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November/December 2019

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A Season of Healthy Inspiration!

"We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing."

— Charles Schaefer, American Psychologist and Father of Play Therapy

Letting go of TIME

The importance of personal play

By Lauren Del Sarto

Think of those times in your life when you were alone doing something you love; those times you remember being filled with nothing but sheer joy...maybe immersing yourself in a hobby, creating something new, walking through a serene landscape or simply sitting in silence.

How did you feel? Most likely, you weren't thinking about your 'to do' list or worrying about things to come; you were in that moment fully and so whole-heartedly that the mere memory inspires that same emotion.

When you reminisce about those moments and that feeling, does time seem to stand still just as it did then?

It does for me and the memories are vivid. I'm riding bareback through a wooded trail or across a green field. There is no one around, just me, my four-legged companion and the nature that surrounds us. I think of nothing but each stride we take, the ground beneath us and the sky above; the wind in the leaves, the direction of my horse's ears and the quiet peace that fills my soul.

Since the early age of eight, I've been fortunate to relive these moments many times throughout my life. But it wasn't until recently that I realized why they mean so much...

They are timeless, and even the memory of those

moments seems to stop the clock. It's when I feel most in touch with my inner child and spirit. It is sheer joy. But, sadly, it's has been years since I've done it.

What about you? When was the last time you engaged in that memory?

Play time is for kids.

You may be thinking of a time in childhood when worries were few and time was vast. Now busy schedules and everyday life have us living by our calendars and even having to schedule leisure time. We are too busy, too important, and have too many people counting on us. Breaking away for a solitary activity may feel selfish or obscure. But as Ralph Waldo Emerson said, "It is a happy talent to know how to play."

Now, we're not talking about attending a dinner party or having drinks with your spouse or friends. While being social has its place, personal play time is for you and you alone, and it's more important than you might think.

Many professionals agree that stopping the clock, taking a break from our routine and making time for play is not a luxury; it's a necessity. It's how we learned and grew as children and how we continue to do so as adults.

Continued on page 18

A Holistic Approach to Saving Brains



A new report in the medical journal of the American Academy of Neurology now ranks Alzheimer's as the third leading cause of death in our country behind cancer and heart disease.¹ It is estimated that 5.5 million Americans are living with the disease and that number is expected to triple by 2050 if no successful treatment is discovered.

Yet, efforts to find a cure have been futile. Over the past decade, 243 of 244 drugs introduced have failed as researchers continue their attempts to identify a single trait that can be altered with medication to reverse the condition.²

"Clearly we need a paradigm shift," says internationally acclaimed researcher Dale Bredesen, MD, author of *The End of Alzheimer's*. "We need to change the way we think about this disease, the way we understand this disease, and the way we prevent and treat it."

In October, Dr. Bredesen and other innovators appeared in Palm Desert for the Advances in Brain Health practitioner symposium hosted by Jeralyn

Brossfield, MD, of Brain Health Restoration in Rancho Mirage. Local medical doctors, nurses, naturopathic physicians, physical therapists and others were on hand to learn about the Bredesen Protocol and the latest neuroscience technology.

"We have not had any movement forward in the field of Alzheimer's for years," says Dr. Brossfield. "Now we have a new way that is clinically proven to reverse the disease and that is incredibly hopeful." While the information is not yet accepted as mainstream, many industry partners and practitioners are on board with Bredesen leading the way. "He is bringing new eyes to an industry that needs new eyes," adds Brossfield.

"The traditional western medicine approach doesn't work because there is not one individual factor that causes cognitive decline and Alzheimer's," Bredesen says. Like many others, he spent 30 years researching to understand the basic molecules that drove the process of neurodegeneration in order to fashion the first effective treatment for what he calls the greatest biomedical failure of our time.

Continued on page 15

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Coming Together

You know what I love about our beautiful Desert community?

The sense of unity. Everyone seems to come together to support each other. Whether it's a project, cause, social function, initiative, or simply a pat on the back, it's exceptional and unlike most places I have lived.

I'd like to think that our goodwill and camaraderie is because most of us lead with our hearts and consider the greater good which usually results in more abundance and success for all.

In this issue, Jennifer Di Francesco discusses kindness at work (p.11) while Dr. Sinsheimer advises on teaching kindness to kids (p.20).

In October, Jeralyn Brossfield, MD, of XO Health hosted a complimentary symposium on brain health (p.1) for local professionals. Medical doctors, naturopathic physicians and a variety of practitioners came together to learn the latest advances reversing cognitive decline which is certain to benefit the lives of many in our community.

We all know how busy the social calendar is this time of year, and yet all events seem to receive abundant support (yes, we do enjoy a good party!). We are proud to offer an array of healthy festivities (p.31) and look forward to seeing everyone get out and play (p.1).

With the many gatherings, it can be challenging to stick to your healthy routine, so we're providing helpful tips on surviving gluten- (p.10) and sugar-free (p.25), escaping the chaos with essential oils (p.13), finding your holiday happy (p.23), and more.

As we enter our 10th anniversary year in 2020, we are so very blessed that you have come together in support of *Desert Health*. We are overwhelmed with gratitude and wish each of you a very happy and healthy holiday.

With sincere appreciation ~

Lauren Del Sarto
Founder/Publisher



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Your Health Matters

with Janet Zappala



Most of us are keenly aware that dieting can be a constant yo-yo. In our quest to maintain a healthy weight we're often motivated to try just about any diet that's been shown to have at least a modicum of success.

Now take it a step further, when weight becomes such an issue that our health is at stake, and no amount of dieting is helping. That's when surgery may be an option.

"Obesity takes more lives than breast cancer and colon cancer combined," says surgeon Ramy Awad who heads up the Bariatric Surgery Center of Excellence at Desert Regional Medical Center, "so by doing nothing you're at higher risk."

For patients considered morbidly obese, there's bariatric surgery. Not meant to be cosmetic, its aim is to help resolve weight-related medical issues and improve quality-and-length-of-life. The surgery is all done robotically, with pinpoint precision, the doctor explains, "so precise it can even peel a grape and stitch it up perfectly."

The most common surgical procedure is the vertical sleeve gastrectomy in which 80 percent of the stomach and the hunger hormone are removed. What's left post surgery is a much smaller banana shaped section.

Finally, there's gastric bypass, where the stomach is made into the size of a small egg. Intestines are also re-routed. As drastic as all this may sound, Dr. Awad says these procedures are safe and help with overall health by providing metabolic benefits such as improvement

in diabetes. "We see excellent diabetic control with these surgeries," he says, adding that high blood pressure and cholesterol numbers can also improve.

However, these procedures are not a magic pill; patients must do their part, the doctor says, "by implementing healthy eating strategies, and beginning a regimented physical activity program. And they can't fall back to those behaviors that got them into trouble in the first place."

Seventy-five pounds heavier at the time, Barbara Anglin underwent surgery five years ago. She was finding it hard to exercise, and even difficult to perform her daily activities. She was also pre-diabetic and dealing with other health issues. "I felt like surgery was my last chance." Post-surgery she says, everything changed. "No diabetes, no high blood pressure, no high cholesterol." And she makes it a point to say that she's committed to a lifestyle change for the rest of her life.

To help patients stay the course, there's a comprehensive aftercare program including a dietician, a psychologist, support groups, seminars and activities that Dr. Awad maintains, which keeps patients engaged and accountable.

Janet Zappala is an Emmy award winning anchor and reporter, and creator and host of *Your Health Matters*. For more information on surgical weight loss options, contact the Center for Weight Management at Desert Regional Medical Center (855) 631.7284.



Barbara Anglin of Beaumont two weeks before (above) and today after bariatric surgery



Could Your Tearing Be a Plumbing Problem?

By Jennifer I. Hui, MD

The common problem of watery eyes has many causes which are most easily understood if we approach it like a plumbing issue.

Tears are produced in glands (lacrimal glands) located in the outer corners of the upper eyelids, just underneath the bone above our eyes. The tears flow out of the gland through ducts in the eyelids and then wash over the surface of the eyes before entering a small channel (the canaliculus) through a minute opening called the punctum. They then flow down into the lacrimal sac, finally draining into the nose via the tear (nasolacrimal) duct.

Excessive tearing may be secondary to an overproduction from the gland (akin to too much water coming from the faucet) or insufficient drainage (akin to obstruction in the pipes). However, overproduction is usually a reaction to other inciting factors such as dry eyes or ocular allergies. When the eyes are dry and the surface becomes irritated, the body compensates by producing extra tears to lubricate the ocular surface. This is a protective function to ensure the eyes are bathed in nutrient-rich fluid and to reduce the risk of surface damage to the eye.

Seasonal allergies cause tearing when the body attempts to cleanse the eye of irritating allergens. These same allergens trigger a histamine-induced response that also increases tear production. No matter the cause of overproduction, the volume of tears may overwhelm the body's baseline drainage capacity, resulting in tears that run down your cheeks (akin to the sink overflowing).

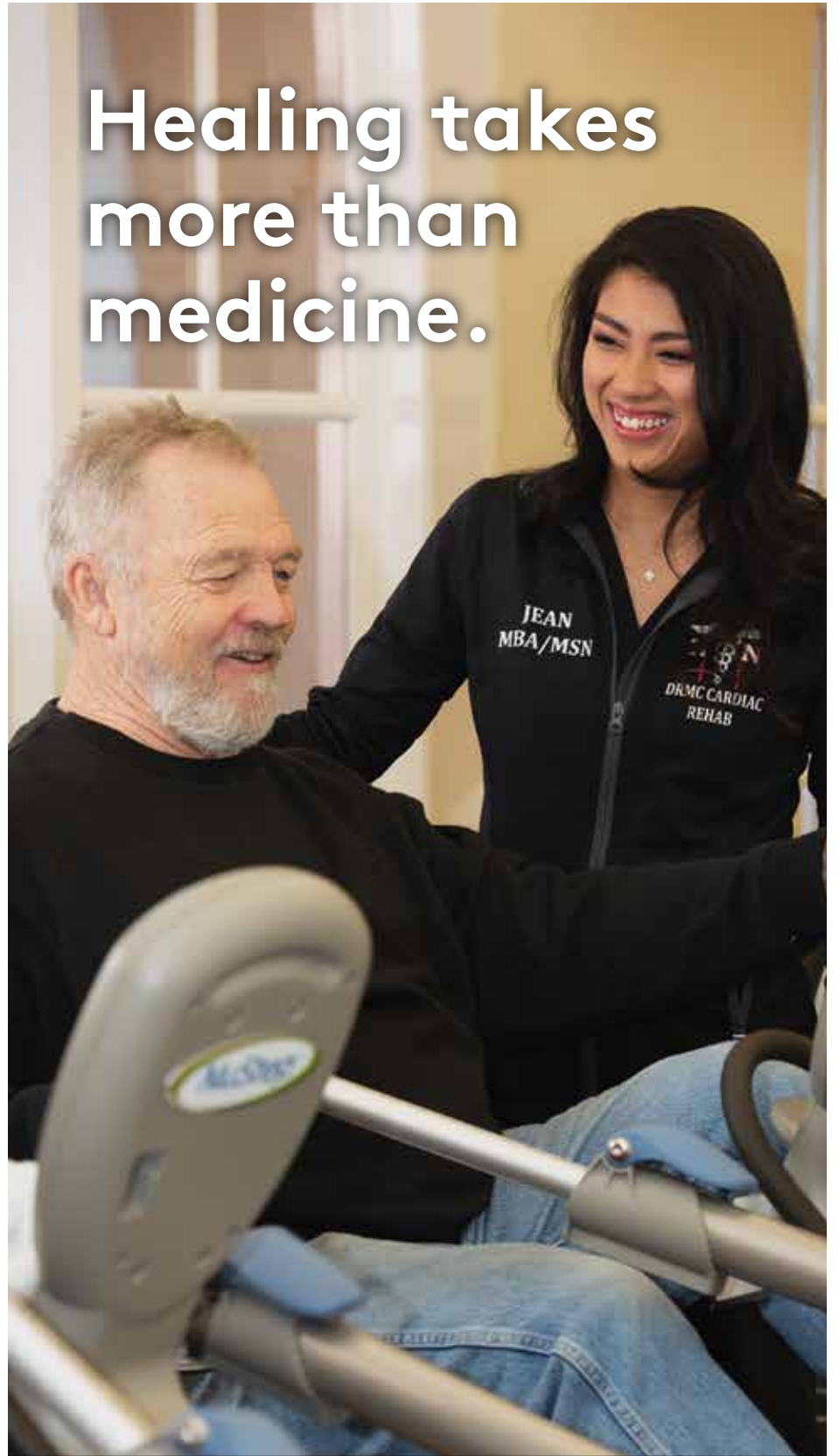
In cases of overproduction, tearing is often alleviated when the underlying condition is addressed. With dry eyes, many patients find relief with over-the-counter artificial tear drops. The only caution here is to avoid formulations made for "red eyes" as these often have an additional ingredient that may lead to worsened redness of the eyes with long-term use. If tears are applied more than 3-4 times per day, it is also advisable to use a preservative-free version to lessen the potential for irritation (and hence recurrent tearing). In the case of allergies, many patients find relief with over-the-counter or prescription allergy eye drops or oral allergy medications.

Poor drainage of tears is another cause of excessive tearing. Just as with partially or fully blocked pipes under the sink, any abnormalities to the lacrimal apparatus result in reduced or absent outflow of the tears.

Sometimes the opening of the tear drainage system (the punctum) is narrowed. This prevents the tears from entering the system, similar to having a drain hole in the sink that is too small, or even absent. In these cases, patients may get relief with an office procedure to "stretch" the opening wider. However, if the opening is too narrow to attempt stretching, or the stretching does not last, surgical options are the

Continued on page 20

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The Modern Approach to Breast Cancer Treatment: Less is Often More

By David M. Hyams, MD, FACS

More than 268,000 women will be diagnosed with breast cancer in 2019. During that period, an additional 42,000 women will die of this disease. These numbers represent more than 15 percent of all new cancer cases and nearly 7 percent of all cancer deaths. Currently, 12.8 percent of American women are diagnosed with breast cancer during their lifetime, leaving 3.5 million women in the United States to live with a breast cancer diagnosis.

As daunting as these statistics may seem, the incidence rate has recently stabilized, with the mortality rate down, and continuing to fall. The drop in mortality has likely resulted from improvements in screening and treatment. As important as the decrease in mortality, recent refinements in treatment have diminished toxicity and improved quality-of-life. Practically, this has meant less need for aggressive surgery, less radiation therapy and less chemotherapy.



Factors that affect today's treatment options include type of cancer, patient age, and genetic profile to name a few.

For most of the 20th Century, women with breast cancer had a single treatment option of breast skin and tissue removal (mastectomy). This was usually accompanied by extended lymph node dissection and few options for natural looking breast reconstruction. The advent of lumpectomy in the mid-1980s allowed many women to conserve their breasts, but the cosmetic outcome was often suboptimal. Poor surgical technique and the need for radiation therapy impacted appearance, often leaving awkwardly visible scars, large dents, and contour deformities. The recommendation that most women receive chemotherapy exposed many to significant immediate and long-term toxicity.

We have now learned much more of the biology of breast cancer and have developed gene-based tools that let us refine drug treatment; now only a minority of patients with early-stage disease are advised to receive chemotherapy. These tools also allow us to identify populations of women for whom breast conservation may be utilized without subsequent radiation therapy.

Although mastectomy is still best for some, the ability to integrate immediate reconstruction has removed some of its stigma. We can often preserve the nipple and the entire skin envelope, while simply removing the "at risk" breast tissue below. For most, the reconstruction can occur at mastectomy, allowing the patient to leave the operating room with a new breast "mound." But optimal results require complete integration of the oncologic with the reconstructive planning.

The majority of patients are now candidates for breast conservation. This is better as even the best reconstruction cannot match the natural breast. Breast conservation surgery has now been widely available for more than 30 years. Large prospective studies have shown no improvement in survival when the breast is removed versus when it's maintained, so long as the initial disease is localized and cleanly eliminated.

Although radiation therapy has long been a standard component of breast conserving surgery, this is no longer the case. For patients with "non-invasive" breast cancer, genomic testing can identify individuals whose tumor biology suggests minimal impact of radiation treatment. For these individuals, radiation does not alter their risk of mortality and produces no significant change in their baseline risk of life-threatening cancer recurrence. However, for many of these patients, judicious use of estrogen blocking therapy can reduce the risk of recurrence and decrease the risk of new breast cancer by nearly 50 percent.

For women with invasive disease over age 70, appropriate removal of low and
Continued on page 30

Plasma Cell Neoplasms: A Common Form of Blood Cancer in the Coachella Valley

By Olga L Bohn, MD

Have you observed vague symptoms of fatigue, weakness, weight loss, bone pain and broken bones recently? Are you above 40 years of age and/or have a history of HIV?

If so, you should see your primary care physician and ask for a referral to a hematologist as you are at risk of having a form of blood cancer called plasma cell neoplasm and early detection is key to positive outcomes.

The hematologist will likely perform a procedure called bone marrow biopsy which is then sent to a pathology laboratory. The biopsy is then reviewed by a hematopathologist, a board-certified doctor that studies the diseases affecting the blood and organs in charge of blood production. The diagnosis is then sent to your specialty physician enabling targeted treatment.

Plasma cell neoplasms are a family of diseases characterized by the uncontrolled growth of abnormal cells named "plasma cells." They are in charge of the production of some proteins in the blood and urine. In many cases, this condition can lead to a common cancer known as myeloma.

Myeloma was discovered many years ago and one of the most famous cases was that of Thomas Alexander McBean, a London grocer in the mid-1800s. According to records, he jumped out of a cavern while vacationing and then "instantly felt as if something had snapped or given way within the chest, and for some minutes he lay in intense agony, unable to stir." Dr. Bence Jones discovered that Mr. McBean had an abnormal, unknown protein in the urine which related to myeloma. Sadly, Mr. McBean was diagnosed at late stage and died of the disease.

It is often very difficult to diagnose myeloma as the symptoms are not very specific; however, early detection is of utmost importance in improving outcomes. Fortunately, the advances of science and recent discoveries have enhanced the survival rate with novel therapies that may render this condition a controllable chronic, if not curable disease when detected early.

As a hematopathologist - especially in the Coachella Valley due to its demographics, I have been diagnosing plasma cell neoplasms very regularly over the last few years. It is my hope that enhanced awareness about this disease will lead to early diagnosis for many and help save lives.

Dr. Bohn is a board-certified pathologist and hematopathologist and medical director of Diagnostix Premium Pathology Partners, Inc in Palm Desert, CA. For more information contact Diagnostix at info@diagnostix.us or (412) 805.2097.



Do You Believe in Miracles?

It was early November and there was an itch near the top of my breast that would not go away. I vividly remember how annoying the itch was and thinking I felt a lump. During a boot camp workout, I asked my friend what she thought it might be, and of course she said what any good friend would say, 'Go to the doctor.' Well, the hardheaded, busy mom in me did not have time for this. So, I continued to ignore that itch for another month and a half.

The itch continued and then on December 31, 2015, I had a very sharp pain run through my right breast as I was watching tv. It was a pop, like my breast was twisting from the inside out. After I rubbed it for a bit, I brushed up against a small lump. For a split second the fear of breast cancer came to mind but then the thought went away. I was young, healthy; I ate all organic. How could I get cancer?

As I sat watching tv a memory from ten years prior entered my thoughts. It was the words of a doctor friend whose wife had breast cancer. She didn't make it. I remember seeing him at the Palm Springs Airport. It was a complete random encounter. He had been a client of mine in Minnesota and was vacationing in our beautiful valley. I was traveling to Minnesota, saw him and asked how his family was. With tears in his eyes, I will never forget the words he told me next, 'If you ever feel a lump, get it checked. Don't second guess yourself until it is too late. Always check your breasts and just get checked just in case; get a second opinion.' I could tell he blamed himself. He was telling me because of the experience he went through.

Why this random conversation happened I would learn ten years later as I felt a pop of pain while sitting in that chair New Year's Eve night. Little did I know his words that ran through my thoughts so vividly 20 minutes later would save my life. As I went back to my bedroom I immediately did a self-breast exam. I found the lump and this time I knew it was not just random. I instinctively knew in that moment that those thoughts were for a reason. Things added up: the itch, the swelling, the tenderness of my breasts were a big change, and not normal for me. My body was trying to tell me something was wrong. I knew in my gut that I needed to get checked. I knew that my life would depend on it.

So, January 2, 2016, I called my doctor, and three weeks later I was in her office. I knew she thought I was crazy because when I called her, she reminded me that we just did a breast exam and bloodwork and said, 'I am sure you are fine, but come in to make yourself feel better.' At the appointment she felt what I felt. By the look on her face she now understood why I was so persistent to get in to see her again. She gave me the validation that I was not crazy to advocate for myself.

That was on a Tuesday. By Thursday, I was seeing a specialist and having my first mammogram and ultrasound ever. As they smashed my breast in the machine the tech asked, 'Do you have kids?' I said, 'Yes, I have a 12-year-old daughter.' She assured me that doctor would take good care of me. I went numb. I knew in that moment

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The Wellness Wednesday Series at Eisenhower presents Connecting with Happiness, conducted by psychologist Tom Glaser, MS, author of *Full Heart Living: Conversations with the Happiest People I Know*. The interactive event takes place on **Wednesday, December 4 from 2 to 3 p.m. in the Helene Galen Auditorium in the Annenberg Health Sciences Building at Eisenhower.**



In conducting interviews for his book, Glaser discovered, "Happiness is connecting — with ourselves, others and our passions." Glaser notes, "Through practicing deep listening and utilizing cultivated 'conversation sparks,' this playshop [informal workshop] provides participants with an immediate experience to enhance such connections, which may lead to more satisfying relationships and a happier life."

A psychologist and life coach with more than 30 years of experience, Glaser is also a writer, radio show host and teacher.

Doors open at 1:30 p.m. Cost is \$5 (includes refreshments) to be paid at the door. Reservations may be made at EisenhowerHealth.org/calendar or by calling 760-837-8995.





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**What HEAL Offered Me**

By Evelyn Beltran, Cathedral City High School

The HEAL academy (Health and Environmental Academy of Learning) is not the average high school academy. By giving students opportunities and experiences to work in their community, the academy helps students like me prepare for a career either in health care or in the environmental health field.

I have been in the HEAL academy for all four years of high school. As part of this academy, I have developed leadership skills and knowledge that have helped me in my day-to-day life. HEAL has helped turn us students into young professionals by doing things like making us wear our scrubs when we have an important event. When I wear my scrubs at school and in public, I feel important and motivated to excel at school, so one day I can get the chance to wear scrubs every day for work as an OB nurse.

We have experienced many opportunities throughout the school years to better ourselves and our community, and we have created new memories. We have learned about different professions and have had field trips to colleges to see what each college offers.

In my sophomore year, our academy took a three-day college trip, during which I realized what type of college environment I want to attend. When we visited UC Irvine, I fell in love with the campus as it is surrounded by nature. That trip gave me more motivation to pursue my dream of hopefully going to that college one day.

As we obtained more knowledge about the medical field and medical terminology, we were able to do more hands-on action in our junior year, and we earned our CPR and CERT certifications. This year, as seniors, we participated in the Great Shakeout simulation, where we put our CERT training to use. In addition, we have our own sim lab, where we have various stations that each focus on different types of medical fields, which has helped with our classes.

Overall, being in HEAL has given me ambition to pursue my dream of becoming an OB nurse. With internships coming up, I plan on doing mine at a pregnancy center in Indio as a result of a presentation about what they offer. After high school, I plan on moving away to continue my education.

Being in HEAL has given me a second family to go to, and for that, HEAL is really a big blessing for me.

Kyle Bashore is the CTE teacher and advisor for Cathedral City High School's HEAL Academy. Contact him at kbashore@psusd.us or (760) 770.0100.



Author and senior HEAL Academy student Evelyn Beltran aspires to be an OB nurse.

Hypnosis for Parkinson's Symptoms

By Roger Moore, CHt

Clients with Parkinson's disease share the stiffness, shakiness, slowness, pain, fear, anxiety, dementia and sleeplessness that they experience with the disease. As part of integrated medical care, clinical hypnosis is a safe and drug-free approach for treatment that has shown to be effective in reducing these and other symptoms of Parkinson's.

In one National Institutes of Health (NIH) report, "Results revealed a 94 percent reduction in rest tremors following treatment. Self-reported levels of anxiety, depression, sleep quality, pain, stiffness, libido, and quality of life also showed improvements. The patient reported a high level of satisfaction with treatment."¹

The NIH conducted another study in 1990 measuring the effects of hypnotherapy on tremors associated with Parkinson's. During this study, the patient being observed was also monitored using polygraph recordings so that they could measure results. This patient was also taught self-hypnosis and was instructed to implement the strategies up to four times a day in addition to taking his traditional prescriptions. The study found that the daily sessions of hypnosis were beneficial in reducing tremors.²

According to *Science Daily*, scientists found that hypnosis can slow down the impacts of dementia (including Lewy body) and improve quality of life for those living with the condition.³

In my own experience over the past 23 years, people with Parkinson's have reported improvements in flexibility, balance and mobility, mood, motivation, engagement with life and better sleep along with less anxiety, improved peace of mind and reduced tremors and pain.

One client, I'll call him John, first came to my office at the age of 56 in March 2011. Three years prior, he had developed tremors, changes in his voice, bradykinesia (slow movement and stiffness) and was experiencing impaired balance. John had been an active outdoor enthusiast who ran marathons, loved mountain biking and frequently went rock climbing. Depressed, discouraged and stressed, John wanted hypnosis to help him cope with the disease and to reduce his stress and anxiety.

After several sessions over a few months, John reported that he was calmer, happier, more loving toward his wife and family, and that the disease symptoms he was experiencing were diminished. His voice was stronger, and he was walking faster with greater flexibility and balance.

When we last spoke on the phone in 2016, John told me that he continued to use the self-hypnosis and other mindfulness techniques that I taught him, and the symptoms he had previously experienced continued to be minimal. He was even able to go on hikes with his wife.

Teaching self-hypnosis and other mindfulness-based tools that you can use on your own is an important part of therapy. I also provide clients with hypnosis MP3 recordings that further help improve quality of life by promoting positive behavioral responses to the symptoms.

Medical hypnosis won't cure you, but it can help you heal by restoring your life to wholeness. You can have joy, happiness and hope.

Roger Moore is a certified counselor and registered hypnotherapist with Palm Desert Hypnosis and can be reached at Roger@HypnosisHealthInfo.com; (760) 219.8079. For more information, visit www.PalmDesertHypnosis.com.

Sources: 1) <https://www.ncbi.nlm.nih.gov/pubmed/23427841>; 2) <https://www.ncbi.nlm.nih.gov/pubmed/2270842>; 3) <https://www.sciencedaily.com/releases/2008/07/080728111402.htm>

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Inaugural Prostate Health Initiative

Raising community awareness and funds

By Lisa Ford, CTA

Where were you this past September when we honored men with a prostate cancer diagnosis? Did you know that an estimated 174,650 U.S. men will be diagnosed with prostate cancer and 286,600 new cases of U.S. women will be diagnosed with invasive breast cancer in 2019? In short, 1 in 9 men will hear the words "You have prostate cancer" while 1 in 8 women will hear the same for breast cancer. Health initiatives, such as ZERO – The End of Prostate Cancer and Paint El Paseo Pink, are both so important - and both include the men we love.

ZERO Prostate Cancer Run/Walks were held all over the country, including the inaugural 5K event that took place September 14 at the Palm Desert Civic Center, creating a space for the community to come together, raise funds and share hope.

Participation in the event made a real difference in the lives of men and families fighting this disease. From funding research for a test to distinguishing between aggressive and slow-growing disease while providing educational and support resources for at-risk men in the community, ZERO's mission to end prostate cancer was impactful.



John Feller, MD, and Lisa Ford of Desert Medical Imaging with ZERO West Coast Chapter Coordinator Allsun Murtha

Our local event attracted participants from all desert cities, its surrounding geographic areas and as far away as Canada and featured key survivor speaker Dan McDougall. The large health expo offered resources and prostate cancer experts including Valley Urology and Desert Medical Imaging; a rally featuring the La Quinta High cheer and Palm Springs dance squads, and the ROTC and jazz band from Cathedral City High. Other activities included a Super-Hero Dash for Dads, and a survivor's lounge sponsored by AVSU, and NABF Welterweight Champion Tomas Dulorme signing autographs.

Organizers were honored by the outpouring of many local business and charitable organizations. "We are proud to sponsor this inaugural desert event to raise money and awareness for research and free testing," said Catharine Reed, senior program officer of the Auen Foundation. "ZERO and Dr. Feller are actively seeking treatment solutions and diligently educating families about prevention. We are excited to support this new community outreach and fundraising effort to impact more people." The inaugural event exceeded goals with over \$61,000 raised for local and national efforts.



Keynote survivor and actor Dan McDougall with The Eradicator who led the Kids' Dash for Dad race

Will you join us next year? Save the date: September 26, 2020. To learn more, visit www.zerocancer.org.

Lisa Ford is the business development director at Desert Medical Imaging and was the 2019 Local ZERO 5K Run/Walk Race director. She can be reached at (760) 275-5768 or lisa.ford@desertmedicalimaging.com. Lisa is also affiliated with Desert Doctors and other local non-profit charities.

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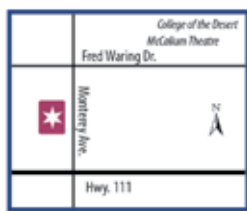
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NICHOLAS S. BAUMANN, DDS

Dental Care During Pregnancy

By Nicholas S. Baumann, DDS

Pregnancy is an exciting time for any mother, but it often comes with questions about what is safe and important for oral health and dental care.

During pregnancy, as hormone levels change, there can be an effect on the oral cavity. One of the more common occurrences is "pregnancy gingivitis" where the gums can become inflamed and bleed. This is related to a changing of the bacteria makeup of the oral cavity leading to a rise in inflammation. This can also lead to gum infection, so extra care must be taken on brushing and flossing. There has also been some evidence that gum disease may possibly be related to birth issues such as premature birth or low birth weight¹ so it is vital that good oral care be maintained throughout the pregnancy. Because of this, it is still a good idea to have regularly scheduled exams and dental cleanings during pregnancy. Both of these are completely safe and provide a benefit.



Safe dental care can be delivered during pregnancy, but often it is better to wait.

If elective or non-emergency dental work is being considered, it is best to wait until after the pregnancy, if possible. This would include cosmetic treatment such as teeth whitening. Routine dental x-rays may be delayed until after the pregnancy as well, if there is no evidence of any dental problems. In the case of urgent treatment like a cavity, infection, or another condition that cannot wait, it is safe to treat and take minimal x-rays, as needed. In this case, it is better to treat the problem immediately than to wait, as any oral infection can have an effect on the fetus. If necessary, the second trimester is considered the best time for dental treatment. It is the safest time for the baby and generally the most comfortable for the mother. Any medication, including numbing agents, should be limited to as little as possible.

At home, pregnancy may lead to diet changes due to snacking or cravings. It is important to be careful with the amount of sweets that are eaten as an increase can lead to a rise in cavities. Some expectant mothers may also experience sickness and vomiting. The acid from the stomach can cause erosion to teeth if it is continual. If vomiting occurs, it is best to not brush the teeth immediately after as this can create more erosion. It is better to first use a light rinse of water and baking soda to neutralize the acid before brushing.

In the end, having good oral health is very important, and extra care must be taken during pregnancy. If needed, dental care provided during pregnancy is safe, but most treatment is better left until after the baby is born, if possible. If an expectant mother has questions regarding oral care, she should ask her doctor or dentist to determine the best care for her during her pregnancy.

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

Reference: 1) Periodontal Disease and Pregnancy Outcomes: Overview of Systematic Reviews JDR Clin Trans Res. 2018 Jan;3(1):10-27. doi: 10.1177/2380084417731097. Epub 2017 Sep 25.



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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Lopsided

I looked down at my toes as I lay in the restorative yoga pose and noticed one pant-leg pulled up on my shorter leg, accentuating the way I was born. My right leg is an inch shorter than my left leg and so my body has compensated. My back curves to balance above uneven hips. The arch on my left foot has flattened to try to shorten the discrepancy in my walk. Most of the time I don't even notice. But today the reading was about honoring different perspectives, standing in the idea that "both could be true."

I realized my own experience had never been to have both feet on the same level footing. I have always been lopsided, not only in my physical body, but also in my outlook.

Growing up in the Middle East and South Sudan, I bridged the outside world with my family holding on to American ways inside our home. I learned quickly that the fates of the children we cared for in our clinic were vastly different from mine and fought the inequity and unfairness of the luck of being born into our respective families. My parents taught me by example, opening their hearts and our home to our neighbors and workers who needed loving care and communion.

I became a doctor to stand in two worlds again – the world of jargon, medicine and complexity juxtaposed with a need for simple explanations and to be informed and supported through tough times. One of my greatest pleasures has been using my talent for explanations to cross the chasm of understanding with patients by describing the aspects of their concern in easy-to-understand words and drawings.

As time passed, it became clear that another lopsided approach was needed when I encountered functional medicine. I needed to bridge the vertical silo-type approach of Western medicine with an interdependent systems-version of health. The joy in seeing the synergy of the mind, body and spirit in building whole-person health is a daily reward.

Perhaps the most compelling evidence of this multi-factorial approach has been in the research around preserving brain health. Neurologists such as Dale Bredesen, MD, and David Perlmutter, MD, have shown that the key to a clear and healthy brain is whole system health. Diet, movement, sleep, connection to community and stimulation of the brain all support cognitive function. It turns out that our brain is only as strong as the body's weakest link, and building health utilizing multiple approaches is effective.

So, I straddle these multiple healing traditions. I have one foot in the Western medical world and the other in an Eastern approach. I see health both from the perspective of it being a culmination of the entire life-story, as well as from the view of the microscopic, cellular health level. Both are true. Both are worth seeing. I like to believe that this is exactly how I've been called to live and to serve: Lopsided.

Jeralyn Brossfield, MD is the founder and physician of XO Health in Rancho Mirage and medical director of Brain Health Restoration also in Rancho Mirage. She can be reached at (760) 573.2761. www.brainhealthrestoration.com.

Stem Cell Treatment for ED

By David M. Odom, MD

Erectile Dysfunction (ED), is a debilitating issue for many men after age 40 which includes the inability to obtain and maintain an erection or simply a soft erection.

I have used a variety of procedures to treat erectile dysfunction, including extracorporeal shockwave therapy (ESWT) using staccato-like sound wave pulses along the shaft of the penis; platelet rich plasma (PRP) injected into the corpus cavernosum; or stem cells injected the same way. Some men have found benefit from these procedures, but many have not found a reversal of their loss of erectile ability.

Although I am a physician who follows the current medical scientific literature, for medical procedures that are on the edge of current development, I am highly interested in the experience and opinions of patients who have undergone these procedures. Because of what I am hearing from these patients, I am continuing to look for ED therapies that work better.

Older men, usually past age 70, who cannot benefit from use of phosphodiesterase type 5 (PDE5) inhibitors, like Viagra or Cialis, end up injecting Trimix into the corpus cavernosum of the penis to produce a hard erection. Trimix, as the name suggests, is a mixture of 3 drugs (papaverine, alprostadil, and phentolamine) that together dilate the blood vessels in the penis, causing inflow of blood into the penis and temporarily preventing it from escaping, thus producing an erect penis. TriMix always works. The problem is that having to interrupt one's romantic interlude to inject one's penis is not the best answer.

A relatively young patient of mine with profound erectile dysfunction who could not obtain an erection without use of Trimix regained the ability to spontaneously produce an erection after getting his own stem cells injected into his penis. This man had suffered trauma to his groin at a young age and suffered ED for over 20 years. He tried ESWT multiple times and a variety of stem cell treatments, 6 of them, without success. But, after injection of his own fresh bone marrow, his ED problem was resolved.

Everyone has powerful stem cells sequestered in the bone marrow. The largest cache by far of such stem cells is in the pelvic bone. When trauma occurs, the body is programmed to activate stem cells in the matrix of the pelvic bone and send them to the damaged tissue to promote repair.

But the penis never gets the benefit of 20 million such stem cells via naturally occurring trauma. However, if a high-tech trocar or needle-like device is inserted into the center part of the pelvic bone and marrow is extracted as the needle is retracted, 20 ml of quality bone marrow, replete with millions of stem cells, is obtained. Before any such procedure is done, local anesthetic is injected into the dorsum of the base of the penis to numb it and into the outer layer of bone where the trocar is to be injected, so the patient feels only pressure, not pain.

Immediately after the bone marrow is obtained, the marrow is injected into the corpus cavernosa, the blood reservoirs in the penis. With 10 ml of marrow injected into each corpus cavernosum, every part of this anatomical structure is bathed in

Continued on page 26



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Juliana Yavorsky, DPT

Juliana was raised in Stockton, CA and earned her degree in Kinesiology at Augustana College. She earned her Doctorate of Physical Therapy at Washington University School of Medicine where she met her husband Matty who is also a Doctor of Physical Therapy with Avid.

After graduation, they moved to Matty's hometown of Portland, Oregon to practice for three years before moving to the desert to join Team Movement for Life. Juliana is currently pursuing her Orthopedic Clinical Specialist certification through the Orthopedic Residency Program here at Avid Physical Therapy. Juliana is also an exceptional plant-based cook and has a passion for backpacking in the great outdoors with Matty and their dog Penny.

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Gluten-Free with Tiffany



Surviving the Holidays Gluten-free

The numerous holiday invitations making their way onto your calendar about now can pose some challenges, or even anxiety, when it comes to eating a gluten-free diet. The last thing you want during this busy and festive time of the year is to accidentally eat something that doesn't agree with you.

There is no doubt the holiday season requires strategic preparation to avoid gluten; however, there are many ways to ensure a full tummy and good health while celebrating with your loved ones. Here are tips for ensuring you can embrace a gluten-free holiday season in any circumstance:

Know what foods to question. The most common sneaky gluten-filled foods you'll find during the holidays are gravies, sauces and dressings, pre-made mashed potatoes, soups, cream-based dishes, and faux-meat products. On the surface they may seem innocent, but these foods often use wheat flour as a binder or thickener. Ask if it is gluten-free or check the label to be sure.

Think ahead. Whether you are dining at a home or restaurant, find out what is on the menu. At a home, you can always offer to bring a safe dish you enjoy. Hosts are typically happy to have more food and appreciate communication regarding food issues in advance. If celebrating at a restaurant, you can usually review the menu online; however, you may still want to call to ask about certain dish preparations and gluten-free options. These small steps will ensure that you enjoy your time without starving yourself or feeling sick later.

Eat before you go. Worst-case scenario, when you have no control over food and have no way to be informed of the menu, you definitely want to fill up at home before the event. Enjoy the opportunity to be fully present in conversing with the people around you.

Offer to host! The easiest way to avoid "getting glutened" is to do it yourself or purchase certified gluten-free dishes (or a mix of both!). If opting for buffet style, you should label dishes that are gluten-free and remind your guests to keep the serving utensils separate from gluten-containing food to avoid cross-contamination.

Practice your dishes. Take an opportunity beforehand to test out any new recipes on the household. You don't want to chance trying a dish out of that new gluten-free cookbook on the day of the event as it may not look or taste up to your standards.

Luckily today, we have an abundance of resources and products to ensure we enjoy a safe and delicious gluten-free meal. There are numerous companies making delicious certified gluten-free products which you can now find in most mainstream grocery stores and online. Search through online blogs and gluten-free or paleo cookbooks for ideas. Also consider asking other gluten-free friends about their holiday meal planning. The less stress you have and the healthier you are this season, the better your special memories will be. Success favors the prepared!

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

Stop the Dopamine Food Cycle

By Deborah Schrameck, NC, PT

For most of us eating is a pleasurable experience, but for some it is a double-edged sword that leads down a path of emotional cues, cravings and bad choices. In previous issues of *Desert Health*, I discussed the neurotransmitter dopamine and how it drives us toward foods and substances to fulfill pleasure to get us out of flat, low energy funks. There are a few important steps to take to overcome this cycle.

Be aware of the cues, such as stressful situations, fatigue, low blood sugar or sensory cues like the smell of fast food or places where certain foods are readily available. To overcome the cycle, we need to acknowledge that our brain sometimes goes on autopilot and cannot be trusted. Will power just won't cut it. It may feel awkward or uncomfortable at first to take a moment before reacting to an urge, but with practice and determination you will be on your way to awareness with a response versus unconscious reaction.

Create a competing behavior to replace the unhealthy one driven by dopamine. This is going to require planning and to quote a very old saying, "Failure to plan is planning to fail." For example, if driving down the fast food corridor on the way home from a long day at work urges you to eat fast food, pick a new route to drive home. Many cravings are compounded by low blood sugar, and the larger the gap between meals, the lower the dopamine levels. Eat every 3-4 hours, be regimented, set an alarm, always be prepared with good quality snacks. Foods high in tyrosine, a precursor to dopamine, include ricotta cheese, fava beans, chicken, duck, beef, lamb, pork, fish, eggs, edamame and mustard greens, to name a few, so just be aware.

Create a new competing thought. Change the internal dialogue. Instead of beating ourselves up after we indulge in the dopamine habit, wouldn't it be nice to repeat a new positive mantra using new positive dialogue? I repeat a saying from a client in recovery, "A thimble full is too much and a swimming pool full isn't enough." Reinforce your behavior with words to yourself, "I don't have to react that way; I can respond this way." Learn to reinforce longer term outcomes instead of short-term rewards. Choose a longer-term outcome to focus on that is supported by quality eating, like a good night's sleep, energy in the morning, clear thinking or weight loss.

And last but certainly not least, enlist support. Have positive supportive people around you to help you recognize and avoid the negative cues, acknowledge your successes and support your commitment. Support is an essential way to sustain and reinforce our motivation. Have you ever noticed you are less likely to load your grocery cart with junk food if you are likely to run into friends or co-workers? You are not alone, and sometimes it does take a village.

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



Changing the internal dialogue can help you kick dopamine cravings and habits.



Living Wellness with Jennifer Di Francesco



Kindness at Work Changes Everything

As a wellness director, I conduct an ongoing personal and professional search for the most current trends of effective remedies in the marketplace. During a recent meeting of wellness professionals in the Coachella Valley, we discussed the topics of achieving radiant health by using structured water and vibrational therapy. These were intriguing topics featuring a speaker I engaged to speak at my workplace who gave a compassionate talk to forty employees on creating a drama-free workplace. This talk became a convincing takeaway with the potential to produce a very effective health shift beyond new gizmos or gadgets. A work environment of empathy and respect creates a golden key to success.

With 59 percent of the American population working one-third of their life, the secret to living a happy existence may begin at work. Considering that 83 percent of Americans have little or no passion for work and only 17 percent of Americans are excited about their job, it behooves one to ask some honest questions. As a manager, I have an added responsibility to create an environment that allows authenticity and safety for employees to be transparent, with a shared voice devoid of repercussion, judgment and ridicule. Employees also have an obligation to set the tone. Often, we believe the quality of the environment comes from company culture and the manager; yet, we must all set an example.

Google spent two years studying their organization with a mission called the Aristotle Project. This manifested from Aristotle's quote, "The whole is greater than the sum of its parts." From this innovative work the number one success formula was psychological safety. When one dreads or fears a part of their environment, it can destroy them. Honest questions to ask every day are, "What is my contribution to the success of my workplace? Do I contribute to any dysfunction of the workplace?" If the workplace is considered a place where profits and production are the driving force, and feelings must be set aside, then it becomes a dysfunctional environment. There is also a corrosive nature to judgement. Every person can fall into a trap of making judgments about fellow co-workers, which are generally unwarranted. When one allows time for kindness to be shown to colleagues, viciousness and division can fall by the wayside.

This past week, when fellow staff members took five minutes to share what brought them joy in life, the energy in the room shifted. Those who were active listeners learned unique, touching qualities from their colleagues, and those that shared felt heard and respected. Our instinctual habit is to look around our environment and check for safety approximately three times every seven seconds. When we strive to be professionally productive, while intending to maintain psychological safety for all workers, we immediately change our physiology by creating care and concern in our workplace.

Life is too short with much time at work. Our primary goal in the workplace should focus on ways to bring more of our brilliance into the equation.



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Furthering Naturopathic Medicine Residency program launches at Live Well Clinic

By Sonja Fung, ND

Although naturopathic medicine has been in practice in the U.S. for over a century, I often still get asked, "Are you a real doctor?" In California, Naturopathic Doctors (NDs) are licensed primary care providers, able to diagnose and treat illness as a general practitioner/ family practice doctor. NDs can order lab tests and imaging; perform injections and IVs; prescribe medications, botanicals or supplements; and make diet and lifestyle recommendations, all while addressing the patient's health needs holistically.

Naturopathic doctors are trained at four-year, post-graduate, accredited medical institutions. In addition to a standard medical curriculum, a naturopathic doctor is required to complete four years of training in holistic and nontoxic approaches to therapy with a strong emphasis on disease prevention. NDs learn how to integrate the principles of naturopathic medicine into clinical practice through training that consists of a minimum of 4100

hours, including at least 2500 hours of academic training and 1200 hours of supervised clinical training.

A naturopathic doctor takes rigorous national board exams (NPLEX) to be licensed by a state or jurisdiction as a primary care physician. Additionally, NDs complete 60 hours in continuing education to be eligible for license renewal. After licensure, NDs can choose to apply for the small number of residency positions available to them; typically, a one- to two-year family medicine training at approved residency clinic sites. However, due to the lack of available residency positions, most ND graduates join an existing practice or start their own.

As Live Well Clinic has grown over the past 10 years, it was time to further support the naturopathic profession by incorporating a residency program. Through a partnership with INM Residency Consortium, our clinic applied and was approved as a residency site and we welcomed our first resident this October.

Because naturopathic residencies are not funded by Medicare/Medicaid dollars like conventional medical residencies, this limits the availability of these positions, as many small clinics are not able to afford the cost associated with training and paying a resident. It is of utmost importance to support the next generation of naturopathic doctors through residency opportunities, and

"As Live Well Clinic has grown over the past 10 years, it was time to further support the naturopathic profession by incorporating a residency program."

— Clinic Founder Sonja Fung, ND

Continued on page 12



Dr. Sonja Fung
Naturopathic Doctor
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Introducing
Shari Jainuddin, ND
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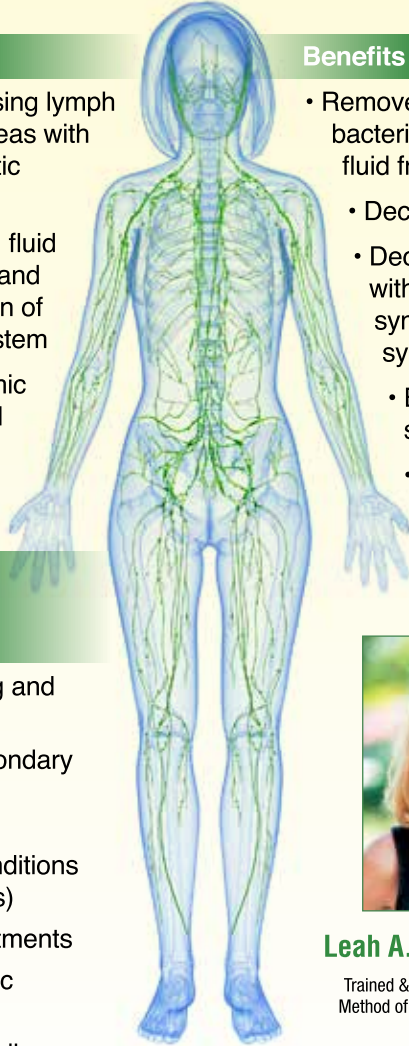
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Energy Medicine in Harmony with Western Medicine

By Tracy J. Smith

“Humans are made out of energy and sustained by energy. Our bodies are ever changing dynamic fields of energy, not static physical structures. They are a hologram in which every part contains information about the whole.”

— Christiane Northrup, M.D.

Conventional Western medicine, at its foundation, focuses on the biochemistry of the physical body: cells, tissues, and organs. Energy medicine's foundation focuses on the energy fields of the physical and “energy body” within and around each of us.

The energy body consists of different energy systems and fields such as the meridian and trigger point system used in acupuncture, the chakra system used in Ayurveda, and the aura field, otherwise known as ‘our personal space.’ Each system or field has patterns of energy flowing in continuous motion.

Both the energy body and physical body are in a constant state of vibration as both are a form of energy. For vibrant health of both the energy and physical bodies, the systems within each must possess the following qualities:

Have movement and space to continue to move. Energies may become blocked due to toxins, muscular or other constrictions, prolonged stress, or interference from other energies, trapped emotions or stuck/blocked energy.

Move in specific patterns. The energy body must move in harmony with the physical structures and functions that they support. “Flow follows function.”

Maintain a balance of all energies. Energies may lose their natural balance due to prolonged stress or other conditions that keep the body in survival mode. Energy medicine can change impaired energy flow and patterns which complements and improves the vitality of the physical body.

Energy medicine works in harmony with Western medicine by balancing the body's energy systems before and after medical procedures. In advance of a procedure, it can be used to relax the body and invigorate the immune system, thus adding to the procedure's success; post-procedure energy work can minimize side effects and enhance the recovery and healing process.

How do you know if your energy is blocked? The language and communication of your energy body are feelings and sensations. Physical discomfort or pain in specific areas can be a sign of blocked energy; when energy is flowing freely, one might experience lightness or feel energized.

Before Western medicine, humans depended upon their “healer” (doctor) who used combinations of herbs, teas, essential oils, prayers, and energy medicine to prevent, maintain and regain health and balance. Fortunately, support of these traditional modalities is entering the realm of mainstream health care once again.

“In the medicine of the future, as I envision it, working with the patient's energy field will be the first intervention,” adds Dr. Northrup. “Surgery will be a last resort; drugs will be a last resort. They will still have their place, but shifting the energy patterns that caused the disease will be the first line of treatment, and before that, teaching people how to keep their energies in healthy patterns will be as much a part of physical hygiene as flossing or exercise.”

Tracy Smith is an energy intuitive therapist, Emotion/Body Code practitioner and Law of Attraction Coach with AcQpoint Wellness Center and can be reached at (760) 409.9289. www.TracyJSmith.net.

Source: 1) <https://www.drnorthrup.com> · category · health

Do You Believe in Miracles?

Continued from page 5

she saw something, and as I saw the specialist the ultrasound screen lit up. I asked the dreaded question, 'Is that cancer?' She told me she had been doing this a long time and that she saw a very vascular tumor, but that the biopsy would confirm it. She asked, 'Can you come in first thing tomorrow?' Then she turned to the nurse and said, 'Get her in STAT.' As my stomach dropped, I said, 'Of course I can come in.' Cancer it was.

Had I not had that itch, had I not had that random conversation while passing in the airport one day or that pop in my breast, I would not be here today.

I look back over the past three years and think of how many miracles have happened. My eyes are now open. We all have this ability to see the miracles that surround us if we only just listen; if we stop to believe that we are the biggest miracle of them all.

So I ask you... do you believe in miracles? I do and I am living proof of one.

Shay Moraga is E-RYT500, Triple Negative Breast Cancer Survivor. She teaches Yoga for Cancer Caretakers and Survivors locally at Eisenhower's Lucy Curci Center and is founder of Shay's Warriors- Life After Cancer. Contact Shay at shay@namstewithshay.com, or reach out to her on social media at Namaste with Shay or Shay's Warriors.

Furthering Naturopathic Medicine

Continued from page 11

the Live Well Clinic is honored to be in a position to bring the first ND residency program to the Coachella Valley, giving new medical students the opportunity to further their training as a primary care doctor in our community.

I am honored to welcome our new resident doctor, Shari Jainuddin, ND, a graduate of Bastyr University in Seattle, Washington. Her path to naturopathic medicine took her from an Ayurvedic hospital and Tibetan medicine practice in India, to Shamanistic healing in Peru, to Alzheimer's research at Cornell Medical College, and now, to Live Well Clinic in La Quinta.

Dr. Jainuddin enjoys working in craniosacral therapy, visceral manipulation, biofeedback, botanical medicine, homeopathy, and hydrotherapy, as she continues to learn in the field of family medicine. When not in the clinic, you can find her dancing, listening to music or podcasts, laughing with her daughter, and enjoying the natural beauty our valley has to offer.

Dr. Sonja Fung is a primary care naturopathic doctor with a focus on integrative cancer care and PRP regenerative joint injections at Live Well Clinic in La Quinta. For more information, call (760) 771.5970 or visit www.livewellclinic.org.

Sources: 1) Institute for Natural Medicine- Residency Consortium <https://www.naturemedpro.org/project-2/>; 2) American Association of Naturopathic Physicians (AANP) www.naturopathic.org; 3) California Naturopathic Doctors Association (CNDA) www.calnd.org; 4) The Association of Accredited Naturopathic Medical Colleges (AANMC) <https://aanmc.org/>; 5) Council on Naturopathic Medical Education (CNME) <https://cnme.org/>; 6) Weiman MD/JD, Darryl. (2017, Nov 15). Who Pays for Resident Salaries. https://www.huffpost.com/entry/who-pays-for-resident-sal_b_12967008

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Essential Oils for the Holidays

Adding balance and serenity with heartwood oils

By Julia Meadows

The festive season is here again, and we look forward to end-of-year celebrations, parties and get-togethers with family and friends. As the days grow shorter and the year winds to a close, we gather together to reminisce and to share our hopes for the year ahead. Yet, this time of year often brings increased stress—with event planning and preparation, whirlwind shopping excursions, balancing obligations between work and home, and many other physical and mental demands of the season.

How to stay sane throughout this busy time and, at the same time, calmly look ahead and feel inspired and renewed by the promise that the New Year will bring?

Aromatherapy and essential oils can help create an environment of festive joy for your family as well as calmness, serenity and balance for yourself. One category of essential oils that I recommend for easing the pressures of the holiday season are the wood oils—cedarwood, pine, spruce, sandalwood, hinoki, cypress and juniper. These are powerful, grounding oils that nature has provided to keep us calm, centered and confident throughout this busy time.



Integrating essential oils during the busy holiday season can provide a renewed appreciation of life and an increased sense of wellbeing.

Cedarwood Atlas (*Cedrus atlantica*) is the oil of choice to use in the diffuser to create a warm, comforting and convivial atmosphere at home.

Historically, cedarwood Atlas was used in religious ceremonies for prayer and meditation. It is known to promote cerebral activity and clear thinking while simultaneously relaxing mind and body. Other cedarwood oils include Himalayan cedarwood (*Cedrus deodara*) and Texas cedarwood (*Juniperus virginiana*) which has the aroma of just-sharpened pencils. All cedarwoods are anti-microbial, rendering them excellent oils for the respiratory system and for keeping winter ailments at bay.

Scotch pine (*Pinus sylvestris*) is another essential oil that comes to life during the holiday season. The oil is distilled from the heartwood and has the traditional “Christmas tree” smell. The essential oil has an invigorating, uplifting aroma, and clears the mind of stress, helping to eliminate fatigue, enhancing focus and concentration, and instilling a positive outlook. Hemlock spruce (*Tsuga canadensis*) comes from Canada, as its plant name suggests, and is a soothing oil diffused as a nerve tonic and to boost the immune system. It has a sweet, green, crisp aroma that transports one to wintry walking trails through towering conifers in a magical snow-covered forest!

During the holiday season, try to escape for a day or so to one of our surrounding mountain areas and experience a peaceful afternoon of ‘forest bathing’ amid these amazing trees. Find a fallen pinecone or two and sprinkle your essential oils on them to act as a natural home diffuser throughout the season. Cedar, pine and spruce are wonderful oils to eliminate stale ‘after-party’ odors and will impart a fresh, outdoors aroma to your home, in addition to their natural health benefits. All wood oils blend well with citrus oils (sweet orange is particularly festive) as well as spice oils like cinnamon and clove.

Integrating essential oils into your daily life during this time can bring a renewed appreciation of life and an increased sense of wellbeing, with gratitude for all the gifts of the season.

Julia Meadows has spent 35 years in the essential oil industry and is the founder of Aromax Health and Sub Rosa Apothecary in La Quinta. She can be reached at (760) 831.8333 or juliasubrosa@gmail.com.

Layers of Our Life

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

Many of us have heard the advice that, when making changes in our behavior, we should make a small change at first, establish it and see how it works for you. It got me thinking about how our yoga and meditation practices are ongoing. We make our way to the mat and see what happens. We sit in meditation and notice how active, agitated, or calm our minds are during the session. The more we engage in these practices, the more we can observe how dynamic a process it is. Things shift and change, often beyond anything we can control. Life shows up to challenge our best-laid intentions and, in doing so, we walk through the mud of transformation.

But are we actually transforming? Or are we simply trying to get back to the basic notion that what and who we are is inherently divine perfection?

In yoga, it is believed that we are born fully whole and nothing outside of us defines who we are. Yet as we age, layers begin to form around this inner light as we learn to cope and grow in the adventure of being human. We gather layers of identity and define ourselves by what we do, how we look, and the professions we undertake. And instead of them being flimsy layers, they can become armored and seemingly impenetrable. For example, I'm a yoga therapist, yoga teacher, and business owner. We latch onto these descriptors and, like being given a nickname in childhood, we might not be able to shake it throughout our life, so it sticks, and we believe everything connected to it.

If we're lucky, conscious, and/or curious, we may come across a method or practice that helps us to begin peeling back these layers of identification and once again begin to glimpse who we truly are. Yoga offers us a way to peek into our inner landscape.

Curious? Explore this idea and try this exercise: First, make a list of who you are—name, occupation, interests, and descriptors. Next, imagine that you've taken this piece of paper, crumpled it into a ball and tossed it into a fire...completely obliterating your identity. If you are none of those things, then who are you? (a common question posed along many spiritual paths). When you drop away the external shell and turn to your internal self, what do you find?

This is particularly potent as it relates to aging consciously. As our body changes with the loss of muscle mass and agility and as our memory becomes sketchier, if we're overly identified with those parts of ourselves, we begin to create our own suffering. We can find peace by letting go of that part of who we used to be and loving all that we are currently capable of being.

As Ram Dass so eloquently said, “I am not this body. I am in this body, and this is part of my incarnation and I honor it but that isn't who I am.”

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

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JESSICA NEEDLE, ND

The Creative and Healing Power of Nature

By Judy Nemer Sklar

There is something deeply meditative in hearing the rustle of the leaves of a tree, in watching a hummingbird kiss the petals of a flower, or in kneeling in a garden when planting spring bulbs. All of us have found ourselves calmed, reinvigorated and inspired both in mind and spirit by the desert colors at dawn, the crisp air in autumn and the moonlit sky on a starry night. Clearly, nature calls to something very deep within us, something that connects us to the universe.

Nature can overwhelm us with spiritual emotions that may surprise us. When we notice the expanse of the ocean or the vastness of the night sky, we sense our fragile place in the world. Thoreau extolled nature as “a form of prayer” and “an antidote to the 'smallening' of spirit.” Indeed, artists, writers and musicians often speak to the rewards of nature's inspiration. “Keep close to Nature's heart,” wrote John Muir, “and break clear away once in a while, climb a mountain or spend a week in the woods. Wash your spirit clean.”

From the great painters of the past to some of today's most renowned artists, writers and musicians, nature continues to be their muse. For as long as there has been art, artists have been inspired by nature, using and incorporating wood, graphite and clay to create their masterpieces. Van Gogh had the ability to bring simple flowers to life and Monet's use of shadows, light and water showcased his lilies in his garden in



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Convenience at a Cost

The effects of screen time on health

By Jessica Needle, ND

The explosion of electronic devices has brought us instantaneous communication, ease of commercial transactions, and entertainment on demand. But increased screen time, estimated at 7-11 hours for adults each day, has also brought with it unforeseen effects on our bodies and our health.

Perhaps the best-known negative effect of screen exposure is a decrease in melatonin, a hormone which regulates sleep. Researcher Victoria Dunckley, M.D., says, “Just minutes of screen stimulation can delay melatonin release by several hours and desynchronize the body clock. Once the body clock is disrupted, all sorts of other unhealthy reactions occur, such as hormone imbalance and brain inflammation.”¹ All light suppresses melatonin production, but the blue light emitted by computer screens is especially disruptive. To mitigate the problem, turn off devices at least one hour before bedtime, and use blue light blocking glasses if you must stare at a screen for a prolonged period. Also refrain from taking your phone to bed and looking at it if you wake up at night.

Another hormone affected by screen time is cortisol, a major stress hormone. Using a computer more than three hours a day results in lower cortisol levels, which can cause fatigue and an inability to deal with stressful situations. Playing video games triggers the release of cortisol constantly, leading to increased time in fight or flight mode, leaving people feeling edgy or exhausted. If you feel irritable for no reason, try cutting back on your time playing video games and responding to social media to see if you feel less tense.

Winning points in video games and getting likes on social media increase dopamine, one of the brain's feel-good chemicals. These activities stimulate areas of the brain associated with cravings and addiction, which is why it can be difficult to break away from technology. Imaging studies have found that Internet and game addiction shrinks regions of the brain responsible for planning, empathy, and impulse control. This can lead to violent behavior and poor quality relationships.

Research is emerging that early behavior regarding computer use can affect later life patterns. It is imperative that parents set limits on the amount of screen time their children are allowed, and that they choose games that promote compassion and cooperation.

Insulin is another hormone whose dysregulation is associated with longer screen time. Insulin is involved in energy production by controlling the uptake of glucose (blood sugar) into your cells. When there is not enough insulin, or when the body becomes resistant to it, diabetes results. Too much time online is associated with type 2 diabetes in adults, as well as higher body fat and insulin resistance in children. The American Academy of Pediatrics recommends less than 2 hours of screen time of daily for kids.²

The common theme across age groups is that more screen time means less time for activities that are good for your health. Screen time displaces sleep, face-to-face communication and exercise. It leads to sensory overload, lack of restorative sleep and a hyper-aroused nervous system. To improve your wellbeing, turn off that device!

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

References: 1) Dunckley, Victoria. Screenshot is making our kids moody, lazy and crazy. Psychology Today <https://www.psychologytoday.com/us/blog/mental-health/201508/screenshot-is-making-kids-moody-crazy-and-lazy> 2) American Academy of Pediatrics and World Health Organization. Screen Time Guidelines By Age. <https://www.eyepromise.com/blog/screen-time-chart/>

France. Today, artist Andy Goldsworthy uses natural materials such as leaves and stone to create sculptures that reflect the relationship between materials and the surroundings.

Nature not only increases our creativity; it restores and heals us. In his short story *Why We Need Gardens* author and neurologist Oliver Sacks, MD (1933-2015) wrote, “As a writer, I find gardens essential to the creative process; and as a physician, I take my patients to gardens whenever possible.” Sacks understood the healing power of nature.



Many painters past and present consider nature to be their muse.

Scientific research continues to show us how being in nature affects our brains and bodies. Studies provide evidence that being in natural spaces somehow calms and soothes us, reduces anxiety and makes us less stressed. It restores our mental fatigue, makes us happier and can make us feel less depressed. In addition, scientists believe nature relieves attention fatigue.

We are spending more time indoors and online where we are often bombarded with technological information resulting in burnout and information overload. This is particularly true for our children. Being in nature can restore us to a more normal, healthy mental state. Again, scientific research has found that if you use your brain to multitask as most of us do, that setting time to go on a walk in a green space, even for twenty minutes a day can return us to a state of well-being.

Perhaps, and most importantly, nature opens our heart to love, kindness and generosity. Being in nature often fills us with gratitude for being a part of this world and a realization we are part of something bigger than ourselves. Being in the grandeur of Yosemite, the coast of Big Sur, the beauty of our own Joshua Tree National Park, or just noticing the sunflowers on a table served with farm-to-table food, we begin to appreciate what nature gives us freely and to consider more seriously how to preserve the nature around us.

Henry David Thoreau wrote, “Live in each season as it passes; breathe the air, drink the drink, taste the fruit and resign yourself to the influence of the earth.” There is something about nature that renews us, makes us feel better and enables us to open our hearts to ourselves, to our neighbors and the world around us.

Judy Nemer Sklar of Palm Desert is an artist, writer and educator who conducts workshops on *Embracing a Creative Life*. She can be reached at judy@judynemersklar.com or (760) 902.5467. For more information visit www.judynemersklar.com and www.artistsnarratives.com.



A Holistic Approach to Saving Brains

Continued from page 1

Determined to change that, he then identified at least 36 factors that are vital to brain health and established a lifestyle protocol consisting of nutrition, exercise, and supplementation which is successfully reversing cognitive decline in clinical trials and being practiced globally.

"In simplistic form, our brain function is the sum of things that help and things that hurt," notes Brossfield. "The things that promote optimal brain function are basic: sleep, movement, nutrients, oxygen and hormones while the things we want to mitigate and reduce are trauma, stress, inflammation and toxins." The combination affecting each person is different, so results and prescribed protocols are individualized.

A major concern according to Bredesen is that doctors and specialists are not running the available tests for Alzheimer's as they believe there are no viable treatments. He trains practitioners around the world on his protocol which begins with a cognoscopy, an in-depth set of tests that determine the details of every contributor to brain function. "I want to know your circulating vitamin C level; your zinc level; if you have cytokines reacting to inflammation, viruses your body may be harboring, and much more," adds Brossfield, noting that the rise in functional medicine, which considers the root cause of disease, is helping move the protocol forward.

Bredesen adds that consumers also believe there is nothing that can be done, so they wait to come in when they should be coming in early for testing that can identify and lead to a tailored prevention plan.

"Alzheimer's takes 20 years from initiation to symptoms which is significant time for preventative programming," he says. "We hope to see the cognoscopy recommended at age 45 just as the colonoscopy at age 50."

Evolution of technology

The conference also featured Wave Neuroscience President Erik Won, MD, and Senior Scientist Alex Ring who discussed advances of neuromodulation and the use of electrical stimulation for cognitive decline.

As a Naval flight surgeon Dr. Won saw the effects war can have on the human brain. So, when the opportunity to leave a comfortable civilian job to be a part of a technology company that is helping soldiers with traumatic brain injury reclaim their lives, he was very interested, but skeptical. "What I heard from people was very promising, including a friend of mine who had tried to commit suicide, and this was his last life line." After three years of due diligence, he joined the company and is very hopeful with the results he is seeing.

Electrical stimulation for conditions of the brain has been used for over a century, he explained. While there was much excitement in the 70s and 80s about the discovery of neurotransmitters (dopamine, serotonin, and norepinephrine) and drugs to alter levels, the effects were not what the industry had anticipated.

Deep brain stimulation followed with electrical wires surgically placed in the brain. While more effective for conditions like Parkinson's, OCD and depression, not many people were open to subjecting themselves or their loved ones to this invasive therapy. So, efforts continued to find a non-invasive version of this electrical stimulation technology.

Then in 2008, repetitive transcranial magnetic stimulation (rTMS), was FDA-approved for depression. "TMS was found to be more effective than behavior therapy and drugs combined," says Won, "but it is a one-size fits all approach that targets one area of the brain so there was room for further improvement."

Magnetic e-resonance therapy (MeRT) followed which Won says offers a personalized approach that can reach a wider range of disorders. "These technologies were not created with one condition in mind but rather to enhance the overall function of

the brain so they can reach a broad spectrum of conditions. They cannot cure these diseases but in my experience with veterans, it is taking them off the ledge and giving them more emotional reserves to deal with stress and that is quite meaningful to many vulnerable populations." The technology helped his friend go from suicidal to an engaged father studying to get his MBA.

"We are all electrical, energetic beings and are consistently making brain waves," says Brossfield. "This non-invasive, non-surgical modulation technology strives to restore optimal brain function and the outcomes have been impressive." She adds that combining the Bredesen Protocol with brain stimulation increases results significantly.

In her youth, Brossfield's family took care of her grandfather who suffered from Alzheimer's and her enthusiasm for the progress is evident. "We now have treatments that are changing the lives of people we love and generating hope for our future."

Pictured front page (left to right): Advances in Brain Health presenters Erik Won, MD, Alex J. Ring, Dale E. Bredesen, MD, and Jeralyn Brossfield, MD. Photo by Robert Brossfield

References: 1) <https://n.neurology.org/content/82/12/1045>; 2) Advances in Brain Health: A Practitioner's Symposium. Oct. 23, 2019. Palm Desert CA.

Science has identified at least 36 factors for brain function summarized as:

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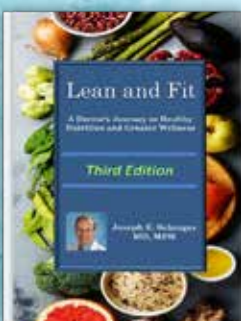
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The Nature Cure: A Doctor's Guide to the Science of Natural Medicine

A Review by Joseph E. Scherger MD, MPH

In Germany, doctors must complete medical school and specialty training before they can become trained and certified in naturopathic medicine. Andreas Michalsen, MD, is professor of clinical complementary medicine in Berlin at the largest university hospital in Europe. He is board-certified in internal medicine, emergency medicine, nutritional medicine, and physical medicine and rehabilitation. He has published over 200 articles in leading scientific journals and has collaborated with physicians at Stanford, Harvard, the Mayo Clinic and with Dr. Valter Longo at the University of Southern California.

The Nature Cure is a practical guide to the best of natural medicine he has practiced and which is established in science. The book is a treasure, and endorsed by physicians such as Andrew Weil, Terry Wahls and Wayne Jonas. I am grateful to local cardiologist Khoi Le for recommending this book.

The book begins with the basic principles of naturopathy and how it contrasts and complements Western medicine. He calls for collaboration between naturopathic and traditional medical physicians, something that should be encouraged here in the Coachella Valley.

In the chapter of therapies of antiquity, he makes the case for using leeches for conditions such as osteoarthritis of the knee (amazing results), and for cupping and bloodletting. We should consider these therapies here. A chapter on the healing powers of water and fasting follow with excellent advice.

Dr. Michalsen says that the key to health is using food as medicine and I could not agree more. His nutrition advice is very healthy and I have only one disagreement. He endorses eating whole grains. He supports Dean Ornish and discusses how unhealthy carbohydrates pushed the surge in obesity.

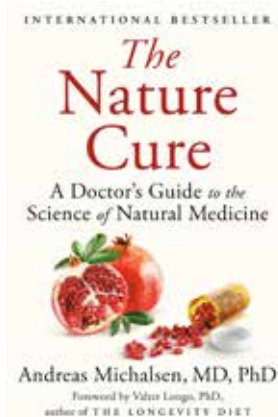
He follows with the importance of exercise and promotes a "playful" approach to walking then goes into mind-body medicine recommending yoga, meditation and mindfulness. He also reviews "global medicines" such as Ayurveda, acupuncture and healing plants.

Dr. Michalsen then describes how he reverses eight common chronic

diseases: hypertension, coronary artery disease, other arteriosclerosis, arthrosis (arthritis), depression and anxiety syndromes, back and neck pain, diabetes, rheumatism, and gastrointestinal diseases. What a great resource this is!

Dr. Michalsen closes the book by giving his strategies for a healthy life and reasons why natural medicine is the future of medicine. Natural medicine restores health and does not have the exorbitant costs of standard medical practice today. *The Nature Cure* has a prominent space on my bookshelf and will be used often.

Dr. Scherger is an Eisenhower Health Primary Care 365 physician, a core faculty member of the Eisenhower Family Medicine Residency Program, and a team physician for Reliance Hospice. *The Nature Cure* is available at amazon.com as is Dr. Scherger's third edition book *Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness*.



Letting Go of Time

Continued from page 1

Think you don't have time for timelessness? "You don't have time to make yourself sick," says Blair Justice, PhD, professor of psychology and author of *Who Gets Sick: How Beliefs, Moods, and Thoughts Affect Your Health*.

When we don't take time for leisure, he says, daily stress can increase chemicals in our body such as cortisol and norepinephrine which can disrupt the immune system and cause you to feel edgy and hostile. He points to studies that show a link between high levels of such chemicals in the arteries and plaque buildup leading to heart disease.¹

In his work with patients at the University of Texas MD Anderson Cancer Center, Justice says women with breast cancer often tell him that they were under a lot of pressure prior to being diagnosed. Stress may not have caused their illness, but it is reportedly an important factor among many (including genetics and the environment) that determine what happens inside the body.¹

Personal play, on the other hand, can elevate levels of dopamine and serotonin, nerve transmitters known to have pleasurable and calming properties, and is essential to long-term mental and physical well-being. It is also shown to promote recovery and quality of life among those struggling with illness.¹

Justice adds that people often take drugs and alcohol to raise serotonin and dopamine, but as we know, these effects are temporary and create more harm than good in the long run. "The healthy way to do it is to pet your dog, or hug your spouse, watch sunsets, or get around something beautiful in nature."

Our sense of duty

Right now, you may be thinking 'just another thing to add to my list,' but personal play is the opposite of obligation. It's turning inward, listening to your heart and taking part in something that you truly desire; something you know will make you happy and doesn't require anyone else's approval. It could be as simple as going to the park with your dog or starting a jigsaw puzzle; spending time in nature or revisiting that long lost hobby. Sometimes it's as simple as stopping to close your eyes and just breathe.

Make your duties playful

Every morning, my dog reminds me that he needs his walk. For him (and me) it's a non-negotiable obligation. My new awareness of the benefits of grounding has me searching for more ways to connect with Mother Earth, so I decided to start walking him barefoot. The difference in my mindset is unbelievable. I automatically spend more time thinking about each step and our surroundings than my 'to do' list. Now, I look forward to those walks as much as he does and don't try to rush through them. It has become a very special time for us both.

Continued on page 26



Lauren and Dakota at play



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Teaching Kindness and Addressing Bullying

In today's school age children, acts of bullying can begin as early as preschool years and continue to escalate throughout the elementary years and beyond. Bullying is a distinctive pattern of harming and humiliating others.¹ Nearly a third of children 12-18 years old report experiencing bullying by being made fun of, insulted, made to do something they do not want to, excluded, or subjected to online rumors or harassment.²

While this may sound "normal" or just a part of growing up, the degree, extreme, and access to bullying has been elevated. Kids now are much more harmful in their degree of harassment, using after school, unsupervised times to bully through online forums and social media to a large, unfiltered audience. Teaching empathy and kindness in these times is essential to prevent bullying, give children confidence to deflect bullying and feel empowered to help others.

Teaching empathy and kindness begins in the first years of life. A toddler is not too young to learn how to respectfully treat others and become a compassionate individual. In fact, children are born with inherent compassion and kindness that is easier to foster from a young age. Young children may not want to share, or may use their hands or words unkindly as a means of developing social skills; however, they can still understand how to hug someone who is upset and ask compassionate questions such as, "Are you ok?"; "Do you feel upset?"; or "Can I help you?"

Teaching children to be aware of others' feelings or emotions begins in the preschool years and continues into the teen years. In the preschool years, develop an awareness outside of the child by showing them when someone is upset and asking how the child may be able to help; asking them to share with another child or adult who may feel sad; or asking them to offer a hug to someone who is upset. These are all ways to empower a child to feel confident using empathetic skills. Reading books about feelings, empathy, and kindness reinforces how to use these skills.

As the child ages into elementary, ask them to look for the children who may be playing or eating alone and practice inclusion. Open discussion about how the child feels when they are excluded or are verbally or physically hurt makes the child aware of feelings and effects of personal actions.

In the middle and high school years, continue these practices as well as asking how the child is being treated by peers. Many kids approaching or in the teen years are very hesitant to report bullying out of fear and embarrassment.

In addition to teaching empathy and kindness, openly discussing how to deal with bullying gives children early skills to ward off these behaviors. Bullies look for vulnerabilities to exploit. A child with confidence and who is not often alone, will have a lesser chance of experiencing bullying. A child who is bullied should be coached to walk away or find a friend when a bully perpetrates. In addition, teach children how to problem solve by having direct communication with friends and classmates. Give children key phrases and behaviors as tools for conflict management such as, "What you said or did hurt my feelings"; "I did not feel good when you wouldn't play with me"; or for older kids, "I don't appreciate how you are talking to me or behaving." While these may seem like simple phrases, they can be hard to say when they are first learned but are very empowering sources of expression and conflict management and resolution.

Teaching children early about emotions, kind behaviors, direct communication and conflict resolution gives them life and social skills that enhances their total mental and emotional wellness for a lifetime. It also deflects potentially damaging interactions with peers.

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

References: 1) Psychology Today. <https://www.psychologytoday.com/us/basics/bullying> 2) US Department of Education. "Student Reports of Bullying and Cyber-Bullying: Results From the 2011 School Crime Supplement to the National Crime Victimization Survey". August 2013

Could Your Tearing Be a Plumbing Problem?

Continued from page 3

next steps. In some cases, the opening is stretched, and a tube is left in the drainage system for a few months to keep things open and help the body adapt and maintain a wider punctum. This would be like stretching the drain hole in the sink and then leaving a snake in the area for a few months to keep it open. When the tube is removed, the opening should remain more widely open.

Another cause of poor outflow is poor alignment of the eyelids with the eyes. If the lids are loose or not in proper contact with the eye, the opening to the drainage system will not be immediately adjacent to the surface of the eye. Thus, the tears will not drain down their natural path from the surface of the eye down into the pipes just past the opening (the canaliculi). In these cases, the eyelid position will need to be restored surgically.



This patient has an outturning of the lower eyelid which does not allow the tears to enter the displaced opening to the drainage system (the punctum).

There is a pipe (canaliculus) which lies just past the opening of the drainage system (the punctum). The pipes may be scarred from prior trauma or, as often the case, previously placed punctal plugs. To treat dry eyes, plugs are placed into the punctum or the far end of the canaliculus just beyond the punctum. In either location, this would be like placing a plug in the drain hole of the sink. The rationale is to prevent the tears from exiting the eye and thus remaining on the ocular surface, allowing for lubrication. In the case of a punctal plug, this can easily be removed to allow the tears to drain past. Plugs placed into the canaliculus are more difficult to address. Removal often requires a surgical approach as there is no "handle" to grasp in order to remove it from the lacrimal "pipes."

Lastly, the lacrimal sac and duct may be the source of tearing. Sometimes small stones develop in the tear sac and create intermittent blockages of the opening where the sac meets the next outflow pipe, the nasolacrimal duct. Once lodged, stones prevent tears from draining into the nose. As the tear level builds up in the sac, the small stone may "float" out of the tight area, allowing tears to drain down into the duct from the sac. Patients describe episodes of terrible tearing that flare when the stone is lodged, or "stuck." As time goes on, the stone becomes larger and may permanently obstruct the outflow.

If the nasolacrimal duct becomes narrowed or totally occluded, tears become stagnant in the lacrimal sac. This would be like the pipe under the sink becoming

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Hiring In-Home Care

Submitted by *Alzheimers Coachella Valley*

Family caregivers who need in-home care may not know the various types of care nor what levels of support to expect. Cost, frequency and level of skilled providers are among determining factors when choosing in-home help for a loved one.

What are the differences between types of in-home care workers?

Certified Nursing Assistants (CNAs) and Licensed Nursing Assistants (LNAs) observe and report changes in the patient, take vital signs, set up medical equipment, change dressings, clean catheters, monitor infections, conduct range-of-motion exercises, offer walking assistance and administer some treatments. All medical-related tasks are performed as directed by a Registered Nurse (RN) or Nurse Practitioner (NP). CNAs may also provide personal care such as feeding, dental help, bathing, bathroom assistance, and tasks such as changing bed linens and serving meals.



Cost, frequency and level of skilled providers are among determining factors when choosing in-home help for a loved one.

Home Health Aides (HHAs) are trained CNAs who have an additional 40 hours of home economics training, although requirements differ from state to state. HHAs monitor a patient's condition, check vital signs and assist with bathing, dressing and using the bathroom. They may also provide company, do light housekeeping and prepare meals. Local hourly rates for CNAs and HHAs may range \$22 to \$28.

Skilled Nursing Providers must meet federal standards for health and safety and are licensed by the state. They manage, observe and evaluate the patient's care and provide such medical care as administering IV drugs, tube feedings and shots, changing wound dressings, providing diabetes care, as well as caregiver and patient education. Some are trained in physical, occupational or speech therapy.

Registered Nurses (RNs) hold a nursing diploma or associate degree in nursing (ADN), have passed the NCLEX-RN exam administered by the National Council of State Boards of Nursing (NCSBN) and have met all the other licensing requirements mandated by their state board of nursing. They provide direct care, can assist doctors in medical procedures, offer guidance to family members, operate medical monitoring equipment and administer medications.

Medicare covers home health skilled nursing care that is part-time and intermittent, if arranged by a Medicare-Certified Home Health Agency (CHHA). However, occasionally families may require additional hours and can expect to pay out-of-pocket at an hourly rate of \$100 and up.

Here are some of the most important questions one should ask when considering in home care:

Does the agency have a Home Care Organization (HCO) number?

An HCO number means they are registered by the State of California and operating within the parameters of the law. The agency must register their caregivers with the state and have them background-checked by the Department of Justice and FBI. The agency must be current with their fees and licensing and operating within guidelines created by the state.

Can an independent contract caregiver work for you directly without going through an agency?

Yes, but buyer beware. The caregiver must show proof of liability insurance and an insurance certificate with your name and address listed. Make sure they are bonded.

Contact your homeowner's insurance so, in the event of an accident, you and your caregiver are covered. Your insurance agent may require you to get worker's compensation insurance for your new employee. If you hire a caregiver on your own, you are now an employer and, as such, should be withholding social security, unemployment insurance and all other state and federal standard payroll deductions.

Is the caregiver getting a W-2 or a 1099 for their personal taxes? If they are an independent contractor, (1099) they must still be registered with the state and have their own HCO number so that you can report a theft or abuse situation to the Department of Social Services Home Care Aide Registry.

Arm yourself with information to make an educated decision. But, if you aren't willing to do the research, hire a caregiver through an agency so you're protected.

If your loved one has dementia, special consideration should also include hiring someone with training in dementia care.

Alzheimers Coachella Valley provides state-approved continuing education units in dementia caregiver training for CNAs and HHAs. Classes are held the last Thursday of each month, except for holidays, 5:30 to 6:30 p.m. A different topic is presented each month. Training is free but pre-registration is required as space is limited. Call (760) 776.3100 to register. www.cvalzheimers.org.

Source: 1) <https://www.aarp.org/caregiving/home-care/info-2018/hiring-caregiver.html>



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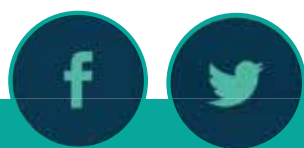
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Making the Holidays Happy

Enjoying the here and now

By Amy Austin RN, PsyD, LMFT

The holidays are a time of joy, anticipation, happiness, frivolity, family fun, merriment and well, high expectations. Whether it's Thanksgiving, Christmas, Chanukah, or any celebratory event, we tend to get nostalgic and that inner child within all of us wants everything to be picture perfect!

The reality is that while perfection may be the goal, life happens. And those 'fixed beliefs,' or the beliefs we keep in our memory banks that aren't challenged or updated, can make for unhappy and unfulfilled occasions. We all want to hear sleigh bells ringing or smell potato latkes frying in Grandma's skillet. We want everyone to be happy and loving as they decorate the Christmas tree or light the Chanukah menorah, but it doesn't always pan out that way.

Before you call me, Scrooge, let me just say that my intention here is to give everyone a warmly regarded permission slip to anticipate and enter holiday time in the NOW. Life is constantly changing. Can we allow ourselves to go with the flow? To become flexible and adapt to ever-changing circumstances?

Think about someone who has lost a loved one and holiday time is fast approaching. Through the years I've heard people tell me that they no longer want to observe or celebrate because the holiday they shared with the one they lost now brings too much pain. At the right time, I gently urge them to walk through a new door which allows them to establish a new normal. They might want to find that perfect ornament that honors the memory of their loved one or spend holiday time visiting family they haven't seen; helping others or putting smiles on children's faces.

Some people don't have positive memories of holidays due to trauma experienced as children. They, too, might want to establish a new normal for themselves and the nuclear families they create. They may also need to face and re-frame those painful childhood memories by communicating with someone they trust.

Here are a few tips to make the holidays more authentic:

Look back. Take a few moments to journal about your holiday memories. What feelings do those memories evoke? Who is with you? Let yourself explore. These important recollections can support you to take an honest look at how these memories have impacted your life today.

High expectations. Do you feel you need to live up to unrealistic expectations? Can you allow yourself to discover what makes you happy, fulfills you, and not lose yourself in what I call "other esteem" or trying desperately to make others happy? Other esteem can lead to an emotional roller coaster life. Basing your wants and needs on "internal esteem" can provide a sense of contentment and true purpose.

Evolve. We change every decade and our fixed beliefs can also change. Challenge them and find what fulfills you *right now*.

Go within. True happiness isn't about who spends the most or buying everything on your children's or grandchildren's lists. It's about heartfelt acts of kindness that can truly touch the soul.

Enjoy, enjoy, enjoy!

Every holiday can become a holy day no matter the life circumstance. Happy, healthy holidays, all! I'm wishing you whatever you wish for yourselves and more.

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.

Keeping Your Cool During a Move

By Dipika Patel

Moving isn't easy according to many researchers and psychologists. The truth is we don't need researchers to tell us how stressful it is or how we should feel about this experience. However, we most certainly can understand ourselves better by understanding what is happening during this process and what we can do to help ourselves come to the realization that it is a BIG STEP in life.

In fact, moving is listed as one of the top stressors of a lifetime alongside death, divorce, loss of job or separation. If you have moved even once in your lifetime, you will recognize the stressors associated with this change. In my childhood, I had a steady foundation because I lived in one home during my fundamental years. However, in the past 12 years, I have moved over 16 times. Each one of my moves has been easier to handle mentally, but there were still physical, emotional and spiritual implications, as evidenced by waking up in the middle of the night with anxiety/panic attacks.



Preparing your body and mind can help alleviate anxiety and moving meltdowns.

This is when it hits me; I need to take care of myself. Overdoing it is not only going to stress me out, but will render me physically, mentally, emotionally and spiritually unavailable.

So, from experience, I offer you my top tips for boosting your immune system and moving successfully with a heart full of gratitude:

- **Eat well.** Eat whatever fills you and gives you energy to set you up for the rest of the day; drink green-based smoothies and eat your veggies.
- **Bring it back to the basics.** Work, rest and play. Time is your friend; use it wisely.
- **Learn to ask for help.** You don't have to do it all on your own.
- **Take care of your health.** Stretch, walk, take your supplements, boost your immune system; only you can provide for your needs.
- **Celebrate/Acknowledge.** All the things you have accomplished each day, not what you still need to do. That list will keep growing.
- **Be patient and show compassion to yourself and others.** Everyone is doing the best they can; let go of your expectations, but be aware of them.
- **Get good sleep/rest.** If you are tired and cranky, you are not going to help yourself or anyone else.
- **Make a list.** Organize, prioritize and let go of what you can't control.

Dipika is a certified holistic health coach and lifestyle practitioner who empowers her professional clients to activate an overall balanced lifestyle of mind, body and soul. She can be reached at (760) 821.3119. www.LoveYourLifeHealthy.com

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Why Keto is Taking the World by Storm

By Michelle Borthwick

Who's heard of Keto? At this point almost everyone, even if they aren't completely sure what it is and how it works. Celebrities like Gwyneth Paltrow, Halle Berry, Tim Tebow and Lebron James didn't start the ketogenic, or keto diet trend, but they've certainly added fuel to the already-hot fire. Keto is taking the world by storm, becoming mainstream and growing in popularity for good reason.

A brief history. Keto was developed in 1921 by Russel Wilder, MD of the Mayo Clinic as a treatment for epilepsy in children.² Doctors and researchers at the clinic noted that their pediatric epileptic patients were having fewer seizures when they fasted which prompted them to create a diet that mimicked that mode but could be safely sustained on a long-term basis.

Today, keto has become a very popular topic as increasing studies have positively supported the diet's therapeutic health benefits-including healthy weight loss.¹ According to a study published in the *European Journal of Clinical Nutrition*, there's evidence that keto can also reduce the risk and/or severity of type 2 diabetes, neurological diseases, cardiovascular risk factors, acne, and polycystic ovary syndrome (PCOS).³

What is the keto diet? In simplistic terms, it's a low-carbohydrate (5 percent), moderate protein (25 percent) and high healthy fat diet (70 percent) that decreases insulin and allows you to reach a state called ketosis. Achieving ketosis allows the body to become fat-adapted and metabolize fat for fuel. Why is being a fat burner important? Fat-adapted is the metabolic state your body is in once you've been in ketosis long enough that your body has efficiently transitioned from burning carbs and sugar for energy to burning fats from your food, body-generated fats, and stored body-fat reserves for energy. When your body becomes fat adapted is when all the benefits mentioned above kick in resulting in weight loss and improved health.⁴

What foods do you eat on the keto diet? This is a common question and there seems to be a perception that keto is all bacon and butter all the time. A balanced keto diet is full of rich, nutrient-dense whole foods including:

- **Fat** (avocado, macadamia nuts, olives, coconut products, nut butters, etc.)
- **Non-starchy vegetables** (kale, spinach, lettuce, cauliflower, broccoli, asparagus, green beans, celery, etc.)
- **Low-carb fruits** (blackberries, strawberries, blueberries, lemons, etc.)
- **Meat and fish** (lamb, chicken, turkey, salmon, beef, bison, pork, liver, etc.)
- **Eggs and dairy** (eggs, cheese, cottage cheese, whole-fat yogurt, cream, etc.)

Keto isn't for everyone, but it's worth looking into and exploring the options to see if it's a fit for you in reaching your health and weight loss goals.

Michelle Borthwick is a keto lifestyle coach teaching women how to fall in love with keto by tailoring sustainable programs to meet individual needs. She can be reached at (760) 285.1241 or ketoiseasy@gmail.com. For more information visit www.Ketoiseasycoach.com.

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Raw Vegan in The Valley

By Stacey Bendfelt

What is a raw vegan diet and why the heck would anyone follow it? I've been doing so for over 12 years now and can't imagine eating any other way.

A raw vegan diet includes fruit, vegetables, nuts and seeds not heated over 115 degrees. There is an elegant simplicity to eating raw vegan. Meal preparation can be as quick as peeling a banana or as complex as making raw vegan gourmet recipes.

There are basically two types of raw vegan diets:

- 1) **High Fat, Low Carb (HFLC):** fats (avocado, nuts, seeds, coconut) comprise the majority of calories in this group along with large quantities of vegetables and very little fruit.
- 2) **High Carb, Low Fat (HCLF):** carbs (mostly from fruit) comprise the majority of calories in this group along with large quantities of vegetables and very little fat.



It can be easy to enjoy a raw vegan lifestyle outside of your own kitchen.

My raw vegan journey began in January 2007. I started off consuming a high fat, low carb diet and felt great for the first 6 months. But then I began to feel fatigued, my skin broke out and I started to gain weight. Later that same year I discovered "The 80-10-10 Diet" by Dr. Douglas Graham. By January 2008, I was eating a 100 percent high carb, low fat raw vegan diet and felt amazing. My energy returned, my skin cleared up and my weight dropped. HCLF has worked best for me and I continue on it today.

Following the "80-10-10" nutritional guidelines, approximately 80 percent of daily calories come from carbs, 10 percent from protein and 10 percent from fat. Most days I eat a lot of fruit, about a pound of vegetables and a small amount of avocado, nuts and seeds. I often use the Cronometer app to track my calories and nutrient ratios to make sure I'm getting enough calories. I also take a B12 sublingual supplement (1000 mcg) every day.

The benefits I've experienced from following a HCLF raw vegan diet include:

- Low blood pressure (average 90s/60s)
- Low body fat (18-20%)
- Low cholesterol (162mg/dL)
- Low A1C (5.1)
- Clear skin
- Reduced joint pain (knees, wrists, neck)
- Reduced menopause symptoms (no more hot flashes or night sweats)

So how do you eat raw vegan in the Coachella Valley? It's so easy! Start by stocking your kitchen with an abundance of fresh fruit and vegetables. The best seasonal fruit to buy in November and December are avocados, bananas, cantaloupe, oranges, dates, grapefruit, kiwi, apples, pears, pomegranates and persimmons.

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These Are a Few of My Favorite Things Survival tips for sugar-free living

By Lauren Del Sarto

If you've decided to cut down or eliminate sugar, I salute you. It isn't easy. It's in almost everything which you quickly learn when you give it up. And with the holidays here, temptations are sure to grow.

Sticking with Mother Nature's bounty and reading labels is the only way to stay true to your efforts. But we all have those things we can't live without and finding acceptable alternatives is key to long-term success.

I need my chocolate. You, too? I have two favorites and on top of the list is avocado chocolate mousse. With only six ingredients, it is easy to make this creamy, satisfying comfort food. Just throw avocados, coconut milk, 100% cacao, vanilla extract, salt and your sweetener of choice into the blender. Many online recipes recommend adding complementing flavors like fresh mint, almond butter, coconut flakes or cinnamon to spice it up.

The other is Lily's chocolate bars which are sweetened with stevia and available in a variety of flavors at most grocery and health food stores. With only 1 gram of sugar in half a bar, the flavor is rich and a few small pieces should suffice, but if you feel like more, there's no guilt.

Salad dressings satisfy. Salads are wonderful with spiced olive or avocado oil, but sometimes you want that creamy goodness of a ranch or Caesar. Tessemae's Pantry offers a variety of styles with no sugar, dairy or gluten. Creamy and full of flavor, my favorite is Buffalo Ranch.

Got coco? I drink coconut milk and many are filled with additives and sugar. Real Coco Organic Coconut Milk, available at Costco, has zero sugar and still satisfies straight from the glass.

Crave some kombucha. To match the bubbles and benefits of kombucha without the sugar, I drink Lemon Cayenne Kevita Sparkling Probiotic Drink which has a mere 2 grams of sugar per bottle (other flavors have more). It is the most thirst quenching beverage I have ever had!

We all scream for ice cream. So Delicious® has a vanilla bean coconutmilk ice cream with no added sugar offering 1 gram per serving (3 per container). Be careful to get the light blue top that says No Sugar Added as their regular vanilla bean packs 18 grams per serving. Ralph's has it in-store off and on while Gelson's carries their chocolate dipped ice cream bars (1 gram per bar!).

Sugar additive. Stevia is my sweetener of choice and comes in a variety of flavors available at Clark's Nutrition and Sprouts. I keep an assortment on hand like vanilla, cinnamon and caramel to add variety to daily green smoothies, morning lattes, and the chocolate mousse above.



Lauren Del Sarto is founder and publisher of Desert Health and can be reached at lauren@deserthealthnews.com. Share your sugar-free secrets online at www.DesertHealthNews.com (search My Favorite Things).

Raw Vegan in The Valley

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The best vegetables include lettuce, spinach, celery, tomatoes, cucumbers, carrots, cauliflower, mushrooms, broccoli, beets and pumpkin. (Tomatoes and cucumbers are botanically non-sweet fruit, but often thought of as vegetables.)

For a decadent treat, the organic soft Medjool dates at Shields Date Garden are out of this world - fantastic alone or paired with a bit of raw cashew butter. Shields' organic pecan date rolls are also pretty phenomenal.

When dining out, I ask the server to make me a large fruit plate for breakfast or lunch, or a large salad for dinner. For the salad, I ask them to include iceberg, romaine, lots of fresh fruit and avocado or nuts and seeds. At most restaurants, it's easiest to top your salad with fresh salsa, guacamole or a simple vegan vinaigrette. (Although most vegan vinaigrettes are not 100 percent raw, this small concession makes dining out much easier and will make your salad more enjoyable.)

The most accommodating restaurants I've found in the valley for a raw vegan lifestyle may surprise you: Stuft Pizza, Cheesecake Factory and Wilma & Frieda's Café. If you're on the road and need a quick snack, most Starbucks have ripe bananas and cold-pressed (raw) juices.

A wonderful local raw food restaurant I highly recommend is Raw Remedy Organic Juice & Raw Food Bar in Palm Springs. The staff is great and the food is fantastic! Their raw guacamole veggie burger with cashew cheddar "cheese" and raw wrap is my favorite. Their raw vegan carrot cake is also crazy great!

Stacey Bendfelt is a certified raw food nutritional specialist, certified raw lifestyle coach and certified raw food chef. She promotes a high fruit, low fat lifestyle for optimal health and athletic performance. For more information visit www.staceybendfelt.com.

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Allocation Pie

By Michele T. Sarna, AIF, AWMA

'Tis the season...to eat pie! With the holidays around the corner, many of us will forego our diets and allow ourselves to enjoy the season baking our favorite desserts to share with family and friends or enjoy the benefits of the enthusiastic chefs in the group.

As a seasonal baker, I reflected on the time and energy it takes to create my favorite pies and what goes into them; among other things, the usual crust mixture of various flours and butter and the endless options for fillings.

The ingredients selected and carefully measured will produce a yummy treat of your choice when the oven timer goes off—retirement savings, world trips, helping kids with college, to name a few. Depending on your age and time horizon, your allocation pie will be filled with different amounts of ingredients.



Your investment asset allocation is not very different from what goes into baking a pie.

For example, when you are young and retirement is far off into the future, you can afford the sugary filled pies, otherwise known as more stocks than bonds in your portfolio. For example, the mix of stocks to bonds may be 80/20 or 70/30 depending on how much risk (weight) you are willing to absorb. On the other hand, if you are closer to retirement your mix will be more conservative—sugar-free ingredients to preserve your dietary restrictions.

However, it goes further than the mix. If we compare the filling to stocks, various types of investments are combined to create the appropriate mixture. A pie filling may have a cream or fruit base with many choices, such as chocolate, coconut, berries, or pumpkin along with a base of ingredients to enhance the flavor. Your investment filling works the same way. It will include large, mid, and/or small cap stocks, international stocks, emerging market funds and ETFs carefully measured to produce a specific goal. The same works for bonds; you may have a pinch of U.S. Treasury and corporate bonds in the early years and increase the bond mixture as time goes on to preserve the growth you've already accumulated. Your taste buds will change as will your mix.

A financial plan, reviewing your asset allocation regularly, and making changes to the mix as needed, will solidify the pieces of your pie and ensure it's ready to eat as needed. In addition, you will create a lifelong supply of pie.

How about the whipped cream? The topping is the added pleasure of having your pie and eating it, too!

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

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Stem Cell Treatment for ED

Continued from page 9

stem cells. The patient then dresses and goes home with a small gauze bandage on his penis and a little round bandage over the marrow extraction site. He is told to refrain from sex for 4 days and to avoid a hot tub for 48 hours.

Is there any benefit of this type of procedure for women? Extraction of bone marrow and injection into areas of the vagina reverses post-menopausal vaginal atrophy, and this procedure also reverses painful lichen sclerosus.

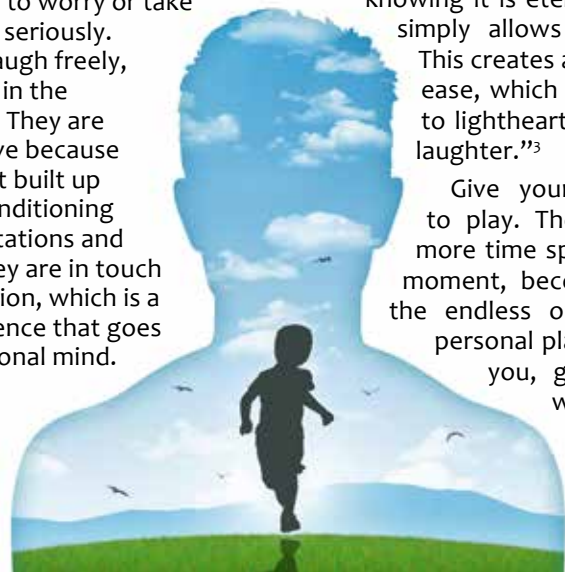
David M. Odom, MD, is an integrative medicine physician with Longevity Therapeutics in La Quinta. (760) 698.8400. www.dr-odom.com

Letting Go of Time

Continued from page 18

Finding your own personal joy

"Joy is a divine quality of our true self, which is inherently lighthearted, playful, and free," says Deepak Chopra, MD. "You can see the full expression of this joy in young children who haven't learned to worry or take themselves too seriously. They play and laugh freely, finding wonder in the smallest things. They are infinitely creative because they haven't yet built up the layers of conditioning that create limitations and restrictions. They are in touch with their intuition, which is a form of intelligence that goes beyond the rational mind. Far from being superficial or trivial, joy is an experience of our deepest spiritual nature."³



He adds that the path to joy is about shifting our perspective from ego to spirit. "Our ego's fear and insecurity cause it to puff up with self-importance and attempt to control the uncontrollable, while our spirit, knowing it is eternal and infinite, simply allows life to unfold. This creates a natural state of ease, which predisposes you to lightheartedness, joy, and laughter."³

Give yourself permission to play. The result can be more time spent living in the moment, becoming aware of the endless opportunities for personal play that surround you, getting in touch with your true self, and letting go of time.

So, where are you going to play today?

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

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Providing Opportunities for Persons with Disability

By Judy May and Michael Rosenkrantz

Imagine you are 8 years old and you and your friends are going rock climbing for the first time. One step at a time, you seek that sliver of rock that will hold you as you prepare for your next step. And in the blink of an eye you stand triumphantly, arms raised, at the summit!

Now...imagine you completed this daunting climb with no legs.

This is the story of Damian, now 14, who plays adapted sports including wheelchair tennis, cycling and karate. Through sport Damian, like many of the athletes with physical disabilities who play through the Desert Ability Center, is doing things he never thought possible and developing life skills that build his confidence. He is discovering his abilities, gaining independence and moving from the sidelines into the game.

As the largest minority population worldwide, people with disabilities are routinely overlooked and underserved as if their wheelchair deemed them incapable of active and productive lives, especially in the realm of sports and recreational activities.

Desert Ability Center was founded on the belief that children and youth with disabilities belong in the community alongside their friends, family and peers. To this end, DAC sought opportunities in existing recreational events in which few people with disabilities had participated. In 2010 DAC registered four amputees in the Tour de Palm Springs; within just a few years there were more than 200 riders with disabilities riding in the Tour.

Opportunities to ride would expand from community events to rides designed specifically for those with physical disabilities. These rides, originally 2 miles long, would expand to 20-mile rides. Most notably, some riders introduced to paracycling through DAC would go on to become competitive paracyclists.

To provide additional opportunities for Damian and other students, we developed adaptive sports opportunities in the Coachella Valley, including wheelchair tennis, basketball, sled hockey and golf clinics, and we started the Ability Festival – a one-day, free event designed to introduce 30+ adaptive sports and recreational activities to people of all ages and levels of ability.

DAC programs and events have been the impetus behind the adaptive sports and recreational rehabilitation development that has taken place in the Coachella Valley.

DAC has spearheaded efforts to create adaptive sports opportunities across ages, across the disability spectrum and across the Coachella Valley by providing access to costly adaptive equipment and instruction by Paralympic coaches. With each passing year we increase programs, raise the bar of service, and add new collaborative partners.

What does it mean to play adapted sports and lead a healthy life? Find out at the Desert Ability Center's annual Ability Festival on December 14 at the Palm Desert Civic Center Park. EveryBODY is welcome!

Judy May is the Executive Director of the Desert Ability Center. Michael Rosenkrantz has worked for the last decade with people with disability in India, Nepal, and across the US and is currently the Program Director at DAC. Contact him at michael@daccv.org. For more information on the Ability Festival visit www.desertabilitycenter.org.



Damian enjoys rock climbing, one of his many favorite sports, through the Desert Ability Center.

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Senior Golfers: Hips Don't Lie

Improving mobility with glide exercises

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

For many years I have researched the most effective and “biggest bang for the buck” exercises for golfers because I know time is always an issue. Having to arrive at the golf course early for an 8 a.m. tee time doesn't give you much time for preparing your body for golf, so a complex golf conditioning program may quickly be abandoned.



Tight hips can often be the cause of lower back pain.

I primarily train golfers over the age of 50 who usually come to me with several issues. Many are due to the spine or back pain and the hips are a close second, which makes sense as they are so closely related to each other due to ligamentous and muscular attachments. 85 percent of Americans will experience back pain sometime during their lifetime, and one of the major reasons is due to restricted hips.

During the golf swing the arms start the movement followed by the trunk then the hips. Poor posture, sitting too long, tight muscles and spinal instability can all lead to hip mobility issues. Most golfers struggle with storing energy due to loss of coil in the trunk, shoulders and hips. If any one of these fails, power and accuracy suffers.

I came up with this highly effective hip mobility/spinal stability exercise that any golfer can do before and after their 9- or 18-holes of golf, and it takes just 5 minutes to perform.

The name of the exercise is kneeling hip rotations using a slider under the foot that is involved. The exercise is started by kneeling on all fours with your spine in neutral position and navel drawn in towards your spine. You place your foot on the slider and slowly slide that foot from front to back, then out to the side creating a circle if you can. The whole time you are moving the hip, the back should be stable; breathing should be rhythmical and not forced. After doing this exercise every day for two to three weeks, you should notice a change in range of motion of the hips and stability in your spine.

There is no age limit to this exercise; I have an 85-year-old client who saw improvement within just a few visits. As with all exercise, it is advised to get clearance by your physician before starting a new program.



A foot glide enhances movement for hip opening exercises.

Michael Butler is co-owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant, national certifications of distinction through the NSCA as a strength and conditioning coach, Poliquin International state coach and as a Full Body Active Release techniques practitioner. He can be reached at (760) 200.1719 or michael@kinetixcenter.com.

Michael Butler is co-owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant, national certifications of distinction through the NSCA as a strength and conditioning coach, Poliquin International state coach and as a Full Body Active Release techniques practitioner. He can be reached at (760) 200.1719 or michael@kinetixcenter.com.

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

SUSAN BUTLER
NMT, LMT, CFT



PALM DESERT
1/2 Marathon & 5K

FEBRUARY 9, 2020

22ND ANNUAL PALM DESERT 1/2 MARATHON & 5K

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The Valley's Original Half Marathon Returns

Provided by Southland Events

Returning to the heart of the desert for its 22nd running, the Palm Desert 1/2 Marathon & 5K continues its tradition as the original Coachella Valley running festival. Other races may come and go, but this one stands the test of time!



Teams can compete in the half marathon as a two- or three-person relay.

Join over 1,200 other runners and walkers at beautiful Civic Center Park on February 9 and race in one of three distances. There's the scenic half marathon, which you can run as an individual or as part of a two- or three-person relay team on the fast course with sweeping views of the desert and surrounding mountains.

The 5K is fast and pancake flat on a completely closed course, which is perfect for the runner looking to set a personal record or the walker looking for some

Sunday morning exercise. If you have little ones between 4 and 13, bring them out for our 1K Kids' Run!

Once across the finish line, all racers receive a stellar finisher medal and post-race food and drink. Participants also receive a gender-specific long sleeve Tech™ shirt and goodie bag. Over 21? Head into the beer garden and enjoy a frosty brew while cheering on your fellow runners.



The scenic 5k is flat and fast.



Children ages 4 - 13 can compete in the 1K Kids' Run.

There will be awards for the top finishers in each age group as well as music, entertainment and a vendor expo featuring local businesses and health and wellness brands.

The Palm Desert 1/2 Marathon & 5K is the perfect way to spend a Sunday morning in the desert with perfect weather and amazing racing conditions. Whether you want to push yourself to the limit, or just want to spend time with friends and family outdoors, the Palm Desert 1/2 Marathon & 5K has something for everyone.

Register today and be a part of the best race in the desert!

For more information, visit www.palmdeserthalfmarathon.com.

WLF
Women Leaders Forum of the Coachella Valley
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8TH ANNUAL
WOMEN WHO RULE
Awards Gala and Scholarship Fundraiser

Presented by
DESERT CARE NETWORK | **DESERT REGIONAL MEDICAL CENTER**
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Friday, January 24TH
Agua Caliente Casino Resort Spa

The Women Leaders Forum is Coachella Valley's leading nonprofit for promoting and supporting women's leadership, as well as providing mentorship and scholarships to its high school seniors.

Sponsorship Opportunities Available

- Sponsor name in all marketing related to Women Who Rule •
- Opportunity to provide promotional material •
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Presenting (\$10,000) **Leadership (\$2,000)**
Luncheon (\$5,000) **Community (\$500)**

Proceeds benefit the best and brightest enrolled in Women Leaders Forum's Young Women Leaders program.

TICKETS GO ON SALE NOVEMBER 20TH

Visit wlfdesert.org or call 760-837-7222

DuBarry Hay
CHARITABLE FOUNDATION

HEALTH & WELLNESS FESTIVAL

FRIDAY, NOVEMBER 29, 2019
1-7PM • OLD TOWN LA QUINTA

- 2pm Yoga on the Lawn
- 3pm Kellee McQuinn & KidTribe
- 5pm Art of Sax

The DuBarry Hay Charitable Foundation is a nonprofit dedicated to creating and bolstering mental health initiatives for teens and young adults in the Coachella Valley.

For sponsorship and exhibitor information, please call (760) 625-8887.

Desert Health DuBarryHay.org



Living Well at The Polo Club

Community showcase and wellness fair returns

On Saturday, January 18, Trilogy at the Polo Club opens its doors and invites everyone to come see what the buzz is all about at their second annual Wellness Fair.

This new home community whose tagline is Live Happier® is worth a visit. As one of the valley's fastest growing communities, The Polo Club features a stunning clubhouse, active social schedule, high tech fitness center and acclaimed farm-to-table restaurant June Hill's Table.



Earthing founder Clint Ober will be signing complimentary books on grounding.

Desert Health® is proud to sponsor this complimentary event which takes place from 9 a.m. to 12 p.m. at the clubhouse. Learn more about the many practices and programs you see in *Desert Health*, meet many of our contributing practitioners, get a free massage, check your blood pressure, try acupuncture, and enjoy tasty samples from June Hill's.



Complimentary massages will be offered.



Enjoy samples from June Hill's Table.

Try grounding products and meet Earthing founder Clint Ober who will be autographing complimentary books.

With the purchase of \$1 raffle tickets benefiting Coachella Valley Volunteers in Medicine, attendees will have the opportunity to win over \$1,000 in wellness prizes donated by our marketing partners.

The Shea Homes team will also be on hand to give tours of the clubhouse and new model homes.



Model home tours will also be offered.

The Polo Club is located off Avenue 52 at Monroe in Indio across from the Polo Grounds. Join us and see what living happier - and living well - is all about. We'll see you there!

Trilogy at the Polo Club is located at 51750 Polo Club Drive in Indio off Avenue 52 at Monroe. The Wellness Fair takes place Saturday, January 18, from 9a.m.- 12p.m. For more information, contact Desert Health at (760) 238.0245

Free Family Fun for a Cause

Inaugural event supports youth mental health

Spend Black Friday at the Health & Wellness Festival in Old Town La Quinta and support mental wellness for our local youth. This free event is for all ages so bring the kids, cousins, and grandparents and enjoy something for everyone including games, exercise, beer tasting, wellness exhibitors and entertainment.

Old Town will be bustling with post turkey day activities including Yoga on the Lawn at 2 p.m. taught by Bikram Yoga Plus teacher Jodi Keeth who will guide participants of all levels, ages and sizes through easy flow movements under the bright blue sky. Bring a yoga mat and water and leave feeling fresh, energized, and mentally clear.

After yoga, stay for TEDx speaker and KidTribe Founder Kellee McQuinn at 3 p.m. on the *Desert Health*® stage. Coined the "Pied Piper with a Boom Box" by the L.A. Times, McQuinn is a true kid expert and role model working to reverse the obesity crisis and improve children's health, wellness, and self-esteem.



Enjoy Yoga on the Lawn at 2 p.m.

Watch the sunset and dance the evening away under string lights with Art of Sax featuring lead saxophonist Will Donato whose latest single, *Infinite Soul*, was a Billboard hit peaking at number one on the charts.

Enjoy games for the entire family including giant Jenga, giant chess, and corn hole, connect with local health and wellness businesses, enjoy a beer in the La Quinta Brewing Company Beer Garden and shop Old Town's charming stores.

If you're feeling lucky, enter the fundraising raffle for a chance to win one of over \$2,000 in prizes including a one-hour massage with Scott Roberdeau (\$120 value); one month unlimited classes at Bikram Yoga Plus, Palm Desert (\$199 value); free consultation at California Wellness Institute (\$450 value); gift card for Lorna Jane (\$50 value) or NewMark Beauty (\$250 value); a gift basket from La Quinta Olive Oil Co. (\$45 value); restaurant certificates such as Il Corso and Wildest (formerly Wildest Greens) and much more!

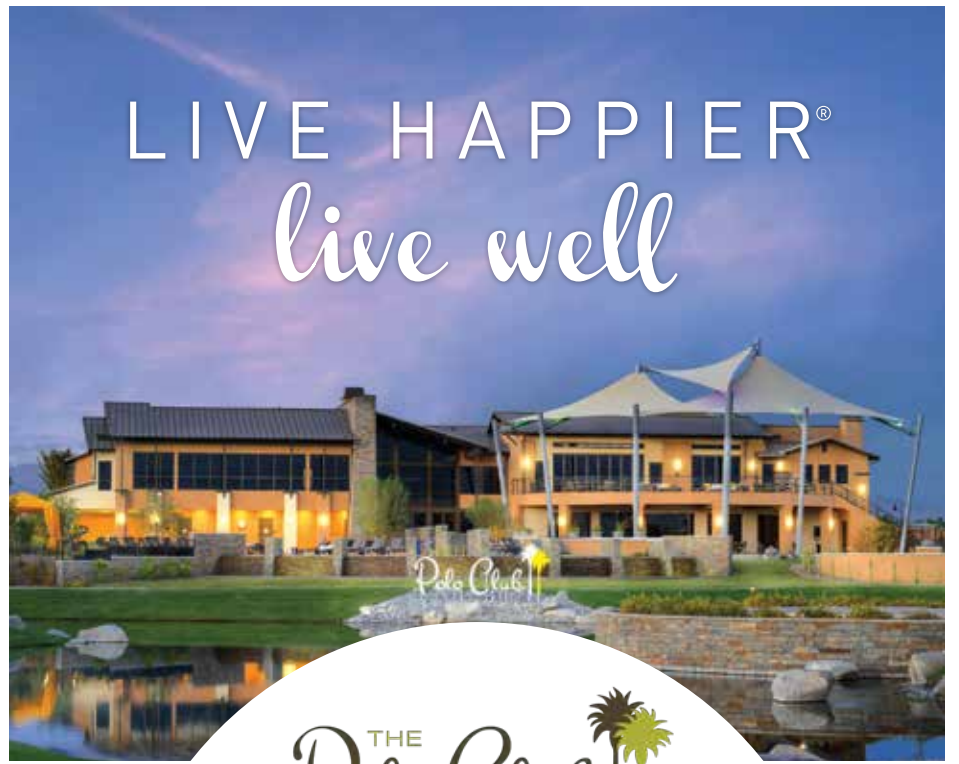
Taking place November 29 from 1-7 p.m., the fall festival is being hosted by the newly formed DuBarry Hay Charitable Foundation, dedicated to creating and bolstering mental health initiatives for teens and young adults in the Coachella Valley. Executive Director Whitney Hay formed the non-profit in honor of her late mother, Denise DuBarry Hay, who gave her time and resources generously to the health and wellness of our community.



Dance the evening away with Art of Sax.

We hope to see you there!

The Health & Wellness Festival in Old Town La Quinta takes place Friday, November 29, from 1-7pm and is free for all. For more information, visit www.DuBarryHay.org or call (760) 625.8887.



It's the motto we live by at Trilogy® at the Polo Club, one of the Valley's most ideal all-ages and 55+ Resort Communities.

The stylish centerpiece of this Indio gated community is a private, hospitality-staffed Resort Clubhouse with top-notch dining at the farm-to-table *June Hill's* restaurant, fitness, pools, outdoor recreation, and more. This social hub with a full daily schedule of events, excursions and get-togethers makes it easy for homeowners to connect and experience their fun new lives together.

We invite you to come see the new homes waiting for you and featuring a unique modern style, fabulous indoor/outdoor living spaces, and wide-open floorplans that are only available at Trilogy.

This could be the perfect spot for the next – and best – chapter in your life.



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Saturday, January 18 • 9a-12p

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Wellness Wednesday Movie Series

Mark Your Calendar for Our Upcoming Movies

presented by Eisenhower Health



November 20, 2019
Heal

On this scientific and spiritual journey, we discover that our thoughts, beliefs and emotions have a huge impact on our health and ability to heal. The latest science reveals that we are not victims of unchangeable genes, nor should we buy into a scary prognosis. We have more control over our health and life than we have been taught to believe. Learn about the miraculous nature of the human body and the extraordinary healer within us all.



January 15, 2020
The Biggest Little Farm

Two dreamers leave their tiny L.A. apartment and move into the countryside to build one of the most diverse farms of its kind. For nearly a decade they plant 10,000 orchard trees, hundreds of crops, and bring in animals of every kind. Once the ecosystem reawakens and perfect harmony takes a series of turns, they realize they'll have to reach a far greater understanding of nature and life itself.



February 19, 2020
The Magic Pill

Doctors, patients, scientists, chefs, farmers and journalists from around the globe are combating illness through a paradigm shift in eating. Embracing fat as our main fuel is showing profound promise in improving the health of people. Follow the stories of patients suffering from chronic and severe medical conditions such as asthma, diabetes and cancer, detailing their incredible recovery after switching to a low carbohydrate, high fat diet.



March 25, 2020
I'll Push You

Two lifelong friends embark on an epic, five-and-a-half-week, 500-mile journey to hike Spain's El Camino de Santiago. They physically and mentally push each other, as Justin, fighting a neuromuscular disease, would have to be pushed in a wheelchair. To complete the trek, they will encounter insurmountable obstacles. Their greatest journey will be that of self-discovery and a sense of purpose.



April 8, 2020
The Illusionists

Sex sells. What sells even more? Insecurity. Multi-billion dollar industries saturate our lives with images of unattainable beauty, exporting body hatred from New York to Beirut to Tokyo. Their target? Women, and increasingly men and children. The Illusionists is an award-winning documentary about the globalization of beauty and the dark side of advertising.



TIME: Movie: 3 – 5 pm.
Doors Open: 2:30 p.m.
PLACE: Helene Galen Auditorium in the Annenberg Health Sciences Building at Eisenhower
COST: \$5 (includes refreshments) to be paid at the door. Reservations are available at EisenhowerHealth.org/calendar or by calling 760-423-4855.



Healthy Santas Visit Valley Farmers' Markets

In farmers' markets around California a new breed of Santas is making a stand for healthier children.

Stunned by the fact that today's elementary aged kids now experience diet-driven illnesses never seen in this age group just 30 years ago, the old "Ho, Ho, Ho. Have a candy cane" line is no longer acceptable.

Southern California's Sustainable Santa Foundation has begun deploying health-promoting Santas into farmers' markets across the state. Working with participating farmers and vendors, they carry out a three-part program which has been effective in weening kids off the SAD (Standard American Diet) of fast, junk and processed food in favor of eating real food and living a sustainable lifestyle.

The hard part has been finding Santa characters willing to forgo the lucrative business of posing for pictures in the malls while promoting sales of sugary products and endless shopping consumption.



Lady Santas Rosemary and Helen show off no sugar organic baked goods as holiday gifts.

Perhaps the newly established American Corps of Lady Santas (CLaS) modeled after the women Christmas icons of Europe will prove to be the key to helping parents transition their children to choosing the healthy fiber- and nutrition-rich options available at the farmers' markets.

Santa or not, farmers' markets remain the place you can buy "nature's candy" as they offer a wide variety of dehydrated fruits, nuts, dates, honey sticks and raw fruits like oranges, apples and pomegranates - all which are wrapped by Mother Nature in their own protective coating, says Richard Eckfield founding executive director of the Sustainable Santa Foundation.

"Kids are very much like a car in one way," says a healthy Santa. "Both need to be fed clean, efficient fuel in order to run efficiently. However, unlike a car whose engine wears out, for the human, if fueled well, the body parts can regenerate and repair themselves. The key is helping kids understand they need to take care of their body as it's the only place they have to live."

Megan Goehring, manager of the Certified Farmers' Market of the Coachella Valley says, "I love the message of the Sustainable Santa organization. The gift of wellness through nutrition can't be beat, no matter who's on your list. Our customers, in every age range, can find the best locally-grown treats nature has to offer three times a week."

If you are interested in becoming a healthy Santa with the Sustainable Santa Foundation, please call Santa's cell (760) 429.8025 or email Santa@SustainableSanta.com.

The Modern Approach to Breast Cancer Treatment

Continued from page 4

moderate risk cancer can also be accomplished while omitting radiation therapy. The evidence for this approach comes from two very large prospective studies that have shown radiation therapy to provide only a small percent improvement in local recurrence without any measurable impact on survival.

A key to good outcome is choosing an appropriate operation that suitably removes tumor tissue while maximally preserving the form and function of the breast. Oncoplastic surgery is the integration of cancer surgical techniques with plastic surgical techniques. In lumpectomy, oncoplastic approaches use the same incision as a breast lift or reduction procedure. But tissue that would typically be removed in the plastic surgical procedure is used to fill the defect created by the more generous lumpectomy. Not only is a better cancer operation performed with this approach, but the patient has the added benefit of a more cosmetically appealing outcome. Such results occur in the hands of the well-trained and well-practiced oncoplastic surgical specialist.

The management of breast cancer has much improved over the last few years. However, the best outcome for breast cancer patients occurs when their surgical practitioner has an in-depth understanding of tumor biology, oncoplastic surgical options, radiation therapy, and drug therapy. Only by the complete integration of these factors can we continue to improve our patient's care and results.

Dr. Hyams is a general and oncology surgeon and a member of Desert Doctors. He can be reached at (760) 773.3311. www.DesertDoctors.org.

Could Your Tearing Be a Plumbing Problem?

Continued from page 20

narrowed or blocked. Thus, the tears (water) do not exit the system and subsequently pool in the sac (sink). Once sufficiently full, the tears (water) spill onto the surface of the eye (over the edge of the sink). If a duct is narrowed, it may be widened. A surgical procedure is done to place a stent (tube) through the entire lacrimal system. It is left in place for a few months in the hopes that upon removal, the narrowed area remains more open.

In cases where the duct is totally obstructed or a stent cannot be placed, the blocked duct must be bypassed. A DCR surgery (dacryocystorhinostomy) creates a new outflow track from the lacrimal sac (akin to adding a new pipe under the sink to bypass the blocked one). Once the new track is created, a stent is left in place for a few months to ensure the new path does not scar closed.

The mechanism for tear production and outflow is a finely tuned system. Any anomaly of the harmonious mechanism may lead to bothersome watery eyes and blurry vision. The analogy to the plumbing of your sink helps to explain the cause of the tearing and allows for more appropriate treatment of the cause.

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



Santa helps little Adam savor the joy of a raw bell pepper at a local market while approving parents and brother look on.



The plug is placed at the opening of the tear drainage (plumbing) system to keep water on the surface of the eye.

A Season of Good Health!

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

Nov. 2 • 7th Annual Run with Los Muertos 5K & Block Party is an authentic Day of the Dead celebration that hosts a 5K run/walk, pre-race processional, live entertainment on three stages, kids craft zone, art walk, large-scale art installations, craft cuisine and beer and wine garden. Pre-race festivities start at 5pm and entertainment and beer garden are open until midnight. Old Town Coachella. www.runwithlosmuertos.com

Nov. 2 • Palm Springs Pride Run. Join us for this community run and walk to benefit two worthwhile organizations: The LGBT Community Center of the Desert and Safe Schools Desert Cities. Presented by Palm Springs Front Runners and Walkers, a health and fitness club for runners and walkers. Finisher medals and awards in 5 year/age brackets. Palm Springs Uptown District (corner Alejo Rd. and Ballardo) 8a. www.palmspringspriderun.com.

Nov. 2-10 • Margaritaville USA Pickleball National Championships. Over 2,300 players from all over the country will come together for the sport's largest annual tournament at the Indian Wells Tennis Garden. Festive activities are planned for spectators and players alike, including the 5 o'clock Somewhere Bar featuring food and beverage. Tickets start at \$5 for general admission. www.usapickleballnationals.com

Nov. 20 • Wellness Wednesday Movie Series presented by Eisenhower Health and Desert Health and featuring *Heal*, a scientific and spiritual journey on which we discover that our thoughts, beliefs and emotions have a huge impact on our health and ability to heal. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. 3-5p \$5 RSVP (760) 423.4855.

Nov. 23 • Healthy Life Fest at the Cathedral City Hot Air Balloon Festival. A festival full of inspiration, positive vibrations, entertainment and education about living a vibrant, well-balanced, healthy, sustainable lifestyle. Featuring vendors sampling natural products, educational speakers, live art demos, yoga, meditation, wellness activities, music, plant-based food vendors, games for both children and adults and more. Cathedral City Town Square Park 11a-9p. www.HealthyLifeFest.com.

Nov. 29 • Health & Wellness Festival. This free event features Yoga on the Lawn, TEDx speaker Kellee McQuinn, and Art of Sax performance in the evening along with a game zone for kids, beer garden and more. Presented by the DuBarry Hay Charitable Foundation dedicated to creating and bolstering mental health initiatives for local teens and young adults. Old Town La Quinta 1-7p (see p.29). www.dubarryhay.org/new-events

Dec. 4 • Wellness Wednesday presenting Connecting with Happiness: A Playshop presented by Eisenhower Health and Desert Health. Conducted by psychologist Tom Glaser, MS, author of *Full Heart Living: Conversations with the Happiest People I Know*, this interactive event provides participants with life-enhancing tools which can lead to more satisfying relationships and a happier life. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. 2-3p. \$5 RSVP (760) 837.8995.

Dec. 8 • IRONMAN 70.3 Indian Wells LaQuinta. Second annual event returns with course improvements for the community and participants. Over 2,300 triathletes will swim at Lake Cahuilla, bike through Indian Wells and La Quinta and run through areas of Indian Wells. Spectators can cheer their efforts at Lake Cahuilla, along the racecourse, or at the finish at Indian Wells Tennis Garden. Register: www.ironman.com/indianwellsaquinta70.3

Jan. 15 • Wellness Wednesday Movie Series presented by Eisenhower Health and Desert Health featuring *The Biggest Little Farm*. Two dreamers leave their tiny L.A. apartment and move to the countryside to build one of the most diverse farms of its kind. Their hard work gives them—and us—a far greater understanding of nature and life itself. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. 3-5p. \$5 RSVP (760) 423.4855.

Jan. 18 • Trilogy at the Polo Club Wellness Fair. Experience the Valley's fastest growing community whose motto is "Live Happier." A variety of valley health and wellness professionals will offer demonstrations, samples and product information from 9a-12p. Enjoy raffle prizes and fresh bites from their acclaimed restaurant, *June Hill's Table*. Model home tours also available. Free, open to the public and presented by Desert Health®. Located on Avenue 52 between Monroe and Jackson (see p.29). (760) 238.0245.

Jan. 24 • 8th Annual Women Who Rule. Women Leaders Forum of the Coachella Valley invite you to raise a toast - and college scholarships - for Young Women Leaders while honoring dynamic community leaders at their celebratory luncheon. Sponsorships available. Champagne reception/silent auction start 11a. Agua Caliente Resort. (760) 837.7222. www.wlfdesert.org.

Feb. 1 • Unearth Your Bliss with Mariel Hemingway. Complimentary lunch-and-learn focusing on how to live a happier, healthier, and more meaningful life. Speakers Mariel Hemingway, Bobby Williams, and Melissa Yamaguchi will discuss the life changing benefits of grounding. 9:30a-2p. Free event with limited seating. RSVP www.eventbrite.com/search/Mariel+Hemingway. (760) 399.6192

Feb. 9 • Palm Desert ½ Marathon and 5K. Join over 1,200 other runners and walkers for this 22nd event with three distances: half, 5K or 1K kids run. Enjoy music, beer garden, entertainment and a vendor expo featuring local businesses and health and wellness brands. 7am. Civic Center Park (see p.28) www.palmdeserthalfmarathon.com.

Feb. 14 • Affair of the Heart. A free community education and health event for family and friends. Activities include heart presentations, CPR demos, cooking demos and food samples, games, booths, music, and MORE! Join us for a heart-healthy good time. Desert Regional Medical Center (833) 430-8589 to RSVP.

Feb. 19 • Wellness Wednesday Movie Series presented by Eisenhower Health and Desert Health featuring *The Magic Pill*. With the worldwide trend of combating illness through a paradigm shift in eating, embracing fat as our main fuel is showing profound promise in improving health. Follow the stories of patients suffering from chronic and severe medical conditions such as asthma, diabetes and cancer, detailing their incredible recovery after switching to a low-carbohydrate, high-fat diet. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage. 3-5p \$5 RSVP (760) 423.4855.

Feb. 22 • 13th Annual Desert Woman's Show presented by Desert Vein & Vascular Institute is one day only at the JW Marriott Desert Springs Resort from 10a-5p featuring The Pavilion Marketplace, fashion shows, medical expert panels and The Plant Paradox author and health innovator Steven Gundry, MD, as keynote speaker. Complimentary tickets are available online at www.DesertWomansShow.com courtesy of Desert Care Network while supplies last. For vendor and guest info contact Diana@MarloProductions.com.

Feb. 22 • 13th Annual Greater Palm Springs Food & Wine presented by Farley Pavers (at the Desert Woman's Show) features scrumptious tastings from your favorite valley restaurants including Sullivan's, Mastro's, Eight4Nine, Roy's Hawaiian, Panera Bread, Koutouki Greek, Wildest (formerly Wildest Greens), Daniel's Table, Babe's BBQ & Brewhouse, Brandini Toffee and much more. JW Marriott Desert Springs Resort. 11a-4p. Tickets \$20 in advance; \$25 onsite. www.GreaterPalmSpringsFoodandWine.com.



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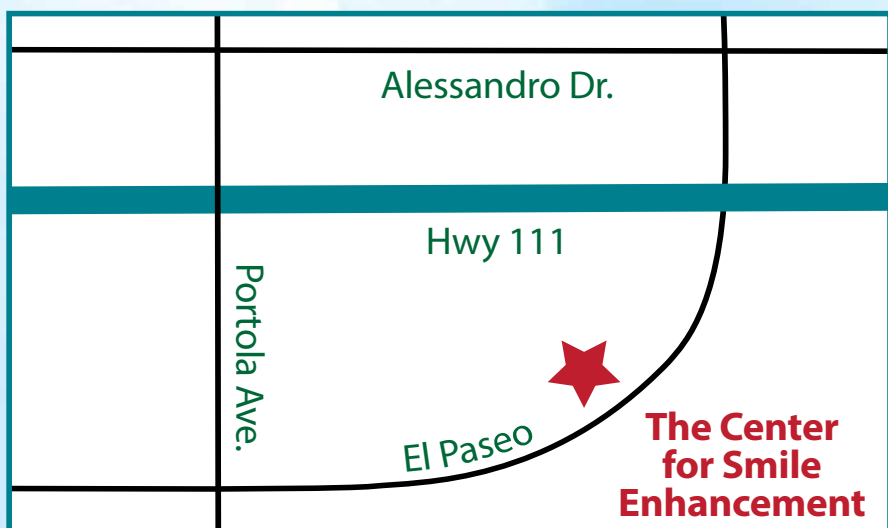
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