

# Desert Health<sup>®</sup>

The Valley's Leading Resource for Health and Wellness

September/October 2019

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Live your  
wel/est<sup>\*</sup>  
Special Offers  
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September ushers in many new beginnings - and one of them could be You.

In Greater Palm Springs, September is time to Live Your Wellest. Time to pause and take care of mind, body and soul. Time to recharge from those hot summer months and reinvigorate for the busy season ahead.

It's easy to do with help from our valley's many health and wellness professionals who welcome both locals and visitors alike with special offers available now through the end of the year.

The Live Your Wellest campaign was created by the Greater Palm Springs Convention and Visitors Bureau (CVB) to invite global travelers to our region as the ultimate health and wellness destination. The goal is to fill hotel rooms and generate business in this traditionally slower time of year. The initiative 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.

Now in its second year, the campaign continues to grow, and locals are encouraged to take part.

And why not? Focusing on self-care should be a priority, and there is no better time. Melt away stress on the massage table, reconnect with nature on one of more than 1,000 miles of trails; set your goal on a local race and start training with upcoming runs/walks; learn a new practice like yoga or meditation, or ignite a new passion for healthy cooking and cuisine.

Starting mid-September, you'll even be able to identify your wellest persona with a simple quiz provided by the CVB and available on Instagram at @visitgreaterps. Are you The Spa Seeker, The Adventurist, The Healthy Foodie, or The Mindful Muse?

This season, we also present an array of healthy events and activities to inspire and support you along your journey - from walks and races to movies and presentations.

Living your wellest is 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 - you are filled with peace, happiness, and a heart full of love.

It's time. And the season is now.

## Proving the Power of Mind-Body Healing

*Chopra Foundation, DAP and UCSD  
partner on integrative study*

By Lauren Del Sarto

Let's say you've been feeling really down lately and can't seem to shake it. You go to your primary care physician and he recommends a prescription for an anti-depressant, or referral to a psychiatrist for further evaluation. It's what you'd expect.

Now imagine walking away with a prescription for an over-the-counter herb coupled with yoga and meditation.

With the rise in integrative medicine and whole person care, this reality is getting closer. But before broad-based conventional medicine will even consider the thought, it's going to take evidence-based science to prove the effectiveness of age-old therapies such as these.

Taking steps to provide that science is the exceptional team of Desert AIDS Project, the Chopra Foundation, and UC-San Diego which is launching a research study this fall on treating mild-to-moderate depression

and inflammation with mind-body practices. The study will examine the effects of yoga, meditation and the Ayurvedic herb ashwagandha on key biochemical and psychological indicators of health and wellbeing in persons living with HIV (PLWH). It is anticipated that the findings will demonstrate the value of taking a more comprehensive whole systems approach to patient care.

The partnership first began three years ago when The Clinton Foundation and Dr. Chopra's team met to explore opportunities for humanitarian impact and Desert AIDS Project's name was brought forward, says CEO David Brinkman who has been connected with Chopra's work for his own personal development for more than a decade. Dr. Chopra guided the research protocol development with the aim of achieving the best possible outcomes for DAP patients, and hopefully all PLWH throughout the world.

*Continued on page 3*



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# Evolving

What are your goals in life? I find that my aspirations become simpler with each passing year.

In my 20s as a passionate young professional on Wall Street, I planned to climb the corporate ladder and rule the world. Then New York got the best of me, so I moved to San Francisco. From there, my journey took me south where that big city kid had sworn she'd never live because the pace was too slow.

How I love that pace now, and in my 50s, my greatest goal is to simply evolve as a happy human being; to greet each day with a smile knowing that all is well; and to feel grateful that the work I do is helping others.

We are blessed to receive letters and emails from readers who have found answers on our pages or have been introduced to a practice that has enhanced their lives. These days, those words are enough for me.

One of the first quotes which drew me to this path was from Oprah Winfrey who said, "The whole point of being alive is to evolve into the person you were intended to be." I meditate with her and Deepak many mornings and know that this practice alone has certainly helped get me to this peaceful place.

I truly feel that I am living my wellest. Sure, there are challenges to overcome as I have shared this year, but I greet each day with a smile and a true solace in my heart that I am on the path the universe has planned and everything is well.

Wherever you may be, we hope you find words of encouragement, inspiration and action within these pages.



Connecting with locals in the Cayman Islands

It truly is time to bring your best self forward and to live your wellest. Our valley has so much to offer you.

Enjoy the journey. I'm grateful and honored to be a part of yours.

With sincere appreciation ~

*Lauren*

Lauren Del Sarto  
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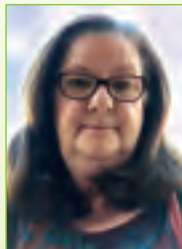
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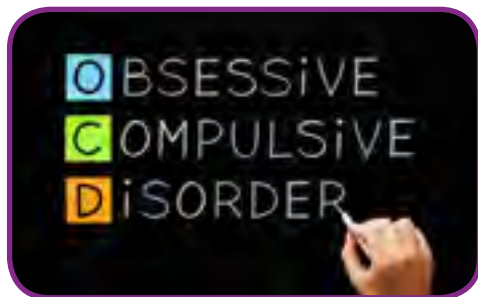




## Your Health Matters with Janet Zappala



Obsessive compulsive disorder (OCD) affects approximately 1-2 percent of Americans. It's a chronic disorder that can render those suffering with it helpless to do anything about unwanted and repetitive behaviors and thoughts that won't go away. Symptoms, which can begin gradually in childhood, and vary in severity throughout one's life, include an uncontrollable thought or fear of such things as germs, or the urge to have objects arranged in a specific order. In addition to repetitive movements, people with OCD often experience agitation, anxiety, depression and social isolation. They're almost always in a state of constant distress brought on by their obsessions for orderliness, washing and cleaning,



Clinical trial is underway for new drug to treat OCD.

counting, hoarding, and/or following a strict routine. In the extreme, sufferers of OCD can conjure up images of suicide or harming others. In other words, this is not only excessive worrying about viable concerns in one's life; this is an illness made up of irrational thoughts that can be all consuming, interfering with one's daily life.

While there is no way to prevent OCD, and no specific cause, except for possibly genetics or environment, there are medications to treat the illness. Unfortunately, they often only have a minimal effect, but if left untreated,

symptoms can become more severe. There hasn't been a new FDA-approved treatment for OCD in several years, but that could all be changing. A phase 2 study is currently underway to find a new medication for better treatment of this crippling condition.

Psychiatrist Donald Anderson of Desert Valley Research in Rancho Mirage has been working in the field of clinical trials since 1998 and is a principal investigator for studies. He is also part of a national clinical trial that's currently testing a new drug candidate to more effectively treat OCD. Known as BHV-4157, this study drug aims to regulate glutamate, a naturally occurring messenger (neurotransmitter) in the brain, which helps brain cells communicate with each other. Existing medications for OCD target serotonin and dopamine, two other messengers in the brain.

During this phase 2 study of BHV-4157, researchers will be looking at safety, efficacy, and whether patients' conditions improve, compared to patients given a placebo, or sugar pill. In phase 3, the study will be open-label, meaning all patients will be given BHV-4157. Participants are needed for the study and qualifications include those who have been diagnosed with OCD, but whose medications are not helping them.

For information visit [www.OCDtrial.org](http://www.OCDtrial.org).

Janet Zappala is an Emmy award winning anchor and reporter and creator and host of Your Health Matters.

### Proving the Power of Mind-Body Healing

Continued from page 1

"We are very excited about collaborating with Deepak Chopra's organization and UCSD," says DAP Director of Research Tulika Singh, MD, who is also associate chief medical officer at the federally qualified health center. "Currently there is little research that demonstrates whether incorporating complementary or holistic therapies can contribute to improved health outcomes and self-care in PLWH. And if we show that PLWH with all their stressors can do it, then others can, too."

For the two-year study, DAP patients who wish to participate will be screened using the PHQ9 depression index scale. Those deemed to have mild-to-moderate depression currently not being treated with drugs or therapy will be assigned to three groups of 30 participants each. The first control group will have no yoga, meditation or herbal supplement interventions; a second group will participate in Hatha yoga and mantra meditation and will supplement with ashwagandha plant extract daily; the third will participate in Hatha yoga and mantra meditation but will not take the herb.

Ashwagandha was selected as it is one of the most studied Ayurvedic herbs with strong data behind it, a positive safety profile, and little concern about drug interaction. The herb has been shown to specifically reduce neuro-inflammation as it contains certain phyto-nutrients that cross the blood brain barrier, and neuro-inflammation is linked to depression. It is also a good adaptogen, which helps bodily systems adapt to stress and reduce the effects.

During the study, participants will continue with their prescribed anti-retroviral therapy (ART). Labs for the study will be incorporated into the quarterly labs patients already receive with 3 inflammatory markers and 3 HIV viral load markers measured, along with regular depression monitoring.

Participants in the mind-body control groups will take part in two yoga and two meditation classes weekly with additional practice on their own at home. The group practices will take place at Urban Yoga located within DAP and taught by Chopra Center-trained teachers. There is no cost to patients and participants will receive \$100 gift cards when they have completed the study.

The thought is that these mind-body therapies may result in improved mental and physical well-being leading to improved biomarkers (increased levels of CD-4 cells, reduced viral loads, and reduced inflammation), improved mental health (reduced symptoms of depression), and enhancement of self-care management and adherence to treatment and medication regimens.

This research project is one of many mind-body studies conducted by Dr. Chopra's organization, says Sheila Patel, MD, chief medical officer of Chopra Global and part of the Chopra Foundation research team. Dr. Patel is also the medical director of the Mind-Body Medical Group located at the Chopra Center in Carlsbad. "At the center, we integrate western medicine with Ayurvedic principles and lifestyle. We see a lot of people with acute problems and with this model, we not only help them heal with western medicine tools, we also teach them how to activate their natural healing mechanisms to help reverse disease and to stay healthy."

Continued on page 11



DAP's David Morris, MD; CEO David Brinkman; integrative neurologist Kulreet Chaudhary, MD; and Deepak Chopra, MD, discuss their collaboration at the Chopra Center in 2017.

## She looked for comprehensive cancer treatment and discovered caring support, too.



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## Advancements in Prostate Cancer Diagnosis

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

The world of prostate cancer diagnosis has changed significantly over the past thirty years. One of the most notable advances of the past decade is the development of a new biopsy strategy that uses magnetic resonance imaging (MRI). Developed in part by the doctors and scientists at Coachella Valley's Desert Medical Imaging, the MRI scan helps the doctor identify the areas that look most suspicious. Later those images are used to pinpoint areas for biopsy, unlike conventional systematic biopsy which does not rely on imaging at all. This targeted procedure is less invasive, takes only about 40 minutes and has a high level of accuracy.

For the MRI-guided biopsy procedure, the patient lies face-down inside the MRI scanner. A small needle-guide is placed gently into the rectum. The device is used to get the biopsy needle in the proper place and acts as a fiducial marker. Specialized software allows for precise targeting of the area(s) of interest. Technologist and radiologist work together to obtain the images and collect the biopsy specimens.

Once the biopsy specimens are obtained, they are sent via urgent courier transport to a pathology lab where expert pathologists specially trained in prostate pathology view the tissue under a microscope and assign a Gleason score. The most dominant cell pattern is considered the primary Gleason grade; the second most dominant cell pattern is the secondary Gleason grade. The sum of those two numbers is the Gleason score. The International Society of Urogenital Pathologists (ISUP) has put these scores into categories: ISUP grade one (Gleason score 3+3=6), ISUP Grade 2 (Gleason score 3+4=7), ISUP Grade 3 (Gleason score 4+3=7), ISUP Grade 4 (Gleason score 4+4=8) and ISUP Grade 5 (Gleason score 4+5 and higher).

Grades 4 and 5 are considered to have the most aggressive potential. To get a window into the future about grades one, two and three, we use genomic testing to evaluate risk further. The beauty of tissue-based genomics is that the information obtained is based on targeted biopsy specimens, so the most meaningful tissue is used.

Desert Medical Imaging has been performing tissue-based genomics for prostate cancer since June 2015. Another advancement in prostate diagnosis was the February 2016 release of a 22-gene panel that provides high, intermediate and low risk categories for biopsy specimens collected using MRI targeting. The additional information provided by the 22-gene panel can help with prognosis and clinical management as it adds another piece to the puzzle and goes beyond just Gleason score alone. The genomic information may also be helpful to solve the issue of disparity among African American prostate cancer patients. Our database of information continues to grow as does our knowledge of this disease.

Bernadette M. Greenwood is Chief Research Officer at Desert Medical Imaging and Clinical Instructor at UC Riverside School of Medicine. For more information about MRI-guided biopsy and tissue-based genomics, contact Desert Medical Imaging at (760) 776.8989 or visit [www.DesertMedicalImaging.com](http://www.DesertMedicalImaging.com).



### Coachella Valley's Health Care Industry MENTORING THE FUTURE

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## Preparing Sports Medicine Professionals: Palm Springs High School's PALM Academy

By Brittanie Kaul

The Palm Springs High School Academy for Learning Medicine (PALM) offers its students the opportunity to explore medical careers, but the work of the students in the academy is not limited to just the traditional school year.

Academy students take Sports Medicine I and II as juniors and seniors, respectively. Throughout this course, the students are exposed to a wide variety of sports-related injuries and illnesses. Some of the skills the students learn in this course are recognizing symptoms of concussions and managing athletes who have potential concussions. In real-world application, PALM students practice identifying potentially concussed athletes in both practice and game situations. They are often the first ones to begin treating injured athletes in conjunction with a certified athletic trainer. To keep students aware of their environment and its potential hazards for athletes, academy students are also well-versed in heat illness and heat stroke. Students learn about hydration and the necessity for student athletes to be hydrated. Consequently, academy students can encourage and aid in hydrating Palm Springs High School's athletic population. The athletic training student aides are taught to quickly notify the athletic trainer of their suspicions regarding the health of the student athlete and assist in monitoring those students.

To qualify to be an athletic training student aide and help with an athlete's basic needs (taping ankles and wrists, etc.), students must first successfully complete a minimum of one year of the "Introduction to Sports Medicine" course. They then attend most high school sports practices throughout the summer, giving up their vacation time to work with the athletic trainer and athletes. At times, the student trainers are required to attend summer practices as early as 6:00 a.m., even bright and early on some Saturdays. The PALM students are consistently giving the athletic training program their time and energy; they are required to work 5 hours a week, but many perform in excess of that.

PALM students' dedication to learning sports medicine ensures that Palm Springs High School's athletes are well taken care of should the need for medical attention present itself.

For more information on this program, contact OneFuture at (760) 625-0422 or [www.OneFutureCV.org](http://www.OneFutureCV.org).



Palm Springs High School athletic training student aides





Today's Teeth Straightening Options

By Nicholas S. Baumann, DDS

A beautiful smile and straight teeth are something for which many people aspire. If your teeth aren't as straight as you would like them to be, orthodontics are a great option to improve your smile.

Traditionally, metal braces were the only option to straighten teeth. We now have multiple options available, though each has pros and cons. Metal braces are still the best option for some orthodontic cases, particularly ones that involve large teeth movement or bite issues. Most orthodontic cases can be done with metal braces, except for advanced cases that require surgery. The main downside is that a lot of people, mainly adults, don't want to have metal braces in their mouth. One way to get around this is to use porcelain brackets which can eliminate the use of metal, and in some cases applying the wire on the insides of teeth so they don't show at all.



A larger variety of options for straightening teeth enable a wider range of people to consider orthodontics.

A great, more esthetic, option now is Invisalign. The process uses clear aligners to move the teeth over the course of months to sometimes over a year. Every two weeks, a new aligner, that looks similar to a bleaching tray, is placed to move the teeth further towards their desired position. Invisalign has the most advanced technology of any clear aligners and the longest track record of success. The main advantage of this treatment is that straight teeth can be achieved without having to wear metal braces, so most people can't tell you're wearing them. The disadvantages are that the cost tends to be higher than traditional braces and not all cases can be done by Invisalign. Complex issues with bite or extreme movements may require traditional braces to complete. Orthodontists and many dentists can provide this treatment.

Within the last few years, at-home clear aligner companies have become more popular. These companies allow patients to do clear aligner treatment on their own without going to a dentist. The patient takes their own impression and sends it to the company, who then sends them back aligners. The advantage with this is that it brings the cost down for the patient; however, there are multiple disadvantages. The companies state that a licensed dentist looks at the case before it is approved, but no x-rays or exams are done in person. There can be issues with the teeth that need to be diagnosed in person and cannot be seen on a computer model. Some of these issues can lead to catastrophic results if not treated before orthodontics. Without an examination, it is also difficult to determine if the desired tooth movement is possible. In my opinion, the risks are too high without the direct supervision of a dentist, and I would not recommend it. This is a growing area of orthodontics though and many people are opting for this treatment.

We are lucky that there are multiple options today for achieving straight teeth. Even though traditional braces are still a good option, other choices with their own benefits have arisen allowing a wider range of people to consider orthodontics. If you feel like you would like to have your teeth straighter, I encourage you to speak to your dentist or orthodontist about choices available and specific to you.

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



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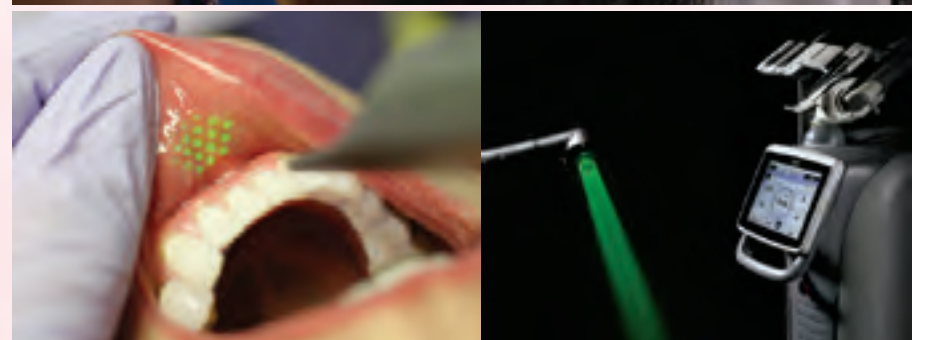
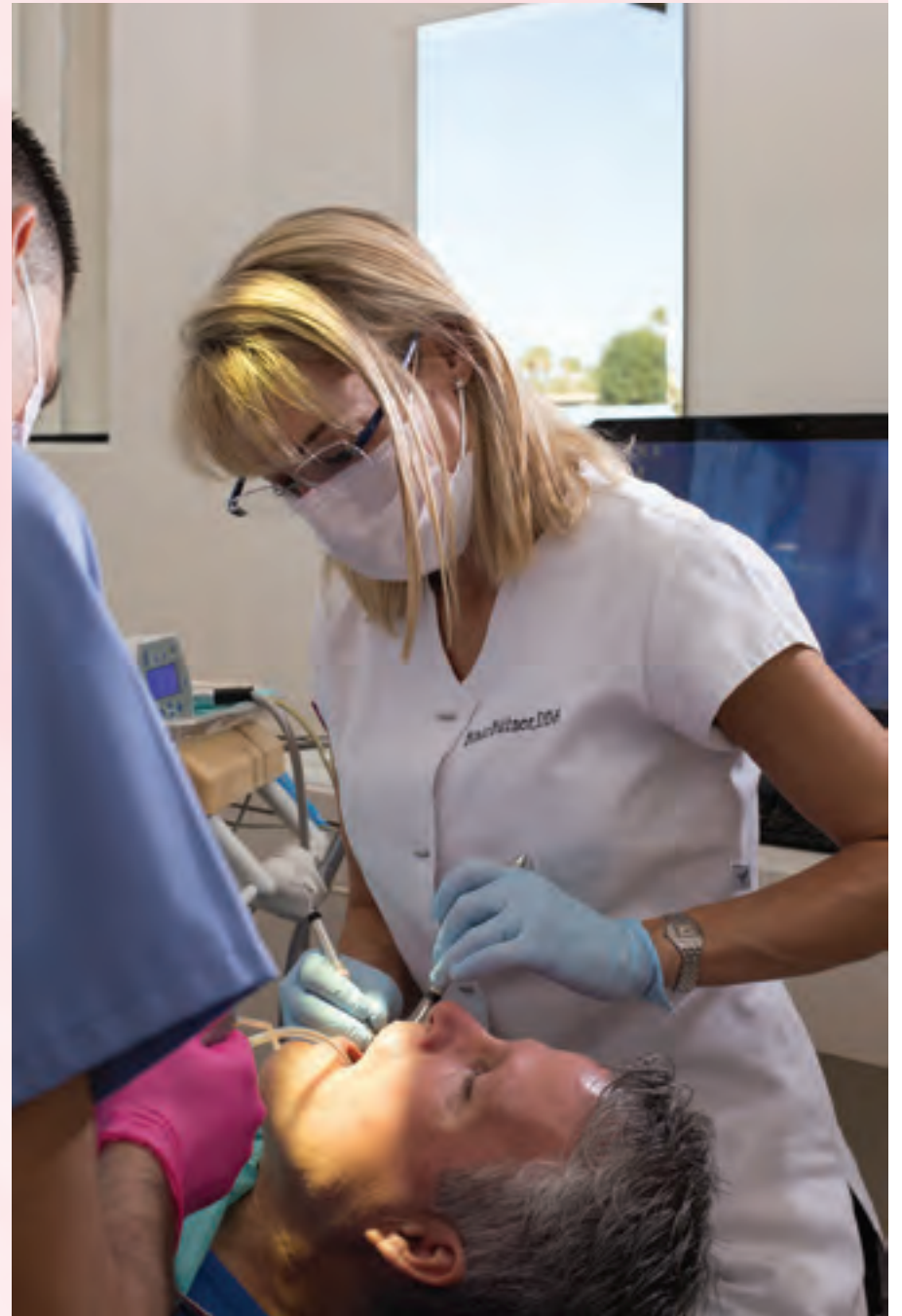
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## Developments in Regenerative Science

### Exosomes show promise for neurological conditions

By Elliot B. Lander, MD, FACS

New developments in stem cell clinical science could mean more options for patients seeking cell therapy. Stem cells are involved in the ongoing process of cellular repair for injuries related to toxins, aging, trauma, disease, infection, damage, radiation, and many other conditions associated with our existence on planet earth.

Today, the only FDA-approved stem cell product is bone marrow-derived stem cells for advanced cancer patients who have bone marrow transplants. Yet thousands of patients are receiving clinical cell-based therapies for various degenerative and traumatic conditions under the scope of the practice of medicine by having qualified physicians inject them with stem cells from various sources.

Many physicians are using stem cells derived from a person's own bone marrow. Our international research group helped pioneer the use of the fat-derived cells in the United States in 2010 and fat from your waist continues to be a popular source of fresh

cells because of the ease of obtaining the cells and the high numbers available.

Many practitioners are using stem cells obtained from banks which are sourced from birth products such as placental, amniotic, and umbilical tissues. One appeal to using these cells is that no fat or bone marrow aspiration is required and the cells are conveniently and affordably obtained in packages from industry. Another advantage to these neonatal products is that they originate from very young healthy cells. The downside to umbilical and placental products is that they are from another person (screened for major

infectious diseases) and we do not know all of the immediate or long-term immune effects of introducing significant amounts of someone else's DNA into one's body. Some of these products, particularly in the amniotic cell category, are not actually live stem cells yet can still be effective for certain inflammatory conditions. However, patients are not always clear on what exactly the product consists of when doctors inject them into their arthritic joints or other areas.

When considering stem cells, patients should be informed, but sometimes don't know the correct questions to ask their doctors before the procedures. There is also a lot of confusion about clinical outcomes and one's real chance for success.

Through our international network, we now have patient outcomes and safety data on 12,000 patients from over 100 investigative clinics around the world (including several clinics here in the Coachella Valley). We are starting to understand that outcomes relate not only to cell quality (the obvious) and cell deployment techniques, but also to what we call the "patient factor." This nebulous category includes variables that are not controlled easily and depend on the nature and severity of the patient's condition. For example, some cellular injuries emit special chemical messages which are "loud" damage beacons that attract and activate stem cells to start the repair process. Yet other chronic conditions may not emit loud signals so circulating or deployed stem cells might pass them by without starting the repair process.

The important concept here is that stem cells rely on cell signaling which is the biologic process that cells use to communicate with each other. It turns out that some stem cells actually physically replace damaged cells, but more often they influence the damaged cells to heal by releasing cellular signals. This is called "the paracrine effect."

One of the most interesting developments in regenerative science in the past few years is the study of these cell signals and how they work. Sometimes the signals are simply emitted peptide proteins, but some of the most important signals that influence cells to heal or to repair are made of genetic material called micro RNA. These micro RNA signals are contained in small vesicles (microbubbles) that are released from stem cells and travel in the small space between cells carrying the healing signals and the damaged target cells. These small vesicles are now known as "exosomes."

Exosomes are less than 1/100 the size of stem cells and can easily traverse into any area of the body. These exosomes can easily bypass the blood-brain barrier which can limit the number of larger stem cells getting into the brain and central nervous system. When obtained by a specific laboratory centrifugation process of stem cells, exosomes appear to have the same clinical effect as stem cells but can be given in very high repeated doses without introducing foreign stem cells into a patient. One successful use of exosomes in animal models was the dramatic repair seen in cardiac tissue after myocardial infarction (heart attack) in recipients of exosome infusions.

Currently, we are looking at harnessing the healing power of stem cells by isolating the signals they use for repair and mimicking the repair and healing process in a very efficient way. Good quality exosomes are now commercially available to physicians for investigative purposes and may be combined with adipose or other source stem cells to attempt to accentuate the cell's healing effects. Alternatively, exosomes may be used alone and in a repeated fashion to try to provide a healing "surge" which could potentially keep damaged cells bathed in healing signals to advance the body's natural healing processes. Exosomes are being broadly used in the United States now for arthritis and orthopedic conditions. Our research group is currently looking at exosome options as we continue to evaluate new, evolving technologies for safety and efficacy using our private database. We are particularly interested in some of the neurologic uses of exosomes due to the convenience of multiple dosing and the ability of the small particles to freely enter the central nervous system. This might give us better tools to treat stroke and traumatic brain injury among other degenerative neurological conditions.

Dr. Lander is co-founder and medical director of The Cell Surgical Network® and medical director of the California Stem Cell Treatment Center in Rancho Mirage and Beverly Hills. He can be reached at (800) 231.0407. For more information on stem cells, visit [www.stemcellrevolution.com](http://www.stemcellrevolution.com).



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Survivors' Guilt and Gratitude

On July 15, 2019, I celebrated my third Cancerversary (a special word in the cancer world to celebrate another year of being cancer-free). It reflects the day that I finished chemo, weekly doctor appointments and that safety net of support. Not a day goes by that I am not thankful to be alive, so I celebrate that day and daily, I work to get over the trauma of cancer.

As I reflect, I think of the many amazing people I have met along the way-so many loved ones wanting to survive as much as the other, but each succumbed to the disease. This creates survivors' guilt, which affects all cancer patients.

As I journal about these events, I realize that these feelings get worse as a milestone starts to peak. I knew with triple negative that if I could hit my 3-year milestone that my rate of survival would go up, but I still have two more years to go before I can truly breathe. In fact, my anxiety got so bad this time I went to a therapist who told me it was post-traumatic stress syndrome. This time, my PTSD and anxiety got worse because the stress of the cancer comes back when you are facing another health issue. You always wonder if that cancer cell that attacked you before will explode again. You are at war with your own body, mind and spirit. For me this is the hardest.

Being a survivor of cancer is such an in-between place. I want to be extremely happy as I know my second chance at life is a complete gift from God. But I still mourn the loss of friends.

My therapist helps me to acknowledge my guilt and cope with feelings I tend to ignore. I write because it helps me sort through thoughts that I cannot tell family and friends. It keeps me out of a dark place I can fall into if I do not express how I feel in the moment. I am learning how to grieve those whom I have lost to cancer. Giving back to my cancer community helps tremendously to honor my friends who are no longer here.

Lastly, I am trying to be kind to myself. This is the biggest process of all: when your body does not look the same because of scars and weight gain, even though you have done everything possible to cover the scars or lose the weight. When your aches and pains cause you to stay in bed, but you just don't understand why. When you are in that low place try to remember the trauma is not just in your mind, but in your body, in your spirit and you are still healing. Sit with the discomfort, but seek out help if it should start to overtake you.

While we often seek answers to questions, there are no real answers to why one survives cancer and one does not. Learning to acknowledge this is the harsh reality that sometimes life with cancer does not make sense. The daily process is to live with gratitude that you are alive and to embrace the gift you have been given.

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



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## Hope for Brain Health

Brain adaptation is key to our survival. Our unconscious mind processes millions of data bits per second, and our ability to “think about our thinking” is one of the features that makes humans unique among mammals. Much of the time our brain adaptation is beneficial, but in many cases preserving our physical existence comes at the cost of decreased brain performance.

One common finding in people experiencing memory loss is that the predominant brain frequencies have “slowed.” Imagine that our memory is tied to the ability to see and store pictures of the world and events around us. If you have a camera that takes four frames per second compared to a camera that takes 12 frames per second, the fullness of the story and the information you gather would be very different between the two cameras. Similarly, the brain electrical activity operates in hertz, or cycles per second. The average cycling speed of the adult brain in the U.S. is 9.6 hertz, so we consider a person with this brain speed as having average capacity for memory and performance.

Life changes the underlying cycling speed of the brain. Lack of deep sleep causes the brain to adapt by slowing its cycling speed. High stress and lack of essential nutrients and hormones exact a toll, requiring the brain to adapt to conserve energy. Over time, our environment and life-style choices impact brain function and cause cognitive impairment.

Whether you are struggling with a math problem or trying to remember why you went to the next room, the common denominator is challenged brain function. The point of this article is

to help you know there is hope!

One of my college-aged patients came with profound anxiety that was impairing sleep and social relationships. He would study by himself in his room to avoid talking with classmates, and his sleep was delayed as he replayed scenarios from his day. After having some labs to ensure adequate nutrient levels, he participated in six weeks of brain resonance therapy and had not only resumption of quick-onset, deep restorative sleep, but also a level of calm throughout his day that enhanced relationships with peers and increased his test-taking ability.

Another patient in her late 70s came with great concern due to loss of focus and an inability to pass her driving exam. She had been doing practice tests and failing them and was desperate to maintain her independence. We initially utilized the Bredesen Protocol and performed extensive testing and lifestyle adjustments. She normalized her vitamin D, cholesterol, and made numerous other small changes. Six weeks later, she passed her driver’s exam. We celebrated and continued supporting her healthy choices. When we added brain training to her regimen, she began to win mahjong games again. The underlying lack of nutrients and slowed brain speed changed, and she demonstrated improved cognitive function.

Whatever challenges you face, the advances in brain science today provide hope. I encourage you to search for answers.

*Jeralyn Brossfield, MD, is the founder of XO Health in Rancho Mirage and Medical Director of Brain Health Restoration also in Rancho Mirage and can be reached at (760) 573-2761.*

## Imaging Doesn’t Show the Whole Picture

By Vincent Kambe, PT, DPT, OCS

If I were to show you a picture of a telephone, could you tell me if the telephone was ringing just by looking at the picture? No, and you cannot identify the cause of low back pain by solely looking at imaging such as an MRI or X-ray. A recent study had a patient with chronic low back pain get ten MRIs in ten different facilities in a three-week period. Of the ten MRI results there was no single finding that was found on all 10 reports.<sup>1</sup>

Imaging is a valuable tool to identify the current state of the lumbar spine, but it is only a snapshot. Almost everyone who has had imaging completed receives objective findings such as degenerative joint disease, osteoarthritis or a herniated disk, but most of those cases do not have pain.

Two-thirds of adults will be affected by low back pain (LBP) at some point in their lives. Of those with LBP, 70 percent can be classified as “non-specific LBP,” meaning a specific source of pain cannot be identified. At this point, pain itself becomes the limiting factor, not a structural abnormality. Most of these acute episodes of LBP show measurable improvement in pain and function within the first four weeks. For LBP with pain down the leg (radiculopathy), most resolve within weeks or months.<sup>2</sup> A common cause of these radiculopathies is herniated disks. On a regular basis, patients report that their chronic LBP is caused by herniated discs that were diagnosed many years ago. However, a recent study indicated that 67 percent of herniated discs reabsorb or “de-herniate” all by themselves.<sup>3</sup> So if most LBP improves in a short period of time, why spend the time going through the costly process of imaging? Wouldn’t it be better to go straight to the care that will speed up the recovery process and get you back to living life sooner?

As we stated earlier, abnormalities in lumbar imaging is common with people who are pain-free; thus, if there is pain, we cannot directly correlate that pain to abnormal findings. In fact, early imaging of the low back for pain may actually lead to worse outcomes. One study showed there was eight times the risk of surgery and five times more cost when an MRI was ordered within the first month of LBP. Other studies have shown that patients with LBP that have imaging experience the following: more pain, worse overall health status and less improvement than the controls in the study.<sup>2</sup>

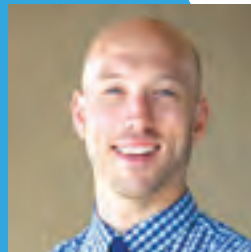
Low back pain imaging can be a useful tool, but it is not a full picture and may not be needed immediately after a low back injury. The conversation for treatment of low back pain should always start with conservative care options such as physical therapy. Always discuss your specific treatment options with your health care professional.

Vincent Kambe PT, DPT, OCS is the clinic director for the Avid Physical Therapy Indio clinic. He is a Doctor of Physical Therapy and an orthopedic specialist and can be reached at (760) 347.6195. vince@avidphysicaltherapy.com.

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Matty Yavorsky, DPT

Dr. Matty Yavorsky is a native of the Pacific Northwest. While attending Occidental College, he was part of the athletic and sports medicine team treating athletes in all NCAA sports. He received his Doctorate in Physical Therapy from Washington University in St. Louis, Missouri. Dr. Yavorsky worked in outpatient orthopedics in Portland before joining the Avid team in 2019. Matty has over 10 years experience in sports medicine and orthopedics. Matty and his wife Juliana, who is also a Doctor of Physical Therapy with Avid, enjoy pickleball, backpacking, and rock climbing with a shared goal of reaching the highest point in every state.

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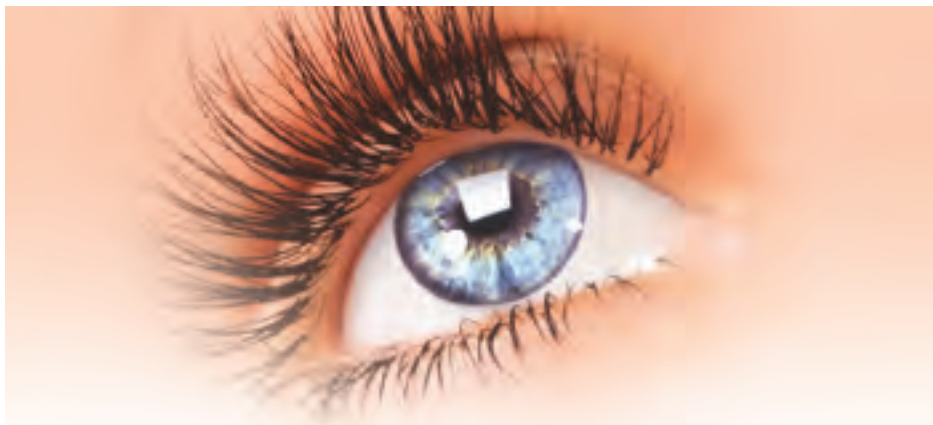
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## The Art of Dying Well

*A Review by Joseph E. Scherger, MD, MPH*

Benjamin Franklin said that nothing in this world is certain except death and taxes. Since some people do not pay income taxes, death has become the only certainty. No one gets out of this world alive. Given that inevitability, you would think that all of us would prepare for dying. Unfortunately, that is far from true.

Katy Butler is a journalist who experienced the horrific deaths of her parents. Her father was a retired university professor who had a major stroke at age 78. He was left largely disabled. An inguinal hernia was diagnosed and the doctors recommended a repair. At his preoperative visit a slow pulse rate was discovered and, even though he had no symptoms, a permanent pacemaker was inserted. Deprived of a cardiac death, he developed dementia over the next decade. His last 10 years were miserable and took away the quality of life for his wife, Katy's mother, who died unhappy and unfulfilled soon after her husband. Katy Butler chronicles this story and comments on death and the medical profession in her first book, *Knocking on Heaven's Door*.

After the deaths of her parents and the success of her first book, Katy Butler began to focus her advocacy and writing on how we die. *The Art of Dying Well: A Practical Guide to a Good End of Life* is an elegant review of the process of preparing for death by living well and developing skills as mature adults. It is never too early to think about and prepare for our mortality. The first chapters cover various attitudes and skills under the titles of Resilience, Slowing Down, Adaptation, and Awareness of Mortality. They help prepare one for approaching the end of life with equanimity.

Butler then devotes a chapter to avoiding the interventions of the medical system that often lead to a poor death. Long ago, a medical ethicist, John Fletcher, introduced me to the concept of being caught in "medical captivity." I think of that every time I walk through skilled nursing facilities. Fletcher also described Americans as the most death denying culture to ever exist.

The book completes its journey with two wonderful chapters, Preparing for a Good Death and Active Dying. The conclusion is Toward a New Art of Dying. This material is so well written and insightful that the book should be read as a core text by anyone working in hospice.

Cicely Saunders founded the modern hospice movement in England; Elizabeth Kubler-Ross wrote *On Death and Dying* which I was fortunate to have read as a medical student in the early 1970s. These two women made me a hospice-oriented physician my entire career. I regret to say that 10 years in the Coachella Valley has taught me that people here avoid the topic of death more than most. This avoidance is dangerous since excessive treatment at the end of life too often results in a miserable death experience. *The Art of Dying Well* should be on the list for local book clubs and be widely read to help our population become better prepared for the inevitable.

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

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You Can't See Hearing Loss

By Lori Woroschuk

Hearing loss is invisible. Unlike noticing you need glasses because your vision is blurry, we can't see hearing loss, but those around us often notice it. It is hidden in the inappropriate response to a question, in the request for someone to repeat what they said, or in the complaint that people need to stop mumbling and speak up.

In fact, an estimated 48 million Americans over the age 12 have some degree of hearing loss. It's also the third most common condition in older adults behind arthritis and heart disease.

Recent studies have shown that adults with hearing loss may be up to five times more likely to develop dementia and have an increased risk of falling. People with untreated hearing loss are also at an increased risk of cognitive decline.

Still, after all the studies, only about 20 percent of people with hearing loss seek help. These numbers often bring the term "use it or lose it" to mind. It's called auditory deprivation. It's when the brain is deprived of certain sounds so long that it actually starts to forget how to process them.

"Hearing loss is one of the most treatable human conditions there is," shares Doctor of Audiology Loren Lunsford, Au.D., CCC-A. "It's important to recognize the issue and treat it as soon as possible for the best results."

Five signs of hearing loss include:

- 1. It sounds like others mumble or you have to ask others to repeat themselves.
- 2. Trouble hearing on the phone.
- 3. Difficulty following conversations in places with background noise like restaurants or in a crowd.
- 4. Trouble hearing consonants (i.e., words like key may sound like tea.)
- 5. Turning up the TV or radio volume.

Hearing loss can lead to social isolation because it may be just too frustrating or exhausting to follow conversations. There could also be a reduced risk of awareness of things around you, leading to potentially dangerous situations like not hearing the sirens of an ambulance or police car.

"Everyone should get a hearing test," says Lunsford. "We're learning more every day about the importance of taking good care of our hearing health, and it's something you should plan to do on an annual basis."

New advances in hearing technologies have made it easier than ever to get help for even difficult hearing losses. Even conditions like tinnitus, a ringing or buzzing in the ears, which often have some type of hearing loss associated with them, may be helped with hearing devices that target specific frequencies to a patient's needs.

Today's technology is light years ahead of technology from just a decade ago. Some new hearing aids even feature cutting edge technology like fall detection alerts, remote programming, auto adjusting settings for different listening environments, and smart phone adjustments just to name a few.

If you or a loved one suspect a hearing problem, the first step is to get your hearing checked from a licensed hearing care professional. They will be able to test your hearing, review your results with you, and give you information on the best next steps.

Lori Woroschuk is director of communications and marketing for Sonus Hearing. To learn more visit [www.sonushearing.com](http://www.sonushearing.com).

Sources: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3564588/>; 2) [https://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_and\\_dementia\\_linked\\_in\\_study](https://www.hopkinsmedicine.org/news/media/releases/hearing_loss_and_dementia_linked_in_study) 3) <https://www.cdc.gov/mmwr/volumes/65/wr/mm6515a2.htm> 4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518403/> 5) <https://report.nih.gov/nihfactsheets/viewfactsheet.aspx?csid=95>

Proving the Power of Mind-Body Healing

"This is how all medicine should be," she adds. "A lot of physicians feel that you can either do one or the other; but that is not the case. It's a beautiful blend; they don't contradict each other in fact, they complement each other."

Both Singh and Patel come from conventional allopathic training and practice but were drawn to the whole systems model of integrative care. Both are also of Indian descent and were familiar with Ayurvedic philosophies and medicine from their parents. The work they are currently doing has brought them back to their roots.

"Growing up, we were 'tortured' every morning by yoga with dad before school," says Singh. "As soon as I graduated from high school, I lost interest, but I have rediscovered my love for it with the Chopra Center training." She standardly prescribes yoga and meditation to her clients and is creating a section on DAP's medical records software to incorporate yoga, meditation and supplementation into prescribed elements for treatment plans. "So, when a doctor goes to order something, they will easily see these modalities and possibly think yoga and other complementary modalities instead of medication for pain or depression management."

Patel completed residency and board certification in family medicine. "When I went into medicine, my real interest was to relieve suffering and to get to know my patients and follow them over time." She worked in small communities and was able to do full-spectrum care from shifts in the ER to delivering babies. "We felt good about treating acute illness and getting patients out of the hospital, but when patients asked how to keep it from happening again, we didn't have the tools to help them. So, it became very unsatisfying to me."

She started researching integrative care and came to the Chopra Center almost 10



DAP's Tulika Singh, MD



Chopra Foundation's Sheila Patel, MD

years ago to learn Ayurvedic principles via their CME program. "The idea of whole-systems health care really resonated with me and I was hooked." A year later she came to work at the center in what she calls her dream job.

"We want to validate a lot of these practices so they can be more accepted into the medical community; so medical professionals can feel confident that what they are doing has some basis to it - not only that they are time-tested traditions - but also scientific validation to what we are doing."

"People should have the opportunity to choose which treatment feels right for them," she adds, "but modalities like yoga and meditation for stress and inflammation management are not even being presented currently. We have to start the discussion."

The Chopra research team appreciates partners like DAP who have patients and medical practitioners open to integrative care.

"We are very blessed that so many in our valley are open to holistic therapies," states Singh. "The objective for me and my patients is to make these modalities a lifestyle."

"If we started yoga and meditation earlier with our children as they do in India, we may see less mental illness," she feels. "Everyone should incorporate these practices into their lives."

The team hopes to present their findings in 2022 at the HIV industry's largest global forum, The Conference on Retroviruses and Opportunistic Infections (CROI), where Singh says, to her knowledge, nothing like this study has ever been presented. "From there, the protocol is certain to grow globally."

Members of the research team will be appearing at The Earthing Movie Palm Springs screening on September 15 to present the study. For more information see page 32.

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# Celebrating Naturopathic Medicine

By Lauren Del Sarto

Those who have discovered naturopathic medicine often consider it life changing. Many seek the practice when allopathic medicine runs out of answers or to complement conventional care. Others consider their naturopathic doctor to be their primary care physician preferring the body, mind and spirit approach to medicine.

A licensed naturopathic doctor 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.

The industry's national celebration takes place October 6-12 during Naturopathic Medicine Week sponsored by the American Association of Naturopathic Physicians (AANP). During the week, naturopathic clinics in our valley will offer special events and promotions and encourage you to stop by, ask questions, and get to know the emerging – and effective – world of natural medicine.

Locally, the **Live Well Clinic** in La Quinta will feature a blood drive on Tuesday, October 8, and an open house on Thursday, October 10, with food, vendors, giveaways and mini-lectures, and daily specials posted on their Facebook page. **Optimal Health Center** of Palm Desert will also have an open house October 10 offering vitamin shots, swag bags with free gifts and samples, healthy food and drinks, and an educational talk on auto-immunity. **Pure Health** of Palm Springs will be offering half off their Pure Restore IV therapy for first time patients and **True You Medical** of Palm Desert will offer \$10 B-12 shots daily and 25 percent off all vitamins, protein powders and herbs. On October 8, Dr. Ortiz will present a complimentary talk, “Alzheimer’s and Dementia: A Natural Prevention Protocol.”

We are proud to honor our local naturopathic doctors. Stop by to meet them during Naturopathic Medicine Week October 6-12. Please contact each clinic for more information.



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Shannon Sinsheimer, ND  
Jessica Needle, ND  
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True You Medical

# How Do You React to “Taking Action”?

By Tracy J Smith

When it’s time to “take action” on something, what are the thoughts and feelings that overcome you? Is it fear and anxiety, or excitement and enthusiasm? When we are called to action, many of us are energized to put our nose to the grindstone and dive all in. However, for others, the mere thought of taking action can create feelings of uncertainty that paralyze us from taking any action at all. The good news is that these feelings can be altered simply by changing your mindset.

According to coach and speaker Steve Garguilo, there are three common styles of “taking action.”<sup>1</sup> The first is taking no action; the second is taking action very slowly, and the third is taking massive action and going all in. Taking action is actually a mental muscle; therefore, the more it is practiced, the more it becomes muscle memory and easier to do. Of course, action requires thought and thoughts are energy. Having negative or positive thoughts - and your belief in them - influences the process.

*Rich Dad, Poor Dad* author Robert Kiyosaki says more and more people are changing their mindset by tuning into and asking a source greater than themselves for help when action is required. “My success comes from spirituality, not finance,” he says. “Every time I fail, I grow from it. I ask, ‘What did I learn from it?’”

Here are tips to change your mindsets when it’s time to take action:

- Ask yourself, "What is my purpose and motivation for taking this action? What and who will it serve?" Statements close your mind, whereas questions open your mind.
- Meditate, or be in silence, while tuning into a source greater than yourself; asking for clarity of what best to do. Then listen to your intuition. Listening is one of the best ways to learn.
- Visualize the results you would like realized, using all 6 senses.
- Set intentions and/or pray with the emotional vibration of gratitude; your vision has already formed.
- Be aware of your emotional energy and your feelings while maintaining an attitude of gratitude.
- Be committed, enthusiastic and passionate. “Nothing has ever been accomplished in any walk of life without enthusiasm, without motivation, and without perseverance,” said famed basketball coach Jim Valvano.
- Persevere with determination. When confronted with a ‘NO’ - consider it as a “New Opportunity.”
- Be flexible in your emotional intelligence. Many times a redirection can be for the best.
- Be strong in faith, the belief in yourself, and in a source greater than yourself.
- Be open and believe in new possibilities.

These practices can help develop deep inspiration towards taking action and can change negative feelings into positive actions.

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](http://www.TracyJSmith.net)

References: 1) The Science of Taking Action | Steve Garguilo | TEDxCarthage <https://www.youtube.com/watch?v=hn9so1zVFR0>; 2) Robert Kiyosaki, Rich Dad, Poor Dad. How to invest in yourself - Part 1 of 2 London Real <https://youtu.be/d5FVFsG8NmI>.





5 Simple Tips for Developing Better Listening Skills

By Laya Raznick, CHHC

Are you a good listener? With a strong cultural value on being the one at the top, our conversations these days are opinion heavy rather than an exchange of ideas involving both speaking and listening. Good listening is a lost art, and that causes many people to feel frustrated, unheard, and alone.

The goal of any communication process is mutual understanding. This leads to growth, learning, and ultimately peace in this troubled world. Conversations focused primarily on the thoughts and beliefs of the speaker, without considering the experience and viewpoints of the listener, tend to drive a wedge between them.

If there's power at the top, why become better listeners?

Developing better listening skills has many benefits. Listening reduces stress. Good listeners are more appreciated, more interesting, and get better advice from others. They have more harmonious relationships, are more patient and tolerant, solve more problems and take advantage of new opportunities more often than those who don't listen well.

Here are 5 simple tips for developing your listening skills:

**Bring your full attention to the conversation.** Time is often at a premium and it's tempting to multi-task while talking. Don't do it. Finish what you're doing before you begin the conversation and then give it your full attention. Pay attention to the speaker's voice, the facial expressions, and body language. This will make what's being said more interesting to you.

**Be compassionate and respectful.** Put yourself in the speaker's shoes. Imagine what struggles they might be facing. Let them know you're listening by using eye contact and nodding your head occasionally. Show emotion as you listen. We all have a strong desire to be heard. Set the stage for a two-way conversation by staying engaged.

**Take a pause before replying.** Most people feel nervous about the pressure to reply. Rather than listening, they're planning what to say when the speaker finishes speaking. Breaking this habit is essential to better listening. Put your focus on what's being said as if you'll be tested afterwards. Then pause and think before answering. You might even ask a question which will deepen the discussion. If pausing feels uncomfortable, explain to the speaker that you're considering what they said before answering.

**Recognize the opportunity to learn something new.** Be curious, interested, and non-judgmental about another's viewpoint, even if your emotions are triggered by what they've said. Ask questions. Consider their opinion and notice your reaction to it. There are many mysteries and unanswered questions. Release the need to have all the answers. Relax.

Old communication habits are hard to break. Be patient and gentle with yourself as you learn new listening skills. Remember you can always pause, take a deep breath, and calmly share what you feel in the moment. If you feel uncomfortable, stay open and acknowledge it as part of the conversation. May we all become better listeners, and may our increased skill bring more peace to the world.

Laya Raznick is a certified holistic health coach guiding clients to release limiting stress patterns so they can relax and live with more inspiration, joy and ease. She can be reached at (760) 512.3399 or visit [www.layaraznick.com](http://www.layaraznick.com).

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# When Positive Thinking Doesn't Help

By Ria Elizabeth

It's common for those who suffer emotionally to receive guidance to think positively. While this guidance is well-intended and might help in the short-term, some find themselves frustrated when they are still dealing with the same emotional state months or even years later. This makes them feel like they must not be thinking positively enough. Eventually, the recommendation to focus on positive thinking becomes another thing tried and failed.

It's said that emotions are created by our thoughts, and so if we think positively, we will feel better; however, this is an oversimplified and ineffective way of addressing emotional health. While it may seem ironic, feeling emotional states like joy, bliss and deep gratitude on a regular basis actually requires an inclusion and a willingness to feel negative emotions like grief, fear, anxiety and depression. Put simply in the words of my own personal life coach, "If we want to feel better, we have to be better feelers."

Overall, Western culture has deemed painful and negative emotions as "bad" or "unwanted." It's been normalized for us to do anything to escape, numb, or avoid these emotions, and some of this normalized behavior may, at surface level, seem healthy, like positive thinking. The problem with this notion is that judging our negative emotions as "bad" keeps them stuck in our bodies, which eventually wreaks havoc and manifests as disease, illness and prolonged emotional suffering.

Instead, we have the opportunity to develop "emotional courage," as Susan David, a Harvard Medical School psychologist, identified in her 2017 TED Talk.<sup>1</sup> She shares,

"Research on emotional suppression shows that when emotions are pushed aside or ignored, they get stronger. Psychologists call this amplification. Like that delicious chocolate cake in the refrigerator; the more you try to ignore it...the greater its hold on you. You might think you're in control of unwanted emotions when you ignore them, but in fact they control you. Internal pain always comes out. Always."

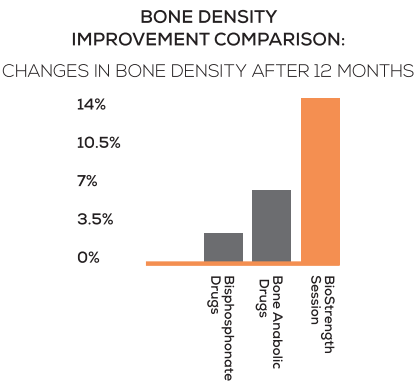
There is nothing wrong with looking on the bright side of life, but when that mindset becomes dismissive or even suppressive of our real emotional experience, it will rob us from accessing true joy. The consequences of suppressing our negative emotions are innumerable. Brene Brown, author and research professor at the University of Houston, put it beautifully when she said, "We cannot selectively numb emotions. When we numb the painful emotions, we also numb the positive emotions."<sup>2</sup> Consequently, we must entertain the possibility that we are using positivity to suppress our emotions, and instead we get to choose emotional courage and inclusion.

This is an invitation to allow ourselves to feel our pain. Let's be aware of the urges we have in order to temporarily escape uncomfortable emotions. Let's not judge negative emotions as "bad." Instead, let's compassionately allow our negative emotions to run their natural course in our bodies, as it yields much greater results in the long term. Doing this allows for more space to become available for authentic (versus forced) positive emotions that feel like a surprising gift from the universe, and we gain greater access to our true, natural state of light and love.

Ria Elizabeth is an emotional health and life coach who specializes in working with women struggling with depression and anxiety. She can be reached at (760) 623.5585 or [www.wildaircoaching.com](http://www.wildaircoaching.com).

References: 1) TedWomen2017, Susan David, "The gift and power of emotional courage"; 2) TedXHouston, Brene Brown, "The power of vulnerability"

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Wellness is more than simply feeling good; it's living a life of good mental, spiritual and physical health. It's important to maintain a long-term wellness plan that includes massage, skin care and body stretch.

The pursuit of wellness isn't new. The idea stretches back to ancient Chinese, Greek, and Roman cultures, who all emphasized holistic approaches to achieving health, well-being and harmony within one's life.

Ongoing wellness supports the adage: If we listen to our bodies when they whisper, we won't have to hear them scream.



Wellness starts with taking time for self-care.

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### Assisted stretch

Total body stretch can support mobility, flexibility and improve muscle function.

Stress can take a toll on your body, and even though your body works hard to keep up, it needs help. Keeping your body running efficiently should be high on your to-do list and regular self-care is key to operating at peak efficiency. Keeping your body in optimal working condition with routine massage - along with skin care and stretch – requires a little discipline. It's about taking the time to take care of yourself, if only for an hour each month.

### World Wellness Weekend

Ready to take the next step on your wellness journey? World Wellness Weekend is September 21 - 22 with many organizations opening their doors to give the public opportunities to try free services and to learn more about wellness. Massage Envy is proud to support the event as a national sponsor. For more information visit [www.world-wellness-weekend.org](http://www.world-wellness-weekend.org).

Massage Envy of the Desert has locations in La Quinta, Palm Desert and Palm Springs and will be offering a free skin care analysis with a skin care sample (while supplies last), sample Rapid Tension Relief and Total Body Stretch sessions along with raffles, refreshments and more from 10 a.m. – 1 p.m. September 21 & 22. For more information call (760) 904.0123.





# Gluten-Free

with *Tiffany*



## 5 Natural Habits of Healthy People

Modern conveniences developed over the decades have made it hard for us to know what “healthy” means or looks like anymore. Here are a few instinctual habits of healthy people that are more in line with our human design.

**1. Eat real food.** When we eat food that comes from the earth instead of a factory, the body can naturally regulate appetite and weight. Those of a healthy weight are rarely on a “diet” thanks to their healthy relationship with food. Lean people know when enough is enough, although they may indulge on occasion without guilt because their diet is otherwise well-balanced.

**2. Stay active daily, and fidget.** Lean, active people seek out activities they enjoy and stick to it. Studies show that choosing social sports such as tennis and golf can extend our life<sup>1</sup>, but any exercise will do. It is much easier to create an exercise habit if you schedule it as part of your normal routine. It also turns out that fidgeting while sitting or standing increases the number of calories you burn by 29 percent and 38 percent respectively.<sup>2</sup> That can add up to hundreds of calories, so start moving!

**3. Cook at home,** which means plan ahead. Healthy individuals tend to prefer home-cooked meals and have an average of 5-10 staple recipes they rotate during the month. Controlling ingredients, creating meals you love, and getting all the good food your body needs by just taking a few minutes of planning before shopping are all benefits of cooking at home. Try to find a new 5-ingredient recipe to try this month and see how delicious and simple cooking can be.

**4. Drink mostly water,** and plenty of it. Healthy people prefer water and crave it! Sugary drinks significantly contribute to weight gain and diabetes in our country and the quickest way to lose weight is to get rid of those empty calories. Try to drink half of your body weight in ounces of water per day, so if you are 140 pounds, your goal is 70 ounces of water per day.

**5. Get good sleep.** Likely the most underrated healthy habit is consistently getting good quality sleep. Getting 7 to 9 hours per night, keeping a consistent schedule and following proper sleep hygiene such as avoiding screen time hours before bed and sleeping in a cold, dark room will rev up metabolism, boost detoxification, and regulate those hunger hormones.

If you have old habits to work on, remember that change is a process. Making goals, setting a plan, and being disciplined but patient with yourself at the same time is vital. Without self-love and a life purpose, disappointment can take over which may trick you into returning to those old habits. Focus your mind on the benefits of change, and before you know it you will be a naturally healthy person, setting a wonderful example of good habits for others!

*Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221. For more information visit [www.tiffanydalton.com](http://www.tiffanydalton.com)*

1) [https://www.mayoclinicproceedings.org/article/S0025-6196\(18\)30538-X/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(18)30538-X/fulltext). 2) <https://www.ncbi.nlm.nih.gov/pubmed/11101470>



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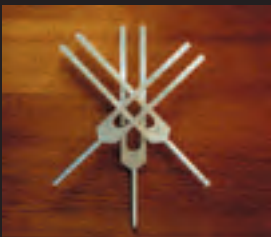
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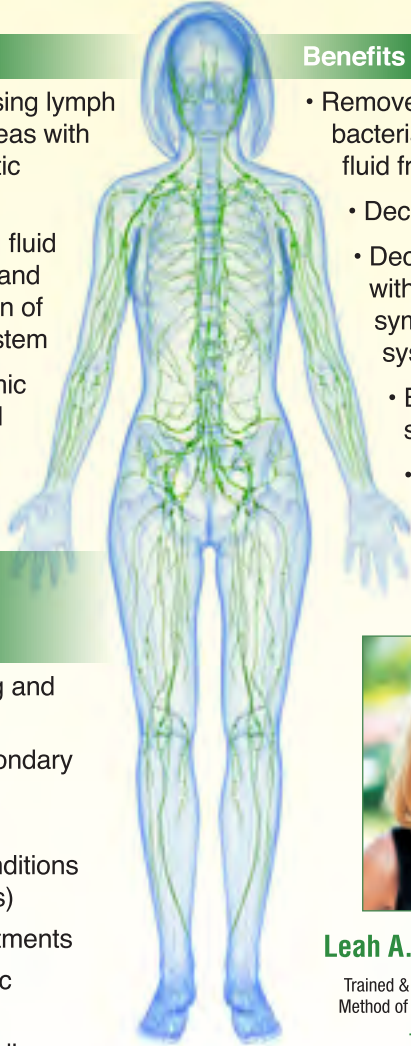
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Living Wellness  
with Jennifer Di Francesco



A Walk Among Trees

Summer is an ideal time to ascend to higher ground by way of the Palm Springs Tram to commune with nature. This journey is a reprieve from triple-digit temperatures in the valley and, at the same time, affords us an opportunity for healthy exercise. It's also an invitation to observe the fascinating ability of trees to teach us about our universe and our interconnectedness with the woods.

The director of Japan's forestry coined the term "forest bathing," and "taking in the forest atmosphere" has been an emerging pastime. Immersing oneself into the depths of the forest is considered a cornerstone of health in Japanese medicine.

The health benefits of being in the wilderness become evident when we consider the proximity of trees in the forest, all connected in an elaborate underground web. This connection through small tubes made up of fungi at roots is called mycorrhizal fungi which spans out and weaves an underground pattern. The thread-like fungi assist each tree or plant by siphoning carbon-rich sugar from branches to roots through photosynthesis. From roots to branches the fungi deliver nitrogen and phosphorous from soil. As in the neural networks in the human brain, this fungus network is not independently helping only one tree at a time; this network is an interdependent, cooperative system. Warning signals related to environmental changes are sent between plants and trees, and transfer of nutrients occurs to help neighboring plants that are struggling. Trees can tell when one tree needs extra help versus another tree, thereby working to create an overall habitable ecosystem. The welfare of each tree must be optimal for a group of trees to prosper. In forests, trees are the foundation, and they provide the habitat for everything else to thrive.



The interconnectedness of trees can tell us things about our own connection with others and with nature.

As we walk along the forest floor, we can imagine this intricate below-ground pipeline. We can imagine it as a secret, social media underworld. This interconnectedness with trees can unearth our sensitivity to our own interconnectedness with others and everything in nature. As we begin to connect with this environmental wonder, one can take the experience of forest dwelling into everyday life. Engaging and helping within our community while sensing others around us in subtler ways beyond words becomes a goal.

Reflecting on John Muir's words captures this opportunity, "Between every two pine trees there is a door leading to a new way of life." This invitation to take a walk in the woods enables us to experience a heightened awareness of the inner workings of nature and ourselves.

What is TUDCA?

By Brian J Myers, ND

Tauroursodeoxycholic acid, or TUDCA, is a water-soluble bile acid produced in our livers to help stimulate the release of bile into the gut. While humans only produce a small amount of TUDCA, the bile of bears is around 50 percent TUDCA and scientists think this may play a role in their ability to hibernate for so long. It appears TUDCA may be more beneficial than we realize.

The liver is one of the most important organs for the elimination of waste in our bodies. Your lymphatic (immune) and cardiovascular systems filter all their fluids through the blood vessels in your liver. The cleaned blood and lymphatic fluid returns to circulation, whereas the sludge that was removed is dumped into your bile and hauled away to your intestines before leaving your body through stools. If your liver bile duct is blocked or backed up, then that sludge can no longer be hauled away. It is essential that the flow of nutrients and fluid through your liver is efficient and unencumbered.

TUDCA's benefits are mostly associated with helping people correct cholestatic disease (when the flow of bile from the liver stops or slows down). Supplementation of TUDCA has been shown to dramatically increase the release of bile in humans by upwards of 250 percent while simultaneously improving bile quality. Getting your bile moving helps protect your liver and downstream organs (intestines and bowels), and prevents the possibility of your liver bile duct getting clogged or slowed.

By maintaining a free-flowing bile duct, free radical formation that would occur in the event of cholestasis is avoided, thus positively impacting your mitochondria, the energy packs on every cell in your body. This, in turn, maintains the health of your liver cells. An added benefit includes lower serum liver enzymes and improvement in inflammatory pathologies like non-alcoholic fatty liver disease (NAFLD).

An improperly flowing liver bile duct can negatively impact your gut health in various ways ranging from damage to intestinal lining, leaky gut, increased insulin resistance, and even changes in gene expression. It seems this largely occurs due to changes in gut flora by providing necessary bile salts to restore the right microbiome.

Studies show that the ways in which TUDCA prevents cell death and stops DNA from breaking down even helps prevent neurologic diseases such as Alzheimer's, Parkinson's, and Huntington's. One study using TUDCA even showed a reduction in post-stroke brain damage by 50 percent.

Lastly, TUDCA has been shown to display some anti-viral effects on Hepatitis, Influenza A, and Respiratory Syncytial Virus. In some cases, TUDCA prevents the virus from entering the cell, much like a shield, and in others by halting viral replication.

The protective mechanisms of TUDCA have been studied in a wide range of cell types and animal models of human disease. TUDCA is a potent bile acid that doesn't seem to get the attention it deserves for its diverse therapeutic properties. With what health challenges could TUDCA help you?

Dr. Brian Myers is a naturopathic primary care doctor with a focus on gastrointestinal and cardiovascular health at Live Well Clinic in La Quinta. For more visit [www.livewellclinic.org](http://www.livewellclinic.org) or call (760) 771.5970.

Sources: 1) <https://www.sciencedirect.com/science/article/pii/S0006291X11008035>; 2) <https://www.sciencedirect.com/science/article/abs/pii/S0022347602000744>; 3) <https://www.sciencedirect.com/science/article/pii/S0006291X10011253>; 4) <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1471-4159.2010.07092.x>; 5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3133948/?tool=pmcentrez>; 6) [https://www.atsjournals.org/doi/abs/10.1164/ajrcm-conference.2015.191.1\\_MeetingAbstracts.A4050](https://www.atsjournals.org/doi/abs/10.1164/ajrcm-conference.2015.191.1_MeetingAbstracts.A4050); 7) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3281634/>; 8) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3957944/>; 9) <https://www.ncbi.nlm.nih.gov/pubmed/25310532>; 10) <https://bpspubs.onlinelibrary.wiley.com/doi/pdf/10.1111/bph.14095>; 11) <https://www.ncbi.nlm.nih.gov/pubmed/18435680>; 12) <https://www.ncbi.nlm.nih.gov/pubmed/9918905>; 13) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030606/>; 14) <https://www.physiology.org/doi/full/10.1152/ajpgi.00258.2011>

IV Nutrient Therapy

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PDO Thread Lifting

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Enjoy food, giveaways, mini-lectures, exhibitors and more!

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Dr. Sonja Fung  
Naturopathic Doctor

Dr. Brian Myers  
Naturopathic Doctor

LiveWell CLINIC

760.771.5970  
78900 Ave. 47, Suite 102  
La Quinta  
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## Nutrition



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**CITRUS & PALM AT MIRAMONTE RESORT**  
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**EIGHT4NINE RESTAURANT & LOUNGE**  
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Complimentary side dish of your choice with any sandwich, brunch and entrée purchase. Limit one per table per visit. [www.heirloomcraftkitchen.com](http://www.heirloomcraftkitchen.com) (760) 773-2233 • Indio

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Buy one buffet for \$17.99 and get one free! 11am-9pm. Cash or credit only. Excludes holidays. Comp or point purchases not eligible for offer. Must be an ACE Club member. [www.hotwatercasino.com/grand-palms-buffet](http://www.hotwatercasino.com/grand-palms-buffet) (888) 999-1995 • Rancho Mirage

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## Spa & Hot Springs



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#### COLONY PALMS HOTEL

##### **Stay & Spa**

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#### DESERT HOT SPRINGS SPA HOTEL

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Seniors \$5; Adults/Children \$10 with spa therapy of \$30 or more per person. \$49 + tax Day Room Rentals available 9am-4pm includes 2 Swim Club Passes. Call for availability. [www.dhsspa.com](http://www.dhsspa.com) (760) 329-6000 • Desert Hot Springs

#### JW MARRIOTT DESERT SPRINGS RESORT & SPA

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#### KINETIX HEALTH AND PERFORMANCE CENTER

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Relaxing and customized massage coupled with warm aromatherapy towels and select essential oils. [www.kinetixcenter.com](http://www.kinetixcenter.com) • (760) 200-1719 • Palm Desert

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\$60 Introductory rate for a one-hour massage or facial session for first-time guests only. Available at Massage Envy's 3 desert locations. [www.massageenvy.com](http://www.massageenvy.com) (760) 779-1954 • PS, PD, LQ

#### OMNI RANCHO LAS PALMAS RESORT & SPA

##### **Fall Spa Specials starting at \$99**

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[www.omnihotels.com/hotels/palm-springs-rancho-las-palmas](http://www.omnihotels.com/hotels/palm-springs-rancho-las-palmas). (760) 568-2727 • Rancho Mirage

#### MIRAMONTE INDIAN WELLS RESORT & SPA

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[www.miramonteresort.com](http://www.miramonteresort.com) • (760) 341-2200 • Indian Wells

##### **Live Your Wellest at**

##### **The Well Spa at Miramonte Resort**

Complimentary CBD Stressless Oil treatment (\$30 value) with an 80-min. Desert Warrior Massage. Effective for athletic recovery, enhanced flexibility and mobility.

[www.miramonteresort.com/spa](http://www.miramonteresort.com/spa) (760) 837-1652 • Indian Wells

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##### **\$250 Spa Credit**

Visit Sun.-Thurs. for rates starting at \$249 and receive an Estate room and \$250 credit towards our spa. Fri. & Sat. nights start at just \$299/night. Book online using code PKGSPA. Subject to availability. Taxes and resort fee not included. [www.theparkerpalmsprings.com](http://www.theparkerpalmsprings.com) (760) 770-5000 • Palm Springs

#### QUALITY MASSAGE AND SKIN CARE AT THE PLAZA RESORT & SPA

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Massage treatment combined with stretching and aromatherapy. Mobile or in-studio. Call for details.

##### **\$59 60-Minute Massage**

\$59 in-studio; \$80 mobile. Valid for massage therapy only. Must mention "Chill Pass" when booking. Not valid on holidays. Advance notice for appointments. Valid Sun. - Thurs.

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Buy five 60-or 90-min massages at regular price and receive one of the same length free. Call direct to purchase. Valid for mobile or studio. [www.qualitymassagetherapy.com](http://www.qualitymassagetherapy.com) (760) 408-5626 • Palm Springs

#### SPA EL PASEO

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Sports related muscle aches, Swedish body and foot massage, Hot Stone Therapy, Deep Tissue Massage, and Herbal-Essential Hot Oils. New clients only. [www.spaelpaseo.com](http://www.spaelpaseo.com) • (760) 565-6439 • Palm Desert

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#### THE ANDALUSIAN COURT

##### **15% Off Spa Service**

15% discount on in-room massage or facial, or when Andalusian guests visit Studio M Salon and Spa. For appointments, contact Studio M at (760) 327-9000 [www.theandalusiancourt.com](http://www.theandalusiancourt.com) (760) 323-9980 • Palm Springs

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##### **Happy Hour at the Spa**

Book any 60-min spa treatment at 1, 2, or 3pm Mon.- Fri. and receive 15% off, then enjoy our climate-controlled pool and hot tub for a truly relaxing happy hour! Cannot be combined with any other offer. [www.palmmountainresort.com/the-spa](http://www.palmmountainresort.com/the-spa) (760) 449-5004 • Palm Springs

#### The Spa at Westin Mission Hills

##### **\$119 50-min. Massage or Facial**

Relax and restore with a Swedish Massage or Hydrating facial. Includes a glass of bubbly, spa day pass and complimentary parking. [www.spaatmissionhills.com](http://www.spaatmissionhills.com) (760) 770-2180 • Rancho Mirage



## Beauty



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#### KINETIX HEALTH AND PERFORMANCE CENTER

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#### THE EYELID INSTITUTE

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Come meet board-certified ophthalmologist Jennifer Hui, MD, and see if cosmetic or medical eye surgery is right for you. \$1,000 off your treatment. [www.theeyelidinstitute.com](http://www.theeyelidinstitute.com) (760) 610-2677 • Palm Desert



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#### DESERT ICE CASTLE

##### **Disco Lights Ice Skating**

Come chill with us! Admission for Adults and Kids just \$7. Ice skate rental is \$3. [www.deserticecastle.com](http://www.deserticecastle.com) (760) 324-0400 • Cathedral City

#### EVOLVE YOGA

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One pass per person; Purchased in-studio only.

##### **\$29 One Week Unlimited**

Good for week purchased and cannot be extended. Offers good for first time clients only.

##### **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 • La Quinta

#### MARRIOTT'S SHADOW RIDGE THE VILLAGES

##### **Golf Getaway Package From \$169**

One and two-bedroom villa stay includes two rounds of golf per day with greens fees, cart fees, practice balls and GPS. Book online and use Promotional Code: Z J 4. Offer valid through 11/30/19. [www.marriott.com/ctdsr](http://www.marriott.com/ctdsr) (760) 674-2600 • Palm Desert

#### PALM SPRINGS LANES

##### **\$10 for 2 Games**

Mon-Fri. 12-7pm. Two games and free shoe rental for \$10 per person. [www.pslanes.com](http://www.pslanes.com) (760) 324-8204 • Cathedral City

#### 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 CVB19. Subject to availability. [www.namastewithshay.com](http://www.namastewithshay.com) (760) 895-1705 • Valleywide

#### URBAN YOGA

##### **2 for 1 Drop-In \$18**

Hatha, Vinyasa, Gentle, Integral yoga; Breathwork, Meditation, Sound Baths, Kirtan. Unique grounding floor donated by Deepak Chopra Innerspace®. New clients only. [www.UrbanYoga.org](http://www.UrbanYoga.org). (760) 320-7702 • Palm Springs



## Outdoor Adventure



#### BOOMERS! PALM SPRINGS

##### **\$19.99 Unlimited Mini Golf and Rides**

Online: \$19.99. At park: \$26.99. Online printed tickets must be presented to be redeemed. Passes on mobile devices will not be accepted. Offer valid through 10/31/19. [www.boomerspalmsprings.com](http://www.boomerspalmsprings.com) (760) 770-7522 • Cathedral City

#### PALM SPRINGS AERIAL TRAMWAY

##### **\$36 Evening Ride and Dine**

Take the Tram and have dinner with us! Combination ticket: \$36.00 adults/seniors; \$23.50 children ages 3-10. Ride after 4pm. Dinner served 4:30-8:30pm. No reservations. [www.pstramway.com](http://www.pstramway.com) (760) 325-1391 • Palm Springs





**HEALTHY LIVING**  
IS NOT JUST A STATE OF MIND, BUT A  
DESTINATION ENVELOPED IN WELLNESS.





## Proactive Breast Health

By Jessica Needle, ND

Breast cancer is a common health problem, affecting one out of eight women in the United States. Instead of worrying about whether you are going to get it, or what to do if you have it, be proactive and take breast health into your own hands.

An excellent book on this subject is *Breast Cancer? Breast Health!* by well-known American herbalist Susan Weed.

The author lays out an anti-cancer lifestyle that includes staying in touch with daily rhythms of the body and seasonal rhythms of the earth, sleeping in total darkness, having emotional and sexual outlets, choosing supportive friends, exercising at least three hours per week, practicing yoga, getting massage every month, and eating an organic Mediterranean diet while avoiding white flour and processed foods.

The book presents a framework for healing that includes the following steps, from least to most invasive:

- 1) Do nothing: sleep, meditate, unplug devices.
- 2) Collect information using the Internet, books, support groups, and divination.
- 3) Raise energy using prayer, homeopathy, ritual, affirmations, song, and laughter.
- 4) Nourish and tonify using herbs, food choices, exercise, massage, and yoga.
- 5) Stimulate using hydrotherapy (water), botanical tinctures, and acupuncture.
- 6) Use supplements such as nutritional yeast, blue-green algae or bran.
- 7) Use drugs including chemotherapy, *anti-estrogen* and hormones.
- 8) Break and enter with surgery, radiation, mammograms, and CT scans.

The author reassures readers that most breast lumps detected will not turn into invasive breast cancer. She encourages women to take their time making informed decisions and assures readers that using the first four steps for a week or a month will not adversely affect the outcome of any conventional treatments they may subsequently choose.

The book gives detailed instructions for performing breast self-exams and recommends breast massage to become comfortable with touching your breasts and learning their contours if a full-fledged exam seems intimidating. As an herbalist, Weed gives a recipe for making a massage oil that stimulates the lymphatic system and inhibits cellular damage. The ingredients are poke root, arnica, mistletoe, vitamin E oil and St. John's wort oil.

*Breast Cancer? Breast Health!* contains a section called Materia Medica listing herbs that can be used safely to prevent and treat disease. One of the author's favorite nourishing tonics is an infusion of nettle leaf, which can be consumed without limit for years. Pour 1 quart of boiling water over 1 oz of dried nettle leaves, allow to cool, and strain. Drinking the infusion as you would drink tea provides a boost in energy, helps regrow hair after chemotherapy, and improves blood work quickly.

In addressing the emotional aspects of breast health, Weed proposes: "Fear can immobilize you. It can make you close your eyes hoping nothing bad will ever happen. Fear can also move you, empower you, stir you. Use your fear as energy for the journey you now begin. Let fear motivate you to care for yourself, reach out for support and frame your own definition of health."

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

## Dopamine Driven Sugar Addiction

By Deborah Schrameck, NC, PT

In my practice as a nutrition consultant, I am continually trying to support people in their struggle with foods that sabotage their health goals. In my own life I am constantly battling my own "sugar addiction."

Eating and the desire to eat stimulate different mechanisms in the brain. Dopamine, the neurotransmitter I introduced in the last issue of *Desert Health*, motivates our behaviors and drives us toward food. Dopamine stimulates our sense of anticipation to recapture the emotion and remembered pleasure of a favorite or desired food. Dopamine is a survival neurotransmitter. The scientific realm part of this survival mechanism is known as "attentional bias," which can be defined as "the exaggerated amount of attention that is paid to highly rewarding stimuli at the expense of other stimuli."

The more rewarding the food, the greater attention we direct toward it and the more vigorously we pursue it. Compound this bias with our inherent preference for foods that feature characteristics (like sugar) larger or more exaggerated than what's found in nature. Our ancestors survived by utilizing a preference for high calorie foods, but in today's age of highly processed, high sugar foods, we are being led down a completely different path to disease, not survival.

Food science has proven that when layer upon layer of complexity is built into food, the dopamine elevation and desire to pursue that food even when not hungry is intensified. Sugar alone has been proven to cause surges of dopamine like certain drugs. A combination of chocolate, sugar and alcohol can cause one of the highest surges of dopamine, bringing the term "chocoholic" into a whole new light.

Dopamine stimulation is not only amplified by the consumption of the food itself, but also by cues and signals that the food is nearby. Since dopamine has a role in focusing our attention, pairing it with a reward that has a cue drastically affects behavior. In other words, the food creates a desire even if we are trying to avoid that food. For example, do you get hungry when you smell cookies baking or you see muffins in the coffee shop or thirsty when you hear the clink of ice cubes in a drink? We are bombarded with these cues daily.

In summary, here's a review of the dopamine driven eating cycle: a cue triggers a dopamine release and surge, dopamine drives us to the food, eating the food releases opioids and then the production of both opioids and dopamine stimulate more eating. As the brain becomes more sensitive to the cues, we increase our anticipation of the rewarding food and can no longer control our response. We have literally become changed by the foods we eat.

Stay tuned for the next issue where I discuss the strategies to overcome this dopamine food cycle.

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



*Sugar alone has been proven to cause surges of dopamine like certain drugs.*

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# Medical Aromatherapy

## A new direction in health care

By Julia Meadows

Medical aromatherapy (also known as clinical aromatherapy) is a practice that is rapidly gaining acceptance in the medical world. Education, awareness and practice-based evidence have been the drivers behind the emergence of this new aromatic healing paradigm.

Each plant-derived essential oil has unique uses, benefits and healing properties, and many oils work synergistically when combined. Most essential oils fight bacteria, fungi and viruses and can even stave off the bacteria MRSA, making them ideal for use in health-centered settings.

Clinical aromatherapy seeks to define and target a particular clinical symptom (e.g., anxiety), determine the best treatment materials and methods, and measure the outcome with care. Certain essential oils are particularly effective at addressing pain and inflammation, ameliorating sore joints and arthritis, while others have nervine and sedative properties to help with sleep issues, insomnia and fatigue. Essential oils such as chamomile, frankincense, bergamot and orange reduce stress, anxiety, depression, headaches and migraines, while others alleviate nausea and other side effects of chemotherapy. Additionally, essential oils can balance hormone levels, regulate digestive function and boost the immune system.

### The History of Aromatherapy

Modern clinical aromatherapy originated in France in the 1930s, pioneered by a chemist Rene-Maurice Gattefosse, medical doctor Jean Valnet, and a nurse, Marguerite Maury. The work of these three individuals laid the groundwork for the medical aromatherapy movement, as essential oil treatments became integrated into the medical mainstream in France, Germany, Switzerland, Scandinavia and Great Britain. European medical aromatherapy encompasses inhalation, topical application and even oral use of therapeutic essential oils specific to the condition being treated.

While newer to the U.S., clinical aromatherapy is one of the most promising therapies that can be practiced by nurses and other health professionals in hospital, hospice and community living settings. The gentle, non-invasive nature of medical aromatherapy makes it an ideal practice in these environments.

### A 2019 Global Wellness Trend

The Global Wellness Institute, an industry research organization that tracks the emergence of groundbreaking health trends worldwide, believes that medical aromatherapy is a phenomenon whose time has come. Evidence-based studies,



Medicine is now harnessing the power of scent as a healing therapy.

Continued on page 27

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# Hypnosis for Dementia

By Roger Moore, CHt

Really? Hypnosis for dementia? That’s the usual response I get when people first learn I’ve been using hypnosis for people with dementia and Alzheimer’s disease since 1997.

In 2007, a lengthy study conducted in the U.K. by Simon Duff, PhD, and Daniel Nightingale, PhD, found that people living with dementia who received hypnosis therapy showed an improvement in concentration, memory and socialization compared to two other treatment groups.<sup>1</sup> Relaxation, motivation and daily living activities also improved with the use of hypnosis. And what really impressed me is the improvements continued in a follow-up study twenty-one months after the hypnosis sessions concluded.<sup>1</sup>

In this study, three groups were followed for nine months. One group received traditional dementia treatment, the second group received talk therapy and the third group had hypnosis therapy. In all areas, the people who received hypnosis showed the most and longest lasting improvement.

According to Duff and Nightingale: The data from this study supports previous work indicating that individuals with dementia can be hypnotized. Furthermore, it adds to the increasing body of empirical data demonstrating the important contribution hypnosis can make in improving the quality of life (QOL) of individuals with dementia. Importantly, although it may seem obvious, it is crucial to differentiate between improving the psychosocial QOL of persons with dementia and impacting upon the process of dementia.... This implies that there is a subjective, cognitive component to the common behavioral changes associated with dementia that impact QOL in addition to those changes produced by the biological process of dementia. We suggest that it is through this subjective component that hypnosis impacts QOL, which leads to the prediction that it should be possible to both differentiate and plan interventions for the objective, biological effects of dementia and the subjective, psychological effects independently.<sup>1</sup>

The most common anecdotal feedback I receive is that after our hypnosis session, people with dementia are calmer, happier, experience improved sleep and are better able to perform activities of daily living.

I find that even people with late-stage, severe Alzheimer’s can benefit from hypnosis. They, too, are calmer and have better-quality sleep after our hypnosis session.

Over the years, I have made it a point to include the partner, family member and caregiver in the hypnosis sessions for people with dementia. There are many benefits for doing this, but the two primary reasons are: 1) so that they can continue to demonstrate and encourage the client to use the hypnosis tools and play the hypnosis recordings that I provide; 2) partners and family members are often stressed, exhausted and frustrated, and hypnosis can also be immensely beneficial for the health and wellness of the support team.

As with any medical hypnosis, this is an integrative therapy used in support of ongoing traditional therapies.

Roger Moore of Palm Desert Hypnosis can be reached at Roger@HypnosisHealthInfo.com or (760) 219.8079. For more information visit [www.PalmDesertHypnosis.com](http://www.PalmDesertHypnosis.com).

Reference: 1) Duff, Simon PhD; Nightingale, Daniel PhD, Alternative Approaches to Supporting Individuals With Dementia. Alzheimer's Care Today: October 2007 - Volume 8 - Issue 4 - p 321-331.

# CBD for Orthopedic Care

By David Duffner, MD

Cannabidiol (CBD) continues to gain attention in orthopedic and health care circles and is used in the treatment of anxiety and chronic pain, as well as other conditions. CBD plays a major corrective function in the endocannabinoid system (ECS), which may make it a viable treatment alternative for people experiencing back or joint pain.

**What is the endocannabinoid system?** To understand why CBD is getting so much love at the moment, it's important to grasp the role of the ECS. Among other things, your ECS helps to regulate your memory, digestion, immune system, and appetite. Many of the systems regulated by the ECS are integrated with the musculoskeletal system, including your motor skills, inflammation, bones, and neural tissues. The ECS helps to protect these critical systems and plays a crucial role in the experience of chronic or acute physical pain.

Interestingly, the ECS is made up of three principal components: endocannabinoid receptors, endocannabinoids, and enzymes that synthesize or metabolize endocannabinoids. The first endocannabinoid receptor was identified in 1988, which is why this science remains so young. When the ECS is working well, it mostly goes unnoticed. Everything is in balance or homeostasis, and pain responses are dealt with accordingly by the brain and central nervous system.

**What are cannabinoids?** Cannabinoid is the name given to any compound that interacts with the ECS. When cannabinoids are made naturally by your own body, they are typically referred to as endocannabinoids, with “endo” meaning inside. When they come from cannabis and other plants, they are called phyto cannabinoids, with “phyto” meaning plant. There are over 120 phyto cannabinoids in the cannabis plant alone, with THC and CBD the most well-known.

While the ingestion of THC will get you "high," the ingestion of CBD will not. Instead, it connects with specific receptors inside your body and helps to balance the ECS.

As we all know, sometimes the human body goes out of balance, and pain is often the result. For example, people who need joint replacement or back surgery frequently experience profound nerve pain, and surgery is often recommended as the only viable treatment. While surgery is valid in many cases, it can also be incredibly invasive, expensive, and risky. CBD can be used to help regulate the ECS in such cases, both before surgery and as a short-term alternative to surgery if the patient is not ready.

**Who can benefit from CBD?** While CBD is not a cure-all by any means, it can be incredibly valuable for people who are experiencing physical pain. CBD can reduce the pain and inflammation from arthritis and inhibit chronic inflammatory and neuropathic pain, both of which can be very difficult to treat. Another use of CBD is to help people recover from accidents and injuries, as it is proving useful in the treatment of back, knee, and hip injuries.

CBD is a fantastic regulatory tool in this context and may prove beneficial for a wide array of musculoskeletal problems. If you're looking for a holistic and viable treatment for pain relief, CBD can help to support your immediate and long-term health needs.

David Duffner, MD, is a board-certified orthopedic surgeon and founder of the integrative practice Orthopedic and Physical Medicine Associates, Inc. (OPMA). He can be reached at (760) 340.2600.

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# Challenging Yourself for Personal Growth

Following is an excerpt from Jennifer Johnson's book, *An Awakening Walk, 500 Miles to Self-Love and Acceptance on the Camino de Santiago*, which chronicles the incredible challenge she gave herself and now offers others.

The first day is the hardest for hikers of the Camino de Santiago – the path is steep, almost sixteen miles over the Pyrenees with only one place to stop, Orrison. Some people stay here for the night at the only Albergue (hostel) for which a reservation is necessary. I did not make a reservation.

I am not a fast walker, so there are many people passing me. This first part is not only very steep but also on asphalt. I tell myself to take one step at a time, put one foot in front of the other, stop, rest, and start walking again. The scenery is gorgeous as I move higher and higher. It's a perfect day, sunny with a bit of cloud cover.

Making it to Orrison at 11:00 a.m., I'm glad I decided in advance not to stay here because I feel strong and want to keep going. Stopping only to rest and fuel up with coffee and orange juice, I sit at a table by myself. After a few minutes, Ren, Ashley, and Lucas, a family from Colorado, join me. Ren, the dad, walked the Camino several years before, and he has brought his kids to share the experience. Lucas is fourteen, tall, and lanky; Ashley is twenty, very cute, short and petite. She confides that she is a bit hung over and does not fully understand what she has gotten herself into. I confide that I feel the same!

I move on, knowing there is a long way to go before the day is done. The path seems to go straight up. The scenery is magnificent and the view expansive, with rolling green hills going on for miles. There are many varieties of birds and fauna, sounds of cowbells can be heard somewhere off in the distance, and the occasional stray cow and donkey cross the road. Seeing many charming farmhouses and cottages dotted among the stunning landscape of the Pyrenees, I wonder what it would be like to live here.



Author Jennifer Johnson on the Camino de Santiago

I breathe it all in, Mother Nature's beauty, grateful to be here and following this path with no worries about the future. In this place, it is easy to just be present.

There is much time to think on the Camino. So much searching, and now here I am still searching, walking the Camino at age fifty-three. I stop often, my legs aching. The family from Colorado is going

about the same speed. They pass me, then I pass them; we stop, chat, and move on. I have no idea where I am or how much farther it is to today's destination.

The path seems to go on forever. There is a German hiking group nearby. They are very loud, all talking at once, and I can barely stand it after being so silent. I fall back and let them move ahead until their voices fade away. I love the silence and the soft sounds of nature. I walk and walk and come upon the Germans again. They are on a lunch break. I pass them and keep walking, but they soon come up behind me. They are so loud – how can they listen to each other when they're all talking at the same time? I let them pass again until there is silence – my mind clear, a walking meditation.



Taking on a challenge you feel is insurmountable can be life changing.

# Overtraining Youth Athletes

By Michael K Butler B.A.; P.T.A.; CSCS\*D; RSCC\*D NMT

One evening I was working with a group of young athletes from various sports, and one stood out because of the way her body wasn't responding to the warm-ups. This fourteen-year-old was pale and appeared very sluggish and somewhat disoriented. I pulled her aside and asked how she was feeling. She told me that she played six soccer matches over the weekend, had basketball practice earlier that day, and games scheduled for the next three days. She then went on to tell me that she hasn't been able to sleep or eat much because of her crazy sport and school schedule, adding that her muscles and bones were aching. Therefore, I sent her home to rest. This wasn't the first time that I have witnessed this in a young athlete.

Over the past 10 years, participation in youth sports has become very popular and time consuming for both the athletes and the parents. It is estimated that 45 million kids participate in an organized sport but by age 15, 80 percent of them quit'. With schoolwork, practices, games and traveling there isn't much time for rest and recovery, especially if they are playing multiple sports. Both strength coaches and sports physical therapists encourage young athletes to play more than one sport to help prevent injuries and burnout; however, managing time and making sure there are breaks throughout the year is critical.

Top strength coaches and health care providers continue to research and understand the needs of young athletes to help reduce injuries. Following are steps to help take a proactive approach to improved self-care in the midst of year-round sports competition:

1. It is my experience that young athletes need to take breaks throughout the year, especially after a competitive week of long, hard tournament play. They can keep active but should try to do something relaxing and regenerative like swimming, yoga or just hanging out with friends. This should be done every couple of months.
2. Prioritize workouts to include enjoyable games, especially during practices. Monotony can be a killer to one's mental attitude which can affect both physical and emotional stability. Games keep kids active and help avoid burnout.
3. Recovery is the most important tool in this discussion. Athletes must learn to rehydrate after practices/games, perform easy stretching/foam rolling, take contrast baths (hot/cold) and get plenty of sleep (7-8 hours minimum).

Educating coaches and parents to add support in this arena is also very important. Youth athletes need guidance, and coaches and parents can set good examples.

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

Reference: 1) Fiori JP, Benjamin HJ, Brenner JS, et al. Overuse injuries and burnout in youth sports: a position statement from the American Medical Society for Sports Medicine. British Journal of Sports Medicine 2014; 48:287-288.

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Soon my legs and feet feel like they are on fire; I don't know if I can make it much farther. An American group comes up behind me and two of the women walk with me for a while. They are surprised I am traveling alone. They are from Atlanta, Georgia, and when I voice my concerns about making it to Roncesvalles, they offer me positive reinforcement. But soon they are gone, walking very fast, and I can't keep up. Finally, I reach the summit and opt for the easier way down. It's a bit longer but not as steep. I've heard that many people get hurt at this point from descending too fast.

I finally hobble into Roncesvalles at 5:00 p.m. It's taken me nine hours to cross the Pyrenees! By now every step is torture. After walking into the small town and finding my hotel, I check in, shower, and lie down to rest. Suddenly wide-awake, ravenous and excited about dinner, I find the dining room. It's bustling with activity, and I ask to be seated in the far end of the room in order to avoid the noisy German group. My dinner is a typical pilgrim's meal: insalada mista (green salad), roasted chicken with potatoes and a local white wine, which is well deserved and delicious. I actually feel really good; the endorphins must be kicking in. I can't believe I made it sixteen steep miles on my first day!

Markers along the well-traveled path help guide travelers.

Jennifer Johnson lives in Rancho Mirage and now takes others on inspirational walks through her travel company, Winn Journeys. *An Awakening Walk, 500 Miles to Self-Love and Acceptance on the Camino De Santiago* is available at Amazon.com. For more information visit [www.WinnJourneys.com](http://www.WinnJourneys.com).

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# Improvements Made for the 2019 IRONMAN 70.3 Indian Wells LaQuinta

The iconic IRONMAN series of events is the largest mass participation sports platform in the world. Since its inception in 1978, the brand has grown to become a global sensation with more than 230 events across 53 countries. But when an undertaking this large comes to your backyard, there are certain to be growing pains for event producers and the community.

The second annual IRONMAN 70.3 Indian Wells La Quinta will take place December 8, and community leaders and event producers are enthusiastic about the improvements made to minimize traffic congestion and maximize athlete safety.



2018 IRONMAN athletes swimming in Lake Cahuilla

The event is expected to once again attract over 2,300 triathletes from around the world who will swim 1.2 miles in Lake Cahuilla, bike 56 miles through the east valley, and then run 13.1 miles through Indian Wells. While there were no major issues reported with athletes last year, La Quinta officials heard quite a bit from the public, so addressing community concerns is top of the list.

“Our priorities are to have a safe race and to hold an outstanding event that has minimal impact on La Quinta residents and our greater community,” says La Quinta Community Resource Director Chris Escobedo. “We are creating a route that is streamlined, allows for circulation and reduces the impacts felt last year.”

The bike course has been moved further east to free up Washington Street with Jefferson as the primary corridor heading north and Miles Avenue to the Tennis Gardens for the westbound route. A vast outreach program will also be put in place to inform commuters of viable detours.



The bike racecourse moves further east in 2019.

“We are working with neighboring communities and the county to establish a regional traffic and circulation plan encouraging eastbound travelers to use Fred Waring for those hours of the day,” says Escobedo adding that Jefferson and 111 will be the area to avoid during race hours.

Enhanced outreach has already begun and includes mailers, community meetings and traffic visuals placed along the race route a month in advance. The city will also help market promotional offers by local businesses for participants and spectators as the economic benefits of hosting an IRONMAN 70.3 triathlon can be significant. Host towns including Boulder, Colorado; Chattanooga, Tennessee; St. George, Utah;

and Santa Rosa, California, report an economic impact of \$6M-\$10M annually.

Event producers stated that athletes “overwhelmingly enjoyed” the inaugural event ranking the IRONMAN 70.3 Indian Wells La Quinta higher than the global average in multiple areas including Overall Venue Experience, Overall Host City Experience and IRONMAN Village Location.

“We feel that the IRONMAN 70.3 Indian Wells La Quinta is one of the best races in the IRONMAN 70.3 circuit and offers a truly unique race experience for the athletes and spectators alike,” says Race Director Sabrina Houston. “We have fostered a good relationship with the host communities since first announcing this event and want to continue to build on the successes we have had.”



2018 athletes ranked the desert venue higher than the global average.

Community members are encouraged to cheer on athletes along the race route or to view the swim at Lake Cahuilla or the finish at the Indian Wells Tennis Garden.

For additional information, visit [www.ironman.com/indianwellsaquinta70.3](http://www.ironman.com/indianwellsaquinta70.3) or call the IRONMAN outreach coordinator at (442) 227.5039.

## Pickleball National Championships Return Record purse offered at Sport's largest event

By Pam Salvadore

The USA Pickleball National Championships return to the Indian Wells Tennis Gardens November 2-10 featuring an increased purse of \$80,000.

Over 2,300 players from around the globe will descend on the world-class venue which has also increased its number of pickleball courts from 45 to 49. Players in approximately 140 different divisions will play 4,000 matches over 8 days.



Four additional courts were added this year.

The Tennis Garden's Pickleball Nationals Event Director Fred Hartzman tells us that the club listened to feedback from all who attended last year and a few site tweaks have been implemented to make both the player and spectator experiences more positive. The overall site has been condensed with entertainment, food, and beverage venues now closer together, providing easier access. Additionally, all price points for entry will be granted Championship Court access. Event sponsor Margaritaville has also grown their presence offering two social sections: the Margaritaville Lounge as part of the VIP package and the 5 O'clock Somewhere Bar open to all.



Amateurs and pros will compete for prizes.

Pickleball is enjoying huge growth in both amateur and professional play. Here in the desert, the number of pickleball clubs has

grown exponentially with most private clubs, including Big Horn, adding courts. Public courts are also available at Demuth Park in Palm Springs, Freedom Park in Palm Desert, and Fritz Burns Park in La Quinta.

The National Championships reflect that growth as this year's tournament is expected to be the largest in the world with 2,300 players according to Hartzman. The Indian Wells tournament will also offer the largest purse of any tournament with \$80,000 to be divided among winners throughout the levels.



140 divisions for all ages will be featured.

The USA Pickleball National Championships will be held November 2-10 at the Indian Wells Tennis Garden. Tickets are available from \$5 for general admission to \$500 for the VIP Guest Experience Package. All price points enjoy access to the Championship Court. For details and more information visit [www.usapickleballnationals.com](http://www.usapickleballnationals.com).

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## How to Talk to Your Kids About The “S” Word...SAVINGS!

By Michele T. Sarna, AIF, AWMA (and mother of 4)

It's back to school time again and excitement is in the air for students and parents. Whether the kids are starting kindergarten, heading off to college, or somewhere in between, for many of us, this means long lists of school supplies, new clothes, new backpacks, and a drained wallet.

Nevertheless, it's a great time to discuss money with your kids. Like the holiday season or birthdays, it's important for them to understand the value of a dollar and putting some away for a rainy day or saving for something special. When they're young, take them to the bank and open a savings account for them. Allow them to spend a certain percentage from monetary gifts or their allowance and have them save the rest in their bank account. Allocating a certain amount to go towards savings, regardless of their age, is a great way to get them in the habit of saving. Show them each month how much they've saved and how great they are doing.

Make a game out of shopping for the best bargain on school supplies. First, take inventory of what they have from the prior school year and if it's in good condition, use it. Next, compare prices online or at the different stores and show them how much will be saved if they choose the best price. Also, don't buy what you don't need.

The college-bound graduate will need to stick to a budget. There are several free phone apps that track expenses to help them stay within their means. If they are sharing a room or apartment, splitting the costs of utilities or food will need to be arranged. Awareness of the amount of electricity, gas, and water used will help keep costs down—things they didn't need to think about at home. If they are in a dorm, have them keep a tally on how much they spend on food and outside dining. Encourage them to use up all their dining points before year-end.

There are many teachable moments throughout their youth. When money is involved, look at the situation and see how you may relay the experience into an informative example. You may think they aren't listening, but they are. It's important to educate our children on the power of saving.

You may recall the old tongue twister “Sally sells seashells by the seashore...” and how difficult it was to say it fast or more than three times. Teaching the concept of saving to our children is one of those challenging tasks, which led me to think of this take on Sally sells seashells:

Scrupulous Sally practiced saving. She didn't snivel nor sigh. She sacrificed and scrimped until her retirement day arrived. Now Sally sits and smiles satisfactorily sailing smoothly and slickly through the Sea... of life.

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

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## Voluntourism: Can Your Non-profit Benefit?

By Lauren Del Sarto

Voluntourism, or traveling to a destination to contribute your time and skills to the local community, is one of the fastest growing travel trends globally. The grassroots effort started in the 1990s and is now a bucket list item for travelers of all ages. A 2008 study estimated that 1.6 million people volunteer on vacation spending around \$2 billion annually,<sup>1</sup> while a 2015 survey found that 84 percent of millennials said they would travel abroad to participate in volunteer activities with 32 percent of all respondents showing an interest to do so.<sup>2</sup>



Groups lend a hand at FIND Food Bank.

The term “voluntourism” was originally coined for those traveling internationally to immerse in a foreign culture by caring for orphans in Africa, providing medical care in Tanzania, or building schools in Haiti. However, the practice is now expanding from service-based vacations to spending a portion of your holiday giving back by feeding the hungry, walking pups at a local shelter, or enhancing community projects.

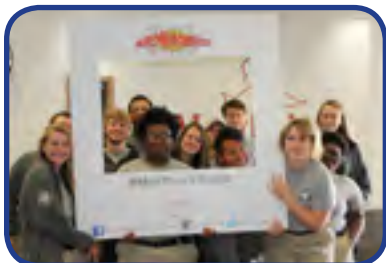
Tourists are seeking volunteer opportunities to connect with locals, create a more memorable vacation experience, provide groups with bonding activities, and for overall life enhancement. Studies show that giving back is an easy and altruistic means of improving health and happiness by increasing your sense of purpose, connecting with others, and often stepping outside of your comfort zone. Community and Contribution is even one of the nine pillars of health and wellness in the Greater Palm Springs Convention and Visitors Bureau's Live Your Wellest campaign.

### How can your non-profit attract voluntourists?

A good place to start is by listing your organization on VolunteerMatch.org, touted as one of the web's largest volunteer matching sites with over 100,000 opportunities searchable by location. The site is easy to use and listing is free for organizations and individuals. Indicate if you are able to accept daily or drop-in volunteers.

For date-specific activities for which you are seeking volunteers such as annual fundraising events, we recommend listing your event on the Community Calendar graciously maintained by O'Bayley Communications and available at [www.obayley.net/community-calendar](http://www.obayley.net/community-calendar).

References: 1) <https://www.volunteeringolutions.com/blog/voluntourism-will-continue-to-be-a-top-travel-trend>; 2) <https://www.businesswire.com/news/home/20150527005936/en/Millennials-Tra>



Volunteers at Martha's Village



A couple suits up to prep in Martha's Kitchen.



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### Medical Aromatherapy, A new direction in health care

Continued from page 22

olfactory research and the technological advancements required to integrate aromatics into medical practice are currently in the spotlight. Terpenes, major constituents of essential oils, are being analyzed by neuroscientists for their benefits to brain, mind and body. A Japanese company is developing a ‘smart’ diffuser that can be operated via a smart phone to activate the multi-chamber diffuser at various times, starting your day with energizing oils such as rosemary or lemon, and winding it down with relaxing, sleep-promoting aromas like lavender or sandalwood.

The most popular method of utilizing aromas for wellness is through the use of an ultrasonic diffuser. These easy-to-use devices safely disperse micro-droplets of the selected oil(s) into the immediate environment, without the use of heat or chemicals.

### How Aromatherapy Works

Aromas have instant psychological and physiological effects, stimulating smell receptors in the nose which send messages through the nervous system to the limbic system of the brain. The limbic system (or “smell brain”) comprises the amygdala, hippocampus, anterior thalamus and hypothalamus. The amygdala plays a critical role in processing emotion, emotional response and the formation of new memories.

The hippocampus governs learning and semantic, episodic and spatial memory.

The molecules of essential oils are small enough to cross the blood-brain barrier when inhaled or topically applied. For these reasons, essential oils may ultimately unlock the answers to Alzheimer's disease, dementia and other brain conditions.

In the U.S., topical application via massage with oils, creams and lotions is the best-known medical aromatherapy modality. The friction of various massage and bodywork techniques causes blood vessels in the skin to dilate, which increases absorption. Essential oils are lipid soluble, so their components can access lipid-rich areas of the body. Massage can be customized to be warming or cooling; it relieves the localized trauma of bruises, sprains and burns; it is anti-inflammatory, anti-spasmodic, and excellent for relieving neuralgic conditions. Other methods of application include compresses, patches, sprays, gargles, chest rubs and formulas for baths and soaks.

As the recognition of clinical aromatherapy grows, so does the demand for research, education and training. Many valuable resources exist for those wishing to learn more. The National Association of Holistic Aromatherapy ([www.NAHA.org](http://www.NAHA.org)) is the leading professional education-based aromatherapy association in the USA, with a strong international community. The Aromatherapy Registration Council ([aromatherapycouncil.org](http://aromatherapycouncil.org)) promotes the advancement of essential oil research and practice and maintains a membership of practicing clinical aromatherapists. Both organizations are committed to the furtherance of all branches of aromatherapy - aesthetic, holistic and clinical - in the U.S. and globally.

Clinical aromatherapy offers us a new, welcome avenue to explore to support health of body, mind and spirit.

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





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## Teaching Kids About Personal Safety

Recent events have prompted parents, educators, and childcare providers to reevaluate how to properly teach children about personal safety which, in this context, is how to ward off tactics used by child predators to isolate and victimize a child. Any person in charge of a child's wellbeing should review how to discuss preventing an incident as well as how to proceed if there is suspicion of child victimization.

It is important to understand potential signs an adult may exhibit that indicate sexual predator behavior. Predators are likely to be someone in constant contact with the child such as a coach, mentor, or family member; 90 percent of children are abused by someone they know, love or trust.<sup>1</sup> Because an adult close to the family is able to create trust with parents and the child, they have greater access to the child. There is also more opportunity for isolation which can begin the process of "grooming" to create a trust in which the child is less likely to share "secrets" and to create a reward system of attention and presents. The predator relies on isolation, access, a trust bond, and a reward system to keep any unusual activity with the child undisclosed.<sup>2</sup> The most important signal to be aware of is an adult who wants to spend an unusual amount of time with your child, gives excess favors of babysitting, rides, or time spent together.

Learning how to speak to children about predators can be uncomfortable. Keep information age appropriate and change it for each new experience they may have, such as joining a team or starting a preschool. First, remain open to using the correct names of anatomy including genitals.<sup>3</sup> This helps create an open dialogue about the body and about the privacy of

certain body parts. Discuss that a caregiver, health care provider, even a parent should ask permission before accessing a child's genital area to establish a child's comfort and empowerment of physical body boundaries and ownership. Discourage using words such as 'secrets' with adults and establish the idea that a family does not keep secrets. Use the word 'surprise' to discuss any information the child wants to temporarily keep to themselves.<sup>4</sup> Empowering children to say "no" to access without guilt or shame and keeping an open dialogue in the home are prime ways to prevent or gain early intervention into predatory incidents.

Lastly, if a predatory act or victimization is suspected, a professional should be contacted immediately. The parent should stop all questioning of the child and contact a therapist or the authorities. If a child is questioned excessively about an incident, they may feel guilt, shame, or doubt their details of the encounter. Further, constant questioning may compromise the child's long-term health and prosecution.

Identification of a sexual predator within a small community can be deeply triggering, traumatizing, and agonizing. However, it is also an opportunity to review all the ways to empower children about their own personal safety and create an ongoing open dialogue.

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

1) <http://naasca.org/2012-Resources/010812-StatisticsOfChildAbuse.htm>. 2) <https://victimsofcrime.org/media/reporting-on-child-sexual-abuse/grooming-dynamic-of-csa>. 3) <https://knoxville.citymommsblog.com/dont-call-cookie-correct-terminology-matters/>. 4) <https://denver.citymommsblog.com/parenting/why-we-dont-keep-secrets-in-our-house/>

# New Fall Programs

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

## Traveling THE Journey Together

Eight-week fall session Oct. 4- Nov. 22  
Experts present topics on Alzheimer's/Dementia, fall prevention, palliative, home health and day care, VA benefits and more. Eight couples maximum.



A social time for caregiver and loved one  
Tuesdays, 10 a.m. to 1 p.m.

**NEW!** Starting Nov. 7 Second Day Added!  
Thursdays, 11:30 to 2:30 p.m.

**NEW!** Meaningful Conversations  
with a Cognitively Impaired Person  
Two-day sessions starting Nov. 6 & 13, 1 – 2:30 p.m.

**Monthly Art Class with Kathy Schuler**  
Starting Oct. 16 – April 15, Third Wednesdays of the Month,  
10 a.m. – Noon. Advanced sign-ups required.

**Come Celebrate with Us: ACV's Annual Open House**  
Friday, Nov. 1, 5:30 – 8 p.m.  
Join us for Refreshments and Learn About **Breathing Space**, our respite care scholarships

## ONGOING PROGRAMS:

### Dementia Caregiver Support Groups

Tuesdays, Parkinson's Support Group, 2:30-3:30 p.m.,  
ACV office, **Palm Desert**

Tuesdays, 9 – 11 a.m., St. Paul in the Desert Church,  
125 W. El Alameda, **Palm Springs**

4th Tuesday of the month, 9:30 – 11:30 a.m.,  
Vista Cove, **Rancho Mirage**

Wednesdays, 9 – 11 a.m., ACV office; 2 – 4 p.m.,  
Bella Villagio, **Palm Desert**

Thursday, 10:30 a.m. – noon, Mizell Senior Center,  
**Palm Springs**

2nd & 4th Thursday, 9:30 a.m. – Noon,  
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### Dementia Caregiver Training

Last Thursday of each month, 5:30 – 6:30 p.m.

State-approved Continuing Education Units for  
CNA & HHA professionals; family caregivers welcome!  
Different topic each month.

**All programs are free; pre-registration is required as space is limited.** Programs are held in the ACV office, unless otherwise noted.



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“Growing Old Gracefully”...Really?

By Amy Austin RN, PsyD, LMFT

Whoever coined the phrase “growing old gracefully” must have thought of it when they were young. Besides looking in the mirror and not recognizing the face staring back at you, I guess the term might be relevant if one didn’t have to deal with the daily aches and pains, doctor’s appointments, chronic pain, hormonal changes, dealing with sick and dying friends and family members, loneliness and isolation, possible financial concerns including medication costs, the stresses of caregiving, “emotional invisibility” coming from a youth oriented society, age discrimination in the workplace, and the realization that life is finite with a finite number attached to it.

Oscar Wilde said, “With age comes wisdom, but sometimes age comes alone.” Our minds should not define who we are, but we continue to engage in stinkin’ thinkin’. The same goes for giving more credence to the negative aspects of the aging process rather than embracing its gifts.

Even though we are showing signs of aging, we can give ourselves a permission slip to "empower" through. If you visualize yourself helicoptering "waaaay" up and looking down at all of life’s challenges, I invite you to come to the realization that all is okay and can be dealt with (or not) and that you’re not the problem, the problem is the problem.

I want to mention that with age can come some metabolic changes such as fatigue, loss of appetite, diminished interest or pleasure with daily activities, sadness, changes in sleep and changes in concentration. These are symptoms of depression and I’d advise making an appointment with a psychiatrist or your primary physician for a professional assessment.

Just because we sometimes whisper when asked our birth year in public, that doesn’t mean we should be silent about aging. Here are a few loud and proud suggestions for "growing old GRACE-FULLY":

- Engage in activities or projects that allow for creative expression and provide a sense of individual fulfillment.
- Enjoy ongoing and/or create interpersonal bonds with loved ones and friends. We are communal beings needing, wanting, and deserving validation from true, authentic relationships.
- Pay it forward by giving to an organization that touches your heart. Acts of giving to others can make your soul sing!
- Respect your body by eating well, staying physically active and getting enough sleep. Mooove!
- Learn something new every day.
- Dump the drama. You and only you can decide what you internalize. Accept what’s valuable and positive and delete what’s not.
- Laugh! Dance! Get silly!
- Embrace and enjoy spirituality.

Recently, I was at the grocery store and when I walked up to check out, the clerk said in a really loud voice, 'DO YOU WANT TO USE YOUR TUESDAY SENIOR DISCOUNT?' Inside I was dying, but that turned into a giggle and I replied, “Heck yes!” I mean, why not have a few more bucks to be able to spend with my senior discount at the movies?

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

Why Family Caregivers Need Respite Care

Provided by Alzheimers Coachella Valley

Respite care is a service that supports family caregivers by providing temporary care for a loved one who requires assistance – such as someone with dementia, special needs or disabilities.

Respite care should not be considered a luxury, but instead should be an important component of a caregiving program. It can be provided for a one-time occasion or on a regular basis. Regularly scheduled respites are recommended so that the caregiver isn’t on the verge of burnout before getting help.

Studies show that caregivers for family members are at higher risk for stress-related health conditions such as depression and chronic disease.

Author Julia Quinn-Szcesuil of Care.com cites four important reasons why caregivers need respite care:

**You’ll be a better caregiver.** Refreshed caregivers provide better care and having a backup caregiver reduces anxiety. An unexpected event or emergency may change a family caregiver’s plans. Respite care makes it possible to deal with an emergency with a professional in-home care provider.

**You’ll be healthier.** Time off is necessary for mental and physical health. It is essentially preventative medicine that should be started early before the need becomes critical. A consistent schedule of respite care makes caregiving feel less overwhelming

**You need to run errands or take vacation.** If you need a couple of hours off, short-term respite care can help. For a few days or weeks’ vacation, there are reliable trained professionals for in-home care or temporary stays in a senior living or memory care community.

**You need to have fun.** Most importantly, the caregiver should be refreshed by the activity, whatever that may be. Whether engaging in relaxation activities, meeting a friend or seeing a movie, the caregiver should plan ahead to make sure it happens.

Respite care also benefits the patient by providing more variety and relationships and reduces feeling of social isolation and depression. It ensures the patient will not be neglected at times when a family caregiver cannot be there.

Caregivers, however, should be cautious and engage professionals from vetted home care services or a qualified care community if respite care cannot be provided in the home.

A home care agency can assist with the transition to respite care by assigning a caregiver to assist with household chores, for example. Over time, the patient gets to know and trust the caregiver so that he or she can assist with companion care and more.

Breathing Space is a respite care scholarship program offered by Alzheimers Coachella Valley. Funds are available under qualified situations to assist dementia patient caregivers with temporary in-home care or short-term overnight stays in an approved memory care community.

For more information call Alzheimers Coachella Valley (760) 776.3100.

Sources: 1) Why Do I Need Respite Care? Julia Quinn-Szcesuil, Care.com; 2) Why Do Family Caregivers Need a Break? Americare.com, Nov. 29, 2018 | Elderly Care; 3) Why is Respite Care Important? CarpeVITA Home Care, Caregiving, Home Care Advice, May 16, 2014

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# More Veggies Made Easy

By Lauren Del Sarto

We all want to eat more vegetables, but often the effort gets boring. Eating more of the same old thing – salads, sautéed, steamed or roasted veggies – diminishes your enthusiasm and can derail your efforts. The secret is to keep things interesting and easy.

Since starting a pescatarian diet in January (primarily vegetables and seafood), I've found two things that have made meals not only easy, but creative and fun. My husband and I have come to love cooking and significantly notice the enhanced health benefits.

The first is my Veggie Bullet which I picked up at Home Goods for \$40. This simple-to-use unit not only slices and dices, but spiralizes, too. I can pull it out for a single meal or prep veggies for the week. It also comes in handy when veggies start to wilt at which point I dice and freeze them for sautés and shakes.



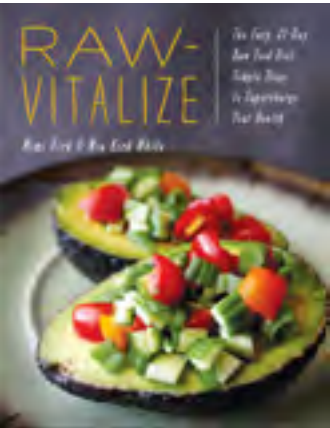
Jicama fries with dipping sauce

My second go-to is Mimi Kirk's Raw-vitalize cookbook. I don't standardly enjoy using recipes or cookbooks, but this one is different in that all dishes are for one or two servings and most take less than 20 minutes. Many recipes require simply placing ingredients in a blender and turning it on! Favorites include the street tacos, warm chili, jicama fries and "cheezy" noodles.

One of the things often missing from a plant-based diet is texture – creamy, saucy, filling creations that satisfy your desire for comfort food. Mimi has this down with delicious dairy-free "sour cream," "cheezy" pasta sauce and puddings easily made from nuts and avocados, and creamy Italian and Asian pasta dishes made with zucchini and sweet potatoes.

While Raw-vitalize is actually a "21-day Raw Food Recharge" plan, we don't follow a raw diet or the 21-day plan; we simply resource the comprehensive shopping lists and flavorful recipes to make eating more vegetables creative and fun.

The Veggie Bullet Electric Spiralizer & Food Processor is available at multiple retail and online locations. Mimi and Mia Kirk White's Raw-vitalize: The Easy 21-Day Raw Food Recharge is available on her site [YoungonRawFood.com](http://YoungonRawFood.com) or [Amazon.com](http://Amazon.com). (Photos by Mike Mendell)



Italian toppings on zucchini ribbons



Warm chili with avocado

# Chocolate Chestnut Bars

By Dipika Patel

'Chestnuts roasting on an open fire' comes to mind when you hear the word chestnuts, but did you know this seasonal treat also has many health benefits? Chestnuts can help improve digestion, are high in fiber, rich in antioxidants, and high in manganese and several B vitamins supporting heart, bone and brain health.

I am delighted to share one of my favorite fall recipes to lift spirits for the approaching holidays.

Chestnuts are now in season, so it's a good time to enjoy these delicious, decadent Chocolate Chestnut Bars. Those with nut allergies and digestive issues may want to avoid chestnuts. Also, if you are diabetic, this nut is high in complex carbohydrates so eat in moderation.

## Bar Ingredients:

- 1 cup of almond flour
- 29 oz. fresh chestnuts in shell
- 3 tsp. grated lemon zest
- ½ stick cinnamon
- 3 tbsp. cocoa powder
- 2 cups icing sugar or monk fruit sugar
- 1 egg yolk

4 square pieces of oblate or rice paper (approx. 12.5x22cm)

## Icing ingredientse:

- 1 egg white
- 2 cups of icing sugar or monk fruit sugar
- 2-3 tsp. lemon juice

## Cooking the Raw Chestnuts

- Cut a cross in each chestnut and roast in a hot oven (430f) for about 25 minutes, or until they burst. Let them cool a little and then shell and peel off skins.
- Put the chestnuts into a pan, cover with water and add the lemon peel and cinnamon stick.
- Bring to a boil, cover and simmer for about 20 minutes.
- Drain thoroughly and remove the cinnamon stick.
- Roughly chop half of the chestnuts and puree the rest.
- Mix the chestnut puree with the sugar, cocoa and ground almonds.
- Heat the mixture over a low heat, stirring constantly, for about 3 minutes, then beat well.
- Leave to cool slightly, then stir in the egg yolk and chopped chestnuts.
- Place the oblate squares on a flat surface and then spread the chestnut mixture smoothly on top, moistening the spoon or pallet knife if necessary.
- Cover with a cloth and leave in a dry, cool place to let dry for about 24 hours.

## For the Icing

- Beat egg whites until stiff.
- Gradually stir in the sugar and lemon juice to produce a spreadable icing.
- After the base mixture has dried out for 24 hours, ice the cakes, then leave to dry for several hours before cutting into desired squares.
- Store in an air-tight container.

Dipika is a holistic health and lifestyle coach who empowers clients to activate a balanced lifestyle of the mind, body and soul. She can be reached at [dipika@dipikapatel.life](mailto:dipika@dipikapatel.life). For more information visit [www.loveyourlifehealthy.com](http://www.loveyourlifehealthy.com)

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## Quick Comfort Food + Healthy Pickin's

### Heirloom café serves food that satisfies

By Lauren Del Sarto

What do you get when you combine an award-winning chef, classic comfort food, and a large array of wines and beers with farm-to-table ingredients, vegan, vegetarian, and gluten-free dishes, and fast and friendly service?

You get a casual, comfortable and accommodating café called Heirloom Craft Kitchen.

Located at the corner of Avenue 50 and Jefferson in Indio, Heirloom is the creation of Executive Chef/Owner Andie Hubka and her husband Mike who are also behind Cooking with Class and Cork & Fork in La Quinta, and the soon-to-be Tu Madres Mexican restaurant scheduled to open next to Heirloom in mid-October.

Andie is recognized as one of the Desert's best chefs and has been in the business locally for 12 years. She was the first to offer small plates at Cork & Fork in 2013 and has won the Wine Spectator Award of Excellence, TripAdvisor Award of Excellence, Yelp Diners' Choice, and OpenTable Award of Excellence every year since. And on top of that, she's a really nice person.

"One of the things I have definitely learned is that everyone has a dietary consideration and is lacking options for dining out," she says. Heirloom is an effort to provide the community with quick, easy, and healthier options for lunch and dinner. "We wanted to offer comfort food but made a calculated risk to also offer a vegan menu and a healthier spin on classic dishes." They weren't sure it would work, but it certainly has as the corner café draws a crowd all year long.

"People enjoy the casual atmosphere," adds Mike who manages the restaurant, "but our standards remain high and reflect in our presentation and personal service."

He perfectly describes the menu as a "whimsical take on classic dishes and very fresh and clean." Their craft sandwiches, soups, salads, and signature plates are made from scratch daily and feature local produce, sustainably farmed meats and family baked breads.



Coachella Cobb Salad



Chopped salad paired with regional vino

Those who want to indulge can try the La Quinta Cheesesteak with short rib, shishito peppers, sautéed onions and mushrooms or the Indio Cubano with pulled pork, prosciutto, dill mustard, Swiss cheese and house pickles; while those opting for healthy fare can enjoy the Organic Roasted Chicken Salad (their best seller with arugula, avocado, grapes, and toasted almonds), or the Heirloom Tomato Basil soup - one of my favorites.

Their vegan menu offers both heart and health from the vegan Po'Boy to the Heirloom Tomato Salad or Lemony Avocado Toast (gluten-free bread optional). You can start with blistered shishito peppers or go straight to the fried pickles.

Their most popular small plates are the Baja Shrimp Tacos and the Goat Cheese Bruschetta served with pistachio, pesto, balsamic and truffle honey (Oh, and yes, their tasty truffle tater tots). They also serve brunch all day - from a Short Rib Benedict to the Veggie Egg White Scramble - along with daily specials and a number of dishes featuring Impossible® plant-based protein as a burger, bowl, taco or burrito.

You can wash it all down with an organic green tea, glass of wine or local draft beer.

Andie and Mike are all about community and even staff their kitchen with students from the La Quinta High School Culinary Program. They were the first to offer paid culinary internships and have successfully graduated four years of students. Many have gone on to culinary school and some have come back to work with them after graduation. "They are our best employees."

Heirloom is described as "the best neighborhood joint in the East Valley." You'll enjoy a satisfying and flavorful meal while supporting local business, and there is sure to be something for everyone.

Heirloom Craft Kitchen is located at 49990 Jefferson Blvd in Indio at the corner of Avenue 50. For a complete menu and catering, visit their website at [www.heirloomcraftkitchen.com](http://www.heirloomcraftkitchen.com) or call (760) 773.2233.



Vegan Impossible® bowl

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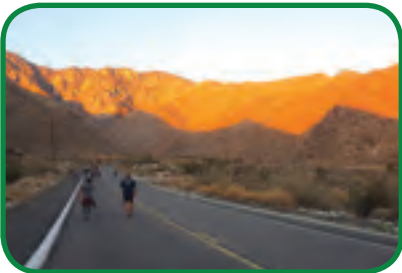
TRAMROADCHALLENGE.COM

## From the Desert to the Mountains

### Race the Palm Springs Tram Road Challenge

Ready for a challenge? If so, the Palm Springs Tram Road Challenge is for you. Now in its 34th year, the Tram Road Challenge is one of the oldest and, well, most challenging races in Southern California.

On October 26, you'll join over 1,500 other runners as you make your way to the start line at the bottom of the Palm Springs Aerial Tramway road. Walkers will start their journey at 6:30 am, and runners will start at 7:00 am You'll make your way up the 2,200 feet of elevation gain in 3.7 miles to finish at the lower tram station.



Walkers and runners enjoy a beautiful mountain sunrise

Once you reach the top, you'll be greeted by cheers from spectators and fellow athletes. Cross the finish line and claim your shining finisher medal and stylish race T-shirt, then go grab some refreshments and check out the vendor expo. Head over to the awards ceremony and applaud the winners. If you're fast enough, maybe bring one home yourself. Awards are given in numerous age groups ranging from 6 and under to 90-99 in both men's and women's divisions. When you're ready to head home, either walk back down, or get a ride back to your car on one of our shuttle buses.



Enthusiasts of all ages and sizes take the Challenge.

While this race is sometimes referred to as "The World's Toughest 6K," almost anyone can participate with very little hill training. Take the course at your own pace, and if you need to, take a break. Wherever you are, you'll be able to take in an expansive view of the Coachella Valley and the surrounding mountains. You can bring your friends and family along to make the trek with you, or maybe you'll meet new people on your way up. Have a furry companion? Service dogs are welcome, and we'll have doggie bowls at all three aid stations along the course.

The Palm Springs Tram Road Challenge is one of the most unique races in the United States, if not the world. It's a race that takes you from the desert to the mountains with stunning views of both along the way. It's a race that can be conquered by the seasoned runner or the weekend warrior and will give you bragging rights for years to come.



All finishers receive a well-deserved medal.

So, come on. You're ready for the challenge! Join us at the Palm Springs Tram Road Challenge this October!

For more information and to register, visit [www.tramroadchallenge.com](http://www.tramroadchallenge.com).

## The Earthing Movie

### Palm Springs Screening

Deepak Chopra InnerSpace and Desert AIDS Project (DAP) invite you to be their guest at a complimentary screening of *The Earthing Movie* on Sunday, September 15, from 5:30 to 9pm. The evening will include a Q&A with those involved in the documentary including actress and health advocate Mariel Hemingway, Earthing founder Clint Ober, and producers Rebecca and Josh Tikell. Guests will also enjoy a hosted cocktail reception with photo opportunities following the Q&A.



Deepak Chopra, MD

In January, *Desert Health* introduced readers to the benefits of Earthing, or grounding, the process of skin-to-earth contact that resolves inflammation and aids natural healing of systemic diseases such as hypertension, asthma, and diabetes.



Mariel Hemingway

*The Earthing Movie* details the research behind this most basic wellness intervention by exploring the deeper connections we have with the earth and explaining the medical product innovations being developed to bridge the gap between our modern lifestyles and Mother Earth. With contributions by Deepak Chopra, MD, Mariel Hemingway, Clint Ober, actress Amy Smart and Stephen Sinatra, MD, *The Earthing Movie* highlights ways we can all take advantage of this breakthrough in order to heal our own bodies and grow our personal wellness.

During the Q&A, representatives from DAP and the Chopra Foundation will also be presenting and discussing their current research study on the effects of other natural modalities including yoga, meditation and Ayurvedic herbs on depression. (See front page.)

At the cocktail reception, attendees will enjoy photo opportunities with film participants and can try Deepak Chopra InnerSpace grounding products which will be available for purchase with a portion of proceeds benefitting DAP.

Reserve your seat today for the complimentary screening of *The Earthing Movie* Sunday, September 15, at the Palm Springs Cultural Center's Camelot Theatres at 2300 E. Baristo Road.



Earthing Founder Clint Ober

Space is limited, so register at [www.eventbrite.com](http://www.eventbrite.com) today to reserve your seat. For more information about the movie, visit [www.earthingmovie.com](http://www.earthingmovie.com).

Desert AIDS Project

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THE EARTHING MOVIE

Premiere Palm Springs Screening

Where:

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Camelot Theatres  
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When:

Sunday, September 15

Time:

5:30-9:00 p.m.

We invite you to be our guest for this complimentary screening which explores the healing effects of standing barefoot on the earth.

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BEST DOCUMENTARY

2019 Dances with Films

Screening followed by a **Q&A** with actress Mariel Hemingway, Earthing Founder Clint Ober, Producers Rebecca and Josh Tikell, Poonacha Machaiah, co-founder of Deepak Chopra InnerSpace and others, along with a cocktail reception.

Deepak Chopra

Featured in movie

Photo by Jeremiah Sullivan

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For more information:

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Mariel Hemingway

Featured in movie and appearing at premier

[www.DesertHealthNews.com](http://www.DesertHealthNews.com)





## October Paints El Paseo PINK!

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

Proceeds raised from *Paint El Paseo Pink* support DCF's 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. Thanks to longstanding support from the local medical community and generous supporters, DCF is able to translate every dollar raised to more than \$10.00 in cancer care!

With over 1,800 attendees and growing each year, *Paint El Paseo Pink* ushers in 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 fun



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 entertaining stopping points hosted by various El Paseo merchants and event sponsors along the route.

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

Registration for the 13th Annual *Paint El Paseo Pink* is now available online at [www.PaintElPaseoPink.Org](http://www.PaintElPaseoPink.Org). You may also register in person at the Pre-registration Kick-off event on Friday, October 11 from 11 a.m. to 5 p.m. at The Gardens. Final on-site registration opens at 7 a.m. the day of the event.

This event is sponsored by Desert Regional Medical Center's Comprehensive Cancer Center, Eisenhower's Lucy Curci Cancer Center, El Paseo Jewelers, The General Air

Conditioning & Plumbing, The City of Palm Desert, Alpha Media, FG Creative, Inc., NBC Palm Springs/Entravision, Signarama, and more!

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

## Celebrating an End to Prostate Cancer

This year, the Coachella Valley joins 40+ communities across the country to shine the light on prostate cancer, a disease that takes the life of an American man every 17 minutes, as part of the national ZERO Prostate Cancer Run/Walk series.

Hosted by Desert Medical Imaging and presented by Valley Urology and Palm Valley Pain Management, the **ZERO Prostate Cancer Run/Walk Coachella Valley** takes place September 14, 7 a.m., at Palm Desert Civic Center and will feature a community rally, family festivities, an Access Expo with medical and wellness resources, celebrity appearances, and multiple run/walk race opportunities.

"The ZERO Prostate Cancer Run/Walk rallies communities and gives participants a voice in the fight to end prostate cancer," says Jamie Barse, CEO of ZERO, the national non-profit whose goal is to create Generation ZERO – the first generation of men who are free of prostate cancer. Race categories include a 5k Run/Walk, Kids Dash for Dads, and a Snooze for Dudes virtual participation option for those who want to contribute without attendance. Participants receive a T-shirt, free food and awards, resources and the opportunity to connect with others who are impacted by the disease.



ZERO's goal is to end prostate cancer for the next generation.

The **day of celebration** will feature the La Quinta High School cheerleading squad and the Cathedral City High School jazz band on hand to help rally runners, and a special flag presentation by Marines from the 29 Palms Marine Corps Base. A special ceremony for patients and survivors serves as the heart of every event and will feature Canadian actor, writer and producer Dan McDougall whose work includes *Fargo*, *Hell on Wheels*, *Brokeback Mountain* and *Heartland*. A special Survivor's Lounge will also be open to those facing the disease first hand. Additional **celebrity guests** include Harrison & Chris Sands, Welterweight Boxing Champion Tomas Dulorme, and News Channel 3's Patrick Evans who will serve as emcee.

All in the community are invited to attend and take advantage of the important offerings at the **Access Expo** featuring health and wellness information and resources. Attendees can talk medical and prevention solutions with pharmaceutical representatives from companies like Abbvie and Bayer. Local companies like Desert Medical Imaging, Valley Urology, and Eisenhower Health will be onsite, along with Desert Oasis Healthcare who will be providing health screenings.

Dads and their little ones are encouraged to take part in the Kids' Superhero Dash for Dad. Little racers each receive a superhero cape from sponsor, AVSU, and will have fun with "Eraticator," the IEHP mascot on hand to further generate excitement.

Funds raised for this year's Coachella Valley event will go toward local and national efforts. More than \$4M was raised nationally in the 2018 ZERO Prostate Cancer Run/Walk series.

For more information and to register for the event, visit [www.zeroprostatecancerrun.org/coachella](http://www.zeroprostatecancerrun.org/coachella).

# WALK TO FIGHT CANCER!

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13<sup>TH</sup> ANNUAL

## Paint El Paseo PINK

SATURDAY, OCTOBER 12

REGISTRATION: 7:00 AM  
WALK BEGINS: 8:00 AM

PRE-REGISTRATION:  
OCTOBER 11 from 11 AM - 5 PM

Join us as we take over El Paseo to raise awareness for breast cancer!

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!

Pre-Registration is only \$25 and includes your Paint El Paseo Pink t-shirt!

SPONSORSHIP OPPORTUNITIES AVAILABLE!

REGISTER TODAY!

[PaintElPaseoPink.org](http://PaintElPaseoPink.org)  
or contact us at (760) 773-6554





5K Run/Walk  
Kids Superhero Dash for Dads  
Snooze for Dudes

Saturday, Sept. 14 • Palm Desert Civic Center

Celebrity Appearances • Resource Expo  
Jazz Band • Cheer Squads • Food & Prizes  
Health Screenings • Survivor's Lounge  
29 Palms Marines • LifeStream Blood Mobile  
Family Fun...and more!

Resources & information

Discuss and learn medical and prevention solutions with pharmaceutical representatives from companies like Pfizer and Bayer and local organizations such as Desert Medical Imaging, Valley Urology, Desert Oasis Healthcare and Eisenhower Health at the Access Expo.



Dan McDougall  
Key Survivor Speaker

Canadian actor, writer and producer whose work includes *Fargo*, *Hell on Wheels*, *Brokeback Mountain* and *Heartland*



Tomas Dulorme  
NABF Welterweight Champion

Professional boxing champion Tomas Dulorme will shake hands and sign autographs.

Master of Ceremonies  
News Channel 3's Patrick Evans



BRING THE KIDS!  
Little racers each receive a superhero cape from sponsor AVSU and will meet "Eraticator," the IEHP mascot.

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Sept. 1 • Live Your Wellest season begins!

Sept. 14 • ZERO Prostate Cancer Run/Walk. Join us for this community rally to end prostate cancer! Family friendly event features a 5K run/walk, Kids' Superhero Dash for Dad, and virtual Snooze for Dudes, along with a medical and wellness resource expo, celebrity appearances, bands, cheering squads and more (see p.33). 7am. Palm Desert Civic Center Park. Register today at [www.zeroprostatecancerrun.org/coachella](http://www.zeroprostatecancerrun.org/coachella).

Sept. 15 • The Earthing Movie Palm Springs Screening. Free event hosted by Desert AIDS Project and Deepak Chopra InnerSpace will feature movie screening followed by Q&A with actress Mariel Hemingway, Earthing Founder Clint Ober, producers Rebecca and Josh Tikell and others, along with a hosted cocktail reception (see p.32). Camelot Theatres. 5:30-9pm. (760) 656.8472. Reserve your seats at [www.eventbrite.com](http://www.eventbrite.com)

Sept. 21-22 • World Wellness Weekend. International web-based campaign to raise awareness of the benefits of wellness lifestyles and to inspire people around the globe to adopt healthier habits. Over 2,000 venues in 100 countries and local businesses, including national sponsor Massage Envy, will offer promotions and activities. Free for businesses and individuals to take part. Visit [www.world-wellness-weekend.org](http://www.world-wellness-weekend.org)

Oct. 6 • 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 walk/run, and 2k color run. Expo, music and activities at Palm Desert Civic Center Park from 7am to 12:30pm. Register at [www.ybefitpdchallenge.org](http://www.ybefitpdchallenge.org) or call (760) 341.9622.

Oct. 6-12 • Naturopathic Medicine Week. Curious about natural medicine? Join this national celebration of the naturopathic medicine industry. Visit with our valley's top docs at the Live Well Clinic in La Quinta, Optimal Health Center and True You Medical in Palm Desert and Pure Health in Palm Springs. Activities and offers throughout the week (see p.12).

Oct.12-13 • Annual Paint El Paseo Pink. Desert Cancer Foundation's fun and inspiring breast cancer awareness walk on El Paseo raises funds to help pay for cancer care for local valley residents (see p.33). (760) 773.6554. Register today at [www.PaintElPaseoPink.org](http://www.PaintElPaseoPink.org)

Oct. 16 • Joslyn Active Aging Expo. Everyone is welcome to attend this free health fair and flu shot clinic. Our goal is to connect seniors, caregivers, and families to community resources for active and healthy living. There will be health care and healthy aging representatives, demonstrations, games, and more. The Joslyn Center, 73750 Catalina Way in Palm Desert. 9am-1pm. Call (760) 340.3220 for more information.

Oct. 19 • Desert AIDS Walk. Join over 2,000 community members who will unite in Ruth Hardy Park to take part in the Desert AIDS Walk presented by Desert Care Network in support of Desert AIDS Project. This year's event theme is 'Walk A Day in Our Shoes' and will feature live entertainment, a health and wellness festival with over 40 exhibitors, celebrity appearances and a kid's activity zone. 8am start time. Register at [www.desertaidsproject.org](http://www.desertaidsproject.org)

Oct. 23 • Advances in Brain Health: A Symposium for Practitioners. Featuring Dale Bredesen, MD, author of *The End of Alzheimer's* and Erik Won, MD, president and CEO of The Brain Treatment Center, this symposium focuses on the intersection of progressive new protocols, physics, neuroscience and how brain optimization integrates into the treatment of other health concerns. Complimentary attendance is open to industry. Registration is limited/required at [www.eventbrite.com](http://www.eventbrite.com). Hotel Paseo. 8:30am-1:30pm. (760) 691.2069 [www.brainhealthrestoration.com](http://www.brainhealthrestoration.com)

Oct. 23 • Dale Bredesen, MD, author of *The End of Alzheimer's*. XO Health and Desert Health are proud to bring you Dr. Bredesen's presentation, Hope for Cognitive Decline, from his groundbreaking guide on preventing and reversing the disease. Complimentary and open to the public. Registration is limited/required at [www.EventBrite.com](http://www.EventBrite.com) search Hope for Cognitive Decline. Deadline: Wed., Oct. 9. UCR Campus Auditorium, 75080 Frank Sinatra Drive. 3:00pm. (760) 691.2069 [www.brainhealthrestoration.com](http://www.brainhealthrestoration.com)

Oct.26 • 34th 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.32). Start time: 6:30am. Register today at [www.tramroadchallenge.com](http://www.tramroadchallenge.com)

Nov. 27th • Annual Run with Los Muertos 5K & Block Party is an authentic Day of the Dead celebration that hosts a 5K run/walk, pre-race processional, live entertainment on three stages, kids craft zone, art walk, large-scale art installations, craft cuisine and beer and wine garden. The race route is flat and fast, securely blocked from all traffic and well lighted from start to finish. Pre-race festivities start at 5pm and entertainment and beer garden are open until midnight. Old Town Coachella. Visit [www.runwithlosmuertos.com](http://www.runwithlosmuertos.com)

Nov. 2-10 • Margaritaville USA Pickleball National Championships. Over 2,300 players from all over the country will come together for the sports largest annual tournament at the Indian Wells Tennis Garden. Festive activities are planned for spectators and players alike, including the 5 o'clock Somewhere Bar featuring food and beverage. Tickets start at \$5 for general admission (see p.26). [www.usapickleballnationals.com](http://www.usapickleballnationals.com)

Dec. 6-8 • Trilogy Polo Club Fun in the Sun Pickleball Tournament. First annual tournament will provide both novice and experienced players with a festive and engaging weekend of pickleball, music, food, and fun. Age divisions will be offered for men's doubles, women's doubles and mixed doubles; skill levels from 2.5-4.0. Come play, watch or volunteer! The Polo Club, Indio. 8am (206) 696.0026. Register at [www.pickleballtournaments.com](http://www.pickleballtournaments.com)

Dec.8 • IRONMAN 70.3 Indian Wells LaQuinta. Second annual event returns with course improvements for the community and participants. Over 2,300 triathletes will swim at Lake Cahuilla, bike through Indian Wells and La Quinta and run through areas of Indian Wells. Spectators can cheer their efforts at Lake Cahuilla, along the racecourse, or at the finish at Indian Wells Tennis Garden (see p.26). Register at [www.ironman.com/indianwellsaquinta70.3](http://www.ironman.com/indianwellsaquinta70.3)

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ONLY \$89**

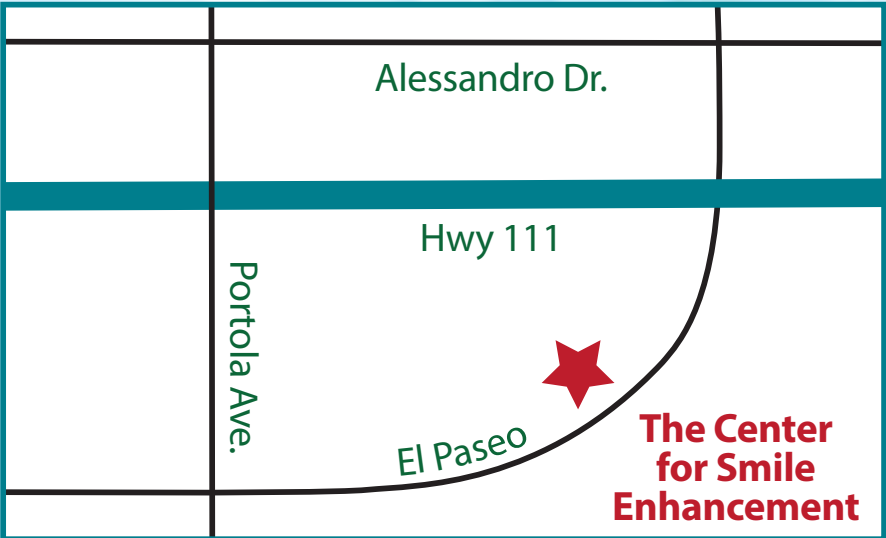
*(Over \$600 in savings!)*

Includes: Complete Exam,  
Full Mouth Digital X-Rays, Teeth Cleaning\*

\*New and cash patients only. One-time use. Some restrictions apply.  
Not valid for gum disease. Offer expires 10/31/19. Call for details.

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- Lumineers
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- Crowns (Lava Crowns)
- Bridges
- Mini Implants for Dentures & Fixed Teeth
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- Extractions
- Laser Dentistry
- Preventative Dentistry
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**Dr. Tadha • Dr. Crowley**

**The Center for Smile Enhancement**

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Open from 7a.m. – 7p.m.  
and now on Saturdays