



Desert Health[®]

News from the Valley's Integrated Health Community

November/December 2017

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Life is beautiful gift. From the sand between our toes to tall, snowcapped peaks. From the sun that warms our days to the glow of the midnight moon.

Do you take time each day to notice the early morning shadows on the mountains, or the new yellow flowers that have come into bloom? On a crisp, still day, do you stop to take a deep breath in and listen to the singing birds?

One of the things that make life such a precious gift are the people with whom we share this beautiful Earth. An array of cultures adds color to the world, and while we don't always understand our differences, most of us are the same at heart – compassionate and kind.

When you turn on the news these days, it's often hard to remember life's gifts. Between natural disasters and those caused by man, current events have escalated anxiety, anger and fear in many of us. Thoughts that used to spawn feelings of excitement and joy, like traveling the world and meeting new people, are tainted with apprehension and doubt; our desire to boldly embrace life turns inward to self-preservation.



Spending time in nature is a powerful reminder that life is a beautiful gift.

This fall, my husband and I finally took advantage of a house trade in Italy after eight years of being "too busy to take time off." The opportunity was expiring and we knew it was now or never. But why did it really take us eight years to travel to a new place we knew little about? I know for me, those eight years were tainted with fear from the many horrific events that kept taking place around the world. It was safer to just stay home.

When making travel arrangements, we consciously selected our route. We would go through JFK and Heathrow on the way out, but traveling home on September 11, we would choose Madrid and Dallas - because nothing ever happens there. And then it did.

Barcelona in August. The fear of an attack coupled with the uncertainty of how the world views the United States these days created additional anxiety. It took a lot of encouragement to convince myself to move forward without fear. "Don't pack anything with an American flag; try not to look too American"; sad self-talk that doesn't serve well.

Continued on page 15



By Coach Vic Gainer & Ali Schaeffer

Since 2014, from time to time, while biking out to the high school track or out on the trail with my high school cross country team, I would catch glimpses of a willowy, 30-something runner with long blonde hair and an observable limp. Over time, I noticed that the hitch in her gait was gone, and she was running faster. Now, three years later, I am training Ali Schaeffer for her first marathon. Her incredible comeback story follows.

Ali was training for her third half marathon, returning to running in her thirties to recapture that something that was missing from her life. Ali grew up in Calgary, an outstanding student and a team MVP in high school track, volleyball and basketball. She lived for - and loved - competition.



Ali Schaeffer and Kiyah

Continued on page 3

DESERT REGIONAL MEDICAL CENTER
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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*



Excited for Season!

We are so excited about this season and the many things we have planned for you!

If you aspire to keep your health on track – or to get on track - picking up *Desert Health*® is a great place to start. In addition to the many educational articles you'll find on our pages, we have spent the off-season developing events, programs, and partnerships to help educate and inspire (and most of them are free!).

We have a speaker series with Cambria USA (pg. 33), a wellness movie series with the Eisenhower Wellness Institute (pg. 34), and many community and cause-related events in which we are taking part.

Of course, our largest and most inspiring event is the Desert Health Wellness Awards at which we honor those in our community moving health and wellness forward. We have decided to take 2018 off to create a larger event that builds on the success of our first three years and are graciously honored by the support of our 2019 Sponsorship Partners (pg. 32). If your company would like to join us, please let me know; nominations for 2019 will open in the fall of next year.

I hope you took some time off this summer to rest and rejuvenate for the busy season ahead. With all that is going on in our world, we need these getaways more than ever. As you'll read in the lead story, our vacation to a foreign country followed by a journey back to nature certainly changed my perspective and aura. We won't be waiting so long to return.

If it's been a while since you've taken a vacation, or world events are holding you back, go forth and journey. Life awaits, and it truly is an incredible gift.

YOU are also a gift, and as we enter our eighth year, we cannot thank you enough for your support and for reading *Desert Health*®.

Happy Holidays ~

Lauren
Lauren Del Sarto
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Fun & Healthy Happenings

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

Nov. 1 • Eisenhower's Wellness Worth Watching Movie Series. Join us for an afternoon of inspiration as we screen the movie *e-motion 2.0*, a look at how emotions affect our health (see page 34 for more). Annenberg Center for Health Sciences. 2p-4p. Tickets \$5. Reserve your seat: Eisenhower Wellness Institute (760) 610.7360.

Nov. 4 • Passions Ball. First annual benefit gala for CancerPartners features a cocktail reception, dinner and dancing to Las Vegas's Motown Review Hitzville – The Show! Westin Mission Hills, Rancho Mirage. 6p (see page 33 for more). (760) 770.5678. www.CancerPartners.org.

Nov. 4 • 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 8a at the Palm Desert Civic Center Park (walk starts 9:30a). Register at www.diabetes.org/stepoutcoachellavalley. Contact: msoliman@diabetes.org.

Nov. 11-12 • Produc-Con. A free and interactive showcase of new and unique health, wellness, technology and beauty products and services taking place Saturday from 5p-9p and Sunday from 9a-5p at the spectacular new Venus de Fido Spa and Fitness Center in Palm Desert (see page 34 for more). 73600 Alessandro Avenue. Bette King Productions (760) 202.4007. BetteKingProductions43@gmail.com.

Nov. 14 • Cambria's Health by Design Speaker Series. Join us for this complimentary reception and presentation by a variety of health professionals. On Nov. 14, we welcome Desert Health Wellness Award Integrative Practitioner recipient, Joseph Scherger, MD, presenting *Feeding Your Brain for Optimal Health*. 5:30p-7:30p (see page 33 for more). Cambria Gallery, 42210 Cook Street, Ste M, Palm Desert. RSVP required: (760) 340.0600.

Nov. 17 • Brain Health Awareness Expo. Brought to you by Tunes for the Memory, the Coachella Chapter of Music Mends Minds, this free expo brings together all community organizations that offer help, support, training, and enjoyment to those persons with neurological problems. Braille Institute, 70-251 Ramon Rd., Rancho Mirage. 1:30p – 4:30p. Contact bfosse@verizon.net (760) 797.5330.

Nov. 18 • Coachella Valley Heart & Stroke Walk. This non-competitive 5k walk encourages the community to take the pledge to live a healthier lifestyle. Start a team or bring family and friends! Palm Desert Civic Center Park. Registration and Health Fair begin at 7a; walk begins at 8:30a. cvheartwalk.org.

Jan. 10 • Eisenhower's Wellness Worth Watching Movie Series. Join us for an afternoon of inspiration as we screen Louise Hay's powerful piece on healing *You Can Heal Your Life* (see page 34 for more). Annenberg Center for Health Sciences. 2p-4p. Tickets \$5. Reserve your seat: Eisenhower Wellness Institute (760) 610.7360.

Jan. 13-14 • Desert Woman's Show. Grab your girlfriends and head to this 11th annual event featuring an array of products and services, seminars on today's hottest topics, and Taste of the Valley with food, wine and beer tasting. Agua Caliente Resort. Sat. 10a-4p; Sun. 11a-4p (see page 31 for more). For vendor and guest info contact info@marloproductions.com. (760) 285.3903 www.desertwomansshow.com.

Jan. 26 • Women Leaders Forum's Women Who Rule Awards. 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.

Jan. 27 • Palm Springs Health Run & Fitness Expo. Run through the incredibly scenic neighborhoods of Palm Springs for the 10K, 5K and 1K Fun Run. Over 80 health and wellness booths provide giveaways and services, fitness experts, and cooking demonstrations. Fun for the entire family! Every 5K and 10K registrant receives breakfast snacks, t-shirt, registration bag and finisher's medal. 1K Fun Run finisher's receive finisher's medal. Ruth Hardy Park. 8a. www.PalmSpringsHealthRun.com

Jan. 28 • Heroes in Recovery Walk/Run. The Heroes in Recovery 6K – Palm Springs in The Corridor is a unique run/walk that seeks to break the stigma associated with addiction and mental health disorders. The sixth kilometer symbolizes the extra effort it takes to sustain recovery. Sign up at Heroes6K.com to help break the stigma and support the charity beneficiary SafeHouse of the Desert. We invite you to use promo code DESERTHEALTH6 to save \$6 on registration! www.heroesinrecovery.com/heroes6k/palm-springs

Feb. 6 • Cambria's Health by Design Speaker Series. Join us for this complimentary reception and presentation by a variety of health professionals. On Feb. 6, we welcome actress, author, and healthy lifestyle advocate, Mariel Hemingway. 5:30p-7:30p (see page 33 for more). Cambria Gallery 42210 Cook Street, Ste M, Palm Desert. RSVP required: (760) 340.0600.

Feb. 7 • Eisenhower's Wellness Worth Watching Movie Series. Join us for an afternoon of inspiration as we screen *Sustainable*, a vital investigation into America's food system (see page 34 for more). Annenberg Center for Health Sciences. 2p-4p. Tickets \$5. Reserve your seat: Eisenhower Wellness Institute (760) 610.7360.

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 -11:30a (800) 491.4990.

Feb. 16 • 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. 10a-2p. Westin Mission Hills. Visit <http://cvgoredluncheon.heart.org> (760) 346.8109.

Feb. 17 • 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 from 9a – 12p. For more info contact Lauren Del Sarto (760) 238.0245.



Taking to the Skies to Help Infants

Desert Regional helicopter service is saving lives

By Lauren Del Sarto

One of the scariest times in a person's life is when a baby is born with the immediate need for medical care. Fortunately for families the Coachella Valley, comprehensive care for preemies and high-risk infants is available at Desert Regional Medical Center's Women and Infants Center.

But what if your baby is born in Blythe and services needed are hours away?

Desert Regional is now able to help families in outlying communities more effectively with their neonatal helicopter service and specially-trained medical transport team. Launched in March, the service cuts travel time from harrowing hours down to lifesaving minutes.

"Our facility is really the only facility of its type to take care of sick newborns until you get to Phoenix and Scottsdale," says flight team member Shilo Dantzer, RRT. "We've been doing ground transports for a long time, but we now have the ability to fly to other facilities which gets us to those in need much quicker."

The neonatal team includes neonatologists, clinical nurse specialists, neonatal nurse practitioners, registered nurses, respiratory care practitioners, an occupational therapist, social workers and discharge planners.

The current area covered includes 29 Palms and Palo Verde Hospital in Blythe, but expansion is underway. Desert Regional is speaking with hospitals in outer lying areas such as Victorville and Barstow to expand the service.

These facilities do not have a NICU or the capability to take care of premature infants or babies that are in respiratory distress or have infections, says team member Rick Terukina, MSN, NNP. Most of them are wellbaby nurseries, so even if the baby needs IV fluids, that baby needs to be transported out of that institution.

"A baby on a ventilator is certainly in critical condition. Our goal is to get that baby back for parents, and any efforts that shorten that period are commendable," says Robert Piecuch, MD.

"We always stop by mom's room to visit and leave her with a photo and 24/7 contact information," says Dantzer. "And when they are discharged, they can come in and we provide full services."

Standard services offered at the Women and Infant Center are extended to these families. Social workers are available to find resources for those who need help with lodging, transportation, medical equipment or other family needs. For example, the Hanson House is a nearby charity that provides lodging for families of the critically ill in local hospitals.

This team of traveling heroes is grateful for the additional time gained to do their job successfully. "A lot of times when we roll into the nursery, we get a big sigh of relief, or we see big smiles," says Dantzer. "They are very happy to see us."

For more information, contact Desert Regional's Women and Infant Center at (760) 323.6511 or visit www.desertregional.com/our-services/womens-infants-center



Desert Regional's helicopter team includes (left to right): Shilo Dantzer, RRT, Rick Terukina, NNP-BC, Courtney Fodrey, RN, Bob Piecuch, MD

Health is a Choice

Continued from page 1

Ali had forgone college basketball to focus on her career objective, applied science/dental hygiene. Her patients adored her and her practice flourished. Life was good, but she missed the thrill of sports. The gym was not enough, so she took up long distance running, competing in 10Ks and then stepping up to half marathons, running each one faster than the last. Her life was complete. She was, in her words, in the best shape of her life.

On May 9, 2012, finishing an eleven-mile training run and dreaming of pancakes a mile from home, everything changed in an instant.

Ali's life changed forever when, on that training run, a careless driver struck her at an intersection. She was pitched headlong through the windshield, thrown thirty feet, and lay bloodied and broken on the hard Calgary pavement, her long blonde hair soaked red with blood.

Ali Schaeffer's story is one of a long and still painful recovery and eventual return to running. She is a role model whose courage, perseverance, dedication, and a remarkable tolerance for emotional and physical pain are an inspiration.

Here is her story in her own words...

I lay there in the hospital with traumatic brain injury, 18 staples in my skull, three herniated disks and a torn MCL [knee ligament]. Unable to sit up, I would fall unconscious in mid-sentence, blood oozing from my ears. I am lucky to be alive today.

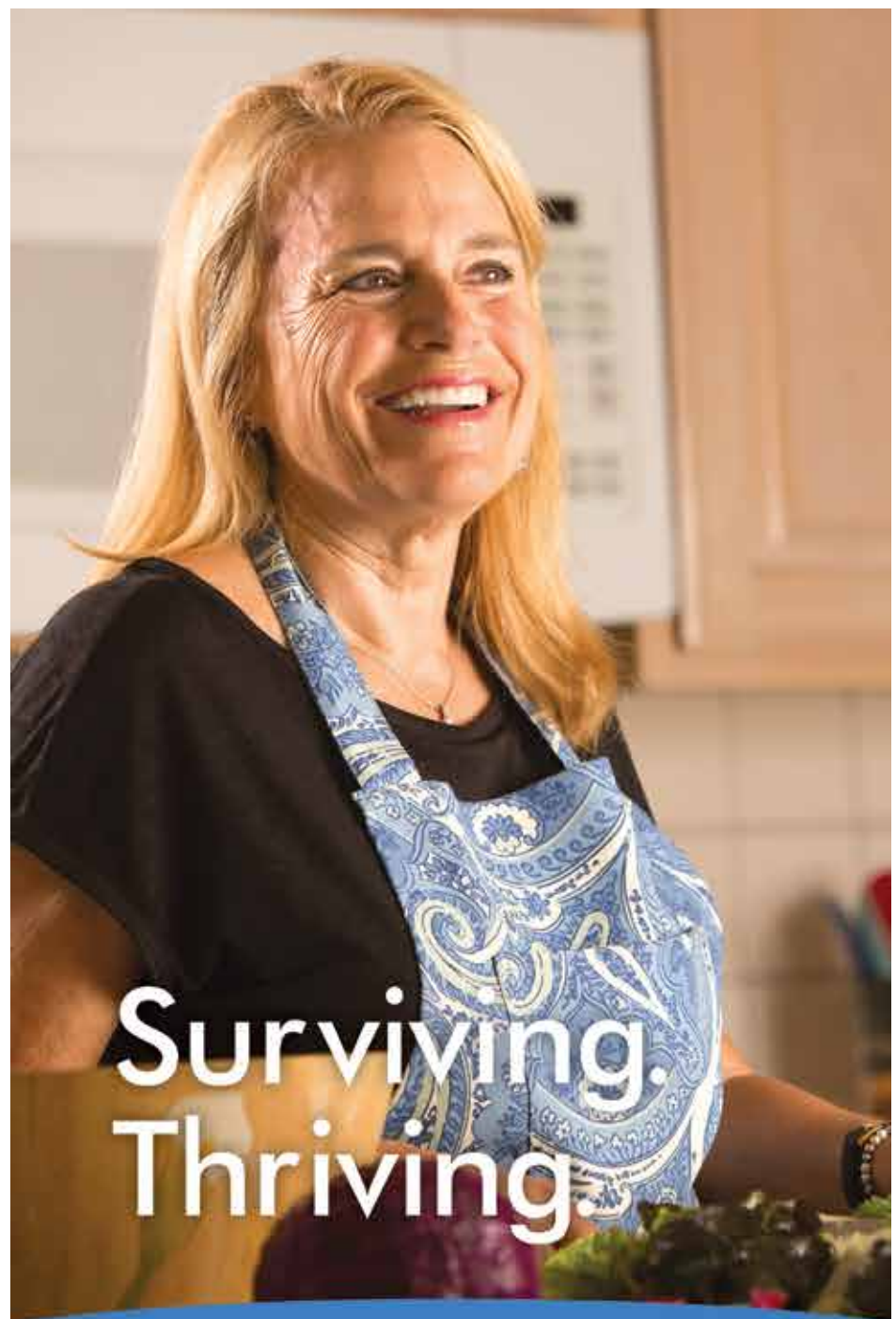
The next two years of my life were consumed with rehabilitation including speech therapy, balance therapy, occupational therapy and a psychologist who forced me to document daily how horrible I felt and what I could not do. With all of the negative reinforcement, I fell into a deep depression. Eventually coming out of that, I was left with permanent post-concussion syndrome: light and noise sensitivity, continuous headache, dizziness, neuro-fatigue, aphasia [a communication disorder], insomnia, depth perception issues, hearing damage and lack of emotion. At times, and still today, I have to focus hard to tell the difference between a dime and a nickel. Spelling my name is a challenge and I fatigue easily.

I struggled to do things that once came easily, now coupled with both pain and fear. During this first six months, my four rescue dogs passed away and my grief became unimaginable. I pushed away people I loved most. I had hallucinations, delusions, and suicidal thoughts. Grief, pain, and depression held me hostage and when my PTSD spiraled out of control, I began to isolate myself. I felt like my soul was slowly dying.

Continued on page 24



Ali trains through the pain from an accident that almost took her life.



Surviving. Thriving.

*“Early Breast Screening
Saved My Life.”*

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

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

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

Joan Petruzzi, Teacher, CANCER SURVIVOR



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Lumbar Spinal Stenosis: When to Refer

By Shahin Etebar, MD, and James I. Ausman, MD, Ph.D.

The most common disease of the lumbar spine in older people is spinal stenosis, arthritis in the joints of the spine that occurs with aging. The disease has a classic presentation with back pain and aching in the back of the thighs and legs with walking or even standing in the line at the grocery store. Reclining or sitting may relieve it. The neurological examination can be normal. The vascular exam of the lower extremities (LE) is also normal. Yet standing that produces pain in the back and legs is the key symptom that differentiates spinal stenosis from vascular claudication of the LE.

The disease can occur from the forties to the nineties. It is caused by the progressive arthritis at the facet joints of the adjacent lumbar vertebrae. In the normal patient, the facets allow the twisting and bending motions of the spine to maintain its stability. It is these motions that affect these joints, producing arthritic enlargement of the joints with the arthritis, much as it does in the joints of the hand with progressive use. The arthritic joints in the spine can grow in size to be three or four times normal. The bony growth occurs in all directions, but the most damaging is the growth into the spinal canal and into the foramen through which the nerve roots exit the lumbar spine. Thus, the spinal canal narrows, leaving less room for the lumbar roots. This bony pressure places the nerves in the lower spinal canal under pressure, impairing nerve function, and producing weakness of the muscles supplied or pain. Compression of the nerve roots in the spinal canal or foramen will produce a radiculopathy (or pinched nerve) in the LE.

Diagnosis is by a CT, which shows the bony changes in the spine of enlarged facets or ligament hypertrophy, leading to narrowing of the spinal canal. MR imaging shows the nerve roots and their compression.

Treatment can be medical with analgesics initially, not opioids, which can be addictive if used for more than three weeks. Sometimes epidural injections have been helpful. Usually the arthritis progresses as does the symptoms it produces. In those cases surgical decompression can be done. The patient will let you know if they need surgery because their lifestyle becomes compromised. We have operated on patients in their 90s, using special surgical procedures designed to limit the surgery time in the older patient.

Usually after the surgery the patient is in the hospital for a day or two and then is able to walk, in most cases, with much improvement in the pain. Sometimes a fusion is necessary if the adjacent vertebrae are unstable and show slippage of over 4mm in flexion extension films. The results of the surgery are good in a high percentage of cases.

Drs. Etebar and Ausman are part of the Desert Spine and Neurosurgical Institute and members of Desert Doctors. They can be reached at (760) 346.8058 or by visiting www.DesertDoctors.org.



Stenosis is arthritis in the joints of the spine that occurs with aging.

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Caring for the Caregiver

Lifestyle intervention shows improved wellbeing

By Yan Lu, MD, Ph.D.

In the March/April 2017 issue of *Desert Health*®, Dr. Lu introduced a pilot program being conducted by a team of doctors at Eisenhower Medical Center. The results of that intervention program follow.

It is estimated that 5.5 million Americans are living with Alzheimer's dementia in 2017. Most people with Alzheimer's dementia have a long duration of illness before death. On average, they will spend at least 40% of this time in a state of disability and dependence. It is challenging to care for a person with progressive memory loss, functional impairment, psychiatric/behavioral disturbance, and health complications. This is especially true for family caregivers who normally have no training in related areas.

Compared to caregivers of people with other conditions, dementia caregivers tend to provide more extensive, intensive and longer assistance and experience financial, emotional and physical difficulties. They are often so concerned with caring for their loved one's needs that they lose sight of their own wellbeing.

A team of doctors from Eisenhower Medical Center and the Eisenhower Memory Care Center designed a pilot comprehensive lifestyle intervention focusing on helping caregivers arouse their awareness of self-care and teaching them the basic knowledge and skills of self-care. We believe that taking good care of oneself is essential for everyone, especially for caregivers, who need to be mentally and physically healthy to take care of their loved ones.

Seventeen family caregivers participated in this 12-week intervention program at Eisenhower Memory Care Center, an adult day care center for people with memory issues. By attending the center on a regular basis, patients with dementia have an opportunity to get outside of the home into a social environment that keeps them engaged and stimulated. Besides offering respite for caregivers, the center also has a weekly caregiver support group meeting to provide social support for family caregivers.

All participants were required to attend the weekly one-hour support group meetings. Participants became a support group with shared discussions, followed by a one-hour lecture on different topics including nutrition, exercise, sleep, and stress management. Weekly 90-minute therapeutic yoga classes were also offered at Desert Yoga Therapy where caregivers were instructed in the techniques of breathing exercise, deep relaxation and meditation. All participants were asked to follow a low-carbohydrate, anti-inflammatory diet, to exercise on a regular basis, and practice relaxation skills at home.

Continued on page 17



Study shows that caring for the caregiving can improve both their own and their patient or loved one's health.

Unregulated Contact Lenses

Study shows hazardous contamination

By Greg Evans, OD

Did you know you can change your eye color to match your outfit, or don scary snake eyes to match that perfect Halloween costume? Such fashion statements are possible, as a number of companies sell decorative, non-corrective contact lenses online.

There are also online companies selling corrective lenses to consumers without a prescription which are considered counterfeit as they are illegal in the United States. The FDA categorizes contact lenses as prescription medical devices not to be sold over-the-counter without a prescription, and for good reasons.

A recent study published in the *Journal of Forensic Sciences* issued a warning when they examined over 300 decorative, non-corrective contact lenses obtained without a prescription. What they found was shocking:

- 60% of the counterfeit lenses tested positive for microbial contamination;
- 27% of the unapproved lenses tested positive for microbial contamination;
- 3% of authentic contact lenses were positive for microbial contamination;
- 48% of the non-prescribed brands tested had at least one nonsterile sample.

The organisms isolated were as follows: *Pseudomonas*, *Stenotrophomonas*, *Bacillus altitudinis*, *Bacillus thuringiensis*, *Enterobacter* species, *Klebsiella pneumoniae*, *Pseudomonas montellii*, *Micrococcus luteus*, *Herbaspirillum*, *Rhodococcus baikonurensis*, *Pseudomonas fluorescens* A, *Delftia acidovorans*, *Pseudomonas veronii*, *Achromobacter denitrificans*, *Elizabethkingia* species, *Bacillus fusiformis*, *Bacillus cereus*, *Bacillus simplex*, *Ochrobactrum anthropi*, *Rhizobium* species, *Brevundimonas*, *Spingopyxis terrae*, *Aquabacterium* species.

Of these, both *Bacillus cereus* and *Pseudomonas aeruginosa* pose considerable health risk for ocular tissues and a common cause of microbial keratitis and corneal ulcers.

FDA requires prescriptions for all contact lens products, and yet each year thousands of consumers obtain contact lenses through channels that evade regulatory authority. These contact lenses have been shown to have levels of microbial contamination up to 20 times higher than those obtained through normal channels. In addition, consumers who obtain these often do not have proper disinfection, proper monitoring, and proper instruction on usage.

The bottom line is patients that purchase counterfeit and unapproved contact lenses are putting themselves at risk of ocular infections including microbial keratitis, conjunctivitis and possible blindness.

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

Source: 1) Land et al, J Forensic Sci, 2017 doi: 10.1111/1556-4029.13553 available online at: www.onlinelibrary.wiley.com



Caution should be taken when purchasing decorative contact lenses.

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Joan L. Warren, M.D., RPhS

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Artificial Intelligence in Medicine

By Christopher Hancock, MD

Artificial intelligence conjures mixed emotions including those emanating from the 1984 movie *The Terminator* wherein the fictional Artificial Intelligence (AI) named "Skynet" views humans as a threat and endeavors to eradicate us from planet Earth. Some modern-day renditions are more benevolent, including IBM Watson as popularized on the TV game show *Jeopardy*, and the more recent Elon Musk sponsored companies Open AI and Neuralink.

AI represents a double-edged sword in that it offers to solve many of humankind's most difficult problems, while also creating new risks should bad actors and rogue states use the technology for malicious purpose. Readers might ask, "Well, how relevant is AI really and how close are we in fact to significant AI?" One can simply do a search on our National Institutes of Health website, PubMed, to see there are almost 74,000 published articles related to the search terms "artificial intelligence" and almost 12,000 published papers regarding the search terms "artificial intelligence medicine." After reading some of these papers, readers would realize we are in the growth stage and there is no current general AI sentient being; however, "Narrow AI" applications are robust, effective, and expanding.¹

Here we will focus on the opportunities that AI currently offers in health care.

Technological advancements over the years have provided tremendous efficiencies in helping keep us healthy, in discovering disease, and in providing medical treatment. Some of these technologies include the ability to detect heart attacks, strokes, infection, cancer, metabolic abnormalities, and others. AI may be considered, in some respects, a layering of these technologies which interact through "deep/machine learning" algorithms. For instance, AI concepts have been used for many years in computer-aided diagnosis (CAD) to assist radiologists in discovering abnormal breast tissue on mammograms that could be cancerous. Specialized software analyzes the digital mammogram through prescribed and validated algorithms to search for tissue architectural distortion. Software algorithms highlight regions of interest and present this information to the radiologist for additional review. These programs are essentially designed to say, "Hey, Doctor, what about this area? Is this concerning for potential cancer?"

In 2016, researchers used two different Deep Convolutional Neural Networks (DCNNs), AlexNet and GoogleNet, to analyze 1,007 chest radiographs for tuberculosis.² The data sets were split into 68% training, 17% validation, and 15% test resulting in a best-performing classifier area under the curve (AUC) of 0.99.² AUC is a general measure of diagnostic accuracy and 1.0 is considered perfect.² Of 1,007 studies analyzed, there was disagreement between the two artificial neural networks between only 13 studies.² These were interrogated by the cardiothoracic-trained radiologist and the radiologist augmented approach resulted in a sensitivity of 97.3% and specificity of 100%.²

Conclusion: deep learning with DCNNs can accurately diagnose tuberculosis. Much more interesting, however, is the ability for AI deep learning to decipher

Continued on page 8

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Ouch, your knee! It hurts to kneel, climb stairs and maybe even walk. What can you do to relieve pain and restore mobility? Here's a guide to your options — from home remedies to surgical treatments.

Home Treatments

1. RICE

For mild sprains and strains, use this tried and true acronym (rest, ice, compression and elevation).

2. OTC Pain Relievers

A nonsteroidal anti-inflammatory drug such as aspirin or ibuprofen.

3. Exercise

Strengthening your thigh and hip muscles, as well as doing stretches to improve your flexibility and range of motion, can stave off pain.

4. Braces

Wearing a knee brace will help immobilize your knee and give it time to heal properly.

Medical & Surgical Treatments

5. Injections

For more severe pain, shots of cortisone can temporarily reduce inflammation in the joint.

6. Arthroscopy

If you have damaged knee cartilage or a torn ligament, this minimally-invasive outpatient procedure allows your doctor to view and fix problems using a lighted scope.

7. Partial Knee Replacement

When only part of your knee is affected, the surgeon can replace just the damaged section with plastic or metal parts — leaving healthy cartilage and bone alone.

8. Total Knee Replacement

If your knee is severely damaged and conservative treatments no longer help, this surgery can relieve pain and allow you to resume your normal activities. The surgeon replaces damaged cartilage and bone with metal components that recreate the surface of the knee joint. A medical-grade plastic spacer creates a smooth gliding surface.



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Diagnosis and Treatment of Rotator Cuff Injuries

By Sydney Pardino, MD

The rotator cuff, despite the name, is not a single structure but a group of muscles and tendons.

Certain jobs and sports increase the risk of rotator cuff injuries, as does increasing age. When I see a rotator cuff injury, I'm glad that I can offer a variety of treatment options to help patients get back to the activities they need, or like, to do.

Let's start with a little anatomy

The shoulder is a ball-and-socket joint composed of the upper arm bone (humerus), shoulder blade (scapula) and collarbone (clavicle). Four muscles and their associated tendons make up the rotator cuff. The supraspinatus muscle runs over the top of the shoulder. The subscapularis muscle covers the front of the shoulder and part of the upper chest. In the back of the shoulder, the infraspinatus muscle runs from the top of the shoulder down to the edge of the scapula. The teres minor muscle attaches slightly below the infraspinatus and runs under it to the bottom edge of the scapula. These muscles attach the humerus to the scapula, keep the head of the humerus in your shoulder socket and allow you to lift and rotate your arm.

Risk factors for rotator cuff tears

Genetics. These injuries tend to run in families, which indicates there may be a genetic component.

Repetitive arm movements. Throwing is one of the classic risk factors for rotator cuff injury; baseball pitchers, for example, often develop rotator cuff problems. Archery, volleyball, and tennis can also put stress on the shoulder joint and increase the risk of a rotator cuff problem.

Certain jobs. Any job in which the shoulder joint gets a workout can contribute to rotator cuff problems. Overhead painting or carpentry both require repetitive arm motions.

Increasing age. Most of the rotator cuff tears I see are in people over the age of 50. This is pretty much a matter of wear and tear on the shoulder joint, which can be exacerbated if the individual has a job or plays a sport that also increases the risk of a rotator cuff problem. The tendons have less blood supply as we get older, which makes them more prone to injury. Older people are also more likely to develop bone spurs in the shoulder, which can rub on and damage the tendons.

Rotator cuff symptoms

Common symptoms of a rotator cuff injury include the following:

Pain: a dull ache deep in the shoulder is more common in rotator cuff problems that result from overuse or repetitive motion. An injury such as a fall can cause acute, severe pain.

Difficulty sleeping: pain in the shoulder can result in an inability to sleep on the affected side.

Functional impairment: difficulty performing actions like combing your hair and reaching behind your back or overhead.

Joint noise: the shoulder may have a crackling sound when you move it or place your arm in certain positions.

Weakness: arm weakness may occur in some cases.

When I see symptoms that indicate a possible rotator cuff injury, I will usually order X-rays as well as a magnetic resonance imaging (MRI) test. The X-rays

will show arthritis or the presence of bone spurs, while the latter two are better for finding soft tissue injuries and actual tendon tears.

Treatment options

Luckily, in about 80 percent of people who have a rotator cuff injury, rest, over-the-counter medication, activity modification and physical therapy can resolve the problem and prevent further injury. If not, the next thing I typically recommend is a steroid injection to relieve pain and inflammation. However, if you have a large tear, your symptoms

don't diminish over time or you have significant weakness and loss of function in the shoulder, surgery may be the best choice.

Surgery can often be performed with an arthroscope – a special device with a tiny camera that allows for a couple of small incisions and minimal tissue trauma.

Arthroscopic surgery can include stitching a torn tendon, debriding (removing) frayed tissue or reattaching the tendon to bone. If you have a large tear, bone spurs or considerable damage to the rotator cuff, you may need a longer recovery time. Arthroscopic surgery can often be performed on an outpatient basis.

Recovery and rehabilitation

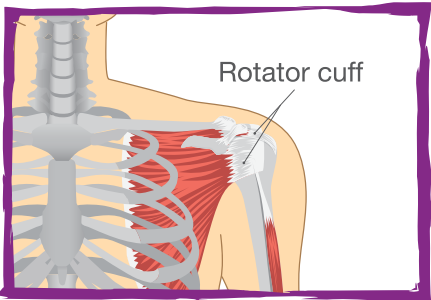
The recovery period after surgery will vary according to the severity of the original problem and the type of surgery needed. You can certainly expect pain and discomfort in the first week, although that will gradually diminish. However, it's likely to take several weeks or months for full recovery. In all cases, physical therapy is necessary to prevent the shoulder from becoming stiff and to strengthen the muscles. Physical therapy also stretches muscles so you will still have good range of motion. Your active participation in the rehabilitation process will help shorten the recovery time and increase your chances of a good outcome. However, overdoing it can cause a setback, so always follow your doctor and/or physical therapist's recommendations and instructions.

Staying healthy

A functional shoulder is necessary for many work activities as well as many of the recreational activities we can enjoy in our desert locality. Rotator cuff injuries can make it difficult to lift or push at work. If you like to swim, play tennis, volleyball or golf, a rotator cuff injury can limit your activity or even force you to stop playing entirely. Even walking or hiking can be uncomfortable when your shoulder hurts all the time. It's also difficult to exercise the upper body when the rotator cuff has been injured, which means your overall health may suffer.

Although there is no guarantee, daily shoulder stretches and regular strengthening exercises may help prevent rotator cuff injuries in some cases. The focus of the exercise should be on the muscles in the back of the shoulder and around the shoulder blade. A physical therapist or qualified exercise trainer can help create an exercise program that will achieve your goals. If you have shoulder pain that won't go away, however, it's a good idea to consult a doctor.

Dr. Sydney Pardino is an orthopedic physician with a private practice in Palm Desert. He can be reached at (760) 340.6784 or visit www.cuttingedgeortho.net



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Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and shares her journey with Desert Health® readers in this ongoing column.

Confessions of a Cancer Survivor

We have a lot of concessions, but some of the biggest ones we have are keeping the fear and anxiety away when the world seems to be turning upside down and we see lives being cut short by senseless acts. That trauma rushes back because you know mortality. You have been in a life-and-death situation and you understand the depth of life. You understand that everything can change in an instant.

As a cancer patient, you try hard to live your life again like you “used” to. You slowly learn to live with anxiety but it gets the best of you at times especially when things in this world don’t seem right. It is like PTSD, I would assume. All of the sudden it just hits you. No one understands. Family and friends look at you and think everything looks great; nothing is wrong. On the inside, however, it is different; it is the one thing that we cannot explain to a non-cancer patient.

You see, a few weeks ago I went in for my “routine” port flush and blood work. Everything was great; I felt fine. In fact, I have had perfect bloodwork all along. It was just another routine bloodwork day. If you don’t hear back they say, “See you in another 6 weeks.” Great, right? Until you get “that” call, and I did.

It went something like this... “Hi, Shay, how are you? Now, I don’t want to scare you, but your bloodwork didn’t come back as we expected. In May the tests were normal and now it seems your liver enzymes have gone up quite a bit. Have you been doing anything different lately? Taking supplements? Aspirin? Alcohol?” You immediately think back what you have been doing before tests were run. I respond by, “Yes. I mean come on; I am trying to get my life back to normal.” In a panic, I blurt, “I had one glass of wine. I took some supplements. I maybe had two Advil for some pain in my knee.” “Ok, well let’s stop doing all that for at least 2 weeks. If we retest and it is not better, then we will do a scan.”

Continued on page 34



Yoga and meditation are effective tools for calming the fears that come with surviving cancer.

Artificial Intelligence in Medicine

Continued from page 6

yet unknown pathologic associations.³ This was demonstrated recently wherein a deep learning supercomputer was able to analyze data from over 295,000 patients to create associations with those that had sustained a heart attack or not.³ The four resulting computer-trained algorithms were then challenged to predict the rate of heart attacks in another 82,000 patients whose heart attack history was already known.³ Amazingly all four of the AI-trained algorithms were superior to the American College of Cardiology and American Heart Association guidelines.³ The best of these trained algorithms was able to predict 7.2% more heart attacks correctly and reduce false alarms by 1.6%.³ This suggests that 355 more lives of those 82,000 patients could have been saved had that algorithm been used.³ Of note, over 30% of deaths in the industrialized world are due to heart disease.

The key to AI in the context of machine/deep learning is moving beyond fixed coded software sequences designed by computer programmers to software algorithms that can in fact learn.⁴ Human minds are routinely presented with enormous amounts of data that must be sorted, processed, and applied effectively. Our brains use neural networks supported by over 80 billion neurons, over 100 trillion neuronal connections, and over 100,000 miles of nerve fibers sending messages at over 250 miles per hour!⁵

Many different ways of measuring brain and computer processing power have been promoted. Two popular measures of computing power are floating operations per seconds (FLOPS) and traversed edges per second (TEPS). The human brain is appraised to process 1 exaflop. This is compared to one of the most powerful supercomputers in 2016, the “Sunway TaihuLight,” which was rated at 93 petaflops continuous (an exaflop is 1,000 times a petaflop, and researchers maintain supercomputers will exceed the human brain in exaflop calculations by the year 2020). The K Computer by Fujitsu was measured at 3.9 X10¹³ TEPS in 2016 and the human brain is rated at 6.4 X10¹⁴ TEPS. These two measurements suggest that the world’s fastest supercomputers are currently only a factor of 10 times slower than our brains and they are rapidly gathering speed! In fact, corporations and start-ups are ramping up to be a part of the estimated USD 16 billion AI market projected by 2022; growing at a 63% CAGR from 2016.⁶

Obviously, comparing our conscious to computers in these singular measures does not do justice to our ability to navigate the totality of life. A modern supercomputer’s ability, however, to process astonishing amounts of “big data” and learn from the experience, is where they leave us behind in the dust. This is precisely where they can help us discern subtle and otherwise occult plethora of information to come to accurate diagnoses and treatments.

Dr. Hancock is a board certified neuroradiologist with Desert Medical Imaging and can be reached at (760) 694.9559. He is also a member of Desert Doctors. For more information visit www.DesertMedicalImaging.com or www.DesertDoctors.org.

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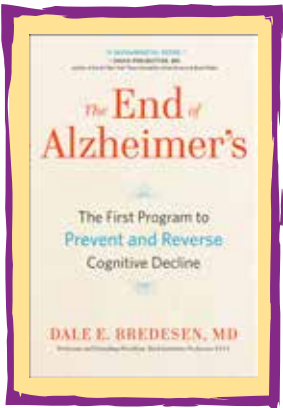
By Joseph E. Scherger, MD, MPH

Fifty percent of Americans will have dementia by age 85. This is a growing epidemic. Cognitive decline starts much earlier. We now know the causes: too much sugar and other carbs in our diet and an unhealthy lifestyle with too much stress, not enough exercise, not enough sleep and a lack of the right brain stimulation.

Two books came out in the summer of 2017 by leading academic neurologists who are able to reverse cognitive decline and even early and middle stage Alzheimer's disease. Their protocols are similar, based on major nutrition and lifestyle change. These results for a disease that was considered untreatable are a game changer.

Dale Bredesen, MD, is professor of neurology at UCLA and founding president of the Buck Institute for Research on Aging. His protocol for preventing and reversing cognitive decline is called ReCODE (reverse cognitive decline). His book is *The End of Alzheimer's* (Avery, 2017). ReCODE uses at least 12 hours of daily fasting to achieve nutritional ketosis and a healthy Mediterranean diet of nuts, seeds, vegetables including avocado, olive oil and wild-caught fish. The book covers foods in detail, along with the supplements he recommends. Other parts of the protocol are exercise, sleep and stress reduction. Dr. Bredesen's research findings reversing Alzheimer's disease have been published since "patient zero" in 2014.

Dean Sherzai, MD, and Ayesha Sherzai, MD, are husband and wife neurologists at Loma Linda University. They are co-directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Medical Center. Their new



book is *The Alzheimer's Solution* (Harper One, 2017). Their NEURO protocol is very similar to ReCODE and uses Nutrition, Exercise, stress reduction (Unwind), Restorative sleep, and Optimize brain function through multiple cognitive exercises. Their nutrition plan differs from ReCODE in that it is a whole food plant based diet (vegan or vegetarian). Their results are amazingly similar so anyone could use ReCODE, NEURO or a combination of each.

Bredesen is a basic scientist who worked in a lab studying the biology of Alzheimer's disease for over 20 years. Like many, he was hoping to find a single biochemical solution to the debilitating disease. In his book he explains why that is not possible. Having Alzheimer's disease is like having a leaky roof with 36 holes. Fixing one will not solve the problem. Fortuitously, his wife is a family physician trained in, and practicing, Functional Medicine. She told him the only solution to fixing Alzheimer's disease is to fix the lifestyle. Turns out she was right.

A remarkable difference between the books by Dr. Bredesen and Drs. Sherzai is the recommended supplements. Dr. Bredesen recommends more than 20 for most people, something that would be very expensive. His diagnostic evaluation, which is calls a cognoscopy, would also be expensive for tests not covered by most health insurance. By contrast Drs. Sherzai recommend just two supplements, fish oil and vitamin B12, getting the rest of your vitamins and minerals in foods. The diagnostic work-up is simpler and more likely covered by insurance. This contrast reflects the current difference between a comprehensive Functional Medicine

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Raising the Awareness of Oral Cancer

By Nicholas S. Baumann, DDS

About 50,000 Americans will be diagnosed with oral cancer this year. It is one of the most dangerous cancers, and its prevalence is increasing while awareness is low. Current five-year survival rates are only slightly better than 50%. This rate is mainly due to the fact that oral cancers are often discovered at a late stage when they have metastasized to other areas of the body.

Oral cancer starts very small and often comes with no pain so those affected are unaware of its presence until it is advanced. The best way to combat oral cancer is to have professional oral cancer exams completed routinely by a medical or dental professional.

Although cancer can occur in many places of the mouth and throat, the most common areas are the side of the tongue or floor of the mouth, areas that many don't look at closely on a day-to-day basis. Traditionally, the most common risk factors for oral cancer are tobacco and alcohol usage. Unfortunately, oral cancer is growing swiftly in those 40 years old and younger, which is mainly attributed to the spread of the human papillomavirus (HPV). Some are aware that the presence of HPV increases incidence of cervical cancer in females, but few are aware it has the same effect in increasing the incidence of oral pharyngeal cancer in both genders. It's estimated that the majority of Americans will contract the virus at some point during their life. Even

though the vast majority of cases are cleared by the immune system, the risk of cancer developing is still elevated. A vaccination is available against HPV, originally given to young females in hopes of reducing cervical cancer rates, but is now recommended for both young females and males, since there is a connection between HPV and oral cancers.

When screening for oral cancer, it often starts out as a very small, seemingly innocuous spot in the mouth. It can be white or red, or can look like a canker sore. It generally forms unnoticed by the patient as discomfort or pain rarely coincides with the early stages. Generally, if a sore or spot is due to trauma or something else benign, it will resolve itself within a couple weeks. If a lesion is present for more than two weeks, it must be examined by a professional to determine if it is something more serious.

Unfortunately, since oral cancer is often discovered at a more advanced stage, treatment can be very invasive and may involve a combination of radiation, chemotherapy, and surgery to remove affected tissue. This can lead to partial or full loss of the tongue or jaw which is all the more reason that early detection is crucial.

In the end, everyone needs to make sure they are getting routine oral exams either by their dentist or doctor. We hope to decrease the incidence of oral cancer and improve cure rates, but this can only be done by educating people on oral cancer and improving the rate of early detection.

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



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OneFuture Coachella Valley (OFCV) officially launched on March 1, 2017 as a non-profit in the Valley focused on a regional collaboration to assure all students - especially those in most need - attain higher education aligned with promising local industries such as health care, renewable energies and creative arts.

While OneFuture may be new, their work is not. OFCV launched from the Coachella Valley Economic Partnership (CVEP), originally as a career pathways initiative in 2005 and expanded to include a regional college access and scholarship initiative. This body of work collaborates nationally with key organizations such as Alignment USA and Ford Next Generations of Learning to bring models of excellence to the Coachella Valley, as well as distribute approximately \$1.3 million in scholarships to local students each year. OFCV has been instrumental in creating a regional leadership focus on college and career success across education, business and community. In 2012, they brought 75 regional stakeholders together to write and adopt a five-year plan on how business and education will work together with five long-term outcomes: 1) Increase graduation rates; 2) Increase college readiness; 3) Increase college and higher skills training completion; 4) Increase career readiness; and 5) Increase the number of local students with higher wage jobs.

OneFuture Coachella Valley continues the work with strategic alignment of industry sectors like health care where there is need for highly qualified professionals, while providing an opportunity for low-income students to break the cycle of poverty.

The health care industry has been a major focus for the organization for good reason. According to the California Health Commission 2017, California ranks 46th out of the 50 states in nurse ratios. Demand for primary care providers will increase by up to 17 percent by 2030, while 38 percent of primary care physicians are age 55 or older and are expected to reduce their hours or retire within the next decade. This will leave California with an estimated shortage of 4,100 primary care clinicians in 2030. Further, the Inland Empire and Central Valley, two of the largest and fastest growing regions of the state, have ratios of primary care physicians far below national standards. The Inland Empire has 42 percent of the primary care doctors recommended by the Council on Graduate Medical Education, and the Central Valley has just 35 percent.

In order to meet the needs of the future in health care, OFCV focuses on aligning efforts with education, business and community. OFCV provides local students with paid undergraduate summer internships in health care fields; supports the local school districts by providing health career awareness for high school and middle school students; provides a platform through the Healthcare Industry Councils for business and education to continue collaboration; to disburse scholarships to local students studying health-related fields; and provides counseling and additional support services to assure that students are prepared for college and career success.

For more information, collaboration with partners, scholarship program or how to get involved, please visit onefuturecv.org.

Six Pillars of Brain Health

Pillar Four: Sleep

This is the fourth of a six-part series on brain health from Deborah Schrameck, NC, PT, of the Eisenhower Wellness Institute. Preceding articles may be found at www.DesertHealthNews.com.

Do you try to get a full night of sleep, but still get up in the morning feeling exhausted? Do you find your energy drags in the afternoon and you feel scatterbrained or irritable? About 33% of Americans and 45% of the world's population do not get enough sleep. The U.S. Center for Disease Control and Prevention calls this issue a "public health problem."

Disrupted sleep or sleep deprivation is associated with a host of conditions including diabetes, cancer, stroke and cardiovascular disease. If that isn't bad enough, there is a link between lack of sleep and reduced cognitive health.

Why should we get between 6.5 – 9 hours of sleep per night? There are five stages of sleep: stage one is light sleep; stage two is when the body begins to prepare for deeper sleep, including stages three and four; and stage five is REM sleep. These stages repeat in 80- to 120-minute cycles about five times per night.

In the first part of the night during stages three and four, growth hormone is secreted and this is when the physical body repairs. During the last third of the night with extended stage five, REM sleep, mental restoration occurs. If you wake up early or cut off one of these cycles, you might cut into the deep sleep for physical repair (nagging injuries) or cut off the REM sleep cycle, leading to cognitive issues.

In July 2017, a study in the journal *Neurology* published that people, who get less REM, or dream-stage sleep, may be at higher risk for developing dementia.¹ In April, *Neurology* published research that disturbed sleep leads to higher levels of the protein that forms the sticky plaques that kill brain cells and bog down information processing.²

In the deepest REM stage of sleep, the brain cleans itself of plaque and other toxic

materials that trigger cognitive decline and Alzheimer's disease. This repair process is important during sleep to reduce brain inflammation.

Sleep apnea, a serious sleep disorder in which breathing repeatedly stops and starts, has been proven to trigger loss of brain function. In a research study from the University of California, San Francisco, they found that older women with sleep apnea are twice as likely to develop dementia within five years than those without it.³

What can we do?

- Be consistent with your sleep schedule even on the weekends.
- Drink water first thing in the morning to help flush built-up toxins from the previous night; wait for your coffee.
- Exercise outside in the morning and get direct sunlight.
- Limit caffeinated drinks.
- Recognize the signs of sleep apnea and get tested. These include snoring (with pauses), daytime sleepiness and agitation during sleep.
- Avoid alcohol.
- Keep your bedroom dark and cool.
- Stop using blue screens and electronics at least one hour before bed.

We all feel the benefits of a good night's sleep. Do everything in your power to support your brain by getting to bed and getting to sleep.

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

References: (1) *Neurology* (July 2017), Sleep architecture and the risk of incident dementia in the community: <http://www.neurology.org/content/89/12/1244>; (2) *Neurology* (April 2017), Poor sleep is associated with CSF biomarkers of amyloid pathology in cognitively normal adults: <http://www.neurology.org/content/89/5/445>; (3) *Journal of American Medical Association* (August 2011), Sleep disordered breathing, hypoxia, and risk of mild cognitive impairment and dementia in older women: <https://jamanetwork.com/journals/jama/fullarticle/1104205>.



The Benefits of B12

By Jessica Needle, ND

Vitamin B shots are popping up all over. You can now get injections in doctors' offices, weight loss clinics, and even health food stores. This article answers some frequently asked questions about this popular therapy to help you to decide if vitamin B shots are right for you.

What is vitamin B12 good for?

Vitamin injections can consist of a number of nutrients, with B12 one of the key components. B12 is well known for giving people energy through chemical reactions that form red blood cells. Red blood cells carry oxygen throughout the body, and oxygen is needed to metabolize food molecules into energy. B12 also helps convert homocysteine, a protein that is associated with heart disease, into methionine, one of eight essential amino acids, that helps stop cellular damage in the body. Another important function of B12 is to maintain myelin, the covering around nerves, so B12 is often helpful in reducing pain caused by nerve degeneration.

Which form of B12 is best?

There are many types of B12 with names relating to the chemical structure of each form, such as hydroxycobalamin, cyanocobalamin, S-adenosylcobalamin, and methylcobalamin, which is the type that your body needs to perform the functions mentioned above. Your body can create it out of the other forms, but many people have a genetic mutation that makes this process suboptimal; therefore, you should look for methylcobalamin in

your supplements and injections.

How do I know if I need a shot?

Your level of B12 is easily checked with a blood test. One study by the USDA found B12 deficiency in 9% of the population, and 39% had low-normal levels. Those at high risk are the elderly, people with pernicious anemia, those who take metformin or proton pump inhibitors such as Nexium, and people who have had weight loss surgery. All of these conditions reduce the ability to absorb vitamin B12 from food. Vegetarians can also develop deficiencies, since B12 is found in animal products, but not plant foods.

How often should I get a shot?

If you have a documented B12 deficiency, you should receive an injection once a week until your deficiency is corrected. If you are using shots for prevention or for general wellness, no guidelines have been established. Some people choose to get shots every two weeks or once a month. As with anything, the more consistent you are, the better results you'll get. Because B12 is a water-soluble vitamin, any excess will be excreted through urination and is unlikely to cause problems.

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

Source: 1) <https://www.ars.usda.gov/news-events/news/research-news/2000/b12-deficiency-may-be-more-widespread-than-thought/>



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TCM and Acupuncture for Stroke Prevention

By Ashley S. Humston L.Ac., MTOM

According to the American Stroke Association, 795,000 strokes occur in the U.S. each year. Every 40 seconds someone has a stroke and every 4 minutes someone dies of a stroke.

On June 24, 2017, my life changed forever when I received a call from one of my younger brothers informing me that my vivacious mother had suffered a major stroke at the young age of just 61.

While it is common knowledge that TCM and acupuncture are beneficial in the recovery following a stroke, there is not a lot of information available on the role these modalities can play in stroke prevention.

Below are the top three risk factors contributing to stroke in the U.S., along with brief explanations as to how TCM and acupuncture can play a role in curbing these risk factors and in turn help to prevent the occurrence of a stroke.

High Blood Pressure

While medications to reduce blood pressure have profoundly affected the lives of many, most do not “cure” patients of the disease. TCM physicians take one step further to determine what outside factors are contributing to a patient’s high blood pressure and then eliminate or improve those factors.

Two examples of outside factors that can lead to high blood pressure are inflammation and auto-immune dysfunction. Clinical research shows that acupuncture reduces inflammation in the body by stimulating cytokines. Acupuncture also promotes the release of certain proteins, chemicals, and hormones in the brain, which in turn boost the immune system.

Smoking

Auricular acupuncture (or ear acupuncture) is used extensively in prisons, substance abuse programs, hospitals, and VA clinics across the U.S., in conjunction with education and counseling to curb addiction and help promote smoking cessation. If you’re ready to quit, ask your TCM physician about the NADA protocol and quit smoking today!

Diet and Physical Activity

Newsflash: These two are related! According to The American Heart Association, a Mediterranean-style diet that is high in both nuts and olive oil is associated with a reduced risk of stroke. In addition to herbal formulas created specifically for each individual patient, I prescribe supplements such as calcium and magnesium to lower blood pressure and improve circulation. I also encourage patients to replace their morning coffee with a cup of green tea, which has been shown to lower LDL cholesterol and prevent blood clots.

Regular physical activity is a must. I encourage my patients to get in at least 30 minutes of “move-time” per day. I also encourage little daily decisions that make a big overall impact: take the stairs, park farther away, stretch for 10 minutes every morning...

As author and motivational speaker Jim Rohn once said, “Take care of your body. It’s the only place you have to live.”

Ashley Humston L.Ac., MTOM, is a licensed acupuncturist and TCM physician with the Live Well Clinic in La Quinta and can be reached at (760) 771.5970 www.livewellclinic.org.

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Living Wellness with Jennifer Di Francesco

How We See the Finish Line

Motivation and goal setting changes our perception



This summer I cycled 100 miles in the northern California countryside for an organization called “Best Buddies,” which raises funds for individuals with mental disabilities. This year, the event provided critical thinking related to goals, motivations and how each of us sees the finish line - not only on the bike, but in any physical endeavor.

At the onset of the ride, I merged into a peloton of cyclists which included one tandem cyclist team. A father was pulling his teenage son with Down’s syndrome who sat in a rickshaw attached to his father’s bike. My first thought was that this father decided to kick start the ride but would taper off and conclude the ride early, as the distance was too far to ride pulling another. This was not the case. That evening at the award reception, the father was acknowledged onstage for pulling his son the entire 100 miles, with 6,106ft elevation gain. The ride remains one of the hardest days on the bike I have ever experienced.

For weeks after, I wondered how this father accomplished this difficult challenge. I pondered the differences each of us possesses while focusing attention on the completion of a physical task. We have the choice to frame an experience as something too difficult and unattainable or something that we can undertake and persevere. A certain amount of physical conditioning is necessary, yet the mental programming plays the starring role in one’s ability to meet goals. I heard volunteers, who were handing out waters at rest stops, making comments such as, “I don’t think I could ride my bike 20 miles let alone 100!”

The biggest lesson from this experience was learning later about studies and experimental motivational findings. Our mindset and our psychological experience work in tandem, changing how we see the world around us. We can actually picture in our mind the finish line as being closer than another person might see it. This can be achieved by visualization techniques that hone in on the finish so precisely that we see nothing else. Individuals in studies related to this technique, which requires a steadfast focus on the moment, viewed the finish line as 30 percent closer than people who got distracted and looked around. The studies revealed not only that the finish line seemed closer but with this laser beam focus, exercise was 17 percent more enjoyable and participants moved 23 percent faster.

The father who had pulled his son clearly had an unwavering spirit, mission and vision. He had a steadfast purpose not only to cross the finish line himself but, more importantly, to allow his son to experience this thrill.

If each one of us can harness a resolute goal with similar perseverance, anything is possible. Working on our wellness goals requires mental programming that is paramount to our physical state. We must focus daily on exercise and nutrition, realizing that this is only half of the equation. If the proper mental mindset is harnessed, we have ultimate hope to reach the finish line and beyond.



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Benefits of Meal Prepping – Especially During the Holidays

By Michelle Steadman

Eating healthy is crucial for our body and overall well-being. It becomes even more challenging when the holiday season is upon us. Holidays come with a never-ending list of party invites, activities, and entertaining which often leads to over indulgence.

As we gear up for the holidays, meal prepping (or meal batching) is a great help to keep you on track. Here are my top 5 tips for meal prepping to help you stay on track during this holiday season and beyond.

Tip #1 - Write a grocery list. With a well thought out grocery list in hand, you can avoid those extra snacks that sometimes wind up in your cart. With a healthy, well-stocked fridge, it's easier to avoid the urge to dine out. Plus, no more standing in front of the refrigerator door thinking, "There's nothing to eat."

Tip #2 - Select a day. Set aside time on your weekend (normally Sunday) to prep and batch your meals. Get the whole family involved. This is a great time to spend with each other. Include family in the grocery list, shopping and food preparation. This also sets a good example for the kids as to the importance of proper nutrition throughout their lives.

Tip #3 - Never skip breakfast. Breakfast is the most important meal of the day. Remember, you've been fasting for 8 hours during your sleep, so when you wake up it's important to fuel your body with nutritious food. Give your body the proper energy it needs to begin your day. Prep some quick and easy breakfast items, such as overnight oats, Greek yogurt with berries or a nutritional shake.

Tip #4 - Short on time? You can batch your meal in your slow cooker. This is a great way to prepare several meals at one time. Simply add all your yummy ingredients in your crockpot and walk away. A few hours later you have amazing meals already to go. Portion it out in containers, and you are set for the week.

Tip #5 - "I don't cook." Even if you don't cook, you can still meal batch. Most grocery stores have pre-made items like hard-boiled eggs, grilled chicken, salads, fruit, veggies, salsa and your favorite beans. Having these convenient and nutritious items on hand will help keep you from walking out the door for yet another restaurant meal.

As you can see, meal batching can save you money and time. In addition, the planning ensures convenient - and healthier - meals.

From my family to yours, we hope you have a happy and healthy holiday!

Michelle Steadman is a certified Pilates instructor, a mom, and founder of Truelicious raw food bars. Her new business, Salads in a Jar, brings healthy food delivery to homes and businesses throughout the Coachella Valley. For more information visit SaladsinaJar.com or call (760) 587.5076.



Meal prepping can be fun and educational family time.

Going Within

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

These past few months have been intense and it feels like everything has been happening all at once: hurricanes, fires, mass shootings - all public events - without mentioning our own personal challenges. It's enough to create a feeling of inundation. I know that if this had happened 25 years ago, I would have survived it but would have been a 'hot mess' in the process. I never knew that, when I first stepped onto my yoga mat, it would prepare me for the ups and downs of daily living, but it has and for that I am grateful.

We expect those huge, and sometimes intense, challenges to happen in life, but when they stack up in short succession it can be enough to push us over the edge. Our yoga practice can support us in finding what we need to do to keep from submerging. It may get rocky, but we don't capsize as easily. And when life is full of challenges, we are often pulled outward into the chaos. We focus on details of events, begin to project into the future, and create stories around the unfolding drama. Yet we know that when we become established in our yoga and meditation practice, we remember one of the things it has taught us: go inside, rather than out.



A regular yoga practice can help one find equanimity in the midst of challenging times.

When tragedy strikes - and it seems to be doing so ever more frequently - how do we manage those feelings of grief, anger, and helplessness?

Now, more than ever, we need to step fully into the light of our own inner strength and affirm that the direction we want is one of love, hope, tolerance, and compassion. The practice of beginning with our own suffering, offering ourselves loving kindness is vital. When we sense our knees buckling under the heaviness of our times, instead of pointing fingers and looking outside ourselves, we offer ourselves kindness. As we dig into that intention with an authentic

dedication, affirming repeatedly that what we wish for ourselves, we wish for all beings everywhere: to be safe; to be free; to be happy; to live with peace and ease.

We can learn to become radically present through slowing down, taking a deep breath, and relaxing any unnecessary tension. The more we do it the easier it becomes, and the beauty of this practice is that it gives us a method for dissipating the energy of intense situations. The tricky part is that we need to practice doing so BEFORE the intense situations happen. And that's one of the reasons we come to the mat...to practice finding equanimity in the midst of challenging moments.

It's ineffective to ask someone in the middle of a crisis to "take a deep breath and relax" if they've never done so before that moment. We come to the mat to practice finding ease when things get challenging so that when everything happens all at once, we have a way of getting through and being with it, perhaps even with a smile on our face!

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



Stay Open to the Gift of Life

Continued from page 1

After a long journey of planes, buses, and cute little Fiats, we arrived safely in the beautiful seaside town of Cesenatico. Located on the eastern coast along the Adriatic Sea, this popular vacation destination attracts mostly Austrians, Germans and Italians. In fact, we felt like the only Americans in town. During our stay, we met so many great people, all filled with passion for life, family and food. For many, their dream was to go to the United States; apprehension and fear didn't seem to exist. Everyone embraced us, and each other, with unabated kindness and joy. We laughed that the many American flags we saw were donned by Germans. It opened my eyes to the realization that all that self-talk and negative emotion are a regrettable waste of time - and stress. I felt shame for even having those thoughts. Our journey across the globe was a magical experience and one of our best vacations ever.

It only took a week home watching the evening news to prompt the need to escape once again. Two weeks away reminded us of who we really are (singularly and together) and the importance of taking time off; we wanted to hold onto those feelings.

The thought of the bustling season ahead evoked the stillness of nature, so we headed to Mammoth to camp. We used to camp a lot as kids, but it had been a very long time and we once again asked ourselves 'why?' The overwhelming beauty of the mountains, blue skies, tall trees and pristine lakes coupled with the simplicity of our daily routine - fishing, hiking and reading a book - further reminded us that life is a precious gift to be embraced and celebrated.

Releasing negative emotions caused by events out of your control is often easier said than done. It's important to remember that sometimes simply changing your own environment can help ease the burden. Visiting a foreign country can remind you of how many good people there are in the world and how many new friends we all have yet to meet. And getting back to nature is sure to awaken a true appreciation for life that exists within us all. There is so much beauty in the world. In fact, there is much more beauty than there is bad. Sometimes you just have to step out of your own world to find it once again.

Editorial by Lauren Del Sarto, Publisher, who can be reached at Lauren@DesertHealthNews.com

Reversing Cognitive Decline

Continued from page 9

approach and a vegan Seventh Day Adventist approach to health. Take your choice or follow a combination of the two approaches. Both protocols eliminate toxic sugars and processed foods. I suggest you consider a combination of the two approaches until more is known.

One of my favorite chapters in *The End of Alzheimer's* is "How to Give Yourself Alzheimer's: A Primer." All you need to do is to eat a standard American diet and live a standard American frenetic lifestyle. No wonder 50% of us will have Alzheimer's by age 85! It does not need to be that way. Alzheimer's disease is very rare in the healthiest communities on Earth who eat only real local food and live a low-stress life with good sleep and good family and community relationships. Such a life is always within our grasp. Start living this way today. It is never too late to change.

Dr. Scherger is Vice President of Primary Care at Eisenhower Medical Center. He is also the Marie E. Pinizzotto, MD, Chair of Academic Affairs, and the Clinical Professor of Family Medicine at both the University of California, San Diego School of Medicine, and the University of Southern California Keck School of Medicine.



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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



The Advantages to Treating You as a WHOLE Person

The body is a fantastic network of systems. An incredible realization for me as a physician is that every system impacts every other system in our body. The premise of Functional Medicine and Integrative Medicine is that all of these parts need to be treated concurrently to support the body creating health. By appreciating the interplay of all these parts, we can create whole person balance and well-being.

Traditional medicine evolved through a reductionist approach. Initially due to a need to understand the mechanisms of function and dysfunction, scientists broke the body into segments and achieved incredible advances by this methodology. This approach led to thinking of systems as distinct and separate and yielded our current medical specialties based on body systems. Rather than circling back into a comprehensive methodology, traditional medicine has valued and rewarded separation of practitioners such that patients are often left to try to piece the whole picture together.

To illustrate this conundrum, my mom gave me permission to share her story. She has increasing difficulty with mobility – if she sits too long, she can't walk when she gets up. The orthopedist did scans and prescribed physical therapy. At her follow-up after six weeks of PT, she wondered if her back could be the problem, rather than her hips. The orthopedist said that one way to figure this out would be to inject steroids into both hips and if the issues resolved, clearly it is a hip problem. Here is where things get interesting. My mom has high cardio-vascular risk. One of the unintended consequences of steroid injections is significant elevation of blood sugars and circulating cholesterol. One side-effect of steroids is an increased risk of coronary artery disease up to six times normal. The elevated cholesterol impact of steroids lasts up to six months after cessation, so there is a window of time when risk could be elevated for heart disease.

None of these risks were discussed with my mom, so we had a discussion with her primary care doctor, who is open to my concerns. She is going to have labs drawn before and after her steroid shots and also have protective measures during this time until her labs return to normal. It is this kind of inter-specialty navigation that is desperately needed in health care today.

Within traditional medical organizations, the specialty of 'primary care' leads the way in attempting to care for the patient as a whole being. The benefits of having one doctor who can juggle and guide the use of sub-specialists is an excellent choice to support comprehensive care. However, even within primary care, we need a more holistic approach. There is an emerging ground-swell of support for newer movements such as Functional Medicine and Integrative Medicine. Each of these approaches seeks to provide care that takes all systems into account and creates whole-system health. In my mom's case, her primary care doctor and I worked together to plan for her best protection during this round of medical care.

So what's the bottom line? Beyond your own lifestyle choices, your best preventive action is to develop a trusted health care team to collaborate with you, treating you as a whole person.

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

A Win-Win for Farmers and Families Market Match program encourages fresh produce

By Megan Goehring

Imagine sitting at a long banquet table piled high with the most delicious, nutritious food imaginable, but when the servings are distributed, your plate remains empty. This is the reality for millions of people in California – ironic for the state which provides the nation with the vast majority of its fresh produce. The people who can't fully partake in providing sustenance for their families live at or below the Federal definition of poverty. For a variety of reasons, they spend most of their income on housing, utilities, medical bills and other expenses, making it difficult to afford food.

Fortunately, for those who qualify, the SNAP program (Supplemental Nutrition Assistance Program), called CalFresh, helps bridge the gap. In 2015, 4.4 million people in California received \$142 per month in assistance to help cover their household food expenses, and in the process "lowered the state's poverty rate by 2.4 percentage points – the largest amount among social safety net programs." Of those participants, 74% were children under the age of 17.

In 2008 the USDA began to build a program to encourage SNAP participants to channel their food budget towards more fresh fruits and vegetables, with the goal of improving the overall health of the population. The Food Insecurity Nutrition Incentive Grant Program (FINI) does just that, by financially supporting projects that incentivize SNAP participants at the point of purchase.²

Here in Riverside County the need is just as acute as elsewhere, and 38.2% of low-income residents participate in SNAP.¹ Fortunately, a coalition of over 300 Certified Farmers' Markets across the state "received one of the first FINI grants in 2015 to distribute Market Match funds to connect 240,000 CalFresh shoppers with 2,200 of the state's small farms, stimulating \$9.8 million in fruit and vegetable sales."³

The Certified Farmers' Markets of the Coachella Valley, under the Palm Springs Cultural Center, is one of the CA Market Match partners. Every week at each one of the CFMCV market locations (Palm Springs, Palm Desert and La Quinta) CalFresh customers can not only use their federal nutrition incentives, distributed in wooden tokens, but can also receive up to \$10 in FINI Market Match tokens for the purchase of fresh produce, bought directly from the farmers who grew them. It's a win-win-win for everyone involved and a perfect embodiment of the CFMCV's goals of providing an economic platform for small family farmers and nourishing the communities of the Coachella Valley. For locations, times, and directions to the CFMCV markets, visit: www.certifiedfarmersmarkets.org.

Megan Goehring is the Palm Springs manager and community liaison for the Certified Farmers Markets of the Coachella Valley and is passionate about improving access to fresh, high quality food for everyone in her community. For more information about locally sourced food from small California farms, check out www.certifiedfarmersmarkets.org or call (844) 732.7628.



Market Match tokens are offered at our local Farmer's Markets to qualifying individuals.

References: 1) <http://www.ppdc.org/publication/the-cal-fresh-food-assistance-program/> 2) <https://nifa.usda.gov/program/food-insecurity-nutrition-incentive-fini-grant-program> 3. <http://marketmatch.org/about/funders/fini/>



Caring for the Caregiver

Continued from page 5

Among the 17 participants, 15 were women. The average age was 71 years (range: 54-83). Prior to this program, most of the caregivers (70%) had sleep problems, felt little motivation to exercise (77%), ate too much under stress (53%), and did not use any relaxation technique (82%). Thirteen participants felt an excessive amount of stress (77%). Eight participants sought counseling in the past; only one was under therapy during the intervention.

By the end of this intervention, all participants stated that they found this lifestyle intervention useful in their daily life, reporting improved physical health, mental health, sleep quality and stress coping skills. Regarding how much they had changed their lifestyle, none of the them chose “no change” or “little change”; three of them chose “some change”; all the rest chose “fairly much” or “very much.” Most participants applied deep breathing on a regular basis, but only 7 participants practiced meditation more than 10 minutes each day. Overall, diet change is the most challenging compared to exercise, breathing/meditation, yoga or sleep.

After 12 weeks, the participants lost an average of 6.1 lbs. There were significant decreases of body mass index, body fat mass, waist circumference, waist/hip ratio. The average systolic blood pressure and diastolic blood pressure dropped an average of 10 and 5 mmHg respectively. Participants’ subjective report of medical symptoms questionnaire showed the average score decreased from 30 to 18 (higher score means more complaints). The average depression score decreased from 15 to 9. The average perceived stress scale decreased from 18.2 to 12.5.

The results from this intervention strongly suggest an improvement of overall wellness of all participants even though most of them were not able to be completely compliant of all lifestyle changes. These results are encouraging as their daily stress is far more than most people. More than half of the participants reported major stressful events during these twelve weeks, such as the loss of a close relative, heart surgery of a grandchild, hospice care for a spouse, and cancer diagnosis of an adult child. Nevertheless, our data suggest that these people were able to lead a relatively normal life through this intervention. For example, the national data of perceived stress scale showed that the average scale is 12 for Americans 65 years and older, which is similar to our participants scale after intervention (12.5).

In conclusion, the lifestyle changes, including diet, exercise, sleep and stress management, are an effective approach to improve the overall wellness of caregivers. We believe this will also benefit their loved one with dementia, other family members and friends.

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

The Current State of Mental Illness
Conference suggests cause linked to a variety of factors
By John R. Dixon, DC, CCN, Dipl.Ac.

I recently attended the 8th annual Integrative Medicine for Mental Health conference in Orange County. Health care practitioners from many disciplines converged to learn about new and integrative approaches to treating mental health disorders such as ADD, ADHD, anxiety, depression, bipolar, dementia, pediatric acute-onset neuropsychiatric syndrome (PANDAS), autistic spectrum disorders and Alzheimer’s.

The general theme of this conference is that many of the attending providers are frustrated with conventional drug therapy models for treating these disorders. This is based on clinical outcomes provided by single or multiple drug prescriptions. There is also increasing demand driven by the public’s growing interest in science-based, non-drug alternative approaches.

Integrative treatment of mental health disorders involves utilizing multiple modalities including nutritional supplements, diet and lifestyle changes, toxin avoidance and detoxification, addressing gut health and the gut-brain axis, brain mapping with neurofeedback and psychotherapy.

Diagnosing mental health disorders from an integrative perspective involves volumetric laboratory testing including urinary organic acid testing (OAT test); IgG food allergy testing; plasma amino acid testing; urine testing for toxic chemicals including plastics; pesticides, herbicides, heavy metal testing; genetic testing; and functional MRI and SPECT scan imaging of the brain.

Mental health disorders are increasing at an alarming rate. Currently, an estimated 26.2 percent of Americans ages 18 and older or about one in four adults suffer from a diagnosable mental disorder in a given year. Doctor visits for American youth with bipolar disorder increased 40-fold or 3,900% from 1994-2003. Emergency department visits and inpatient hospitalizations for mental disorders have increased by 45 percent among children between 2007 and 2014. According to Stephen Genuis, MD, a Canadian physician and researcher with over 100 published articles in science-based and medical journals, the dramatic rise in chronic disease including mental health problems is the result of the following determinants:

- 1) Widespread, chronic exposure to adverse environmental chemicals, heavy metals and other toxins. Environmental toxicants affect human physiology by disrupting cellular function, especially mitochondrial function, resulting in oxidative stress and free radical generation. Also included in this category is electrical toxicity associated with cell phones, wi-fi, and high voltage power lines.
- 2) Infectious agents including spirochetes/lyme, parasites, bacteria, mold and mold toxin, and viruses.
- 3) Widespread nutritional deficiencies, including magnesium, zinc, amino acids, COQ10, vitamin D, B complex vitamins, antioxidants, and most

Continued on page 34

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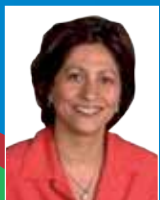
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Adrenal Fatigue and Disorders

By Amanda Beckner CN, HHP, Ph.D.

The adrenal glands are located above the kidneys and composed of two parts. The outer section, the adrenal cortex, produces hormones that are vital to life, such as cortisol (which helps regulate metabolism and helps your body respond to stress) and aldosterone (which helps control blood pressure). The inner region, or the adrenal medulla, controls hormones that help you cope with physical and emotional stress including epinephrine (adrenaline) and norepinephrine (noradrenaline).

When your adrenal glands are stressed and not functioning correctly, you may experience signs of fatigue, tiredness, headaches, food cravings, food allergies, forgetfulness and blood sugar disorders. If the adrenal cortex is seriously underactive, Addison's disease may occur. Symptoms include low blood pressure, depression, craving salt, lack of appetite, dizziness/fainting, nausea, moodiness, and the feeling of not being able to cope. Cushing's disease (or hypercortisolism) is another adrenal disorder caused by excessive production of cortisol which is typically brought on by steroid hormones. Cushing's patients present with a rounded moon face, heavy abdomen and buttocks, but very thin limbs.

Poor nutritional habits, smoking, and drug and alcohol use are some of the primary factors that contribute to adrenal failure. Extensive use of cortisone for pain can also affect the functioning ability of the adrenal glands. Long-term use of this drug causes the adrenal gland to shrink in size; stress can also play a role. When we talk of stress, we hold on to emotion in our organs. As the body becomes weaker and emotions become believed and more intact within our cells and organs, stress can become a major contributor to adrenal breakdown and further increase the risk of additional disease.

If you feel you are experiencing adrenal disorder, seek the advice of a qualified health care practitioner. Adrenal support supplements are available and may contain these recommended vitamins: B-complex, vitamin C with bioflavonoid (3,000 to 10,000mg daily), L-tyrosine (up to 500mg daily), raw adrenal glandular, raw liver extract, raw spleen glandular, raw pituitary glandular, calcium with magnesium and D, potassium (from 99mg to 800mg depending on severity), and zinc (only 20mg daily).

Helpful herbs include astragalus which can aid in stress reduction and improve adrenal function, echinacea which can protect the tissues from bacterial invasion, and milk thistle which cleanses and aids liver function.

Those experiencing adrenal fatigue should consume green leafy vegetables, fresh fruit, brown rice, legumes, nuts, garlic, onions, olive oil, seeds, wheat germ and whole grains (sprouted preferably), wild-caught salmon or deep water ocean fish up to 3x per week.

Items to avoid include alcohol, caffeine, fried foods, meats, additives, sugars, and unhealthy fats. Excess fat is a problem for adrenals. A balance of quality proteins, complex carbohydrates and quality fats such as organic coconut oil, olive oil, avocado, nuts/seeds should be consumed. Fats to avoid include excessive saturated fats, most polyunsaturated fats, trans fats, fried fatty foods, etc.

Maintaining both mental and emotional balance and eating a nutrient-dense diet while avoiding wrong foods can correct the adrenal function and allow the body to once again work as a whole.

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

Chelation Therapy for Cardiovascular Health

By Gunther Mueller

Heart disease is still the number one killer of both men and women in the U.S., and it does not seem to be getting any better despite all the amazing advances and inventions in modern western medicine. If you, or your loved ones, are concerned about heart attack, stroke, diabetes, high cholesterol, or you have a family history of those, then you may want to learn more about this easy and effective therapy that has been around for decades in the wellness community.

Chelation therapy was first used in the 1940s. People working in shipyards developed heavy metal poisoning from copious amounts of lead in the paints and buildings. We are all still constantly exposed to toxic heavy metals, and chief among them is lead. From automobile and industrial emissions, contaminated soils, lead-based paints, lead crystal, and waste dumps, lead finds its way into our bodies. Drug companies developed a chelating agent to remove these heavy metals from the body.

Chelation therapy is the IV administration of a synthetic amino acid known as EDTA which binds heavy metals like iron, copper, lead and calcium, which have been shown to be associated with formation of plaque in the blood vessels which causes heart attacks, strokes, and vascular disease. By chelating these heavy metals and minerals out of the body, it softens and reduces the amount of plaque throughout the body. It also lessens hardening of the arteries and makes them more elastic resulting in better circulation. EDTA mobilizes the calcium built up in the soft tissue where it should not be stored. By acting as a calcium-channel blocker, it may reduce blood pressure by 10 to 20 points and may even eventually eliminate the need for medication.

This prescription therapy is administered slowly to ensure the proper balance of nutrients and minerals and may be successfully administered with nutritional

IVs. In a retrospective study by Ja-Liang Lin, MD, and colleagues from Chang Gung University in Taipei, of 19,000 people with peripheral vascular disease, 82.5 percent of those who received chelation therapy showed substantial improvement.

Bypass surgeries have been the "go to" therapy for blocked arteries, but the effects of bypass surgery are limited to only the heart function. Chelation therapy enhances the entire circulatory system by cleansing vessels and organs. The modality is currently FDA-approved for lead poisoning, but medical doctors are free to use it for other purposes. Its popularity as a cardiovascular therapy is generating a number of new studies aimed at FDA-approval for that use as well.

The most enduring myth about chelation therapy is that it damages the kidneys, but studies reported in the *American Heart Journal* have shown that it actually improves kidney function; diabetes also responds well to chelation therapy because the disease generally involves the arteries.

"We have been using chelation therapy safely, effectively and as an inexpensive alternative to drugs and surgery for over 20 years," says Preventive Medicine Clinic's Medical Director Neal Rouzier, MD.

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

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Are You an Impostor?

Seven tips to silence your inner critic

By Susan Murphy, Ph.D.

Have you ever feared that you might be “found out”? “Unmasked”? Exposed as a “fraud” in an area of work, activity or performance? You may be surprised to know that feeling like an impostor is quite common. Many successful and famous people confess to feeling this way sometimes – in fact, it’s prevalent among high achievers. Research indicates that at least 70% of men and women admit to experiencing the Impostor Syndrome during their lives.

At Stanford Business School, first year students are asked, “How many of you feel that you are the one mistake that the admissions committee made?” Each year, two-thirds of the class raises their hands. Maya Angelou, the famous poet, once said, “I have written eleven books, but each time I think, ‘Uh-oh, they’re going to find out now. I’ve run a game on everybody, and they’re going to find me out.’”

The term “Impostor Syndrome” was coined in 1978 by clinical psychologists Clance and Imes. Also known as “Impostor Phenomenon” or “Fraud Syndrome,” it’s a concept describing people who are unable to internalize their accomplishments and who have a persistent fear of being exposed as a phony. They have chronic self-doubt and believe they are not talented, smart nor successful despite evidence that the opposite is true. They feel inadequate and dismiss their success as luck or timing, and fear that they won’t be able to pull it off the next time.

Why is it important to recognize this Impostor Phenomenon in your life? Impostor feelings may stop you from setting ambitious goals, even New Year’s resolutions. Impostors often over-prepare for performances or they procrastinate which can make achieving goals challenging. Feeling like an Impostor can impact your desire to take risks and try new things. You may not look for promotion opportunities or your dream career, nor take advantage of meeting new people and learning new skills.

TIPS

Stop your negative self-talk. Wear a rubber band on your wrist and snap it when you hear your inner voice tell you you’re a fraud or are not competent. Research indicates 77% of self-talk is negative. Tell your inner critic, “Thank you for your input, but I’m not interested!”

Become aware of your thoughts. Awareness is the beginning stage of dealing with the Impostor Syndrome. Become aware of your Impostor’s critical voice as “only thoughts,” not facts. Document when these thoughts and feelings occur and start to recognize they are not a reflection of your talents and skills. Feeling like an Impostor can keep you from reaching your potential because you are focusing on your fears and visualizing what you DON’T want to happen.

Celebrate your successes. When you suffer from the Impostor Syndrome, you tend to brush off achievements. Write down your accomplishments and review your list frequently.

Ask yourself “Why NOT me?” instead of “Why me?” When giving a presentation to a large audience, I’ve trained myself to think of reasons why I’m the one who should be speaking to this group. At the beginning of my speaking career, my Impostor would sometimes think, “Why me?” Now I think, “Why NOT me?” And then I focus on giving a great performance to share my research and knowledge with the audience.

Others are feeling it, too. It’s comforting and even humorous to acknowledge you are not alone in this feeling. It can be reassuring to realize that others may be feeling the same way you are during job interviews, auditions or presentations.

Limit your time on Facebook and social media. Feeling like you are an Impostor can be exaggerated when you spend extensive time on social media sites. It seems like everyone else is successful, popular, glamorous, enjoying life – and this can make your ordinary life seem insignificant. You may develop “FOMO,” or “fear of missing out.” Most people are struggling, and comparisons with your Facebook pals will only augment your sense of inadequacy.

Recruit positive, supportive, knowledgeable people for your personal Board of Directors. Remove any negative, sabotaging and discouraging voices from your inner circle of colleagues and friends. This may be tough to implement at first, but it’s critical to protect yourself and your self-esteem from demeaning and degrading critics. Including a mentor on your Board of Directors can add invaluable support against Impostor feelings and thoughts.

At Facebook headquarters, posters say, “What would you do if you weren’t afraid?” Now that you know the Impostor Syndrome is prevalent in most successful people, “What would you do if you weren’t afraid?”

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 susan@drsusanmurphy.com, or the LiveWell Clinic, (760) 771.5970.

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Take a Trip to the FARM A Desert Health Review

Just off the bustling streets of downtown Palm Springs is a cozy café that immediately transports you to the French countryside. Walking down a narrow alley off the La Plaza corridor brings you to a white wooden gate that is the entrance to FARM.

Many already know this little gem and realize that getting in for their sensational breakfast or lunch can be a lengthy wait. Put your name in and take a stroll around town; they will text you when your table is ready. On a beautiful Saturday morning, my mom and I did just that, and believe me, it is definitely worth the wait.

If you haven't been to FARM in the past year and a half, you need to return to experience the personality that new owner Liz Ostoich and her family have incorporated - from the French-inspired menu to the warm and artistic décor.



A trip to Farm feels like a European vacation.



The cozy courtyard features outdoor dining.



Caprese salad



Short ribs with mashed potatoes

There are many things that make FARM special, but the indoor-outdoor seating is at the top of the list. The garden space includes five historic bungalows that served as shop owner studios in the 1930s. A wooden trellis with blooming vines connects the structures and offers a soft canopy for outdoor diners. Inside, authentic wooden tables and chairs are set around the fireplaces, and an array of colorful glasses and silverware adorn the settings throughout.

FARM prides itself on fresh ingredients and creative cuisine. There is no freezer or microwave, and produce, organic meats and fresh farm eggs are sourced from within 100 miles when possible - truly farm-to-table. Most of their menu can be prepared gluten-free; vegans may have more limited options as most French dishes start with eggs, butter or cream.

Their Brittany-style buckwheat crepes are offered with smoked salmon, Portobello mushrooms, or slow-cooked apples and butter, to name a few variations. They offer a large array of omelets and salads, and their "curiosities" include a decadent bacon, chicken and waffle dish, as well as a Spanish breakfast with polenta, peppers and salsa verde. My chicken BLT on gluten-free bread was delectable, as was Mom's perfectly seasoned French onion soup.



Coffee is served in individual French presses.



Chicken salad BLT with aioli on toasted gluten-free bread

FARM serves breakfast and lunch daily, and in October 2016 added a pre-fixe menu on Fridays and Saturdays that is "at the whim of the chef." The evening's five-course menu is presented nightly with appetizer, entrée and dessert selections, coupled with an *amuse bouche* and palate cleanser. To ensure that you enjoy your flavorful evening, they book each table for only one party per night.

I took my husband back for a magical date night. Live musicians played acoustic folk, and a bright moon shone down on the romantic calm around us. Courses were perfectly spaced and two hours passed in no time. Everything was exceptionally presented and tasty; however, while Tom's short ribs melted in your mouth, I found my chicken piccata a bit dry. Next time I'll opt for something more unique. The *amuse bouche* was a very tender (and delicious!) filet strip on mashed potatoes with gravy.



Historic studios host indoor dining.

There is an extensive craft beer menu, festive mixology cocktails, and an international wine list. Coffee is served in a French press and fresh loose-leaf teas are offered.

We highly recommend you escape from the norm and take a trip to FARM.

FARM is located at 6 La Plaza in Palm Springs. They are open 9a-2p Monday - Saturday and 8a-2p on Sundays. Their pre-fixe menu is offered Friday and Saturdays from 6p-9:30p and reservations are recommended (no reservations for breakfast and lunch). For more information visit www.farmpalmsprings.com or call (760) 322.2724.



'Tis the Season – for Baked Apples!
A Holiday Recipe by Janet Zappala

I love this baked apples recipe. It's simple and clean, not to mention mouthwatering and delicious!

BAKED APPLES

What you'll need:

- 4 organic red delicious apples, washed, unpeeled, cored, and cut into 1/2 inch cubes.
- 2 tablespoons butter
- 3 tablespoons honey
- Pinch of nutmeg
- 2 teaspoons apple cider or apple juice
- 1 teaspoon cinnamon
- Whipped cream or non-fat whipped topping
- 1/2 cup finely chopped walnuts or pecans toasted.



Preheat oven to 350°. Place the apple pieces in a 13 x 9" baking dish, set it aside.

Melt the butter in a small saucepan over low heat. Add the honey, nutmeg, apple cider or juice, and cinnamon. Stir constantly until the ingredients are thoroughly combined and are a toasty brown color. Pour the mixture over the apples, mixing thoroughly to coat.



Bake for 12 minutes. Top the baked apples with the toasted nuts and a dollop of whipped cream. Serve warm and enjoy!

Happy holidays to you and yours!

Pan-fried Brussels Sprouts

By Dipika Patel

Brussels sprouts are a nutritious way of getting your greens fix during the holiday season. Filled to the brim with vitamins K, C and A, along with fiber, omegas 3 and 6, manganese, iron, and potassium, they supply a high level of disease-fighting antioxidants and other vital nutrients that protect against free radical damage.

I must say that during this time of the year, Brussels sprouts are my favorite seasonal vegetable. They can help you to reach a healthy weight, give you more energy, aid in muscle growth and cell regeneration, and help to sustain good bone health due to their high supply of vitamin K. Studies have shown that consuming Brussels sprouts can also reduce the risk for colon cancer due to special compounds called glucosinolates which aid the body's defense against cancer progression and other ailments.

Like everything, there are some precautions. Overeating Brussels sprouts can cause bloating and gas which is why they are great to cook with herbs and spices to help with the digestion process. If you suffer from thyroid problems, the goitrogens found in Brussels sprouts can cause irritation and swelling of the thyroid gland and affect its ability to absorb iodine. This is something to remember, as it is important to know your own body and how much (of anything!) is right for you.

Ingredients

- | | |
|---|---|
| 1 tbsp olive oil | 1/2 tsp turmeric powder |
| 1 small red onion, finely chopped | 4 cups Brussels sprouts, halved |
| 1 small butternut squash, peeled and diced | Sea salt or pink Himalayan salt & black pepper to taste |
| 4 garlic cloves, crushed (more if you like the taste of garlic) | Optional: |
| 1/2 tsp fennel seeds | 1 tsp European butter or ghee to finish |
| | 1 heaping tbsp chopped grilled bacon (pasture-raised) |

Preparation

- | | |
|--|---|
| 1. Heat oil in a medium size skillet over medium heat, add oil & stir in the red onions. Let it cook for about 3-5 minutes (keeping on a medium heat) until the onions have gone soft and translucent. | 5. Add the halved Brussels sprouts. |
| 2. Add fennel seeds. | 6. Add salt, pepper to taste. |
| 3. Add garlic and cook for a minute, then stir in turmeric. | 7. Stir in the optional ingredients, if desired. |
| 4. Add in the diced butternut squash and cook for about 5-7minutes. | 8. Total cook time is about 20 minutes. (I personally like the Brussels sprouts a little crunchy, and the butternut squash cooked through). |
| | 9. Serve as a side dish or as a main course. It's yummy either way! |

Note: You can also do this with all the same ingredients and cook it in the oven. It will of course taste a little different with this technique, but it's still yummy for those of you who like to pop things in the oven and go. Set oven at 350 degrees and cook for approximately 30-45 minutes.

Happy holidays, everyone! I will see you in 2018.

Dipika is a certified holistic health coach and lifestyle practitioner and can be reached at (760) 821.3119. For more information visit www.LoveYourLifeHealthy.com.

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On the Way to the Top – at 10

By Lauren Del Sarto



Coach J. Scott Driscoll and skater August Perthus

At 10 years old, most kids are setting their sights on what they're going to do after school that day. August Perthus is setting his sights on the Olympics, and his silver medal-winning performance at the recent Southwest Pacific Regional Figure Skating Championships is his first step to getting there.

August is a talented young skater from Bermuda Dunes who has been training since age seven at the Desert Ice Castle in Cathedral City. His dedicated coach, J. Scott Driscoll, a U.S. Professional Champion, has assembled a team that just may be the winning combination to deliver those Olympic dreams.

Scott saw August's potential early on, but is still in awe of his progress. To go from a little boy who just wanted to skate forwards and backwards to a medalist in a regional championship in just two and a half years is amazing, he says, adding that many skaters never catch on to this challenging sport.

The young skater's love for the sport and dedication is very apparent. In addition to his lessons with Scott, August has a training program at Kinetix Sports twice a week and weekly ballet. The fifth grader has a tailored school schedule that allows him to train.

Even with his busy schedule, the gracious young man finds time to help others. "My favorite part of skating is teaching the little kids how to be their best," he says. "It warms my heart to see skaters grow up and do what they can to show their full potential."

His talent also impressed Olympic coach and U.S. Figure Skating Hall of Famer, Frank Carroll, who trained medalists Linda Fratianne, Michelle Kwan, and Evan Lysacek. Carroll is a regular at the Cathedral City rink and works with August as often as possible.

All that hard work paid off for August who won silver in the preliminary level at the regional event in October. He now moves up to the pre-juvenile level for which he will test in November. The next short-term goal is to compete at Junior Nationals within the next two years.

"If he stays focused and continues having fun, I am confident he can do it," says Scott. "Yes, but my ultimate goal is the Olympics or Worlds!" adds August with a winning smile.



August won silver at his first regional competition

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Health is a Choice

When I was physically able, I escaped to Palm Springs. I was more comfortable around strangers. Those I loved most triggered my PTSD and traumatic memories. I wanted someone to save me.

I started running again daily. My MCL gradually healed without treatment but the damaged disks, nerve damage in my hips and sacrum, and sciatica in both legs have resulted in a daily pain level between 7-10. I run anyway, always in pain, but running never makes it worse. Coach Vic reminds me that the endorphins produced by long-distance running are our internally-generated pain killers.

I have used running for the last three years to burn off the excess cortisol in my brain that made me feel unstable and anxiety-ridden. Initially, I would run morning and night, often not recalling that I had run earlier. I was living my life in an altered state of injury and depression.

Another piece of my old life is my adopted dog, Kiyah. She is 13 and tough as nails. She too has disabilities, but has shown me how to make the best of every day. I learn most from my dogs.

Having lost my fine motor skills, I could no longer practice in the dental profession, so I went back to school to become a massage therapist. Giving my best therapeutic care to others helps them and gives me purpose. I now have a solid base of clients with chronic pain, and it has helped to slowly recover 'me' again. Between my work, my dog and running, I am gradually making a comeback; although I still get the physical reactions under stress (dizziness, raging cortisol, insomnia), but I refuse to

fall down the rabbit hole.

I never thought I would race again. My endurance, gait, speed and stamina have all taken a hit. My neuro-fatigue varies so much that I have lost my confidence.

I had met Vic a few times over the past two years on my runs. He was one of several 'nameless' friends I would see out running or biking in the early hours. We would exchange smiles and waves.

One day last July, I was flagged down by a woman who told me my form was terrible and my gait and style were wrong. This is a sensitive subject to me as my brain injury tells me everything is "wrong" with me. For the next several miles I argued with myself about what she had said to me, then Vic magically appeared and his first words were to tell me how great I looked - no noticeable limp, biomechanics perfect. We had breakfast together and he told me about the October 22 Ventura Marathon, a gentle downhill course from Ojai to the Ventura pier. Vic pointed out all of the things I was doing right. He made me believe in me, something I had long lost. I thought, "If he believes in me, why the heck don't I believe in me?"

That was it. I decided I would do it. What you tell yourself daily molds who you are. Vic has shown me that. He has since worked with me one morning a week doing mile repeat intervals on the track, and joins me on my once-a-week long runs up to 21 miles.

On October 22, Ali did cross that finish line – all 26.2 miles – in a very commendable 3 hours and 48 minutes.

"Today was a huge win for me and I can't believe I got it done," she said. "It was a fight with my brain the entire way - to give up and give in to the pain. Not today, pain - not today."

On Ali's marathon debut, Coach Vic was beaming with pride and respect for the most courageous runner he has ever coached. For Ali, crossing that finish line was affirmation that while it may be excruciatingly tough, life really is what you make of it.

Coach Vic Gainer has taken first through third in his division during his 30-year career as a competitive masters runner. Now dedicated to coaching, he has trained more than 2,000 marathon runners. Vic can be reached at vicgainer@aol.com.



Crossing the finish line at the Ventura Marathon

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Tips for Enjoying the Holidays without Weight Gain

It is rumored that Americans gain an average of 5-7 pounds each year, and some just never lose it. To avoid the dreaded pounds this season, here are few tips to keep you slim but still allow for the pleasures of good food:

Before:

- 1) Keep your exercise routine. You may have a more hectic schedule this time of year, but it's important to block out a non-negotiable exercise hour and honor it as if it were an appointment with the Queen. Keeping your exercise habits means you're more likely to opt for healthy diet habits and helps keep your metabolism running high.
- 2) Include protein. It is integral for weight management to include protein at each meal, as it is associated with greater satiety. Breakfast is particularly important, as research shows you are less likely to gain weight if your breakfast contains higher protein. Add eggs or turkey, or prepare vegan alternatives such as quinoa, lentils, or beans. Breakfast doesn't have to be traditional.
- 3) Never arrive hungry. Skipping meals and binging at gatherings is a bad approach to weight management. Do keep your calories slightly lower the day of a big meal, but skipping completely ensures you'll be ravenous and have no self-control due to poor blood sugar management.

During:

- 1) Use the smaller plate. It's easy for portions to get out of hand. Psychologically, we want to fill and finish our plates. You'll be perfectly satisfied with a loaded up small plate, but consume much less.
- 2) Eat slowly. Chewing slowly and putting your fork down between each bite forces self-awareness and puts you more in control of your body. You will be more aware of when you feel full.
- 3) Wait 20 minutes before going for seconds or for dessert. It's highly probable you want more of your favorite. By waiting, you allow the "fullness" hormone leptin to communicate with your brain, helping you avoid overeating. Waiting can save you 500 calories or more!
- 4) Pick your poison: Bread. Alcohol. Pie. It's important to prioritize. Choose your one "must have" and consciously decide to skip or severely limit the others. If alcohol is your choice, be aware that you may not have as much control over what you eat as you'd like. If you want dessert, stick to the 3-bite rule. You'll be surprised at how a small amount can still satisfy your sweet tooth.
- 5) Don't hang out near the food. If it's in front of you, you will eat it. Socialize on the couch or outside... anywhere but the food table.

A very common practice around the world is the after-dinner walk. Besides burning some extra calories, you allow time to feel full, and provide an opportunity for more quality time with friends and family. The deeper meaning of the holidays is relationships, so enjoy the feast, but remember to focus on the true meaning of the season.

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

The Squat: An Important Exercise in Any Fitness Program

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

It is not uncommon to hurt your knees when you bend down to pick up something or injure your back when bending forward. The squat is the most common movement pattern that we as do every day; however, it is the most abused movement in that most people don't do it correctly and safely.

As we age, the ability to bend down to pick up something decreases because of hip mobility issues. It's just part of the aging process: our joints do not remain as lubricated as in our twenties. Compensated patterns occur due to an increase in sitting, which most of us do for hours on end, and lack of exercise.

The one thing we can correct is the form and execution of squatting. If the form does not look right, then you must regress to a simpler version until you can progress forward. In an exercise program, using too much weight or placing the bar on your back might be too advanced until you understand the movement.

How to squat. The squat is called "the king of exercises" because of all the different muscles that it develops (glutes, hamstrings, quads, abdominals, rhomboids,claves), and because it can help reduce other injuries when done correctly. When practicing the squat, first begin by placing a wooden stick behind your head and resting it on your upper neck muscles. With your back straight, slowly start to descend, tuck your navel in towards the spine, take a deep breath inwards, and push your hips back (like sitting down into a chair). At no time should you allow your knees to go past your toes (this means you are not using your hips); maintain the normal curve in your lower back. Ideally, you want to squat as low as possible, but when you are first learning, go just beyond parallel. When you get to the lowest point, begin to ascend quickly, tightening your buttocks muscles at the top.

Errors that occur: 1. Knees roll inwards 2. Knees go over toes 3. Back loses its natural curve. 4. Spine bends too far forward. 5. Head tilts back too far. 6. Bar position causes neck pain. 7. Wrists hurt.

All of these common problems can be identified and fixed by a well-trained eye. Modifications to the exercise include placing the stick across the arms (front squat) or holding a dumbbell in front of you. You can also hold onto your trainer's hands and squat deep.

If you work with a trainer, getting an assessment of your movement deficiencies is the first thing you should do (to see where to start), then slowly build up your strength through improved range of motion and movement quality.

Learning how to squat will give you a new appreciation for making life easier on yourself, as your daily tasks become less of a nuisance. You will also learn to save your knees and live healthy and happy!

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




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The Overweight Mind

A Desert Health Review

What if the inability to lose those unwanted pounds was all in your head? According to local fitness guru and Thrive Tribe leader, Jay Nixon, it is. Nixon, who has been implementing his theory of mind-over-matter for over twenty years, has transformed hundreds of lives. Now, through his new book, *The Overweight Mind*, he is able to reach thousands more.

His theory is based on the fact that “the health of your body follows the health of your mind.” He is known for his unique ability to get into clients’ heads and identify the mental and emotional triggers that are holding them back from sustainable health. Then by teaching and exhibiting positive actions, affirmations and life skills, he assists clients in turning those thoughts and emotions around for good.

The Overweight Mind is more than another “how to” weight-loss book. There are no meal plans or exercise programs; the lessons are aimed at helping you turn your thoughts around and establishing new patterns to turn those thoughts into actions: *Three things more important to track than fats, carbs, and protein: beliefs, thoughts and words.*

“Once you have the tools to conquer your mindset, so many barriers are removed and your body will respond and become forever fit,” he says. His many loyal fans agree with his theory that fitness is actually 80% philosophy and 20% mechanics.

The 142-page book is easy and interesting to read. It focuses on living a life of joy, gratitude and giving with many impactful quotes from spiritual, business and world leaders. His philosophy in each chapter is followed by both client testimonials and work space to apply what you have just read. He encourages you to “enjoy the process, not just the prize,” a key factor for maintaining successful weight loss.

Nixon’s mission is to help “a million people” live the healthy life they deserve and to thrive at being the best version of themselves. Much to Nixon’s surprise, *The Overweight Mind* has sold to consumers around the globe including the UK, Australia, Japan, India and the Netherlands, so it appears he is on his way.

“I am blown away and beyond grateful for the positive response,” he says. “It certainly appears that this philosophy is resonating far and wide. I wish I could personally thank every single person who has supported my book and my mission.”

Whether you wish to lose weight or to simply live a happier and more fulfilling life, *The Overweight Mind* is worth a read.



Author Jay Nixon

The *Overweight Mind* is available at www.theoverweightmind.com or at Amazon.com. Nixon is available for speaking engagements and can be reached at jay@nixonelite.com. For more on Nixon visit <https://nixonelite.com>.

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‘Tis the season to Be JOLLY!

By Jennifer Yockey

The holiday season is upon us and for many, it’s a joyous time with family, friends, parties and celebration. For others, it can be overwhelming, stressful and can cause situational anxiety and depression. More than likely, everyone is going to experience a little bit of both.

Expectation, grandeur, having too much (booze), having too little (money), saying “yes” to one too many things, family discord, planning, cleaning, cooking, wrapping...it ALL can get to be a little too much.

So, before the train gets too far out of the station, here are six tips to navigate your personal sanity for the next 60 days - and perhaps, beyond.

Say No to Perfection

Let’s face it, perfection is NOT attainable. It truly isn’t. And if you continue to strive for it, you are going to be very disappointed, not only in yourself but in others. And **that** is not a recipe for JOLLY.

have been rolling in it and this year, you were hit with college tuition. Whatever it may be, pay attention to where you are, financially, TODAY. Make a budget so that you are not using next year’s money to foot the bill for this year’s holiday. You cannot buy your happiness nor anyone else’s. Debt causes stress, divorce, depression, fear, anger and hopelessness. Take your power back by owning the budget.

Here are some cost-saving alternatives:

- Family or friend gift exchange;
- Donate to a charity in the name of the whole family;
- Have a family potluck where everyone participates;
- Check your emotions at the door;
- Plan ahead; watch for sales (Black Friday/Cyber Monday).

Eat, Drink and Be Merry (in moderation)

The holidays are a marathon, not a sprint, so take it easy. Copious amounts of sugar and booze are going to affect your mood and your waist line. Did you know that it takes your body two to four DAYS to get back to homeostasis (neutral) after having a few drinks? That means that your daily boot camp is doing little while your body is trying to right itself. If you drink four days in a row, you are looking at 10 days to get back to neutral.

Cakes, cookies, pie...OH, MY! When you eat something loaded with sugar, your taste buds, your gut and your brain all take notice. This activation of your reward system is not unlike how bodies process addictive substances such as alcohol or nicotine; an overload of sugar spikes dopamine levels and leaves you craving more (this is why ONE cookie turns in to nine). Be mindful. Pay

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It Is a Race towards the Finish Line of 2017!

By Cindy Kleine

While you may think 2017 is almost over, early November marks the middle of annual open enrollment (AEP) for Medicare, so there is still time to make a change in your Medicare plan for next year.

You should have received your notice of changes from your insurance company. Like most people, their intentions are good. Like most, you will get around to reading the changes someday. Right? Remember AEP ends December 7, so that someday should be today!

To start your evaluation of Medicare plans, one should consider what type of plan is best for them and their budget. In past articles, I have gone into detail as to the differences between Original Medicare, Medicare Supplements and Advantage Plans. The definitions below are very basic and should only be used for the sake of this article and as a summary.

Original Medicare: Consists of Part A and Part B. It pays for approximately 80% of Part B. Provides no drug coverage. Can go to any doctor who accepts Medicare. No prescription drug plan is included.

Medicare Supplements: Must have Original Medicare Part A and Part B. Supplements help fill in the gaps of what Original Medicare does not cover.

Different plans and coverage are offered. Premiums, co-pays, deductibles and total out of pocket amounts vary. No prescription drug plan is included.

Medicare Advantage Plans: Must have Original Medicare Part A and Part B. Doctor network-based plans provide additional benefits beyond Original Medicare and Supplements. Most, but not all, provide prescription drug coverage. You must receive care within the network. Referrals are usually required for specialty doctors. Emergency and urgent care outside of the network is usually paid in full.

Prescription Drug Plans: One of the little things people over look that can be devastating, if not reviewed annually, is the prescription drug coverage. Changes to your premium, annual deductible, co-pays and the classification (tier level) of the drug can cost you. In your annual evaluation of Medicare plans, make certain all your prescription drug(s) are still available in the drug plan formulary you are considering. If you think you may qualify, please apply for "Extra Help." This is a Federal program to assist Medicare recipients with prescription drug costs. You may contact Medicare for more information.

During your evaluation of the type of plan that is best for you, I have made a list of things you should consider for 2018:

- Medicare Advantage
- Medigap policies or supplements (Alphabet Letter Plans)
- Prescription drug plans
- Financial strength
- Plan benefits
- Choice of providers and networks
- Premiums, co-pays, deductibles.
- CT Scans, MRI co-pays
- Worldwide coverage
- Star rating
- Nurse Hotline
- Annual physical
- Dental coverage/check-up
- Full-time/part-time resident
- Transportation benefit
- Silver Sneakers
- Maximum out-of-pocket costs
- Women's wellness exam
- Review your medications with your physician
- Vision test
- Hearing test
- Daily co-pay of skilled nursing care
- Ambulance co-pay

I get many calls throughout the year from people who want to make changes to their plan but are not able to do so until AEP. The government has specific guidelines so it is best to review what you need to know now for the best coverage in 2018. If you prefer, you may attend a community meeting to help you understand what the changes are for 2018. Perhaps you may want to switch the type of Medicare coverage you currently have altogether. Either way, it will be to your advantage to know your options, how much they cost, and what is right for you as the race to the finish line of 2017 approaches.

Cindy Kleine is an independent sales agent with Kleine Financial & Insurance Solutions, Inc. in Palm Desert. For more information, call (760) 346.9700. Serving the Coachella Valley (license #0B7732).



Open enrollment for Medicare ends December 7.

Questions about Medicare or Medicare Insurance Plans?

Choosing the right Medicare Plan is very important.



Fortunately, you do not have to do it alone. I am your local, full-time licensed agent. Let's sit down face-to-face to talk about your needs and questions.

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NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

Weighing the Health Benefits of the Flu Vaccine

The flu vaccine has become a 'must have' in health media campaigns and conventional medical doctors' offices. The vaccine is meant to prevent the annual flu which can cause physical discomfort, lost days at work or school, and inconvenience. These reasons alone are cause to consider an annual flu vaccination. There are, however, risks as well as health benefits to having an annual flu.

The flu vaccine has one benefit; it provides limited protection against an annual flu. Flu vaccine effectiveness can range from year to year. In certain years, the efficacy rate of the flu vaccine can be very low if the flu vaccine is mismatched or miscalculated to the current flu viruses in circulation. Additionally, there have been reports of inflammatory and neurological conditions including Alzheimer's and Guillain-Barre Syndrome that have occurred in individuals following flu vaccinations.^{1,2}


Flu vaccines are most beneficial and advisable for those members of the population who have a greater risk of long-term health consequences from the flu, such as those who are immunocompromised or the elderly. The general population typically does not have a deeper health need for an annual flu vaccine. In fact, a newer study by the Center for Infectious Disease Research and Policy suggests consecutive annual vaccines can cause lowered immunity to viruses in the second year.³ The study suggests considering a flu vaccine every other year to optimize efficacy.

An annual flu experience can, however, train the immune system how to respond effectively to the environment to achieve a stronger immune system for the long term. The body's immune system is trained by viruses, bacteria, and environmental antigens that are encountered. While a flu vaccine does give exposure to a virus and create antibodies, the body mounting a full immune response to viral overload teaches the body how to fight. Although it is easy to see 'catching the flu' as an immune system weakness, it is actually a display of the power of the body to fight viruses effectively. A display of immune system weakness is if a person experiences more than two flus per year or never experiences the flu. These two issues show the person is not fighting flu viruses very well, or not mounting an immune system response at all, which can indicate a body that is unable to fight environmental antigens.


A common sense recommendation, to avoid overexposure to vaccinations that may limit vaccine effectiveness and introduce vaccine-preserving agents into the body's system, is to consider flu vaccines for those that have weakened systems by age or health circumstances. Most children need to experience flus to build and train their immune system, unless they are considered more susceptible to damaging health effects from a flu virus.

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

References: 1) <http://healthimpactnews.com/2014/flu-vaccine-is-the-most-dangerous-vaccine-in-the-united-states-based-on-settled-cases-for-injuries/>; 2) <https://articles.mercola.com/sites/articles/archive/2011/10/31/flu-vaccination-epa-safety-limit-for-mercury.aspx>; 3) <http://www.cidrap.umn.edu/news-perspective/2014/11/study-adds-more-data-effects-consecutive-year-flu-shots>



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'Tis the season to Be JOLLY!

Continued from page 26

attention. Before you indulge, stop and pay attention to YOU. Ask yourself, is this *really* what you want and is the 4th drink or the 6th cookie moving you toward how you really want to feel? Awareness is key.

Physical and Mental Awareness

Auto-pilot during the holidays - or anytime, really - is not a good idea. Being aware how you are feeling emotionally, mentally and physically is important. Not only is the holiday season a time for good cheer, but it is also the time of year we succumb to the flu and colds. Add to the mix, too little sleep, too much booze and too much sugar and you are going to feel **REALLY** bad. Take time for YOU in these 4 ways:

1. Yoga: Kill two birds with one stone. Physical exercise with the mindfulness component. It's a win-win.
2. Don't brush off emotions: If you are sad, that's ok. It's a common and normal emotion. You are allowed to be sad.
3. Time Out: Just like your kids or grandkids need to step away, so do you. Five minutes may be all that you need. Take it. Breathe, take a walk, listen to a favorite song or read a chapter in a book.
4. Take a Family Walk: Being cooped up in the house and watching the umpteenth football game and shoveling staggering amounts of chips into your mouth can cause stress and anxiety. Take a walk. Dopamine is your body's natural way to relieve anxiety and stress. Take advantage of it.

Be of Service

Do something for someone else. It doesn't have to be extravagant.

- Smile at people as you enter the grocery store (for the 8th time).
- Send a thank-you note to someone that rarely gets thanked.
- Send an email to check in on someone that you haven't talked to in a while.
- Help someone put groceries in their car.
- Offer to put your neighbor's garbage cans away.

You are a smart cookie; you will think of something and get your kids/family in on it! Being of service and gratitude are scientifically proven ways to improve mood.

Remember Your Family's "Why"

Remember why your family gathers for the season. Plan a family gratitude or thankful project. Get a chalkboard, corkboard or even a box of sticky notes. Throughout your time together, jot down those things that you are most thankful for; it could be as simple as the cool weather or as big as Mom surviving cancer. Whatever it is, write it down. At the end of the season or the family gathering, take a picture of it. Get 5x7 prints made and framed for all.

Enjoy the Season. Be open to new traditions. Be aware of how you feel. Acknowledge your emotions. Be kind. Moderation, moderation, moderation. Be of service. Take a break. Include physical exercise and pay attention to the present moment. BREATHE. Happy Holidays!

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



You Are Not Your Thoughts

Tips for re-framing negativity

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

I have to say that I don't think anything I'm going to share with you in this article is going to be new, unique or awe-inspiring. With this said, please forgive the negative turn my mind just took and I'll re-frame my message into a more positive light and mindset. Here goes... With gentle compassion and positive self regard, I'm going to share with you thoughts that can help you to acknowledge negativity and know you have a choice to change it. How did I do?

Too often, we are besieged with 'could've, should've, would've' thoughts. We get down on ourselves for not doing things right, saying things correctly, or behaving in ways that bring shame or guilt into the picture. Our daily lists are too long, expectations too high and we live in a state of overwhelm. The body reacts to the angst and secretes stress hormones that can increase anxiety states. How do we get off the merry-go-round when a vacation is not in the cards?

1) A check up with your physician might be in order to rule out a possible physiological issue. Also, if anxiety or depression is creating negative consequences in your life such as panic, fatigue, a decrease in pleasurable activities, loss of appetite, lack of motivation, fear of being social, etc., a psychiatric consultation and assessment could be warranted (I'm speaking of a chronic condition, not a situational one). And, if there is any threat to the health and safety of yourself or others, please call 911 or go to your nearest emergency room, talk to a close friend or family member, and/or call the suicide hot line. Don't ever be afraid to ask for help.

2) You are not your mind. Close your eyes and take some deep breaths. Breathe in your thoughts and let them flow like an ocean wave flowing and ebbing on shore. By doing this simple guided imagery you'll be able to see in your mind's eye, with greater clarity, what your mind is busy saying. But, it's not you. You're so much more, so much deeper than your thoughts. I like it when people go out of their minds sometimes.

3) Yes, you can sleep. You can turn it off. Your thoughts don't run you. And, they can wait until the morning. If you fast forward five years, can you tell me that your thoughts today really have the monumental meaning you're giving them now?

4) Complete a "feelings check" every morning and night. Feelings change throughout the day, and you can empower yourself to re-frame those thoughts and feelings on the spot. The feelings I like to use are: joy/happy, fear, pain, lonely, shame, guilt, sad, angry. Keep it simple.

5) Allow yourself to detach (for a time) from social media, phones, texts, etc. Surprisingly, you'll live richer and wiser.

You are all you need this very moment, and you're valuable and truly enough. Repeat this saying every time a negative thought enters your mind. Yes, you can.

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.



Writing

Years ago when *Desert Health's* Publisher, Lauren, lost the horse she loved, it touched memories in my heart about the departure of an equine companion. Horses rank high as the most sublime of all animals, wild and domestic. These magnificent creatures combine strength with grace. Horses became a symbol of power and royalty. I expressed my feelings and sympathy for Lauren's loss in a letter.

Lauren replied graciously. To my surprise, she invited me to write a column for *Desert Health* stating, "You can write." I was honored as it gave me an opportunity to follow a long-time desire of mine to write.

The first writing of human beings was drawings, thousands of years ago. Much has been written about the art form and its skills. To learn from the professional authors, I have researched the field and gathered comments, advice, and guidance for my journey and yours, should you wish to embark:

Contemplating the process of writing, Minnie Lim states the following:

"The point of writing is self-expression. It is a form of meditation. You start putting thoughts out there and become aware of what you really think."

"Writing allows you to store and organize your feelings, thoughts, and ideas coherently as opposed to keeping them all jumbled in your own mind. It turns into a liberating experience."

"It does not matter if nobody reads your writing. The point of writing is self-expression. You cannot connect to other people without connecting first to yourself."

Courage And Craft by Barbara Abercrombie has been my favorite guide. Here are some of her comments:

"If you do not like to read, do not write."

"Paying attention is the most important

thing you can do as a writer."

"One reason to write is to own, literally and figuratively, the moments of your life."

"Start writing from the inside out."

"Be honest and specific. You do not have to be clever and literary."

"Be careful who you allow reading your writing. Find readers who are nurturing and honest."

E.B. White wrote: "Writing is an act of faith, not a trick of grammar."

As a sampling from other professional writers:

"I believe good writing comes from good reading." – Charles Kuralt.

"Writing is an exploration. You start from nothing and learn as you go." – E.L. Doctorow.

"Whether you are keeping a journal or writing as meditation, it's the same thing. What is important you are having a relationship with your mind." – Natalie Goldberg.

"The desire to write grows with writing." – Desiderius Erasmus.

"I like writing, but I write for self-improvement more than I do for money." – Thomas Steinbeck.

"Without words, without writing and without books there would be no history, there would be no concept of humanity." – Herman Hesse.

"Writing is an antidote to loneliness." – Steven Berkoff

"Choreography is writing on your feet." – Bob Fosse

This could be the beginning of a dialogue with aspiring writers like myself, accomplished authors, and critics. All suggestions, assistance... much welcome. I am standing by at your back.

George can be reached at ugadolph@live.com.

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Your Skin Care Regimen Reasons to change with the seasons By Michele McDonough

Your regular skin care system may not be the best year-round regime. However, shifting your beauty routine in accordance with the season is something few of us stop to consider.

Just as you switch up your wardrobe in concert with the seasons, you should also be rotating your skin care products to protect your complexion against climate variables...extreme heat, cold and humidity...even the harshness of high wind. The environmental/geographical conditions in which you live, as well as the daily stress you endure, can impact the way your skin behaves and responds! So paying attention to the seasonal climate changes will affect what skin care treatments you need and any regimen adjustments.



Drier winter skin may require a different moisturizer.

Did you know that our eating habits also change with the seasons? That's likely due to the seasonal harvesting patterns of all things fresh, fruity and green! Given we all agree, what you ingest directly affects the health of your skin.

You now have multiple reasons to change your regimen with the seasons! Generally, you'll find your complexion tends to be oilier in the summer and drier in the winter, meaning the same moisturizer used year round won't suffice. Use the seasonal change in your area as an indicator to start transitioning your products. Following

- are a few healthy skin tips to guide you as the seasons change:
- It's time to get that dry skin exfoliated from the winter months so moisturizers are better absorbed into the skin. To help in the exfoliation process, look for products that contain Alpha Hydroxy Acids.
 - Look for products containing hyaluronic acid. This is a powerful humectant (moisture-binding ingredient that holds moisture in the skin) which keeps the skin plump and hydrated and, yes, young-looking. This is critical and desirable in drier climates.
 - Retinoid-based products are also important when it comes to seasonal changes. This covers all of your dermal needs: UV protection; smoother, firmer skin; a more even tone; fewer breakouts and tighter pores.
- And always remember to drink lots of water ALL year round! Yes, it will ultimately show up on your skin.

Michele McDonough is a strategic consultant and executive recruiter in the field of health and beauty. She is also co-founder of Women's Power Circle and can be reached at mmcdon4946@aol.com.

Five Ways to Wear Fall Fashion in Warm Weather By Elizabeth Scarcella

Although Father Time says it's autumn, Mother Nature seems to have a different opinion. With temperatures still cresting over 85 degrees, one may find it frustrating to put together a fall outfit that doesn't cause heat stroke, yet is a bit more substantial than strappy sandals and a billowy maxi dress.

Fellow fashion icon and fitness guru, Natalie Corona, and I have highlighted five fall fashion finds that will help you effortlessly transition into autumn attire.

Burgundy

Pantone announced that "Tawny Port" was THE color for fall, and since our weather, besides being very warm, is also perpetually sunny, we chose a muted burgundy that does not feel heavy amidst the palm trees and bright skies. If burgundy is not your thing, instead, reach for dove grey, peacock or navy, which are also featured colors on this fall's color line up. Don't be afraid to mix these fall tones with the soft colors you wore in the summer. One of our favorite combos is blush, also known as "ballet slipper" with any of the Pantone "it" colors listed above.

Boots

Nothing hollers autumn like boots. Whether your preference is ankle or knee high, boots are an easy and fun way to transition from flip flops to fall follies. There are so many color and fabric choices when it comes to boots. Keeping a bare leg allows us desert dwellers the opportunity to wear peep-toe booties and corset tie-up shoes throughout the season without worrying about frosty toes. Natalie and I both love a shorter skirt or even denim or leather shorts with suede boots. Boots of all kinds make a decided statement that the holiday season is here.

Layering

With the Valley temperatures dramatically dipping after sunset, layering is a great way to go from chilled to cozy. Natalie chose a fall-colored flannel that is casually tied around her waist to create a cinched-in waistline. A plaid shirt in flannel or cotton blend gives a cool vibe when watching weekend football games or strolling down El Paseo with family or friends. I chose a wool blend shrug left open to give the casual knit dress a sturdier and more dressed-up appearance. A textured shrug or cropped sweater is a fashion forward choice when meeting with



"Tawny Port" is THE color for fall.

Continued on page 33

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What's New at the Woman's Show?

More activities, more food, more wine, more entertainment and even more fun are scheduled for the 11th annual Desert Woman's Show presented by Desert Vein and Vascular Institute on January 13 and 14 at Agua Caliente Casino Resort Spa in Rancho Mirage.

Attended by thousands of guests each year, the Woman's Show offers a variety of activities including an expo of more than 50 exhibitors showcasing products and services ranging from the latest in beauty, weight loss and anti-aging to apparel and accessories. Stimulating seminars on today's hottest topics are scheduled throughout the weekend, including *The Latest Secrets inside Stem Cells, Myths of Organic Foods, and Cooking Raw & Fresh* with local chefs.

More Food & Entertainment

The ever-popular Taste of the Valley will be open daily from 11:30 am – 2:30 pm offering attendees relaxation and live entertainment while sampling a cornucopia of tasty food, wine and spirits from some of the valley's best restaurants. New restaurants will be showcased along with classic rock entertainment brought to us by Big Rock Pub located at Indian Springs Golf Club. Big Rock will also offer tasty treats from their rock-themed menu. Of course, everybody loves Hawaii so plan on tasting some delectable sampling from Roy's Hawaiian Fusion, or visit The Steakhouse for an over-the-top sampling of filet mignon and garlic mashed potatoes.

More Health & Fitness

Health, beauty and wellness abound and you are certain to find a program or service to aid in achieving your health goals.

Do you get restless, tired legs or swelling after a long day on your feet? This may be indicative of an underlying venous problem. Take the first step to liberating your legs and visit Desert Vein and Vascular Institute at the show to get your free five-minute vein assessment.



Gym Guyz offers fitness that comes to you.



Shopping is in store for this year's event.



Pete Carlson's will feature a golf and tennis wear fashion show on Saturday.

Also be sure to meet the "Gym Guyz." While personal training is not a new concept, these guys take fitness convenience to a whole new level. Trainers will come to your home, office or group setting with a van loaded with more than 300 pieces of workout equipment and will tailor training programs to clients of all ages and fitness levels.

There are endless weight-loss programs and fad diets, and (let's face it) many of us have tried one or more and failed - or lost the weight only to gain it back again. Let 2018 will be the year of rekindled health! A good place to start is Clark's Nutrition as they can help you explore healthier weight-loss options and will have an educated team onsite to answer questions and offer product samples.

More Presentations

The show offers over 20 featured presentations, and one sure to be a favorite is *The Top Ten Tests That Can Save a Woman's Life* presented by Desert Regional Medical Center and hosted by Graison Foster.

More Shopping

If golf or tennis is your passion, Pete Carlson's Golf & Tennis is showcasing over forty feet of famous brand golf and tennis apparel, plus a Fashion Show on Saturday at 11:00 am on the Java Garden Patio.

Fashions continue with shopping at Gaby L's Boutique, CoCo Rose Resort & Beach Wear, Queen of Sole and



Graison Foster will host *The Top 10 Tests That Can Save a Woman's Life*.

Moon of Morocco. Gaby L's and Mares Menswear of El Paseo will offer a strolling fashion show of daytime casual to high-quality desert cocktail attire at 3:00 pm on Saturday on the Java Garden Patio.

Be sure to take time to visit with other vendors including Cambria USA, Indian Wells Tennis Gardens, Bling Beaded Baubles and various make-over stations, or stop by and get a psychic reading with Crystal.

Let's Add Some Art!

Are you ready to discover the artist within? Sign up for the *Paint Sip and Inspire* workshops on Sunday from 11 am - 4 pm. Melanie is sure to inspire your inner artist and send you home with your own Picasso.



Paint Sip and Inspire will spark your inner artist.

Held Saturday and Sunday at the Agua Caliente Casino Resort Spa on January 13-14, the Desert Woman's Show will offer dynamic daily prizes including a stunning pair of diamond hoop earrings from Leeds & Son Fine Jewelers. Daily general admission is \$10 in advance or \$15 at the door. For a limited time, one free general admission ticket for Saturday or Sunday is available online courtesy of Desert Regional Medical Center. Taste of the Valley is a separate wristband ticket priced at \$15 per person per day.

For more information or to become a VENDOR please visit www.DesertWomansShow.com or email Diana@MarloProductions.com.



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Honoring Cancer Heroes

CancerPartners launches Passion Awards

By Maria Elena Geyer

Earlier this year, Gilda's Club Desert Cities became CancerPartners, the new name chosen to clearly identify the non-profit's mission of serving all those impacted by cancer. On November 4, CancerPartners will hold its first major fundraiser, the Passions Ball, to inaugurate two annual awards to recognize local cancer heroes.

The *Lifetime Passion Award* was created to honor outstanding philanthropists who have devoted much of their life's efforts to supporting the cancer cause, while the *Partner in Passion Award* honors strong allies in the field of medicine; physicians who go beyond the call of duty to serve cancer patients. Two extraordinary women—both themselves breast cancer survivors—are the first recipients.

Annette Bloch — 2017 *Lifetime Passion Honoree*

It would be hard to live in the Coachella Valley without being aware of the extraordinary philanthropy of Annette Bloch. Her generosity extends to many causes and worthy organizations, including the Palm Springs Art Museum and Desert AIDS Project.

But her greatest passion is helping those with cancer, something she has been doing since 1980, when she and her late husband Richard Bloch formed the R.A. Bloch Foundation after he was diagnosed and treated for lung cancer. Their aim was to help people with cancer to navigate emotionally and physically through their treatment and recovery, at no cost to them, while giving them hope. They also opened 27 Cancer Survivors Parks across the country, including one in Rancho Mirage.

Annette first visited what was then Gilda's Club Desert Cities in 2011, and recognized immediately how complementary its mission was to that of her foundation. From then on, she lent support in many ways, including serving as the first Honorary Chair of Gilda's Gift of Giving and contributing to the capital campaign for the renovation of the headquarters facility in Palm Desert. Thanks to her generous philanthropy, cancer patients not just throughout the Coachella Valley, but the entire nation, have found the support and hope they need.

Janet K. Ihde, MD, FACS — 2017 *Partner in Passion Honoree*

Dr. Janet Ihde, one of the most highly respected—and caring—surgical oncologists in the Coachella Valley, has been in practice here for more than 20 years, specializing in cancer of the breast, endocrine system and melanoma. Board certified in general surgery and surgical oncology, she serves as Medical Director of Women's Health at the Comprehensive Cancer Center at Desert Regional Medical Center and chairs a weekly multidisciplinary pre-treatment conference where physicians come together to discuss breast cancer patients' treatment options.

Dr. Ihde has the distinction of completing a prestigious surgical oncology fellowship at the famed Memorial Sloan-Kettering Cancer Center in New York. She has also been an Associate Professor and Chief of the Division of Surgical Oncology at Loma Linda University Medical Center.

Dr. Ihde passionately advocates for cancer patients and generously shares her expertise in the community, giving many educational talks to the public as well as to physicians. For the past six years, she has also guided CancerPartners as chair of its Medical Resource Council.

Maria Elena Geyer is President and CEO of CancerPartners, the former Gilda's Club Desert Cities, located at 7355 Alessandro Drive in Palm Desert. The Passions Ball will take place November 4 at the Westin Mission Hills. For tickets and additional information call (760) 770.5678 or visit www.cancerpartners.org.

Five Ways to Wear Fall Fashion in Warm Weather

Continued from page 30

friends or co-workers for an impromptu happy hour at one of our favorite outdoor eateries in the heart of Palm Springs.

Fringe

Since we will not be routinely adding a shearling, wool or fur coat to our fall repertoire, fringe accessories are the perfect way to add substance and the swing factor to our warm weather fall outfits. In our pics, Natalie has fringe on her boots that give a playful and grounded look, while I have donned a fringed belt that gives another layer of weight and movement that we have come to love in traditional fall styling. Fringe-infused totes, clutches and satchels are all the rage this season... especially in fun fall colors, like Grenadine, a poppy red that claims to look great on everybody and yet another easy way to bring an autumn vibe to our warm fall climate.

Make-up

As our days get shorter and soirees get more plentiful, this season's fall make-up trends are a fan favorite to showcase our lean toward impending festivities, all while keeping us cool... in more ways than one. Natalie and I are wearing a warm nude lip color, which is always in style no matter the climate or time of year. However, to step up the sizzle factor, warm chestnut, silky mauve and candy apple red are so 'right now.' Try adding a matte finish to bring your conquer-the-world factor up a notch or two. Not into bold lips? Then experiment with a unique eye color, such as a bold chunky eyeliner in peacock or cobalt, or add mountain shadow hues, like terra-cotta and deep rich mocha onto your upper eye lids. Surprisingly, all the tips mentioned above work on a multitude of skin tones and eye colors.

When you feel a hankering to drink apple cider and hot cocoa, but need to blast your A/C to do so, remember that you can easily add a fall flair to your summer wardrobe by choosing more saturated colors like burgundy, throw on a pair of suede or leather booties, grab a fringed bag and layer your outfit with a flannel or nubby textured vest.

Regardless of what autumnal accents you apply, the most important time-tested trend is to never leave the house without an unmovable belief in yourself, loving kindness towards others, and an attitude of gratitude.

Elizabeth Scarcella, founder of Go Get Young, is a lifestyle counselor who helps her clients reclaim their best self by utilizing a variety of holistic methodologies. For more information, visit www.gogetyoung.tv. Natalie Corona, mom to 2 youngsters, is a transformation coach passionate about helping her clients to look and feel their best. For more information, visit www.facebook.com/nataliecorona.



Author Elizabeth Scarcella dons suede boots, a mini dress and a fringed belt fit perfectly for fall in the desert.

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Produc-Con set to educate and entertain

Produc-Con, an interactive showcase of new and unique products and services, is coming to the Coachella Valley November 11-12 at the spectacular new Venus de Fido Spa and Fitness Center in Palm Desert. The event will commence with a preview on Saturday from 5 pm to 9 pm and will continue on Sunday from 9 am to 5 pm.

The event is free for attendees who will experience the latest in health and wellness, beauty, technology and lifestyle. There will also be music, food, drawings, giveaways and tours of the spectacular venue which houses an extensive fitness and spa facility for people and their furry friends, a mineral salt cave, a squash court, restaurant, boutique and more.

Produc-Con is presented by Hocatt™ who will be introducing their new ozone therapy sauna to desert dwellers and visitors alike. The Hyperthermic Ozone and Carbonic Acid Transdermal Therapy is used throughout the world for healing, revitalization and rejuvenation (see ad on page 17). The developer of this unique equipment, Andre Hugo Smith, will be present along with representatives to help you experience this innovative modality for yourself.

What else is in store?

- Hello, new technology that can read and transmit to family or doctors your medical vitals (even an EKG), will be presented by Ginny Weissman.
- Lori Hart, skin care expert to the stars, will be presenting new beauty products and demonstrating new relaxation and hypnotic state glasses.
- Tammy Searle will be presenting her new computer and personal security services for seniors.
- Skinup will be introducing a new illuminating face treatment.
- Qlarivia - Deuterium Depleted Water, pure, immaculate and nitrate-free water (like that which existed on earth thousands of years ago) will be sampled.
- Exclusively Ours/Yours, a clothing line sold only to The Wardrobe in Palm Springs, will be on display, featuring the new bling tennis shoe designs from Paris.
- The Desert Golden Girls will be launching their new organization for senior women who want to make new friends, travel together, and support each other in everyday life.

The Ms. Senior California of America, Inc., organization will be on hand and accepting applications for 2018 preliminaries being held in Palm Desert in February. Contestants must be 60 years of age or older and US citizens. Contestants will first compete for the title of Ms. Senior Palm Springs; the state finals will be held in the Coachella Valley next year for the title of Ms. Senior California of America and move forward to the national competition in Atlantic City for the title of Ms. Senior America.

"We are thrilled to bring all these cutting edge organizations and services to our valley," said event producer Bette King of Bette King Productions. "An entire event that focuses on showcasing the latest and greatest is unique to our valley. People from all over the world come together here during season and love attending innovative events – especially when they are free!"

Come enjoy all that Produc-Con has to offer!

Produc-Con takes place November 11 (5pm-9pm) and 12 (9am-5pm) at Venus de Fido Spa and Fitness Center, 73600 Alessandro Avenue near San Pablo and Highway 111 in Palm Desert. Admission is free and there is plenty of free parking. For further information on attendance, exhibiting or sponsorship, call Bette King Productions at (760) 202.4007, or email BetteKingProductions43@gmail.com.

Confessions of a Cancer Survivor

Continued from page 8

As the fear starts to set in, I immediately think, ‘scan to see if something is back.’ Then the voice says, “But don’t get scared.” As I think to myself, the moment the phone rang, a little fear set back in. The realization sinks in even deeper that my life will never be ‘back to normal’ and I have to figure out how to live with the unknown all over again. That is a scary feeling no matter what you say or do until you have the answers you need.

For two weeks, I did everything they said to do. I cut all supplements and alcohol out of my diet. I kept myself busy, I went to my support group, I reached out to close friends, and I went to yoga and meditation - until the day came when I had to retest. With it came the swirl of emotions that had been bottled up inside: the fear of being in the chemo room once again. However, this time something a very wise woman said to me came to mind, "What is the alternative? To die or to fight again?" I already knew my answer.

After taking my blood tests, the two-hour wait for results was over. I no longer had to be scared. My liver enzymes went down to an almost normal state. My lesson? Listen to my doctors; they know best. My liver and kidneys still are healing. I am not back to normal yet and maybe never will be. Even though I look fine on the outside, I am still healing on the inside physically and emotionally.

Anything can trigger us. Life is very precious and we must remember in times like these that your life can change in an instant. Remember. Life Is A Gift.

To view previous columns, visit DesertHealthNews.com and search 'Shay.' Shay can be reached at namastewithshay@gmail.com.

The Current State of Mental Illness

Continued from page 17

importantly DHA (omega 3 fatty acids).

- 4) Widespread disruption of the human microbiome including yeast overgrowth and clostridia infections, food allergies, autoimmunity, and leaky gut syndrome.
- 5) Social and psychological factors such as the opioid epidemic, other forms of substance abuse and increased family breakdown.
- 6) Genetic factors, particularly variants in those genes pertaining to an individual's ability to metabolize environmental toxins and synthesize neurotransmitters (brain chemicals).

Although no single factor has been implicated for the dramatic rise in mental health problems, there is mounting scientific evidence implicating synthetic organic chemicals. Rates of autistic spectrum disorders, for example, have closely mirrored the production and use of these chemicals, rising from 1 in 5000 in 1975 to 1 in 68 by 2010. Considerable evidence links many persistent pollutants with autistic spectrum disorder and many other chronic diseases.

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

Sources: 1) Dialogues Clin Neurosc. 2011;13:55-62; 2) Epidemiology 2009; 20(1): 84-91; 3) Nature 479,22-24 (2011); 4) Toxicol Mech Methods 2017; 1-24; 5) Nature reviews 2016; 73:32-40; 6) Toxic causes of mental illness are overlooked, Neurotoxicology 2008; 29(6): 1147-9; 7) Integrative medicine mental health conference, 2017, conference notes: 8) www.stephenguenis.com 9) www.areatplainlaboratory.com

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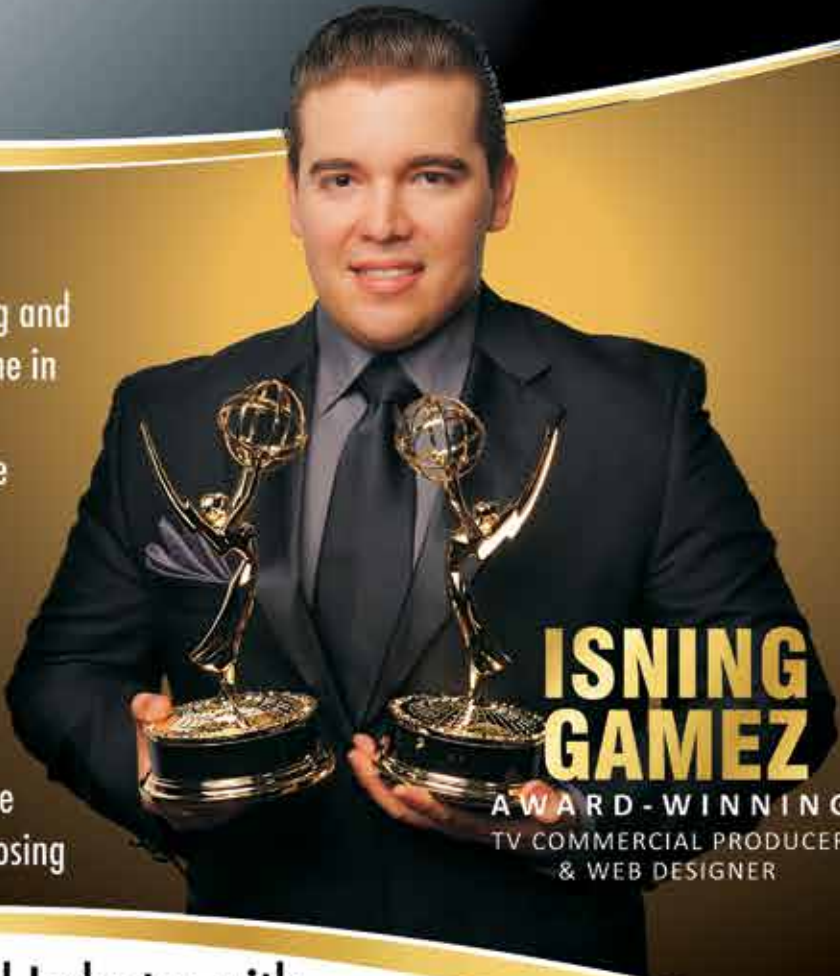
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