



Desert Health[®]

The Valley's Leading Resource for Health and Wellness

March/April 2019

what's inside

- 8

Medical News

Why Are My Eyes Always Sticky and Watery?
- 13

Natural Options

GABA For Sleep, Anxiety and Weight Loss
- 20

Integrated Practices

Functional Medicine Approach to Chronic Disease
- 23

Financial Health

Summiting the Markets
- 24

Fresh Cuisine

Gotta Love Garbanzo Beans
- 26

Through the Generations

Solitude: The Yin Side of Life
- 28

Desert Events

Presenting the 2019 Desert Health Wellness Award Nominees!
- 30

Fitness

Ballroom Dancing: Good for Body, Mind and Spirit

2019 WELLNESS TRENDS

What's new in wellness? Getting off the beaten path, following your nose, wearing conscious clothing, eating exactly what your body needs, choosing your meditation wisely, and getting back to nature as prescribed by your doctor. And in the end, you'll even have options for dying well.

This is according to the Global Wellness Summit's (GWS) latest trend report, an annual forecast created by international leaders and visionaries of the \$4.2 trillion global wellness industry. Fads fascinating science, global consciousness, consumer demand, and product sales and innovation are considered when identifying trends with the greatest impact on the industry's bottom line.

This year's commonalities include getting back to nature, reducing stress, and personalizing choices of everything from nutrition to medicine - even your own funeral. Let's take a look at a few...

Mindful Fashion

The ever-changing world of fashion is decadent and dazzling; however, the industry's impact on the world is far from glamorous. According to the GWS report,



disposed garments result in the equivalent of one garbage truck of textiles landfilled or burned every second with production creating a staggering 1.2 billion tons of greenhouse gas emissions annually and 20 percent of all global wastewater.

Mindful fashion which is better for the planet and people is making a difference. Custom creations (versus mass production) are being made from recycled and compostable fibers that are actually good for you. Turns out Patagonia has been creating "trashion" for the past 25 years. That fleece you own may just be made from recycled plastic bottles.

Innovators are also using earthy materials like mushrooms, hemp, and algae sourced from destructive algal blooms in waterways as in Vivobarefoot's Ultra III Bloom shoe pictured here. Algae apparel can actually release proteins, vitamins and anti-inflammatories into the skin - so good for the earth and good for you.

Other growing trends include clothes that moisturize and even those that express your mood. Vintage is also making a comeback as the younger generation moves away from excess and redefines luxury with a "sustainable wardrobe" as the new status symbol.

Continued on page 3

A Little Box of INSPIRATION

LIFE IS 10%
WHAT HAPPENS TO YOU
AND 90%
HOW YOU REACT

Charles R. Swindoll
Author of *The Grace Awakening*

BE STRONG.
YOU GOT THIS.

Dealing with
a Diagnosis

By Lauren Del Sarto

In January I was told I have breast cancer. The overwhelming news brought tears and the urge to crawl up in a ball and stay there forever. I didn't want to face what lay ahead - more doctors, more tests, and many life-changing decisions to be made.

How could this happen to me? You can't help but ask yourself this question over and over. These past ten years in the desert have been the healthiest of my life, so what did I do wrong? I soon learned that breast cancer takes 8-10 years to develop to a detectable size, thus blaming it on my previous not-so-healthy life brought a little solace. But the truth is we will never know the true cause and fretting about it is not the best use of precious time and brain power when handed a life-altering diagnosis. There is a lot to learn and do to move forward in a positive manner for your most positive outcome.

So I pulled myself together and quickly transitioned into "project mode," because from a logistical standpoint that's just what a diagnosis is - a big timely

project you have to navigate and manage. In these few short months I have learned a lot and wanted to share some tips that may help you or a loved one when facing a similar health issue.

It's All About You

Whether you are the head of a family or living alone, a loving spouse, parent or friend, now is the time to put yourself first. Whether those around you like it or not, your health is now top on the list and creating a stress-free and healing environment is the best thing you can do for yourself.

I came to this realization after a week of unsuccessfully trying to juggle life with this new element of stress swirling around in my head. So, I called a psychic friend to get his insight, and our conversation was one of the most impactful I have ever had. He said that this experience looked like more of a spiritual journey for me than a physical one; an opportunity to look inside and identify any unresolved issues I wasn't facing. Directing me to

Continued on page 9



Three Hospitals. Primary, Specialty & Urgent Care.
One Network. Devoted to Your Health.

DESERT CARE NETWORK

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

Your HEALTH BLOOMS Here

DesertCareNetwork.com



Let's Talk About It.

With this issue, we learn that Apple's top trending app category last year was mindfulness/meditation. Why do you think that is? Stress is certainly a major concern and it's great to see people turning to valuable resources and learning how to cope. We're taking steps, sharing our stories, consoling family and friends, and reaching out to professionals who can help.

You have to talk about it. Sharing opens doors and eases your path forward, and you're certain to help others along the way.

This is why I'm sharing my story in *Be Strong* (p.1). In January, I received a breast cancer diagnosis. Fortunately, it's a common type, stage 1, and very treatable. But with it comes a whole new level of stress as anyone who has received a complicated diagnosis would agree.

I am very grateful to have our *Desert Health* family and hope others seeking resources will find them on our pages and website. The support is invaluable and heart-warming; I am definitely in good hands.

We talk about a lot in this issue from wellness trends to cancer resources (p.3); from controlling anxiety (p.6 & 10) to radical self-acceptance (p.22); from being a couple (p.27) to finding solitude (p.26). We're even opening the conversation on death, another global wellness trend.

We are also honoring those who lead and are proud to present our 2019 Desert Health Wellness Award Nominees (p.28). They are each making a difference and deserve our applause. We hope you'll join us in celebrating them at the Wellness Awards on May 22 where you're certain to learn a few things from our renowned speakers: author Mimi Kirk and integrative doctor William Grimm, DO (p.29).



Honored to receive Women Leaders Forum's 2019 Trailblazer Award. Presented by Desert Regional Medical Center's Rich Ramhoff, our very first marketing partner in 2010. Photo by Lani Garfield

Life presents many twists and turns along the way, but with each is the opportunity to learn and grow. Isn't that why we are here? Sharing with others helps and that is the true mission and value of *Desert Health*.

We thank you for reading. Keep the conversation going in our comment fields online. Your notes and questions are sent to the contributing author who will reply.

We're all in this together, so let's talk about it. Here's to your health ~

Lauren
Lauren Del Sarto
Founder/Publisher

A Season of Good Health!

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

March 20 • Wellness Worth Watching. *Queen of the Sun* presented by Eisenhower Health and *Desert Health* takes us on a profound journey through the catastrophic disappearance of bees and the struggles and solutions facing beekeepers, scientists and philosophers. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. Doors open 1:30pm; Movie 2-4pm. \$5.00. RSVP (760) 423.4855.

April 7 • Mitch's Pitches PRO. In recognition of Parkinson's Awareness Month, Mitch's Prime Seafood on El Paseo will host a celebration for Parkinson's Resource Organization's 29 years of excellence. The evening includes celebrities, cocktails, fine dining, live entertainment, and specialty auctions and will honor two inspirational people with Parkinson's: 29 year-old Michael Lu of the Anaheim Ducks and 70 year-old Michael Rudder, a former investment banker. At Mitch's 73951 El Paseo; 5:30pm. Tickets start at \$150. (760) 773.5628. www.parkinsonsresource.org.

April 24 • Wellness Worth Watching. *Walk with Me* presented by Eisenhower Health and *Desert Health* is a cinematic journey into the world of mindfulness and the Zen Buddhist Master Thich Nhat Hanh. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. Doors open 1:30pm; Movie 2-4pm. \$5.00. RSVP (760) 423.4855.

May 22 • Desert Health Wellness Awards. The Wellness Awards return honoring those in our community moving health and wellness forward. The evening includes a reception, dinner, celebrity speaker author Mimi Kirk discussing longevity through food choices, local integrative doctor William J. Grimm, DO, and the awards presentation. To be held at The S Rancho Mirage 6pm-9pm. Your \$95 ticket includes reception, beverages, dinner, guest speakers, award presentation, a *Desert Health* tote filled with wellness offerings, and an open farmer's market compliments of Prime Time Produce. (See pages 28-29.) Visit www.deserthealthnews.com or call (760) 238.0245.

June 6 • HARC's Workplace Wellness Awards. Recognizing local businesses that make healthy work environments a priority. Nominations are now open for the eight awards to be given to both large and small businesses highlighting those who promote employee fitness, nutrition, safety, and mental health. 11:30 am to 1:30 pm at The Classic Club in Palm Desert (see page 11). To submit your nomination and for more information visit www.harcdata.org.



An Independent Publication

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

Follow Us for Updates & Events!



EVENT MANAGER & EDITOR/WRITER
Doris Steadman



GRAPHIC DESIGN
Heather McKay
m.kaydesign@mac.com



LEAD EDITOR
Jo Ann Steadman



WEB MASTER
Benjamin Katz Creative
bk@benjaminkatzcreative.com



DISTRIBUTION
Trish Lounsbury



DISTRIBUTION
Richard Whitehill

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

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

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

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

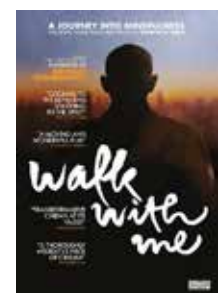
Home delivery subscriptions available. Call (760) 238.0245

WELLNESS worth WATCHING



MARCH 20 • Queen of the Sun

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



APRIL 24 • Walk With Me

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

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

Brought to you by



EISENHOWER HEALTH

Editors Note: Our article *Insurance Carrier to Cover Naturopathic Care* in the Nov/Dec 2018 issue stated that Blue Shield now reimburses clients for certain IV therapies by naturopathic doctors. Blue Shield has indicated that they will only reimburse for treatments provided by medical doctors in their network. The California Naturopathic Doctors Association presented *Desert Health* with documentation supporting their claim; however, it appears that there is currently lack of compliance on Blue Shield's part and patients must appeal denials at www.calnd.org/filing-a-complaint.



We Say Good-bye to CancerPartners

Their mission accomplished as integrative care grows

For fifteen years, CancerPartners (formerly Gilda’s Club Desert Cities) provided support and free services for those affected by cancer, their families and friends. The non-profit played an important role as hospitals and facilities delivered top medical care, but often left clients to figure out the rest on their own.

CancerPartners filled that void as a one-stop shop for information and resources offering professionally led support groups, medical lectures and workshops, healthy lifestyle classes and social events at no cost to participants, ensuring that all could benefit from the program, regardless of their financial situation.

However, as the focus on whole person health began to grow, facilities offering medical care started to recognize the need and opportunity to further support their clients and began developing programs on their own. As such, wellness offerings increased and the need for a stand-alone facility decreased; thus, the organization’s mission to ensure that “all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community” was accomplished.

Founded as Gilda’s Club Desert Cities, the organization first opened its doors in Cathedral City in November 2004, fulfilling the vision of valley resident Paula Berke and co-founders Phyllis Greene, Judy Wolfe and Estelle Cooper. Gilda’s Club moved to Palm Desert at the end of 2013 and in 2017 changed its name to CancerPartners.

“Nothing remotely resembling this kind of all-embracing cancer support existed in the Coachella Valley when the founders began their pioneering efforts,” said CEO/President Marie Elena Geyer. “Today, however, several other health care organizations (including two of the valley’s hospitals) have begun to offer similar programs. Thus, cancer patients now have a variety of opportunities to get the support they need.”

Those seeking support services can now contact Desert Regional Medical Center’s Comprehensive Cancer Center and Eisenhower Health’s Lucy Curci Cancer Center to explore the many programs and resources offered at each.

Some of CancerPartners’s program specialists who are also *Desert Health* contributors continue their work with cancer patients and survivors. Shay Moraga (Shay’s Story, page 4) teaches yoga for cancer through the Lucy Curci center each Wednesday at 10:45am and through her company Namaste with Shay (namastewithshay.com). Moraga also started a non-profit called Shay’s Warriors to inspire, empower and educate others on life after cancer from the survivor’s perspective.

Certified holistic nutritional health coach Dipika Patel (Fresh Cuisine, page 24) who led culinary classes at CancerPartners still provides nutritional guidance through her company Love Your Life Healthy (www.loveyourlifehealthy.com). Her six-month hands-on program supports and guides cancer patients, their families and survivors with individualized eating and lifestyle plans.

“It has been a privilege and an honor to serve an average of 3,400 clients each year,” says CancerPartners Board Chairman Paul Golden.

Desert Health thanks CancerPartners for providing our valley with such valuable services over the past 15 years and wishes all of their team the very best in future endeavors.

For more information on cancer support and wellness programs contact Desert Regional Medical Center’s Comprehensive Cancer Center at (760) 416.4800 (www.desertcancercenter.com) and Eisenhower Health’s Lucy Curci Cancer Center at (760) 647.3602. Shay Moraga can be reached at shay@namastewithshay.com; Dipika Patel can be reached at dipika@dipikapatel.life.

2019 Wellness Trends

Continued from page 1

Wellness Tourism: A Solution to “Overtourism”

Worldwide more than 1.3 billion people travel internationally each year, up from 500 million trips in 1995. The problem is they all want to go to the same places. According to Euromonitor International, 46 percent of vacationers go to the same 100 destinations and with the growing middle class, this percentage is projected to increase.



ADAY’s short sleeved Waste Nothing Jacket is made from 41 reconstituted water bottles. (Photo credit: Leor Wild)

The rise of wellness tourism is helping regions and governments influence travelers to less discovered areas at different times of the year for experiences that offer space and serenity over crowds and congestion. Many are promoting wilderness regions for “escape to nature” getaways in an effort to move visitors from over-visited regions to rural areas. Social media supports the movement with scenic landscapes posted and promoted by influencers to entice younger generations away from say, Venice or Florence, to stunningly beautiful South Tyrol, Italy.

Other tourist areas are creating facilities and experiences that focus on personal growth such as “urban retreat centers” offering holistic practices aimed at fostering self-exploration and overall wellbeing. Greater Palm Springs joined the movement with their fourth quarter Live Your Wellest campaign promoting our valley’s wellness offerings pre-season (*Destination Health*, March/April 2018).

Science Dissects Meditation

According to the CDC, meditation is now the fastest-growing health trend in America with the number of meditators tripling between 2012 and 2017, and when a wellness trend gets this big, science steps in to prove or disprove its effectiveness. The problem they see is that meditation means different things to different people; there are no definitive factors to the practice, and that doesn’t work for research.

In the GWS report, Bob Roth of The David Lynch Foundation states that “the current science and understanding of meditation is at a very early stage....definitions will get sorted out and research will focus on specific types and outcomes, and it’s only this [step] that will take meditation from hyped fad to an evidence-based medical intervention.”

In short, meditation will move from a generic concept to specific types, with people starting to understand each type’s health benefits and effect on the brain.

The best news is that meditation is finally becoming mainstream - “just in time to counteract the epidemic of stress that threatens our society.”

Aromatherapy Abounds

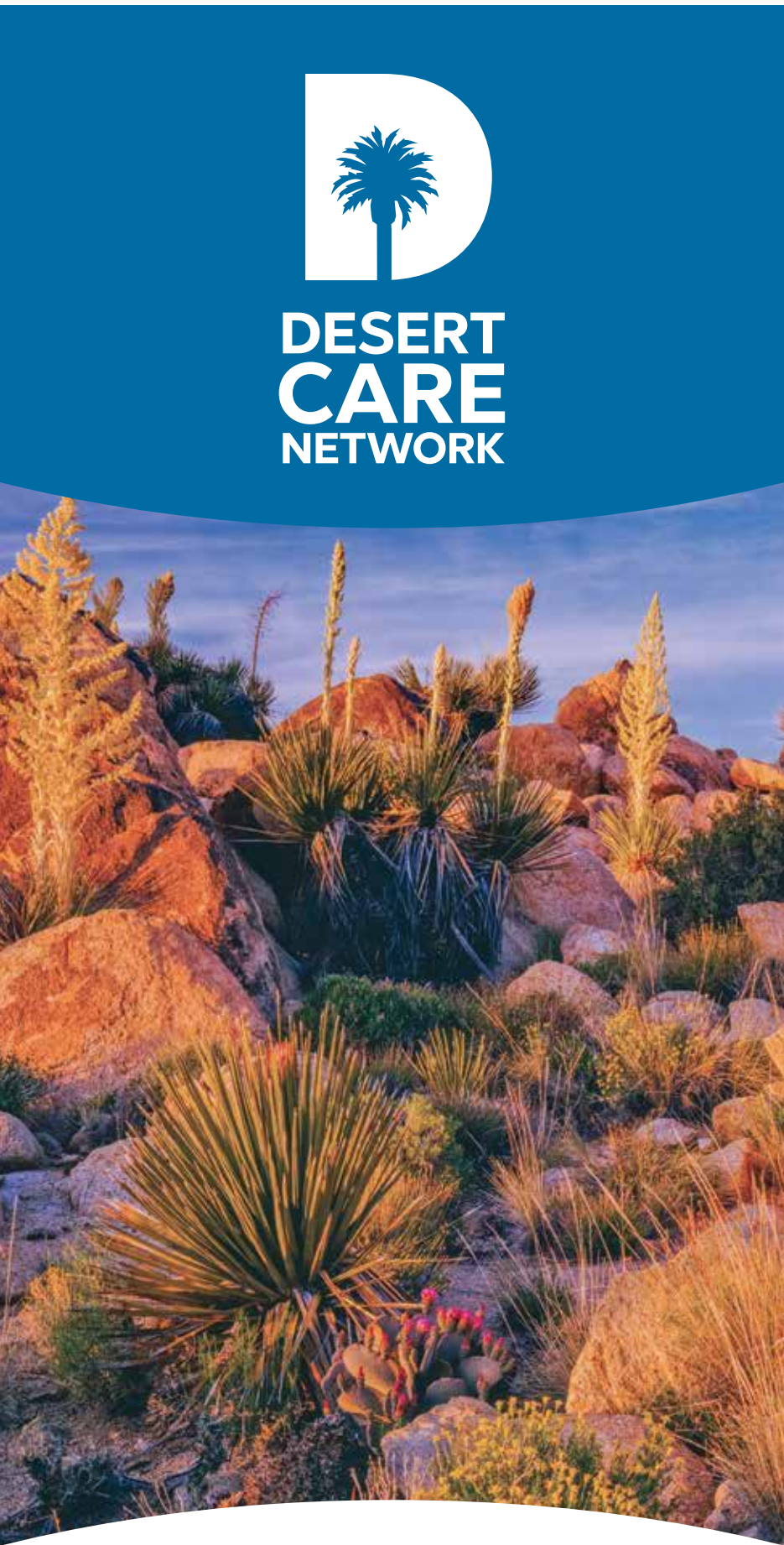
Can you believe that wine tasting works your brain harder than a math problem? The difference? Your olfactory system; the mere essence of wine and its effect on your nose.

Hot on the list is the medicinal properties of scent. It is believed that 75 percent of the

Continued on page 23



Governments are promoting colorful towns like Torbole in the South Tyrol region of Italy as less traveled options to counter overtourism.



Three Hospitals.
Primary, Specialty & Urgent Care.
One Network.
Devoted to Your Health.

Your HEALTH BLOOMS Here



DESERT
CARE
NETWORK

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

DesertCareNetwork.com



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



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



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



We Are Team Movement for Life



Genyl "Neil" Rufino,
PT, DPT, CSCS

Dr. Rufino joined the Avid team in 2017. He received his Bachelor of Science from Illinois Wesleyan University and his Doctorate in Physical Therapy from Washington University in St. Louis. Neil's clinical rotation included Houston Methodist Orthopedics and Sports Medicine for out-patient sports athletes. As a collegiate tennis player, he has a passion for working with athletes and weekend warriors of all skill levels.

DOCTOR SPOTLIGHT

OUR SPECIALTIES INCLUDE:

Orthopedics including sports medicine

Back to Work programs

Post surgical care and blood flow restriction therapy

Concussion rehabilitation

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

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

Celebrating 10 years in the Coachella Valley

INDIO • 760.347.6195
81557 Dr Carreon Blvd. #C4

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

LOMA LINDA • 909.494.6645
328 Commerical Rd. #108

AvidPhysicalTherapy.com



Celebrating the Journey Three Years Later...

On February 11, 2016, I heard the words no one wants to hear: "You have breast cancer." I can still feel the slew of emotions if I close my eyes and take myself back to that time and place sitting in the doctor's office, but I don't close them any longer. I keep my eyes wide open. Open to love. Open to unlimited possibilities. Open to help others through their journey. I have learned so much in three short years. One of the biggest things I have learned is not to look back. The only way is forward; what we do in the present makes the biggest difference.

Growing up I never really celebrated my birthday because it was hunting season in the Midwest. I think subconsciously I didn't want to have my birth-life celebration surrounded by so much death. It was unnatural to me even though I knew it was a way of life for many people.

However, I celebrate my LIFE daily. Each day I am on borrowed time - now more than ever. Sure, I have my days, but I must keep looking forward. I have so much for which I am grateful: family, friends, fur babies, a home, a few jobs with different hats. I get to LIVE each day with a big, open heart. I get to have a choice to choose. I get to help others with their journey...maybe even yours. I want to help others by inspiring and empowering them to share their stories and educate others in the process.

We cannot do cancer alone. It is a community. It is a community of warriors! So here, my friends, are some educational tips: Had I not done a self-breast exam I might not be here today. Did you know that the leading risk factor for breast cancer is simply being a woman (though breast cancer does occur in men, it is 100 times more common in women). A woman has an almost 1 in 8 chance of being diagnosed with breast cancer. This risk is even higher if you have a family history, but most women who get breast cancer do not have a family history of the disease. Having a first degree relative (mother, daughter or sister) with breast cancer almost doubles a woman's risk. Scary, right? It doesn't have to be. Prevention is KEY. Women often detect breast cancers themselves, as I did, so don't underestimate the importance of a monthly breast self-exam.

Visit your doctor and find out how to give yourself a breast exam, and anyone over the age of 50 should be seeing the doctor once a year for a mammogram. Got what they call "dense" or "lumpy" breasts? Ask your doctor about the 3D mammogram or ultrasound with your mammogram. Both procedures can detect so much more. And taking care of yourself is the best LOVE you can give. Get checked!

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

The Kinetic Chain and Tennis Injuries

By Genyl "Neil" Rufino PT, DPT, CSCS

Tennis is one of the most iconic international sports commonly referred to as a lifetime sport, one in which individuals of all ages can compete at all levels. The physical demands of the sport dictate the ability to repetitively exert short bursts of speed, power and explosiveness over the course of the match.

As a result, tennis players will be prone to injuries due to the high biomechanical, physiologic and repetitive demands of the sport. Tennis movements place stress on the athlete's axial and extremity joints. The athletes I treat historically present symptoms with acute lower extremity injuries and chronic axial and upper extremity dysfunction.

The kinetic chain and efficient transfer of energy plays an important role in maximizing performance potential. The kinetic chain involves Newton's Third Law of Motion wherein the lower extremity joints apply a force to the ground while the ground applies an equal force to the legs. The transfer of energy initiates at the feet and travels through the lower extremity joints and on to the core complex involving the trunk and back, upper extremity joints and ultimately to the racket. An interruption of this kinetic chain may result in dysfunction and injury.

For example, the tennis serve is the stroke that requires the highest joint torque and muscle force production within the sport. Research has shown that increasing serve velocity results in increased stress on the shoulder and elbow joints. However, increased lower extremity involvement such as a deep knee bend during the movement decreases the load placed upon the upper extremity joints.

A wide spectrum of dysfunctions and injury may occur depending on the location and timing of the interruption within the kinetic chain. The most common are chronic shoulder injuries due to the repetitive overhead serving motion which causes shoulder pain and instability symptoms. Elbow and wrist pain typically originate from tennis stroke deviations such as the wrist snap during serving and overhead strokes, and hitting ground strokes with an open stance.

Trunk injuries such as muscle strains are linked to increased trunk motion compensating for extremity weakness. These trunk injuries result from changes due to the amount of play intensity, duration of the matches and frequency of play. The most common lower extremity injury I see is acute ankle sprain due to ankle instability, proximal hip weakness or poor mechanics within the kinetic chain.

Optimizing the transfer of energy within the body's kinetic chain can significantly reduce the occurrence of these injuries. After physical therapy, I always provide my patients with a strength and exercise program that is specific to addressing the interruptions within their kinetic chain. It is very important that the program is individual-specific due to the unique skill, abilities and morphologic structure of each tennis player. An athlete-specific therapy program can rehabilitate and prevent injury, improve on-court performance and achieve performance goals.

Dr. Rufino is a former collegiate tennis player and doctor of physical therapy at Avid Physical Therapy in Indio. He can be reached at nrufino@avidphysicaltherapy.com or (760) 347.6195.

Sources: 1) Dines JS, Bedi A, Williams PN, Dodson CC, Ellenbrecker TS, Altcheck DW, Windler G and Dines DM; 2) Tennis Injuries: Epidemiology, Pathophysiology and Treatment. J Am Acad Orthop Surg. 2015; 23:181-189



Early Diagnosis of Diabetic Retinal Changes

New OCT-Angiography aids intervention

By Greg Evans, OD

Optical Coherence Tomography Angiography (OCT-A) is a new non-invasive approach to visualizing retinal vasculature and is changing the way physicians see the retinal and choroid (layer below the retina) vasculature. The technology uses light waves to take cross-sectional images of the retina and is similar to ultrasound imaging, except that it uses light instead of sound to provide high resolution images (resolution of 3-5 microns typically).

This technology has dramatically changed retinal care because the images are so high resolution that individual retinal layers can be identified.

OCT-A uses laser light reflectance of the surface of moving red blood cells to accurately depict vessels in different segmented areas of the eye and often minimizes the need for intravascular dye injections. These scans are referred to as A-Scans and when compiled into a B-Scan, can provide cross-sectional information and the ability to analyze differences between scans. This allows detection of zones containing high flow rates (in blood vessels) from zones with minimal flow rates. Computers then help build images of the high and low flow rates, which in turn accurately represent the blood flow (or lack of it).

In addition to OCT-A, we now have AngioAnalytics. This powerful diagnostic tool allows doctors to track early retinal blood vessel changes to determine progression of disease and was recently FDA-approved.

Studies are evidencing that OCT-A can detect retinal microvascular changes in the deep capillary plexus which were previously undetectable. Along with central visual field analyzers, this shows signs of decreased visual acuity and loss of normal blood density in diabetics who show no other signs of diabetic retinopathy. In other words, OCT-A allows doctors to identify diabetic eye disease before it was previously thought to exist and to track that disease for progression. Identifying early diabetic microvascular changes (typically loss of blood vessel density or “drop out”) gives the diabetic managing physician one more tool to intervene in the medical management of diabetes.

This same technology can also be used for other diseases. For example, sub-retinal choroidal vascular membranes (CNVM; think wet versus dry macular degeneration) can be identified by the presence of fluid within or underneath the retina. Another use for OCT-A is in the diagnosis of glaucoma. Studies have shown that OCT-A is just as accurate in identifying early glaucoma as retinal nerve fiber layer measurements (RNFL).

Both RNFL and OCT-A are some of the earliest objective measurements of glaucoma. This allows for early diagnosis of glaucoma and, in cases of ocular hypertension (high eye pressure) without signs of glaucoma, lowering eye pressure to help improve blood perfusion of the optic nerve. This can make the difference between treating and not treating those borderline cases.

Not all doctors have OCT-A as the technology is new, and the cost is moderately high. That said, ten years ago few doctors had OCT technology and now it is readily available. OCT-A is the next step in diagnostics imaging.

Dr. Greg Evans is the founding owner of Evans Eye Care in Rancho Mirage and can be reached at (760) 674.8806.



Unique glasses helped Karen and her twin sister Sharon

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

“For the first time in 30 years we could read.”

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

Call Greg Evans, O.D.

Low Vision Optometrist, Member IALVS

(760) 674-8806

71956 Magnesia Falls Drive • Rancho Mirage

LowVisionPalmSprings.com • evanseyecare.com



Eisenhower
Sexual Health Clinic

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

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

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

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

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



EISENHOWER HEALTH
RIMROCK

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





BRUCE R. BAUMANN, DDS, FAGD

**PALM DESERT
SMILES^{MD}**
HIGH-TECH CARE
• Among Palm Springs Life's TOP DENTISTS
• Check out our on-line reviews!
www.PalmDesertSmiles.com

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

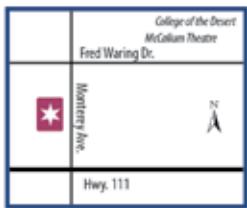
Just a few of the services and products we offer ...

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

Book your
FREE CONSULTATION
today!



Like Us
on
[facebook.com/BruceRBaumannDDS](https://www.facebook.com/BruceRBaumannDDS)



760.568.3602
44239 Monterey Avenue
Palm Desert, CA 92260



NICHOLAS S. BAUMANN, DDS

Minding Our Internal Control Tower
Treating depression and anxiety for overall wellbeing

By Kelly Lewallen, LMFT

So, you walk into your doctor's office to find that it is filled with patients. They're particularly busy, so you wonder if it's a common cold or flu going around and whether you're going to catch it. But the surprising truth is, the majority of patients seen in an outpatient clinic are coming in for anxiety and depression.

In 2010, the CDC recorded that an average of 20% of doctor visits were for mental health issues. Anxiety and depressive disorders are distinct from simply feeling nervous or down sometimes. These disorders have specific symptoms, which are chronic, and usually in response to a change in the chemistry of the brain.

Our brain is the control tower of all our organs, so diseases like depression and anxiety can have devastating effects on the entire body. For example, the stress response hormone cortisol is beneficial in the short term, but if elevated over an extended period of time, can cause increased weight gain, hypertension, increased blood sugar levels, and even osteoporosis.

Mental health issues are indeed actual diseases affecting the brain and therefore have physiological effects on the body. If only the solution were as simple as medication is for many other diseases; however, since it's our brain, it's a much more complicated disorder.

So, let's start with basics: sleep, nutrition, exercise, social engagement, and thinking styles. These can help to prevent and heal psychological diseases. Sometimes, medication is part of the regime as well. However, if you have suffered from depression or anxiety, you most likely found it extremely difficult to regulate sleeping, exercise, eating well and positive social connections.

Below are some effective and seemingly ridiculously easy tools that anyone can use to shift their cognitive state quickly. All of them are based on brain science. We know that if we alter our bodily state, it literally changes our brain secretions. Likewise, we can stop and shift the track our brain is traveling down (neuropathways) so we can redirect it.

Try the following techniques, in this order:

- Yell "stop" (internally); count from 5, 4, 3, 2, 1; or repeat a mantra.
- Stand up and put your arms over your head for two minutes (I act like I am stretching, if in public).
- If anxious, think: "I am excited about..."
- If ruminating negatively, think: "I am grateful for..."

In the end, the recommended treatment protocol is therapy, sometimes paired with medication. The brain is simply another organ in the body and when it's sick, it needs medical attention. Do feel free to talk to your doctor or therapist if you are struggling. They will assist in developing an appropriate treatment plan to help you recover and embrace life again.

Kelly Lewallen is a licensed marriage and family therapist practicing in Palm Desert and a member of Desert Doctors. She can be reached at (760) 777.7720. For more information visit www.desertmarriagefamily.com or go to DesertDoctors.org.

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

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

a smartER choice
Great service and great price

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

Also featuring
**EXECUTIVE
WELLNESS
BODY SHAPING**
**ZERONA®
EXILIS**



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

760 346-EXEC (3932)
ExecutiveUrgentCare.com



**EXECUTIVE
URGENT CARE**
AT INDIAN WELLS

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

It's Wise to Evaluate Wisdom Teeth Early

By Nicholas S. Baumann, DDS

The words 'wisdom teeth' make most people cringe as they evoke visions of discomfort and pain. It's important to know a few things about wisdom teeth that can help you or someone you know avoid the horror stories you often hear.

It's believed that wisdom teeth were much more important in prehistoric humans but with time, as our jaws have decreased in size, there is often not enough room for them to erupt and function normally. Instead of being useful, they are often crowded out and become impacted, which can lead to pain, infection, or damage to adjacent, otherwise healthy teeth. Because of this, it is important to have them evaluated early, before they have a chance to develop fully.

Wisdom teeth start to develop in most people in the teenage years. When they first begin to form, your dentist or oral surgeon can evaluate how their growth is progressing. If they are not going to have enough space to come in normally, or are growing at an abnormal angle, it's generally best to take them out before they fully develop. Unfortunately, this is the case with most people. If wisdom teeth are not evaluated early and the root fully forms, they can be harder and more invasive to take out in the event that they become impacted, which can lead to more complications and pain after removal.

So what about wisdom teeth that were never removed in youth and have not caused any issues? There is a low percent of people who are lucky enough to have never developed wisdom teeth at all, and others who have had wisdom teeth grow in normally. If this is the case, there is no reason to treat them any differently than other teeth. Since they are far back in the mouth they can be harder to keep clean than the rest of our teeth, but with proper care they have the same longevity as other teeth and should be maintained that way. Having an extra set of healthy teeth can be an asset. If another molar is lost due to decay or disease, the wisdom teeth may drift into the space left, acting as a replacement molar.

If you are not one of the lucky few who have wisdom teeth grow in normally, remember that early evaluation and diagnosis is key. That way, if necessary, removal can happen before they are fully developed leading to quicker healing and less complications.

If more of us have wisdom teeth evaluations at the appropriate time, there may actually come a day where cringing isn't the first thing we do when we hear the words 'wisdom teeth.'

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



Instead of being useful, wisdom teeth are often crowded out and can become impacted. Early evaluation can help prevent future problems.



Prostate Cancer Diagnosis:
Then and Now

By Jeffrey Herz, MD, and Bernadette M. Greenwood, BSc., PG Cert.

When a suspicion of prostate cancer exists either due to elevated or rising serum PSA (prostate specific antigen) levels, family history of prostate cancer, or abnormal prostate on clinical digital rectal examination, consideration should be given to either confirm a diagnosis or establish that no evidence of prostate cancer is present despite abnormal clinical evaluation or laboratory tests. This is accomplished by obtaining a biopsy of the prostate gland.

In the past, before PSA testing was available, prostate biopsies were performed on patients with an abnormal prostate on clinical examination (presence of a prostate nodule or prostate hardness) in the operating room under anesthesia with large biopsy needles developed specifically to obtain liver biopsies. Since the advent of PSA testing and the development of prostate ultrasound, transrectal ultrasound-guided prostate biopsies became available in an office setting performed by an urologist. These biopsies are much more accurate in diagnosing prostate cancer.

Subsequently, additional technological developments have led to prostate magnetic resonance imaging (MRI) which is substantially more accurate in detecting prostate cancer with the ability to “fuse” prostate MRI images to prostate ultrasound images allowing more precise prostate biopsies to be obtained.

The most recent development is the ability to perform direct MRI-guided prostate biopsies with real-time MRI imaging (in-bore prostate biopsy) resulting in even greater targeting of prostate biopsies and more accurate diagnosis of clinically significant prostate cancer.

Once a diagnosis of prostate cancer has been made, consideration should be given to possible treatment options. With prostate cancer, there is no “one-size-fits-all” remedy and several treatment options are available as proper treatment requires consideration not only of the presence of prostate cancer, but also its aggressiveness, measured by certain criteria applied to prostate cancer cells microscopically designated as a Gleason score. The patient’s medical status, age, and, ultimately, the patient’s wishes must also be considered. Options include the following:

- **No therapy** - best considered in patients of advanced age living into their 80s and not symptomatic;
- **Active surveillance** - best applied when prostate cancer aggressiveness/Gleason score is low and the volume of prostate cancer is small, consisting of serum PSA level evaluations periodically and prostate re-biopsy to reassess the patient for continued surveillance or the need for more definitive therapy;
- **Radical prostate surgery** to surgically remove the entire prostate gland is usually performed laparoscopically and robotically in the operating room and standardly requires only an overnight stay in the hospital;
- **Cryotherapy** - freezing of the entire prostate under ultrasound guidance in the operating room under general or spinal anesthesia;
- **Whole-gland radiation therapy** - external beam intensity modulated radiation therapy/IMRT vs. proton radiation therapy vs. insertion of interstitial radioactive prostatic seed implants/brachytherapy;
- **High-intensity focused ultrasound** - also called HIFU, focal therapy vs. focal cryotherapy vs. focal laser ablation therapy is the most recently developed focal therapy for treatment of only the prostate cancer lesions noted on prostate MRI exam. This treatment is currently investigational.

It is important to note that while these treatment options are generally highly effective in addressing treatment of prostate cancer, no treatment is guaranteed to be 100% effective; therefore, all treatments require continued close surveillance.

While great strides have been made in curing prostate cancer especially because of early detection by PSA testing, prostate biopsy becoming more accurate, and improvements in potentially curative therapy including radical prostate surgery, radiation therapy, etc., the most significant advancement in prostate cancer treatment has been in controlling prostate cancer by either local/focal control, hormonal manipulative therapy or other new medical treatment options. These advancements are particularly effective for recurrent or metastatic prostate cancer that has spread outside the prostate, usually to bones or lymph nodes.

These treatments and technological advances allow for better evaluation and treatment resulting in patients living longer disease-free lives with normal or near normal quality of life and frequently a full lifespan. This is in marked contrast to the situation only 30 years ago before the advent of PSA testing and technology when patients were diagnosed with prostate cancer and frequently the cancer had already spread outside the prostate with little or no treatment options available.

Dr. Jeffrey Herz is a urologist and Director of Urology at Desert Medical Imaging (DMI). Bernadette M. Greenwood is Chief Research Officer at DMI and Clinical Instructor at UC Riverside School of Medicine. For more information about the prostate program at DMI, please visit www.DesertMedicalImaging.com. DMI is a member of www.DesertDoctors.org.



THE COACHELLA VALLEY'S LEADER IN
MEDICAL IMAGING SERVICES



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

OUR SERVICES

IMAGING

MRI, CT, PET/CT, Ultrasound

SPECIALTY IMAGING

- Prostate Cancer Detection
- Brain Imaging
- Coronary Artery Imaging
- Lung Cancer Screening
- Alzheimer's Surveillance
- Virtual Colonoscopy.

PAIN MANAGEMENT

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

PROSTATE CANCER PROGRAM

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

TIMELY RESULTS TO GET YOU BACK IN THE GAME

LOOK TO THE EXPERTS.
LOOK TO DMI.



OUR TECHNOLOGY SEES
THE TINIEST DETAILS, BUT
OUR FOCUS IS ALWAYS ON YOU

HEAR BETTER.
LIVE BETTER.

SONUS hearing care professionals



Sonus Rancho Mirage
42410 Bob Hope Dr.
Suite 1
Rancho Mirage, CA
(760) 276-4075

FREE
HEARING TEST &
CONSULTATION*

75 DAY
SATISFACTION
GUARANTEE

Sonus Palm Desert
78206 Varner Road
Suite A
Palm Desert, CA
(760) 851-0754

- Hearing Aid Sales, Service & Repairs
- Most Insurances Accepted
- Walk-ins Always Welcome
- Most Major Brands



*This is not a medical exam and is intended for the purposes of amplification needs only. **Hearing aids must be returned within 75 day trial period to qualify for a full refund. See location for complete details. All offers are void where prohibited. ©Sonus2019

DESERT
MEDICAL
IMAGING

- INDIAN WELLS
- PALM SPRINGS
- INDIO

WHY PAY HOSPITAL FACILITY FEES?
YOUR HEALTH PLAN.
YOUR CHOICE.



SCHEDULING
(760) 694-9559

PROUD MEMBER OF



MOST INSURANCES ACCEPTED

www.desertmedicalimaging.com



YOUR EYES ARE OUR FOCUS

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



JENNIFER HUI, MD, FACS

Board Certified Ophthalmologist
University of Miami/Bascom Palmer
(#1 for 17 years)

Fellow American Society Ophthalmic Plastic Reconstructive Surgery
(1 of 650 members in the United States)

PROCEDURES OFFERED:

Eyelid Lifts

Tearing (Lacrimal) Conditions

Eyelid Lesions, Cancer, Reconstruction

Non-surgical Facial Rejuvenation

Anti-Aging Services:

Botox • Dermal Fillers • Latisse®

760.610.2677

41990 Cook Street, Suite F1007 • Palm Desert

palmspringseyelidsurgery.com

Why Are My Eyes Always Sticky and Watery?

By Jennifer I. Hui, MD

We don't think about our eyes until they bother us. We count on them every day to function comfortably. But sometimes they are prone to discomfort. Common complaints include tearing, dry eyes, itching, discharge and general irritation.

Tearing adversely affects visual function, causing blurry vision and the need to constantly dab the eyes. The eyelids may become red, irritated and chafed. And vision is adversely affected in many aspects of daily life – reading, driving, computer and phone use, watching television and overall function. Excessive tearing is akin to looking through a glass of water.

The causes of tearing may be multifactorial. It may be caused by overproduction or insufficient drainage. Overproduction of tears is often reactive. If someone suffers from dry eyes, the body senses the need for additional lubrication to maintain ocular health. Production is increased and often overwhelms the drainage system. Tears bathe the eyes in nutrients, antibodies, oxygen, protective oils and key enzymes. Thus, the body does its best to ensure our eyes are constantly bathed with the appropriate volume and content of tears. The use of lubricating drops and eyelid washes often alleviates dry eye symptoms.

Another cause of overproduction is allergic conjunctivitis. When the ocular tissues sense irritating particles or allergens, they increase tear production in an attempt to flush out the offending agents. The tearing is usually accompanied by itching, discharge and occasionally burning. Allergic conjunctivitis is often relieved by prescription eye drops. Occasionally oral allergy medication is indicated. Here in our Valley, symptoms often flare in the fall during scalping/reseeding and in the spring with blooming of the plants and flowers.

Insufficient drainage is also a cause of excessive tearing. If unable to drain properly, the tears build up in the eyes and overflow onto the cheeks. This is akin to the plumbing system unable to handle the outflow of water. Some common causes of altered outflow include eyelid malposition, prior punctal plugs and infection. If the eyelids are lax and not in tight apposition to the globe, then the blink mechanism is not as crisp, sharp and effective; the tears are not swept properly to the drainage system, causing them to overflow. At times we see that a person has had punctal plugs placed when conservative dry eye management failed to help their lack of tears. In these cases, a miniscule device is physically blocking the tears from draining into the "pipes," causing a backup and overflow of tears.

Another cause of insufficient drainage is infection. In cases where a plug has been placed, it may become infected over time. The infection physically blocks drainage of tears and causes annoying, thick discharge.

Regardless of the cause, watering eyes are a nuisance and adversely affect daily function. The cause may be found with a thorough exam and review of your past ocular history in order to find the cause, alleviate symptoms, and get you feeling back to normal.

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

Senior Home Care

Caring Companions At Home

Committed to helping seniors remain in their homes by providing them with professional caregivers.

LA QUINTA
760.771.6263

TOLL FREE
888.950.0750

Companionship • Hospital & Rehab Discharge Assistance
Alzheimer's & Dementia Care • Shopping & Errands
Doctor Appointments • Medication Reminders • Meals

All caregivers are registered with the State of California, bonded, and insured. Serving the desert communities for 15 years.

License # 304700016

www.caringcompanionsathome.com

COULTER CROWLEY, DDS

High Quality • Comprehensive
Cosmetic and General Dentistry

Conscious Sedation for Patient Comfort

Holistic Dental Association

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

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

For more information **COULTERCROWLEYDDS.COM**



Promising New Research for Type 1 Diabetes

Local study seeks volunteers for new biosimilar insulin

Diabetes is a huge health concern in our country. More than 29 million Americans have Type 2 Diabetes Mellitus (T2DM); another 86 million adults age 20 and over have pre-diabetes. A smaller, but significant number of Americans - 1.25 million - have Type 1 Diabetes Mellitus (T1DM). Although T1DM typically occurs in children or adolescents, it can develop in adults.

According to the American Diabetes Association, the cost of managing diabetes was \$327 billion in 2017, a 26 percent increase from \$245 billion in 2012. California tops the states with the largest population of people with diabetes, incurring costs of \$39.47 billion.

On an individual level, people with diabetes spend 2.3 times more on health care than those without the disease. Monthly costs for T1DM patients not only include insulin, which has steadily risen, but other supplies like test strips, needles, syringes, glucagon (an emergency pen) and a glucose monitor, which can add up to nearly \$1,000 per month.

Treatment options for managing T1DM are limited compared to T2DM. Currently there are only two FDA-approved medications for T1DM – insulin and pramlintide, a synthetic version of the hormone amylin.

New research for Type 1 Diabetes Mellitus

In late March 2019, the FDA is scheduled to vote on an anti-diabetic pill - Zynquista - an SGLT 1 and 2 inhibitor. If approved, this would be the first FDA-approved oral medication for T1DM. In clinical studies, Zynquista reduced the amount of insulin a person needed

to inject. The advisory committee that reviewed data on this medication was split on recommendation, with eight voting for approval and eight against it.

Scientific research in the pipelines for T1DM includes studying other hormones besides insulin that play a role metabolizing glucose, immunotherapy treatment, and exploring how current FDA-approved T2DM medications may help people with T1DM. Scientists are also working on developing an artificial pancreas. Some of this research looks promising; however, it will take years before any are approved and brought to market.

Clinical trial available for T1DM patients in Coachella Valley

A clinical trial currently available in the Coachella Valley is a Phase 3 study for a new rapid-acting insulin, which is biosimilar to NovoLog (generic name of aspart). The study drug, MYL1601D, is the type of insulin a patient injects prior to a meal. This study is open to adults 18-65 with T1DM.

“The difference between the study drug and NovoLog is this new medication is developed as a biosimilar, meaning that this rapid-acting insulin is made from a different microorganism or living cell than NovoLog and will differ only slightly in its structure,” said Carlos Martinez, MD, Medical Director of Palmtree Clinical Research. “A biosimilar medicine is not a generic,” he explained. “It is developed to be highly similar to the already approved biological medication and as such is expected to have a similar or better efficacy and safety profile.”

Especially with rising costs of diabetes care, clinical trials can offer great assistance to participants as they receive free study-related care and medicine during the trial. Once approved, a biosimilar can mean an increase in access to treatment for all patients and more controlled pricing as the biosimilar competes with other insulin medications on the market.

To find out more about the biosimilar insulin study and other current trials, contact Palmtree Clinical Research at (760) 778.7799 or visit www.palmtreeclinical.com.



Is ECZEMA Bothering You?

If you are 12 to 75 years old with Eczema (Atopic Dermatitis), we are seeking **volunteers for a local clinical trial** for a once-a-day oral medication that may help reduce your symptoms.

Volunteer Benefits:

- **Contribute** to medical research that may help you and others
- **Receive** study-related care by a team of healthcare experts at no cost
- **Receive** a stipend as compensation per study-related visit

Call us to see if you or your child qualifies for this study!
(760) 778-7799



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



Be Strong. You Got This.

Continued from page 1

specific emotions, he asked that I be aware of any signs from the universe which could open my eyes to positive change. Within two days those signs fell in my lap and I figured it out. Without hesitation, I made significant changes in my life to release undue stress and bring a deep peace to my overall being both inside and out. It was an “ah-ha” moment I will never forget and may never have had the strength to realize if it weren’t for this diagnosis. For the first time, I felt gratitude and a sense of inner peace.

It’s a shame that it often takes a traumatic experience for us to finally let go of things that may not be serving us well. However, a medical diagnosis can be very motivating, so now is the time. As author and oncology nurse Judy Kneece so eloquently said, “At no other time in life will people give you as much permission to make changes.”

Master Your Mindset

It’s easy to see how one could spiral into deep despair when receiving a serious diagnosis. The unknown is scary and the whys can make you crazy, but neither serves you well. Your mindset can greatly affect your outcome, so no matter how hard it may be, you need to create a plan of action that will keep you centered and positive.

Science supports the power of positive energy and there are a multitude of practices to help you embrace it. Meditation, Tai Chi, yoga, therapeutic body work, music therapy, etc., are all effective in releasing stress, calming the mind and enlivening your spirit. While they may be foreign to you now, these practices have been used for thousands of years to heal the body, mind, and spirit; this is the time to try them all, find what works for you, and implement a regular practice.

And don’t forget to be true to yourself as expressed above. Go deep and get rid of negative emotions, habits, and things that don’t serve you well. You need more than a happy face right now; you need true happiness.

Create Your Binder

All the doctor appointments, tests and therapies add up to a lot of paperwork which can be overwhelming and stressful if not managed well. Creating a tabbed binder to store everything will also help your doctors, family, friends and advocates. My binder has tabs for contacts, schedule, notes, history/supplements/meds (with copies of each list ready to hand over), test results, insurance coverage, paid invoices, pending invoices, nutrition plan and research (yes, it’s a big binder). I take it to every appointment and resource it at most consultations. Having the answers at your fingertips not only impresses your doctors, but saves a lot of time and stress. I also keep CDs of imaging in the back pocket and recommend that you request copies with each appointment. This is very helpful for second opinions and in case of failed technology.



Practices like Tai Chi have been used for centuries to calm and center the mind.

Continued on page 12



Get the right diagnosis and treatment for your Dry Eye

Stop using eye drops that only help temporarily



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

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

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



(760) 674-8806

71956 Magnesia Falls Drive • Rancho Mirage

For details visit evanseyecare.com

Medicare & PPO Provider



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

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

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

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

MEHRDAD
ASGERI, MD

BOARD-CERTIFIED
GASTROENTEROLOGY
INTERNAL MEDICINE

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

PALM SPRINGS LIFE
TOP DOCTORS 2018

A pioneer in the prevention and treatment
of gastrointestinal cancer.

(760) 699.7607

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

OasisGI.com

Women and Work: Creating Balance from the Inside Out

By Laya Raznick, CHHC

What's the foundation for a vibrant and inspired life? Balance. A return to homeostasis is the key for optimal functioning. This is no easy task in our busy culture, and especially difficult for working women.

In honor of Women's History Month, I looked at how women and work have evolved over time and what simple tools we can use to create the balance needed to support our greatest potential.

A brief history of women in the workplace

Until World War II women in the U.S. held traditional roles in the home. During the war, millions of women joined the workforce to support the country's production efforts while men were fighting overseas.

When soldiers returned in 1945, women were expected to go back to life as homemakers, but the spark had been lit and many chose to keep working. For the first time in history, women made up one-third of the peacetime labor force.

By 1964, with the birth of the baby boomer generation, women's identities as wives and mothers strengthened. Even so, approximately 40% of women with young children, and at least half of women with older children, went to work.

High productivity, limited freedom

Without popular support, working women had little influence and very few services to help them achieve work/life balance. Although they were contributing to the country's productivity and earning their own money, women's rights were often restricted.

Here are surprising things women could not do in the 1960s:

1. **Get a credit card.** Unmarried women were refused credit cards. If a married woman applied, her husband was required to cosign.
2. **Serve on a jury.** In most states women were considered too fragile and sympathetic by nature to remain objective jurors. It wasn't until 1973 that women could serve on juries in all 50 states.
3. **Get an Ivy League education.** Women could not attend most Ivy League schools until the 1970s and Columbia University restricted admission until 1981.
4. **Get paid a decent wage.** In 1963, The Kennedy Commission reported that women earned 59 cents for every dollar that men earned, and they were kept out of lucrative professional positions.

The tide begins to turn

In 1964, the National Organization of Women (NOW) was founded to "enforce full equality for women in truly equal partnership with men." NOW challenged Pan American Airline's rules requiring stewardesses to meet a certain height requirement, maintain a set weight, resign if they got married, maintain soft hands and face, and retire at age 32.

NOW's work along with Title VII of the Civil Rights Act prohibiting discrimination in employment "because of race, color, religion, sex, or national origin" turned the tide and things began to change for women in the workplace. There are still many legal issues of equality to be resolved but women now have a voice, and often participate in - or manage - workplace policymaking.

"We've come a long way, baby" and there's a long road ahead, but the path has been paved. Policies like flexible family time, sexual harassment laws and equal pay continue to change in ways that support women's roles.

Work/life balance, the new frontier

How can women create balance and wellness while managing family home life, work life and their own needs? Women, by nature, are wired to try to do it all. They notice what needs to be done, and they often do rather than delegate.

In time, our culture will create systems to distribute the load by building neighborhoods where we share the burden of child care, food preparation, and managing daily life. Coupled with changes in the workplace, women can expect vast improvements from the past.

But those advances don't offer solutions to reduce stress when it rears its head. Women need instant access to tools that will stimulate the relaxation centers in the brain and lead them from overload to inner calm.

Following are the 5 key actions for instant stress relief I teach every client with whom I work. Practicing these actions until they become habit is crucial for all women, and especially those seeking work/life balance. Try them when you feel stressed out:

1. **Close your eyes.** Bring your attention inside. Ask yourself: "Where do I feel stress in my body?" Be curious and interested. Do not try to change anything.
2. **Breathe:** Take five long, deep breaths. Let your busy mind continue to be busy. That's the nature of the mind. Bring your awareness to your seat on the chair, your feet on the floor, your belly rising and falling. Stick with it. Soon you'll feel a sense of relaxation set in.
3. **Make sound:** Sing when you feel stressful. Singing raises your vibration. You'll feel lighter right away.
4. **Move your body:** Take just 10 minutes to walk, run, dance, stretch, or move in some way. Time is often tight, but taking just 10 minutes to move your body will help.
5. **Give self-compassion:** With your eyes closed, put your hand on your chest. Recognize that you are suffering and let yourself feel the burden. Then, imagining the compassion you would have for a child you love who is suffering and give compassion to yourself in the same way, as if the part of you that is hurting could climb up on the lap of the calm, wise, loving part of you and get a comforting hug.

These five actions create balance and a return to homeostasis. They stimulate relaxation brain chemicals and disengage the trigger into fight or flight mode.

As women continue to make strides in the workplace and systems to promote work/life balance continue to evolve, they need habits to return to an inner calm, regardless of the circumstances. These powerful tools are essential to create stress relief and balance.

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



With all women have achieved, inner peace and balance continue to be a work in progress for many.



The Value of Workplace Wellness

By Jenna LeComte-Hinely, PhD

I first became interested in the concept of workplace wellness in college when I read *Let My People Go Surfing: The Education of a Reluctant Businessman* by Yvon Chouinard, founder and owner of Patagonia. Patagonia's policy of allowing employees to work flexible hours, as long as the work gets done with no negative impacts on others, captured my imagination. They found that this policy allows employees to "catch a good swell, go bouldering for an afternoon, pursue an education, or get home in time to greet the kids when they come down from the school bus." It allowed them to attract and retain talented people, and the company flourished as a result.

Galvanized, I went on to graduate school to specialize in occupational health psychology, which is simply the study of how to keep employees happy, healthy, and productive. People who are healthy, safe, and fulfilled can contribute to their workplace, their family, and their community.

When I came to the Coachella Valley, I was determined to continue my passion for workplace wellness, and to shine a well-deserved light on the companies here which are doing great things for their employees. It was in that spirit that I founded the Coachella Valley Workplace Wellness Awards in 2016.

Our 2019 awards have just opened for nominations, and I've taken this opportunity to reflect back on some of the applicants and winners we've had in prior years. We honor eight organizations each year (four large employers and four small employers), in the following categories:

- Nutrition, Fitness, and Health
- Safety, Ergonomics, and Environment
- Mental Health and Wellness
- Grand Prizes

I've been so inspired by learning what

our local employers are doing in these areas. For example, the breadth of employee wellness services Desert Oasis Healthcare offers is astonishing. They offer everything from walking clubs to mobile massage to smoking cessation to non-violent crisis intervention classes to a safety blog, among others.

I'm encouraged by the efforts that small nonprofits make for their employees. For example, Communities for a New California Education Fund works hard to ensure that their employees are protected during their outdoor work with sunscreen, sunglasses, long-sleeved shirts, and plenty of cold water.

I was moved to tears at last year's event hearing about how Renova Energy supports their employees, from the profit-sharing program to the staff bonding activities to supporting bereaved employees in their time of need.

We invite you to join us in celebrating workplace wellness efforts locally. Visit www.HARCDATA.org/about-us/events/award/ to nominate your workplace in any or all of the wellness categories. At the June 6 event, you'll be recognized for the outstanding efforts you've already taken and motivated to replicate innovative practices shared by other applicants. You'll learn about best practices and have the opportunity to network with others who are also passionate about employee wellness, not to mention enjoying a delicious three-course meal and resource fair. We hope to see you there!

Jenna LeComte-Hinely, PhD is the CEO of Health Assessment and Research for Communities and founder of the Coachella Valley Workplace Wellness Awards. For more information call (760) 404.1945. To listen to a podcast featuring some of last year's winners, visit <https://harc.podbean.com>.

Love Juice and the Fountain of Youth

By Christina Fior

There are many luscious and mysterious chemicals that become activated in the body when we fall in love. These chemicals create a magic potion of sorts that bypasses the radar of our rational mind and creates a timeless state of euphoria. When we're in love, we look brighter, happier and palpably more youthful.

The key then is learning how to activate these love juices within ourselves, whether we are falling in love with someone or not. Let's first get to know these exotic potions:

Norepinephrine (or Noradrenalin) is a chemical that stimulates the neurons in our brain and activates adrenaline, causing our heart to accelerate or 'skip a beat' as we call it, when we fall in love. Norepinephrine in the brain can heighten feelings of joy. It also can decrease appetite... which is why many people lose weight when struck by love.

Dopamine is a neurochemical that sends messages from the brain to the body. As a precursor to norepinephrine, dopamine activates our reward circuitry and the pleasure system of our brain, amplifying feelings of enjoyment. It motivates us and increases our social abilities. It also can induce the release of other chemicals such as rest-inducing serotonin, and mood-elevating oxytocin, also known as the bonding chemicals associated with nurturing and generous affection.

Phenylethylamine or (PEA) is a modulator of norepinephrine and dopamine. As this chemical cocktail combines together, we feel the euphoric and the energizing chemistry of love. PEA, therefore, has a unique ability to enhance our innate sexuality, reverse aging and restore more youthful mental and physical functions. It is a research-proven mood-brightener that can quickly lift the lows of depression, sadness, hopelessness and discouragement.

By activating these love potions, we can actually fall in love with ourselves while broadening our capacity to love others in a more meaningful way. Imagine what it would be like to have a continuous love affair with life!

Six Tips to "Sexy"

- **Eye Contact:** Yes, studies have shown that your body's PEA is enhanced, simply by a loving gaze into the eyes of another. It is a dual PEA charge for you as well as your gazing counterpart. You can also gaze into your own eyes in the mirror to percolate PEA within yourself.
- **Exercise, Sexercise and Breathe!** Research has shown that depressed people show low levels of PEA which explains why exercise is a natural anti-depressant as it penetrates and oxygenates the brain barrier, causing a natural high. I can think of no better form of exercise than the sumptuous arousal of sex with a loving partner!
- **Enhance Your Dance:** Not only is dance a creative form of exercise, it has the ability to activate your brain's pleasure centers, enhancing dopamine and oxytocin. Dance can also kindle flirtation and eye contact which enjoyably activates the PEA chemical cocktail. So, get out there and flirt!
- **Consume Dark Chocolate:** Dark chocolate is nature's luscious superfood. It contains more than 500 natural chemical compounds, including the mood-elevating and pleasure-inducing PEA, which explains why love and chocolate

Continued on page 22



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

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

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

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

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

No musical experience required

Are you seeking Calm and Balance?

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

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

Over 20 years balancing energy for both people and animals.

TRACY J. SMITH
Energy Intuitive Therapist
Emotion/Body Code Release Practitioner
760-409-9289
BlissfulRelease88@gmail.com • www.tracyjsmith.net




IV Nutrient Therapy

PRP Hair Regeneration & Skin Rejuvenation

B Vitamin Injections

Medical & HCG Weight Loss

Acupuncture & Chinese Medicine

Ozone Therapy

Regenerative Stem Cell Therapy

Bio-identical Hormone Replacement

Naturopathic Primary Care

Prolotherapy/ PRP Joint Regeneration

PDO Thread Lifting

Reiki Sessions

LiveWell CLINIC

Dr. Sonja Fung
Naturopathic Doctor

Dr. Brian Myers
Naturopathic Doctor

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



AC POINT

ACUPUNCTURE & WELLNESS CENTER

Get relief from Pain and Stress now!

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



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



Gayle McGuire, RN, L.Ac.
ACUPUNCTURIST



Teri Tudor
PHYSICAL THERAPIST
CRANIAL SACRAL THERAPY



Tracy Smith
ENERGY/FREQUENCY
THERAPIST
BODY CODE/
EMOTION CODE



Deborah Schrameck
CERTIFIED WHOLISTIC
KINESIOLOGIST AND
NUTRITIONIST



Robert "Buzz" Edelburg, DC
CHIROPRACTOR



Maribel Diaz
MEDICAL &
MYOSKELETAL
MASSAGE THERAPIST

FREE UPCOMING LECTURES:

Thursday, March 14 • 5:30pm

Neurofeedback with Deborah Schrameck

The brain is like any other organ in the body; if you exercise it, it performs better. Learn how neurofeedback "brain training" helps strengthen brainwave patterns and performance.

Thursday, March 21 • 5:30pm

The Circle of One with Kirk Rees

Learn about Kirk's story and gift. Psychic from a very early age, Kirk has channeled a source group of non-physical teachers from another dimension who use the vibrational frequency of Kirk to pass on valuable life lessons and help others connect.

Thursday, April 4 • 5:30pm

Medication & Hereditary Cancer Screens with Linda Moore, RN

Learn how a simple cheek swab can reveal which medications work best for your body and to what diseases you may be prone. This DNA test is FREE for Medicare/Medicaid cardholders so bring your medical card and ID to get started.

Thursday, April 18 • 5:30pm

Laughing Yoga with Guru Yogi Ramesh

A Himalayan yoga master with 45 years experience as a spiritual guru and healer, Yogi Ramesh Pandey brings us the science of oxygen and laughter therapy for the heart, mind and body.

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

760.345.2200

77682 Country Club Drive, Ste. G • Palm Desert

(2 blocks west at Washington & Country Club.

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

acqpoint.com

Now a Blue Shield preferred provider with other insurances accepted.



NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

Is MTHFR Genetic Testing Necessary for Children?

Personal genetic testing has been available on the direct consumer markets for several years. Companies such as 23andMe and Ancestry.com use a simple cheek swab to collect DNA data. The data can then be instantly uploaded and analyzed by other websites for genetic mutations related to potential health issues. While this seems like the utterly amazing future of health care, when it comes to children's health care, we must be clear in our intentions and goals when considering genetic testing.

For a child without current health issues, genetic testing does not always translate into a complete roadmap to health, wellness, and disease prevention. For a child with current health issues, genetic testing can contribute significantly to treating and understanding the health concern. So, for the child without health issues, we must consider the overall benefit to genetic testing.

A common genetic mutation parents are concerned with testing to prevent future disease is on the MTHFR gene which is responsible for a process called methylation and contributes to our ability to process and utilize B vitamins, specifically folate. The common mutations associated with possible disease on the MTHFR gene are C677t and A1298c. Individuals with MTHFR gene mutations can have elevated levels of a body substance called homocysteine which can cause increased risk of heart disease, chronic fatigue, birth defects, and possibly compromised detoxification pathways. The treatment for correcting insufficiencies in methylation from MTHFR mutations are taking methylated B vitamins, methylfolate, and certain nutrients to improve detox pathways and cell health such as n-acetyl-cysteine, acetyl carnitine, and CoQ10.

The concern with testing early for MTHFR mutations is specifically how to treat a genetic mutation with no currently known physical expression. A child may have several unexpressed genetic mutations, and while treating one mutation a separate biological pathway with compromised genetic mutations may be activated. For example, if a child has MTHFR genetic mutations and COMT genetic mutations, the child could become compromised if the treatment for MTHFR was enacted. The COMT mutations benefit from low-dose, pulsated B vitamin supplementation every other day while MTHFR is commonly treated with daily dose of methylated B vitamins. The treatment for one mutation could oppose the treatment for another genetic mutation. It can become very complicated, very quickly.

The idea to remember with genetic mutations of no known physical expression is that the mutations indicate 'tendency, not destiny' meaning, identifying genetic make-up may give insight into risk factors, not physical ailment guarantees.

It is wise to be aware of a child's genetic mutations and genetic make-up. The knowledge makes a parent keen to earlier health changes based on genetic mutation and the mutation's effects on a child. However, the concern lies in pre-treating genetic mutations as treatments for prevention of possible disease may have unknown consequences. If a parent chooses to assess genetic mutations in their child, it is highly advisable that the parent discusses the results and possible prevention techniques with a doctor well versed and experienced in genetic mutations and prevention.

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

Be Strong. You Got This.

Continued from page 9

You can also create an online folder in Dropbox or another file-sharing app to store all test results, which can easily be shared with family and your team of health care practitioners.

Figure Out a Financial Plan

With a medical diagnosis comes the out-of-control cost of health care. The insanity of it all is a topic for another time, but it helps to have an idea of your out-of-pocket expenses and how you are going to pay for them. It also helps to keep those expenditures in one place for easy management. Basing my minimum expenditures on my maximum out-of-pocket for insurance, I cleared one credit card to use exclusively for medical expenses so all charges are in one place. A friend had a great idea to use a card that gives you travel points to build towards a nice vacation once you get through the hardest part.

Appoint an Advocate (or Two)

YOU will be your biggest advocate and the simple steps above can help you also be your greatest champion; however, it often helps to have someone by your side for emotional support and to assess the plethora of information that comes your way. I appointed two advocates – an analytically-minded friend for information-heavy appointments with whom I can compare notes afterwards, and a loving family member for treatments when the most I need is a hug.

Assemble Your Team

A diagnosis often starts in your primary care physician's office and moves to the specialist they recommend. It's easy to keep on this track of referrals, but know that you have options. You are the captain of your ship and are paying your crew good money to look after you. So make sure they are a solid team in whom you have confidence. Your insurance plan will dictate many of those choices; however, there are a variety of options in our valley - from specialists to imaging to therapies - which can save you time, money, and stress. Second opinions are standard protocol, and I certainly hope you consider comprehensive care to include natural practitioners and medical doctors working together for your best outcomes.

For natural treatment, my team includes naturopathic doctors for nutrition and supplementation guidance; an acupuncturist for stress relief and hormone balancing; energy work to help clear the negativity; yoga instructors; and online meditation with Deepak Chopra. My medical team includes a gynecologist, an integrative oncologist, and a surgeon with more to come in each category I am sure. At each doctor appointment, ask about free resources as many are offered in our valley (see CancerPartners pg 3).

This is only the beginning for me and I am lucky. My cancer (invasive ductal carcinoma) is one of the most common types of breast cancers and very treatable. I am still in the discovery stage with upcoming appointments to review test results and discuss treatment options. I am facing my diagnosis on all fronts and feel confident on my path, but I am new at this. There are certainly many of you who can also give positive and productive insight and we encourage you to visit this article on our website (www.deserthealthnews.com) and share your helpful tips.

For those of you starting a similar journey, think positively and be strong. Remember, YOU GOT THIS.

Lauren Del Sarto is the founder and publisher of Desert Health and can be reached at Lauren@DesertHealthNews.com.



Using GABA for Sleep, Anxiety and Weight

Gamma-Aminobutyric Acid (GABA) is the main calming neurotransmitter released to keep our brain relaxed and balanced when we need it. GABA controls the actions of the excitatory neurotransmitters, so understandably, a person with low GABA may have anxiety, racing thoughts, insomnia, addictions, or even weight gain.

Deficiency of GABA levels can be genetic , but more commonly are a result of an inadequate diet and chronic stress. The good news is, by making better choices and safely using over-the-counter supplements, we can increase GABA levels to help provide a more peaceful mind and a leaner, healthier body.

Low GABA levels are exacerbated by low protein intake, excessive exercise, hormone imbalances, and food sensitivities, which means that diet and lifestyle adjustments are imperative when it comes to calming our brain and gut. While there are no foods that contain actual GABA, we can consume a diet rich in precursors like the amino acid glutamine and co-factors such as vitamin B6, magnesium, iron, and zinc to support GABA synthesis. Recent studies show bacterial imbalances in the gut are also a major cause of low GABA production; therefore, incorporating fermented foods like kimchi and sauerkraut are extremely beneficial as well. GABA-supportive foods are found in grass-fed meats, eggs, dairy products, fish, sea vegetables, tomatoes, mushrooms and many other plants.

GABA can be found in sports and weight-loss supplements because it helps the production of growth hormone (GH), which plays a key role in muscle growth, loss of body fat, cell repair, and metabolism. GH can improve strength and exercise performance, and even helps during recovery from injury and disease. In a recent study, consuming 3 grams of supplemental GABA daily (a very high amount), increased production of GH by 400%.

For management of anxiety, muscle tension, and sleep deprivation, GABA can be a lifesaver. There are prescription drugs that can mimic actions of GABA, but they also come with dangerous side effects. Using over-the-counter GABA supplements may be a better approach for mild to moderate symptoms from stress. High stress can also cause people to self-medicate with sugar or alcohol. Using a GABA supplement or the precursor, L-glutamine, has shown positive results in managing these cravings. Due to conflicting opinions, some do not believe GABA can cross the blood-brain barrier and suggest supplementing instead with L-theanine, an amino acid that increases the level of GABA and crosses the blood-brain barrier. In my experience, both work well.

GABA is best used in the sublingual tablets (I prefer Source Naturals brand), or open a capsule and place under the tongue. Conservative dosing is advised starting low at 125mg one to three times per day between meals, slowly increasing each day until desired effects are achieved, not to exceed 800mg per day unless directed by your practitioner. Avoid taking GABA if you are taking prescription medication for anxiety, and discontinue if symptoms worsen.

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

Building Healthy Bones Naturally

By Bettyann Sator, BS,RDMS,RVT

It's easy to forget how much we depend on our bones, but if you've ever fractured one, then you know better than to take them for granted. Building and maintaining healthy bones is extremely important. Bone is a living tissue, constantly breaking down and rebuilding. If the rate of breakdown exceeds the rate of formation, then bones weaken over time, leading to osteoporosis. This loss of bone density can result in aches and pains, decreased strength, poor posture, balance, and sometime breaks.

Minerals are incorporated into your bones during childhood, adolescence and early adulthood. Once you reach 30 years of age, you have achieved peak bone mass. If not enough bone mass is created during this time or bone loss occurs later in life, you have an increased risk of developing fragile bones that break easily.

Fortunately, many nutrition and lifestyle habits can help you build strong bones and maintain them as you age:

Perform strength training, weight-bearing exercises and osteogenic-loading exercises. Through a process known as bone remodeling, strength training stimulates the development of bone osteoblasts: cells that build bones back up. While you can achieve some of these bone benefits through aerobic exercise, especially in your lower body, resistance training and osteogenic loading are the best ways to maintain and enhance total-body bone strength.

Eats a lot of vegetables. Consuming a diet high in vegetables including leafy greens like kale, bok choy or red cabbage, along with citrus fruits, prunes, onions, broccoli, tomatoes, and green beans result in a decrease in bone turnover.

Better For It Now

ONLINE PROGRAM OFFERING

7 Essential Principles

TO HELP YOU EVOLVE AND ACCOMPLISH YOUR DREAMS

Includes 14 Yoga Videos and 7 Guided Audio Meditations

BRONWYN ISON
Yoga • Wellness • Balanced Living

www.bronwynison.com
@bronwyn_ison

Meet us on your mat at Evolve Yoga in La Quinta
For class schedule visit www.e-volveyoga.com

Learn How to Truly Relax

Chronic stress relief is an inside job.

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

Welcome to
Choose Inner Peace Coaching Programs & Retreats

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

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

Consume adequate protein. Eating more protein may help your body absorb calcium, possibly putting a halt to bone-thinning osteoporosis and helping to build and maintain lean muscle mass.

Eat high-calcium foods throughout the day. Calcium is the main mineral found in bones and must be consumed everyday to protect bone health. Spreading your calcium intake throughout the day will optimize absorption.

Get plenty of vitamin D and vitamin K. Human intervention studies have demonstrated that vitamin K can not only increase bone mineral density in osteoporotic people, but can also actually reduce fracture rates. Further, there is evidence in human intervention studies that vitamins K and D work synergistically on bone density.

Include foods high in magnesium and zinc. Calcium isn't the only mineral that's important for bone health. Magnesium plays a key role in converting vitamin D into the active form that promotes calcium absorption. Zinc is a trace mineral also needed in very small amounts; it helps make up the mineral portion of your bones. Both play a key role in achieving peak bone mass during childhood and maintaining bone density during aging.

Consume foods high in omega-3 fats. Omega-3 fatty acids are well known for their anti-inflammatory effects but have also shown to promote the formation of new bone and help protect bone loss during the aging process.

The bottom line is bone health is important for all stages of life. Bone strength is typically something most people take for granted, as symptoms don't appear until bone loss is advanced. Good news is there are many nutrition and lifestyle habits we can change to build and maintain strong bones.

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

Source: 1) The Journal of Nutrition, Volume 137, Issue 11, 1 November 2007, Pages 2507S–2512S, <https://doi.org/10.1093/jn/137.11.2507S>

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

BONE DENSITY IMPROVEMENT COMPARISON:
CHANGES IN BONE DENSITY AFTER 12 MONTHS

Intervention	Change in Bone Density (%)
Bisphosphonate Drugs	3.5%
Bone Anabolic Drugs	7%
BioStrength Session	14%

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

2 FREE TRIAL SESSIONS

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

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

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



Discover

a New Pathway to Wellness

through Topicals, Edibles and more.

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

THE LIGHTHOUSE

THE FIRST FULLY LICENSED CANNABIS BOUTIQUE

MEDICAL • RECREATIONAL • WELLNESS

HOME DELIVERY • MEMBERSHIP PROGRAM

LIGHTHOUSEDISPENSARY.COM

FREE DELIVERY

WITH PURCHASE OVER \$100

84160 AVENUE 48, COACHELLA CA

(442) 256-3627

Nutrients for Joint Injury Recovery

By Deborah Schrameck, NC, PT

Recently I attended a symposium called “New Solutions to Acute and Chronic Pain.” There were many things of interest throughout the 4-day event, but I especially want to share the nutrients holistic doctor Wally Schmitt, DC, discussed to specifically target connective tissues and pain management following a joint injury.¹

As a nutritional consultant I have many clients in some degree of chronic or acute joint pain. To bring the greatest degree of relief, I find it helpful to simultaneously address the repair of connective tissues and reduce the inflammation with nutrients.

Connective tissue is fibrous tissue found throughout the body in the form of tendons, ligaments and cartilage. Ligaments connect the ends of bones together in order to form a joint while tendons are the tough, flexible band of fibrous connective tissue that connect muscles to the bones.

Manganese is an important mineral for tendons and ligaments. One of the common signs of a deficiency is weak tendons and ligaments, which can cause joint instability leading to a multitude of sprains, strains and tears. Manganese is an essential trace mineral; it activates a wide range of enzymes that are necessary for building collagen, the major component in tendons and ligaments. Collagen holds water, which allows connective tissues to remain hydrated and resilient. Without manganese, the body cannot make any collagen or repair any connective tissue. Foods high in manganese include mussels, wheat germ, tofu, sweet potatoes, nuts, brown rice, lima beans, chickpeas, spinach, and pineapples.

Osteoarthritis is the most common form of arthritis involving the cartilage in the joints and causing a high degree of pain and discomfort. Articular cartilage serves as the cushion or the shock absorber in a joint. When this cartilage is damaged or worn away, the affected joint becomes painful, stiff, and limited in its range of motion.

Sulfur is needed to make glucosamine sulfate and chondroitin sulfate which help facilitate cartilage and joint repair. The amino acid L-cysteine is very high in sulfur and can be of great benefit as a supplement. This amino acid is found in protein-rich foods like eggs and whey protein. Broccoli, cauliflower, garlic, cabbage, onions, radishes, and mustard are also good sources of sulfur compounds.

In a 2018 article in *New Scientist*, researchers gave N-acetyl cysteine, or NAC, another form of the amino acid cysteine, to mice with osteoarthritis and found that it reduced the level of joint damage to that seen in healthy, control mice.²

Inflammation associated to joint pain and the use of essential fatty acids (EFAs) both orally and topically has been greatly studied. Omega 3 fatty acids act on inflammation like over-the-counter pain relievers known as nonsteroidal anti-inflammatory drugs (NSAIDs) by targeting prostaglandin production. Prostaglandins are hormone-like compounds produced in response to injury and are associated with the symptoms of redness, swelling and pain. Omega 3 fatty acids, such as those found in fish oils, manage inflammatory conditions with their ability to modulate prostaglandin production.

While there are many nutrients supportive in the process of healing and pain reduction, I thought it was helpful and interesting to mention a few specifically targeting the connective tissues - tendons, ligaments and cartilage.

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

References: 1) Nutri-West, Jan 2019; New Solutions to Acute and Chronic Pain; 2) New Scientist, Sept. 12, 2018; An antioxidant might lead to new therapies for bone arthritis, <https://www.newscientist.com/article/2179331-an-antioxidant-might-lead-to-new-therapies-for-bone-arthritis/>

Bringing your Body Alive

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

~ NOW OFFERING ~

Cognitive Enhancement with Neurofeedback

Deborah Schrameck
– AcQpoint Wellness Center –
760-238-0625

happyfit@mac.com • www.bodyalive.us

OPTIMAL HEALTH CENTER

Naturopathic Medicine For All Ages

Treating the whole body using an integrative approach

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

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

JESSICA NEEDLE, ND



Improving Our Wellbeing with Music

By Jay Anderson, MT-BC

“Music gives soul to the Universe, wings to the mind, flight to the imagination, and life to everything.” –Plato

Wow! Plato said this circa 500 BC, well before Mozart, Edith Piaf, Louis Armstrong, Elvis Presley, Aretha Franklin, the Mormon Tabernacle Choir, Sam Cooke, Don Ho, The Beatles, Billie Holiday, Lady Gaga, Mp3 players, unlimited streaming... and the list goes on.

Great music endures and magically somehow transfers expression and imprints feelings and memories on the listener. It is nearly impossible for the mind to conceive, much less count, the many different kinds of music that exist worldwide. The volume and variety of music written, sung and played throughout human history is truly staggering. Music is happening somewhere in the world every second; while I wrote this article, and now, while you read it. Humans thrive and live with music.

Music means different things to each person. It represents limitless combinations of time, place and feelings of the human family. Unfolding moment to moment, music is expressive energy relayed acoustically and then reflected to one another, conveying behaviors, ideas and cultural cues. Music is the aural mirror of civilization. We have listened, danced, wept, worked, made love, worshiped, gotten married, broken up, buried loved ones, celebrated life, studied, written poems, shared songs, reminisced, meditated, done yoga, laughed, eaten, drunk, and jogged with music. Throughout history, people have experienced through music the breadth of emotions, the peak of physical potential and profound depths of mind. And we continue to do so today.

A special song or musical piece transports us back in mind and heart to the very moment we heard it for the first time. Music can be a magical mystery time machine with musical notes, phrases, lyrics and rhythmic beat as the gears, switches, levers and dials. We can choose different music to affect and enhance memories and emotion. This incredible fact holds awesome implications for health and well being.

How could a thoughtfully selected music play list subtly or even radically benefit our mental and physical wellbeing and the lens through which we view life? Science proves that listening to music affects blood pressure, skin temperature, heart rate, anxiety level, stamina, cognitive recall and mood. It behooves us to choose our music listening wisely! We make physiological, mental, emotional and spiritual connections through music. Our Inner Healer can be nurtured with carefully selected music. Rich harmonies and soaring strings inspire our dreams and actions. Rhythmic auditory stimulation and singing is used to improve speech. Gait is steadied with calculated rhythmic tempo. Memories are enhanced with music of youth. Cognitive skills can be developed and regained with appropriately chosen musical exercises and games. Scheduled or spontaneous music listening with others may avert depression and isolation.

Music is like air, it's all around us and easily accessible. It is understandable that at times it is taken for granted and merely thought of as fun or background. Once the ears and mind are genuinely open and we begin to consciously utilize the powerful aural energy music wields, the potential for health benefits become real. Science is proving the magic and art of music.

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

Choosing a Holistic Lifestyle for Better Quality of Life

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

For most of us, work priorities fill our day and finding time to eat, drink and sleep can be quite a chore. It just seems easier to pull up into a fast food restaurant and grab something on the go, instead of taking the time to shop for the week and bring a healthier alternative to work.

As we age, our bodies don't seem to handle the stress of life as it did when we were younger. Going to the doctor for medications, shots and possible surgery seems like the mainstay in our Western culture in order to manage pain, inflammation and disability. But it doesn't have to be. If we just learned a few healthy alternative approaches to take care of ourselves, we might not need as many doctor's visits.

The easiest place to start is to watch what you put in your mouth. Choosing an anti-inflammatory diet is key to losing weight, feeling great and increasing longevity. The Paleo and Keto diets are two of the more popular nutritional plans to help reduce inflammation by eating more proteins and healthy fats, and less carbohydrates. Many find that eliminating or reducing carbs lowers inflammation, and aches and pains start to disappear.

Working out regularly, either with weights or doing HIIT training, helps to build lean muscle, reduce fat and add years to our lives. Whether you are a beginner or an advanced athlete, working out regularly improves overall health, reduces stress, improves sleep, and it makes us want to eat healthier.

We are now aware that inflammation is the main culprit in promoting age-related diseases. As such, taking further steps to reduce inflammation is an important part of preventing those diseases. Fortunately, today's technology makes it easy and affordable. Here are a few therapies to consider:

Acupuncture. Instead of pills and shots, try this holistic therapy which involves the insertion of very thin needles into your skin at strategic points on your body. A key component of Chinese medicine, acupuncture is most commonly used to treat pain, as well as for overall wellness and stress management.

Homeopathic medicines. A safe, gentle and natural system of healing that works with your body to relieve symptoms, restore and improve overall health, homeopathy has no side effects, is very affordable, and incorporates natural substances which are FDA-regulated.

Massage Therapy. Therapeutic massage can be highly effective at relieving anxiety, pain, and inflammation while promoting more blood flow to the tissues and organs.

Meditation. Meditation is a highly effective form of relaxation and body/mind centering. Setting aside 20 minutes a day can be a challenge, but prioritizing this time for yourself is important for the healing process of the body.

Cryotherapy. There are many forms of ICE therapy to alleviate inflammatory conditions. At our center, we have seen incredible results with the cryo chamber which cools to negative 270 degrees in sessions lasting up to 3 minutes.

PEMF Therapy. Microcurrent machines are very popular, portable and highly effective in improving blood flow and decreasing inflammation. The technology is very therapeutic, comfortable and relaxing while increasing blood flow and aiding detoxification.

Starting a journey towards better health can be overwhelming; however, taking simple steps towards change can provide the inspiration you need to live your healthiest life.

Mike Butler is co-owner of Kinetix Health and Performance Center in Palm Desert and can be reached at (760) 200.1719 or michael@kinetixcenter.com.

What is a “BodyTune”

At BodyTune Studio we see our clients, and their current conditions, as mulit-dimensional. We view healing and wellness as non-linear, comprehensive, and dynamic. A single treatment, or one technique can limit the range of potential change. After a thorough intake and evaluation, our clients move seamlessly between sessions involving the use of tuning forks, craniosacral therapy, voice, therpeutic massage, soundbed therapy, Reiki, as well as nutrition, diet and lifestyle advice. We address the physical, emotional and spriritual components of optimal health. Your body leads the way, we listen and become the guides. A BodyTune is as unique as you are.

Upcoming Events at BodyTune Studio

Thursday, March 21 6pm - 7:30pm

A lecture and open discussion on the adverse health effects of 5G, radio and electromagnetic frequency waves

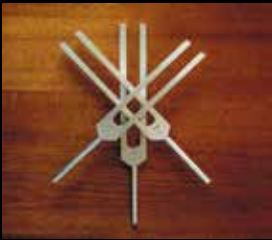
Friday, April 5 6pm - 7:30pm

An exploration into childbirth and why our birth stories matter

RSVP Required

For more information, visit our website at:

bodytune.studio



BodyTune

760-218-2346

471 N Palm Canyon Dr - Palm Springs



Do any of these describe you:

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

WE CAN HELP!

We offer a personalized approach to eating disorder treatment.

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

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

Take back the power and control in your life.

Outpatient and Intensive Outpatient Treatments Available

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

We accept most Insurances

FREE EATING DISORDER ASSESSMENT

Call our office for a FREE confidential consultation.



(760) 777-7720

www.MindOverBodyPS.com

43585 Monterey Ave #1, Palm Desert, CA 92260





DesertDoctors

YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

Comprehensive Care by Independent Doctors

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

Why Choose Desert Doctors?

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

Desert Doctors, A Better Path to Health & Wellness



Gary Annunziata, DO
GASTROENTEROLOGY
(760) 321-2500



Mehrdad Asgeri, MD
GASTROENTEROLOGY
(760) 699-7607



James Ausman, MD
NEUROSURGERY
(760) 346-8058



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



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



Maria-Teresa Benitz, MD
OB/GYN
(760) 564-7900



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



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



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



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



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



Olga Bohn, MD
PATHOLOGY
(412) 805-2097



Soo Borson, MD
PSYCHIATRY
(206) 406-7645



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



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



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



Richard Byrd, MD
INTERNAL MEDICINE
Indian Wells



Mark Carmichael, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



Tom Chang, MD
OPHTHALMOLOGY
(800) 898-2020



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



Michael Coords, MD
RADIOLOGY
(760) 674-8800



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



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



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



Luke Dreisbach, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



Philip Dreisbach, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



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



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



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



Antoine Elhajjar, MD
NEUROLOGY
(760) 340-0528



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



Felipe Espinoza, MD
NEURORADIOLOGY
(760) 776-8989



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



Shahin Etebar, MD
NEUROSURGERY
(760) 346-8058



Gregory Evans, OD
OPTOMETRY
(760) 674-8806



John Feller, MD
RADIOLOGY
(760) 776-8989



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



Diane Fiander, MD
OPHTHALMOLOGY
(800) 898-2020



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



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



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



Michael Gatto, MD
OTOLARYNGOLOGY
(760) 323-4735



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



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



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



Heidrun Gollogly, MD
OPHTHALMOLOGY
(800) 898-2020



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



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



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



Maria Greenwald, MD
RHEUMATOLOGY
(760) 341-6800



Sanjeev Grewal, MD
OPHTHALMOLOGY
(800) 898-2020



Steven Gunberg, DO
RADIOLOGY
(760) 776-8989



Christopher Hancock, MD
NEURORADIOLOGY
(760) 776-8989



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



Lara Hasan, MD
OB/GYN
(760) 564-7900



Naota Hashimoto, DC
CHIROPRACTIC
(760) 777-8377



Jeffrey Herz, MD
UROLOGY
(760) 776-8989



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



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



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



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



Pedram Ilbeigi, DO
UROLOGY
(760) 346-1133



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



Timothy Jochen, MD
DERMATOLOGY
(760) 423-4000



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



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



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



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



Diana Katsman, MD
OPHTHALMOLOGY
(800) 898-2020



Frank Kerrigan, DO
HONORARY
MEMBER



Bishoy Labib, MD
NEUROLOGY
(760) 779-1177



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



Amy Law, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



Hal Le, MD
OPHTHALMOLOGY
(760) 836-3937



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



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



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



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



Indermohan Luthra, MD
NEUROLOGY
(760) 328-7500



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



Kathy Mao, OD
OPTOMETRY
(800) 898-2020



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



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



Farshid Mirzaee, MD
UROLOGY
(760) 346-1133



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



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



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



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



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



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



Kenneth Phillips, DPM
PODIATRY
(760) 733-3338



Philip Quach, OD
OPTOMETRY
(800) 898-2020



Arturo Quintanilla, MD
PEDIATRICS
(760) 770-0000



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



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



Timothy Richardson, MD
DERMATOLOGY
(760) 341-1999



Wendy Roberts, MD
DERMATOLOGY
(760) 346-4262



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



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



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



Michael Samuel, MD
OPHTHALMOLOGY
(800) 898-2020



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



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



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



Brett Sharp, MD
PHYSICATRY
(760) 203-3003



Manish Sheth, MD
PSYCHIATRY
(760) 469-9217



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



Maryam Sicking, DO
DERMATOLOGY
(760) 568-9300



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



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



Christopher L. Snyder, DO
FAMILY MEDICINE
(760) 346-3932



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



Joel Solano, MD
OPHTHALMOLOGY
(800) 898-2020



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



Dennis Spurgin, DC
CHIROPRACTIC
(760) 327-9402



Jeffrey Stevens, MD
OPHTHALMOLOGY
(800) 898-2020



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



Benjamin Tautges, OD
OPTOMETRY
(760) 779-0800



Keith Tokuhara, MD
OPHTHALMOLOGY
(760) 340-4700



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



Grant Vorster, OD
OPTOMETRY
(760) 863-2241



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



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



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



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



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



David Young, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



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



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



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



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



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



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



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



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



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



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



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



RIVER'S EDGE
PHARMACY
(760) 340-3248



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



Manual Lymphatic Drainage Therapy

Our lymphatic system is key to sustaining homeostasis throughout our bodies. It works silently and consistently to maintain fluid balance while serving as a main pathway for eliminating toxins via our lymph nodes. The strokes applied in MLD stimulate the movement of lymphatic fluids to assist in cleansing our bodies.

How MLD Works

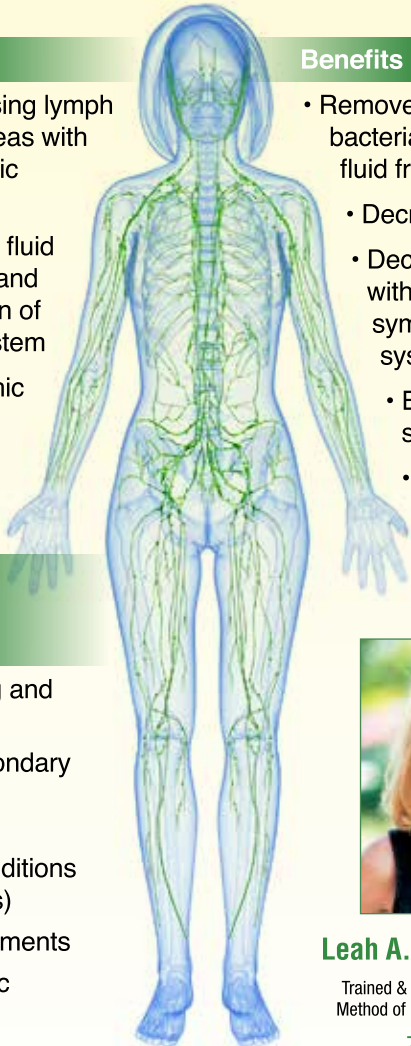
- Assists in increasing lymph drainage from areas with impaired lymphatic function
- Eliminates lymph fluid from extremities and aids in contraction of the lymphatic system
- Increases systemic effect on affected areas and local regions

Benefits of MLD

- Removes toxins, wastes, bacteria, proteins, and fluid from body tissues
- Decreases pain
- Decreases stress with relaxation of sympathetic nervous system
- Enhances immune support
- Faster healing from trauma, surgeries, and injuries

MLD Improves Many Conditions Including:

- Relieves swelling and skin tightness
- Primary and secondary Lymphedema
- Non infected inflammatory conditions (sprains & strains)
- Post cancer treatments
- Pre/post cosmetic procedures
- Pre/post orthopedic procedures



Leah A. Wiltgen L.M.T., C.D.T
Trained & Certified in the Dr. Vodder's Method of Manual Lymphatic Drainage
760.449.7855
leahwiltgenmld@gmail.com

Living Wellness with Jennifer Di Francesco



Appreciating the Golden Ratio of Nature

Because Death Valley is considered one of the hottest places on earth it never elicited a call to visit. After seeing the striking beauty in a friend's recent pictures of this national park, I became intrigued and decided to lead a group of 25 hikers there. Little did I know that my experience of looking at nature as a form of art was my impetus to study the golden ratio of nature (simplified as the geometric relationship), and its effect on my personal tranquility following this trip.

When an individual steps foot onto a land of desolation with no manmade amusements in sight, it becomes immediately apparent that nature has a story to tell. Standing in Death Valley exposes Badwater, the lowest point in North America at 282 feet below sea-level. This stark, white-washed floor is an evaporated salt pan shaped into a design of never-ending hexagons that spans the valley basin. On a clear day overlooking the lowest point, the eye spots the highest point in the lower 48 states, Mt. Whitney. Aside from this breathtaking juxtaposition, there is a panorama of mountain ranges visible. The entire view captures an art form 1.7 billion years in the making. To stand and witness the convergence of all of these pleasing shapes, colors, artistic strokes, perfect proportions and symmetries truly exposes the equilibrium of nature that calls to us at a deeper level.

There is a design code of nature that exposed itself as I went searching for answers related to nature's golden ratio. The ratio is called Fibonacci and was a mathematical theory coined by Leonardo of Pisa, considered one of the greatest European mathematicians of the Middle Ages. Without going into technical details, the Fibonacci sequence is the sum of the previous two numbers: 0,1,1,2,3,5,8,13,21. When you divide a number in this sequence by the number before it, the output is a number very close to 1.618 which is phi. This is a well-known number in the arts, with origins in nature as any element in nature is proportional to phi. The number is used to achieve beauty and balance in art. Just the mere understanding of this code without being a mathematician uncovers the natural geometry and formula that exists as we take a walk in the woods. Analyzing trees uncovers the spirals of the trunk and the structure of how branches grow out of the tree in pattern. Flower pistils all possess a spiral sequence of intricate design. The veins of leaves branch off in outward proportional increments that reflect the Fibonacci formula. The eye of a storm spirals, gathering energy. Sitting on the top of the sand dunes of Death Valley, I witnessed the crest of sand dunes that undulated, one after the other with their arcs, bends and carvings illustrating a quality of perfection.

One way to immediately connect with nature is through finding these contours and design reoccurrences and recognizing them as fingerprints of divine expression upon this earth.

Nature resides within us and around us to reaffirm the attunement to the celestial. We just need to be aware and receptive to discern the marvels of the universe.

The MIND Diet: Food Good for the Brain

Provided by Alzheimers Coachella Valley

We know that what you eat can affect your heart health, and new research indicates that the same is true for your brain.

The MIND diet – which stands for the Mediterranean-DASH Intervention for Neurodegenerative Delay – takes foods from the Mediterranean and DASH diets that medical literature and data show to be good for the brain, says developer Martha Clare Morris, ScD, at Rush University Medical Center, Chicago.

The MIND diet recommends 10 “brain healthy food groups” and five “unhealthy food groups” to avoid.

Here are the 10 foods the MIND diet encourages:

Green, leafy vegetables: Six or more servings per week of kale, spinach, cooked greens and salads.

All other vegetables: Try to eat other vegetables in addition to green, leafy vegetables; choose non-starchy vegetables high in nutrients and low in calories.

Berries: Eat berries at least twice a week for their antioxidant benefits, including strawberries, blueberries, raspberries and blackberries.

Nuts: Try to get five servings of nuts or more each week. Vary the type of nuts to obtain a variety of nutrients.

Olive Oil: Use olive oil as your main cooking oil.

Whole grains: Aim for at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole wheat pasta and 100% whole wheat bread.

Fish: Eat fish at least twice a week. Choose fatty fish like salmon, sardines, trout, tuna and mackerel rich in omega-3 fatty acids.

Beans: Include beans in at least four meals every week; all beans, lentils and soybeans.

Poultry: Try to eat chicken or turkey at least twice a week (not fried, however).

Wine: Aim for no more than one glass daily of red or white wine. The red wine compound resveratrol may help protect against Alzheimer's disease.

While you can eat more than these

10 foods, the more you stick to the recommendations, the better your results may be.

5 Foods to Avoid:

Butter and margarine: Try to eat less than 1 tablespoons daily, using olive oil as your main source.

Cheese: Limit cheese consumption to less than once per week.

Red meat: Aim for no more than three servings each week, including beef, pork, lamb and products made from these meats.

Fried food: The MIND diet highly discourages fried food, especially from fast food restaurants. Remove them from the diet or limit consumption to less than once per week.

Pastries and Sweets: This includes the processed junk food: ice cream, cookies, brownies, snack cakes, donuts, candy, etc. Remove them from the diet or limit these to no more than four times a week.

These five foods to avoid contain saturated and trans fats which are clearly associated with many diseases, including heart disease and Alzheimer's. Studies suggest that consuming saturated fats in excess is associated with poor brain health.

Promising results of the MIND diet, published in 2015 in the journal *Alzheimer's & Dementia*, encompassed a study of more than 900 people between the ages of 58 and 98. Participants who closely followed the diet and underwent neurological testing were found to have cognitive function levels the equivalent of a person 7.5 years younger.

Editor's Note: As presented here, the MIND diet offers a viable option in eating for brain health. Previously published articles in *Desert Health* discuss the Bredesen protocol which is more restrictive, but also showing significant results in reversing cognitive decline. More at www.DesertHealthNews.com (search Bredesen).

For more information about Alzheimer's and dementia, contact Alzheimers Coachella Valley at (760) 776.3100.

Sources: 1) <http://www.healthline.com/nutrition/MIND-diet>; 2) <http://www.health.usnews.com/best-diet/MIND-diet>; 3) <http://www.webmd.com/alzheimers/feature/MIND-diet-alzheimers-disease>; 4) <https://www.cbsnews.com/media/mind-diet-foods-avoid-alzheimers>

Natural Medicine Group

Personalized Natural Health Care



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

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

Call today to schedule your appointment.

760.345.7300

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

www.NaturalMedicineGroup.com



East Meets West for Comprehensive Care

By Celeste L. Amaya, M.D.

“My back still hurts and I’ve done everything.” “I’m stressed and anxious and can’t sleep.” “My meds give me side effects and are so expensive.” Do these claims sound familiar? With so much technological advancement in medicine and a cornucopia of prescription drugs, it is not surprising that we have forgotten how much power is within each of us to impact our own health. Perhaps we have given up control and on listening to what our bodies are telling us, or become so increasingly complacent and dependent on medications, that we have lost track of how our ancestors healed and cured disease.

Ancient healing techniques, including meridian therapy (based on EFT), acupuncture, and meditation can add immeasurably to your traditional medical care experience. More and more integrative physicians are realizing the value of these proven techniques and supplementing western medical care with eastern therapies for comprehensive individualized treatment plans.

In my practice, I use meridian therapy which is based on Chinese acupuncture but without needles.

Meridian is easy to learn and because it is a highly effective adjunctive tool to present day conventional medical treatment prescribed, many patients have been able to minimize or resolve acute and chronic illnesses while creating relaxation of mind and body. A majority of patients have also reported that they have been able to taper down, or even discontinue their medications, while experiencing a dramatic increase in overall well-being and fewer sick days. Of significant importance is that meridian therapy is also easy to perform.

Meridian involves light repetitive finger tip pressure on specific areas called meridian endpoints. Targeted words are spoken while accessing these points; nine of the most effective points are located on the face, head, body and hands. It can be performed as a stand-alone technique or as an induction method prior to meditation, in an individual or group setting. Its versatility extends to performing it on oneself or as a surrogate, which can be appropriate, for example, with small children and the elderly. Furthermore, the scientific evidence behind this technique continues to overwhelm.

Studies using meridian therapy include brain scans that show calming changes in the midbrain (limbic system) and evidence of sharp serum cortisol (stress hormone) decline after practicing the therapy. In fact, a study conducted comparing effectiveness between talk and meridian therapy for one hour indicated an improvement in anxiety/depression that was twice as high with meridian combined with a cortisol decrease by 24 percent. Another study even showed a 49 percent cortisol level drop. The fact that lowering cortisol levels can add ten years to your life was described in other studies.

Today, we all expect to live longer and more productively, but traditional Western medicine alone continues to prove inadequate. Frustration is reported in patients who have shown little to no improvement in quality of life, despite medications or surgeries. Perhaps as a growing number of health care practitioners merge the ancient East with the modern West, we will see a skyrocketing of optimal living in mind, body and spirit.

Dr. Amaya is an integrative primary care physician board certified in internal medicine and can be reached at (760) 346.7791. For more information visit amayamedical.com

Sources: 1) www.innersource.net/ep/articlespublished/neurological-foundations.html; 2) Creativeeft.com/science-of-ef; 3) www.eft-articles.com; 4) www.eftuniverse.com



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

How do you feel?

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

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

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

Non-Invasive, Non-Drug, Effective ED Therapy

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

Patients are experiencing over a 93% success rate.

Call us to confidentially discuss your symptoms

760.320.4292

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

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

Director/Founder:
Neal Rouzier, MD
Provider:
David Wilgarde, MD

Take the self-test at hormonedoc.com

Se Habla Espanol

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



PUREHEALTH

760-322-2520

1492 N. Palm Canyon Drive
Palm Springs, CA 92262

info@purehealthmedicine.com
purehealthmedicine.com

FREE 5 MINUTE CONSULTATION with our naturopathic doctors

OFFERING:

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

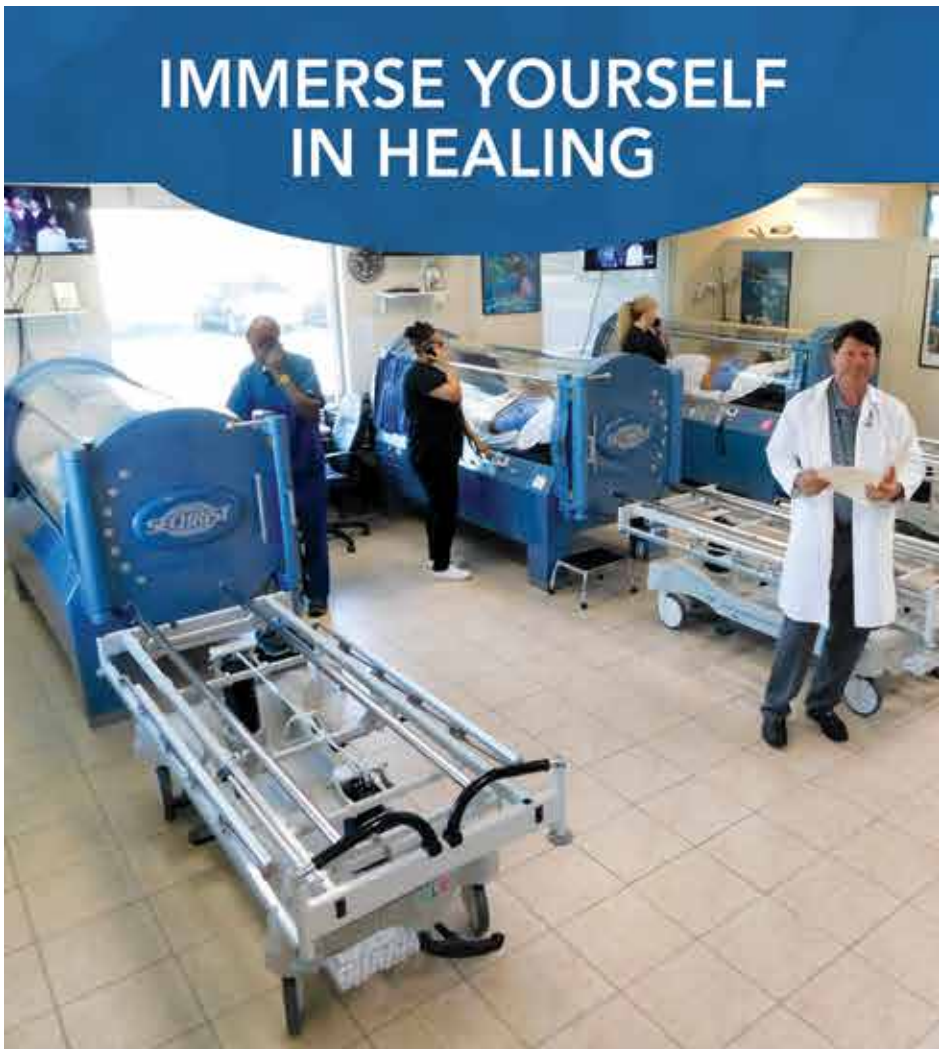


COREY KING, ND



NOELANI RODRIGUEZ, ND

WILLIAM GRIMM, DO
Medical Director



IMMERSE YOURSELF
IN HEALING

DESERT HYPERBARIC MEDICINE IS GROWING!

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

In celebration of our expansion, we are offering

10% OFF ALL 5-TREATMENT PACKAGES

Offer ends April 30, 2019
Call for details and booking

DESERT HYPERBARIC MEDICINE

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

A Review of Ornishes' *UnDo It!*

By Joseph E. Scherger, MD, MPH

Dean Ornish and his wife Anne have a formula for achieving great health and avoiding or reversing heart disease and cancer, as well as the risk factors that lead to these. Ornish was the first to show coronary heart disease could be reversed by a very low fat diet (Dr. Dean Ornish's Program for Reversing Heart Disease, 1995). With the help of his wife Anne, a yoga and meditation instructor, they direct the Preventive Medicine Research Institute, a nonprofit program based in Sausalito, California. For decades they have been restoring health to people willing to follow their program.

As presented in their latest book *UnDo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases*, their program consists of four parts: Eat Well, Move More, Stress Less and Love More. Each of these is described in detail with many case examples. The book also has recipes from the "Ornish Kitchen" and guidance for a two-week diet and how to stock your kitchen. Healthy nutrition is the centerpiece of the Ornish program.

I first listened to the book on audible.com. The authors narrate the text which has additional benefit as they express their commitment and experience with this lifestyle approach. I am impressed by the major role Anne Ornish plays in complementing her famous husband. There is no doubt that this nutrition and lifestyle approach restores health and avoids chronic disease, especially cardiovascular diseases and cancer.

The whole food plant-based diet (vegan) espoused by the Ornishes is one well established option for optimal health. However, the diet has challenges in regularly supplying all the micronutrients and protein, and only 3% of the American public are willing to eat only plants.¹ Chris Kresser, M.S., L.Ac, a nutrition expert I follow, spent two years as a vegan and switched to a healthy Paleo diet because he experienced better health.²

I have three criticisms of this book. The first is that the Ornishes and other proponents of a whole food plant-based diet believe that eating any foods from animals is bad and causes disease. They selectively cite references including animal studies to support their beliefs. However, they seem to ignore the health and disease reversal studies that use a healthy Mediterranean diet with intermittent fasting, such as the Bredesen Protocol for reversing cognitive decline (*The End of Alzheimer's*, 2017). They hold on to the notion that meat causes diabetes when the recent epidemic of type 2 diabetes is clearly caused by the rising use of refined carbohydrates and sugar that only come from processed plants. To be fair, this book criticizes the use of processed carbohydrates and sugar.

My second criticism is that the Ornishes hold on to the notion that all saturated fat is bad and to be avoided. It has become clear that healthy saturated fats from natural food sources such as nuts, seeds, avocado and tree oils (olive and coconut) are healthy and reduce disease. Processed saturated fats found in chips and French fries are to be avoided along with trans fats and fried foods.

My third criticism is that there is very little detail about the reversal of specific chronic diseases beyond cardiovascular disease. No description or examples are given for the reversal of type 2 diabetes, auto-immune diseases, GI problems and cognitive decline. The Ornish diet and lifestyle undoubtedly prevents most chronic diseases but disease reversal is underdeveloped here.

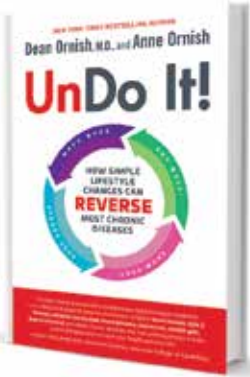
UnDo It! will be welcomed by the vegan community because it will validate what they already know. Health advocates who want serious disease reversal methods will be disappointed.

As Chris Kresser recently wrote, there is no diet that is optimal for everyone, and when healthy eaters argue with each other, big food wins.³ In America our culture has moved toward a diet that is killing us with overweight, obesity, fatty liver, type 2 diabetes and dementia.

Choose a diet that is right for you based on real food and superfoods that restore health. Dean and Anne Ornish have certainly made a contribution to this end.

Dr. Scherger is an Eisenhower Health Primary Care 365 physician and core faculty member of the Family Medicine Residency Program.

References: 1) https://en.wikipedia.org/wiki/Vegetarianism_by_country; 2) <https://chriskresser.com/why-you-should-think-twice-about-vegetarian-and-vegan-diets/>; 3) <https://chriskresser.com/what-is-the-optimal-human-diet/>.



Functional Medicine Approach to Chronic Disease

By John R. Dixon, DC, CCN, IFMCP

Treatment of chronic disease is at the forefront of the health care crisis that threatens to bankrupt our government. One in two Americans now suffers from a chronic disease and one in four has multiple chronic diseases. Of the \$3.8 trillion we spend on health care in the United States each year, 84 percent goes toward treating chronic disease. Further, 80 percent of Americans are taking at least one prescription medication and 60 percent take two or more. These medications do not 'cure' chronic illness; they merely attempt to manage the symptoms. For the most part, conventional medicine has failed to adequately address this challenge.

Your diet, lifestyle, sleep, stress management, home and work environment, and lack of exercise account for the biggest risk factors for developing a chronic disease. These include obesity, high blood pressure, heart disease, diabetes, mental health problems, and autoimmune conditions like rheumatoid arthritis, lupus, psoriasis, Hashimoto's thyroiditis and others. Symptoms leading to chronic disease may include, but are not limited to, chronic pain, fatigue, brain fog, anxiety, neurological issues and obesity.

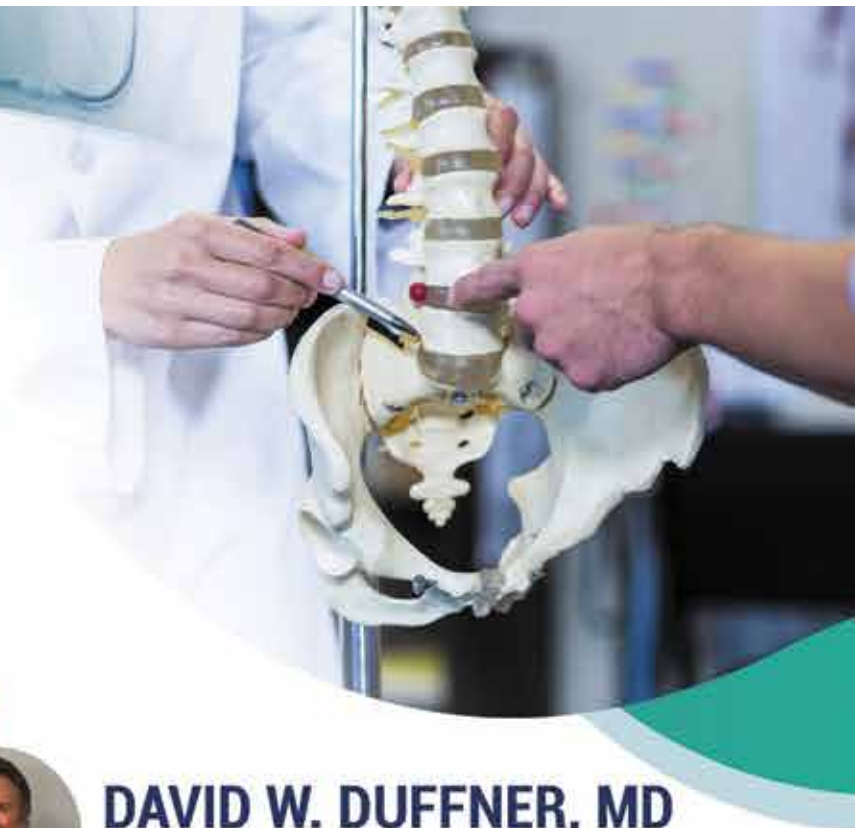
Functional medicine, also called systems biology or biologic medicine, is a movement on the cutting edge of an entire shift of the current scientific model of how we view disease. Functional medicine does not reduce disease to its component parts; it provides a way of understanding all of the influences on our biology that are at the root cause of illness. It seeks to promote healing through the body's natural biologic systems for cellular repair and restoration. Practitioners look beyond signs and symptoms through the entire body's ecology and environment to find the root cause of a condition.

An understanding of the biochemical uniqueness of each person is at the core of the principles of functional medicine. Patients seeking treatment from a functional medicine practitioner can expect to discuss at length their current complaints and health issues, discomforts, home and work environments, relationships, stress, diets, and levels of activity. Specialized laboratory tests may be used to determine underlying causes of disease including testing for toxic chemicals, mold and other chronic infections, heavy metal toxicity, mitochondrial dysfunction, immune system imbalances, hormonal imbalances, inflammatory issues, digestive, absorptive and microbiome imbalances, detoxification dysfunction, genetic variant evaluations, and vitamin, mineral and accessory nutrient evaluations.

Treatments may include diet and lifestyle changes, detoxification protocols, nutritional supplement programs, and stress management protocols. Practitioners may also utilize acupuncture, chiropractic, homeopathy, naturopathic medicine, relationship and spiritual counseling, health coaches and more.

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

1) <https://www.ncbi.nlm.nih.gov/PMC/articles/PMC4712869> functional medicine, an operating system for integrative medicine 2) plminstitute.org/author/jeffrey_bland/ 3) www.ifm.org 4) <https://www.ncbi.nlm.nih.gov/PMC/articles/PMC3149386/>



You're Invited to OPMA'S WEIGHT LOSS THAT WORKS EVENT

MARCH 27TH 6:00PM



DAVID W. DUFFNER, MD
Board Certified Orthopedic Surgeon



DAVID S. WILGARDE, MD
PMR, Electrodiagnostic and Regenerative Medicine



PATRICIA RYAN, ANP
Certified Nurse Practitioner



SERVICES

ORTHOPEDIC CARE
NERVE STUDIES
REGENERATIVE MEDICINE
PRP INJECTIONS
MEDICAL WEIGHT LOSS
TREATMENT OF NEUROPATHY
HORMONE REPLACEMENT
MASSAGE THERAPY
FITNESS TRAINING
BRACING

Join us for a **FREE** informational reception and learn how we can help you improve your health with nutrition, fitness training and a weight loss system that works. Visit opmahealth.com/fit to reserve your spot. The First 15 reservations receive a free gift just for joining us.

MAKE AN APPOINTMENT ONLINE!

VISIT [OPMAHEALTH.COM](https://opmahealth.com)

hello@opmahealth.com

Call: 760-340-2600

**71511 HWY 111 Suite A
Rancho Mirage, CA 92270**



LIVE YOUR BEST LIFE

A mental health and wellness approach that combines traditional talk therapy, the latest in advanced Trauma therapies (EMDR, CBT) as well as caring for the spirit and body.

Depression
Anxiety
Insomnia
PTSD
Sexual Abuse
Neglect
Loss of Loved One

Aging Issues
Stress
Relationship Issues
Childhood Trauma
Accidents
Phobias
Loss of Pet

Wellness Based Therapy

Barbara Allyn Barry, M.S.Ed., LMFT #107301

Individuals - Couples - Families
If you are struggling...I can help

Schedule a Free Consultation
760-567-8714

In Person Sessions in Rancho Mirage
Virtual Sessions via Online Video Conferencing or Phone
Secure - Private - HIPPA Compliant

WellnessBasedTherapy.com

THE

Paradigm Shift in Medicine Today

By
Jeralyn Brossfield, MD

Radical Self-acceptance

Recently, Jim Dethmer, the author of *15 Commitments of Conscious Leaders*, in speaking to a group of health coaches stated, “All sustainable transformation begins with radical self-acceptance.” As a doctor, I have been called to support healing and transformation, but both in my patients and in myself, I find transformation to be an arduous process, and I’m often impatient and want to control the outcome and make it happen on my timeline. So this concept of self-acceptance being integral to sustainable transformation bothered me because there was a notable paradox in this perspective. The shift from judgement and control to acceptance and ease seems too good to be valid, or at least seems like a challenge for me and for most people.

We learn early to measure ourselves. We are not born thinking this way, but very quickly our experiences of correction and comparison, or praise and affirmation reinforce a self-evaluation that becomes our learned state. We are taught to be nice, or unselfish, and to ignore our own needs so that society can run smoothly. We learn to judge ourselves harshly and naturally focus on what is “wrong” with us or what needs to be “fixed.” The problem comes as we attach our own self-worth to these external evaluations.

So the dichotomy in the self-acceptance statement was a realization of how opposite this is to our typical mode. The discomfort of self judgement and our own negative self-talk leads us to do everything we can to avoid being alone with our thoughts. We overwork, we overplay, we overeat, we overshop, we overimbibe, to avoid what we are feeling or experiencing. And the source of what we are feeling and experiencing is ourselves.

So the assertion Dethmer proposed is that for true transformation to occur, we have to learn to love ourselves. This requires honest evaluation, as well as time and vulnerability. This work is not easy or natural but is foundational to developing self-worth and liking ourselves. Self-compassion and developing a deep respect and liking of self is truly the work of a lifetime. This work is supported by creative expression, meditation, and practices that increase our mindfulness in the present moment. I’m certainly not saying this is easy, but it is possible and seems worthwhile!

As author Tara Brach says, “Radical acceptance reverses our habit of living at war with experiences that are unfamiliar, frightening or intense. It is the necessary antidote to years of neglecting ourselves, years of judging and treating ourselves harshly, years of rejecting this moment’s experience. Radical Acceptance is the willingness to experience ourselves and our life as it is. A moment of radical acceptance is a moment of genuine freedom. When we practice radical acceptance, we begin with the fears and wounds of our own life and discover that our heart of compassion widens endlessly. In holding ourselves with compassion, we become free to love this living world.”

I went back to Dethmer’s book and noticed with a smile Commitment No. 8: “I commit to expressing my full magnificence, and to supporting and inspiring others to fully express their creativity and live in their zone of genius.” Of course, this fits perfectly with self-acceptance. And since I’m committed to sustainable transformation...this is the work!!!

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

Make Tomorrow a Better Day

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

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

Get Started Today for a Better Tomorrow!
(760) 698-8400
www.dr-odom.com

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

Balancing Nature & Science
David Odom, M.D.
info@dr-odom.com
78-150 Calle Tampico, Suite 102
La Quinta

Love Juice and the Fountain of Youth

Continued from page 11

have a deep correlation. It’s known to have one of the highest anti-oxidant ORAC factors of all foods. Its high magnesium content promotes relaxation, explaining why women often crave chocolate when stressed or hormonal. Avoid commercial chocolates with high sugar content. Experience the sheer magic of consuming raw cacao beans or chocolate bars with at least a 72% pure cacao content. Organic, fair-trade chocolate is best.

- **Consume a PEA-rich Diet:** Protein-dense plant foods contain some of the richest sources of phenylalanine. Enrich your diet with blue-green algae, raw organic legumes, flaxseed, almonds, walnuts and tahini. Pink salmon, free range grain-fed eggs, sheep and goat milk and cheeses are also rich in PEA.
- **Detox Your Life:** Remove toxic thoughts from your mind and toxic chemicals from your body. Include a daily diet of positive thought and upbeat conversation. Consume plenty of pure water, organic fresh fruits and leafy greens. These foods will alkalize your body and increase enzyme activity leaving you fresh and vibrant.

Activating your love chemicals is an act of your own personal alchemy that will not only stimulate you, but will make you wildly irresistible to others!

Christina Fior, transformation life coach, author, and founder of The Ageless Code Lifestyle, has merged her 40-year professional background combining preventative wellness and metaphysics into a lifestyle practice that optimizes personal potential. Christina’s book, SELF-LOVE: A Woman’s Book of Healing and Inspiration is available on Amazon: For more information: www.christinafior.com.

COMPOUNDING PHARMACY

- Full Service Pharmacy
- Pain Management
- Anti-Aging Skin Care
- Sterile Injections
- Veterinary Drugs
- Pharmaceutical Grade Nutritional Supplements
- Bio-Identical Hormone Replacement Therapy

FREE DELIVERY AND MAILING ON ALL COMPOUNDED MEDICATIONS

2 Locations to Serve You!

FIRESIDE COMPOUNDING PHARMACY
73847 Hwy 111
Palm Desert, CA 92260
Ph. (760) 346-1113 • Fax (760) 346-8725

LAS PALMAS COMPOUNDING PHARMACY
555 E. Tachevah Dr., Ste 1W101
Palm Springs, CA 92262
Ph. (760) 416-0830 • Fax (760) 416-0832



Summiting the Markets

By Michele T. Sarna, AIF, AWMA

A few years back I took on the challenge to hike and summit Mt. Whitney, the tallest peak in California at 14, 505 feet. For weeks I hiked, ran, and did whatever I thought was necessary to physically prepare for the event—not to mention practicing carrying a 35-pound backpack with all the necessities.

In reflecting on the many emotions that I experienced during the two-day excursion, I recalled the recent (and historical) market conditions we’ve had. The major swings of the market indices was a rocky road for all. Like the start of my hike, I set out strong with fresh legs, anticipation and excitement. It all came to a screeching halt a few hours into the adventure when the trail started to get challenging. As time went by, the aches and pains of the task increased. Some members of our group fell back while others forged ahead; I was in the middle of the pack, and at times I was on my own to remind myself to keep trekking on and envision the goal ahead.

Investing in the markets is no different. When the markets are up, we feel great, strong and able to endure the road ahead. We have all the necessary items in our pack and feel pretty good about our preparation. However, it can all change in a flash. Global news, current economic conditions, or pure speculation of the future will turn plush meadow surroundings into a grueling rocky uphill hike with no end in sight. Some may be ahead through careful planning, while others may be falling behind and need to reevaluate their path; those in the middle will speculate if they are making the right choices.

The Mt. Whitney trail was filled with many challenges. The peaks, valleys, and unstable ground dictated the speed at which we moved forward. The higher the elevation, the more weather conditions changed. At times we were faced with wet, icy conditions - and it was the middle of July!

The same holds true with investing. Your goals, time horizon, and risk tolerance will dictate your route. At times it will be an easy walk, while at other times it will be a slippery slope. You’ll need to rely on your hiking poles, have patience and take it slow. In addition, take periodic breaks; get used to the altitude, review what you have, and adjust.

The goal is reaching the summit. With careful planning you will make it to the top where you can take in the scenery and reflect on the road travelled to get you there. Your summit may be travelling the world in retirement or paying for the grandkid’s college education. Or, you may want to spend time with family and friends and enjoy gardening at the home you’ve paid off. Regardless of what your summit is, careful planning and proper investing will help you reach your goal.

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

Opinions expressed herein are subject to change without notice. BPA & BPWA have exercised all reasonable professional care in preparing this information. The information has been obtained from sources we believe to be reliable; however, BPA & BPWA have not independently verified, or attested to, the accuracy or authenticity of the information. BPA & BPWA shall not be liable to customers or anyone else for the inaccuracy or non-authenticity of the information or for any errors of omission in content regardless of the cause of such inaccuracy, non-authenticity, error, or omission, except to the extent arising from the sole gross negligence of BPA or BPWA. In no event shall BPA or BPWA be liable for consequential damages.



Financial planning is similar to climbing a summit with many peaks and valleys

Are you financially fit?



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

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



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

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

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

2019 Wellness Trends

emotions we generate on a daily basis are affected by smell, and that we are 100 times more likely to remember something we smell over something we see, hear or touch, and again, scientists are getting nosey. Studies on the impact of scent have increased significantly following the 2004 Nobel Prize awarded to Drs. Linda Buck and Richard Axel whose work helped answer the questions of ‘how and why’ the smell of a certain scent can take us back to a certain place and time. We now know we have approximately 1,000 olfactory genes in our body that help us recognize and remember potentially up to one trillion scents.

That equates to big bucks for manufacturers and the travel industry who are creating new aromas and products designed to rekindle our memories, evoke new emotions, calm our stress, and open our wallets. In fact last year, Hasbro patented the “scent of childhood” by winning a “scent trademark” for Play-Doh (one of only 13 issued to date).

While aromatherapy has been used to heal for centuries, companies like Aeroscena at the Cleveland Clinic’s Innovations Lab are redefining the remedy by trademarking “phyto-inhalants,” the name for its line of plant-based aromatherapeutics specifically formulated to treat symptoms like pain, nausea, and anxiety.

Other innovations to satisfy your sniffer include water bottles with oil-infused collars that turn plain drinking water into flavored beverages through scent alone; infusers controlled by an app so you can sleep with lavender and wake to peppermint; hotel menus offering preferred room scents coupled with a matching parting gift candle to remind you to come back; and memory kiosks being used to give those with Alzheimer’s a trip down memory lane.



Green burials in designated areas are on the rise using products like this biodegradable handwoven willow coffin by Ecoffins.

The Death Positive Movement

Some say that the focus on anti-aging plays on people’s fear of death, but there is a new movement with a different approach discussing end-of-life as part of the wellness conversation. Trends include social events like the Reimagine End of Life Festivals, receptions and lectures at cemeteries, and Death Cafes launched as in-home discussion groups.

With the face of religion changing and burial processes contaminating the planet, funeral options are expanding as well. Green and woodland burials are on the rise with North America’s Green Burial Council certifying more than 300 green funeral homes. With these eco-friendly options everything that goes into the ground (or sea) must be as decomposable as the body. Shrouds and coffins are made of natural fibers like bamboo, seaweed or unfinished pine, while pods and urns that turn you into your favorite tree are also available.

Living funerals (or FUN-erals) are another trend to celebrate the dying while still here on earth. The festive events are showing psychological benefits: “The dying person and their loved ones can show gratitude toward each other, grieve together, and leave fewer things unsaid.”

The options around death are growing and so is the conservation.

Other 2019 global wellness trends include personalized nutrition, prescribing nature (Are You Grounded? Jan/Feb 2019) and China’s growing impact on the wellness market. The full 2019 Wellness Trends report is available at www.GlobalWellnessSummit.com.

Continued from page 3

Vaastu Architecture
An ancient approach for modern times

By Jen Jones AIA, LEED AP, NCARB

In ancient India, thousands of years ago, temples and houses were often constructed using very specific building codes written in texts called Vaastu Shastras. This code was a combination of strict rules governing mathematics, proportion and geometry on how a structure must be built. When a building is designed using these rules it vibrates with a frequency capable of uplifting human consciousness. The Shastras state that the heart of the dweller would resonate with this higher vibration, which could elevate the individual to spiritual bliss.

The knowledge of how to design and build a structure that would vibrate in such a way as to elevate the very soul of a person has been kept secret for thousands of years. Unlike the architecture of today, which focuses on what the structure looks like, Vaastu architecture focuses on the subtle unseen energies of space itself. It is this ‘Vaastu effect’ on the dweller that can have many benefits such as nourishing the mind, promoting greater awareness, improving physical health, increasing financial wealth, and influencing a happier and more spiritually enlightened life. Vaastu structures can be viewed as living entities; they have a sense of spaciousness, light and air that allows the building to breathe. They are a combination of the five subtle elements of space, air, water, fire and earth as well as the four directions, north, south, east and west. Just like us, houses need to be free of blockages and designed for energies to flow freely. The buildup of energy in a Vaastu home can be felt and experienced as a very subtle feeling of contentment, joy or bliss. Vaastu pre-dates Feng Shui, and its codes were used to design places such as Angkor Wat in Cambodia, Machu Picchu in Peru and Chidambaram Temple in India.

Vaastu is very specific when it comes to the land selection. Not all land is suitable for a Vaastu structure. The land must already have a certain resonance, be flat or primarily slope down in a north or eastern direction to be considered. All Vaastu structures receive their energy from being placed on the cardinal directions while allowing for a slight deflection. Most importantly, Vaastu structures are carefully designed with a precise mathematical formula that has been handed down through the lineage. It is a formula that governs the building mathematics to within 1/16” and specifies the proportion of room sizes. Room functions are specifically placed according to the elements and directions in which they reside.

Vaastu science is being discovered as an ancient key to making architectural space sacred and bringing beneficial new qualities to buildings which can bring unexpected benefits to their occupants.

Jen Jones is an international residential architect, Vaastu consultant, artist and mother. She received her Vaastu training from the American University of Mayonic Science and Technology founded by Dr. V Ganapati Sthapati and Dr. Mercay. For more information visit www.jenjonesarchitecture.com



Vaastu house looking up at central clerestory



When customers walk into Gelson's Rancho Mirage, they often pause, just to take it all in. There really is a lot to discover:

- **Farm-to-shelf produce** – we source the best local and organic offerings
- **Certified Angus meat and fresh seafood** you won't find anywhere else
- **Our on-staff Registered Dietitian** can help you eat well and live well
- **Gourmet dishes made from scratch** by our in-store chefs
- Specialty brands such as **Röckenwagner Bakery** and **Wolfgang Puck** ...and much more.

Shop your beautiful Gelson's in Rancho Mirage. We're a food lover's paradise!

\$10 off

your entire order of \$50 or more*

Our way of saying "thanks" for shopping with us!

Gelson's

gelsons.com

Gelson's Rancho Mirage

36101 Bob Hope Drive, Rancho Mirage, CA 92270 • (760) 770-0010

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

Expires: 4/30/2019 PLU #8708

Gotta Love Garbanzo Beans!

By Dipika Patel

Protein-packed garbanzo beans, also known as chickpeas, are a very versatile legume whether cooked, canned, or used as flour. In many countries, they are used not only for food, but also in daily beauty regimes because of their many healing properties.

Originating in the Middle East, garbanzos are the oldest consumed crop in the world. A member of the pea family, they are complex carbohydrates and deliver slow-releasing energy which in turn increases satiety and assists with weight loss and blood sugar maintenance. Their high fiber content helps digestion by moving foods through the digestive tract, decreasing symptoms of IBS and constipation and balancing pH levels which helps to increase healthy bacteria in the gut.

Garbanzos also offer a healthy balance of vitamins and minerals including manganese, folate, copper, phosphorus, iron, B vitamins, magnesium, zinc, and potassium giving you a well-rounded punch of wellness.

The best way to consume garbanzo beans is by soaking dry beans and sprouting them yourself at home. It is simple and you can make them in bulk. This way you control the quality of the beans - from the water in which they are cooked to the sodium levels - and forego preservatives.

I am delighted to share with you one of my favorite recipes with which I grew up. I hope you enjoy!

Indi-terranean Falafel

Ingredients:

1 lb dry chickpeas/garbanzo beans (pre-soaked)	¼ tsp cayenne pepper
1 small onion, finely chopped	2 Tbsp sesame seeds
¼ cup chopped fresh cilantro	Pinch of ground cardamom
3-5 cloves garlic	Oil for frying (grapeseed, sunflower, or avocado)
1 ½ Tbsp chickpea flour	½ tsp baking soda (optional, when ready to fry)
1 ¾ tsp salt	¼ tsp sea salt
2 tsp lightly ground cumin	1 Tbsp. Lemon Juice
1 tsp ground coriander	1 finely chopped Serrano pepper
¼ tsp black pepper	

Directions:

1. Pour the chickpeas into a large bowl and cover them by about 3 inches of cold water. Let them soak overnight.
2. They will double in size as they soak; you will have between 4 and 5 cups of beans after soaking.
3. Drain and rinse the garbanzo beans well.
4. Pour them into your food processor along with the chopped onion, garlic cloves, cilantro, flour or chickpea flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.
- (NOTE: If you have a smaller food processor, you will want to divide the ingredients in half and process the mixture one batch at a time.)
5. Pulse all ingredients together until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste.
6. You want the mixture to hold together, and a more paste-like consistency will help with that, but don't over process; you don't want it turning into hummus!
7. Once the mixture reaches the desired consistency, pour it into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.
8. Cover the bowl with plastic wrap and refrigerate for 1-2 hours.
- (Note: If you like, add baking soda to the mix to lighten up the texture inside of the falafel balls. If you would like to add it, dissolve baking soda in ½ Tbsp. of water and mix it into the falafel mixture after it has been refrigerated).
9. At this point also add in the sesame seeds (I like the texture of them whole).
10. Fill a skillet with oil of choice to a depth of 1 ½ inches. I prefer to use cooking oil with a high smoke point, like grapeseed. Heat the oil slowly over medium heat.
11. Meanwhile, form falafel mixture into round balls. I usually use about 1 ½ Tbsp. of mixture per falafel. You can make them smaller or larger depending on your personal preference.
12. Once the falafels are fried, remove them from the oil using a slotted spoon. Let them drain on paper towels.

Serve the falafels fresh and hot. I serve them with a delicious Indi-terranean salad, a fresh mint yogurt raita, and roasted garlic chutney. You can also stuff them into a homemade pita bread.

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

www.DesertHealthNews.com



Canada’s New Food Guidelines

By Brian J Myers, ND

When Canada released their updated food guide in January 2019 there was a lot of attention directed towards a few big changes. This latest edition encourages people to eat a variety of unprocessed foods and does away with both serving sizes and food groups entirely. The change that has garnered the most discussion involves dairy, which no longer has a special category devoted to it. Still, I suspect over time a debate over fat may rise to the top.

For those familiar with the U.S. food guide which was last updated from a pyramid to a plate (MyPlate) in 2011, Canada’s new guide will have a familiar feel. Canada’s guide has been retooled from what may have been described as a rainbow into a plate with graphic portion sizes rather than specific serving sizes – a move to encourage more intuitive eating with added phrases like “Take time to eat (with others)” and “Notice when you are hungry and when you are full.”

There are three sections on the plate: ½ devoted to “plenty of fruits and vegetables,” ¼ to protein foods, and the remaining ¼ of the plate to whole grain foods. In order to achieve this new look, two groupings – “meat and alternatives” and “dairy and alternatives” were essentially combined and minimized significantly.

Proponents of the guide praise it for being simple, for removing daily serving amounts, and for being more plant-friendly, an approach that is more in line with dietary guidance from other countries, even recommending to “choose protein foods that come from plants more often.” While many have applauded the removal of a separate dairy category, there is opposition.

Opponents argue these changes will be unfavorable for dairy farmers, and Food and Consumer Products of Canada (FCPC), a trade association representing packaged food and beverage manufacturers across the country, claim the new guide ‘unfairly vilifies’ the entire processed foods category. Having a separate dairy requirement has long seemed unnecessary since valuable nutrients often attributed to dairy, such as calcium, can be found in larger quantities in vegetables.

Perhaps more egregious is their message regarding saturated fats, which we now know are not the culprit in cardiovascular disease, as they continue to be vilified as such and lumped in with processed and sugary foods. For more on this, check out: <https://www.deserthealthnews.com/stories/keep-eating-coconut-oil/>.

It will be interesting to see how the U.S. food guide (MyPlate) changes when it is next revised in 2020. Even our understanding of fat has changed significantly since the last release of the U.S. food guide, which still encourages “low-fat or fat-free milk or yogurt” over healthier full fat options. Our understanding of the importance of healthy fats has changed so much in the last decade that there really ought to be a visual section devoted to healthy fat options. It would be nice to see this same understanding that sugars are the primary culprit in atherogenic changes (the formation of fatty plaques in arteries) extended to fruit, as the sugar content in a glass of juice does not make it nutritionally equal to actual fruit. Until then, happy eating!

Dr. Brian Myers is a naturopathic primary care doctor with a focus on gastrointestinal and cardiovascular health at Live Well Clinic in La Quinta. For more information visit www.livewellclinic.org or call (760) 771.5970.

Sources:1) <https://food-guide.canada.ca/en/>; 2) <https://www.choosemyplate.gov/>; 3) <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/>



La Quinta High School is focusing more and more on offering healthier food choices as part of the La Quinta High School Culinary Arts Institute program. On March 20, the culinary institute will launch its latest venture: Healthy Tastings for Healthy Teachers, a pilot project including a pop-up restaurant on campus to provide lunch for the faculty and staff of the high school. (Policy restricts serving students.)

The culinary arts 3rd and 4th year students will pilot three more concepts before school closes in June. Each of the restaurants will have a different theme and serve cuisine typical of their featured region. The lucky recipients of this fine fare will be the staff and faculty of La Quinta High. The meals will include lunch-size portions at a minimal charge, which helps to fund the class.



Each concept was created and developed by a team of four students with the help of Chef Felicia Benavides and Mrs. Sheri Tucker, the program coordinator/instructor. The four concepts chosen to be implemented reflect the ingenuity and creativity of the students. The first concept is the product of the senior class. The Mexican-Italian themed *Los Amigos de Finites* boasts a low-calorie, high-protein main dish at the center of its limited, but delicious, menu choices. In addition, the students researched side dishes, desserts and developed beverage combinations to reduce sugar consumption and complement the meals.

Each of the four concepts will be open for one day, beginning on March 20 and continuing with *Mateo’s* on April 3. The final two are *Juniors Burgers* on April 24 and finally, *El Centro* on May 8 to round out the series with a lighter, fresher approach to Mexican fare. The students are anxious to have the opportunity to show their academic teachers their culinary skills.

The Culinary Arts Institute at La Quinta High School (LQHS) offers a 3-year pathway program for 10th – 12th grade with an additional introductory year for incoming 9th graders. The LQHS program is the only culinary arts program in Desert Sands Unified School District and one of only two high school culinary arts programs in the Coachella Valley. The LQHS program has been recognized for its record 7 ProStart California State Competition Championships and for its popular Blackhawk Showdowns, in which two local chefs go head-to-head in competition, with the culinary arts students acting as sous chefs with the audience voting for their favorite dishes.

For further information, contact Michael Magnera, assistant principal for CTE at michael.magnera@desertsands.us or Sheri Tucker, culinary arts coordinator at sheri.tucker@desertsands.us or call La Quinta High School at (760) 772.4150.



FRESH PRODUCE • FLOWERS • BREADS
CHEF DEMONSTRATIONS • ENTERTAINMENT



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

SATURDAYS PALM SPRINGS 2300 E. BARISTO RD.	WEDNESDAYS PALM DESERT 72-559 HIGHWAY 111	SUNDAYS OLD TOWN LA QUINTA 78100 MAIN STREET
--	---	--

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





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



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

Family Owned & Operated Since 1972



Selection - Staff - Experience - Affordability

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

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

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

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

www.clarksnutrition.com

4 LOCATIONS TO SERVE YOU!

RANCHO MIRAGE
760.324.4626
34175 Monterrey Ave.
Rancho Mirage

CHINO
909.993.9200
12835 Mountain View Ave.
Chino

LOMA LINDA
909.478.7714
11235 Mountain View Ave.
Loma Linda

RIVERSIDE
951.686.4757
4225 Market St.
Riverside



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

Travel to inspire, awaken and enliven our spirits

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

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

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

Simplify life, relieve stress and enhance your health

Home Organization
for one room or all

Meal Preparation
for all dietary needs and lifestyles

Creating Space for Simplified Living

DK HOME & HEALTH
Darea Ford, AS, BA, CAS
DKsimplify@gmail.com • (805) 574-5682

Solitude

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

With the hectic pace of a busy season, it seemed appropriate to gravitate toward the yin side of life and talk about solitude. For many of us local small business owners, the peak season is hectic, bringing a needed abundance to support us when it all slows down in the heat of the summer. Recently, I was inundated with people from a variety of sources, including a tennis tournament my husband and I run, my yoga studio, as well as celebrating my birthday with a barrage of messages received. Needless to say, it felt like a tsunami of incoming energy, loaded with gratitude, good wishes, and much love. It reminded me of the importance of an outward connection to community, and it helped remind me that the balance to that is time alone.

One of the most powerful things we can learn is to sit alone in a room and be comfortable with that...no distractions with nothing to do, teetering on the edge of boredom. Yet, it isn't something that we're taught or that our culture values. We tend to recognize the extrovert, those who face outward, engage and get stuff done more than us introverted types whose energy is replenished in solitude and quiet.

Time by ourselves is the time we get to know ourselves. Without distraction to tear our attention away from us, we begin to sit face-to-face with what's happening within us. The more we sit with ourselves, the more we peel away the layers of everything we hold in our unconscious selves.

Part of this process is my morning meditation practice that may include chanting a Tibetan Buddhist mantra along with the Gyuto monks, one of whom spent time in isolation for three years, three months, three weeks, three days, and three hours...twice. People say how they have never met a person so deeply at peace with themselves. Obviously, renouncing the world and focusing on compassion isn't an option most of us "householders" choose to do with our lives. As Swami Kripalu said, the spiritual path of the householder is a difficult journey. All of us are engaged in our lives through our community, family, schools, careers, and attempting to make it all flow along as smoothly as possible. To find time to deepen our spiritual seeking takes great discipline and effort as we are naturally drawn away from turning inward.

So my thought is a simple one. When you find yourself in a time of solitude, notice what you do with it. Do you reach for your phone or tablet? Turn on the TV? Listen to a podcast? Head for the fridge? Do the laundry? Clean the kitchen? You get the picture. By simply noticing where your attention is drawn gives us an opportunity to pause and do nothing. The more frequently we interrupt our pattern, the more moments of solitude and connection we have. Perhaps this is how we're taught to be better at being alone, by stepping onto our yoga or meditation mat, offering us the perfect sacred space in which to truly get to know our deepest and most authentic selves.

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



Time alone can create a deeper connection with your true self.

Expanding Our Programs

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

*This award winning 8-week program designed to manage falls and increase activity levels is now at ACV!
Open to the public!
Wednesdays, 10 a.m. to noon

"A Matter of Balance Project Managed by the Mizell Senior Center, Palm Springs. Grant funding provided by the Desert Healthcare District, Regional Access Project Foundation, Desert Oasis Healthcare and The Auen Foundation."

*An 8-week social-educational program for caregiver and loved one
Next series begins March 22

A social time for caregiver and loved one Tuesdays, 10 a.m. to 1 p.m.

Dementia Caregiver Training
Last Thursday of each month, 5:30 – 6:30 p.m., ACV Office.
Different topic each month.
State-approved Continuing Education Units for CNA & HHA professionals; family caregivers welcome!

Caregiver Support Groups
Wednesdays, 9 - 11 a.m. ACV Office; 2 – 4 p.m., Bella Villaggio, Palm Desert
Thursdays, 10:30 a.m. – Noon, Mizell Senior Center, Palm Springs
4th Tuesday of the month, 9:30 – 11:30 a.m., Vista Cove, Rancho Mirage

All programs are free; pre-registration is required as space is limited. 100% of monies raised for ACV remain in the Coachella Valley to fill the need for professional and peer-led programs.

Alzheimers Coachella Valley
Become a "Friend of ACV" and support these great programs.
Call (760) 776-3100
for an appointment or more information.
Alzheimers Coachella Valley Berger Charitable Foundation Center
42600 Cook Street, Suite 134, Palm Desert
www.cvalzheimers.org



The Best Part of Being a Couple

By Amy Austin RN, PsyD, LMFT

The best part of being a couple? Wait for it...
It's the authentic relationship you have with yourself.
'To thine own self be true' and 'Know thyself' are but a few quotes that depict the importance of self-actualization. With greater awareness, the terms selfish and self-serving can evolve into a greater sense of self-worth and self-esteem. The more self-aware you become, the more capable you are of entering into and sustaining a healthy relationship.
I like to use this visual. Think of two vessels half-full (or, half-empty if an Eeyore is reading this article, but this is a topic for another time). Many times, when two people meet, they fit like a dysfunctional lock and key. Why? They subconsciously believe this person will fill the rest of their empty vessel. This mindset can burden the relationship and create emotional distancing. On the other hand, if two people enter a relationship with their own vessel almost full (we're perfectly imperfect, right?) they have the opportunity to complement one another and voila, the relationship lacks struggle.
Here are a few tips to help become the better part of a couple:
Reactivity and Impulsivity. Begin to observe how you react with another person. Are you an active listener or do you let your impulses run you? Take a breath to decide if this is the moment to respond. This may not be the hill you want to die on.

Even when angry, a simple, but sometimes very difficult, "Thanks for sharing and I'll think about what you said" can go a long way. And remember, screaming, raging rants can leave irreparable emotional scars. Building self-worth comes from working on self-regulation.
Your Past: When you are communicating, are you in your 'adult child' or your authentic 'adult self'? Your early role models can greatly impact your current functioning and relationship. If two 'adult children' are disagreeing, healthy resolution can feel like an impossible feat.
Great Expectations: Have you ever explored all the unconscious expectations you've placed on your significant other? Maybe it's time to address the fantasy and write a much healthier and realistic narrative - a novel idea.
Setting Healthy Boundaries: Respectfully shared, setting healthy boundaries can teach others how you want to be treated and increase a positive sense of self.
Giver or Taker? My rabbi once shared that finding 'the one' can be illusory and disappointing. He said that true love is tangibly expressed by performing random and very conscious acts of kindness for one another on a daily basis. Authentic love can then grow over time. Giving and taking has a reciprocal rhythm to it. Reciprocity is the true definition of a healthy and satisfying relationship.
Carl Rogers, a prominent psychologist, coined the term, 'unconditional positive regard.' When we prize another as we prize ourselves, unconditional love is possible, and I'll respectfully add, don't forget to prize yourself.
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.

WIN \$100

One participant will win \$100 each week!

2019 Coachella Valley Community Health Survey

TAKE THE CALL

YOUR VOICE AND YOUR HEALTH MATTER

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

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

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

The Power of Words

By Tracy J Smith

One of the greatest discoveries of our time is the knowledge that we each have the ability and power to create the experiences in our lives. It is now common knowledge that the thoughts and feelings we have are frequencies sent out into the universe which return to us in physical experiences that are vibrational matches to our feelings and thoughts. Our words have the same impact as our thoughts as they are also a frequency being sent out into the universe.
Each word we speak, write, or think has its own energy frequency. Words are so powerful that they can evoke feelings just by thinking about them. Think about the word "love" and take note of the feeling your body is experiencing. Perhaps you begin to smile, or feel a lightness in your heart. Now think about the word "hate." Your body probably has a totally different experience. Words have a huge impact on all aspects of our lives.
Being aware of words and the frequencies they carry is very important in communication with others. Our words influence the energy we bring to our conversations, so it is important to be mindful of the words we are using with others. Whether we are speaking to friends, family, co-workers, or to ourselves, we must carefully consider the words we choose and their possible impact. Positive words have high frequency and negative words have low frequency. Words have thoughts and feelings associated with them, so it is easy to see how miscommunication between people can arise if we are not careful with our words.
A fun way to increase your awareness and sensitivity to words is to make a list of your favorite words and notice the energy and feeling each word evokes when you say or read them. Every word has its own vibration that is experienced in our bodies. Notice the vibration your body is feeling with each word on your list.
The words we speak backed by our feelings have the power to create our experiences. Since our lives are a vibrational match to our thoughts and feelings, and our thoughts are a collection of words, it is essential we are aware of the words we speak or think. We can create a life of happiness and joy with awareness using high-frequency words; the more we choose to use positive words, the more positive our lives will be and the more harmonized our conversations will be.
Every word is an affirmation and an intention. Being consciously aware of the creative power of words allows us to set strong intentions and powerful affirmations creating change in our life experiences. If you want a wonderful life, you must have wonderful thoughts and use wonderful words. The words you put out into the universe fueled by your feelings come back to you, so use your words wisely.
Tracy Smith is an energy intuitive therapist and Emotion/Body Code practitioner with AcQpoint Wellness Center and can be reached at (760) 409.9289. www.TracyJSmith.net.



Thoughts and words present either a negative or positive energy frequency.

For you. For life. For energy.

CHANGE YOUR LIFE

with the power of PEMF:
pulsed electromagnetic field therapy

Bemer enhances:

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

Experience Bemer at Kinetix

Kinetix is an Independent Distributor

Call for a complimentary session

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



Proudly Presenting our 2019 Nominees

INDIVIDUAL



Beth L. Aune, OTR/L
Owner-Therapist
Desert Occupational
Therapy for Kids, Inc.



Jim Bantley, OTR/L
Myofascial Release Therapist
Palm Springs
Myofascial Release



Regina Basterrechea, MS, CNC
Nutritionist
JW Marriott Desert Springs Resort & Spa



Valeria Batross
Fitness & Wellness Director
Sun City Shadow Hills



Dominick Cece-Sherley
Nursing Assistant
Personal Fitness Trainer
EoS Fitness



Denise DuBarry Hay
Owner/Founder
Bikram Yoga Plus
Wildest Greens



John Feller, MD
Medical Director/Founder
Desert Medical Imaging
Co-Founder/Board Member
Desert Doctors



Norma Greer Fishkind
Board of Directors
ACT for MS



Bronwyn Ison
Owner/Founder
Evolve Yoga Studio
BronwynIson.com



Kristi-Lynn Lake
Certified Fitness Trainer
In-Joy Fitness



Doug J. Morin
Executive Director
Coachella Valley
Volunteers in Medicine

BUSINESS

AcQpoint Wellness Center
Cetina Raw Natural Beauty
Contour Dermatology & Cosmetic Surgery Center
Desert Oasis Healthcare
Fit in 42
GRACE the Health Studio
Kinetix Health & Performance Center*
Lifestyles Nutrition Center
Mot'us Floatation & Wellness Center

NON-PROFIT

Alzheimers Coachella Valley
Desert Regional Medical Center
NICU Volunteer Cuddlers
Chabad of Rancho Mirage

YOUTH



Andres Castaneda
Cathedral City High School
Created a suicide prevention campaign at
school and for the community.



Desert Oasis Healthcare Interns
Cathedral City High (12 Seniors)
Creating an awareness campaign on the dangers of
E-cigarettes for local middle and high school students.



Secilia M. Valenzuela
Indio High School
HANS Academy student and health advocate
for her school and community



**Zenia Hernandez, Yuvia Hernandez,
Jessal Corona**
Cathedral City High School
Created a mental health and suicide prevention
education campaign for middle and
high school students.

INTEGRATIVE PRACTITIONER



Celeste Amaya, MD
Integrative Primary Care
Desert Meridian Wellness Center for
Functional and Integrative Medicine



Jeralyn Brossfield, MD*
Integrative Primary Care
XO Health



William J. Grimm, DO
Integrative Primary Care
Pure Health Palm Springs



Steven Gundry, MD*
Founder/Director
International Heart and Lung
Institute/Center for
Restorative Medicine
GUNDRYMD™



Lisa Lindley, MD
Gynecologist, Women's
Health, Obesity Medicine
Eisenhower
Women's Health



Tina Louise Moreno, RCP, RRT
Reiki Master, Ordained Minister
Pulmonary Rehabilitation
Coordinator
Desert Regional Medical Center



Nicole Marie Ortiz, NMD
Naturopathic Doctor
True You Medical



Diane Sheppard, PhD, LAc
Acupuncturist and Doctor of
Traditional Chinese Medicine
AcQpoint Wellness Center



Christina Vu, DO
Internal Medicine Resident
Desert Regional Medical Center

Congratulations to all nominees! The Desert Health Wellness Awards Executive Committee will select three finalists in each category to be announced in the May/June issue. Winners will be announced at the grand celebration on May 22.

To show your support, please post/like on our Facebook Page: www.facebook.com/WellnessAwards.

* Previous winners are honored as nominees, but not qualified to be finalists.



Celebrating Wellness & Honoring Community

Wednesday, May 22

The S at Rancho Mirage  **6 – 9pm**

Featuring Guest Speakers:

William Grimm, DO

Medical Director
Pure Health
Palm Springs

Balancing Nature and Medicine



Mimi Kirk

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

Lifestyle for Longevity



**Festive Reception • Healthy Lifestyle Dinner • Guest Speakers
Awards Presentation • Farmer's Market • Bountiful Wellness Tote**



Janet Zappala
NBC Palm Springs
Evening Host

Join us!

Reserved seat tickets are \$95 and include all of the above

Available at [Eventbrite.com](https://www.eventbrite.com) or [DesertHealthNews.com](https://www.DesertHealthNews.com).

For tables of ten (\$900), please call (760) 238.0245



Gold Sponsors:



EISENHOWER HEALTH



C A M B R I A



Community Sponsors:



Beneficiaries:





**A serene yoga studio
in the heart of Rancho Mirage**

**Restorative and Gentle Yoga
Meditation Teachings
Teacher Training ...and more**

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

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

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

**INGREDIENTS YOUR BODY
CAN RECOGNIZE AND UTILIZE!**

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

fresh
JUICE BAR
DRINK SMART LIVE WELL

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

**YOUR ONE STOP
BODY SHOP**

THE DESERT'S PREMIER TRAINING FACILITY

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

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

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

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

**ADULTS . YOUTH ATHLETES
PROFESSIONALS**
COMPLIMENTARY CLASSES AVAILABLE

**KINETIX HEALTH & PERFORMANCE
CENTER**
760-200-1719
77804 Wildcat Drive,
Palm Desert, CA 92211
KinetixCenter.com

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

SUSAN BUTLER
NMT, LMT, CFT

It's Time to Play Pickleball!

By Steve Somers

The growing popularity of pickleball is unmistakable. The sport began as a backyard game in Washington state in 1965 and has become the fastest growing sport in our country, around the world, and definitely in the Coachella Valley. It's something everyone should try.

My friend George from Sun City Palm Desert told me there are now six tennis courts and six pickleball courts in their community. Tennis has about 160 club members while the pickleball club has 450 members and growing.

Several months ago, I spent the weekend at the Indian Wells Tennis Gardens at the National Pickleball Championships. If you assumed this is just a sport for seniors, you would be mistaken as I watched two 8 year-old boys get a win over two 40 year-old guys. It was hotly competitive, but they all had a good laugh and a handshake at the end.

The tournament included age brackets and skill levels for everyone. Over 2,400 players competed for national bragging rights and the pros split \$75,000 in prize monies.

As a competitive tennis player who just started playing pickleball six months ago, I have begun to experience the health benefits of the sport which are worth noting. Pickleball gives you a good aerobic workout, but with far less stress and strain on muscles and joints than tennis, a major reason why the senior community has flocked to the sport.

Paired with a healthy diet, pickleball can be an excellent part of a weight reduction plan as one hour of singles play can burn up to 600 calories. Doubles play would burn less, of course, but most doubles players play for an hour and half to two hours, reaching that same level of calories burned.

Since you are carrying your own weight in short, rapid movements, the sport is considered a weight-bearing exercise which boosts the cardiovascular system while improving hand-eye coordination.

The game is also a lot of fun. I have much more fun playing pickleball than tennis, as it is more social and has a quicker pace of play. There are a lot of 'ooohs' and 'aaahs' as good shots are made or defended against.

In our Palm Springs condo complex, we had three tennis courts. One of the tennis courts has been re-striped making two pickleball courts out of one tennis court. There were few players at first, but gradually it is catching on. Several in our group have had very little experience with competitive sports, one even saying she has avoided these activities since high school. She is rapidly picking up the game and having a blast in the process (and we are all getting more fit).

In general, the sport is kind to newcomers. If you visit one of the many public parks where people "drop in" for games, ask what days and times are best for beginners. Most players are happy to share that information.

So, if you are looking for an activity that is fun, healthy and easy to learn, pickleball may be for you. I'll see you on the courts!

Steve Somers is a community contributor to Desert Health. To find pickleball courts near you, visit the USAPA's website www.places2play.org or contact USAPA District Ambassador Hank Reimer at wr88cal@aol.com.

Ballroom Dancing: Good for Body, Mind and Spirit

By MC Callaghan

As an avid reader of Desert Health, I have enjoyed many great articles on fitness, health and emotional wellbeing. As a ballroom dance instructor, I am proud to say that ballroom dancing addresses all of these!

Many people believe that ballroom dancing is only the more formal partner dances such as the foxtrot, waltz, and tango. However, this form of dancing includes many of the classic, popular dances such as the quick step, salsa, cha-cha, rumba, and disco hustle (think John Travolta's routine in Saturday Night Fever). All of these are types of ballroom dancing in different categories.

Here are a few of the health benefits of ballroom dancing:

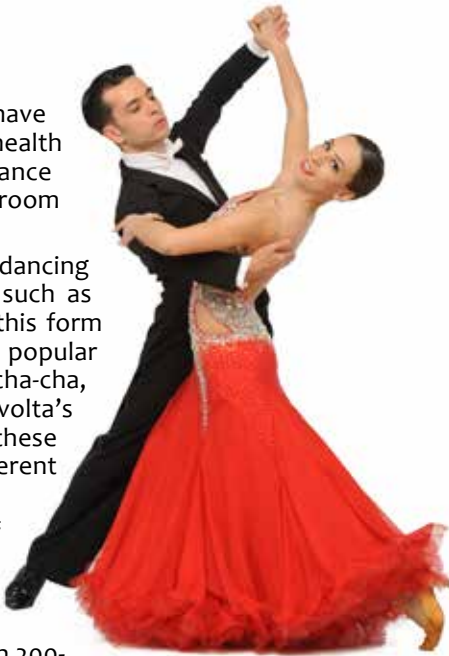
Good for the Body. Whether you are taking a dance lesson or out-on-the-town, an average hour of dancing burns between 200-350 calories and averages 3,000 - 4,000 steps. Numerous studies will confirm a whole spectrum of physical benefits for the circulatory and cardiovascular systems, improved bone health, better posture, more flexibility, better balance, coordination and muscle strength. You can actually drop a dress or pant size and dance your way to a slimmer you!

Good for the Mind. Ballroom dancing sharpens your mind. The Alzheimer's Project Journal has done numerous studies indicating that ballroom dancing can ward off Alzheimer's and other forms of dementia as it engages your brain to learn different dance rhythms and steps, and to keep the beat with different types of music. All the while, you're having great fun!

Good for the Spirit. Did I mention that ballroom dancing is fun? Oh yes, I just did. It's hard to dance a swing, salsa, or cha-cha without a smile on your face. These dances are mood and spirit lifters. In this techie world of iPhone, iPad, and I, I, I, another great thing about ballroom dancing is that it is about "we"; it's about connecting with your partner while you are dancing, connecting with other dancers, and making new friends. To say it is a social activity is an understatement.

As a ballroom dance instructor for the past 20 years, I witness all these benefits every time I teach a lesson or go dancing myself. It is called "The Joy of Dancing" for many reasons and is a good antidote for the body, mind and spirit.

Ms. Callaghan is an instructor of ballroom, swing, salsa, and western dance in private or group lessons and at social events. For more information, call (760) 238.1498 or visit MC's Dance Events on Facebook.





WILDEST GREENS™

FULLFILL YOUR FRESH FOOD FANTASIES

Something for Everyone...

Vegan • Paleo • Gluten-Free • Flexitarian



COFFEE & TEA

COLD PRESSED JUICES

ALL DAY BRUNCH

HAPPY HOUR



**FREE JUICE
SHOT!**

Bring in this ad for
a FREE JUICE SHOT!

Open Daily: 10am to 9pm



Visit our website for a full menu and hours

wildestgreens.com

760-636-0441

72990 El Paseo

Palm Desert, CA 92260



CVW418

Eat Here

Do Yoga Here



**BIKRAM
YOGA PLUS**
COACHELLA
VALLEY

**ANY CLASS
\$10**

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

HOT “SUN ROOM”

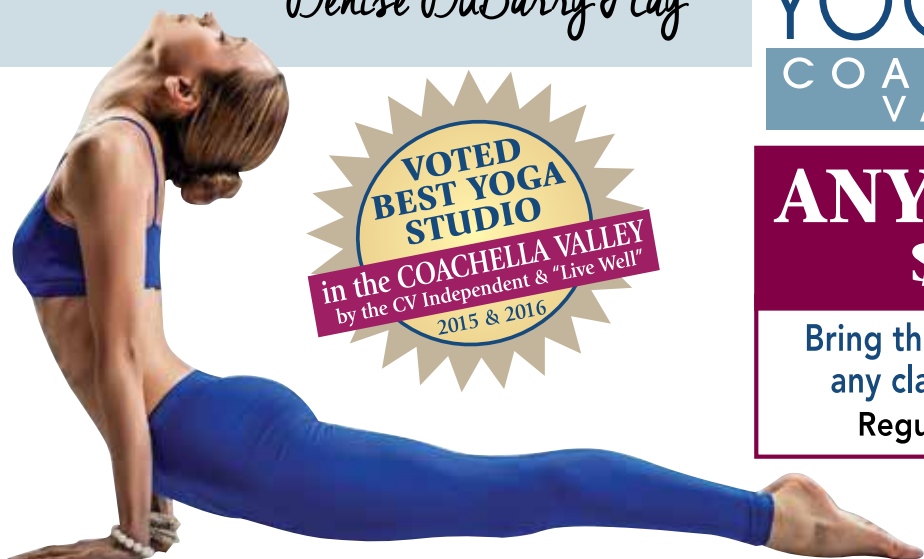
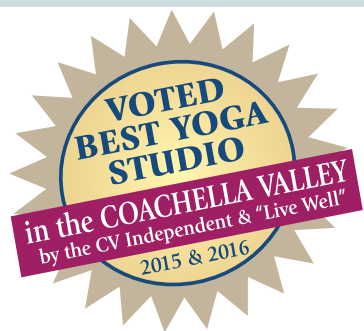
Bikram • Hot 60
Inferno Pilates
Warm Vinyasa

OUR PROMISE:

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

NAMASTE,

Denise DuBarry Hay



COOL “MOON ROOM”

Trapeze Yoga
Yin Yoga
Yoga Sculpt

- Retail Shop
- Showers
- Lockers

4.8 STARS ON:  



DOWNLOAD OUR APP:
search 'coachella yoga'

760-346-2988 • coachellayoga.com

PALM DESERT

36869 Cook Street, Ste. #101

PALM SPRINGS

611 S. Palm Canyon Drive, Ste. #206



Confidence begins with a beautiful smile!

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

ONLY \$599

(A \$1,299 value!)

Satisfaction Guaranteed!

Call for details. Limited time only.
Some restrictions apply.
Offer expires 4/30/19.

**New Patient Special
only \$99**

OVER \$600 IN SAVINGS!

*Includes: Complete Exam, Full Mouth
Digital X-Rays, Teeth Cleaning,
Complimentary Whitening Trays**

*New and cash patients only. One-time use.
Some restrictions apply. Not valid for gum disease.
Offer expires 4/30/19. Call for details.

**Free
Dental Implant
Consultation**

REGULARLY \$120

New and cash patients only.
One-time use. Some restrictions apply.
Offer expires 4/30/19. Call for details.

**Senior Discount
20% OFF
Services**

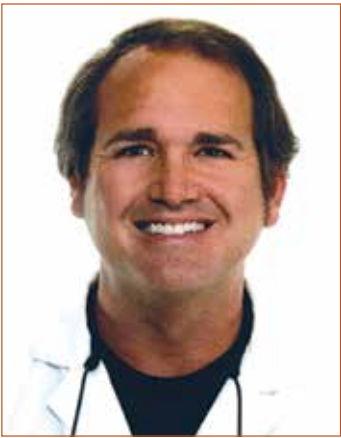
LIMIT TO 1 COUPON PER PERSON

May only be redeemed one time.
Not to be used with any other specials.
Some restrictions may apply.
Offer expires 4/30/19. Call for details.

**Dr. Tadha, DDS
Dr. Crowley, DDS
Dr. Sarat BDS, DDS, DABOI**
(760) 568-5902

SPECIALIZING IN:
Cosmetic Dentistry • Implants
Zoom • Veneers
Lumineers • Bridges
Crowns • Invisalign
All-On-Four One-Day Dental Implants
Snap on Dentures

COULTER CROWLEY, DDS
Cosmetic & General Dentistry



DO YOU HAVE...

- Worn out or yellow teeth?
- Chipped or gap teeth?
- Teeth that will not respond to whitening?

**Veneers or Lumineers may
be the answer for you.**

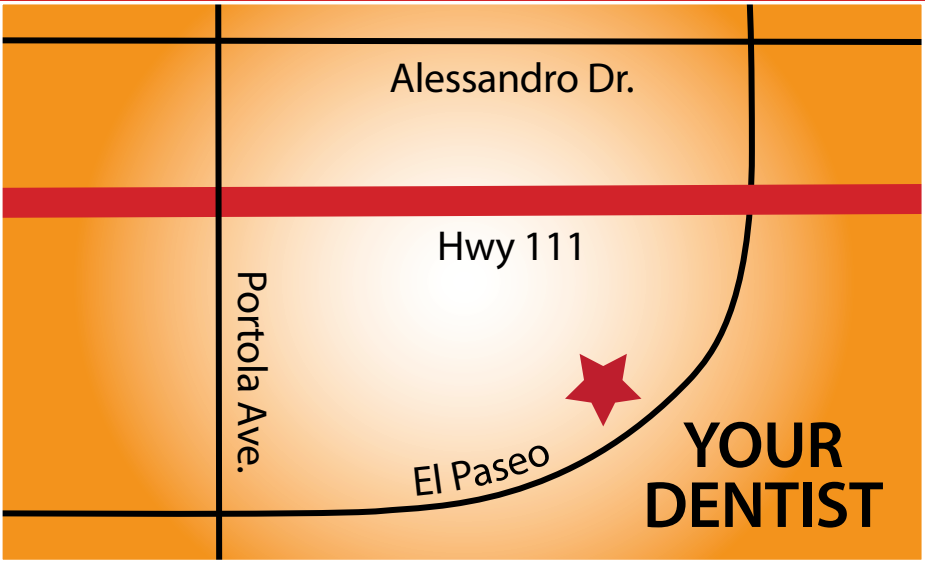
SARAT UMMETHALA, BDS, DDS, DABOI
Implant & General Dentistry



DO YOU HAVE...

- Missing teeth or ill fitting dentures?
- Tired of messy adhesives?
- Always worrying about denture mishaps?
- Want a second opinion from a board-certified implant specialist?

**Dental implant treatment might
be the solution for you.**



(760) 568-5902
74120 El Paseo, Suite 1
Palm Desert, CA 92260
MyPalmDesertDentist.com