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The Valley's Leading Resource for Health and Wellness

July/August 2020

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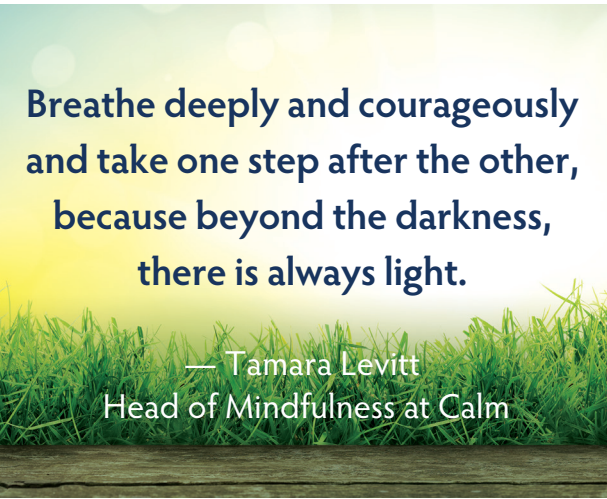
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## Committing to Health

What we've learned from COVID-19



The many trials and tribulations over the past few months have certainly taught us a lot. One of the most valuable lessons demonstrated is the importance of taking care of ourselves - both physically and mentally.

While seniors continue to be most vulnerable to this distressing pandemic, a new report from the Centers for Disease Control and Prevention confirms that those with underlying health conditions (at any age) have more severe outcomes.

Utilizing data from over 1.3 million COVID-19 cases reported in the U.S. between Jan. 22 and May 30, the report states that those with pre-existing conditions are six times more likely to be hospitalized and 12 times more likely to die from the disease. This equates to approximately 45 percent of this population hospitalized (compared to 7.6 percent without underlying conditions) and close to 20 percent dying (compared to under 2 percent of those with none).

The most common underlying health conditions identified were cardiovascular disease (32 percent), diabetes (30 percent) and chronic lung disease

(18 percent). Others included liver and kidney disease, neurodevelopmental or intellectual disability, and immunocompromised conditions. Incidents were similar among men and women.

The good news is many of these chronic conditions are preventable - and even reversible - through nutrition and lifestyle changes. We simply have to commit to educating ourselves, investing both time and resources, and making health a priority.

It starts with consuming real food to strengthen our immune system and fuel our body, incorporating wellness techniques that reduce stress and calm the spirit, getting quality sleep and enjoying exercise that enlivens our physical being. These basic practices should be as much a part of our daily routine as morning coffee or checking email.

Another thing we have learned is that we need to protect the front-line workers who care for us. They are today's true heroes and the best we can do for them is to be safe and to stay healthy. Our lives, and theirs, could depend on it.

Remember, it's never too late to start on the path to wellness and there has never been a better time.

## Prescribing Life

The Growth of Functional Medicine

By Lauren Del Sarto



When I created *Desert Health* 10 years ago, one of the primary objectives was to elevate the work of our valley's naturopathic doctors. Their philosophy of identifying the root cause of disease versus simply treating symptoms and "whole-person care" approach, taking time to understand and address lifestyle patterns, is significantly more effective than the typical 15-minute leave-with-a-prescription doctor visit. Their work teaches individuals how to live healthier lives and their messages deserved a credible platform.

A vision for *Desert Health* was to offer a medium where these professionals could co-exist with our renowned medical community in offering health and wellness advice.

Today, more and more medical doctors are adopting the naturopathic philosophy and functional, or integrative, medicine is on the rise, especially here in the Coachella Valley.

This is great news for consumers who gain more personalized care options, and for our country's overall health care system.

**What is driving the shift for physicians?**  
Chronic diseases, including heart disease, cancer

and diabetes, account for 86 percent of health care costs in our country.<sup>1</sup> The rise in functional medicine stems from new evidence-based research confirming that such conditions are preventable - and even reversible - through nutrition and lifestyle changes.

But in the traditional health care model, doctors don't have the time, or often the knowledge, to offer wellness advice to patients who return again and again with the same ailments. This is frustrating for many.

A 2017 study entitled *Integrative Physician Market Landscape* interviewed more than 1,100 integrative MDs and DOs and identified the top five reasons doctors became functional practitioners: 1) treating root causes versus symptoms, 2) treating the patient as a whole being, 3) focusing on optimal health versus disease management, 4) a personalized approach emphasizing the physician-patient relationship, 5) accounting for patient lifestyle and environment.

"In this past decade, we've learned more about human biology than we ever knew before," says Joseph Scherger, MD, who has been practicing family medicine for 40 years. "I shifted from conventional to functional medicine when I learned that unhealthy

*Continued on page 16*



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## In the Moment

Have you ever been hiking and noticed the vibrancy of the colors around you? Or walked out in the morning to listen to birds singing and noticed how blue the sky? Maybe the memories of those moments are still clear in your mind and the thoughts warm your heart. Those are the times you are truly in the moment.

"Real vibrancy suddenly appears," says Deepak Chopra, MD. "This is what the present moment - and every moment - feels like if you just take the time to be here now."

We could all use more moments like these right now. With so much uncertainty surrounding us, they may feel out of reach, but they are right here waiting for us to pause and embrace them.

"Being present has become a challenge we all face," adds Chopra. "When fully present in the moment, you aren't stuck in the past or anticipating the future; you feel centered, secure, calm, peaceful and unconcerned, yet aware. We find completeness here because that is the only place it can ever be found."

What are you doing to connect with the present moment? During these trying times, I've been meditating, practicing gratitude, spending more time in nature and making time for hobbies - all things that help keep me grounded, centered and feeling alive.



Remembering one of those moments  
(Photo by Lori English)

It is my hope that each of you is finding peace. Practicing gratitude can certainly help. Please know that you are in my daily thanks. My appreciation for your support of *Desert Health* has never been greater. We are blessed to be presenting this issue and it's only because of your continued readership. Thank you.

We are also sincerely grateful to our marketing partners who make *Desert Health* possible, and we are proud to honor them on our back page.

Be here now, as often as you can. Stop. Close your eyes. Take a deep breath and open them. See vibrance, feel alive, and be well, now and always.

*Lauren*

Lauren Del Sarto  
Founder/Publisher

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**The hot summer weather, COVID-19 precautions and other situations can increase behavioral health needs.**

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## A Message from Desert Care Network CEO Michele Finney

As I reflect on the last few months, I am inspired by how our staff at Desert Care Network hospitals have come together to care for our community during COVID-19. I also recognize that there are many members of our community who have postponed medical attention, or need treatment of new symptoms. It is our mission to provide access to high quality and compassionate care at all times - this includes while managing COVID-19.

After careful consideration and preparation, we have resumed elective care and procedures at our hospitals. This will allow our physicians to proceed with care based on their clinical judgement and relationship with their patients.



CEO Michele Finney

As we meet elective care needs, we remain committed to the protection and safety of our patients, physicians and staff. We have combined strong infection prevention processes with training, testing and supply of personal protective equipment (PPE). We have also established separate care pathways which clearly partition COVID-19 patient care to mitigate risk of transmission.



Desert Regional Medical Center Lab Technician Gary Rowley

Our standards should offer peace of mind to patients and their loved ones receiving elective surgery or emergency care. These standards were developed with key principles in mind to maximize safety: maintain vigilance of potential risks, create separate care pathways and take a multi-factor approach to maintaining a safe environment for patients and staff.

These standards are built upon deep clinical expertise and ongoing management of COVID-19, as well as continuous incorporation of CDC and state recommendations. Standards include the following components:

- Distinct COVID SAFE Zones and COVID CARE Zones - separate areas with clear signage and protocols
- Rigorous physician and staff protocols - daily screening, universal masking and access to PPE
- Heightened sanitization - enhanced cleaning of surfaces and plenty of hand sanitization stations
- Access to COVID-19 testing - in-house testing for patients, physicians and staff who require it
- Precautions for patients - provision of facemasks, hand sanitizer and physical distancing
- Enhanced virtual access - virtual care, remote monitoring as well as connectivity with loved ones



Nurses Josue Arechiga, RN and Corynn Busch, RN



Clinical Manager Mailyn Farinas, RN, and nurses Sanela Rada, RN, and Renee Endres, RN

Our standards will help patients confidently seek care at our hospitals. We are providing the reassurance that our patients, staff and their families deserve. I am proud of the work our team has done to implement and optimize these standards to provide care for our patients in the safest environment possible.

In closing, I want to thank the residents of our desert communities. Over the last few months you have shown our health care workers your appreciation and respect by sending food, masks, scrubs and other helpful items to our hospitals. This community even showed gratitude with a drive-by parade of police, fire and ambulance vehicles by our doors, and by flying airplanes over our hospitals to express thanks and appreciation. But now it's time for us to continue taking care of you, so please don't ignore your health care needs, and know that we will look after you in a caring and safe environment.



Nurses Liv Cunado, RN and Ricardo Hernandez Gonzalez, RN

Michele Finney is CEO of Desert Care Network consisting of Desert Regional Medical Center, JFK Memorial Hospital and Hi-Desert Medical Center. For more information, visit [www.DesertCareNetwork.com](http://www.DesertCareNetwork.com) or call (833) 310.2440.



# Your Safe Care is Our Priority.

## A COMMUNITY BUILT ON SAFETY

As the world around us changes, at least one thing stays the same—our commitment to your health and safety. If you come to one of our hospitals for an emergency or a necessary surgery, rest assured that we have extra precautions in place for your safety. COVID-19 patients remain in a separate area, our teams wear personal protective equipment (PPE) and common areas receive constant cleaning. We're here for you with the expertise and compassion that makes us A Community Built on Care.



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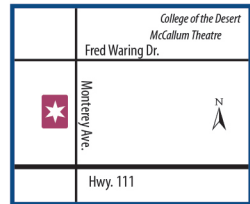
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NICHOLAS S. BAUMANN, DDS

## COVID Fatigue: Creating Hope and Joy in Uncertain Times

By Roger Moore, CHT

My phone is ringing and emails are pouring in from people worldwide who are exhausted from living with the fear, stress, anxiety, boredom, depression, uncertainty and fatigue of COVID-19. We've all spent months in our homes. We're sick of social distancing with a mask. We stand in line to get into the store, try to go the right direction down the aisles and wait six feet apart to check out. Then plexiglass disconnects us from the person ringing up our groceries. Our very identity as social beings has been constrained.

We're missing all our special events and milestone moments, and we miss hugging friends and family. Individually, each one of these things is a stressor - yet we must confront them all at once.

In addition to those life-altering situations, we now also find ourselves at a tipping point in our understanding of racial injustice. No sentient human can turn away from what has been happening in our country. We are being called to participate in a complete reinvention of our societal behaviors - from the personal to the institutional. While it is gratifying to see positive reform, the process can be overwhelming. The chaos of uncertainty and upheaval is very real and can leave you wondering how we'll recover from all of this.

And all these events have the power to undermine your physical and mental health - but only if you let them.

There is a better way to live and even thrive. Rather than recoiling in fear and anxiety, why not embrace this period as an exciting time for purposeful change? We all have a wonderful opportunity to courageously move forward in our lives in a focused state of hope and joy.

I've come to understand that to live in optimism and gladness requires lifestyle decisions: disconnect from steady streams of bad news; don't engage in multiplying blame; don't allow yourself to sink into despair. It's your choice. Try choosing to be a force for good in the world. For me, it's checking on my 93-year-old neighbor and doing little chores for her. One client told me she simply does what she can to make a difference: she keeps her birdbaths full; she fosters a dog from the animal shelter and she's kind even when others are not.

A joyful outlook isn't wishful thinking; it can permeate everything you do: cleaning out the hall closet or organizing the garage, mastering a challenging phone app to send your friends virtual bouquets. Hope can even be nurtured in the darkest times by creating positive fantasies about the life you want in the future.

Make plans for travel and family reunions in 2021, look for a new RV online, take concrete steps toward new goals. Start living the life you desire now. Hope can be found in planning a garden, planting seeds and harvesting the produce and flowers. Hope can be found in waiting for a house plant to blossom or a rose bud to open in your yard. I'm planning a vegetable garden for the fall and researching which plants will flourish here. This was something I didn't think I would be able to do, but now I'm determined to grow delicious food.

Another coping skill is to partake of the infinite choices in online learning -everything from Urdu to appliance repair. Another client, who lives alone, was frustrated with her

*Continued on page 9*



## When you take care of yourself, it helps us take care of you.

Thank you for taking precautions against COVID-19.

Eisenhower Health is honored to be here for you, in sickness, in health, and during this unprecedented time. We are thankful that our community is adhering to safety precautions, and we want to assure you that we, too, are doing everything possible to deliver exceptional care in a safe and healing environment. Our Health Centers are open for Telemedicine appointments, and in-person visits, as needed, using strict safety measures. And our Emergency Department is ready, willing, and able to safely treat life-threatening issues of any kind. Do not hesitate to come in if you experience symptoms of heart attack, stroke, breathing difficulties, or any other emergency. We're here for you.

If you have questions or concerns about COVID-19 or fear you may have symptoms, talk to a registered nurse at 760-837-8988.





## Is It Age-Related Memory Decline or Dementia?

By Balaji Nettimi, PsyD

As we age, it is common to experience memory loss. It's also common to question whether these events are simply due to age or if dementia is setting in. Fortunately, assessments are available to help answer this question.

Age-related changes in the brain can be documented on imaging such as changes in brain blood flow (more prominent in the prefrontal cortex), changes in cerebral glucose utilization, age-related global brain atrophy, slowing of alpha waves along with intermittent slow wave activity in temporal regions, etc. Dementias, on the other hand, show remarkable changes in the brain that can be observed on imaging. For instance, Alzheimer's dementia shows hippocampal reduction on MRI studies and Parkinson's dementia shows positive on DaTScans.

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), dementia can be described as a significant decline from a patient's previous level of neurocognitive functioning capacity (irrespective of type), which influences everyday functioning and social functioning coupled with symptoms that cause marked distress. Types of dementias include Alzheimer's disease, frontotemporal lobar degeneration, Lewy body dementia (LBD), vascular disease, traumatic brain injury (TBI) and neurocognitive decline, HIV infection and neurocognitive decline, prion disease, Parkinson's disease, Huntington's disease, substance/medication-related dementia, other medical conditions leading to dementia and unspecified dementia. The DSM-5 allows for diagnostic categories ranging from mild to major symptoms, depending on the functioning capacity of the individual.

A comprehensive neuropsychological assessment can reveal contrasting profiles on neurocognitive domains that can discriminate between age-related

decline and dementia, as well as the type of dementia. The profile can also determine the functioning capacity of the individual on different neurocognitive domains including intelligence, attention, processing speed, motor skills, spatial capacity, memory and language.

Following is the distinction between age-related decline and dementia on these domains:

### Intelligence

**Age-related decline:** Capacity for crystallized intelligence remains constant (ability to use previously learned knowledge), while capacity for fluid intelligence declines (problem solving, using logic and reasoning). Capacity for traditional reasoning tends to remain constant, while problem-solving capacity for newly encountered information becomes challenging.

**Dementia:** Typically, anosognosia (lack of insight) is present; there is a general decline in reasoning and problem-solving abilities that influence functioning capacity.

### Attention

**Age-related decline:** Capacity for simple or focused attention (for instance, watching television) remains constant, while capacity for divided attention and multitasking (i.e. watching television and talking on the phone) is compromised.

**Dementia:** There is a general decline in attentional capacity that influences encoding, storage and retrieval. There is also a decline in the capacity to attend to information and to cohesively process it. For instance, the inability to attend to reading, conversations, television, movies, etc. and to be able to understand and appropriately process information.

### Processing Speed

**Age-related decline:** There is a decline in mental processing speed of

*Continued on page 11*

## Treatment Options for Knee Arthritis

Exploring non-invasive options before surgery

By Eric Sickinger, DO

Take a moment to appreciate how often we use our knees. We use them every day whether we're playing our favorite sport, going up the stairs at home, or simply walking around our neighborhood. As we age, our bodies start feeling the wear and tear of our joints, known as osteoarthritis. It's estimated that roughly 14 million Americans are suffering specifically from knee osteoarthritis.<sup>1</sup> A major part of finding the right treatment plan is identifying the correct diagnosis. Fortunately, we live in an era of advanced technology and treatment options for people of all activity levels and all ages. There are plenty of non-surgical approaches to alleviate knee arthritis, ranging from heat/ice to an orthobiologics injection procedure.

### Activity Modification

Activity modification and ice/heat are some of the most conservative approaches. A basic change in lifestyle goes a long way. Avoiding particular painful movements or decreasing the intensity of a workout can be therapeutic. Staying active is important though, so switching your workouts to low-impact exercises, for example water aerobics, can be beneficial as well. Ice or heat are other low-risk remedies, as they are natural healing modulators. Simple topical application can reduce swelling and pain.

### Rehabilitation

Rehabilitation is one of the most widely accepted types of treatment for knee pain. This may mean doing home exercise plans, going to a physical therapist, or even seeing a personal trainer. Home exercise plans are a great starting point to take charge of your own recovery. However, patients may be more inclined to attend physical therapy because it's more structured. Physical therapy is a set training program curated to strengthen the body and prevent injury. A licensed physical therapist will tailor the training plan to the patient's injury, age and activity level. Other ancillary services they provide are soft tissue mobilization and ultrasound stimulation.

### Bracing/Mobility Aids

Bracing and mobility aid options have come a long way in the past several decades. Today's knee braces are designed to relieve pain, stabilize ligaments, and prevent further injury with high technology and advanced design. The patient can still be active while wearing a brace. Some companies offer custom bracing, where a representative will create a brace for the patient based on their individual sizing. Crutches are also a great choice to relieve the strain on the lower extremities and improve stability. Bracing and mobility aid options are often offered in orthopedic and sports medicine practices.

### Medications

There are plenty of promising medications ranging from over-the-counter oral pills to topical gels to injectables. Acetaminophen (Tylenol) and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen are helpful in controlling pain and reducing inflammation. There are also topical gels, such as diclofenac sodium (Voltaren), which is an NSAID that reduces inflammation directly on the problem area. Be sure to discuss the risks and precautions of any medication with your doctor before using it.

*Continued on page 11*



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## Dispelling Myths about Varicose Veins

By Anna Gasparyan, MD

Varicose veins are enlarged serpentine veins underneath the skin of the legs. Whether your family has a history of varicose veins or you have only just discovered them, it is important to know the facts and what they could mean in the bigger picture of your health.

Here are the facts to some common myths I would like to dispel:

**Myth: Nobody in my family has had varicose veins, so I won't get them.**

**Fact:** Studies show that one's chances of developing varicose veins are very high when both parents were affected (up to 90 percent). However, it also has been found that individuals with no family history still have a 20 percent chance of developing the condition. It is more common in women than men.

**Myth: Varicose veins are just a cosmetic problem.**

**Fact:** Varicose veins generally occur when the valves in certain veins, often in the lower limbs, fail to close. These valves are supposed to push blood back up toward the heart, but when they cannot do their job anymore, the blood pools down in the veins causing them to bulge. Although the veins themselves are not life threatening, they are often associated with leg pain, itching, swelling, fatigue and in worst case scenarios, open skin sores.

**Myth: To treat varicose veins, you have to have the veins surgically stripped or removed (OUCH!).**

**Fact:** Years ago, the only surgical treatment for varicose veins was stripping out (or surgically removing) the vein – and yes, it was painful with a two to three-day hospital stay. Today, a breakthrough in minimally invasive vein closure has made stripping out veins virtually obsolete. The procedure uses a catheter based technology and the technique used to obliterate or close the malfunctioning vein is called ablation. The in-office procedure is also much more comfortable. When the catheter is inserted, you may feel slight pressure, but no serious discomfort. Injection of local anesthetic around the vein is the most uncomfortable part; actual closure of the vein with heat is usually not painful. Once the vein is sealed, the body naturally re-routes blood flow through healthier vessels and normal circulation is restored.

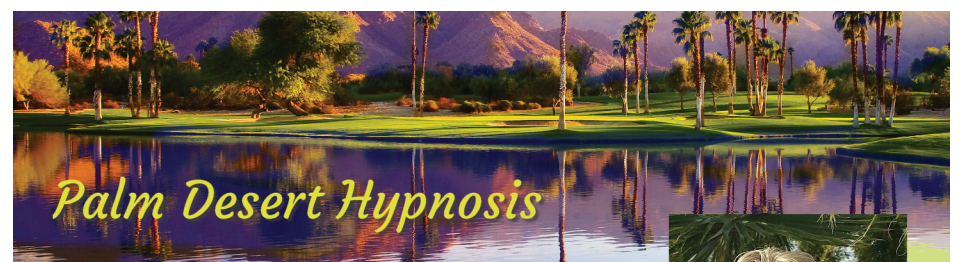
The procedure is typically covered by Medicare and most insurers, as long as the required time period of conservative management has been met. Conservative management entails wearing prescribed compression stockings and elevating the legs.

Following the procedure, patients find pain and fatigue disappear almost instantly, and swollen veins begin to deflate in a week or two. There is minimal downtime with patients usually returning to work within a day or two.

Dr. Gasparyan is a board-certified vascular surgeon with Desert Vascular Associates who specializes in vein disease, arterial disease, aneurysms and dialysis procedures. She can be reached at (760) 902.1511 or at [info@desertvascularassociates.com](mailto:info@desertvascularassociates.com).



Varicose veins are often associated with pain, itching, swelling and fatigue.



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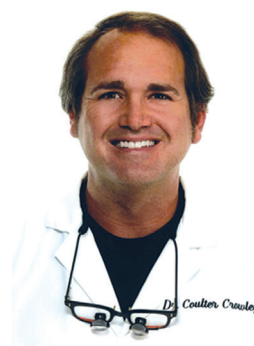
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**Online Learning: The New Educational Medium?**

By Simon Moore, M.Ed. and Jodie Capper, MAT, RN

In 2020, not only has technology proven to be a vital resource in business, educational and governmental environments, it continues to serve as another potential replacement to jobs that were once firmly secured by a warm human brain. It was once thought that teachers could never be replaced. From the relationships they develop with their students, to the importance of learning complex subjects, even the educational environment risks a complete overhaul. While health and environmental threats force increased use of technology to deliver education to today's and tomorrow's learners, how much of a change in delivery of education do we expect over the coming months and years?

From all parts of the globe, COVID-19 has completely changed our personal interaction. Large sports arenas, packed lecture halls and standing-room-only events just may be a distant memory. Efforts to find ways to use these large facilities and venues are underway. The days of pack 'em in, are now "spread them out."

The race to find the best method to deliver education has emerged as one of the most critical priorities of public and private institutions around the globe. While business and industry will adapt, each day students from grade school through graduate schools are without a comprehensive educational setting; delays in the knowledge needed to solve problems of tomorrow will reduce the strength and position of the United States.



Educational models are quickly changing with technology replacing human contact with teachers.

**New terminology**

The pressing question clarified: How do students learn in the distance learning world? The effectiveness of the preferred method of learning obviously comes with advantages and disadvantages, which determine the frequency of usage in any educational model.

In any audience, the onus to pay attention lies with the captivity of the audience; what does the viewer/student gain for their undivided attention span? This determines the extent the student will exert effort to learn what's being taught. Often, the most effective mode of delivering education is a multi-tiered method, which blends more than one method of instruction. You can read about more than two dozen different distance learning methods on the Continuing Legal Education Regulators Association's website ([www.clereg.org/assets/pdf/DL\\_Terminology.pdf](http://www.clereg.org/assets/pdf/DL_Terminology.pdf)). The most common and effective models include:

**Blended learning:** Learning, training or educational activities where distance learning, in its various forms, is combined with more traditional forms of training such as classroom or in-person training.

**Distance learning:** Educational situation in which the instructor and students are separated by time, location, or both.

**ILT (instructor-led training):** Usually refers to traditional classroom training in which an instructor teaches a course to a room of learners. The term is used synonymously with on-site training and classroom training. Zoom is a business meeting platform, though it has been used by many educators in the early stages of distance learning.

**Self-paced learning:** An offering in which the learner determines the pace and timing of content delivery. Providing online learning, review and examination, self-paced learning has been in use for over two decades.

**Fully-online learning:** This education appears to be the least effective method of learning, since learners need more than a computer to get them through lessons to attain comprehension. In a relatively recent article, Does Online Education Live Up to Its Promise? (Jan. 2019), researchers defend this claim. "Students in online education, and in particular underprepared and disadvantaged students, underperform and on average, experience poor outcomes. Gaps in educational attainment across socioeconomic groups are even larger in online, than in traditional coursework." They further direct the less-effective results related to income and typically public education, "Fully-online programs widen achievement gaps and often are unaffordable, says reports seeking to discourage politicians from pulling back on federal policy protections" (Fain 2019). The authors conclude, "Technology has the potential for creating meaningful opportunities for low-income students, though the risks are too high to aggressively deregulate before more evidence is in about the effectiveness of that technology."

**Pre-college learning:** In another scholarly article entitled Online Learning, Offline Outcomes: Online Course Taking and High School Student Performance, researchers determined that the alternatives to different education learning platforms tend vary with the learning style of the student. "Virtual classes may allow students to work at a more individualized pace. This individualized pacing may help slower learners by allowing them to repeat confusing material until they master it, and it can help faster learners by allowing them to move on when they master material, without requiring them to sit through repetitious explanations."

**COVID-19 and other "in-person" threats**

Most rational minds of all intellect levels can concur that addressing the distance learning model sooner than later will result in the most productive, comprehensive manner of delivering education in the COVID-19 era. Throughout history, personal space has always been the risk factor in whether or not diseases spread. With a social-distanced model in effect, educators and administrators would be creating a means of delivering education in all environments, whether a virus looms, or not.

Simon Moore is an EMT and lead teacher of Coachella Valley High School Health Academy. Jodie Capper is an RN and health academy teacher at CVHS.

Sources: 1) [https://www.imperial.edu/ivc/files/Distance\\_Education\\_Models\\_and\\_Best\\_Practices.pdf](https://www.imperial.edu/ivc/files/Distance_Education_Models_and_Best_Practices.pdf); 2) <https://journals.sagepub.com/doi/full/10.1177/2332858419832852>; 3) <http://mason.gmu.edu/~sprotops/OnlineEd.pdf>

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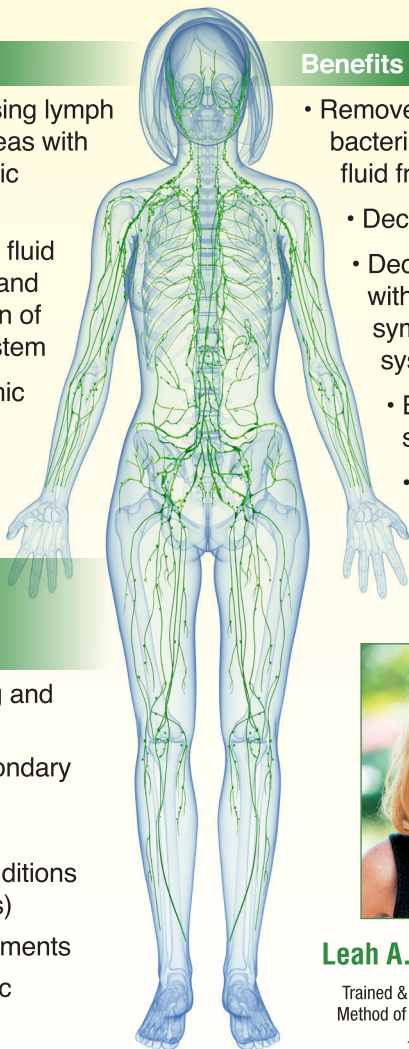
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## Do We Need Electrolyte Drinks?

By Jessica Needle, ND

Electrolyte hydration drinks are big business. The market is valued at \$1.5 billion per year and growing due to increased awareness about health and fitness, along with a desire to avoid carbonated beverages. But before you gulp down a Gatorade or Emergen-C, let's discuss what electrolytes are, whether you need to supplement them and potential negative side effects of these products.

Electrolytes are minerals the body uses to conduct electrical charges, which are necessary for nerve conduction and muscle contraction. They also help maintain the blood's pH balance. Sodium, potassium, chloride, calcium, magnesium, phosphorus and bicarbonate are electrolytes. Sodium and potassium are especially important for initiating nerve impulses. Calcium is needed for muscle contraction and magnesium for muscle relaxation.

During the summer, people often turn to electrolyte drinks to replace the minerals lost through sweating. Sodium is the primary mineral in perspiration. One large study found that 99.4 percent of Americans consumed more than the recommended amount of sodium (1,500 mg) in their diets each day, and concluded that, for the average person, salt in food is adequate to compensate for losses during physical activity. Light to moderate activity such as walking or jogging for one hour or lifting weights in the gym are unlikely to cause electrolyte imbalances, but you should certainly drink water during your workout.

Electrolyte beverages can benefit people who don't like to drink water, preferring the taste of flavored drinks. If you have trouble drinking 2 liters of water per day, go ahead and add a beverage with flavoring to increase your fluid consumption. Also, if you're fatigued while exercising, a beverage or gel with glucose or dextrose can help you perform better. This is not due to the mineral content of the product, but to the carbohydrates providing energy to depleted muscles.

A minor electrolyte imbalance is unlikely to cause symptoms. A more severe imbalance, which can be caused by exercising strenuously for over two hours, second and third degree burns, or prolonged vomiting or diarrhea, can result in fatigue, muscle weakness and cramping, headaches, confusion and convulsions. All of these conditions should be evaluated by a health care professional.

While most people are worried about losing too many minerals, it is possible for the body to retain too many electrolytes in the presence of kidney disease, congestive heart failure, cancer treatment, or certain medications. Too much sodium, a condition called hypernatremia, results in thirst, muscle twitches and possibly seizures. Too much magnesium can cause low blood pressure and heart rate, difficulty breathing and muscle flaccidity. The wrong amount of potassium can lead to irregular heartbeat.

In light of this, it's best to consume the appropriate amount of water each day and eat a diet high in fruit and vegetables, which is where you'll obtain most of your minerals. Avoid strenuous exercise on extremely hot days, and treat any underlying illness which could lead to an electrolyte imbalance.

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

## Steadiness: The Gift of Consistency

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

"However the seed is planted, in that way the fruit is gathered" is a Buddhist saying which seems particularly pertinent to being steady in our practices. It's about showing up consistently and it's during challenging times, such as this global pandemic, that we become aware of what we have harvested based upon choices we've previously made.

What have you been digging into your soil? Is it ripe and juicy or heading for the compost bin?

Practices such as meditation, mindfulness and deep relaxation can have an elusive feeling of "is this doing anything?" I had many false starts in my meditation practice because I didn't fully understand how much it would enhance my life as the end goal wasn't apparent. Well, let me share something with you...there is no end goal; only the present moment, which happens to ripple out into our future moments.



Benefits from mindfulness practices come with practice and consistency.

A profound lesson I had in establishing a long-term daily meditation practice happened in July 2006, when I was studying yoga therapy with a stoic teacher. It was challenging as I had many reasons to not get on my cushion, yet wanting to be a good yoga student, I practiced. Following a break, I returned to the training, saw my meditation teacher and sprinted up to her saying, "I did it! I've meditated every day for five weeks!" As she dryly looked at me, her response was simply, "Okay."

What?! That's it? No pat on the back? No words of "You're amazing, what a fantastic yoga student you have become!" It was a major light bulb moment. The practice wasn't for anything but me. No ego. No glory. And I want to share with you that I haven't missed one day of meditation since that time. Not one. No matter where I am in the world, my daily sitting has seeped into my being so deeply that it is part of who I am. It's as though not doing my daily practice would feel like leaving the house without brushing my teeth.

One main benefit of the steadiness of the practice is that I don't fall apart when things get challenging. It doesn't mean times aren't hard, but my reactions to the stressful times don't tear me apart. I'm able to better surf the waves of uncertainty. And I notice it particularly now. My practice has a sweetness to it that I hadn't noticed before. It's one part of my life that hasn't been impacted by the global pandemic. It's that part of me that is still "normal."

Digging into our yoga soil on a daily basis by undertaking some aspect of our practice - whether it be rockin' a challenging vinyasa practice, taking three mindful breaths, or just laying down on the mat and not doing anything - is where you find the long-term benefits. The support and impact of our practice may not be noticeable and obvious immediately, yet we see a glimpse in moments when we're looking for solace and grace.

Perhaps this is the time to deepen the quality of your practice and welcome, honor and acknowledge the beautiful gift of consistency. Maybe this is the time to find gratitude in the steps you have been taking to enrich self-care and self-love; the art of our individual practice brought forth throughout the millennia.

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

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# Living Wellness

with Jennifer Di Francesco



## Generation Z's Challenge to Hold

Families across America are witnessing snapshots of high school seniors graduating respectfully this year without prom or public ceremonies. The media has focused on Generation Z and the impact this moment has on young adults abruptly finishing school with absent closure and the unknown of how and when college commences.

In many of the current public issues, news reports have shown youth witnessing and responding to adversity, resulting in optimism that this upcoming generation can solve the collective problems existing in our world. This is a heavy burden.

In my household, I live with a Gen Z high school graduate who listens to conflicted communication views. Personally, I have had the pleasure of observing my daughter gain greater vision during the past few months and have cultivated great hope and respect toward the upcoming generation with regard to their ability to exhibit empathy and resourcefulness.

Generation Z is the age group of children born after 1996. For a large majority, the current COVID-19 virus will become a defining moment in their formative years. The economic hardship unleashed will shape their worldview in the same way the Great Depression of the 1930s raised children to become frugal, hardworking adults. In my household, I also live with my mother, who was born in 1934, and she has been instrumental in helping me raise my daughter. Their time spent together sharing similarities of past and present are emblematic of a weaving of threads revealing the past lessons in both hardship and prosperity.



Grandma Roberta and Gen Zer Bella with Kale from the garden they tend together

Even though Generation Z has never known a time absent from digital connection, there appears to be a shift away from the 'Me' culture with young people growing more aware of their environment and how their choices impact the world around them.

During this time spent with my daughter in quarantine, I had the pleasure of witnessing her ingenuity through making daily nut milk, gardening and growing vegetables, making homemade butter, and creating a sourdough starter to make bread and crackers. I had no idea it is tradition to name a sourdough starter, as you would a pet, since it is alive and requires regular feedings. I have witnessed her awe and zeal during all of these experiences and I have learned so much in the process.

These takeaways were confirmed while reading recent publications noting Gen Z's difference from millennials. Gen Zers are a group of Earth stewards looking for societal cues, such as transparency and sustainability.

It is a group coming of age in an era of disruption and upending of tradition. Perhaps the instability causes a yearning for stability and a reverence for rituals. Evidence of change can be witnessed by this generation's recent interest in the protests around the world relative to human rights. This up-and-coming group tends to be highly accepting of diversity in racial and gender terms, caring for the planet and behaving with social responsibility.

There is a collective hope with which we can provide Generation Z rather than the heavy burden of expectation. The next time we see one of these "Genstressed" individuals we can lessen our cynical perception of their relationship with their social devices and accentuate our positivity that they will utilize their connectivity and experience of this multifaceted challenging time to become curators and responsible citizens of the Earth.

COVID Fatigue: Creating Hope and Joy in Uncertain Times

Continued from page 4

poorly performing vacuum and a repair shop that was shut down. By following along with some videos - and fashioning some tools herself - she managed to fix it. She saved money and gained self-confidence in her abilities to survive on her own. Even I have gone that route and studied bicycle repair, so I now feel better able to manage myself on my long cycling adventures.

Being active is a great way to lift your spirits. Maybe you can do leg lifts sitting in your chair, go for a walk on your patio, hike in the mountains, exercise in the pool or dance around your living room. For me, it's riding my bike.

Another source of happiness is to seek ways to be of service. Who could you mentor, who would welcome your hard-earned wisdom, even if it's only by phone for now? Could you help tutor your grandchildren from afar? Volunteer opportunities abound as so many vital non-profits are suffering. Call one up and ask how you might help.

And while you're at it, seriously search for humor of all kinds - it really is a great healing tool. When's the last time you had a genuine, gut-shaking belly laugh? Joy really is all around you if you know where to look. Delight can be felt watching hummingbirds flit around a feeder, listening to favorite music that evokes happy memories, savoring the fun of trying new recipes with someone - even if you're not the cook of the household.

Whenever you do reach a state of joy, stop and notice the physical sensations of elation in your body and remember exactly where you feel them. Using techniques such as hypnosis and neuro-linguistic programming, you can learn to actually memorize those feelings of delight and recreate them on demand. You can choose to begin each morning with a mental rehearsal: a step-by-step moving through your day with gladness and gratitude. You plan dental or doctor visits, so why wouldn't you consciously plan more joyous activities?

Of course, a positive mindset won't stop the stressors that life presents. This outlook isn't about wishful thinking, nor is it about denial. Unwanted events will continue to happen - but you get to choose how you respond to them. This idea is about realizing you can cope with the stresses and fears in life and still nurture hope and joy.

Roger Moore is a medical hypnotherapist at Palm Desert Hypnosis and has been offering both in-office and telehealth services for more than 23 years. You can contact Roger at (760) 219.8079 or Roger@HypnosisHealthInfo.com and visit www.PalmDesertHypnosis.com.

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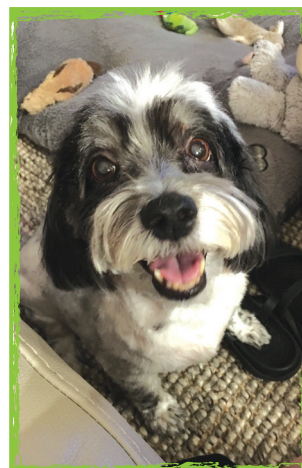
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## Taking Time to Paws and Reflect Lamenting the death of a pet

By Amy Austin Psy.D., LMFT

I was all set to theme this article, “Is there light in the darkness?” when my beloved dog, Havi, passed away on June 8. He had been coughing and had a heart murmur for years, but after X-rays, it was deemed he had multiple issues. I just didn’t expect he would wake up and stumble to crawl next to me, clearly compromised. The next few hours remain a blur.



Dr. Amy’s fur baby Havi

I keep asking myself, why didn’t I kiss him before he passed? Did I love him enough, did I do enough? Of course, when I intellectualize, I fully know the answers to these questions. It’s just that my emotional self hasn’t caught up yet. I still have this deep ache that refuses to subside.

I’ve grieved the loss of pets before, but this time it feels so different. Perhaps when the others passed, I was younger, more resilient, not in the middle of an isolating pandemic, and had kids and/or other pets on which to focus. Havi was my closest friend. He read me like no other, as I did him. Who else would be able to interpret a tiny whimper, a certain pant, that certain look that said, ‘it’s time for dinner and I don’t mean after your TV show’? And, it was evident he took great pride in being so accommodating with my daily routine. I even taught Havi how to ring a bell to go outside in case I was somewhere else in the house. He would gently nudge it which made me smile every time.

Some downplay the loss of a pet. Maybe they are those who never had one. I am sharing my story not to just personalize, but to clinically validate that our pets can be viewed as family members and their loss can create a huge, cavernous hole which may take some intentional time and attention to process as you move on without their daily presents (pun intended). So, here are a few tips for dealing with the loss of a furry love. I’ll also quietly and gently listen to my own advice.

- Losing a pet can feel traumatizing. Give yourself a permission slip to take the time you need to “paws and reflect” to feel and express your emotions.
- It’s okay to talk about your pet, what their life meant, as well as their absence. Many people can empathize having experienced their own pain with pet loss.
- In time, you may decide you want to open your heart and home to another pet. As the saying goes, “Who needs a shrink when a dog is licking your face?” Honor that time frame, but give yourself enough time to grieve. Just remember, a new pet is not a replacement for the pet you lost. Each pet is a new and wonderfully unique being with a whole new set of adorable antics and endless amounts of love to give.

Is there light in the darkness? Yes, even though there are times we can’t see it. In time, Havi’s light will shine bright as will the many beautiful memories. In the meantime, I am in a state of transition, as he has made his.

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.

## Biofeedback: A Non-Invasive Intervention Addressing Stress and Related Illnesses

By Dr. Shari Jainuddin, ND, BCB

The Centers for Disease Prevention and Control (CDC) estimates that more than 75 percent of doctor visits are related to stress while the Occupational Safety and Health Administration (OSHA) and the National Safety Council estimate this number to be closer to 90 percent.<sup>1, 2</sup> Reasons for visits include, but are not limited to, insomnia, fatigue, stomach pain and ulcers, headaches, back pain and heart problems. Not only reporting high levels of stress, but also having a negative perception of the impact that stress has on oneself increases a person’s risk of premature death by 43 percent.<sup>3</sup>

Any way you slice it, the literature and research on stress and its contribution to illness and death is staggering.<sup>2,3,4,5,6</sup>

Biofeedback is a mind-body technique that helps people learn how to mitigate their seemingly involuntary responses to stress and the negative impacts it can have on one’s health. The therapy involves using sensors connected to a device that provides feedback on how the body is reacting. Through biofeedback training, patients can acquire accessible skills to manage their stress response in an effort to build resiliency, reduce current health symptoms, and lower risks for stress-related illness. It is a non-invasive tool indicated to address chronic pain, asthma, mild to moderate anxiety and depression, fibromyalgia, headaches, Raynaud’s syndrome, hypertension, IBS, ADHD, side effects of chemotherapy and TMJ, to name a few.<sup>7</sup> Basically, it can be beneficial in any illness where stress contributes to symptoms.

Using biofeedback, practitioners assess an individual’s stress response through the sensors which monitor changes to heart rate, sweat production, temperature regulation, respiration rate and/or muscle contraction. The sensors connect to a hub that sends data to a software program on the computer, which amplifies and displays it onto the screen. Thus, the biological information of the person is ultimately “fed back” and hence the name.

There are several ways in which people respond to stress, which are categorized as “stress families.” The determination of which stress family a person falls into provides key information that guides a practitioner’s treatment or “training” known to be most effective for that group. The illness or symptoms a person is experiencing can be an indicator as well. Of course, people fall into more than one stress family, but it is common to start with the most apparent one and work from there.

During training, biofeedback can be implemented to assess a person’s progress, assist in educating the patient and for practicing learned techniques. Because stress patterns are acquired and reinforced over one’s lifetime, a series of weekly sessions is standard practice. As with any training, at home practice in between sessions is expected and greatly facilitates the development of these new skills.

Biofeedback is a sustainable approach to health that addresses the root cause of illness, while helping patients become empowered through increased self-awareness and an enhanced ability to navigate the unavoidable stresses of life.

Dr. Jainuddin is a primary care naturopathic doctor and is board certified in biofeedback. She is currently a resident at the Live Well Clinic in La Quinta. For more information, visit [www.LiveWellClinic.org](http://www.LiveWellClinic.org) or call (760) 771.5970.

References available upon request.

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## Speaking from a Heart-Centered Place

By Dipika Patel

Times are tough and the rawness of reality can be both cruel and surreal. With the uncomfortable dysfunction of the present and our unknown future, we have come to realize something needs to change, transform and transcend. It cannot go back to the way it was, as the way it was lends itself to why we are here in the first place.

During these past few months, we have seen a lot of hate, hurt and resentment stemming from the past; from generations and ancestors that preceded us. Clearly these feelings and experiences have not been healed and are showing up in our current life experiences today. This will influence and impact our future if we are not cognizant of what we, as individuals, are doing to impact our own life and those around us.

In times like these, using our voice thoughtfully and with intention is imperative. This is attained by going within, being quiet, listening to your heart and understanding the situation from the heart, not the mind.

The mind is where you form opinions based on what you perceive to be truth; however, you can deceive yourself by forming an opinion solely from the intellect. This is not about what we have been taught over the years of right or wrong, left or right, red or blue and black or white. When you are able to go deep within, you are getting to know yourself, accept yourself and transform yourself. Get clear on your values, your core beliefs and what you are really here to do and be.

Being able to articulate your thoughts and feelings will take courage, strength and a deep connection to your heart like you have never had before. By doing this, you will take responsibility and be accountable for your part in your life - and your outcomes.

If you are struggling with negative thoughts and behaviors, whether it is within yourself or from your outside world, I recommend a process I use with clients called Freeze-Frame from The HeartMath Solution: Proven Techniques for Developing Emotional Intelligence by Doc Childre and Howard Martin. This process helps individuals to practice effective communication from the heart by providing a major shift in perception to a more heartfelt place.

As Maya Angelou once said, "I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you make them feel."

Being able to speak from a heart-centered space requires making a clear distinction between your thoughts (mind) and your feelings (also mind). Slow down, take a deep breath and ask your heart what it wants. You will then become very clear with what you really want to say, be or do.

Dipika is a Holistic Health and Lifestyle Coach who empowers clients to activate a balanced lifestyle of the mind, body and soul. She can be reached at [dipika@dipikapatel.life](mailto:dipika@dipikapatel.life) or [www.loveyourlifehealthy.com](http://www.loveyourlifehealthy.com). For information on Freeze-Frame visit [www.HeartMath.org](http://www.HeartMath.org).

### Is It Age-Related Memory Decline or Dementia?

Continued from page 5

information.

**Dementia:** The decline in the speed of processing mental information interferes with the capacity for daily functioning and carrying out everyday tasks.

#### Motor Skills

**Age-related decline:** There is a decline in motor speed capacity.

**Dementia:** The decline in motor skills interferes with daily function capacity such as driving, utilizing tools, etc.

#### Spatial Capacity

**Age-related decline:** There is a decline in the ability to perceive objects in space or there is a decline in spatial memory.

**Dementia:** The decline in spatial capacity influences everyday functioning. For example, the individual may have difficulty finding new places or drawing a map for someone.

#### Memory

**Age-related decline:** Capacity to retain memories of remote and past events is preserved, while capacity for recent past or forming new memories declines.

**Dementia:** There is often the presence of amnesia - memory deficits that influence daily functioning because the patient forgets daily scheduled activities,

keeping up with medication regiment, remembering instructions, keeping up with bill pay, keeping up with financial obligations, etc.

#### Language

**Age-related decline:** Capacity for vocabulary remains constant, while capacity for word finding (recalling words to complete conversations) and capacity for name finding (recalling names of people and objects) declines.

**Dementia:** Patients often experience aphasia - speech impairment that could be receptive and/or expressive based on the type of dementia. For instance, the patient may have difficulty following directions, understanding and responding in conversations, difficulty with reading and written language, etc.

If you are experiencing memory issues, contact your primary care physician for a comprehensive neuropsychological assessment referral to determine if your memory deficits are age-related (normal) or related to dementia, so an appropriate treatment plan can be formulated with specificity.

Dr. Nettimi is a neuropsychologist in Rancho Mirage and a member of Desert Doctors. He can be reached at (760) 776.6543 or [www.DesertDoctors.org](http://www.DesertDoctors.org).

### Treatment Options for Knee Arthritis

Continued from page 5

#### Injections

Injections come in a plethora of different "flavors," including steroid, Hyaluronate (lubricating gels), prolotherapy and orthobiologics, such as cell therapy and even your own platelet rich plasma. A common type of injection is steroid which can be injected into almost every synovial joint in the body. Steroid injections reduce inflammation in the direct problem area, effectively alleviating pain and maintaining joint function. In-office ultrasound can provide a more precisely guided injection, leading to more successful outcomes.

#### Alternative Methods

Alternative therapies have dramatically expanded in the recent years, thanks to collective research and creativity of allied health care professionals. Some of these methods include, but are not limited to, acupuncture, cryotherapy, shockwave therapy, sports massages, supplements and chiropractic services. We hope more evidence-based literature is coming on these methods; however, they do show potential benefit with low risk for treating knee osteoarthritis.

#### Surgery

Sometimes, these less invasive methods do not work well for a patient and surgery is the best option. Conservative to aggressive treatments should be exhausted before opting for a surgical approach. Speak with your doctor about whether or not surgery is the right path for you.



There are many non-surgical approaches to alleviating knee arthritis.

Treatment plans are certainly not "one size fits all," rather providers seek to find the best fit for the individual. The success of the patient's treatment depends not only on which route a patient decides to take, but also on the cause of the pain. If you have knee arthritis, be sure to explore the many possibilities that are available today.

Dr. Sickinger is owner and physician at Advanced Center for Sports & Musculoskeletal Medicine. For more information, contact their Palm Desert office at (760) 636.1067 or the San Clemente office at (949) 388.1060, or visit [www.SportsandMSKmedicine.com](http://www.SportsandMSKmedicine.com).

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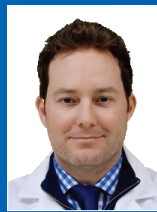
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## THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



### When the Going Gets Rough, Check in with Yourself

2020 has been challenging. These months of sheltering in place, cessation of our normal social activities and extra worry have increased anxiety and stress. In addition, there is a sense of uncertainty along with an extra expenditure of effort to get things done. Whether you have been working harder than previously or isolated from your support group, it is likely you may have felt more overwhelmed or uneasy in these past few weeks.

Many coping strategies and options for self-care at home and on the job have been circulating recently in the media and online. However, I often find some of these activities are tiring and in the midst of higher stress times, I need support in a more immediate and simple way.

I would like to share an easy, check-list system that has helped me and my staff during this time. We call it the **SWEEP**. The premise with this self-check-in process is, if our basic human needs are not met, then we are not able to be most present and effective in our work or at ease with ourselves and others. So, whenever you are feeling overwhelmed, agitated or irritable, or notice you just can't stand another hurdle or interruption, ask yourself these questions:

**SLEEP** - Have you had adequate rest, and if not, can you do anything to change this? If you have not had enough sleep or it is late in the day, many times delaying intense conversations, or choosing to manage your energy until you can get some sleep, is more effective than proceeding.

**WATER** - Are you hydrated? One of the easiest things to do to be compassionate with yourself is to get a drink of water. We generally need at least eight glasses of water each day, and when we do not get this, we are more prone to headaches, fatigue and mis-represented hunger.

**ELIMINATION** - Do you need to go to the restroom? If so, do it. Our brain has to keep track of any nagging need or sensation in the body, so if you are "holding it," you are wasting valuable brain power. Can you recall the image of a little child wiggling and fidgeting when they need to go to the bathroom? Well, as adults we have trained ourselves out of doing the "potty dance," but the mental distraction still occurs.

**EAT** - Have you eaten, or are you out of fuel? Nourishing your body, especially with healthy, nutrient-dense, beautiful food is not only an act of kindness but a necessary main-stay to allow you to continue giving and living. My family and staff all know that if I'm getting cranky or have just been on a run of taking care of others, I welcome a friendly reminder to eat.

**PAIN** - Are you in pain? Some people live with chronic pain all the time and others have times when pain comes and goes, but in both cases, pain makes us less able to be reasonable and effective. Even if the pain cannot be alleviated, often there is something that can be done to ease the experience.

The first step to manage even the un-changeable is to acknowledge that it exists. And with the SWEEP, there is usually something you can shift or do to help yourself regenerate and keep going.

Jeralyn Brossfield, MD, is the founder and physician of XO Health and medical director of Brain Treatment Center both in Rancho Mirage. She can be reached at (760) 573.2761 or [www.BrainTreatmentCenter.com](http://www.BrainTreatmentCenter.com) and on Facebook @XOHealth.

## Addressing Suicide Prevention

### Sharing my story to inspire others

By Kathleen O'Keefe-Kanavos

Suicide has surpassed car accidents as the number one cause of injury-related deaths in the United States, especially for cancer patients and teens.<sup>1,2</sup> What if we could change that?

Integrative medicine expert Deepak Chopra, MD and a collaboration of mental health experts and activists have launched the Never Alone Summit to bring awareness and solutions to this detrimental issue which plagues all ages, sexes and socioeconomic levels.

One of the many events taking place included a Facebook Live presentation on May 9, the "I Am Never Alone Global Summit" featuring 24 speakers including Marianne Williamson, Bernie Siegel, MD and Dr. Chopra, and hosted by activist Gabriella Wright and director Michel Pascal.

The call from Reverend Dr. Temple Hayes inviting me to be a part of this virtual event left me with feelings of both purpose and doubt. Why do I deserve this honor? Perhaps because cancer patients often have suicidal thoughts, and I'm a three-time survivor. Could I...would I...dare to bare my soul on a worldwide live-streaming event? The idea of sharing my dream about monks who saved me from myself was both invigorating and frightening. "What if they think I'm crazy and need to be on meds, not on their event?" I thought, but, graciously said, "Yes! Thank you."

During my segment, one question asked was, "What's your unique solution to help people feel better mentally and spiritually in life?" As a dream expert, my answer was simple, "Connect with spiritual guidance through dreams, prayer and meditation."

I went on to share my story...

When diagnosed with a 9x11 cm breast

cancer recurrence, my fear of slow death, needles and hospitals made me feel trapped and I considered suicide. Then something miraculous happened. After crying myself to sleep, I had a dream. Three Franciscan monks looked down at me. "I know why you're here," I said. "I'm dying. Warn God that I have some big bones to pick with Him."

"Don't you remember?" one monk asked. "Remember what?"

"Before your birth, you told us you wanted to live when miracles were ignored and science was worshiped to prove that sometimes science only goes so far, then comes God. We said we'd be with you. You're not dying."

"What the heck was I smoking when I said that?!"

They laughed and walked out of my dream. That was 20 years ago.

Our darkest hour can be a defining moment if we realize we are not alone and choose to use our difficulties to help others.

Suicide is a perceived escape for people feeling trapped and the second cause of death in America for children and adults ages 10-34.<sup>3</sup> If you are in crisis, please call the toll-free National Suicide Prevention Lifeline at (800) 273.TALK (8255) or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

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. Her interview can be seen at [www.KathleenOkeefeKanavos.com](http://www.KathleenOkeefeKanavos.com). For more information on the Chopra summit, visit [www.NeverAloneSummit.live](http://www.NeverAloneSummit.live)

Resources: 1) <https://www.businessinsider.com/suicide-is-now-the-number-one-cause-of-injury-related-death-in-the-us-2012-9>; 2) <https://europepmc.org/article/med/6678086>; 3) <https://www.nlm.nih.gov/health/statistics/suicide.shtml>



## Power Up Your Cells to Reverse Disease

What we have learned from Terry Wahls, MD

By Megan Stone, DO

Sometimes it takes a personal struggle and a hero emerging from it, to teach the rest of us (doctors included) that we can and should do better when it comes to our health.

Terry Wahls, MD, founder of the Wahls Protocol, did not seek to practice medicine in a way other than how she was trained. In fact, she was already a superstar - competitive athlete, successful physician, mother of two...why rock the boat? Come to find out, sometimes the boat rocks us, and then it's sink or swim. Dr. Wahls chose to swim and, thankfully, has gone on to teach thousands of others to do the same. When hope seemed impossible, this hero found a way.



Dr. Wahls post protocol (Photo by Jonathan David Sabin)

Twenty years ago, Dr. Wahls was diagnosed with multiple sclerosis. A difficult diagnosis, even for a physician with the world's greatest care at her disposal. Despite her knowledge and resources, her deterioration threatened to take her career and life. After many setbacks and hours of research, Dr. Wahls finally realized her body needed an intense number of vitamins, minerals and nutrients that she wasn't getting from her diet. She also needed specific detoxification processes to rid her body of toxins that her particular genetic make-up wasn't allowing her to eliminate. She started strengthening her body in effective ways such as electrical stimulation (e-stim). Lastly, she learned how to manage her stress and create emotional resilience. Dr. Wahls eventually went from wheelchair-bound to riding a bike.

While the protocol takes effort, the message is simple: take away what's bad and replace it with what your body needs. Your cells control the chemistry of your life, and the better we fuel those cells with nutrient dense foods, the greater health we experience. Put very simply in her book: "It all comes down to the cell, because when cells malfunction, eventually organs malfunction. When organs malfunction, eventually you malfunction."

Our cells contain the powerhouse of the body, mitochondria. Mitochondria is not a common household term, but it should be, because they provide the energy needed for your entire body to function properly. When mitochondria are fed 'junk food,' they perform like junk. When they receive nutrient rich foods, they are at your beck and call.

As a physician, I never learned anything in all of my years of training that was so common sense. While originally developed for MS patients, Wahls's principles can be applied to all types of autoimmune diseases.

We can all benefit from learning about the hero's journey of Dr. Wahls. If you have been diagnosed with an autoimmune disease, or simply want to bring your body to optimal health, following the Wahls Protocol is a great start. A functional medicine physician certified as a Wahls Protocol practitioner can help you work through the barriers to lifestyle changes and perform functional medicine labs that will give insight into your hormonal, nutritional and detoxification needs.

As Dr. Wahls states in her book, "It's never too late to turn your cellular dysfunction around."

Dr. Stone is a family and functional medicine physician and founder of Stone Functional Medicine in Palm Desert. She is a Wahls Protocol Certified Practitioner and can be reached at (760) 350.6988 or [www.stonefuncmed.com](http://www.stonefuncmed.com).

## Bioidentical Hormone Replacement Therapy: Creams or Pellets?

By Leita J. Harris, MD

Merely using a bioidentical hormone replacement therapy doesn't guarantee lasting health benefits; it's a lot more complex than that. Equally important is selecting the right delivery method—meaning the way in which the hormones enter the body and find their way to appropriate receptors to perform their work.

Not all bioidentical hormone treatments can effectively achieve these things. There is no magic pill, potion, injection or patch that can instantly solve hormone deficiency and create an internal homeostatic environment. However, in my practice, I have found the pellet delivery system, which more closely replicates the body's way of doing things, to be the closest. This entails using the bloodstream to provide a natural, stable, and continuous flow of just the right amounts of hormones when needed.

While some hormone replacement methods may temporarily improve symptoms like hot flashes or night sweats, these delivery systems cannot achieve the hormonal balance you need for the long term. As much as symptom relief can be a blessing, you really need more.

Returning women and men to a "normal" (meaning what's normal for that individual) physiologic state with the goal of achieving a state of hormonal equilibrium (homeostasis), not just treating their vaginal dryness or erectile dysfunction, is true optimization. The recreation of this natural state requires a delivery system that communicates with the pituitary and utilizes the pituitary hormones to regulate levels of bioavailable sex hormones in the bloodstream. This is nature's perfect means of production and transportation, so why not emulate it? It only makes sense.

**Creams.** The popularity of topical (transdermal) hormone creams and gels is growing and while there are many benefits, there are also issues to consider. On the plus side, topical creams and gels are both bio-identical and easily absorbable. Using a custom-compounded prescription allows the body to absorb hormones directly into the blood stream bypassing the gastrointestinal system and liver and many of my patients find this to be adequate for them as it gives them more control.

The downsides of creams include the following:

- Topical creams and gels are not bioavailable when needed; they are not time-released around the clock. Instead, they produce a "roller-coaster" effect of hormonal ups and downs that may cause variable or unstable symptom control.
- Determining the required dosage may be a challenge because of unpredictable absorption. How much someone needs is assessed by symptom control and/or

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test results so finding the right level for someone may take time.

- Hormone creams and gels must be used very carefully. They are absorbed into the skin and stored in subcutaneous fat cells which can then spill back into the system causing a progressive overdosing after months of use, thus a need to rotate the application site.
  - Skin-to-skin contact can cause harm to others, including children and pets.
  - Topical testosterone may cause application site hair growth.
- Pellets.** Some of the downsides of pellets include:
- Once the pellet is inserted, it cannot be removed. You must wait until the hormones in the pellet have been fully released, although the dose is generally adjusted at subsequent insertions (every 3-6 months) depending on the patient's response, blood results and side effects.
  - Insertion entails a minor procedure using an anesthetic and the site takes a few days to heal. There may be soreness and bruising.
  - Complications are very rare, but include hematoma (blood clot in procedure site) infection and pellet expulsion.

Understanding the difference between options is imperative and will allow you to make the best choice to achieve symptom control, hormonal balance and homeostasis.

Dr. Harris is an integrative gynecologist specializing in bio-identical hormones and founder of Nurturing You Women's Health & Wellness. She is also a certified physician for SottoPelle hormone pellets and can be reached at (844) 845.8737.




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FUNCTIONAL MEDICINE WITH KINDER FAYSSOUX, MD

### Sleep Initiation, Sleep Latency or Both?

Sleep is important for many reasons. During sleep our brain is hard at work cleaning up and organizing all of the activity from the day. The ideal amount of sleep for longevity, decreased risk of cardiovascular and other chronic diseases like Parkinson's and dementia is 7 to 9 hours.

Many people struggle with sleep issues and it is important to dig in and unroot where the problem lies: is it sleep initiation? sleep latency? or both? Sleep initiation is having trouble falling asleep and sleep latency is having trouble staying asleep or achieving deep levels of sleep. Sleep initiation tends to be related to anxiety, elevated cortisol levels, exercising too close to bedtime, caffeine intake, temperature, screen time, inadequate morning light or decreased natural melatonin production. Sleep latency can be caused by excessive ambient light, screen time, alcohol use, bedroom temperature, pets or children in the bed, hormonal imbalances, prescription medications and nighttime urination. I often hear patients say, "it's normal to get less sleep as you age," but that isn't entirely true; regardless of your age, you should be able to get very close to the recommended hours of sleep.

Common supplements that can help with sleep initiation are melatonin, valerian root, passionflower and lemon balm. Common supplements that can help with sleep latency are glycine and l-theanine. Honokiol or dihydrohonokiol-B (DHHB), derived from magnolia bark, can work for both. You should check with your physician prior to trying these supplements, especially if you are on any other prescription medications, but generally speaking, they are safe substances. Tylenol PM or Nyquil should not be used for sleep as they have many other ingredients in them besides the antihistamine, usually Benadryl, which is putting you to sleep. However, I also don't recommend patients use Benadryl or antihistamines alone as a sleep aid as there are other side effects of those medications that can make sleep worse; the most common being increased nighttime urination.

Other activities that are conducive to restful sleep are meditation and gentle stretching or yoga before bed. Another recommendation supported by science is to do a controlled sleep deprivation for 24 hours in order to reset the sleep cycle. If your sleep pattern is off, stay awake for 24 hours, and then go to sleep between 9 and 10 p.m. to reset the cycle and maintain this bedtime. Excessive napping also can interfere with a solid sleep routine.

Often overlooked, another easy fix is to review your prescription medications. For example, if you take a medication that makes you urinate more, ask your doctor if you can take that medication in the morning instead of the afternoon or evening to decrease the likelihood that you will need to urinate in the middle of the night. Reviewing the sleep-disturbing effects of all your prescription medications is paramount.

Sometimes prescription medications are necessary to help with sleep, but they should primarily be looked at as a temporary solution for most. There is no consensus as to whether they produce deep sleep at a level that is beneficial for health. Also, some of these products, particularly benzodiazepines, steeply increase your risk for dementia - even with occasional use. That being said, occasional use of prescription sleep aids can be necessary at times to reset and regulate the sleep cycle.

Dr. Fayssoux is an integrative primary care practitioner with Ohm & Oot Wellness Medicine in Palm Desert and can be reached at (760) 469.9900. For more information visit [www.KinderFayssouxMD.com](http://www.KinderFayssouxMD.com).

#### Prescribing Life

Continued from page 1

nutrition and lifestyle were the cause of most chronic diseases, and that those diseases were reversible with change." First he healed himself, and then he started healing his patients without drugs. Teaming with physiologist Arnel Sator, PTA, Scherger has recently formed Restore Health Disease Reversal in Indian Wells while still practicing primary care at Eisenhower Health.

Megan Stone, DO of Stone Functional Medicine in Palm Desert also worked as a family medicine doctor prior to starting her functional practice. "I started to realize there's got to be something more to medicine than just waiting for disease to show up and then repeatedly treating it the same way, hoping it wouldn't get worse," she says. "We (the medical community) were missing the boat when it comes to keeping people well. Studying functional medicine has completely changed my view on how I approach both disease and health with my patients." She is proud to be a part of the growing movement of doctors changing the landscape of how medicine is practiced. "Even better, I help empower patients to take their health back."

"Anyone distressed about the state of health care in America need look no further than this inspiring community of integrative physicians for hope," says Yadim Medore, Founder and CEO of Pure Branding which conducted the 2017 physician study. "These cutting-edge doctors are at the forefront of a paradigm shift in medicine..."

#### How are functional medicine appointments different?

The report states that on average, integrative doctors spend at least twice as much time with their patients than conventional doctors. They standardly review not only medical history, but also foods, supplements and possibly the mind-body practices applied (or not) to help manage stress. They review current medications and labs and may request additional, more in-depth labs before recommending diet adjustments and supplements. Mind-body practices may be discussed, along with appropriate exercise that works for their patient's current physical state.

#### Are costs covered by insurance?

Most functional medicine practices do not accept insurance or Medicare. Labs are standardly covered and office visit invoices can sometimes be submitted to insurance companies directly by patients for reimbursement.

Investing in your health is certainly a conundrum at a time when insurance costs continue to rise. But as we are learning, those with underlying chronic conditions are experiencing worse outcomes in this pandemic than those without. You simply need to ask yourself what you are willing to pay for better health because in the end, it's really all that matters.

Lou Alcalay, 90, of Palm Desert has worked with Sator and Scherger of the Restore Health team individually for several years. "When I first started, I could hardly walk," he says. "They changed my diet and put me on a balance and exercise routine and look at me now! I feel better than I did at 70."

Lauren Del Sarto is founder and publisher of Desert Health and can be reached at [Lauren@DesertHealthNews.com](mailto:Lauren@DesertHealthNews.com).

References: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5798200/>





# Most Chronic Disease is Reversible

## Functional medicine is leading the way

By Joseph E. Scherger, MD, MPH and Arnel Sator, MS, PTA

Chronic diseases are a recent part of human history. In the past, people only went to healers, physicians or hospitals when they became sick, generally due to infections, injuries or other maladies. Even cancer was very rare in the past as described by Mukherjee in *The Emperor of All Maladies (2010)*.

The concept of chronic diseases emerged in the 1970s with high blood pressure (hypertension) being the first, and while type 1 diabetes (a complete lack of insulin) became understood in the early 20th century, the far more common type 2 diabetes (due to excess carbohydrates and insulin resistance) emerged with the more recent epidemic of overweight and obesity. Autoimmune diseases were known in the past, but exploded in frequency in the 1970s, creating a new medical specialty: rheumatology. High cholesterol became recognized as a disease in the 1980s.



Nutrition and lifestyle changes can erase chronic disease.

Chronic diseases are often referred to as Western diseases as they commonly appear in more affluent and industrialized populations. But affluence and industry do not lead to disease; the lifestyle that commonly goes along with them does.

Recently, we have learned that all these diseases are reversible through lifestyle change which can enable people to get off most medications and erase chronic diseases from their active medical history. Utilizing nutrition and lifestyle to combat disease is the basis for functional and integrative medicine and this specialty is on the rise.

### There are six elements to a healthy lifestyle:

1. Nutrition: the most important factor - estimated at 80 percent
2. Physical activity: both movement and strength
3. Stress management
4. Healthy restorative sleep
5. Social connections
6. Spiritual dimension: having meaning and purpose to life

While chronic diseases number in the hundreds, they can be grouped into six categories:

### Bones, joints, strength and balance

Our modern lifestyles may give us greater longevity, but our healthy years (healthspan) is in decline. Our muscles and our skeletal aging tend to cause many reversible problems. Fortunately, biodensity and power plate technologies are effective in naturally restoring strong bones and reversing osteopenia and osteoporosis. Drugs do not do that. Strength training and balance work also can help turn back your physical clock many years.



Mind and body solutions are necessary to combat diseases of stress.

### Diseases of carbohydrate overload

Our modern American diet and culture are loaded with sugar and refined carbohydrates that have made the majority of Americans overweight with an elevated blood sugar leading to dementia and many other problems. About 40 percent of Americans are obese with excess body fat as stored energy. A healthy diet of superfoods such as healthy fats, protein and low carbohydrates can reverse overweight, obesity, prediabetes, type 2 diabetes, high cholesterol, fatty liver and metabolic syndrome. Exercise and stress reduction also help this process.

### Diseases of inflammation and unhealthy gut microbiome

Inflammatory proteins and fats in common foods can cause systemic inflammation and an unhealthy gut microbiome (dysbiosis) which may lead to acid reflux, irritable bowel syndrome and inflammatory bowel disease. Our stomach acid is good for us and the drugs to reduce stomach acid harm us in the long run. The entire spectrum of autoimmune diseases originates in the gut as a result of dysbiosis and small intestinal bacteria overgrowth (SIBO). These conditions can be reversed through healthy nutrition and supplementation.

### Diseases of stress

Life today is stressful for most everyone. Achieving a life controlling stress is an important skill that can be learned resulting in equanimity during the day and natural restorative sleep at night. Mind and body solutions for stress reduction and optimal mental health are necessary to combat the diseases of stress such as hypertension (high blood pressure), anxiety and depression.

### Cancer remission

While cancer occurs for many different reasons, once it exists it is a metabolic disease. It must be fed and nurtured to cause disease and death. Much has been learned about maximizing your chances for cancer remission and full recovery with diet and lifestyle leading the way.

### Anti-aging

We also have learned much about the biology of aging. We are designed to age and die and with our modern diet and lifestyle we accelerate this process. On the other hand, your biologic life can be extended by adopting new practices using diet, lifestyle, and supplementation to delay the processes leading to aging and death.

Chronic disease is reversible and functional medicine strives to do just that by promoting health rather than treating diseases with drugs and procedures. Using the latest science, practitioners work with clients to reduce or eliminate medications by prescribing nutrition and lifestyle factors. All six elements of a healthy lifestyle are addressed in every person and whenever possible, real foods are used over supplements.

Joseph Scherger, MD, MPH and Arnel Sator, MS, PTA are co-founders of Restore Health in Indian Wells. For more information visit [www.restorehealth.me](http://www.restorehealth.me) or call (760) 408.2720.

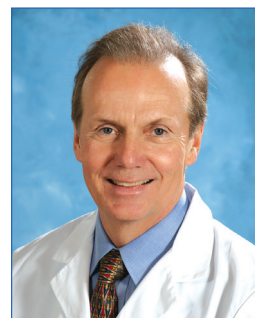


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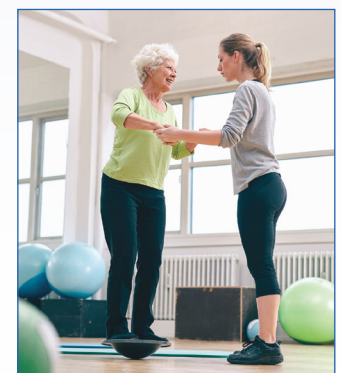


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**Your Health Matters**  
with Janet Zappala



**Beauty Superhero Retin-A**

The iconic fashion designer Coco Chanel once said, "Nature gives you the face you have at twenty. It is up to you to merit the face you have at fifty." And, of course, beyond.

Most of us realize that a diligent skin care routine is a must if you want to stave off the effects of aging. And although dramatic results don't happen overnight, there is a go-to product that many reach for to expedite getting those amazing results: Retin-A (tretinoin).

Originally developed to treat acne, doctors eventually discovered that the powerful prescription cream also promotes collagen synthesis, thus helping with firmness and elasticity. "A lot of people think that Retin-A thins the skin, but over time it actually thickens the skin by stimulating active collagen production," says Mary Fishenfeld, a registered nurse, and aesthetic laser specialist at the Helton Skin & Laser Institute in Newport Beach. According to Fishenfeld, a good retinoid will increase cell turnover, which also helps to even texture and minimize wrinkles.

Retin-A, the superhero retinoid, as some refer to it, can deliver dramatic results relatively quickly, but it's not a one-and-done type treatment. To reap the anti-aging benefits, Fishenfeld says, you'll need to use it regularly. "Consistent use will continue to help shed dead skin cells, increase collagen, and promote a healthy complexion." While it does come in varying strengths from .25 mg to 1 mg, she cautions that because prescription-strength Retin-A is so strong, some skin types, especially those with sensitive skin, may consider something more gentle such as retinols, "the little sister of Retin-A," as Fishenfeld calls them. "While both are vitamin A derivatives, retinols are found in many over-the-counter beauty products, and while they're not as strong as Retin-A, they can be very effective."

As for Retin-A, the initial effects can be harsh. Fishenfeld says, "It is an acid and gets the skin to turnover, so at first it's normal to experience redness, irritation, and flaking. Usually after a few weeks, your skin adapts and the irritation subsides on its own." However, if you're too aggressive, adds Fishenfeld, things can go sideways quickly. "You could develop an allergy and cause dermatitis, a rashy type of reaction. Better to go slow and steady and follow the advice of your doctor." You also want to avoid using this product too close to your mouth, nostrils or eyes.

With summer in full swing comes a warning about the use of retinoids and retinols, which both make skin much more sun sensitive. "If a patient has been using Retin-A over a prolonged time, it should be fine to continue applying at night, and making sure to wear sunscreen every day," says Fishenfeld. "However, we don't recommend starting any kind of Retin-A treatment during the hot summer months; better to start when it's cool, if it's an option."

Retin-A, or any retinoid or retinol isn't for everyone, especially pregnant women as the ingredient has been linked to birth defects in mice.

The bottom line, use common sense, know your skin type and remember that about 80 percent of aging is due to prolonged sun exposure.

Janet Zappala is a certified nutritional consultant, an Emmy-award-winning anchor and reporter and the creator and host of Your Health Matters. Find her on Facebook @JanetZappalaYourHealthMatters.

**Preparing to Visit Someone with Dementia**

Provided by Alzheimers Coachella Valley

Often, friends and family members stop visiting a loved one with dementia because they don't know what to say or do. Planning ahead for a visit can help create a positive experience and alleviate stress for both the patient and visitor.

For caregivers, when having visitors, limit to one or two people at a time. Too many people can be overwhelming. Schedule visits during the time of day when your loved one is at their best. Minimize distractions by keeping the environment calm and quiet. Turn off the TV or loud music.

Here are some ways families and friends can prepare for a better visit:

**Adjust to your loved ones, not the other way around**

"The adjustment in your communication needs to be made 100 percent by the person making the visit," according to dementia care specialist Vivian Green Korner. "You need to live in their world and not expect them to come into yours. Conversations may become less intellect-to-intellect and more emotion-to-emotion."



Encouraging activities can have a positive emotional impact that can last longer than memory of the visit.

Your supportive, encouraging visit can change that person's feelings and behavior creating a positive emotional impact that often lasts longer than memory of the visit.

Focus more on what abilities the person still has such as memories from decades ago, the ability to respond with humor in the moment and connecting to music.

**Engage in the moment and use concrete objects**

"Visits are all about engagement," said Korner. "Living in the moment is what happens when you work with people who have dementia."

Use concrete objects to start a conversation. For example, if you have some pictures from years past, select a few or bring an album to your visit. Sometimes people are able to recall specific names or events by seeing photos.

Consider bringing a picture book of a favorite hobby, place they love or a time in history they lived through. Perhaps include a toy, game, a special food treat in your reminiscence box. And don't forget music!

**Connect through eye contact and touch**

Smile when you walk in the room. Make eye contact with the person, stay at their eye level and introduce yourself, as they might not be able to place you. Speak slowly, in short sentences, and give them extra time to speak or answer. Use open-ended

Continued on page 22

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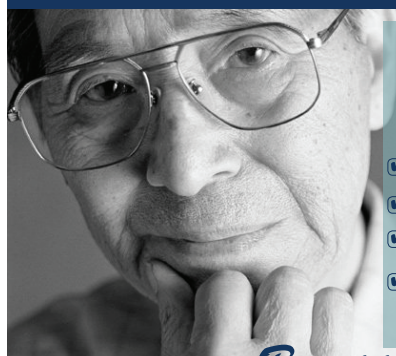


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## Farm to Front Door

*Fresh idea delivers produce and paychecks*

By Lauren Del Sarto

What happens when your livelihood comes to a screeching halt? You learn to pivot.

That was the advice which inspired Palm Springs restaurateur Tony Marchese of Trio to think outside of the box. "With the pandemic, my business coach told me, 'You need to pivot. Your business is closing and you need to do something else.' And then I thought of Mark."

His friend Mark Tadros, a La Quinta native and family date farmer with Aziz Farms, was thinking the same. "You don't realize how reliant the produce sector is on food service until it's gone. In addition, people's shopping habits were changing as they were stocking up on items and not necessarily thinking of fresh produce. These two factors equated to a problem. And then Tony called."

Considering their assets, Mark with a network of farm-fresh produce that needed a home and Tony with staff he hoped to support, they came up with the idea of a fresh produce delivery service. In a survey of Trio's database, 84 percent said they would support the idea and CV Harvest Box was born.



The contents of a CV Harvest Box are a welcome surprise each week.

I'm a big fan of the service which delivers a variety of freshly-picked produce directly to your front door and is a win-win on many fronts. "We work mainly with small to medium farmers who planted long before all this began and have lost their complete supply chain. This gives them the outlet to sell their product at a fair market value," says Tadros, and Marchese continues to support his team. "My catering manager is coordinating deliveries and many of our waiters are now drivers."

The biggest winners are consumers who receive their deliveries each Friday. You never know what you are going to get and items vary from fresh vine tomatoes, crisp corn, potatoes or beans to living herbs, fresh lettuce, microgreens and more exotic

Continued on page 21

## Rosemary and Garlic Flaxseed Loaf

By Dipika Patel

With our current crisis, I have personally chosen to take better care of my overall health. However, it's difficult to be a foodie and make healthier choices, especially when you're emotionally governed by the chaos in today's world. And it seems that during these uncertain times, my need for simple carbs subconsciously increases. If I don't consume nutritiously dense foods, my automatic need to have simple carbs, such as bread, is inevitable. My current low-carb health practice is to eliminate simple carbs and to create healthier habits. Thus, I get that fix through making alternative choices.

So, for those of you also craving the comfort of bread without the carbs, I am delighted to share this delicious loaf recipe with you! I also use this recipe to make burger buns and other types of bread. For this recipe, you will need a mixing bowl, large spoon and 1.5-pound loaf pan (10"x5")

- |  |   |
|--|---|
| <b>Ingredients:</b>                            | 1/2 teaspoon salt   |
| 2-1/3 cups + 1 tablespoon golden flaxseed meal | 2 garlic cloves, finely sliced  |
| 3/4 cup warm water + 1 tablespoon              | 1 tablespoon fresh rosemary leaves  |
| 1 teaspoon baking powder                       | Garnish with sesame seeds and poppy seeds                                 |
| 1 teaspoon baking soda                         | (Optional) sunflower seeds, choice of your favorite nuts, dry fruit, etc. |
| 1 teaspoon apple cider vinegar                 |   |

- Directions:**
1. Preheat the oven to 400 F
  2. Put golden flaxseed meal and all other dried ingredients in a medium bowl and stir to make sure it is mixed.
  3. In a separate container, mix water and apple cider vinegar.
  4. Pour the water and apple cider vinegar mixture into the dry ingredients and stir well (You will notice that the mixture will seem watery, but it will quickly transform into a dough-like consistency as the flaxseed meal starts to absorb the water.).
  5. At this point, the dough will have expanded and formed into a dough ball with a smooth outer surface (Do not over-knead/mix the dough; handle it as little as possible.).
  6. Place the loaf into a greased (or parchment paper-lined) loaf pan.
  7. Mist with water and sprinkle some seeds on top. (I use a mix of flaxseeds, sesame seeds and sunflower seeds). Gently press down on the seeds with your palm to make them stick better.
  8. Bake the bread for 60 minutes. The crust should be golden brown (if using golden flaxseeds).
  9. Remove the bread from the oven and let it cool inside the loaf pan for 10 minutes. Transfer the bread on a cooling rack, and let it cool completely before slicing.
  10. Store the flaxseed bread in an airtight container in the refrigerator for seven days. For longer term storage, freeze in an airtight container for up to three months. I like to slice the bread prior to freezing, but you can freeze the whole loaf as well.



Note: When baking with flaxseed meal, you want to consider the wet/moist ingredients as this will affect the result of your finished product. For example, if you decide you want to make this into a sweet bread with bananas and apple sauce, then you want to alter your water quantity.

Dipika is a Holistic Health and Lifestyle Coach who empowers clients to activate a balanced lifestyle of the mind, body and soul. She can be reached at dipika@dipikapatel.life or www.loveyourlifehealthy.com.



# Gluten-Free with Tiffany



## Sprouting 101

Although hot summer temperatures may be making it hard to grow our own food, sprouting seeds and microgreens indoors can offer a great opportunity to nourish our bodies. These nutrient powerhouses can be grown right on your own countertop in just 3-7 days. The benefits are numerous, and the process is simple and fun. If you are looking for some nutrient-dense, low-calorie foods to add to salads, sandwiches, and stirfries, then you will want to learn the basic steps of sprouting.

When a seed, grain, or bean, sprouts it breaks down the tough enzyme inhibitors, namely phytic acid, tannins and lectins, which are often responsible for pesky digestive issues. Interestingly, as a result of sprouting, the plant has increased availability of living enzymes, antioxidants, vitamins, minerals and protein, all while decreasing in calories and carbohydrate content. Sprouting these nutrient-dense seeds makes them even better for you and easier to digest.<sup>1</sup>



Superfood sprouts are packed with nutrition and easy to grow.

It is important to first know that not just any seed can be sprouted. You will need to obtain "sprouting" seeds (or grains or legumes), organic preferred. Sprouting seeds can be found in almost any edible plant seed variety, but it is not safe to sprout tomato or potato. Seeds can be sprouted individually, depending on preference, as some are spicy and bold (clover and radish), and some are sweet and crunchy (mung beans and peas). For starters, purchasing sprout mixes are always recommended because they balance the spice, crunch and sweet flavors.

To begin, you only need two items: a jar and a sprouting lid or cheese cloth. Websites and garden stores should carry the appropriate seeds, and while shopping, you also may want to look into buying sprouting kits, which are inexpensive and often worth it.

Follow these easy steps to get sprouting:

- 1) On day one, soak 1-2 tablespoons of seeds in a large jar, overnight. They can grow between 5-30 times their size, so plan ahead.
- 2) Every morning, rinse and drain. Repeat in the evening.
- 3) After each drain, lay the jar on its side on a plate or container to catch any extra water.

You can search for sprouting calendars to see how long the optimal sprouting times are for each seed, or read your mixed-seed package instructions. Generally, within anywhere from 3-7 days, you will have a full jar of beautiful greens.

If you are looking for the most nutrient-dense, low-calorie food on the planet, sprouts are the answer.

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

Reference: 1) <https://sproutnet.com/sprouts-for-optimum-nutrition/>

### Farm to Front Door

Continued from page 20

items like okra and green eggplant standardly grown for ethnic restaurants and markets. And, of course, each box comes with a package of succulent Aziz Farms dates.

A unique and simple recipe is also included. I've enjoyed the garlic and ginger green beans and the Italian fried zucchini blossoms, which I made and promptly posted (Aren't we all great chefs these days?) "My biggest reward is when I see someone having fun with the box," says Marchese. "We are getting the most amazing emails and posts from people who love this concept!"



Tony Marchese of Trio Restaurant

"You can't compare to the quality and freshness we are procuring," says Tadros. "The product in each box is picked within 24 to 48 hours and delivered to your front door. You can't get that from any retail store." As they were stuffing boxes one morning, Tony was in a panic that the corn was missing. "I looked at Mark and said 'Where the heck is the corn?!' He said, 'Tony, they're out picking it as we speak!'"



Mark Tadros of Aziz Farms

They also offer add-ons from local businesses including fresh-baked loafs from Bread and Flours, blue and brown oyster mushrooms from Canyon Creek Mushrooms, locally-crafted vegan doughnuts, fresh coffee from Sixth Street Coffee, and watermelon. You can select the frequency from once or twice monthly to weekly, or buy as a gift.

CV Harvest Box is a great asset to our valley and a really fun concept. After just a month, they are serving about 220 deliveries weekly and hope to see that number grow. Will they continue post-pandemic? "It only makes sense," says Tadros. "If we really want our local economy to bounce back, the smart thing to do is to focus on sustainable and local. It's an important driver, so it has to stick around."

Tadros hopes the venture will also shine a light on the Coachella Valley's vast agricultural sector as he would like to see agritourism grow locally. "People don't realize that our valley provides 95 percent of our nation's date supply, and a large variety of things are grown here from grapes and peppers to eggplant and okra. We love bringing produce to the people and hope to someday bring the people to the produce by offering farm tours." That future endeavor is certain to work as well as this one - especially with Tadros and Marchese behind it.

I encourage you to give CV Harvest Box a try. You'll be delighted with the little box of joy at your doorstep and will feel good about supporting our local farmers. I look forward to seeing your creations online!

Lauren Del Sarto is the founder and publisher of Desert Health. For more information, visit [www.CVHarvestBox.com](http://www.CVHarvestBox.com).

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## A Call to Action for Our Community's Future

By Robert Kambe

As an employer or resident of the Coachella Valley are you invested in developing your future workforce and our students' future?

If so, I invite you to join with me. As the co-chair for OneFuture Coachella Valley's Business Engagement Committee, I am pleased to share that we are creating a strategic path to provide local high school students with meaningful and high quality work experiences so they develop an early awareness about the wide variety of career opportunities locally and the educational pathways to help them prepare.



Palm Desert High School Health Academy students

You can support our work by providing internships (paid or unpaid), hosting a job shadow, mentoring a student, serving as a guest speaker, participating in industry events or joining one of our industry councils to give students the experience that will engage and interest them in beginning their workforce careers here, in the Coachella Valley.

We are actively seeking sector champions to develop strategies and mobilize community partners to drive the employer components of the Coachella Valley Regional Plan for College and Career Success.

Our three school districts and local high schools host nearly 70 academies and career pathways for students and seven of these are focused specifically on medical and health care.

They also include, but are not limited to, hospitality, tourism and recreation, culinary, digital arts and media and information technology. These are all academy programs that have been recognized for providing high quality education and hands-on work experience to prepare students in anticipation of industry growth locally.

To help our students achieve success and realize a bright future, our goals include:

- Increasing high school graduation rates
- Improving college readiness
- Increasing college and higher skills training
- Improving career readiness
- Increasing the number of local students with higher wage jobs

The key to this approach is involvement from our region's employers which ensures that student preparation is aligned with local workforce needs.

As a growing health care employer in the valley, our employee-owned company, Avid Physical Therapy, has been working with the seven high school medical and health academies for the last nine years. During that time, we have hosted and mentored numerous interns interested in physical therapy and the medical profession. We also have hired high school graduates as technicians, aides and front office staff while they continue their education through college and transition into the doctoral programs required to become a Doctor of Physical Therapy or affiliated medical professional.

We hope you will join us in making a difference locally and in the lives of these students. Their success is your success as we mentor and create the future workforce of the Coachella Valley.

To find out how you can get involved as a sector or employer champion or as a working member of one of our sector committees, please visit [www.onefuturecv.org](http://www.onefuturecv.org) or contact Bob Kambe at [bob@avidphysicaltherapy](mailto:bob@avidphysicaltherapy) or Kim McNulty [kim@onefuturecv.org](mailto:kim@onefuturecv.org).



Eisenhower Health medical residents mentor Indio High School Health Academy students.

### Preparing for a Visit with Someone Who Has Dementia

Continued from page 19

questions and go with the flow of their conversations even if they talk about things that aren't true or don't make sense.

"Touch is a powerful communicator, even when language skills are diminishing," said Paula Spencer Scott, author of *Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers*. "A gentle pat to the back or knee a few seconds before 'hello' cues the person's attention and, more helpfully, reduces the odds of starting off the visit on a startled, panicked or irritated note."

#### Redirect challenging conversations in creative ways

If a loved one gets angry or frustrated, don't argue, confront or try to reason with them. Empathize, agree and try to distract them with a different subject or activity.

"Ask permission to talk about something else," said Korner. "Say, 'I'm hearing this is upsetting to you, so would you mind if I change the subject and we talk about another issue I'm having?' Or get up and physically move, and make up a reason. Say, 'I have a cramp in my leg; would you mind if we walked at little?'"

"Sometimes a quick change of scene or allowing time for the person to calm down if they get angry can quickly change the person's mood," said Korner. "The good news is that even if they get angry, they may not remember it a few minutes later, so why should you hold onto it?"

Alzheimers Coachella Valley offers a free program, "Meaningful Conversations with the Cognitively Impaired Person," designed to help prepare family and friends have a positive, meaningful visit with those who have dementia. The two-part session live streams the first two Mondays of the month. Call (760) 776.3100 for information and to register for the program.

Sources: 1) <https://www.nextavenue.org/visiting-someone-dementia/>; 2) <https://dailycaring.com/visiting-someone-with-alzheimers-dos-and-donts-for-visitors/>; 3) <https://www.verywellhealth.com/tips-visiting-people-dementia-97960>



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## How to Teach Your Dog to Run

By Michele T. Sarna, AIF, AWMA

**The Event.** Recently, our family adopted another dog and I was excited for a potential running buddy. I knew Jack would need a little training and guidance, but this guy was made to be a running companion. In the beginning, we took him out for walks around the neighborhood, so he could get comfortable with his new surroundings and family. We soon found out that he loved other dogs, cats, cars, bikes, anything with wheels and a loud noise. He would go nuts anytime we encountered anything moving!



Jack

**Have a Plan.** It was time to hit the pavement. I was prepared with poop bags in my pocket and a firm grip on his leash. I knew I wouldn't achieve any personal records and there would be frequent sniffing and pee stops – for him. I was ready to teach him to be calm and stay on track around his overstimulating environment.

**The Test.** The first mile was an unexpected set of interval training – run at a fast pace for a short amount of time followed by recovery period in-between to lower your heart rate before you run another set. However, this wasn't what I intended. The roller coaster of fast bursts and sudden stops to sniff or pee kept me on high alert to avoid tumbling over or being dragged by a 70-pound dog.

Finally, he calmed down and we were in a good rhythm at a steady pace. I was feeling pretty good about the situation and my mind started to relax a bit and wonder in my thoughts for the day ahead.

**The Unexpected.** The last leg of my route was on the sidewalk of a busy street. I gripped the leash tight to

ensure he wouldn't jump after a car whizzing by us. He was doing great and it seemed as if I broke him of his sudden outbursts. I was wrong. A big truck drove by us and like a flash my dog tried to jump into the street after it. I pulled him back so fast that he whipped around me and I fell over him leaving us both lying on the sidewalk. He was scared and I was pretty scraped up and defeated. The only thing I could do was pick myself up and hobble home.

**Regroup.** I didn't give up. The next time I took my dog for a run, I modified my route and avoided the busy street. Once again things were going well until my dog spotted a walker with a couple of small dogs on the other side of the street. I immediately stopped and held him close to my side instructing him to sit while we waited for them to get out of eyesight. Then, I was stung by a wasp.

**The Moral of the Story.** A well thought out plan may not shield us from an unprecedented event. However, it will cushion the fall of the unexpected.

Michele Sarna is a financial advisor at Beacon Pointe Advisors and can be reached at (760) 932.0930 or [msarna@beaconpointe.com](mailto:msarna@beaconpointe.com).

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With a very special thank you to the many doctors, practitioners and community writers who contribute editorial. They share our visions of educating consumers to be their own health advocate and uniting the valley's medical and natural health communities. Ten years of their work can be found at [DesertHealthNews.com](http://DesertHealthNews.com).

With sincere gratitude ~

  
Lauren Del Sarto  
Founder/Publisher