness and energy.



A client enjoys a PEMF therapy treatment administered by Mike Butler.

Nikola Tesla was the first modern individual to be recognized for manipulating electromagnetic fields for health purposes. His methods and patents in the early 1900s were also used for electromagnetic medical devices.

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The technology is painless and easy to use. Although it is yet to be FDA approved, many PEMF devices on the market have a Class 1 distinction deeming them safe.

Veterinarians were actually the first health professionals to use PEMF for healing injuries like broken bones in race horses; now it is commonly used on smaller pets as well. Doctors from many different disciplines have witnessed the benefits of PEMF for patients, and the technology is being used in hospitals across the nation.

PEMF is being widely used as a safe and effective therapy to assist the body in healing itself, and its many applications in the medical and sports industries are certain to grow.

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

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Destination HEALTH

Continued from page 1

What does this mean for local health and wellness businesses?



Health and wellness tourism is growing twice as fast as overall tourism.

to maintain their wellness or participate in wellness experiences while on their trip. According to the Global Wellness Institute, this second group accounts for the majority of wellness tourism (87%) and expenditures (84%).

The CVB efforts will provide a cohesive platform and increase the number of travelers coming to the area specifically for health and wellness, and in general.

Will the local focus be only on large facilities and resorts?

The CVB is committed to promoting our health and wellness community as a whole, including partners of all sizes. Wellness tourism encompasses a variety of travelers who seek different experiences, ranging from resort facilities to independent services. Since it's often difficult for one partner to offer everything that a visitor is seeking, the success of the CVB health and wellness initiative depends on partnerships, referrals and recommendations between businesses.

They are currently compiling health and wellness experiences and information for travelers, as well as health-related events; special deals on fitness classes, outdoor adventures and meditative rituals; nutritious culinary offerings or specialized detoxification programs; special packages which businesses develop in honor of the campaign, and more.

What opportunities are travelers seeking?

Medical Tourism Magazine describes the different types of tourism as such:

Wellness tourism consumers travel to maintain their well-being and life satisfaction through the experiences of healthy treatments and therapies that restore the vital balance among body, mind, and spirit bringing about overall well-being.

Health tourism patients travel for healing therapies in hospitals and clinics. This category includes medical tourism, aesthetic/plastic tourism, thalassotherapy (sea water) and thermal tourism such as mineral hot springs.



Local businesses can benefit greatly from taking part in the CVB initiative.

Coachella Valley is our incredible natural resources. The warm sun, dry desert air and breathtaking landscapes have made the Valley a natural escape for health and healing for over a century.

Another reason is because we are good at what we do. The Coachella Valley is known for the quality of our health and wellness facilities and the breadth, knowledge and skill of our practitioners. Maintaining that quality is vital.

Health and wellness tourism expert Filomena Fernandes, MD, emphasizes that high quality health care and cooperation in a region can set that region apart. "The attractiveness and competitive advantage of medical tourism are: competitive prices on a global scale; international accessibility and proximity; international accreditation/certification; and excellence...including humanization of health care; hospitality/hotel structure; linguistically competent teams; pleasant environments and landscapes; and healthy gastronomy."

Local residents are certain to benefit from the enhanced awareness and offerings the CVB initiative will create; our health and wellness community will benefit most by collectively supporting and participating in the effort.

Editorial by Lauren Del Sarto. For more information on this initiative, contact Davis Meyer at dmeyer@gpscvcv.com or (760) 969.1360.

Sources: 1) <https://www.globalwellnessinstitute.org/wellness-now-a-372-trillion-global-industry/>; 2) Fernandes and Fernandes, Medical Tourism Magazine, Health and Wellness Tourism Today, June 11, 2013.

There is tremendous opportunity for local businesses to benefit from the growing wellness tourism market. Medical Tourism Magazine states that there are more than 100 million tourists around the world each year seeking medical care, health, beauty, relaxation, recovery and rehabilitation and traveling to places and facilities with desirable climates and natural resources, hospitals, clinics, wellness spas, fitness centers and wellness resorts.

These travelers include those whose motivating factor for the destination choice is health and/or wellness, and those who seek



The Desert's many natural resources make it a popular wellness destination.

Part of the reason the health and wellness industry is flourishing in the

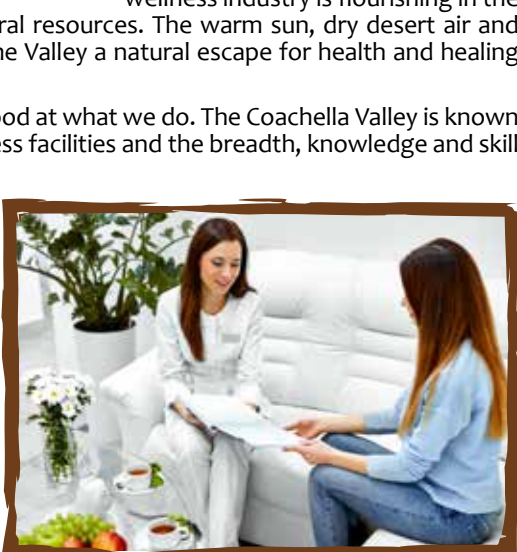
Maintaining excellence in services offered regionally is an important factor to success.

Medical tourism patients travel to hospitals and clinics for treatments in different areas including medical specialties (cardiology, neurology, transplants, etc.); preventive medicine; artificial insemination; anti-aging medicine and plastic reconstructive medicine.

These categories certainly overlap as those traveling for medical services benefit from complementary wellness therapies.

What will make this effort successful?

Part of the reason the health and wellness industry is flourishing in the



Maintaining excellence in services offered regionally is an important factor to success.

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NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

Solutions for Baby's Acid Reflux

Prescriptions for acid reflux in young infants and babies have risen significantly over the past decade as physicians are choosing to treat more extreme cases of ‘spitting up’ or acid reflux-induced vomiting with medication. While it is normal for a young baby or infant to regurgitate some amount of food while he or she is learning to digest, excess spit ups or vomiting can lead to weight loss and insufficient nutrition.

Acid reflux in babies is uncomfortable, compromises their health if untreated, and needs to be addressed. However, medication is not the only solution. In a young baby, there are modifications that can be made to ease symptoms and improve digestion.

The first modification to consider is diet. For breastfed babies, the mother will need to eliminate dairy, gluten, spicy foods, and sulphur-containing vegetables (onions, garlic, broccoli, etc.). The compounds and allergens in these foods can transfer in the breast milk, upsetting the baby’s digestion. For bottle-fed babies, or babies with formula supplementation, changing from a cow dairy or whey-based formula to a goat milk-based formula can help significantly. There are two main goat milk-based formulas on the market, Kabrita and Holle. For some babies, simple dietary adjustments will be the main change required to ease reflux issues.

The next modification to consider is posture and feeding positions. Babies who spit up notably after being laid down after a feeding, may need more time in an upright position after eating. A baby may need to be held upright for 30-60 minutes after feedings before being placed in any type of reclined position. A baby that has more reflux when in a reclined position in general may need to be positioned in more upright positions when awake. The “C” body position a car seat creates compromises the shape of the digestive system and lying down for long time periods during the day can exacerbate regurgitation during feedings.

Lastly, gentle herbal remedies can help repair any digestive inflammation exacerbating reflux. Specifically, a very gentle and low allergen herbal remedy called slippery elm is restorative to the digestive system. A very low dose of slippery elm powder (1/8 tsp. or more if needed) can be added to a daily bottle to repair and aid the digestive system. Slippery elm can significantly reduce reflux symptoms. However, always start any herbal or nutritional additive slowly and under the guidance of a qualified practitioner.

While medications can be necessary under extreme conditions, and especially when weight loss and compromised nutrition is significant, it can simply be a tool utilized for health safety while underlying causes are addressed. If medication is required, all of the above can still be applied to reduce long-term reliance on medications.

The concern is that long-term use of acid-reducing medications can create vitamin and mineral deficiencies. The healthiest course of action is to look at food irritants, work on mechanics such as baby’s body positions during and after feedings, and add herbal digestive aids if necessary.

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

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Your Emotional Legacy
By Amy Austin, RN, Psy.D., LMFT

When we think of leaving a legacy to loved ones, we often want to ensure that our loved ones are financially secure and that every legal “t” is crossed and every “i” is dotted. We assign a power of attorney and have a health care directive signed and inserted into our medical records.

What about an emotional legacy? How do you want your friends, family and community at large to remember you? We might be tuned into a financial legacy, but an emotional legacy holds so much richness for the mind and spirit! Life isn’t only about monetary comforts, but about the values we impart and how these values affect the lives we leave behind.

An emotional legacy is something that is conceptualized and role modeled during a lifetime. As one starts to age, this legacy can hold greater meaning when time seems to race by. It has to do with who we are as people, what we have to offer, what things we hold dear, and what we want others know about us. An emotional legacy has to do with the passing of our deeply rooted and cherished values that we would like to pass on to the next generation.

I remember, as a little girl, walking with my Uncle Aaron. He introduced me to my very first hummingbird. I was in awe watching the tiny bird buzzing around us so close we could almost touch her. To this day, I am reminded of his quiet voice and loving spirit which matched the gentle and curious little bird. One of the values I hope to leave to my loved ones is my love and respect for nature and the hope that my loved ones will follow in my footsteps after witnessing my joy.

I often hear parents talking about the college his or her child goes to, what they do for a living and their success stories, all of which is lovely and a source of pride, but I also hope they are good and purposeful individuals who have a wider lens when it comes to how they interact with and impact their families and community. Are they running on a treadmill, all the while forgetting what is most dear in life?

Creating an emotional legacy begins with living a valuable life. The Biale Rebbe, a beloved rabbi of many who spends a lifetime raising money for widows and orphans, says that our children are worth “billions!”

We might forget that when we leave this planet our emotional legacy lives on, both positively and negatively. We have a choice in the emotional legacy we leave. If we understand that our words and behaviors define who we are, we might be less impulsive reacting with stinging words and actions.

It’s simple and yet so complex. The Lubavitcher Rebbe said, “Think good, do good, and it will be good.”

The next time you walk through the front door, exhausted from the work day, breathe in the “billions” that are right there. Your emotional legacy awaits.

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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Is a Reverse Mortgage Loan Right for My Mom?

By Mark Anthony Erskine, CRMP, CSA

A reader asks: My Mom is in her late seventies and lives on a very limited budget. I would like to see her have a more comfortable retirement and more money now to do the things she loves. She owns her home which I don't care to inherit. Her concern is that she may need the equity later for health care costs if she has to move into a care facility. She would rather scrape by now so as not to be a burden on me later. Would a reverse mortgage loan be right for her?

At first glance to many, including the typical reverse mortgage loan officer, your goals and your mother's goals are in conflict. The good news is by utilizing a reverse mortgage, which is a very simple program, but an extremely sophisticated and powerful financial planning tool, both of your goals can be met without your mother having to "scrape by."

In a traditional loan you make your payments while you are living in your home. In a reverse mortgage, you make your payments when you no longer live in the home. You get to keep the payments to enjoy your life in retirement.

The very first reverse mortgage loan was written in 1961 to help the widowed wife of the banker's high school football coach to stay in her home after losing her husband. The program was supported by the government as a positive means of helping seniors age in place and in 1988, HUD gained the authority to insure reverse mortgages through the Federal Housing Administration (FHA). Their mission is very clear: To help and protect seniors to age in place. If your mother, or any senior 62+, wants to stay in her home as long as possible, then a reverse mortgage is a wonderful tool to help accomplish this goal.

If your mother's greatest fear is running out of money, then she should insure against it. With a reverse mortgage loan, if your mom's house goes up in value, she benefits in the upside; if the house goes down in value, the FHA assumes the risk.

Your mom's retirement fund is not insured against risk. If her portfolio doesn't perform, she takes 100% of the risk. If she takes money from her retirement fund to supplement her income, she must sell the assets in that account and won't participate in any future gains on those monies. In addition, retirement fund distributions are taxable; 100 percent of the proceeds received from a reverse mortgage are tax free and she doesn't have to sell her home to get it.

Because she has held her conventional mortgage for 6 or 7 years, she will no longer have a mortgage payment in 23 to 24 years when she is 103/104. Of course, a reverse mortgage would allow her to eliminate those monthly payments and provide those additional funds each month "to do the things she loves to do."

With a conventional mortgage or home equity line, she will incur an additional mortgage payment. Although her home can go up in value between now and when she needs the equity, it can also go down. An even worse scenario with a conventional loan would be if home prices drop and interest rates go up. I don't have a crystal ball, but after 28 years in financial planning with an undergraduate degree in economics and an MBA in financial planning, I believe there is a greater probability of rates rising than staying flat or going down.

NETIQUETTE: 10 Tips for Internet Etiquette

Continued from page 6

- Follow your Mother's sage advice: "If you can't say something nice, don't say anything at all." A good rule of thumb: If you wouldn't say it in person, don't say it online. Think before you post!
- Never have conflict in writing. Words capture only 7% of communication while facial expressions, tone of voice and body language register 93%. You cannot effectively express yourself when only using words. Before sending an angry message, sleep on it!
- Don't share controversial opinions. Stay away from politics, religion and sex. Instead, use social media to build bridges and relationships with others.
- Don't assume everyone you meet online is who he or she seems to be. Anyone can create a user profile pretending to be someone else.
- Don't share personal info that could lead someone to you offline. Avoid posting photos like license plates, vacation info or landmarks that indicate where you can be found. Over time, predators can piece together your detailed information.
- Don't reply to harassing or disturbing messages. Cyberbullies want to know if they are making you worried or upset; they want a reaction from you.
- Don't post sexually explicit photos or videos. These indelible footprints could haunt you forever. Your first photo should be a professional picture of your face and shoulders to ensure that your initial image is positive when your name is searched online.
- Be respectful when tagging others. If there's a good picture of you and an ugly one of someone else, don't post it! Consider obtaining permission before tagging.
- When emailing, think twice before responding "Reply All"; delete previous addresses when forwarding messages; avoid sarcasm and don't use ALL CAPS which may be interpreted as yelling.



THINK before you send.

Bottom line: It's important to take charge of your reputation. In business, your reputation is known as your "brand" and your digital footprint reflects on you and your brand. Everything you do and say online becomes a permanent record retrievable throughout your life, so be sure your posts, comments and interactions are positive, professional, courteous and non-confrontational.

Social media can be an extraordinary medium for communicating with friends, family, and professional associates. Use it wisely and successfully!

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

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Montana Resident & Valley Snowbird

Here's how a reverse mortgage works.

A reverse mortgage borrower may borrow anywhere between 40 to 60% of "max claim" which is the lessor of the appraised value or \$679,650. The proceeds of a reverse mortgage may be taken in several ways; however, any and all liens will be paid off so there is no longer a required monthly payment. If there is no lien on the home, 100% of the loan amount may be taken as a lump sum or deposited in a line of credit that has a built-in inflation hedge (currently growing at 5.27%) with no required monthly payments. The growth rate on the line of credit is variable so if rates go up, the growth rate goes up; if rates go down, the line of credit growth rate goes down (but not the line of credit). In a reverse mortgage there is no mortgage payment, and you have an interest bearing line of credit you can use.

With a reverse mortgage, you own your home, not the bank. The bank simply has a lien on the home for the amount borrowed plus interest, just like a conventional loan. The loan must be repaid when the last borrower no longer lives in the home for more than one year, if the owner fails to pay their property taxes and hazard insurance, or if they fail to maintain the home.

Given your mother's scenario, I believe a reverse mortgage would be the most effective - and possibly the only - way for her to insure against running out of money without selling her home.

Mark Anthony Erskine, CRMP, CSA, is president of Reserve Mortgage Works and can be reached at (877) 212.4002. Mark@Reversemw.com. NMLS # 819525/1626788.

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Saving Stressed Skin

By Elizabeth Scarcella

We hear it all the time, stress is the leading factor of disease within the body... and the skin is no different. As our largest organ, it's paramount we learn how to keep damage in check during anxiety-ridden times, especially if your face is the place that's showing signs of stress.

Wrinkles

Noticing more fine lines and laxity in your skin? Stress may be impacting you on a hormonal level. Cortisol, the hormone released in response to stress, is the natural enemy of collagen, breaking down the connective tissue that keeps your complexion taut and firm. But beyond damaging collagen, anxiety can also cause us to hold certain facial expressions, such as furrowing the brow which can eventually cause permanent wrinkling on the forehead and around the eyes.

The Solution: Become mindful of when you are holding facial expressions in moments of stress. Breathe in deeply, and as you exhale, visualize your face being relaxed and smooth. Meditation is also helpful, even if you have just a few moments. Download a meditation app onto your mobile device so you have no excuse to take a quick beauty bliss moment. Lack of hydration is typically a wrinkle culprit, so make sure you consume at least 8 glasses of pure water each day to prevent dry skin and to eliminate toxins. For a quick hydration fix, use a serum that contains hyaluronic acid, an ingredient that naturally occurs in your body and holds 1,000 times its weight in water. It even pulls moisture from the air into the skin, instantly hydrating and leaving you with a gorgeous glow.

Under-Eye Bags

Tomorrow's to-do list can weigh on your mind, keeping you from getting enough beauty sleep. This can cause fluid to pool below your lower eyelid resulting in a puffy mess in the morning. Stomach sleepers, bad news: You can expect the puffiness of your under-eye bags to be even worse due to gravity.

The Solution: Get at least eight hours of sleep. Since the light from your smartphone's screen simulates sunlight, shut off any electronic devices an hour before you go to sleep. Use your downtime to enjoy a cup of caffeine-free chamomile tea to help calm and relax you before bed. If you still wake up with puffy eyes in the morning, hold the back of a cold spoon (pop it in the fridge) up to your under-eye area and massage it from the inner to the outer corner of your eye to jumpstart the fluid's drainage. Then, apply concealer in an inverted triangle under your eye. The brightness will start slightly below your nostrils and build toward your eye, concealing the puffiness.

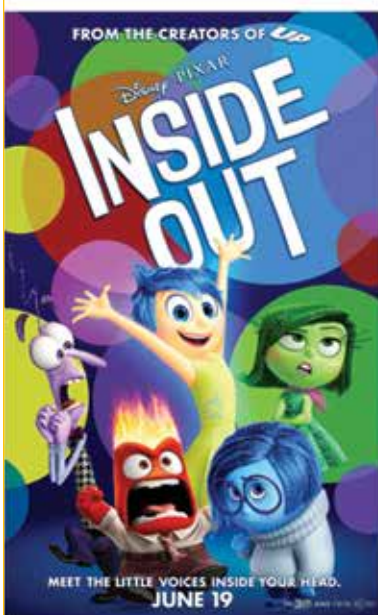
In today's world, stress seems inevitable, yet, there are simple solutions that can make all the difference in showing a face that appears to have just returned from a relaxing vacation.

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



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American ADDICT

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Five Ways to Boost Health and Happiness

UCR Palm Desert can help

The "how" of happiness isn't that tough, says Sonja Lyubomirsky, psychology professor at the University of California, Riverside, and author of *The How of Happiness* and *The Myths of Happiness*.

Her research shows that happiness not only feels good; it is good. Happier people have more stable marriages, stronger immune systems, higher incomes, and more creative ideas than their less happy peers.

Best of all, it's possible to make ourselves happier by practicing small, simple activities on a regular basis. Here are a few recommendations:

1. Keep your thoughts in check. Negative thoughts lead to negative feelings; likewise, positive thoughts lead to positive feelings. One way to have positive thoughts is to keep your mind engaged by taking a new class, listening to an inspiring lecture, or attending a discussion with one of America's top contemporary writers.

All of these activities are available to the community at UCR Palm Desert — lectures and most events are free, while classes and workshops are low-cost.

2. Practice conscious gratitude. Some recommend keeping a gratitude journal, in which you write down a few things each day for which you are grateful, while others express their daily appreciation in other ways. To help you on that journey, UCR Extension hosts mindful meditation retreats at UCR Palm Desert a couple of times each year.

3. Commit random acts of kindness. Practicing positive activities may serve as an effective, low-cost treatment for people suffering from depression, according to the paper, *Delivering Happiness: Translating Positive Psychology Intervention Research for Treating Major and Minor Depressive Disorders*. The research team included Kristin Layous and Joseph Chancellor, graduate students at UC Riverside; Sonja Lyubomirsky, professor of psychology and director of the Positive Psychology Laboratory at UC Riverside; Lihong Wang, MD, and P. Murali Doraiswamy, MBBS, FRCP, of Duke University.

Such positive activities might include supporting your local cultural community by attending UCR Palm Desert art exhibitions, bringing a friend to the MFA book club, or gazing upon the universe with wonder during UCR Alternative Earths astrobiology series.

4. Get physical. Even moderate physical activity can boost happiness, chase away depression, and improve your physical health. Want to get outside? Learn more about the local landscape during the free Wild Coachella lecture series, collaboration between UCR Center for Conservation Biology and Friends of the Desert Mountains.

5. Volunteer. Boost your happiness and health through volunteering, which provides a sense of purpose. According to *U.S. News and World Report*, when Lyubomirsky and her colleagues conducted an experiment in which individuals were asked to perform five considerate acts —like donating blood or feeding a friend's pet—the study participants reported higher levels of pleasure than members of a control group who did no such acts.

The Master Gardener program at UCR Palm Desert involves serving the community through volunteer hours, while the California Naturalists program gets volunteers involved with citizen science initiatives in our own backyard.

For information on all events, classes and lectures, contact UCR Palm Desert at (760) 834.0800 or visit palmdesert.ucr.edu.



Managing Pain Naturally

Third Cambria Health by Design presentation



Speaker Joseph Sherger, MD

The final presentation in the 2018 Cambria Health by Design Speaker Series takes place Tuesday, April 3, at the Cambria Gallery on Cook Street from 5:30 p.m. – 7:30 p.m. The event is free and open to the public.

In light of the opioid epidemic, which has everyone in our country seeking alternatives to medication for pain, we are pleased to present three Valley practitioners from the complementary health community who will discuss therapies they successfully use to manage common conditions. Some of those modalities include acupuncture, herbs, physical therapy, nutrition, supplementation, and non-narcotic injections.



Speaker Mariel Hemingway

Our guest speakers include acupuncturist and Doctor of Traditional Chinese Medicine Diane Sheppard, LAc, PhD, of AcQpoint Wellness Center; Doctor of Physical Therapy Vince Kambe, DPT, OCS, of Avid Physical Therapy; and Naturopathic Doctor Sonja Fung, ND, of the LiveWell Clinic.



Full house for Hemingway

The speaker series launched in November with integrative doctor Joe Scherger, MD, speaking on how to reverse – and end - Alzheimer's, and continued in February with actor and author Mariel Hemingway sharing her journey to health and advocacy.

At each event, guests enjoy nutritious snacks from *Salads in a Jar* and complimentary beverages provided by Cambria.



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The Cambria Health by Design Speakers Series is presented by Eisenhower Health Wellness Institute and Desert Health® and aims to provide valuable and complimentary health information to our community. Each presentation takes place in Cambria's elegant Palm Desert showroom and all are welcome to join. Please note that RSVP is required.

The Cambria Health by Design Speakers Series takes place Tuesday, April 3, from 5:30pm – 7:30pm at the Cambria Gallery, 42210 Cook Street, Palm Desert. The event is free but space is limited and reservations are required. To RSVP call (760) 340.0600.



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MANAGING PAIN
Naturally



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Licensed Acupuncturist
Doctor of Traditional Chinese Medicine



Vince Kambe, DPT, OCS
Doctor of Physical Therapy



Sonja Fung, ND
Naturopathic Doctor

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SPEAKERS: Dr. Samar Nahas, Assistant Clinical Professor of Gynecology and Oncology, UCR School of Medicine, and Dr. Adam Godzik, Professor, Sanford Burnham Prebys Medical Discovery Institute and Center for Molecular and Translational Medicine, UCR School of Medicine.





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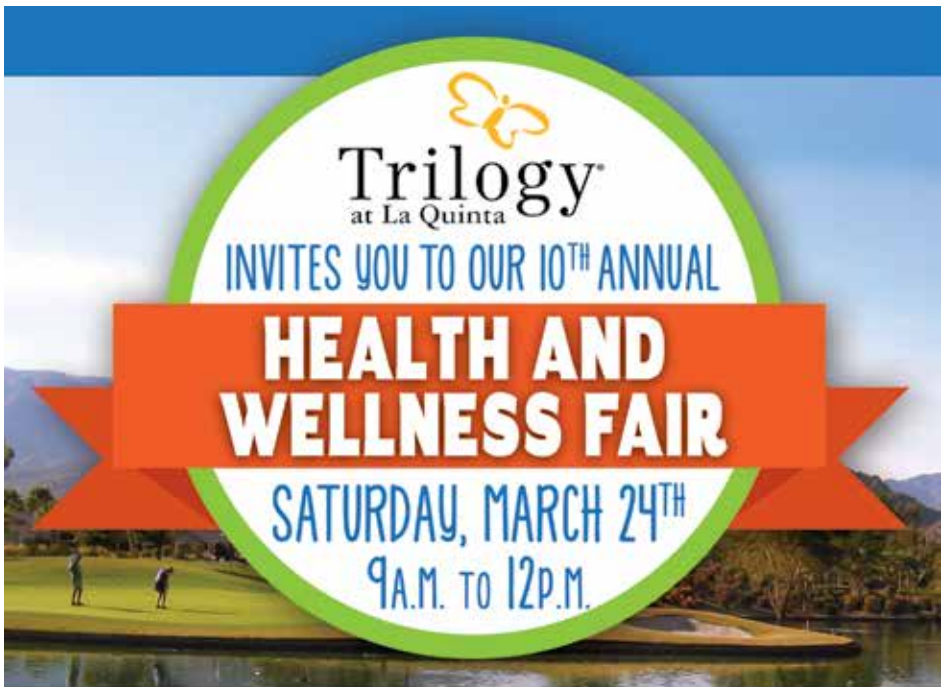
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Alzheimers Coachella Valley Offers Innovative Program

Alzheimers Coachella Valley (ACV), the new community-based nonprofit organization now open at the Berger Foundation Center, launched a new innovative support group called “Traveling the Journey Together.”

The first-of-its kind program includes both the person diagnosed with dementia and the care-partner. The eight-week series is facilitated by Edie Keller, Licensed Marriage Family Therapist and co-founder of Alzheimers Coachella Valley, and Cindi Crist, R.C.F.E., aging and memory care specialist and director of New Connections.

Format of the program features highly qualified guest speakers who present a different topic each week which both care-partner and patient attend. Then each meets in their own support groups with facilitators, followed by a social gathering together. This series will feature the following speakers:

- Dr. Clifton Cole, a hospice and palliative medicine specialist from Loma Linda University, talking about “Alzheimer’s Disease & Dementia.”
- Dr. Felipe Espinoza of Desert Medical Imaging, a specialist in neuroradiology, discussing “Imaging & Diagnosing Types of Dementia.”
- Heidi Charette, R.C.F.E., an administrator at Windsor Court in Palm Springs, addresses “Mind, Body & Spirit.”
- Palm Desert attorney Monica Amboss, who specializes in estate planning, trusts and elder law, will give information and takeaways on “Planning Ahead.”
- Dom Calvano, community consultant with Custom Care Solutions and ACV board president, gives advice on “What You Need to Know about In-Home Help.”
- UCI Mind Education volunteer, Steve O’Leary, an Alzheimer’s disease advocate, shares “Successful Strategies through the Journey.”

The series concludes with participants sharing their experiences in “Traveling the Journey Together.” While this series is full with eight couples, there is a waiting list for the next Journey Together program. Participants must be pre-evaluated by the facilitators to ensure that this program is appropriate for the patient.

Alzheimers Coachella Valley is open Monday through Friday from 9 a.m. to 5 p.m. The office is staffed by trained volunteers who can respond to callers and drop-in visitors with information and care advisor referrals for further support. During after-hours and weekends, phones are answered by on-call staff.

Alzheimers Coachella Valley, formed by a group of concerned local volunteers, is dedicated to improving community health by providing needed professional and peer-led programs for persons diagnosed with cognitive impairment, their care-partners and families. One hundred percent of monies raised in the Coachella Valley remains in the community to fill an ever-growing need for programs such as ongoing caregiver support groups; “Breathing Space,” scholarship dollars for temporary care while a caregiver attends an ACV program; and “Traveling the Journey Together.” ACV also has qualified speakers available to talk to business and community organizations; and state-approved Continuing Education Unit courses for professional caregivers.

Please join us and meet the team at our first fundraiser being held March 23, 5 p.m., at PIRCH in Rancho Mirage. For more information, please see our ad on this page.

Alzheimers Coachella Valley is located in the Berger Foundation Center, 42600 Cook Street, Ste. 125. For more information, call (760) 776.3100.

You are cordially invited to

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100% of monies raised here stays in the desert for programs and services.

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Jim Murdock and PIRCH
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Desert Health
WELLNESS AWARDS

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Wellness Awards Return in 2019

Planning for creative growth underway

Desert Health® is proud to announce our fourth Desert Health Wellness Awards presented by Isning Gamez and taking place in May 2019. With three sold-out celebrations, founder Lauren Del Sarto selected to take this year off to secure a larger venue and enhance other aspects of the event.

“We are thrilled with the community support the Desert Health Wellness Awards have – and continue to - receive,” said Del Sarto. “Our hope is to find another indoor/ outdoor venue which can handle the growing guest list.”



Vegetable décor adorns tables.

Previous events have been held at Desert Willow Golf Resort and The Pavilion at Indian Wells which both offer spectacular views, indoor and outdoor spaces and beautiful natural light; however, there have been limitations for attendance and the interactive format of the event.

The Wellness Awards were created by Del Sarto in 2014 as an extension of Desert Health®’s mission to encourage healthy lifestyle choices and recognize those inspiring others and moving health and wellness forward in our community.

“The festive celebration encourages all to get involved and awards those who are making a difference,” states Del Sarto. Activities have included themed dining stations representing Paleo, Mediterranean, and vegetarian cuisine; beautiful décor of vegetables that turns into a farmer’s market; and renowned speakers including *The New York Times* best-selling authors William Davis, MD, (*Wheat Belly*) and Steven Gundry, MD, (*The Plant Paradox*).

“We want to find the perfect venue and another impactful speaker,” says Del Sarto. Other enhancements will include an online program to make nominations easier and additional surprises to keep returning guests entertained. Over 100 individuals, businesses and health care practitioners who have been nominated for Wellness Awards over the past three years will all be honored at a celebratory reception to be held this May.

“The Desert Health Wellness Awards are such an inspiring and fun evening; we are excited to keep the momentum going,” adds Del Sarto. “We are humbled by the overwhelming support from the community and look forward to an even more spectacular event next year!”

Nominations for the 2019 Desert Health® Wellness Awards open this fall. Categories include Individual, Business, Integrative Practitioner (for licensed health practitioners), and Youth (18 and under).

The 2019 Desert Health Wellness Awards are presented by Isning Gamez and proudly supported by Gold Sponsors Eisenhower Health Wellness Institute, Fresh Juice Bar, KMIR-TV, Cambria USA and Community Sponsors Desert Oasis Healthcare, Prime Time Produce, and Salads in a Jar.

For sponsorship and additional information, please contact Desert Health at (760) 238.0245. Lauren@DesertHealthNews.com.



Over 100 nominations have been received in the past 3 years.



Guest speakers have included authors Steven Gundry, MD, and William Davis, MD.

The next Desert Health® Wellness Awards will take place in

May, 2019

as we develop an even more spectacular celebration!

The Desert Health® Wellness Awards benefit Coachella Valley Volunteers in Medicine and the Human Health Initiative

Do you know someone who deserves recognition for moving health and wellness forward in your life and in our community?

Nominations Open Fall 2018

For Sponsorship Information, please contact Lauren Del Sarto
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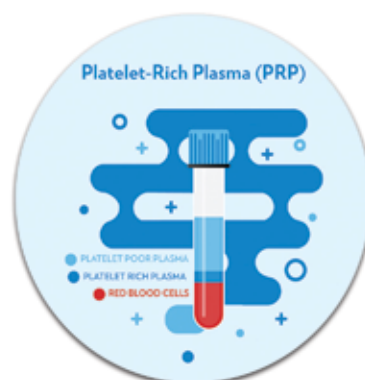
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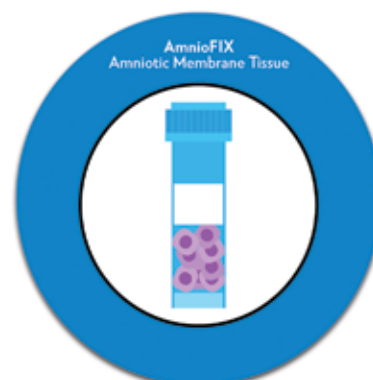
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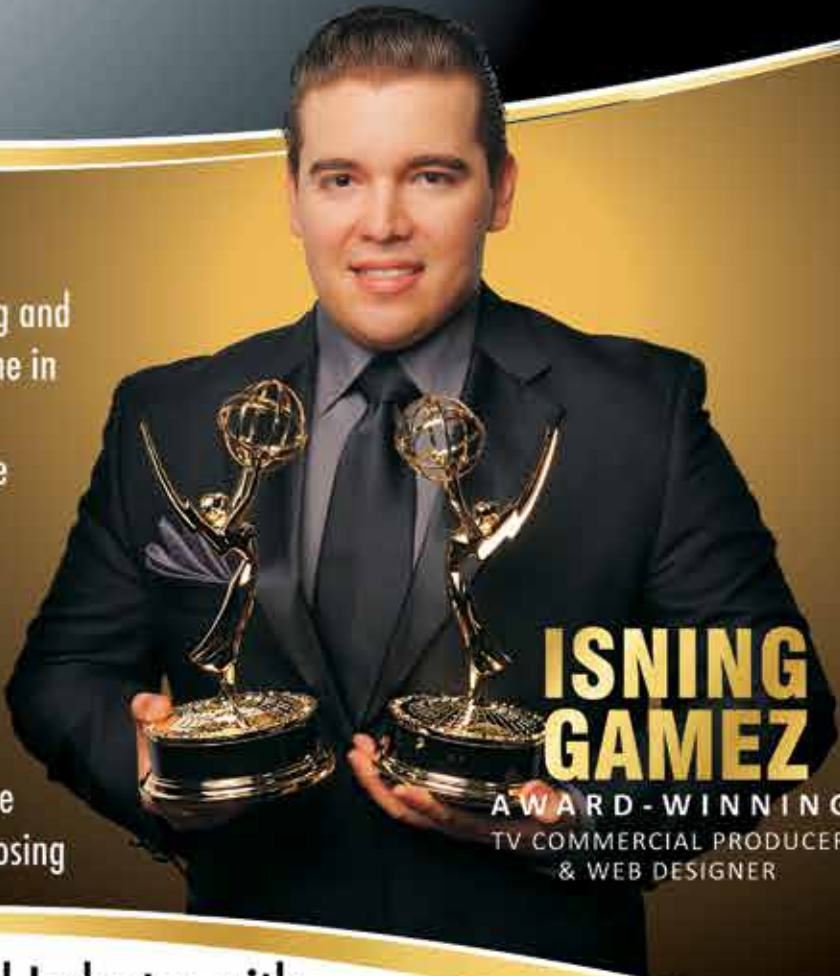
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