

Desert Health[®]

News from the Valley's Integrated Health Community

September/October 2018

what's inside

- 

Live your **CLEARest** Truest wel/est self

Live your **wel/est** self

Special Pullout Section!
- 3 Medical News**
Study Identifies Eight Life-extending Behaviors
 - 11 Natural Options**
How is Your Spiritual Health?
 - 14 Integrated Practices**
Oh, My Aching Foot! Treating Morton's Neuroma
 - 18 Financial Health**
Five Tips for Mindful Medicare Enrollment
 - 19 Health & Beauty**
2018 Beauty Trends
 - 21 Fitness**
Pickleball Championships Come to IW Tennis Garden
 - 23 Fresh Cuisine**
Vegan Snickerdoodle Cookies
 - 25 Desert Events**
Celebrating Naturopathic Medicine Week



What is living your wel/est? It's finally making time to do those things for yourself you've talked about for years – exercising, meditating, losing weight, changing your perception. It's replacing those habits that don't serve you well with those that do.

It's waking up in the morning with a smile and sincere gratitude for the many blessings in your life. It's feeling great inside and out with a deep solace in your soul that today – and every day – will bring you peace, happiness, laughter and love.

For some, this idealistic sense of being may seem far out of reach, but it's not. How do you get there? It takes commitment first, followed by practice and patience. Then, as your body, mind and spirit begin to thrive in this new sense of being, you will soar.

And everyone needs a little help. It's nothing to try and figure out on your own because others have been doing it successfully for centuries.

Fortunately, the Coachella Valley is a haven for wellness practices and practitioners to help lead you on your journey. So much so, in fact, that the

Greater Palm Springs Convention and Visitors Bureau is launching the Live Your Wel/est campaign, inviting global travelers to come to our region as the ultimate health and wellness destination.

The campaign is based on nine pillars of health: natural medicine, outdoor adventure, mindfulness and meditation, nutrition, beauty, fitness and sports, spas and mineral springs, medical tourism, and community and contribution.

In this issue, we shine the spotlight on some of the people and places that offer exceptional and unique opportunities to help you live your wel/est. You'll also find many enticing discounts and offers to start you on your way.

These businesses thrive because many of us are already taking steps toward living our wel/est, and as one of them, I can tell you, there is no perfect. Incorporating the many facets of wellness is a lifelong practice, not a sprint. The important

thing is to take the first step and speak your intention; write it down and look at it daily. Just remember, it is living your wel/est, nobody else's, and you've got the world at your fingertips. Simply turn the page.

"Meditation for inner calm; nutrition that fuels your mind and body; time in nature to unplug; health care that keeps you well, and gratitude for all you have."
— Lauren Del Sarto



Health is a Choice

More and more research is identifying "giving back" as a key factor to living a long and healthy life. If this theory is true, Trilogy at the Polo Club's Women of Wisdom, or WOW, have a few extra years coming their way.

The self-starting club has over 100 women who get together to inspire each other and give back to the community. Last year, WOW adopted Theodore Roosevelt Elementary School in Indio and set out to accomplish whatever the school needed to get done. Gardens were built, blankets collected, costumes were sewn, and classroom volunteers partnered with students.

"I just get so energized from being

there," says WOW founder Janet Malek, a retired teacher of 35 years. "I get to walk out with such positive feelings - and then leave these adorable kids with their teacher. It's been wonderful and they are so very appreciative of us."

"We don't get these blessings very often," says Principal Daniel Martinez, adding that nothing like this has ever taken place at their school. "I have never seen a community come into a school, take over the needs of the school, and really get things done like this."

One of the school's objectives last year was to generate more community involvement, but they didn't know where to start. They established the goal



WOW member Mary Padilla tutors a student.

Continued on page 17



DESERT CARE NETWORK

DESERT REGIONAL MEDICAL CENTER
HI-DESERT MEDICAL CENTER
JFK MEMORIAL HOSPITAL

HEALTH BLOOMS



**Three hospitals. Primary and Specialty Care.
One Network.**

www.DesertCareNetwork.com



Look How Far We've Come

Amazed. Proud. Excited. Blessed. Some of the many emotions I feel as I write this.

When I started Desert Health® eight years ago, two of our main objectives were to encourage consumers to take their health into their own hands, and to elevate our valley's thriving natural health community. I knew from experience that natural medicine can be very effective and thought more people should educate themselves on all it has to offer.

We also sought medical practitioners who embraced these same concepts, and Desert Health® was born.

Now more than ever, integrative (or functional) medicine – a combination of allopathic and natural medicine – is on the rise. It is the future of health care and is flourishing in the Coachella Valley. It was simply the right thing at the right time.

Now, look how far we've all come.

We are honored to be a part of the Greater Palm Springs Convention and Visitors Bureau's *Live Your Weldest* campaign which promotes our health and wellness industry to a much larger audience both nationally and internationally. The best part is that all the offerings available to those visiting are also available to those of us living here.

There is no better time to commit to becoming your healthiest self. Whether you're seeking natural medicine, nutrition, spa therapies, meditation, fitness, events, lectures, or the great outdoors, you'll find it here. From discounts and special offers, to a deep dive into wellness at Wellspring, it's a very good time to embrace, be, and live your weldest.



We thank you for being a part of it all and for celebrating with us by reading *Desert Health*. We have a new look, website and blog all designed to help you along your journey, so let us know what you think.

From my heart to yours ~

Lauren

Lauren Del Sarto
Founder/Publisher



An Independent Publication

PO Box 802, La Quinta CA 92253
(760) 238.0245 • lauren@deserthealthnews.com

Follow Us for
Updates & Events!



EVENT MANAGER &
EDITOR/WRITER
Doris Steadman



GRAPHIC DESIGN
Heather McKay
m.kaydesign@mac.com



LEAD EDITOR
Jo Ann Steadman



WEB MASTER
Benjamin Katz Creative
bk@benjaminscreative.com



DISTRIBUTION
J. Scott Driscoll



DISTRIBUTION
Richard Whitehill

Thank you to the Desert Health team and all our marketing partners!

Distribution: *Desert Health* is distributed at 350+ locations throughout the Coachella Valley including, but not limited to, grocery stores, doctors' offices, cafes and restaurants, spas, fitness centers and clubhouses. Please call for delivery to your retail location.

Desert Health is a California Corporation. All rights reserved. Reproduction in any form, in whole or in part, without the written consent of the Publisher is prohibited. The opinions and views expressed in these pages are those of the writer or persons interviewed and not necessarily those of *Desert Health*. *Desert Health* hereby expressly limits its liability resulting from any and all misprints, errors and/or inaccuracies any advertisement or editorial may contain.

Printed on paper from sustainably grown and farmed evergreens

Home delivery subscriptions available. Call (760) 238.0245



It's time to come out and play!

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

Oct. 7 • Y Be 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 reverse mini-triathlon (5k-run, 10-mile bike, 300-meter swim), 5k-walk/run, 2k-color run, health expo and activities at the Palm Desert Civic Center Park from 6am to 12:30pm. Register at www.ybefitpdchallenge.org or call (760) 341.9622.

Oct. 8–13 • Naturopathic Medicine Week. Curious about natural medicine or already a fan? Join this national celebration of naturopathic medicine with a visit to one of our valley naturopathic clinics: Live Well Clinic in La Quinta, Optimal Health Center in Palm Desert and True You Medical on El Paseo. Meet the doctors and enjoy open houses, prize giveaways, and free lectures (see p. 25).

Oct. 13 • 12th Annual Paint El Paseo Pink. Desert Cancer Foundation's inspiring breast cancer awareness walk at The Gardens on El Paseo raises funds for local valley residents who are uninsured or underinsured and in need of cancer screening, diagnosis and treatment (see p. 25) Register today at www.peppdesertcancerfoundation.org or call (760) 773.6554.

Oct. 26–28 • WELLSRING. Yoga lifestyle festival producers, Wanderlust, launch their newest concept which dives deep into wellness in Palm Springs. The 3-day forum will feature seminars with leading wellness speakers including Mark Hyman, MD, and Bulletproof's Dave Asprey, a keynote with celebrity/author Russell Brand, large health expo, yoga, meditation and other participatory activities (see p. 26). For ticketing visit www.DesertHealthNews.com/Wellspring.

Oct. 27 • 33rd Annual Aerial Tram Road Challenge. This is your year to take the Challenge! Enjoy the sunrise over the valley and camaraderie of others as you ascend the 2,000-foot vertical climb in just over 3.7 miles (6k). One of the valley's most challenging – and rewarding – races (see p.26). Start time: 6.30am www.kleinclarksports.com/Tram.

Oct. 31 • Joslyn Center Health Fair. All are welcome to attend this free Halloween-themed health fair and senior flu shot clinic. Wear a costume for your chance to win \$75.00 for first place or \$50.00 for second. Exhibitors are encouraged to also dress up for their chance to win a \$250.00 Visa gift card. Judges will vote at 1pm for public results and you must be present to win. Joslyn Center is located at 73750 Catalina Way in Palm Desert. 9am-1pm (760) 340.3220. www.joslyncenter.org.

Nov. 3 • Passions Ball. This second annual benefit gala for CancerPartners features another glamorous evening including a cocktail reception, the Passion Awards, dinner, and dancing to THE GREATEST HITZ from Las Vegas. Westin Mission Hills, Rancho Mirage (see p.24). 6pm. (760) 770.5678. www.CancerPartners.org.

Nov. 3–11 • USA Pickleball National Championships. The Indian Wells Tennis Garden will host the growing sport's largest annual tournament and spectators are encouraged to come cheer on athletes in over 100 divisions. Entrance to the grounds is free with tickets to the Championship Court ranging from \$10-\$50 (see p.21). www.USAPA.org.

Nov. 14 • Wellness Worth Watching. Presented by Eisenhower Health and *Desert Health*, this season's wellness movie series kicks off with a narrative for how to live a fully realized life. Rooted in deeply personal accounts and timeless stories, *Finding Joe* shows how mythologist Joseph Campbell's work is relevant and essential in today's world, and how we can and should follow our bliss. Annenberg Health Sciences Building at Eisenhower, Rancho Mirage (see p.26). Doors open 1:30pm; Movie 2-4pm. \$5.00. RSVP (760) 610.7360 www.emc.org/wellness.

Nov. 17 • Coachella Valley Heart and Stroke Walk. This non-competitive 5k walk encourages the community to take the pledge to live a healthier lifestyle. Start a team or bring family and friends! Palm Desert Civic Center Park (see p.24). Registration and health fair begin at 7am. Walk begins at 8:30am. www.cvheartwalk.org.

Dec. 9 • IRONMAN 70.3 Indian Wells–La Quinta. The valley's inaugural half IRONMAN competition will cover 70.3 miles (113km) in total. Event starts at Lake Cahuilla with a 1.2-mile swim, then a 56-mile bike through Indian Wells and La Quinta and a 13.1-mile run in Indian Wells. Information and registration at www.ironman.com.

SAVE THE DATE!

May 22, 2019 Desert Health Wellness Awards



Have questions about your health?

Our local health and wellness community is here for you 24/7.

50 Health Categories • 1,700 Articles • Q&A with Doctors

DesertHealthNews.com

Check out Lauren's new inspirational blog: *It's All About Balance*



Longevity May Start in Our Youth

Study identifies eight life-extending behaviors

By Loma Linda University Health

According to a new study from researchers at Loma Linda University, the key to living a long life lies in the behaviors started as young children.

The study, published in *The Permanente Journal*, looked at seniors and centenarians in North America's only Blue Zone, Loma Linda, to determine their exposure to adverse childhood experiences (ACEs) and the behaviors they instituted to overcome those challenges. Study findings show that, regardless of the type of hardship, health habits developed as children relating to diet, exercise, spirituality, charity and relationships helped them lead long, healthy lives.



Study shows early behaviors help build up immunity to your environment and life challenges.

The study *Adverse Childhood Experiences Among a Community of Resilient Centenarians and Seniors: Implications for a Chronic Disease Prevention Framework* looked at the early-life experiences and lifestyle practices of 36 seniors and centenarians, ages 65 to 102, living in Loma Linda — one of five longevity hotspots around the world where residents tend to live healthier and longer as declared in Dan Buettner's November 2005 cover story for *National Geographic*.

Researchers embarked on the study with the assumption that insights from this group would help inform inflammation remediation and chronic disease prevention research. Studies of the impact of ACEs have associated early-life adverse stress inflicted by extreme poverty, parental mental illness or incarceration, abuse, community violence, and other adverse experiences to later manifestations of diabetes, mental illness, cancer, chronic pulmonary disease, cardiovascular disease, obesity, and premature mortality.

"It has been well documented childhood trauma and hardships are linked to chronic disease and shorter lifespans," said Rhonda Spencer-Hwang, DrPH, MPH, associate professor, Center for Community Resilience at Loma Linda University School of Public Health. Researchers believe that the harmful biological changes associated with toxic chronic stress, such as those associated with ACEs, may be through inflammatory mechanisms.

"Our findings support the theory that altering inflammation in the body mediates the health consequences attributed to ACEs. We are encouraged by what we have found because we now have a better understanding of how early health-seeking behaviors can help build up an immunity to the environmental and mental challenges that life brings. Even more astounding is that to our knowledge, this is the first study of its kind to identify not just an individual, but a whole community of members that

Continued on page 6

Help Us Help Those in Need

Aspiring doctors honored by international symposium

By Yashini Patel and Sally Tran

Thank you for taking your valuable time to read this. We are first-generation college graduates currently applying for medical school. On our days off from work and applying to medical schools, we volunteer at Coachella Valley Volunteers in Medicine (CVVIM), a non-profit clinic that helps the underserved community of the Coachella Valley with medical needs.

As part of the CVVIM team, we participate in a weekly program called Street Medicine during which groups of doctors, nurses, and scribes go out together to provide direct medical care to those in need. In contrast to the pristine white sheets of hospital beds, our volunteer team frequents flimsy cardboard box houses beaten with the heat of summer and park benches that frost up in the coldness of winter.

Through volunteering at Street Medicine, we experience first-hand what an underserved community truly encompasses. It's not just the basic necessities that these people lack; it's the attention. Being stricken with poverty is not something that anyone would want for themselves or his or her family, but being rejected by their own community due to their current circumstances poses the greatest challenge for these people.

Working as scribes on the team, we have the privilege week after week to witness the unequivocal attention that the doctors and nurses provide to these patients, even with our constantly limited resources. It is their unprejudiced devotion to care for these patients that drives us even more to one day becoming compassionate healers just like them.

We love to give back to our community and wanted to do it in the most efficient way possible. Therefore, we started doing research to learn about different ways that we can provide quality care to our homeless community. Our research addresses how working collaboratively with different non-profit organizations facilitates the relationship between our Street Medicine team and patients and positively increases the number of patients we see.

After months of studying, we came up with a research proposal entitled, "A Collaborative Approach to Serving the Homeless" and submitted it to the 14th Annual International Street Medicine Symposium which will be held in Rotterdam, Netherlands, in October.

We are extremely proud to say that our proposal was prestigiously selected to be presented at the conference on October 6th, so we are working hard to raise funds for our travel expenses. We will be presenting to share new ideas for further intervention and research in the field of street medicine with the hope that our study inspires others to develop their own street medicine teams.

Desert Health supports these two aspiring doctors and encourages you to do the same so they may present their work in Rotterdam in October. For more information, contact Yashini Patel (760) 296.2422, ybpatel@ucavis.edu or Sally Tran (760) 844.0831, trantrn@masters.edu. GoFundMe link: <https://www.gofundme.com/street-med-research-presentation>.



Students Yashini Patel (left) and Sally Tran (right) with CVVIM Director of Street Medicine Outreach Rosa Lucas, RN



**DESERT
CARE
NETWORK**

HEALTH BLOOMS

**Advanced care,
close to home,
devoted to
everyone's health.**



**DESERT
CARE
NETWORK**

**DESERT REGIONAL MEDICAL CENTER
HI-DESERT MEDICAL CENTER
JFK MEMORIAL HOSPITAL**

www.DesertCareNetwork.com



Goodbye Bad Breath!

By Nicholas S. Baumann, DDS

Hallitosis, or bad breath, is something with which many people struggle. It can be embarrassing and uncomfortable to worry about constantly. There are multiple causes to bad breath but most cases stem back to odor-causing bacteria in the mouth. Multiple actions can be taken to reduce the number of these bacteria and lead to fresher breath.

Certain bacteria and the odors they produce are the main culprit of bad breath. Bacteria on teeth are easily cleaned away with toothbrushing, but the ones that are often missed and cause persistent bad breath are those underneath the gumline or stuck in the crevices of the tongue. These are areas that a regular toothbrush sometimes does not reach. Using an electric toothbrush instead of a manual can help remove bacteria underneath the gums more effectively. The vibration of the brush helps lift the bacteria from just below the gum line; however, flossing is also very important. Gum pockets between the teeth are a great hiding place for bacteria that can only be effectively removed by floss. Possibly the most important, and most often missed step, is cleaning the tongue. There are many deep grooves and papilla that are difficult to clean with just a toothbrush. A tongue scraper is often absent from many peoples' oral hygiene routine, but it is the best tool to do a deeper cleansing. This is probably the most important tool to add for someone struggling with bad breath. A mouthwash can also be effective, along with the other tools mentioned.



Simple habits at home can help alleviate bad breath.

Besides focusing on cleaning the mouth, other strategies can help in eliminating bad breath, such as drinking plenty of water. Being well hydrated keeps salivary flow up, which keeps odor-causing bacteria down. It is recommended to drink at least 8 glasses of water a day to keep yourself well hydrated. Also avoid drinks that may cause dehydration such as coffee and alcohol. Besides water, other drinks have shown to have some positive effect in fighting bad breath. Green tea and aloe vera help bring down bacteria numbers. Odor-causing foods like garlic and onions should also be avoided, because they can produce smells that originate from the stomach instead of the mouth and are harder to eliminate.

Bad breath can also result from mineral imbalances in the body. Specifically, zinc deficiency has shown to have some effect. Zinc can aid in neutralizing bacteria in the mouth. Lacking enough Zinc in your diet may contribute to malodor. Meats, nuts, and beans are all foods that are high in Zinc. A supplement or vitamin containing Zinc also may be considered.

If bad breath remains a problem after trying everything else, visiting your doctor for a checkup is a good idea. Some conditions such as diabetes or esophageal reflux can be related to bad breath, and your doctor can help you determine if this is the case. In the end, bad breath can have many causes, but by examining the origin and improving home care, most cases can be eliminated, leading to fresh breath and a healthy mouth.

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

Why Should You Participate in Clinical Research?



Call to learn more and see if you qualify.

- Participants in our research studies receive:**
- Study-related medical care at no cost
 - Comprehensive observation by a team of experts
 - Satisfaction of contributing to medical research to help others
 - Compensation for time and travel (most studies)
- We have ongoing studies in the following:**
Eczema • Psoriasis • COPD • Lung Cancer • HIV
- New studies this fall:** Women's Health, Radiology, Pain Management, Diabetes



Palmtree Clinical Research is the desert's largest independent clinical research center. We participate in national studies and offer access to leading-edge care.

PALMTREE CLINICAL RESEARCH INC
Innovations in Medicine

(760) 778-7799 | 555 East Tachevah Drive, Suite 1E-201, Palm Springs, CA 92262 | palmtreeclinical.com



PALM DESERT
SMILES^{MD}
HIGH-TECH CARE

- Among Palm Springs Life's TOP DENTISTS
- Check out our on-line reviews!

www.PalmDesertSmiles.com

New technology in dentistry is very exciting. It changes almost monthly as new materials and equipment are introduced to dentists at conferences around the country. We select the most proven, effective, patient and comfort-focused technologies. Our services include Cerec same-day crowns and veneers, implants, and cosmetic services such as K r whitening. Our dental hygiene department supports our patients' dental health with routine cleanings, cancer screening and periodontal maintenance.

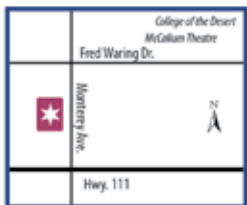
Just a few of the services and products we offer ...

- ✓ CEREC Same Day Crowns
- ✓ Implants
- ✓ iCAT 3D X-Ray/Digital X-Rays
- ✓ Modern Periodontal Care
- ✓ Soft Tissue Laser
- ✓ Holistic, Mercury-free Practice
- ✓ Pinhole Gum Rejuvenation
- ✓ TMD/TMJ Support
- ✓ Conscious Sedation
- ✓ Fountain of Youth Dentures
- ✓ K r® Teeth Whitening

Book your
FREE CONSULTATION
today!



Like Us on
[facebook.com/BruceRBaumannDDS](https://www.facebook.com/BruceRBaumannDDS)



760.568.3602
44239 Monterey Avenue
Palm Desert, CA 92260



NICHOLAS S. BAUMANN, DDS

New Non-pharmaceutical Treatment for Dry Eye

By Greg Evans, OD

There are many ways to manage or treat dry eye, a common condition – especially here in the desert. Studies show that about 25% of patients over 50 have clinically significant dry eye.

There is now a new FDA-approved treatment which utilizes nasal neurostimulation to increase tear production. This is a non-pharmaceutical way to manage or treat dry eye.

The studies have shown that on average after one month of use, patient tear volume as measured by standardized testing more than doubles and the treatment outcomes improve somewhat over time. The patient uses a small device (see image) that creates tiny pulses of energy to the nasal area. This results in prolonged tear secretion.

The composition (protein, lipid and aqueous components) of tears produced by this new method were undistinguishable from regular tears. Average daily application time was 130 seconds per day (typically twice daily for 1 minute).

Contra-indications:

- Patients with cardiac pacemakers, implanted or wearable defibrillators or other implanted metallic or electronic devices in the head or neck;
- Known hypersensitivity to the hydrogel device material that contacts the nasal mucosa;
- Chronic or recurrent nosebleeds; a bleeding disorder.

Precautions:

- If patients feel pain or discomfort with higher levels of stimulation, they should reduce the level or duration;
- The disposable tip has to be replaced each 48 hours;
- Remove any studs, nose rings or other piercing prior to using;
- Because the tear flow increase happens immediately, ophthalmic eye medications or eye drops should not be used within 30 minutes before or after applying stimulation;
- Keep the device out of the reach of children.

If you eliminate the initial cost of the device, the cost to replace the tips is in line with pharmaceutical eye drops. This intra-nasal stimulator device is available by prescription by eye care providers (ophthalmology or optometry).

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.



TrueTear causes eyes to produce their own natural tears using tiny pulses of energy.



Helping Macular Degeneration Patients

8 Ways We Can Help

When you've been told **"nothing else can be done"** then it's time for a low vision exam.



1 Spectacle Miniature Telescopes

Designed for tasks requiring better central vision and mobility, these glasses are used by drivers to see signs and traffic lights, by grandparents to see grandchildren playing soccer and bridge players to see cards on the table.

2 Bioptic Driving Glasses

Bioptic Drives glasses allow drivers to continue to drive when they struggle with seeing road signs. These glasses have small telescopes that allow drivers to see road signs and traffic lights. They can also be used by grandparents to see grandchildren playing soccer and other sports.



3 Spectacle Microscope Glasses

Compounded high powered prescription lenses give crystal clear images for reading. Where regular reading bifocals or lenses don't help enough microscope glasses allow reading vision.



4 Spectacle Prismatic Glasses

These moderate powered lenses are useful for near tasks like reading, writing, and handicrafts.



5 E-Scoop Contrast Enhancing Glasses

Macular degeneration and other diseases reduce contrast sensitivity. E-Scoop lenses combine 5 elements to create a larger, clearer high contrast image. E-Scoop lenses improve overall vision and reduce the risk of a fall.

6 Electronic Magnification

Portable purse size & full size magnification far superior to hand held magnifiers. Take it with you, to read menus, price tags books and newspapers.



7 Virtual Reality Wearables

Affordable autofocus, head worn electronic magnification for advanced loss. For advanced vision loss these provide many advantages over traditional cctv's. Induction charging and other specialty features for advanced vision loss.

8 Testing and solutions individually prescribed

If it's one thing experience has taught me, there is no one solution for helping low vision patients. Each case involves listening carefully to the specific needs of each patient, carefully examining their usable vision and then using the best low vision solutions to address their individual needs. Prescription telescope, bioptic and reading glasses are only available by prescription.

Toll Free (760) 674-8806

www.LowVisionPalmSprings.com

Dr. Gregory Evans
Evans Eye Care Optometry
Rancho Mirage





PROSTATE CANCER AWARENESS

1 in 7 men

will be diagnosed with prostate cancer during his lifetime.

GET CHECKED!

Know your options:

- Have an abnormal PSA?
- Considering the new options for MRI based detection and localization of prostate cancer?
- Considering a targeted MRI-guided biopsy to detect and identify areas in the gland that look suspicious?
- Looking for treatment options following a positive diagnosis?

Call us! Or check out our website to learn more about our Prostate Cancer Program.

CHOOSE WISELY!

Choose the independent doctors at DMI:

- Your community-based independent imaging center for over 20 years.
- Five (5) board-certified, sub-specialized doctors serving your radiology needs.
- You have options. Why pay hospital facility fees?
- Your health plan, your choice.

ANTHEM HEALTH PLAN PROVIDER
Imaging Clinical Site of Care

The right care at the right place
for the right price.

DESERT MEDICAL IMAGING

HEALTH CARE MADE EASY.

DESERTMEDICALIMAGING.COM

INDIAN WELLS • PALM SPRINGS • INDIO

SCHEDULING: (760) 694-9559

MOST INSURANCES ACCEPTED



Valley Senior Centers Address Big Challenges

Frank Lloyd Wright once said, “The longer I live, the more beautiful life becomes.” While the renowned architect’s statement is one many seniors may agree with, and younger generations may find encouraging, few would deny that the golden years are also challenging.

In recognition of National Healthy Aging Month (September), we asked a few of the Desert Healthcare District’s community partners that serve Coachella Valley seniors to share their insights into the major issues seniors face today. They identified a variety, but two consistently topped their lists.

Lack of finances. People are “outliving their savings,” said Daniel Coover, program director at Joslyn Senior Center in Palm Desert. He said awareness around financial struggles surfaced about eight years ago when staff overheard seniors in the lobby talking about the difficulty of making ends meet. For some, it was a tough choice between buying food and paying for their medical prescriptions, he added.

“The biggest misconception about being a senior in the Coachella Valley is wealth — that everyone in Palm Desert, Indian Wells, Rancho Mirage is of means,” Coover said.

The Joslyn Senior Center addressed the financial gap in a few ways, notably by distributing food twice a month to those in need through the center pantry. Another was offering a 10-session Aging Mastery Program to its members. The program includes financial management among its core topics, as well as community engagement, medication management, dating and others.

Members at Desert Hot Springs Senior Center grapple with similar financial challenges. “Most of these seniors have limited incomes and they’re not able to keep up with just the everyday costs of living,” said Melanie Lyons, director at the Desert Hot Springs Senior Center. “They come here and they have lunch. Anything that’s free, as far as our classes, they’re the most popular.”

Lack of transportation. Getting around — whether it’s to and from medical appointments, markets or senior centers — is another obstacle for mature valley residents. It’s “a big one for people who are of a certain age and don’t drive or have decided to not drive anymore for safety reasons,” Coover explained.

Public transportation isn’t always a viable option for seniors either, particularly those with physical limitations who require door-to-door delivery.

“Everything is so spread out in the desert,” Lyons said. “They can ride the bus, but the multiple bus stops are so hot in the summer. I can imagine it’s exhausting.”

The transportation challenge is compounded when factoring in costs, according to Suzanne Spencer of Mizell Senior Center in Palm Springs. “When I did the math, even the 50 percent that the senior would have to pay to go three miles was absurd.” Spencer is the director of the Falls Prevention Program which helped secure a 50 percent discount on taxi fares for participating seniors.

To help overcome challenges, seniors are encouraged to contact their local senior center and learn of the many free and discounted programs offered.

Learn more about the Desert Healthcare District at www.dhcd.org.

Longevity May Start in Our Youth

Continued from page 3

show resilience towards ACEs,” Spencer-Hwang said.

Among the 36 seniors and centenarians, ages 65 to 102, participating in the study, the most reported adversities experienced during childhood included low household income (53 percent), family separation (44 percent) and food deprivation (44 percent) — mainly during World War II and the Great Depression. Nearly all participants experienced profound economic disadvantage that hindered food security, access to education and health care, and increased their odds of losing close family members.

Findings of this study show that the optimal health of the study participants is attributed to eight habits established in childhood and maintained across the life span that helped reduce inflammation:

- The most reported resiliency-promoting factor was family and friends’ camaraderie (83 percent) including strong and long-lasting social bonds with family members and friends;
- The second most commonly cited practice was kinetic life (80 percent) described as an outdoor lifestyle immersed in daily physical activity;
- Spiritual practices (78 percent) were also very common and described as involvement in family worship activities and community participation through regular church/temple attendance and involvement in church ministries;
- Consumption of simple foods was noted in 75 percent of participants, with home-grown foods, including abundance of vegetables and fruits, and limited meat;
- Engaging in nature was a habit for 75 percent of study participants, especially those from rural villages or farming backgrounds who engaged in nature as a way to earn a living;
- Participants also described routine sleeping habits of at least 8 hours of sleep each day (69 percent);
- A belief that their actions would result in positive outcomes in their life (53 percent);
- Performance of regular charitable acts and altruism (36 percent).

“These findings provide a solid foundation for early-life health promotion to help alleviate the burden of chronic disease and enable a collaborative movement toward a more resilient country of wellness and longevity,” said Spencer-Hwang.

Loma Linda University Health (LLUH) includes Loma Linda University’s eight professional schools, Loma Linda University Medical Center’s six hospitals and more than 1,000 faculty physicians located in the Inland Empire. A Seventh-day Adventist organization, LLUH is a global leader in education, research and clinical care. For more information on the study visit www.thepermanentejournal.org.



Camaraderie with friends and family is a primary factor of life extension.



Coachella Valley's Health Care Industry MENTORING THE FUTURE

Brought to you by OneFuture Coachella Valley



Twenty-two undergraduate college students from the Coachella Valley participated in the Health Career Connection Internship program this summer through OneFuture Coachella Valley. They spent ten weeks as full-time, paid interns at eighteen healthcare related sites across the valley, working on high-impact projects for valley residents.

A special focus for this year's program was exploring the Behavioral Health Workforce needs and opportunities across the Coachella Valley. On August 8, fourteen interns participated in a behavioral health intern field day, visiting three behavioral health providers to learn about their services and career opportunities.

First stop was the Transitional Age Youth (TAY) Drop-in Center. The TAY Center offers a variety of support services for youth ages 16-25, including yoga, meditation, life skills classes, individual and family therapy and psychiatric services. Andreea Tomescu, LMFT, and behavioral health services supervisor at TAY Center, led the tour and shared her career journey and experience. Clearly passionate about her work, she told interns, "You have to be passionate about this field because, although it is always rewarding, it can be a challenging career."

Next, the students visited with Terry Cummings, LCSW, and wellness center director for the Joslyn Center, and his intern Jose Andrade-Aguilera. Joslyn Center provides support to adult ages 50+, including a new Aging Mastery Program, which seeks to empower individuals and help build meaningful social relationships. Jose shared that he thought his youth would be a challenge for this project, but quickly found that the program participants enjoyed his 20-something perspective.

Last stop was SafeHouse of the Desert, a voluntary emergency shelter for youth ages 11-17. The shelter is open to youth facing individual or family problems, or abuse of any kind. During their stay, youth receive consistent individual and family therapy, life skills classes, peer support, and also are able to earn school credit. Students also visited their transitional living program, Harrison House, for homeless young adults ages 18-22. Program Manager Maribel Pimentel told the group about their other outreach programs including the What'sUp SafeHouse app, which provides 24/7 anonymous online counseling with a licensed professional through their app or via text.

Crystal Escobar, HCC intern at Desert Oasis Health Care and health science student at College of the Desert, participated in the site tour and shared that she is proud to see mental health being addressed openly and positively in the valley. As she pursues her Bachelor of Science in Nursing, Crystal now hopes to integrate a mental health component into her studies, "It is eye-opening to know that there are people I can reach out to in this field," Crystal acknowledges.

The behavioral health intern field day exposed interns to an array of services and career options in the behavioral health field. Additionally, they learned about the current and future need for behavioral health providers in the Coachella Valley. The HCC interns wrapped up the site tour thrilled with the vast career opportunities in the behavioral health field!

Editorial by Rubi Becerril Gonzalez, Community Impact/Alignment Project Coordinator at OneFuture Coachella Valley. For more information, collaboration with partners, scholarship program or how to get involved, please visit onefuturecv.org.



Interns visiting SafeHouse of the Desert during the behavioral health intern field day.

Voted Palm Springs Life TOP DOCTOR
in 2012, 2013, 2014, 2015, 2016 and 2017

THE EAR INSTITUTE

Center for the Ear, Hearing & Balance

The Valley's
Hearing Aid
Specialist

Do you or a loved one have:

- Hearing loss
- Dizziness
- Vertigo
- Balance problem
- Ringing in the ears
- Fear of falling

Under Board Certified physician directorship, The Ear Institute offers a multidisciplinary team approach to diagnosis and treatment of ear, hearing, and balance disorders in a state-of-the-art facility.

Areas of expertise:

- Hearing Loss
- Dizziness
- Hearing Aids
- Balance Testing
- Surgical Solutions for Hearing Loss
- Vertigo
- Treatment for Single-Sided Deafness
- Balance Therapy
- Adult and Pediatric Ear Disease
- Tinnitus
- Falls Prevention Therapy
- Meniere's Disease

Call to make your appointment today.

THE EAR INSTITUTE

36867 Cook Street, Suite 103
Palm Desert, CA 92211
Tel: 760-565-3900
www.theearinstitute.com



B. MAYA KATO, MD
Otology and Neurotology
Board Certified, Otolaryngology

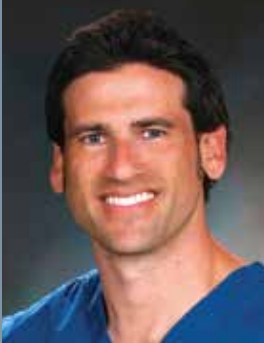
Hear well. Balance well.
Be well.

Keeping you on the GO and out of the O.R.



Eric Sickinger, DO

Board Certified
in Sports &
Musculoskeletal
Medicine



Sports & Active Lifestyle Conditions:

Sprains • Strains • Dislocations
Tears • Contusions • Fractures

Treatment for:

Bones • Muscles • Tendons
Ligaments • Nerves



In-Office Ultrasound
Dynamic visualization
with no radiation

Non-Operative Orthopedics • Musculoskeletal Medicine • Sports Medicine



ADVANCED CENTER
FOR SPORTS &
MUSCULOSKELETAL MEDICINE

760.636.1067
41990 Cook Street, Building F, Ste. 1006
Palm Desert, CA 92211
www.SportsandMSKmedicine.com



Do any of these describe you:

- > Eating large amounts of food
- > Eating behavior is out of control
- > Obsessed with restricting calories
- > Purging food
- > Eating only limited "safe" foods
- > Eating alone or in secret
- > Family and friends are worried about your weight
- > Feeling depressed, disgusted, ashamed, guilty or upset about your eating

WE CAN HELP!

We offer a personalized approach to eating disorder treatment.

Get help for Anorexia, Bulimia, Binge Eating and co-occurring eating disorders.

We offer expert, compassionate care for adults and adolescents in all stages of recovery.

Take back the power and control in your life.

Outpatient and Intensive Outpatient Treatments Available

- ✓ We complete an eating disorder assessment
- ✓ Individual therapy along with intensive outpatient therapy
- ✓ Meeting with a dietitian who specializes in disordered eating to develop individualized meal plans
- ✓ Mindful and intuitive eating

We accept most Insurances

FREE EATING DISORDER ASSESSMENT

Call our office for a FREE confidential consultation.



(760) 777-7720

www.MindOverBodyPS.com

43585 Monterey Ave #1, Palm Desert, CA 92260



Specialty Eating Disorder Treatment & Recovery

What is Disordered Eating?

By Kelly Lewallen, MFT

In a nutshell, disordered eating is when an individual's relationship with food causes problems in their life or that of their loved ones.

People are often surprised to find out that what they consider to be a lack of self-control or poor discipline is really "disordered eating," driven by a part of our brain over which we have very little control. Others believe that they have extremely good self-control but are actually overly rigid and over controlling of food. Both of the above are actually the result of imbalanced relationships with food and usually body image as well. Again, in the end the most important question is, "Does your relationship with food cause problems in your life or the lives of your loved ones?"

Where does all this insanity about our relationship with food originate? The answer is from multiple sources. They include the diet industry, social media, and even our own health professionals.

It is abundantly apparent that diets are not the solution to our overindulgence of food, as the weight loss industry takes in over \$60 billion a year while our population gets fatter. When Oprah became part of the business of Weight Watchers, it is the first and only time she's disappointed this writer. As our waistlines expand and recede, our relationships with food and our bodies grow sicker and sicker. Diets actually damage the part of our brain where disordered eating resides and worsens our food obsession and binge episodes. We also feel guilty for eating regular food, like our thin counterparts, believing we are too shameful and undeserving to fuel our bodies as well.

Adding to the problem is the focus of social media on body image, body building, body idealizing and body shaming, dieting and a vast array of nutritional myths. Hit the "like" button and we build social media stars, all explaining how we can be like them and less like ourselves. The individual's focus turns away from real accomplishment, like high academic achievement, perfection of a craft or skill, being of service to others and now we measure a human's value and worth based on their dimensions. The eating disordered teens I work with would say SAD about this current situation. And they are. Sad, disenfranchised from their bodies, isolated from their peers, and of course their parents try to help. Unfortunately, parents are driven by their own internal shame trying to perfect their bodies, trying to lose weight, gain more muscle, or get in shape.

Lastly, some medical professionals have it all wrong. Not because of incompetence, but simply lack of training and education in this area. Eating disorders are cunning, baffling and difficult to understand. And worst of all, overweight and overeating have gone undiagnosed as actual eating disorders. People with Anorexia Nervosa are frequently first diagnosed due to an episode of fainting. It is only in the emergency room that the low body mass index (BMI) is notated and referrals made back to pediatricians and primary doctors.

So how do we know if we never get diagnosed? So many of my patients are surprised, and then actually relieved, when they get a diagnosis for an eating disorder. They finally realize that there is a name for the insanity that they are living. Fortunately, many medical professionals are now being armed with accurate information. We are receiving more and more referrals from them, as they are beginning to understand that the overweight, underweight, over exercising, or purging patient has a diagnosis of an eating disorder.

Continued on page 15

Your trusted partner in eye care



Xuan Le-Nguyen, MD



Thanh-Vi Nguyen, OD



XuShao Huang, OD, FAAO

Services offered:

Comprehensive eye care (including diabetes screening)

Prevention and wellness examinations

Cataracts • Glaucoma • Pterygium

Dry eye management • Keratoconus

Contact lenses (Including soft and rigid gas permeable)

Scleral lenses • Optical/eyeglasses...and more



The first and only doctor eyelid cleaning procedure to help maintain clean and healthy lids



A therapeutic device used to protect, repair and heal damaged eye surfaces.



We offer a large selection of eyewear including sunglasses



DESERT EYE ASSOCIATES

Two convenient locations

LA QUINTA

760-342-6900

79710 Hwy. 111, Ste. 101

La Quinta, CA 92253

PALM DESERT

760-342-6900

37029 Cook St., Ste. 105

Palm Desert, CA 92211

DeaEyes.com



Shay Moraga is a triple negative breast cancer survivor and shares her journey with Desert Health® readers in an ongoing column...

I HAVE CANCER...

Those are the dreaded words you never want to hear from a family member or friend. The person telling you those words is more than likely completely overwhelmed and in shock. They may even be in denial about all of it and ask that the word cancer not even be spoken. So what do you do? What do you say? How do you help your loved one and support them in the way that will not overwhelm them even more?

Speaking from experience, I am going to be pretty darn blunt... DO NOT, I repeat, DO NOT tell them the story about your sister, mother, cousin, best friend who died recently because the chemo killed them. Please be smart and support their journey. Your opinion just doesn't matter. I know. Pretty blunt, but full of truth.

Today, there are many options to recovery, but this is up to them to decide and come to terms with. Please be mindful and let them do this on their own.

I know this seems harsh but the person telling you they have cancer is already so scared of the unknown that telling them stories like this does not make it better. You see, when we as cancer patients hear the words cancer we are already writing our obituary and burying ourselves. We are freaked out of our minds to hear stories about death, so this does not help us. It only helps your trying to connect with the person, but it has a negative effect on that individual who has just been diagnosed with this scary, unknown disease.

This is by no means saying that the person you once knew was not important and fought hard to live, but it just isn't the time to tell this story. Instead of trying to connect this way try saying things like... 'I am so sorry you are having to go through this, how can I help support you and your family? I will pray for you. Can I give you a hug? I know you are going to need help in the months to come, can I organize a shuttle service for you? Can I help organize a meal train for you in the weeks to come? I love you, friend. I am here for you. If you need to talk, I will listen. We will fight by your side every step of the way!' Send calls, texts, emails telling them you are thinking of them.

Listening to them is key; they want to talk their fear out. If they want your opinion, they'll ask for it. Listening makes them feel better and this is all about them. Setting up a special lunch with friends once a week, or a walk or yoga/meditation class are also great ideas. Try this so your loved one always has something to look forward to.

These suggestions are as positive as it can be, and keeping a positive mindset is key. As a yoga teacher, I know the mind-body connection is powerful and most of us can't even begin to understand what our minds can do to help us heal. This type of quality time and connection will make all the difference and you will be glad you offered positive support.

Shay Moraga is an E-RYT500 yoga instructor and can be reached at shay@namstewithshay.com, or find her on Facebook or Instagram @Namaste with Shay. Her mission is to Inspire, Empower, Educate.

Urinary Incontinence

By Shyrlena L. Bogard, MD, FACOG

Urinary incontinence (UI) is a bothersome problem that many women experience. It can be occasional and resolve with little or no treatment, or it may be a chronic problem that worsens over time. Either way, leaking urine can be a major social embarrassment and cause women to avoid the activities they enjoy most. The fear of leaking with the swing of a tennis racket or wetting one's pants while sharing in laughter can be isolating. Not knowing if she can make it to the bathroom before ruining her clothes is a challenge that can cause some women to skip a night out dancing all together.

Many women with urinary incontinence believe they are alone and find it difficult to discuss. In reality, nearly 50 percent of women experience involuntary leakage of urine, and it occurs more often in women than in men. This is due to the effects of pregnancy, childbirth, and the hormonal changes associated with menopause. These normal life events may cause injury and weakening of the muscles and nerves of the pelvic floor and bladder. Women are also more likely to experience symptoms of an irritable bladder, which increases the risk of leaking urine.

Types. There are three general types of urinary incontinence. The most common is stress urinary incontinence, which is the little bit of leaking that occurs when a woman coughs, laughs, sneezes, jumps, or picks up something heavy. It can happen in young women who participate in active sports, as well as women who have given birth vaginally, or older women whose estrogen levels have decreased. The second most common is urge urinary incontinence, which occurs when the bladder is irritated, such as during a urinary tract infection. This causes the feeling of "gotta go right now," but leaking occurs before making it to the bathroom. The final type of incontinence occurs due to a bladder that overfills with urine and is usually associated with nerve injury.

Managing the condition. Although urinary leaking is a common issue for many women, there are treatment options that can alleviate the problem. First, identify any drinks, foods, and medications that cause UI and alleviate them if possible. This includes caffeine, sugary foods, alcohol, carbonated drinks, and some medications such as those used to treat high blood pressure.

It is important to note that medical considerations include urinary tract infections, pregnancy, hormonal changes, weight gain, surgeries, and some diseases that cause neurological damage.

Treatment. After a thorough evaluation, a doctor may prescribe medication if necessary. Also behavior changes, like bladder training and exercises to strengthen pelvic muscle may be recommended. Other times, women may require surgical or nonsurgical procedures to correct anatomical changes that cause involuntary urinary leakage. Being prepared to have a full discussion with a health care provider will assist in getting appropriate treatment quickly.

Urinary incontinence may be a normal part of life, but it does not have to be a permanent part of your life. Seek help early and take back your freedom.

Dr. Bogard is a board-certified gynecologist specializing in intimate wellness, advanced hormone optimization, and aesthetic vaginal reconstruction. She serves as the medical director of the Intimate Wellness Institute in Palm Springs and can be reached at (760) 904.4994. www.IWIPalmSprings.com



We are Team Movement for Life!



Vincent J. Kambe, PT, DPT, OCS Orthopedic Certified Specialist



Luke D. Gentry, PT, DPT, OCS Orthopedic Certified Specialist



Diana Huffman, DPT, PT Certified Vestibular Specialist (vertigo, dizziness, motion sickness)

Research shows early intervention with work related injuries leads to faster recovery and less time out of work.

Use of pain medication increases injury duration and risk of medication dependence.

At Avid Physical Therapy, we address and treat the cause of the injury getting you or your employees back to work faster and decreasing the likelihood of re-injury.



AMERICAN PHYSICAL THERAPY ASSOCIATION'S NATIONAL AWARD-WINNING PRACTICE

Our Doctors of Physical Therapy will get you back in the game and back to doing the things that you love.

Celebrating over 8 years in the Coachella Valley

Our Locations

Indio
82013 Dr. Carreon Blvd.
#1
760.347.6195

Cathedral City
35-325 Date Palm Dr.
#131
760.202.0368

Loma Linda
328 Commerical Rd.
#108
909.494.6645

AvidPhysicalTherapy.com





Why wait for HOURS to see an emergency physician in a busy ER?

Executive Urgent Care is a full service ER alternative offering board-certified physicians specializing in emergency medicine, internal medicine, OB Gyn, critical care and pediatric emergencies.

a smartER choice
Great service and great price

VOTED **BEST**
IN THE VALLEY
Walk-ins welcome
Book your next appointment online

Also featuring
EXECUTIVE WELLNESS
BODY SHAPING
ZERONA
EXILIS



We accept most insurance.
If you are uninsured, we are always available to you with no hidden fees.

760 346-EXEC (3932)
ExecutiveUrgentCare.com



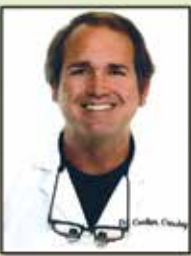
EXECUTIVE URGENT CARE
AT INDIAN WELLS

74-785 Hwy 111, Suite 100, Indian Wells, CA 92210

COULTER CROWLEY, DDS

High Quality • Comprehensive
Cosmetic and General Dentistry

Conscious Sedation for Patient Comfort



- Holistic Dental Association**
- International Association of Mercury Safe Dentists
- American Academy of Cosmetic Dentistry
- American Dental Association



(760) 837-1983 Call Today • 73993 Hwy. 111, Ste. 200, Palm Desert
For more information **COULTERCROWLEYDDS.COM**

Celebrate Recovery: A Faith-based Option for Recovery in our Valley

By Pastor Bob Newby

There are many options today for helping people in recovery. For those who want to integrate their faith into their recovery, there is a program called *Celebrate Recovery*, a Christ-centered twelve-step program that started 27 years ago at Saddleback Church in Lake Forest, California.

While working on his own sobriety through Alcoholics Anonymous, founder John Baker thought the idea of a faith-based program would benefit others like him. He presented a detailed proposal to his pastor, Rick Warren, for starting a twelve-step ministry to help people who struggle with life's hurts, hang-ups and habits. Warren supported the idea and encouraged John to run with it.

Celebrate Recovery is now one of the seven largest addiction recovery support group programs. Over 3.5 million people have participated in a *Celebrate Recovery* step study which takes place in over 29,000 churches. Approximately two-thirds of these participants are in recovery for something other than drugs or alcohol. Unlike other twelve-step programs, *Celebrate Recovery* addresses various issues including, but not limited to, alcohol and drug addiction, codependency, sexual addiction, love and relationship addiction and dozens of other struggles.

No matter which *Celebrate Recovery* group a person attends, the format is the same consisting of three different types of meetings. The first meeting is an hour-long gathering which includes everyone and is referred to as the Big Meeting. This meeting has worship, reading of the 12 steps or eight principles of the program and either a lesson or a testimony. The second meeting has smaller Open Share Groups that are gender- and issue-specific. The five guidelines are read and adhered to, keeping these groups a safe and confidential place to share. In addition to the open share groups, there is a group for newcomers where a person can learn about how and why *Celebrate Recovery* works.

The third group is called Step Study and is held on a different night from the Big Meeting and Open Share Groups. It requires doing weekly homework from program curriculum which consists of four books. This group is also gender-based and lasts about nine months. During this time a person will find a sponsor and build their accountability team.

Celebrate Recovery is for the entire family. Celebration Place is for elementary age children where they learn how to put words to their feelings; The Landing is the teen program. If you are interested in Celebration Place or The Landing for your children, call the ministry leader and inquire if they offer these groups; there is no cost to attend.

There are currently six *Celebrate Recovery* programs in our valley which are listed below. Pat Layton from Our Saviors Church in Palm Springs is the state representative for the Coachella Valley. If you would like to start a *Celebrate Recovery* at your church or have questions, contact Pat Layton at (769) 327.5611, Ext. 103. You can learn more at www.celebraterecovery.com.

Following is a list of *Celebrate Recovery* programs in our Valley:

Monday

Champion Life Church
72745 Hwy. 111, Palm Desert 92260
7:00pm (760) 835.3700
Ray Martin
Ray@Raymartindesign.com

Thursday

Hope Lutheran Church
45900 Portola Ave, Palm Desert 92211
7:00pm (760) 346.1273
Gesa Sharon
Cr@Hopepd.org

Tuesday

Our Savior's Lutheran Church
1020 E. Ramon Rd., Palm Springs 92264
6:30pm (760) 327.5611, Ext 103
Pat Layton
Pat@Oursaviors.org

Friday

Destiny Church
82545 Showcase Pkwy, Ste A, Indio 92203
7:00pm (760) 863.0700
Randy Boyd
Courageoushealers@gmail.com

Thursday

Bilingual Baptist Church
(In the start-up phase)
85246 Valley Rd.,
Coachella 92236
6:30pm
(760) 567.0912
Corina Villagomez Rcvllgmz@Aol.com

Friday

Southwest Church
44175 Washington, Indian Wells 92210
6:00pm Dinner 7:00pm Big Meeting
760-200-2000, X 2283
Bob Newby
Bobn@Southwestchurch.com
Mary Finley
Maryfinleymk@hotmail.com

Bob Newby has been a pastor for 37 years and serves as the Pastor of *Celebrate Recovery* at Southwest Church in Indian Wells. He is also the *Celebrate Recovery* regional director for the Western United States and can be reached at bobn@southwestchurch.com or (760) 200.2000 ext. 2283.



Does your health depend on electrical? Don't take chances.

Emergency Back-Up Generators

Residential • Commercial

Kohler, Champion & Generac Power Equipment

Schedule your **FREE** in-home consultation today!

Desert Energy Solutions



Call **760.449.1311** or email dsrtnrgy@aol.com

License# 913908



Embracing a Creative Life

By Judy Nemer Sklar

Finding meaning in one’s life is both sacred and elusive. These aren’t lessons we learn easily but as we age, we reflect upon them and seek to find a more purposeful life. While there is no one answer on how to do that, I suggest we look to the artist as a creative, life-expanding model.

While artists share the same struggles we all share, the very nature of the creative process requires the artist to stay open to life’s surprises and see the world with curiosity and wonder.

Consider the science of the creative brain. Science tells us that creative activities are literally therapy for the mind, whether it is writing a book, playing music, baking or gardening. A creative outlet improves mental clarity, relieves stress, increases brain function, improves mood and plays a huge role in long-term wellness. In addition, there are traits that artists seem to embrace naturally that have proven to be beneficial in living a purposeful life.

What then can we learn from the artist when contemplating embracing a creative life?

The artist seeks meaning. The artist, using his or her full potential, will pursue a creative vision with tenacity. This creative process not only creates significance for the artist, but there is the hope that if lucky, the work will connect emotionally with others, which in turn creates meaning for others as well.

The artist is a risk taker. The issue of risk is central to the creative person. Living an artist’s life requires the artist to push past fears - fears of failure, financial risk, etc. An artist will often continue to take creative risks late in life and with a redoubled enthusiasm, even during periods of difficult transitions.

The artist must be present. To be successful the artist knows that ideas alone are not enough and to bring ideas to fruition requires one to be present without a noisy and cluttered mind. It is through mindfulness that the artist finds his or her truth.

The artist seeks a sacred moment. The artist often tells us that when deeply involved in the creative process he or she may feel they are a “tool” of something or someone greater than themselves: a god, a muse or perhaps an angel. In the throes of their work it is as if time does not exist; hours may pass but they don’t realize it...they are in a zone. There is a sense whether seated at the easel or at their piano that words, music, colors just spill out in a manner that seems both sacred and magical.

Embracing a creative life does not mean one must become an artist or a writer, but it might serve us well to incorporate some of these ideas into our lives; to seek meaning and connection with work and with others; to push boundaries and step out of the comfort zone; to remember to take a moment to notice the colors of the sky at night or feel the coolness of a breeze; and most importantly, to honor those sacred moments when we are fortunate enough to experience them.

How one chooses to define a purposeful life can be elusive. By incorporating creativity to one’s life, there is the possibility to connect to your true purpose and view the world in a whole new light.

Judy Nemer Sklar is a successful business owner, artist and writer. Her current projects include a blog ArtistsNarratives.com and research for her book of the same name based on the science of creative aging. For more information visit www.judynemersklar.com.

How is Your Spiritual Health?

By Tracy J. Smith

The quest to live a healthy and happy life has become a high priority for people now more than ever. While many are focusing their attention on physical, emotional and mental health, there is another aspect that many are exploring: spiritual health.

All people have a spiritual side to them, but not everyone recognizes it. Spirituality is that part of us that feels a connection with an invisible energy that is beyond the human. Some might call it God, Divine Spirit, or even Love. Spirituality is not about worshipping a deity, but rather, it is a way of living and cultivating a consistent state of inner peace by connecting with a higher part of ourselves.

Spiritual health is considered an integral part of overall health and well-being throughout the world. The World Health Organization and the United Nations have stated that “health ultimately depends on the ability to manage successfully the interaction between the physical, spiritual, biological and socio-economic environment.”

Many of us have cultivated negative thoughts and beliefs that have shut us off from our spirituality, impacting our ability to live a happy and healthy life. The path of improving our spiritual health takes us on an inward journey of progressive growth and the discovery of our authentic self. A spiritual mentor is someone who can help in that discovery and restoration.

A spiritual mentor is trained in the art of observing a person’s thoughts and beliefs so they can help identify the internal shifts that will improve the person’s life. Tools used by practitioners include affirmations, meditation, prayer, journaling and other practices that facilitate inner growth and promote spiritual health.

In working with a spiritual mentor, clients can achieve the following benefits:

You will feel listened to and understood. Spiritual mentors are non-judgmental. They listen with an open mind and heart as they assist in changing thought patterns which may not serve you well.

You are fully supported throughout your process of inner growth. Spiritual mentors are taught to understand the many feelings that can arise during this process and are there to gently guide you through each part of your journey.

You will cultivate self-awareness. Spiritual Mentors teach you how to become aware of your personal triggers so you can respond calmly to all life situations and reduce your stress.

You will strengthen your Bounce Back Factor (BBF) or your ability to easily bounce back from adversity by living with an attitude of gratitude. Being grateful is an emotional reset button and creates a positive, vibrational field.

You will build a strong foundation of self-love. We cannot love others until we love ourselves. Working with a spiritual mentor will help to reveal your divine spiritual beauty as you unearth the treasures of your soul, or true self.

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



JUDY E. SKLAR

BUSINESS MANAGEMENT SERVICES

As a business manager for 25 years, I have assisted people in various walks of life: entertainers, professionals, retirees. I continue to assist my clients in finding comfort and security in all areas of their lives; in knowing their bills are paid timely, their households properly managed and that they have an advocate they can rely on.

Specializing in senior care management, I address the unique challenges seniors face, from routine money management to life style management. I have purposely developed a “boutique” business for the client who desires a business relationship that has a personal touch, including at-home visits.

MONEY MANAGEMENT | LIFE CARE MANAGEMENT
HEALTH CARE MANAGEMENT | CLIENT ADVOCACY & LIAISON

760-902-5467
www.judysklar.com



Over 20 years of experience balancing energy for both people and animals

Positive energy therapy aligns and energizes the Heart, Body, Mind and Spirit.

Emotion Code releases energy imbalances and trapped emotions for optimal health and joyful abundant living.

TRACY J. SMITH
Energy Intuitive Therapist
Emotion/Body Code Practitioner

760-409-9289
blissfulstretch@gmail.com
www.tracyjsmith.net



YOUNG LIVING
ESSENTIAL OILS
Independent Distributor

Breathe Deeply.
Our pure essential oils and essential oil blends take you on a sensory journey that can instantly create a calming and balancing atmosphere.

Maria Billis
www.mariabillis.vibrantscents.com

518.879.6360 • mbillis@nycap.rr.com • member # 823193



HEALTH TECHNOLOGIES PLUS

Presents

HU=GO™

HIGH INTENSITY PEMF

Non-Narcotic Approach to Wellness

No Side Effects

Effective

Safe

- Detoxification
- Eliminate Pain
- Reduce Inflammation
- Increase Circulation and Vitality
- More Range of Motion
- Better Sleep
- Improve Quality of Life
- Helps with Depression and Anxiety

Pain knows no season

During the hot months we can come to you, or you can come to us.

Book your appointment today!

Call 760-202-4007 or 818-825-1348
or email HTPPEMF@gmail.com
Ozone-PEMF.com

Living Wellness

with Jennifer Di Francesco

A Journey into Journaling

Gandhi proclaimed that happiness is when what you think, what you say and what you do are all in harmony. The most accessible theme we have at our fingertips to synergize these three aspects of self is an ancient tradition dating back to the 10th Century of Japan: a piece of paper and a pen.

The ritual of journaling when practiced frequently and regularly is a beautiful and powerful facilitator of self-discovery. It can truly formalize a sense of identity and pathway in life. The practice is ideal when there is a daily, 20-minute commitment to free the brain from “shoulds” and allow a time for words to permeate paper. By allowing these moments to forget spelling, punctuation and a purging of the soul, one can build forgiveness, resolve disagreements, improve communication skills, build self-confidence and come to terms with stressful events.

Malcom Gladwell, author of *The Tipping Point*, expressed the need to spend approximately 10,000 hours on subjects to become a world class writer. We can start this commitment towards world class personal exploration by journaling as a start to our day. Many of us awaken and immediately check our phone for email, newsfeed, social media and many other activities guided by others’ agendas. Making a commitment to journaling creates an act of personal empowerment. In our youth it is common to write thoughts and secrets into a diary. For many of us this diary went by the wayside, and as adults our life became ruled by “busyness,” approaching life in subconscious mode. Journaling helps us stay conscious.

If the thought of commencing the process of journaling leaves you feeling uncertain, start with answering a few questions to expose real feelings and then create a space to analyze them.

- Reflect on one of the greatest life lessons you’ve ever learned. What was it and what did you learn? Perhaps you’ve forgotten what you learned – how could you incorporate those learnings into the way you live today?
- Write a list of 10 things you are grateful for today.

Studies show that the mere act of writing down thoughts of gratitude leads to heightened levels of happiness. A journal can be many things. It can be doodles, mind maps, words or lists. One sentence each day of a moment of appreciation is enough to create a breakthrough of clarity. There is always discipline involved. Yet when we open ourselves to the experience with time for daily journaling, it will spill into other areas of life and changes will occur. Momentum will manifest itself. In essence, each time we write our thoughts, or an innermost rumination, we are placing pieces of a puzzle into our mind and formulating a picture.

Emily Dickinson wrote, “The soul should always stand ajar ready to welcome the ecstatic experience.” We all possess a myriad of hopes, dreams, fears, and creativities waiting to be captured and harnessed. The first step is to open the soul and welcome this experience of self-discovery.

OPTIMAL HEALTH CENTER

Treating the Root Cause of Your Health Concerns

Primary care with a focus on prevention and wellness

State Licensed Naturopathic Doctors

Jessica Needle, ND

Specializing in chronic conditions, complementary cancer care, medication reduction, bio-identical hormone replacement therapy, and IV and vitamin-mineral injections.

Now accepting new patients.

Free 5 minute introductory visit.

Shannon Sinsheimer, ND

Specializing in fertility, preconception counseling, pregnancy support, and family health.

Natural Medicinary
In-clinic and Online

(760) 568-2598
74361 Highway 111, Suite 3
Palm Desert, CA 92260

optimalhealthpd.com

Understanding Cannabis as Medicine

Provided by The Lighthouse Cannabis Boutique

From the emperors of China and the pharaohs of Egypt, to America in the early 1900s, many elements and ingredients of the cannabis plant have long been considered a normal part of a health and wellness journey.

The reason behind the use of the fragrant oils called “terpenes” that are found in many common herbs, fruits and plants, is that they play a significant role in the therapeutic and medicinal use of the cannabinoids.

There are over 100 cannabinoids, or compounds, that are unique to cannabis. CBD (cannabidiol) is the second most abundant cannabinoid in the cannabis plant, making up 40% of the plant extract. While CBD is just as therapeutic as THC, it is non-psychoactive and has been proven to provide relief from chronic pain and inflammation and to reduce stress and anxiety.

Presently, the United States is making incredible strides in understanding the healing properties of CBD. In June 2018, the Food and Drug Administration (FDA) approved the prescription use of Epidiolex, a purified form of CBD oil, for treating two types of epilepsy. More studies are underway, which will better define the many healing properties of CBD.

With the ever-growing plethora of CBD-based products available, it is crucial to note that CBD products are not one-size-fits-all. For optimal therapeutic efficacy, it has been shown that the ratio of CBD and THC is important in finding the best option to address the issue. In fact, CBD products are available in a variety of delivery methods from topical creams and oils and edible treats to aromatic bath salts and vapor liquids. A good starting point for most adults is one part CBD to 3 parts THC, or 1:3. A more balanced holistic approach can be found with a 1:1 ratio, and for inflammation and other conditions, a ratio of 3:1 has been found to be ideal.

CBD topicals in the form of salves, balms and lotions are the best method to provide localized relief, while a holistic alternative to pain medications or anti-inflammatory drugs can be found in a variety of gel capsules and edible treats. Most are easy to use and lab tested for precise CBD dosing. Another alternative are the bath salts that alleviate day-to-day stress and soreness and make bath time a luxurious time to relax and recharge.

Speaking with the trained staff at a licensed dispensary will help to select the best product. After identifying the ailment and determining if the need is targeted or whole-body relief, products can be selected based on the delivery method, potency and level of psycho-activity desired.

The Lighthouse Cannabis Boutique is located on Avenue 48th in Coachella. It is the only fully licensed dispensary in the Coachella Valley and strives to assist all patrons in their health and wellness journey through rigorous training and education on the various CBD products. Learn more at www.lighousedispensary.com. (442) 256.3627.

Education is key to understanding the medicinal benefits of cannabis products.



Breast Cancer Support Groups
Healing comes from giving and receiving

By Renee Jarvis, PhD, LCSW

October is Breast Cancer Awareness month and, according to the American Cancer Society, an estimated 29,360 new cases of breast cancer will be diagnosed in California this year alone.

For many people, the diagnosis of cancer causes severe emotional distress. Each of us has our own personality, beliefs, values, world views, and styles of coping which influence the way we deal with illness. Studies show that breast cancer patients, in particular, tend to reach out for emotional support, and many find support groups helpful in coping with their cancer experience.

A common problem for cancer patients is that friends and family may avoid them, feeling uneasy around them or not understanding what they are going through emotionally. One support group member used this analogy to explain: “You don’t really understand all of the emotions of giving birth until you’ve had a baby. It’s the same thing with cancer; others can’t really understand the experience unless they’ve been diagnosed.”

Often, cancer patients report that they feel pressure from friends and family to be strong and stay positive after their diagnosis. This can leave them feeling constrained from openly expressing their worries, fears, sadness, and anger with loved ones. Support groups can offer a sense of relief and the ability to talk openly and candidly. “You don’t have to pretend,” said one group member. “You can cry, you can laugh; they understand. They know exactly what you’re saying. You don’t have to explain or defend the feelings.”

Some group members report that it is helpful to compare themselves to others in the group to gain perspective on their situation. One woman said, “There was a person at the support group whose cancer was more advanced than mine. I thought, ‘Okay, that person had this and went through a lot more. I can do this.’”

The opportunity to talk to others who are further along in their treatment can also help to prepare for and cope with the effects of upcoming surgery and treatment. “My surgeon explained my upcoming mastectomy in great detail, but I was more interested in learning what the experience would be like at the other end of the scalpel,” said another. “With all the different stages in the group, they could give me a general idea of where I was going and what was going to come from this.”

An important facet of the assistance offered by support groups is not only the opportunity to be on the receiving end, but also the opportunity to be on the giving end. Group members often share how giving back allowed them to take meaning out of their breast cancer experience: “Amazingly enough, I found it healing to help others. That was such an eye-opening experience.” “I wouldn’t have believed, in the beginning, that I would have even survived. It’s great to be there for somebody else who comes and is scared.” “It makes me feel purposeful; it gives my life meaning.”

Renee Jarvis PhD, LCSW, whose extensive research has focused on breast cancer patients’ perceptions about supportive care, is the clinical supervisor at CancerPartners. The local nonprofit’s program of emotional and educational support includes free-of-charge support groups for people with cancer and their caregivers. Dr. Jarvis can be reached at (760)770.5678, and more information about CancerPartners is available at www.cancerpartners.org.



If You’ve Been Touched by Cancer, We’re Here for You!

CancerPartners provides cancer patients, survivors and their loved ones with the emotional, social, and educational support they need on their cancer journey.

Support groups, Healthy Living Program (HeLP)* and more, all at no cost to you.



**OPEN TO THE PUBLIC EVENTS
September/October 2018**

Skin Care and Cancer, Krystal Creech (9/5 & 10/24)
Health and Wellness for Dis-Ease, Ilona Kopacz, CNHP, CT, NC (9/11)
All About Reiki, Sheri Hein (9/18 & 10/23)
Self-Protection Workshops, Andrew Sheldon (9/25 & 10/16)
End of Life Issues and Advocacy, Karen Morin Greene, RN (10/3)
Naturopathic Care for Cancer, Jessica Needle, ND (10/10)
Lymphedema: What You Need to Know, Shelly Swen, PT (10/11)

Call 760.770.5678 or go to cancerpartners.org/events for complete information.

CancerPartners
73555 Alessandro Drive, Palm Desert 92260

*Healthy Living Program (HeLP) funded in part by the Desert Healthcare District



Eisenhower
Sexual Health Clinic

He’s an active adult with an
active sex life. Our NEW Sexual
Health Clinic is the perfect match.

DATING IS FUN. And fulfilling. And sometimes, risky. If you’re having sex and you’re not in an ongoing relationship with someone you know well, you should consider regular testing – for your health, and that of your partner(s). At our NEW Sexual Health Clinic, our discreet, expert staff provides testing, treatment, and sexual health counseling. It’s a good idea to come see us if you:

- ~ Have had sex without a condom
- ~ Have multiple sex partners
- ~ Have symptoms of a possible sexually transmitted infection (STI)
- ~ Have a partner being treated for an STI
- ~ Have potentially been exposed to an STI
- ~ Are sexually active and do not know your status

Walk-ins welcome! We’re open from 8 a.m. to 5 p.m., Monday – Friday, and accept Medicare and most commercial insurance. Walk-in services are provided until 4:30 p.m. and appointments are also available. So do something good for your health: Stop by and see us soon.

Visit EisenhowerHealth.org/SexualHealth or call 760-837-8447 for more information.



4791 E. Palm Canyon Drive, Suite 200, Palm Springs





How do you feel?

Fatigue, insomnia, irritability, joint pain,
brain fog, decreased sex drive...

These symptoms are not simply signs of aging.
It could be your hormones.

NOW OFFERING!

An effective non-drug
and non-surgery
treatment for
erectile dysfunction and
enhancement with
a 93% effective rate.

- Bioidentical hormone replacement therapy
- IV therapy: Chelation, Vitamin, H2O2, High Potency Vitamin C
- In-office erectile dysfunction therapy & enhancement
- diVa Vaginal Rejuvenation
- Hormone pellet therapy

Say goodbye to hot flashes,
2 o'clock fog and weight gain

Call **Cisca Friend**
to discuss your symptoms

760.320.4292

3001 E. Tahquitz Canyon Way
Suite 108 • Palm Springs
M-F 8:30 a.m. to 4 p.m.



Director/Founder:

NEAL ROUZIER, MD

Providers:

DAVID WILGARDE, M.D.

SHYRENA BOGARD, M.D.

Take the self-test at hormonedoc.com

Oh, My Aching Foot!

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

Morton's neuroma, or metatarsalgia, is caused by inflammation of the nerves leading to the toes or a thickening of the tissue around one of the nerves in your toes. The condition results in foot pain or discomfort that may feel like a pebble in your shoe and a burning sensation or numbness of the toes. Similar to plantar fasciitis, the pain occurs in between the second or third toes, or third and fourth toes, not in the heel or arch of the foot.

The inflammation of the nerve comes from any activity that places prolonged or acute pressure on the foot usually from tight, uncomfortable shoes (especially high heels with steep incline), sports activities that subject your feet to repetitive trauma, and even flip flops. Foot deformities like bunions, hammertoes, high arches or flat feet can also lead to this condition.

A doctor will either perform an ultrasound or an MRI to confirm diagnosis and maybe an X-ray to rule out stress fracture. A podiatrist often treats this by first prescribing over-the-counter anti-inflammatory medications. If that does not provide enough relief, he or she may recommend a corticosteroid injection followed by decompression surgery, or as a last resort, removal of the nerve which may cause permanent numbness in the affected toes. The surgery can be highly effective but there may be weeks of down time, possibly 3 - 4 months to be fully mobile.

Acupuncturists often treat Morton's neuroma with acupuncture and *gua sha*, a massage technique of rubbing in between the toes and the metatarsals. If severe pain is constant versus periodic from overexertion, they may recommend chiropractic cold-laser therapy directly on the neuroma and the top and bottom of the foot. When both of these techniques are combined with acupuncture, it can effectively expedite healing.

It is imperative to take a break from high heels and to reduce activities that subject your feet to high impact and can exacerbate the condition such as dancing, aerobic exercise or jogging. Soaking your feet in warm Epsom salts, changing shoes and not wearing flip flops are also recommended. Using arch supports or buying corn pads to surround the neuroma can also assist with healing and recovery.

In my practice, I use a technique of Kinesio taping the toes to help continue to reduce the pressure and inflammation on the nerve and often teach the patients how to do it for themselves at home. This is to be used in between treatment sessions when the pain flares up, or if they have to be on their feet for extended periods of time.

Depending on the severity of the Morton's neuroma, acupuncture is helpful 70% of the time with treatments 2 -3 times a week for two weeks, then tapering down to once a week for two weeks.

As there are less complications and shorter recovery time, these less invasive natural therapies should be considered before injections or surgery.

Diane Sheppard is a licensed acupuncturist and doctor of traditional Chinese medicine. She is the owner of AcQpoint Wellness Center in Palm Desert and can be reached at (760) 345.2200. www.AcQPoint.com.

Stress Reducing Breath Exercises

By **John R. Dixon, DC, CCN, IFMCP**

For thousands of years, yogis and sages from eastern cultures have understood the importance of diaphragmatic and deep breathing. More recently, through the efforts of mind-body thought leaders such as Jon Kabat-Zinn and Herbert Benson, the paramount importance and health benefits of deep breathing practices have been widely utilized in treating anxiety disorders and stress reduction.

It is well understood that when people experience stress or anxiety, the autonomic nervous system, your involuntary or unconscious nervous system, becomes activated creating the well-known 'fight or flight' response. This response may cause a rapid heart rate, shortness of breath, sweaty palms, anxiety, irritability, increased blood pressure, and decreased heart rate variability (HRV). Deep breathing exercises are known to activate the parasympathetic system and lower these stress responses.

Heart rate variability (HRV), the beat-to-beat interval between heart beats, has recently been recognized as an important and stable marker for the function of the human autonomic nervous system, as well as an indicator of a person's degree of resistance to mental and physical stressors. A high level of HRV reflects flexibility in the 'fight or flight' response to a stressful situation. In contrast, a decreased HRV is associated with anxiety disorders including generalized anxiety, post-traumatic stress disorder (PTSD) and panic disorder, as well as cardiovascular diseases and early mortality.

Heart rate variability biofeedback (HRVB) utilizing deep breathing techniques has been shown to significantly improve heart rate variability and assist in treating anxiety disorders. One goal of HRVB is to synchronize a person's heart rate and breathing at about six breaths per minute. This is called resonance frequency or RF breathing.

Many deep and RF breathing exercises originated with classic yoga practices, and Hindu-Yogi Science of Breath exercises and breathing techniques include the following:

The Yogi Cleansing Breath. Yogis have a favorite form of breathing which they say cleanses the lungs and greatly refreshes all bodily systems: 1) Inhale a complete breath; 2) retain the air a few seconds; 3) pucker the lips as if to whistle (but do not swell the cheeks), then exhale a little air through the opening with considerable vigor; 4) then stop for a moment, retaining the air, and then exhale a little more. Repeat until all the air is completely exhaled.

The Yogi Nerve Vitalizing Breath. The purpose of this practice is to stimulate the nervous system and to develop nerve force, energy and vitality: 1) Stand erect; 2) inhale a complete breath and hold it; 3) extend your arms straight out in front of you, letting them be somewhat limp and relaxed; 4) slowly draw the hands back toward the shoulders, gradually contracting the muscles and putting force into them so that when they reach the shoulders the fists are tightly clinched; 5) then, while keeping the muscles tense, push the fists slowly out, then draw them back rapidly while still tense, several times while still holding your breath; 6) when you feel you need to exhale, do so vigorously through the mouth as you extend your hands out, unclench your fists and extend them out by your side.

Dr. John Dixon is an Institute of Functional Medicine certified practitioner and can be reached at the Natural Medicine Group (760) 345-7300.

Sources: 1) www.ncbi.nlm.nih.gov/pmc/articles/PMC5575449/ 2) www.ncbi.nlm.nih.gov/pmc/articles/PMC4835037/ 3) The Hindu-Yogi Science of Breath, a complete manual of the oriental breathing philosophy, Ramacharaka 1904

Natural Medicine Group

Personalized Natural Health Care



Dr. John R. Dixon

Doctor of Chiropractic
Institute of Functional Medicine
Certified Practitioner
Certified Clinical Nutritionist

The Natural Medicine Group headed
by Dr. John R. Dixon has 35 years
of experience combining many
different disciplines to achieve an
integrated formula for wellness.

Call today to schedule your appointment.

760.345.7300

77682 Country Club Drive, Suite A • Palm Desert
Monday - Friday, 8:00 a.m. – 5:00 p.m.

www.NaturalMedicineGroup.com



Live your
CLEARest
Truest
we//est
self

Meet Jaelyn and Shay Moraga, a resident mother and daughter yoga duo. Fifteen-year old Jaelyn (front) became a top certified yoga instructor when she was 13. Her mother, who is now in remission after battling stage 3 triple-negative breast cancer, teaches yoga at various locations throughout our nine-city oasis. Two amazing people that are living their wellest – so you can live yours. Whether it's yoga, meditation, healing spas, or working with experts to help you bring out your best self... whatever brings you joy, you will find it all here.



For health and wellness offers, go to:
liveyourwellest.com



OPTIMAL HEALTH CENTER FAMILY CARE

Preparing for your Family's Best Start

Attending to the whole person and the whole family.
Providing comprehensive natural therapies rooted
in tradition and informed by science.

- Fertility support for men and women
- Preconception detox, nutritional testing, and hormone balancing
- Lifestyle modifications for family wellness
- Early childhood natural health options
- Health care for adolescent needs



OPTIMAL HEALTH CENTER

OFFICE OF

Shannon Sinsheimer, ND

760.568.2598

74361 Highway 111, Suite 3 • Palm Desert, CA 92260

www.optimalhealthpd.com



natural medicine

Preparing Body for Baby

When family naturopathic doctor Shannon Sinsheimer started noticing the rise in autism rates and unexplained medical conditions in her own young patients, she decided to do something about it.

"When I started practicing medicine, autism rates were 1 in 123. Twelve years later they are 1 in 58," says Sinsheimer, herself a mother of two young kids. "I saw the opportunity to research and identify not only what to do after a child is diagnosed, but what we can do before."

She found that one in eight couples is infertile with many reproductive researchers pointing to toxic environments as a major cause. Asking "what if we start with the healthiest mom and dad we possibly can?" Sinsheimer developed a detoxification program for budding parents and **Dream Weaver Preconception Planning** was born.

"Typically we think of pregnancy as the most important time, but by then, you have lost a prime opportunity to make the two individuals contributing DNA the healthiest people they can be while also helping mom have the easiest pregnancy she can have." According to Sinsheimer, studies have shown that toxicities prior to pregnancy can alter sperm and ovarian health and the types of hormones the baby receives in the fragile first trimester.

Sinsheimer's thought process is quintessential for naturopathic doctors who seek to identify the root cause of disease and prescribe lifestyle changes and natural supplementation to address imbalances. Her overwhelming success with client pregnancies, including those who previously had difficulties conceiving, explains why people from all over the country - and the world - seek her advice.

"I have a client who got pregnant 7 times including three rounds of IVF and unfortunately, the pregnancies never lasted more than six weeks. She completed our three-month program and is now 25 weeks

pregnant." One patient felt so good after going through the program, she decided to wait to have a baby so she could enjoy feeling healthier than she had ever felt before.

The three-month, three-session program starts 3-12 months before conception and includes detoxification, a nutritional profile and planning, and hormonal balancing for each parent. With each session, she discusses ways to reduce toxic load through lifestyle changes such as food storage containers, cleaning products, plasticizers, and drinking container options. "It's not just about detoxing, but also about not 'retrotoxing' and creating the best environment for your baby once he or she arrives."

Healthy, fertility-enhancing foods are a major part of the program and Sinsheimer has partnered with **Luscious Lorraine's Organic Juice and Eatery** in Palm Desert to create a Healthy Baby Making Menu featuring tailored dishes like the *Preconception Breakfast Bowl* and *Big Daddy Maker* sandwich. "While food recommendations are provided, it's nice to have a location that makes a tailored meal delicious and convenient."

Clients can participate in the program by visiting Sinsheimer's Palm Desert office or via teleconference offered to those within California. Cost of the program ranges from \$1,500 - \$1,800.

Dream Weaver Preconception Planning is located at Optimal Health Center in Palm Desert and can be reached at (760) 568.2598. Learn more at www.naturalpreconception.com.



Shannon Sinsheimer, MD



fitness & sports

Get Your Game On

For more than half a century, people have flocked to the desert to play golf and tennis on our world-class stage. Many consider these to be leisurely games, while others plan their life around time on the course or the courts.

As both sports can be seasonal, keeping in shape year round in an effort to avoid injury and play your best takes work. For this, many players from around the globe and our desert turn to strength and conditioning specialist Michael Butler of **Kinetix Health & Performance Center**.

Butler is a certified "golf biomechanic" and has trained many pros including Mike Weir, Paul Stankowski, Jennifer Johnson, Kelly Kuehne, Jamie Fischer, and Byron Smith. He also has substantial amateur clientele from Canada, Italy, Asia and the U.S. with most returning annually to sharpen their skills and technique.

"While players tend to spend a lot of money on the latest equipment for their sport," says Butler, "many ignore the most important aspect of the game - their physical condition." That is where a sport-specific training program comes in. "No matter how high-tech the gear, an athlete will only be as good as their body allows them to be."

"For both tennis and golf, it is important that players enhance their stability, flexibility, strength, and power which is what we focus on through our conditioning program."

A client's first session includes a 2-hour comprehensive evaluation from which an individualized program to address that golfer's specific needs is developed. Elements include the SwingFit, speed stick training, weights, balance exercises and more. Workouts are filmed so clients may continue their program at home, and periodic reassessments are performed until fitness goals are reached.

Kinetix also features a full-service spa, and Butler incorporates tailored massage, ART body work, cryotherapy and pulsed electromagnetic frequency (PEMF) therapy as needed. "We want you to get the most out of your body so that you can play your best game all season long and avoid getting injured."

The golf and tennis programs are also offered to groups and Kinetix's 8,000 sf facility makes the teamwork comfortable and easy. Sports prevention seminars are also offered off-site.

Butler, who has also written several books on training, has been in the fitness industry for 30 years. He gives back to the community through youth sports and has been honored by cities locally for his work and contributions.

"I love what I do, and the passion I have for my work directly reflects on the outcome for my clients."

Golf and tennis conditioning programs cost \$85-\$225/hour. Kinetix Health & Performance Center is located in Palm Desert and can be reached at (760) 200.1719.



Michael Butler, BA, PTA, CSCS*D

33rd Annual Palm Springs Aerial TRAM ROAD CHALLENGE

6K RUN & WALK

Saturday . October 27 . 2018
6:30 am Walkers | 7:00 am Runners

Take the Challenge!
3.7 mile uphill climb
400 - 2600 ft



**Finisher Medals
to ALL!**

**Ages 5 to 95 have
completed the race**

YOU CAN DO IT!

Presented by

**PALM SPRINGS AERIAL
Tramway®**

Produced by

**KLEIN|CLARK
SPORTS LLC**

Food Booths T-Shirt Prizes Awards Finisher Medals

kleinclarksports.com | 760.832.0497



natural medicine

The Universal Flow of Acupuncture

Acupuncture is one of the first scientifically proven eastern medicine modalities and is now commonly accepted by western medicine. As natural medicine practitioners, acupuncturists consider the whole person – mind, body and spirit – in treating a vast number of conditions from injuries to pain and disease management and prevention. The heart of the practice lies in the flow of energy through meridians in the body which are tied to the universal flow of energy in life.

Local acupuncturists Diane Sheppard and Michael Boyer were the closest of friends in childhood. The story of how they each came to settle in our valley has much to do with the flow of the universe and results in two top wellness centers from which we can all benefit.

From the Los Angeles area, their mothers danced professionally together and their fathers were both in the entertainment industry. Their parents went out often and all ten kids would stay home together to play. Their bond was close and smiles appear at the thought of the many memories. “Our childhood was bright - filled with happiness, laughter and a lot of love, family, and friends,” says Dr. Sheppard.

In high school, Michael found girls and Diane found horses, and their lives drifted apart. In their 20s, Michael got into yoga and Diane into Tai Chi. They would attend the same Shiatsu school of massage and the same acupuncture school without knowing it until years later.

Michael went north to further his studies while Diane headed to China to do the same. Both earned degrees in herbal medicine.

Michael worked in the Bay Area before settling in the desert and opening his own clinic. Diane established a thriving business in Brentwood while her parents moved to Palm Desert. Her father became ill, and the first person she called to treat him was Michael. It wasn’t long before Diane and her husband Morris moved to the desert to be closer to family. Michael asked Diane to work with him, but she decided to go out on her own.

Now Greater Palm Springs has two exceptional acupuncture clinics from which to choose. Michael is the owner and founder of **Palm Springs Healing Center** and lives in the town with his wife Susan (“the one” from high school) and 14-year old son, Adam. Diane lives in Palm Desert and is owner and founder of **AcQpoint Wellness Center**.

Both centers exude the positive energy the two cherished as children and have practitioners who love what they do and do it well. In addition to acupuncture and herbs, you’ll find chiropractors, massage therapists, energy workers, colonics and more, and both offer free lectures and events to help educate the community on natural medicine and how it can help you live your wellest.

Palm Springs Healing Center is located at 2145 E. Tahquitz Canyon, Suite 5, in Palm Springs (760) 327.2217. palmsspringshalingcenter.com. AcQpoint Wellness Center is located at 77-682 Country Club Drive, Suite G, in Palm Desert (760) 345.2200. www.acqpoint.com.



Michael Boyer, L.A.c, and
Diane Sheppard, PhD, L.A.c



community & contribution

Where Tourism and Community Converge

With so much to experience - from arts and culture to golf, dining, yoga, and hiking; from wellness events to outdoor adventures, the Coachella Valley offers visitors endless opportunities to enjoy a healthy, harmonious, fun-filled visit.

We are **FIND Food Bank**, and as the Valley’s regional food bank, we celebrate the charm and wonder of this beautiful resort destination we call home.

In fact, many of those we serve – and have served for the past 35 years - are those who help create wonderful memories for our visitors. A significant percentage of our locally-based population of 440,000+ living here year-round work in industries that make tourism so remarkable: hospitality, food services, transportation, medicine, education, exploration and more. While many of our service industry workers are able to meet their monthly bills, others are not. The reasons vary, such as the price of gasoline going up, the electricity bill increasing, a flat tire or a much needed dental appointment, but the results are the same. The Valley has children, families and seniors who find themselves food-insecure.

At FIND, we rescue and distribute food to a service area that expands from Blythe to the San Gorgonio Pass, and Anza to Joshua Tree, with our fleet of six refrigerated trucks that move between our 36,000 sq. ft. warehouse to direct mobile food distributions and 100+ agency partners. Together we are responsible for providing an average 85,000 children, families and seniors with food each and every month. Our focus for the past few years in moving FIND forward is to concentrate our efforts on healthy food banking, constantly working with and sourcing fresh, nutritious products that help support a healthy lifestyle. In fact, 50% of the product we move is fresh fruits and vegetables.

As giving back is a primary factor for living your wellest, we invite individuals, families or companies (locals and tourists alike!) that value community goodwill and team-building to join the volunteer activities at our Indio warehouse. Activities include hands-on sorting of fresh fruits and vegetables and canned and packaged goods, and are so important to the daily running of our food bank.

To add to the fulfillment and enjoyment of your visit to the Greater Palm Springs area, please include us in your itinerary, or consider making a donation to support the local community that takes care of you during your stay.

To learn more about FIND Food Bank visit www.findfoodbank.org or contact Director of Development and Communications Barbara Ben-David (760) 775.3663 bendavid@findfoodbank.org



A visiting group enjoys a day
of giving back at FIND Food
Bank.

Celebrating
35 Years!



We want to say thank you to all of our generous donors, devoted volunteers and remarkable agency partners who have stood side by side with FIND Food Bank in the fight to end hunger for the children, families and seniors who call the beautiful Coachella Valley home.



In Celebration of FIND Food Bank’s
35th Anniversary!

September marks FIND’s 35th anniversary as the Greater Coachella Valley’s REGIONAL food bank serving communities from Morongo Basin to Blythe, Joshua Tree to the Salton Sea and everywhere in between. Throughout the years, we have strived to inspire and mobilize YOU to help break the cycle of poverty and food insecurity that thousands of our friends, neighbors and employees face every day.

Leading the Way is the
Cabazon Band of Mission Indians

Thank you to the Cabazon Band of Mission Indians who have shown tremendous support by donating \$35,000 to kick-off our anniversary celebrations.

DONATE \$35 FOR 35 YEARS

Please join them and make a difference by
donating \$35 today on our website:
www.FindFoodBank.org.



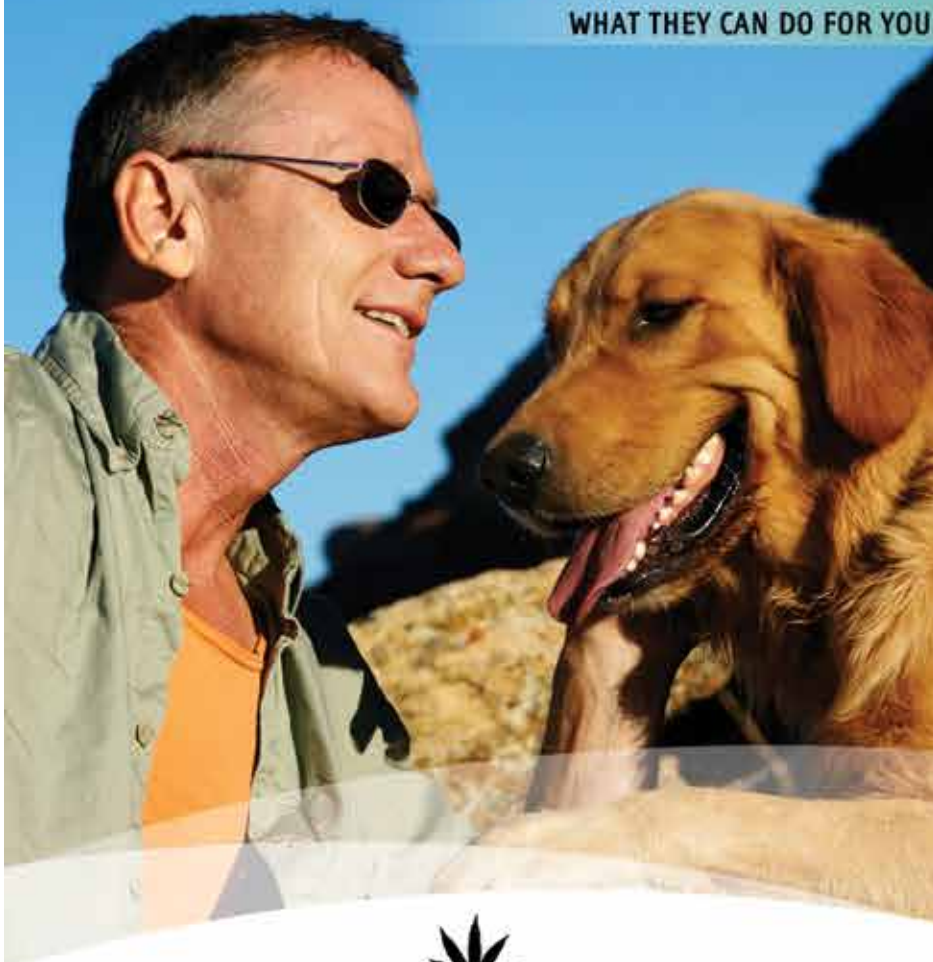
Thank You for allowing
us to serve you for the past 35 years...
and here’s to the next 35 years.

FIND Food Bank is the Feeding America member for the
Greater Coachella Valley.

Discover a New Pathway to Wellness

through Topicals, Edibles and more.

VISIT OUR WEBSITE TO LEARN ABOUT
HEALTH & WELLNESS OPTIONS AND
WHAT THEY CAN DO FOR YOU



THE
LIGHTHOUSE

THE FIRST FULLY LICENSED CANNABIS BOUTIQUE

MEDICAL • RECREATIONAL • WELLNESS

HOME DELIVERY • MEMBERSHIP PROGRAM

LIGHTHOUSEDISPENSARY.COM

FREE
DELIVERY

WITH PURCHASE
OVER \$100

84160 AVENUE 48, COACHELLA CA

(442) 256-3627

Natural Medicine

ACQPOINT WELLNESS CENTER
40% Off Acupuncture, FST or Massage
Address your health concerns with acupuncture, fascial stretch therapy or massage. New clients only. (760) 345.2200

CALIFORNIA WELLNESS INSTITUTE
15% Off 6-week Comprehensive Wellness Program

Medically supervised/individually tailored programs that may include HCG weight loss, colon hydrotherapy, IV therapy, OnDamed, far-infrared sauna, vibrating plate and more. (760) 659.8000

NATURAL PRECONCEPTION HEALTH
Fertility Consultation

10-min. free consultation with our naturopathic doctor to discuss fertility options to be your best for baby. (760) 568.2598

LIVE WELL CLINIC
\$99 Buzz Bag IV Therapy

30-min. treatment full of vitamins and nutrients to give you the boost of energy you need.

50% Off 'B Essentials' Injection

Get a shot of energy and health with this B vitamin injection.

50% Off Thriving Thursdays

Enjoy group wellness with acupuncture, reiki, meditation, and tea to heal mind, body and soul. 50% off for your group scheduled together. One offer per group. Cannot be combined with other offers. 18+ only (760) 771.5970

OPTIMAL HEALTH CENTER
50% Off Custom Detox Plan

One-hour appointment to customize a detoxification program with nutritional recommendations. (760) 568.2598

PREVENTIVE MEDICINE CENTERS
B-12 plus MIC Fat-burner Shot \$17.50

Look and feel your best with this energy/fat burning injection. Up to weekly shots through 12/31/18. (Reg. \$30) Appt required.

Free Consult on IV Therapy

Come in to shake off a hangover, cold, virus or to hydrate. Chelation to remove heavy metals also available. (Value \$50). New clients only. (760) 320.4292

TRUE YOU MEDICAL
\$99 Vitamin Cocktail IV

Replenish your thirsty cells with a diverse array of nutrients to replenish, restore and help detoxification. (Reg. \$160) (760) 340.0013

Fitness & Sports

BIKRAM YOGA PLUS

Free First Timers Friday! (Locals only)

If you have never been to BYP, show your license and attend class for free on Fridays. Must register online for free class; no shows count as your free class. CoachellaYoga.com

\$10 drop-in for Desert Health Readers
Show up and be sure to mention Desert Health!
* Exp. 10/31/18 * (760) 346.2988

EVOLVE YOGA
\$10 Drop-in Fee

Drop in for a vinyasa or gentle yoga class. First time clients only; One pass per person; Purchased in-studio only.

\$29 One Week Unlimited

Good for week purchased and cannot be extended.

Online Yoga First Week Free

Join Bronwyn online for vinyasa, gentle, yin and restorative. First week free, 33% off first month and \$15/mo. thereafter. (760) 564.9642

GATHER MOVEMENT & WELLNESS STUDIO
\$10 Drop-in Fee

Good for yoga fusion, gentle, yin, core express, Kriya flow and adult modern dance classes only; no children's classes. New clients only. Mention offer upon arrival. (760) 219.7953

HEALTH TECHNOLOGIES PLUS
\$39 PEMF Treatment/\$399 10-pack
We come to you! Try HUGO pulsed electromagnetic field therapy and receive a discount on a package of 10 (Reg. \$50 each). Promo code CVB-PEMF (760) 202.4007

KINETIX HEALTH & PERFORMANCE CENTER
\$40 Cryotherapy Chill Pass

Cryo's intense cold stimulates the body's natural anti-inflammatory and pain-relieving systems.

Complimentary BEMER Session

Enhance blood flow, endurance, oxygen and sleep management with PEMF therapy. New clients only. (760) 200.1719

Fitness & Sports (cont.)

MARRIOTT'S SHADOW RIDGE 1-THE VILLAGES

Golf Getaway Package From \$169

Spacious one and two-bedroom villas. Receive two rounds of golf per night including greens, cart, practice balls and GPS. Book online and use promo code: Z J 4 * Exp. 12/9/18 * (760) 674.2600

MOT'US FLOATATION & WELLNESS CENTER

Free Infrared Sauna Session with Colon Hydrotherapy

Buy a colon hydrotherapy session and receive a free 30-min. far infrared sauna session. Limit one per person. (760) 610.5761

NAMASTE WITH SHAY

Save 25% on Groups of 10 or More

Private yoga/meditation for groups of 10 or more at your location. Promo code CVB18. Subject to availability (760) 895.1705

SAUNA THERAPY OF THE DESERT
Try Before You Buy

Far Infrared Sauna Therapy

50% off one 30-min. infrared sauna session at a Valley spa of your choice. Email JD@TheResortPro.com with DISCOUNT in subject line. (949) 278.6154

Nutrition

BEYOND BALISAGE EARTH TO TABLE
\$5 Wine & Meze

Enjoy Chef Daniel's inspired menus prepared with only the finest seasonal foods available from local SoCal farmers. Meze only at the Chef's Table. * Exp. 10/31/18 * (760) 699.8536

CANTALA AT RIVIERA PALM SPRINGS
3-Course Supper Special \$19.59

A contemporary twist on traditional menu items and commitment to buying fresh and local. Offered Sun-Thurs 5p-6p. (760) 778.6659

CHEZ PIERRE BISTRO

3-Course Prix Fixe Dinner \$29.95

Enjoy a three-course French gourmet prix fixe dinner. * Exp. 10/31/18 * (760) 346.1818

KIMPTON THE ROWAN PALM SPRINGS HOTEL

\$100 Dining Credit with Stay

Indulge with a \$100 Food + Beverage credit per stay. Subject to availability. Two-night minimum stay required. May not be combined with any other offers. (760) 904.5015

NATURE'S HEALTH FOOD & CAFÉ
15% Off All Vitamins & Supplements

The 1st and 3rd Wednesday of each month get 15% off ALL vitamins and supplements. (760) 323.9487

RISTRETTO @ THE FIVE HUNDRED
Save 15% on Your Purchase

Perfect stop for the early morning kick-start or afternoon pick-me-up with espressos, fresh baked goods, steel cut oatmeal, yogurt, salads, and wraps. Mention Chill Deal. (760) 656.7532

SALADS IN A JAR

Free Fresh Fruit Cup (9oz)

Place a minimum \$25 home/office delivery order and mention FREEFRUIT to receive your gift with purchase. SaladsInAJar.com

TIFFANY DALTON

20% Off Nutrition Consultation

One-hour consultation to review current diet, supplements and health history with recommendations to help you meet your health goals (Reg. \$150) Based on availability. Tiffanydalton.com/welldesert (760) 348.8998

TOMMY BAHAMA RESTAURANT AT THE GARDENS

Free Goat Cheese Appetizer

Receive a free Signature Goat Cheese Appetizer with the purchase of any entrée. Limit 1 per table, per visit. (760) 836.0188

ZIN AMERICAN BISTRO

3-Course Prix Fixe Menu Starting at \$29

The little neighborhood restaurant where they know you, greet you warmly, and serve satisfying and seasonal French country cuisine. * Exp. 10/31/18 * (760) 322.6300

Beauty

STUDIO FACIALS

\$99 Dermalinfusion Facial

3-in-1 treatment that exfoliates, extracts, and infuses skin with rejuvenating condition-specific serums (Reg. \$175). New clients only. (760) 636.3555

TRUE YOU MEDICAL
\$399 Vampire Facial + Growth Factor Cream

Rejuvenate skin with your body's own cells (PRP and growth factors) to stimulate collagen growth. Includes customized face cream with growth factors + probiotics. (Reg. \$814). (760) 340.0059

Spas & Hot Springs

AGUA SERENA SPA

\$175 Floatation & Custom Massage

30-min. floatation session + 50-min. custom massage with full day access to spa and resort pool facilities, fitness center and comp. parking.
* Exp. 12/23/18 * (760) 674.4102

HOTEL PASEO

Receive \$75 Spa & \$25 Dining Credits with Stay

Book a weekday getaway and receive a \$75 spa credit in Spa La Lé and a \$25 credit to AC3. Destination fee included. Subject to availability.
* Exp. 12/30/18 * (760) 340.9001

JW MARRIOTT DESERT SPRINGS

Receive a \$100 Spa Credit with Each Room Night

Includes use of spa facilities for you and your guest, fitness center, spa pool, sauna, steam room and whirlpool. Mention promo SPA.
(800) 228.9280

KINETIX HEALTH & PERFORMANCE CENTER

\$85 Massage Special

60-min. custom massage. New clients only.
(760) 200.1719

MOT'US FLOATATION & WELLNESS CENTER

Free Float with Massage

Buy a 90-min. massage and receive a complimentary 60-min. floatation session. Limit one per person. (760) 610.5761

PALM MOUNTAIN RESORT & SPA

Spa & Stay Rates Starting at \$199

Enjoy an overnight stay, a 60-min. spa treatment and breakfast at Ruby's. Rates starting at \$199.
(760) 325.1301

PARKER PALM SPRINGS

\$250 Spa Credit with Stay

Receive \$250 in credit towards spa treatments in the cool Palm Springs Yacht Club + one of our divine Estate Rooms. Sun.-Thurs. nights for rates starting at \$249. (760) 770.5000

RENAISSANCE INDIAN WELLS RESORT & SPA

Receive \$100 Spa Credit with Each Night

Enjoy a \$100 nightly credit towards spa treatments each night you stay. Rates from \$199/night. Promo code ZJO *Exp. 11/17/18 *
(760) 836.1265

SEA MOUNTAIN NUDE RESORT & SPA

Save \$200 on a Midweek Stay

A luxury-awarded nude spa and resort hotel with exclusive spa massage packages, 24-hour whirlpool, 24-hour dance lounge, and four-star hotel rooms for couples and women. Call for details. (760) 251.4744

THE SPA AT WESTIN MISSION HILLS

\$119 Massage or Facial

Relax and restore with a 50-minute Swedish Massage or 50-minute Hydrating facial for just \$119. Includes day pass and glass of bubbly.
* Exp. 11.30/18 * (760) 770.2180

TWO BUNCH PALMS

Day of Wellness \$315

60-min. spa treatment; full use of mineral springs and enrichment classes; lunch entrée with healing drink or glass of rosé; TBP Day Tote Bag + valet parking. 9a-7p; Tax and gratuity not included. (800) 472.4334

Medical Tourism

DESERT HYPERBARIC MEDICINE

10% off Hyperbaric Oxygen Session

Free consultation and 10% off a 5-treatment package for qualified candidates. Cannot be combined with other offers. (760) 773.3899

DESERT MEDICAL IMAGING

\$100 Off Prostate or Lung MRI

Discuss your prostate and lung health with our industry leading medical professionals and discover new options for cancer biopsy. Cash patients only. (760) 275.5768

ORTHOPEDIC & PHYSICAL MEDICINE ASSOCIATES

Second Stem Cell Injection for 1/2 Price

Buy one stem cell injection at regular price and receive a second injection of equal or lesser value for 50% off. Promo code OPMABOGO.
(760) 340.2600

PREVENTIVE MEDICINE CENTERS

Free Erectile Dysfunction Consultation

Meet with a medical professional at our clinic to determine if you are a candidate for Sound Waves ED Therapy. (Value \$147) (760) 320.4292

Medical Tourism (cont.)

THE EYELID INSTITUTE

\$1,000 Off Eyelid Surgery

Come meet board-certified ophthalmologist Jennifer Hui, MD, and see if cosmetic or medical eyelid surgery is right for you. (760) 610.2677

Mindfulness/Meditation

ALL CLEAR: PERSONAL/ HOUSE CLEARING

50% Off First Session

Cleanse and clear negative energy for yourself or your home/work environment. One per client.
(775) 721.0309

BLISSFUL RELEASE

20% Off Energy Therapy Session

20% off initial 60-min. energy therapy or E-motion Code/Body Code session (Reg. \$150) New clients only. (760) 409.9289

GO GET YOUNG

1/2 Off Anti-Aging Mindfulness Session

60-min. session with life coach Elizabeth Scarcella. Emerge feeling younger, more energetic and full of wonder and possibility.
(407) 370.5228

LOVE YOUR LIFE HEALTHY

30% Holistic Wellness Services

Holistic nutritional coaching and self-exploration retreats to start your journey of healing and wellness. Visit LoveYourLifeHealthy.com for list of services. (760) 821.3199

MOT'US FLOATATION & WELLNESS CENTER

50% Off Floatation Therapy

60-min. float for only \$39. Limit one per person; 9a-5p daily. (760) 610.5761

TRUE YOU MEDICAL

\$129 Energy Session with Biomat + Crystal Therapy

Energy healing performed on a rejuvenating infrared Biomat with crystals for ultimate harmony. (760) 340.0059

YOUNG LIVING

Free Diffuser with Essential Oil Starter Kit

Sign up for a premium starter kit (Item #22397) and receive the Desert Mist Diffuser for free (Value: \$83.88). mariabillis.vibrantscents.com.
(518) 879.6360

Outdoor Adventure

ADVENTURE HUMMER TOURS

\$20 off a Hummer Tour

Take a famous open air Hummer adventure and save \$20 per person when you book your tickets online. AdventureHummer.com (760) 285.0876

ATV EXPERIENCE

\$25 Off ATV/Jeep Experience

Guided ATV tours; drive your own or go as a passenger and explore the desert trails, box canyons, rolling hills and great scenery. Promo code Chill Pass. * Exp. 10/31/18 * (760) 861.7823

BIG WHEELS TOUR

Save 10%

Visit BWBTours.com, 'Book a Tour' and type in promo code 2F1QTCX9. * Exp. 10/31/18 *
(760) 779.1837

DESERT ADVENTURES RED JEEP TOURS & EVENTS

\$30 Off for Our 30th Anniversary

In celebration of our 30th anniversary, save up to \$30 per person on any San Andreas Fault Jeep Tour. Excludes holiday blackout periods.
(760) 324.5337

ESCAPE ROOM PALM SPRINGS

Receive 10% Off Per Person in a Private Room

Use promo code OASIS0202 online or if booking by phone. * Exp. 11/1/18 * (760) 779.8888

SOCIAL CYCLE

\$30 off Seats on Public Tour

A pedal-powered 16-passenger open vehicle providing Palm Springs tours. Offer good for public tours only. 2-hour min. (619) 846.9436

All *Live Your Wellest* Offers are good from 9/1/18 – 12/31/18 unless otherwise noted.

This special section can also be found at DesertHealthNews.com.

Live Life to the Fullest
Live with Vitality
Live Younger



Join our international clientele who benefit from our medically-supervised regenerative and anti-aging services:

- PRP for joints, face, hair loss, sexual enhancement
- Hormone optimization
- Regenerative cell therapy
- IV drip therapy
- Colon hydrotherapy
- Detoxification
- LA Detox weight loss program
- And more



For more information, please visit www.cwi.la or call CWI at (760) 659-8000

Dr. Eugene Rajaratnam,
M.D., F.A.C.S., A.B.A.A.R.M.

Carol Christian,
CEO, CCHT, IIC

RANCHO MIRAGE
72-301 Country Club Dr.
Ste. 109

LOS ANGELES
11677 San Vicente Blvd.
Ste. 301



Specializing in:

- Integrative Cancer Therapy
- Regenerative Stem Cell Therapy
- Bio-identical Hormone Replacement
- HCG Weight Loss & Nutritional Counseling
- IV Nutrient Therapy & B Vitamin injections

NOW PROVIDING:

Ultrasound-guided
Injections for Joint Pain
and Regenerative Medicine

NAD IV Therapy for Anti-aging

The Latest Innovations
in Natural
Cancer Care

760.771.5970
78900 Ave. 47, Ste. 102
La Quinta
info@livewellclinic.org
www.livewellclinic.org

Naturopathic Primary Care for Adults, Children & Teens



Dr. Sonja Fung
Naturopathic Doctor



Dr. Brian Myers
Naturopathic Doctor



Ashley Humston, L.Ac.
Licensed Acupuncturist &
Eastern Medicine Physician



spa/hotsprings

A Pass to Escape

Greater Palm Springs has many world-class resorts and spas enjoyed by visitors from around the globe. But did you know that many of them offer day passes for as little as \$20? You can lounge in their pristine pools, hot tubs and relaxation rooms, indulge in their steams and saunas, and pretend that you, too, are on a glorious resort vacation.

Escaping to a spa for the day is the perfect way to rejuvenate mind, body and soul without the guilt of splurging. Often just entering the spa is enough to relax your senses, from the smell of essential oils to their calming décor, but these properties offer so much more...

Agua Serena Spa at the Hyatt Regency Indian Wells: \$40/\$30 for IW residents. In addition to their steam, sauna, hot tub, and outdoor relaxation area, you'll have access to property pools and fitness center. (760) 674.4100

Estrella Spa at the Avalon Hotel: \$30 weekdays only. Boutique hotel offering outdoor hot tub, indoor sanctuary room with fireplace, and access to pools. (760) 318.3000

Feel Good Spa at Ace Hotel and Swim Club: \$20 weekdays/\$30 weekends. Offers access to their main pool and hot tub. (760) 866.6188

Renaissance Indian Wells Resort & Spa: \$30 Access to steam, co-ed hot tub, relaxation area and aroma showers. (760) 773.4444

Ritz-Carlton Spa: \$120/\$85 after 3pm. Beyond the spectacular views, you'll enjoy steam, sauna, indoor and outdoor whirlpools, aroma showers, and relaxation area. (760) 321.8282

Spa La Quinta at La Quinta Resort: \$25 Enjoy their beautiful outdoor hot tub, relaxation area and steam. (760) 777.4800

Spa Las Palmas at Omni Rancho Las Palmas: \$30/\$20 after 3pm Sun-Thu/4pm Fri-Sat. In addition to their steam and saunas, you'll have access to their fitness center and private outdoor spa pool. (760) 836.3106

The Spring Hot Mineral Spring Resort & Spa: \$50 Enjoy three mineral spring pools and their beautiful Finnish dry sauna. (760) 251.6700

Spa Desert Springs at JW Marriott Desert Springs Resort: \$45/\$20 after 3pm Steam, sauna, hot tub, salt water lap pool, and fitness center. (760) 341.1874

Spa Hibiscus at Embassy Suites La Quinta: \$12-\$15 seasonally Steam and hot tub. (760) 238.9081

The Spa at Westin Mission Hills: \$25 Access to all spa amenities including the outdoor therapy pool and co-ed relaxation area. (760) 770.2180

Sunstone Spa at Agua Caliente Casino Resort Spa: \$30 Enjoy steam, sauna, hot tub and outdoor pools. (760) 202.2121

Two Bunch Palms: \$ 125 Includes a day tote bag with water bottle and day-use towel, mineral pools and tubs, free valet parking and access to all enrichment classes for the day. (760) 676.5000

The Well Spa at Miramonte Indian Wells Resort & Spa: \$30 Access at all spa and resort facilities including hot and cool soaking pools, eucalyptus-infused steam rooms, and a relaxation lounge. (760) 837.1652

**It is recommended to call ahead and confirm pricing and availability.*



JW Marriott co-ed lounge



Two Bunch Palms



medical tourism

Cognoscopy

Reversing cognitive decline

It is expected that 45 million Americans will develop Alzheimer's in their lifetime. Once viewed only as a slow and suffering death sentence, science has now demonstrated that cognitive decline can be prevented – and reversed - by identifying contributing factors and prescribing lifestyle and supplementation.

With Alzheimer's, western medicine has largely focused on identifying the quantity of plaque (protein deposits) in the brain and developing a drug to diminish it. In 2010, a shift started when Dale Bredesen, MD, author of *The End of Alzheimer's*, and researchers at MIT both noted that plaque in the brain was harboring virus. This finding was the beginning of a new understanding of Alzheimer's disease as the brain's protective response to many detrimental factors.

Bredesen's work led to an evidence-based protocol which helps identify those factors and establish a plan to heal the brain allowing it to continue to do its job and function well.

The Bredesen Protocol includes comprehensive testing and individualized treatment plans which have been adopted by leading integrative practitioners and institutions. The Coachella Valley has many integrative MD's including Bredesen-certified practitioner Jeralyn Brossfield, MD, of **XO Health**. Dr. Brossfield has been practicing medicine for eighteen years and was the Medical Director at the Eisenhower Wellness Institute before opening her own Functional Medicine practice in Rancho Mirage this past January.

"By identifying factors that are contributing to mental decline, and taking targeted action through the ReCode Protocol, we can heal the entire system and promote excellent brain health and longevity. We can survive something that was once thought to be incurable."

Brossfield sees patients from both in and out of the area. The first appointment consists of a detailed history intake to help identify exposure to toxins throughout life, questions on current brain function, and extensive blood work to determine heavy metals, infections, vitamin and mineral levels, genetic factors for Alzheimer's, and more.

"We are finding that many people have a virus that their body is still fighting and this can be the cause of memory loss," says Brossfield who has been seeing elevated mold and viral bio-toxin markers in 60% of her cognoscopy patients. "Further tests can help us identify the exact mold or virus which we are then able to address through holistic lifestyle changes and supplementation."

Follow up appointments to review test results and develop an individualized treatment plan can be done locally or long distance. Brossfield also works closely with the Bredesen team; patient data is uploaded and individualized reports and recommendations can also be provided.

"This program is bringing hope – and results – for so many," states Brossfield. "It is exciting to see lives changed by identifying the root cause of memory loss and addressing it through lifestyle changes and natural supplementation."

Jeralyn Brossfield, MD, can be reached at (760) 573.2761 or on Facebook @ XO Health. Cognoscopy programs cost between \$1,200 and \$3,600 plus lab work (usually covered by Medicare and most PPO insurances). For more information on cognoscopy, visit www.drbredesen.com.



Jeralyn Brossfield, MD



nutrition

Food as Medicine

The old phrase "you are what you eat" is now the center focus of integrative medicine. But sometimes simply eating food is not enough, so we take vitamins to supplement what we may be missing.

Another option growing in popularity is nutritional IV therapy which delivers vitamins, minerals, and other nutrients directly into the bloodstream. The therapy is used to fight off the common cold, rehydrate and nourish hangovers, increase energy, strengthen the immune system, counter anxiety and stress, and act as a preventive aging measure. For patients with digestive or malabsorption issues, nutrient IVs can be life-changing as the blood concentrations obtained are impossible to get orally. Research has also shown that vitamin C infusions prolong survival times, and improve quality of life, in cancer patients.

The use of multiple nutrients in the treatment of illness started with the Myers' cocktail, created by physician John Myers and commonly used today. Minerals such as magnesium, calcium and zinc are combined with B vitamins and vitamin C and administered by a physician who can vary the dose, rate of infusion and the constituents as needed. Infusions can take anywhere from 15 minutes to 3 hours, depending on the nutrients and volume of fluid used.

It's no surprise that local clinics offering the service see a significant influx of patients during festival season as concert goers often need to rehydrate and reenergize from overindulgence. The Live Well Clinic in La Quinta even created a special concoction they call GO-Chella Juice which includes anti-nausea and anti-inflammatory medications along with vitamins and minerals. Several clinics even offer in-home service for groups as practitioner availability allows.

Clinics offering nutritional IV therapies in Greater Palm Springs include **Preventive Medicine Centers** in Palm Springs; **California Wellness Institute** and **XO Health** in Rancho Mirage; **Optimal Health Center** and **True You Medical** in Palm Desert; and **Live Well Clinic** in La Quinta.

With its many health benefits, it would not be surprising if nutritional IV therapy eventually becomes a routine practice in health and wellness care.



Sonja Fung, ND



outdoor adventure

Take a Walk on the Wild Side

Getting your daily exercise is easier when you find breathtaking views around every corner. Who doesn't want to reach their daily 10,000 steps alongside cheetahs, giraffe, and jaguars?

The Living Desert Zoo and Gardens is home to unique plants and animals, bringing new meaning to a "walk in the park." Some members say the main reason they purchase an annual pass is to enjoy their morning and afternoon walks. "It's unparalleled, really," recalls one member. "There's so much beauty around and our walks are something we look forward to on a daily basis."

But that's not all. If you're looking for something more challenging than a brisk walk, trek the nature and hiking trails located inside the Zoo. Accessible only from The Living Desert, a hiker can select one of three trails to suit their desired experience of the majestic and undisturbed desert. The Discovery Loop is a brief quarter-mile interlude, while the Adventure Loop rambles for a mile through desert wash habitat and across a rocky bajada. The Wilderness Loop offers an adventurous three-and-a-half mile hike up or down a boulder-strewn canyon and along a rocky ridgeline with stunning and far-reaching vistas.

The Living Desert makes it simple to enjoy your daily walks, as it's open 364 days a year, closed only on Christmas Day. Regular season hours are October through May, 9 a.m. to 5 p.m., with the last admission at 4 p.m. Hiking trails are only open during regular season hours, from 9 a.m. to 4 p.m. Summer hours are June through September from 8 a.m. to 1:30 p.m., with the last admission at 1 p.m. A major advantage of being a member is the early 7 a.m. entrance every day, just in time for an early morning walk on the wild side.

The Living Desert Zoo and Gardens membership includes unlimited zoo admission for a year: Individual (1) \$79.99; Dual (2) \$99.95; Family (2 adults, 4 children) \$129.95 (Portion of the membership is tax deductible). General Admission is \$19.95; seniors 62+: \$17.95; children 3 - 12: \$9.95. LivingDesert.org (760) 346.5694.



The Living Desert Zoo and Gardens



mindfulness

A Place of Peace

Not often is a community blessed with a treasure like Sunnylands. The stunning center and gardens reopen on September 12 and are free to visit with no reservations required.

Whether you are simply looking for a quiet, contemplative place to walk or a serene ambiance in which to sit and meditate, you will find it here. Plan to spend hours taking in every element of the property which was designed to enhance the senses and "bring you into the now."

With nine flourishing acres of beautifully manicured desertscape, twin reflecting pools and a labyrinth that winds through trailing smokebush, there is no better place to spend mindful time.

Every view was designed to be picturesque. Walter and Leonore Annenberg's legacy was inspired by their personal collection of Impressionist and Post-Impressionist paintings. Beautiful sculptures adorn the gardens which contain 70 species of native and adapted plants from North and South America, Africa, and the Mediterranean.

You won't be the only one seeking tranquility. Sunnylands encourages mindfulness with complimentary yoga on Fridays and Tai Chi on Saturdays. There are guided tours of the garden on Thursdays and bird-watching walks on Fridays. Sundays are family-friendly with informal games, books, toys and other unplugged activities for children of all ages.

The Sunnylands Center, a mid-century marvel reflecting the beauty of the main house, was also designed as a "relaxing public space with the atmosphere of a grand living room." Be sure to save time to tour the architecture and take in the rich history graciously displayed as wall art and exhibits.

For an ultimate day of mindfulness and meditation, head to Sunnylands.
For hours and additional information, visit sunnylands.org or call (760) 202.2222.



Sunnylands



beauty

Your Beautiful Blood

Blood gives life and is now being used to enhance beauty. You may have heard of the Vampire Facial®, a trademarked name for the platelet-rich plasma, or PRP, facial gaining popularity as a more natural means of rejuvenating skin.

Unlike fillers that use synthetic substances, PRP uses the patient's own natural healing mechanisms to activate and rejuvenate cells effectively diminishing wrinkles, acne scarring and stretch marks, and adding volume in the face, hands, décolletage and neck.

"PRP facials are for those who want to augment their natural beauty," says Dr. Sonja Fung of the Live Well Clinic in La Quinta. "I see the best results in people who are proactively looking to prevent aging skin naturally without major corrective surgery."

This cutting-edge procedure can be completed in under an hour with an estimated 24-hour downtime for redness. A single vial of blood is drawn and spun down in a centrifuge to retrieve the most viable fibrin and platelets. Then the top layer is extracted and reinserted to the target area through microneedling using very fine short needles.

Results, which last an average of 18 months, are subtle with gradual improvement over a three- to five-week period and full correction at four to seven weeks. Best results are seen with two to four treatments given one to three months apart. Practitioners say that with time, the results get better and better.

As an injected procedure, the treatment should only be performed by a doctor or licensed practitioner. For optimal results, many offer PRP in combination with dermal fillers, Botox or laser therapy as PRP builds tissue over time while traditional fillers break down over time.

Practitioners in Greater Palm Springs offering PRP facials include Eugene Rajaratnam, MD, at the California Wellness Institute in Rancho Mirage; Sonja Fung, ND, at the Live Well Clinic in La Quinta; and Nicole Ortiz, ND, at True You Medical in Palm Desert.



Source: 1) Platelet-Rich Plasma Procedure May Improve Facial Appearance - Medscape - Mar 06, 2012.

AC POINT
ACUPUNCTURE & WELLNESS CENTER

Get relief from Pain
and Stress now!

Acupuncture • Cupping • Herbology
Chinese Herbs & Custom Formulas
ThermaJade Far Infrared Jade Roller Massage Beds
Therapeutic Massage • Cranial Sacral Therapy
Fascial Stretch Therapy • Visceral Massage
Chiropractic Therapy • K-Laser • Essential Oils
Wholistic Kinesiology • Energy Healing



Diane Sheppard, PhD., L.Ac.
CLINIC DIRECTOR



Gayle McGuire, RN, L.Ac.
ACUPUNCTURIST



Teri Tudor
PHYSICAL THERAPIST
CRANIAL SACRAL THERAPY



Tracy Smith
ENERGY/FREQUENCY
THERAPIST
BODY CODE/
EMOTION CODE



Deborah Schrameck
CERTIFIED WHOLISTIC
KINESIOLOGIST AND
NUTRITIONIST



Oscar Castro, DC
CHIROPRACTOR
IRONMAN
COMPETITOR



Robert Wild
CERTIFIED MASSAGE
THERAPIST
FASCIA STRETCH
THERAPY LEVEL III

LOOK FOR OUR UPCOMING
LECTURE SERIES INCLUDING:

Wholistic Kinesiology • Cupping and Gu Sha
Introduction to Feldenkrais
Energy/Body Wellness
Auricular Acupuncture (and Try It!)
Qi Gong/Tai Chi • Benefits of CBD Oil
Utilizing Genetics • And More...

Email acqpoint@aim.com for lecture schedule.

760.345.2200

77682 Country Club Drive, Ste. G • Palm Desert
(2 blocks west at Washington & Country Club.
Turn at Park Center Drive right on Springfield Lane on right side.)

acqpoint.com

Now a Blue Shield preferred provider
with other insurances accepted.

SAVE
20%
WITH
CODE:
LOCALS

WELLSPRING

THREE DAYS

to explore the

THREE PILLARS

of

WELLNESS

DOWNTOWN PALM SPRINGS
October 26 - 28, 2018

III

REGISTER NOW AT
WANDERLUSTWELL.COM

PRACTICE

SWEAT

THINK

RESTORE





Are There Genius Foods?

By Joseph E. Scherger, MD, MPH

A young filmmaker and health care journalist, Max Lugavere, teamed with a concierge wellness physician in New York, Paul Grewal, MD, to write *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life* (HarperWave, 2018). After reading three detailed books on brain health and nutrition: *Brain Maker* by David Perlmutter, MD, and two books by Daniel Amen, MD, *Memory Rescue* and *Change Your Brain, Change Your Life*, I wondered if this book would offer anything new. *Genius Foods* is a fun read and while not breaking any new ground, the book summarizes and prioritizes what is known about nutrition and keeping a healthy brain.

Lugavere and Grewal list and describe 10 “genius foods” in chapters that are interspersed with chapters on what not to eat. For example the first genius food is extra-virgin olive oil. What follows is a chapter on other “fantastic fats” to eat and the “ominous oils” to avoid such as inflammatory vegetable oils which abound in our processed foods and are certainly not good for brain health.

The other nine genius foods are avocados, blueberries, dark chocolate, eggs, grass-fed beef, dark leafy greens, broccoli, wild salmon and almonds. Each of these has a chapter and are placeholders for related foods that are “equally excellent options” for the brain such as other tree nuts - walnuts, macadamias, Brazil nuts, and pistachios.

Advocates of a whole food plant-based diet will not like this book since three of the ten genius foods come from animal sources. The most controversial here is the recommendation to eat beef. The overall health problems with red meat, even if organic and grass-fed, would not make it in the top ten superfoods. Daniel Amen does not recommend beef in his 52 best foods for the brain and David Perlmutter suggests we eat red meat sparingly as a “condiment.” These experts agree that healthy eggs and wild salmon (and other fish) certainly belong here.

The book is loaded with other health advice such as eating organic whenever possible, what soaps to use, spend time outdoors, and consume filtered water. Appropriate emphasis is given for avoiding sugars and refined carbohydrates. Any healthy brain diet must include a strict avoidance of toxic foods and this book does that well.

Genius Foods closes with two summary and resource chapters: The Genius Plan and Recipes and Supplements. The number of supplements is modest and covers the most important ones such as vitamin D, vitamin K2 and turmeric. References are given for each chapter and are not as extensive as those cited by Perlmutter and Amen.

Some physicians and nutrition scientists will consider this book superficial, but I find it a worthwhile read and none of the advice is counter to that given by well-informed functional medicine clinicians.

Promoting healthy nutrition is a movement today that is countering the overwhelming influence of the commercial food industry and our cultural addiction to refined carbohydrates. I hope *Genius Foods* is read widely and influences a new generation of healthy food advocates.

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 Clinical Professor of Family Medicine at the University of Southern California Keck School of Medicine.

What is Disordered Eating?

Continued from page 8

Eating disorders don't discriminate. They come in all shapes and sizes, races, sexes and ages. Patients in middle childhood are sometimes diagnosed with ARFID (Avoidant Restrictive Food Intake Disorder), and we have seen patients in their 70s who have struggled all their lives with many types of eating disorders.

If you're concerned about someone you love and think they might have an eating disorder, or are concerned for yourself, where do you get help? It is important, due to the complexity of these diseases, that you seek assistance from someone who is certified as an eating disorder specialist by the International Association of Eating Disordered Professionals. This person has met the rigorous qualifications to be deemed well trained and experienced in assessing and treating patients with eating disorders. Generally, this individual works with a team approach towards treatment. The team consists of a physician (often the PHP or pediatrician), a psychotherapist, a dietitian, and other psychotherapist-specializing modalities recognized as useful in treating eating disorders. Sometimes an eating disorder interventionist is in the team, to help patients in denial about eating disorders.

We had patients in recovery from eating disorders stop by our office this week. One woman in her 50s had been isolated and depressed. She was able to drag herself to and from work and then spent her evenings watching TV with her latest “date” of ice cream, chips, or other junk food. She had been doing this for 10 years. Her self-esteem was at an all-time low, and she felt not only would she never find love, but that she was certainly not deserving of it.

Fast forward to today: she walked in looking stunning in a dress, lovely heels, her hair and make-up beautifully done, but it was her eyes (her sparkling, shiny, full of love, life and joy eyes) that struck me most. This was NOT the woman I had first met a year ago. She explained she had not been in for our alumni groups, as she was out having too much fun this summer! She was dating a gentleman, enjoying her children and friends, and most importantly taking time to enjoy her meals and to meditate and was no longer being held hostage by shame.

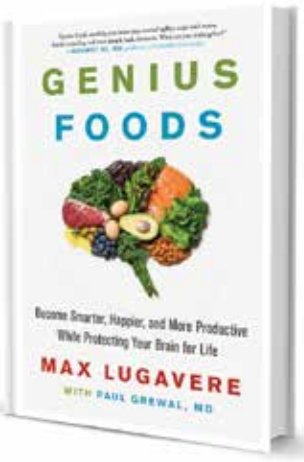
Later that day, I spent part of the afternoon with my “Annie girls.” This is one of our groups of teens with Anorexia Nervosa. They no longer looked like the skeletons that first walked into my office. I was no longer having to wonder if today I would send them to the hospital, as I did one. I felt I could take a breath, as I didn't have to worry that the next might be their last. Instead, they lay across each other on the couch, as teen girls will do, sang songs from a YouTube video, and just acted like kids.

So, I guess, my point is, although the most deadly of all psychological disorders, there is hope for eating disorders including yours or that of someone you love. I hope you reach out for help today.

Kelly Lewallen, is a licensed Marriage and Family Therapist practicing in Palm Desert and a member of Desert Doctors. She can be reached at (760) 777.7720. For more information visit her website at KellyLewallenmft.com or go to DesertDoctors.org.



Seeking help is the first step in overcoming an eating disorder. Photo by Cristian Newman on Unsplash



DesertDoctors

Your Direct Access
To Primary & Specialty
Doctor Care



Why Choose Desert Doctors?

Desert Doctors can help make your healthcare choices a bit simpler. Our group was formed by a variety of the Coachella Valley's top physicians to bring affordable, quality health care to our community. Whether you're a professional athlete sidelined by a sports injury, or a family of four in need of routine and preventative care, Desert Doctors is your direct access to primary and specialty doctor care.

- No facility fees for office visits
- Desert Doctors is affordable quality care
- Access to highly experienced doctors
- Save money when you choose independent doctors
- Top doctors, at a fraction of the cost

Quality
Care



Quality
Relationships



Quality
Health



Do you need to see a Doctor?
Our Independent Doctors are here
when you need them...

Schedule your Appointment Today!

760.232.4646
DesertDoctors.org

What does "YOUR BEST" look like?

STEM CELL HAIR THERAPY



Stem Cell Therapy - Before



Stem Cell Therapy - After 3 Months



Pacific Hair
INSTITUTE, INC

The New Gold Standard

Robert Michael Elliott, M.D., FAACS
(760) 698-8400

The Best in Available Technologies

- NeoGraft Hair Transplants gently extract follicles during the donor process
- Platelet Rich Plasma (PRP) allows for the grafts to grow sooner, quicker and stronger
- Laser cap therapy where indicated
- Hormone enhancement to optimize levels for best hair growth

NeoGraft

78-150 Calle Tampico, Suite 102 • La Quinta (760) 698-8400



Pacific Longevity
INSTITUTE, INC

Balancing Nature & Science

David Odom, M.D.
(760) 698-8400

Bio-Identical Hormone Treatment can help you:

- Regain energy, muscle strength and greater ability to lose weight
- Increase mental clarity
- Feel younger and happier again
- Better hair growth
- Increase quality of life and prevent age-related illness



bioTE
CERTIFIED PRACTITIONERS

Socialization Important for Alzheimer's Patients

By Pat Kaplan and Edie Keller, LMFT

In the past, whenever Alzheimer's was mentioned, as a society and community, we focused on the tragedy and sadness of this disease's inevitable outcome.

Today there is a different outlook: While Alzheimer's is a disease, it is a person with a disease, and the focus should be on that person's many faculties and abilities which are still intact.

Experts have recognized for a long time that socialization is important for brain health, along with a healthy diet and moderate exercise. Regular social interaction gives everyone a greater sense of self-worth and belonging rather than isolation. It also gives us a sense of normal structure and order to life, connecting us to the present time and place.

Studies also show that people with a broader network of social experiences in earlier stages of Alzheimer's are able to slow down the progression of memory loss more than those whose network is small. Across the nation, experts now extol the benefits of engaging persons with dementia in socialization programs that improve their general wellbeing.

"Socialization, when provided in a safe, structured manner, can make a positive difference in the quality of life for those people impaired by dementia. Making sure that your loved one is receiving a steady, yet fresh, exposure to opportunities for socialization is important to keep them as healthy and connected as possible. Do this consistently, and you will notice the difference," according to Anthem Memory Care Communities' blog.

Changing the outlook of Alzheimer's means focusing on the diagnosed person's abilities and allowing everyone to have choices, fun, laughter and socialization. In alignment with this emerging practice, Alzheimers Coachella Valley (ACV) takes a "life goes on" approach and encourages both caregiver and loved one to tap into that and continue to live. By establishing "where we are on the journey" and going from there, best practice care includes providing resources, up-to-date information, and very importantly, socialization.

We have seen with the ACV first two eight-week Traveling the Journey Together series and ongoing socialization program, Club Journey, that when caregivers and loved ones come together every week for interactive social time, the experience has been revolutionary. People are enjoying each other's company, engaged in the moment. Families living with Alzheimer's and other dementias come to laugh, share, learn and feel at home in a safe, secure environment.

Club Journey continues to meet every Tuesday from 10 a.m. until 1 p.m. in the ACV office. Anyone in a dementia support group is welcome with their loved one. The next Traveling the Journey Together series begins October 12. Pre-screening is required to make sure the program is appropriate for the diagnosed individual; the series is limited to a maximum of eight couples. All ACV programs are free of charge.

Pat Kaplan and Edie Keller are co-founders of Alzheimers Coachella Valley. For more information on their programs call (760) 776.3100.



Barbara Barnett and Greg Gomes enjoy one another's company during Club Journey.

Changing the Face of Alzheimer's

At **Alzheimers Coachella Valley**, we focus on the **PERSON** and what is **STILL POSSIBLE**.

Our philosophy is to assist the individual and family whether it is providing resources, up-to-date information, and very importantly, socialization. We believe that "life goes on," and encourage both caregiver and loved one to tap into that and continue to live!



Club Journey

Join us every Tuesday at 10 a.m. to 1 p.m. for social time in a safe, secure setting. Enjoy new friends, fun activities, and lunch! Anyone in a dementia support group is welcome with their loved one.

Traveling the Journey Together

This eight-week social and educational program is for both the caregiver and loved

one. Experts in a variety of fields present a different topic each week. Participants then each meet in their own support groups and afterwards rejoin for social time.

Our next **Traveling the Journey Together** series begins Oct. 12. Pre-screening is required and the series is limited to a maximum of eight couples.

See how ACV is Changing the Face of Alzheimer's one smile at a time.



**Alzheimers
Coachella Valley**

Become a "Friend of ACV"
and support these great programs.

Call (760) 776-3100

for an appointment or more information.

**Alzheimers Coachella Valley
Berger Charitable Foundation Center**
42600 Cook Street, Suite 125, Palm Desert





Health is a Choice

Continued from page 1

and simply put it out into the universe.

Shortly thereafter, Polo Club resident Michael Lacey, a substitute teacher at the school brought the idea to his wife, Yolanda, a former principal and WOW member, and the partnership flourished from there. Lacey even recruited other men from the community to help out (informally dubbed MOM, "Men of Means"). The community's restaurant, *June Hills Table*, even offered to donate all bottles and cans to further raise funds for the school which is already bringing in \$75 a month.

Under the umbrella "Labor of Love," WOW asked the school for a checklist with which they could help. They aided large class sizes by creating small group tutoring for more individualized attention; read to kids for Read Across America Day; and collected 126 blankets each with a book for kindergartners over the holidays, a program they call "We've Got You Covered."

When the school's 5th grade play was in need of costumes, WOW member Pam Bruinsma took on the challenge of sewing Colonial Days outfits. The group also helped fifth graders raise funds and accompanied them on their field trip to Riley's Farm to experience the Revolutionary War.

WOW and MOM also donated a Christmas tree and decorated the school's multipurpose room for their winter festival. Pictures with Santa (their principal in disguise) created another fundraising opportunity.

The group also enticed Hapara, an international educational software company, to donate a classroom program which allows Roosevelt students to virtually research with other students from across the country, in Canada and New Zealand. Polo Club residents Robin and Wayne Poncia even arranged for four new 55" televisions to be donated to the school for classroom-to-classroom global meetings, school management meetings, and school garden video monitoring.

School staff embraces the volunteers and is extremely grateful for all their contributions, says Roosevelt's Project Manager Latanya Strange. "As a teacher, I can honestly say, it is really easy to feel overwhelmed and to just give up. But WOW came over and injected some spirit back into the school, and we can only say thank you so very much."

Lacey, whose career was in education, says Roosevelt is a special school. "There is so much energy which is something that usually starts at the top. It is nurtured and supported all the way through to the students; they want to be there and they want to learn. It's a culture of learning and I am honored to be a part of it all."

Think about all the benefits our next generation would receive if each neighborhood in the Coachella Valley adopted a school. All it takes is willing administration and a creative group of enthusiastic volunteers.

This year WOW and MOM plan to seek grants to pay for larger projects like maintenance of the school garden which the men built with donations from Burrtec and Home Depot. The first harvest will be prepared with the kids in the fall from menus submitted by WOW members.

Many schools experience volunteers who come and go, notes Martinez, but WOW and Roosevelt have created an ongoing, dependable partnership which both consider mutually beneficial. This year's school wish list includes more classroom volunteers, classroom supplies, more field trips and after school tutoring support.

"Thank you very much for fulfilling our goal and for paying it forward," says Martinez. "We are a better school because of it."

For the women (and men) of WOW, the benefits may even be greater.

If your group would like information on how to start a volunteer program with a school, please contact Trilogy at the Polo Club WOW founder Janet Malek at jmalek8461@yahoo.com. Editorial by Lauren Del Sarto.



Bee Dine reads to Roosevelt students.



Trilogy members refurbish the school vegetable garden.



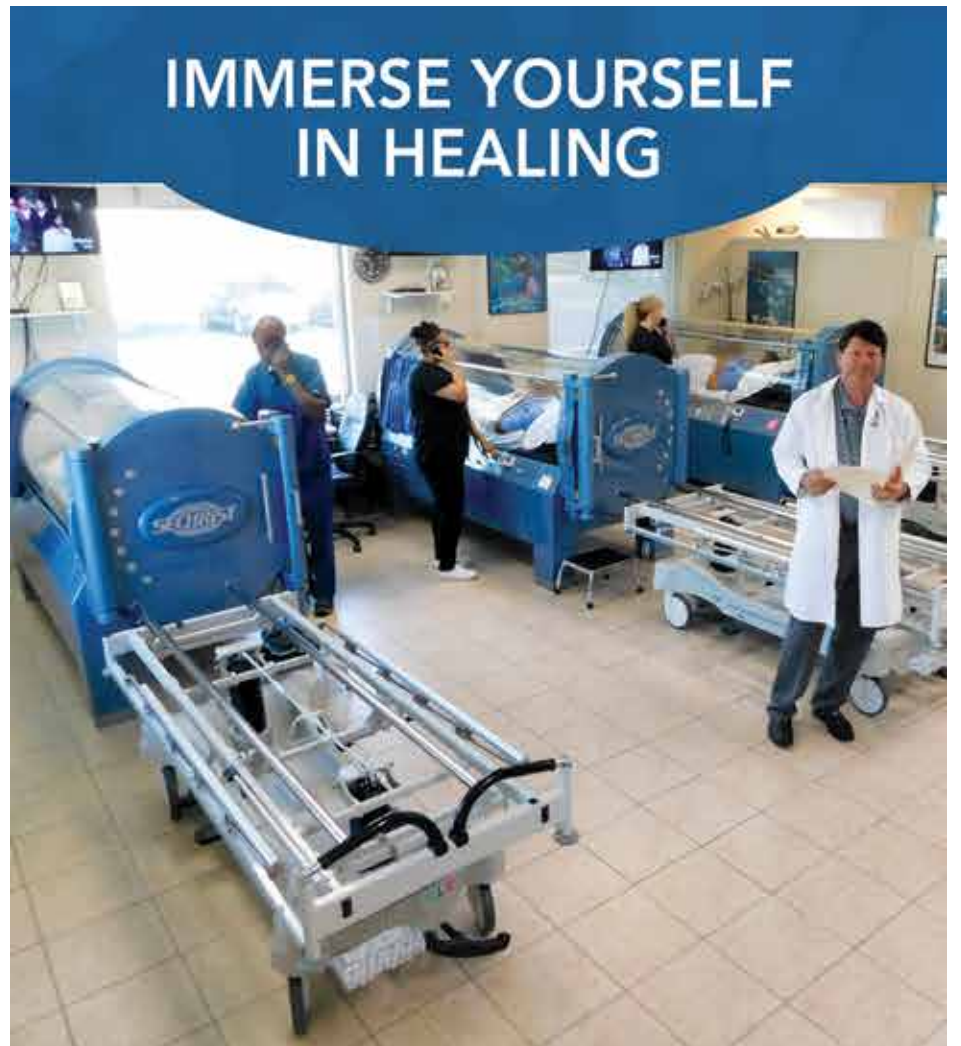
WOW member Sara Hoffman leads a class.



Pam Bruinsma made costumes for the 5th grade play.



MOM member Michael Lacey reads to a class.



IMMERSE YOURSELF IN HEALING

DESERT HYPERBARIC MEDICINE IS GROWING!

More and more doctors are recommending hyperbaric oxygen therapy (HBOT) for treating a variety of medical conditions and to expedite healing after certain surgical procedures. In response to the increased demand for HBOT, we have added a third hyperbaric chamber to our state-of-the-art center in Coachella Valley.

In celebration of our expansion, we are offering

10% OFF ALL 5-TREATMENT PACKAGES

Offer ends December 31, 2018.
Call for details and booking



DESERT HYPERBARIC MEDICINE

760-773-3899 or
866-600-HEAL (4325)
deserthyperbaricmedicine.com



Are you financially fit?



Build strength and fitness through understanding your financial picture—where you are, where you want to go, and how to get there.

Let us help you through your financial journey with comprehensive financial planning.



Michele T. Sarna, AIF®, AWMA®
 Managing Director, Partner
 Phone 760.932.0930
 Cell 760.844.2267
 msarna@beaconpointe.com

BEACON POINTE
 WEALTH ADVISORS
 73-833 El Paseo Drive, Suite 102
 Palm Desert, CA 92260
 beaconpointe.com

Beacon Pointe Advisors, LLC and Beacon Pointe Wealth Advisors are separate entities but affiliated companies. Provided as information only and should not be considered investment, tax, or legal advice or a recommendation to buy or sell any type of investments. Asset Allocation, portfolio diversification, and risk strategies cannot assure or guarantee better performance and cannot eliminate the risk of investment losses. Form ADV contains important information and may be viewed at: adviserinfo.sec.gov.

Financial Fitness

By Michele T. Sarna

As we fall into a new season, staying focused on wellness may fade away with the summer tide. Whether we spent the first part of the year working towards that summer body or a desired fitness goal, we tend to lose focus during the fall and winter months.

Year after year, we put a lot of time and effort into getting ready for summer or that special occasion to look and feel great. So why don't we take that kind of time when we are planning for our financial future? Like most dieting plans, reaching those goals doesn't happen overnight. The same is true for retirement; if you start planning a few years before the event, odds are you will neither reach your goal nor be able to maintain it.

Get a Plan. The first step is to know how much you'll need in retirement. In dieting, knowing your calorie intake amount prior to starting your diet will help with meal planning and exercise routines. The same is true for retirement: your age, how much you are saving, and your desired lifestyle will help determine the target amount needed.

Retirement looks different to everyone. For some, it's travelling the world while others may want to spend more time with the grandkids, or both! Regardless of your retirement goals, it's essential to know how much you will have so you can plan accordingly. However, if you don't have a current budget, you need to put yourself on one. Knowing what you spend, what you make, and if there's anything left over is the precursor to a plan.

Next is the allocation of the investment mix. Comparing this to a diet plan, your age, level of activity, proper percentage of macronutrients (carbs, protein, and fat) will assist in reaching your goal weight. Needless to say, your investment pie is not any different. Your age, the amount you are saving (and have saved) regularly, and the proper percentage of equities, fixed income and cash, will need to be determined.

Maintain, Maintain, Maintain. In dieting, once your goal weight is reached, you'll need a plan to maintain it. Going back to old habits will throw all that hard work out the door! The same is true when planning for retirement. Staying on track will easily be derailed if bad habits creep into the mix. We know "life happens," so set parameters, adjust, and get back on track as soon as possible.

Maintaining your investment strategy is also important. As time progresses, your goals will need to be adjusted. You'll need to look at your financial pie and make changes accordingly. The closer you get to your desired retirement age, the allocation pie will shift to include more conservative options, such as fixed income (also known as bonds) and cash.

If you continually think about what you are spending and saving and adjust along the way, you will be well on your way to your retirement fitness goal.

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

Opinions expressed herein are subject to change without notice. BPA & BPWA have exercised all reasonable professional care in preparing this information. The information has been obtained from sources we believe to be reliable; however, BPA & BPWA have not independently verified, or attested to, the accuracy or authenticity of the information. BPA & BPWA shall not be liable to customers or anyone else for the inaccuracy or non-authenticity of the information or for any errors of omission in content regardless of the cause of such inaccuracy, non-authenticity, error, or omission, except to the extent arising from the sole gross negligence of BPA or BPWA. In no event shall BPA or BPWA be liable for consequential damages.

Five Tips for Mindful Medicare Enrollment

By Musia F. Witkes

Medicare Annual Enrollment Period, also known as Open Enrollment, is a time for Medicare enrollees to review their current insurance and change to a better Medicare plan.

With a multitude of Medicare plans available, Annual Enrollment Period may seem more confusing and overwhelming than liberating.

Here are my top five tips for selecting the best plan for you:

Look at Open Enrollment as an opportunity. Take a deep breath and put yourself at ease. Now is the time to get the best possible health coverage! As a Medicare beneficiary, you may not have the ability to switch plans during most of the year. Open enrollment is the time to apply for a plan that may serve you better than your current plan does.

Assess your wants and needs. Have a good valuation of your current health situation before you start comparing Medicare plans. With this knowledge you'll know at the outset which services are necessary to have in your plan.

Also, think about convenience. Your plan will dictate where you go for healthcare. Will your doctor be located at a convenient location? Are their hours flexible? Will you need prescription drugs? Which pharmacies can you use? Will you have medical coverage outside of the United States?

Making a list of your preferred requirements will make it easier to compare plans.

Know the difference between Original Medicare vs. a Medicare Advantage Plan. Original Medicare is offered by the federal government and covers Medicare Part A (hospital insurance) and Medicare Part B (medical insurance). Original Medicare has a large network of doctors from which to choose.

Original Medicare doesn't cover everything. You can get more coverage by:

- Buying Medicare Part D for prescription drugs.
- Adding a Medigap policy in addition to your Original Medicare.
- Choosing a Medicare Advantage Plan instead of Original Medicare.

A Medicare Advantage Plan (also known as Medicare Part C) is offered by a private Medicare-approved insurance company and includes Medicare Part A and Part B. Some providers offer extra services, like vision, dental, and gym memberships.

Stay up-to-date on important Medicare information. Medicare benefits change annually. It's important to stay informed so that you know if your coverage or services will be affected. The plan that suited you last year may not be the best or most cost-effective going forward.

Speak with a professional knowledgeable about Medicare. The right Medicare agent should not only be able to educate you on a variety of Medicare plans, but should also be able to educate you on options based on your location, income and other factors that can affect your Medicare coverage. And the good news is, the services of a broker come at no cost to you.

Musia Witkes is an independent Medicare broker with Applied General Agency and can be reached at (760) 412.0046 or musiawitkes@gmail.com. CA license # 0K46508.

CONFUSED ABOUT MEDICARE?

Let me find you a health plan that best suits your needs.

- ✓ Medicare Advantage Plans
- ✓ Medicare Supplement Insurance Plans
- ✓ Prescription Drug Plans



To schedule an appointment, please call:
Musia Witkes
 License # 0K46508
 (760) 412-0046
musiawitkes@gmail.com



By calling the number above you will be directed to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information.



This Year's Beauty Trends

By Michele McDonough

There's never been a better time for beauty. Buoyed by the sheer number of millennial consumers, with their desire to be Instagram-worthy and their constant craving for the new, the beauty industry is thriving. Revenues for the U.S. beauty industry alone top \$56+ billion annually. Globally, the beauty and personal care industry is expected to surpass \$750 billion by 2024, up from \$432.7 billion in 2016. And it's not all about women anymore. Here are a top 10:

Custom combinations: Personalization is the biggest overarching trend in the industry for 2018. Whether it's the shade of their foundation (witness the immediate success of Rihanna's Fenty Beauty line) or the "slip" of their moisturizer, consumers expect to mix and match different products/brands to get exactly what they want.

Striking oil: Oils continue to be a huge skin care trend in 2018. According to Pinterest, which recently released its top 100 trend predictions for 2018, repins of "cleansing oil" are up 555%. Watch for oils that protect and moisturize face, lips and body to continue to take off.

Beauty gadgets: Derma rollers/facial rollers designed to help make skin care more effective will benefit from consumers' desire to get the most from their products. Ranging from ice or needle rollers to jade and quartz, these tools also help consumers recreate the spa experience at home.

Hurry up: At the other extreme from the time-consuming K-beauty rituals that captured consumers' attention in 2017, convenience is hot for 2018. Miniature or travel-sized products will be popular, along with "just-add-water" options such as skin care in powder or film form.

Mask madness: The mask craze is far from over. Charcoal masks and unique clays are popular. Masks with silt from remote lakes and volcanic ash, and "dry masks" are trickling down to the mass market, according to Cosmetics Design's 2018 forecast.

Shelter from the sun: Skin protection is a growing concern worldwide with special attention to products that promise to shield consumers from sun and pollution. UV-filtering antioxidant products are popular as the ozone shrinks and more people congregate in urban centers.

Lashing out: Now that consumers have done everything possible to their brows, 2018 features a renewed focus on eyes. Pinterest says searches for "lashes" are up 152% and with new mascaras launching seemingly every day, there's no shortage of product to fulfill customers' needs. Bright eyeliner and eye shadow are popular as well; Pinterest searches for "bright eye shadow" have increased by 63%.

Shine on: Speaking of eye-catching looks, glitter is also prominent this year. Whether it's crystals, jewels or actual glitter on the eyelids, golden highlighter or glimmery lip glosses, consumers want stuff that sparkles.

Nailed it: 'Nail art' shows no signs of fading (although nail art designs are becoming more minimalist). Mintel Market Research says the nail treatment category is especially hot, as consumers seek to care for their nail health the same way they care for their skin.

Cleaning up: Last but far from least, natural cosmetics and skin care continue their climb. The latest trend, according to *Future Marketing Insights*, is "clean color cosmetics." Offering natural formulations without the "natural look," these products offer full coverage, serious pigmentation and plenty of staying power.

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.

Source: 1) Global Biz Circle



For Men and Women

Kris Kabris
LICENSED ESTHETICIAN

Look Sensational
for Season!
\$99 Dermalinfusion
Facial Treatment
(Reg. \$175. New clients only)

Spend an hour with me
...and feel brand new!



Delivers brighter, clearer rejuvenated skin.
Return to your day following treatment.
No down time!

Also offering:
chemical peels • signature facials
waxing...and more

760.636.3555
Salon Studio's by J. Rich
72-624 El Paseo, Ste. B-2, Studio 8
Palm Desert

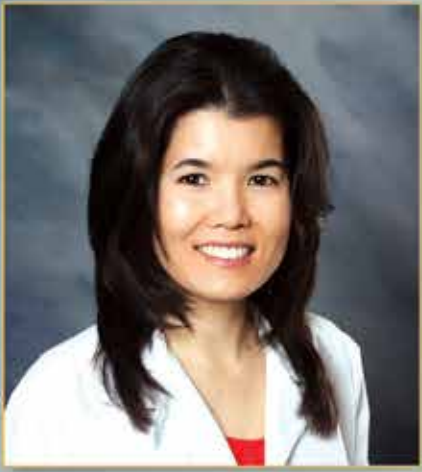
DRINK SMART LIVE WELL

Organic Raw Juice
Green Smoothies
Bowls • Smoothies
Juice Cleanse

Call-in Orders Welcome

| | |
|---|---|
| LA QUINTA Hours: Mon.-Fri. 7-5 Sat. 7-4 • Sun. 8-4 46480 Washington St., Ste. 1 (1 block south of 111 near Trader Joe's) 760-777-4666 | PALM DESERT Hours: Mon.-Fri. 7-5 Sat. 7-4 • Sun. 8-4 73-030 El Paseo, Ste. 104 (Corner of Hwy. 111 & Monterey) 760-837-9777 |
| PALM SPRINGS Hours: Mon.-Fri. 7-5 Sat. & Sun. 8-4 425 S. Sunrise Way, Ste. E-1 (Corner of Sunrise & Ramon) 760-883-5888 | RANCHO MIRAGE Hours: Mon.-Fri. 7-5 Sat. 7-4 • Sun. 8-4 40101 Monterey Ave., Ste. #G5 (Albertson's Shopping Center) |

www.freshjuicebar.com



JENNIFER HUI, MD, FACS

Board Certified Ophthalmologist

Trained at Bascom Palmer (#1 for 15 yrs.)

Fellow American Society Ophthalmic
Plastic Reconstructive Surgery

YOUR EYES ARE OUR FOCUS

Dr. Jennifer Hui is a fellowship trained Ophthalmic Plastic Surgeon specializing in all aspects of eyelid surgery.

PROCEDURES OFFERED:

Eyelid Lifts

Tearing (Lacrimal) Conditions

Eyelid Lesions, Cancer, Reconstruction

Non-surgical Facial Rejuvenation

Anti-Aging Services:

Botox • Dermal Fillers • Latisse®



760.610.2677

41990 Cook Street, Suite F1007 • Palm Desert
palmspringseyelidsurgery.com



experience the
La Quinta
version of getting healthy.



#ExperienceLaQuinta

Live your
we//est*

Visit PlayInLaQuinta.com



Indian Wells Tennis Garden to Host USA Pickleball National Championships

By Lauren Del Sarto

I arrived at the Indian Wells Tennis Garden to interview the pros and was greeted by unfamiliar sounds for the prestigious venue. Loud music, laughing, chatting, and the sound of plastic wiffle balls filled the air as I was introduced to the professional world of pickleball.



The new pickleball courts at the Indian Wells Tennis Garden

Pickleball fever is sweeping the nation. It is one of the country's fastest growing sports with over 3.1 million players, an 11.3% increase from last year, with 75% of the core participants 55 and older. The USA Pickleball Association's (USAPA) Places 2 Play database is now close to 7,000 known locations with an average of 118 new facilities being added each month.

Now the Indian Wells Tennis Garden has repainted 12 tennis courts into 45 pickleball courts as they welcome the sport's largest tournament, The USA

Pickleball National Championships, November 3-11. The regulation court design will be transformed back to tennis for the 2019 BNP Paribas Open, and then back to pickleball considering their 5-year contract with the tournament.

The tournament will bring over 2,000 players from around the globe together with many valley pros and amateurs competing in about 140 different divisions. The Championship Court will feature seating for up to 3,000 spectators who will also enjoy live entertainment and various food options.

"We are thrilled to partner with the USAPA," says Fred Hartzman, Indian Wells Tennis Garden Club Director. "It is exciting to see how quickly pickleball has grown and the buzz it has created."



Pro Kim Jagd and IWTG's Fred Hartzman

Both the Indian Wells Tennis Garden and USAPA feel that this location will help elevate the sport like no other.

"It is such an addictive game," says pro Kim Jagd, a former professional volleyball player who turned to pickleball four years ago at age 49. She plays for fun, but feels the sport has made her the fittest she has ever been. "I also love the social aspect and camaraderie amongst players. They laugh during play and look forward to the next opportunity to get together with other pickleballers!"

What defines a pro? Rankings, winnings, and sponsorship, says Jagd who is sponsored by paddle manufacturer Selkirk Sports, and many pros do make their sole living through teaching, coaching, writing articles, commentating, playing and prize money.

Prize money currently reflects the infancy of the sport. The winning purse at Nationals last year was \$25,000.

Local Morgan Evans is one of the sport's top pros at 36. Originally from Australia, the former tennis player taught all over the world before moving to the desert and being introduced to pickleball. He now has a signature paddle and is the team coach for Selkirk. He spends two weeks a month on the road playing in tournaments and finds pickleball easier and a lot more fun than tennis due to the diversity of players. "I can have a great game with someone who is literally twice my age."

Marcin Rozpedski, a former top 250 in tennis is now in the top 5 in pickleball. He won the Polish Nationals at age 18 and moved to the U.S. to play tennis on a full scholarship at UCLA. He is now the sports director at The Lakes Country Club in Palm Desert and admits that he first looked down his nose at pickleball.

"My members were pushing me to put in pickleball courts and I didn't take them seriously. But once I started playing, I fell in love with the sport and gave it a chance." The Lakes now has 9 courts and hosts a national tournament each March. In three years, the club went from 10 players to 120 with many new memberships attributed to their world-class pickleball facilities.

There are now 25 local clubs in the Desert Pickleball League and growing. Hosting the nationals at the Indian Wells Tennis Garden is certain to shine the spotlight on the sport and will be an ideal event setting to attract new fans.

"We are ready for Pickleball to make its mark in Indian Wells and to see the growing sport in action," says Hartzman.

The USA Pickleball National Championships will be held November 3-11 at the Indian Wells Tennis Garden. Entrance to the grounds is free, with tickets to the Championship Court ranging from \$10-\$50. For more information visit www.USAPA.org.



Players Andy Banachowski, Kim Jagd, Ben Druyon, Greg Carter, Morgan Evans, Fred Hartzman, Frank Taylor, Donny Schwake, Tarwin Onketpon, Randy Kuehnell, and Scott Burr



Pickleball is played on a smaller court than tennis as singles or doubles.



Top pro Morgan Evans in action



YOUR ONE STOP BODY SHOP

THE DESERT'S PREMIER TRAINING FACILITY

FITNESS

Private One-on-one Sessions • Comprehensive Evaluations
Rehabilitation • Senior Fitness • Boot Camps

SWINGFIT

GOLF & TENNIS FITNESS

Increase Flexibility, Mobility, Stability & Strength

K/SPA

Active Release Techniques (ART) • Therapeutic & Medical Massage
Nutrition & Lifestyle Coaching
Far-Infrared Sauna • Esthetician Services • Detox Programs

CRYOTHERAPY

Reduce Inflammation • Ease Arthritis Pain
Aid Insomnia • Heal Injuries Faster



ADULTS • YOUTH ATHLETES
PROFESSIONALS
COMPLIMENTARY CLASSES AVAILABLE

Desert Health Wellness Awards
2015 Small Business Winners



KINETIX HEALTH & PERFORMANCE CENTER



MICHAEL K. BUTLER
B.A., P.T.A., C.S.C.S., D.R.S.C.C., D.P.E.S., N.M.T.

760-200-1719
77804 Wildcat Drive,
Palm Desert, CA 92211
KinetixCenter.com



SUSAN BUTLER
N.M.T., L.M.T., C.F.T.

For you. For life. For energy.

CHANGE YOUR LIFE

with the power of PEMF:
pulsed electromagnetic field therapy

Bemer enhances:

- General blood flow
- Sleep management
- Elimination
- Cardiac function
- Physical fitness
- Endurance
- Strength & energy
- Concentration & mental acuity
- Stress reduction & relaxation
- Supply of oxygen & nutrients

Experience Bemer
at Kinetix

Kinetix is an
Independent Distributor

Call for a
complimentary
session



Kinetix Health & Performance Center
(760) 200-1719

77804 Wildcat Drive, Palm Desert, CA 92211
KinetixCenter.com



A PALM SPRINGS CULTURAL CENTER EVENT

CERTIFIED FARMERS’ MARKET

FRESH PRODUCE • FLOWERS • BREADS • CHEF DEMONSTRATIONS • ENTERTAINMENT

SEPTEMBER INDOOR MARKETS

SATURDAYS
8:00 A.M. TO 12:30 P.M.
PALM SPRINGS PAVILION
401 S. Pavilion Way
LAST DAY: SEPTEMBER 15TH

SUNDAYS
9:00 A.M. TO 1:30 P.M.
PALM DESERT WESTFIELD MALL
72-840 Hwy. 111
LAST DAY: SEPTEMBER 16TH

OUTDOOR MARKETS RETURN!

8:00 A.M. TO 12:30 P.M.

PALM DESERT
EVERY WEDNESDAY - OPENS OCT. 3RD
72-559 Hwy 111
(Adjacent to the Palm Springs Art Museum)

PALM SPRINGS
EVERY SATURDAY - OPENS OCT. 6TH
2300 E. Baristo Road
(Adjacent to the Camelot Theatres)

LA QUINTA
EVERY SUNDAY - OPENS OCT. 7TH
78100 Main Street
(Off Calle Tampico, inside Old Town La Quinta)

Certified by the California Department of Food & Agriculture. The Coachella Valley Certified Farmer's Markets are a Palm Springs Cultural Center program. The Palm Springs Cultural Center incubates, produces and encourages arts and cultural programs in order to leverage the unique power of creativity to open minds, bridge what divides us, and discover what connects us.

(844) 732-7628 (844-7FARMCV) certifiedfarmersmarkets.org

FOLLOW US ON

“Eat Food. Not Too Much. Mostly Plants.”

By Megan Goehring

That’s it. You have to make a change. Maybe after a routine checkup you discovered your cholesterol or blood pressure were elevated beyond normal. Could be that your clothes pinch and tug in ways you can no longer ignore. Perhaps you’re inspired by a friend’s change in habits and the ensuing tales of increased energy...

Whatever the motivation, you’re ready to move in a new health direction, but bewildered by the many options. Because of mobility issues or time constraints, a new vigorous exercise regimen might be difficult. But if radically changing the way you burn the fuel that powers your body isn’t feasible, altering the type of fuel you’re using might be.

For many, the minimalistic quote from Michael Pollan’s book *In Defense of Food: An Eater’s Manifesto*: “Eat food. Not too much. Mostly plants.” has become a three-sentence mantra to chant as they enter restaurants or grocery stores. Partly because it’s easy to remember and doesn’t require a calculator, but the quote also calls to something deeper, harkening back to the dawn of memory, when acquiring food was a core pursuit rather than an afterthought.

No matter how beguilingly simple making the transition to eating mostly plants sounds, many people look at beginning the journey as a daunting task – they need encouragement. For health coach Mary Stupin, that nudge came in the form of several family members’ health crises. When both her father and father-in-law were stricken with life threatening illnesses, she wondered if the vegetables she was growing in her large hobby garden could influence their outcomes. She took a steep dive into researching vegetarian, then vegan diets.

The resources available today go beyond “an apple a day keeps the doctor away.” Actually, many plant-based diet websites are curated by physicians. Dr. Michael Greger’s www.nutritionfacts.org became one of Mary’s favorites. In the process of helping to assist her family, Mary found her own health radically shifting for the better and realized her 20 years of experience as a music teacher needed to be put to a different use. She became a certified health coach.

Chef Anthony Cruz realized early in life that pleasing people’s palates was a way to show love. He became a culinary professional, but in the process of making others happy, his own health suffered. After reaching a top weight of 300 lbs and being diagnosed with type 2 diabetes, he was tired, frustrated and at a crossroads. Doing his homework, he found Physicians Committee for Responsible Medicine (www.pcrm.org). Eliminating animal products from his ingredient list wasn’t easy, but he was determined. Gradually the weight came off, he reversed his diabetes diagnosis, and felt more alive than ever before. He wanted to share this feeling of transformation, and for him that meant heading back into the kitchen. After plant-based culinary coursework, he returned to making people smile – one plate at a time.

Want to find out what happens at the intersection of nutritious and delicious? Meet these two plant-based dynamos when they present together at the Palm Springs Library, November 14 at 6:30 p.m.

Megan Goehring is the Palm Springs manager of Certified Farmers Markets of the Coachella Valley. For local farmers’ markets dates and times visit certifiedfarmersmarkets.org or call (844) 732.7628. Mary Stupin can be reached at powerforyourlife.com. Chef Anthony Cruz can be reached at anthonyecruz.com.

Nuts about (Young) Coconuts!

By Dipika Patel

Phew. It’s been a very hot summer. Personally, I must be mindful of keeping hydrated to maintain a proactive lifestyle in this scorching heat and humidity. What better thing to help with hydration than fresh young coconuts, to help us transition into fall!

Coconuts have become all the rage in the wellness industry from the oil to water and everything else that you can get in prepacked containers; you literally find it everywhere. Don’t underestimate the power of consuming fresh young coconuts as it helps to stimulate immunity, aids digestion, and provides a powerful potassium punch - as much as four bananas! Coconut also helps prevent heart disease, improves brain function, is rich in fiber and antioxidants, helps in skin regeneration and hydration, aids weight control, and will help in bringing forth health and vitality by giving you glowing skin, hair and nails. Believe or not, the list goes on.

As with everything in life, moderation and a quality source are key factors when consuming fresh coconuts. Look for organic young fresh green coconuts, as they have more nutritional value than matured coconuts. You can do so much with them, including getting the satisfaction of opening the young fresh coconut before you devour it (I recommend an opening device called the Coco Jack which you can find online).

Prepackaged foods are something that we most definitely take for granted; as a society, we look for convenience – often at our own detriment. Buying fresh coconuts not only gives you fresh coconut water and meat, but the satisfaction of having something that is very healing to the body. Depending on the consistency of the meat you can make different nutritious, delicious sweet and savory dishes to suit your culinary desires: from a fresh vegan/non-vegan coconut ceviche to a delicious, refreshing coconut yogurt parfait which I am going to share with you. This recipe is so easy and has no additives or preservatives as it’s made fresh with fresh ingredients.

Enjoy our fall weather and remember to stay hydrated!

Coconut Yogurt Parfait with Fresh Fruit

Ingredients:

- 1 cup coconut meat (young green coconut)

Lemon juice of 1/2 lemon (depending how tart you prefer it)
- 1/4 tsp. fresh vanilla bean

1 tsp. raw honey for drizzling

3 to 4 tsp. fresh coconut water

2 tbps. seasonal fruits of your choice

Instructions:

Puree coconut meat, water, vanilla bean and lemon juice in a blender until smooth. Transfer to your favorite dessert bowl, drizzle with honey, and layer with fresh seasonal fruits and anything else you’d like to enjoy on top!

Dipika is a holistic health coach who empowers clients to activate balanced lifestyle of the mind, body and soul. She can be reached at Dipika@dipikapatel.life or www.loveyourlifehealthy.com.

Family Owned & Operated Since 1972

Clark's NUTRITION®

Natural Foods Market

Selection - Staff - Experience - Affordability

SELECTION
Clark's has the largest selection of organic produce and supplements in the CV Valley.

NUTRITIONAL CONSULTANTS!
We have trained Nutritional Consultants to help assist you with whatever your health goals are. They're not on commission, and are here to help you "Live Better!"

WE ARE EXCITED TO MEET YOU!
Since 1972, it's been our company's mission to provide you with nutritional assistance that can really have a lasting impact on your quality of life. We look forward to meeting and serving you!

AFFORDABLE
Clark's goes to great lengths to make sure your family has what they need at an affordable price.

www.clarksnutrition.com

4 LOCATIONS TO SERVE YOU!

RANCHO MIRAGE
760.324.4626
34175 Monterey Ave.
Rancho Mirage

CHINO
909.993.9200
12835 Mountain View Ave.
Chino

LOMA LINDA
909.478.7714
11235 Mountain View Ave.
Loma Linda

RIVERSIDE
951.686.4757
4225 Market St.
Riverside

www.DesertHealthNews.com



Healthy Italian Traditions

There are many beautiful lessons woven into historic Italian traditions which continue to be passed down through generations. A few weeks on the Amalfi Coast offered me the opportunity to see firsthand why Italians live longer, better-quality lives than most other nations, despite their blatant enjoyment of wine, pasta, cheese, and pastries on an almost daily basis. Even today, certain Italian standards clearly attribute to the country's long record of surprisingly low obesity, diabetes, cancer, and cardiovascular disease rates - America's biggest killers. Here are a few current culinary and lifestyle qualities I feel we may all be able to learn from the Italians:

Canola and vegetable oil do not exist. Food is a serious affair. In fact, it would be upsetting to an Italian to cook with such inferior oils. Quality olive oil, butter, and lard from caringly-raised animals are preferred for cooking.

Simple, quality ingredients. Italian meals are often comprised of just a few fresh, meticulously prepared elements. Many homes and even restaurants boast of their backyard gardens providing locally sourced ingredients for sauces and vegetable dishes. Restaurants show off their cured meats and feature seafood caught that morning.

Small portions, many courses. The Italian menu reflects a very different meal structure than we are used to. The "Primi," or first course, is typically a pasta adorned with ingredients which vary depending on the region. There are often four small courses that may include a local vegetable, salad or soup, and a protein. Espresso always offered last.

Chemical-free. Italy severely restricts even remotely concerning additives and pesticides on their food (or wine or coffee!). Glyphosate is not only banned on consumables, but also in all public areas such as parks and neighborhoods. This toxin is one of America's most ubiquitous pesticides, and research has shown it to be a probable carcinogen. Understandably, most of Europe has not welcomed this chemical concoction.

They eat real food. Packaged items in bags and boxes do not occupy much space in any store or café. Italians prefer coffee or fruit in the afternoon and opt for a light dinner, as lunch is their main meal. They purchase fresh groceries at a small produce market, bakery, and the neighborhood specialty meat store as needed.

Relationships are savored over meals. Eating together is an important part of life in Italy. Leisurely meals with family and friends are customary, even today. This is true particularly in smaller towns where businesses regularly shut down over lunch hours. The rare fast food joint is frequented primarily by foreigners.

Lots of walking. Day and night, the ancient cobblestone sidewalks are still the best way to navigate a city. Even after a late dinner it is routine to stroll through the town's piazza, bringing couples, families, and all ages of the community together- they indulge in gelato, shop, play around the fountain, or explore the nightlife.

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

Vegan Snickerdoodle Cookies

By Gayle Schwartz

These dairy-free, egg-free, and soy-free snacks are sure to delight vegan fans!

Ingredients:

- | | |
|----------------------------|---------------------------------------|
| 2 Tbsp. flax meal | 2 Tbsp. nutritional yeast |
| ½ cup water | 2 cups unbleached flour |
| ½ cup EVO coconut oil | 1 Tbsp. baking powder (aluminum-free) |
| 1 cup Zulka Morena sugar* | ¼ tsp. sea salt |
| Option: coconut palm sugar | 2 tsp. cinnamon |

* I recommend and use Zulka Morena sugar, an unrefined Non-GMO Project-verified pure cane sugar made by squeezing and evaporating the juice from freshly harvested sugar cane.

- First step is to create a flax gel by placing 2 Tablespoons of flax meal in 1/2 cup of water. Mix together and let sit 5-10 minutes to thicken. Preheat oven to 375.
- In a mixer bowl, blend together the EVO coconut oil, flax gel, 1 cup sugar, and nutritional yeast.
- Separately, sift together the unbleached flour, baking powder, and sea salt. Add to the mixer bowl ingredients and blend together into a dough.
- Next, create your coating by mixing 2 Tablespoons of sugar and 2 teaspoons of cinnamon in a small bowl.
- Using a rounded teaspoon, create individual cookie balls about the size of a walnut and roll each in the cinnamon and sugar to coat.
- Place cookies on a greased cookie sheet or parchment paper on a pan.
- Bake at 375 degrees for 8-10 minutes.

Enjoy!

Gayle Schwartz is a local baker who enjoys making healthy alternative desserts. For more information, contact Gayle at gailcooks@vfemail.net



Eat Well, Live Well



Good health is our greatest gift. At Gelson's, we offer many ways to stay healthy and enjoy life.



Gelson's Registered Dietitian **Jessica Siegel** can help you make more mindful eating choices. Try one of her Service Deli salads or her "Jessica Selects" recommended items.

At our **Wellness Center**, you'll find vitamins, supplements, aromatherapy, bath, and body-care items. Treat yourself to a soothing, refreshing, and restorative indulgence!

See for yourself why Gelson's **Service Deli** is so famous. You'll find the finest, freshest, most flavorful food available that can rival any restaurant. We use the same luscious fruits and vegetables that we sell in the **Produce Department**. Our in-store chefs prepare dozens of delicious salads and gourmet entrées fresh daily in our stores, from scratch.



Come to Gelson's Rancho Mirage, where healthy living is easy.

\$10 Off your entire order of \$50 or more.*

Our way of saying "thanks" for shopping with us!

Gelson's
gelsons.com

36-101 Bob Hope Drive
Rancho Mirage, CA 92270
(760) 770-0010

*Offer valid only at Gelson's Rancho Mirage location. Excludes pharmacy, bakery, tobacco, gift cards and postage stamps. Cannot be used with any other offer. Limit one coupon per customer per day. No cash back. No reproductions accepted; coupon must be surrendered when tendered.

Expires: 10/31/2018
PLU #8708

Visit our Pharmacy

Our Pharmacy's knowledgeable team is ready to take care of all your prescription needs. You'll receive personalized service with little to no waiting in line. Be sure to ask us about prescriptions by mail - a convenient option that works with your busy schedule.

Gelson's Pharmacy Hours:
Monday-Friday: 8am-8pm
Saturday-Sunday: 9am-5pm
(760) 312-1006

Gelson's



THE 2ND ANNUAL

PASSIONS

Ball

AN EVENING OF HEART AND SOUL

SATURDAY, NOVEMBER 3, 2018

6 pm / Cocktail Reception & Silent Auction | 7 pm / Dinner & Program
Entertainment/dancing to *THE GREATEST HITZ!* from Las Vegas

THE WESTIN MISSION HILLS GOLF RESORT & SPA
71-333 Dinah Shore Drive | Rancho Mirage, CA 92270

2018 HONOREES

DAVID BRINKMAN
CEO
DESERT AIDS PROJECT
THE ANNETTE BLOCH
HEART & SOUL AWARD

BIGHORN BAM
CATHY JOHNSON
SELBY DUNHAM | DEBI AARTHUN
LIFETIME PASSION AWARD

**ISRAEL CANCER
RESEARCH FUND
COACHELLA VALLEY
CHAPTER**
PARTNER IN PASSION
AWARD

HONORARY EVENT CHAIRS
Barbara Keller, Terri Ketover, Patti Grundhofer, Janye Jesser,
Lynn Hammond, Michael Mathews, Darrell L. Tucci, Dennis Flaig, Paul Clowers

CancerPartners™
Supporting the Journey

TICKETS AT CANCERPARTNERS.ORG | MORE INFO 760.770.5678

CancerPartners' Passions Ball Returns

An Evening of Heart and Soul sure to delight

CancerPartners, the local nonprofit that offers emotional and educational support to all those in the Coachella Valley touched by cancer, will hold the second edition of The Passions Ball: An Evening of Heart and Soul—the exciting new fundraising gala inaugurated last year—on Saturday, November 3, 2018.

Taking place at The Westin Mission Hills Golf Resort & Spa, The Passions Ball will be a glamorous evening featuring a cocktail reception and silent auction, gourmet dinner in the grand ballroom, an awards ceremony, and entertainment by “THE GREATEST HITZ” from Las Vegas that will have guests dancing the night away.

“We at CancerPartners are acutely aware that it takes many individuals and organizations working together in close partnership to ensure that our valley’s cancer patients receive all the support they need on their journey,” said CancerPartners President and CEO Maria Elena Geyer. “We created The Passion Awards to recognize those who are outstanding in their dedication to this cause.”

Three awards will be presented:

The Partner in Passion Award will honor the Coachella Valley Chapter of the Israel Cancer Research Fund, the largest nationwide charitable organization in North America devoted to supporting cancer research in Israel. The ICRF mission is to support cancer research programs in Israel, for the benefit of Israel and all mankind. Board Chair Patrick Mundt and Vice Chair Jeralyn Brossfield, MD, will receive the award on the CV Chapter’s behalf.

The Lifetime Passion Award will be presented to BIGHORN BAM, the charitable arm of Bighorn Golf Club, which over the last 11 years has raised \$8.3 million for cancer patient support services, breast cancer diagnostic technologies, and educational scholarships in the Coachella Valley. Support goes to the Eisenhower Health Lucy Curci Cancer Center and BIGHORN Radiation Oncology Center and to The Pendleton Foundation, for the benefit of patients throughout the valley. Accepting the Passion Award will be BIGHORN BAM representatives Cathy Johnson, Debi Aarthun, and Founder Selby Dunham.

The Annette Bloch Heart & Soul Award will honor community leader David Brinkman, MBA, CEO of Desert AIDS Project since 2006. Brinkman has led DAP through a period of unprecedented expansion and achieved Federally Qualified Health Center status. This means that, in addition to providing HIV/AIDS treatment, DAP can also provide primary care to individuals whether or not living with HIV or AIDS. Thanks to the federal status, combined with Brinkman’s vision and generous gifts from philanthropist and cancer survivor Annette Bloch and others, DAP now offers cancer screenings and cancer care to all those in need. Bloch, who last year was the recipient of the first Lifetime Passion Award, will present Brinkman with the Heart & Soul Award.

Individual Passions Ball tickets (\$300 per person) and six sponsorship packages are currently available. We invite you to join us!

For event tickets and information on CancerPartners’ no-cost, professionally led cancer support program, visit www.cancerpartners.org or call (760) 770.5678. tickets@cancerpartners.org.

No Time for Exercise?

Eight easy ways to move more

Brought to you by the American Heart Association

In honor of the American Heart Association’s 25th Annual Heart Walk coming up November 17, we want to get you moving. When you can’t seem to make time for a full workout, try these American Heart Association no-sweat ways to simply move more.

- ♥ **Grab the leash and walk your dog.** Your body — and your pooch — will thank you!
- ♥ **Take your kids (or your spouse) for a walk.** It’s an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
- ♥ **Hit the mall.** Are you sweating at the idea of walking outside? Take a fast stroll around the mall instead. Window shop, people watch, and get active in a climate-controlled environment.
- ♥ **Walk and talk.** Even if you’re glued to your phone for work calls, you don’t have to be glued to your chair. Make it a habit to talk and walk. Some work places have walking paths to make it even easier to burn while you earn.
- ♥ **Tune into fitness.** Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.
- ♥ **Take the stairs.** The elevator may go up — but it doesn’t make your heart rate climb. Take the stairs when you can, even if just a floor or two. And don’t ride the escalator – climb it. Those can be active steps, too!
- ♥ **Come walk with us!** Participate in the 25th Annual Healthy for Good Heart Walk on Saturday, November 17, 9am-12pm, at Civic Center Park in Palm Desert. Bring the family—and your pooch—to walk the non-competitive 5K route and enjoy fun family activities and goodies. Help change – and save - lives by registering a team to walk and raise critical funds for cardiovascular education and advancements to benefit our communities.
- ♥ **Come boogie with us!** This year, festivities will begin Friday, November 16, with The Westin Mission Hills Golf Resort and Spa’s annual Hot Air Balloon Glow Concert featuring swing sensation, Big Bad Voodoo Daddy. This year’s event benefits the American Heart Association and will begin at 7pm in Rancho Mirage. Tickets are available from general admission to a special VIP experience including swing dance lessons.



Friends and family come together for the annual heart walk.

When you start looking for them, you’ll see lots of opportunities to be more active and get a few more steps in during everyday activities. Remember, every step counts!

For more information on the Healthy for Good Heart Walk visit cvheartwalk.org. For tickets to the Balloon Glow concert, contact mae.peck@heart.org.

American Heart Association

Heart Walk.

SATURDAY, NOVEMBER 17, 2018

PALM DESERT CIVIC CENTER PARK

43900 San Pablo Ave. | Palm Desert, CA 92260

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

LIFE IS WHY SPONSOR

DESERT OASIS
HEALTHCARE

Your Health. Your Life. Our Passion.

HEALTHY FOR GOOD SPONSOR:

DESERT CARE NETWORK | **DESERT REGIONAL MEDICAL CENTER**
HI-DESERT MEDICAL CENTER
JFK MEMORIAL HOSPITAL

LOCALLY SPONSORED BY:

EISENHOWER HEALTH | **EISENHOWER
DESERT CARDIOLOGY CENTER**

WWW.CVHEARTWALK.ORG



Get to Know Our Valley Naturopathic Physicians

By Lauren Del Sarto



Nina Campagna, ND



Sonja Fung, ND



Brian Myers, ND

Curious about what naturopathic doctors do? October 7-13 is your time to discover as we celebrate the 6th annual Naturopathic Medicine Week sponsored by the American Association of Naturopathic Physicians (AANP).

During the week, naturopathic clinics in our valley will offer open houses, special events and drawings, and encourage you to stop by, ask questions, and get to know the incredible - and effective - world of natural medicine.

Naturopathic medicine treats the whole person – body, mind and spirit – and addresses the causes behind illness rather than just treating symptoms. It considers nutrition, lifestyle, environment, genetics, and social factors affecting health, favoring the least invasive treatment approach first. A licensed naturopathic physician (ND) attends an accredited, four-year, graduate-level naturopathic medical school and is educated in all of the same basic sciences as medical doctors. He or she also studies holistic and nontoxic approaches to treatment with a strong emphasis on preventing disease and optimizing wellness.

Twenty states, the District of Columbia, Puerto Rico and the Virgin Islands currently license naturopathic doctors. In California, it is important to note that any natural health practitioner can call themselves a naturopath, but only naturopathic doctor licensure can guarantee the training and safety to which patients are entitled.

The top health needs for which patients most often seek naturopathic care are primary care, women's health and aging, and digestive disorders. Other conditions commonly treated include diabetes, cardiovascular disease, cancer, allergies, asthma, infertility, Lyme disease, HIV, chronic pain and more. Your naturopathic doctor will always collaborate with your conventional medicine doctors and will refer patients as needed for diagnosis and treatment.



Jessica Needle, ND



Nicole Ortiz, ND



Shannon Sinsheimer, ND

With their growing popularity, the AANP states that naturopathic physicians are poised to alleviate the shortage of primary care providers in the United States.

Six of our local doctors are featured here. Stop by to meet them during Naturopathic Medicine Week.

Live Well Clinic, Sonja Fung, ND, and Brian Myers, ND

78-900 Avenue 47, Suite 102, La Quinta (760) 771.5970

Live Well will hold daily activities including Meditation Monday, Blood Donation Tuesday, and an open house Wednesday, October 10, 5:30-7:30pm featuring \$2,500 + in drawings including a 3-month Live Well Lifestyle membership; doctor discussions on the newest therapies; organic wines, healthy bites and more. livewellclinic.org

Optimal Health, Shannon Sinsheimer, ND, and Jessica Needle, ND

74-361 Highway 111, Suite 3, Palm Desert (760) 568.2598

Stop by for a tour and sign up for their special raffle offering a personalized detox program, including a one-hour appointment with Dr. Needle to customize an individualized plan, all detox supplies, powders, and supplements. (\$500 value). optimalhealthpd.com

True You Medical, Nicole Ortiz, ND and Nina Campagna, ND

73375 El Paseo, Suite D, Palm Desert (760) 340.0013

Considering how "root cause medicine" allows you to rise to your best self, True You will hold a Root Down to Rise Celebration on Tuesday, October 9, from 5-7pm with \$5 B-12 shots, complimentary chakra readings, and talks by the doctors, along with giveaways valued at over \$1,000. trueyoumedical.com

El Paseo Goes PINK October 13

Breast cancer awareness abounds

Desert Cancer Foundation (DCF) is proud to present the 12th Annual Paint El Paseo Pink walk for breast cancer awareness on Saturday, October 13, at The Gardens on El Paseo!

Proceeds raised from Paint El Paseo Pink support the DCF mission to assist uninsured and underinsured Coachella Valley and local surrounding community residents in need of financial assistance for screening, diagnosis and treatment of cancer and allied diseases. Thanks to longstanding support from the local medical community and generous supporters, DCF is able to translate every dollar raised into more than \$10.00 in cancer care!

With over 1,500 attendees and growing each year, Paint El Paseo Pink kicks off the season with an event that is fun for the whole family, including furry, four-legged friends.

The streets along the El Paseo Shopping District will be closed early to vehicles to accommodate the celebration. From exciting booths to explore, to entertaining photo opportunities, an inspirational ceremony, and an official lead-off for the walk, there is plenty to enjoy and celebrate. There will be live radio remotes with The Eagle 106.9, U-92.7 and Mix 100.5, plus interesting stopping points hosted by various El Paseo merchants and event sponsors along the route.

Everyone is encouraged to wear pink in support of breast cancer awareness, to celebrate and honor cancer survivors, including those currently in the midst of their cancer battle, and to remember those whose journey was cut short by cancer.

Registration is available online at www.PEPP.DesertCancerFoundation.org. You may also register in person at the pre-registration kick-off event on Friday, October 12, from 11 a.m. to 5 p.m. at The Gardens. Final on-site registration begins at 7 a.m. the day of the event.

For additional information on registration or becoming a sponsor, contact Desert Cancer Foundation at (760) 773.6554 or visit www.DesertCancerFoundation.org.



Pink power prevails on El Paseo on October 13.

DESERT CANCER FOUNDATION

Every dollar translates to over \$10 in cancer care.

12TH ANNUAL

Paint **El Paseo**

PINK

SATURDAY, OCTOBER 13

THE GARDENS ON EL PASEO

REGISTRATION: 7:00 AM

WALK BEGINS: 8:00 AM

PRE-REGISTRATION:

OCTOBER 12 from 11 - 5 PM

Join us as we take over El Paseo to raise awareness for breast cancer at The Gardens on El Paseo in Palm Desert!

Experience live music, djs, browse merchant shops, and fun activities for the whole family while helping to support life-saving breast cancer screening and diagnostic services, as well as cancer treatment services for our local Coachella Valley residents!

Step up for cancer awareness today and register as an individual or team!

Registration is only \$25 and includes a pink shirt!

SPONSORSHIP OPPORTUNITIES AVAILABLE!

REGISTER TODAY!

pepp.desertcancerfoundation.org

or contact us at (760) 773-6554



WELLNESS worth WATCHING

presented by



Rooted in deeply personal accounts and timeless stories, **Finding Joe** shows how mythologist Joseph Campbell's work is relevant and essential in today's world, and how it provides a narrative for how to live a fully realized life by following your bliss.



This ground-breaking documentary explores the impact that food choices have on people's health, the health of our planet and on the lives of other living species. **Food Choices** also discusses several misconceptions about food and diet, offering a unique new perspective on these issues.



Queen of the Sun takes us on a profound journey through the catastrophic disappearance of bees and the mysterious world of the beehive. We learn the heartfelt struggles of beekeepers, scientists and philosophers from around the world as they reveal both the problems and the solutions in renewing a culture in balance with nature.



The Mindfulness Movie is a powerful and educational showcase of worldwide brain research proving the benefits of mindfulness and the public's increasing acceptance of the practice. Dramatic stories shed light on the military's use, as well as how a group of special teens have benefitted.



Walk With Me is a cinematic journey into the world of mindfulness and the Zen Buddhist master Thich Nhat Hanh. Filmed over three years and with unprecedented access, this visceral film is a meditation on a community who have given up all their possessions for a monastic life in rural France.

Annenberg Health Sciences Building at Eisenhower
Doors open: 1:30p.m.
Movies begin: 2p.m.
Tickets: \$5; Call (760) 423-4855 or reservations@eisenhowerhealth.org
Movie dates:
 Nov. 14, 2018 Finding Joe
 Jan. 16, 2019 Food Choices
 Feb. 20, 2019 The Mindfulness Movie
 Mar. 20, 2019 Queen of the Sun
 Apr. 24, 2019 Walk with Me

Wellspring Brings a World of Wellness

By Lauren Del Sarto

Wellspring, a first-of-its-kind gathering featuring the world's leading wellness innovators, teachers and socially-conscious companies, takes place October 26-28 at the Palm Springs Convention Center. The three-day event is packed with 150 transformational classes, treatments, lectures and workshops across multiple categories including fitness, holistic medicine, health, social change and conscious capitalism.

Open to everyone interested in personal, community and global wellness, Wellspring is designed to be educational and interactive, exploring new ideas addressing some of the biggest challenges of our time, from sustainability to global health and conscious capitalism. The Wellspring Expo, one of the world's largest wellness exhibitions, will also connect fitness enthusiasts, influencers and innovators under one roof.

The almost 100 speakers and topics include leading integrative doctor and best-selling author **Mark Hyman, MD**, hosting three talks centered around his latest book *Food, What the Heck Should I Eat?*; author and entrepreneur **Dave Asprey** of "Bulletproof" fame discussing how to hack your mind and body to live happier in a talk called *Mind and Body Hacks for Energy Flow*; actress and wellness entrepreneur **Alicia Silverstone** and model **Elle Macpherson**, co-founders of MyKind Organics, discussing how true beauty is more than skin deep; and Project Angel Food founder **Marianne Williamson** speaking on *Making Society Well: Integrating Spirituality with Activism*. **Glennon Doyle**, activist, speaker, and founder of Together Rising and Momastery.com concludes the speakers' series with a discussion *From One to Many: Wellness for All*.

Actor, comedian and author **Russell Brand** appears as keynote speaker and will present the program that saved his life and is chronicled in his best-selling book, *Recovery: Freedom from Our Addictions*. Brand will share his personal journey of recovery along with practical advice for living in the age of addiction.

Numerous interactive and experimental classes include AIReal yoga; guided breath-work meditation and group reiki; "Beats Meet Bliss," a 90-minute vinyasa flow to old school hiphop and deep R&B; and "Soulstrology Soundbaths," a reiki-infused soundbath using planetary gongs, quartz crystal bowls and chimes to clear your energy field and align your chakras. During session breaks, attendees will enjoy healing modalities from bodywork and massage to facials and energy work.

Sponsored activities include fitness classes, group runs and HIIT workouts with adidas, and an oxygen bar, vibe garden, and product sampling from Bulletproof. A poolside party with live music and special guests will take place on Friday.

Wellspring is offering locals 20% off with promo code: LOCALS. Three-day badges cost \$945 and include a \$500 wellness giftbag featuring top brands and goodies, unlimited access to all event areas; advance scheduling for all sessions; guaranteed access to any pre-scheduled sessions and more. Special savings and scholarships are available for wellness professionals, active students, and active and retired military and their families.

Desert Health is proud to be a Brand Partner of Wellspring. For more information and tickets visit DesertHealthnews.com/Wellspring.



Experience the many facets of wellness at Wellspring.

Save the Date! May 22, 2019



Nominations Open November 1

Proudly sponsored by:



Community Sponsors:



Join us! For sponsorship information, please contact Lauren Del Sarto Lauren@DesertHealthNews.com or (760) 238.0245

Looking for a Challenge?

Try the Tram Road Challenge

The Palm Springs Aerial Tram Road Challenge 6k Run/Walk returns on Saturday, October 27, to Palm Springs.

If you are looking for a challenge, this event is unlike any other. For over 32 years, people have been coming to Palm Springs in October to take on this ultimate incline which starts at 400' elevation and climbs to over 2,600' in a mere 3.7 miles.

It is not your typical weekend 5k and completing the event is something you will remember forever. Often referred to as "The World's Toughest 6k," the challenge is surprisingly one you can do with little to no training for the steep incline. Many take breaks along the way and everyone cheers each other on.

Serious contenders will want to aim for their personal best or the course record set in 1987 by Rubin Garcia of Mexico (26 minutes, 5 seconds).



The triumphant finish line at the lower tram station



Are you up to the challenge?



Runners of all ages take part in the fun and rewarding race.

Lubov Kremleva of Russia set the fastest women's time at 28 minutes, 56 seconds, in 1998.

Awards are given in numerous age groups ranging from 6 and under to 85-89 in both men and women's divisions, and whether you sprint, walk or run, all participants earn a custom medal and t-shirt at the finish line located at the lower tram station.

Refreshments and a vendor expo also await runners at the top along with awards, prizes and buses to bring you back down the hill. Dogs are welcome and water bowls can be found (with human water) at three fluid stations along the course.

Are you ready for a challenge? Make this the year you take part in the Palm Springs Aerial Tram Road Challenge!

For more information, visit www.kleinclarksports.com or call (760) 832.0497.



David Duffner, MD
David Duffner MD
Orthopedic Surgery

David Wilgarde, MD
David S. Wilgarde MD
Orthopedic & Physical Medicine

SERVICES

ORTHOPEDIC CARE ◀ ▶ PHYSICAL TRAINING
STEM CELLS ◀ ▶ WEIGHT LOSS
PLATELET RICH PLASMA ◀ ▶ BIOTE
NERVE STUDIES ◀ ▶ BRACING
PHYSICAL THERAPY ◀ ▶ OSTEOPOROSIS
MASSAGE ◀ ▶ B12 INJECTIONS



NO FACILITY FEES
MOST INSURANCE PLANS ACCEPTED

PHONE: **760-340-2600**

**71511 HWY 111 Suite A
Rancho Mirage, CA 92270**

www.opmahealth.com



Palm Desert Family Dental



Specializing in:
Cosmetic Dentistry • Implants
Zoom • Veneers
Lumineers • Bridges • Crowns
Invisalign
All-On-Four One-Day
Dental Implants
Snap on Dentures

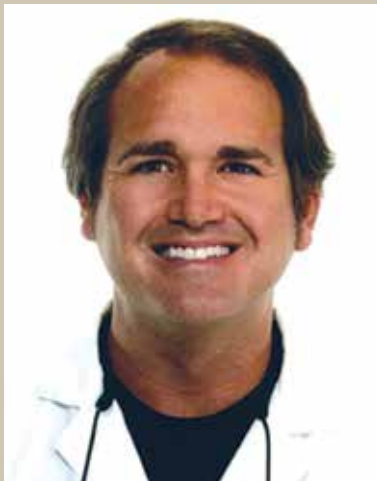
Do you have...

Worn out or yellow teeth?

Chipped or gap teeth?

Teeth that will not
respond to whitening?

Veneers or Lumineers
may be the answer for you.



Coulter Crowley, DDS

Cosmetic & General Dentistry

Do you have...

Missing teeth or ill fitting dentures?

Tired of messy adhesives?

Always worrying about denture mishaps?

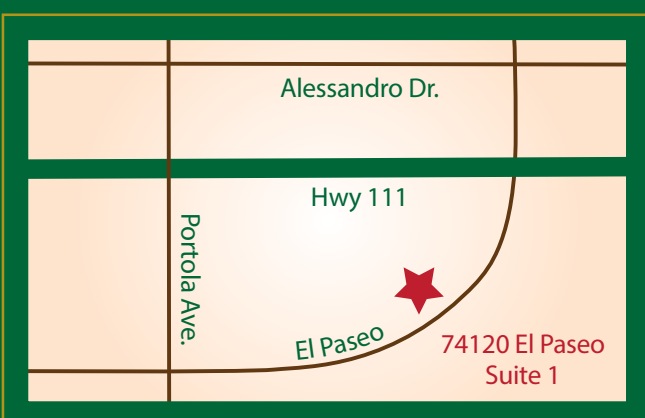
Want a second opinion from a
board-certified implant specialist?

Dental implant treatment
might be the solution for you.



Sarat Ummethala, BDS, DDS, DABOI

Implant & General Dentistry



Samir Tadha, DDS

Coulter Crowley, DDS • Sarat Ummethala, DDS

(760) 568-5902

74120 El Paseo, Suite 1, Palm Desert, Ca 92260
MyPalmDesertDentist.com