



Desert Health[®]

News from the Valley's Integrated Health Community

November/December 2016

what's inside

Medical News

5

The Battle Against Myself:
My Pemphigus Vulgaris Story

Natural Options

15

Foregiveness: A Holiday
Gift to Yourself

Integrated Practices

19

Hormones and Alzheimer's:
Is There a Connection?

Financial Health

21

Marketing Your Medical
Practice Online

Health & Beauty

22

Sweeten Your Holidays:
Healthy Sugar Substitutes

Through the Generations

24

Homeopathy for
Cold and Flu Season

Through the Generations

25

Mizell's Senior Holiday
Program in Need

Fitness

26

The Tennis Player
in Motion

Fresh Cuisine

27

Holiday Meals for the
Paleo Lifestyle

Desert Events

28

Season is Here!



Welcome to holidays in the Desert where some of the best weather in the country can be found. We are the envy of our neighbors to the east and a frequent getaway for those to the west.

While our lush green lawns and beautiful resorts speak endless vacation, the people of our community are still working hard at balancing life, our jobs, our volunteer commitments, and family. Throw in holiday shopping and a busy social schedule and, just like the rest of the country, our lives can become a little overwhelming.

While the holidays are supposed to be a time of joy and thankfulness, they can often bring us down. A holiday stress poll by the American Psychological Association shows that up to 67 percent of people are stressed by the feeling of having a "lack of time," 62 percent are stressed by perceiving a "lack of money," and 51 percent are stressed out about the "pressure to give or get gifts." What's worse, 45 percent of Americans would prefer to skip Christmas, according to a 2012 report by NBC News.

So, let's all take a breath.

We live in paradise and sometimes we simply need to stop and remind ourselves that life is actually pretty good, and there are many things for which we can be thankful. We simply need to take the time to stop, look around, and be thankful.

So this is our modest holiday gift to you – a little mind-altering exercise which can bring about big change. While even the thought of taking time to do this each day may be challenging at first, you will be amazed at how much easier it gets day after day, and how much your mind begins to look forward to these few moments of calm.

Over the next couple of months, take 5 minutes each morning to do this simple exercise:

- Sit comfortably outside with your face in the sun.
- Close your eyes and breathe deeply and slowly.
- Relax your mind and body.
- Think of one thing for which you are grateful and recognize how focusing on that one thing makes you feel.

Create a time that is convenient for you to awaken your mind and spirit on the crisp, chilly mornings we have this time of year.

Our hope is that this little exercise becomes a lifestyle habit which brings forth a brighter mindset to make future holidays (and every day) the magical, memorable and stress-free time they should be. Wishing you peace this holiday season!



Pain is killing us in large numbers. Drug overdose is now the leading cause of accidental death in the U.S., with 47,055 lethal drug overdoses in 2014. Opioid addiction is driving this epidemic, with 18,893 overdose deaths related to prescription pain relievers, and 10,574 overdose deaths related to heroin in 2014.

In 2012, 259 million prescriptions were written for opioids, which is more than enough to give every American adult their own bottle of pills. Four in five new heroin users started out misusing prescription painkillers, and 94% of respondents in a 2014 survey of people in treatment for opioid addiction said they chose to use heroin because prescription opioids were "far more expensive and harder to obtain."

The good news is that in an effort to abate these staggering statistics, the U.S. government is now largely publicizing evidence-based studies that show

the benefits of complementary (previously termed alternative) therapies for pain management.

Scientists from the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health reviewed 105 U.S.-based randomized controlled trials from 1966 through March 2016. This approach was chosen because of the particular nature of the U.S. health care system, which is relevant to "standard care" or "usual care" in trials and also to licensing requirements (where applicable) for complementary therapies. Their findings, published in September in the *Mayo Clinic Proceedings*, suggest that some of the most popular complementary health approaches — such as yoga, tai chi, and acupuncture — appear to be effective tools for helping to manage common pain conditions.

"Our goal for this study was to provide relevant, high-quality information for primary care providers and

Continued on page 6



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



“Early Breast Screening
Saved My Life.”

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

A Year of Progress

As 2016 comes to an end, we celebrate another year of progress when it comes to health care built for us, the consumer.

As you will read in *Health is a Choice*, both doctors and our government are starting to realize that drugs aren't always the answer and are encouraging integrative therapies. This is certainly a part of the new model of medicine on the horizon as we move from "an unsustainable fee-for-service model to a value-and-outcome-based system of care" (Dixon, p. 13). What does this mean? Doctors will no longer be reimbursed for the number of procedures they perform, but instead will be rewarded for getting patients better. Imagine that.

Doctors are listening, learning and understanding that integrative medicine – incorporating more natural therapies and prescribing prevention as well as treatment – is the health care of the future. We, as patients, need to do our part, too. When our doctor prescribes acupuncture for pain or meditation to lower our blood pressure instead of prescribing medication, we need to thank them, listen, and act.

The Coachella Valley remains a leader in integrative medicine. *Desert Health's* goal is to present both worlds of allopathic and natural medicine, and this issue is once again full of those examples. We discuss advancements in Alzheimer's (p. 4) and the role bio-identical hormones may play (p. 19). Tiffany Dalton presents healthy sugar substitutes for the holidays (p. 22) with a stamp of approval from dentist Nick Baumann (p. 9). We discuss the movement of personalized medicine through stem cell therapy (p. 10) and functional medicine (p. 13), and feature both medical and natural options for prostate health (pp. 8 and 11 respectively).

There is so much more and we thank you for reading our latest issue. As we enter our seventh year, we appreciate every health care practitioner taking part in this movement, and those of you who embrace the change.



Happy Holidays to You and Yours ~

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Lauren Del Sarto
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Your Workplace Wellness Program is Here
CHMI offers valley businesses tool kit for success

By Lauren Del Sarto

A recent study by the National Small Business Association determined that 93 percent of small business owners recognized that the health of their workers impacts their business's bottom line.¹ However, when it comes to implementing an employee wellness program, most of them don't know where to start.

Fortunately for employers in the Coachella Valley, a free and comprehensive tool kit is now available from the Clinton Foundation as part of their ongoing work locally and nationally entitled the Clinton Health Matters Initiative. The goal of the program is to provide a framework on how to create a continual and self-sustaining program, as well as a comprehensive guide on how to implement free and low-cost programs for better health.

"This initiative is dedicated to addressing three of the top contributors to poor health and performance: physical inactivity, inadequate nutrition, and poor stress management," says CHMI CEO Rain Henderson. "We believe focusing on these key areas gives employers the greatest opportunity to promote health and reduce disease, while also driving improved morale, increased engagement, and enhanced performance."

The Employee Health Improvement Framework has three goals:

- 1) Provide employers with a comprehensive survey of the landscape of employee wellness programs and their effect on employee productivity.
- 2) To change the conversation around the issue of employee health and emphasize the importance of this matter in the overall scheme of community, national, and global well-being.
- 3) To motivate employers to improve, innovate, and lead on the issue of employee health improvement.

The Framework has been designed to assist employers in every phase of program development, from those just beginning to design wellness programs to leaders in the field who are looking for the next best innovation on the issue. It is intended to support the work of employers in all sectors – private, public, and non-profit – across all industries and contains input from key thought leaders, content experts, executive management professionals, and academics. It is also flexible by intentional design to allow employers a menu of options related to employee health improvement, rather than a proscriptive list of mandates and requirements, and encompasses real-world examples of best practices that result in positive outcomes - both measurable and scalable.

The Comprehensive Guide to Worksite Well-being, entitled *Your Health Matters*, incorporates a thorough approach to building a culture of health in the workplace and focuses on simple, yet effective, steps organizations can follow to implement a well-being program. It includes tools and materials employers can print as is (or tailor) to use on their journey, in addition to providing recommendations for other resources, both local and national.

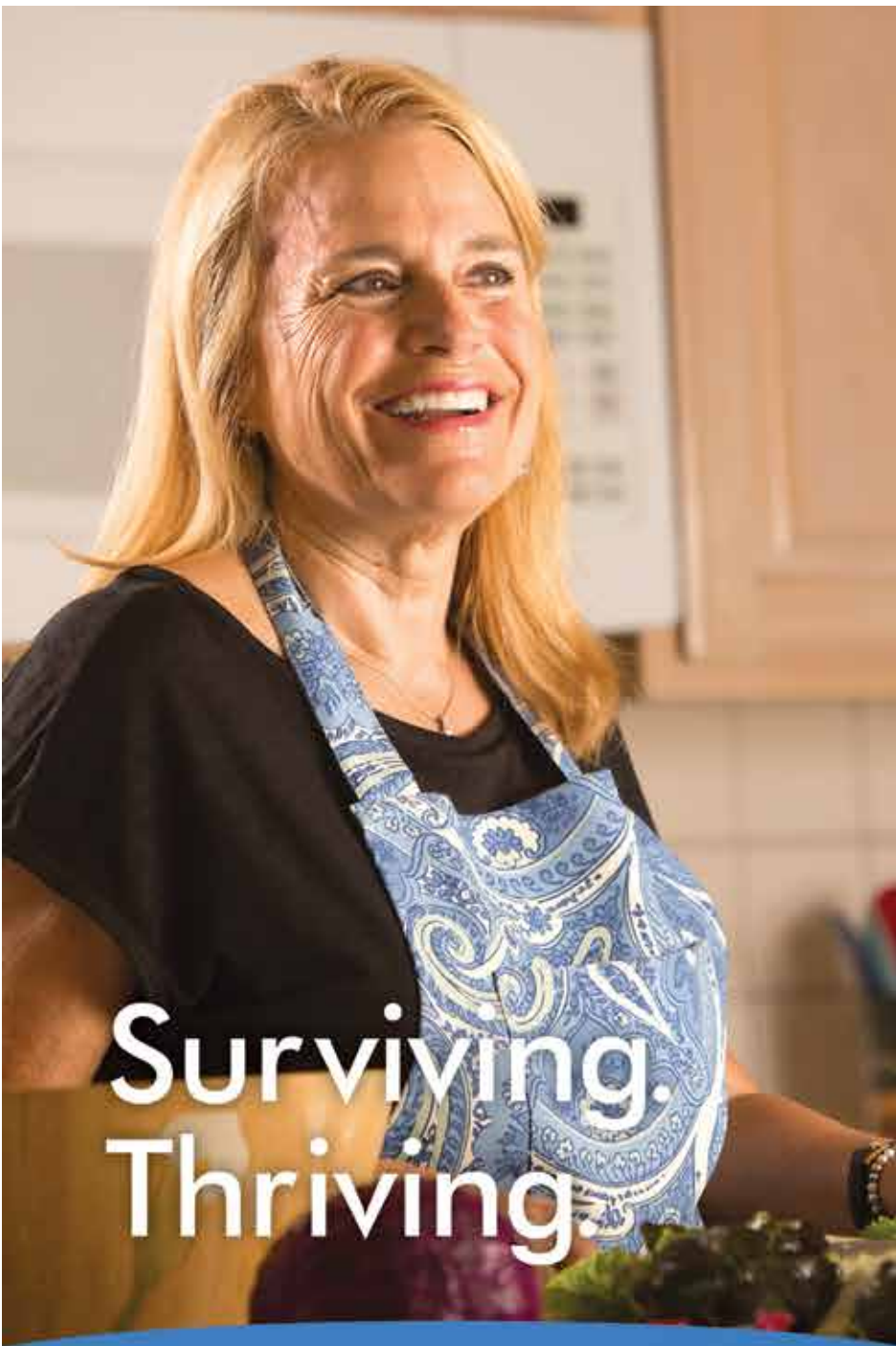
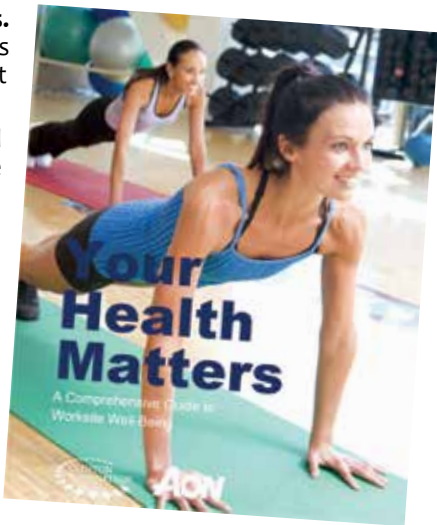
The CHMI's approach to building a culture of health includes six steps which are discussed in detail in the tool kit and supported by interactive webinars (all elements are free):

- 1) **Build support for employee wellness.** Gain leadership buy-in that ensures success, and form a well-being team that consists of employees at all levels.
- 2) **Understanding your organization and its wellness needs.** Gather employee input and take inventory of strengths and opportunities within your workplace.
- 3) **Determine your strategy and plan.** Identify and prioritize your focus areas of health and well-being and create a roadmap.
- 4) **Implement offerings.** Leverage program resources; take the "baby step" approach in implementing program offerings.
- 5) **Communicate and launch.** Spread the word about your program to employees; educate and engage employees in well-being on an ongoing basis.
- 6) **Evaluate results.** Review your program results, revise as needed, and celebrate success.

If you have been thinking about starting a wellness program at your company, now is the time, and the CHMI's tool kit shows you how you can do it.

For more information or to receive your workplace wellness tool kit, contact Clinton Health Matters Initiative Regional Director Tricia Gehrlein at tgehrlein@clintonfoundation.org.

References: 1) Workplace Wellness Programs in Small Business: Impacting the Bottom Line. Retrieved December 11, 2015, from: <http://www.nsba.biz/wp-content/uploads/2012/09/wellness-survey-v3.pdf>



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Joan Petruzzi, Teacher, CANCER SURVIVOR

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NOVEMBER IS ALZHEIMER'S AWARENESS MONTH!

Hope is on the horizon for Alzheimer's disease...

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November is Alzheimer's Awareness Month New discoveries offer hope to both caretakers and clinicians

By Christopher H. Hancock, MD

November is Alzheimer's disease awareness month, proclaimed by President Ronald Reagan in 1983. Alzheimer's disease currently afflicts more than 5 million persons in the United States, and 1 in 3 seniors will die with Alzheimer's disease or another dementia. There were over 15 million caregivers treating dementia patients in 2015, representing more than 18 billion hours of unpaid care.

Currently, in the USA, a new patient is diagnosed every 66 seconds with Alzheimer's disease, and our country will spend an estimated \$236 billion for treatment and care in 2016. Furthermore, Alzheimer's disease is the 6th leading cause of death in the USA, killing more patients than breast and prostate carcinoma combined.¹

Alzheimer's disease and other dementia elicit many divergent emotions. The more common feelings and experiences associated with Alzheimer's disease include loss, grief, sadness, anger, guilt, denial, helplessness, regret, and acceptance. Caregivers may suffer as much as, or more than, patients; therefore, learning and understanding coping mechanisms is critical.

Fortunately, there are many opportunities to seek support for the patient and their caregivers. As the children's cartoon TV show *GI Joe* famously said, "Knowing is half the battle." Likewise, family members and friends should recognize the 10 early signs and symptoms of Alzheimer's disease which can be found at www.alz.org.

In the same vein, the clinician should know the variety of disease states that can cause dementia. The clinical exam is the first step in structuring the differential diagnosis to indicate the most likely disease state responsible. The initial examination is commonly followed by advanced medical imaging studies including magnetic resonance imaging (MRI) of the brain, MRI

Neuroquant volumetric brain imaging, and Amyvid PET-CT brain studies. These imaging studies frequently find structural changes that help identify the more likely disease contributing to the underlying dementia.

Much of the current research centered on understanding and treating Alzheimer's disease focuses on abnormal beta-amyloid and tau protein deposits in the brain. The human brain comprises 100 billion neurons that communicate via more than 100 trillion connections called synapses. Abnormal protein deposits are considered toxic and structurally inhibitory to normal neuronal cell function. They cause early neuron death and therefore loss of normal communication, ultimately leading to dementia.

Hope is on the horizon for Alzheimer's disease though, as up till now no one knew how to remove these toxic proteins.

A new clinical trial published in the prestigious journal *Nature* in August 2016 described antibody treatment that clears beta-amyloid deposits from the brain. Patients on the highest dose exhibited no detectable beta-amyloid plaques after 12 months of therapy and of the early disease onset patients treated, there were indications that disease progression actually slowed. Phase III clinical trials will be performed and from those results we will have a better understanding of just how promising antibody-focused treatments may benefit Alzheimer's disease patients.

Let's do our part and Go Purple the month of November, spreading the word of Alzheimer's disease awareness; after all, "Knowing is half the battle."

Dr. Hancock is a board certified neuroradiologist with Desert Medical Imaging. For more information visit www.DesertMedicalImaging.com or call (760) 694-9559.

References: 1) www.alz.org



Coachella Valley's Health Care Industry

MENTORING THE FUTURE

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Disaster Prepared

By Students Alanis Meza and Oscar Escobar

Cathedral City High School held its annual disaster drill on Thursday, October 20. The disaster drill is a simulated emergency response drill that instructs students and faculty alike in California on how to properly respond to an enormous earthquake if and when it happens.

The San Andreas Fault, located in California, is long overdue for a massive earthquake. Seismologists predict the earthquake's magnitude to be a minimum of 7.0. An earthquake with that magnitude will surely have the destructive power to cause immense damage. We cannot predict when the earthquake will strike, but we, as a community, can most definitely execute precautions to minimize as much damage and injuries as possible; this is what the disaster drill is designed to accomplish.

The disaster drill has been very successful in the past because of the realistic scenarios and precautions the school is equipped with should the earthquake strike during a school day. Items like stored canned food with a log of the expiration dates recorded, water, first aid kits, and all the other necessities needed to have in case of an earthquake are supplied. The proper preparation items are highly recommended to ensure the safest possible response if such a disaster should occur.

In cooperation with the Great American Shakeout, schools all across America have joined in this disaster drill, but Cathedral City High School has taken it to a whole other level. Police, Fire, EMS, and even a helicopter have participated to make it seem as real as can be. This has been done over many years and high school seniors in the Health and Environmental Academy of Learning (HEAL) have been certified to respond to the simulated emergencies to demonstrate their Community Emergency Response Team (CERT) training. The CERT trainees are responsible to evacuate, treat, triage, and respond to the "victims" during the drill. The "victims" in the drill are volunteer student actors dressed in costumes with props to make the drill seem as real as possible.

For all intents and purposes, we hope our school can influence other schools and our community to follow our example of how a simulated emergency drill should look and feel. Earthquakes can occur at any time, and adopting drills like these can help reduce disaster and casualties in the real situation.

For more information on the emergency preparedness program, please contact Kyle Bashore at kbashore@psusd.us



Student authors Alanis Meza and Oscar Escobar at the Disaster Preparedness Drill day



The Battle Against Myself
My pemphigus vulgaris story

By Crystal Harrell

2016 was shaping up to be a very important year. I had just gotten an associate degree in journalism and was all set to transfer to a four-year university in the fall to pursue my B.A. On top of that, I turned 21 in February and was looking forward to savoring all the exciting things young adulthood had to offer. It was during this very same month that everything changed.

I noticed a few innocent-looking blisters on my nose that were fragile to the touch. Although this was something I had never experienced before, I thought nothing of it and waited for the broken skin to heal on its own. It never did. The following weeks showed a worsening of my then-unknown condition: the taste of blood and large blotches of red in the sink were always present after brushing my teeth, the open sores on my face had multiplied to startling numbers, and the skin on the rest of my body threatened to tear away with any slight use of force or friction.

By this point, I had seen my dentist and three different dermatologists, none of whom could provide me with a direct answer as to what exactly was wrong with me. The dentist blamed my symptoms on neglectful hygienic practices, and the others deemed it as an aggressive form of acne before prescribing me various ointments and creams to slather on my face. Weeks of waiting to see improvement turned into months, and the sores that started on my face were also manifesting on my chest and back. My appointments with the dermatologist were beginning to feel like an episode of *The Twilight Zone*—with no one able to fully respond to my questions, while exposing me to different kinds of light therapy, promising no results but always willing to prescribe more pharmaceuticals.

By the time May came around, I was living a horror film. Mornings began with my skin peeling away with the slightest touch and my clothes sticking to the popped blisters that covered my body. My days were plagued by the excruciating pain of exposed flesh, my wavering faith of recovery, and the growing fear of the unknown. When it was time to sleep, I dreaded waking up to see what new bodily wound awaited me in the morning. I began to think, “*Will I ever be the same again?*”

I had decided that instead of waiting around for empty promises to be fulfilled, I needed results. Taking matters into our own hands, my mother and I researched my symptoms and visited a contagious disease specialist. Still clueless as to what ailment was literally tearing me apart all those months, I had come to believe it was something I caught from an outside source.

When the specialist analyzed my skin biopsy, he told me what I had was not an infection but an autoimmune disorder called *pemphigus vulgaris*.

Only producing 1-10 new cases per 1 million people worldwide each year, *pemphigus vulgaris* is a very rare autoimmune disorder that causes the body to mistakenly attack itself, forming painful blistering lesions on the skin and inside the mouth. While there is currently no cure for this condition, there have been many cases of remission brought on by the use of immunosuppressive drugs and IV therapy.

Initially, I was shocked when I found out it wasn't a foreign bacteria or severe

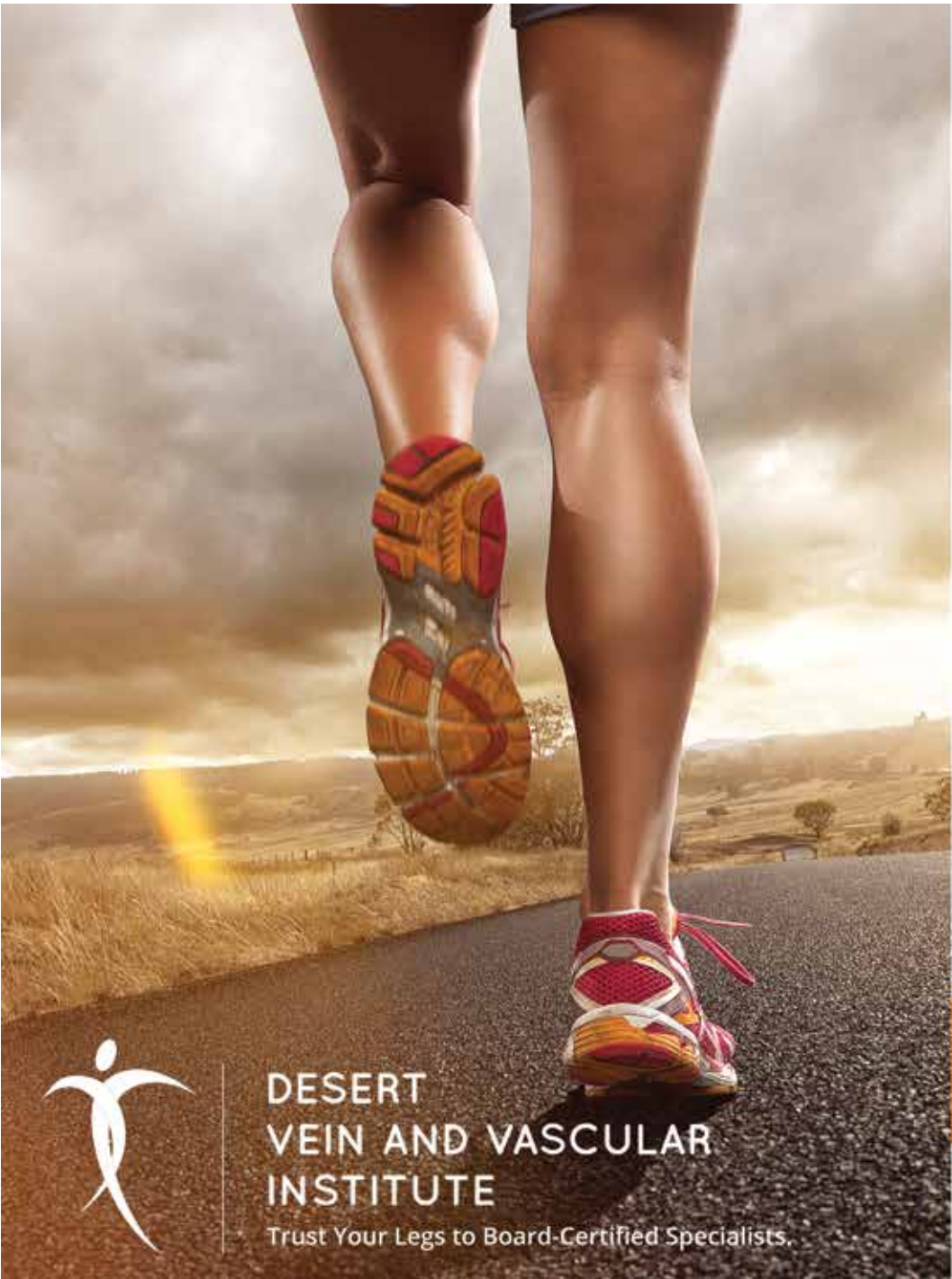
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Health is a Choice

for patients who suffer from chronic pain,” said Richard L. Nahin, Ph.D., NCCIH’s lead epidemiologist and lead author of the analysis. David Shurtleff, Ph.D., deputy director of NCCIH added, “These data can equip providers and patients with the information they need to have informed conversations regarding non-drug approaches for treatment of specific pain conditions.”

The researchers sought evidence on the efficacy, effectiveness, and safety of seven widely-used complementary approaches or groups of approaches: acupuncture; spinal manipulation or osteopathic manipulation; massage therapy; tai chi; yoga; relaxation techniques including meditation; and selected natural product supplements, including chondroitin, glucosamine, methylsulfonylmethane (MSM), S-adenosyl-L-methionine (SAME), and omega-3 fatty acids.

These approaches were examined in trials of five pain conditions often seen and treated in primary care settings: back pain, osteoarthritis, neck pain, severe headaches and migraine, and fibromyalgia. A trial result on efficacy or effectiveness was termed positive if the complementary approach led to statistically significant improvements in pain severity, pain-related disability, and/or function, compared to the control group. A negative result meant that there was no difference between the intervention and control groups.

The researchers found that the following complementary approaches had more positive than negative results and thus may help patients manage certain painful health conditions:

- Acupuncture and yoga for back pain;
- Acupuncture and tai chi for osteoarthritis of the knee;
- Massage therapy for neck pain—with adequate doses and for short-term benefit; and
- Relaxation techniques for severe headaches and migraine.

Continued from page 1

Although the evidence was weaker, the researchers also found that massage therapy, spinal manipulation, and osteopathic manipulation may aid some people with back pain, and relaxation approaches and tai chi may help people with fibromyalgia.

Reporting of safety information was low overall, and no trial reported a serious adverse event linked to a complementary approach. The most common adverse events were gastrointestinal problems from glucosamine, chondroitin, MSM, or SAME. In some trials, there was minor muscle or joint soreness from tai chi and yoga, or minor pain and/or bruising at acupuncture needling sites.

Millions of Americans suffer from persistent pain and often turn to complementary care to help, yet primary care providers have lacked a robust evidence base to guide recommendations on complementary approaches as practiced and available in the United States. The new review gives primary care providers tools to inform decision-making on how to help manage that pain.

The goal of this review – to provide primary care physicians evidence-based data – and the positive results reported are a significant step forward for integrative health care in our country. It also opens the door for additional funding and research in the direction of complementary medicine as Shurtleff adds, “It’s important that continued research explore how these approaches actually work and whether these findings apply broadly in diverse clinical settings and patient populations.”

For additional information, visit the NCCIH Web site at www.nccih.nih.gov.

Sources: 1) American Association of Addiction Medicine. Opioid Addiction: 2016 Facts and Figures. <http://www.asam.org/docs/default-source/advocacy/opioid-addiction-disease-facts-figures.pdf>. 2) NIH news release: <https://www.nih.gov/news-events/news-releases/nih-review-finds-nondrug-approaches-effective-treatment-common-pain-conditions> 3) NIH research results: <https://nccih.nih.gov/research/results/spotlight/five-painful-conditions>.

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This time of year we welcome cooler weather, outdoor activities and many native inhabitants of the desert landscape, including rattlesnakes. If left alone, rattlesnakes will usually move on; however, about 1,000 venomous snake bites do occur in the U.S. each year. They are seldom fatal but can be extremely painful and lead to other complications.

Rattlesnakes tend to blend in with their surroundings, even when out in the open. When hiking, stay on cleared pathways, never hike alone, always carry a cell phone, and be aware of where you place your hands when climbing rocks as snakes can climb. Also be careful when working around rocks, piles of wood, dense shrubbery and other places where snakes might hide. Avoid walking barefoot or in open-toed shoes and look out for rattlesnakes in swimming pools as they are very good swimmers. Baby rattlesnakes also do bite, so leave them alone.



Rattlesnakes tend to blend in with their surroundings, even when out in the open.

If you encounter a snake around your home, keep your distance and call your local animal control agency. If someone is bitten by a snake, get them away from the danger and call emergency services immediately. Do not try to trap or kill the snake. Keep the victim calm and the bite below the level of the heart. Do not apply a tourniquet, ice, or attempt to suck out the venom.

At the hospital emergency room the doctor will examine the wound. “If there’s progressive swelling and an obvious bite wound, then we would give them anti-venom,” said

Andrew Kassinove, MD, medical director of JFK’s emergency department. “They would be admitted to the hospital if they’re given anti-venom and rechecked every couple of hours. They might need multiple doses of the anti-venom,” he said. Treatment could last several days.

“We give (patients) a lot of pain control as well because it can be quite painful – the swelling and the bite itself,” he added. Kassinove said infection from a snake bite is rare but a tetanus shot could be given as a proactive course of treatment.

“Native rattlesnakes are active year round, with heightened activity in the late spring and summer months,” said Peter Siminski, Director of Conservation at Palm Desert’s Living Desert. “Hikers should always be aware of their surroundings and watch where they put their hands and feet. If you do encounter a rattlesnake, give it a wide berth or back off until it passes.”

For more information, visit the Centers for Disease Control website at www.cdc.gov/disasters/snakebite. You can also download the SnakeBite911 app from the App Store.



The Cancer Roller Coaster

39-year-old Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and has been sharing her journey with Desert Health® readers in an ongoing column. When we left Shay last issue, she was close to finishing chemotherapy...

Throughout this cancer, I visualized running a marathon. I sat in my chemo chair listening to music and when I closed my eyes I ran up a mountain and down a hill. After the chemo was over, I began visualizing being on a roller coaster (by the way, I hate roller coasters); however, this roller coaster is only one way, and there is no getting off. Ever.

After my last 20 rounds of chemo, I walked in for my final MRI. With butterflies in my stomach and a huge lump in my throat, I told myself I was going to be fine. I pleaded with God to please let me be ok. Most of my life I have been pretty confident, but this cancer shook me to the core. I had been at this for 7 months. I blew through chemo and wanted to be done.

A few days later, I walked into my doctor's office for my results. The right breast responded the best they had ever seen, the chemo did its job. We were going to be able to save my breast. Finally, good news, a huge sigh of relief to this surreal dream I had been in. Then just like a roller coaster, with all the ups you must come down. My surgeon told me that he was going to send me in to re-look at something that was found on the MRI. This time it was for the left breast – the previously unaffected breast.

I cannot tell you the fear that rushed through my body like a hot flash. What I was sensing with my surgeon was concerning. In slow motion, I heard the words I had feared: "We have to cancel your surgery, they found something." My surgeon continued saying they were not sure what it was, but my MRI and ultrasound did not match up. "We will need to do a special guided MRI biopsy because of the area this was in; it is just to make sure that this is not cancer or a new cancer." I lost it. As the tears and the hysteria flowed out of me, I could barely talk. Even my doctor and his assistant were emotional. How?? Why was this happening all over again? My world felt like it was crashing down.

I am tired. It's been a long 7 months. I am scared. My family is tired; my friends are tired. When will this end? My medical team reassured me that they were going to get me through this- but it would have its challenges. The only doctor they knew that could do this procedure was going on vacation out of the country. They only do this type of procedure I needed twice a week. We needed to have one doctor and two different kinds of nurses that were certified in this procedure from two separate departments. It was complicated. Same as me. I couldn't listen anymore. My mind was going to the worst places. I told them I had to go and I would call them later. I prayed to not let this be true.

After a few hours I was able to call the office back and make sense of what was going on. My mind and body were still in complete shock. This was supposed to be a happy time. They promised me that they would get me in as soon as possible. We could not wait much longer. They knew, and so did I, the urgency to get in right away.

The next day my surgeon called personally to check on me. He reassured me he would be there for me if I needed him, as would his assistant. He promised he would pull me through this. We just needed to do the right steps to make sure this is not cancer again. He calmed my mind somewhat so I could believe in him, the journey and the system again. His Chicago accent once again reminded me of my dad - the one I would always turn to in a crisis and the one who was very much missing at this time of my life. My dad and I would always talk on Thursdays. That was our day before he passed away two years ago. How I wished I could speak to him now.

As my doctor spoke he said, "Kid, I really believe you have an angel looking out for you. What we saw is so small and hard to see, so we have to do this."

I said, "Ok, I believe in you" and we hung up.

I knew from that moment on that angel had to be my dad. He always gave me his love and why should now be any different? He taught me to be a strong, independent woman. He taught me to save for a rainy day, and he taught me to believe. I knew the end would be hard. I just didn't know how hard it was going to be.

Thankfully, the hospital got me in quickly and my prayers were answered. The additional tests showed no cancer.

This journey has thrown a lot of curve balls. I am trying to really dig deep and understand the lesson I need to learn. I have faith that there is a message. I know and see all the signs, such as the sign we should all understand is that life is a gift. Do not take it - or your health - for granted or wait until it is too late. Any one of us could be going through this. Cancer does not discriminate. So reluctantly here we go... on to surgery.

Shay's Story is an ongoing column in Desert Health®. To view previous columns or to leave a message for Shay, please visit our website at www.DesertHealthNews.com (search 'Shay'). For more information on triple negative breast cancer, visit www.tnbcfoundation.org.



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Dec. 7th
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Losing That Loving Feeling

By Lance Patrick Walsh, MD, Ph.D.

Most men want to have an active sexual life. Unfortunately, as men age, erectile dysfunction (ED) can become a common occurrence.

When men have difficulty achieving an erection, they can become anxious about their sexual performance and may avoid sexual activity. Often times, they just aren't aware of treatment options available. I tell my patients that they will be able to achieve an erection with treatment that may include oral medications like Viagra, Levitra, Stendra, Cialis, and Staxyn, or Trimix, another medication that is injected into the erectile bodies of the penis. Other treatment options include a vacuum erection device and an inflatable penile prosthesis.

The penile prosthesis has been available for 40 years and patient and partner satisfaction is over 95%. The prosthesis is inserted through a small incision in the scrotum. The procedure is done in the operating room at the hospital and typically takes less than one hour. Fortunately, it is covered by most insurance companies, including Medicare.

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

Testosterone deficiency can often be a contributing factor to ED. Hypogonadism, or "Low T" as it is called, is a syndrome associated with low testosterone levels that are measured as part of a blood test and is more common in men as they age. If a man has low testosterone, and sexual, psychological and physical symptoms, he may have "Low T." Sexual side effects include low libido, erectile dysfunction, difficulty achieving an orgasm, and decreased spontaneous erections. Non-sexual/psychological symptoms include diminished energy, fatigue, depressed mood, impaired cognition, and reduced motivation. Physical signs include osteoporosis, decreased muscle mass, increased body fat, anemia, and insulin resistance.

There are several ways to provide testosterone supplementation, including gels, shots, and an implant. The Testopel implant is placed by a simple office procedure through a 4mm incision in the hip area. It provides for 3-4 months of steady testosterone replacement.

Many men suffer from sexual health problems and can benefit from treatment. Don't wait to seek treatment – especially when symptoms are involved. There are solutions to these problems and a discussion with your urologist can determine the best treatment option for you.

Dr. Walsh is a specialist in urology, treating a variety of conditions ranging from cancer of the genitourinary tract (kidney, prostate, bladder) to benign conditions including kidney stone, BPH, incontinence, bladder prolapse, and hematuria. He specializes in minimally invasive and robotic-assisted laparoscopic surgery using the latest techniques to help his patients. For more information call (760) 346.7191 or visit www.walshurology.com.

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Most common side effects are light blood in the urine, some pain or discomfort when urinating, some increased urge to go and discomfort in the pelvis that typically resolve within 2-4 weeks after the procedure.

1. Roethorn, J Urology 2013 LIFT Study

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Xylitol: The Healthy Sugar for Your Teeth

By Nicholas S. Baumann, DDS

Today we see many different types of alternative sugar sweeteners. Most of these sweeteners have been around a long time, yet still have unclear effects on the body. One of them, Xylitol, stands above the rest in its benefits.

Unlike many sweeteners, Xylitol is a natural product, extracted from birch trees. It has many beneficial effects - especially on dental health.

From a dental perspective, cavities are produced when the pH of the mouth is lowered by acid produced by bacteria after a meal that includes sugars or carbohydrates. Sugar-free gums and mints can be helpful in fighting this acid because they stimulate the body to produce more saliva which is vital in neutralizing the acids that cause tooth damage. By increasing saliva production, the amount of time our teeth are susceptible to damage from these acids is decreased.

However, not all sugar-free products are equal. As a dentist, I recommend that you specifically look for products containing Xylitol from birch. It is important to note that Xylitol can also be made from corn, but birch is the healthier choice.



Spry gum and Ice Chips candy both contain Xylitol

On top of the benefits of producing saliva, the molecules in Xylitol are actually shown to protect against tooth decay better than other sugar substitutes.

They can also help reduce staining and plaque formation on the teeth, leading to happy and healthier gums.

So where can Xylitol products be found? Luckily the answer is in many places. When buying gums, mints, or candy, first check to see if the product is labeled "sugar-free." Next look at the ingredients. Ingredients are listed in the order of the prevalence in the product, and Xylitol should be the first ingredient. Some of my personal favorites are Ice Chips candy and Spry gum which can be found at Whole Foods among other places. Although only available online, DrJohns.com is a great place to look as well. This company was started by a dentist who saw the many benefits of Xylitol on dental health but a lack of options. They have a huge selection of everything from candies to chocolates and caramels.

By reducing the amount of regular sugar in our diet and replacing it with Xylitol, we can satisfy that sweet tooth while helping to keep our teeth clean and healthy. And healthy teeth lead to less - and easier - trips to the dentist, which all can agree is a very good thing.

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

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The Future Concern of Nearsightedness

By Greg Evans, OD

The incidence of myopia, the ability to only see short distances (nearsightedness), is increasing worldwide. In the United States, the incidence in ages 12-54 has doubled in the last 30 years to almost 40%.¹ In some Asian countries the incidence is 80-90% by adulthood. By 2050, it is predicted that half of the world's population will be myopic.

Why is this important? Increased myopia carries with it significantly increased risk of ocular disease including cataracts, retinal detachment and myopic maculopathy.² This increased risk is already evidenced by increasing rates of vision impairment and blindness seen in Asian countries.³

Here are some additional startling facts:

- Low amounts of myopia doubles the risk of myopic macular conditions and posterior cataracts and triples the risk of retinal detachment compared to normal eyes.
- As the condition progresses, the risk of posterior cataracts more than triples and the risk of retinal detachment and myopic maculopathy is more than nine times greater than a normal eye.⁴
- Children with one myopic parent have a three times greater risk of myopia development and six times higher risk if both parents are myopic compared to peers who do not have this history.⁵
- Children that exhibit less than less than ½ (+0.50) diopters of hyperopia at ages 6 and 7 exhibit the highest correlation with myopia onset and the fastest progression of myopia.⁶

With these considerations, myopia as an independent lifetime risk is second to age when it comes to cataracts and glaucoma.⁷

There are currently three treatments that have been shown to reduce the progression of myopia. They all work to reduce the progression by reducing the growth of the axial length of the eye. Longer axial length (a larger eye) causes thinning of the retina and increased complications.

Orthokeratology: Children wear a special corneal reshaping contact lens. This lens corrects myopia as well as reduces progression. No glasses or contacts are required during the day.^{7,8}

Soft multifocal contact lenses. Special multifocal lenses that defocus the periphery have been shown to reduce progression.⁹ This is also effective, but not quite as effective as night lens therapy or pharmaceuticals. It is best suited for children that exhibit a binocular problem called esophoria.

Pharmaceutical cycloplegia. Prescription eye drops that mildly inhibit accommodation have also been shown to reduce myopia progression (about as effectively as night lens therapy).¹⁰ The drops are very low dose but can cause pupillary dilation and occasionally issues with focusing.

Myopia is a lifelong financial burden. Current estimates are \$709/year:¹¹ however, this pales in comparison to the cost of vision impairment and blindness to affected people, their careers and society which is upwards of \$12,000 annually and increases with the severity of the vision impairment.¹²

Only parents and informed eye care providers can intervene to minimize myopia and in turn reduce the complications.

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

References available upon request

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Stem Cells: The Vision for a New Age of Personalized Medicine

By Elliot B. Lander, MD, FACS

In the last decade there's been a great push toward the advancement of personalized medicine. Most of the focus has been on genetic studies to assist with selecting medications, personalized screening, and honing detection of disease. But this is only half the story. There must be more we can do above and beyond using someone's personal profiles to select medications.

Indeed, there is more and the answer lies in advancement of cell therapy.

Why do we fail? Most of the diseases, trauma, and infections causing human misery are consequences of cellular damage at some level. The key to mitigating cellular damage is cellular therapy. We all seem to be waiting for universities and laboratories to advance and commercialize organ replacement. We now understand that this will take many years before it is perfected and commercially available. An automobile mechanic knows it is better to perform maintenance and replace small worn-out parts along the way rather than replacing the entire car once it is no longer drivable. That's the difference between repairing cell damage and replacing entire organs.

Is it possible to repair our cells through targeted maintenance? The answer is yes, because that is what we are doing continually with stem cells right now. These cells literally search for repair jobs by circulating in limited numbers and searching out signal beacons, proteins released by damaged tissue. When the stem cells see these signals, they hone in and activate to start repairing the cells. Our repair stem cells are very smart and know exactly what to do to accomplish the job. Sometimes they need to form new cells and sometimes they need to make supporting cells or blood vessels, and sometimes they simply need to secrete factors which signal the damaged cells to heal.

As it turns out, long before medical intervention was invented, our bodies were conducting cellular repair naturally. Today, we are starting to understand new ways that we can amplify and synergize with this natural healing. Traditionally, we have only a limited number of stem cells that can respond and try to repair damage. However, now we can supplement this system with our own stem cells containing our own DNA from a "cryobank" where they can be amplified (increased in number) far beyond what our bodies could naturally produce. They have no other purpose than to repair our own damaged tissue.

This ability represents a tremendous futuristic personalized "medication" in the event that we have organ damage from surgery, toxins, trauma, aging, complications from medications, autoimmune disease, or any number of problems.

This is a very powerful tool, and it is here today. Personalized medicine through stem cell therapy has arrived.

Elliot B. Lander, MD, FACS, is co-founder and medical director of The Cell Surgical Network® and Medical Director of the California Stem Cell Treatment Center in Rancho Mirage and Beverly Hills. He can be reached at (800) 231.0407. For more information on stem cells, visit www.stemcellrevolution.com.



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Acupuncture for Prostate and Incontinence

By Lauren Del Sarto

It is important to remember that practitioners were successfully treating health conditions long before western medicine was developed. Fortunately, the medical community is now starting to recognize the value of many time-tested therapies including nutrition, body manipulation and acupuncture.

Many of our forebears may have suffered from prostate issues and incontinence; Traditional Chinese Medicine (TCM) has been treating these conditions for more than 2,000 years.

TCM works by correcting imbalances in the body. Treating the imbalances does not just treat the symptoms or mask the condition; rather it corrects the root of the problem by encouraging self-healing. Elements of TCM include, but are not limited to, acupuncture which helps balance the circulation of energy throughout the body; moxibustion, an herbal therapy used to heat internal organs; and digested herbs prescribed to help promote the body's natural ability to heal.

Stephanie Lee, L.Ac., Ph.D., of Advanced Acupuncture in Rancho Mirage uses all three of these therapies and has had much success in treating both prostate issues in men and incontinence in women. "In Traditional Chinese Medicine, the kidney regulates urination," she says, adding that the functions of the kidney can be described in terms of Yin and Yang. "The ability of the bladder to sufficiently hold urine is the Yin function; the ability to smoothly urinate is the Yang function." According to Lee, signs of Yang deficiency may be a feeling of cold in the body, impotence, and poor libido. TCM therapies help to bring the Yin and Yang back into balance and alleviate symptoms.

Numerous studies have been conducted in China that support TCM's ability to treat enlarged prostate and to relieve prostate-related disorders.^{1,3} Reported results include an increased ability to hold urination; decreased number of times one needs to urinate at night, decreased urinary urgency, and smoother urine flow. One study placed 128 patients in two different groups, one receiving Chinese herbal therapy and the other receiving acupuncture and moxibustion. The herbal medicine group saw a 68.7% improvement in symptoms while the acupuncture and moxa group saw an 89% effectiveness rate.¹

With acupuncture, Dr. Lee utilizes three different styles to tailor treatment plans: Chinese acupuncture which uses longer needles; Korean hand acupuncture with smaller needles; and Japanese style which is warm therapy with standard needles. You may be wondering where needles are inserted for these particular conditions. "Acupuncture points can be far away from the actual problem," states Lee, "and sometimes, the further away, the more powerful they are." Such is the case with incontinence and prostate issues.

Lee standardly recommends 1-2 treatments a week with noticeable results in 10-12 sessions, although each case is different. She states that patients often see an improvement in sexual function over the same period of time as well.

"I treated a gentleman for issues that accompany enlarged prostate," she says. "He was amazed to see his symptoms decrease, and his wife was so impressed with his improved sex life that she is now coming in for treatment."

For more information, visit the National Institutes of Health and studies noted below. Dr. Lee is available to answer questions and can be reached at Advanced Acupuncture (760) 832.7585.

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Alleviating the Cause of Headaches

By Amanda Beckner, CN, HHP, Ph.D

We have all experienced a headache at one time in our lives, but do we understand what causes it? The most severe type of headache can be a migraine or cluster headache which, as those who suffer know, can be very painful and disruptive.

There are many factors that can contribute to headaches, but most are caused by stress, tension and dehydration. Other causes may be allergies, anemia, bowel problems, grinding your teeth, TMJ, a reaction to food additives, or high or low blood pressure. Frequent and reoccurring headaches - especially those located in one spot - can be a sign of brain disorders and/or tumors which should be considered and ruled out.

I have worked with many clients over the years whose main reason for starting a wellness program was to alleviate a constant headache lasting all day from the time they awoke until bedtime. Most had taken tests to rule out any major medical issue and felt it was something with which they must learn to live. However, in many of these cases, a diet analysis revealed that they were lacking in trace minerals (often due to prescribed medication) or consuming too much caffeine and not enough water and were in a constant state of dehydration. Once we corrected the nutrient deficiency and omitted the wrong ones, presto - no more headaches.

Other factors may include supplementation. Some people take too many vitamins or vitamins with too many additives and eat foods with too many chemical additives, both of which can result in headaches.

Eating a diet balanced between complex carbohydrates, proteins and fats and eliminating all foods with supplemental additives is a good place to start. Primary suspects may include dairy, wheat, soy, MSG, artificial sweeteners, nitrates, soda, caffeine, alcohol, red meat and additional inflammatory foods such as night shade vegetables. Too much protein and sodium can also dehydrate you and further cause problems; stay hydrated and drink at least 64 ounces of water per day.

Herbs that can help relieve headaches include ginko biloba extract which improves circulation to the brain. Skullcap can help with muscular tension headaches while peppermint oil and wintergreen oil topically rubbed on your temples can relieve tension headaches. Melatonin taken before bed has shown to be effective in reducing cluster headaches. Lastly, cayenne can create blood flow and increase oxygen which in turn will reduce pain.

Vitamins that are helpful to replace certain trace minerals which may be lacking are calcium/magnesium, CoQ10, bromelain, B-complex, vitamin C with bioflavonoids, potassium, and vitamin E. A good multi-vitamin can also be helpful especially if you do not eat enough green leafy vegetables as a lack of antioxidants which deliver oxygen to the brain can be part of the problem. But remember, it is good to be tested for nutrient deficiencies before adding too many supplements.

A last consideration is a chiropractic adjustment as poor vertebral alignment may cause reduced blood flow to the brain and in turn cause tension headaches.

Instead of putting a band aid on the symptom, look at potential causes. Eliminating those causes can eliminate the symptom as you are enabling your body to fix the actual problem.

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

Sources: 1) Roberta Wilson; Aromatherapy for vibrant health & Beauty 1994/1995; 2) Dr. Amanda Beckner PhD; Your Body Code personalized nutrition & wellness programs 2009; 3) Mary Courtney Moore 4th edition; Nutritional Care 2001 Mosby, Inc.



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Personalized Medicine: Prescribing Lifestyle

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

A much needed shift is taking place in health care. Our health care delivery system is moving from an unsustainable fee-for-service model to a value- and outcome-based system of care. In the near future doctors will no longer be reimbursed for failed procedures and poor patient outcomes, but rather, they will be rewarded for getting the patient better.

It has been estimated that over 80% of health care spending is directly related to the treatment of conditions rooted in poor lifestyle choices. Chronic diseases and conditions such as hypertension, heart disease, stroke, type 2 diabetes, obesity, osteoporosis, and many types of cancer are among the most common, costly and preventable of all health conditions.

The movement towards personalized lifestyle medicine involves achieving a balance between movement, sleep, stress management, personalized exercise and other non-drug modalities to prevent, treat, and more importantly, reverse lifestyle-related chronic diseases. Let's take a look at these simple prescriptions:

Movement: Sit Less, Stand and Walk

Current research suggests the average American is sitting up to 13 hours per day - up to 70% of the average adult's lifespan. Prolonged sitting has many of the same negative health effects as smoking, including increased mortality. Exercise is not enough to counteract excessive sitting. The remedy is to sit less and stand more: six hours a day of watching TV shortens your lifespan by 4.8 hours. Every hour of TV viewing after the age of 25 takes 22 minutes off a person's life expectancy. The effect of TV viewing is comparable to that of obesity and lack of exercise. Movement, walking in particular, is a simple way to start exercising. Using a pedometer/step counter is one of the easiest ways to gauge your activity level defined by experts as such:

- Inactivity is defined as less than 5000 steps/day.
- Low activity is 5000-8000 steps/day.
- Active is 8000-12500 steps/day.
- Athlete is 12500-18000 steps/day.
- Elite is over 18000 steps/day.

Sleep

The Centers for Disease Control (CDC) has declared sleep insufficiency to be a public health problem that increases risk of cardio-metabolic issues, cancer, depression and mortality. If you have a sleep problem it is important to determine whether it is related to a sleep quantity problem, a sleep maintenance problem, or a breathing problem. To improve sleep hygiene:

1) Avoid 'blue light', that which is emitted from computers, TV's, I-pads, digital clocks and radios, one hour prior to bedtime.

2) Use sleep enhancing behaviors such

as low light reading.

- 3) Avoid stress within one hour of bed time.
- 4) Choose a reasonable and regular bedtime.
- 5) Exercise earlier in the day and get at least 20 minutes of direct sunlight exposure as this stimulates the release of melatonin from the pineal gland.

Stress Management and Mindfulness

The negative effects of stress have been increasingly linked to the state of 'burnout.' Burnout is due largely to workplace concerns like long hours, workload, fairness of compensation, working conditions and social support. Symptoms of burnout include pervasive fatigue; a negative outlook; cynicism about work and the results of the work; irritability with colleagues, clients and family; loss of empathy; withdrawal; absenteeism; physical symptoms including insomnia, GI distress, back pain, headaches; and the whole gamut of stress-related disorders including substance abuse, loss of meaning, loss of self-worth, anxiety, depression and diminished performance.

Mindfulness-based stress reduction brings together mindfulness-meditation and yoga. Mindfulness exercises include mindful breathing, concentration, releasing tension, and walking meditation. See www.mindful.org for more information.

Personalized Exercise Programs

The CDC reports that Americans are not meeting the recommendations for aerobic or muscle-strengthening activity. Fortunately, even small changes in fitness have a major impact. Exercise prescriptions that include frequency, intensity, timing/duration and type are known as FITT. The key elements of FITT tailored to meet individual needs and lifestyles are cardio/aerobic training, strength/resistance training, flexibility/stretching, and balance training. Current research reports that some of the best exercise plans include two types of interval training: high-intensity interval training (HIIT) and supra-maximal interval training or sprint interval training (SIT). Interval training such as SIT and HIIT are characterized by periods of hard physical activity followed by brief periods of rest or recovery; for instance, a 1 minute sprint followed by a 1 minute recovery; 2 minute sprint/2 minute recovery, etc.

Other strategies utilized in personalized lifestyle medicine include a whole food, largely plant-based diet, clean water, and nutrigenomic and detoxification genomic testing to assess your particular metabolic weaknesses and needs.

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

Resources: 1) Institute for Functional Medicine annual conference, 2016; 2) www.mindful.org/five-steps-to-mindfulness/ 3) www.mindfullivingprograms.com/whatMBSR.php

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Frailty in Life and in Health

Every moment of our lives, there is frailty in our health as we walk a fine line between a solid foundation of wellness and strength, and the fragility of impermanence and uncertainty. We can see the beauty of life in both of these extremes.

This message unveils a profound truth learned about the life of the monarch butterfly. The distinct and striking black and orange monarch butterfly flies every November for up to 3,400 miles from Canada and the United States to Mexico. It is common for this winged wonder to travel between 50 to 100 miles a day, taking two months to complete its journey. This journey to Mexico brings them to a unique biosphere reserve where this butterfly hibernates for five months. During the life cycle of the monarch, it is a wonder that they survive. As a matter of fact, this year extreme weather decimated 135 acres of the sanctuary in Mexico where they reside, resulting in the death of 6.2 million butterflies.

We are certainly more resilient than the monarch butterfly; yet, their journey is one to ruminate upon in attempting to understand the frailty of life from one moment to the next. We find out a family member or a friend was just diagnosed with a life-threatening disease, and we then realize the need to be grateful, understanding that each moment is important. A tragic accident hits close to home causing serious injury to someone we know, and it stops us in our tracks, especially if this situation happened to the person who possessed youth, strength and energy.

Everything and everyone in the universe is dancing on the tipping point of life between impenetrability and vulnerability. Nature especially shows us these lessons, and we must honor both aspects within ourselves and others. A newborn baby requiring nurturing life support every step of the way can be an example of this fragility, and a young adult stepping into a new life of independence can be the symbol of strength and resiliency. These tables can be turned with the flip of a coin; therefore, we must probe deeper to understand that in vulnerability and fragility there is the opportunity to strengthen oneself. Conversely, in strength there is a deeper need for support and nurturing.

The monarch butterfly strikes me as a very fragile life force that could blow away or be destroyed easily. This insect travels far, endures many adverse conditions, yet is mighty and intelligent beyond its beautiful appearance. We also have both sides in us. There is a depth of frailty, and also strength, which requires keen awareness and reverence in every moment that we live.

Assisting Your Lymphatic System

By Deb McMahon, R.N., CNHP

The lymphatic system's main function is to transport fluid throughout your body, and to detoxify and dispose of metabolic waste. This system is made up of lymph nodes, lymph vessels and lymph fluid, and includes the thymus, spleen, adenoids and tonsils.

Lymph is the protein rich extracellular body fluid that accumulates when the lymphatic system is damaged. To maintain a healthy lymph system, the lymph fluid needs to keep moving through natural motion such as breathing, exercising, even massage and specialized body wraps. Consuming high quality or organic foods and drinking plenty of water are also key. Eliminating processed foods can deter some of the damage and accumulation of metabolic waste products, some of which are toxic. These toxins may present symptoms of low energy levels, fatigue, and mood swings, and show up physically as clogged fatty tissues (or cellulite). The lymphatic system may also be compromised by diabetes or other chronic diseases.

When your lymph system is not working properly, attention may be needed to help balance the system. Lymph drainage is a powerful method of reducing lymph edema and enhancing natural detoxification. Lymphatic drainage body wraps, sometimes known as body contour wraps, are an effective modality that not only enhances detoxification, but also increases circulation of both the lymphatic and circulatory systems.

During this process a body cream is used containing different vitamins or minerals to help promote detoxification. I recommend and use a niacin cream which opens capillaries and brings blood to the skin's surface encouraging and increasing circulation. After the cream is applied, the body is wrapped for an hour allowing the cream to absorb. Each treatment targets the true source of cellulite by cleansing the tissues where cellulite is trapped resulting in smoother skin and inches lost. Developed by a UCLA Medical Center bio-chemist, this technique was originally formulated to encourage circulatory and lymphatic flow in patients.

Maintaining a healthy lymphatic system is important for your overall health. Not only do your lymph nodes drain tissues, fluids and proteins back to the blood stream, they also allow for the absorption of essential fats and fat-soluble vitamins back into the body. Nodes are also rich in white blood cells (lymphocytes) which are vital in building a healthy immune system; they produce cells that help fight off infections, and filter lymph fluid to get rid of bacteria and harmful (even cancerous) cells.

Assisting the lymphatic system with therapies such as contour body wraps helps the body to balance all its fluid systems (including blood vessels and capillaries), increases circulation, enhances the transport of vital nutrition, and aids in creating a stronger, healthier immune system.

Deb McMahon, R.N., CNHP is the owner of A Healthier You in Palm Desert and can be reached at (760) 360.8877.



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Forgiveness: A Holiday Gift You Can Give Yourself

By Susan Murphy, Ph.D.

This holiday season why not give yourself a precious gift and forgive those who have hurt you?

When you forgive someone, you pardon the mistake or offense. Forgiveness is not a feeling, it is an act of the will – a decision to let go of negative emotions like anger, resentment and thoughts of revenge. By embracing forgiveness, you allow love, peace, joy and gratitude to enter your life and are able to move forward unencumbered.

Everyone has been hurt by the words or actions of people in their inner circle. These wounds could be inflicted by your unfaithful partner, your mother-in-law criticizing your parenting skills, your best friend spreading gossip about you or your trusted colleague double-crossing you in business. When someone you care about hurts you, it's tempting to hold onto your resentment and harbor thoughts of revenge. However, if you don't embrace forgiveness, you may be the one who pays most dearly. A Chinese proverb says, "If you're going to pursue revenge, you'd better dig two graves." In other words, your anger and resentment can destroy you.

Forgiving doesn't mean forgetting the transgression nor condoning the hurtful behavior. The saying, "Fool me once, shame on you. Fool me twice, shame on me," is applicable here. Experience is the best teacher, so I don't recommend that you completely forget that you've been wronged. Clara Barton, founder of the Red Cross, was reminded by a friend of a cruel thing that somebody did to her years before. Barton acted like she didn't remember it, and the friend asked, "Don't you remember?" Her famous reply was, "No, I distinctly remember forgetting it."

What are benefits of forgiving someone? The act of forgiving has many pluses including greater spiritual and psychological well-being, stronger immune system through lower levels of stress and hostility, healthier relationships and higher self-esteem. When you are holding onto grudges from past grievances, you are living in the past and not enjoying the present. I know of one woman who never recovered from the anger and bitterness she felt when her husband filed for divorce 40 years earlier. She lived a miserable, joyless, loveless life and died at 85 years still wearing her wedding band. Her life's potential was never realized, nor was joy and happiness.

Do you always need to confront the person who harmed you? No, sometimes it is more appropriate to forgive privately. For example, one client felt he had been harmed by the cruelty of his parents and he harbored a huge grudge that negatively impacted his life. Peter wrote a letter forgiving them for his mistreatment and flew to Scotland to their gravesites where he read the letter out loud to them. Now, Peter has moved on and can live positively in the present.

All religions preach the importance of forgiveness. The Lord's Prayer includes, "Forgive us our trespasses as we forgive those who trespass against us." Ghandi said, "The weak can never forgive. Forgiveness is the attribute of the strong."

Tips for Forgiving

- Reflect on the situation and how you have reacted to it. How has this transgression affected your life, your health, your well-being? Make a list of the benefits of letting go of your resentment and anger. What is the value of forgiveness?
- Consider the situation from the other person's point of view. Why would he behave the way he did? Were his intentions really to harm you? Oftentimes, the intention was not meant to cause harm to you.
- Reflect on times that you've hurt others and on those who have forgiven you.
- Make a commitment to forgive the person who has offended you.
- Choose to change your mindset from that of a victim to one of having control over your situation and life. You might even find compassion and understanding for the person who has hurt you.
- If you're stuck, talk with a counselor or impartial loved one. Consider writing in a journal or meditating.
- Practice gratitude. It's impossible to be angry and grateful at the same time.
- Visualize the new life that you want. See yourself in the future as free of this pain and suffering.
- Realize that forgiveness is a process and some hurts may need to be forgiven over and over again.

As this holiday season approaches, search your heart for relationships that need forgiveness. It may be yourself who needs to be forgiven by you. Why not give yourself a precious gift and forgive those who have hurt you?

Dr. Susan Murphy is a best-selling author, coach and speaker who specializes in relationships, conflict, leadership and goal-achievement. Dr. Murphy can be reached at Dr.Murphy@LiveWellClinic.org and (760) 674.1615.

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The Different Styles of Acupuncture

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

When people choose to try acupuncture, most do not realize that there are various styles practiced originating from different countries and differing schools of thought.

In the US most acupuncturists are trained in Traditional Chinese Medicine (TCM) which originated in China more than 5,000 years ago. In antiquity, needles were not used; in fact, what we know as acupuncture today developed over time.

In the 1950s Mao Tse Tung, in response to a need for effective and low-cost medicine in a country shattered by war and poverty, decided to reintroduce traditional medicine, which had fallen into disuse by prior governments' efforts to westernize. He gathered the best practitioners still available to create a system that could be disseminated. This became the foundation of modern TCM that is now taught in all countries. As practitioners, we use it as the starting point to our studies. I am proud to note that in one of my visits to China I was honored to meet Cheng Xinnong, the editor of this foundational text, by then a very old man.

As Chinese civilization spread during the Middle Ages, Korea and Japan developed their own styles as well as their own herbologies based on plants native to their regions. Regardless of their differences, all of these styles originated from the same root, like different branches of a tree. That root is the theory of energy (Qi) moving through a system of meridians or freeways in the body, and that imbalances in Qi are the cause of disease. All also utilize the same points on those meridians.

Most styles referenced religious and cultural beliefs of the period and region. Traditional Chinese medicine stemmed from the Taoist belief system, Korean structure grew from Confucianism and Japanese styles from Buddhist beliefs. Over time all became modernized for today's lifestyle and diseases.

TMC is the acupuncture and herbs with which most of us are familiar. Japanese meridian therapy is notable for a much more superficial needle insertion and use of rice grain moxibustion. Korean four-needle technique, as its name implies, often utilizes only four to eight needles while Sooji Chim, or Korean Hand Therapy, treats mainly using points on the hands.

Five-element or constitutional acupuncture is also a major system of thought within Chinese medicine. Historically, it is an important underpinning of medical theory and serves as one of the major diagnostic and treatment protocols. In modern clinical practice the five-element theory is used in varying degrees, depending on the practitioner and style of acupuncture that they practice.

During the last seventy-five years new therapeutic protocols have been promulgated. Taiwanese Master Tung Technique was developed from old family systems that existed prior to the Chinese cultural revolution. It uses distal points and focuses heavily on the interrelation between channels and on body imaging or mirroring. Fewer points are used than in TCM. It has proved useful for immediate relief of pain. Dr. Richard Tan's balance theory, widely used today, grew from Master Tung's theories.

Treatments depend on practitioner and all can have positive outcomes. One practitioner can use different styles, depending on the patient's needs and response.

Diane Sheppard is the founding owner of AcQpoint Wellness Center. She is a licensed acupuncturist with a Ph.D. in Oriental Medicine and can be reached at (760) 775.7900. www.AcQPoint.com.

The Battle Against Myself

Continued from page 5

allergic reaction that was ravaging my skin—it was my own body turning against me. Being given this surprising diagnosis has taught me to never take my health for granted, and even though I have improved significantly since that fateful day in May, I am still on the mend and learning to cope with the healing process of my condition.

Through this long journey, I have learned valuable lessons regarding myself and what truly matters in life. Whether you have a blistering autoimmune disorder or any other visibly noticeable condition, it does not matter what other people think of your appearance. They will never know the challenges you've faced and the battles you've won. The best part is knowing that you have survived through it all and become stronger because of all those times of hardship.

Without a doubt, some days will be better than others, but when you feel you are being overpowered by those negative emotions, remember to surround yourself with love. I am immensely grateful for the support and care my loved ones have shown me, especially my parents, who have been by my side at every doctor's appointment from here in the Coachella Valley all the way to San Bernardino. They are the light that still shines on my darkest moments. Even if it's a hobby or a friend to talk to, find what gives you joy and hold onto that feeling. Happiness is the strongest medicine, and you deserve to feel your best even when your situation may not be.

Finally, and definitely the most important lesson that I've realized, is that you know your body better than anyone else. If you should encounter a physician that does not satisfy your concerns or answer important questions you have, do not settle; seek the help you need until you find a doctor you feel confident will listen to you. I spent months misdiagnosed and being treated as though my observations and concerns weren't relevant. When you know something is deeply wrong, you should always have the full support of a physician who has your best interests in mind.

Sometimes life can throw the most unexpected challenges at us, but we must carry on with the comfort that there will be better days ahead. Despite being confined to my home a majority of the year, I am currently attending college at the Cal State San Bernardino campus in Palm Desert with no intention of letting my condition get the best of me. My body may be at war with itself, but I know I'll come out victorious in the end.

Crystal Harrell is a mass communication student born and raised in the Coachella Valley. After graduating from Cal State San Bernardino, she hopes to pursue a career that enables her to inspire others through her writing. She can be reached at crystalharrellfreelance@gmail.com.



Crystal Harrell and family at her College of the Desert graduation after being diagnosed and put on the right medication.



Relieving Pain with Emotional Wellness

By Dr. Amy Austin R.N., Psy.D., LMFT

“He’s a pain in the neck!” “She left me with a broken heart!” “I just can’t get a leg up these days.” “I can’t stand him!” “If I hear one more deprecating comment from that jerk my head will burst!” “This job is eating me alive!” “He’s a monkey on my back!” “She’s a thorn in my side!”

We’ve heard these sayings so many times that we don’t realize how powerful thoughts, feelings, and words can be. What’s worse, we can, over time, develop physical symptoms and not be able to correlate that those symptoms might have something to do with the beliefs that we have held for years without questioning how we are feeling and behaving emotionally.

Wouldn’t it be a good idea to do some emotional housecleaning in life?

It might be acceptable for a person to have a migraine and then get the sympathy and care they have been craving. What if we were to dig into our deepest, darkest truths and possibly discover that once recognized and addressed we can avoid physical pain?

In her book *The Meaning of Truth*, Nicole Sachs asks one fundamental question, “How long do you want to suffer?” No one really wants to suffer; at least one would like to think that statement to be true. But, if it’s acceptable to get your emotional

needs met by being sick, what might you subconsciously choose? Isn’t it time to live a conscious life? A life devoid of pain after months or years of suffering? A life that is joyous and purposeful and one some doctors might have never guessed possible - without pain?

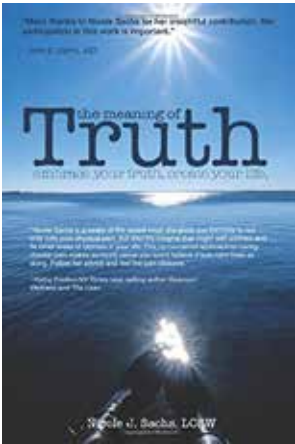
The truth is we need to uncover our truths in order to wake up a sick body. It might be a pain in the butt to do so (pun intended), but what have you got to lose? When pain is an ever present phenomenon and no physical diagnosis is offered, it can leave one frustrated and feeling hopeless.

This article is to create an adjunct – not a replacement - to the medical profession. Physicians do their utmost to diagnose and treat the symptoms that are causing debilitating pain. If tests come back negative, or without exact pain indicators or structural indicators, doctors are

left with little to offer other than the suggestion for pain management. The problem is that many patients are left in a pain management milieu rather than finding and treating more precise medical etiologies.

Here are some suggestions that, along with medical interventions, can open life to new and different possibilities for those suffering from chronic pain:

Continued on page 24



Three Keys to Post-Cancer Recovery

By Sonja Fung, ND

You have finally finished your cancer treatments. After being inundated with doctors and doctor visits for however many months, all of a sudden, you are set free. Yea! ...now what? You’re in the middle of “season” with social events and holidays. How do you create balance while recovering from cancer therapy? Start with these three keys.

Mindful Eating. Over 2000 years ago, the father of modern medicine, Hippocrates, said, “Let food be thy medicine and medicine be thy food.” Don’t get bogged down with all the different kinds of diets that you find online. There is no “one diet” for everyone; however, there is a diet that everyone can certainly avoid - the SAD or “Standard American/Western Diet.” It is estimated that dietary factors are related to 30% of all cancer development, and the SAD diet captures them all. When eaten over time, foods high in poor quality protein, refined sugars/carbohydrates, and bad fats (breads, processed foods, pastries, fried foods, fast foods, alcohol) can lead to the development of cancer by influencing your genetics, environmental exposures, stress, depleted immune system, and weight gain.

What should you eat? Start by maximizing your (mostly) vegetable and fruit consumption to at least 50% of your plate, 25% (ideally) organic lean protein, and 25% healthy fats like nuts and seeds. You should NOT be eating more than 6 tsp of sugar daily.

Move Out Your Stress. A large study recently published in *JAMA Internal Medicine* from the National Cancer Institute showed that moderate exercise activity reduces risk of 13 types of common cancers by up to 38%. Other studies show that you can reduce breast cancer death and recurrence by 60% with moderate daily exercise. Moderate activity includes walking, swimming, Zumba, hiking, yoga, tai chi, etc., for an average of 150 minutes a week. That breaks down to only 22 minutes of daily exercise!

It is critical to have some type of stress reduction technique as part of your complete treatment plan. Whether it is deep

breathing, prayer, exercise, or quilting, doing something that you love brings your body into a parasympathetic mode (relaxation), normalizing your blood pressure, balancing blood sugar, improving your immune system, reducing inflammation, and helping your digestion function more optimally.

Balanced Immune System = Healthy Gut. The key to health starts in your gut which makes up 80% of your immune system. The unfortunate side effect of conventional cancer treatment is the destruction of your digestive system, and subsequently much of your immune balance. The first step in any type of recovery is healing the impaired digestive system and restoring proper function. There are many steps in this process; however, one of the most important steps is removing foods that cause more inflammation in an already inflamed gut (see Mindful Eating above). A comprehensive treatment protocol may also be complemented by vitamins, supplements and IV nutrient therapy.

It’s important to remember that the more you reduce inflammation, the faster your body can heal and recover, and the more you reduce your cancer risk.

Dr. Sonja Fung is a naturopathic primary care doctor with a focus on integrative oncology and IV nutrient therapies at the Live Well Clinic in La Quinta. You can find us on the web at www.livewellclinic.org or call (760) 771-5970.

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Better Together for Community Non-profit cancer support groups join forces

By Gail C. Bardin, MA, LMFT

Five highly respected local cancer support nonprofits —American Cancer Society (ACS), Desert Cancer Foundation, Gilda's Desert Cities, Pendleton Foundation, and Susan G. Komen Inland Empire —are dedicated to serving all those in the Coachella Valley whose lives have been impacted by cancer. They understand that patients as well as their families will need a great deal of support as they embark on the journey that starts when someone hears those three dreaded words, "You have cancer."

But these dedicated nonprofits realize that not everyone is aware of the numerous no-cost services available to them - emotional, educational and social support, funding for medical care, and monies to pay for essentials like gas and groceries while undergoing cancer treatment, to name just a few. Nor do people always know how to access these services.

That's why ACS, Desert Cancer, Gilda's, Pendleton, and Susan G. Komen firmly believe they are "Better Together for Community," and have formed a powerful collaborative by that name.

Spearheaded by Gilda's Club President and CEO Maria Elena Geyer, "Better Together for Community" last year applied for—and was awarded—a \$30,000 Mental Health Initiative Grant from the Regional Access Project (RAP). The grant's purpose: to help the collaborating organizations increase awareness of mental health concerns at various stages of cancer. It funds a public awareness and information-sharing project, outreach to several target populations, and creation of new and improved communications tools for the outreach efforts.

The first population group the collaborators are targeting is eastern Riverside County residents who are most likely to require the emotional (mental health) support services provided by Gilda's Club: those currently impacted by cancer or who are at a higher risk of being diagnosed with cancer, with a focus on un- or under-insured individuals and older adults. The second population group includes African-American and Hispanic residents impacted by cancer, as these groups have high cancer rates but are often underserved.

Among the communication tools that have been developed and widely distributed are culturally sensitive written materials in English and Spanish that clearly present information about all of the collaborating agencies' services. A redesigned Gilda's website also gives access information. And in the near future, if a pending grant comes through, it will be possible for English-language educational talks to be simultaneously translated and transmitted to Spanish-speaking audience members.

Another important aspect of the project is community awareness events. The first two, in late 2015 and early 2016, were co-sponsored by the City of La Quinta and took place on La Quinta's Civic Center campus. In the project's second phase, Better Together outreach events are also planned in somewhat isolated and/or low-income communities such as Desert Highland in Palm Springs and in the East Coachella Valley communities of Coachella, Mecca, Thermal and Oasis.

You don't have to face cancer alone, say "Better Together for Community" partners, and already, they are helping ensure that everyone on the cancer journey in the Coachella Valley is well served.

Gail Bardin is Clinical Director at Gilda's Desert Cities. For more information contact Gilda's Club at (760) 770-5678 or visit www.gildasclubdesertcities.org.

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January 10, 2017 "Fed Up" (1h 32m)

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February 7, 2017 "The Connection" Mind Your Body (1h 12m)

The latest research proves it: There is a direct connection between your mind and your health. Whether it's through stress reduction, meditation, mindful nutrition, or nurturing relationships, you can change your mind to change your health. *After the screening, yoga teacher Jayne Robertson, RYT-500, will lead the audience through a mind-body practice for building integrated health.*

March 7, 2017 "Happy" (1h 13m)

What makes you happy? Work? Family? Nature? The arts? Roko Belik, Oscar® nominated director of *Genghis Blues* explores the nature of happiness worldwide, from the bayous of Louisiana to the deserts of Namibia, to the beaches of Brazil. *Following the movie, stress management expert Kiran Dintyala, MD, will give a special presentation, "Shifting Our Perception of Stress."*



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Hormones and Alzheimer's
Is there a connection?

By Tiffany Baggs, FNP-C

Do we age because we lose our hormones or do we lose our hormones because we age? This is an interesting question because as a population we are living longer than ever before, but the question really needs to be about our quality of life as we age.

Today, everyone seems to know someone that has been diagnosed with, or is suffering from, the effects of Alzheimer's disease or dementia. It is a terrible and painful disease for all involved as it destroys brain function and is ultimately fatal.

There are several factors identified and commonly associated with brain abnormalities resulting in Alzheimer's:

- 1. Beta-amyloid plaques building up between neurons in the brain;
- 2. Neurofibrillary tangles within the neurons (the tangles are composed of the hyper phosphorylated tau protein, which eventually kills the neurons);
- 3. Impaired glucose metabolism in the brain (a degree of insulin resistance);
- 4. Poor blood circulation to the brain.

A 2013 study in the *Journal of Neurology* states that women are eight times more likely to get Alzheimer's than men, and men with low testosterone are three times more likely to suffer from dementia. Testosterone is a vaso-dilator, opening blood vessels and increasing blood flow to the brain resulting in more oxygen and nutrition to the brain.

The connection between metabolism (mitochondria) and Alzheimer's disease is also being established. In 2000, Suzanne de la Monte, MD, MPH, was recognized for her innovative research entitled *Oxidative Injury and Anti-Oxidant Rescue of the Aging Brain* in which she stated that for every Alzheimer's patient the energy metabolism in the mitochondria was decreased; the amount of enzyme formation was decreased; and the number of mitochondria was decreased.

Thyroid hormones increase the metabolic activities of almost all the tissues of the body – including the number and activity of mitochondria. It also increases

the total membrane surface area of the mitochondria in direct proportion to the increased metabolic rate of your body. As the *Textbook of Medical Physiology* states, "It seems almost to be an obvious deduction that principal function of thyroxin [thyroid hormone] might be simply to increase the number and activity of mitochondria."

Millions of Americans are experiencing hypothyroid symptoms and are not being treated because their lab work appears to be in the normal ranges. Thyroid dysfunction has been implicated as a cause of reversible cognitive impairment.


In his book *Solved: The Riddle of Alzheimer's Disease*, Mark Starr, MD, states the following on how hormones help prevent Alzheimer's:

- 1. Vitamin D3 (a hormone) increases the excretion of beta-amyloid from the brain.
- 2. Beta-amyloid-secretion is impaired by both testosterone and estradiol.
- 3. Testosterone and estradiol increase alpha secretase activity. Beta-secretase is an enzyme that prevents production of beta amyloid.
- 4. Testosterone and estradiol increase neprilysin, an enzyme that degrades beta-amyloid.
- 5. Testosterone and progesterone inhibit the hyper phosphorylation of tau protein.
- 6. Testosterone and estradiol improve brain cell glucose metabolism.
- 7. Testosterone and estradiol improve blood flow to the brain.

Self-care and prevention are the keys to optimal health. Paying close attention to how your body feels, and seeking assistance around optimizing your physiology is the key to a long, healthy, and happy life.

Tiffany Baggs is a nurse practitioner with the Preventive Medicine Centers in Palm Springs, CA and Carlsbad, NM. She can be reached at (760) 320.4292. For more information visit www.hormonedoctor.com.

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THE **Paradigm Shift** in Medicine Today

By Jeralyn Brossfield, MD



Creating Health vs. Fighting Disease

A favorite teacher of mine, Robert Fritz, is known as the Father of Structural Dynamics. He teaches two basic truths about advancement in any setting: When we focus on what we want to create, we advance. When we focus on problem-solving, we oscillate.

Oscillation is repetitive movement from one end of the spectrum to the other. A simple example would be yo-yo dieting. In a problem-focused mindset we progress towards our goals, but as soon as there is less of the problem we become less motivated to continue and reversal occurs. It's like a rocking chair moving back and forth. It doesn't really go anywhere.

Compare the above scenario to a car focused towards a destination. There is no decrease in drive and motivation until the destination is reached, and at that point there becomes a new destination. There is constant advancement towards the goal.

Health creation follows this same rule: Focus on the problem and we tend to advance and then reverse in our progress. Imagine if instead of focusing on the problem, such as high blood pressure, high cholesterol, or high body fat, we focused on what we want to create. Or in other words, if all those problems were gone, would we have the health we want? What if we shifted our focus to doing what was needed to have the life we want?

This idea is integral to the practice of Functional Medicine. Creating health has an automatic side-effect of reducing disease. So if we make an honest reality check to understand our starting point and compare that to our health destination, we can create a plan with more certain results of advancement rather than oscillation. Our focus is on an experience that we desire and as we near that reality, we look again at what is possible next from our new healthy vantage point. This leads to an onward progression towards more of what we want and sustains the progress we have achieved.

Western medicine has become a problem-focused structure. Physicians are taught to curate the signs and symptoms the patient presents, then to create a differential diagnosis of possible problems that explain the condition of the patient, and then to narrow that list to a single problem that can be treated. Our focus becomes the problem rather than the experience of the whole person.

Integrative care uses the presenting problem as a guide of where to start in building a whole, healthy patient. If health is the goal, then all actions support this starting point where the patient is distressed. So if a patient seeks vitality but has high-blood pressure, an integrative or functional approach looks to heal the underlying cause of the high-blood pressure because this cause is creating a

Continued on page 23



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Why Absolutely No Situation Is Hopeless

By Kiran Dintyala, MD, MPH, ABIHM

There will be times when life's challenges will cause extreme misery and sorrow. No matter what you do or how hard you try, you may feel that your situation is hopeless. You feel stuck in the tunnel of despair. Everything around you looks dark and uncertain. It seems as if things are falling apart, and your world is coming to an end.

It is very hard to see a way out of your problems when you are enveloped by darkness and despair. During these times, there are four fundamental and positive forces that can lead you out of despair and unveil solutions to your problems.

Hope

First, there is *hope*. Without hope, nothing can be achieved in life. People do terrible things to themselves and others when they feel hopeless, including suicide or murder. So the most important power we all have to nurture is the power of hope. We should never say our situation is hopeless; to say that our situation is hopeless means to doubt the infinite power we all are endowed with from birth.

This Universe is not designed to be scarce. The default design of this Universe is abundance. Those who find strength to see at least a ray of hope, even in the darkest hours of their life, will find a way out of their problems for sure. This is an indisputable truth of life. It is the power of hope that helps people see the light at the end of this tunnel. The stronger the feeling of hope, the easier it is to emerge out of the tunnel of despair.

Faith

But hope alone is not sufficient. As you travel through this dark tunnel of despair, your abilities will be tested and self-doubt may plague you. Doubt erodes self-confidence. But during those times of self-doubt, it is the power of *faith* that propels you forward. Deep inside, if you have faith that things will get better no matter how dark your situation may look today, you will overcome your self-doubt. Know that this Universe is not designed to fill us with doubt and despair. Life tests us so that we may ignite our willpower and awaken ourselves to the full power and potential of which we are inherently capable. The power of faith will propel you forward towards success, even under trying circumstances.



There is always a light at the end of a dark tunnel.

Patience

As you propel yourself forward through this tunnel of despair, with faith and hope, you still might not find the solutions that you are looking for. Sometimes it seems as if there is no end to this tunnel. To emerge out of it successfully, along with faith and hope, you need *patience*. Be patient until you reach the other end of the tunnel where it is full of light, where you see everything clearly and find what you want in life. You can't just say, "I am hopeful and have faith but I need solutions right away. I can't wait!" Well, sometimes you have to wait. *Patience is a virtue*. If you lack patience, you are certain to fail despite being endowed with other great qualities. If you have enough patience, it is absolutely certain that you will emerge victorious even from the most difficult and darkest situations in your life.

Endurance

As you move forward with patience, your *endurance* will also be tested. Obstacles will arise in your path. With every obstacle, make sure that your resolve to win gets stronger, not weaker. Life is not a sprint; it is a marathon. To run a sprint, a short burst of energy is sufficient. But to run a marathon, you need to maintain sustained levels of energy and endurance. The only way to develop this endurance is to keep trying and pushing yourself forward through all obstacles. One day, you will develop so much endurance that you will finally run the marathon of your life with so much ease that even if everyone and everything around you is falling apart, you will remain strong and unshakable.

Remember, there is always light at the end of the tunnel. As you get closer and closer to the end of the tunnel, the light will shine brighter and brighter. Just make the effort to get all the way through the tunnel. Imagine yourself having that invincible power of an absolutely calm state of mind. Such a feeling is very uplifting and will provide you with energy and endurance to move forward despite all obstacles in your path. You will finally emerge out of the tunnel of despair, penetrating the darkness around you. Bathed in that revealing, brilliant light at the end of the tunnel, you will feel relieved, refreshed, and rejuvenated!

Dr. Kiran is a physician and stress management expert and can be reached at Dr.Kiran@StressFreeRevolution.com. (860) 375.0446. For more on how to live with less stress and more joy, please visit www.StressFreeRevolution.com

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Marketing Your Medical Practice Online

By Isning Gamez

Just like other industries, the medical health industry needs to adapt to the marketing trends of today. Gone are the days when word of mouth alone drove your business forward. In the past, your company might have been the only one providing that service in your radius, whereas now you might have two or more similar companies on your street. In order to attract new patients and showcase your credibility, your practice needs to be present both online and offline. This article will consider non-traditional ways doctors can promote their businesses through a variety of marketing channels.

Social Media Marketing. Having an online presence is of utmost importance in this digital age. You want to be active on a platform that promotes engagement with your audience, in this case, your patients. Social media allows you to improve your reach and connect with people with whom you would not communicate.

Remember that the interaction, posts, and engagement should be consistent on these pages in order to reap the benefits. Also, make sure that the entire staff’s LinkedIn profiles are up to date and accurate. This is where people will check to confirm you are who you say you are.

Video Testimonials. Many times people trust the opinions of other people more than what the company itself advocates. Video testimonials are used to show how real patients have experienced the services of your practice. These individuals will add credibility to your medical practice and explain what it’s like to deal with you, your staff and the consultation as a whole.

Podcasts, Article Content and YouTube Videos. Another great way to showcase your expertise as a doctor and team of professionals is via video content. This could be done in the form a weekly or monthly video on YouTube where you discuss complex topics, answer questions that your patients regularly ask, or just talk about living a healthy life.

According to a study done by the Pew Research Center, one in three American adults have gone online to figure out a medical condition. These days, patients tend to self-diagnose because of all the articles and resources online - but you need to break through the ‘noise’ and provide them with accurate, reliable content that they can trust.

By doing this, you aren’t just promoting your practice, you are also establishing yourself as a reliable source and brand.

Customized Web Design. The Pew Research Center also states that 47% of internet users search for information about doctors or other health professionals.

Did you know that you can develop custom websites aimed at promoting doctors and others in the medical health industry? Web design companies include and exclude certain features when it comes to user-friendly web design for doctors. At the end of the day, it’s all about conversion, growth, adding value, informing your audience and making it easy for them to contact you. Professional web design companies know exactly how to do the above-mentioned with customized web design.

This article showcases the importance of an online presence for medical practices because that is where the conversation is happening, and you want to make sure you add value to that conversation. Of course, there are also numerous offline print methods to use for business marketing and if your budget allows for television advertising, go for it as that video can also be used as advertisements on other YouTube channels. Collaborate with a professional team of filmmakers and videographers to make sure that your concept comes to life in a professional, yet relatable manner.

That is how you will become memorable.

Isning Gamez is a TV Producer and Web Designer and can be reached at (760) 610.4106. Visit www.isning.com for more information.

Life, Love and Impact

Courtesy of Deborah Tryon, Financial Advisor

Family can be a source of nurture, inspiration and companionship. Family can also be the source of our deepest worries and concerns. After ensuring your financial house is in order, it may be time for you to answer the question, “If you could make the world better in one significant way, what would it be?”

With great wealth, comes great opportunity. Americans donated an estimated \$358.38 billion to charity in 2014.¹ As your assets grow, so does your ability to create change for the people, institutions and causes that are near and dear to your heart. Studies completed by the Women Philanthropy Institute found that the wealthiest American women over age 50 are more likely to give 3% or more of their income to charity than their male peers – those same women give 156% more to charity than affluent men.²

Some questions you may want to consider when setting a philanthropic strategy within your estate plan include:

- How will I decide on my giving goals and approach?
- How will I choose which organizations to support or which social impact businesses to invest in?
- How will philanthropic dollars be invested and how much will be dispersed?
- Who will be involved in the decision-making?
- How will I make sure this legacy lives on even after I’m gone?

A good starting point to consider will be on focusing your ambitions. More often than not you may find yourself with too many great ideas; start off by figuring out “What do I want to accomplish?” To help you reach a decision, sort your objectives into four categories:

- Core: The area or areas where your primary passions lie
- Discretionary: The causes you support at the behest of others
- Emergency: Temporary, reactive causes (i.e., disaster relief)
- Other causes outside your core interests

Once you’ve set your goals, develop your philanthropic mission statement and put it on paper. Having a clear and concise message will set guidelines and boundaries for family members and friends who want to get involved. Take action and track your progress by identifying your patterns of giving. Only then will you be able to gauge how well your current actions are aligned with your stated goals and mission.

To help increase your effectiveness throughout your giving journey there are several tools you may want to incorporate into your comprehensive wealth plan:

- Charitable Remainder Trusts: Allow you to provide for both a non-charitable recipient (such as yourself) and a valued cause.
- Charitable Lead Trusts: Beneficiaries are paid only after income is granted to a specified cause or organization.
- Private Foundations: A trust or nonprofit corporation usually funded by a small group of individuals.

Whether you have a well-formed vision of the change you would like to effect or you are just beginning to explore your philanthropic ambitions remember, as Mahatma Gandhi once said, “Be the change that you wish to see in the world.”

Deborah Tryon is a financial advisor with the Dewing-Tryon Group at Morgan Stanley in Palm Desert and can be reached at (760) 776.6227. CA license oH8751.

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Sweeten Your Holidays

Sometimes we feel all of our efforts to stay in shape and eat healthily during the summer are slowly trumped by temptation of the holiday season's treats and sweets.

Sugar can be the single ingredient in our diet that separates us from our skinny jeans. Since we would all like to have our cake and actually eat it too, here are some sugar alternatives that will help you alleviate the extra pounds, and better yet, may even provide a healthy dose of nutrition.

Stevia is a zero calorie, natural sweetener that can be used in anything from morning coffee to pumpkin pie. This is an ideal option for those who struggle with diabetes or blood sugar issues. Stevia comes from a plant, so is natural in origin; however, some packaged sources are not as healthy as they seem, as many commercial brands mix it with unnatural ingredients. Real stevia is a green leaf ground up into a powder which sometimes can have a bitter after taste that some don't like. Improvements were made over the years to remove bitterness, resulting in a liquid extract. Sweet Leaf, a non-GMO brand with no additives, is my favorite and comes in different flavors to make baking even more fun.

Raw honey provides many health benefits. Used in many ancient medicinal remedies, it contains powerful antioxidants called polyphenols which help heal the body, anti-inflammatory properties, and even antimicrobial compounds that fight off bacteria, especially in the mouth. Take note that not all honey is the same. Manuka honey is ideal for most of the medicinal properties. If Manuka is out of budget, raw honey sweetens recipes and supplies high antioxidant content. Locally sourced, raw honey has been long thought to help with seasonal allergies and the immune system. Avoid regular store brand honey which is usually processed, as it is void of the health benefits and acts just like cane sugar.

Dates are the greatest source of nutrition of all the above-mentioned sugar alternatives. Dates supply calcium, iron, phosphorus, sodium, potassium, magnesium, and zinc. This autumnal fruit also contains vitamins such as riboflavin, thiamin, niacin, folate, and vitamins A and K. Dates have been reported to help with constipation as they also have high fiber content. Dates are not considered low in sugar by any means, but from a nutrition perspective, they beat plain sugar any day!

Coconut Sugar is the easiest replacement for white sugar in any recipe. You simply swap sugars in equal amounts. Derived from coconut water, it supplies electrolytes and is high in potassium and other nutrients. Since it also scores low on the glycemic index, you can keep blood sugar more stable and increase your nutrition at the same time.

Please know that if you are using regular sugar in your baking and cooking, the majority of today's sugar usually comes from genetically modified beets and corn. Artificial sweeteners are no better, as they are toxic to the brain and body.

This season, create a more nutritious version of "treats you can't say no to" by using one or a mix of these healthier options.

Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221. www.GlutenFreeWithTiffany.com

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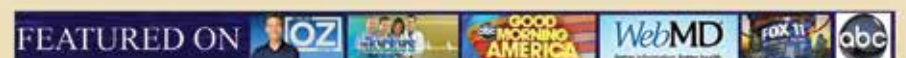
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Face Lifts: The Real Deal

One of the nice things about a free market economy is competition, which creates the incentive to be better at what we do. In medicine, we strive to achieve our patients' goals more predictably, with shorter recovery and less down time. The competition between health care providers, medical device companies and pharmaceutical companies encourages evolution and development at a rapid rate. It makes us better.

Unfortunately, competition also provides incentive to make claims that bend the truth in order to gain a financial advantage. Safe guards are in place, but I commonly see treatment that is described as non-surgical when it isn't; or non-invasive when it actually is invasive.

So, what's the real deal in face lifting? Is there a non-surgical lift? Is there an incision-less face lift? Let's remove the smoke and mirrors and reveal the state of the art in facial rejuvenation.

I perform face lifts in four ways, including the traditional facelift, the O-lift, hybrid jawline contouring, and non-invasive techniques which require no incision. No beating around the bush, three of these are surgical; one is not. Procedures promising weekend recovery, and/or involve chin implants and liposuction are surgical, even if they claim to be non-surgical.

These are the four types of surgery I have offered for nearly 30 years. Let's go from least to most as it pertains to expense, recovery and invasiveness.

Non-surgical

An aged, droopy face is caused by an imbalance between how much face you have and how much skin you have to cover it. So the least invasive methods address that discrepancy one of two ways: shrink the covering or fill the face.

Filling the face is easy and fast with nearly no recovery. We call it the liquid facelift. We inject fillers or collagen stimulators into the hollow areas of the face, filling out the skin and improving the contours. The result is a smoother, fuller more youthful look that can be instantaneous. There are many fillers out there, but the ones we rely upon the most are Sculptra, Voluma, and Lyft.

Shrinking the facial skin can be done two ways: ablative and non-ablative. My favorite ablative technique is Total FX laser because it offers both deep skin tightening and resurfacing of the fine wrinkles in one treatment. Even though this treatment involves a week or so of down time, it is considered non-invasive because no incisions are made. Non-ablative methods use a laser or radio waves to penetrate and stimulate the deep dermis and leave no surface changes at all. Thermage (radio wave) patients are back to work the next day and the face tightens over a 6-month period.

Hybrid Jawline Contouring

One of the first things that makes a person look older is a jowl. It is the fullness along the jaw-line next to a relatively receded chin. That is where neck and jaw line contouring come in. It is surgical, but it offers a predictably fast recovery of just a few days with a result that lasts years, not months.

We now can remove small amounts of fat in the jowl and neck while using an ultrasonic probe to stimulate tightening of the skin down the line. When this is conducted with special sutures along the neckbands and sometimes a small implant to fill in the pre-jowl sulcus (the indent just inside the jowl), the jaw line can benefit from a miraculous improvement with a single 1- or 2-centimeter incision beneath the chin. The recovery is fast and the impact is vast.

The O-Lift

The O-Lift is my personal answer to the abbreviated facelift. The O-Lift is a moderate facelift through a very short incision. We lift both the muscle and skin and yes, there is an incision. It's hard to find, but it's there, hidden within the natural folds of the ear and the side-burn area of the temple. I have revealed my results on our show *The Doctors* in only three days, but healing of ten days is more typical. We do this type of surgery on many women and men in their 40s and 50s. We often combine it with other procedures like blepharoplasty (eye lids) and forehead lifting through a scope with tiny incisions.

Traditional Facelift

When I perform a traditional face-lift, I am usually doing it for someone who has earned their lines, people in their 60s and 70s who have waited until they really needed it to correct deep furrows, heavy jowls and a collapsed neck with substantial banding. This patient is looking for improvement all the way from the Adam's apple to the hairline. Our incision is similar to the O-Lift but extends around the ear lobe in a natural crease and runs up the back of the ear to, and along, the hairline. Both the skin and muscle are lifted in a vertical vector so that the face is lifted, not pulled. The result is a dramatic transformation that sometimes makes old friends gasp. While the improvement is dramatic, I am careful to attain a natural look that does not look "done."

So, there you have it, the real deal in face lifting. When considering a procedure, be sure to ask questions to ensure realistic expectations, and when considering a plastic surgeon, I recommend an experienced board-certified specialist. It's better to do it once and do it right than to attempt some half measure that may result in regret.

Dr. Ordon is medical director of The Plastic Surgery Institute in Rancho Mirage and co-host of The Doctors television show. The Plastic Surgery Institute can be reached at (760) 568.2211.

Creating Health vs. Fighting Disease

Continued from page 19

system-wide impact on the patient. Incorporating healthy habits that have a side effect of lowering the blood pressure moves the patient towards vitality and the blood pressure tends to resolve in the process.

Focusing on what we want to create begins an endless pattern that is sometimes described as a repeated cycle of action – result – evaluation – adjustment. As we implement this tool in viewing our health we shift our focus towards what vitality and health mean to each one of us personally and are empowered to create a life of meaning on our own terms!

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

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Homeopathic medicines are excellent natural remedies to keep stocked for cold and flu season. Homeopathy is a safe, effective, and innocuous system of medicine that, in most cases, can be given with little to no interference with other pharmaceutical medications; the large majority can also be given to children of most ages.

The following homeopathic remedies are the top 5 remedies to keep on hand that cover typical cold and flu symptoms for children – and adults. They are best given at the first signs of symptoms and can be continually given until symptoms resolve.

ACONITUM. Common cold symptoms for this remedy are post nasal drip, sneezing, clear or watery nasal discharge, sore or burning throat, headache, dry eyes, and possible ear pain. This remedy is most useful during the first 24 hours of a cold and possibly after being exposed to dry, cold weather. The child will experience a dry, hoarse, croupy cough, especially worse at night or after falling asleep. The child has a dry mouth and some difficulty breathing but cannot cough up sputum. The cough is worse from being cold, drinking cold water, and lying on his or her side.

ALLIUM CEPA. Symptoms of this remedy are for colds or allergies when the child has profuse, watery, burning nasal discharge which is made worse in a warm room and frequent sneezing. The nasal discharge will eventually cause burning nostrils and pain when wiping the nose. The child may have reddened, watery eyes and will want to rub his eyes for relief. There also may be a congestive headache in the front part of head or forehead.

BELLADONNA. This is an appropriate remedy to keep on hand for sudden hot,

high fevers that come on rapidly. It can be used to help bring down high fevers. The child may also have a red face, hot skin, and become extremely sensitive to light and movement. Other symptoms might include a very red sore throat, a pounding headache, and cough. The child may experience alternating chills and heat.

EUPATORIUM. This remedy is helpful for severe aching deep in the bones that make the child feel sore all over his or her body. The child will feel extremely exhausted, ache, have a painful cough, and pain in the eyeballs. The child may specifically ask for cold water to drink. He or she will also have a fever that may turn to chills.

OSCILLOCOCCINUM. This is a great remedy for prevention and early treatment of flu. It can be used when there is exposure to flu and to prevent flu when others are ill in the home. If no other remedies appear to treat the symptoms and the person has a viral flu, this is always a great remedy to try.

Homeopathic remedies are not intended to replace necessary medical interventions; however, when used appropriately, they can mitigate symptoms, ease discomfort, and limit the severity of cold and flu symptoms. They can be dosed every few hours until symptoms subside. It is highly recommended to keep remedies on hand to treat uncomfortable cold and flu symptoms in children, especially during those difficult, long nights when children have trouble sleeping and coping with their cold and flu discomfort.

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

Relieving Pain with Emotional Wellness

Continued from page 17

Look Inside

Begin questioning, exploring, and pondering the thoughts you think every day - the 'oddly comfortable' thoughts you believe without question and share with family and friends. There are two parts of us - the one we present to the world and the one that lives internally which no one can see. Try a little assignment. Take three sheets of paper. On the first page draw your face. It's the face that you think the world sees. Remember, you don't have to be a Picasso. Anything you draw is acceptable because it's only for YOU. On the second sheet draw the face that exists just below the face you present to others. Put that paper under the first. Finally, draw the face that no one ever sees, the face that lives in the darkest, deepest part of you. Now, look at the drawings and try to interpret what you see. You might come up with some poignant insights. What might you be hiding or protecting? What part(s) of you are craving to be revealed in order to free you from pain?

Begin a Journal

Here's a major part of this growth process. Begin journaling every day for twenty minutes. If you've never journaled before, remember to write like no one is watching over your shoulder and let it all out! Sachs advises to begin by dividing your paper into three sections. The first is labeled "childhood"; the second, "present life"; and the third, "personality." Don't be afraid to scream, get real, get raw, be vulnerable, go deep, be introspective, or show anger, resentment, or joy - whatever it takes to reach your deep, dark (and light) truths. This is a key to eventual emotional and physical release, healing, and wellness. And, yes, this is not a cure-all for many diagnosed medical issues.

Speak with Self

Have many heart-to-heart talks with yourself to determine what needs to be explored to provide a renewed sense of self that is free of resentments, wounds, and unresolved hurts. Question your need for perfectionism and holding grudges. Are you self destructive? Do you sabotage relationships or success? Question why you feel you need to be the perfect parent, spouse, employee. Are you choosing pain, despair, indignation, depression, anxiety, or obsession?

The most important thing is to live in wellness, with the normal challenges life brings, without mental, emotional, and physical pain. Get ready for the ride of your life if you become open and motivated. If you've read this far, I think you are ready.

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



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Food Shopping

Life was simple in my early childhood. My retired grandparents' small farm, east of Berlin, was my home in the turbulent years of 1932 to the 1940s. The village was surrounded by verdant farmland, managed forests of deciduous and coniferous trees, and crystal clear lakes teeming with fish.

On our small piece of land my grandparents grew fruit trees, berry bushes and a garden with a variety of vegetables and herbs. Flowerbeds surrounded the house. Our friends, the chickens, roamed freely, vigilantly protected by a colorful rooster. My job was to collect the eggs.

The fruits were preserved in mason jars to last through the winter. Potatoes and some tuberous vegetables rested in the dark of the basement waiting to be used in organic meals. Water needed to be fetched in buckets from a pump on the street.

To a great extent we lived off the land, except for these providers: a grocer provided foods like flour, sugar, condiments and other necessities. From the butcher shop we got fresh meats and the all important German sausages. The baker had crispy, dark bread, rolls, cookies and cake.

There were no supermarkets – a real blessing.

Fast forward to today: The population increased, with people living in the bigger cities. Food must be grown and distributed in large quantities. The consumer demanded greater variety and convenience. For better or worse, supermarkets were the result of this trend. Supermarket chains are large corporations

managed to increase convenience, sales and profits. For the better, they provide greater variety, more convenience and the possible price advantage due to quantity buying power, but “buyer beware!”

This new distribution model required increased sales. The consumer had to be persuaded that product A was better than product B. The method needed was soon labeled “marketing” – naming, advertising, promoting, packaging, and controlling shelf space of the product – adding cost to the product on top of the cost of manufacturing. It is a balancing act to add these intrinsic costs to the end cost to the consumer.

The bottom line is, the consumer pays at least a portion of the marketing expenses not directly related to the basic value of the item itself.

How can we lessen the price effect of these many add-ons?

Grandmother only paid for the basic product. So can we, to some extent.

When selecting fresh food, shop the periphery of display areas. Avoid shopping the rows of aisles with the overabundance of packaged goods which have questionable nutritional value. Study the labels to avoid unhealthy ingredients. Assess the size of the package in relation to the weight of its content.

Or better yet, emulate how your grandparents lived and visit your local farmers' market.

George can be reached at ugadolph@live.com.

Mizell's Senior Holiday Program Faces Growing Need

This Christmas, many of us will ask for new computers, spa treatments, or maybe even a new car. But for some valley seniors, a new toothbrush would be a welcomed gift.

The Mizell Senior Center hopes to be there once again with their Holiday Gift Bag Program which delivers basic necessities such as soap, slippers, blankets - and toothbrushes - to hundreds of homebound seniors over the three days preceding Christmas.

This year, however, the center faces major challenges as the gift deliveries take place through their Meals on Wheels program, and that program now serves 350 seniors per day valley-wide, so resources are stretched thin. “With the Mizell Senior Center Meals on Wheels program now serving seniors from Palm Springs to Desert Hot Springs to the Salton Sea, there are even more who are in desperate need of basic necessities, especially in the east valley,” stated Executive Director Ginny Foat. Over 90% of valley-wide Meals on Wheels recipients live at or below the federal poverty level; many are frail and homebound and living alone without any social support.

“The seniors we are serving are the poorest of the poor, forgotten in dilapidated trailers or living alone and isolated throughout the valley,” continued Foat, whose greatest concern is that gift packages may not be available to all those they serve. “Mizell Senior Center is committed to making sure that seniors are not forgotten this season. We will do all we can to brighten their holidays while meeting their basic needs.”

The center is asking community members, individuals and companies, for help to ensure each senior in their program receives a Holiday Gift Bag. Generous contributions of basic household necessities such as soap, shampoo, lotion and toiletries are desperately needed. Individuals can also donate gifts for their Giving Tree program. Donations are accepted at the Mizell Senior Center front desk Monday through Friday from 8:00a.m. to 5:00p.m. on or before December 18.

For many homebound seniors, these gift bags bring holiday cheer and a sense of family. Last year, Evelyn wrote “... Thank you so much. The bag of gifts and personal items had everything we needed. You keep us going and enjoying life.”

Mizell Senior Center has been serving the Coachella Valley for 42 years and is expected to provide over 120,000 meals this year through its Meals on Wheels Program. During the holidays, they put forth an extra effort to provide holiday meals and personal necessities, as well as volunteers to visit with seniors who will be alone.

Foat adds, “We have come to depend on a caring community to make sure that these vulnerable and lonely seniors will not be forgotten and without a caring gift during the holidays.”

For additional information, call Mizell at (760) 323.5689, visit their website at www.mizell.org, or drop by the center located at 480 S Sunrise Way in Palm Springs.



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The Tennis Player in Motion

By Louise Evans

Elite tennis players make it look easy and effortless. By comparison, those at the amateur level may display movement skills, strokes, and fitness that leave something to be desired.

Tennis is a lifelong sport, and all players share a common desire to perfect their skills, and a drive to continue to improve both their technique and physical preparation - all while staying injury-free. Good coaches can help improve technique and fitness, but proper technique can only be attained if you have the range of motion required for successful positioning and stroke execution.

This is where movement conditioning can play a big role. Tennis requires strength, flexibility, power, endurance, and speed, and each of these requires a well-trained muscular system. A successful tennis player must be able to get to the ball early and set up properly. Typically, this requires quite a few adjustment steps as you recognize the path, spin, and pace of the incoming ball. In fact, tennis can be characterized as a game of emergencies. It is not uncommon for players to perform more than 500 directional changes during a single match or practice, thus the tendency for injury to weak muscles and joints.

Here are some tips for successful movement training:

- Since the vast majority of tennis movements are side to side, it is important to focus 60 to 80 percent of training on these movement patterns. The legs are

the first link in transferring forces from the lower to the upper body. Newton's third law of motion states that for every action there is an equal and opposite reaction. In tennis, this refers to the ground reaction force that enables that force to be transferred from one body part to the next. The key to do this most efficiently and effectively is to time the segments correctly (not leaving out any segments) and preparing your body to be strong and flexible enough to handle the stresses imposed.

- Think of the midsection of your body as a cylinder when it comes to training. Exercises should be designed to move the front, back and side of the torso through multiple planes of motion. Tennis strokes require rotational movements as well as flexion and extension, frequently all in one stroke.
- The dominant side of the upper body is much more involved in each stroke than the non-dominant side. Therefore, in addition to training the dominant side for performance purposes, you need to train the non-dominant side for balance and injury prevention.

To perform optimally in all sports, we also need to consider rest and recovery, as well as a balanced mental, emotional and spiritual state of wellbeing.

Louise Evans is the owner of Mot'us Floatation and Wellness Center in Palm Desert. She has worked with elite tennis and squash players in the UK and will be holding a workshop on physical conditioning for tennis in association with Kevin Connelly, tennis pro at Westin Mission Hills. For more information, visit www.motuswellbeing.com or call (760) 610.5761.



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The Many Benefits of Exercise Balls

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

The term "Swiss ball," also known as the exercise ball, was made popular by U.S. therapists who first saw their use in physical therapy clinics in Switzerland. Actually, the balls originated in Italy when a toy manufacturer, Aquilino Cosani, first produced large vinyl balls in 1963. His Gymnastik™ balls were used in hospitals and clinics in Europe. Cosani later developed the ever popular line of Gymnic™ balls.

For many years, the exercise ball was used primarily for physical therapy before making its way into the fitness industry. Al Vermeil, strength and conditioning coach with the Chicago Bulls, was the first hall of fame coach to integrate Swiss ball training into the professional sports training arena. The balls are now used widely in gyms, therapy clinics and high performance strength and conditioning arenas. However, when I visit local gyms, I often notice them sitting in a corner nearly deflated and rarely used. It seems few know the advantages of using this phenomenal - and inexpensive - piece of equipment.

The following summarizes the main advantages of using the Swiss ball as part of your workout.

1. **Improved posture** - Moshe Feldenkrais, who developed a therapy for human movement, postulated that the worse your posture, the more energy it takes to move your body. Americans' postures are not helped by the fact that we sit entirely too much, looking at the computer or cell phone for hours each day. Sitting on a ball at work can wake up those muscles while still allowing productivity. Exercising on the ball requires also the use of postural muscles not needed when doing machine-based exercises. You can sit on it, lie on it, kneel or stand on it, and almost the entire body is activated as you try to avoid falling off the ball.



That ball in the corner of the gym can provide an effective – and fun - workout.

2. **Improved balance/stability** - Ball training improves the function of neutralizer and stabilizer musculature. Neutralizer muscles counteract the actions of other muscles to ensure smooth, coordinated movements, while stabilizer muscles surround your joints and protect them from injury.

3. **Nervous system activation** - Swiss ball training encourages a high level of nervous system activity, so that when you go out in the real world you can adapt to sudden changes in the environment and your base of support.

4. **Core and extremities strengthening** - Swiss ball training requires constant activation of your core. Placing your body in different positions and using one arm at a time or one leg at a time forces the opposite side to work extremely hard to maintain good posture and balance.

5. **Effective rehabilitation tool** - Because of its instability, the Swiss ball recruits many muscles at once and aids in post-surgical rehabilitation. After spinal surgery, although the patient cannot handle spinal compression, one can safely rehabilitate with only 25-35% of horizontal compression by sitting on the ball, as compared to the compression while standing. You can get the body into positions that activate many muscles with the least amount of compression, and this can be done with any joint.

Michael K. Butler is co-owner of Kinetix Health and Performance Center and can be reached at (760) 200.1719. michael@kinetixcenter.com. www.kinetixcenter.com



Holiday Meals for the Paleo Lifestyle

By Pam Salvadore

New York Times bestselling author Danielle Walker has a lot to celebrate in her new cookbook *Celebrations*, a collection of tasty holiday recipes she’s reformulated for those who live the Paleo lifestyle.

Walker’s story is an empowering example of taking control of your body and health through nutrition. In her early twenties, she suffered an incredible battle with ulcerative colitis, an autoimmune disease causing abdominal pain and deficient nutrient absorption, which inspired her popular blog *Against All Grain* and three subsequent cookbooks. Each compilation outlines the dietary changes and recipe conversions that put her disease into remission. While Walker won’t dictate “rules” to her readers, she encourages them to identify their own trigger foods and balance those with the realities of their lives.

I recently had a chance to chat with Walker about the steps that brought her to where she is today.

DH: There are more than 200,000 new cases of ulcerative colitis (UC) diagnosed each year. Are there any long-term consequences to the condition?

DW: If symptoms are ignored, UC can lead to colon cancer and even death. You have to be proactive about taking care of yourself and cannot allow your body to stay in a flare [inflamed state] for an extended period of time. It can also cause prolonged anemia and malabsorption which can result in a host of other side effects.

DH: Changing one’s diet can be hard for families. What has been your experience?

DW: When I first changed my diet, I was having a hard time sticking with it because others in my family were still eating things that I loved that I knew I couldn’t eat. It wasn’t long before my incredible husband decided to eat the same way I did in support of my health. He would occasionally have a burger or pasta when he was at work and would later complain that he was so tired, and how his stomach was bothering him. That’s when he realized he had a gluten intolerance. Since then, he has been 100% gluten-free and Paleo 90% of the time.

DH: More and more people are experiencing that. Do you think that certain intolerances could be the result of genetically modifying food?

DW: Absolutely. The way that certain foods are produced and modified in America is so different from other countries. I’ve heard stories of folks with celiac being able to tolerate pastas and breads on trips to Europe because the wheat is so different there. I also think a lot of it has to do with what we are spraying on our crops here in America.

DH: Your cookbooks encourage people to cook with real ingredients. Do you find that the proliferation of gluten-free and Paleo foods on store shelves helps or hinders good health?

DW: I think it’s amazing that so many stores and restaurants are becoming

more aware of food sensitivities and allergies. That being said, there are many products being marketed as gluten-free which give people the misconception that it’s healthy for you. I think that people need to realize that processed gluten-free foods should be consumed in moderation, just as you would with any snack. I love that I can find Paleo treats or snacks for my family on the market shelf, but I still make sure to check the

ingredients because I find some still include additives or gums. My advice: always check the label, and make it homemade if possible.

DH: The secret to a Paleo or gluten-free lifestyle is being aware of substitute foods. Is there any one recipe conversion that stumps you?

DW: Many people ask for a substitute for coconut flour in recipes either because they are allergic or simply don’t like the taste. Unfortunately, that is one of the hardest things to substitute as coconut flour is extremely absorbent and really unlike anything on the market. Some say you can substitute in other grain-free flours like almond flour or arrowroot starch, but I find it really does not mimic the same texture that coconut flour can provide.

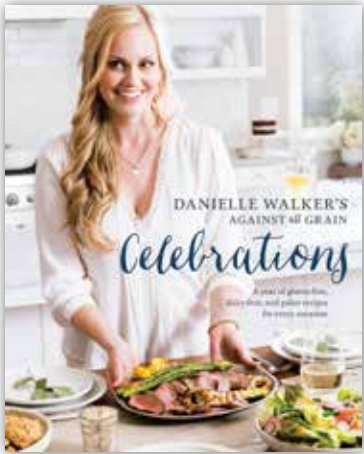
DH: What is the number one thing you would encourage doctors to ask patients in similar situations to yours?

DW: I would love to see doctors begin to recognize the anecdotal evidence of so many patients finding health from a Paleo style diet and recommend that their patients give it a fair try prior to recommending some of the harsh medications. Diet may not be able to cure all, but it certainly can help prevent and manage many ailments people are popping pills for.

Celebrations is an all-encompassing guide to entertaining for holiday celebrations, large and small. Not only does Walker provide healthy alternatives to traditional trimmings, such as her apple pie and maple pumpkin pie recipes, but she also adds new twists with recipes like the vegetable bacon parcels that accompany her stuffing-filled turkey breast. In *Celebrations*, Walker presents the tools and encouragement to all of us who find it hard to stick with necessary, but strict, nutritional guidelines...a particularly daunting task at the holiday table.

Walker’s books *Against All Grain*, *Meals Made Simple*, and *Celebrations* are available through national book retailers, Costco, and online. For more information, visit her blog at www.againstallgrain.com.

Contributing writer Pam Salvadore of La Quinta is a nutrition journalist. For more from Pam visit her blog pamsalvadore.wordpress.com.



Walker provides healthy recipes to replace holiday traditions in *Celebrations*

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Healthy Thumbprint Cookies

From Janet Zappala, KMIR’s Your Health Matters

In my quest to find foods that offer guiltless pleasure, I’ve stumbled upon this special nugget of a healthy recipe at the Natural Gourmet Institute for Food & Health in New York City.

There to satisfy my unending appetite for healthful eating, I was given a recipe for what has become my new favorite treat, Thumbprint Cookies. I want to share this easy to make recipe because I know you will love it as much as my family and I do.

These cookies are even good as part of a healthy breakfast because of ingredients like whole oats, raw almonds, fruit juice sweetened jelly, and cinnamon. This is also a recipe with which you can be very creative. I have offered up options that you can try when you feel the urge to change up the recipe on a whim, just to keep it interesting.

Dry Ingredients:

- 1 cup whole wheat pastry flour (try substituting coconut flour for a wheat-free option)
- 1 cup rolled oats, lightly ground in food processor
- 1 cup raw almonds, or walnuts or cashews, lightly ground in food processor
- ¼ teaspoon cinnamon

Wet Ingredients:

- ½ cup coconut oil, canola oil (expeller pressed), or walnut oil
- ½ cup pure maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- ¼ teaspoon sea salt

4 oz. fruit juice sweetened jelly (Sorrrell Ridge or Knutsen) or premium fruit spread in any flavor you like (mix it up and use a few different flavors!)

Pre-heat oven to 375 degrees F. Combine dry ingredients in one large bowl. Combine wet ingredients and salt in smaller second bowl and emulsify. Add wet ingredients to dry ingredients and mix well. Roll dough between the palms of your hands into walnut size balls and place on a lightly greased cookie sheet. Using the flat of your thumb, make a well in the center of each cookie and fill it with jelly. Bake 18-20 minutes or until cookies are lightly browned.

Replace the jelly with a strawberry, almond, cashew or small piece of dark chocolate.

Then enjoy!!





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Pathway to Health, Beauty and Wellness Expo

A free day of education and inspiration

The Pathway to Health, Beauty and Wellness Expo will be held December 1 at Agua Caliente Resort & Spa in Rancho Mirage. The event will showcase the extraordinary products, services and cutting edge technologies our desert valley has to offer – all in one location and FREE to attendees.

Guests will have the opportunity to speak directly to practitioners and professionals and ask questions pertaining to alternative health

modalities, the newest innovations in cosmetic and medical services, and more. Many exhibitors will focus on health through better lifestyle and nutrition practices.

The one-day event will be showcase speakers, seminars, workshops and demonstrations covering topics such as alternative medicine, anti-aging practices, incontinence, new cancer treatments, medical marijuana, beauty inside and out, and more.

Promotions, giveaways and prizes will also be offered!

Join us for a FREE day of inspiration and education and walk away feeling as if you just had the best day of the rest of your life. Feel inspired by all being offered and ready to live the rest of your life to the fullest!

The Pathway to Health, Beauty and Wellness Expo takes place on Thursday, December 1 from 10am–7pm at Agua Caliente Resort & Spa. For a complete list of exhibitors and speakers and to register for attendance, visit www.bettekingsproductions.com. Interested exhibitors contact Bette King at bettekingsproductions43@gmail.com or (760) 202.4007.



Jeralyn Brossfield, MD, will be discussing today's health solutions.



The "Fairy Godmother of Beauty" from Beverly Hills, Lori Hart



Attorney Frank King will present on personal aging issues.

Wellness Worth Watching: Movie Series

We'll be screening three documentaries that will entertain you, make you think, and maybe even motivate you to make some changes. Each screening will be followed by a special practice or experience inspired by the film.

TIME: Each event runs from 5:30 - 8 p.m.

PLACE: Annenberg Center for Health Sciences at Eisenhower

COST: \$15. Tickets are available at emc.org/wellness or by calling 760-610-7360.

January 10, 2017 "Fed Up" (1h 32m)
Everything we've been told about food and exercise is wrong. Director Stephanie Soechtig and producers Katie Couric and Laurie David will change the way you eat forever.

February 7, 2017 "The Connection" Mind Your Body (1h 12m)
There is a direct connection between your mind and your health. Whether it's through stress reduction, meditation, mindful nutrition, or nurturing relationships, you can change your mind to change your health.

March 7, 2017 "Happy" (1h 13m)
Roko Belik, Oscar® nominated director of *Genghis Blues* explores the nature of happiness worldwide, from the bayous of Louisiana to the deserts of Namibia, to the beaches of Brazil.

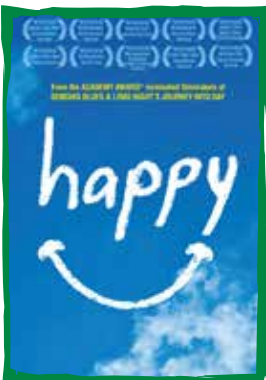
Eisenhower Introduces "Wellness Worth Watching" Movie Series

Eisenhower Wellness Institute and *Desert Health*® are partnering to offer the "Wellness Worth Watching" movie series this season. Three thought-provoking movies will provide an in-depth look at the topics of nutrition, the mind-body connection, and the mind-shift from stress to happiness.

Each evening will begin with the screening of one nationally acclaimed and award-winning movie. Following the movie, a leader in that topic will host a question and answer session and then guide the audience through a practical application of the topic.

At the January event, after viewing the movie *Fed Up*, Dr. Jeralyn Brossfield, Director of the Eisenhower Wellness Institute, will provide a demonstration of healthy meals geared towards our busy, on-the-go lifestyle. Attendees will leave with options they can implement to improve their own nutrition.

Following *The Connection* showing in February, Jayne Robertson, RYT-500 and Certified Yoga Therapist of Desert Yoga Therapy, will guide the audience through a relaxation practice, which can be used as a tool to enhance calm and present mindset in day-to-day challenges.



The documentary *Happy* is featured in March

The final movie night in March will feature the documentary *Happy*, followed by a presentation by author and physician, Dr. Kiran Dintyala, who has simplified the teaching of stress-reduction to practical applied steps. He will lead a discussion on how we can shift our experience of stressors in our lives.

Join us and start your New Year on a path to good health, happiness and balance!

The Wellness Movie Series takes place at the Annenberg Center for Health Sciences on the Eisenhower Medical Center campus in Rancho Mirage and begins at 5:30 p.m. Tickets are \$15 and can be purchased online at www.emc.org/wellness or by calling (760) 610.7360.



Jayne Robertson, Certified Yoga Therapist



Kiran Dintyala, MD, MPH, ABIHM



Welcome the Holiday Season with Gilda's Gift of Giving

Just before Thanksgiving each year, the community gets a special chance to show its support of those whose lives have been impacted by cancer and express its gratitude for Gilda's Desert Cities, the unique non-profit organization that provides them with emotional and educational support—all while having fun.

The occasion is the popular Gilda's Gift of Giving Luncheon, Boutique and Fashion Show, being held this year at the Hyatt Regency Indian Wells Resort & Spa on Thursday and Friday, November 17 and 18.

This major event is expected to draw 500 caring supporters of the cancer cause, many of whom also happen to love high fashion and enjoy kicking off the holiday season with a bit of boutique shopping. Attendees are attracted both by the 29-vendor boutique featuring distinctive jewelry, clothing, accessories and decorative items that is open both days, and the luncheon on day two featuring a glamorous runway fashion show with this year's fashions presented by Los Angeles-based designer Margi Kent.

According to Gilda's President and CEO Maria Elena Geyer, two new attractions have been added this year that are exciting Gift of Giving attendees. The first, co-chaired by Karen Bell and Lori Romania, is a festive "Girls Night Out" on Thursday evening, with live flamenco guitar, wine and hors d'oeuvres enhancing the boutique experience.

The second is a trunk show immediately following the fashion show, which will give everyone the opportunity to go backstage, meet designer Margi Kent in person, and purchase the apparel they just saw modeled so stunningly on the runway.

Reminding the audience of why their support of the Gilda's professionally led, no-cost program of emotional support is so important will be two cancer survivors telling their compelling stories, as well as honoring Peter Wasserman, a generous philanthropist who focuses his giving on local cancer organizations and has served on the Board of Directors of Gilda's Desert Cities for many years.

"It would not be possible to hold a major event of this caliber without the sponsorship of many generous individuals and organizations," Geyer said, "and we're grateful to them all." Event Partners are the Wasserman Foundation, The Auen Foundation, Annette Bloch, Sally Nordstrom, Prime Time International, Carleen and Charles Riach, Eisenhower Lucy Curci Cancer Center, Desert Regional Medical Center Comprehensive Cancer Center, Desert Orthopedic Center and Desert Oasis Healthcare. Media Partners are Palm Springs Life, The Desert Sun, Alpha Media, and Desert Health®.

Gilda's Gift of Giving boutique hours are Thursday, November 17 from 12:00 p.m. to 4:00 p.m. and Friday, November 18 from 9:00 a.m. to 11:30 a.m., then again from 1:30 p.m. to 3:00 p.m. Admission and parking are free. Girls Night Out at the boutique is November 17 from 5:30 to 7:30 p.m. Tickets are \$25 in advance (online only, at <http://gildasclubdesertcities.org/product/gno-advance-purchase>) and \$35 at the door.

The November 18 luncheon/fashion show begins at 12:00 p.m. Tickets are \$175 and can be purchased by calling Gilda's at (760) 770.5678 or online at <http://gildasclubdesertcities.org/gildas-gift-giving-2016>.

Gilda's Gift of Giving

Honoring Peter Wasserman

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Girl's Night Out

Friday, November 18, 2016
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Designer Margi Kent
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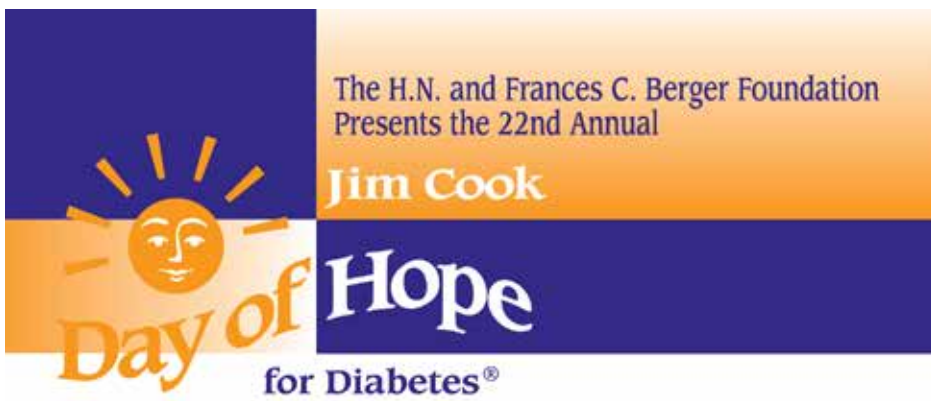
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Season is Here!



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

Nov. 5 • Run with Los Muertos. Come to the historic pueblo viejo district of Coachella and run in honor of a passed loved one. This night time 5k begins at 6p and also features music and festivities for spectators and runners alike. Register at www.runwithlosmuertos.com.

Nov. 12 • Step Out: Walk to Stop Diabetes. The American Diabetes Association's annual event helps raise funds to change the future for those living with the disease and those at risk. Join us 8am at the La Quinta Resort & Club (walk starts 9:30a). Register at www.diabetes.org/stepoutcoachellavalley. Contact: msoliman@diabetes.org.

Nov. 17-18 • Gilda's Gift of Giving. Gilda's Club Desert Cities is dedicated to providing support, education and hope to people affected by cancer. Join us for a fashion show, luncheon and boutique at the Hyatt Regency Indian Wells Resort and Spa from for a variety of activities. See page 29 for more details or visit www.gildasclubdesertcities.org. (760) 770.5678.

Nov. 19 • Fall Family Festival, La Quinta. Old town La Quinta will close down Main Street for a fun day of family activities from 10a to 4p. Admission is free. Contact Joanna.whitlow@formomsandbabies.com. Visit www.aboutfamiliesinc.com

Dec. 1 • Pathway to Health, Beauty and Wellness Expo. This free event features headline speakers, seminars, workshops, vendors, prizes and giveaways, and offers an opportunity to see new technologies, services and products available in the Coachella Valley. Admission is free, along with free valet parking at Agua Caliente Resort Casino Spa in Rancho Mirage (smoke free entrance and environment). 10a - 7p. Contact Bette King Productions (760) 202.4007.

Jan. 10 • Eisenhower's Wellness Worth Watching Movie Series. Desert Health® is proud to co-sponsor a screening of the acclaimed movie *Fed Up: It's Time to Get Real about Food* followed by a discussion and healthy eating sampler with Jeralyn Brossfield, MD. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute (760) 610.7360.

Jan. 14-15 • Desert Woman's Show. The spotlight will once again shine on women's issues with over 100 exhibitors of local products and services, interesting seminars on today's hottest topics, and Taste of the Valley with food, wine and beer tasting. Ask about the Thunder Down Under Weekend Pass! Agua Caliente Resort. For vendor and guest info contact info@marloproductions.com. (760) 285.3903 www.desertwomansshow.com.

Feb. 3 • Women Leaders Forum's Women Who Rule! Presented by Desert Regional Medical Center. Raise a toast - and college scholarships - for Young Women Leaders while honoring dynamic community leaders at this celebratory luncheon. Champagne reception/silent auction start 11a. Agua Caliente Resort. (760) 837.7222. Visit www.wlfdesert.org.

Feb. 7 • Eisenhower's Wellness Worth Watching Movie Series. Desert Health® is proud to co-sponsor a screening of *The Connection*, understanding the remarkable link between your mind, body and health. The movie will be followed by a mind-body practice with Jayne Robertson. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute (760) 610.7360.

Feb. 11 • Outdoor Resort Palm Springs Health Fair. This free event is open exclusively to residents of this seasonal upscale resort park that houses over 2400 snowbirds. Health fair with Desert Health® exhibitors to take place on Friday from 9a - 12p. For more info contact Lauren Del Sarto (760) 238.0245.

Feb. 14 • Affair of the Heart. This free community education and screening event offers guest speakers, lectures on heart conditions, treatment options and prevention, as well as free blood pressure and blood sugar screenings. Desert Regional Medical Center 9a -12:30p (800) 491.4990.

Feb. 17 • Go Red for Women Luncheon. Help raise awareness of heart disease and its impact on women at this fun and educational event. Everyone is encouraged to wear red to help all understand the toll heart disease takes on them. 10a-2p. The Westin Mission Hills. Contact Ellyse Lathrop ellyse.lathrop@heart.org. Visit www.cvgoredluncheon.heart.org.

Feb. 18 - 20 • Polochella. A festive weekend of polo for - and by - kids with activities for the entire family. Watch teams of children ages 6-18 compete in polo matches at the beautiful Empire Polo Club in Indio. There will be participatory games and free polo lessons for children who want to learn the sport. This event is FREE and open to the public. For more information call (760) 899.5102.

Feb. 25 • Jim Cook's Day of Hope for Diabetes. Presented by the Desert Diabetes Club, this free event is open to the public and features lectures on a variety of topics, exhibitors, and medical and celebrity speakers addressing issues related to diabetes. (760)773.1578. www.Emc.org/ddc.

March 7 • Eisenhower's Wellness Worth Watching Movie Series. Desert Health® is proud to co-sponsor a screening of *Happy*, a movie that explores the world to find the secret behind our most valued emotion. Followed by a discussion and relaxation practice with Kiran Dintyala, MD. 5:30p at the Annenberg Center for Health Sciences. Tickets \$15. Contact the Eisenhower Wellness Institute at (760) 610.7360.

March 25 • Trilogy Health and Wellness Fair. This festive and free event takes place from 9a to 12p and is open to all throughout the valley. A variety of Coachella Valley health professionals will offer demonstrations, samples and product information. Contact Sharon McKee: Sharon.mckee@fsresidential.com (760) 702.3037.

May 18 (NEW DATE) • Desert Health® Wellness Awards presented by Eisenhower Wellness Institute will once again honor those in our community moving health and wellness forward. Nominations now open and all are encouraged to take part. 2017 sponsorships are also available. Contact Lauren@DesertHealthNews.com (760) 238.0245 or visit www.deserthealthnews.com.



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