



Desert Health[®]

News from the Valley's Integrated Health Community

September/October 2017

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Special Pullout Section



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YOU CAN YOGA

Step aside opioids; yoga is moving in. Once thought of only as the obscure practice of hippies and gurus, yoga is now being recognized by all as a healing modality for that which ails you. Whether you have physical, mental or spiritual deficiencies, yoga can - and will - enhance your wellbeing.

Since the 2016 report in the *Mayo Clinic Proceedings* gave the evidence-based thumbs up, organizations such as the American Medical Association and National Institutes of Health now recommend yoga for a myriad of conditions including pain, anxiety, depression and addiction.

Some of you may be thinking, "Yoga is not for me; I can't even get up and down off the floor." The good news is that with its growth in popularity, the variety of yoga styles now available truly offers something for everyone. Can't reach a mat? Start with chair yoga. Can't touch your toes? Try a gentle or beginner class. Recovering from an injury? Try therapeutic yoga. Don't feel like working that hard? Try a restorative or Yin class. Think it's too easy? Try power yoga or Bikram. Already have a sport? Yoga will improve your performance. Think it's boring? Try trapeze, aerial, or sunrise yoga overlooking the valley after a morning hike.

One of the most important things to remember is that the culture of yoga holds no judgment;

no judgment for others in the room and no self-judgment for what you are able to accomplish on that particular day. Your focus is on you and your breath in that moment, listening to your body, and not pushing the limits if you feel pain. Often, the most honored act is simply that you showed up. In my class this morning, our instructor Amy said it well, "You will know if your yoga is working if your life and relationships start to improve, not your poses."

And as you continue to practice, your reasons for showing up every day are likely to change. A recent report in the *Journal of Health Psychology* noted that over 62 percent of students and 85 percent of teachers changed their primary reason for practicing yoga. Most start for exercise and stress relief, but for many, spirituality or self-actualization becomes their purpose.

In this issue you will learn about yoga for knee pain from an orthopedic surgeon, yoga for menopause from a naturopathic doctor, therapeutic yoga from a certified instructor, the benefits of Bikram from a long time practitioner, and more. We also feature a special pullout and save section listing yoga studios throughout the valley.

September is Yoga Awareness Month, so there is no better time to give yoga a try!



Health is a Choice

A Desert Health Review by Reesa Manning

I am a lung cancer survivor. In 1986, I was diagnosed with stage 4 adenocarcinoma, non-small cell lung cancer. My medical treatment included removal of my lower left lobe followed by 35 radiation treatments. My road to recovery was long and difficult.

At the time, there was little information out there for patients like me - no Internet to research and few natural medicine practitioners - but I always believed there had to be more I could do for myself.

When Lauren asked if I would read and review Dr. Eric Presser's book *An Empowering Guide to Lung Cancer: Six Steps to Taking Charge of Your Care and Your Life*, I was intrigued to see how far the advances in treatment had come.

Dr. Presser is a Palm Springs thoracic surgeon specializing in minimally invasive surgery and an

associate professor at the UC-Riverside School of Medicine. He serves on the board of the Desert Cancer Foundation and the medical advisory boards of CancerPartners (formerly Gilda's Club of the Desert), the American Association for Thoracic Surgery, and the Society of Thoracic Surgeons.

In his innovative career, he notes that he has successfully maintained his affiliation with traditional allopathic medicine while associating with - and learning from - a wide range of complementary practitioners. In the foreword to the book, Andrew Ordon, MD, says it well, "What impressed me so much about the approach offered [in his book] is Eric Presser's willingness to look to outside sources for those things that fall outside his expertise. His extensive consultations with experts, including physicians, mental health professionals, and folks working in the field of complementary and alternative

Continued on page 8



DESERT REGIONAL MEDICAL CENTER
Comprehensive Cancer Center

DesertRegional.com/cancer

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



“Early Breast Screening Saved My Life.”

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

Never Stop Growing

When was the last time you learned something new? One thing I love about *Desert Health*® is with each issue, I learn something new. But it's been a while since I invested time into actually learning a new skill.

This summer while enjoying Oprah and Chopra's latest meditation series, *Desire & Destiny*, I did a lot of soul searching about what I still want to do in life. On the list is writing a book, and while I have plenty of experience writing for *Desert Health*®, the style I have in mind is different, so this fall, I'm enrolling in a memoir writing class through Learning in Retirement in Palm Desert. I'm really excited about the opportunity to grow as a writer.

I am so proud of those I know who have published books. It's no small task. In this issue, we review Dr. Eric Presser's book on navigating lung cancer from a survivor's perspective, and William Davis's new book, *Undoctored*, from a doctor's perspective. I am a firm believer that books find the people who need them most.

What is it that you still wish to do in life? I asked a group of friends that question recently and many said they were content with life as it is, and that is also a beautiful thing. You can always take joy in watching your family grow around you, as we did this summer. We welcomed a new son-in-law, Andrew, into the family with our youngest daughter Shea, and greeted Owen Riley Tole, our second grandchild, as he entered the world. We couldn't be prouder of new parents Diana and son-in-law, Buckley.

Learning a new skill doesn't compare to these magical moments in life, but it can enrich your life just as much. And if you haven't tried yoga, add that to your list. As Jayne Robertson says on page 12, if you can breathe, you

can do yoga, and everyone should. Whether by chair, mat, or hanging from the ceiling, the practice is bound to add wonder – and years – to your life.

We hope you enjoy our latest issue and thank you so very much for reading.

With sincere appreciation ~

Lauren
Lauren Del Sarto
Publisher



Cousin Bella welcomes Owen Riley Tole into the world.

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in our community



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Fun & Healthy Happenings

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

Sept. 2 • Nine Weekly Walks: Cathedral City. The United Way's free 9-week 5k challenge takes us on a tour of our beautiful valley every Saturday morning. This week's walk starts at Dennis Keat Soccer Park. Participants are asked to bring backpacks and school supplies for the Cat City Boys & Girls Club. 7 a.m. start (760) 323.2731 www.unitedwayofthedesert.org (see page 29 for more info).

Sept. 9 • Nine Weekly Walks: Indio. This week's walk takes place at Shadow Hills High School. Participants are asked to bring non-perishable and canned food for FIND Food Bank. 7 a.m. start (see page 29).

Sept. 16 • Nine Weekly Walks: Indian Wells. This week's walk takes place at the Hyatt Regency Indian Wells. Participants are asked to bring food items and canned meats for Catholic Charities. 7 a.m. start (see page 29).

Sept. 20 • Wellness Worth Watching. Join the Eisenhower Wellness Institute for another inspirational movie to enhance your perspective and enrich your life. Featuring National Geographic photographer Dewitt Jones's *Extraordinary Visions* which "celebrates what is right in the world." Annenberg Center for Health Sciences, Rancho Mirage. Doors open 1:30 p.m.; Movie 2 - 4 p.m. \$5.00 (760) 610.7360 www.emc.org/wellness (see page 28 for more info).

Sept. 23 • Nine Weekly Walks: Rancho Mirage. This week's walk takes place at Westin Mission Hills Resort. Participants are asked to bring baby diapers and formula for Martha's Kitchen. 7 a.m. start (see page 29).

Sept. 30 • Nine Weekly Walks: Coachella. This week's walk takes place at Rancho Las Flores Park. Participants are asked to bring books and backpacks for the Boys & Girls Club of Coachella. 7 a.m. start (see page 29).

Oct. 1 • Y B Fit Desert Challenge Health and Fitness Fair. A family wellness and sports expo for runners, walkers and triathletes of all skill levels hosted by the YMCA and City of Palm Desert. Event includes a mini-triathlon, 5k walk/run, 1k color run, booths, activities and music at the Palm Desert Civic Center Park from 7-11 a.m. Register today at www.ybefitpdchallenge.org or call (760) 341.9622.

Oct. 6 • Cathedral City Health Fair. The new management at the Cathedral City Senior Center invites all to come see what's new at their free health and wellness fair featuring a senior flu shot clinic. 9 a.m.-12 p.m. 37-171 West Buddy Rogers Way (760) 321.1548. www.cathedralcenter.org

Oct. 7 • Nine Weekly Walks: Palm Desert. This week's walk takes place at The Living Desert! Participants are asked to bring children's books for the Family YMCA of the Desert. 7 a.m. start (see page 29).

Oct. 14 • Nine Weekly Walks: La Quinta. This week's walk starts at the La Quinta Wellness Center. Participants are asked to bring toiletries for Desert Arc. 7 a.m. start (see page 29).

Oct. 14 • Paint El Paseo Pink. Desert Cancer Foundation's 11th annual charitable walk down El Paseo raises funds for community residents who are uninsured or underinsured and in need of cancer screening, diagnosis and treatment. The Gardens on El Paseo 9:30 a.m. Call (760) 773.6554 or register today at www.pepp.desertcancerfoundation.org

Oct. 21 • Nine Weekly Walks: Palm Springs. This week's event is part of Desert AIDS Walk. Join the D.A.P. team to benefit D.A.P. and the United Way (optional: \$20 for team shirt). 7 a.m. start (see page 29).

Oct. 25 • Joslyn Center Health Fair. All are welcome to attend this free health fair and senior flu shot clinic at the Joslyn Center, 73750 Catalina Way, Palm Desert from 9 a.m. – 1 p.m. (760) 394.3220.

Oct. 28 • 32nd Annual Aerial Tram Road Challenge. The culmination of the 9 Weekly Walks and one of the valley's most challenging races includes a 2,000 ft. vertical climb in just over 3.7 miles (6K). This year's event is Halloween-themed and participants are encouraged to raise pledges benefiting the United Way of the Desert. 6:30 a.m. www.kleinclarksports.com/Tram

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



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Precision Cancer Treatment
New radiation technology improves treatment time, accuracy and outcome

By Lauren Del Sarto

Last October, Desert Regional introduced TrueBeam, the latest technology for radiation therapy which aims to reduce treatment time and the effect on surrounding tissues.

We spoke with Comprehensive Cancer Center Radiation Oncologist, Dr. Amir Lavaf, to learn more and see how this new technology is changing the way they treat cancer.

DH: Is TrueBeam truly the latest-and-greatest and how long will it continue to be so?

AL: Yes, it is. We expect TrueBeam to be the leading architecture for the next ten years. New developments to enhance the technology will be primarily in software.

DH: What is its primary purpose and what type of cancers does it treat?

AL: It is a general purpose machine for a variety of cancers. Its greatest benefits include the increased dose rate, which is up to four times more than any other machine, so treatments will be four times faster than previous technology, and more precise as its accuracy is down to .1 millimeter, or the size of a pinhead. We are also able to view tumors with more precision as its CT scan imaging has been enhanced to diagnostic quality. It is also equipped with a 6-axis table, which allows us more ways to target and destroy the tumors, while sparing the healthy tissue around it.

So with the imaging, accuracy and dose rate, the technology works for multiple types of treatments and cancers, but comes in most handy in radio-surgery. We are ablating tumors all over the body - in the brain and in the lung - without ever cutting the patient, and it is completely painless.

DH: What is the difference between proton therapy and this new technology which uses photons?

AL: Proton therapy, which has been around for 30 years or so, uses particle matter whereas TrueBeam uses photons, or light beams of energy. While proton therapy is very effective in certain applications, especially with childhood cancers, it has shortcomings for general purpose use including the tendency for particles to scatter at different types of interfaces, particularly in tissue-air interfaces. Our technology has the ability to target down to the size of a pinhead without affecting surrounding tissue.

DH: Does this therapy leave marks on the skin as traditional radiation may?

AL: TrueBeam can still deliver traditional forms of radiation that affect the skin in terms of redness and tanning, but we are using new techniques that have reduced this significantly. Breast cancer patients who are treated with this new technology are experiencing a lot less skin toxicity than with other technology, and that is due largely in part to the amount of modulation we are able to apply to the radiotherapy. Prostate cancer patients will have no effects on the skin.

DH: What are the greatest results you have seen?

AL: Results have been fantastic, especially with radio-surgery as this precise targeting allows us to radiate less tissue and to spare more normal tissue. We are finding it very effective in ablating lung cancer or metastatic disease from the lung, brain and liver. With breast and prostate cancer, it has increased our ability to treat faster and to treat more accurately so that patients experience fewer side effects.

For more information, contact Desert Regional Medical Center's Comprehensive Cancer Center at (760) 416.4700 or visit www.DesertRegional.com/cancer.



CONNECTING
Coachella Valley Residents
TO HEALTH & WELLNESS SERVICES AND PROGRAMS

MATCHING FUNDS GROWING TO ADDRESS HOMELESSNESS

As mentioned in the July/August *Desert Health*®, the Board of Directors of the Desert Healthcare District/Foundation had voted to establish a collective fund with up to \$2 million as a challenge grant for a West Valley Homelessness Initiative and will match up to \$2 million in contributions. Addressing homelessness is a critical goal that the Board has identified in the District's Strategic Plan, which also includes strategies addressing behavioral health.

To ensure ongoing public participation in developing solutions, the Desert Healthcare District/ Foundation continues to play a leadership role to resolve the challenges in the existing system of care and create a healthier regional community.

The first implementation of the fund has begun – short-term support of rapid rehousing with wrap-around services. A public-private-public partnership comprising of Desert Healthcare District (matching fund challenge) with Desert Healthcare Foundation (West Valley Homelessness Initiative) and Coachella Valley Association of Governments (West Valley Navigation Program) has been developed to bring together the ideas, insights, talents, efforts and, most importantly, the matching funds that will transform the current system serving our regional homeless population. This transformation includes an integrated and cost-effective approach to systems change – a new infrastructure to serve our region's homeless community.

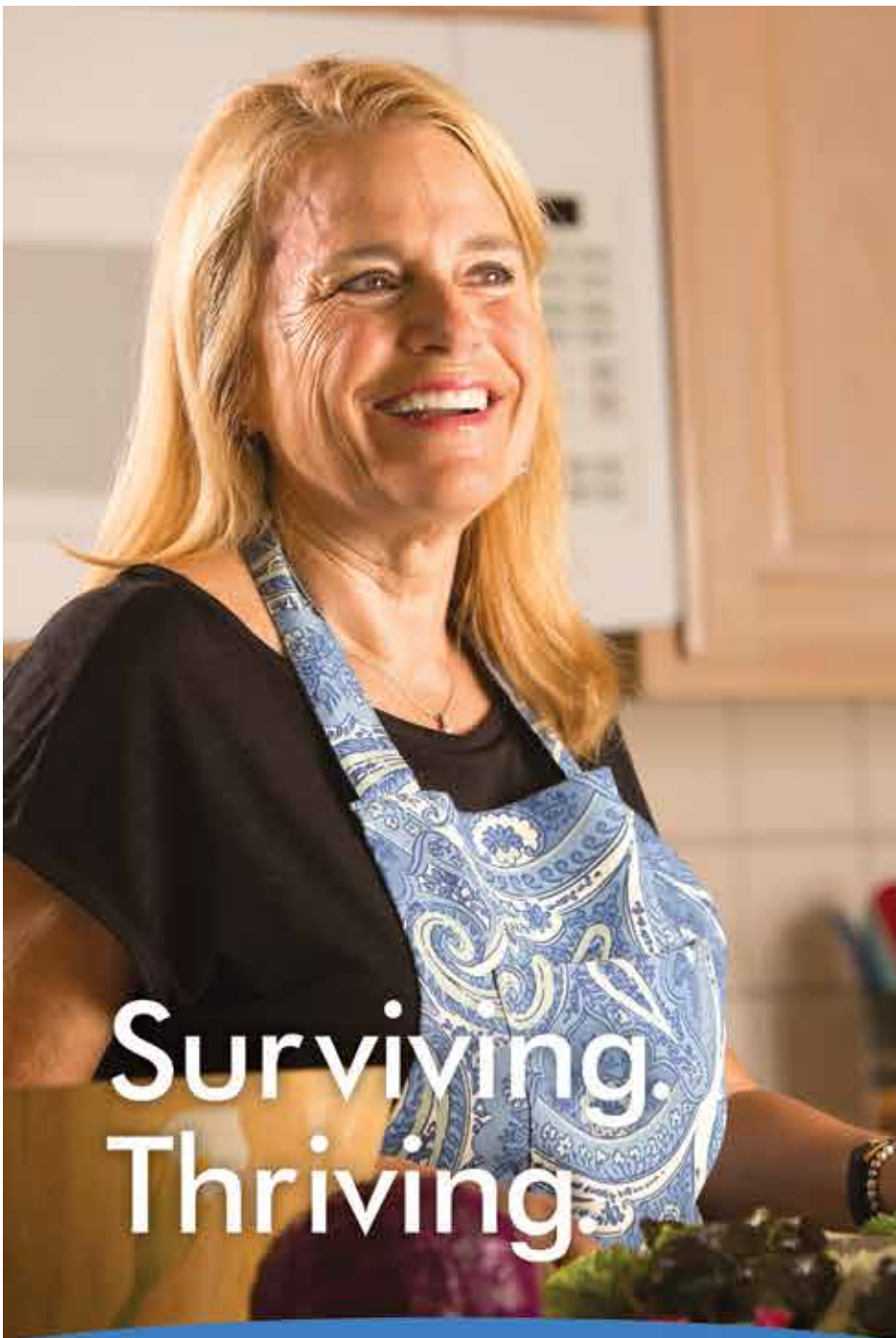
The West Valley Housing Navigation Program was approved by the CVAG Executive Committee on June 26, 2017. It was developed under the “housing first” model (stable housing paired with social services) that has proven successful nationwide. Under the approved contract, Path of Life Ministries, a Riverside-based nonprofit, will oversee programs that focus on rapid rehousing opportunities, emergency rental assistance, crisis stabilization options and other supportive services. These services entail a client assessment determination for prevention (outreach, hotline, rental assistance, referrals); diversion (counseling, rapid rehousing, case management, behavioral health, employment); and crisis stabilization housing (emergency housing up to 90 days, case management and basic needs). The program was launched in the western Coachella Valley due to transition of services at Roy's Desert Resource Center, which is becoming a much-needed behavioral health care facility.

The District has committed \$103,000 to CVAG's West Valley Navigation Program and recognized those cities that had already confirmed their \$103,000 contribution with a dollar-to-dollar match in their name to the Navigation Program.

The committed cities to date are Palm Springs, Rancho Mirage, Palm Desert, Cathedral City and Coachella. The District's matched amount to the West Valley Navigation Program to date is \$618,000, adding to the already committed amount of \$977,711.

The District's financial match is allowing CVAG to leverage dollars and expand their efforts. It is hoped that all cities will take part in this unprecedented opportunity and help the region better address homelessness in the Coachella Valley.

For additional information on the Desert Healthcare District/Foundation call (760) 323.6113 or visit their website at www.dhcd.org. For an online referral directory of health services and programs across the Coachella Valley (in English and Spanish), visit their Health Information Portal at www.CVHIP.com.



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

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

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

Joan Petruzzi, Teacher, CANCER SURVIVOR



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Prostate Symposium Adds Global Reach Top educators unite at state-of-the-art facility

By Lauren Del Sarto

This October, Desert Medical Imaging (DMI) is bringing experts from around the world together for a three-day symposium on prostate MRI and MR-guided intervention. The educational event will be held on October 5-7 in Palm Springs at a new interactive learning facility opened last year by USCAP, an international pathology education organization.

Located on South Palm Canyon Drive, USCAP's Linder Learning Center and the Powers-Sanchez Interactive Center offer a beautiful conference theater, production studio with live streaming capabilities, and an interactive microscopy lab.

"This state-of-the-art facility brings learning to a whole new level," says Bernadette Greenwood, DMI's Chief Research Officer and event co-director. "Participants will be able to view actual human biopsies on-site while two world-renowned pathologists, Doctors Theo Van der Kwast and Donna Hansel are interpreting the specimens, and it will all be broadcast to participants around the globe."

The first day of the symposium will cover topics such as the evolution of MR-guided intervention, analysis tools, and techniques and strategies for achieving the best possible targeting of prostate cores. Featured speakers include Rajan T. Gupta, MD, of Duke University; Daniel Margolis, MD, of Weill Cornell; and DMI Medical Director and Founder John Feller, MD. The second day takes place at DMI in Indian Wells where participants will actually observe two human MRI-guided biopsies performed on volunteering patients and streamed live. The third day all return to the interactive lab for the interpretations and additional panel discussions.

Targeting all within the multidisciplinary prostate cancer management team, the educational conference offers CME credits for physicians and ARRT credit for technologists. There are various levels of registration, and special features include ten premium tickets for dinner and one-on-one interaction with speakers and attending faculty at La Valerice restaurant.

Greenwood adds that the symposium would not have the cutting-edge programming or global reach without the capabilities of the learning center which was the brain child of Palm Springs resident David Kaminsky, MD, USCAP executive vice president. "When I saw this space, I knew that between the view and the resort destination, it would be an ideal place to build this unique and innovative learning center," says Kaminsky who believes that personalized medicine begins with personalized learning.

"People who come here have the opportunity to unite with those who are revered as top in their sub-specializations and to work in a very intimate, mentoring environment with the latest equipment." Content can be transmitted digitally in 4K to participants all over the world (up to 100 remote locations simultaneously) with quality so precise, it's as if you were looking in the microscope yourself.

"An interactive microscopy laboratory united digitally with a conference center and broadcast studio for the purpose of education is unique in America," Kaminsky adds. "For the people who have the time and money to travel to Palm Springs, of course, that onsite experience is immeasurable, but the next best thing is what we are able to offer through this global outreach endeavor. I think we are really accomplishing what we all want to do as educators and that is to optimize patient care by optimizing what we teach to those doctors who bring it."

DMI Prostate MRI and MR-Guided Intervention in the Desert 2017 is one of many educational events taking place at the center. "This facility certainly benefits the community socioeconomically," says Kaminsky, "but it also identifies Palm Springs as an area from which global medicine is going to make its name."

DMI Prostate MRI and MR-Guided Intervention takes place October 5-7. For registration and information, visit www.desertmedicalimaging.com or call (760) 694.9559. For more information on USCAP's Linder Learning Center, visit www.interactive.uscap.org.



John F. Feller, MD



Bernadette M. Greenwood, BSc, PG Cert., RT (R)(MR) (ARRT)



Rajan T. Gupta, MD



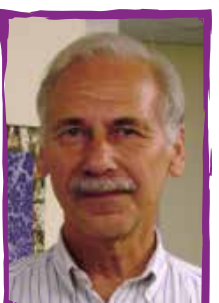
Donna E. Hansel, MD, Ph.D.



Daniel Margolis, MD



Philippe Puech, MD, Ph.D.



Theo Van der Kwast, MD



Conference theater at USCAP's Linder Learning Center



Interactive microscopy lab



Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and shares her journey with Desert Health® readers in this ongoing column. In the July/August issue, she shared her growing fear that her cancer had returned...

Beating the Fear beyond Cancer

As I sat up in bed I prayed. I prayed to take this fear away from me and to give me the strength to call my doctor, set up the appointment, and to be ok with not being ok. I mean why was I trying to be brave? If there was one thing that I have learned throughout the cancer is that I needed to lean on my people. I needed my community to still get through this. It is not over yet and maybe it never will be. I still have a long way to go in this healing process both mentally and physically. I needed to find the compassion I speak about as a yoga teacher to my students and give that same speech to myself. So that is what I did.

The next day I called the doctor. I made the appointment and got in right away due to my history. I took all my lucky charms, crossed my fingers and my toes. I looked in the mirror and said to myself, “You are a survivor. You are going to be ok. You will live a long healthy life.” Then I said the most important thing to myself, “YOU ARE NOT IN CONTROL.” I said it over and over again. I am not in control... just as I was not in control in the chemo room. The only thing I was in control of was how I reacted to how today was going to go, and every day after. How I was going to react to what the doctor was going to tell me. Looking in the mirror I needed to remind myself that I did this once and if I had to, I could fight again.

Thankfully that was not to happen. The doctor said that the lump I was now feeling was new scar tissue. With a sigh of relief, I vowed to do what I did all throughout my treatments. I needed to go to yoga and meditate on my feelings. I wrote down what my triggers were and the worst possible thing I feared. In the end, I realized I had wasted my energy and happiness over being in fear.

There are no directions for having cancer. Each one of us has our own very personal journey with this disease. Only a cancer patient really understands the feelings that come along with this journey. We have to make it up as we go, to be able to feel what we need and then learn from it to move on.

Yoga helped save my life and continues to do so today. I need to remember my life has been completely changed and through my daily practice, I am able to sit with my feelings, acknowledge them, and then let them go.

To view previous columns, visit DesertHealthNews.com and search ‘Shay.’ Shay can be reached at namastewithshay@gmail.com or on facebook @NamastewithShay

Gilda’s Club Changes Name
Support for those facing cancer remains strong
By Lauren Del Sarto

Being told you have cancer is one of the scariest things that can happen to any person, their family and their friends. Fortunately, those in the Coachella Valley have a treasured place to turn to help them navigate all the questions, concerns and care that goes into fighting this disease.

Gilda’s Club Desert Cities has been providing emotional support, education, social connections and resources at no cost to cancer patients and their families since 2004. It is often the first place those who receive this devastating diagnosis turn. This year, the organization is changing its name to CancerPartners, but their commitment to those they serve remains the same.

Many of us who grew up in the 70s and 80s remember the original cast members of Saturday Night Live and their shining star, Gilda Radner. She entertained us all with her many portrayals, especially her beloved Roseanne Roseannadanna. Radner died from ovarian cancer in 1989, and her widower, Gene Wilder, carried out her personal wish that information about her illness help other cancer victims. The first Gilda’s Club was founded in New York City in 1995.

As the years go by, however, the generation that can really relate to Radner as one of the most iconic comedians of our time is diminishing, and leadership at the desert cities organization felt that the name didn’t truly reflect what the organization is committed to and has grown to become.

“We value the whole concept of working together,” says CEO Maria Elena Geyer, “and CancerPartners embodies that value. As a model of service, we can partner together with others who also serve the cancer community, and it opens the door for our next phase of service.”

While there are still a few Gilda’s Clubs retaining the name, the worldwide organization changed its name as well to Cancer Support Community when it merged with The Wellness Community in 2009. Along with the name change, CancerPartners also discontinued their affiliation with the national organization as they felt the national programs didn’t meet the needs of their local client base.

Supporting their value in unity, CancerPartners also worked with other local cancer support organizations to create Better Together, a strategy to mutually work on community outreach and education. “The intent with Better Together is that the more we join forces, the more people will understand our individual services and the more the community will benefit.” CancerPartners and other members of Better Together will remain operating independently at this time, but as Geyer says, “It opens the door to many possibilities and you never know what the future holds.”

CancerPartners is located at 73555 Alessandro in Palm Desert. For more information call (760) 770.5678 or visit www.CancerPartners.org.



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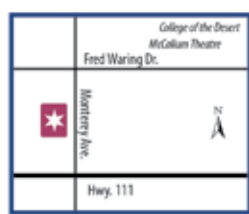
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NICHOLAS S. BAUMANN, DDS

The Nightly Grind

By Nicholas S. Baumann, DDS

Many people deal with grinding their teeth on a nightly basis. Some may not even be aware they are doing it, but experience the effects, unsure of what the cause may be. Evidence of grinding can manifest itself in a number of ways including sore teeth, sensitive gums, worn teeth and fatigued facial muscles. It can also contribute to, or develop long-term into issues with the temporomandibular or jaw joint (TMJ) termed temporomandibular disorder (TMD).

So what causes teeth grinding?

The answer is a bit unclear as there can be one or many different causes. One of the most common is stress and anxiety, especially before bed. Medications can also lead to grinding at night. A class of medication called selective serotonin reuptake inhibitors (SSRIs), often used to treat depression and anxiety, is one of the greatest offenders. Common medications in this class are Zoloft, Prozac, Lexapro, and Celexa. The use of this medication has increased substantially in recent years, and studies now show a large increase in grinding in patients who take them. Any medication a person is prescribed must be evaluated as a possible cause. Also contributing to grinding can be missing teeth or an abnormal bite. This can lead to muscles being over activated, which then can present as grinding, among other issues.

What are some of the ways grinding can be decreased?

Limiting stress is one of the most effective strategies. Also, eliminating substances that can promote anxiety like caffeine and alcohol before bed can help. Another at-home remedy, a warm compress, can aid in relaxing the muscles making them less likely to be overactive at night. As mentioned before, medications should be evaluated by a doctor. If the grinding is severe, alternatives can be discussed. In rare cases, a prescription muscle relaxer can benefit as well.

If these efforts don't decrease the grinding sufficiently, a night guard made by your dentist would be the next solution. While a night guard won't necessarily eliminate the grinding, it will protect your teeth and muscles from the damaging effects.

In the end, the most important thing is to understand and diagnose if a grinding habit is occurring. In the long run, severe damage can occur to the teeth and muscles which can take great time and cost to repair. By diagnosing a grinding habit early, steps can be taken to eliminate it, or to at least keep it from having long-term, permanent effects.

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



Stress can be a major contributor to nightly teeth grinding.

Vision Complications of Stroke Patients

By Greg Evans, OD

Approximately 800,000 people suffer a stroke every year, making it is the most common disability among adults. There are two basic types of strokes: an ischemic stroke (when a blood clot blocks a blood vessel) and hemorrhagic stroke (when a blood vessel ruptures or leaks). Some stroke patients have preceding symptoms called transient ischemic attacks (TIA) which are temporary interruptions of the blood supply to the brain. TIAs can occur hours, days or even weeks before a full stroke. Symptoms may include temporary episodes of weakness, numbness, paralysis of the face, arm, leg (especially on one side), or loss of balance and/or coordination. Also included in this list is transient or permanent double vision, loss of visual field or improper eyelid closure.

Diplopia (double vision)

Recent onset intermittent or persistent double vision, or diplopia, is a common complication of a stroke. To solve this problem a temporary prismatic correction (called a Fresnel lens) can be used or the patient can patch or occlude the eye with the limited gaze. Post stroke range of motion in the affected eye can be improved with exercise. Most cases of vertical double vision are only stable in one field of gaze; therefore, even if a vertical prism correction is prescribed, the patient needs to perform a head tilt or learn to turn their head to the corrected orientation to avoid double vision. Resolution of most cases of diplopia and adaptation occurs in the first three months, so it's important that a patient seek care in that timeframe in order to avoid deeply imbedded suppression (the brain turning the image from one eye off). In a patient with neuro-related double vision, damage to the brain pathways can occur and the best solution may be to alternately patch eyes.

Hemianopsia (loss of vision in one half of the visual field)

Behind the optic nerve the visual pathway is split with the left visual field going to one part of the brain and right visual field going to the other. Cerebral stroke most often involves losing either the left or the right field (depending on where the stroke occurs). Recent onset hemianopsia field loss leaves a person disoriented and struggling to make it through daily living. They are often confused in busy visual environments such as a mall and they may bump into people or have the fear of falling off a curb. Usually the visual field loss is permanent, so optical corrections may compensate for the visual field loss. As a minimum two separate pairs of glasses are needed: one for distance and one for near. There are specifically designed lenses called SVAG (Side Vision Awareness Glasses) that expand the patient's vision in the affected side.

Eyelid Paresis

Some patients develop ptosis (droopy eye) following stroke and blepharoparesis (the inability to close the eye), which dries the cornea and may result in damage. A topical ointment, plugs and an eyelid weight are used to help close the eye and prevent damage. This often improves over time but may require long-term care.

In summary, patients require specialized care following a stroke. Often times a significant field loss can be present but the patient may be unaware of this. Make sure a patient seeks care if they see double, have a droopy eyelid, problem closing the eye, or if they report part of their field missing.

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

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Radiation Therapy for Skin Cancer
Non-invasive treatment offers positive cosmetic outcomes

By Ted Ling, MD

Skin cancer is one of the most common cancers in the United States with an estimated 3.5 million plus cases diagnosed each year. In fact, the incidence of skin cancer has risen steadily over the past decade and is particularly common here in the desert valley where sun exposure is prolonged and the UV index is high.

Squamous cell carcinoma (SCC) and basal cell carcinoma (BCC) are the two most common types of skin cancer. Collectively, they are referred to as non-melanomatous skin cancers (NMSCs). Although rarely metastatic, these NMSCs can still produce substantial skin damage and disfigurement. In more advanced cases there may be damage to underlying soft tissue, cartilage, and bone.

Surgical removal is the primary treatment in the vast majority of skin cancers. Modern surgical techniques such as Mohs surgery offer good disease control and cosmetic outcomes in most instances. The majority of body skin is amenable to both excision and grafting. However, certain parts of the body such as the nose, eyelids, and lips may be particularly sensitive to surgical therapy. In these cases and in cases where there would be a large surgical defect, radiation therapy may offer a less obtrusive and disfiguring outcome. Radiation therapy has the ability to target and treat cancer by damaging the DNA within cancer cells.

Focused radiation therapy treatment offers a non-invasive alternative to surgical treatment with no needles or scalpels involved. They deliver excellent cosmetic outcomes after treatment, even in sensitive areas such as the nose, lips, and ears.

The first type of focused radiation therapy is called electron therapy. This consists of a focused beam of energy particles that target the cancer cells on the surface of the skin. These beams are very superficial and penetrate only a few millimeters of depth into the skin, thus sparing the underlying soft tissues. Electron therapy is given consecutively on a daily basis for a prescribed number of treatments. The total treatment time is typically less than 15 minutes per day. During each of these treatments, the skin cancer cells are attacked and killed while surrounding healthy skin fully repairs itself. This results in preferential killing of cancer cells while sparing surrounding soft tissues.

The other form of focused radiation therapy is skin brachytherapy. A small, non-invasive applicator containing the treatment source is placed on the skin surface. A localized treatment is given to the skin cancer while sparing surrounding healthy skin. A full therapeutic course entails a total of six treatments, each only a few minutes long. Skin brachytherapy is particularly suited for small, superficial lesions and offers excellent cosmetic and treatment outcomes.

Focused radiation therapy has been shown to be highly effective in treating skin cancer. There is minimal recovery time needed and the therapy leaves no surgical scars or defects. Be sure to ask about radiation therapy as a skin cancer treatment option.

Dr. Ling is a board-certified radiation oncologist with 21st Century Oncology based in Palm Desert, Rancho Mirage, and Yucca Valley and a member of Desert Doctors. For questions, please contact (760) 200.8777 or visit <https://socal.21co.com/local>. www.DesertDoctors.com

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Diverticular Disease: Is There a Cure?

By Samuel Ibrahim, MD

Diverticulosis is an out-pouching of the colon wall. The reason why some people develop diverticulosis is not completely understood, but it is thought to be caused by chronic high pressure inside the colon leading to protrusions at weak spots of the colon wall. Genetic predisposition has also been implicated.

The condition is usually diagnosed as an incidental finding when undergoing a study for another reason such as a CT scan for abdominal symptoms or on routine colonoscopy. Occasionally, the diagnosis is made when the condition has a complication known as diverticulitis in which the colon gets inflamed and infected causing severe pain.

How to prevent diverticulosis?

Eating a balanced diet with a high fiber content, drinking a lot of liquids and avoiding prolonged periods of constipation are thought to promote good colon health.

What if you already have it?

Diverticulosis does not have or need specific management. Promoting a healthy diet and colon health can slow down or stop the progression of the disease while also preventing the main complication, diverticulitis.

What is diverticulitis?

Diverticulitis is an inflammation in the segment of the colon affected by diverticulosis. It starts when the high pressure inside the colon causes one of the pouches to rupture. This causes leakage of bacteria to the abdominal cavity. The disease is manifested by severe abdominal pain, fever, nausea, vomiting and feeling unwell. In severe cases, it can progress to sepsis and septic shock, requiring admission to the intensive care unit.

How is diverticulitis treated?

Most cases of diverticulitis subside with antibiotics and bowel rest. Depending on the severity of the disease, it might require admission to the hospital to receive antibiotics and fluids intravenously, while keeping the patient NPO (Nil Per Os, Latin for "nothing by mouth"). In severe cases associated with sepsis, emergent surgical intervention is sometimes needed to avoid progression to a fatal septic shock.

What if you have repeated attacks or are living with chronic pain?

Chronic diverticulitis can be very disruptive to your quality of life causing recurrent hospital admissions or living with chronic pain. Surgical intervention provides a cure for such cases with very high rates of success. Partial colectomy, in which the diseased portion of the colon is surgically resected, is reserved as a last line of treatment when conservative management has failed to control the repeated attacks or resolve the chronic pain. Advancements in minimally invasive surgery in recent years have helped many patients heal from diverticulitis and recuperate from surgery much faster. The average hospital stay after laparoscopic colectomy is 2-3 days with rapid return to normal life.

If you're living with chronic symptoms from diverticulitis, it may be time to explore the surgical options.

Dr. Samuel Ibrahim is a former assistant professor of surgery at Cleveland Clinic. He is currently a member of Desert Doctors and is in private practice in the Coachella Valley with an office in La Quinta. He can be reached at (760) 837.7910 or www.ibrahimsurgery.com or www.DesertDoctors.org.

Health is a Choice

medicine, have added a layer of credibility to the information presented."

First and foremost, I want to thank Dr. Presser for writing such a comprehensive, informative book. *An Empowering Guide to Lung Cancer* is an encyclopedia of the disease, a multitude of education, diagnoses and treatments outlined in an easy-to-read form. He covers and recommends both medical and complementary therapies and shares what has worked for him and his patients.

Dr. Presser also talks about empowerment and how important it is in healing. He writes about the patient/doctor relationship and outlines all the questions you should ask, which would have been invaluable to me when I was battling the disease. He provides answers on where to find support and how to put together your "dream team" to help you through your research, diagnoses, treatments and most importantly, the aftermath, which in my case still affects my day-to-day living.

This information didn't exist when I was diagnosed - no dream team, no minimally invasive thoracic surgery, and most importantly, no complementary alternative therapies encouraged by doctors. I used supplements, meditation, self-help books and yoga throughout my radiation treatments, and while I'm sure the surgery and radiation were primarily responsible for eradicating my cancer, being my own

Continued from page 1

advocate was the most empowering thing I could do for myself.

My biggest takeaway from his book is Dr. Presser's true passion for doing all he can to attack this dreaded disease with the most advanced medical and technical thinking. He is an avid speaker on lung cancer prevention and a champion for changing the dynamic of lung cancer treatment. His advocacy for minimally invasive surgery which results in less scarring, less down time, and getting patients back to enjoying their lives shows just how far the medical world has advanced.

I think Dr. Presser says it best: "The book lays out a blueprint for anyone to be able to investigate and research what their best mode of lung cancer treatment could be." I would encourage anyone facing - not only lung cancer, but any life-threatening disease - to read *An Empowering Guide to Lung Cancer*.

Reesa Manning is a retired financial advisor who enjoys traveling with her husband Steve and living a healthy and fulfilling life. *An Empowering Guide to Lung Cancer* is available on Amazon.com. For more from Dr. Presser visit www.EricPresserMD.com.



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PAIN: Avoid Opioids by Treating the Cause

By Vincent Kambe, PT, DPT, OCS

In 2015 more people in the United States died from drug overdose than car accidents and gun homicides combined.¹ It is no secret that our country is going through an opioid epidemic. How did we get here? And if not with medication, then how should we be treating pain?

Studies in the 1980s indicated little concern about the risks of prescribing opioids for pain and pharmaceutical companies began heavily marketing drugs such as oxycodone, hydrocodone, and codeine. Current reports from the CDC indicate that 91 people die from opioids in the United States every day. A researcher from the University of Arkansas found that if a person is prescribed a ten-day course, there is a 20 percent chance they will still be on pain killers one year later. In addition to their highly addictive nature, opioids are often a poor choice for pain. In recent studies these drugs were shown to lack effectiveness with treating chronic low back pain.² Why would they be effective? Their purpose is to reduce the sensation of pain by interrupting the signal of pain to the brain.

It is time we start treating the cause of symptoms and not the symptoms themselves.

Musculoskeletal pain such as low back, neck, and knee pain and osteoarthritis account for a large portion of the visits to health care professionals. Pain is a complex symphony of a stress, or perceived stress, on the body which sends a signal through the nervous system to the brain, where it is interpreted and distinguished as a threat or not. If the brain determines it to be a problem, we experience the sensation of pain. As previously noted, opioids simply reduce the sensation of pain by interrupting the signal to the brain. The stress that started the warning system is never addressed. Many times that stress on our knees, neck, shoulders or low back can be caused by incorrect habitual movement, weakness, poor muscle control, or lack of mobility. Addressing these issues through prescribed exercise is a much more effective way to treat the problem. The Centers for Disease Control (CDC) notes evidence that exercise as part of physical therapy intervention is effective in treating low back pain, hip pain, knee osteoarthritis and fibromyalgia.³

Our outlook on pain management is promising. The current guidelines from the American College of Physicians (ACP) for treating low back pain are consistent with the CDC recommendations. The group recommends spinal mobilization for acute low back pain.⁴ Spinal mobilizations are performed by physical therapists, doctors of osteopathy and chiropractors. A study in Spine supports the findings, stating that patients have a 95 percent chance of a favorable outcome with spinal manipulation if certain criteria are present⁵; one of the criteria is the presence of pain for less than 16 days. For chronic low back pain lasting longer than 90 days, the ACP recommends exercise and other components of physical therapy as well.

For far too long we have been treating the symptoms and not the cause of pain. The evidence and shift in health care towards treating musculoskeletal pain with exercise and movement is promising. In addition to better outcomes, these interventions are much safer than the use of opioids.

Vincent Kambe, PT, DPT, OCS is the clinic director for Avid Physical Therapy. He is a doctor of physical therapy and orthopedic certified specialist and can be reached at vince@avidphysicaltherapy.com

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As business leaders, Avid Physical Therapy partners with the three local school districts to deliver work-based learning programs for high school career academies. These academies are three- to four-year programs focused around specific industries such as health care, digital arts, culinary arts and renewable energy. There are a total of thirty-four academies located at eleven high schools within the three local K-12 districts.

Academy students take on a full college-prep academic schedule like all other high school students in addition to a series of career-themed technical courses that allow them to explore future careers and develop skills before they graduate. Academy students also gain real-world experience through a series of work-based learning programs that build to robust and invaluable internships during their senior year. Businesses who host these students have an opportunity to groom their next generation of talent.

Does it work?

Avid has been involved in OneFuture's business engagement team for the last five years. We provide internships, job shadowing, mentorship and advisory council input to all six medical and health related academies in local high schools. We also partner with other medical and health-related professionals to assist these businesses in starting their work-based learning programs and internships.

This opportunity has provided us with students who will become future employees who understand our medical and business culture and what it takes to provide the best medical and patient service while working in a team environment. Our current staff includes full- and part-time aides who were high school interns with us and now attend college. We also have two soon-to-be college graduates who will be going on to graduate school in physical therapy and joining our team when they complete their doctorate.

One of our business engagement team members, Michael Bills, director of human resources for JW Marriott, provides internships in culinary, recreation, health and wellness, loss prevention, engineering, horticulture, finance and accounting. Local students come from the designated academies providing the learning programs and coursework for these internships.

Imagine mentoring and training your future employees while they are in high school and ready to join your team once they graduate. The experience for both businesses and students can be life changing.

Bob Kambe is co-chair of OneFuture's business engagement team as well as director of business development for the Avid Physical Therapy Clinics. For more information, visit www.onefuturecv.org and click "Learn More" by the Work-Based Learning icon to sign-on, or contact Bob at bob@avidphysicaltherapy.com.



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How to Boost Your Practice's Online Visibility

By Isning Gamez

Managing a medical practice is different from promoting your agency or brand. Medical practices are synonymous with professionalism and tact, but that doesn't mean that there isn't a way to utilize marketing strategies for business growth.

It's all about understanding the style and tone of the practice, targeting the audience, and reaching your current and prospective patients. Following are marketing tips and tools for medical practices to consider:

Make sure your website is responsive and up to date. Before considering other strategies for boosting online visibility, you should focus on the main target: your website, the visual selling point of your medical practice. It won't matter whether you're the best practitioner in the country if your website is outdated and not user-friendly. Online users are visually stimulated, and they want their information at the touch of a button.

Invest in good web design that's responsive on all devices: desk top, smart phone, tablet, etc. In the current e-commerce age, you should also incorporate an online appointment booking feature allowing patients to schedule their appointments online with no hassle.

Remember to remind them. Email and text message mobile marketing are brilliant tools to have in place. You already have your patient's information, so continue communication via messages reminding them of appointments, or email newsletters sharing the latest information and events.

Show up in search results. According to the Pew Research Center, searches for online health information are the third most popular online activity, and 72% of Internet users looked online for health information in the past year. Therefore, search engine optimization (SEO) is important and, when it comes to medical practices, targeting local search terms is key. Keywords such as your city, suburb, and area should be included in both your web copy and through link-building.


You should also implement search engine marketing to increase your online visibility. This can be done via paid marketing options such as paid-per-click (PPC) advertising. Most importantly, don't forget to list your medical practice on Google+ which allows Google to verify your business and show your location on a map in search results.

Put yourself out there. "Become the expert. Make yourself available to local and national news centers and online and print publications to comment on current health issues." - PhysiciansPractice.com

Consider video marketing. Put yourself in the 'mindset' of your patients and their experience with your practice. Do they look agitated or bored in the waiting room? Do they ask a lot of questions or mention that they research their ailments on YouTube? Cure the boredom and control the narrative with video marketing. By investing in video production you can create promotional or informative video content that can play in the waiting room and uploaded to YouTube for reference.

It's another way to show your patients that you care and will add credibility and professionalism to your brand as well. Video marketing content can also be used on your website and social media channels.

Isning Gamez is a television producer and web designer and can be reached at (760) 610.4106. For more information, visit www.isning.com.



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HPV and the HPV Vaccines

By Brian J. Myers, ND

Human Papillomavirus (HPV) is actually a group of more than 150 related viruses. HPV commonly presents as papillomas, or warts, commonly found on genitalia, but sometimes elsewhere. They are transmitted by skin-to-skin contact and are the most common sexually transmitted infection (STI) in the U.S. and Canada. About 79 million Americans are currently infected with HPV, with about 14 million people newly infected each year. HPV is so common that most sexually active men and women will get at least one type of HPV at some point in their lives. Fortunately, most cases of HPV resolve themselves and do not cause any health problems.

Some HPV types can lead to cancers, including throat, anal, penile, vaginal, and cervical cancers. HPV has been implicated in 99.7% of all cervical squamous cell cancer cases worldwide. Cervical cancer is the first cancer recognized by the World Health Organization (WHO) to be 100% attributable to an infection. In response, vaccinations to some of the more troubling strains of HPV have been developed.

Originally, two vaccines were developed: Gardasil which protects against types 6, 11, 16, and 18, and Cervarix which only protects against types 16 and 18. Recently, a new vaccine called Gardasil 9 was developed for the prevention of cancers caused by HPV (targeting those strands) and since the end of 2016, it is the only HPV vaccine distributed in the U.S. None of these vaccines clear infections already present and they do not prevent cancer, but they do purport to protect against future HPV infections to the above-mentioned strains respectively.

The Center for Disease Control (CDC) recommends two doses of HPV vaccine six to twelve months apart for teens 11 or 12 years old. The vaccine is recommended for women through age 26 and men through age 21.

Compliance for this particular vaccine has been the lowest of any in the regular schedule, partly because doctors haven't been recommending it, and also due to the backlash response to an aggressive lobbying campaign by Merck, its creator. Merck also funded the original safety study, as well as most of the subsequent studies. In addition, the amount of aluminum used in Gardasil 9 is more than twice that used in the other vaccines, which is concerning given the known danger to human neurology as stated by the American Academy of Pediatrics in 1996.

In clinical trials, the two placebos used in the double-blind placebo-controlled phase II studies both contained aluminum, thus not factoring out the potential harm of aluminum. This approach was adopted for the subsequent safety studies, including phase III studies. To be fair, aluminum has been used for decades in vaccines. There have also been reports of death and the development of certain chronic pathologies following vaccination. The FDA and the CDC response is that they have not identified any themes implicating the vaccine in these adverse outcomes. Further, we won't know for years if this vaccine has a positive impact on cervical cancer incidence.

There's certainly much more to learn. I hope this challenges you to learn more on your own, from all perspectives. I encourage you to have a discussion with your health care provider and with your loved ones to decide if this immunization is right for you and your family.

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

References available upon request.

Acupuncture and Fertility

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

Acupuncture, frequently combined with herbal medicine, has been used for centuries to treat infertility. Recently several studies from Scandinavia, the U.S. and Israel have confirmed the positive role acupuncture has in combating infertility.

Stress is a recognized factor in reducing fertility. Because of the delicate balance between the hypothalamus, pituitary, and reproductive glands, stress can prevent ovulation entirely. Stress can also create spasms in both the fallopian tubes and the uterus, which can interfere with movement and implantation of a fertilized egg. By balancing body hormones and stimulating endorphins, acupuncture is a proven method of reducing stress.

Acupuncture may also help to get to the root cause of female infertility by balancing the endocrine system, changing hormone levels that could be disrupting the pituitary balance required by the reproductive cycle, and stimulating the hypothalamus to effectively balance the endocrine system and its hormones. Additionally, by directing blood flow to the uterus and ovaries, acupuncture can help thicken the lining of the uterus, increasing the chances of conception.

When conception requires more aggressive treatments, such as in-vitro fertilization (IVF), traditional Chinese medicine (TCM) can also play an important role. In fact, when used in conjunction with western fertility treatments, TCM increases conception rates significantly. A recent study from Tel Aviv University reports that when combining IVF with TCM treatments, 65.5 percent of the test group was able to conceive, compared with 39.4 percent of the control group who received no herbal or acupuncture therapy.

Clinical observations suggest that the most effective fertility treatments involve a combination of acupuncture, herbal medicine, nutrition and traditional medicine. The goal of an infertility treatment from a Chinese medicine perspective is not just to get pregnant, but to stay pregnant and to have a healthy baby. By providing better blood flow to the ovaries and uterus, there is a stronger chance for an egg to be nourished and carried to term.

TCM can help with much more than just conception. It can also help with morning sickness, nausea, aches and pains (low back pain, for example), anxiety preparation for birth, and insomnia, among other concerns. Also notable is that TCM produces few or no side effects and is quite safe.

Today, acupuncture and TCM are gaining a recognized place in helping couples conceive. Nutrition can also play a pivotal role (see more on page 24); therefore, consulting with a nutritionist or a naturopathic doctor can also be helpful.

Dr. Sheppard is the founder of AcQpoint Wellness Center in Palm Desert and can be reached at (760) 345.2200 or www.AcQPoint.com.



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Therapeutic Yoga

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

According to the 2016 Yoga in America Study, conducted by Yoga Journal and Yoga Alliance, over 36 million people are currently practicing yoga in the U.S. with 34 percent (more than 80 million of us) reporting they are “somewhat or very likely” to do yoga in the next 12 months. However, with so many options available in the world of yoga today, it's no wonder that many just starting out may find it perplexing.

What type of class should I attend? Is all yoga the same? Do I need to go to a studio or join a gym, or will finding it on YouTube suffice? What if I have an injury or am unable to get up and down from the floor? Is yoga still something for me?

One branch of yoga that has been growing in popularity, and establishing itself as an adjunct profession to being a yoga teacher, is the field of yoga therapy. Within the past three years, the International Association of Yoga Therapists (IAYT) has established a certification standard which is quite different from the standards of yoga teacher. Yoga therapists most often begin on the path as yoga teachers and further deepen and expand their education in a formal way. The minimum standard for registered yoga teachers is a 200-hour training program; the minimum standard for yoga therapists is 800 + hours of formal study, including clinical hours and practicum.

One of the main differences between yoga classes and yoga therapy is the understanding of individual needs and differences. A yoga therapist will often work one-on-one with clients to support them in using the many principles of yoga in achieving a particular spiritual, psychological or physical goal. The tools utilized may incorporate physical postures, breath practices, educational teachings, yoga philosophy, mantra, meditation, imagery, and methods of deep relaxation.

IAYT defines yoga therapy as: “The process of empowering individuals to progress toward improved health and wellbeing through the application of the teachings and practices of yoga.”

So, back to the question, if you have trouble getting up and down from the floor, or are recovering or suffering from an ailment, is yoga for you?

In the 11 years as a yoga therapist here in the Coachella Valley, I have seen quite a variety of clients. They include people recovering from open heart surgery, joint replacement, abdominal or reconstructive surgery; those who suffer from back pain, emotional trauma and grief; as well as those needing spiritual counseling. Stress underlies most of these situations and everyone benefits from how yoga supports them in bringing greater ease and peace into their everyday lives.

Yoga is for everybody. If you can breathe, you can do yoga. If you have particular challenges, try finding a certified yoga therapist to guide you. The right yoga practice for you is the one that you create. Instead of trying a one-size-fits-all approach, we want to find a practice that supports our individual needs. And for most of us, we need to find a teacher to show us the way.

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. Email jayne@desertyogatherapy.com.

Yoga for Menopause

By Jessica Needle, ND

Yoga is a spiritual science that has been practiced for thousands of years in India and for over a century in the United States. While the ultimate goal is to achieve a transcendental state, the tools of yoga can be used to alleviate ailments of the body and mind and to improve the day-to-day lives of practitioners.

The most commonly used yoga practices are physical postures, breathing exercises, and meditation. These practices have been studied for their effect on numerous conditions that affect western populations such as asthma, diabetes, high blood pressure, and even menopausal symptoms.

Menopause can be a stressful time when the brain is affected by erratic hormone levels. Exercise is known to reduce stress, and the good news for those who don't like traditional forms of physical activity is that yoga reduces menopausal symptoms and perceived stress better than other forms of exercise.²

One of the most common symptoms that affect women in the peri- and post-menopausal periods is hot flashes. Prevention magazine cites a study reporting that yoga can reduce hot flashes by 31% while also improving mood, libido, and craving control.¹

Another frustrating symptom is memory loss. Yoga has been shown to improve remote memory, attention and concentration, and immediate recognition and retention of information.²


There are many styles of yoga, and the more aggressive types often exacerbate symptoms due to their focus on generating heat in the body. These include Vinyasa flow, power yoga, Ashtanga, and Bikram. Gentle and restorative classes and poses are a better choice for mitigating symptoms. Yin yoga uses floor-based postures that are held for 3-5 minutes, stretching muscles and joints slowly. Iyengar yoga uses props to help support the body and achieve proper alignment in those with limited flexibility, making this an excellent type of yoga practice for beginners.

Patricia Walden, a well-known Iyengar yoga instructor, recommends calming and restorative poses to relieve anxiety and irritability. Inversions are excellent for regulating the endocrine system, but instead of headstand, try supported bridge pose using bolsters, or shoulder stand and plow using a chair. Place your head on a bolster when doing forward bends, and use as many blankets as necessary to achieve total relaxation in reclined cobbler's pose.³ These poses can be found via online illustrations or videos, or consult the assistance of a qualified teacher.

When you practice yoga regularly, you can ease the transition that happens during menopause while reaping the benefits that contribute to overall good health: increased strength and flexibility, enhanced energy, mental clarity, healthy organs, and the ability to live in the present moment.

Dr. Needle received her yoga instructor certification from Sivananda Yoga Vedanta Centres International. She is a naturopathic doctor at Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.

References: 1) <http://www.prevention.com/fitness/yoga/10-yoga-poses-to-relieve-menopause-symptoms/slide/1>; 2) Nirmala Vaze and Sulabha Joshi. Yoga and menopausal transition. Journal of Midlife Health. July – Dec. 2010. V 1(2), pp. 56 – 58; 3) <https://www.yogajournal.com/lifestyle/the-graceful-change>



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Living Wellness

with Jennifer Di Francesco



The Power of Silence

Summer adventure led me to one of the youngest islands in the world - Iceland. This frontier land of fire and ice, as Icelanders call it, is also a land of wonder and astonishing silence. The absence of trees covering most of the volcanic land mass results in few birds chirping, creating a void that was unfamiliar, yet alluring. Miles of lava rock and the marsh-like moss created a sound barrier providing a deafening silence to the terrain. For me, this silence was intoxicating.

On a daily basis, we are surrounded by a digital world and urbanization far from true peace. Silence is necessary for us to recuperate from a frenetic world and to foster intuition. Silence in downtime may elicit feelings of guilt, yet the exact opposite is true: silence is a significant tool in self-healing.

The Global Wellness Summit, which is comprised of 500 wellness experts from 45 nations, gathers annually to discuss the future of wellness. For 2017, they identified eight industry trends and silence therapy was one of them emerging in spas and wellness centers as silent restaurants, silent meals, and silent spa treatments. It is no surprise that silence is increasingly selling: from noise cancelling headphones to tourism campaigns such as Finland's tagline reading "Silence Please," luring travelers to visit. A Duke University study found that two hours of silence daily results in significant cell development in the hippocampus, the brain region related to the formation of memory. As both depression and dementia are associated with the hippocampus, it's possible that silence therapy may help these conditions.

Countless cultures honor silence as a pathway to greater introspection and strengthening intuition. Imagine that over 500 years ago Polynesian navigators made countless voyages across the open sea using only their intuition, experience and vision of the ocean – without a GPS or digital device! With the influx of technology we have forgotten how to use our senses. In the Icelandic culture intuition is referred to as *innsaei*. There are three connotations to this word. It means "to see within" or to know one's self. A second explanation is "to see from the inside out" which is to have a strong inner compass. The final definition means "the sea within." This last definition recognizes the borderless nature of our inner world and that a part of nature is within us. It is impossible to quiet the mind and establish a relationship with silence without a connection with nature. Nature is the inner eye, the inner ear, and the source of intuition.

Our innermost sanctum must be free from the environmental pollutants of ambient noise so that we can listen to the silence within ourselves, and thereby understand what silence is trying to tell us. There is a message in this silence more powerful than words. In the Japanese culture silence is synonymous with "truthfulness." Our ability to hold silence dear in our everyday life may very well determine our future happiness.

Treating Eye Disease with Acupuncture and Chinese Herbs

By Stephanie H. Lee, L.Ac., Ph.D.

Acupuncture has been used for more than 3,000 years to treat eye disease. By inserting tiny needles into the skin (not in the eyes or eyeball), the therapy can help preserve vision for those with a wide range of eye conditions including dry eyes, eye floaters, cataracts, glaucoma, and macular degeneration.

When the macular begins to break down in the elderly, there is often little that western medicine can offer, particularly for dry macular degeneration, retinitis pigmentosa, Stargardt disease, and rod-cone dystrophy. A small study in China found that acupuncture was 88% effective for macular degeneration patients versus 60% effective for a control group (which received vitamins and medication).'

How does it work?

The liver meridian is often implicated in eye disease as the liver "opens to the eyes." It is the primary energy flow responsible for supporting vision health; however, all internal organs nourish the eyes as all meridians either run through the eyes, or if out of balance, can affect vision health.

Within the eyes, the following meridians have primary influence:

- sclera: lung
- eye and pupil: kidney
- cornea and iris: liver
- retina: kidney and liver
- veins and arteries: heart
- bottom eyelid: stomach
- top eyelid: spleen

For chronic conditions, the patient usually gets acupuncture once or twice per week until they see sufficient results. For acute conditions, treatment may be more frequent for a shorter period of time. Often, treatment protocol includes herbs combined with acupuncture.


Results depend on how far the condition has progressed and how permanent the nerve damage is. But about 70 to 90 percent of my patients have some improvement in their condition during the treatment sessions. Most cases I have worked with stabilize long-term as long as patients keep up with treatment, take recommended supplements, and follow diet and lifestyle modifications.

Generally, protocol for macular degeneration is two treatments per week for at least 10 weeks. Most will see improvement within the initial 10 treatments; more severe cases may need the additional follow-up visits to see benefits.

Acupuncture for eye disease is time-tested therapy with little, to no, side effects and offers hope for those seeking to improve their vision loss.

Dr. Lee is founding owner of Advanced Acupuncture & Wellness Center in Rancho Mirage and may be reached at (760) 832.7585.

Reference: 1) NJ, J., January 2011. Observation on therapeutic effect of age-related macular degeneration treated with acupuncture. Chinese Acupuncture & Moxibustion, pp. 43-5.



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The Advantages of Stretching for Knee Pain

By Sydney Pardino, MD

Staying active at all ages is one of the best ways to promote your overall health. A well-rounded exercise program should include aerobic exercise, strength-building, balance and flexibility activities. One of the most important, but least understood, activities is stretching. Stretching is key for optimum joint and muscle function – especially in the knee – and yoga is one of the best ways to stretch. Here’s why.

A quick anatomy review

The skeleton provides a framework to protect internal organs and allow movement. As with any mobile framework, however, the connecting structures are just as important. In the case of the human body, these connecting structures are the muscles, ligaments and tendons. Ligaments attach directly to bone, while muscles are attached to bone by tendons.

This attachment allows a muscle contraction to shorten or increase the angle of a joint allowing us to walk, run, jump, throw a ball, knit or peel a carrot. Muscles operate in pairs – one to shorten and one to extend. If either muscle in the pair is weak or tight, the joint doesn’t function properly, leading to pain, stiffness and even deformity over time.

The knee joint

Your knee is basically a hinge, which can bend and straighten, although it can rotate slightly as well. It joins the large bone in your thigh (femur) to the shin bone (tibia) and kneecap (patella). Muscles, ligaments and tendons in the calf and thigh provide the support and mobility your knee needs. As one of the largest weight-bearing joints in the body, your knee is subject to considerable stress every day. I see patients with knee pain quite frequently. They may also have symptoms such as swelling, stiffness, redness or heat in the knee, popping or crunching noises with movement and an inability to fully straighten the knee. Knee pain can be the result of an injury, such as a fracture or ligament tear, an inflammatory process like bursitis or tendinitis, overuse, arthritis or a dislocated kneecap.

Knee pain risk factors

As noted above, your knees get a workout every day. Women are more susceptible to knee joint injuries for two reasons. First, they tend to be a little more flexible than men. This flexibility, however, may be achieved at the expense of joint stability. Estrogen may also play a role, as it affects joint flexibility. A woman’s wider pelvis also puts more stress on the knee joints.

Accumulated trauma in both men and women can take a toll, leading to degenerative arthritis from wear and tear. Injuries such as fractures, dislocations, sprains and strains increase the risk of further injury and can result in residual pain. Being overweight increases the stress on the knee joint and can lead to cartilage breakdown, which allows bone-on-bone friction and can literally grind the bone away. One of the more common reasons for knee pain, however, is a lack of flexibility.

Why flexibility matters

In order to bend or straighten the knee, you must have muscles that are strong enough to perform that motion. However, if the muscles or other supporting structures (tendons and ligaments) are tight, they are too short to allow full movement. Think of them as rubber bands – a short rubber band cannot be stretched as easily or as far as one that is longer. Moreover, when you stretch a tight muscle or ligament, it may go into spasm or even tear if stretched too far. Tight, weak muscles give your knee less support and increase the risk of injury because they don’t absorb stress on the joint. In order to prevent or combat knee problems, you need a regular stretching program as well as muscle strengthening exercises. Yoga does both of these.

Yoga and flexibility

There are two kinds of stretching exercises – static and dynamic. Static stretching is taking a position in which the targeted muscles are fully stretched and held for a certain period of time, usually 20 to 60 seconds. Dynamic stretching is stretching muscles while moving. The disadvantage of static stretching is that it actually makes the muscle slightly weaker for a period of about 30 minutes. Dynamic stretching, however, increases blood supply, which warms the muscles and allows them to stretch more fully, and to use oxygen and stored fuel more effectively.

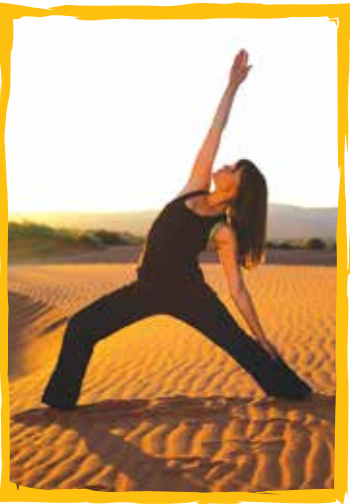
Yoga is a form of dynamic stretching in which the practitioner moves gradually from one pose to another. Yoga also takes a muscle through the full range of motion. Unlike other forms of dynamic stretching, in which speed gradually increases during the exercise, yoga is performed slowly, which makes it ideal for those who are new to a fitness program or who have knee pain. Yoga also helps promote better posture, which can reduce or relieve gait changes that result from knee pain. Finally, when practiced correctly, yoga helps the practitioner balance, steady and ease mind, body and breath, which promotes muscle relaxation and relieves stress.

Yoga and knee pain

The quadriceps muscles in the thigh are often the source of knee problems. Strengthening them can be helpful to those suffering from knee pain. Warrior poses are often useful. In these poses, the front leg is bent, while the back leg is straight. In a well-aligned warrior pose, the knee is positioned vertically over the heel – this is an excellent pose for strengthening the *vastus lateralis*, the largest and most powerful of the quads. *Trikonasana* is a straight-legged pose that can also strengthen the *vastus lateralis*. Other good knee poses include the bridge, half moon, extended side angle and extended triangle, mountain, lion, and heron poses.

We live in a beautiful desert area with many opportunities for recreation. It’s important to stay active, which means helping to keep your knees in good shape. Yoga is one way to help your knees stay healthy and adds another dimension to your exercise routine. So find a qualified instructor and get started.

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



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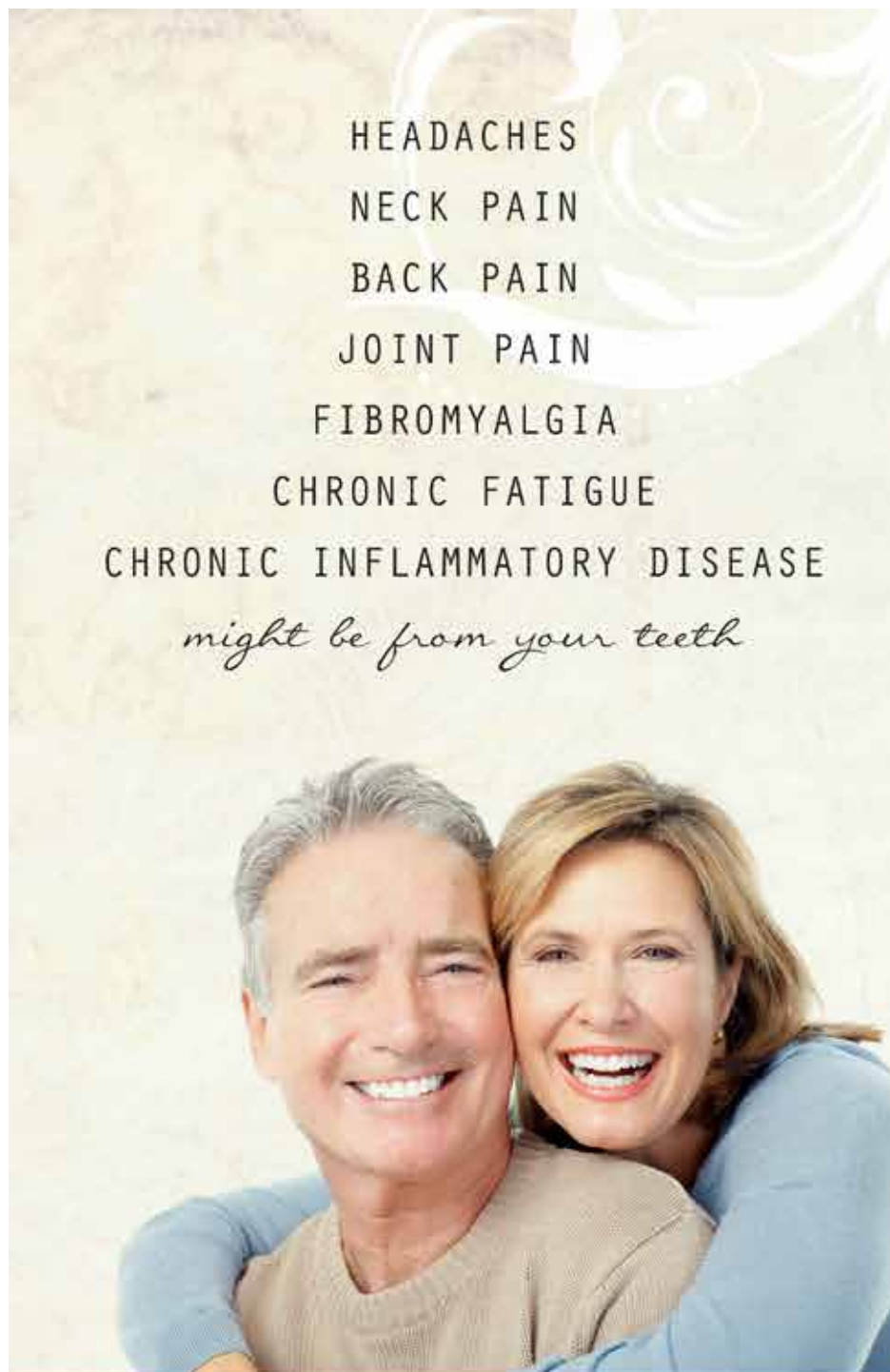
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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Three Tools to Lower Anxiety

One of the best parts of medical school was a group of girlfriends who met weekly to support each other. This same group meets through a monthly conference call and on our last call, many of us expressed that we are struggling with anxiety. It was a poignant reminder to me that the stresses in all our lives are tough to manage and that stress and anxiety are common denominators to being human.

As much as we all want to be happy, we are predominately wired towards negativity and worry. Caution is a critical survival tool and our brain is designed to constantly scan for danger. As soon as we resolve one obstacle, the brain is set up to look for the next hurdle. This stress-hormone roller coaster tends to keep our sympathetic nervous system stuck in an "ON" position and we live in a constant state of "fight or flight." This existence is self-propagating unless we choose to interrupt the cycle.

In his book, *The Upward Spiral*, UCLA science researcher Dr. Alex Korb writes, "In fact, worrying can help calm the limbic system by increasing activity in the medial prefrontal cortex and decreasing activity in the amygdala. That might seem counterintuitive but it just goes to show that if you're feeling anxiety, doing something about it – even worrying – feels better than doing nothing."

But worrying is a horrible long-term solution, so how do we actually move out of this experience? When we experience our "feel good" brain hormones such as dopamine, serotonin or oxytocin, these hormones are most commonly released in bursts and quickly dissipate unless we take steps to promote their continued release. Many of the techniques of mindfulness are useful in building and promoting positive pathways in your brain. The more we integrate activities that promote relaxation and calm, the more we increase the pathways of our para-sympathetic nervous system. Time in a "para-sympathetic" state promotes relaxation, normal gut function, and restoration of the body reserves.

There are three tools that I'd like to share to help us shift into a happy, peaceful state:

Gratitude

Loretta Breuning writes: "Negativity will engulf you unless you build yourself a positivity circuit. To do that, spend one minute looking for positives, three times a day for forty-five days. This trains your brain to look for positives the way it is already trained to look for negatives." One of my groups on Facebook recently made a commitment to try this. Each of us is setting our phone-timers to go off three times each day. When each timer rings we are spending one minute answering the question, "What am I grateful for?"

It turns out that just searching for what we are grateful actually changes our neurotransmitters. By forcing ourselves to focus on the positive aspects of our life, our brain increases serotonin production in the anterior cingulate cortex.

Continued on page 24

Undoctored: How You Can Become Smarter Than Your Doctor

A Desert Health Review

By Joseph E. Scherger, MD, MPH

William Davis is a cardiologist and author of the *Wheat Belly* books. In his latest book, *Undoctored*, Davis takes the bold position that anyone can take control over their own health and go beyond the knowledge of most physicians. Medical care will still be necessary for accidents, major infections or other life-threatening events. When it comes to prevention and managing chronic health problems, people will be better off with self-management and tapping into the wisdom of others.

Becoming "undoctored" is a three-dimensional effort. The first is to use the latest information on healthy nutrition to achieve an optimally functioning body and mind. This means a diet free of grains and sweets that drive up blood sugar and cause inflammation. Dr. Davis goes into detail as to what foods and supplements a person should consume. Limited coverage is given to other elements of a healthy lifestyle such as physical activity, stress management, restful sleep, social connectedness and a purposeful life. Davis points out that all these are aided by healthy nutrition.

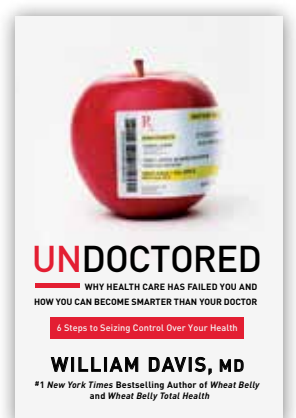
The second dimension to becoming undoctored is to use the internet to become highly knowledgeable in health and any problems you might have. With the internet, any person can become an expert in what applies to them. The modern care model includes the responsibility to become an expert in you. Davis also sees the widespread use of health-related apps by patients for health care monitoring and treatments.

The third dimension to becoming undoctored is to harness the "wisdom of crowds" as described by James Surowiecki in his book by that name (Knopf Doubleday, 2004). Using websites such as PatientsLikeMe, people can use the knowledge of many in similar circumstances and gain wisdom that will exceed even an expert in a medical condition.

As a family physician, I am not threatened by *Undoctored*. On the contrary, I support the notion that people take responsibility and even control over their own health. However, people need people to gain perspective and to act wisely. In the Internet age, your physician becomes a coach and advisor rather than the person who is supposed to know everything. If your doctor is humble, always open to learning, and genuinely cares about you, your doctor is a valuable resource. There is an old expression in medicine about doctors who try to treat themselves having a fool for a patient. It is hard to be objective with information when it comes to your own health.

I have the good fortune to know William Davis personally and become his friend. He is rightfully angry with traditional medicine in America that remains largely ignorant about healthy nutrition. Too often doctors are quick to prescribe drugs or procedures when a change in diet or other lifestyle is all that is needed. People can avoid such unnecessary and even harmful inventions by following the undoctored approach to their health. Do what William Davis prescribes and you may be fortunate to live a long and healthy life with very few medical needs.

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



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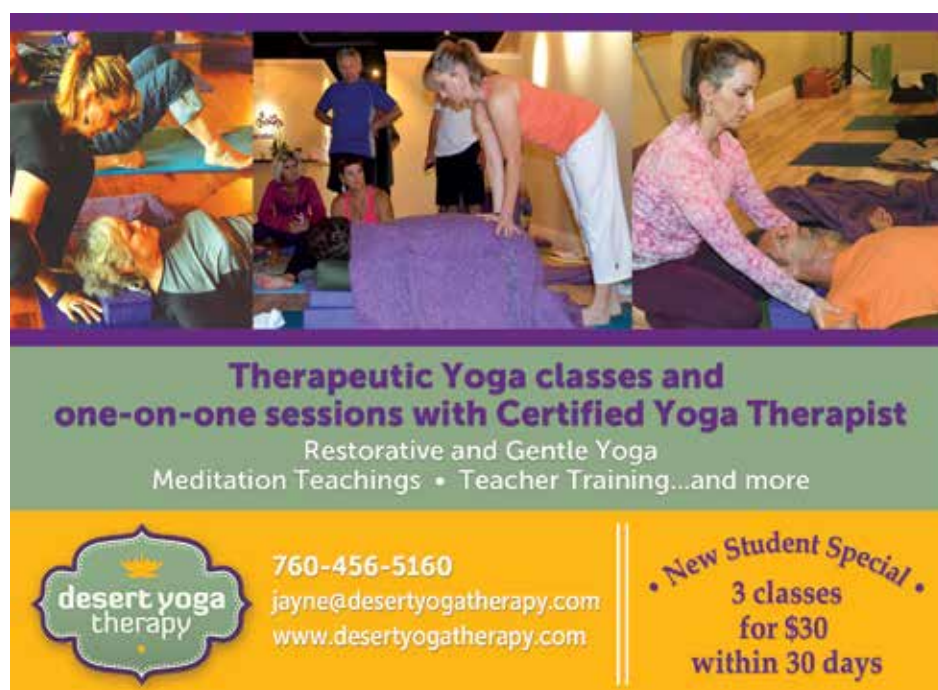
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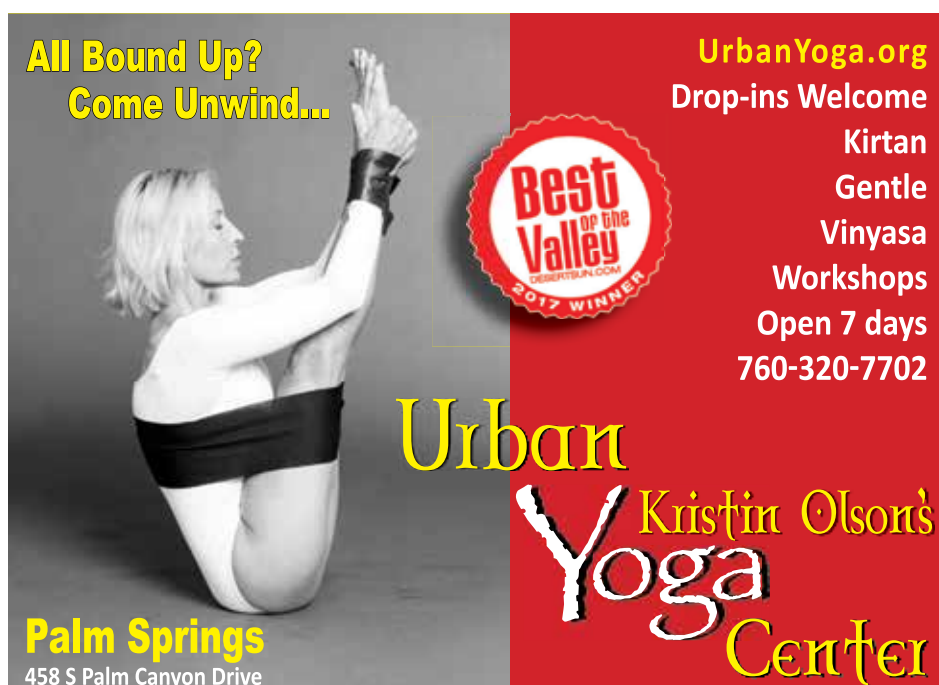


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Yoga for Hormonal Balance

By Nicole Turcotte

Hormones are essential for every activity of life! This includes the processes of digestion, metabolism, growth, reproduction, and mood control. Many hormones, such as neurotransmitters, are active in more than one physical process. These chemical messengers play a vital role in optimal health and well-being.

Chakras are energy centers located within the human body that influence our being at many levels, including the physical/biological levels. You have probably heard about chakras from your yoga instructor or possibly during an energy healing session. Chakras are energy centers that are a part of our human energy shell or body (also known as the human aura) and act like informational routers that receive and transmit energy. Their functions are very intricate as this energy system communicates with the body via biological systems, mainly endocrine glands and the nervous system (hormones are part of your endocrine system). This communication helps keep the body balanced and healthy.

This hormonal and energetic information makes it possible for us to interact with the surrounding environment (energy-informational field) and people. We all get some energy from the food we eat, but our food consumption cannot cover all the energy frequencies we need to survive every day. If we consider the entire spectrum of energy frequencies the human body needs to thrive and survive, then there must be other sources of energy that exist within us. For instance, when the throat chakra is blocked, you may experience sore throat, neck pain, or laryngitis. Similarly, when the heart chakra is out-of-sorts, high blood pressure and heart-related problems can arise.

Modern literature from both the Western and Eastern cultures highlights the connection between each of the primary chakras and the endocrine and nervous systems, as well as the organs.

- Here are three yoga poses you can practice daily for hormonal health:
- Tree pose:** root chakra (1st chakra) establishes balance and grounding and is connected to the reproductive glands (testes in men; ovaries in women); controls sexual development and secretes sex hormones.
 - Cat/Cow pose:** sacral chakra (2nd) promotes creativity in the world of our relationships; tied to the adrenal glands; regulates the immune system and metabolism.
 - Cobra pose:** heart chakra (4th); opens us to the greater possibilities (letting your guard down) connected to the thymus gland; regulates the immune system.
- Other chakras include the solar plexus (3rd: pancreas; regulates metabolism); throat chakra (5th: thyroid gland; regulates body temperature and metabolism); third eye chakra (6th: pituitary gland; produces hormones and governs the function of the previous five glands); crown chakra (7th: pineal gland; regulates biological cycles, including sleep).
- Having balanced hormones promotes a healthy, vibrant, and happy life, and practicing yoga supports hormonal balance.

Nicole Turcotte is a clinical nutritionist, certified yoga instructor, and consultant for Preventive Medicine Centers in Palm Springs (760) 320.4292.

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Six Pillars of Brain Health
Pillar Three: Stress Reduction

This is the third of a six-part series on brain health from Deborah Schrameck, NC, PT, of the Eisenhower Wellness Institute.

Do you have people you gravitate towards or a place you go when you have had a stressful day? Nan was always that person and place for me. There was nothing in the world like hugging my grandmother to shift my state from traumatized teen to one totally relaxed, loved and adored.

Stress! It is a natural part of life. For two years in a row, the annual stress survey commissioned by the American Psychological Association has found that about 25% of Americans are experiencing HIGH levels of stress (rating their stress level as 8 or more on a 10-point scale), while another 50% report moderate levels of stress (a score of 4 to 7).¹

When it comes to our brain health, chronic stress has been shown to be detrimental and linked to cognitive decline. Short-term stress raises levels of cortisol, the so-called stress hormone, for short periods which can be beneficial; however, long-term stress can lead to prolonged increases in cortisol, which can be toxic to the brain. Scientists suspect high levels of cortisol over long periods are key contributors to Alzheimer's and other forms of dementia, which severely impair short-term memory and other cognitive functions.

Research has endeavored to understand, alleviate and cure Alzheimer's, dementia and cognitive impairment over the last decade. Great strides have been made toward interventions that focus on reducing stress, a leading factor.

A team of researchers at Beth Israel Deaconess Medical Center used meditation and mindfulness as an intervention for halting the progression of dementia in people diagnosed with mild cognitive impairment (MCI). Following the trials, researchers observed positive results slowing cognitive decline.²

Meditate to preserve our aging brains. A study from UCLA found that long-term

meditators had a higher volume of gray matter throughout the brain.³

Meditate to change brain volume in key areas. A Harvard study found that eight weeks of mindfulness and meditation could actually change the structure of the brain pointing to an increase in cortical thickness in the hippocampus which manages learning and memory.⁴

Meditate; it's worth a try. Meditation is not a cure-all for our brain health, but there's certainly a lot of evidence that it can benefit those who practice it regularly. Just a few minutes of meditation daily may make a big difference.

Deborah's Meditation 101

Close your eyes. Sit up straight with both feet on the floor.

Focus on your breath; slowly inhale through your nose, feel the breath open your chest and fill your abdomen. Reverse the process as you exhale.

Recite a positive mantra silently or out loud such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths.

Let any distracting thoughts float by like clouds.

Repeat.

Try 5 minutes at first and work your way up to 20.

Let's put the first three pillars of brain health together: find a group or class combining meditation and movement, like yoga. In a class setting you are being social (pillar 1), you are moving (pillar 2) and you are reducing your stress with meditation (pillar 3).

I am personally learning to move from mind FULL to mindful. See you in class.

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

References available upon request.



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Fatty Liver on the Rise

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

Non-alcoholic fatty liver disease (NAFLD) is an inflammation of the liver caused by an accumulation of fat deposits in liver tissue. Today, “fatty liver” closely mirrors the global epidemics of obesity and type 2 diabetes.

Since its first description in the early 1980s as “a poorly understood and hitherto unnamed liver disease,” NAFLD is now considered to be the most common liver disease in the western world. A recent article appearing in the *Journal of Hepatology* estimates its prevalence in the U.S. general population between 25-46%, and up to 28% of obese children.

NAFLD has no approved pharmacological therapy. In other words, there are no drugs to treat this disorder, and alarmingly, the number of cases is expected to exceed over 100 million by 2030 unless lifestyle changes occur.

In individual cases, if NAFLD progresses past the inflammatory stage it can lead to scarring, fibrosis, oxidative and mitochondrial damage and eventually cirrhosis of the liver tissue, resulting in a more severe condition called non-alcoholic steatohepatitis (NASH). It has been estimated that 5-8% of NASH patients develop cirrhosis within five years, making NASH the third leading indication for liver transplantation in the U.S.

NAFLD is often asymptomatic in the beginning. However, even in early stages, routine blood tests can reveal elevations in liver enzymes known as GGT, ALT, and AST. Additionally, often present are markedly elevated triglycerides, low HDL cholesterol, elevated fasting insulin, elevated hA1c, increased fasting blood glucose, and low testosterone in men. In some cases, an ultrasound examination of the liver may be warranted.

Known risk factors for developing NAFLD include:

- Obesity (a BMI over 30 and/or waist circumference more than 1/2 their height);
- Type 2 diabetes and insulin resistance;
- Lack of physical activity (sedentary lifestyle);

- Diet high in processed grains, fructose, fast food, and sugar-sweetened drinks;
- Hypothyroidism;
- Low testosterone in men;
- Polycystic ovary disease in women;
- Sleep apnea;
- Chronic hepatitis C;
- Celiac disease;
- Phosphatidylcholine and NAD deficiency;
- Genetic variants in the PEMT, PNPLA3, MTHFD1, and MTHFR genes;
- Leaky gut syndrome.

The good news is there are several ways to reverse and even completely resolve NAFLD if caught early.

The single best way is to lose weight. A 3-5% body weight loss will reduce steatosis. Both aerobic and resistance exercise a minimum of 150 minutes per week is also very beneficial. There is also ample, science-based evidence that certain nutritional supplements help, including the following:

- phosphatidylcholine (750 mg/day)
- berberine (750 mg/day)
- curcumin (phytosome; 500 mg/ 2xday)
- vitamin E (500-800 IU daily)
- silybin (phytosome) or milk thistle (180 mg/day)
- pantethine (500-750 mg/day)
- NAC (1200 mg/day)
- alpha lipoic acid (300-600 mg/day)
- melatonin (3-20 mg/day)
- betaine or trimethylglycine (TMG; 500 mg/day)
- prebiotics such as inulin and probiotics
- nicotinamide riboside (100 mg/day)

Prevention through exercise and diet is the primary way to alleviate this growing epidemic, and it is never too late to start. As with any treatment protocol, it is important to consult your health care provider before beginning a supplementation program such as this.

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

References available upon request.

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Are You Ready for the “Holidaze”?

By Cindy Kleine

Let’s face it, most people love autumn, especially here in the desert. The weather cools off a little bit, football is in the air, the kids are back in school, and right around the corner is holiday fun!

Most of the regular holidays we enjoy such as Halloween, Thanksgiving, Yom Kippur and Christmas occur on a specific date or within the “holiday season.” The same holds true for the annual enrollment period (or AEP) for Medicare.

Just like the holidays, Medicare’s AEP is the same every year, from October 15th to December 7th. During AEP, you can add, drop or switch your Medicare coverage. There are many similarities between the holidays and annual enrollment period, and I want to share a few to make my point.

Like Santa Claus who watches all year to see who has been naughty or nice, the Medicare program rates all health and prescription drug plans each year. These evaluations are based on a plan’s quality and performance. Medicare then provides a “star rating” to each plan. The star rating helps folks make informed decisions on who is doing a good job (nice) or the overall performance of a plan. Shoppers who are looking for a new plan can use star ratings as a guide to compare one plan’s performance to another. A total of five stars is the highest mark. Star ratings should be remembered like the star at the top of a Christmas tree: the more points the better.

My second comparison are the retailers. Retailers start their advertising for holiday shopping early in the season and so do insurance companies. October 1 (immediately after Yom Kippur) is the first day insurance companies can advertise their new plans. Prior to the unveiling of their plans, companies are required to mail them out as an “Annual Notice of Change” (ANOC) to their customers. The large thick booklet reminds me of the toy catalog of years past. While not nearly as exciting, the information in this booklet is very important. It will alert you to the changes in your plan’s benefits, coverages, costs, co-pays, deductibles, formulary, maximum out-of-pocket and the service area. Medicare Advantage Plans (MA), (MAPD), (PPO) and (Prescription Drug plans- PDP) are required to provide you with the ANOC.

So our holiday season starts with every retailer and insurance company vying for our business. Mass mailings, TV commercials, radio ads and invitations to attend community meetings... If only they were all party invites, life would surely be grand!

Don’t be a Grinch, but a wise shopper! The community meetings and the professionals who conduct them will save you time and help you to make informed decisions. They will cover the new benefits for the upcoming year and be readily available to enroll you, should that be your choice.

Then, just like the holidays, the madness is over. While we sit in front of our TVs on New Year’s Day, in our hearts we will welcome 2018 with hopes of good health, and happy that our new insurance plan is in effect.

Cindy Kleine is an independent sales agent with Kleine Financial & Insurance Solutions, Inc. in Palm Desert and serves the entire Coachella Valley (License 0B77352). For more information or a list of her community meetings, call (760) 346.9700.

Healthy Workplaces Reap Rewards 2nd Annual Workplace Wellness Award Winners

Local companies that prioritize health and wellness were recognized at the second annual Coachella Valley Workplace Wellness Awards presented by HARC, a local nonprofit that provides research and evaluation services related to health, wellness, and quality of life in the Inland Empire.

“With many working adults spending the majority of their waking hours at work, it’s critical that we make wellness in the workplace a topic of conversation,” says HARC CEO, Dr. Jenna LeComte-Hinely. “Workplace wellness programs not only benefit the individual employee, but also the community and the organization’s bottom line. Healthy employees are more productive and less absent, and have fewer injuries resulting in fewer workers’ compensation claims. In some ways, the benefits of a healthy workplace are immeasurable.”

At this year’s luncheon HARC recognized winners in three subcategories: nutrition/fitness/health screenings, safety/ergonomics, and mental health/well-being, as well as overall grand prize winners who excelled in all three. Organizations representing a wide range of industries across the Coachella Valley applied for the awards.



Desert Oasis Healthcare/Family Hospice Care, grand prize winners, large organization category



MSA Consulting, grand prize winners, small organization category (Photos by Gina Graves)

The grand prize winner among small organizations (fewer than 100 employees) was **MSA Consulting, Inc.** whose exemplary practices include healthy lunch alternatives, an in-office gym, regular safety trainings, standing desk options, flexible schedules, and mentorship programs. As a result, they have high employee morale and low absenteeism, and their turnover rate is very low.

For the second year in a row, **Desert Oasis Healthcare/Family Hospice Care (DOHC/FHC)** was the grand prize winner among large organizations (over 101 employees). DOHC/FHC provides a wide

variety of wellness programs for employees including healthy meals, smoking cessation classes, walking clubs and flu shots. They have an active safety committee and offer stress management courses as well as an employee assistance program.

Subcategory award winners included:

- **Nutrition, Fitness, Health Screenings:** United Way of the Desert (small organization); Coachella Valley Water District (large organization)
- **Safety and Ergonomics:** Friends of the Desert Mountains (small organization); Desert Arc (large organization)
- **Mental Health and Well-being:** CVEP (small organization); Hyatt Regency Indian Wells Resort and Spa (large organization)

The goal of the awards is to highlight the efforts of companies that prioritize employee health and to inspire others to start similar initiatives. HARC views workplace wellness as a critical component of community health and looks forward to hosting the third annual Coachella Valley Workplace Wellness Awards in June 2018.

The event was made possible by Alpha Care, College of the Desert, Desert AIDS Project, Regional Access Project Foundation, Spotlight 29 Casino/Twenty-Nine Palms Band of Mission Indians, California State University San Bernardino Palm Desert Campus, and Clinicas de Salud del Pueblo. A special thanks to Master of Ceremonies, Janet Zappala of KMIR-KPSE.

For more information, contact HARC at (760) 404.1945 or visit www.HARCdata.org.

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Fertility for men and woman can be affected by a range of factors - age, lifestyle, and genetics. However, natural fertility enhancement is easily attainable with diet, nutrition, stress management, and specific nutraceutical supplements. Addressing fertility concerns can be daunting, but with a few simple changes many couples are able to conceive healthy babies without additional medical interventions.

Stress management. Stress levels affect both male and female fertility. Chronic stress is a major reason for decline in fertility due to low sperm health and lack of uterine embryo implantation enabling a fertilized egg to continue into a pregnancy. While it seems simple to say 'lower stress levels,' it can be quite difficult to achieve. To reduce stress, try gentle, stress-reducing exercise such as light hiking and yoga, get eight hours of sleep nightly, and consider time off work or a vacation. Many couples conceive during a vacation because of their lowered stress levels. It is even more helpful to plan a vacation during ovulation.

Nutrition. Optimize nutrition to enhance fertility and to conceive a healthier baby. Sperm levels and quality have dropped dramatically in the past few decades due partially to a change in men's daily nutrition. Women have hormonal irregularities that affect fertility, part of which can be tracked back to poor food quality and foods with excess hormone disrupting pesticides. Eliminate all fast foods, trans fatty acids; eat a Whole 30 or plant-based diet with organic, grass-fed animal proteins; cook fresh food; eliminate sugar; limit caffeine to 1 cup per day; limit alcohol to 3 drinks per week; drink water; and eat plenty of healthy fats such as avocado, olives, wild salmon, and coconut oil. Sperm takes 3 months to make, so within 3 months of optimizing nutrition, healthier sperm is made.

Exercise. The benefits of exercise cannot be emphasized enough in regards to enhancing fertility. Exercise enhances detox of harmful chemicals through sweat, improves blood flow to the pelvic region, regulates cortisol levels produced by chronic stress that cause inflammation and hormonal imbalances, and improves overall energy. However, excess exercise can negatively affect fertility. There is a balance between exercising moderately for 30 minutes or gently for 60 minutes 5x per week versus more extreme exercise such as vigorous weight lifting or marathon training.

Nutritional supplementation. Basic nutritional supplementation such as omega-3 fatty acids, a multivitamin-mineral, and vitamin D can rectify any nutritional deficiencies that lower fertility. It is essential for men to take vitamin D, selenium, zinc, methyl folate, and omega-3 fatty acids. It is essential for women to take omega-3 fatty acids, vitamin D, methyl folate, and a high quality multivitamin-mineral supplement. Herbal enhancements can improve fertility in women with enhanced pelvic circulation and hormone balance; however, treatments should be personalized.

There are many other factors that can limit fertility and lab tests to establish thyroid health, hormone levels, anemia, and nutritional deficiencies can determine simple causes. I encourage couples to explore options that cause infertility prior to pharmaceutical intervention but with a caution that over a certain age, these options can only be explored for a few months before pharmaceutical intervention should be considered.

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

Three Tools to Lower Anxiety

Continued from page 16

With repeated practice we increase neuron density in this track and build a self-propagating pathway to feel good.

Labeling

What about times where we feel down or even catch ourselves engaging in an automatic default activity (like eating cookies or pouring a glass of wine) to feel better? I'm finding a tool called RAIN, first described by Michele McDonald 20-some years ago, to be a helpful reset. It has four parts:

- Recognize and tell yourself what is going on (I'm standing in the pantry reaching for a cookie).
- Allow and accept the experience, just as it is (OK, I'm wanting something. Yep, I'm here reaching for a cookie).
- Investigate why (What am I feeling? Hmmm, I'm not actually hungry, but I feel empty. Why? Oh, I worked super hard at work today and nobody noticed. I'm feeling unappreciated).
- Nurture yourself, offering compassion and kindness (How would I express appreciation to a friend in this situation? I would pat their arm or give them a hug. I would tell them they had done a great job. I would thank them. OK, I can do those things for myself - I'll try patting my own arm and telling myself, "Thank you, you did an awesome job!")

In research studies using even just a couple of words to describe an emotion was shown to activate the pre-frontal cortex and reduce the activity of the limbic system and shift the emotional connection in the moment. It turns out that labeling our emotions is a powerful way to shift our experience and behaviors. Hostage negotiators use this tool, parents diffuse kids' tempers with this tool, and we can use this method to pause and shift our emotions when we catch ourselves in an unwanted state or behavior.

Connection

Connecting to people is a vital part of being happy. Repeated studies show that the more social connection, the lower the incidence of dementia. Studies of childhood development show that physical and mental growth requires emotional and physical nurture. There are many ways to encourage connection. By placing ourselves into social groups - whether by seeking friends, a book club, a bridge group, or a class, we can engage with other people and feel connected.

Human touch is another aspect of connection with incredible power. Functional MRIs of people experiencing pain demonstrate that holding the hand of a loved-one actually decreases our perception of pain. Long hugs increase our feelings of belonging and boost our performance and cognitive abilities. Hugs not only increase our levels of the neurotransmitter oxytocin, but also decrease the activity of our amygdala where our negative wiring originates. Massage also has incredible beneficial neurotransmitter effects. All three of our feel-good hormones, oxytocin, serotonin and dopamine, levels increase with massage, and massage decreases our cortisol or stress hormone.

As we move through life navigating our stressors and seeking peace of mind, I hope these tools improve your ability to lead a happy life!

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

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How Often Should I Change My Make-Up?

By Michele McDonough

To maintain that healthy facial glow, here are some helpful facts about the shelf life for your cosmetic products.

Mascara should be replaced every three months, as its liquid consistency and exposure to air every time it is opened make it more vulnerable to bacteria. Its proximity to your eye area can lead to possible infections. If you end up with conjunctivitis, commonly called "pink eye" or any other eye infections, it's best to throw your mascara away immediately! Also, be cautious when sharing your mascara with others; it is not recommended.

Liquid eyeliners present the same concerns as mascaras, so they should be replaced every six months. Pencil eyeliners, however, can last up to two years. Sharpen your pencil with each use to keep it fresh and easy to use/apply. Regularly cleaning your sharpener with a discarded toothbrush is a good idea, as well.

Most foundations should last up to one year; however, you should throw away liquid foundations if you notice any change in smell, texture or color. If you're prone to acne, consider replacing your foundation every six months and be sure to wash hands, sponges and brushes much more often.

Because of the liquid consistency of lip-gloss, it will need to be replaced more often than an actual lipstick; every 12 months is recommended. The longevity of concealers depends upon consistency. Liquid concealer should be tossed after one year; however, powder concealer can last up to two years. Non-liquid lipsticks can last up to two years, as well.

If you notice a change in color in your nail polish or even a bad smell, it's time to throw your polish away. Typically, it should last you up to two years. Some brands have expiration dates on the back of the bottle. When making a purchase, check for expiration dates before your purchase to make sure it's not old inventory! If your products do not have expiration dates, use a sharpie to note date of purchase as a freshness guide.

Powder, blush, bronzer or eyeshadow can last for two years, with proper care. And don't forget to clean your brushes often!

Heat destroys the shelf life of your favorite products, so a trick of the trade for desert dwellers is to find a handy little make-up tote and refrigerate your make-up. The bonus of refrigeration is the refreshing coolness during application!

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



Don't forget to clean your brushes often.

Why Do I Keep Getting Canker Sores?

By Amanda Beckner, CN, HHP, Ph.D.

Canker sores appear in the mouth, on the tongue, lips, cheeks and gums and can develop into ulcers, or a white swelling which can be the size of a pinhead or as large as a quarter. They cause a burning, tingling sensation that can be irritating and painful especially when eating or drinking certain types of foods. They can appear (and may disappear) quickly or linger for as long as a month.

So what causes these types of ulcers to erupt? As with many diseases, canker sores are derived from inflammation in the body. There can be many triggers, such as nutritional deficiencies, which can create unnecessary inflammation; hormone imbalances; dental issues; food allergies; excessive stress and fatigue; biting your cheek or gum during eating which creates stress to the area; failing to change your tooth brush routinely, or using a tooth paste with excess chemicals.

There are also diseases such as irritable bowel syndrome, Crohn's disease or chronic fatigue which can affect the immune system as well as the bowels. When the bowel is affected and a build-up of toxins occurs, more inflammation builds and outbreaks of the skin (your largest organ) and underlying immune responses to the additional bacteria can cause these types of ulcer outbreaks.

So, outbreaks can be a simple response to eating the wrong foods that create more acidity within the system and cause inflammation to build, or something more causing a consistent outbreak or long-lasting ulcers that don't seem to go away.

What can you do?

Cleaning up the diet, addressing hormone issues, managing stress and making sure your elimination process is working efficiently will all make a big difference on how long the canker sore(s) will last or return again. Keep in mind that drinking at least 64 ounces of water a day can enhance elimination and toxin removal from the body.

Nutritional deficiencies such as iron, L-lysine, vitamin B12 and other B-vitamins, folic acid, vitamin C and zinc have all been linked to outbreaks. Taking a quality multi-vitamin daily can help to supply nutrients you may not be getting in your diet. Garlic and olive leaf together can act as a natural antibiotic and assist with the removal of bacteria. Alfalfa and red clover can assist in cleansing the blood stream (not to be taken with certain medications or if you are pregnant).

Keeping the body more alkaline than acid is important. Try eating more salads with raw onions, asparagus and eggs (foods that are higher naturally in sulfur lowers inflammation). Limit, or preferably eliminate, your intake of inflammatory foods such as alcohol, coffee, sugars, citrus fruits, night shade veggies and processed and refined foods.

Other quick remedies include applying a 1/2 tsp. of coconut oil daily onto the area and taking orally to help rid unwanted bacteria build-up and to speed the healing process. Gargling with warm salt water can also help ease pain.

We all age and as we do, our diet should help our bodies rather than hinder the process to keep us healthy and free of unwanted pain and irritation.

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

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The Road to the Kitchen Starts at the Farm

Three valley chefs find comfort in sourcing locally

By Megan Goehring

Three Coachella Valley chefs, Amanda Nees, Lorraine Ornelas and Stephen Lee, all make a point to source the majority of their ingredients directly from small family farms rather than ordering from a produce broker or food purveyor. When asked why they choose to conduct these weekly interactions themselves rather than outsourcing to timesaving middlemen, the responses differed, but crossed over in significant ways.

Amanda Nees is a Coachella Valley native. She grew up in North Shore and attended CVHS. Her concept of “family” was always bound up in food traditions, whether gathering at the dinner table or harvesting vegetables from her grandmother’s garden. Like many young people from the desert, she was eager to shake the sand out of her shoes and headed to culinary school in Los Angeles before landing her first job in a big restaurant in Hawaii. After returning to the mainland to create meal plans for the Anneliese private school in Laguna Beach, she “returned to the soil” assisting children in the school’s farm-to-table curriculum. In February of 2017, Amanda completed the circle by starting a private chef business, *Prepped By Ace*, in Palm Desert and feels that buying most of her produce and all of her meat from the CV Certified Farmers Markets not only helps her community and improves the nutritional value of her clients’ meals, but also connects back to the values instilled by her family.

Lorraine Ornelas hails from farther north, her childhood home surrounded on all sides by the wide farms of Kingsburg, CA. During her culinary training in San Francisco, “farm-to-table” wasn’t a newfangled fad, it was “all there was.” She too took a detour from the agrarian life, but it led here to the desert, working for 8 years as a pastry chef at the Marriott Desert Springs Resort, then 8 years as a personal chef to President Ford’s family. Those demanding positions prepared her for the rigor of entrepreneurship when she opened *Luscious Lorraine’s* restaurant. At first, she found it difficult to source the best ingredients, but when our local farmers markets opened in 2008, she could finally stop begging her L.A. farmer resources to swing down to the desert. In high season, she orders 85% of her ingredients directly from CVCFM farms.

Stephen Lee travelled the longest journey of all three chefs to make the desert his base of operations. Coming of age during the Seattle “Food Revolution” he lived near the Picardo P-Patch, one of the earliest municipally supported urban gardens. Starting as a teen in Seattle restaurants, he learned the culinary trade from the bottom up and then took time off to work on farms in Washington, Oregon and California where he experienced his “Ah-ha!” moment, finally understanding the “culture of agriculture” as he worked his way back through the food chain. Now an urban farmer in Palm Springs, his intimate understanding of the interdependence of farmers and consumers helped shape his deep respect for the people providing the base ingredients for our sustenance. His recent stint as a finalist on FOX’s *MasterChef* program did nothing to dim his devotion, and his cart is an ever-present fixture at the CVCFM locations.

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

Creamy Vegan Alfredo Sauce

By Dipika Patel

Summer is coming to an end and fall is here. As the days are getting shorter, and the evenings are getting darker, the desire to eat warmer wholesome foods begins to set in. It is almost like a trigger in our brain; like a bear getting ready to hibernate for winter. The cravings for something yummy, warm and full of satisfying flavors, and textures... “Something gooey,” I hear you say...

Even though our summer days are changing into fall, it is important to remember to continue to eat clean and healthy; to make conscious decisions based on your bodily needs.

Here is a recipe that a close friend shared with me (of course, I made some tweaks).

You’ll need:

- 1 tsp olive oil or avocado oil
- 1 small yellow onion, finely chopped
- 4 garlic cloves, crushed (more if you like the taste of garlic)
- 1 medium cauliflower, chopped including stem
- 2-3 tbsp of nutritional yeast (when in doubt add more)
- 1 tbsp fresh lemon juice
- 1 – 1 ½ cup vegetable stock (or I like my own homemade bone broth)
- 1-2 tsp sea salt (I love Maldon sea salt)
- ½ tsp Braggs Aminos or soy sauce
- Optional: 1 tbsp. European butter, ghee or olive oil

Directions:

1. Heat oil in a medium-sized pot over medium heat, add in the onions. Let it cook for a about 3-5 minutes (keep on medium heat) until the onions have gone soft and translucent (you are not trying to brown the onions as this will make your sauce look discolored and dark).
2. Add garlic and cook for a minute.
3. Add the chopped cauliflower, stir and cover for 5 minutes until a little soft. I do like to cook it so it is a little golden brown, then add the stock into the pan, cover and cook until the cauliflower is tender and soft.
4. Transfer mixture to a blender.
5. Add salt, nutritional yeast and butter/ghee/oil and blend until nice and smooth (I would recommend that you add in the salt and nutritional yeast a little at a time, as some people like light salt and light nutritional yeast).
6. Ready to serve on top of pasta, zucchini noodles, baked spaghetti squash or even roasted vegetables!

This sauce is best when served immediately as it does thicken as it cools. It doesn’t seem to keep that well when you make it in advance; however, you can thin the sauce with additional vegetable broth or homemade bone broth. You can also use this recipe for some of the more exotic creamy dishes like Indian style korma, or a cream-based dish. Just create the sauce the same way, add in some spices, and voila! Enjoy.

Dipika is a certified holistic health coach and lifestyle practitioner. Her expertise in holistic health services empowers her clients to activate a lifestyle with balanced mind, body and soul. Dipika can be reached at www.LoveYourLifeHealthy.com or (760) 821.3119.



Fall weather can enhance cravings for creamy foods.

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Cauliflower Crust Pizza

You can still have your favorite pizza, even if you are avoiding carbs or gluten with, yes, cauliflower!

A member of the cancer-fighting cruciferous family of vegetables cauliflower contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese. And it's easy to turn this healthy vegetable into a satisfying crust for your favorite pizza toppings!



- Ingredients**

 - 1 head cauliflower, stalk removed
 - 2 eggs, lightly beaten
 - 1/4 cup almond or tapioca flour (I prefer tapioca for texture)
- 1 tsp. dried oregano
 - 1 tsp dried basil
 - 1/2 tsp. garlic powder
 - Sea salt and freshly ground black pepper

- Preparation**

 1. Preheat your oven to 400 F.
 2. Place the cauliflower in a food processor until it's fine and almost powdery. (You may want to do this in different batches.)
 3. Steam the shredded cauliflower for 3 to 4 minutes. Drain well, let cool, and strain any excess water using a dish towel. (Squeezing makes all the difference!)
 4. In a bowl, combine the cauliflower, eggs, oregano, dried basil, garlic powder, almond or tapioca flour, and season with salt and pepper to taste. Mix everything thoroughly.
 5. Transfer to a pizza pan or baking sheet and create desired shape.
6. Bake in the preheated oven for 15 to 18 minutes.
 7. Add desired toppings and bake for another 8 to 10 minutes, or until toppings are cooked.



Give this anti-inflammatory, antioxidant-rich, vegetable another chance to surprise your taste buds. This healthier crust has been known to trick even the pickiest eaters of the family into liking cauliflower!

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

Enhance Learning with Healthy Foods

By Michelle Steadman

As a parent or teacher, you want to see kids grow as physically, mentally, and academically healthy as possible. Luckily, healthy food can help achieve these goals, and there is no better time to expose them to healthy eating routines than their tender years.

Real Food vs. Junk Food

Sometimes we get confused about what quality food truly is. The attractive packaging and marketing for foods like pizzas, burgers, sugary pastries and soda entice us. They are easily accessible because companies are making them in commercial quantities, but studies show that the high levels of saturated fats and sugars in these foods can adversely affect a child's learning ability.

On the flip side, vegetables, fruits, and greens are more positive substances for kids to ingest because they are nutrient-rich with vitamins, potassium, folate, and fiber. *The Journal of School Health* has published articles supporting that kids who eat more vegetables, fruits and greens perform better in school.

Fruits and vegetables are the cleanest natural sources for energy. The nutrients derived from eating fresh vegetables, fruits and greens also help reinforce the immune system which will help kids battle colds and stay healthy, enabling learning and physical activity.

Put Fresh First

Here are some lunch box ideas to swap out:

Fruit-infused water instead of juice boxes

Juice boxes are often loaded with sugar and made from juice concentrate with high fructose corn syrup. Fruit-infused water is the real vitamin water. Put a few slices of fresh lemon, oranges or limes and turn boring water into a healthier and more refreshing drink.



Kids take pride in food they have created and are excited to eat it.

Fresh fruit for fruit cups

Fresh fruit is always the better option. Make it fun with fruit kabobs.

Greek yogurt instead of pudding cups

Geek yogurt is very filling and high in protein. You can add honey and fruit to give it a sweeter taste.

Wraps to replace PB&J sandwiches

Here are some great alternatives to the same old PB&J.

- Add almond butter and no sugar added jelly onto a whole wheat wrap. Place a banana in the middle and roll up.
- Spread peanut butter onto the wrap, matchstick-cut apples, granola, raisins, a dash of cinnamon and roll up.
- Spread hummus onto the wrap, add their favorite meat and veggies and roll. Cut into pinwheels for easy bite-sized pieces.

Kids take pride in food they have created and are excited to eat it. These healthier options will not only give them more brain power, but are a fun way to make their school lunches together.

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



Lunch at Gelson's

No reservations needed... just bring your good taste

At Gelson's, we offer you an amazing array of delicious and convenient lunchtime choices. And did we mention? Our lunches are a terrific value.

Gelson's Service Deli chefs oversee preparation and presentation so you'll have fresh, seasonal food on a par with fine-restaurant fare.

Your deli sandwich starts with fresh bread or rolls with delicious, fresh and tasty high piled veggies or choose a choice of mouthwatering fillings, such as premium meats and cheeses. For an extra \$1.99, choose two sides from our gourmet salads.

Not in the mood for a sandwich? Try our carving cart, soup & salad bar, hot bar, or poké bar. We even have kids' favorites.

Gelson's features locally sourced and organic foods. Our Registered Dietitian Jessica Siegel offers many resources, including special selections and signature salads. In a word.. Delicious!

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11TH ANNUAL

Paint El Paseo

PINK

SATURDAY
OCTOBER 14

The Gardens on El Paseo
Palm Desert



WALK TO FIGHT CANCER!

Come walk with your community and raise valuable funds for Desert Cancer Foundation to provide cancer treatment assistance right here in the Valley.

Every dollar raised equals over \$10 in cancer care.



REGISTER NOW! 

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EL PASEO JEWELERS

Time to Paint the Town!

It's time to gather a team of family, friends, and furry companions, go pink, and help raise funds for those in need of breast cancer screening, diagnosis and treatment.

Join the Desert Cancer Foundation's 11th Annual Paint El Paseo Pink Charitable Walk Saturday, October 14. This impactful event brings the Coachella Valley together to support our uninsured or underinsured community members in need of breast cancer screening and care. We will celebrate survivors, honor those "in memory of," and be reminded of importance of screenings.

This year's Honorary Chair, Jan Harnik, will kick off the event with opening ceremonies at The Gardens on El Paseo at 8:00 a.m. before leading walkers down El Paseo and back to The Gardens. For the first time, El Paseo will be closed to traffic during the entire walk and festivities.

Paint El Paseo Pink is produced by the Desert Cancer Foundation (DCF). Founded in 1994, their mission is to help Coachella Valley residents in need of financial assistance with medical costs associated with cancer screenings, diagnosis and treatment.

Through their two patients assistance programs (Patients Assistance and Suzanne Jackson Breast Cancer Fund), DCF has funded more than \$70.7 million in cancer screening, diagnosis and treatment at a billable cost of \$8.7 million dollars. DCF has fostered valuable partnerships with Desert Regional Comprehensive Cancer Center, the Eisenhower Lucy Curci Cancer Center, physicians, imaging centers, and other health care professionals who, sharing their vision and mission, provide medical care at a reduced rate.

Desert Cancer Foundation has become an important partner in our local cancer care system as service providers refer patients in need of financial assistance. Their impact now reaches greater heights as part of Better Together, the uniting of our valley's many cancer care non-profits whose combined strength provides an exceptional model for communities throughout the country.

Come help support this much needed cause and Paint El Paseo Pink!

Paint El Paseo Pink takes place Saturday, October 14, at 8 a.m. at The Gardens on El Paseo. \$25 registration includes a T-shirt, snacks, and water. For more information, sponsorship opportunities and registration, visit call (760) 773.6554 or visit www.pepp.desertcancerfoundation.org.

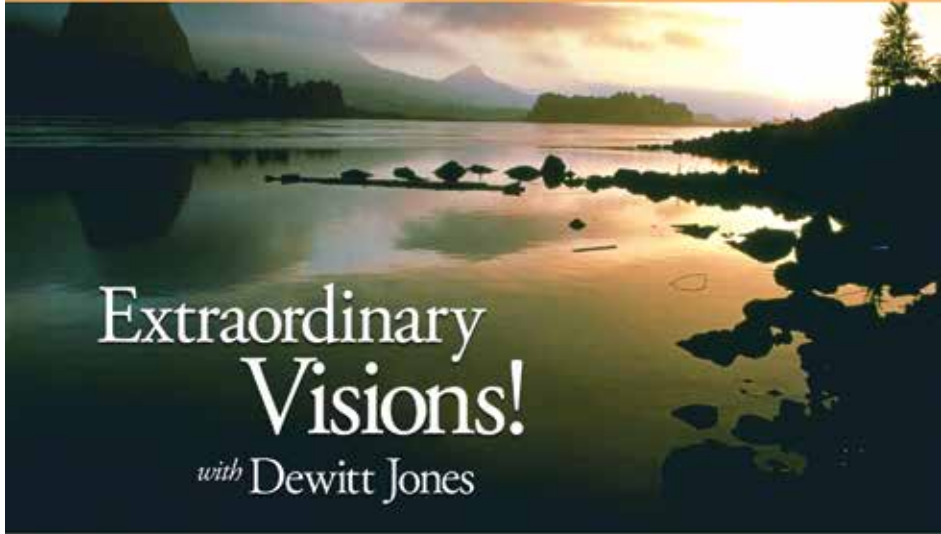


Gather friends and family for this worthy cause.



Four-legged friends are welcome, too!

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with Dewitt Jones

Celebrating what is right with the world

In his twenty year career with National Geographic, Dewitt lived the vision of celebrating what's right with the world and embraced an attitude that took him to new heights both in business and in life. He found that the creative tools he employed as a photographer had even deeper application when applied directly to his personal and professional growth.

Using his own extraordinary photographs as illustrations, Dewitt weaves a visual tapestry of emotion and content, one that allows you to touch your own passion, to balance your head with your heart, and to come away inspired with your own creative potential.

Wednesday,
September 20

Doors Open: 1:30p.m.
Movie: 2-4p.m.

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SATURDAY, NOVEMBER 18, 2017

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Registration Opens @ 7:00am | Opening Ceremony @ 8:30am

Walk Begins @ 9:00am





5K Walk/Run ♥ Health Expo ♥ Kids Zone ♥ Giveaways ♥ Awards Ceremony
Heart Healthy Snacks & Water ♥ Top Walker & Survivor VIP Area

The Coachella Valley Heart Walk celebrates those who have made lifestyle changes and encourages many more to take the pledge to live healthier lifestyles while raising the dollars needed to fund life-saving research and initiatives in our local community. We need your support. Please join us and bring your energy, your passion and your stories....

let your footsteps be heard!



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United Way of the Desert's Passport to Wellness

This fall, United Way of the Desert has your passport to wellness! The 3-tier health program helps you with your fitness goals and includes the Nine Weekly Walks, the Workplace Wellness Challenge, and the 32nd Annual Palm Springs Aerial Tram Road Challenge 6K Run/Walk.

Let's call it one big challenge, and we want you, your co-workers, family, friends and even pets to join us!

First up! The Nine Weekly Walks. Nine valley cities, nine walks with friends, nine ways to help. These free community 5K's will take you on a tour of our beautiful valley every Saturday morning at 7:00 a.m. from August 26 to October 21 – and you can join at any time!

Beyond getting your weekend off to a good start, the goal of the walks is to provide FREE health and fitness opportunities to individuals and families while serving as a community call to action. At each walk, participants are asked to bring a specific item as a donation to the United Way beneficiary partner of the week such as food donations, back to school supplies, baby items, clothing, toiletries, and much more to help families in need.

Each participant receives a passport which includes the nine-week schedule with a page dedicated for a stamp when you check-in at each location. A measure of accountability? You bet! The entire program is healthy fun that keeps you active, motivated - and rewarded. When participants attend six or more walks, they will be entered to win a prize at the end of the nine weeks.

The Workplace Wellness Challenge focuses on engaging local businesses to foster wellness, physical activity, healthy habits, and a little competitive fun. Here's how it works. Businesses (of any size!) sign up and receive an online landing page where each participating employee then signs up. The free online toolkit allows participants to easily link fitness devices and automatically track physical activities and healthy habits. The goal for each worksite "wellable" team is to earn as many points as possible; the team with the most points wins (and by the way, attending any of the nine walks equals double points!)

The Grand Finale. The nine-week challenge culminates in the 32nd Annual Palm Springs Aerial Tram Road Challenge on Saturday, October 28, at 6:30 a.m. (Yes, it's bright and early, but by then, you'll be a pro!)

The inspiring race takes runners and walkers up the tram road with a vertical ascent of 2,000 feet in just over 3.7 miles. And new this year, the Tram Run takes on a Halloween theme. Talk about challenging fun. Break out those superhero costumes, folks!

Once runners reach the top of the tram road, they will enjoy a light breakfast at the Desert Regional Medical Center "Recovery Zone" followed by the Awards Ceremony and Health Fair. Workplace Wellness Challenge awards will also be presented to top wellness teams at the completion of the race.

So rally your friends, family and co-workers and join us in the Passport to Wellness!

Take part at any time – it's not too late to sign up! For more information, please call (760) 323.2731 or visit <http://www.unitedwayofthedesert.org/>

Celebrate Your Heart
Heart & Stroke Walk Returns November 18

September is Yoga Awareness Month and a great time to let people know that yoga, as part of an overall healthy lifestyle, can help lower blood pressure, improve heart rate, and boost circulation and muscle tone. It can also improve your overall well-being while offering strength-building benefits.

Yoga is also an ideal complement for a regular walking program, and the 2017 Coachella Valley Heart & Stroke Walk is a great place to tie it all together while benefiting a great cause.

We encourage you to do just that and join us Saturday, November 18, at the Civic Center Park Amphitheater in Palm Desert.

The Heart & Stroke Walk is a 5K (3.1 mile) non-competitive walk and festival featuring a Kids Zone and food tent with light refreshments. K-9 companions are welcome with a watering hole being provided for our four-legged friends. There will also be a participant water station along the walk route and one within the festival area.

The Heart & Stroke Walk is a great place to recommit to your heart health. Join walkers from across the Coachella Valley as we step out to have fun, get inspired and support a meaningful cause. Remember that walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases like heart disease, stroke, diabetes and more. A regular walking program can also

improve your cholesterol profile, lower blood pressure, increase your energy and stamina, and prevent weight gain.

The American Heart Association recommends that adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week. Even short 10-minute activity sessions can be added up over the week to reach this goal. If you would benefit from lowering your blood pressure or cholesterol, aim for 40-minute sessions of moderate to vigorous activity three to four times a week. You could do this by walking two miles briskly (about 4 miles/hr). If that's too fast, choose a more comfortable pace, just get out and do it.

The 2017 Coachella Valley Heart & Stroke Walk is sponsored by Desert Regional Medical Center, JFK Memorial Hospital, Hi-Desert Medical Center, and Eisenhower Medical Center.

We look forward to seeing everyone there!

The Heart & Stroke Walk will be held Saturday, November 18, at Civic Center Park in Palm Desert. Registration opens at 7:00 a.m. followed by opening ceremonies at 8:30 a.m. The walk begins at 9:00 a.m. Parking will be at the south end of the park near the amphitheater area. For more information or to register, visit www.cvheartwalk.org. or call (760) 346.8109.



Family fun includes a kids zone and food tent.



Wear red and come walk!

nine
valley cities
walks with friends
ways to help

United Way of the Desert's
nine weekly walks
Saturday Mornings 7:00am
August 26 – October 21

A series of FREE community 5K walks to help you get fit and give back to our community. The Nine Weekly Walks will culminate in the 32nd Annual Palm Springs Aerial Tram Road Challenge 6K Run/Walk - Saturday October 28

<p>AUGUST 26 DESERT HOT SPRINGS Mission Springs Park</p> <p>Boys & Girls Clubs of DHS Collecting backpacks & school supplies</p>	<p>SEPTEMBER 30 COACHELLA Rancho Las Flores Park</p> <p>Boys & Girls Clubs of Coachella Collecting books & backpacks</p>
<p>SEPTEMBER 2 CATHEDRAL CITY Dennis Keat Soccer Park</p> <p>Boys & Girls Club of Cathedral City Collecting books & school supplies</p>	<p>OCTOBER 7 PALM DESERT The Living Desert</p> <p>Family YMCA of the Desert Collecting children's books</p>
<p>SEPTEMBER 9 INDIO Shadow Hills HS</p> <p>FIND Food Bank Collecting non-perishable & canned food</p>	<p>OCTOBER 14 LA QUINTA The Wellness Center</p> <p>Desert Arc Collecting toiletry items</p>
<p>SEPTEMBER 16 INDIAN WELLS Hyatt Regency Resort</p> <p>Catholic Charities Collecting food & canned meats</p>	<p>OCTOBER 21 PALM SPRINGS UW Team Joins Desert AIDS Walk</p> <p>UW Team Shirts (\$20 - Optional)</p>
<p>SEPTEMBER 23 RANCHO MIRAGE Westin Mission Hills Resort</p> <p>Martha's Village & Kitchen Collecting baby diapers & formula</p>	<p>OCTOBER 28 32ND ANNUAL PALM SPRINGS AERIAL TRAM ROAD CHALLENGE 6K Run/Walk</p>

NEED MORE OF A CHALLENGE?

In conjunction with the walks, United Way of the Desert is also hosting a 9-week challenge!

The Workplace Wellness Challenge is a FREE health program to foster health, wellness and community engagement in the workplace.

It's simple! SIGN-UP with United Way of the Desert, SYNC your fitness device with the Wellable app, and EARN wellness points!

#NineWeeklyWalks #CVWalksUnited #LiveUnited

For more information, please visit UnitedWayoftheDesert.org
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What It Really Takes To Run Faster

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

During the summer, trainers and athletic organizations across the country offer weekend speed camps aimed at teaching young athletes to run a faster 40, jump higher and be quicker. These camps are usually only two days and maybe six hours a day with emphasis on time spent on the track running and jumping.

What many don't realize is that you can't make someone faster by just working at the track. In fact, there are many things to consider before even going to the track!

Genetics. Regardless of the hours spent at the track to become stronger and more balanced, if you don't possess the genetics, the best you can hope for is some improvement in what your body is built to do. The make-up of your muscle fibers determines if you are more dominant with fast twitch or slow twitch. *The fast twitch fibers (Type IIb or IIx) are those that produce speed in short bursts (up to 15 seconds) while slow twitch fibers (Type IIA) are highly oxidative and require the transport of oxygen (best for marathon runners and long-distance athletes).* So having a genetic make-up of predominately slow twitch fibers is not advantageous to running faster.

Technique. We can't stress enough with athletes that form is critical to running faster and more efficiently. This involves everything from how you set your body up from the start with a forward lean and relaxed posture, to keeping your head down and using both your arms and legs correctly through various drills. It doesn't mean that you can take an athlete from a 4.9 down to a 4.3; that is just nearly impossible. But from a 4.5 to a 4.4 is possible! Cutting milliseconds off is huge in sports, and this can be attainable.

Length/tension relationship. There is a difference in feeling tight and actually being tight! What stops most runners from running faster, especially football players, are tight hamstrings. Whether they really are tight, or they are just in protection mode to prevent an injury, can only be determined from an athletic assessment. For this article, let's just say they are tight. If you can't extend your leg out and keep your center of gravity by recovering quickly, you will not run as fast as you possibly could. Having a good ratio of strength and muscle tension between your quadriceps and your hamstrings is optimal for peak performance and for injury prevention.

Recovery/nutrition. Being smart and not overtraining will keep you from both burn out and potential injury. Watching the amount of time under tension and the number of days focusing on getting faster is critical to your success. Also, eating healthy and staying away from processed foods, watching both sugar and sodium intake while drinking enough water (urine should be clear) keeps your muscles hydrated and your cells filled with good fuel.

While getting stronger and working out at the track is important, all the above factors need to be addressed while keeping in mind that your genetic make-up determines how fast you can really run. There are now DNA tests that can be done to determine this, but they can be expensive. In general, working on technique, drills, stretching, nutrition and recovery will advance your skills in the right direction.

Michael K Butler B.A.; P.T.A.; CSCS*D; RSCC*D; NMT is co owner of Kinetix Health and Performance Center in Palm Desert and can be reached at (760) 200.1719 or michael@kinetixcenter.com. www.kinetixcenter.com.

A Natural Fountain of Youth

The many benefits of Bikram yoga

By Ann Marie Palma, RDH, BS

Yoga in a room at 105 degrees with 40 percent humidity? You may just wonder... why?

Many people come to Bikram yoga to detoxify and lose weight - and they do - but the real benefit is what you can't see. It's on the inside.

Bikram is a very specific sequence of yoga asanas (or poses) designed to keep the body systems functioning properly as it renews organs and glands at the cellular level. Founded in the early 70s by Bikram Choudhury of India, the secret to the practice's success is the "tourniquet factor" of compression and release. The specific asanas systematically squeeze and compress individual organs and glands, restricting blood flow while the posture is held static, and then releasing the blood flow as the posture is released, sending an explosion of nutrient-rich oxygenated blood flowing at high speeds to stagnant areas of the body. The heat and humidity in the room accelerate the benefits.

Similar to a hose kink that stops the flow of water while increasing water pressure, our circulatory system works the same way when "dammed up." The increased cardiovascular benefits to organs, glands, and joints aid in proper functioning and healing of the body's systems.

Choudhury, who practiced yoga his entire life, extracted 26 asanas which he considered to be the most highly therapeutic from the original 84 to create a practice to optimize muscle, organ and gland function. Many of the benefits students of the practice have experienced include improved cardiovascular health, lower blood pressure, immune system health, spinal health, stress reduction, increased flexibility, and chronic pain relief from arthritis, joint aches, knee injuries and more.

This tourniquet method of recovery is also used by health care practitioners and in sports medicine. "Researchers at Brooke Army Medical Center are using 'tourniquet training' to help wounded warriors return to full health and think it could change the way athletes recover from orthopedic injuries, as well," reports ESPN senior writer Stephanie Bell. Doug DuPont, strength and conditioning coach and regular contributor to *BreakingMuscle* online magazine, uses this method with his clients combining the use of a simple tourniquet with regular weight training.

In addition to the physical and physiological benefits, many Bikram students say they come to class to clear the "brain fog." The compression and release sends nutrient-rich oxygenated blood to the brain waking up dormant, underused brain cells and enhancing mental clarity, says Choudhury. This factor, and the natural high many experience, may attribute to the success of the practice for those struggling with addiction as well.

For those who are not suffering with ailments, prevention is the name of the game as the flexibility and medical benefits of Bikram yoga can help prevent injuries and disease as we age, while keeping the body functioning optimally as it did naturally in our youth.

Ann Marie Palma RDH, BS, is the managing owner of Bikram Yoga El Paseo in Palm Desert. She is certified in Bikram and Yin yoga, a legacy ambassador at Lululemon Palm Desert, and a registered dental hygienist at Dell'Aqua Dental. Ann Marie's own spinal injuries 13 years ago led her to a consistent Bikram yoga practice which staved off her physician's recommendations for back surgery. She can be reached at (760) 776.1440 or www.bikramyogapalmdesert.com.

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