



Desert Health[®]

The Valley's Leading Resource for Health and Wellness

January/February 2022

what's inside

3 Medical News

Health Emergencies: Are You Planning or Prepared?

17 Natural Options

Freedom of Movement Through Fascia Release

18 Integrative Medicine

MCT Oil: Lose Weight, Think Straight

21 Through the Generations

Gratefully Moving Forward in 2022

22 Fitness

Training Through Menopause

24 Fresh Cuisine

Boozehounds, Where Dogs Bring Their Humans

25 Financial Health

This Old House: Building a Strong Foundation

26 Desert Events

Fashion, Food and Fun as Woman's Show Returns



Let's make
2022
OUR BEST
YEAR YET!
(we deserve it.)



Have you heard of "The Great Resignation?" The phrase is commonly used in the business sector today to reference the vast number of people resigning from their jobs. Many are moving around or out of the workforce and numerous companies are experiencing mass exodus. The reference makes sense.

But when I first saw this expression, my interpretation was quite different. I thought how perfectly "The Great Resignation" describes this current time in which we are living.

The secondary definition of resignation is "the acceptance of something undesirable, but inevitable."

In a way, haven't we all resigned to accepting uncertainty, change, rules, tragedy, cancellations and separation as part of everyday life? Haven't we stopped overreacting to every piece of alarming

news and learned to ebb and flow more with the tides?

Some may get a twinge of anger or rebellion at the thought of resigning to life's circumstances, but if you think about it, isn't that what mindfulness and meditation are all about? Living in the here and now,

accepting things for what they are, not worrying about the past or fretting for the future.

Master practitioners would say living in the moment and working towards a mindset of acceptance is part of evolving towards inner peace and greater happiness. Mindfulness isn't about trying to be a certain way or

change anything, says Calm's Tamara Levitt. "It's a practice of turning towards ourselves, listening and accepting whatever is happening in the moment. In a sense, it's becoming our own best friend so we can

"Between stimulus and response there's a space. In that space lies our power to choose our response. In our response lies our growth and our freedom."

– Viktor Frankl, MD

Author *Man's Search for Meaning*;
Neurologist, Holocaust Survivor

Continued on page 7

And then we got COVID.

By Lauren Del Sarto

Many say it's not a matter of *if* you'll get COVID, but when. And chances are that when you do, you won't be prepared.

After two years of following the rules, increasing supplements and trimming our social schedule, my husband, Tommy, and I thought we were playing it safe. Then last November, when events returned and masks were waved, we attended a large indoor dinner where five of us at the same table - all vaccinated - contracted the virus. Fortunately, none were hospitalized and all have recovered from the worst of it. Through it all, I learned a lot - surprising symptoms, where to go if you're sick, obtaining monoclonal antibodies - and I am eager to share our experience with you.

Symptoms can be strange

Doctors are still perplexed that a single virus can have such diverse effects on people.¹ I had no idea my onset of symptoms were COVID. It was Saturday night, we were barbecuing and I had one cocktail. After sitting awhile, I got up to find my feet and calves heavy and tingly, like I had run a marathon. I chalked it up to training and was fine the next

morning. By late afternoon, I was sick: 101+ degree fever, dizziness, shortness of breath, body aches and overwhelming fatigue.

Over the next 10 days, I lost my sense of taste and smell, was very congested and got quite a few unusual symptoms including what felt like pink eye and a mild rash on my ribcage. Other odd symptoms listed by The Mayo Clinic include nausea, vomiting, diarrhea, hives, confusion and discolored areas on the fingers and toes (called "COVID toes" which is more common in children and young adults).²

The following day, Tommy started having flu-like symptoms, and sure enough... We quarantined for 10 days and missed our Thanksgiving gathering, but fortunately, made it through. Tommy's symptoms are gone; fatigue, congestion and shortness of breath linger for me.

Where do you go to test when you have symptoms?

At first, I was so sick I could hardly stand, so I wanted a medical diagnosis. We went to urgent care where my COVID rapid test came back negative, however, they also took a three-day test which

Continued on page 5



Get dizzy easily?

Listen to your heart. It could be AFib.

Learn more at DesertCareNetwork.com/heart



A COMMUNITY BUILT ON CARE



Setting Goals

As kids, goals that helped shaped our path towards adulthood were set for us. We started school at 5, became tweens at 10 and teenagers at 13. We couldn't wait to drive, finish high school, and of course, turn 21.

Once we became adults, the job of setting goals was left up to us. How many can you remember setting over the years? Are you working towards any today?

Goals are great, as they help you determine what is really important in your life, compel you into action and help you maintain momentum as progress can be addictive. The best part is that achieving goals significantly builds self-esteem and character, and can make you giddily proud.

With the New Year, we welcome a fresh start and the opportunity for new goals. What are yours?

In January 2021, I set the goal of competing once again in the December Holiday Horse Show in Thermal. I trained all year to move up a division and was as ready as I'd ever be. Then, as you'll read in this issue, I became very sick with COVID over Thanksgiving. Ten days at home left muscles weak and my doctor advised against competing, saying the chances of relapse were high. But I had worked hard all year and since I couldn't get a refund, decided to simply do what I could.

After four days of early mornings and a packed schedule, I walked away with a Division Champion ribbon. I was exhausted, but never more proud of myself. Achieving my goal was the best medicine in the world for body, mind and soul, and I highly recommend it to anyone.

This issue is full of soul. There are deep messages of finding peace within, from letting go of the past (pgs. 8 & 9) to preserving the past (p.11), from achieving goals (p.6) to making change (p.12), from moving forward gratefully (p.21) to determining how you want to *feel* in the New Year (p.10). Dr. Brossfield shares her story on finding purpose (p.3) and Dr. Scherger reminds us of the lost art of breathing (p.19).

As we enter our 12th year, we cannot thank you enough for your support of *Desert Health* and all our marketing partners who continue to make this publication possible.

Share your 2022 goals with us at www.DesertHealthNews.com!

Wishing you happiness, health and success ~

Lauren

Lauren Del Sarto
Founder/Publisher
Photo by ESI Photography



An Independent Publication

(760) 238.0245 · PO Box 802, La Quinta, CA 92247
lauren@deserthealthnews.com · www.DesertHealthNews.com

[f](#) [t](#) @DesertHealth • [i](#) @DesertHealthNews



Lauren Del Sarto
FOUNDER/PUBLISHER
Photo by Lani Garfield



Kristy Kneiding
LEAD EDITOR



Doris Steadman
EVENT MANAGER
& EDITOR



Heather McKay
GRAPHIC DESIGN
mkaydesign.com



Michelle Steadman
SOCIAL MEDIA
@allaboutthe
presentation



Benjamin Katz Creative
WEB MASTER
benjaminkatzcreative.com



Trish Lounsbury
DISTRIBUTION

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

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

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

This publication is printed on paper sourced from sustainable forests and farms.

Home delivery subscriptions available. Call (760) 238.0245
Free delivery to your place of business.

MADE POSSIBLE BY OUR MARKETING PARTNERS.
THANK YOU FOR SUPPORTING THEIR BUSINESSES!



REVITALIZE
COLD PRESS - JUICE BAR

JUICING WITH
PURPOSE

100% ORGANIC COLD-PRESSED JUICES & SMOOTHIES
Healing recipes • Supplement boosts • Plant-based straws
Personalized 1, 3 & 5 day juice cleanses



Feel-good gifts and goodies including organic clothing, hats and accessories, hemp chocolate, healthy cookbooks...and more!

20% OFF
ANY JUICE OR SMOOTHIE
(One per customer. Expires Feb. 28, 2022)

Mon.-Sat. 8am-5pm
Sunday 8am-3pm

(442) 324-0009
49950 Jefferson St. #120,
Indio (Ralph's Shopping Center)

www.DesertHealthNews.com
Easier to navigate, explore and enjoy!

Easily search
categories, stories,
authors and topics

12 years of health and
wellness information
at your fingertips

Find local resources
and answers to
your questions

Enjoy Lauren's
Blog, "It's All
About Balance"



Check
out our
NEW
Website!



THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



There is a Purpose

Has it been a difficult season for you? Several friends and I have had extra curveballs thrown our way, and together we are searching for hope amidst hardship.

When the going gets tough, sometimes it feels as if all reserves are exhausted. That makes this a good time to tune in to your own very basic human needs like sleep, nourishment, movement, and measures to ease pain. When life feels too crazy, or you are noticing your anxiety rising, take the time to stop and just ask yourself what you need most right now. As I have previously advocated, fueling your own tank and being gentle with yourself are fantastic ways to survive hard times.

After taking care of your basic needs, look at the bigger picture. When we take some time to consider our own situation within the context of our larger community or universe, we often can regain hope and a sense of purpose.

Finding this truth takes quiet. I have noticed that as the world swirls around me, I need more space and time to think, read, sit in the sun and notice the constancies of nature. Because the noise of constant doing can be exhausting, I have made a concerted effort to have peaceful time each morning and start the day with simplicity and quiet. During these times of contemplation, encouraging patterns have surfaced. The hummingbirds come and sit on the jasmine bush every morning. The jalapeno plant valiantly creates beautiful peppers. The sky is blue on most days.

As simple as these observations are, they reassure me, and I'm realizing that finding joy is possible, even amid great difficulties. While some of the losses of these past few years are immense, there have been some universal truths that have emerged: the downsides of your situation may provide benefit to someone else; the experience you are living through may allow your fellow humans to shine their light by helping you. Even though it may seem almost unbearable, the breaking of your world allows new connections and growth that otherwise may never have occurred. The purpose for which you were born may be on the other side of this problem.

I discovered that I fluctuate between these two views. Sometimes, caring for my own needs is enough. But more and more days, I can tune in to the bigger picture and see that there is a purpose, and that each of our struggles creates a wealth of compassion and wisdom to share with others.

We are a community of real, raw human beings, here to support each other. As Ram Dass so eloquently said, "We're all just walking each other home."

Dr. Brossfield is the founding physician of XO Health and medical director of Brain Performance Center, both in Rancho Mirage. She can be reached at (760) 573.2761 or www.BrainCareRanchoMirage.com and on Facebook @XOHealth.

Health Emergencies: Are You Planning or Prepared?

By Tammy Porter, DNP, MLS, RN-BSN, CPHQ, CCM

As new variants to COVID-19 continue to emerge, along with increasing rates of infection, it is more important than ever to be prepared for a health emergency. Consider whether you are just planning or if you are really prepared for a health emergency by reviewing the list below:

If you become ill or are in an accident, who will be your advocate?

Planning: You have at least one trusted friend or relative and will give their name/number to the hospital when you arrive.

Prepared: Your advocate is saved as an Emergency Contact on your cell phone. (Tip: To save your Emergency Contact on your phone, go to "Contacts," find your advocate's profile, scroll to the bottom of the profile, and select "Add to Emergency Contacts.")

Who is your health care power of attorney?

Planning: You know who you want to make decisions about your health care if you become unable to speak for yourself.

Prepared: You have a signed copy of your Advance Directive/Health care Power of Attorney on file at your local hospital and with your primary care physician's office.

(Tip: Preparing an Advance Directive does not require an attorney; a nurse advocate can obtain and assist you in preparing and filing.)

Sharing your medications and health history

Planning: You know your medications and dosage and can recite your health history with dates of surgeries, illnesses, and current diagnosis/allergies.

Prepared: You have a paper copy of your current medications and complete health history readily available in your home, car and/or purse.

Understanding your insurance benefits

Planning: You know the name of your insurance company and carry an insurance card.

Prepared: You know your insurance company and which local facilities are in-network, and the cost of co-pays for Urgent Care/ER visits and hospitalization. (Tip: Your health emergency may require treatment beyond the hospital, such as rehab, skilled nursing care in a facility or at home. Being prepared includes knowing those benefits and providers along with your payment responsibility.)

Caring for dependents at home

Planning: You know the names/contact numbers of neighbors/family who can immediately respond to your pets and dependents at home who may need assistance.

Prepared: You have a written list of names/contact numbers of caregivers who can step in and care for your dependents at home and have pre-arranged plans (such as access to your home) in case you are hospitalized.

No one plans on a medical emergency, but taking steps to be prepared can significantly help you and your loved ones in your greatest time of need.

Tammy Porter is a doctorate-prepared nurse of 30 years and health care advocate dedicated to unraveling the mysteries of medical processes aiding patients, families and caregivers. She is CEO and founder of MyHealth.MyAdvocate in Palm Desert and can be reached at (760) 851.4116. www.myhealthmyadvocate.com



Get dizzy easily?

Listen to your heart.
It could be AFib.

Frequent dizziness could be a sign of AFib, a serious yet treatable heart disease. Desert Care Network takes a holistic approach, providing everything you need to help diagnose, treat and manage your heart health at our three hospital campuses and many outpatient centers. Whether you need basic stress testing or cardiothoracic surgery, we can help get you back to the life you love.

Start with our heart health assessment. Scan this code and discover if you are at risk for heart disease. Learn more at DesertCareNetwork.com/heart



A COMMUNITY BUILT ON CARE



Managing Home Oxygen Therapy in Patients with Chronic Lung Disease

By Shahriyar Tavakoli, MD, FCCP, MHA and Richard Villanueva, BSRT, RRT, NPS, ACCS

Prescribing long-term oxygen therapy in patients with chronic lung disease, such as chronic obstructive pulmonary disease (COPD) and interstitial lung disease (ILD) is a shared decision-making process between the clinician and patient. This process can encourage patients to accept the American Thoracic Society (ATS) clinical practice guideline recommendation on home oxygen therapy as published by experts and patient representatives in 2020¹.

This guideline, which recommends the course of action for long-term oxygen therapy, may impact mortality, and reduce health care costs in patients with lung disease. The annual cost for prescribing long-term oxygen is over \$2.9 billion and rising by 12.5 percent each year for 1.5 million Americans².

According to research studies, it is important to know that the effect of long-term oxygen therapy has variable impact on health-related quality of life, symptoms, and exercise capacity in adult patients with chronic lung disease.

The ATS guideline strongly recommends long-term oxygen therapy for adults with COPD who exhibit low blood oxygen (hypoxemia) of less than 88 percent saturation in resting room air oxygen for at least 15 hours per day². This practice has shown to reduce persistent hypoxemia and reduce mortality in patients with this condition². However,

the use of home oxygen showed no improvement in mortality and health-related quality of life in patients with COPD that exhibit moderate hypoxemia or a resting room air oxygen saturation of 89-93 percent². Therefore, ATS does not recommend oxygen therapy for this patient population.

The guideline also recommends long-term oxygen therapy for patients with ILD that exhibit severe room air hypoxemia for at least 15 hours per day². ATS recommends ambulatory oxygen therapy for ILD patients that suffer from shortness of breath (exertional dyspnea) and hypoxemia². There are not sufficient research studies to demonstrate the effect of long-term oxygen therapy on mortality for adult patients in ILD². Thus, the expert panel has used the data and the clinical outcome conclusion from COPD research studies to recommend long-term oxygen therapy in adult ILD patients². The data analysis in ILD suggests that this therapy has a potential impact in mortality, prevention of pulmonary hypertension and improvement of symptoms and health-related quality of life². Therefore, with ILD, oxygen therapy should be continuously measured and adjusted to achieve oxygen saturation of 89-93 percent².

In conclusion, it is imperative that only clinicians who have complete understanding of the ATS clinical guideline for adult patients with chronic lung disease prescribe and manage this therapy. In addition, clinicians must consider the individual patient's unique physical and psychosocial circumstances prior to prescribing long-term oxygen.

Dr. Tavakoli is a pulmonary/critical care specialist with United Medical Group in Rancho Mirage and can be reached at (760) 895.4292 or info@pulmonaryservices.net. Richard Villanueva is a respiratory therapist with Respiratory Pro's, Inc. in Palm Desert and can be reached at (714) 904.9748 or rcppros@gmail.com.

References available upon request.



WORRIED ABOUT SITTING IN YOUR DOCTOR'S CROWDED WAITING ROOM?

CROSSROADS TO CARE, INC.
 "HOUSE CALLS ARE BACK!"
 Patricia Ryan, MSN, ANP-BC

Crossroads to Care offers affordable professional healthcare in the comfort of your own home.

- ✔ Concierge medical services (Monthly & Annual Plans Available)
- ✔ Chronic conditions and acute care visits
- ✔ Prescription refills

CALL 760-668-1654 TO MAKE AN APPOINTMENT OR VISIT OUR WEBSITE

CROSSROADSTOCARE.COM

Accepting new patients and most major insurance plans



Personalized quality care delivered with compassion and integrity

Special Interests:
 Varicose Veins/Venous Insufficiency
 Carotid Artery Disease
 Aortic Aneurysms
 Peripheral Vascular Disease (PVD)
 Endovascular Interventions
 Dialysis Access
 IVC Filters
 Chemotherapy Port Insertion





DESERT VASCULAR ASSOCIATES

760.902.1511
 74000 Country Club Dr. • Suite G-3
 Palm Desert CA 92260
DesertVascularAssociates.com



Anna Gasparyan, MD, FACS
 Vascular Surgeon
 Desert Vascular Associates

Visitation Dreams Help Us Overcome Grief

By Kathleen O'Keefe-Kanavos

"Ideologies separate us. Dreams and anguish bring us together."
 – Eugene Ionesco, Playwright

Your dreams are an innate gift. They possess the ability to open the sacred dream doorways to the divine. If you lost someone you care about, the opportunity to see them again in your dreams is comforting. These are called visitation dreams and they can reconnect you with your deceased loved ones who miss you as much as you miss them.¹ Lucid dreams within visitation dreams can make you wonder if you are still dreaming while hugging a loved one who has passed.³ Both types have significant therapeutic value in healing grief and loss.

Bereavement is part of being human. Few make it through life without having to cope with the loss of a loved one, and that loss can be extremely distressing, especially during the holidays. The grieving process is different for everyone and COVID has brought us even closer to this truth. Whether it is a mother, father, sister, brother, best friend, or a beloved distant family member, grief from their death is emotionally painful and can last for years.

Sometimes sleep is the antidote to emotional pain. Death is the closing of one door while opening another; rather than the end, it is a new beginning. Dreams are the doorway between the realms of the living and the dead, and are just one way passed loved ones communicate and reassure us that everything will be fine.

How often have you heard someone say something like, 'I dreamed of my mother last night and it was so real, I forgot she was no longer with us and hugged her. I was so happy to see her.' In most dream visitation cases, it does not feel like the typical run-of-the-mill dream. Grief can cause these, what we call, spontaneous lucid dreams.³ They are characterized by the realization that the currently perceived reality is, in fact, a dream.

Spontaneous visitation dreams can be a powerful experience for people who do not consider themselves dreamers, especially if they experience a lucid dream, which can happen suddenly and is described as feeling like you have awakened in your dream while still dreaming.

If visitation dreams are troublesome, an effective treatment for 'grief-related sleep disturbances' is a course of hypnosis.² This is becoming more commonly prescribed by general practitioners as the medical community is waking up to the power of dreams.

When you embrace grief through visitation dreams, you hold a love that transcends time and space. It is one of the dreams that allow sacred dream doors to open both ways into the realms of the living and the deceased. Love is something you can take with you to the other side and can return within dreams to help you rejoin life and comfort loved ones.

Kathleen O'Keefe-Kanavos of Rancho Mirage is a survivor, author, dream expert, speaker, TV/radio host/producer and has been featured on Dr. Oz and The Doctors. For more information, visit www.KathleenOkeefeKanavos.com.

References: 1) <https://www.psychologytoday.com/us/blog/dream-catcher/201110/visitation-dreams>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2826218/>; 3) <http://psycnet.apa.org/buy/2014-25747-007>



And Then We Got COVID.

Continued from page 1

eventually came back positive. My blood pressure was extremely low and the doctor encouraged me to go to the emergency room for further testing. The ER ran a full respiratory panel checking for close to 20 different viruses and I tested positive for COVID. An x-ray also showed a patchy spot on my upper right lung.

Based on my experience, when Tom got sick, I recommended he go straight to the ER. His symptoms were not as bad as mine ("I feel fine!"), and in hindsight, he would have been fine with a home test. Our lack of knowledge and preparation had us figuring it all out while sick, which wasn't the best plan. We are still figuring out insurance billing, so know that visiting the ER may cost you.

Monoclonal antibodies therapy (Trump's secret potion) is here and available

Remember Regeneron and the praise they received in aiding President Trump's speedy recovery? Their product, Regen-COV, is one of three forms of monoclonal antibodies (MA) approved by the FDA for emergency use in those with mild to moderate cases and at higher risk of disease progression. Studies have shown that those treated with MA had a 56 percent lower risk of hospitalization or death compared to those who didn't receive the therapy.³

MA are synthetic proteins that mimic the immune system's ability to fight off harmful antigens such as viruses and help to reduce disease progression, hospitalization and death.⁴ The treatment, administered intravenously or subcutaneously (shots), is offered locally through private facilities such as Eisenhower Health and Younes Medical where it is covered by insurance. It is also offered free to the public through the Riverside University Health System (RUHS) Medical Center in Moreno Valley.

MA supercharge your body to fight the virus, and if you can get the treatment, you should consider it. But when, who, where and how is very specific, and your primary care physician may know little about them, so you need to be your own advocate.

When: Within the first 10 days of symptoms and the closer to onset the better.

Who: COVID positive people ages 12+ with mild-to-moderate cases who qualify with one of the following:

1. 65 years or older
2. 55 years or older with one of the following: cardiovascular disease, hypertension or COPD/other chronic respiratory illness
3. A body mass index greater than or equal to 25 (this number is relatively low, so search BMI calculator at cdc.gov to determine yours)
4. Chronic kidney disease, diabetes mellitus, immunosuppressive disease, or are receiving immunosuppressive treatment

Where: This is interesting. The hospitals and private entities are very strict on who receives MA. A doctor's order is required and they closely follow the guidelines above, which is understandable. The County, however, wants to offer the therapy to as many candidates as possible and will ask further questions to aid you in qualifying. Not enough patients, or doctors, know about the program and they thanked me for helping to spread the word.

Though I was more ill, Tommy was able to get his infusion at Eisenhower whereas I was not. The County reached out to me and granted the treatment based on the fact I previously had pneumonia (30 years ago). The drive to Moreno Valley (about an hour from Palm Desert) was challenging, but getting better was my only goal at the time, and I felt blessed with the opportunity. Here is the contact information for the locations we know about:

- Eisenhower Health Infusion Center and Clinic: (760) 834.3516
- Younes Medical Center (up to 5 days from testing): (760) 636.1336
- RUHS MAB Clinic: (951) 486.6520

How: Most offer the therapy intravenously. The drip takes approximately 20 minutes and you remain at the location for an hour or so to ensure no reactions. The County offers IVs and subcutaneously via four shots: one in the back of each arm and two in the stomach. Tommy received the IV; I received the shots as my appointment was late on Wednesday before Thanksgiving (I didn't want to wait until Friday as my symptoms began Sunday). Researchers at the University of Pittsburgh Medical Center report that injections work just as well as IVs,³ although IV absorption may be quicker and some people, including Tommy, felt better the same day. The shots were uncomfortable, but didn't hurt; I had no reaction and didn't feel any differently afterwards.

Hit it early and hit it hard

Several doctors advised doing as many therapies as possible. This was my protocol with input from our integrative team:

Medications:

- 1) Z-Pak antibiotics (Zithromax) prescribed by the hospital at diagnosis and supplemented with Bio-K probiotics daily for five days;
- 2) inhaler as needed for shortness of breath (Albuterol HFA Proair Inhaler);
- 3) Tylenol as needed for pain.

Supplements daily for two weeks:

- 1) 5,000-8,000 mg vitamin C (powder form in our veggie shakes); work up to what your body can handle;
- 2) 10,000 iu vitamin D;
- 3) 50 mg zinc;
- 4) 800 mg quercetin (all in addition to our standard daily vitamins).

I used a neti pot saline nasal rinse daily and a nebulizer with three percent hypertonic saline as needed. Both felt good as they helped clear my sinuses and lungs. We were told to wait three months for the booster.

What else did we learn? How to use Instacart, how much we love each other, and how grateful we are to have family close. Thank you, Mom, for all your support.

One last thing to note. My BFF, who attended the same event, also got sick. We both experienced a feeling like no other that is hard to explain, but demonstrates the effect COVID has on your mental state. It was an overwhelming sense that it would be ok to die. It wasn't a desperate or scary feeling at the time, but more solace, as in "I've had a good life, I'm ready to go." Many survivors share this sentiment, but you never think it would happen to you. When you do recover, you look back in disbelief. Is this loss of will a reason many never leave the hospital? If so, I can assure you, it is a strange, yet very peaceful feeling.

While we wish you nothing but good health in 2022, we hope this information is helpful should you need it. If you have any questions or experiences you'd like to share, please leave comments under this article on our website and I'll be sure to get back to you promptly. Until then, keep masking up and get your booster!

Lauren Del Sarto is founder/publisher of Desert Health and can be reached at Lauren@DesertHealthNews.com. To comment visit www.DesertHealthNews.com.

References: 1) <https://health.clevelandclinic.org/10-unusual-symptoms-of-covid-19/>; 2) <https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/coronavirus-unusual-symptoms/faq-20487367>; 3) <https://www.medrxiv.org/content/10.1101/2021.11.30.21266756v1>; 4) <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Monoclonal-Antibody-Treatment-Information-for-Providers-and-Facilities.aspx>



ADVANCED CENTER FOR SPORTS & MUSCULOSKELETAL MEDICINE

KEEPING YOU ON THE GO with NON-SURGICAL options



Treatment for Sports & Active Lifestyle Conditions:

- Sprains • Strains • Dislocations • Tears
Contusions • Fractures • Bones • Muscles
Tendons • Ligaments • Nerves



In-Office Ultrasound

Dynamic visualization with no radiation

NON-OPERATIVE ORTHOPEDICS
MUSCULOSKELETAL MEDICINE
SPORTS MEDICINE



ERIC SICKINGER, DO
Board-certified Physician

760.636.1067

41990 Cook Street • Building F, Ste. 1006
Palm Desert, CA 92261

www.SportsandMSKmedicine.com

@SportsandMSKmedicine @SportsandMSK_Medicine



Rancho Mirage
Palm Springs
ENDODONTICS

Offering Biological Root Canal Therapy
for Optimal Oral and Whole Body Health

We use advanced technology and biological techniques to greatly reduce ambient bacteria and protect the overall health of our patients.

Root canal therapy • Endodontic retreatment
Apicoectomy • IV and oral sedation dentistry

Advanced Technology

Laser Endodontic Treatment

Laser energy enhances the effect of disinfectants used in the canals further eliminating bacterial infection.



Ozone Therapy for Endodontics

An advanced preventative therapy that fights off bacteria and pathogens which typically cause most oral health problems.

Cone Beam CT Scan

Cutting edge 3D imaging of teeth, nerve pathways, soft tissue and bone that allows for a more accurate diagnosis and treatment of dental infections.



Surgical Microscope

Endodontics require significant attention to detail and precision. This advanced dental microscope is instrumental in providing the best outcomes for our clients.



Eddie Al Halasa, DDS, MSD
Board Certified Endodontist



Rita J. Hung, DMD, MPD, MSD
Board Eligible Endodontist

PERSONALIZED CARE FOR THE
ENTIRE COACHELLA VALLEY

RANCHO MIRAGE

(760) 779-0350
71780 San Jacinto Drive, B3
Rancho Mirage, CA 92270

PALM SPRINGS

(760) 318-0101
160 N. Luring Dr. Ste. F
Palm Springs, CA 92262

RanchoMirageEndodontics.com
PalmSpringsEndodontics.com

10 Tips for Achieving Your 2022 Goals

By Susan Murphy, PhD

Last January, many of us were relieved, enthusiastic, and ready to embrace new goals. We could see the light at the end of the pandemic tunnel and we could not wait to emerge triumphant.

Suddenly, a new variant was discovered, and the light dimmed. Last year felt like "Ground Hog Day" - every day seemed the same with fear, isolation, loneliness and grief. Many psychologists like Adam Grant claim that we have been "languishing" with feelings of emptiness, stagnation, and listlessness. It feels like we have been looking at life through foggy glasses. Goals were put on hold, and for many, last year's enthusiasm at the thought of crawling out from under COVID was crushed.

As we start this new year, another variant has come into play, but as we've learned, there is no value in repeating old behaviors. It is time to take a fresh look at your life, assessing where you are and what you want to do with your life NOW. In your current state of mind, there needs to be new ground rules and practices because most of us are different people from two years ago. There is no proven roadmap for how to operate now; even high achievers may feel stuck and unmotivated. Thank goodness I had a deadline for this article. Otherwise, I could have easily become engulfed in my own COVID fatigue and procrastinated. Having a deadline forced me to "focus and finish."

As a business consultant and coach, I often do strategic planning with clients where I help them reaffirm their organization's purpose, values, and goals, plus analyze strengths, weaknesses, opportunities, and threats. In my new book, *LifeQ: How To Make Your Life Your Most Important Business*, I apply those same strategic planning principles to people's lives to help them have the kind of life that Maya Angelou described when she said, "The question is not how to survive, but how to thrive with passion, compassion, humor and style."

What are some strategic, important steps you can take today to move beyond survival mode, so you can thrive with passion, compassion, humor, and style?

Prioritize two of your values

This year, I plan to accentuate two of my values: kindness and gratitude. Kindness and gratitude are especially important now because, as the Mayo Clinic has found, kindness increases self-esteem, empathy, compassion, enhances relationships and lessens loneliness. Gratitude helps people feel happy, deal with adversity, and decreases depression. My plan is to practice kindness and gratitude at least five times per day, starting with self-kindness.

Decide what you really want and why you want it. Create goals in three major areas of your life: health, relationships and finances

The why you want a goal is important because if you don't have a good reason for achieving it, you will easily get off track. Health, relationships and finances influence one another, so ensure you plan strategically for each of them. By neglecting one area, you could sabotage the success in another area. For example, an undiagnosed health issue that contributes to fatigue and depression could impede your ability to have a good love life, as well as good relationships with family and friends. Neglecting your health could also affect your career because you may not have enough stamina to be productive and creative at work.

Limit your goals

Start small and easy so you can be successful. This is where self-kindness comes in - especially at this time. Consider something you already do occasionally but want to do daily. Your self-confidence will grow as you reach it, and this will help you build momentum to work on future goals.

Write down your goals and make them "SMART"

SMART is the acronym for Specific, Measurable, Achievable, Relevant and Time-bound. "Cholesterol will be less than 180 by June 1." "E-book will be published by August 30." "Family cruise will be enjoyed by December 31." The date of completion is crucial because otherwise your destination becomes "Someday Isle," which translates into merely wishful thinking "Someday I'll do this" and "Someday I'll do that."

Spread out your goals

Don't start working on every goal in January. In America, 100 million people make resolutions, while only 10 percent keep them. If you are considering a job change, write down all the specific steps and put them on your calendar as staggered goals. If you want a closer relationship with your distant sister, schedule regular zoom calls with her that start in June. If another goal is to become clutter-free, schedule your start date as September 1. Your brain will probably start thinking about decluttering before September, but the time pressure will be reduced. You may even start to do some decluttering activities before your start date. If you are developing a new habit or behavior, be gentle with yourself. It takes at least 21 days to form a habit.

Stop multitasking and develop interruption-free blocks of time

This applies to time for thinking, working, resting, and dreaming. Become aware of how often you check your cell phone for messages. There's evidence that on average, people check emails 74 times a day, switching tasks every 10 minutes. This creates what has been called time confetti, where we take what could be meaningful moments of our lives and shred them into increasingly tiny, useless pieces.

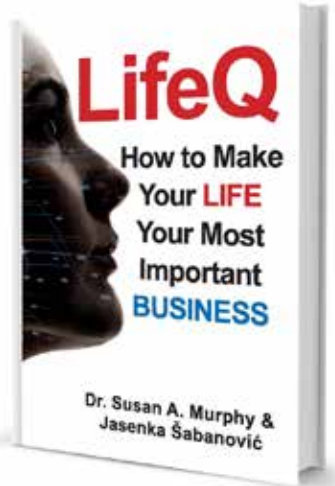
Post your goals in visible sites around your home and visualize yourself achieving them

This use of the Law of Attraction can accelerate your success. The Law of Attraction says that when you focus on something, it will manifest. Have you ever noticed that if you are thinking about buying a red sports car that you see lots of them? My family posts three sets of goals: Susan's Goals, Jim's Goals, and Team Goals.

Keep your goals to yourself, except for one person who holds you accountable and celebrates with you

In the past, I have encouraged people to share their goals with others thinking that would increase accountability. New research indicates that your mind mistakes talking for doing. According to the TED Talk by author Derek Sivers, the good feeling you may experience when sharing your goal with others tricks the mind into thinking

Continued on page 20





Sweet Resignation

Continued from page 1

support ourselves through whatever is happening in our lives, no matter how hard, disappointing or scary it feels.”

An important step is becoming aware of the space between stimulus and response, as Dr. Frankl's quote so eloquently states, and knowing that therein lies the power of choice. Am I going to get angry or sad and let all that is happening ruin my day or life, or am I going to choose to accept 'what is' and move forward peacefully?

Who benefits the most when we choose acceptance? We do, of course, and “sweet resignation” describes the calm that sets in when you pause, take a deep breath, choose acceptance and move forward with peace.

Don't get me wrong, we all deserve to express the full spectrum of emotions that accompany the trauma we've lived through. Over the past two years, there has been unimaginable loss, change and illness. We deserve to scream, cry and stomp our feet. It isn't fair. But with every moment we spend doing that, we miss the moments that are right in front of us.

Acceptance may feel like giving up or giving in, but it's not, and it doesn't mean you like, agree with or support what's going on. It simply means that you are choosing not to live in pain, anguish or desire for things that are out of your control.

We all wonder why so much is happening at one time. Is there a greater force pushing us towards acceptance, so that we all grow and evolve collectively?

A 2021 Pew Research Center study asked over 5,200 Americans this question: Why do terrible things happen to people? 35 percent saw suffering as random and inescapable, yet, only four percent saw suffering as an opportunity for growth and appreciation. It would be nice if that second percentage was higher.

More and more often, I find myself reacting to bad news as if it were just another day in time. There are no strong emotions, mostly awe and disbelief at yet another thing. It does seem strange to me that while many happenings seem unrelated, they often have a ripple effect that ties us all together.

In putting this issue together, we had three contributors with loved ones in the hospital. Days before deadline, one of our own team was in the hospital with their spouse, and I received word from a family member of a tumor diagnosis. Earlier this week, we woke to the sad news that Carlos Marin of Il Divo passed at 53. The group holds a special place from our 2005 Italian wedding, and my husband and I were looking forward to seeing them in February. The same day, I received my first invitation to the Palm Springs International Film Festival Gala only to wake the next day to its cancellation.

This is merely one week in time and a familiar story to others. Can you relate? In the past, these events might have sent me spiraling downward. Instead, I simply return to my mat, close my eyes, take a deep breath and send love and compassion to those most closely affected.

This, my friends, is what I call sweet resignation.

Editorial by Founder/Publisher Lauren Del Sarto who can be reached at Lauren@DesertHealthNews.com. To leave your comments or questions, please visit this story at www.DesertHealthNews.com.



Sage Recovery Services

ADDICTION AND MENTAL HEALTH COUNSELING



Mind • Body • Spirit

Specializing in
Addiction Treatment and Recovery
Stages of Life Change
Women/Men and Trauma
Recovery Groups
Grief, Anxiety and Depression

Wendy Myers


LAADC, CADC-II, ICADC, LMHC

Support
Groups
Starting
Soon!

760.530.6030 • wendy@sagerecoveryservices.com
www.sagerecoveryservices.com


COULTER CROWLEY, DDS

Cosmetic and General Dentistry
High Quality • Comprehensive



Holistic Dental Association

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



(760) 837-1983
Palm Desert
COULTERCROWLEYDDS.COM



**Food poisoning.
Bad sprain.
Cactus needles.
Having us nearby can
help you feel better already.**

LIFE HAPPENS. And not always at the most convenient time. Conditions like these may not warrant a trip to the emergency room, but they do require immediate medical attention. That's where Eisenhower Urgent Care comes in. With locations in Palm Springs, Rancho Mirage, and La Quinta, we provide expert care on a walk-in basis. Besides treating a host of ailments and injuries, we also offer school and sports physicals. As hospital-based clinics, we provide on-site laboratory capabilities and radiology services that enable our board certified physicians to diagnose and treat most conditions right away. Not sure whether to visit our Emergency Department or Urgent Care? Download our handy fact sheet at EisenhowerHealth.org/UrgentTips.

For more information, call 760-834-3593.





The latest technologies
for a healthier, more
youthful smile.



Technology in dentistry is very exciting. It changes almost monthly as new materials and equipment are introduced. We select only the most proven, effective, patient and comfort-focused technologies.

Services and products we offer:

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



Personal Service
High Tech Care

Now Offering
Virtual Consultations

Nicholas S. Baumann, DDS
Bruce R. Baumann, DDS, FAGD

Book your FREE CONSULTATION Today!

760.568.3602

Find us! 44239 Monterey Ave. • Palm Desert



PalmDesertSmiles.com



MODERN iCARE
OPTOMETRY



Your Eye Health is
Our Top Priority



Susan Shahriari, OD

At Modern iCare
Optometry
we provide the
highest quality
eye care to all
our patients.

Full Service and Specialty Contact Lens Clinic

Hard-to-fit Contacts for post-surgical RK/Lasik
Corneal Keratoconus
RGP Scleral Lens
Cataract Care
Dry Eye Management
Glaucoma Care Exam with Digital Refraction

(760) 674.7272

44435 Town Center Way, Suite B
Palm Desert, CA 92260

modernicareoptometry.com

Lighting Up Your Smile

The effects of smoking on oral health

By Nick Baumann, DDS

According to the Centers for Disease Control (CDC), 14 percent of American adults smoke cigarettes. Although this is a drastic decrease from the prevalence seen during the mid-20th century, that is still about 43 million people who consider themselves smokers. Some of the overall negative health effects of this habit are well known, but many are unaware of the oral issues that can arise due to smoking.



While smoking appears on teeth, gums are most harmed by the habit.

The main oral impact from smoking is on the gums. It decreases the immune system's effectiveness, as well as dries out the oral cavity. Both of these can influence the amount and types of bacteria in the mouth. Because of these changes, smokers have twice the risk of developing gum disease than a non-smoker and the risk increases as smoking continues. This means that even people who are occasional smokers have a higher risk of gum disease than those who refrain completely. Severe gum disease can lead to infection and ultimately premature loss of teeth. When this occurs, it can be more difficult to place dental implants and replace the teeth, resulting in long-lasting consequences.

Repercussions are not just limited to the gums. From an esthetic point of view, cigarette smoke can cause darkening and staining of the teeth. It also causes more dry mouth, leading to increased cavities, and bad breath. Smoking also leads to a higher incidence of oral cancer. These outcomes are not just limited to cigarettes, but also result from using other forms of tobacco such as cigars and chewing tobacco.

The best choice for oral health is to stop smoking entirely, but if someone is not ready for that, there are ways to help mitigate the risks. One would be a good mouthwash that specifically targets harmful gum bacteria. Also, getting teeth cleaned and gums checked by a hygienist more frequently is important to make sure gum disease is not progressing and can be managed at an earlier stage.

In the end, quitting smoking and usage of tobacco products is still best. I urge anyone who is currently smoking to investigate ways to cut down or quit to avoid many of the deleterious consequences.

Dr. Nick Baumann is with Palm Desert Smiles, a family-owned dental group in Palm Desert. He can be reached at (760) 568.3602 or www.palmdesertsmiles.com.

Adult Fears and the Earlier Years

By Amy Austin, RN, PsyD, LMFT

Watching my grandchildren grow has been a mind-blowing and mind-expanding experience, from both a personal perspective and a psycho-therapeutic one as well. I have viewed the positive interactions between parent and child closely. I feel fortunate to have observed patient, kind, and empathetic responses from parents and noted how it directly relates to the positive emotional developmental growth of the child. Because of this consistent positive reinforcement, as well as random and conscious acts of loving kindness shared daily, my grandkids are happy and content.

On the other hand, it had me thinking how psychologically damaging negatively reactive parental responses can be on the development of a child. Unfortunately, not all children are lucky enough to be the recipients of, as humanistic psychologist Carl Rogers posits, "unconditional positive regard." Rogers believed that true catharsis can be attained when someone is prized as you would prize yourself. It is the unconditional "acceptance and support of a person regardless of what the person says or does," and where "every person could achieve their goals, wishes and desires in life."

Children who grow up in trauma defined as "a deeply distressing or disturbing experience" such as verbal, physical, sexual abuse, bullying, and/or neglect can internalize the mental, emotional and physical pain which can lead to a myriad of dysfunctional behaviors.



Childhood trauma can lead to a myriad of dysfunctional adult behaviors.

Since a child is a concrete thinker from the age of five until approximately 11 years, and cannot think abstractly or outside the box until approximately age 12, they only see situations as black or white or all or nothing and often blame themselves, thinking "What did I do wrong?" or "It's my fault" or "I wasn't smart enough (strong enough, pretty enough, etc.)" and, "What will happen to me?" A child can also dissociate which is defined as "a disconnection between a person's thoughts, memories, feelings, actions or a sense of who he or she is." Dissociating can serve as a temporary emotional gift when a child experiences a traumatic event. It's a psychological act of survival that helps a child cope when they do not have the mental capacity to understand what is happening to them. Children can become oppositional and defiant as a result of childhood trauma. Some may even become conduct-disordered individuals such as in the case of young school shooters.

When adults dissociate they can be viewed as emotionally distant, absent, shut off or shut down. Hence, relationships suffer. Since human beings usually like to do what's familiar, I like to say, "If you don't explore it, you'll either become it or marry it."

It is possible to heal the feelings of brokenness as an adult when you have suffered childhood or teenage trauma. Here are two important tips:

- The first thing to realize is you don't have to suffer in silence. You don't have to navigate the pain alone. Reach out, someone is always there to listen, help, and offer support. Remember, our secrets can keep us sick.

- It's important to know we all have a child that lives within. People that have suffered emotional traumas as children may harbor a wounded child within. The inner child needs compassionate acknowledgment and a loving space for healing or it can wreak havoc in an adult's life. A recommended book on this topic is *Homecoming* by John Bradshaw.

I fully believe that we can learn so much from our struggles. Our life's challenges can serve as opportunities for growth in a multitude of ways. The first step is to step into firsts. Unravel the past and don't let it define you. Let it empower you.

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



How to Create a Happy New Year (When the Old One Won't Leave!)

By Roger Moore

It's a fact of modern life: there will always be external crises ready to overtake you. The trick to happy, healthy living is to learn how to thrive despite the calamities. As this new year dawns, you do have a choice: You can focus on fear, division, and polarization, or you can choose to make 2022 your best year yet. I'm not talking about New Year's resolutions; I'm talking about making lasting change.

Could you still be making life choices born in self-limiting decisions you made long ago?

Did you believe a teacher or parent who discouraged your self-expression? Did someone convince you that you weren't smart enough to pursue a particular career? Did you give up on a dream without a good reason? Still want to learn the bassoon? You might be surprised to know these early decisions could still be causing you to suffer—physically, mentally, emotionally and spiritually.

Sure, many aspects of your life are probably in good shape. But think about it for a moment:

- Where in your life do old emotions (anger, hurt, fear, sadness) and limiting beliefs still hold you back?
- What did it mean to have failed at one or more jobs? Or perhaps it has been relationships that were difficult. How about your health—have you had setbacks from which you haven't bounced back?
- How do you talk to yourself as a result? Do you hear: That was a dumb thing to do. Why do I always screw things up? Why am I such a bad spouse? Every year I feel worse, and aging is downhill all the way.
- How has negative self-talk run your life? You might be surprised how few people analyze their internal thoughts, and how they allow them to run their lives on autopilot. (And with a faulty owner's manual.)

Try making a list of problems you've had for more than two years. What pain and suffering have you experienced as a result of the meaning you gave these events? The older the issue, the deeper the origins lurk.



Are life choices today born from self-limiting decisions you made long ago?

can disrupt your safe coping patterns—but why wouldn't you want to live your best life? Never challenging yourself may seem like the easier path, but the true price is often steep.

Most of us have aspects of our selves we'd like to improve. That's why I often talk about what I call the *Greatest Expression of You*. It guides you through eight steps for creating your future to be greater than your past. It's about unlearning patterns and behaviors that have probably never served you. It's about learning new, powerful ways of being and making the changes permanent.

I've been teaching this process to clients for years. They report life-altering relief in many areas: a 73-year-old woman released a lifetime of sadness and the extra forty pounds that weighed her down all her life. She just finished her first 5K run; a man about to turn 80 had given up hope of ending his chronic pain. When he discovered how family traumas still impact him decades later, he used this process to decrease his pain and is on his way to becoming his greatest expression.

While following the entire eight-step *Greatest Expression* process is most beneficial, here are a few points to help you start your journey:

Where does joy reside in you? There have been times in your life when joy was more abundant, and by repeatedly reliving those times you can anchor those positive experiences as a neural pathway for even better ones. Go ahead—recall some great

Continued on page 20

“Never challenging yourself may seem like the easier path, but the true price is often steep.”

– Roger Moore, Hypnotherapist

Palm Desert Hypnosis

Weight Loss Hypnosis with Roger Moore
Using the power of self-hypnosis you can regain control of your **relationship to food**, enjoy eating healthy nutritious meals, and even learn to enjoy moving your body. By harnessing your own subconscious mind, you can regain control of what you eat and ultimately your weight.

Contact Roger Moore for a free consultation
PalmDesertHypnosis.com
Worldwide live telehealth 760-219-8079

movement for life
physical therapy

we believe
in movement.

For every age and for life. Find out more about our movement approach to physical therapy:

- work-related injury recovery
- sports injuries, conditioning, & orthopedics
- specialty programs with board-certified PTs

movementforlife.com



AMERICAN PHYSICAL THERAPY ASSOCIATION'S
National Private Practice of the Year

Indio
81557 Dr Carreon Blvd
Suite C4
Indio, CA 92201
760-347-6195

Cathedral City
35325 Date Palm Dr
Suite 131
Cathedral City, CA 92234
760-202-0368

Loma Linda
328 Commercial Rd
Suite 108-109
San Bernardino, CA 92408
909-494-6645



AcQPOINT

ACUPUNCTURE & WELLNESS CENTER

GET RELIEF FROM PAIN AND STRESS NOW!

AcQPoint is designed for those seeking optimal health and youthful vitality, as well as, those suffering from acute or chronic pain, injuries, internal disorders, stress and stress-related disorders, age-related issues and pre- and post-operative therapy.

**Acupuncture • Electro Acupuncture
Chiropractic • K- Laser • Cupping
Chinese Herbs • Medical Massage**



Diane Sheppard, Ph.D., L.Ac.
CLINIC DIRECTOR

Robert "Buzz" Edelburg, DC
CHIROPRACTOR



Eddie Rameriz, LMT
PHYSIOTHERAPY MASSAGE
ACUPRESSURE

Please join us in welcoming



Agustin Orozco,
L.Ac, LMT

Agustin is a licensed acupuncturist and massage therapist specializing in treating pain and injury. He uses his knowledge of the body and Asian medicine for an integrative approach to treating ailments.

Agustin discovered acupuncture as a pre-med student at UCLA. After graduating with a degree in Biological Sciences, he became a massage therapist to enhance his skills at treating the body holistically, then completed his Master of Traditional Oriental Medicine degree with honors from the Emperor's College of Traditional Chinese Medicine.

Lecture series coming soon!

For appointments, book online at
AcQpoint.com

or call 760.345.2200

77682 Country Club Drive, Ste. G • Palm Desert

Please call for insurance coverage information.
Hablo español.

How Do You Want to Feel in 2022?

By Jennifer Yockey

Welcome 2022! Have you set your resolutions, intentions or goals? Have you done this before and either quit by February (with the other 87 percent of the planet) or completed what you started, yet still felt nothing?

You are not alone - and there is an alternative.

About a decade ago, after setting countless resolutions and still feeling empty, I found life coach Danielle LaPorte. She has written a few books, but *The Desire Map* really resonated with me.

"*The Desire Map* seeks to identify how we want to feel instead of what we want to achieve," says author Danielle March. "The premise is that we're actually chasing a feeling—not an accomplishment. We're banking on how we think getting or taming that goal will make us feel. If we were clear about that first, we could make every day our best day."

Asking yourself how you want to feel might be overwhelming, especially if you've never reflected on that. But, you can do it, and here are some additional questions to help break it down:

- How do you want to feel in your relationships?
- How do you want to feel at work?
- How do you want to feel as a parent or caregiver?
- How do you want to feel physically?
- How do you want to feel mentally?
- How do you want to feel financially?

When asking yourself these questions, be specific and intentional about the area of life you'd like to improve. This isn't a one size fits all question. It may help to reflect on times in the past where you felt the way you would like to feel most of the time.

- Who were you with?
- What were you doing?
- Where were you?
- How did you feel in your mind/body/heart/soul?

Once you have identified HOW you want to feel, the real work begins.

Continued on page 12



Instead of resolving to change actions, set an intention on how you want to feel.

Please Pass the Salt

By Diane Sheppard, PhD, LAc

Is salt good for us or not? The human body cannot live without sodium, but excessive amounts can lead to high blood pressure. Salt is most commonly known for flavoring food, but there are many types and uses that are actually beneficial.

Our body uses salt to balance fluids in the blood and maintain healthy blood pressure. Because high salt intake is associated with hypertension, heart disease and osteoporosis, people are told to avoid it. However, we rarely hear that not enough sodium can cause hyponatremia, a condition where the body holds too much water, diluting the amount of sodium in the blood and causing imbalance in our fluids. This condition can be life-threatening to the elderly. So, we need salt and without it we would not be alive, but as with everything in life, balance is key.

Seasoning salt

The National Heart, Lung, and Blood Institute recommends a daily intake of 2,400mg (six grams) per day. Did you know that 80 percent of the salt we consume is in processed foods like bread, pasta, canned foods and lunch meats? Five percent is added during cooking; six percent is added at the table and 12 percent is naturally occurring.¹ and packaged foods and focus on eating fresh, whole foods.

Which salts are the best for seasoning? Himalayan pink salt which is rich in minerals; Hawaiian black salt and India Kala namak, both good for digestion and removing impurities; and amethyst purple bamboo salt which contains higher levels of iron, potassium and calcium and is used medicinally in Asian and Taoist healing.

Inhaling salt

In traditional Chinese medicine, breathing in salt provides a natural anti-inflammatory, antiviral, antibacterial and anti-fungal therapy. Salt caves, which are commonly found in Europe and exist in the desert, use a halo generator to grind and disperse the salt through the air. Inhaling salt does not affect blood pressure.

Soaking in salt

Epsom salt is not actually salt; it is pure magnesium chloride that is dissolved in water to bathe or soak. Absorbing this "salt" through the skin is a very healthy way to support bones, improve skin, promote relaxation and ease muscle tension. Another soaking option is Dead Sea salt which comes from low lying Desert Jordan in the Middle East where the Dead Sea evaporates, leaving quantities of salt behind that contain 10 times more minerals than table salt. It is said to be the highest quality for relaxation, soothing sore muscles, providing relief for skin conditions, skin hydration and joint function support.

It is beneficial to soak your feet in salt baths three to four times a week, thus a quick home spa recipe combines soaking salts with essential oils and maybe even fresh flowers like lavender or rose. Of course, we are very lucky to have some of the most mineral-dense soaking baths in the world located right here in Desert Hot Springs, so treat yourself to discover how healthy salt can be.

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

Reference: 1) <https://www.health.harvard.edu/heart-health/take-it-with-a-grain-of-salt>



Enjoy salt through healthier choices and in therapeutic uses.



Living Wellness

with Jennifer Di Francesco



Become A Memory Curator Promoting Mental Health Resilience

Memories are who we are. Photos from our life are treasures that allow us to journey through our own mental time machine. For me, the importance of curating these images became a personal, precious activity inviting significant contemplation during the holidays. I committed to scanning and digitizing the slides from my parent's travels in the '60s and '70s to ensure those memories were preserved. My ultimate goal was to create a book to give to my mother, allowing her to stroll down memory lane.

As I held each slide up to the light, I uncovered a new experience and it felt like discovering a jewel. Having this glimpse into my parent's past connected me to my mother who has fondly reminisced with stories of a bygone era.

The experience of compiling, curating, conserving, and celebrating through downloading pictures, strengthened the realization that we all have memories stored in our phones or "the cloud," but often, they are not organized or easily accessed when we search for a certain memory.

Studies in the *Journal of Psychology and Health* support that nostalgia builds psychological resilience. Positive nostalgic experiences help protect our reactions to anxiety associated with death, aging, and potential threats. If we commit to coveting our time and memories by organizing our photographs as part of our past, we can easily access them and revisit a treasure trove.

Reflecting on these memories opens a window into the greater sense of meaning in our life. We often post photos on social media as a personal treasure and are focused on ensuring others see our adventures. This public posting can create a library of experiences we can reference, yet we can also reframe the meaning behind photos, videos, and images as imperative for our personal well-being. We can hold them in an organized depository to unlock when we want to reminisce and build positive memories and mental resilience.

As we set intentions for the New Year, the best resolution is one that creates lasting joy. Taking the pictures in our life that could possibly be creating a "photo glut" and organizing them into keepsakes makes memories matter. Follow these four simple steps to meaningfully preserve photos on your handheld device:



Preserving memories from the past can create priceless value today.

1. Every time you have a memory lasting a day or more where pictures were taken, save them to a file and name it accordingly so you can retrieve those photos easily.
2. Choose some of the most cherished photos and mark them as favorites, allowing for easy access.
3. Find some "sentimental clutter" in the way of photos, organize them into a file, and use an online program to make a book, or print them and do some old-fashioned scrapbooking. A favorite online program is Mixbook. The more books you make, the more creative you get.
4. Give a photo book gift to a special someone in your life. The gift of giving, receiving, and a gift of memory for the creator and the recipient is of lasting importance.

Memories glue the past and the present together creating a beautiful tapestry. As we connect with memories, the "happy hormone" oxytocin is jumpstarted in the body, bringing a surge of positive, feel-good emotions.

Here's to making - and cherishing - memories in the New Year!

Jennifer Di Francesco is a wellness explorer and desert adventurer and can be reached at www.coachellabellaboho.com.



Jennifer's Mom, Roberta Hanauer, at the Palm Springs Riviera with a lifeguard in the early '70s.

Is your life changing? Are you ready?

Whether you are at a crossroads or desiring change, personal coaching can help increase self-awareness and motivation towards creating your best years yet.

Lifestyle Coaching Nutritional Consulting

760.821.3119
LoveYourLifeHealthy.com

DIPIKA PATEL
Certified Holistic Health & Lifestyle Coach

LoveYourLifeHealthy

Could balanced hormones be your missing piece?

Specializing in Women's Health

- Hormone Replacement Therapy
- Gut Health
- Thyroid Conditions
- Ozone Therapy
- PRP Microneedling Facial
- IV Nutrition Therapy

Noelani Rodriguez, ND

FREE 15-MINUTE CONSULTATION

PUREHEALTH
760-322-2520
1492 N. Palm Canyon Drive
Palm Springs, CA 92262
info@purehealthmedicine.com

purehealthmedicine.com • @purehealthmedicine

Functional Performance • Health & Wellness



SMALL BUSINESS FAIR

FEBRUARY 26, 2022

11AM TO 3PM

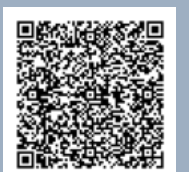
COME SUPPORT THESE SMALL BUSINESSES!

- Giftology Shoppe • Alkalive Holistic Wellness
Gllamax • Wellness Mode • Tiny Vibez
hARTistic Healing Center • LUZwave
Chabelas Dulces • Bombsha Delights & Jay's Kitchen
Divine PMU • Yummy Staucks
Balloons by C and C • The Wellness Place

- Offering:
- Medical Massage
 - Therapeutic Massage
 - Functional Training
 - Fascia Stretch Therapy
 - Reiki/Sound Bath Meditation
 - Permanent Makeup
 - Body Sculpting
- WEEKLY CLASSES AVAILABLE!**



760.695.4202
72205 Painters Path
Palm Desert, CA 92260
www.myoknetix.com





OPTIMAL HEALTH CENTER

Naturopathic Medicine

Integrative, Whole Body Healthcare
Treating Patients of All Ages

Licensed Naturopathic Doctors



Shannon Sinsheimer, ND



Jessica Needle, ND



Arsallan Ahmad, MD, ND

Specializing in:

- Primary Care
- Fertility
- Preconception Planning
- Pregnancy Care
- Children's Health
- Food Allergy and Nutritional Testing

- Primary Care
- Chronic Conditions
- Complementary Cancer Care
- Bio-HRT
- IV Therapy
- Nutritional Injections

- Primary Care
- Regenerative Medicine
- PRP
- Prolotherapy
- Pain Management
- Men's Health

Telemedicine appointments available for new and continuing patients.

(760) 568-2598

74361 Highway 111, Ste. 3 • Palm Desert
optimalhealthpd.com

Manual Lymphatic Drainage Therapy

Our lymphatic system is key to sustaining homeostasis throughout our bodies. It works silently and consistently to maintain fluid balance while serving as a main pathway for eliminating toxins via our lymph nodes. The strokes applied in MLD stimulate the movement of lymphatic fluids to assist in cleansing our bodies.

How MLD Works

- Assists in increasing lymph drainage from areas with impaired lymphatic function
- Eliminates lymph fluid from extremities and aids in contraction of the lymphatic system
- Increases systemic effect on affected areas and local regions

Benefits of MLD

- Removes toxins, wastes, bacteria, proteins, and fluid from body tissues
- Decreases pain
- Decreases stress with relaxation of sympathetic nervous system
- Enhances immune support
- Faster healing from trauma, surgeries, and injuries



MLD Improves Many Conditions Including:

- Relieves swelling and skin tightness
- Primary and secondary Lymphedema
- Non-infected inflammatory conditions (sprains & strains)
- Post-cancer treatments
- Pre/post-cosmetic procedures
- Pre/post-orthopedic procedures

Offering All Massage Modalities in the Comfort of Your Own Home



Leah A. Wiltgen LMT, CDT, HHP
Trained & Certified in the Dr. Vodder's Method of Manual Lymphatic Drainage
Holistic Health Practitioner
760.449.7855
leahwiltgenmld@gmail.com

Making Changes: What's Your Narrative?

By Shari Jainuddin, NMD, BCB

We are creatures of habit; change isn't easy. Yet every New Year's Eve, we ceremoniously make resolutions of personal change. But, that doesn't mean we are each in a place to make those changes. Many of us "fail" within a couple months, maybe giving up all together, yet repeat it again a year later. Like I said, we are creatures of habit!



Positive thoughts can help with the cyclical pattern of change.

You may have the best of intentions for this new venture, but intentions don't always materialize. Why? Are you programmed to be stuck in your ways forever? Not at all. Change is a process, one that has been studied extensively. The popular Cycle of Change is modeled after The Transtheoretical Model developed by Prochaska and DiClemente in the late 1970s (see below) and now includes the unofficial sixth step/stage, "Relapse." Any change is rarely a one-and-done scenario and is typically illustrated as a circular model instead of a linear one. As with most things, compliance to implement change can ebb and flow, and that is completely normal and should be anticipated.

Cycle of Change:

1. Precontemplation - Unaware there may be something to change.
2. Contemplation - Aware there may be something to change.
3. Determination - Deciding to make the change.
4. Action - Start taking steps to implement change.
5. Maintenance - Maintain the change.
6. Relapse - Stop implementing the change.

Let's zoom out and assess a frequently overlooked, yet notable background player in the change process: the narrator (your thoughts). Most of the time your thoughts are on autoplay; they are so habitual it's like white noise in the background. Taking time to stop and pay attention to those thoughts, becoming aware of what you are telling yourself, is extremely powerful. For example, when instructed to pay attention to your breath without changing it (try it now), it is nearly impossible to not change it because bringing awareness to something lends itself to a change occurring.

Next, let's assess those thoughts. They can be your built-in cheering squad or a reprimanding voice from the past, both influencing the likelihood of "success" or "failure." Continue paying attention, noticing any internal sabotage going on, such as "I failed at this," "I'm unable to change," "I have to be perfect," "I'll never get better" or "Why do I even try?" If you are having such thoughts, now is the time to challenge them and work on rewriting the narrative.

First, come up with a thought that alters the narrative into a constructive and supportive one. For example, challenge "I have to be perfect" with "Being human is not perfect. We are perfectly imperfect and that's okay." You can make this up on the spot. It doesn't have to be perfect. (See what I did there?) It is important to interject the new narrative each time that thought, or a similar one, arises. Do this even if you don't yet believe it.

Whether you are into full-swing Maintenance, still deciding if you want to make a change (Contemplation), or have already Relapsed, pat yourself on the back; none of this easy. As you take on any change, I want to encourage you to zoom out and assess your internal narrative, making sure it's a supportive one. Remember that we are creatures of habit and making new ones, including thoughts, may take several attempts. That is okay. In fact, instead of saying to yourself, "I failed," when or if it does happen, consider a new narrative. Wishing you the best in 2022!

Dr. Jainuddin is a naturopathic doctor at One Life Naturopathic and can be reached at (442) 256.5963. For more information visit www.OneLifeNaturopathic.org.

How Do You Want to Feel in 2022?

Continued from page 10

What will you do to feel the way that you want to feel? This is not an easy question, nor are the next action steps you will take.

Do you want to feel, mentally, more at ease?

Perhaps you recognize the mental space, clarity and ease you seek when you are at the ocean or in nature taking a hike. Maybe you notice that when you are with a certain person, you feel the opposite of when you are at the ocean or hiking.

Action Steps: Spend less time with that person. Set boundaries when you are with that person. Don't spend time with that person at all.

Do you want to feel more secure financially?

Have you ever felt secure? What would that feel and look like? Why do you want to feel more financially secure?

Action Steps: Pause when you are purchasing things. Wait 24 hours. Ask yourself, "What feeling am I trying to get from this purchase or what feeling am I trying to avoid in purchasing this?"

Do you want to feel more responsive and less reactive as a parent/caregiver?

What would that look like? We all have those moments where we say or do something we wish we could take back. We ruminate about how we would have done things differently. So, that's a good place to start.

Action Steps: Perhaps it looks like pausing and counting to 10 before responding to your child. Maybe it's asking yourself, "When this interaction is over, how do I want to feel?" You can then reverse engineer your interaction.

Inquiring about and recognizing your core desired feelings is a journey. These feelings will change as our circumstances do, so it's good to check in with ourselves often and ask: Is *this* how I want to feel? If not, then *how* do I want to feel? What am I going to do to feel that way? Who do I need to ask for help?

In her poem "The Summer Day," Mary Oliver asks, "Tell me, what is it you plan to do with your one wild and precious life?" My wish for you is that you find, create and live it in 2022.

Jen Yockey is the owner of Gather Yoga & Wellness, author of Gathered Truths and host of The Gathered Truths Podcast. She is an E-RYT yoga/meditation teacher and wellness coach and can be reached at (760) 219.7953, jennifer@gatherlaquinta.com. For more information visit www.gatherlaquinta.com.



Tea Up for Good Health

By Jessica Needle, ND

If you've ever eaten a rich or greasy meal, then wondered how get rid of that heavy, sluggish feeling, let me introduce you to the perfect after dinner beverage to aid digestion and cut through the fat: pu-erh tea, a fermented drink from Yunnan Province in southern China that alters your gut bacteria and lowers cholesterol.



Green tea has received much research attention and its benefits are well established. It has antioxidant properties, which stop cellular damage and lower the risk of cardiovascular¹ and neurological diseases.² It helps decrease glucose production and regulates blood sugar, reducing the risk of diabetes.³ Its antibiotic and antifungal properties decrease colds and flus.⁴

Black teas such as pu-erh share some of the characteristics that make green tea a beneficial food or supplement. And in the past 20 years, interest in using pu-erh to lower cholesterol has increased, because unlike other teas, it contains small amounts of a chemical called lovastatin.

Statin drugs are prescription medications used for lowering cholesterol. As with many drugs, the chemical constituents were first observed to occur naturally in organisms that use fermentation as a form of cellular energy. Tea leaves cultivated for pu-erh are fermented and aged, sometimes for many years, and this fermentation process increases the amount of lovastatin.⁵ It also introduces bacteria, which benefit the gut microbiome of humans, much like kombucha.

While green tea, oolong tea, and yerba mate can all lower cholesterol, pu-erh tea excels at it by increasing bile acids. These steroid molecules bind to cholesterol and triglycerides in the blood and increase their excretion from the body. This may help reduce adipose tissue deposits (fat pads), decrease fatty liver disease, and aid in weight loss.⁶ Drinking tea helps maintain a healthy body weight by causing people to feel full, consequently consuming fewer calories. The caffeine in tea also increases metabolism and the body's fat burning ability.⁷

For a black tea, the taste of pu-erh is surprisingly mild, with very little of the tannin effect that makes your mouth feel dry after finishing a cup. I sampled Numi brand's Chocolate Pu-erh, which combines cocoa powder, nutmeg, cinnamon, orange peel and cardamom with the tea to make a dessert drink.

I also tried Bana Tea Company's Sweet Rice Scent Ripe Pu-erh 2016 Vintage, whose aroma reminded me of cooking ramen noodles. This tea came in a small foil-wrapped cake called a bing cha, which is the traditional way to transport and serve pu-erh. There are numerous steps to preparing pu-erh from a compressed cake, making this a good choice for people who enjoy the ritual of preparing and consuming a hot beverage and are looking for an alternative to coffee.

Pu-erh tea is relatively safe, but should be avoided by people taking medications that interact with caffeine, such as anticoagulants and asthma drugs. Those with sleep disorders, high blood pressure or gastroesophageal reflux (GERD) may want to avoid caffeine as well. Most people can tolerate two cups per day, and anecdotal evidence says that drinking pu-erh will keep you looking young and living long.

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

References available upon request.

- Naturopathic Primary Care
- Biofeedback Therapy
- Craniosacral Therapy
- Herbal Medicine
- Homeopathy
- Diet/Lifestyle Counseling
- Supplement Guidance

Dr. Shari Jainuddin, NMD, BCB

Licensed Naturopathic Doctor | Board Certified in Biofeedback

442.256.5963

onelifenaturopathic.org



Scan me!

HIRING HOLISTIC PROFESSIONALS

MASSAGE • NUTRITION • COLONICS

WE CARE SPA

Exclusive, holistic resort with year-round demand. Opportunity to build valuable client relationships with 3, 6, and 8 day guest programs.

800.888.2523 CAREERS@WECARES.PA.COM

Strengthen The Power of Your Inner Energy

Blissful Release Now

Personalized energy healing services that will guide you to a better, more vibrant life!

Energy is defined as "the strength and vitality required to sustain physical and mental activity." I have spent my life tapping into the body's energy code to help heal myself from afflictions in my physical, emotional, mental and spiritual wellbeing. I then studied how to direct that energy into a life of tranquility, happiness and love.

I can show you a way towards the loving, healing and spiritual strength that will guide you to the power of your inner energy. My clients have achieved great success in relieving inner pain, and as a result, have launched journeys of happiness and spiritual awakening they didn't know existed.

Tracy Smith
Energy Life Coach, Hypnotherapist, Energy & Sound Therapist

Balance your body and chakras with light and energy photo therapy patches

Crown Chakra SAHASRARA KNOWLEDGE, CONSCIOUSNESS, FULFILLMENT, SPIRITUALITY "I UNDERSTAND"	NIRVANA PATCH Lifts depression and attains a state of joy CROWN CHAKRA
Third Eye Chakra AJNA INTUITION, LUCIDITY, MEDITATION, TRUST "I SEE"	SILENT NIGHT PATCH Regulates sleep 3RD EYE CHAKRA
Throat Chakra VISHUDDHA COMMUNICATION, EXPRESSION, CREATIVITY, INSPIRATION "I TALK"	SP6 PATCH Controls appetite and aids in balance THROAT CHAKRA
Heart Chakra ANAHATA ACCEPTANCE, LOVE, COMPASSION, SINCERITY "I LOVE"	CARNOSINE PATCH Repairs tissue and heals neuro and cognitive issues HEART CHAKRA
Solar Plexus Chakra MANIPURA STRENGTH, PERSONALITY, POWER, DETERMINATION "I DO"	ENERGY ENHANCER PATCH Endurance, energy and Vitality SOLAR PLEXUS
Sacral Chakra SVADHISHTHANA SENSUALITY, SEXUALITY, PLEASURE, SOCIABILITY "I FEEL"	GLUTATHIONE PATCH Boosts immune and detoxifies SACRAL CHAKRA
Root Chakra MUDADHARA ENERGY, STABILITY, COMFORT, SAFETY "I AM"	AEON PATCH Reduces inflammation and stress, brain balancing ROOT CHAKRA

Personalized programs can include:

- Rapid Transformation Therapy (RTT)
- Integrated Energy Therapy (IET)
- Lifewave X39 Stem Cell Activating Patches
- Reiki Energy Healing
- Breath Work & Restorative Breathing
- Mindfulness • Animal Energy Healing
- Body Code/Emotion Code

Empower your inner energy and thrive

(760) 409-9289
www.blissfulreleasenow.com
tracy.blissfulrelease@gmail.com

I work virtually worldwide and locally across the Coachella Valley and surrounding areas.

Email for my FREE Daily Inspiration



DesertDoctors

YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

Comprehensive Care by Independent Doctors

Desert Doctors are a network of independent practitioners who collaborate with other local and regional medical colleagues and area hospitals to provide innovative solutions to healthcare needs. From Urgent Care to Specialty Care, you have access to outstanding quality services, timely appointments, and cost transparency. Whether you are a full-time resident, or visiting the area, you can access our members for services in-office, online, and in-home through our Provider Directory at www.desertdoctors.org or by reaching out: info@desertdoctors.org or 760-232-4646.



Gary Annunziata, DO
GASTROENTEROLOGY
(760) 321-2500



Mehrdad Asgeri, MD
GASTROENTEROLOGY
(760) 699-7607



James Ausman, MD
NEUROSURGERY
(760) 346-8058



Ramy Awad, MD
GENERAL AND
BARIATRIC SURGERY
(760) 866-0024



Robert Bass, DDS
ORAL & MAXILLOFACIAL
SURGERY
(760) 346-7431



Aaron S. Bean, DPM
PODIATRIC MEDICINE
AND SURGERY
(760) 565-5545



Hassan Bencheqroun,
MD, FCCP
PULMONOLOGY
(760) 618-1353



Hetal Rajendra Bhakta, MD
CARDIOLOGY
ELECTROPHYSIOLOGY
(760) 883-1600



Bobby Bhasker-Rao, MD
BARIATRIC SURGERY
(ROBOTIC)
(760) 778-5220



Arvinder Bir, MD
FAMILY MEDICINE
(760) 324-1700



Seema Bir, MD
FAMILY MEDICINE
(760) 324-1700



Jonathan Blevins, MD
RADIOLOGY/
MUSCULOSKELETAL
(760) 694-9559



Mark Bouffard, MD
PAIN MANAGEMENT
(760) 776-7999



Richard Byrd, MD
INTERNAL MEDICINE
(760) 568-5949



Mark Carmichael, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



Daniel Cosgrove, MD
WELLNESS MEDICINE
(760) 777-8772



Doriana Cosgrove, MD
COSMETIC AND LASER
ANESTHESIOLOGIST
(760) 777-8772



Maria Teresa Datan-Benitez
OB/GYN
(760) 564-7900



Luke Dreisbach, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



Philip Dreisbach, MD
HEMATOLOGY/
ONCOLOGY
(760) 568-3613



David Duffner, MD
IN MEMORIAM



Karen Elbert, DPT
PHYSICAL THERAPY
(760) 501-6655



Antoine Elhajjar, MD
NEUROLOGY
(760) 340-0528



Lee Erlendson, MD
PAIN MANAGEMENT
(760) 773-3075



Shahin Etebar, MD
NEUROSURGERY
(760) 346-8058



John Feller, MD
RADIOLOGY
(760) 776-8989



Eric Freedman, MD
HAND/UPPER
EXTREMITY SURGERY
(760) 342-8444



Jeffrey W. Garcia, DDS
DENTISTRY/
ORAL SURGERY
(760) 327-1509



Anna Gasparyan, MD
VASCULAR &
VEIN SURGERY
(760) 902-1511



Michael Gatto, MD
OTOLARYNGOLOGY
(760) 323-4735



Luke Gentry, DPT
PHYSICAL THERAPY
(760) 202-0368



Steven Gorman, MD
INTERNAL MEDICINE
(760) 564-1886



Peter Greenberg, MD
RADIATION ONCOLOGY
(760) 202-3946



Maria Greenwald, MD
RHEUMATOLOGY
(760) 341-6800



Steven Gunberg, DO
RADIOLOGY
(760) 776-8989



Christopher Hancock, MD
NEURORADIOLOGY
(760) 776-8989



I. Anneli Hanna, MD
PSYCHIATRY
(760) 776-6543



Lara Hasan, MD
OB/GYN
(760) 564-7900



Aljaz Hashmi, MD
PEDIATRIC CARDIOLOGY
(760) 318-8100



Jeffrey Herz, MD
UROLOGY
(760) 776-8989



Jennifer Hui, MD
OPHTHALMOLOGY/
PLASTIC SURGERY
(760) 610-2677



David Hyams, MD
SURGICAL ONCOLOGY
(760) 773-3311



Samuel Ibrahim, MD
GENERAL SURGERY
(760) 837-7910



Pedram Ilbeigi, DO
UROLOGY
(760) 346-1133



Timothy Jochen, MD
DERMATOLOGY
(760) 423-4000



Edith Jones-Poland, MD
FAMILY MEDICINE
(760) 773-4948



Peter Kadile, DO
FAMILY MEDICINE
(760) 777-7439



Vincent Kambe, DPT
PHYSICAL THERAPY
(760) 347-6195



Mersedeh Karimian, DO
PAIN MANAGEMENT
(760) 346-1133



B. Maya Kato, MD
OTOLARYNGOLOGY
(760) 565-3900



Shubha Kerkar, MD
INFECTIOUS DISEASE
(760) 323-2118



Frank Kerrigan, DO
HONORARY
MEMBER



Michael Kim, MD
FAMILY MEDICINE
(760) 642-5549



Bishop Labib, MD
NEUROLOGY
(760) 779-1177



Elliot Lander, MD
REGENERATIVE MEDICINE
(760) 776-0040



Amy Law, MD
HEMATOLOGY/ONCOLOGY
(760) 568-3613

You have a Choice.

See an independent Doctor you know and trust.

(760) 232-4646 www.desertdoctors.org



DesertDoctors

YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

Comprehensive Care by Independent Doctors

Desert Doctors combines quality and value. In a time when most insurance deductibles and co-payments have increased, additional fees are being added to medical costs and understanding insurance billing has become increasingly more difficult, our medical professional network strives to provide you with cost transparency every step of the way.

Don't ignore your physical and mental health! Search our Provider list at www.desertdoctors.org or call (760) 232-4646.



John Lee, MD
VASCULAR & VEIN SURGERY
(760) 568-3461



Ted Ling, MD
RADIATION ONCOLOGY
(760) 200-8777



Indermohan Luthra, MD
NEUROLOGY
(760) 328-7500



Ravinder Mann, MD
INFECTIOUS DISEASE
(760) 674-8894



Rupinder Mann, MD
INTERNAL MEDICINE
GERIATRICS
(760) 770-7600



Stuart Menn, MD
SLEEP MEDICINE
(760) 325-4100



Farshid Mirzaee, MD
UROLOGY
(760) 346-1133



Cesar Mora-Estevés, MD
UROLOGY
(760) 346-1133



Nhat Ngyuen-Minh, MD
GENERAL SURGERY
(760) 346-5551



Dan Olesnick, MD
INTERNAL MEDICINE
URGENT CARE
(760) 346-3932



Lilia Pacini, MD
OB/GYN &
URO-GYNECOLOGY
(760) 564-7900



David Perez, MD
FAMILY & GERIATRIC
MEDICINE
(760) 548-3400



Kenneth Phillips, DPM
PODIATRY
(760) 733-3338



Katrina Platt, MD
COSMETIC, AVIATION AND
INTERNAL MEDICINE
(760) 568-9831



Eric Presser, MD
THORACIC SURGERY
(760) 902-5945



Arturo Quintanilla, MD
PEDIATRICS
(760) 770-0000



Justin Reckard, MD
GENERAL SURGERY
(760) 776-7600



Neil Reddy, MD
VEIN & VASCULAR
(760) 423-6263



Roland Reinhart, MD
PAIN MANAGEMENT
(760) 341-2360



Timothy Richardson, MD
DERMATOLOGY
(760) 341-1999



Wendy Roberts, MD
DERMATOLOGY
(760) 346-4262



Douglas Roger, MD
ORTHOPEDIC SURGERY
(760) 416-4511



Edward Ruiz, MD
FAMILY MEDICINE
(760) 564-9205



Erica Ruiz, MD
FAMILY MEDICINE
(760) 564-9205



Manish Sheth, MD
PSYCHIATRY
(760) 469-9217



Pushpinder Sivia, MD
VASCULAR &
VEIN SURGERY
(760) 568-3461



Ryszard Skulski, MD
CARDIOLOGY
(760) 773-0700



Mark Sofonio, MD
PLASTIC SURGERY
(760) 341-5555



Jacob A. Spencer, DO
ORTHOPEDIC SURGERY
(760) 972-4580



Dennis Spurgin, DC
CHIROPRACTIC
(760) 327-9402



Jessica Super, DPT
PHYSICAL THERAPY
(760) 501-6655



Shahriyar Tavakoli, MD
PULMONOLOGY
(760) 895-4292



Keith Tokuhara, MD
OPHTHALMOLOGY
(760) 340-4700



Grant Vorster, OD
OPTOMETRY
(760) 863-2241



Joan Warren, MD
VENOUS & LYMPHATIC
MEDICINE
(760) 610-5573



Benjamin Wehrli, DPM
PODIATRIC MEDICINE
AND SURGERY
(760) 848-8231



Michael L. Will, MD
FAMILY MEDICINE
(760) 360-0333



Bachir Younes, MD
INFECTIOUS DISEASE
(760) 636-1336



Roula Younes, DNP
GERONTOLOGY CRITICAL CARE/
INFECTIOUS DISEASE
(760) 636-1336



David Young, MD
HEMATOLOGY/ ONCOLOGY
(760) 568-3613



Lisa N. Bellows, MA, CCC-A
AUDIOLOGY
(760) 340-6494



Meaghan Berglund, PA-C
PAIN MANAGEMENT
(760) 341-2360



Michelle Brilee, FNP
PRIMARY CARE
(760) 346-8058



Angela Bushey, ARNP
FAMILY PRACTICE
(760) 323-4735



Jolyn Fergon, DNP
WOMEN'S HEALTH
(760) 564-7900



Kelly Lewallen, LMFT
MARRIAGE &
FAMILY COUNSELING
(760) 777-7720



AMERICAN HEALTH
JOURNAL
(760) 836-0733



ISNING GAMEZ
VIDEO, WEB, BRANDING
(760) 610-4106



RE PHARMACY
(760) 340-3248



360 WELLNESS
SOLUTIONS
(760) 517-8100, EXT. 106



DesertDoctors
YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

You have a Choice.

See an independent Doctor you know and trust.

(760) 232-4646 www.desertdoctors.org



Wellness

is a State of Mind.



Plan your wellness day at
playinlaquinta.com

La Quinta
— GEM of the DESERT —



What's In Your Web?

Paying attention to our fascia

By Gina M. Malloy, PT, MS

Fascia is a tough connective tissue which surrounds and permeates all structures in the body including bones, muscles, blood vessels, nerves, and internal organs. It resembles a three-dimensional spider web that spreads throughout the body without interruption. Imagine a spider web glistening with morning dew. This is how healthy fascia appears in the body. The fascia creates a gliding system which stretches and expands as we move, thus allowing unrestricted freedom of movement.

However, emotional or physical trauma, surgery, chronic illness, inflammation, or postural deviations cause the fluid ground substance of the fascial system to become more viscous. Now imagine the spider web suspended in molasses. Over time, the fluid solidifies and exerts crushing pressure of up to 2,000 pounds per square inch on pain sensitive structures. The gliding properties of the system are bound, creating a "straitjacket" effect on movement. When left untreated, fascial restrictions cause a variety of problems including persistent pain, decreased range of motion and mobility, poor posture, decreased circulation, increased inflammation, decreased mood, cognitive dysfunction such as "brain fog," and altered sleep patterns.

John F. Barnes Myofascial Release is a manual therapy approach that is safe, gentle and effective in producing long term results. It is indicated for the treatment of acute, chronic and unexplained pain including headaches/migraines, TMJ dysfunction, whiplash, back pain, women's health issues, neurological conditions, fibromyalgia, sports injuries, carpal tunnel syndrome, and plantar fasciitis.

During the initial treatment, the myofascial release therapist performs an assessment to identify each client's unique biomechanical and fascial strain patterns which are linked to the symptoms and complaints. Due to the continuous nature of fascia, the therapist "finds the pain but looks elsewhere for the cause" as Barnes states. For example, pain in the hip or knee may be a symptom of a poorly aligned pelvis. Once alignment is reestablished, the hip or knee pain is often resolved.

During treatment, the therapist applies gentle and sustained pressure into the fascial restrictions. The amount of pressure is important to the success of the treatment. If it is too light, it will not engage the deeper barrier of the fascia, and if the pressure is too deep, the client may tighten to protect the body from further trauma or pain. The proper pressure is then sustained for five to eight minutes, or longer, depending on the response. As a result, the fascia undergoes bioelectrical and biochemical changes that cause the solidified ground substance to rehydrate. This allows the fascial system to glide again, and the crushing pressures are removed from pain sensitive structures.

Fascial restrictions cannot be identified by standardized diagnostic tests such as X-rays, CAT scans, MRIs, or EMG studies, nor detected via laboratory blood work. A high percentage of people who suffer from unresolved pain may actually have undiagnosed problems of the fascial system. Myofascial release is often the missing link which unlocks the body's capacity to heal itself without surgery, expensive treatments, or medication. The fascial system tells your story and makes sense of your pain. Myofascial release treats the whole individual and melds mind, body, and spirit to restore health and return you to the life you love.

Gina Malloy is a physical therapist and owner of MFRx Myofascial Release in Rancho Mirage. She can be reached at (760) 895.5145 or ginaoh10@gmail.com.



MYOFASCIAL RELEASE
The Missing Link To Authentic Healing

For the Treatment of:

- Headaches/Migraines
- TMJ
- Whiplash
- Neck and Back Pain
- Fibromyalgia
- Carpal Tunnel
- Plantar Fasciitis
- Sports Injuries
- Neurological Conditions
- Women's Health Issues

Benefits Include:

- Decreased Pain
- Decreased Inflammation
- Increased Range of Motion
- Increased Mobility
- Increased Circulation
- Improved Posture
- Improved Mood
- Improved Cognition



Gina M. Malloy, PT, MS
Licensed Physical Therapist

760.895.5145
online scheduling at:
<https://gina-malloy.clientssecure.me>

Melatonin as Complementary Treatment for COVID

By Carly McLarty, ND

Melatonin is a hormone produced by the pineal gland, most attributed to regulating the circadian rhythm of the body. However, it does so much more than helping us get to sleep. Melatonin has antioxidant and anti-inflammatory properties, as well as mechanisms that help to support the immune system. These properties make melatonin a potential option as complementary treatment for various conditions including stroke, diabetes, infertility, Alzheimer's disease, cancer, and even COVID-19.

Melatonin has the ability to regulate and balance the immune system when it is released at night or during darkness. It exhibits antioxidant effects by scavenging free radicals, prevents oxidative damage, while enhancing other powerful antioxidants such as glutathione, and reducing pro-inflammatory molecules (cytokines) such as IL-β and TNF-α. Melatonin even prevents DNA damage and protects energy production in mitochondria, the "powerhouse engines" of cells.

It's these antioxidant, anti-inflammatory, and immune regulating characteristics that make melatonin an appealing candidate for treating acute respiratory distress syndrome (ARDS) caused by viral infections. Viral infections such as COVID-19 cause a phenomenon called a "cytokine storm." The virus is detected by the immune system's first-line defense molecules, called dendritic cells, and then presented to T-cells which activate a robust amount of pro-inflammatory cytokines in order to fight the infection. This aggressive response leads to inflammation in the lungs that causes damage to lung tissue (fibrosis), leaving long-term effects on respiration even after recovery.

Not only does the SARS-CoV-2 virus target the lungs, but it can also cause heart complications in 20-30 percent of COVID patients. The virus uses a spike protein to attach to an enzyme prevalent

in the heart and lungs called angiotensin 1-converting enzyme 2 (ACE2). ACE2 is protective to the heart, but once the virus targets the enzyme, it leads to inflammation and fibrosis of heart tissue and vessels. Studies have shown that melatonin may have specific benefits to the cardiovascular system, not only by acting as an anti-inflammatory, but also by increasing nitric oxide (NO) which widens blood vessels to increase circulation.

Furthermore, it's important to consider that the production of melatonin decreases as we age, contributing to why older people have less active immune systems. This makes them more vulnerable to infection and susceptible to the destructive outcomes of illness. Therefore, melatonin can help mitigate damage from inflammation, as well as enhancing circulation in the lungs and decreasing blood pressure. Such effects have the potential to improve mortality rates and recovery from COVID.

Although there has been substantial research regarding melatonin as an adjunct treatment for COVID, the clinical use has not yet been determined. Currently, the Front Line COVID-19 Critical Care (FLCCC) Alliance has created I-MASK+ protocols that recommend 6-10 milligrams of melatonin a night for prevention and early treatment. More clinical trials are required to further investigate the benefits of utilizing melatonin specifically for treatment of COVID, but there is vast potential to improve outcomes for this coronavirus that has challenged the medical community globally.

Dr. McLarty is a naturopathic doctor completing her primary care medicine residency at Live Well Clinic in La Quinta. Her focus is in women's health, fertility, and dermatology. For more information, visit www.livewellclinic.org, or on Instagram @livewellclinic.

Sources available upon request.

LiveWell CLINIC




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



Carly McLarty, ND
Naturopathic Resident



Sonja Fung, ND
Naturopathic Doctor
Medical Director

[f @LiveWellClinicLaQuinta](#)
[@LiveWellClinic](#)



PRP Joint Injection Therapy

Targeted, Natural and Safe Healing

PRP (Platelet Rich Plasma) is the portion of your blood containing the highest level of platelets. Once extracted and injected into damaged tissue, platelets encourage healing and regeneration.

Recover quickly and naturally from joint, muscle and tendon injury without surgery.



PUREHEALTH

760-322-2520
1492 N. Palm Canyon Drive
Palm Springs, CA 92262
info@purehealthmedicine.com



Corey King, ND

FREE 15-MINUTE CONSULTATION

purehealthmedicine.com • @purehealthmedicine

Eat, Drink and Be Healthy

Substitutes you'll savor by Lauren Del Sarto

Lose Weight, Think Straight with MCT

If your 2022 resolutions include losing weight and/or enhancing mental sharpness, lowering carbohydrate intake is a good place to start; then, you can easily expedite your efforts by adding MCT oil. This natural, coconut additive can effectively curb your appetite, enhance energy and fuel brain cells when coupled with a healthy low-carb diet.^{1,3}

Medium chain triglycerides are smaller than those in most fats we consume, making them easier to digest and more quickly absorbed into the bloodstream.² The result is more energy, greater satiation and elevated ketones which fuel the brain. It's important to note that MCTs are only converted to ketones when carbohydrate intake is low.

Lose Weight. Mornings are a good time to incorporate MCT as it puts your body in fat-burning mode and increases energy. Plus, you should start your day with healthy fats and proteins instead of carbs like toast, cereal or yogurt and granola. If you enjoy a hard-boiled egg and avocado, mash the oil into the avocado, add spices and place it on grain-free toast. If you enjoy coffee, try butter coffee for the ultimate dose of healthy fats, or simply place MCT, milk and coffee in a blender to create a frothy latte. Wait until you're hungry to eat your next meal. I standardly put my MCT oil in my morning shake, but if I have a day in need of focus, I start with butter coffee.



Think Straight. While commonly known by those who enjoy a ketogenic diet, what is less known is that the ketogenic diet and MCT were originally studied for their positive effects in managing neurological conditions such as epilepsy, Alzheimer's and autism.^{1,4} Ketones are the brain's alternative fuel to glucose.⁵ Studies have found that brain ketone consumption in subjects with Alzheimer's doubled with MCT supplementation, increasing total brain energy metabolism without affecting brain glucose utilization.⁷

Adding MCT oil to your routine also makes you feel great. However, it's not for everyone. According to Eisenhower Health's integrative doctor Hessam Mahdavi, MD, DC, CNS, those who eat breads, sugars and other high glycemic carbs or have a sedentary lifestyle should avoid MCT oil, as well as people with gallbladder or heart conditions and those who do better on a low-fat diet.⁵

"But for the majority of the population," he adds, "this type of diet, and starting your morning with MCT or butter coffee, can be very helpful in lowering inflammation, improving brain function and losing weight."

Editorial by Founder/Publisher Lauren Del Sarto who can be reached at Lauren@DesertHealthNews.com. For more information, search MCT at www.DesertHealthNews.com.

References available upon request.

Younes Medical

DESERT HYPERBARIC MEDICINE

IMMERSE YOURSELF IN HEALING



Hyperbaric oxygen therapy (HBO) is recommended for treating a variety of medical conditions including expediting wound healing.

Bachir Younes, MD, MPH Roula Younes, DNP

Desert Hyperbaric Medicine is now a part of **Younes Medical Corporation** offering comprehensive care for patients. The practice encompasses an **INFECTIOUS DISEASE** clinic, a state-of-the-art **WOUND CARE** center and the largest independent **IV INFUSION** therapy facility in the valley, Desert Infusion Center.



Younes Medical
760.636.1336

Desert Hyperbaric Medicine
760.773.3899

Affirmations Assist in Healing

Creating greater awareness with Divinity Testing

By Elysia Ashley, PBT, CLIA, LMT, CMP, PT

Traditional Chinese medicine (TCM) is one of the original "wholistic" medicine practices and affirms that all our bodily functions are connected and work together - physiologically, neurologically and emotionally.

The theory of acupuncture and acupressure, as used in TCM for thousands of years, is that our bodies contain 12 meridians through which energy, or qi (pronounced "chee") flows. Designated acupuncture points stimulate the central nervous system which releases chemicals into our spinal cord, muscles and brain. These chemicals, in turn, stimulate the body's natural healing processes and aid in physical and emotional well-being.

TCM also connects specific body functions to emotions and our mental state of being, thus it makes sense that our positive or negative self-talk can greatly affect our body's ability to heal.

Based on these proven theories, I created an affirmation practice called Divinity Testing. We consider the location of aches, pains and ailments and connect the emotions which may influence that condition. Then, we assign a Divinity affirmation to be practiced and repeated in an effort to help rebuild neurological pathways and aid in deep vibrational healing.

Following are some examples of common chronic conditions, the corresponding emotions which may be holding you back from healing, and the recommended Divinity affirmation:

Upper back pain: According to TCM theory, this may portray a lack of emotional support, feeling unloved and/or holding back love.

Affirmation: "I love and approve of myself. Life supports and loves me."

Fungus within the body: This could mean stagnated beliefs, refusing to release the past or letting the past rule today.

Affirmation: "I live in the present moment, joyous and free."

Headaches: May manifest from invalidating self or self-criticism and fear.

Affirmation: "I love and approve of myself. I see myself with eyes of love. I am safe."

Shoulder pain: This could represent an inability to carry life experiences joyously. We make life a burden by our attitude.

Affirmation: "I choose to allow all my experiences to be joyous and loving."

Divinity Testing is applied as a complementing therapy in conjunction with other integrative medicine practices. It demonstrates the power of our heart and mind in helping us heal and further bridges eastern philosophy with western technology. Divinity Testing helps connect all the body's frequencies and demonstrates the power greater awareness has in self-healing.

Elysia Ashley is a holistic practitioner and a certified spiritual psychologist with Liquid Gold Plasma located at LUZwave in Palm Desert. She can be reached at (760) 537.3300. For more information, visit www.LiquidGoldPlasma.com.

Sources: 1) W Xie, CJ Ju, Research into the black box method for meridians and its significance: J Nanjing University Traditional Chinese Med, 18 (2002) pp. 171-174; 2) XL Hu, XL Cheng, The Soul of Gold Needle- The Study of Meridians, Science and Technology Publishing Company of Hunan, Changsha, China (1997) p. 48; 3) CZ Lin, YX Zhang, Meridian Medicine: The Decode of Meridians Cipher Code, Dalian Publishing House, Dalian (2007); 4) YK Xie, HQ Li, WH Xiao, The study of neurological characteristics of meridian and PSC. Sci China B, 25 (1995) pp. 721-731



Breath: The New Science of a Lost Art

A Review by Joseph E. Scherger MD, MPH

Breathe in, breathe out. Breathe in, breathe out...While breathing is instinctual, breathing well is a conscious act. So says science writer James Nestor who, in his illuminating book, *Breath* (Riverhead Books, 2020) compiles some of the science and complexities of breathing. *Breath* is filled with thoughts and techniques, as well as product and service recommendations that can help you become a healthier breather.



Here are a few of Nestor's hallmarks to breathing well:

- **Breathe in through your nose.** Taking breaths in through your nose allows more air to fill your lungs. If you have trouble breathing through the nose, it's important to get that examined. I love standing among oxygen-giving plants and taking a deep breath through the nose.
- **Exhale fully and deeply.** Exhale through your mouth to get the stale air out of your lungs, allowing you to take in more air through your nose.
- **Breathe slowly and less often.** In medicine, a typical breathing rate is 12-16 breaths a minute. That is much too fast and shallow. It is healthy to pause between breaths. Practice taking just four breaths in one minute, spending 15 seconds on each breath cycle. Holding your breath is also a good exercise when followed by deep breathing.
- **Fast breathing** as part of vigorous exercise is also healthy if the breaths are deep and through the nose.
- **Chew to develop the jaw and open the airway.** Unfortunately, modern babies do not chew as much as we did when our species were hunter-gatherers. Our jaws are often undeveloped which can crowd the wisdom teeth and lead to snoring and obstructive sleep apnea. It is never too late to start chewing more to help develop the jaw and further open your airway for breathing.

In the book, Nestor introduces us to Anders Olsson of Norway, the founder of Conscious Breathing (www.consciousbreathing.com), and his stories are very entertaining. The book also opens our eyes to the history of breathing well as described in this excerpt reiterating a Zhou Dynasty stone inscription from 500 BCE:

In transporting the breath, the inhalation must be full. When it is full, it has big capacity. When it has big capacity, it can be extended. When it is extended, it can penetrate downward. When it penetrates downward, it will become calmly settled. When it is calmly settled, it will be strong and firm. When it is strong and firm, it will germinate. When it germinates, it will grow. When it grows, it will retreat upward. When it retreats upward, it will reach the top of the head. The secret power of Providence moves above. The secret power of the Earth moves below.

He who follows this will live. He who acts against this will die.

Dr. Scherger is founder of Restore Health in Indian Wells, a clinic dedicated to weight loss and reversing disease. For more information, visit www.restorehealth.me or call (760) 898.9663.

Ketogenic Weight Loss
Functional Medicine
Cancer Remission
Anti-Aging
Live Longer and Healthier —
All Naturally

Restore Health

DISEASE REVERSAL

Personalized health services offering non-pharmaceutical solutions to reverse disease.

(760) 898-9663 • Indian Wells office@restorehealth.me www.RestoreHealth.me

Joseph Scherger, MD, MPH
Medical Director

ORDER ONLINE FOR FAST PICK-UP

FRESHJUICEBAR.COM

For Delivery: **Uber Eats** **Postmates**

- Immune Boosting
- On the Go Breakfast & Quick Lunches
- Customer, Employee and Food Safety are Our #1 Priority
- Organic Juice Cleanse

LA QUINTA • PALM SPRINGS
PALM DESERT • RANCHO MIRAGE

All of us at Fresh are grateful for your support and we will continue to do our part to keep you healthy!

PALM DESERT

LUZwave Palm Desert and Liquid Gold Plasma combine the best in eastern traditional philosophy and western technology. Our team of health practitioners provide integrative solutions for mind-body wellness.

Photomedicine Therapy (PMT)

Photon Light penetrates deep into tissue to accelerate cellular growth. It stimulates collagen to support healing and reduces inflammation to relieve chronic and acute pain.

Detox and Weight Management

Individualized programs that may include herbal liver cleanse, chelation, low light laser therapy (LLLTT) to reset digestive health habits, along with nutrition and supplementation.

Regenerative and Integrative Therapy

IV nutritional therapy, epigenetics, cellular revival, PRP, and youth enhancement therapies such as secretomes, ozone and hyperbaric therapy.

Functional Blood Labs

Featuring advanced testing from Liquid Gold Plasma such as microscopic nutrition and Divinity Testing, the study of live cellular activity within the plasma.

Ketamine IV Therapy

Rejuvenating Aesthetics

Natural, hydro and skin tightening facials, body contouring, RF micro-needling, hair restoration (new growth in as little as 6 weeks), scar removal and permanent makeup.

Medical Massage

Customized therapeutic massage that may include shiatsu and respiratory therapy.

Now offering Mobile Service

Quantum Movement and Education

Featuring yoga, martial arts, T-Zone vibrational strength training, Kundalini Rising, Booty Building and more...

B-12 Shots

Take the Walk of New Awareness

Elysia Ashley, PBT, CLIA, LMT, CMP, PT

Gwen Kim, NP
Corrie Demarbiex, LE

760-537-3300

Joseph L. Dinglasan, MD
MEDICAL DIRECTOR

Kayla Ward, LCE

Licensed Clinical Esthetician
Spray Tan Specialist

Julia Rocks, LCE, NCPCS

74140 El Paseo, Suites 4 & 5A • Palm Desert, CA 92260 • LUZwavePalmDesert.com

January/February 2022

www.DesertHealthNews.com



Guapo's Giant Heart: The True Story of the Calf Who Kept Growing

Review by Doris Steadman, MEd, MSW

Guapo's Giant Heart is the lovable story of a calf who is adopted into a pet-farm family by caretaker, Lynn Jamerson of Mecca. The true tale illustrates Guapo's journey as he grows from a cute little calf into an extraordinarily large bovine.



Written by Janet Zappala and Wendy Perkins and illustrated by Lara Calleja, the story focuses on the bonds Guapo creates with his new found family including Barney the donkey, Bambi the goat and Mabel the pot-belly pig. We learn of the fun times they have together as their friendships grow. But unfortunately, so does Guapo until he no longer fits in his shelter at Lynn's family farm.

Guapo has to leave his friends and go to a sanctuary where his immense size intimidates the other animals (and some people, too). Cows weigh an average 1,600 pounds. In actuality, Guapo has grown to nearly 3,000 pounds and well over six feet in height!

At the sanctuary, Guapo misses his old friends and attempts to make new ones with little success. The solution to his loneliness comes from his old friend Lynn, who brings Guapo's former pal Mabel to join him. Once the other animals see Guapo being so gentle with little Mabel, they start to warm up and realize his giant heart is even bigger than his immense size.



Author Janet Zappala next to gentle giant Guapo who lives in Mecca.

Calleja's illustrations are upbeat and very well coordinated with the storyline. Adults can use this book to assist children experiencing issues with friends, who need help socializing or may have difficulties with changes in their environment. Children may have questions about what happened to the other two calves that are in the barn with Guapo at the beginning of the story. The good news is they were both rescued as well.

"You can't judge a book by its cover because you never know what's on the inside," says Zappala, who hopes the important message resonates with parents and kids at this time. "Guapo's story demonstrates the importance of empathy, kindness, and seeing the beauty in everyone, especially those who may look at little different."

Zappala, a celebrity health advocate and former *Desert Health* columnist, is a volunteer and advisor for Coachella Valley Horse Rescue which is how she met Guapo and became one of his many new friends.

Guapo still lives in the Coachella Valley and the non-profit Guapo and Friends Fund for Rescued Animals is being set up in his honor. Local children can meet him by texting or calling Lynn Jamerson at (760) 399.7094. *Guapo's Giant Heart* will be officially released in February and available wherever books are sold including Amazon and www.mascotbooks.com.

Desert Health Editor and Event Manager Doris Steadman is a retired elementary school counselor with two master's degrees in early childhood development. She was also the manager of the children's book department at Barnes & Noble in Palm Desert and can be reached at dsteadman.doris@gmail.com.

10 Tips for Achieving Your 2022 Goals

Continued from page 6

it has already been accomplished. So, talking about your goals with several people can impede your success. What can be beneficial is recruiting one trusted friend or coach to keep you on track with your goal. You can give them permission to hold you accountable for completing the milestones you've established. You will be 33 percent more likely to be successful when collaborating with someone on your progress on a regular basis.

Find your sense of humor

When you find yourself off-course, be willing to laugh at yourself and forgive yourself so you will get back on track.

Start taking action

The Nike "swoosh" invites action with the slogan, "Just Do It!" It doesn't need to be perfect. Don't let being perfect get in the way of being good.

Be gentle with yourself and choose goals that have meaning now after two years of COVID craziness. A body in motion stays in motion so it's time to dig deep and start moving! Remember, life is 10 percent what happens to you and 90 percent how you react to it.

Dr. Murphy is a best-selling author, business consultant and speaker specializing in relationships, conflict, leadership, and goal-achievement. She is co-author of LifeQ: How To Make Your Life Your Most Important Business and In The Company of Women and can be reached at Susan@DrSusanMurphy.com.

How to Create a Happy New Year

Continued from page 9

times and really wallow in them!

Start your day mentally rehearsing joyfully being your "best self." Give thanks in the morning for being your best self throughout the day so that your subconscious mind sets you up to spend the day being your best self. Then allow joy to appear, sometimes where you least expect it—even at the dentist or in a long checkout line.

Make new decisions about what you believe. You can only act on your authentic beliefs, so make sure they're serving you well. There is never a reason to cling to negative beliefs about your life.

The New Year presents the perfect opportunity to write a whole new script for your life so that you can create a future that is greater than your past. It's your choice. You can change.

Roger Moore is a certified counselor and medical hypnotherapist with Palm Desert Hypnosis and can be reached at Roger@HypnosisHealthInfo.com or (760) 219.8079. All sessions are online telehealth. Becoming the Greatest Expression of You is now available on Amazon.com. For more information, visit www.hypnosishealthinfo.com/medical-hypnosis.



Senior Home Care

Committed to helping seniors remain in their homes by providing them with professional caregivers.



- Companionship • Hospital & Rehab Discharge Assistance
- Alzheimer's & Dementia Care • Shopping & Errands
- Doctor Appointments • Medication Reminders • Meals

All caregivers are registered with the State of California, bonded, and insured. Serving the desert communities for 17 years.

LA QUINTA
760.771.6263
TOLL FREE
888.950.0750



CA License # 304700016

www.caringcompanionsathome.com



WALKING FOOD TOURS

Discover unexpected delights on these fun and flavorful culinary journeys. Tantalize your taste buds with a delicious variety of food and drink.

Get the inside scoop from entertaining and knowledgeable guides.

Explore the art, history and culture of downtown Palm Springs and Palm Desert.

Come ready to Stroll. Savor. Smile!



Book a Tour Today!
Tickets and Info:

DesertTastyTours.com • 760.565.2262





Gratefully Moving Forward Into 2022

By Tracy Smith

My daily intention is to live consistently with an attitude of gratitude, or as Reverend Michael Beckwith states, "May you suffer from chronic gratitude."

Chronic gratitude. What a fabulous blessing to have in your life. According to William Chopik, PhD, an assistant professor of psychology and director of the Close Relationships Lab at Michigan State University, studies show that optimists have longer-lasting, deeper, and more supportive friendships, even though they don't necessarily have more friends than less optimistic people. He adds that optimists are better at solving problems with friends and loved ones as well.

Michelle Gielan, a positive-psychology researcher and author of *Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change* recommends building and nurturing relationships by sending a short email, text, or note, praising and thanking the other person. "It gives you a chance to think about all the people you care about and who care about you - and it enhances those important social connections."

Neuroscientist Joe Dispenza refers to gratitude as the "ultimate receivership energy." We standardly extend gratitude and thankfulness after we have received something, yet we can start a new habit of expressing gratitude daily for other reasons - to others and to ourselves.

Write and send an expression of gratitude to someone praising them and letting them know the difference they have made in your life. If writing doesn't resonate with you, try bringing to mind someone who has made a difference in your life. Think of something you appreciate about them and send that thought to them infused with the energy of gratitude. Pause for a moment and feel the energy of gratitude flowing through your mind and body as you send the thought to that person.

Commit to cultivating your habitual "attitude of gratitude" and share your thankfulness with others. Moving forward together in 2022, let us be more loving and accepting of ourselves and others, choosing gratitude in all we do. Infuse gratitude in your New Year's intentions and be open to the opportunities and possibilities of the following with gratefulness:

Be at ease with change · Change your mind · Live with an attitude of gratitude · Meditate every day · Pray for yourself and others more · Begin all you do with prayer · Try again and get back up again · Love yourself more · It's ok to not have all the answers · Love your neighbors more · Be more accepting of others and yourself · It's ok to be wrong · It's ok to be just ok · It's ok to take a break · It's ok to just BE versus do, do, do · It's ok to ask for help · Deepen your faith · Believe in yourself more · Dream and image more * Relax more · Stay in joy more · Smile more · Be more of yourself.

Make 2022 a brighter, happier, and more joyful year by infusing gratitude in all you think, say, and do - both internally and outwardly towards others.

Gratitude Affirmation: I am gratefully moving forward with enthusiasm and excitement towards more goodness in my life and the world.

Tracy Smith is a certified energy life coach, rapid transformation hypnotherapist and energy and sound therapist with *Blissful Release Now*. She can be reached at (760) 409.9289 or tracy.blissfulrelease@gmail.com. For more information visit www.blissfulreleasenow.com.

WINTER COURSES BEGIN JANUARY 11

Are you ready for something to keep your mind active and sharp, cultivate mental well-being, and introduce you to dynamic people?

CHECK OUT UCR OSHER!

UCR Osher is designed for curious lifelong learners. You'll meet other people, have robust conversations, and discover something new. Courses include astronomy, art, science and technology, current events, and more.



SEE OUR COURSES ONLINE!



SIGN UP TODAY!
palmdesert.ucr.edu/welcome-ucr-osher

We are ACV, your community partner

Here's what's new in 2022:



'ACV's Dinner Club'

Dinner, support groups for caregivers, support for diagnosed



ACV Screening Center

helping you with concerns about cognitive impairment



Endless Possibilities Gala

February 23, 2022



Couples Classes

Art Classes and Balance Class for couples



Become part of the ACV Family by donating, volunteering, or becoming a business partner or event sponsor!

Contact us to learn more about Alzheimers Coachella Valley (ACV)



(760) 776-3100 | cvalzheimers.org

42600 Cook Street, Suite 134, Palm Desert, CA 92211





THE STRENGTH CODE



30 Minutes Can Change Your Life

Slow-motion weight training produces 50% MORE muscle strength than regular weight training.*

See why discerning professionals like Barbara Walters, Lesley Stahl, Gretchen Rubin and others choose this method:

- Private One-on-One Training
- Just 30 Minutes Once a Week
- Science-Based
- Incredibly Safe/Extremely Effective
- Increased Energy
- Stronger Muscles/Better Balance
- Improved Bone Density
- Enhanced Mobility

First 2 sessions are \$50!

Muscle is truly the fountain of youth. Feel and Look Your Best!

760-835-1145

72221 Hwy. 111, #108 • Palm Desert

thestrengthcodepalmdesert.com

*2001 Wayne Wescott



Stay strong. Stay healthy.

stay encouraged

NUTRITION • FITNESS • MEDITATION



Celebrity Trainer and Wellness Coach Michele McCord is passionate about creating personalized fitness including yoga, strength training and Pilates. Honoring mind, body and spirit, the Michele McCord Method offers a comprehensive wellness program through exercise, a whole foods diet and sound therapy or meditation.

online or in-home

Personal training • Seniors programs • Nutrition and weight loss
Sound therapy and meditation



MICHELE McCORD,
CPT, CMT, RYS-RYT

Certified Personal Trainer, Music Therapist and Yoga Instructor

310.923.3237

michelemccord@me.com

www.michelemccordmethod.com



Training through Menopause

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

Weight training can be a challenge, especially if it is new to you. And when you add hormonal changes into the mix, it becomes even more difficult.

Menopause is a natural biological process that affects most women in their 40s and 50s. It marks the end of menstrual cycles and the beginning of many emotional and physical changes that can disrupt sleep and cause fluctuations in energy and mood. Self-treatment and bioidentical hormone therapy can help ease symptoms and balance hormones. Diet and exercise are also keys to reducing stress, burning the unwanted calories associated with menopausal changes and adding more balance back into your life.

Human growth hormones, which contribute to healthy muscle mass and bones, also decrease with age and menopause. The good news is that exercise, especially high intensity exercise, can stimulate this hormone creating a dose-dependent delayed release. Reaching intensities above 80 percent VO2 max (peak oxygen uptake) is the golden ticket. Therefore, workout programs that consist of high intensity intervals are beneficial. Following is an example of a five-day workout (to calculate your working heart rate, subtract your age from 220):

Day 1: 50-60% Heart rate/Aerobic/Low VO2 max/Base conditioning/30 minutes

For example: body squats: 10-12 repetitions; mountain climbers: 10-12 each leg; seated bench press: 10-12 reps; bent over row: 10-12 reps. One minute rest between each exercise; two minutes rest between sets.

Day 2: 60-70% Heart rate/Moderate VO2 Max/ Aerobic/Endurance/40-60 minutes

Example: farmer's walk (with heavy load in each hand); lat pulldowns (above head to shoulder height); front squats; wide grip bent over row. Do 10-12 reps of each activity.

Day 3: 70-80% Heart rate/Moderate VO2 max/Aerobic/Anaerobic/Fitness/30-45 minutes

Example: sled push; deadlifts; incline chest press; chin ups. Keep heart rate range steady.

Day 4: 80-90% Heart rate/Moderate/VO2 max/ Anaerobic/Performance 10-20 minutes

Example: 10-yard sprints with a 20-yard running start. Repeat five times and watch heart rate zone; three-minute recovery; one-arm overhead split squats; three times each side; five sets with three-minute rest in between.

Day 5: 90-100% Heart rate/Anerobic Threshold/VO2 Max/Anaerobic/ Performance/1-5 minutes

Example: max effort sprints; 30 yards; rest four to five minutes in between and repeat five times.

With this schedule, each training session takes about 60 minutes, including warm up and cool down. The goal-based portion (maintaining your heart rate range) should take about 30-35 minutes. I prefer three circuits of four exercises, with each circuit containing an assigned heart rate for one-minute each, so that each circuit lasts three minutes. You can choose any exercise, but it's always better to have upper and a lower body exercise. Staying within the heart rate range of that chosen set is important.

Exercising at the appropriate intensities can help provide hormonal balance through the chemical biproducts that are produced. Training at your anaerobic threshold - the highest exercise intensity you can sustain for a prolonged period - and using intermittent bursts and interval training are key to success for the menopausal client.

Most clients experiencing this change say they lack motivation, endure energy and mood swings, and gain weight through the mid-section. This type of exercise regimen helps with all these issues, re-establishing balance, and reigniting self-esteem.

Michael Butler is owner of Kinetix Health and Performance Center in Palm Desert and welcomes questions from readers. He can be reached at (760) 200.1719 or michael@kinetixcenter.com. His four books, including Training the Female Athlete, are available at Kinetix or on Amazon.

Resolve to be Mindful in 2022

Compliments of Alzheimers Coachella Valley

Every New Year, if you're like most everyone else, you make a list of resolutions, but they soon go by the wayside. What if you chose one goal for 2022? It sounds simple enough, but how do you pick just one?

Most of us accept that the past is history and the future is a mystery. In other words, we can't do anything about the past and we don't know what the future holds. So where do you go from here?

Living in the present is the perfect New Year's resolution

Living in the present means focusing on the here and now and experiencing each day without judgment. We often will find ourselves enjoying a wonderful meal with family and friends and yet our "monkey mind" is miles away, beating ourselves up over a problem at work or thinking about plans for next week. When this occurs, we miss the sweetness of the moment and the enjoyment of spending time with people we love.

Bringing the mind and body together

You can accomplish the goal of being mindful by incorporating it into your daily life. Start by setting a time and place each day where you can quiet your mind. Finding a calm place with no distractions is key. One easy way to begin meditation/mindfulness is to focus on your breathing. Close your eyes and make a simple, intentional statement such as "I am choosing to be more peaceful" or "I am choosing to release my anger."

As you practice this approach, you may find that your mind wanders and this is to be expected. Whenever this occurs, draw your focus back to your breathing—try inhaling for a five-second count and exhaling for a ten-second count. Begin with a five-minute session every day and gradually extend the time. Soon, you'll find enjoyment in how you're starting your day with this practice and you may want to use mindfulness before you go to sleep or after work to settle your mind.

The benefits of mindfulness are many. It's free, there are no negative side effects, and it can improve sleep and cardiovascular health, to name a few.

Now, there's nothing holding you back from incorporating meditation into your day. Start today and get a head start on the New Year!

Editorial by Pat Riley, MBA, board member and Pat Kaplan, founder and board member of Alzheimers Coachella Valley, a community resource for dementia support and education. For more information, call (760) 776.3100 or visit www.cvalzheimers.org.



Welcome Back

By Michele McCord, CPT, CMT, RYS-RYT

“Welcome back” can have a multitude of meanings such as coming home, rejoining a social group, or returning to a healthy lifestyle. Those two little words have more gravity in recent months as we slowly return to a feeling of connection to one another, and to our better selves.

Through the holidays it is common to enjoy more sweets and have interruptions in our regular schedules due to traveling, a busy social schedule and holiday revelry. If you are re-starting a fitness program this year, here are a few important things to keep in mind:

Enthusiasm is an important ingredient to a successful fitness program. The famous quote by Ralph Waldo Emerson says it best, “Enthusiasm is the mother of effort and without it nothing great was ever achieved.” If there is one thing I have learned, it is that we are consistent with those activities we look forward to doing. Ask yourself what physical activities in the past you most enjoyed or what new ones can you explore? Is it hiking, yoga, golfing, swimming, or dancing? Once you find that regimen, you look forward to it and it is all downhill from there.

There are some staple exercises you should throw into the mix such as pushups (which no one seems to like). The key is to discover what you enjoy and use that as your incentive. For example, I really don't look forward to doing core exercises, so I do my planks and ball crunches first, then I get to swim or hike which are two physical activities I really enjoy.

Inspiration is another important element to a successful exercise program. We are inspired by the people around us, and we are always better together. Try finding a group class, a walking partner or personal trainer to keep you consistent, which is key to reaching your fitness goals. Another way to stay inspired is to register for a marathon or tournament to support a great cause you believe in. What a perfect way to give back and get fit!

Consistency is a third ingredient for success. That can mean finding a day and time that works best for you and your busy schedule. Maybe you run out of steam on Friday afternoons from a long work week, so try exercising Monday mornings. It is important to book your workouts in your calendar like any other appointment.

Perseverance is a vital ingredient as well. Try making short-term goals to keep yourself motivated, and long-term goals to keep you inspired. Some inspiring long-term goals might be playing in a tournament, running a marathon, or losing weight for your summer beach body. In the beginning, it is wise to focus on your short-term goals such as walking an extra 15 minutes more per week, losing one pound per week or performing three extra pushups each week.

I leave you with this quote from John D. Rockefeller, “I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.”

Michele McCord is a personal trainer/yoga instructor, nutritional consultant, certified music therapist and founder of the Michele McCord Method. She can be reached at (310) 923.3237 or me@michelemccordmethod.com. For more information, visit www.michelemccordmethod.com.



Are you ready to take back your health?

Overcome your Limitations in Mind, Body, and Spirit

Tai Chi • Yoga • AcroYoga Workshops • Coaching

All outdoors with option of in-home training and events

Forest Willis
(760) 605-5178
Forest@NIM7.com
www.NIM7.com

gather

a movement + wellness community

yoga • workshops • meditation
sound baths • women's circles

Scan to view schedule

760.219.7953
78-065 Main Street, Ste. 203
gatherlaquinta.com

at gather there is a class for every body



Fitness for Every Body

Youth Training



Sport specific training to increase speed, agility, confidence and performance while guarding against injury. Featuring Kinetix Strength Academy, VertiMax training, weight lifting, and sports conditioning camps.

Kinetix has helped produce many collegiate athletes and has been honored for their work with local high school teams.

INDOOR AND OUTDOOR FULL-SERVICE TRAINING FACILITY



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

Adult Fitness



Individualized programs, boot camps, CrossFit, golf and tennis conditioning, nutrition and lifestyle coaching, and professional athlete programs.

760-200-1719
77804 Wildcat Drive • Palm Desert
KinetixCenter.com
TuneHeal.com

Senior Fitness



Creating fun physical fitness to support a quality lifestyle, independence and lifelong vitality. Improve balance, mobility, bone density, cognitive function and strength.



Barbra Angel, Ph.D.
CO-OWNER

Wellness & Recovery



Renew and refresh in our relaxing K/Spa with massage and recovery therapies (FST, ART and Cryotherapy), facials, far infrared sauna, BEMER and more.



Cellular resonance and vibrational therapy using tuning forks, music and sound to heal mind, body and spirit with international naturopath Barbra Angel, Ph.D. Relieve pain, stress, fatigue, lack of concentration and more with Dr. Angel's revolutionary program.



Boozehounds Rolls Out Red Carpet for Canine Companions

European eloquence and healthy fare delight
A Review by Lauren (and Teddy) Del Sarto

We love our dogs. These special family members are often showered with disproportionate amounts of affection for being the lovable, happy and adorable creatures they are. Such is the case with our new pup, Teddy, whose dinner dish reads “The Boss.”



Indoor dining is dog-free while the atrium and patio are dog-friendly.

dining, cushy mats on which to sit, and a staff that greets them with smiles, water and their own special menu.

It's very European as cafes and eateries across the pond standardly treat pets with as much respect as people. This is also the direction of the restaurant's menu newly led by Executive Chef Aric Ianni, formerly of the Rowan's Juniper's Table and Chicago's Michelin 3-Star Alinea.



Executive Chef Aric Ianni (photo by Jenni-Kate of Raven and the Willow)

Inaugural Chef Corey Baker, who was engaged for the restaurant's launch, set the stage with fresh, healthy and unique Asian-inspired selections including an array of vegan, vegetarian and gluten-free options. Ianni plans to keep the Asian flavors while incorporating more European cooking techniques, Middle Eastern specialties and expanded vegetarian options.

“Our goal is to offer selections you can't find other places that will appeal to all diet types,” says owner Steve Piacenza whose partners include Jimmy McGill and Bryan Rogers. “We want our team to have fun with the menu and to get creative.”

That is one of the many reasons I love them. Their menu features an array of unique selections to satisfy my gluten-free, pescatarian lifestyle including a sesame miso tofu, roasted cauliflower and shrimp aguachile. Fresh crudos include Bluefin tuna with mint and ginger, Japanese yellowtail with citrus notes and spice, and Tasmanian

Of course, we like to take them everywhere for everyone to meet. Fortunately, our Desert has many patio restaurants that allow dogs, but none welcome our furry friends with the respect and admiration we give them... until now.

Our favorite new restaurant is Boozehounds Palm Springs, “where dogs bring their humans.” The large, yet cozy uptown district space offers ambiance, exceptional fare and a red-carpet welcome for our four-legged friends. Prized pups have their own entrance, the option of outdoor or atrium



Shared plates include gourmet selections like mushroom wasabi burrata and blistered shishitos.



Land and sea proteins offer gluten-free options from crudo to galbi braised short rib.



ocean trout with crème fraiche and yuzu kosho. They even have a scrumptious gourmet vegan dog with microgreens (of course, they do).

In December, Ianni shared that a new menu would be debuting by the time this article is published. “Middle Eastern cultures offer some of the healthiest, best and most flavorful foods in the world. We will be infusing them into today's popular dishes like French tartines (gourmet ‘toasts’) and ramen,” he said. As gluten-free requests are plentiful, they even switched from soy to tamar in all their Asian selections.

On our last trip, my husband, Tommy, enjoyed the very tender galbi braised short rib with creamy polenta, kimchi and green onion, while Teddy reveled in her “weenie-tini,” organic chicken broth topped with a chicken-infused whipped cream and finished with a chicken gizzard dog treat crumble. Next time she'll either try their chicken or beef bowl with steamed rice and

vegetables and, of course, more of their tasty snacks.

Don't have a canine companion? Boozehounds will still delight. The restaurant sits in the vast building on North Palm Canyon Drive built in 2008 for DINKS. It offers 3,800 square feet of indoor dining space (for humans only) with modern chic, casual décor, ambient lighting, a welcoming 360-degree bar serving healthy and not-so-healthy concoctions, and even a happy hour-perfect living room. The 1,200 square-foot atrium displays a variety of couches and tables for any size paws and a retractable roof for those perfect Palm Springs nights. Then there is a 2,000 square-foot outdoor patio with a second bar and cocktail and dining seating. Servers are not allowed to pet any furry guests (torture for most) and sanitation is a top priority.

Inspiration for the restaurant came from Striker, the owners' beloved rescue who was with them for 18 years. His portrait appears in their logo and photos are found throughout the restaurant. In his honor, they have adopted the Palm Springs Animal Shelter and raise funds for the non-profit with daily events and promotions. Be sure to order the Boozehounds Frosé, Tito's Vodka (“vodka for dog people”), sparkling rosé, and a strawberry basil cordial, as a portion of proceeds from this tasty drink go directly to the shelter.

Boozehounds is located at 2080 N. Palm Canyon Drive in Palm Springs and is open 2 - 5 p.m. daily for happy hour, 5 p.m. daily for dinner service and a spectacular brunch is offered Friday, Saturday and Sunday 10 a.m. - 2 p.m. For additional photos, information and reservations, please visit www.BoozehoundsPS.com



Little Teddy brought us back for his favorite, the weenie-tini.

Clark's
NUTRITION®
&
Natural Foods Market

YOUR NATURAL FOODS SUPERSTORE!

We carry a huge selection of Vegan & Vegetarian products, plus grass-fed meats

Essential Oils & CBD

Over 95% of Clark's produce is Organic

We have the largest selection of supplements in the Coachella valley

Desert Health News Magazine

\$7 OFF

When you spend \$60 or more

THIS OFFER EXPIRES DEC 31, 2022

One coupon per customer. Cannot be used with any other offers. Coupons must be relinquished at time of purchase.

RANCHO MIRAGE

760.324.4626

34175 Monterey Ave

CLARKSNUTRITION.COM

Strawberry Coconut Bliss Bites

By Elena Wilkie

These No-Bake Strawberry Coconut Bliss Bites are loaded with dried strawberries, almonds, dates, and coconut for an easy, bite-sized and naturally sweetened snack. They are gluten free, vegan and contain no extra sugar!

Prep/Total time: 15 mins

Ingredients:

- 1.2 ounce bag freeze dried organic strawberries
- 1 cup almonds
- ½ cup unsweetened shredded coconut
- 1 cup medjool dates (10-12), pitted
- 2 teaspoons water

Instructions:

1. Soak pitted dates in hot water for about 10 minutes to soften, then drain before adding them in the next step.
2. Combine freeze dried strawberries and dates in a food processor, pulsing until chopped and somewhat combined.
3. Add almonds and coconut and pulse until it is a relatively fine crumb that is moist and combined. If it seems too dry, add water (approximately 2 teaspoons) and pulse again to combine. You should be able to squeeze the mixture in your fingers and have it all stick together.
4. Use a cookie scoop or tablespoon to scoop out mixture and roll into balls. Place in a glass container or baking tray lined with parchment paper.
5. Store in an airtight container in the fridge until ready to eat. These are also freezer friendly. Enjoy!



Photo by Alicja Farnar Photography

Elena Wilkie of La Quinta creates real food recipes with simple ingredients that are gluten-free and deliciously healthy. She can be reached at afoodiesbliss@gmail.com. For more recipes, visit www.afoodiesbliss.com. Instagram and Pinterest @afoodiesbliss.

YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®



This Old House

As one of the first do-it-yourself (DIY) shows over 40 years ago, “This Old House” focused on home renovations and improvements. Today, there are dozens of DIY shows and dedicated networks to watch renovations and new home construction. One constant in every show, whether a home is being modernized or built from scratch, is that a stable foundation is essential. If it is cracked or needs major repairs, the cost of the renovation could be exponential. When there is a sound foundation, the home will last a lifetime.

The same is true for one’s financial future. The main components of a strong foundation should include a financial plan covering short, medium, and long-term goals; adequate savings; a trust and estate plan; insurance coverage; and retirement planning. Not all bases are the same and it is going to look different at various stages of life.

During the early years, a slab foundation is suitable; poured in one single piece, less expensive and quick to construct. This includes an emergency fund, term life insurance, and a budget to stay on top of expenses. If your budget allows, it is also a great time to start a ROTH IRA.

The years of raising a family mirrors a home with a crawlspace (stem wall) foundation, providing easy access to plumbing and wiring, which is popular in earthquake prone areas. A living trust, emergency fund, sufficient life insurance, contributing to your employer retirement plan or an IRA and college savings plans are fundamental during this phase.

If retirement is 15 to 20 years away, a basement foundation is desirable. While constructed to be resistant to fire and extreme weather, this base adds underground living space and storage. Accumulation of assets, maxing out retirement plan contributions, and proper investment allocation are a significant part of this stage. In addition, long-term care insurance and social security options should also play a part in the financial planning process.

In retirement, reverting back to a concrete slab foundation may be desirable. Most common in warm weather climates, this type of home may be a vacation or second home or one for downsizing further into retirement.

Through the years, continuously staying on a plan, adjusting your foundation where needed, and focusing on financial freedom in retirement will sustain a lifetime and beyond--allowing the final phase of wealth transfer to your loved ones.

If the ocean is the foundation...the world is your oyster.

Michele Sarna is a certified financial planner™ with Beacon Pointe Advisors and can be reached at (760) 932.0930 or msarna@beaconpointe.com.

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



Are you prepared for a bright future?

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



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

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

BEACON POINTE
ADVISORS

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

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

Video is Key to Successful Marketing

By Isning Gamez

Most everyone knows the adage, “a picture is worth a thousand words.” If that’s the case, then what is a video worth? The value of video, when used in marketing efforts, can be worth a whole lot more, especially to your bottom line.

No matter what business you are in, videos should be a central component in all marketing and outreach efforts. The benefits include:

Builds trust: When a customer or potential customer sees a video, it gives them the opportunity to develop a connection, and it humanizes your brand.

Boosts brand engagement: Showcasing your product on video, whether it is tangible or a service, makes it easier to comprehend and captures people’s attention, more so than a still image. It also assists in search engine optimization, as the longer someone spends on your site, the higher it will rank.

Cost-effective: One video shoot can be edited for use in multiple marketing tactics including YouTube channels, social media outlets, and on your website, to name a few. It also works well across a variety of devices and screens, making it an easy medium for customers to consume.

When most people think about video marketing, they think social media, and for good reason. These channels offer the opportunity to “go viral” and have your content be seen by thousands and potentially millions of people. Videos are much more likely to go viral than a static image. Plus, social videos not only encourage more engagement with fans, they also have a longer shelf-life and can resurface months after first published.

While social media is an important component, video marketing goes way beyond that. Small businesses should

get creative when thinking about video as part of an overall marketing strategy and consider blogs (vlogs) to stay relevant and become a go-to place for information; tutorials and product demonstrations to help explain how to use or do something; testimonials from customers to help add credibility to your business; and video advertising which can be targeted to your audience.

Video is a powerful tool and research proves it. According to WordStream by LOCALiQ:

- People watch an average of 16 hours of online video per week, which is a 52 percent increase in the last two years.
- Social video generates 1,200 percent more shares than text and image content combined.
- Viewers retain 95 percent of a message when they watch it in a video compared to 10 percent when reading it in text.
- 96 percent of people have watched an explainer video to learn more about a product or service.
- 86 percent of people would like to see more video from brands.
- 64 percent of consumers make a purchase after watching branded social videos.
- Marketers who incorporate video into their campaigns experience 34 percent higher conversion rates.

Video marketing doesn’t have to be intimidating. When left to a professional it is an easy, cost-effective way to engage your customers and increase sales.

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

Source: 1) <https://www.wordstream.com/blog/ws/2017/03/08/video-marketing-statistics>



Coachella Valley’s Health Care Industry

MENTORING THE FUTURE

Brought to you by OneFuture Coachella Valley



New Physician Assistant Pipeline Supporting Local Students

By Jazmin Rojas-Monarez, Behavioral Health Assistant

What once seemed an impossible dream—Coachella Valley students making their way into medical school—may soon become a regular reality thanks in part to efforts of OneFuture Coachella Valley’s Physician Assistant Pipeline Alignment Team. The team recently launched with leadership from UC Davis, USC, and local physician assistant (PA) professionals to prepare students to become PAs, one of the fastest-growing health care careers.

PAs are medical providers who diagnose, develop, and manage treatment plans, prescribe medications, and often serve as a patient’s principal health care professional. The demand for PAs increased more than 300 percent from 2011 to 2014 and the U.S. Bureau of Labor Statistics projects that the profession will increase another 31 percent from 2018 to 2028.

OneFuture’s PA Pipeline A-Team is concurrently aiming to inspire student interest, provide exposure and career exploration, and address barriers within the admission process for students of color. The team’s goal is to develop a cohort of future providers who understand the cultural, economic, and health care disparity landscape of the Coachella Valley and who will return to provide high-quality, holistic, and compassionate health care for local patients.

Isabel Zamora is a graduate student who lives in the valley and aspires to become a PA. She helped launch the PA Pipeline team and is pursuing PA

program admission. She graduated from UC Irvine with a degree in Public Health, was an OFCV/Health Career Connection intern at Pueblo Unido and currently works as a case manager for an agency serving the homeless population. Her goal is to become a PA and serve homeless residents in the valley.

Guadalupe Arreola also aims to be a PA. She lives in the Eastern Coachella Valley, graduated high school from Desert Mirage and understands firsthand what is needed. “Many of the people in my community oftentimes feel like they don’t have a health system they can count on for various reasons such as distance, high healthcare costs, and language barriers. All these factors make it difficult for my Latinx community to navigate the healthcare system. By being a PA, I want to ensure that my community and other minorities have access to a health care system they can count on.”

After successfully graduating from the University of California, Los Angeles and beginning her health care career as an ER patient admitting specialist at Eisenhower Health, Arreola is pursuing admission to a PA program. “I am determined to find ways to continue and to achieve my educational goal of being a PA for my community.”

Physician assistants practicing in the Coachella Valley are invited to join this OneFuture program. Contact Kim McNulty at Kim@onefuturecv.org or call (760) 413.5990. For more information, visit www.OneFutureCV.org.



Fashion, Food and Fun Showcase 14th Annual Desert Woman's Show

One of our valley's favorite events, the Desert Woman's Show celebrates its 14th anniversary on Saturday, February 19, at the Classic Club in Palm Desert. While the location has changed, the promise of an engaging "girl's day out" remains the same.

Presented by Desert Vein & Vascular Institute, the festive event offers plenty of shopping from local fashion boutiques, two fashion shows, medical and wellness experts, an eye-opening panel discussion: All About Cannabis presented by The Lighthouse Dispensary, live entertainment and the ever-popular Greater Palm Springs Food & Wine.



Shows will feature fashions from favorites like Gaby L.



Sporting fun from Pete Carlson's Golf & Tennis



Greater Palm Springs Food & Wine tasting features top valley restaurants.

Fashion forward

This year's Fashion Marketplace will feature new additions including Kyle & Shahida from Beverly Hills Housewife Kyle Richards, Stephan Cori, Modern Oasis, Cambria Court Designs, and City Lites. Returning favorites include Pete Carlson's Golf and Tennis, The Shops on San Pablo, Coco Rose, Gaby L's and Macy's, to name a few.

Sip and savor

The ever-popular Greater Palm Spring Food & Wine tasting will run from 11 a.m. to 4 p.m. offering a cornucopia of tasty food, wine, craft beer, spirits, non-alcohol beverages and live music sponsored by BuzzBox Premium Cocktails.

Featured presentations in the tasting area include local restaurateur Charissa Farley-Hay who will share her commitment to the benefits of a plant-based diet. Farley's eatery, Wildest Restaurant & Bar, will be sampling savory delights along with other valley notables: Mastro's Steakhouse (oh my, those butter cakes!), Wally's Desert Turtle, Stuff Pizza Bar & Grill, Brandini Toffee and Big Rock Pub. Also featured



Kyle & Shahida



Enjoy a Fresh Juice Bar mimosa

are Pueblo Viejo Grill, Bobby Botina's, Hangar 24 Brewery, Quintessential Wines, Fresh Juice Bar, Cheers, Pastry Swan Bakery, Duckhorn Wines, Coachella Valley Coffee, Roar Organic, Riboli Wines and Sahara Date Brandy. Keto fans will appreciate author Barbara Rogers who will be offering samples from her new cookbook, *It's A No Grainer*, set to launch in January.

Here's to your health!

Internationally-acclaimed doctor and four-time New York Times best-selling author Steven Gundry, MD will represent "Aging In Reverse," an innovative plan to actually get younger as you age. Gundry is the leading expert on the lectin-free diet as a key to reversing disease and boosting longevity. His presentation is at 3:30 p.m.

Anyone for golf?

This year, the Classic Club's beautiful golf course will set the stage for the Desert Woman's Shows inaugural charity tournament taking place on Saturday, February 19. Open to both women and men, the event will benefit The Unforgettables Foundation, dedicated to helping families after the loss of a child. Golfers will enjoy VIP benefits including early access to shopping, a Fresh Juice Bar mimosa, golf fashion show, a goody bag filled with Brandini Toffee, Roar Organic electrolyte drinks, Clark's Nutrition snacks, plus a lunch box sponsored by Jimmy Johns, Forest Lawn and Konnections. The fabulous day in the sun will conclude with a cocktail awards celebration. Registration is \$195 for an individual or \$745 for a foursome.

Free tickets!

The first 500 ladies who register online will receive their general admission ticket (\$15 value) to the Desert Woman's Show FREE courtesy of long-time ticket sponsor Desert Care Network. Tickets to The Greater Palm Springs Food & Wine are sold separately online, in advance only for \$30 and are limited to the first 800 guests (must be 21 years and older).

The 14th annual Desert Woman's Show is graciously sponsored by Desert Vein & Vascular Institute, Desert Care Network, Hightower Financial, The Lighthouse Dispensary, Canyon Print & Signs, CV Weekly and Desert Health. We hope to see you there!

For tickets and more information visit www.DesertWomansShow.com or contact Event Producer Diana Marlo at Diana@MarloProductions.com.



Acclaimed author Steven Gundry, MD will present "Aging in Reserve."



THE CLASSIC CLUB
Saturday, February 19th, 2022
10:00 am - 5:00 pm

DESERT WOMAN'S SHOW

A Marlo Productions Event

presented by



- MAKE A DAY OF IT!
- SHOPPING SHOPPING SHOPPING
- FASHION SHOWS
- ALL ABOUT CANNABIS PANEL
- MEDICAL EXPERTS
- HEALTH & WELLNESS SALON
- plus the ever-popular
- GREATER PALM SPRINGS FOOD & WINE Tasting Patio (additional ticket required)

Sponsored by:



For Tickets & Schedule of Events visit DesertWomansShow.com



Here's to Your Health!

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

JAN. 6

Women Leaders Forum presents New Year, New You. Wellness practitioners share tips on fitness, nutrition, balance, stress and staying positive. Sponsored by SkinCeuticals SkinLab. Open to all; tickets \$30 members/\$50 non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. www.WLFDesert.org.

FEB. 19

14th Annual Desert Woman's Show. Grab your girlfriends and head to the Classic Club for an exciting day of shopping, health and financial experts, plus the ever-popular Greater Palm Springs Food & Wine tasting area. This year also offers a charity golf tournament benefiting The Unforgettables Foundation. Saturday 10a-5p. For vendor and guest information, visit www.desertwomansshow.com or contact Diana@MarloProductions.com



JAN. 20-23

The American Express. PGA tournament returns to PGA WEST and La Quinta Country Club for three days of world-class golf, festive food and beverages, and concerts by acclaimed rockers Maroon 5 (Friday) and country star Brad Paisley (Saturday). Spectators are required to show proof of vaccination or a negative test within 72 hours of attendance. Tickets start at \$35 and are available at www.TheAmexGolf.com.

FEB. 8

Friends of the Indio Senior Center Health & Wellness Fair. The annual event returns and is free and open to all community members. Learn about health and nutrition resources, enjoy drawings and prizes, and more. 9a - 12:30p 45700 Aladdin Street, Indio. For more information, call (760) 391-4170 or email seniorcenter@indio.org.



FEB. 22

Myokinetix Functional Performance Health Fair. Local health and wellness businesses come together offering information, samples and services. Free and open to the public. 11a - 3p. 72205 Painters Path, Palm Desert. For more information call (760) 695.4202 (see ad p. 11).



MARCH 3

Women Leaders Forum presents In the Company of Coachella Valley Mayors. Come meet our local elected officials including Linda Evans, Jan Harnik and Lisa Middleton as they discuss why they chose to serve. Open to all; tickets \$30 members/\$50 non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. www.WLFDesert.org.

World-Class Golf (and Fans!) Return Valley benefits from + \$1.1million in contributions

By Lauren Del Sarto

This January, fans will gather in La Quinta for a week of live PGA golf and a spectator experience like no other at The American Express. The impact of those days will be felt throughout the year with the tournament's continued support of local charities.

Taking place January 20-23 at PGA WEST and La Quinta Country Club, the event will feature 156 pros including tournament ambassador Phil Mickleson, world No. 12 Tony Finau, rising star Scottie Scheffler and defending champion Si Woo Kim, along with 156 amateurs on course through Saturday.

The fan experience will include a Fan Zone on the 18th hole of the Stadium Course at PGA WEST and the Champions Club offering exclusive access opportunities. Festive food and beverage locations include the Casamigos Club 18, the Corona Premier Par-Tee Lounge, the Michelob Ultra Beers Fore Birdies on hole 17 of the Stadium and Bushmills Whiskey Lounge overlooking the Stadium's 10th tee and 9th green. Concerts also return featuring pop rock megaband Maroon 5 on Friday and country star Brad Paisley on Saturday.



Tony Finau and Phil Mickleson join the lineup.



Executive Director Pat McCabe and La Quinta Mayor Linda Evans present local charities with contributions from 2021.

Last year's tournament excluded fans due to COVID, yet still generated \$1.1 million in contributions that were distributed among 36 local non-profits in the areas of health and wellness, youth sports, family support, education and homelessness. Since the event's inception in 1960, the tournament has donated more than \$63 million.

"In determining our select non-profits, we adopted the areas of focus in health and wellness that are also important to Amy and Phil Mickleson with additional input from Title Sponsor American Express and our former Desert Classic Charities," says Mickleson Foundation Board Member and La Quinta Mayor Linda Evans. In July 2021, a letter of interest was sent to a select group and 96 preliminary applications were received. From there, she says, 40 were asked to complete the full application and 36 met the criteria including Alzheimers Coachella Valley, Lifestream Blood Bank, Volunteers in Medicine and Shay's Warriors.

"Our tournament's foremost mission will always be to serve as a caretaker to our community, with the perpetual goal of positively impacting the Coachella Valley," said Pat McCabe, Executive Director of The American Express.

Tickets start at \$35 and are available at the tournament's official website. Upon entering the grounds at PGA WEST and La Quinta Country Club, all ticketholders must show their COVID-19 vaccination card or a negative COVID-19 test result within 72 hours of tournament entry.

For player updates and more information, follow The American Express on Facebook, Twitter and Instagram @theamexgolf. For tickets, visit www.theamexgolf.com. (Photos by the American Express).

LET'S INTERACT

A SPEAKER SERIES

Presented by Women Leaders Forum
Classic Club Palm Desert • 5:30-7:30pm
All events include dinner and a glass of wine
The first Thursday of every month

FEBRUARY 3

What's Love Got to Do with It?

Everything! We all deserve a beautiful life. Relationship and self-care professionals share ways to better love ourselves and create healthy relationships. Special Guests: **Carol Teitelbaum**, LMFT Rancho Mirage Family Therapist, **Sylvia Ann Trapuzzano**, Psy. D., LMFT Therapy in the Park.



Carol Teitelbaum



Sylvia Ann Trapuzzano

Sponsored by
Wildest Restaurant + Bar

MARCH 3

In the Company of Coachella Valley Mayors

Come learn from Coachella Valley elected officials why they chose to serve and see if you have a calling for politics. City of Indio's **Brooke Beare** will be moderating a conversation with Palm Desert's **Jan Harnik**, La Quinta's **Linda Evans** and Palm Springs' **Lisa Middleton**.



Brooke Beare



Jan Harnik



Linda Evans



Lisa Middleton

APRIL 7

What's Your Side Hustle?

Are you looking for a side hustle to earn extra money or change your career? Meet inspiring women who are leading the charge. Guest Speakers: **Shay Rizzo**, Founder, Positive Energy Jewelry, **Shanyce Washack**, Hairstylist and Entrepreneur, **Charissa Farley-Hay**, Entrepreneur and Owner, Farley Pavers and Wildest Restaurant + Bar.

Sponsored by Blanke Schein Wealth Management



Shay Rizzo



Shanyce Washack



Charissa Farley-Hay

SAVE THE DATE • MAY 6

Women Who Rule Luncheon

Join us as we award scholarships to our Young Women Leaders.



JOIN WOMEN LEADERS FORUM TODAY!

Reconnect • Reengage • Reimagine

For tickets and information visit wlfdesert.org



AWARD-WINNING VIDEO PRODUCTIONS

GROW YOUR BUSINESS WITH THE POWER OF VIDEO

Video Marketing provides endless possibilities to businesses who want to reach a target audience and grow their business.

Video Marketing can present your product or services in-depth and offer a strong call-to-action backed up with plenty of visual evidence to encourage viewers to call now.

Isning Gamez helps businesses showcase their services, professional credentials, and specialized equipment and procedures through video advertising, website design, and sophisticated branding.

Isning Gamez is considered one of the top video producers in the country and has the Emmy, AP, ADDY, Telly, Webby, PROMAX, and Alpha awards that prove his expertise.

Contact Isning Gamez today to find out how we can transform your marketing efforts through effective TV advertising.



OUR PROFESSIONAL SERVICES

- ◆ TV COMMERCIALS
- ◆ INFOMERCIALS
- ◆ SOCIAL MEDIA VIDEOS
- ◆ SALES/INSTRUCTIONAL VIDEOS
- ◆ PRODUCT DEMONSTRATIONS
- ◆ INTERVIEWS
- ◆ TRAINING VIDEOS
- ◆ TESTIMONIAL VIDEOS



- ◆ AERIAL CINEMATOGRAPHY
- ◆ POST PRODUCTION
- ◆ EVENT VIDEOS
- ◆ RECRUITMENT VIDEOS
- ◆ 2D & 3D MOTION GRAPHICS
- ◆ ANIMATION VIDEOS
- ◆ TV ADVERTISING
- ◆ ONLINE ADVERTISING

SOME OF OUR CLIENTS

WE CREATE EXCEPTIONAL VIDEOS FOR THE DESERT'S LEADING BRANDS



MAKE VIDEO WORK FOR YOUR BUSINESS!

CONTACT US FOR A FREE CONSULTATION ☎ 760-610-4106 | 🌐 ISNING.COM

