



Desert Health®

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May/June 2019

what's inside

Wellness Awards Official Program



**Finalists
Announced!**
(See Center Pull-out)

9 Medical News

Effects of Popular Diets
on Oral Health

11 Natural Options

Natural Treatment
Options for Measles

19 Integrated Practices

Does Medical
Hypnosis Work?

25 Financial Health

Home Buying Tips
From Three Little Pigs

26 Through the Generations

Moving the Dial on Your
Happiness Set Point

29 Fresh Cuisine

Paleo Vegan "Beefy"
Taco Skillet

30 Fitness

Are You Ready for Tabata?

Celebrating Wellness and HONORING COMMUNITY



IT'S TIME TO CELEBRATE healthy lifestyles and those inspiring us towards living well at the 2019 Desert Health Wellness Awards.

This year's event takes place Wednesday, May 22, at the newly renovated S at Rancho Mirage, and everyone is invited to attend as we announce our 2019 winners.

We are proud to also feature two dynamic speakers: best-selling author and health advocate Mimi Kirk and Palm Springs integrative doctor William Grimm, DO. At 80 years young, Kirk will share insights on longevity through lifestyle choices while Dr. Grimm, whose medical office includes two naturopathic doctors, will be discussing the balance of nature and medicine and the future of primary care.

Our festive dinner includes a bounty of gourmet choices for every nutritional lifestyle including Paleo, Mediterranean, vegetarian, and raw cuisine in honor of our renowned guest speaker.

This year's honored nominees include a growing group of integrative practitioners, fitness leaders, businesses making a difference, non-profits enriching

lives, and young people helping peers and working towards change.

Some of our favorite traditions return including the complimentary farmer's market and Desert Health® tote to carry all your goodies home.

The Wellness Awards were created in 2014 as an extension of Desert Health®'s mission to encourage healthy lifestyle choices and to recognize those moving health and wellness forward in our community. In five years, over 150 individuals, businesses and health care practitioners have been nominated.

The Wellness Awards proudly benefit Coachella Valley Volunteers in Medicine, the valley's only no-charge medical clinic, and the Human Health Initiative which aims to provide advanced curriculum on nutrition, movement and stress management to all schools throughout the country.

For a list of this year's finalists and all nominees, see our Official Program on pages 15-18 and come celebrate with us at the 2019 Desert Health Wellness Awards!



Who will win this year's Wellness Awards?

CHOOSING TO CHILL

Cryoablation offers new option for breast cancer

By Lauren Del Sarto

Receiving a cancer diagnosis is beyond overwhelming. I've certainly learned this since being told in January that I had breast cancer. There is so much to learn; so many options and opinions to consider. Each person's experience or knowledge is different – as is every cancer.

Not one to leave any stone unturned, I immersed myself in research and met with as many medical and naturopathic practitioners as I could to understand my options. I had a small, stage-1 invasive ductal carcinoma in my left breast and pre-cancerous cells (atypical lobular hyperplasia) in the right. In consultations with multiple surgeons and an oncologist, all agreed that the standard of care would be a lumpectomy on the left (with or without reconstruction) followed by radiation, imaging every 6 months, and five years of anti-estrogen therapy. On the right, we would take a wait-and-see approach. Or, I could remove both breasts and avoid extensive follow-up and the worry of watchful waiting.

I was leaning toward the latter and can understand why the number of women choosing mastectomy over today's standard of care is on the rise.¹ The same protocol has been used for over 30 years and the options are terrifying.

Then I ran into a friend who asked if I had heard of cryoablation, or freezing of the tumor, which was showing impressive results in tumors my size (1.5 cm or smaller).

This chance meeting opened a door to a serendipitous path. I met another friend who gave me an insightful book by Laura Ross-Paul, the first woman in the U.S. to have cryotherapy and retain her breasts. Then I had the privilege of meeting Phillip Bretz, MD, of the Visionary Breast Center in La Quinta who had performed the procedure 30 times.

Upon further research, I discovered that cryotherapy was first used for breast cancer in the 1800s, has been studied for decades, is currently approved for other cancers such as prostate, liver and kidney, has two clinical trials underway for use with breast cancer, and is covered by some insurances.

The technology uses a needle-sized ultrasound-guided probe that delivers liquid nitrogen into a targeted area creating a "freezeball" that engulfs the tumor and kills it. The minimally invasive procedure takes less than an hour and is done on an outpatient basis using local anesthesia. Recovery time is days versus weeks, and the patient's breasts are left intact with no change in structure and little to no scarring. Patients return in six months for imaging and a biopsy to ensure all cancer has been removed, followed by annual imaging.

It all sounded too good to be true, and as I read Ross-Paul's book, *They're Mine and I'm Keeping Them*, I learned

Continued on page 7



**BE PREPARED
FOR A DISASTER!**
Free event, see page 3.

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Enjoy the Journey

One thing you can count on in life is change. The ups and downs can throw you for a loop and sometimes, you'd better be wearing a seat belt.

But along the way, you're certain to learn a few things. And if you don't, maybe you've stopped asking questions. Life's challenges can do that to you – cause you to stop asking questions. Or, it can make you ask more; to ponder the bigger meaning of it all.

I've learned a lot in the past few months and hope that sharing my new knowledge and journey can help others. Maybe that's the bigger meaning for me. I love that about *Desert Health* as I, too, learn something new with each issue.

We all need a little help along the way and this month, we celebrate those who inspire us at the 2019 Desert Health Wellness Awards. We are so excited about this year's event and delight in the opportunity to bring our writers, readers, sponsors and nominees together for a festive evening of good health and happiness. Please join us. You're certain to learn a few things, be inspired - and have a great time!



Gathering Easter goodies from the garden with Mom.

Along this crazy ride, never lose that sense of wonder and amazement. You may have blips, but you can always get it back. Know that everything in life happens for a reason and asking inquisitive questions can help you figure it out. It makes the journey that much more fun - and definitely less challenging.

As Albert Einstein famously said, there are only two ways to live your life: as though nothing is a miracle, or as though everything is a miracle.

With sincere appreciation ~

Lauren
Lauren Del Sarto
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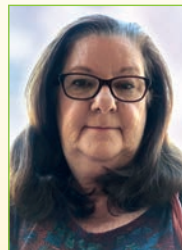
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From Keepsake to Keeping Safe

By Lauren Del Sarto

Your newborn baby’s footprint framed on a certificate or molded in plaster used to be merely a keepsake. Now that same print is being used by hospitals to serve as individual identification in keeping babies safe.

A footprint is as unique as a fingerprint and hospitals are now using an electronic stamp to replace paper and ink for precise identification adding an extra layer of security for new moms and dads.

The Newborn Safety System which uses LiveScan Technology to capture high resolution newborn footprints is especially helpful in situations of abduction, switched babies, natural disasters and abandonments. The technology has garnered attention and praise from the National Center for Missing and Exploited Children (NCMEC) and has been included as a recommendation for hospitals in its most recent Infant Security Guidelines.

Locally, the Desert Care Network Hospitals - JFK Memorial Hospital in Indio, Hi-Desert Medical Center in Joshua Tree, and Desert Regional Medical Center in Palm Springs - have recently installed the innovative system developed by CertaScan Technologies.

“We are so proud of the care we provide to newborns and their families at Desert Care Network hospitals,” said Michele Finney, CEO of Desert Care Network. “This new technology will offer even more comfort and peace of mind to the families welcoming newborns into the world at our hospitals.”

The system is entirely safe for use on babies and provides outstanding footprint quality. Nurses prefer the system because it is easy to use, seamless to adopt and replaces the time-consuming and messy ink and paper method. The digital footprints and security photo can be stored efficiently in the newborn’s electronic medical record and shared with law enforcement. Additionally, footprints – like fingerprints - can be used for forensic identification throughout the life of the child.

At Desert Care Network hospitals each new mom still receives a keepsake certificate of her newborn’s footprint which can be personally enhanced with colors, fonts and borders from the comfort of her home at www.firstfootprint.com.

This new form of identification has quickly gained praise from hospital administrators, nurses, law enforcement agencies, says CertaScan, and especially from parents as it provides a new layer of protection alongside that important lifetime keepsake.



New technology scans newborn footprints for lifetime identification.



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Our Most Anticipated Event

Health academy students receive top honors

By Raquel Barta, Health Academy Sophomore

Many students in the Palm Desert High School Health Academy anticipate this event from the beginning of the school year - the regional SkillsUSA competition. The coordinator of the Health Academy, Mr. Ron Paiz, makes the event available to all motivated, outstanding, and studious members of the academy. Though the competition encompasses various pathways like engineering, film, and more, Palm Desert Health Academy students participate in categories related to health care. Health knowledge bowl, medical terminology, medical math, first aid/CPR, and career pathway showcase are some of the most popular categories in which PDHS Health students compete.

The well-known competition drives students to push their mental capacities in preparation for the competition. Personally, I considered competing mainly to obtain a self-evaluation on my retention of class material. Aside from that, a team category would allow for an enjoyable opportunity to collaborate with other talented students. With this in mind, I briefly prepared with sample questions, excitedly looking forward to the awaited date. On February 2 of this year, I participated in the Region 6 competition in health knowledge bowl. As a first-year student, I was unclear about most of the technical details of the event. However, we were able to showcase our knowledge and efforts regardless of the few obstacles we encountered: missing paper, no writing utensils, etc. With a bit of strategy and teamwork, my team and I persevered and fairly competed against about seven other teams.

Ecstatic after the competition, we patiently waited for the release of the results to see which teams advanced to the state level. In spite of our doubts, my team and I proudly achieved the top health knowledge bowl score from our school, and second place within the region. The experience itself allowed me to acknowledge the productivity of collaboration and sum of intelligence. Additionally, it opened up major opportunities for me in the context of my future in the medical field. Aside from a few awards, the honor of studying general health at a high school level fuels my passion for science in the medical field. In terms of future plans, I'd love to further my hands-on experience via internships and shadow opportunities.

Editor's Note: At press time, Raquel and approximately 50 other PDHS Health Academy students were going on to compete in the SkillsUSA State of California competition in Ontario April 25-28.



Palm Desert High School Medical Academy students at the regional SkillsUSA competition



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Good Vibes Only: A Cancer Journey

After you survive cancer you become an expert by experience and are often the first or second call to ask questions or get referrals from a newly diagnosed friend or family member.

Over the past two years since I have been NED (no evidence of detection), I have had over 10 loved ones newly diagnosed. I have chosen to stay within the cancer realm and dedicate my life to be an advocate and to love others through their own cancer journey. When most people see me after not seeing me for a while, they ask "How are you doing?" but it is most always with a look that only we as a cancer survivor knows too well. The cancer journey never ends for those of us who have had it. Fear of it coming back will always be in the back of our minds.

With some recent health scares, I find fear slowly creeping back into my life and those of you who think I have my life completely together must know I do not. I must seek help to continue to heal and overcome fear daily. Let's be honest; it is a little bit of post-traumatic stress disorder. I now learn ways to cope and navigate the fear and anxiety that I have from time to time.

So how do you do it? Here are 5 tips that have helped me, and I hope will help you...

- Wake up in the morning and the first thing you say to yourself is, "What a blessing it is to be alive." When you were first diagnosed, you didn't know if you would live, and today is a gift. Good or bad, it is one more day to breathe, to be with our loved ones and to make a difference.
- Write in a journal, a blog, or start that autobiography. Writing your feelings and words down on paper - even if no one else ever sees it - has such a powerful, healing effect.
- Count your blessings. What are you grateful for today? Family, friends, your pets, food, a job? It doesn't have to be complicated. If you write them down each day you may realize we have a lot to be grateful for that we often take for granted.
- Lean on family and friends for support. Find a support group or talk to a trained oncology social worker. Ask for help when you need it. Cancer aftermath can lead to things like depression. Talk to somebody; ask for help; you are never alone.
- Plan a self-fun goal: what is something you've wanted to do but never have? That fun goal needs to happen. YOU BEAT CANCER and YOU DESERVE IT! Maybe you've wanted to trade in your vehicle for that new car...or try a new hairstyle. How about that road trip or vacation you wanted to take but never thought you had the time to do it. Take the time now.

Shay Moraga, E-RYT500, is a triple negative breast cancer survivor. Each week she teaches Yoga for Cancer Caretakers and Survivors at Eisenhower Health's Lucy Curci Center. You can contact Shay by email at shay@namastewithshay.com or reach out on social media at Namaste with Shay.



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Stem Cell Therapies Are Not All the Same

By Daniel Cosgrove, MD

Stem cells hold enormous promise as a medical therapy with multiple benefits. In an FDA consumer press release entitled *Adult Stem Cell Research Shows Promise*, the FDA author wrote that stem cell research could ultimately be key to the advancement of personalized medicine, the practice in which medical treatment is tailored to the needs of an individual patient. "It is not science fiction," says Steven R. Bauer, PhD, Chief of the Cellular and Tissue Therapy Branch in the FDA. "For me regenerative medicine is the most exciting part of what we regulate in our office."

There is no clear proof yet, but many patients swear by the benefits of stem cells in reducing joint pain and low back pain. However, some doctors and chiropractors may have taken it too far. Just recently in *The New York Times* (April 4, 2019) an article entitled *FDA Issues New Warnings to Rogue Stem Cell Clinics*, the newspaper described recent efforts by the FDA to warn some stem cells clinics to stop selling unproven treatments that could harm patients.

There is an approved way - and many unapproved ways - to provide stem cells. Just last year, the FDA published *Regulatory Considerations for Human Cells Tissues and Cellular and Tissue Products: Minimal Manipulation and Homologous Use* (corrected version issued December 2017). In this notice, the FDA author wrote that without a complete research agreement with the FDA (an IND), the FDA specifically condemns three practices:

1. **Allogenic cells**, i.e. using cells from another person, as opposed to autologous use, which refers to using stem cells from the same person. If you get stem cells from your own body, you don't risk an infection.
2. **Any treatment to one's stem cells other than minimal manipulation**. They specifically mention their disapproval of adding substances to stem cell preparations. To inject stem cells that have been harvested from fat into a joint, practitioners add enzymes which is in violation of FDA guidance. Therefore, one should not use stem cells from fat and inject them into joints.
3. **Non-homologous use**: in their description of homologous use FDA describes how one can harvest fat cells for use only where fat cells go, in other words "like to like," and they specifically give the example that it is approved for a doctor to put stem cells from fat into the face or hands. Then the FDA goes on to specifically warn against using fat cells for the joints. In section 19-6 (B), they provide an example of failure to meet criteria for homologous use and specifically describe using "adipose (fat) tissue...to treat musculoskeletal condition such as arthritis or tendonitis." According to the FDA, this is "not considered homologous use because regenerating or promoting a regeneration of cartilage or tendon is not a basic function of adipose tissue."



As the field of stem cell therapy grows, the FDA has now established guidelines for use and application.

Steadman Clinic has been using this method for thousands of patients, and now nearly 50 percent of athletes receiving shoulder or knee surgery request injection of stem cells in addition to their operations.

What to look for in a stem cell clinic:

1. **Source**. Are they harvesting stem cells BMCC (bone marrow) or from fat?
2. **Comfort**. Do they offer conscious sedation where you are "out" for a few minutes so that it is virtually pain-free? Remember when doctors did sigmoidoscopies and just told you to hold still? Now you can get a complete colonoscopy without any discomfort due to conscious sedation. Some clinics use an anesthesiologist to make the brief procedure of stem cell harvesting virtually pain-free, and without all the bruising expected from harvesting stem cells from fat.
3. **CT-guided injection** with a photograph of needle placement can assure the doctor and the patient that the needle was placed exactly, within 1 mm, of where they want the stem cells to go. Blind injection or ultrasound is not in the same league.
4. **Counting the cells**. Some doctors are not counting the cells at all and it is not clear what exactly is being injected, whereas others use expensive cell-counting machines that can provide an exact number of cells, monocytes, platelets, etc. These results can be shared with other medical scientists.
5. **Cost**. Whereas many treatments may cost \$10,000 or more, one can find clinics that provide conscious sedation, use the cell counter, use stem cells from BMCC, and use CT-guided injections, all for less than \$7000.

In spite of FDA concerns about some health care providers, many medical centers are following FDA guidelines and providing BMCC stem cell therapies for osteoarthritis in the knees as well as for focal CT-guided treatments to low back areas. Preliminary evidence suggests that proceeding in this manner is safe and highly effective for many patients.

Editor's Note: Dr. Cosgrove's article discusses current FDA guidelines; however, stem cell therapy is an emerging field and there is ongoing discussion on the efficacy of fat-derived cells with clinical trials underway.

Dr. Cosgrove is an integrative medical doctor with the WellMax Center For Preventive Medicine in Indian Wells and can be reached at (760) 777.7698.



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Tips for Managing Eye Allergies This Spring

By Greg Evans, OD

Spring is a season of new beginnings. With winter months behind us, flowers blooming, and longer daylight hours, we tend to spend more time outdoors.

For people with allergies, spring means one more thing: suffering. Spring may be in the air, but for allergy sufferers, so is pollen, pet dander, mold, and dust. These airborne allergens can trigger uncomfortable reactions such as watery eyes, coughing, sneezing, congestion, and sinus pain. There are some things you can do to minimize the discomfort throughout the spring season, including these top 5 tips for getting through eye allergy season:

1. Pollen tends to have a higher count in the mornings and early evenings. During these times, stay inside and keep windows closed. If you enjoy an early morning exercise run, consider an alternative indoor workout during peak allergy season.
2. Take a shower before going to sleep. Doing this at night can rinse away any lingering allergens and leave you with a clearer eye and nasal area, as well as a more restful night's sleep.
3. Keep artificial tears close by. They can temporarily alleviate ocular allergy symptoms by lubricating your eyes when they feel dry and itchy, and they're usually small enough to fit inside a purse or pocket. If you don't have any good eye drops, use a cool compress as an alternative method of relief.
4. If your allergies are caused by dust or pet dander, vacuum. A lot. Dust collects quickly and can be difficult to spot until there's a high amount of it. Pets can shed fast and often, and just when you think you've removed all the fur from your sofa, carpet, or bed, you suddenly find more, so vacuum a few times each week.
5. Wash your hands thoroughly with soap and water and change your linens more often during the spring season. Remnants of airborne allergens can stay on your hands, towels, and bed sheets. Washing them more frequently can minimize some of your allergic reactions.

Though it may be tempting, rubbing your eyes can actually aggravate the allergy response. If you find yourself using artificial tears more than 4 times a day, or other short-term solutions aren't enough, speak with your eye doctor. You may be able to receive antihistamine eye drops or other prescription medications to ease your discomfort.

If you wear contact lenses, speak to your doctor about daily disposable contacts or scleral rigid lenses. These can be a great option for allergy sufferers. Since dailies are thrown away at the end of the day, there's no heavy allergen build-up on the lenses to worry about and, unlike soft lenses, rigid lenses don't allow allergens to stick to the lens.

Finally, consider switching to eyeglasses for a while. Even the most comfortable soft lenses can irritate the eyes during allergy season.

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



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Fat in the Wrong Place

Reverse Study offers new option for NASH liver disease

Among our five most vital organs, the liver is the only organ that is regenerative. That's the good news if you have liver disease and it is caught early.

Most people know excessive drinking can lead to liver disease, but it also occurs in people who don't drink or drink in moderation. In America, estimates are that 80 to 100 million people have non-alcoholic fatty liver disease – NAFLD. This condition can progress to a more severe form of the disease called NASH – nonalcoholic steatohepatitis. The majority of patients with NAFLD have simple steatosis – fat infiltration of the liver – but up to 30 percent of patients may have NASH.

NASH is called “silent liver disease” because most patients can live with the condition for several years with few or no symptoms. However, as a progressive disease, up to 25 percent of people with NASH may have cirrhosis.

Who is at risk for NASH?

People who are obese, have uncontrolled cholesterol levels, and have Type 2 Diabetes Mellitus, insulin resistance or pre-diabetes are at greater risk of developing NASH. A diet high in sugar – both sucrose and high fructose corn syrup – is also a risk factor. The disease occurs more frequently in middle age adults. Before becoming symptomatic, NASH is usually detected through blood work with liver enzymes or imaging studies which reveal fat in the liver.

How does it cause liver damage?

Over accumulation of fat in the liver disrupts the structure of the tissue by causing inflammation and the liver cells to balloon in size and shape. Over time, if left untreated, scarring will accumulate leading the patient to experience symptoms due to liver injury such as jaundice of the skin or eyes, itchy skin, swollen abdomen, abdominal pain, fatigue, dark urine, pale colored bowel movements, bloody stool and loss of appetite. The scarring can progress from steatohepatitis and liver fibrosis to cirrhosis. Even with cirrhosis, the liver will try to heal itself, but it becomes less effective at doing so the more scar tissue there is.

What treatments are available?

Currently, there are no FDA-approved medications available to treat NASH. The condition is treated with lifestyle changes of less fat, reduced caloric intake and more exercise. If the level of liver injury worsens or the symptoms cannot be stabilized and lead to liver failure, the only options are surgery to remove a portion of the liver or liver transplantation.

What is the Reverse Study?

Palmtree Clinical Research in Palm Springs is seeking volunteers to take part in an exciting clinical trial to evaluate an investigational oral medication which may reverse cirrhosis due to NASH by reducing inflammation and scarring in the liver. The “reverse study” is currently open and is for those with NASH/cirrhosis. A second trial will soon be enrolling NASH patients without cirrhosis. Participants will receive study-related care at no cost, compensation per visit and satisfaction in helping to advance medicine for people with NASH.

Contact Palmtree Clinical Research at (760) 778.7799 or www.palmtreeclinical.com to see if you qualify for this study.

Choosing to Chill

Continued from page 1

of another added benefit to cryo, the “immune effect.” The theory is that as your body absorbs the freezeball, your immune cells can recognize the protein structure of the tumor and form antibodies that create a natural immunity to the cancer. Immunotherapy is currently a leading trend in cancer research and while it appears that cryotherapy can naturally jumpstart this effect, there is a lack of scientific evidence to support it.

Promising news for breast cancer

There is, however, a growing scope of scientific information on cryotherapy for breast cancer. Here are some highlights:

- There are two clinical trials currently underway: 1) the Ice3 Trial led by Kenneth R. Tomkovich, MD, of Princeton Radiology and director of Breast Imaging and Interventions at CentraState Medical Center in Freehold, N.J., sponsored by equipment manufacturer IceCure Medical Ltd.; 2) the FROST Trial (Freezing Instead of Resection of Small Tumors) led by Principal Investigator and breast surgeon Dennis R. Holmes, MD, FACS of the John Wayne Cancer Center, sponsored by equipment manufacturer Sanarus Technologies, Inc.³
- Early findings from Ice3 were presented last year at the Radiological Society of North America's (RSNA) annual conference and of the 146 patients that had undergone the treatment, only one had the cancer recur giving the procedure a 99.4 percent success rate with short term follow-up.⁴
- A National Cancer Institute multicenter trial published in the 2016 *Annals of Surgical Oncology* examined 86 women with early-stage breast cancer whose tumors were 2 cm or smaller. Cryoablation was applied using Sanarus Technologies equipment followed by surgery to remove the dead tumor so doctors could confirm that all cancer cells were killed. Results showed no remaining cancer in 92 percent of all tumors and 100 percent of tumors smaller than 1 cm.⁵
- Data presented at the 2018 Japan Society for Low Temperature Medicine by Eisuke Fukuma, MD, PhD, director of breast disease at Kameda Medical Center in Japan, showed only 2 tumor reoccurrences in 250 patients over a six-year period.⁶

Current trials

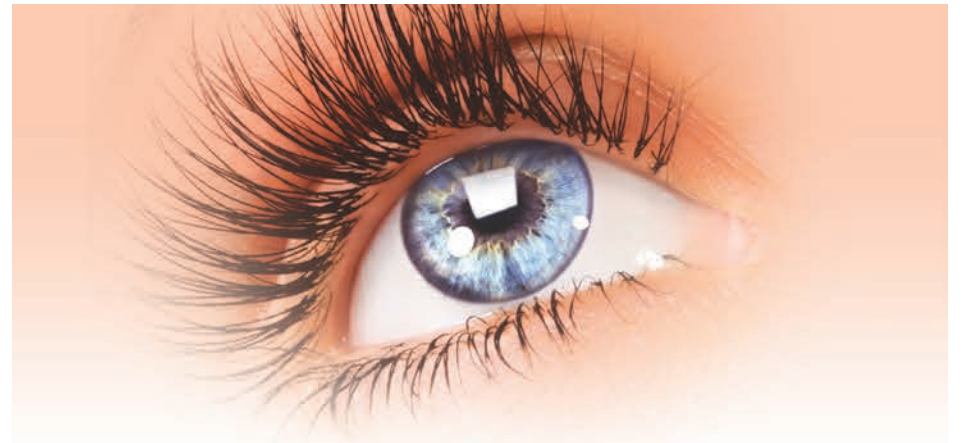
The Ice3 trial is no longer seeking participants, but the FROST trial is open and has two southern California locations participating: City of Hope in Duarte and Adventist Health Glendale.

Eligibility criteria include (but is not limited to):

- Age ≥ 50;
- Invasive ductal carcinoma diagnosed by a core needle biopsy;
- Maximum tumor size ≤ 2 cm based on mammogram, ultrasound and MRI;
- Clinically node negative, hormone receptor positive, and HER2 negative;
- < 25 percent intraductal component in the aggregate;
- Lesion must be visible by ultrasound;
- Adequate breast size with .5 cm margins between the ablated lesion and the skin.

With the FROST trial, the theory is that cryoablation is only replacing surgery (lumpectomy or mastectomy) in standard of care; therefore, women 70+ participating in the trial must agree to 5 years minimum of hormone therapy (an estrogen blocker) and women 50-69 must agree to radiation plus hormone therapy. Full examination and testing are required to ensure eligibility as each patient and each cancer is different. Cost of the procedure and follow-up services are covered for trial participants. Both locations also offer cryoablation “off-protocol” or outside of the trial.

Continued on page 23



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The Battle Against Myself

The aftermath of Pemphigus Vulgaris

By Crystal Harrell

Desert Health is pleased to feature this follow-up to Crystal's 2016 story on her struggle with Pemphigus Vulgaris as requested by a reader. Original editorial is available at DesertHealthNews.com.

It's been three years since the day I was diagnosed with a rare autoimmune disease called Pemphigus Vulgaris. Being on the cusp of young adulthood while in pursuit of a bachelor's degree in communication, I took that diagnosis as a sign that life as I knew it was coming to a complete halt. And at that moment, I realized it had been changing for quite some time.

Pemphigus Vulgaris is a condition that manifests on the skin and gums, where the body's immune system mistakenly attacks itself, leaving blistering lesions that do not heal without the use of corticosteroids or immunosuppressants. Prior to my diagnosis, I had been experiencing the side effects of my then-unknown condition for months.

My face was blistering and bleeding with every light touch and the skin on the rest of my body peeled away on its own, revealing raw flesh to the open air. Suffice it to say, I didn't leave home over the course of four months due to the physical pain and emotional distress experienced when I saw the expressions on strangers' faces in passing. I was tortured by the fact that I didn't know what was causing these symptoms, and every doctor's appointment left my hope shattered as there was no physician that could give me proper treatment.

Receiving a diagnosis meant that there was a marked path I could follow toward recovery. Finally, I was put under the care of wonderful doctors in Loma Linda who prescribed Rituximab infusions over the course of a month. Although little is known about what causes Pemphigus Vulgaris, Rituximab has been proven to be the most effective form of treatment, coupled with the daily intake of corticosteroids and/or additional immunosuppressants to shock the immune system into remission. It took about eight weeks from my last Rituximab infusion in September of 2016 for me to start seeing results.

My skin healed gradually and by December of that same year, there was not a single open wound left on my body. I took tapering doses of prednisone and CellCept until May of 2017, and then to my sheer joy, I was in clinical remission before the start of summer.



Harrell receiving IV therapy in 2016 for her rare autoimmune disease



The human spirit is more powerful than the body it inhabits, Harrell says of her recovery.

I would be lying if I said I was thankful for my experience with Pemphigus Vulgaris; however, there is no denying that I changed for the better during the excruciating months of my ordeal. I became stronger, more humble, and my passion for life increased tenfold. I live each day with the will to make the most out of every moment because I know very well that situations can change quickly. I am grateful that I have not experienced any symptoms since then, and although I sometimes fear the possibility of relapsing, I brush off those thoughts very quickly.

I don't see the leftover pill bottles in my medicine cabinet as hidden skeletons in the closet, or the faint scars dotting my skin as perpetual reminders of my suffering. I view all the lingering relics of my illness as testaments to what I am capable of overcoming. Although the disease I had was my own personal journey, there were many hands that held me and guided me to a place of comforting strength.

The human spirit is more powerful than the body it inhabits, still prospering even when we begin to physically deteriorate. I have won the battle against myself, without surrender and with newfound hope.

Crystal Harrell grew up in the Coachella Valley and graduated from Cal State San Bernardino with a degree in communication. She continues to write with the hope of inspiring others and can be reached at crystalharrellfreelance@gmail.com.

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Biting Into a New Regime
The effects of popular diets on oral health

By Nicholas S. Baumann, DDS

Our diets play a vital role in our overall health, but also affect our oral health. These days, many are turning to a variety of specialty diets to ensure that they are eating foods which supply the vitamins and minerals specific to their individual health. Some of these diets may be very familiar like keto, Adkins, low fat, and juice diets while others are less so. While nutritional changes can help people shed those unwanted pounds, they can also impact oral health positively and sometimes deleteriously, thus these effects must be taken into account when starting a new diet.

Low fat diets are one of the most popular diets we see today. While studies show they are helpful in losing weight, we need to consider their effect on the oral cavity. These diets can restrict healthy animal fats, which can inhibit the body's ability to absorb certain fat-soluble vitamins like A, D, and K which are very important to gum and teeth health; lack of them can lead to negative effects on the oral cavity. Vitamin C, found in many fruits, and vitamin B, found in leafy greens, are two of the most important vitamins for a healthy mouth. As well, crisp veggies and fruits can help clean plaque off teeth and freshen breath. All of these should be in abundance in any good diet.

Low carb diets such as Adkins and keto have also become prominent in the last few years. Provided that necessary fatty acids, vitamins and fiber are consumed, these diets can have a beneficial effect on the oral cavity. Studies have shown that they can lead to up to 50 percent less inflammation in the mouth.¹ One consideration, particularly with the keto diet, which involves high fat intake along with low carb intake, is that the body will produce more ketones. These will generally produce bad breath, something to be aware of for anyone on the diet.

Juice diets are another popular way to rid the body of toxins or shed some weight. One thing to consider is that these juices are usually high in sugars and acids, which can wear away tooth enamel, leading to tooth decay. Similarly, the labels on protein shakes which are widely consumed should be checked because many of these also contain high amounts of sugar.

Vegan diets are growing in popularity in the U.S. Anyone on these diets needs to be mindful as they can lack enough calcium from natural sources. For those that have gum disease, a lack of calcium can make the condition worse. Therefore, vegans should take care to ensure intake of adequate amounts of calcium, either through foods or a supplement. For those on a vegetarian (but not vegan) diet, foods rich in lactic acid, such as yogurt and sour cream have shown to be beneficial in supporting gum health as well as being a great source of calcium. These foods would be limited on a vegan diet.

In summary, many diets restrict one or more important groups of foods. Good fats and vitamins are vital to oral health and need to be supplemented on many of these diets. If care is taken to make sure all necessary vitamins and minerals are being consumed, many of these diets can help us to be healthier, to lose weight, and to have good oral health.

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

References: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5981249/>



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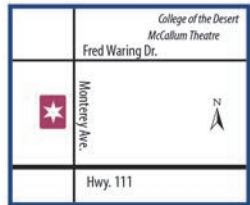
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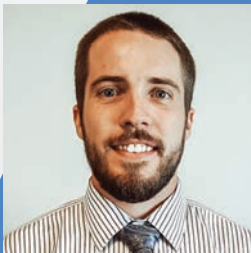
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Ian Halderman, DPT

Ian grew up in Irvine, California and attended Loyola Marymount University earning a bachelor's degree in natural science and pre-physical therapy. He went on to receive his Doctorate of Physical Therapy from the University of St. Augustine and completed his orthopedic residency with Team Movement for Life.

Ian has been with Avid Physical Therapy since 2018. His primary interests are in orthopedics, sports medicine, manual therapy and modern pain science as it relates to physical rehabilitation.

He enjoys sports including body surfing and the hiking trails of the Coachella Valley. His favorite quote is from Abraham Lincoln: "Always bear in mind that your own resolution to succeed is more important than any other."

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Chinese Herbal Tonics

Ancient treatment stakes claim in the western world

By Christina Fior

Throughout history, we've been blessed by those who have paved a path before us that we have not known before. This is especially evident in the world of natural health.

Many early visionaries of the West pioneered a holistic way of life that many of us thrive on today. These include: Linus Pauling, PhD; Paul Bragg, ND, PhD; John R. Christopher, ND; Bernard Jensen, DC; Ann Wigmore, Co-Founder of Hippocrates Health Institute and countless others before them. Their legacies have given us the tools for fusing nature's wisdom with the body's innate intelligence, while honoring the role of conventional medicine.

East Meets West

I fortuitously ran into another pioneer in the world of wellness a few weeks ago, Ron Teeguarden, Chinese herbalist and creator of Dragon Herbs. Ron is widely recognized as a "Founding Father of Tonic Herbalism" in the United States. His health approach is based on his powerful translation of Eastern philosophy and techniques that has helped hundreds of thousands of Westerners for almost five decades.

Ron wrote his first book, *Chinese Tonic Herbs*, in 1985 after opening the first Chinese tonic elixir bar at a trendy celebrity hotspot in LA called "Charmer's Market." Since then, thousands of herbal elixir bars have popped up all over the country.

The power of herbal tonics

Tonic herbs are "adaptogens," meaning they intelligently adapt to whatever the body needs for self-healing and self-repair. Adaptogenic herbs come from harsh environments; they themselves have to adapt to weather extremes which chemically produce their versatile nature.

Ron explained that in Asian tradition the term "herbalism" includes not only botanicals, but also natural earth and sea minerals, as well as some animal products that have proven functions such as deer antler. Other major tonic herbs include reishi, pearl, goji, ginseng, rhodiola, ashwaganda and many more.

The Three Treasures

According to Chinese tonic herbalism, a human being is composed of "Three Treasures." These treasures are called **Jing, Qi and Shen**. So, the value of an herb is reflected by the treasures it contains.

Jing is the primal energy of life and is closely associated with our genetic potential and the nature of our aging process. Jing is said to be stored in the kidney.

Qi includes both energy and blood and involves action and thought. These blood tonics increase our ability to function fully and adaptively.

Shen governs our spirit. Shen tonics have been used by the great sages of the Orient to assist their quest for enlightenment and harmony with nature and humankind.

Herbal tonic categories

To simplify, there are four major tonic categories for nourishing the body: energy tonics; blood tonics; yin tonics and yang tonics.

Energy tonics increase physiological energy production. They help the body function optimally with increased vitality. Energy tonics promote glowing health, protection and longevity.

Blood tonics nourish the blood and tissues to help the body function optimally. Blood tonics help build muscle and provide the key means of distribution of nutrients, hormones and immune cells in the body.

Yin tonics nourish the fluids of the body and provide the "deep substance" of life. Yin energy is generally condensed and affects kidney function. Yin tonics are considered to be of the most important anti-aging and longevity herbs.

Yang tonics are the "power herbs" of Chinese herbalism. Due to their warm energy, they are revered sexual tonics and are believed in China to build willpower, courage, strength and metabolism.

The great news is, herbal tonics can be customized to bolster one's personal health constitution, enhance performance and build immunity from cellular damage due to stress and proximity to environmental assaults. Tonic herbs come in many forms depending upon their desired therapeutic usage.

Where to find herbal tonics

In addition to Dragon Herbs, there are many fine companies that produce herbal tonics and medicinal mushrooms such as Herb Pharm, Host Defense and newer companies such as Sun Potion and OM Mushrooms. Chinese herbalists and acupuncturists may carry these products along with others sourced from China.

It's interesting to note that Dragon Herbs has been doing advanced testing of all their herbs (indigenously sourced) for over 20 years. They're now the first and only company thus far in the U.S. and potentially the world to conduct DNA sequence scanning and certification on a large volume of their products by an independent third party in China. These actions have paved the way for helping consumers make educated choices when it comes to using Chinese herbal tonics.

Christina Fior, author and transformation life coach, has merged her 40-year professional background combining preventative wellness and metaphysics into a lifestyle practice that optimizes personal potential. www.christinafior.com.

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Treatment Options for Measles

Measles is a viral disease that has gained public interest due to annual measles outbreaks in various parts of the U.S. While it is more prevalent in less developed nations, in the United States there are typically smaller, controlled outbreaks without long-term health complications or mortalities. Measles is one viral disease for which an immunization can be used to prevent disease; however, measles outbreaks do occur in both immunized and non-immunized populations. The recent media coverage of measles outbreaks in the U.S. has parents concerned as to possible treatments or prevention methods in addition to immunization. There are several possible alternative treatments that are effective in reducing the length and severity of measles, as well as prevention suggestions.

Prevention of measles is by primarily avoiding contact or exposure with an infected individual and all the places the individual has been. Measles is highly contagious from an infected individual coughing or sneezing. Unlike many other viruses, the measles virus can live for extended times on surfaces such as furniture, counters, and floors. A contagious individual can spread the virus easily simply because they leave a wake of live virus in the spaces they visit. The first step in avoiding measles is hand washing, being aware of breakouts in your community, staying hydrated, and using medical waiting rooms only when necessary during the cold and flu months.

The measles virus has no known effective medication to treat it. As with many viral illnesses the virus simply must run its course over several days to a week time period. However, measles can be lessened with alternative treatments. The most common alternative treatment is vitamin A. Measles is more common in individuals with vitamin A deficiency, so rectifying the deficiency can prevent and actively treat the issue. Taking high-dose vitamin A during a measles episode can reduce the severity and duration of symptoms. Certain herbs such as licorice, echinacea, turmeric, and garlic have anti-viral properties and can be useful in controlling the effects of the virus. Using larger doses of vitamin C can prevent and reduce measles symptoms. A combination of vitamins and herbs in addition to a healthy diet, rest, and hydration can reduce the potential health complications of measles, if an unfortunate exposure and illness with measles were to occur.

Measles is very concerning to many parents as the intense media focus on the disease heightens their sensitivity about exposure to the disease. However, breakouts are typically limited to localized regions and tend to be confined to very small population outbreaks. If a person were to be in an outbreak region or is otherwise exposed or infected, these are a few key elements that will reduce the discomfort and long-term health complications associated with measles.

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.

Trending for 2019: Cannabis Edibles For Today's Diets

From the Lighthouse Cannabis Boutique

With the legalization of cannabis, food products infused with cannabis extract (referred to as edibles) have emerged as a popular way to enjoy it both medicinally and recreationally. While there are plenty of sugary cookie and candy options on the market, there are also delicious options that satisfy many diets and lifestyles popular today.

Before considering what you do and don't eat, first decide what results you seek, such as dealing with pain, insomnia, anxiety or other conditions. There are over 100 cannabinoids present in cannabis, with the two main ingredients being THC and CBD. Tetrahydrocannabinol (THC) is responsible for inducing the "high" feeling. Cannabidiol (CBD), the second most abundant ingredient of the plant extract, is also therapeutic, yet non-psychoactive. It provides relief from chronic pain and inflammation and reduces stress and anxiety. So, it's important to decide if you want the high feeling and the relief, or just the relief. Most products have varying ratios of both THC and CBD.



For relief from chronic pain or stress, a popular choice is Plus-Gummies which are CBD-infused with pineapple and coconut flavors, low-calorie, gluten-free and kosher. Utopia's cannabis-infused macaroons are paleo, kosher, raw, and vegan and baked with Utopia's award winning eco-friendly cannabis. Venice Cookie Company's cannabis-infused pretzels are sugar-free and vegan. Coated with a savory spice blend, these snacks pair well with a charcuterie board while delivering precise amounts of THC, CBD, or both.


There are a variety of other sugar-free products on the market such as Freeze Dried Organic Strawberries by Wholest which only have one added ingredient—cannabis oil. They are gluten free, vegan, and have no

added sugar. Sweet Leaf Hard Cinnamon Candies by THC Express feature a delicious cinnamon flavor and are perfect for low glycemic diets. THC Express offers a wide variety of other sugar-free candies including cherry, watermelon, lemon, and peppermint.

One of the top choices in beverages is Lagunitas Hi-Fi Hops, an IPA-inspired hoppy sparkling water that is a refreshing, non-alcoholic choice with a cannabis twist. Zero calories and zero carbs, it combines various levels of both THC and CBD.

- Here are some important tips for using edible products safely and responsibly:
- Work with a trained cannabis consultant to identify the best products for your target needs;
 - Start with a small dosage and be patient;
 - Manage your expectations. Prepare for a subtle, innocuous effect that comes on slowly;
 - Always keep cannabis products away from children and pets.


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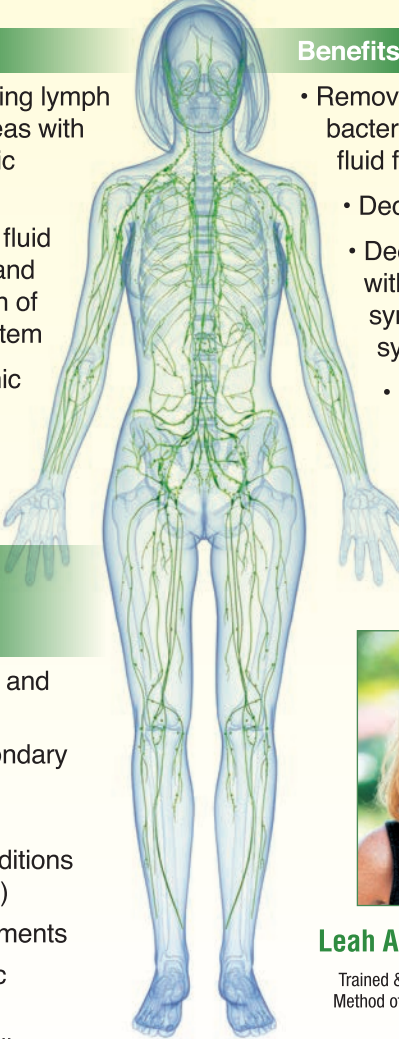
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Understanding Homeopathy

One of many natural medicine protocols

By Jessica Needle, ND

Maybe you've treated a minor injury with arnica or given Calms Forte to a teething child. Perhaps you've reached for Oscillicoccinum to treat the flu. These are three of the most widely used homeopathic remedies. You may have wondered how those little pellets work, or been unaware that there was anything special about them in the first place.

They all belong to a fascinating branch of natural medicine called homeopathy.

Homeopathic formulas consist of plants and/or minerals that are dissolved in alcohol and water. The remedies undergo a series of dilutions and are subjected to vigorous shaking called succussion which increases the kinetic energy of the water. This structured water is placed on lactose pellets, giving homeopathic pills their characteristic sweet taste. The remedies can also be incorporated into creams such as the popular Traumeel.

Displays at health food stores often dispense homeopathic remedies in cylindrical containers labeled with the name of the substance, usually in Latin, followed by 6X or 30C, which relates to potency. A 6X remedy has been diluted a number of times using a 1:10 ratio of starting material to water, while a 30C potency uses a dilution scale of 1:100. The X scale is considered lower potency and is useful when symptoms are confined to the physical realm, such as bruising. The C scale represents higher potency and can be used when symptoms affect the mental or emotional level, such as shock resulting from a traumatic experience.

Homeopathy operates on the principle of "like cures like," the same theory that underlies allergy desensitization and vaccination. For example, homeopathic Rhus toxicodendron is used to treat skin rashes with itchy hives or blisters, such as those occurring with dermatitis or shingles. Rhus toxicodendron is better known as poison ivy, a plant which causes burning skin outbreaks on contact. When given to someone experiencing these symptoms, it will help to abate the irritation.

In addition to treating acute symptoms, homeopathy can alleviate long-standing problems. Skilled practitioners interview a client, often for 1.5 – 2 hours, asking about everything from childhood illness to food preferences to fears and aversions. The homeopath chooses a remedy from one of over 4,000 documented substances that best matches the client's mental, physical and emotional picture. The remedy is intended to activate the innate healing force, and when chosen wisely, can work rapidly and dramatically. I personally witnessed a patient who stopped smoking after 40 years when given just one dose of homeopathic sulphur.

Homeopathy enjoys wide acceptance around the globe. It is used in the hospitals of Britain's National Health System and is covered by health insurance in Switzerland. American medical schools, such as Boston University, taught homeopathy until the 20th century. Naturopathic medical colleges continue that tradition today, although one need not be a doctor to be trained in the art of homeopathic prescribing.

Clinical research into homeopathy is ongoing. While some studies find homeopathy no better than placebo, others have concluded that it is safe and cost-effective. Because homeopathic remedies are diluted, they do not interfere with the actions of medication, and they are appropriate for children and elders.

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

Choose Your Focus Wisely

By Tracy J Smith

Is your focus in the present tense? Are you aware of what you are focusing on and how you are feeling about the object of your focus? Are you feeling up, down, or all turned around?

All matter, invisible or visible, is made up of energy, and is continually in motion. Each molecule, from the most complex to the smallest, has an optimal rate of movement or vibration in order to keep it healthy. Our energy flows to where our focus goes and our focus impacts our level of vibration which affects our health. When we feel good and can sense we are centered and aligned, we are vibrating at a high level.

All thoughts, emotions, intentions, choices, actions, and feelings contribute to our vibrational state, as does the environment in which we live. The law of attraction states that what we are putting out to the universe in the form of a vibration is what we will get back in one form or another. Like attracts like. Being aware of how and what you are focusing is essential to your overall well-being. That is what you are (intentionally or unintentionally) putting out into the universe.

It is equally essential to be aware of your feelings. Feelings are in the NOW moment. If we are having thoughts of the past or future, the feelings associated with those thoughts are what our body is experiencing NOW.

Human beings are capable of consciously controlling the vibrations/feelings within themselves. These feelings are being projected outward. We sense when we have reached a high vibrational state because we feel good and realize that we are aligned. The higher we are emotionally vibrating, the easier it is to release old beliefs and thoughts that may be holding us back. Strong intuition and perception are a result of our higher emotional resonating, bringing us closer and closer to our ideal optimal frequency of feeling good and promoting good health.

We can cultivate habits to raise the level of our vibrations, which contributes to our physical health and wellbeing. Choosing activities that leave us feeling joyous, appreciative, loving, and peaceful raises our vibration. Constructive, creative, and expansive thoughts will do the same.

Practicing gratitude and forgiveness raises our emotional vibrational level. They can act as an emotional reset button. Surrounding ourselves with loving, high-vibrational people, eating whole foods, and spending time in nature can also help us transcend our current vibrational limitations.

If your desire for change is strong enough, you will find yourself gravitating toward that which can help you achieve and maintain a high vibrational state. You will then begin to more intentionally utilize the most important tool you possess: your focus, which reflects what you are putting out into the universe.

You have the control and ability to choose, so choose wisely. Begin to have a child-like approach to life with a positive outlook and joyful approach. This choice can sustain you as you wind life's path toward transformation to better health and wellbeing.

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.

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Creating Dementia Friendly Communities
Provided by Alzheimers Coachella Valley

A Dementia Friendly Community is a village, town, city or county that is informed, safe and respectful of individuals with Alzheimer's/ dementia, their families and caregivers and provides supportive options that foster quality of life.

While the idea originated in the UK, the Dementia Friendly America (DFA) movement began in September, 2015 following the White House Conference on Aging and is based upon Minnesota's statewide successful initiative, ACT on Alzheimer's. USA's movement included pilot communities in Denver, CO; Prince George's County, MD; Santa Clara County, CA; Tempeh, AZ; and the state of West Virginia.



Joining DFA means a community is engaging in a process to become more dementia friendly.

Many communities are engaging in a process to become more dementia friendly.

"We are very fortunate in the Coachella Valley," said Pat Kaplan, co-founder and board member of Alzheimers Coachella Valley. "Six years ago, a coalition of those working with individuals and families living with Alzheimer's and dementia met to discuss the challenge. The goal was to start a cafe where families and those diagnosed could come together in a safe place to socialize, make new friends and have fun! That became the Dementia Friendly Café which is held every third Wednesday of the month, 3 to 5 p.m. at PF Chang's at The River, now in its fifth year."

"Dementia Friends became a goal in terms of training not only those in the industry but also in the community about what dementia is and what it is not,"

she said. "Nobody wants to talk about dementia; nobody wants to admit that a loved one has dementia. It is a taboo. Dementia Friends, however, wishes to reduce the uncomfortable feelings that are associated with the disease."



Patients and caregivers attend the Dementia Friendly Café at PF Chang's at The River.

Minnesota was the first state to establish a Dementia Friends presence. The Sanctuary at St. Cloud is the first 100 percent-trained dementia-friendly community in the state, according to Cristina Rodriguez, resident engagement director for memory care.

Rodriguez has trained every staff member at The Sanctuary through Dementia Friends sessions, which gives the center a unique distinction among other memory care facilities in the state.

"We do Dementia Friends first, then our dementia education. [Employees of memory care facilities] in the state of Minnesota have to do eight hours of mandatory training annually, and Dementia Friends is above and beyond that," Rodriguez explained. "It allows all of our staff to understand what dementia is and what it isn't."

Dementia Friends informational sessions aim to give participants a better understanding of how individuals with dementia are impacted by the disease and how they can take practical action to help support those living with dementia.

To help communities work towards becoming dementia friendly, DFA offers technical assistance, including a community toolkit, sector specific guidance and best practices synthesized from across the world.

"I defy anyone dropping in to our Dementia Friendly Cafe to know who is the diagnosed and who is the caregiver," remarked Kaplan. "It is an uplifting experience and a start to having our own Dementia Friendly Community."

Visit www.dfamerica.org for more information about DFA and call (760) 341.1095 for the local Dementia Friendly Cafe.

Sources: 1) www.dfamerica.org; 2) "Memory care community boosts dementia program," by Alyssa Zaczek, St. Cloud Times, USA TODAY NETWORK.

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Official Program

May 22 • 6 p.m. • The S at Rancho Mirage

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



2019 Desert Health® Wellness Award Finalists

Individual

Beth L. Aune, OTR/L

Owner/Therapist–Desert Occupational
Therapy for Kids

Regina Basterrechea, MS, CNC

Nutritionist–JW Marriott Desert
Springs Resort & Spa

Valeria Batross

Fitness & Wellness Director–
Sun City Shadow Hills

Non-profit

Alzheimers Coachella Valley

Chabad of Rancho Mirage

Desert Regional Medical
Center NICU Volunteer Cuddlers



Integrative Practitioner

Celeste Amaya, MD

Desert Meridian Wellness Center for
Functional and Integrative Medicine

William J. Grimm, DO

Pure Health Palm Springs

Tina Louise Moreno, RCP, RRT

Desert Regional Medical Center

Business

AcQpoint Wellness Center

Desert Oasis Healthcare

Fit in 42

Youth Award

Andres Castaneda

Cathedral City
High School

Jessal Corona, Yuvia Hernandez, & Zenia Hernandez

Cathedral City High School

Desert Oasis Healthcare Interns

Cathedral City High School



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Guest Speakers

Best Selling Author Juicing & Raw Food Chef Mimi Kirk



At the age of 80, Mimi Kirk is a visionary and advocate for health and longevity. As an international speaker, certified raw food plant-based chef, and health and life coach, she is devoted to sharing her experience on how to enjoy vibrant health and happiness through diet and transformational thinking. Her acclaimed work includes *Live Raw*, *Live Raw Around the World*, *The Ultimate Book of Modern Juicing*, *Raw-Vitalize*, *H2oh*, *The Plant-Based Dog Food Revolution*, and *Tea-Vitalize* due out this summer.

Palm Springs Integrative Doctor William Grimm, DO



In his 25 years as a primary care physician, Palm Springs doctor William Grimm has always practiced a holistic approach. Recognizing the benefits of natural medicine, he recently added two naturopathic doctors, Corey King, ND and Noelani Rodriguez, ND to his practice newly named Pure Health. Dr. Grimm is the future of medicine as we hope to see it and will be discussing the balance between nature and medicine in primary care.

Evening Festivities

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

The S at Rancho Mirage • 6 – 9 pm (Corner of Bob Hope and Frank Sinatra)

- 5:30pm** Registration opens; complimentary valet and self-parking
- 6:00–6:45pm** Reception, hosted bar, hors d'oeuvres and silent auction benefitting CV Volunteers in Medicine and the Human Health Initiative
- 6:45–7:30pm** Dinner
- 7:30–9:00pm** Guest Speakers Mimi Kirk and William Grimm, DO and presentation of the 2019 Desert Health Wellness Award Finalists and Winners
- 9:00pm** Complimentary farmer's market and exclusive book signing by Mimi Kirk

Evening Hosts

Lauren Del Sarto
Founder
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Janet Zappala
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to community health advocate and 2017 & 2019 Wellness Award nominee, Denise DuBarry Hay



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2019 Honored 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

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** • 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 TCM
AcQpoint Wellness Center
- Christina Vu, DO** • Internal Medicine Resident
Desert Regional Medical Center

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
- Desert Oasis Healthcare Interns** • Cathedral City High
- Secilia M. Valenzuela** • Indio High School
- Zenia Hernandez, Yuvia Hernandez, & Jessal Corona**
Cathedral City High School

Congratulations

to all of the nominees who promote
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to Eisenhower Health nominee;



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



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CVVIM is a member of Volunteers in Medicine, a national nonprofit alliance with more than 90 free clinics across the U.S., whose mission is to provide health care services in a compassionate, caring way to our neighbors in need.



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Human Health Initiative

The Human Health Initiative (HHI) is a call to action to transform the way we educate those who will inherit the future by providing our youth with extensive knowledge about the biology of nutrition, the benefits, and rationales around regular physical activity, and the coping mechanisms for dealing with stress, anxiety, and depression.

Health education has been stifled and even eliminated throughout most education systems across the country and yet, today, we know more about human health than in all of human history. The vast majority of illness and death in our society is due to preventable chronic diseases - preventable through knowledge and the practice of living healthy lives in balance and moderation within our diet, our exercise patterns, and our mental and emotional health.

Thousands of innovators, educators, and health professionals are joining minds, hearts, and hands with the collective goal of providing 21st-century advanced Human Health education for every public and private education system in the country so that the youth of today can be the healthy, disease-free adults of the future.

You can help the mission of the HHI by providing financial support, political will, and helping us find passionate educators willing to use the established HHI curriculum to provide our nation's youth with the best skills and knowledge to thrive in the future.

For more information please visit www.HumanHealthInitiative.org or contact Jason Tate jason@humanhealthinitiative.org



A Special Thank You

Desert Health and the Desert Health Wellness Awards are a community effort and we couldn't do it without you!

Thank you to all...

Local doctors, practitioners and community members who share their knowledge and experience on our pages each issue. You are empowering consumers to become their own health advocates and elevating the discussion on individual choices. We commend you and are honored to provide the platform.

To all who nominated our 2019 Award Nominees! Thank you for shining the light on those making a difference. Our Desert Health Staff, Executive Committee, Volunteers and Vendors... your team work makes this process all worthwhile - and fun!

We couldn't do it without our generous Sponsors. We are proud of our association and thank you for enhancing the health of our community.

And to all those attending this year's awards celebration! We hope you have a festive and inspiring evening and thank you for being a part of the Desert Health® Family.



Fasting for Longevity

By Brian J Myers, ND

Fasting is currently one of, if not the, most popular eating pattern these days and is believed to be an important therapeutic tool for longevity.

Well-nourished calorie restriction (fasting) can enhance healthy aging in a number of ways. Perhaps most easily observable to the naked eye are reductions in waist circumference and total body fat while preserving lean body mass – all improvements in metabolic syndrome conditions. Metabolic syndrome is a cluster of conditions that includes high blood pressure, high blood sugar, excess abdominal fat, and high cholesterol and triglycerides which increase a person's risk for heart disease, stroke, and diabetes – all common preventable diseases.

Beyond healthy weight reduction, even more is taking place at a cellular level while fasting. Insulin-like growth factor 1 (IGF-1), mammalian target of rapamycin (mTOR), and protein kinase A (PKA) are three nutrient pathways associated with age-related disease, specifically longevity, cellular growth, and metabolism, respectively. Done effectively, fasting has been shown to improve outcomes with each of these three important markers of metabolic health as well as promoting improvement in C-Reactive Protein (CRP), a nonspecific metabolic marker of inflammation.

Fasting has a positive impact on lipids as triglycerides, cholesterol, HDL, and LDL values all show improvements when fasting. The CALERIE2 trial in 2015 in which calories were simply restricted by 25% over a 2-year period showed improvements in insulin resistance, cholesterol, and blood pressure while revealing no untoward effects on quality of life of participants. This makes sense since we know cholesterol synthesis occurs in a fed state and cholesterol breakdown occurs in an unfed, or fasting, state where it can be utilized for cellular repair and energy.

This begs the question – why isn't fasting recommended more often for lipid management instead of statins?

Cellular regeneration and detoxification, DNA repair, mitochondrial health, and cell recycling are additional benefits of fasting as cleansing and regeneration are a part of cholesterol breakdown. As our cells detoxify, we also reduce our inflammatory pathways, which can translate to reduction of joint and body pain. Autophagy is the process of recycling our body's own damaged tissues into useable energy when we fast.

Further, when our body begins this process of autophagy, stem cell production is stimulated which ought to capture everyone's attention these days. Stem cells are undifferentiated cells with the ability to grow into any of the body's 200 types of cells, thus truly promoting regeneration, healing and anti-aging.

As stated above, there are several indicators pointing towards fasting as an effective approach to health management and longevity when done healthfully. Intermittent fasting (IF), periodic fasting (PF) and fast-mimicking (FM) are each a different approach to fasting, and I recommend you discuss the nuances between them with your doctor or qualified health practitioner who can help navigate you towards optimal health and wellness.

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 regarding our group fasting for longevity program, go to www.livewellclinic.org or call (760) 771.5970.

Sources: 1) <https://www.ncbi.nlm.nih.gov/pubmed/27810402>; 2) <https://academic.oup.com/biomedgerontology/article/70/9/1097/2949096>; 3) [https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(13\)00503-2](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(13)00503-2); 4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5048552>; 5) <https://www.sciencedirect.com/science/article/pii/S1568163716301830?via%3DIihub>; 6) <https://www.ncbi.nlm.nih.gov/pubmed/27912088>; 7) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3988204/>

Medical Hypnosis

What is it and does it work?

By Roger Moore

When I tell people I'm a medical hypnotherapist, I'm usually met with a bewildered look. If you're like most people, you've probably seen stage show hypnosis either in person or on TV and may be wondering if I'll make you cluck like a chicken—well, only if you really want to cluck like a chicken!

The use of hypnosis for healing has been documented since prehistoric times, but it wasn't until 1958 that is was accepted for medical use. Medical hypnosis is a science increasingly recognized for its therapeutic applications and is now being used in hospitals and medical settings throughout the world.

What is hypnosis? Let's start with what hypnosis *isn't*. Hypnosis is not being controlled by someone else or being out of control; it is not sleep, loss of consciousness, trickery or control by the devil. A hypnotherapist can't make you do anything you don't want to do. So again, you will only cluck like a chicken if you want to.

There are two important concepts for you to understand: hypnosis is the ultimate state of self-control, and all hypnosis is self-hypnosis. When you are driving down the road and hear the first note of a song on the radio and immediately start to sing it, you are in radio trance. When you eat too much food too fast, you are in a food trance. There are stress trances, relationship trances, pain trances and trances for every other mental state.

A hypnotherapist acts as your tour guide; they teach you mindfulness-based tools that you can use to break unhealthy and unwanted trances and become mindful and in control of your thoughts, emotions and behavior.

Medical hypnosis. Hypnosis for medical purposes is used to augment your professional medical treatment. It is not an alternative or replacement for professional

medical care, but it does offer you the possibility of beneficial change even in difficult cases. Often this change can occur quickly.

Medical hypnosis is all about empowering your subconscious mind—your inner healer—to boost your own natural healing abilities. This empowers you to participate more fully in your medical treatment and can inspire greater independence.

The efficacy of medical hypnosis has been documented in more than 12,000 peer-reviewed studies and is considered the first-line treatment for many health-related conditions. Here are just a few examples:

- An analysis of five weight loss studies reported in the *Journal of Consulting and Clinical Psychology* in 1996 showed that the "... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches.¹
- Studies show that during surgery, hypnotized women required 22 percent less pain medication and 34 percent less sedation.²
- The evidence is overwhelming that hypnotherapy produces dramatic results in improvement of symptoms for over 80 percent of IBS sufferers.³

At a time when cost-effectiveness is critical, medical hypnosis offers a valuable therapeutic tool for both patients and physicians.

Roger Moore is a medical hypnotherapist with Palm Desert Hypnosis. For more information visit www.PalmDesertHpnosis.com or contact Roger@HypnosisHealthInfo.com (760) 219.8079.

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Dr. Li's Eat to Beat Disease

A Review by Joseph E. Scherger, MD, MPH

Eat to Beat Disease is a groundbreaking book by a Cambridge, MA based physician who is an expert in angiogenesis, the making of new blood vessels. William Li, MD, is an internist and leads the Angiogenesis Foundation, funded to come up with cancer treatments designed to starve tumors by inhibiting their blood supply (anti-angiogenesis).

Dr. Li has a deep background and understanding of nutrition, and this book surveys the many foods that enhance our health through five defense systems: angiogenesis, regeneration (stem cells), the microbiome, DNA protection, and the immune system.

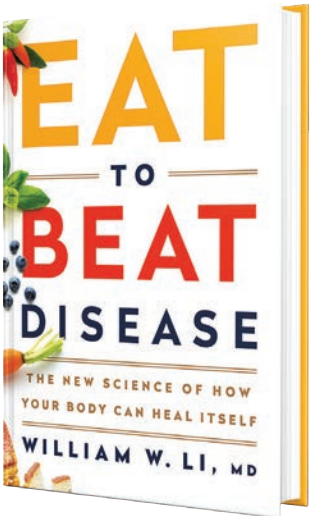
Dr. Li draws from scientific publications from around the world, looking at nutrients that enhance one or more of these defense systems. He comes up with more than 200 such foods and recommends that people follow his 5 x 5 x 5 framework to beat disease. The strategy is to support each of the 5 defense systems every day with at least 5 health enhancing foods daily, and eating 5 times a day (three meals and two snacks). Some foods enhance more than one defense system but a person should still choose at least 5 healthy foods daily.

The strength of this book is the vast medical literature Dr. Li harnesses to promote healthy foods. All the studies cited are part of the National Library Medicine (found on PubMed) so they are scientifically peer reviewed. I have not seen such a complete list of health enhancing foods in one place. Another strength of the book is the deep discussion of the five defense systems. All are important but I found the microbiome and immune system information the most useful and informative.

The major weakness of the book is the lack of recognition that many foods cause disease. Dr. Li does not recommend against well-known inflammatory foods such as grains and cow's milk. Like any nutrition author, he recommends against sugars, processed foods and unhealthy fats.

At a time when 70 percent of Americans are overweight with a high blood sugar and 40 percent of Americans are obese, eating five times a day will not help those epidemics. Little mention is made of fasting and lowering blood sugar. Disease reversal is not discussed so the book is more about preventing disease by keeping these five systems healthy than strategies for truly beating diseases.

Overall, Eat to Beat Disease, is a useful book for the plethora of foods that enhance the five defense systems. Beating disease is not the focus of the book since very few actual diseases are discussed. Dr. Li is well-connected and has endorsements from Mark Hyman, Dean Ornish, Mehmet Oz, Bono and Cindy Crawford. He is a serious scientist, and I hope he builds off the wealth of nutrition data he has garnered to offer more advice in the future for actually reversing chronic diseases and cancer.



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

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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Come to Your Senses

In the hectic pace of normal life, I can often tell that I am stressed or anxious. In these moments it feels like life is moving too fast or my brain is spinning with too much input. I've been working at practicing a technique that I am finding helpful and hope you may as well!

So often we are in the framework of "What's next?" that we miss the joy and beauty of our present life. We get wrapped up with questions like, "What do I need to plan, how do I need to prepare, when do I need to be somewhere, or where am I going?" However, as Jayne Robertson, a yoga instructor here in the desert recently suggested, perhaps a better alternative to bring us into the present is to ask, "What's now?"

I've been searching for tools to help me shift to being present. A simple way to do this is through a sensory "inventory." It goes like this:

- 1. Sight – Notice five things that you can see right now.
- 2. Touch – Notice four things that you can feel right now.
- 3. Hearing – Notice three things that you can hear right now.
- 4. Smell – Notice two things that you can smell right now.
- 5. Taste – What can you taste right now?

This 5,4,3,2,1 approach has helped me weather moments of anxiety and shake the pace of too many thoughts at once. It doesn't matter which order you set up your inventory; it just matters that you get into your body experiences at the current moment.

Another technique to use our senses to help us be present is to take a bodily assessment. This is a great practice to prepare for meditation or to help shift into more of a parasympathetic state, to "rest and restore." To do this, I suggest lying quietly on the floor in a comfortable position and closing your eyes. Starting at the top of your head, try to zone in on your scalp and consciously relax the muscles of your forehead and temporal region. Then let your eyes relax and drop away from the back of your eyelids. Next relax your jaw and let your tongue drop into the bottom half of your mouth. Moving your attention to your shoulders, let them drop and relax and then imagine your arms allowing all tension to flow out through the tips of your fingers.

Now focus on your torso and just allow your stomach to rise and fall with each breath with a pause before your next inhale. Let your pelvis relax and the small of your back get closer to the floor. Next let your thighs be soft and relaxed and then your calves. When you get to your feet, wiggle your toes and let all tension run out the bottom of your feet.

Although these are very simple exercises, their beauty is in the fact that you can do them anywhere, anytime you choose.

I wish you many peaceful moments in the midst of your days and hope you can "come to your senses" when you need to get into the present moment.

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.

Choosing to Chill

Continued from page 7

My personal choice

Based on my due diligence, I decided that cryoablation was the option for me. My cancer was slow growing and my theory is that in six months, if there is still cancer, mastectomy is still an option. Not all doctors I consulted with agreed with this decision, but others did (another thing I am learning on this journey: it's important to make decisions for yourself and no one else). During these six months, I continue on a diet and supplementation plan recommended and managed by my integrative team.

Fortunately, my cancer matched the trial inclusion criteria; however, I did not wish to do radiation, so City of Hope agreed to do my procedure off-protocol. I also chose minor surgery on the right breast to excise the pre-cancerous cells as cryotherapy is not offered for this. Both procedures were performed on April 1 and I returned home the same day.

While foregoing radiation was my personal choice, it is important to note what Holmes states at FROSTStudy.com?:

One of the major misconceptions with cryoablation is that it completely replaces the need for radiation or other treatments. With surgery, radiation is usually recommended to treat undetected residual disease in the surrounding breast, skin, or lymph nodes. In fact, the addition of radiation to surgery is generally associated with a 60 percent reduction in the risk of recurrence in the breast and lymph node area. Many patients treated with cryoablation would also benefit from radiation.

Why did I choose not to do radiation? Because I have confidence in the natural immune effect and my goal is to boost my body's ability to potentially become immune to this cancer. As there is currently no protocol for immunotherapy for breast cancer, I am implementing natural therapies under the direction of my care team.

This decision is not for everyone, and Holmes addresses the immune effect on the study site:

A main goal of cryoablation is to induce an immune response that might provide immunity to the cancer and prevent growth of residual or future disease in the breast, lymph nodes, or elsewhere. This is very much a goal, but the extent to which this occurs for the average breast cancer has yet to be fully established. Indeed, there are numerous anecdotal reports of immune system stimulation in humans resulting in regression of metastatic tumors following ablation of the primary tumors; however, there are also many examples when regression of distant metastatic sites did not occur.

What is clear from the conflicting observations is that we still have a lot to learn about the natural immune response to cryoablation. Until it is clearly proven, it is best that patients remain open-minded about receiving radiotherapy and taking anti-cancer medications, especially if their cancers are larger or more aggressive.


Holmes is passionate about advancing cryotherapy for breast cancer and envisions future clinical trials on the immune effect. "My mission is to create an organization of practitioners, researchers and industry to work collaboratively to understand the immune response and how we can get it to work in a more reliable way," he stated in an interview with Desert Health. "There is the potential for cryoablation to augment that response, but we still have a lot to learn."



Local cryoablation for breast cancer pioneer Phillip Bretz of the Visionary Breast Center in La Quinta.

Continued on page 25

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Buying a Home: Lessons from Three Little Pigs

By Michele T. Sarna, AIF, AWMA

Once upon a time there were 3 little pigs that wanted to buy a house. Each of them had their own ideas on where they wanted to live so they each went off to find a home.

House of Straw. The first little pig met with a lender and to its surprise could qualify for a sizeable mortgage. The little pig was so excited that it went out and purchased a home way beyond its means.

House of Sticks. The second little pig had very little savings to put down; however, it qualified for a mortgage as well. So, this little pig went off to find a home.

House of Brick. The third little pig had prepared a budget and knew exactly what size payment it could afford, so it went off to find a lender to calculate the amount of loan that would not go over the budgeted payment. Although the pig could afford more on paper, it knew the amount it could not exceed.

So, where's the Fox? When purchasing a home, the fox appears in many situations. For the first pig, it was the amount of home for which it qualified. Based on the data the lenders gather, one may be able to qualify for a large loan amount/payment; however, based on their budget, the mortgage payment may be too much to afford.

As for the second pig, since it did not have 20 percent to put down on a home, it will incur PMI (private mortgage insurance), which is added to the monthly payment. This additional amount may cost up to 1 percent or more of the entire loan amount annually. —If the home loan is for \$200,000 and the PMI is 1 percent, you will pay an additional \$2,000 per year or \$166.67 per month. Although this doesn't sound like a lot, that amount added to the mortgage payment may put you in a situation that you can't afford. PMI doesn't go away until the loan is paid off or the house is refinanced with enough equity.

Regardless, all the little pigs need to have a budget, know how much of a mortgage payment they can afford, and plan for the unexpected. A down payment and good credit is just a start. There are many other costs incurred when you buy a home: application fees, closing fees, appraisal fees, home inspection, pest inspection, home warranty, and the list goes on. Don't forget if you currently rent, you will need homeowner's insurance or if you currently own, you will need to adjust the amount of the homeowner's insurance. Other considerations include property taxes, changes in your utility bills, and association dues.

Once you're in your new home, you may want to make improvements or get new furniture, all of which should be accounted for in your budget.

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

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Choosing to Chill
The Pioneers

I have much admiration for those, like Holmes, driven by passion to find a better way and on this path, I have discovered many.

In medical school in the 70s, breast cancer surgeon Phillip Bretz, MD, of La Quinta was taught that to win the battle with breast cancer you need to cut out as much as possible. He has spent 40 years of his career advancing less invasive procedures and preventative drugs to offer women better options. Over the past decade he has performed 30 cryoablation procedures and continues to follow his patients' progress. Today, he is focusing on advanced preventative screening through medical grade thermography to identify changes in breast tissue for earliest possible detection to obviate the need for surgery, chemo, or radiation.

Radiologist Peter J. Littrup, MD, Ross-Paul's doctor and co-author of her book (along with husband Alex Paul), was the first in the U.S. to perform cryoablation on a woman without removing her breast to then study the effect - standard research protocol for the preceding decade. Littrup is considered by many around the world as a leader in imaging-guided techniques and progressive therapies like immunotherapy and ultrasound tomography. He helped develop the equipment that made cryoablation commercially viable, and his work continues as a model for China's FUDA hospital which has performed over 10,000 cryoablations on a variety of cancers coupled with "CIC," Combined Immunotherapy for Cancer. Based on their astonishing success rates, over 30,000 from around the world have traveled there for treatment.⁸

In 2003, Laura Ross-Paul was diagnosed with three tumors in her breast leaving mastectomy as the only option presented by her medical team. She and Alex searched the internet for options and fortuitously found Dr. Littrup who was successfully performing

Continued from page 23

cryoablation for prostate cancer six states away. Their connection - and her courage - led to this groundbreaking procedure. Their team went on to write the book, and Ross-Paul has been a featured speaker at FUDA's annual conference on cryotherapy. She continues to thrive today and is an active advocate for advancing cryoablation as an option for others.

"It was our hope that telling our story would inspire a change in the way that we in the West view and treat breast cancer," she says, ecstatic to see clinical trials finally underway. "As many of us have shown, it is possible to keep your breasts and get immunity to your cancer."

If the FROST Trial is successful, it will provide an important foundation for establishing cryoablation as an alternative to conventional therapy in select women with early stage invasive breast cancer.

If you are interested in participating in the FROST trial, visit www.FrostStudy.com or <https://clinicaltrials.gov/ct2/show/NCT01992250>. Ross-Paul's book, They're Mine and I'm Keeping Them, is available on her website KeepingThem.com.



Laura Ross-Paul, the first woman in the U.S. to have non-surgical cryoablation for breast cancer in 2003

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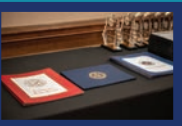
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Moving the Dial on Your
Happiness Set Point

Happiness is an energy that seems to ebb and flow, yet, it can be strengthened and honed within each of us to permeate our lives with a gratifying tide. There may be fleeting happiness that focuses on satisfaction of achieving material goods and momentary whims, but this type of happiness is difficult to maintain with regularity.

The type of happiness that can be polished with practiced is summarized in a word which Aristotle coined as “human flourishing”: eudemonia [yoo-di-moh-nee-uh]. This word captures the essence of true happiness by creating focus on a meaningful life. Imagine the difference in the happiness one experiences from a wonderful meal with all of the perfect qualities and an effort put forth in community service to help others in a time of need. The latter is eudemonia.

One of the ways to ensure a meaningful life is through dwelling within authentic happiness. Positive psychological studies show that there are specific strengths inherent in all of us that are most important to focus on to increase one's happiness set point. The strengths of zest, hope, curiosity, love and gratitude ensure lasting, meaningful happiness versus momentary pleasure. Research on happiness has also shown that there is half of the happiness picture we can control and half over which we are powerless. Since this is the case, it is up to each of us to decide whether we are going to look at the glass as half empty or half full.

In her book, *The How of Happiness*, Sonja Lyubomirsky, Ph.D. states that 50 percent of our happiness is determined by genetics; 10 percent is determined by our environment which includes our living conditions and work environment, and the final 40 percent is choice. Of all of the strengths a person can possess, one can work to sharpen and measure one's happiness level by engaging in gratitude. Gratitude is a virtue one can sharpen like a tool toward achieving joy and happiness. We can keep a gratitude journal, writing down very specific items that add depth to our lives and giving thanks for those things.

We can also initiate a gratitude visit. This process entails considering someone from the past who has helped create a better life for us whom we might not have properly thanked. By writing a thank-you note to this person and being as specific as possible about the deed and how their kindness affected life, an unfolding occurs. This unfolding allows for deep sustained happiness versus the hedonic treadmill on which many of us are running.

We live in a world where there is a hunger for more pleasure, yet this superficial pleasure is a dopamine trigger that never fills the cup completely. Our goal in life is to find great meaning. As Mark Twain said, “To get the full value of a joy, you must have someone to divide it with.” Sending out gratitude and taking in sustained happiness is the epitome of Authentic Happiness.

Meditation Myths That Can
Belittle Your Bliss

By Laya Raznick

Do you meditate? If you're like 80 percent of the people asked, your answer is, “I've tried it, but can't make my mind stop.” This meditation myth and a few other common misunderstandings can keep you from learning this very valuable relaxation practice.

Today, I'd like to share some good news with you. Meditation is possible for everyone, and with the right guidance, you can develop a simple practice that will bring great benefits.

Let's take a deeper look at a few common misunderstandings about mediation and make this ancient stress relief practice more accessible to you.

Myth #1: To meditate, you have to stop your busy mind from thinking.

Truth: It's your mind's job to think.

Your mind is like a lighthouse on constant look-out for ways to prepare and protect you, which is very beneficial. The goal of meditation is not to stop your mind from thinking, but rather to gain perspective on your thoughts so that you don't get hooked into unconsciously reacting to them. It's the constant mental and emotional reaction to each and every thought, and the thread of imagined future scenarios that follows, that keep us in a state of hypervigilance and high stress. Meditation teaches you to witness your busy mind's chatter without reacting to it.

Myth #2: Meditation takes too much time.

Truth: Short meditations done regularly have great benefit over time.

Let's face it, we're all extremely busy. Most people would like to meditate but can't imagine when they could make time for it. Luckily, the research shows that short, regular meditation over time can make a big difference. My suggestion is to begin with just 12 minutes per day. In a meditation program called Quiet Time, just 12 minutes was shown to reduce violence and improve psychological and physical health in middle school students.¹ A study by neuroscientists at Harvard Medical School with subjects that meditated an average of 30 minutes per day for only 8 weeks showed beneficial changes in the brain that improved focus, memory, and compassion.²

Myth #3: Meditation is for hippies, yogis, and spiritual dudes.

Truth: Meditation has benefits for everyone because it helps balance the mind.

The practice of meditation is ancient, tracing back to both India and China in the second half of the first millennium BC when man began to ponder the philosophical questions like “Who am I?” and “Why am I here?” In our more modern world, with its stresses and pressures, meditation helps us live a better life. It can help you lower your stress, reduce your pain, sharpen your focus, improve your memory and allow you to feel happier and more relaxed. Everyone can use that!

Are you ready to bust through the myths and learn to meditate? Try a local class at your library or community center or a meditation app like Insight Timer or Calm and experience the many benefits yourself. Remember, meditation is a practice and there is no perfect.

Laya Raznick is a certified holistic health coach guiding clients to release limiting stress patterns so they can relax and live with more inspiration, joy, and ease. Her Facebook group @ChooseInnerPeace features a weekly group meditation (Wednesdays 9am) and no experience is necessary. Call (760)512.3399 or visit www.layaraznick.com.

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Good Grief

By Amy Austin RN, PsyD, LMFT

There's one thing no one gets out of this life without experiencing, and that's dealing with the loss of a loved one, friend, co-worker, community member and even a famous person who left their indelible mark on many.

Yet, even though death is a given, many of us enter a state of denial as we deal with the myriad of emotions that precede, and continue after, someone near and dear passes.

Now, the hard part. What do we say? What can we do when someone is dealing with grief and loss? People try to be loving and caring and many are genuinely and authentically supportive. I've experienced grief firsthand and have also been in the presence of people grieving a loss and have wanted desperately for the mourner to know how heartfelt my sentiments were. At the same time, I sometimes felt helpless to express my innermost feelings appropriately. Many of you may have felt the same.

So, when in doubt, learn. Here are a few tips that might make you appear kinder, gentler and more consciously sensitive when comforting a person in mourning :

- A funeral and any planned event after is not a social event. It is a time to be seen and not heard. One should enter quietly and not initiate conversation. Silence is golden. A warm hug or a gentle touch of the hand can go a lot farther than words. Eckhart Tolle has said that meaning can be found in the gaps between sentences. This is not a time to talk about personal problems or how your aunt suffered from the same illness. You can share wonderful memories when warranted. Take your cues and follow the flow of the grieving family.
- It is not a time to let the mourner comfort you. Please understand that mourning is a time when the mourner is not their usual friendly self and may not have to energy or be in the mood to extend more than a smile, hello, or a hug.
- Try not to ask irrelevant questions. Does it matter what the person died of or how old they were? The important thing is that the mourner lost someone dear, even if they were 100!
- Stay far away from cliched phrases like, "He's in a better place now" or "You're lucky you had him for the time you did. I lost my father when I was twenty." I've even heard, "You shouldn't look so happy." There are people that are just relieved their loved one's suffering is over. This is far from being happy.

A simple, "I'm here for you and am happy to just sit quietly with you right now" can do wonders during such an emotionally challenging time. People really do mean well, but they might lack the appropriate social skills mingled with compassion and intuitive sensitivity.

Just know that the easy stuff is not where we learn about life's most important lessons; it's all of life's struggles that provide us the unique opportunity to shine.

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

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Cream of Cashew Asparagus Soup

By Dipika Patel

I am delighted to share my seasonal favorite soup for cleansing, for healing and for warm yummy goodness for spring. What I love about this recipe is that you can substitute any other vegetable you wish. Enjoy ~

Ingredients:

1 onion, finely chopped

1 tbsp olive oil

1 tsp butter or ghee (optional)

32 fl oz chicken or vegetable stock

7 oz fresh asparagus, cleaned and cut

4 oz cashew milk (or milk/cream of choice)

½ tsp guar gum (thickener)

Salt and pepper to taste

3 cloves of garlic, crushed

Directions:

1. Heat up a medium-sized saucepan on medium heat, add butter/ghee and onions and sauté until soft, add the garlic and sauté for minute.

2. Add chopped asparagus and sauté for a couple of minutes.

3. Add stock to the pan and put back on the stove.

4. Gently simmer for 5 minutes.

5. Mix together cashew milk and guar gum in a small glass and set aside.

6. Pour the cooked mixture into a blender, and blend on a medium- to high-speed, and gradually pour in the cashew milk mixture.

7. Once all ingredients have blended to desired consistency, pour mixture back into your pot and reheat again before serving.

8. Season to taste.

9. Finish with finely chopped scallions and some homemade garlic croutons or fried crispy onions.

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

Your Personality's Relationship with Food

By Deborah Schrameck, NC, PT

As a nutrition consultant, I have always queried clients to better understand why nutrition programs work for some and not others; why certain people find discipline so easy while others are so challenged. Recently I attended a workshop on enneagram personality testing that helped shed light on the nine different personality types as they pertain to adopting new eating habits.

With this article, I am eager to share these insights with you, but please keep in mind that this is a complex and elegant system which is influenced by your current level of health and awareness.

Type One: Reformers have strong beliefs about what is right and wrong and tend to be perfectionistic or have “all or nothing thinking.” With eating programs they are good at change and following the rules when they judge them as being righteous and correct. Reformers tend to have ease with meal planning, food prep and sticking to a plan and schedule.

Type Two: Helpers use food to connect to their loved ones through baking, cooking or sharing a meal. Food may act as emotional medicine and they eat to self-soothe. They are reluctant to integrate a new eating plan if it is not accepted or adopted by their loved ones.

Type Three: Motivators tend to be unemotional and practical about food; they are the “eat to live” types. When adopting new eating plans they look at the long-term gain and have an easier time avoiding temptations.

Type Four: Individualists are the creative type and choose foods based on how it makes them feel in the moment. When considering a new plan they may be inconsistent due to mood changes or current passions.

Type Five: Investigators tend to choose foods based on convenience, ease of preparation and clean-up because they are mentally absorbed in something else. When they set their mind to it, they will change their eating habits but want to be educated and require the new plan to be low maintenance and convenient.

Type Six: Loyalists tend to be the “meat and potatoes” people sticking to what they know. They are more likely to try multiple diets without allowing enough time to get results because they don’t trust that change will work.

Type Seven: Enthusiasts are the ones who view food as entertainment and adventure. They will only adopt new eating plans with a great deal of variety, as they are prone to feel deprived or bored.

Type Eight: Leaders know what they want and how to get it – fast. When adopting new eating plans, they require a degree of choice and freedom, as they cannot tolerate restriction, being controlled or boxed in by rules.

Type Nine: Peacemakers typically eat more unconsciously and eat whatever is put in front of them to maintain peace. They can easily adopt new eating plans if they are convenient and consistent with their friends and family but do have a tough time withstanding peer pressure.

If you are looking for a constructive approach to better understanding yourself and those around you, I encourage you to visit www.enneagraminstitute.com to get more information.

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

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with *Tiffany*



Paleo Vegan "Beefy" Taco Skillet

Summer is a time for more simple things in life, especially when it comes to food. On hot desert days we tend to opt for lighter dishes that have minimal preparation, but that doesn't mean we have to give up flavor.

This rich taco skillet recipe is sans meat but if desired, you can add ground turkey, chicken, or beef to kick up the protein. You can get creative and swap or add any vegetable you prefer into this pan-cooked meal. Serve with corn tortillas, rice, beans, salsa or keep it low carb by serving on top of romaine lettuce with avocado. There really are no rules to modifying or plating a skillet meal!

Taco seasoning can be found at any grocery store, or you can make your own using chili, garlic, onion powder, paprika, a little oregano, a generous amount of cumin and of course, salt and pepper to taste. Depending on your spice tolerance, crushed red pepper flakes are also a great addition.

This dish is soy, dairy, gluten-free, whole 30 and Paleo diet-friendly which makes it a great party dish to serve or bring to a potluck as it will accommodate most food allergies and please even the pickiest of eaters.



Ingredients:

2 tbsp avocado or coconut oil
1 bell pepper, any color, diced
1 eggplant, skin on, diced
1 zucchini, diced
1/2 cup walnuts, diced very fine

8 oz diced tomatoes with green chilis
2 tbsp taco seasoning (Check out Savory Spice options on El Paseo!)
1/4 cup water

Directions:

1. In a large pan, heat oil of choice.
2. Add bell pepper, and cook on medium high heat until slightly browned—about 4 minutes.
3. Add eggplant and zucchini, cook until reduced by half—about 10 minutes.
4. Add walnuts, diced tomatoes, stir well and stir in taco seasoning with water.
5. Stir well to mix and be sure seasoning evenly coats mixture.
6. Let water cook off—about 10 minutes.



YIELD: 4 SERVINGS • **PREP TIME:** 5 minutes • **COOK TIME:** 24 minutes
TOTAL TIME: 29 minutes

NUTRITION INFORMATION: Amount Per Serving: CALORIES: 215; SATURATED FAT: 1g; SODIUM: 121mg; CARBOHYDRATES: 15g; FIBER: 6g; SUGAR: 8g; PROTEIN: 4g

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



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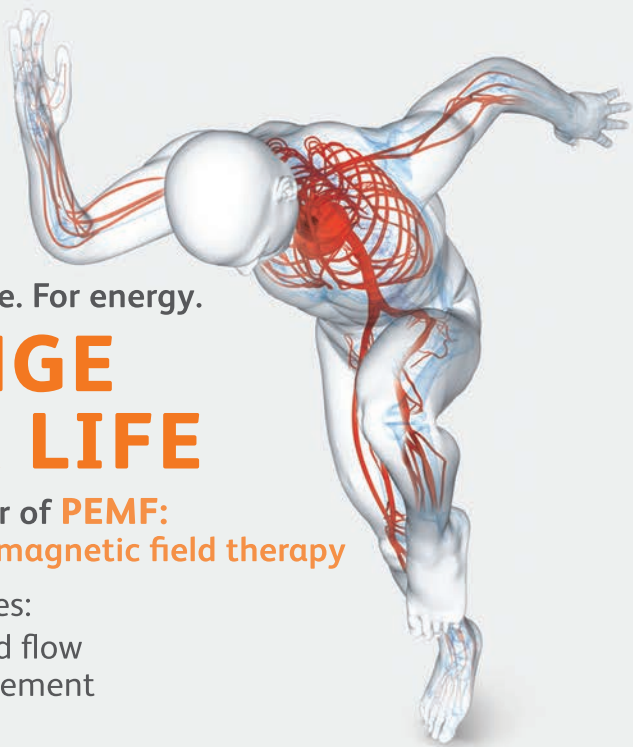


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Are You Ready for Tabata?

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

There are so many exercise programs available these days that it can be a challenge to figure out what is right for you. Everyone is built differently - some are athletic while others are overweight and have never worked out before. Therefore, it is always recommended that you consult your doctor and find a qualified strength coach or trainer to help establish the right program for you.

Tabata training is a new program which is not time consuming, produces results and will give you a quick and effective butt-kicking, but you must be physically and mentally ready to perform this program.

This popular program was invented by a Japanese scientist Dr. Izumi Tabata, and much of the research and development was done at the National Institute of Fitness and Sports in Tokyo. Tabata and his team studied two controlled groups of athletes, one training at moderate intensity and the other at high intensity. The moderate intensity group worked out for one hour five days a week for six weeks. The high-intensity group worked out for less than 20 minutes four days a week for six weeks.

The results showed that the high intensity group had a much greater increase in both aerobic (cardiovascular) and anaerobic (muscle) systems, while the moderate group showed an increase in their aerobic system, but no increase in their anaerobic system. In summary, high intensity workouts for shorter periods of time can produce more comprehensive results.

From this data, Tabata and his team developed a program to mimic the high intensity group program – a format that includes 4 exercises lasting no longer than 4 minutes performed at maximum effort with only 10 seconds of rest between each of 8 sets. Even without weights this is quite challenging (so be careful in choosing your weights!).

The selected exercises can be varied and this factor is always a debate, but I believe upper and lower body should be involved daily (vs. one section of the body one day and the other section the next). Here is an example:

1. Standing cable chest press (4 minutes): 20 seconds/rest 10 seconds x 8 sets; rest 1 minute before going onto the next exercise.
2. Sit to stand bodyweight squats (4 minutes): 20 seconds/rest 10 seconds x 8 sets; rest 1 minute before going onto the next exercise.
3. Bent over rows w/ light bar (4 minutes): 20 seconds/rest 10 seconds x 8 sets; rest 1 minute before going onto the next exercise.
4. Mountain climbers (4 minutes): 20 seconds/rest 10 seconds x 8 sets.

Try incorporating this program into your fitness routine initially 2-3 days a week. You will want to change your program every 2-3 weeks as your body will get accustomed to the movements. You can also change the load of each exercise but remember each exercise must be done at 100 percent of your ability to get the maximum results. Fat loss and an increase in lean muscle mass should be noticed after 6-8 weeks.

Michael K. Butler is co-owner of Kinetix Health and Performance Center. He is a licensed physical therapist assistant, a certified strength and conditioning coach with the highest distinction honors, a full body active release therapist, and author. His new book Par Fore the Course Golf Fitness is available on Amazon.com.

Source: 1) Rosenzweig, Fara, "What is Tabata Training?" Active.com

Blood Flow Restriction Training

By Ian Halderman, DPT

In the world of rehabilitation there are many treatment techniques at the disposal of health care professionals to address musculoskeletal pain and dysfunction. One of the biggest problems for people recovering from injury or surgery is muscle weakness and atrophy (decreased muscle size). As the cost of health care increases, it is important that we use effective and research-driven treatment to maximize outcomes while minimizing costs and recover time.

A promising area of rehabilitation is a treatment technique known as blood flow restriction training (BFRT) which is the use of a tourniquet to intermittently restrict blood flow to and from working muscles. This effective therapy allows for muscle size and strength gains to be achieved using much less weight during resistance training.¹

What are the benefits? Some of the many benefits of BFRT include increased muscle size and strength and positive changes to vascular and bone tissue.² As mentioned earlier, muscle atrophy is one of the biggest issues after surgery and injury; BFRT can overcome atrophy using a significantly less weight load than with traditional training methods. Evidence suggests that it can take training with 60-80 percent of your maximum lifting capacity to induce muscle growth or hypertrophy.³ BFRT allows for similar gains to be achieved while loading the body with only 20-30 percent of a person's maximum lifting capacity.²

Who is it for? BFRT is for those who want to get the most out of their rehabilitation and minimize the negative effects of injury, surgery and atrophy. It can be used in a wide range of patient populations including injured, elderly, youth, athletes, and healthy untrained individuals.²

Is it safe? Applying a tourniquet to a limb and exercising may not sound safe, but evidence suggests otherwise. BFRT research has been reviewed extensively, and the evidence shows that correct implementation presents no significant increased risk over traditional exercise methods.⁴ BFRT is not for everyone as there are some health conditions and factors that may limit someone's compatibility. It is an intense form of muscle training that can induce significant muscle soreness. It is important that you get evaluated by a licensed health care professional who is certified in this training method.

Where can I receive BFRT? BFRT can be performed by a licensed rehabilitation professional with the certification, knowledge, experience and equipment to safely apply this training method. Clinicians should be certified through Owens Recovery Science, a leading organization that researched and developed Blood Flow Restriction Therapy devices approved by the FDA.

Ian Halderman is a Doctor of Physical Therapy with Avid Physical Therapy. His specialty is orthopedics and sports medicine and he completed his orthopedic residency with Team Movement for Life. He can be contacted at ihalderman@avidphysicaltherapy.com if you have any further questions on Blood Flow Restriction Training

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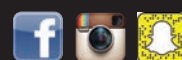
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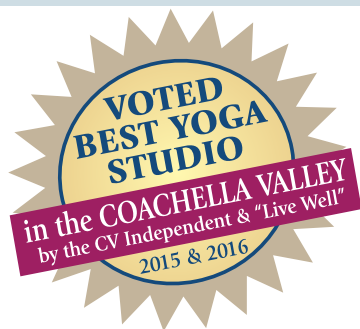
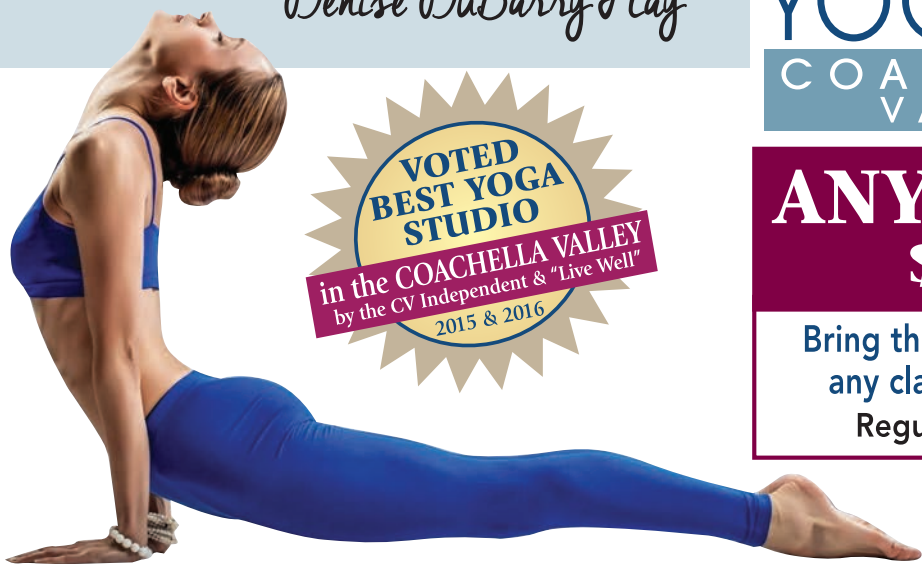
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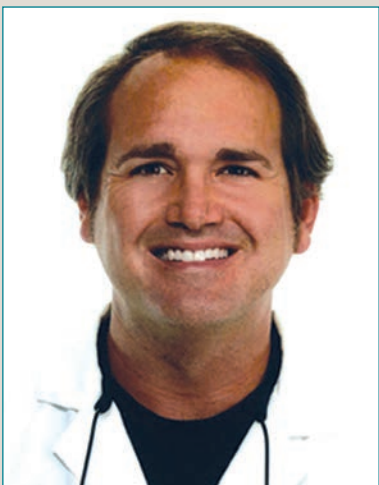
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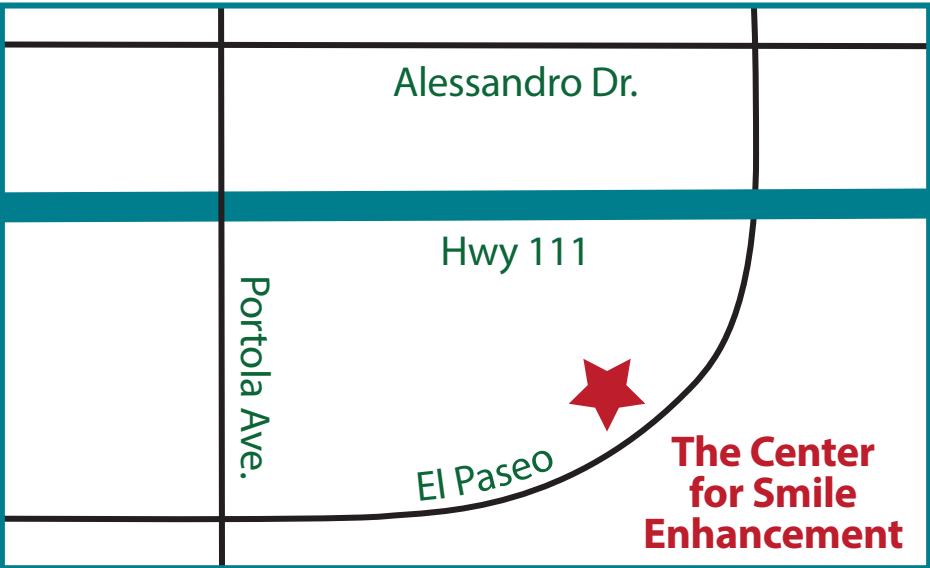
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