

Thank you for 10 years!

Complimentary

Desert Health®

The Valley's Leading Resource for Health and Wellness

March/April 2020

what's inside

7 Medical News

The Psychology of Lower Back Pain

11 Natural Options

Start Your Day with a Cup of Chi

18 Integrative Medicine

Anticancer Living with the Mix of Six

23 Through the Generations

The Challenges and Gifts of Special Needs

24 Fresh Cuisine

Tortillas, Pudding, Mushrooms and More

26 Fitness

30 Minutes to Full Body Fitness

28 Financial Health

CalSavers is Coming, CalSavers is Coming!

29 Desert Events

WellSpring Returns October 2020

Do not judge each day by the *harvest you reap*, but by the *seeds you plant*.

— Robert Louis Stevenson



THE SCIENCE of Wellness

2020 Global Wellness Trends

Wellness is finally getting the respect it deserves. Practices, products and places that balance our beings are in higher demand than ever before with millennials and boomers leading the way. The rise in chronic disease has more and more of us striving to stay, or get, well and the industries which benefit are listening - even the world of science.

The hard lines between Eastern and Western medicine are starting to blur with doctors and researchers finally waking up to the fact that ancient practices like traditional Chinese medicine and Ayurveda might actually hold merit.

But the world of wellness continues to have its share of snake oil and pseudo-science with a lack of oversight from governing bodies. Bring in the "wellness watchdogs." Consumers, industry, media and government are all speaking up - and calling out - those that don't measure up to their claims.

More than ever before, opportunities abound for living well. It's an exciting time for integrative medicine and we are delighted to share excerpts and information from the Global Wellness Summit's (GWS) 2020 Global Wellness Trends Report.

Energy Medicine Gets Serious

This one is very exciting to us as we have been discussing energy medicine in *Desert Health* since our inception. It seems the medical community is finally catching on and starting to understand, study and believe the proven theory that manipulating the energy flow that courses through our bodies has much to do with health and healing. This proven theory is the basis of ancient medical systems like traditional Chinese medicine, Aruyveda and those in many indigenous cultures.

While Western medicine is based on an anatomical and biochemical model, a real paradigm shift is underway with researchers from NASA to Harvard recognizing that our bodies are indeed a complex biofield of electromagnetic frequencies and light waves that serve as the control center for our physical and mental functioning.

"The scientific community is now taking it seriously, so the world will listen," said Anna Bjurstam, a wellness pioneer and the 2019 Global Wellness Summit keynote. "The invisible will become visible and energy medicine will become as important as wellness itself."

Continued on page 7

Reversing Autoimmune Disease

Catching up with Terry Wahls, MD



Terry Wahls could be considered a miracle. Bound to a reclining wheelchair with progressive multiple sclerosis, she reversed her condition and, today, enjoys an active lifestyle, returning to her medical practice and leading research to help others.

However, her methods are far from miraculous; they are simply a change in nutrition and lifestyle that reduced her symptoms and need for medications. She refined her approach in *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine* (2014).

Wahls has seen her program assist many others with MS, as well as, a variety of autoimmune conditions including rheumatoid arthritis, lupus, fibromyalgia, neuropathic pain, pain following war injuries, phantom pain from amputations, small fiber neuropathies, cognitive decline, anxiety and depression, along with obesity, diabetes and heart disease.

With this broader spectrum and advanced research, she decided to update her book and this month releases *The Wahls Protocol®: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*.

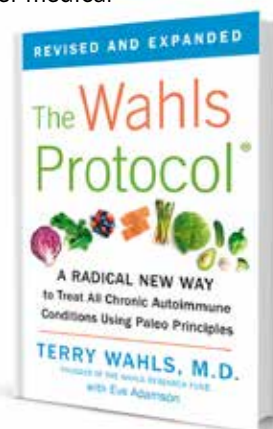
In 2014, we brought Dr. Wahls to the desert for a standing-room-only presentation at the Helen Galen Auditorium at Eisenhower Health. This month, we followed up with her to learn more about the new edition and her clinical trials on food as medicine.

What was your inspiration for this 2020 update?

Research has expanded and there is a lot more we have learned on both diet and lifestyle. The new book includes enhanced guidance, more

on the microbiome, antihistamine, oxylates and the impact of electro-stimulation of muscles as part of rehab.

Continued on page 20



Three Hospitals. Primary, Specialty & Urgent Care. One Network. Devoted to Your Health.



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

A COMMUNITY BUILT ON CARE DesertCareNetwork.com





How Lucky Are We?

We live in a pretty extraordinary place. From hot air balloons and horses, to palm trees and mountains, vast sky with no scrapers, and bright sun shining down on our towns and farmlands, the Coachella Valley is a pretty incredible place to call home.

Many in the desert have yet to experience it all. They've never been to our International Horse Park or polo grounds, have never hiked our mountain trails or journeyed to Mecca to see our world-renowned fields.

I was one of them, and last month had the opportunity to tour East Valley farmlands thanks to the team at Prime Time International. Did you know our fruits and vegetables feed people all over the world? Seeing the operations up close and understanding the magnitude gave me a new appreciation for it all.

Our valley has long been known for its produce and the many healing elements of nature that surround us, and from that has grown our robust wellness community.

The power of vegetables and wellness around the world take center stage in this issue. We catch up with Terry Wahls, MD, who continues to reverse disease with nutrition and lifestyle and is, most importantly, conducting clinical trials for evidence-based success. Medicine is listening and also opening its mind to the benefits of energy modalities.

It's an exciting time for wellness - in our valley and around the world.

Whether it's the latest technology, a new practice or practitioner, an inspiring event, recipe or words of encouragement, we hope you find what you need along your journey. If not on these pages, remember, we have 10 years of local health and wellness information at www.DesertHealthNews.com.

Get out and enjoy all our beautiful valley has to offer. Explore, embrace and appreciate this extraordinary place we call home.

Here's to your journey ~

Lauren Del Sarto
Founder/Publisher



Erika Z. Byrd, APR
GUEST EDITOR



An Independent Publication

(760) 238.0245

PO Box 802, La Quinta CA 92247

lauren@deserthealthnews.com

www.DesertHealthNews.com



Doris Steadman
EVENT MANAGER
& EDITOR



Heather McKay
GRAPHIC DESIGN
mkaydesign.com



Jo Ann Steadman
LEAD EDITOR



Benjamin Katz Creative
WEB MASTER
bk@benjaminskatzcreative.com



Trish Lounsbury
DISTRIBUTION



Richard Whitehill
DISTRIBUTION



Where cutting-edge technology
meets the art of medicine



Southern California's most
experienced TMS provider

Transcranial Magnetic Stimulation (TMS)
is an FDA-approved therapy which is
highly effective for depression.

Our treatment protocols deliver long-lasting
results and are:

- Twice as effective as medication
- Non-invasive
- Individualized
- Clinically proven
- Focally targeted
- With very few side effects (if any)

PALM DESERT PROVIDERS:

Keith Young, MD
Medical Director,
Psychiatrist

Martha Koo, MD
Founder & Supervising
Medical Director,
Psychiatrist

Covered by most insurance plans

Call us today for a
free assessment.

Our Locations

Palm Desert

73255 El Paseo #11
Palm Desert, CA 92260

Manhattan Beach

Torrance

(877) 847-3984

NeuroWellnessSpa.com



30 Years of Comprehensive Cancer Care Integrative programs evolve at Desert Regional

By Lauren Del Sarto

This year, Desert Regional's Comprehensive Cancer Center celebrates 30 years of serving our community. In 2011, we interviewed the center's management team for a story on integrative cancer care - the use of both medical and natural therapies - and wanted to see how things have evolved.

We followed up with the manager of Oncology Supportive Care Services, Anita Chatigny, Ph.D., who has been with the center for 19 years and is an integral part of the evolution.

"Cancer care has been revolutionized in the last 5-8 years," she says. "The technology is amazing; how we are now harnessing the power of the autoimmune response through medications; our understanding of integrative practices like mindfulness. The effect on a patient's overall well-being has increased."

Dr. Chatigny first entered health care as a psychologist in the '80s and remembers the hard line between the body and mind and that "never shall the two meet." Today, the fact that the body impacts the psychological wellbeing and that mental stress can have an impact on physiological responses is well documented and embraced.

"We've come a long way in understanding that this is really about treatment of the whole person," she says, and the center has grown with the times. They now have a robust complimentary care program including Reiki, yoga, mindfulness and meditation, art therapy, education and social support.

"Cancer can be such an isolating experience. Often times, people come to treatment and then go home and close themselves off from loved ones and the things they enjoy," she says. "We are creating opportunities for patients to come together to enjoy each other under the umbrella of a cancer treatment center so they have a place to, not only come for treatment, but to enjoy other people who share their experiences." One of their newest projects is social gatherings they compare to the coffee klatches of the '40s and '50s. "It's a chance to simply get patients together to socialize so they don't feel so isolated in their journey. The results we are seeing are pretty tremendous."

Dr. Chatigny is encouraged that more physicians want to learn about integrative care to better collaborate with their patients and others are learning more about it in medical school. "So, we have this new knowledge base and a genuine interest from incoming doctors to learn about both traditional and non-traditional medical practices."

To help bridge that gap and open the doors of communication, the center created a team of social workers, nurses, a dietician, pharmacist Tim Tyler, PharmD, and Dr. Chatigny as a resource for both physicians and patients. The team reviews cases where patients are requesting or using integrative modalities to ensure both patients and their physician are knowledgeable about the research. "We provide the education and then let the patient decide how they would like to proceed. We want to ensure that all efforts are transparent for teamwork and best outcomes."

Desert Regional's Comprehensive Cancer Center is located at 1180 N Indian Canyon Drive E218 in Palm Springs. For more information, call (760) 416.4800 or visit www.DesertCancerCenter.com.



A Comprehensive Cancer Center social worker shares a smile with a patient during art therapy.

Gender-based Testing for Alzheimer's

Provided by Alzheimers Coachella Valley

A new study published recently in *Neurology*, the medical journal of the American Academy of Neurology, suggests that using sex-specific scores on memory tests may change who gets diagnosed with mild cognitive impairment (MCI) by 20 percent, with possibly more women and fewer men being diagnosed.

"Women may be more likely to develop Alzheimer's disease, but men are typically diagnosed at earlier stages when symptoms are mild," said Linda Carroll, NBC health contributor. "By adjusting the test scoring to take into account women's lifelong advantage in verbal memory performance allows researchers to identify more women with amnesiac MCI (aMCI)," according to the report.

Verbal memory refers to the ability to memorize information; to remember words and to recall stories. This ability tends to allow women to score higher on memory tests, but may also compensate over a longer period of time the damage that Alzheimer's does to the brain, the research indicates.

"The female advantages in verbal memory may actually put women at a disadvantage when it comes to diagnosing Alzheimer's at an early stage," said Erin Sundermann, an assistant project scientist at the department of psychiatry at the University of California, San Diego. "If we just adjust the criteria to be sex-specific to account for this female advantage, our results suggest it would improve diagnostic accuracy in both women and men."

With the previous criteria, 10 percent of men would be wrongly identified with MCI and would now be in the normal category. Another 10 percent of women would be added to those with an aMCI diagnosis.

For the study, Sundermann and her colleagues analyzed data from 453 women and 532 men who were participants in the Alzheimer's Neuroimaging Initiative. Researchers rescored verbal memory tests with the new criteria and then looked at how well the newly scored results matched the physical findings such as biomarkers - measuring levels of abnormal proteins in cerebrospinal fluid - and scans that show how much abnormal proteins might be present in the brain.

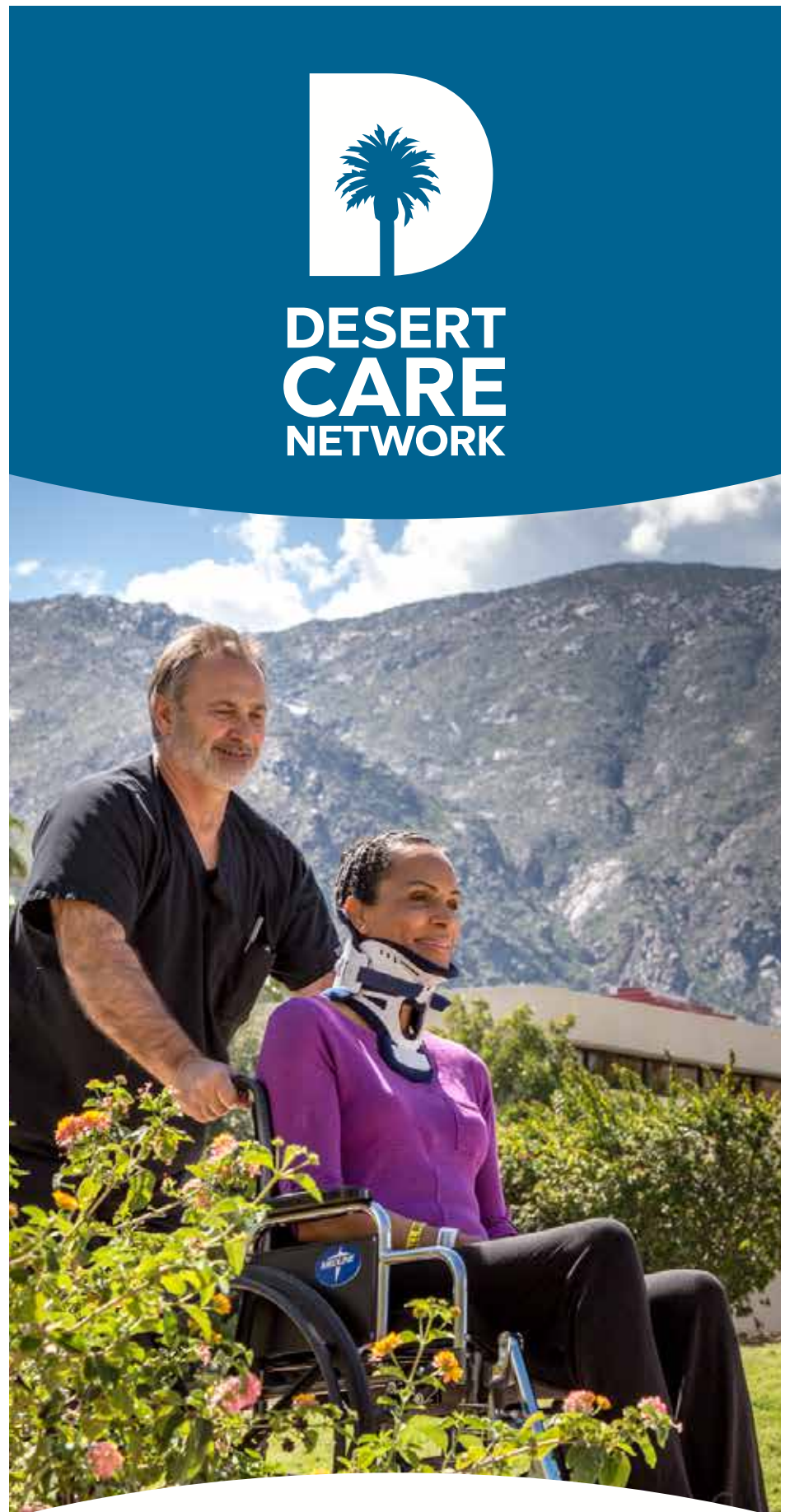
The researchers found that the biomarkers and brain scans backed up their new diagnoses. Women who would be considered positive for aMCI had brain scans and biomarkers indicating the beginnings of Alzheimer's. Men who would be considered normal had biomarkers and brain scans that agreed with that diagnosis.

The new study "is a persuasive first step, showing that correcting for sex differences in verbal memory performance seems to better align with the underlying biology of Alzheimer's disease," said Beth Snitz, an associate professor of neurology at the University of Pittsburgh and a neuropsychologist at the university's Alzheimer's Disease Research Center.

Early diagnosis means more time to plan for the future when symptoms are mild and there is still an opportunity to make lifestyle changes such as improving one's diet and increasing exercise, which may slow the disease's progression.

For more information, contact Alzheimers Coachella Valley at (760) 776.3100 or www.cvalzheimers.org.

Sources: 1) www.aan.com/PressRoom/Home/PressRelease/2751; 2) <https://www.nbcnews.com/health/aging/change-memory-test-scoring-could-help-catch-alzheimer-s-earlier-n1064296>



DESERT CARE NETWORK

**Three Hospitals.
Primary, Specialty & Urgent Care.
One Network.
Devoted to Your Health.**

A COMMUNITY BUILT ON CARE

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

DesertCareNetwork.com




The Care You **Need** When You Need it **Most.**

3 Locations!
 Indio · Palm Desert · Palm Springs
 Open every day, serving all ages.
 Se habla Español

VIP+UrgentCare

Indio 81930 Highway 111	Palm Desert 72630 Fred Waring Dr.	Palm Springs 100 S. Sunrise Way	Most insurance and credit cards accepted. Call to check if we carry your insurance provider.
-----------------------------------	---	---	--

#VIPUrgentCares Visit us at VIPUrgentCares.com



Coachella Valley's Health Care Industry MENTORING THE FUTURE

Brought to you by OneFuture Coachella Valley



One Vital at a Time

By Students Serena Patel, Marisol Garcia and Nandini Shah

Capturing vital signs is a critical skill learned and practiced at the Palm Desert High School Health Academy to prepare students for their future careers. Health professionals must understand what vital signs are, what the monitoring procedures include and how to perform each in a proper manner. Vital signs allow physicians and nurses to check the general condition of a patient and to identify any abnormalities, making it easier to prescribe treatment and care.

At the Palm Desert High School Health Academy, students spend an entire unit learning how to conduct vital signs and have opportunities to practice on other students. They learn how to take pulse, temperature, blood pressure and use a height and weight scale. Once these basic skills are mastered, other Career Technical Education (CTE) students volunteer to have health academy students practice skills on them.

The health academy classroom includes a simulated clinic and hospital setting where volunteer "patients" move through each station in the classroom clinic. Here, academy students are able to apply their basic knowledge.

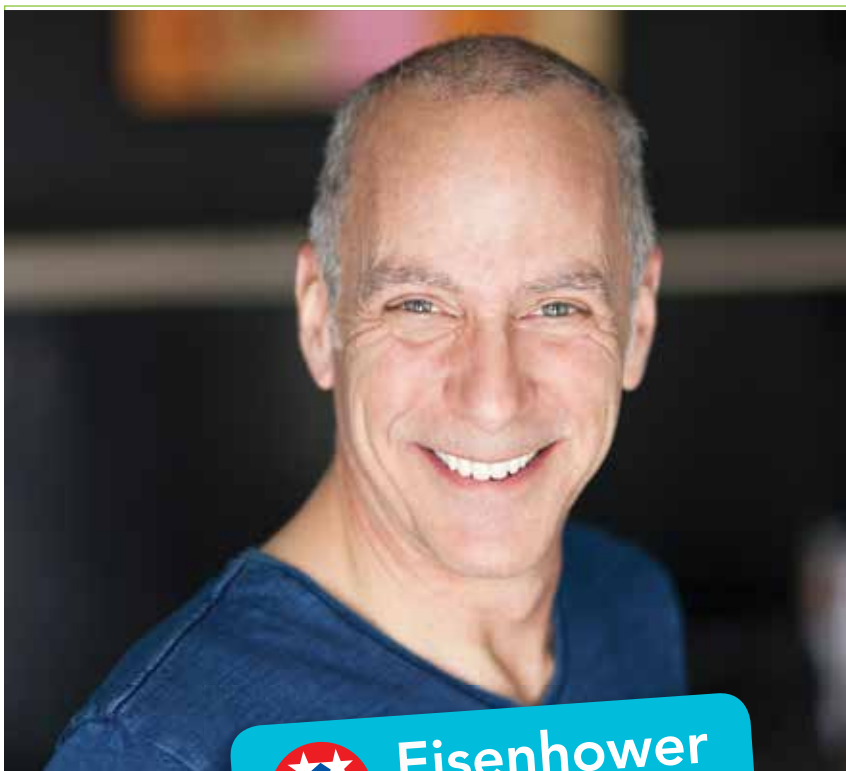
For further training and experience, students who are interested in becoming physicians or nurses take part in an activity for two weeks each month where they meet with teachers as if they were patients. Students who choose to join the activity are put into groups and asked to invite three members of our on-campus faculty to participate. From there, it is the student's responsibility to organize two days on different weeks every month to connect. They must visit or email the teacher prior to visiting to select a date that is open for both the students and the faculty member. This activity strengthens student responsibility, communication, and technical skills. Students who participate are able to visualize what it will be like to interact with patients in the future. They come to understand that there is no time to second guess or take a procedure for granted because when doing vital signs on actual patients, precision and accuracy are essential.

By learning these concepts as young adults, students are able to experience a small part of the medical world which allows them to identify the challenges they need to work hard at mastering and the skills needed to become exceptional health professionals.

Patel, Garcia and Shah are members of the Palm Desert High School Health Academy which prepares students for a professional career in health care. For more information on this program, contact OneFuture at (760) 625.0422 or www.OneFutureCV.org.



Student authors Marisol Garcia (left) and Serena Patel



Eisenhower IS HERE

Eisenhower Sexual Health Clinic

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

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

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

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



Listen to our podcast on this topic, at EisenhowerHealth.org/Podcasts

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



EISENHOWER HEALTH
RIMROCK

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





Options for Treating Thyroid Eye Disease

By Jennifer I. Hui, MD

The popular TED conferences feature inspiring talks about technology, entertainment or design. This “TED Talk,” however, is focused on thyroid eye disease (TED) and expands upon my January/February article about how the small thyroid gland affects the entire body, including our precious eyes.

If someone with thyroid dysfunction is experiencing symptoms of eyelid swelling, eye pressure, pain, dryness or changes in vision, their endocrinologist may refer them to an ophthalmologist (usually an orbital/oculoplastic surgeon) for treatment of thyroid eye disease (TED). These specialists work closely with endocrinologists to manage patients with TED.

In milder cases, patients may experience dry eyes as the most concerning symptom. This is typically managed with over-the-counter artificial tears to lubricate the eyes; an eye ointment may also be advised. If symptoms progress, more frequent follow-up care is needed, including monitoring lab values of TSH and other related factors.

Some patients are advised to have oral steroid treatment to calm the inflammation around their eyes; others are referred for radioactive iodine treatment. The radioactive iodine is preferentially absorbed by the thyroid gland and the goal is to have the radioactive material chemically suppress the gland. If a person’s symptoms worsen or their lab values indicate, surgical removal of the thyroid is recommended (thyroidectomy) to control the eye symptoms.

In severe cases of TED, ocular surgery may be required to preserve sight. When the tissues around the eyes swell so much that the eye is protruding from the lids and there is nerve damage causing vision loss, an orbital decompression is recommended. This involves surgical removal of the bones around the eye which allows for the eye to “sink” back into the socket and restore a more normal position. This improved position will allow for more normal eyelid function and closure over the eyes.

In cases where a person has double vision from misalignment (called strabismus), surgery may be necessary to restore the position of the eyes. If someone is affected by dry eyes from retracted eyelids, botulinum toxin (Botox) may be administered to the upper eyelid to overcome the muscles that are too tight. The toxin may relax the muscles and thus allow the eyelid to lower its position and close more easily over the eye. If the retraction is severe, eyelid surgery to correct the position may be needed.

If you have a thyroid condition, it is important to pay close attention to changes with your eyes. While serious eye conditions can occur with thyroid disease, if managed early, symptoms are often improved with minor therapies and more invasive interventions may be avoided. A close working relationship between the patient, endocrinologist and ophthalmologist is key to ensuring the best care possible.

Dr. Hui is the founder of The Eyelid Institute in Palm Desert. She is a board certified ophthalmologist and oculoplastic surgeon with a special interest in helping patients with eyelid, lacrimal and orbital conditions. She can be reached at (760) 610.2677.



Dry eyes may be a concerning symptom of those with thyroid dysfunction.

Benefits of Musculoskeletal Ultrasound

By Eric Sickinger, DO

What’s something both fishermen and sports medicine have in common? Believe it or not, they both utilize ultrasound to get the job done. While submarines and boats have been employing the use of ultrasound throughout the 20th century to locate fish and animals in the water, its use in medicine only became popularized in the 1950s. As non-operative orthopedic physicians, we readily use it in our practice as an advanced means of both diagnosing and treating patients.

Musculoskeletal ultrasound (MSK-US) has gained widespread acceptance in the healthcare community due to the many advantages it has over other imaging technology. It is non-invasive and generates clear images of various parts of the human body by simply employing sound waves. Couple this with the fact that ultrasound doesn’t generate ionizing radiation (as used in X-rays) and you have an incredibly safe imaging option for patients.

MSK-US’s ability to render dynamic visualization is another striking advantage. Since images are captured in real time, the ultrasound can portray the structure and movement of muscles, tendons, joints, ligaments, nerves and bones. It can also be performed in the comfort of the doctor’s office rather than referring patients to an external location which makes it highly convenient, cost effective and timely for both practitioners and patients.

Ultrasound also can be used to guide injections as it allows practitioners to visualize the needle in real time to pinpoint the desired location. This substantially enhances accuracy in delivering corticosteroids, hyaluronic acid (e.g. Euflexxa and Hymovis), or orthobiologics such as PRP (platelet-rich plasma) and cell therapy. Due to the precise visualization of the needle, ultrasound-guided injections can be used in a diagnostic manner to determine which structure is generating the patient’s pain when the cause is unknown. Overall, this precise method assures that the medication is being accurately delivered to the desired site as the physician can observe the medicine diffusing to the intended target; a phenomenon “blind injections” (i.e. palpation guided) simply cannot do.

We are merely scratching the surface on the diagnostic and therapeutic benefits of this economically efficient, safe and portable medical device. The advent of MSK-US has revolutionized the nature of the orthopedic medical field primarily because of its role in guiding the needle during injections and other minimally invasive procedures.

If you are struggling with an acute or chronic ailment, ask your health care provider if in-office ultrasound is an option for you.

Dr. Sickinger is with the 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.



In-office ultrasound aids in timely diagnosis and precision treatment.



YOUR EYES ARE OUR FOCUS

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



JENNIFER HUI, MD, FACS

Board Certified Ophthalmologist

University of Miami/Bascom Palmer
(Ranked #1 for 19 years)

Fellow American Society Ophthalmic
Plastic Reconstructive Surgery
(1 of 650 members in the United States)

PROCEDURES OFFERED:

Eyelid Lifts

Tearing (Lacrimal) Conditions

Eyelid Lesions, Cancer, Reconstruction

Non-surgical Facial Rejuvenation

Anti-Aging Services:

Botox • Dermal Fillers • Latisse®

760.610.2677


41990 Cook Street, Suite F1007 • Palm Desert

palmsspringseyelidsurgery.com




COULTER CROWLEY, DDS

Cosmetic and General Dentistry
High Quality • Comprehensive



Holistic Dental Association

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



(760) 837-1983
Palm Desert
COULTERCROWLEYDDS.COM



Love Yourself First

With February (“love and heart month”) behind us, that time when you give a little more - flowers, cards, gifts or an “I love you” to that special someone - have you ever taken a step back to ask, “What if I gave as much love to myself as I give to others?”

Well, that four letter word - LOVE - now has a new meaning to me. So often, we look at ourselves with a sense of disdain - a dislike for the person looking back at us in the mirror. So often, the value we place on ourselves is based on the outer image; we use the mere shell that houses us to measure our worth. We measure who we are on the inside based on what we see on the outside or in magazines, TV and movies. What’s worse, we use this visual in comparisons of our worth with others.



Releasing self-doubt is an important part of loving yourself first.

For as long as I can remember, starting in my early teens, it was my quest to grow up having the perfect body, to stay “fit” or get “skinny,” and I spent most of my life striving for that perfect image. It was my goal to have the perfect body - until it wasn’t. It wasn’t until my breast cancer and the possibility of removing one or both of my breasts that I was finally able to put the “ego” of a perfect body aside. It wasn’t until someone told me I may lose my life, that my strive for that perfect body did not matter anymore. My breasts were already perfect. No scars, no lumps until that one

day when I found one. That one day when I noticed my nipple was no longer perfectly round. That one day when I hated my breasts for betraying me. I looked at them one last time in the mirror and knew I had to undergo surgery in just hours and not knowing what I would awake to. Those dreadful soul-sucking hours of the unknown. How could I love this body for betraying me?

Well I did. I endured, underwent surgery and woke up with a new reminder. A reminder that I fought hard to live. Scars, bruising, loads of stitches. A morphed lady lump of a once perfect breast I knew so well, now with a new, big warrior scar. A now constant reminder of what has been, and virtually no promise of what is to be.

It would be more than a year before I could look at it without tears or touch it without fear. Yet, somehow after months of recovery, a new normal began to set in with a combination of the person I once was and an obvious symbol of who I am now. I wear it with pride. I wear this scar with pure love. The love I have learned to give myself, again. The most powerful love I have learned in life after cancer.

Shay Moraga is an E-RYT500, triple-negative breast cancer survivor. She teaches Yoga for Cancer Caretakers and Survivors locally at Eisenhower’s Lucy Curci Center and is founder of Shay’s Warriors- Life After Cancer. Contact Shay at shay@namstewithshay.com, or on social media @namstewithshay or @shayswarriors.

COMPOUNDING PHARMACY

- Full Service Pharmacy
- Pain Management
- Anti-Aging Skin Care
- Sterile Injections
- Veterinary Drugs

- Pharmaceutical Grade Nutritional Supplements
- Bio-Identical Hormone Replacement Therapy



FREE DELIVERY & MAILING ON ALL COMPOUNDED MEDICATIONS

3 Locations to Serve You!

FIRESIDE COMPOUNDING PHARMACY 73847 Hwy 111, Palm Desert Ph. (760) 346-1113 Fax (760) 346-8725 www.firesidepharmacy.com	LAS PALMAS COMPOUNDING PHARMACY 555 E. Tachevah Dr., Palm Springs Ph. (760) 416-0830 Fax (760) 416-0832 www.laspalmaspharmacy.com	LA QUINTA COMPOUNDING PHARMACY 43-875 Washington St., Palm Desert Ph. (760) 777-9902 Fax (760) 777-9820 www.laquentapharmacy.com
--	--	---



ADVANCED CENTER FOR SPORTS & MUSCULOSKELETAL MEDICINE

Keeping you on the GO

with NON-SURGICAL options



Treatment for Sports & Active Lifestyle Conditions:
 Sprains • Strains • Dislocations • Tears
 Contusions • Fractures • Bones • Muscles
 Tendons • Ligaments • Nerves



In-Office Ultrasound
Dynamic visualization with no radiation

Non-Operative Orthopedics • Musculoskeletal Medicine • Sports Medicine

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

ERIC SICKINGER, DO
Board-certified Physician





The Psychology of Lower Back Pain

By Zainab Kothari, DPT

Low back pain is the most common type of pain experienced by people in the United States. It contributes significantly toward growing health care costs and over utilization of the medical system through invasive surgeries and prescription pain medication. Patients with low back pain that is acute and chronic are routinely referred for extensive diagnostic tests or given opioids as the first line of action.

There is a growing body of evidence that indicates persistent low back pain is influenced by social, psychological and emotional factors along with biological. In many cases, patients with chronic low back pain associate their pain with damage and injury to their spine and develop a belief that reinforces and promotes a fear and avoidance of activities that result in pain. This indicates that a treatment plan should be different for each individual with their mindset, activities and goals taken into consideration to effectively formulate a therapy program that will set them up for success and improve their quality of life.



Lower back pain may cause some to limit activities when movement can be more beneficial.

whose primary care provider referred them for conservative treatment such as physical therapy, experienced less invasive surgery, injections, emergency department visits and lower healthcare costs.² It is important to note that non-specific low back pain is a self-limited condition that self-resolves in the majority of patients through exercise and therapy which can help hasten the recovery process.

One of the primary factors for patients of all ages is maintaining core strength which can prevent and resolve ongoing back issues. Recommended practices include yoga, Pilates, weight training, hiking and walking. It is important to understand that regular physical exercise of any kind will help manage low back pain.

A sedentary lifestyle, weight gain, sitting in a sustained posture for more than 25 minutes, daily repetitive movements and sudden lifting of heavy items without using your leg muscles (the strongest muscles in your body) are some of the many factors that contribute to the onset and continuation of low back pain.

Factors such as stress (emotional and physical), sleep deprivation, mental health, poor nutrition and social isolation can affect a patient's perception of pain experience and may prolong recovery. It is essential to consider all of these factors when confronting and overcoming low back pain symptoms.

When treating patients for low back pain, I always reinforce the concept that "motion is lotion for the body" and their treatment does not stop at the clinic, but must continue through their daily movement patterns and exercise. This will allow them to get back to enjoying their greatest quality of life.

Zainab Kothari is a Doctor of Physical Therapy at Avid Physical Therapy and can be contacted at zkothari@avidphysicaltherapy.com (760) 202.0368.

References: 1) Annals of Internal Medicine. <https://annals.org/aim/fullarticle/736814>; 2) <https://www.ncbi.nlm.nih.gov/pubmed/25772625>

The Science of Wellness – 2020 Global Wellness Trends

Continued from page 1

What's already available to us?

Many of the energy medicine modalities you'll find on our pages...from age-old therapies like acupuncture, Reiki, tuning forks and chakra balancing to new technologies like PEMF (pulsed electronic magnetic field), BEMER® (bio-electromagnetic-energy-regulation), EPAT® (extracorporeal pulse activation technology) shockwave ultrasound and Ground Therapy.®

What's on the horizon?

"In the coming years, there will be a rush by medical and technology companies to further crack the code on how energy networks organize our bodies and brains," writes Global Wellness Trends Report author Beth McGroarty. "They will use that knowledge to design interventions into our electromagnetic and biophotonic fields to prevent disease and boost physical and mental health. It will create entirely new medical approaches, new products and new business models."

The proven fact that our bodies are energy conduits also has many concerned about the wireless world around us. As the Internet of Things (IoT) peaks in the next five years (think 5G cellular), McGroarty states, "Electromagnetic pollution will become the new public health issue with both anxiety and solutions arising."

The World Health Organization classifies wireless radiation as a class 2B carcinogen while the Centers for Disease Control and Prevention states there is no definitive scientific evidence. However, U.S. homebuilders are already offering housing with shielded cables in bedrooms while high-end wellness retreats around the globe offer copper-lined accommodations to block out EMFs (electromagnetic frequencies) with a click of a switch.

The bottom line, balancing your body's energy is important for your health. Get to know your energy flow, take breaks from your phone and computer and consider those energy medicine practices available to us today.

Ageing Rebranded: The Positively Cool 60+ Market

Today's retirees are much different from previous generations. They start businesses, run marathons, travel the globe and care deeply about living well. In the United States, boomers also control the highest percentage of disposable income and marketers are starting to notice.

The challenge they face is creating relevant advertising to catch the eye of this previously overlooked audience. "Plan for a safe future" scare tactics ("I've fallen and I can't get up!") are being replaced by 71-year-old Covergirl® models and surfing seniors drinking plant-based nutrition drinks.

"Companies are starting to notice that these people are really cool," says David

Continued on page 9



The benefits of energy medicine are coming to light for the medical community.



We Are Team Movement for Life



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



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



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



Luke Wang, DPT

Dr. Wang was born and raised in Taichung, Taiwan and graduated from National Taiwan University as an electrical engineer. He then decided to pursue his passion for movement science and received a Kinesiology degree from the University of Minnesota and his doctorate from the University of Texas Medical Branch. He has a passion for orthopedic and sports medicine physical therapy and is working toward his board certification in Orthopedic Physical Therapy. Luke enjoys basketball, badminton and table tennis as well as cooking, traveling and reading.

DOCTOR SPOTLIGHT

OUR SPECIALTIES INCLUDE:

- Orthopedics including sports medicine
- Back to Work programs
- Post surgical care and blood flow restriction therapy
- Concussion rehabilitation
- Vestibular programs for vertigo, dizziness and balance disorder featuring the Valley's only Vestibular Specialist Doctor of Physical Therapy

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

Celebrating 11 years in the Coachella Valley

INDIO • 760.347.6195
81557 Dr Carreon Blvd. #C4

CATHEDRAL CITY • 760.202.0368
35-325 Date Palm Dr. #131

LOMA LINDA • 909.494.6645
328 Commerical Rd. #108

AvidPhysicalTherapy.com





CRYOABLATION

"TUMOR FREEZING"



Non-Surgical Treatment of Early Stage Breast Cancer

Learn more at Cryoablation.com
or call 1-818-539-1985

Get well, feel better, and
move on to doing what you love!



Physical, Occupational, and Aquatic Therapy
to restore mobility, strength, and overall function.

PALM SPRINGS • PALM DESERT
COMING SOON - INDIO



SPINE & SPORT
"An Active Approach to Spinal & Extremity Injuries"
PHYSICAL THERAPY

800-976-7544
www.SpineandSport.com

The Future is Here

The use of AI and genomics in medicine

Provided by HALO Dx

Many people have fully embraced robotically-assisted surgery, but some fear the use of artificial intelligence in medicine. Maybe that's due to sci-fi movies depicting computers capable of overtaking humans, or perhaps they simply don't understand how it can help.

Off the big screen, artificial intelligence (AI) is simply programming machines to perform specific tasks as well as - or better - than a human. In medicine, it does not replace the physician or the human touch; it is complementary. There are two types of AI - physical (like robots and intelligent prostheses) and virtual (electronic systems, neural-network guidance). For radiologists, AI can aid in improving workflow operations like patient scheduling, the transmission of images, report turn-around, as well as diagnostic accuracy and physician efficiency.

One local company actively developing virtual AI solutions is HALO Dx (formerly Desert Medical Imaging). With a goal of changing the face of medical diagnostics by combining technology, radiology and personalized medicine, they brought dozens of software engineers to observe radiologists at their Innovation Center in Indian Wells to create AI solutions to enhance both operational and clinical aspects of the field.

"Our engineers are developing algorithms to focus on pattern recognition of abnormalities. These machine-learning programs will be able to identify abnormalities like tumors better than the human eye," said John F. Feller, MD, chief medical officer of HALO Dx. "This artificial intelligence is going to be like a companion radiologist. While our radiologists will be reading cases, these algorithms will also be reading images to make sure we don't miss something because of fatigue or interruptions. It's almost like having a second radiologist, but that second radiologist will continually get better as more data is added."

A rapidly growing area of personalized medicine is genomics, the study of a person's genome; their entire DNA. Genomics elevates treatment recommendations beyond the standard treatment for the specific disease. It is based on the patient's own genes and can look closely at cancer genes, for example, to determine how those cells might grow (or not grow) to aid in ultra-personalized treatment recommendations. AI will also help with the establishment of personalized medicine plans by charting predictive modeling and prognosis, especially in cancer patients.

"We are starting with prostate cancer genomic testing and will then branch out to other conditions," said Bernadette M. Greenwood, chief research officer at HALO Dx. "Utilizing MRI guidance, we obtain a piece of tissue from the tumor, look at it under a microscope and send it to the lab to extract RNA from the tumor," she said, explaining that cancer often hides in the mRNA (messenger ribonucleic acid). "We then look at things that are over or under expressed in certain populations. This helps to risk stratify patients to determine if they are good candidates for minimally invasive surgery or if they need whole gland therapy."

The real-life applications of AI are even more exciting than sci-fi movies, and with improved diagnostic accuracy should deliver blockbuster results.

HALO Dx has offices in Indian Wells, Indio and Palm Springs. For more information about their nationally-renowned early prostate cancer detection program or diagnostic imaging services, call (760) 275-5768 or visit www.desertmedicalimaging.com.

blu oasis dental



New Cash Patient Special

Only \$149

Includes: X-rays, Exam and
Standard Cleaning*

*In absense of gum disease. Offer expires 4/30/20

Come experience
our relaxing oasis

Dr. Nash Sourial

(760) 342-2258 | bluoasisdental.com | La Quinta

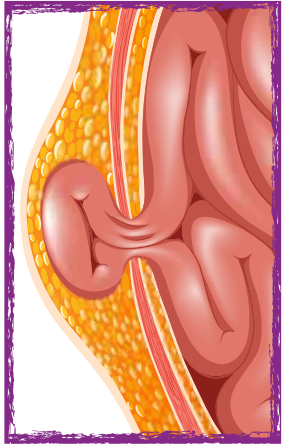


Advances in Groin Hernia Surgery

By Justin Reckard, MD

The easiest way to think about a hernia is as a hole in your abdominal wall. Whether at your groin, belly button or an old incision, a hernia is a hole. This allows intra-abdominal contents to protrude through the hole creating a bulge which may be accompanied by pain or discomfort. Hernias tend to be reducible meaning that when you press on them or lay down, the contents “reduce” back into the abdomen. They can become incarcerated where the contents do not reduce no matter what the patient does. Worse cases may experience strangulation, where the herniated contents lose blood supply. It is important to know that an incarcerated hernia may be a surgical emergency to avoid strangulation.

Traditional open repair surgery attacks a groin hernia from the top with an incision in the lower abdomen. The vast majority of open hernia surgeries are done by placing a mesh sheet to cover or patch the hole. With advances in minimally invasive laparoscopic surgery, the mesh patch can be placed on the underside of the hole with much smaller incisions. Robotic surgery takes this one step further by improving the view through the camera and increasing the precision with which the surgery is done.



New technology has simplified hernia surgery for both doctors and patients.

Patients tend to get wide-eyed when a surgeon suggests a robotic approach. They have visions of the surgeon unleashing a robot and going to have a cup of coffee while the robot completes the surgery. Robotics is more like remote control surgery. The surgeon sits down at a console after setting up the robot. His or her hand motions are then translated to the motions of the instruments inside the patient. It is truly like having your hands inside the patient through tiny holes. Following are the most important advantages of robotic surgery over traditional laparoscopic surgery for groin hernias:

Decreased postoperative pain. I see far more patients return for their postoperative visit with minimal to no pain compared with open or laparoscopic procedures. This reduces the need for narcotic pain medication.

Ability to repair hernias on both sides. Through the same three small incisions, hernias on both sides can be fixed at the same time. Gone are the days of needing to choose which side to fix first and 3 to 6 months later have the other side fixed. About 20 percent of the time, when a patient presents with a hernia on a single side, one is discovered on the other side.

Total control. With traditional laparoscopic surgery, a surgeon can use only his or her two arms. They must rely on an assistant for any additional instruments and the camera. With robotics, the surgeon can control up to four arms by continually switching back and forth as necessary. When the surgeon positions the camera, the robot does not move or shake until the surgeon repositions.

It is important to discuss options for hernia repair techniques with your surgeon and to choose a modality with which both of you are comfortable.

Dr. Reckard is a general surgeon and chair of the Department of Surgery at Eisenhower Health. He is also a member of Desert Doctors and can be reached at (760) 776.7600. www.DesertDoctors.org

The Science of Wellness – 2020 Global Wellness Trends

Continued from page 7

Harry Stewart, CEO and founder of Ageist media company which specializes in older markets. Fitness, food, tech, beauty and travel industry leaders are seeking advice on creating thoughtful, practical and, most importantly, respectful messaging.



Marketers are now recognizing active seniors in targeted campaigns.

The report states that millennials and baby boomers increasingly mirror one another in adopting healthy lifestyle habits, with the latter more likely than any other generation to choose nutritious food. They spend more on online shopping than millennials and compose nearly a quarter of all U.S. health club memberships. In cities across the country, an increasing number are moving into hip urban condos paving the way for new retirement housing within walking distance to cultural and foodie destinations.

“More people are living longer and healthier,” says Stewart. “This is where the market is shifting to. You can’t ignore it.”

Focus Shifts from Sleep to True Circadian Health

Our world is sleep deprived. A 24/7 work ethic and technology to support it are blurring the lines between night and day and interfering with our body’s natural ability to shut it down. Solutions abound with lotions, potions, pillows, pills, apps and even cuddle robots promising a good night’s sleep in a \$432 billion market. We have sleep retreats, separate sleeping quarters from our spouse and even “orthosomnia,” a condition in which anxiety over sleep tracking causes sleep problems.

However, the answer is simple: stop illuminating our nights and start waking with the sun. This elementary shift is in line with our body’s circadian rhythm, responsible for shut eye, but also connected to our heart rate, blood pressure, immune system, metabolism, body temperature, hormones and mood.

This trend predicts a shift in focus from generic sleep solutions to circadian health optimization - not only for sleep, but for all the brain and body systems controlled by our circadian clock. This means the timing of biology will become something we need to measure and manage, and light will be the central part of any solution.

What’s coming?

Home lighting that mimics the sunrise and sunset, apps that tell us when we need to dim and turn off lights for our specific chronobiology, diets based more on when we eat (the “circadian diet”), an emerging class of circadian drugs and possibly even a circadian “fingerprint” measurement that affects timing of medical treatments, surgeries and lab tests.

This trend has much merit as science is revealing the truth about how circadian rhythms rule our physical and mental health. Just remember, when you cut through the gizmos and gadgets, the answer starts with practicing healthy sleep habits like maintaining a regular sleep schedule, avoiding alcohol and caffeine in the evening, avoiding large meals close to bedtime, ensuring your bedroom is dark and free of distracting noises and getting plenty of regular exercise.

Continued on page 26



HALO

DIAGNOSTICS

formerly

DESERT • MEDICAL • IMAGING

Creating a better patient experience and better clinical outcomes.

UNPARALLELED EXPERIENCE

We bring modern technology to medical imaging, to improve patient experience and outcomes

LEADING EDGE OUTCOMES

Our technology complements the radiologist by acting as a second, tirelessly meticulous set of eyes on all images

MODERN CARE

We put patient first and believe all patients deserve access to the best imaging insights, informed by world-class specialized radiologists



Dr. John Feller and his team of health care engineers are driving change and working to make your health care a better experience.

IMAGING CENTER LOCATIONS

- INDIAN WELLS | (760) 694-9559 | 74785 Hwy 111, Suite 101, CA 92210
- PALM SPRINGS | (760) 694-9559 | 1133 N. Palm Canyon Dr., Suite B, CA 92262
- INDIO | (760) 694-9559 | 81800 Dr. Carreon Blvd., Suite C, CA 92201
- CHICO | (530) 433-9633 | 1555 Springfield Drive, CA 95928
- PASADENA | (626) 793-0894 | 747 East Union Street, California 91101
- SANTA ANA | (714) 543-7643 | 1401 N. Tustin Ave., Suite 170, CA 92705
- EL CENTRO | (760) 312-5966 | 1550 Pepper Drive, #G, California 92243

DesertMedicalImaging.com



HEAR BETTER. LIVE BETTER.

"I highly recommend this office because they truly have a concern for their clients!" -Bob C., Sonus Patient

FREE HEARING TEST & CONSULTATION*

FREE HEARING AID CLEAN & CHECK** (\$30 Value)

\$500 OFF***

Discover the Via AI[®] with Fall Detection Alerts

- ! Fall detection alerts to selected contacts
- ⚡ Rechargeable technology
- 🗨️ Adjustments without an office visit+ much more

SONUS hearing care professionals *Call us today!*

42410 Bob Hope Dr. Suite 1 Rancho Mirage, CA (760) 276-4075

78206 Varner Road Suite A Palm Desert, CA (760) 851-0754

HEARING TECHNOLOGY FOR EVERY LIFESTYLE AND BUDGET.

75 DAY SATISFACTION GUARANTEE

www.sonushearing.com

- Most Insurances Accepted
- Most Major Brands
- Financing Options (on approved credit)



*This is not a medical exam and is intended for the purposes of amplification only. **Does not apply to previous sales and cannot be combined with other offers. Excludes the AMP and may not be valid with all insurances. \$30 value. ***Does not apply to previous sales and cannot be combined with other offers. May not be valid with all insurances. †Hearing aids must be returned within the 75-day trial period to qualify for a full refund. See location for complete details. Void where prohibited. ©Sonus2020

Man Up for Your Health

By Roger Moore, CHt

We men seldom talk about our health and are even more reluctant to seek medical assistance. In fact, studies show that 61 percent of men do not engage in regular health checkups, representing a missed opportunity for preventive health care discussions.¹

Growing up on a dairy farm in Southeast Minnesota, for me, medical doctors were a long distance away. There wasn't the money or the time to see the doctor. Even after leaving the farm, the societal message remained loud: "Why don't you just man up and be strong?"

Many of us men grew up thinking we were supermen until aches, pains and health issues started nagging at us.

Thankfully, the most common men's health issues are preventable or reversible with a healthy lifestyle of regular exercise, healthy diet, not smoking, stress reduction and alcohol consumption in the moderate range (no more than two drinks a day), if at all.

While men and women can develop most of the same mental disorders and conditions, men may experience different symptoms. Men are also less likely to seek mental health services than women.

Acknowledging depression is seen by many as a sign of weakness; their belief is that real men don't get depressed.

As a medical hypnotherapist, I find that women are more likely than men to call for an appointment. So, it's especially exciting for me when men do call and schedule an appointment for lifestyle, habit changes or improved mental and emotional health. Other conditions which medical hypnosis can assist are shy bladder syndrome, erectile dysfunction, incontinence and pain control.

Medical hypnosis is an ideal modality for men, because though they may not like to talk about their problems, they do like solutions. Hypnotherapy offers logical results because it is science-based and puts you in control of your own behaviors, thoughts, emotions, health and wellness. Most people who experience the therapy will improve their ability to access deep physical and mental relaxation and gain confidence in their ability to change their experience in real time.

One of the goals of medical hypnosis is to help you to create a harmonious relationship between mind and body, which is a foundation for wellness. Hypnosis can help you become friends with your body and treat it as an ally and a source of wisdom, rather than an opponent whose needs must be vanquished.

Roger Moore is a certified counselor and registered hypnotherapist with Palm Desert Hypnosis and can be reached at Roger@HypnosisHealthInfo.com or (760) 219.8079. For more information, visit www.PalmDesertHypnosis.com.

Reference: 1) <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-016-3706-5>



Many men believe the false pretense that discussing ailments shows weakness.



BRUCE R. BAUMANN, DDS, FAGD

PALM DESERT SMILES.COM
HIGH-TECH CARE

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

www.PalmDesertSmiles.com

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

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

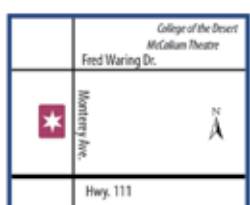
- ✓ CEREC Same Day Crowns
- ✓ Implants
- ✓ iCAT 3D X-Ray/Digital X-Rays
- ✓ Modern Periodontal Care
- ✓ Soft Tissue Laser
- ✓ Holistic, Mercury-free Practice
- ✓ Pinhole Gum Rejuvenation
- ✓ TMD/TMJ Support
- ✓ Conscious Sedation
- ✓ Fountain of Youth Dentures
- ✓ Kör® Teeth Whitening

Book your

FREE CONSULTATION

today!

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



760.568.3602

44239 Monterey Avenue
Palm Desert, CA 92260



NICHOLAS S. BAUMANN, DDS

Cold Sores and Canker Sores: What's the Difference?

By Nick Baumann, DDS

Cold sores and canker sores, although they may look similar and cause comparable discomfort, are actually completely different conditions. Each has different origins and therefore particular ways they can be treated or prevented.

One of the best ways to determine if a lesion is a canker or a cold sore is to see where it occurs. Cold sores tend to occur on keratinized tissue such as the outer lips, gums, palate and tongue; canker sores tend to favor areas of non-keratinized tissue such as inside the lips, the cheeks and underneath the tongue. Because they have different etiologies, each type of lesion needs to be treated differently.

Cold sores are ulcerations that are caused by the HSV-1 virus. The CDC reports that about half of the people in the USA aged 14-49 have this virus. It is very common and lays dormant in the body until an outbreak is triggered. Common triggers include stress, trauma, sickness or even sunlight. Some people who have the virus rarely, if ever, can experience outbreaks, while others can get them frequently. Some research



Canker and cold sores require different treatment plans.

has linked high levels of arginine, a common amino acid found in nuts, seeds, some meats, and legumes, with an increase in cold sore outbreaks. Limiting food with arginine may help decrease the occurrence of flare-ups.

If severe or constant, cold sores can be treated by taking an antiviral medication prescribed by a doctor. The medication can be taken at the onset of symptoms or preventively if outbreaks occur often. If an antiviral is not an option, lysine, another amino acid has also shown to be helpful in preventing or lessening the

occurrence of cold sores and can be taken as a supplement. One thing to remember is, the HSV-1 virus can be passed relatively easily via saliva, especially during an outbreak. Take care not to share cups or utensils or kiss others with cold sores as these are the common ways the virus is passed on.

Canker sores, on the other hand, are not caused by a virus, however, the actual cause is not fully understood. Some research has shown it may be related to vitamin deficiency, particularly vitamin B-12. Stress and trauma to the oral tissue can also be associated. Treatments are usually palliative (pain reducing) in nature. Numbing agents such as Canker Cover can help desensitize the area while it heals. Warm salt water rinses may also help speed recovery. If a person is susceptible to frequent canker sores, taking a B-12 supplement may be helpful for prevention. Since canker sores are not due to a virus or bacteria, they cannot be passed between people.

Some people experience cold sores or canker sores to the point where they affect daily life. If you've never had either of them, consider yourself lucky. At least now you know options for treatment and prevention.

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



Start Your Day with a Cup of Chi

Simple exercises to enhance your senses

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

Chi self-massage is a Taoist concept originating back thousands of years. I was first introduced to the practice when studying at the Taoist Institute and taught to do chi self-massage before getting out of bed in the morning. The idea is to cultivate "chi," or energy, using breathing, visualizations and movement to direct life force energy through the body. Where focus goes, energy flows.

If you study tai chi chuan or yoga, these principles are familiar to you. We rarely think of a workout for our eyes, nose, ears, mouth and sexual organs, however, in Chinese medicine, our nine orifices connect with organs in our bodies (the eyes to the liver, nose to the lungs, mouth to the spleen, and ears to the kidneys, etc.) and it is important to massage and move them. Doing so can revitalize your senses and change tired or negative energy into positive chi.

So, before you get out of bed to head for the coffee pot or shower, try these simple exercises:

Give thanks. When you wake up, instead of worrying about your daily to-do list, think of five things for which you are grateful. Now, place your hands on your stomach, have your tongue touching the roof of your mouth then inhale while visualizing a happy face. Imagine the smiling emoji coming in through your third eye (mid-forehead) with your inhale and floating down your body like a feather to your feet with the exhale. Repeat this 3-9 times.

Create movement. Next, circle your ankles left and right, wiggle your toes and wrists, circle each finger left to right. Rub your palms together to create chi and warm them up.

Wake the eyes. Place the warm palms of your hands over your eyes for a few seconds. With your eyes closed look left, look right, up and down then circle them clockwise and counter clockwise. Massage your eyeballs very gently.

Notice your nostrils. Next flare your nostrils a few times and rub along the side of the bridge of your nose with your index fingers. Later in the day, you may also want to rinse your sinuses with a neti pot or sinus salt water rinse.

Massage your ears. Now massage your ears on the inside and outside, pull them down and out, then up. Rub the scalp behind and above the ears. Remember to clean them weekly with a warm towel getting into all of the crevices.

Kiss the morning. Moving on to your mouth, perch your lips like blowing a kiss, then open your mouth into a smile. Rub your gums back and forth with your tongue a few times. Click your teeth a few times and swallow. Stick your tongue straight out, back in, then out and down, out and up. Place the tip of your tongue back to the roof of your mouth and swallow any saliva, which is considered an elixir for rejuvenation.

Finally, pucker your gluteus. Squeeze the left side, right side, then together. Tilt your pelvic floor up and then relax. Tap your chest and lungs gently and rub the top of your head.

After your workout, be sure to just sit at the edge of the bed for a few seconds while you enjoy the benefits of your morning cup of chi. Remember, if you start off with a good morning, you will have a good day!

Diane Sheppard is a licensed acupuncturist and doctor of traditional Chinese medicine. She is the owner of AcQpoint Wellness Center in Palm Desert and will be presenting a lecture on chi self-massage on April 23. For more information, call (760) 345.2200 or visit www.AcQPoint.com.

Entering the Ozone Therapy Zone

How O₃ helps heal

By Bryan T. Drain, ND

Ozone therapy has a wide range of clinical applications. While most clinical studies have focused on cardiovascular disease, ozone therapy also plays a role in the management of diabetes, cancer, chronic infections, auto-immune disease, aging and pain. Topical or local injections also are effective for dermatological infections, cystitis, colitis, osteoarthritis, rotator cuff tears and spinal disc disease.

Ozone consists of three oxygen atoms (O₂ + O) referred to as O₃. It is produced from oxygen (O₂) when an energetic force such as electricity or ultra-violet light temporarily splits the O₂ into two atoms of single oxygen (O). These single atoms are very unstable and quickly rejoin to become oxygen again. However, a small percentage of the single oxygen atoms will join to form O₃.

In your body, ozone works by interacting with amino acids and lipids to form peroxides. The specific group of peroxides it forms is called ozonides which are the "secret sauce" that induces the effect of ozone therapy with the help of nicotinamide adenine dinucleotide (NAD).

NAD is the primary mechanism for oxygen utilization, when the body converts the energy in oxygen to energy needed for all physiological activity; decreased oxygen utilization leads to degenerative diseases and aging. NAD is created in the mitochondria (our "batteries") when NADH is reduced to form NAD. The ozonides produced by ozone therapy penetrate cell membranes and increase the levels of NAD in our cells giving us more energy.

NAD is essential for all cellular repair systems including RNA and DNA. All protein synthesis and DNA cell duplication is 100 percent dependent on NAD and decreased levels will result in rapid DNA and RNA mutations.

Ozone can be administered in many ways. Ozone saunas are warm steam cabinets that deliver ozone through the skin. Major Auto-Hemotherapy (MAH) is the process of withdrawing a volume of blood and mixing it with ozone gas outside the body. The mixture of blood and ozone is then infused or injected back into the body. CheZone therapy combines chelation and MAH for cardiovascular benefits; insufflating ozone into the bladder, rectum and vagina can treat localized conditions.

Wound healing can also be enhanced through "limb bagging," where ozone and oxygen are placed in a bag then infused into the affected area and extracted after a period of time. The ozone disinfects, activates blood circulation and speeds up the wound healing process.

Today, ozonated oils are used topically and ozonated water is available for consumption.

Ozone is a highly effective and powerful therapy and should only be considered a part of a comprehensive, individualized approach to care.

Dr. Drain is a naturopathic physician with Longevity Wellness in Palm Desert and can be reached at (760) 300.0558. www.LongevityPD.com

Source: 1) Principles and Applications of Ozone Therapy: A Practical Guide for Physicians by Frank Schallenger, MD (2011)

AC Q POINT

ACUPUNCTURE & WELLNESS CENTER

Get relief from Pain and Stress now!

Acupuncture • Electro Acupuncture
Chiropractic • K- Laser • Cupping
Chinese Herbs • Craniosacral Therapy
Medical P/T Therapy Massage
Fascia Stretch Therapy • Visceral Massage
Wholistic Kinesiology • Neurofeedback
Energy/Frequency • Essential Oils



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



Gayle McGuire, RN, L.Ac.
ACUPUNCTURIST



Teri Tudor
PHYSICAL THERAPIST
CRANIAL SACRAL THERAPY



Tracy Smith
ENERGY/FREQUENCY
THERAPIST
BODY CODE/
EMOTION CODE



Deborah Schrameck
CERTIFIED WHOLISTIC
KINESIOLOGIST AND
NUTRITIONIST



Robert "Buzz" Edelburg, DC
CHIROPRACTOR



Maribel Diaz
MEDICAL &
MYOSKELETAL
MASSAGE THERAPIST

FREE UPCOMING LECTURES:

Law of Attraction Coaching Workshop with Dr. Buzz Edelburg
DONATION • Thursday, March 12th @ 5:30-6:30 pm

Shamanic Drumming Circle with John Marin
FREE • Thursday, March 26th @ 5:30-6:45 pm

Taoist Rejuvenation: Awaken Your 5 Senses with Dr. Diane Sheppard
FREE • Thursday, April 23rd @ 5:30-6:30 pm

Tai Chi Self Acupressure (Part 1) with Dr. Diane Sheppard
FREE • Thursday, May 7th @ 5:30-6:30 pm

Tai Chi Self Acupressure (Part 2) with Dr. Diane Sheppard
FREE • Thursday, May 21st @ 5:30- 6:30 pm

Email acqpoint@aim.com or call for future lectures.
RSVP is requested.

760.345.2200

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

acqpoint.com

Some insurances accepted. Please call for eligibility.



NO LUCK WITH KETO? It's not a one-size-fits-all plan

I help women "Go KETO" with a personalized, simplified and intuitively designed program for you, your body and lifestyle.

Did you try Keto and become frustrated because you didn't get the results you expected? Don't give up! Using my proprietary Customization Code process, I can help you identify exactly where your body, lifestyle and preferences demand a customized approach.

Schedule your free 20-minute consult today at KetolsEasyCoach.com

760.285.1241 • Michelle Borthwick, Keto Lifestyle Coach

Customizing Your Carb Count on Keto

Which matters more: total carbs or net carbs?

By Michelle Borthwick

The ketogenic, or keto, diet is a low-carb, high-fat diet growing in popularity due to the many health benefits it can offer. The concept is to drastically reduce carbohydrate intake and increase healthy fat intake which puts your body into a metabolic state called ketosis. When this happens, your body becomes very efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the brain.



But understanding what to eat can be tricky and personalization is important.

Different factors contribute to counting total versus net carbs on keto.

A common question about the keto diet is, "Do I count total carbs or net carbs?" The answer is, it depends. Your ideal carb count is a nuanced number; it isn't arbitrary and it isn't set in stone. Ongoing refinement and customization are required to increase your chances of success and determine how quickly you will meet your health and weight-loss goals.

Many individual factors dictate your carb levels and whether you should track total or net carbs. How does this work?

For most people who want to transition from eating the Standard American Diet (with an average of 250-300 carbs per day), it is better to ease into the keto diet and set a reasonable goal for lowering your carb count. When you give the body time to adjust, it makes the changes more manageable and sustainable.¹ Other factors that come into play include your metabolism, insulin resistance, health, age, activity level, lifestyle, sociability, goals and mindset.

What's the difference between total carbs and net carbs?

Here's where it can get confusing for keto newcomers: net carbs are not the same as total carbs. Net carbs are the total grams of carbohydrates minus grams of fiber and sugar alcohols which are subtracted because they are not digested by the body. Total carbs are exactly what it sounds like - the total amount of carbs consumed in a day.

If you're following a keto diet for weight loss or general health, staying within 20 net carbs per day is most often prescribed to stay in ketosis. However, this isn't the case for everyone; some people need 20-30 total carbs per day to achieve and maintain ketosis. Which is better for you on a keto diet depends on your goals and individual body.²

There isn't a one-size-fits-all approach to managing your health. What works for one person may not work for another, so you must be willing to intersect the standard rules of keto with your personal goals, results and current health.

Michelle Borthwick is a keto lifestyle coach teaching women how to fall in love with keto by tailoring sustainable programs to meet individual needs. She can be reached at (760) 285.1241 or ketoiseasy@gmail.com. www.Ketoiseasycoach.com

References: 1) <https://www.verywellfit.com/tips-to-gradually-reduce-carbs-2241944>; 2) <https://intentionallybare.com/blogs/news/keto-is-not-a-one-size-fits-all>

OPTIMAL HEALTH CENTER

Naturopathic Medicine For All Ages
Treating the whole body using an integrative approach

Specializing in:
Chronic Conditions
Complementary Cancer Care
Bio-HRT
Food Allergy & Nutritional Testing
IV Therapy
Fertility
Pregnancy Care
Children's Health

SHANNON SINSHEIMER, ND (760) 568-2598
74361 Highway 111, Ste. 3 • Palm Desert
optimalhealthpd.com

JESSICA NEEDLE, ND

Longevity wellness

Optimal Well-Being Through Natural Health Care

IV Vitamin Therapy
Ozone Therapy
Platelet-Rich Plasma & Exosome Cell Therapy
NAD+ Therapy
Bio-Identical Hormones
Poly-MVA & Lipoic Acid
Metabolic Cancer Treatment

BRYAN T. DRAIN, ND
NATUROPATHIC DOCTOR

760-300-0558
43-585 Monterey Avenue, Ste. 3
Palm Desert, CA 92260
www.longevitypd.com

Preventive Kidney Care

By Jessica Needle, ND

The kidneys are vital organs in the human body, yet we rarely focus on them until something goes wrong, such as a painful urinary infection or the passing of kidney stones. The kidneys play a role in controlling blood pressure, acid-base balance, electrolyte concentrations and the removal of toxins. They participate in converting vitamin D to its active form and produce the hormone erythropoietin, which stimulates red blood cell production in bone marrow. These functions affect whole body health and homeostasis, not just urinary tract issues.

Your annual blood tests usually include some information about kidney function. The metabolic panel includes electrolyte levels (sodium, potassium, chloride and carbon dioxide), and a measure called eGFR (estimated glomerular filtration rate). Electrolytes rarely get out of balance in a generally healthy individual, but if you had your blood drawn while in the hospital for an emergency situation, there could be abnormalities. eGFR estimates how many milliliters per minute of fluid your kidneys filter and the result should be greater than 60. This number decreases with age and illness and can be affected by your level of hydration. Blood urea nitrogen (BUN) is included in the test panel and is elevated in people with kidney disease, although it also can be high if you consume excessive protein in your diet.

The most important thing you can do to keep your kidneys healthy is to drink adequate water. Dehydration is the main cause of kidney stones and it contributes to urinary tract infections. Strive to drink 80 ounces of water per day. Many people restrict their fluid consumption in order to urinate less often, but this can lead to problems. Frequent urination flushes bacteria and waste from the kidneys, ureters, bladder and urethra so there are fewer solids that can precipitate to form stones. Avoid coffee, as it makes urine too acidic and irritates the bladder. Also avoid sugary drinks such as soda. High sugar consumption increases kidney stone risk while natural citrus (fresh-squeezed lemon, lime or orange) offers protection.

Recurrent infections and stones create scar tissue that diminishes kidney function; diabetes, lupus nephritis and polycystic kidney disease have the same result. The kidneys have limited ability to regenerate themselves, so prevention and maintenance are key.

Natural supplements can offer help. Cordyceps, a mushroom used in traditional Chinese medicine, lowers BUN, creatinine (a byproduct of muscle breakdown) and protein in the urine. Resveratrol, an extract from grapes, preserves kidney function and increases nitric oxide, which keeps blood vessels open. Rutin is a bioflavonoid found in apple skins, figs and rooibos tea; in animal research, it protected kidney tubules from damage and hardening. Curcumin has antioxidant properties that reduce stress on the kidneys and lower blood pressure. These supplements can prevent a patient with advanced kidney disease from needing dialysis.

Other health-promoting behaviors are good for your kidneys, as well. Eat a healthy diet, exercise regularly, quit smoking, reduce or eliminate medications, when possible, and seek medical care immediately if you suspect a problem.

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



“My Tummy Hurts”
Digestive Complaints in Children

One of the most common reasons for a child’s doctor visit is digestive complaints. Children can experience chronic abdominal pain, intermittent abdominal pain, constipation, diarrhea and general discomfort from eating. These symptoms often cause them to miss school, leave school early or refrain from social activities. Parents may try at-home elimination diets such as removing gluten and dairy without complete or long-term success. Digestive complaints can be simple food sensitivities or a combination of food irritants along with an imbalance of good to bad digestive bacteria. They can also stem from emotional issues, anxiety, poor sleep habits or blood sugar imbalances.

Addressing digestive issues comprehensively to achieve long-term success usually entails a combination of therapies and, in some cases, lab tests to solve the issue.

Food sensitivities are a frequent cause of digestive discomfort. Sensitivities to food are different from food allergies; they are a less serious, but still an aggravating response to a food. Symptoms, which can be anything from sinus congestion and headache to diarrhea and abdominal pain, can occur 5 minutes to 72 hours after eating which makes it hard to identify the culprit even with food journaling or elimination. The most effective way to assess food sensitivities is to have your child get an IgG and IgA blood panel to show reaction levels to a comprehensive list of foods, herbs and spices. This will assist in specifying exact food triggers for abdominal pain. When a child has chronic abdominal discomfort, food sensitivity testing is a first-line therapy to assess if dietary triggers are the cause.



Food sensitivities, digestive imbalance and/or stress can be the cause of tummy aches in children.

An imbalance of digestive flora and good gut bacteria can also cause digestive complaints. Imbalances can occur from antibiotic use, poor food quality such as processed and fast foods, stress and genetics. Supplementing with a high-quality probiotic can eliminate some pain and discomfort; however many times an additional supplement to reduce harmful bacteria, fungus, and yeasts is required. A supplement with herbs such as Oregon grape root, astragalus, wormwood, black walnut, clove, grapefruit seed and oregano can improve subclinical imbalance of good, healthy bacteria and reduce potentially harmful bacteria, fungus, and yeast. A combination of a good diet with a supplemental probiotic and anti-microbial herbs usually can eliminate the issue.

Emotional distress is another common cause of digestive distress. Anxiety and depression, even in mild forms, can cause stomach pain, maldigestion and variations in bowel elimination. Even with a sound home environment, school has its own series of potentially stress-inducing factors; children experience stress in classroom environments, with homework and tests, in social relationships and pressure in extracurricular activities. Teaching children to self-regulate by reading, meditating, doing yoga and experiencing nature are associated with lowering stress and anxiety levels which, in turn, can reduce digestive issues.

A combination of therapies is typically required for long-term success in eliminating digestive complaints. Seeking a moderator and health evaluator outside the home is beneficial to explore ideas and make suggestions for an effective and comprehensive treatment plan.

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

Desert Health would like to thank Dr. Shannon for five years of Naturopathic Family Medicine.

While she will continue as a periodic contributor, she will no longer pen this column.

Thank you for all you have shared to help educate families of the Coachella Valley!

HEALING BODY



Focusing on drug-free, alternative pain management and restoring physical strength, balance and mobility to your body

MAT® (Muscle Activation Techniques)
Balance • Mobility • Breast Encapsulation-Release
Scar-Revision Therapy • Myofascial Release
Senior Strength Training

FDA-approved modalities including MAT®, BEMER and EPAT Shockwave-Ultrasound

PAULA CARRICK

Kinesiologist and MAT® Specialist

442.227.0405 • paularcarrick@gmail.com

73211 Fred Waring Drive, Ste. 200 • Palm Desert • HealingBodyWellness.com



Absorb the Earth’s nurturing energy while you sleep.

Earthing is a fast-growing movement based upon the discovery that connecting to the Earth’s natural energy is essential for vibrant health. Earthing can be done by simply walking barefoot on the Earth’s natural surfaces or indoors with Earthing products.



– Ground Therapy Sleep Mat –



– Ground Therapy Pillow Cover –

Restore Balance
Reduce Inflammation
Enhance Energy

(888) 223-8454



www.Earthing.com



COMING SOON
PRE-REGISTER NOW



Restore Health
DISEASE REVERSAL

12 WEEKS TO BETTER BALANCE

IN JUST 12 WEEKS YOU WILL:

- Improve posture
- Decrease falls
- Develop stronger bones
- Increase muscle strength and speed
- Expand mobility
- Improve coordination

1 OUT OF 3 ADULTS

Age 65 and older fall each year. Every 11 seconds, an older adult is treated in the emergency room for a fall. Every 19 minutes, an older adult dies from a fall.

WWW.RESTOREHEALTH.ME

45-190 CLUB DRIVE, INDIAN WELLS, CA 92210 | 760.408.2720





Personalized Nutrition & Wellness Program

Change your body and change your life!

Lose 2 to 4 pounds of FAT per week, gain muscle, heal your body and gain back your health

**NO BOXED FOOD – NO PILLS
NO GIMMICKS**

Free consultations

**Dr. Amanda Beckner CN, HHP, PHD
760-341-BODY (2639)**

73211 Fred Waring Drive, Ste. 200 · Palm Desert
(Sunlife Medical Center)

YOUR BODY CODE
www.YourBodyCode.com

Manual Lymphatic Drainage Therapy

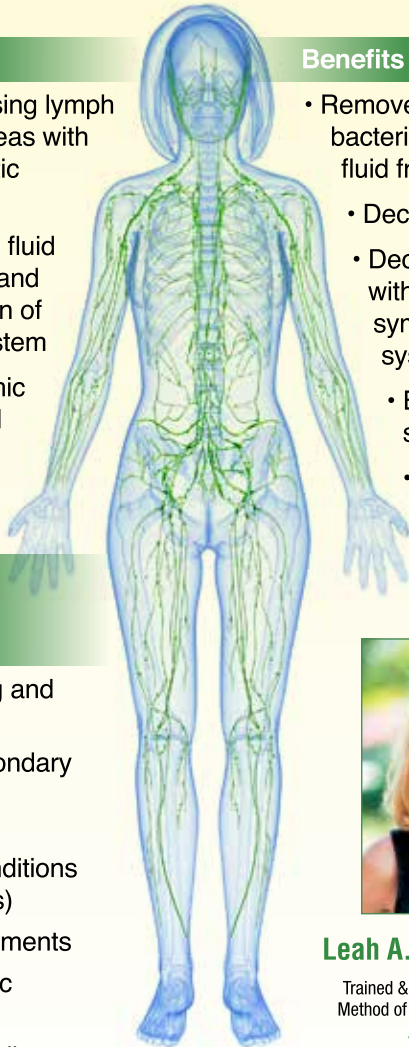
Our lymphatic system is key to sustaining homeostasis throughout our bodies. It works silently and consistently to maintain fluid balance while serving as a main pathway for eliminating toxins via our lymph nodes. The strokes applied in MLD stimulate the movement of lymphatic fluids to assist in cleansing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

How MLD Works

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

Benefits of MLD

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



MLD Improves Many Conditions Including:

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



Leah A. Wiltgen L.M.T., C.D.T
Trained & Certified in the Dr. Vodder's Method of Manual Lymphatic Drainage
760.449.7855
leahwiltgenmld@gmail.com

Dream Visitations: Love Never Dies

By Kathleen O'Keefe-Kanavos

When a loved one dies, the emotional devastation can leave us with a strong desire to see them one more time. We want a second chance to say things we didn't share. Regret can feel like a clamp around our hearts. What if we can still connect with our loved ones in visitation dreams?

Visitation dreams are also known as dreams of the bereaved.¹ Research by Canadian investigators of 76 bereaved individuals published in the *International Journal of Dream Research*² found that 67.1 percent of the bereaved stated visitation dreams helped them believe more in an afterlife; 68.4 percent characterized their dreams of the deceased as actual "visitations" and 70.9 percent reported dreams of the dead helped them feel more connected with the deceased.

Radiologist Dr. Larry Burk of Duke University Medical Center researched dreams that diagnosed illnesses which were later validated by pathology reports. His published results stated many of the patients described having reassuring life-like visitation dreams.³

Have you had a dream that made you sit up in bed and say, "Wow! That was what I needed. Seeing my love again healed my heart"?

Well, I had just such a dream. Before going to sleep, I had set an intention to see my best friend who had died of leukemia. We were tennis partners, our husbands played tennis together, and we vacationed in exotic places like the British West Indies between my cancer treatments. (Yes, I am a three-time breast cancer survivor whose dreams diagnosed her illness missed by medical tests.) I never believed I would outlive her. To protect her privacy, I named her Linda in this article.

When she died, a piece of me died, too. My grief was physically tangible and suffocated me like a heavy wet blanket.

Months passed. I longed to see her again to know how she was doing. The idea, "she is in a better place with deceased loved ones," left me empty. Was Linda happier now? Did she miss me, too? Heck, did she even remember me?

So, I set my intention before bed to see Linda in my dreams. Yes, I was that desperate. During a dream, Linda walked up and said, "Wanna get a drink?" It felt so natural I didn't wake from my sleep. We sat in a classy restaurant and ordered martinis, just like old times. But, when our drinks arrived, her martini only had thinly sliced carrots and celery in a glass with no liquid. "Oh, I don't drink anymore," she said, "but I wanted to see you, too." I awoke happy.

Linda's husband later told me she had given up alcohol during her treatments.

Was this a dream or reality?

Setting a dream intention is easy. Write it on a piece of paper and place it under your pillow and "sleep on it." When someone we love dies, it can feel like withdrawal. There is comfort in the knowledge they are only a dream away and that love never dies.

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

References: 1) Psychology Today; Visitation Dreams II: Dreams of the Bereaved <https://www.psychologytoday.com/us/blog/dream-catcher/201806/visitation-dreams-ii-dreams-the-bereaved>; 2) Black, DeCicco, Seeley, Murkar, Black, & Fox International Journal of Dream Research Volume 9, No. 2: 2016). <https://journals.uni-heidelberg.de/index.php/IJoDR/article/view/28117>; 3) Warning Dreams Preceding the Diagnosis of Breast Cancer: A Survey of the Most Important Characteristics EXPLORE The Journal of Science and Healing 11(3) - February 2015, Burk, Larry DOI: 10.1016/j.explore.2015.02.008

How "Well" is Your Energy?

By Tracy J. Smith

We are familiar with daily self-care practices for our physical body - brushing our teeth, eating healthy food, regular exercise, solid sleep - but did you know it is just as important to maintain a daily self-care routine for our energy flow?

Our physical body consists of energy systems and fields within and around us and it is important to keep the energy flow clear and balanced. If blocked or stagnate, it can result in physical pain or illness as these symptoms often manifest first in our energy.

Our energy is also a combination of our emotional, mental and spiritual being. Each of these consists of a vibration that we emit every second, and all forms of energy, whether emotional, mental, physical or spiritual, affect all of our relationships.

Managing and caring for your body - and your energy - will improve your overall wellbeing. Here are a few simple ways to help clear and balance your energy. Even practicing just a few each day will enhance your flow.

Breath work. Breathe deeply into the bottom portion of your lungs which have more ability to absorb oxygen. This helps calm the body. Short shallow breathing triggers the body for flight or fight. Do daily deep breathing for at least 10 minutes each day and, if you can, breathe fresh morning air which has higher levels of oxygen.

Daily grounding. Walk outside barefoot on natural materials to absorb the healing electromagnetic energies of the earth which have been scientifically proven to reduce inflammation. In general, getting out into nature does clear and lift your energy.

An attitude of gratitude. Gratitude is an emotional reset button immediately shifting and clearing your energy to a higher, healthier vibration. Every day, take a few moments to think and feel the gratitude flowing through your body about the blessings in your life.

Meditation and prayer. Begin a daily practice of reflection and stillness to help clear and balance energy; connect to Spirit, a source greater than yourself.

Energy clearing and balancing therapies. Consider adding an energy practitioner to your wellness team. Routine Reiki, chakra clearing, acupuncture or sound healing can help catapult your efforts.

Color is a powerful therapy. Surround and clothe yourself with the colors and art/jewelry that make you feel good.

Fresh organic, high-quality food. Foods prepared with love have a higher vibration.

Regular sleep. Sleep is essential for your energy, mental, emotional and physical health. If possible try to adapt a regular sleep schedule and avoid all technology 30 minutes before sleeping as the blue light disturbs the eyes. Also turn off Wi-Fi in the room you sleep.

Organization. Avoid clutter as it blocks energy flow.

Creativity. Exercising creativity promotes the flow of energy. Be creative in arts, singing, exercising, gardening, cooking, or simply petting your pet and taking the time to JUST BE-and do it with intention.

Make caring for your energy fun and joyful. Laughing is also good medicine as a hearty belly laugh is wonderful to clear and ground your energy.

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



Blissful Release



Release blocked energy and enhance positive frequency with Energy Release Therapy

Over 20 years balancing energy using:
Reiki • Tuning Forks • Crystal Bowls
Body Work • Sound Frequency
to realign body, mind and spirit

Tracy J. Smith

Energy Release Practitioner
Emotion-Body Code Specialist

760.409.9289

BlissfulRelease88@gmail.com • tracyjsmith.net



Non-Opioid Option for Chronic Pain and Inflammation

Low-dose naltrexone showing promising results

By Sonja Fung, ND

Chronic pain impacts over 50 million people in our country and, typically, there are few safe and affordable treatment options. For patients who are not candidates for surgery or regenerative injections such as prolotherapy and PRP (platelet rich plasma), NSAIDs (non-steroidal anti-inflammatory drugs), acetaminophen, steroids and opioids are the standard of care. Unfortunately, these medications can have long-term negative side effects such as stomach and liver damage, bone and ligament degeneration, and opioid abuse/addiction is common.

Low-dose naltrexone (LDN) for chronic pain is a novel, "off-label" use of the drug, naltrexone, an opioid antagonist (blocker). Typically prescribed at 50-150mg, naltrexone is approved for helping patients recover from opioid or alcohol dependency. With dosing between 0.5-4.5mg, LDN has a completely different mechanism of action.

Here's where it gets a bit technical: LDN inhibits toll-like receptor 4 (TLR4) signaling on microglial cells in our nervous system, downregulating inflammatory pathways and upregulating and prolonging our own body's endorphin effect. In other words, it reduces inflammatory stimulation and pain. The effect of LDN can be felt within days for some patients and up to 12 months for others depending on the sensitivity to medication and the chronicity of the pain or disease.

Naltrexone itself has a long established safety record, but there are no long-term safety studies on LDN. However, at less than one-tenth of a typical starting dose of naltrexone, LDN has not shown significant side effects or safety issues. In one study from the Norwegian Prescription Database, at least 0.3 percent of the country has used LDN since 2014, with a reduction of opioid use and no increase of adverse events. Some minor side effects have been noted such as transient sleep disturbance, insomnia, headaches and intestinal cramping. Typically, LDN is contraindicated with opioid use. If you are on opioid medications, talk to a knowledgeable practitioner before considering LDN.

LDN research is still ongoing with many studies showing promising results for a multitude of chronic conditions including multiple sclerosis, fibromyalgia, neuropathic pain, inflammatory bowel disease, Crohn's disease, autoimmune diseases and cancer. Many of my chronic pain patients experience significant symptom reduction from the use of LDN, have been able to reduce and even discontinue their NSAID, acetaminophen or opioid medications, and most importantly, improve their quality of life.

LDN is prescription only through compounding pharmacies because it is off-label and not covered by insurance; however, due to naltrexone being non-patent, LDN is extremely affordable at about \$1 a day. LDN is extremely tolerable with minor side effects (if any), few drug interactions and no known potential for abuse. If you are struggling with chronic pain, LDN may be a safe and effective option for you.

Dr. Sonja Fung is a primary care naturopathic doctor at Live Well Clinic in La Quinta. She has a focus on integrative cancer care and PRP regenerative joint injections for pain and can be reached at (760) 771.5970. www.livewellclinic.org

References available upon request.



Dr. Sonja Fung
Naturopathic Doctor
Medical Director

Introducing
Shari Jainuddin, ND
Naturopathic Resident

Connect with us!
 @LiveWellClinicLaQuinta
 @LiveWellClinic

LiveWell CLINIC

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

Time to Blossom

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

The vernal equinox is here and it's time to transition to more daylight hours as we move toward the summer solstice three months from now. This time of year is ripe for reflection, looking at the quality of balance in our lives to see what may be blossoming for us.

In the somewhat rare super blooms that happen in the desert, we know it's not just because we had rain and warm sunlight, but because the seeds and buds that were lying dormant simply needed a perfect storm of conditions to show their full display of beauty. If the seeds hadn't been in the soil in the first place, then no matter how much it rained or shined, no blooms would have appeared.

The same is true for us, as we blossom from what has been planted in the previous months. We can reflect back to the winter solstice and see what we placed in the soil to hibernate over the winter months.

What is blossoming for you at the moment?

Try this visualization. Close your eyes and breathe gently. Imagine a dear friend sitting opposite you asking you this question, "What do you want to have in your life?" Notice what arises. Perhaps it's bringing more peace, ease, quiet time or calm to everyday things. Perhaps it's letting go of what you no longer need. See if you can notice what is present without needing to judge or change whatever bubbled up.

Now, what are you doing to plant those seeds into your life?

One way of creating a rich soil for what you wish to manifest is to have daily practices, things you do no matter how big or small, that till your own inner garden where it can be nourished. Each time you step onto your yoga mat, sit in meditation, offer loving kindness to yourself or others, connect to gratitude, appreciate the earth or serve others, you are nourishing your inner garden. It may take longer than you anticipate for the conditions to be just right for what you've planted to manifest, but it will come.

It's not as though I've held a lifelong dream of owning my own yoga studio, but when the opportunity arose, it seemed like perfect timing. This was the case because I had spent years steadily doing work that not only supported others on their path of living a balanced and insightful life, but connected to my own inner life on a daily basis. The sense of living from intention, every day, is what creates a nourishing environment to bring to life what we most desire.

As we step into spring, take a few moments to be still and honor the steady process of your own growth. Check in with yourself to see if something is ready to manifest and start working with it intentionally to do so. It is time to blossom and thank the natural cycle of nature for that stunning reminder.

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



Spring is the time for both plants and humans to bring forth the seeds we have planted.

A serene yoga studio in the heart of Rancho Mirage

Restorative and Gentle Yoga
Meditation Teachings
Teacher Training ...and more

Therapeutic Yoga classes and one-on-one sessions with Certified Yoga Therapist

760-456-5160
jayne@desertyogatherapy.com
desertyogatherapy.com

New Student Special!
3 classes for \$33 within 30 days

Health & Lifestyle Coaching

Enhance joy and inner peace by shifting behaviors to achieve greater balance

Gain clarity, self-confidence, and self-esteem
Relieve health issues, physical and emotional pain

Dipika Patel
Certified Holistic Health & Lifestyle Coach

760.821.3119
LoveYourLifeHealthy.com

Connect @ [LoveYourLifeHealthy](https://www.instagram.com/LoveYourLifeHealthy)

Coming Soon!
OWN YOUR INNER BITCH, SO SHE CAN'T OWN YOU

Comprehensive Care by Independent Doctors

Desert Doctors is founded upon the time-honored physician-patient relationship that builds trust while providing value, experience and collaborative care. More physicians are choosing to join the Desert Doctors Network to maintain their independence in private practice, while being part of an innovative network that collaborates with other local and regional medical colleagues and area hospitals. Is your doctor a member? Search our website for direct links to member information including telephone number and physical address, and follow us on Facebook. We help you find an outstanding doctor to make a timely appointment. In a time when deductibles and co-payments have increased, and to assist the health care consumer with cost savings, Desert Doctors strives to provide you with cost transparency every step of the way.



Gary Annunziata, DO
GASTROENTEROLOGY
(760) 321-2500



Mehrdad Asgeri, MD
GASTROENTEROLOGY
(760) 699-7607



James Ausman, MD
NEUROSURGERY
(760) 346-8058



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



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



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



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



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



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



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



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



Olga Bohn, MD
PATHOLOGY
(412) 805-2097



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



Adam J. Brochert, MD
RADIOLOGY
(760) 776-8989



Richard Byrd, MD
INTERNAL MEDICINE
Indian Wells



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



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



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



Camilla Davis, PA-C
NEUROLOGY
(760) 340-0528



Trevor Derderian, MD
VASCULAR SURGERY
(760) 568-3461



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



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



David Duffner, MD
IN MEMORIAM



Fredrick Eko, MD
PLASTIC SURGERY
(760) 249-2222



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



Antoine Elhajjar, MD
NEUROLOGY
(760) 340-0528



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



Felipe Espinoza, MD
NEURORADIOLOGY
(760) 776-8989



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



Shahin Etebar, MD
NEUROSURGERY
(760) 346-8058



John Feller, MD
RADIOLOGY
(760) 776-8989



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



Derakhsh Fozouni, MD
OB/GYN
(760) 327-2707



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



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



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



Michael Gatto, MD
OTOLARYNGOLOGY
(760) 323-4735



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



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



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



Gary Greenwald, MD
ALLERGY/
PULMONARY DISEASE
(760) 341-9777



Maria Greenwald, MD
RHEUMATOLOGY
(760) 341-6800



Steven Gunberg, DO
RADIOLOGY
(760) 776-8989



Christopher Hancock, MD
NEURORADIOLOGY
(760) 776-8989



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



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



Jeffrey Herz, MD
UROLOGY
(760) 776-8989



Mary Howell, MD
INTERNAL MEDICINE
(760) 346-3611



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



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



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



Pedram Ilbeigi, DO
UROLOGY
(760) 346-1133



Patricia James, MD
INTERNAL MEDICINE
(760) 836-9066



Timothy Jochen, MD
DERMATOLOGY
(760) 423-4000



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



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



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



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



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



Frank Kerrigan, DO
HONORARY
MEMBER



Bishoy Labib, MD
NEUROLOGY
(760) 779-1177



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



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



Hal Le, MD
OPHTHALMOLOGY
(760) 836-3937



DesertDoctors

YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

Comprehensive Care by Independent Doctors

Why Choose Desert Doctors?

- Quick access to top doctors
- Affordable quality care

- Save money when you choose independent doctors
- No facility fees for office visits

Desert Doctors, A Better Path to Health & Wellness



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



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



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



Tim Leier, MD
PAIN MANAGEMENT
(760) 321-1315



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



Indermohan Luthra, MD
NEUROLOGY
(760) 328-7500



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



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



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



Farshid Mirzaee, MD
UROLOGY
(760) 346-1133



Tobias Moeller Bertram, MD
PAIN MANAGEMENT
(760) 321-1315



Balaji Nettimi, MD
NEURO PHYSIOLOGY
(760) 799 1000



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



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



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



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



Kenneth Phillips, DPM
PODIATRY
(760) 733-3338



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



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



Arturo Quintanilla, MD
PEDIATRICS
(760) 770-0000



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



Neil Reddy
VEIN & VASCULAR
(760) 423-6263



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



Timothy Richardson, MD
DERMATOLOGY
(760) 341-1999



Wendy Roberts, MD
DERMATOLOGY
(760) 346-4262



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



David Schreiber, MD
RADIATION ONCOLOGY
(760) 536-4400



Gerald R. Schultz, MD
OPHTHALMOLOGY
(760) 342-9991



Brett Sharp, MD
PSYCHIATRY
(760) 203-3003



Manish Sheth, MD
PSYCHIATRY
(760) 469-9217



Eric Sickinger, DO
SPORTS MEDICINE
(760) 636-1067



Maryam Sickinger, DO
DERMATOLOGY
(760) 568-9300



Raj Sinha, MD
ORTHOPEDIC SURGERY
(760) 972-4580



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



Ryszard Skulski, MD
CARDIOLOGY
(760) 773-0700



Christopher L. Snyder, DO
FAMILY MEDICINE
(760) 346-3932



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



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



Dennis Spurgin, DC
CHIROPRACTIC
(760) 327-9402



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



Keith Tokuhara, MD
OPHTHALMOLOGY
(760) 340-4700



Patricia Van Santen, DAOM
ACUPUNCTURE AND
ORIENTAL MEDICINE
(760) 674-8488



Grant Vorster, OD
OPTOMETRY
(760) 863-2241



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



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



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



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



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



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



Son Ha Yu, MD
VASCULAR &
VEIN SURGERY
(760) 568-3461



Lisa N. Bellows,
MACCCA
AUDIOLOGY
(760) 340-6494



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



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



Dan McBride, PA
PAIN MANAGEMENT
(760) 341-2360



Russell Pullen, PA
EAR, NOSE & THROAT
(760) 323-4735



AMERICAN HEALTH
JOURNAL
(760) 836-0733



ISNING GAMEZ
VIDEO, WEB, & BRANDING

FACILITY MEMBER

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



RE PHARMACY

FACILITY MEMBER

RE PHARMACY
(760) 340-3248



DesertDoctors

YOUR DIRECT LINK TO PRIMARY AND SPECIALTY DOCTOR CARE

You have a Choice.

See an independent Doctor you know and trust.

(760) 232-4646 www.desertdoctors.org



INTRODUCING



RH
Restore Health
DISEASE REVERSAL

Eliminating chronic disease and medications through Nutrition and Lifestyle

Arnel Sator, PTA, BS **COMING SOON!** Joseph Scherger, MD, MPH

WWW.RESTOREHEALTH.ME
760.408.2720
45-190 CLUB DRIVE, INDIAN WELLS, CA 92210

f i

INGREDIENTS YOUR BODY CAN RECOGNIZE AND UTILIZE!

Superfood Menu • All Natural/Whole Foods • No Purées or Syrups
Fast and Fresh • Everything Made to Order



fresh
JUICE BAR
DRINK SMART LIVE WELL

PALM SPRINGS PALM DESERT RANCHO MIRAGE LA QUINTA
FreshJuiceBar.com | t f i s

LT
Longevity
THERAPEUTICS

Balancing Nature & Science



Providing bio-identical hormone therapy, IV chelation and vitamin therapy, and stem cell treatments.

Introducing

CAVERSTEM

Regenerative procedure for men using your own stem cells to treat erectile dysfunction

A natural and safe **one-hour, in-office procedure** clinically tested for effectiveness.

Call for your consultation

DAVID ODOM, MD

info@dr-odom.com

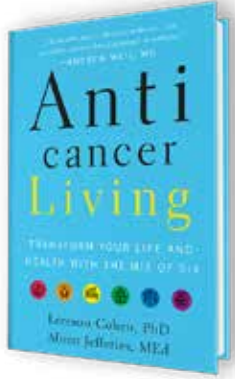
78-150 Calle Tampico, Suite 102
La Quinta

Anticancer Living: Transform Your Life and Health with the Mix of Six

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

Anticancer Living is authored by the husband and wife team of Lorenzo Cohen, PhD, and Alison Jefferies, MEd who lead the integrative medicine program at the MD Anderson Cancer Center in Houston, TX. The scientific basis of all their information and recommendations is deep and sound.

In many ways, this book is a sequel to *Anticancer: A New Way of Life* by David Servan-Schreiber, MD, PhD (Penguin Books, 2007). Dr. Servan-Schreiber survived a highly lethal glioblastoma of his brain for 19 years following an anticancer lifestyle. At the time of his death, Dr. Servan-Schreiber, a clinical professor of psychiatry at the University of Pittsburgh School of Medicine, was teamed with Dr. Cohen for a clinical trial in the methods of anticancer living and their impact on cancer survival and longevity. This trial is ongoing and the results to date are very promising.



Part One of this book describes the history of what Cohen and Jefferies call the "Anticancer Revolution." Most cancers are much better understood by including the lifestyle insults that lead to the disease. Cancer is about to overtake heart disease as the leading cause of death in the industrialized world. Yet, cancer patients are not helpless and should not simply become passive recipients of cancer treatment. There is much a person can do to improve their chances of a cancer remission and longer survival. The authors discuss in detail their "mix of six" interventions for which many personal examples are given.

Start with psychosocial factors. Contrary to the usual method of first addressing nutrition, Cohen and Jefferies reverse the order and begin with the psychosocial factors that are so important. This begins by relying on or creating a foundation of love and support. Cancer patients who remain well connected to others do much better than those who isolate themselves.

Stress management and resilience. The second intervention is stress management and developing resilience. Every cancer patient is under great stress and managing that is key to better health. Cancer patients usually become stronger in character which leads to greater resilience in handling what comes. Controlling stress and developing greater resilience have biological effects that help reduce cancer growth.

Rest and recovery. A diagnosis of cancer is a wakeup call that your life may be out of balance. The body heals during rest; so, develop a daily schedule that avoids wasting energy and allows ample time for physical and mental restoration.

Add physical activity. Exercise has tremendous healing powers and it does not have to be vigorous or stressful to be effective. Long walks, hikes and swimming are good examples of enjoyable and soothing exercise; work on preserving and enhancing muscle strength.

Now let's focus on nutrition. It's been said for centuries that food is medicine. Those who follow a plant-based diet have the lowest cancer rates and the greatest chance of remission. Superfoods for cancer are nuts, seeds and vegetables of a variety of colors. If animal products are consumed, they should be a small part of the diet and the healthiest possible options such as grass-fed meat, pasture-raised chicken and eggs and wild-caught fish.

Lower your toxic exposure. Finally, a low toxic environment is critical to anticancer living. Rid your house of toxic chemicals and limit toxins on and in your body. This chapter is a guide to doing just that.

Take responsibility for your health. Appendix materials provide additional guidance and resources for anticancer living. All cancer patients should take responsibility for their optimal health and select an "anticancer living life plan." Patients should work with their cancer care providers around treatment, but remember, most do not have a background in the lifestyle factors described here. It is up to you.

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

How Our Bodies Process Sugar

By David Pérez, MD, FAAFP

The food we consume is made up of three nutrients: proteins, fat and carbohydrates. Of the carbohydrates, there are three types: sugar, starch and fiber. Sugars are the simplest form of carbohydrates and examples include sucrose (table sugar), glucose (our body's source of energy) and fructose (found in fruits and certain vegetables). Table sugar is composed of one part glucose and one part fructose and is derived from plants such as sugar cane and beets.

Sugar has become more and more prevalent in processed foods which our bodies are not designed to handle. For example, when we consume an apple, the amount of sugar available to our body, along with soluble and insoluble fiber, is in an amount the body can process efficiently. But when you eat a piece of candy or drink a sweetened beverage, you are essentially consuming pure sugar which is absorbed into your bloodstream. This sends a signal to our bodies to produce insulin so that glucose can be absorbed into our cells for energy or stored in the liver and muscles for later use, or converted to fat.

When we chronically expose our bodies to excess sugar levels, our cells become resistant to the signal from insulin; in response, our pancreas continues to produce more insulin. Excess insulin causes excess vascular smooth muscle proliferation and cell division. The proliferation of coronary artery vascular smooth muscle makes your coronaries tighter and less likely to vasodilate when needed (like in a stressful situation). This increases your chance of heart attack. The cell growth promoter and cell death inhibitory effects of excess insulin can be augmented and thus, increase your risk of cancer death.

So how do we prevent this state of excess insulin? By sticking to basics. Focus on eating whole foods and avoid processed foods. How can you tell the difference? Look to see if the food has a nutrition label. If it does, then it has been processed. Aim to reduce your consumption of both sugars and carbohydrates. Work on getting your carbohydrates mainly from leafy greens and vegetables. By paying close attention to reducing sugar in your diet, you can help prevent diabetes, heart disease and cancer.

Dr. Pérez is a board-certified family physician and fellowship-trained geriatrician with Premier Direct Care and can be reached at (760) 548.3400. www.premierdirect.care. He is also a member of www.DesertDoctors.org.

Sources: 1) Cersosimo E, Xu X, Upala S, Triplitt C, Musi N. Acute insulin resistance stimulates and insulin sensitization attenuates vascular smooth muscle cell migration and proliferation. *Physiol Rep.* 2014;2(8):e12123. Published 2014 Aug 19. doi:10.14814/phy2.12123; 2) Tsujimoto T, Kajio H, Sugiyama T. Association between hyperinsulinemia and increased risk of cancer death in nonobese and obese people: A population-based observational study. *Int J Cancer.* 2017;141(1):102-111. doi:10.1002/ijc.30729



THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Is Your Trash Overflowing?

Our bodies are well designed to sort everything we encounter into a beneficial input to be absorbed and utilized or a useless or toxic input to be repelled or eliminated. From the food we eat and the air we breathe to organisms we encounter, these systems are robustly built to protect us and allow us to thrive. In a perfect world, we would only be exposed to positive inputs, but when it comes to toxins, we live in a far from perfect world.

We are surrounded by small, frequent exposures that add up in our system over time and increase the risk of diseases such as GERD, irritable bowel disease, cancer and Alzheimer's. The major threats to our health include heavy metals, plastics, molds and pesticides. Most of these exposures are deemed safe for humans as single doses; the amount of plastic that gets into our food from one heating in the microwave is low enough that there are no warnings on plastic food containers. However, repeated micro-doses of these exposures add up to damage and disease.

It's similar to a trash can in your kitchen. A small amount of trash is inconsequential. However, if you keep adding more, the can will eventually overflow unless you empty it. Most of us don't let the can get that full. But with our bodies, we are much less aware of the toxic load rising and overflowing - until we have a health crisis or some other alarm causes us to pause and take notice.

Our detoxification systems have sensors in our skin and digestive tract that raise an alarm if a harmful item is encountered. Messenger hormones transmit the alarm throughout the body which triggers an inflammatory response and an all-out effort to remove the toxin. Sometimes this is a simple episode of nausea and vomiting, but other times it takes our liver revving up the detoxification process to tag the trash and take it out.

This detox process can be enhanced by eating or supplying nutrients such as folate and glutathione which are champions of liver detoxification. In synchronized fashion, these two nutrients neutralize the toxin and move all the trash to the elimination systems of the body.

Even more important, is decreasing toxins in your daily life by implementing new micro-habits. For each of these toxic categories, make small steps to limit your exposure:

- **Minimize plastics** by switching to re-usable water and coffee cups made of non-plastic materials and invest in glassware for food storage.
- When grocery shopping, utilize the "Clean 15" and the "Dirty Dozen" lists to **minimize your exposure to pesticides.**
- Another great tool is the Good Seafood Guide from the Environmental Working Group to help **minimize heavy metal toxins in your diet.**
- As much as possible, **drink filtered water.**
- To **decrease toxins in your home**, start taking shoes off at the door so that you don't track in sprays and bio-toxins such as mold or bacteria.

Although these are simple, small steps, together they are a great start to a cleaner you!

Jeralyn Brossfield, MD, is the founder and physician of XO Health in Rancho Mirage and medical director of Brain Health Restoration also in Rancho Mirage. She can be reached at (760) 573.2761 or www.brainhealthrestoration.com.

Rose Absolute for Anxiety

By Julia Meadows

In these uncertain times, we are seeing a vast increase in the number of people who constantly feel depressed, anxious and out of balance. Major depressive disorder affects more than 16 million Americans and 40 million adults (1 in 5 people) regularly suffer from anxiety and panic attacks, with irregular heartbeat, shallow breathing, heart attack symptoms, mental and physical paralysis and a sense of dread. While stress is a normal reaction to life, anxiety is an extreme and health-damaging reaction to imagined or feared situations. While only 36 percent of Americans seek help for depression and anxiety, these disorders can be managed well through the use of a variety of aromatic substances, the most important of which is rose absolute.

Rose absolute is different from steam-distilled rose oil (known as 'rose otto') because it is obtained through solvent or CO2 extraction, yielding a thick, golden-reddish liquid that is highly aromatic and smells like a walk through a rose garden in bloom. Rose absolute contains over 2,000 individual phytochemical components, including vitamins, nutrients and valuable organic bioactive compounds, all working in synergy to provide therapeutic benefits for a wide range of conditions.

It may surprise you to learn that the vast majority of 'rose' products available commercially (oils, sprays, lotions, creams, etc.) contain no rose oil or rose absolute at all. Instead, synthetic chemical copies of some of rose's recognizable components are blended into various scents, which are marketed in products as 'rose.' Over 26,000 cosmetic chemicals are now available to manufacturers and formulators, many of which are untested, harmful or even toxic. Many people who believe that they are allergic to rose itself are actually reacting to any number of chemicals in a product, including the 'aroma-chemicals' making up the synthetic rose scent. While genuine rose absolute can still be found in health stores, it is typically diluted 90 percent or more with odorless jojoba oil, due to the high cost of true rose absolute. It is well worth seeking out true rose absolute with no additives. Just one or two drops in an ultrasonic diffuser provide immediate improvement of all anxiety and depression-related conditions, and instill a sense of comfort, joy and love of life.

While rose absolute is the 'queen of flowers,' there are many essential oils that can be alternated or combined with rose absolute to calm, relax and ground anyone suffering from depression and anxiety disorders. Rose geranium, lavender, ylang-ylang, sweet marjoram, Roman chamomile, vetiver and frankincense would be the frontline choices of classically-trained aromatherapists. Citrus oils - sweet orange, blood orange, mandarin, grapefruit and bergamot - are inexpensive and immediately effective. Citrus oils owe their anti-depressive qualities to the presence of high amounts of the terpene, limonene, which is showing great potential in the treatment of many challenging health conditions. Choose not to suffer from anxiety and depression any longer, and include aromatherapy in your journey to healing.

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



Introducing **Magnetic e-Resonance Therapy (MeRTSM)**, an innovative brain stimulation protocol that optimizes brain function by improving neural communication. Our non-invasive protocols are personalized based upon your EEG/EKG readings, resulting in customized treatment plans.

Expected benefits of MeRTSM include:

- Increased sleep quality and duration
- Increased focus, attention span and memory
- Increased emotional stability and social confidence
- Improvements in mood and irritability
- Decreased cravings for food and mind-altering substances
- Reduction of anxiety, depression and pain



Jeralyn Brossfield, MD
Medical Director



Contact us today to inquire about our introductory pricing.

760.691.2069
www.brainhealthrestoration.com




Established in 1994 by
Medical Director
Neal Rouzier, MD

Bio-Identical Hormone replacement therapy and in-office IV Therapy

Fight colds, flus and viruses with vitamins and minerals

<p>RECHARGE</p> <p>IV Immunity Drip Myer's Cocktail \$145/250ml (Regular \$160; one only)</p> <p>Package of 3 \$420/250ml each (Regular \$480)</p> <p><small>Expires 04/30/20</small></p>	<p>RENEW</p> <p>Immunity/Myer's Cocktail \$160/500ml (Regular \$175; one only)</p> <p>Package of 3: \$465/500ml each (Regular \$525)</p> <p><small>Expires 04/30/20</small></p>
--	--

B-12 SHOTS \$12 Package of 4: \$40	B-12 with FAT BURNER M.I.C. \$15 Package of 4: \$50	CUSTOM SHOT PACKAGE Package of 4: \$90
--	---	--



David Wilgarde, MD
BOARD CERTIFIED INTERNAL MEDICINE
Certified by Neal Rouzier, M.D. in Bioidentical Hormone Replacement

Monday-Friday: 8:30 a.m. to 4 p.m.
Offering zero interest payment plans
Se Habla Espanol

760.320.4292
3001 E. Tahquitz Canyon Way
Suite 108, Palm Springs

Take the self-test at www.hormonedoc.com



Younes Medical



DESERT HYPERBARIC MEDICINE



IMMERSE YOURSELF IN HEALING

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



Bachir Younes, MD, MPH



Roula Younes, DNP

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

760.636.1336
Desert Hyperbaric Medicine:
760.773.3899
866.600.HEAL (4325)
deserthyperbaricmedicine.com

Reversing Autoimmune Disease—Catching up with Terry Wahls, MD

Continued from page 1

My thinking on the diet has also evolved. Many embrace the keto lifestyle which is positive, but I think it is much better to do ketosis intermittently. The new book includes the three base diet options - Wahls Diet™, Wahls Paleo™, Wahls Paleo Plus™ - and a new elimination diet for those with severe symptoms. There is also much more discussion on maintaining brain health.

Your new book contains encouraging strategies to prepare for the Wahls Protocol. Do you find that it is hard for people to stick with the program?

It is hard for all of us to forego today's pleasure to tomorrow's future benefit. We are wired to go for comfort and immediate pleasure. But we will forego our pleasures for things that are really important to us. I have included a much longer conversation about tapping into your purpose, your meaning, your "why" for beginning this journey.

If I asked you to do this because I told you it was a good idea, then you are going to fail miserably and you will struggle forever. But, if I can help you identify what is important to you, you are much more willing to let go of today's pleasure and to endure some uncomfortable withdrawal symptoms [from sugar and carbs] because you are doing something that resonates deeply with you. People who are suffering from debilitating conditions need to truly ask themselves, "What is deeply important to me that would motivate me to embrace change?"

The protocol offers four different diets. Why is that?

I offer a variety of ways to personalize the diet to meet your specific needs. We consider the physiological needs to maximize therapeutic benefits (some may need to be low in histamines or low in oxalates), as well as the plan that is achievable for you.

People need to understand that they just have to do the next actionable step. Going from the Standard American Diet to the Mediterranean diet is a very positive and measurable step. When you are ready to go gluten-, dairy- and egg-free, you are ready to start on the level 1 Wahls Diet. Each actionable step will help you and it is forward progress.

Some will say, "I am in so much pain that I am willing to do the most therapeutic diet right now," while others will say, "that is too much of a transition from where I am today." So, we start with the least restrictive diet and see if it can control your symptoms. If it does, we can stay there; if not, we can consider another level.

I trust people to know that they can make the best decision for themselves when I give them all the information.



Wahls was wheelchair bound from progressive MS.

What symptoms are you seeing commonly reversed with the Wahls Protocol?

The most common symptoms for which people come to us are pain, fatigue and brain fog and those are, ironically, the first symptoms that tend to improve once people start the program. Of course, we also see that lipids, blood pressure and blood sugars are improving as well, and that medications needed to control those factors are reducing. We also see a reduction in the use of pain medications and narcotics.

You've been conducting clinical trials on MS and different elements of your protocol since 2010. Can you share your progress?

Our research lab is now being recognized at the Consortium of Multiple Sclerosis Centers and we will be giving presentations at their annual conferences.

We are in the process of data cleaning on our fourth trial comparing the Swank diet for MS (a low-fat diet) to the Wahls Elimination Diet. The study was funded by the National MS Society and we hope to be presenting at the international Americas Committee on Treatment and Research in MS (ACTRIMS) annual conference in Washington, DC this September.

People are finally coming around to the fact that even if you are taking drugs, you still have to improve diet quality, reduce stress and increase exercise if you want the best outcome. We have been telling them that for a long time and it is great that more and more people are finally agreeing.

For their current study, the Wahls Lab at the University of Iowa is recruiting newly diagnosed MS patients who have declined medication to focus on diet and lifestyle. Participation in the study requires two trips to see Dr. Wahls - at the beginning and end of the study - and includes MRIs at baseline and at 12 months; a baseline assessment; instruction on the Wahls Elimination Diet; and a stress-reducing and exercise program. Virtual support is available throughout the year with a follow-up visit to repeat assessment at the end of the study. For more information, please contact msdietstudy@healthcare.uiowa.edu.

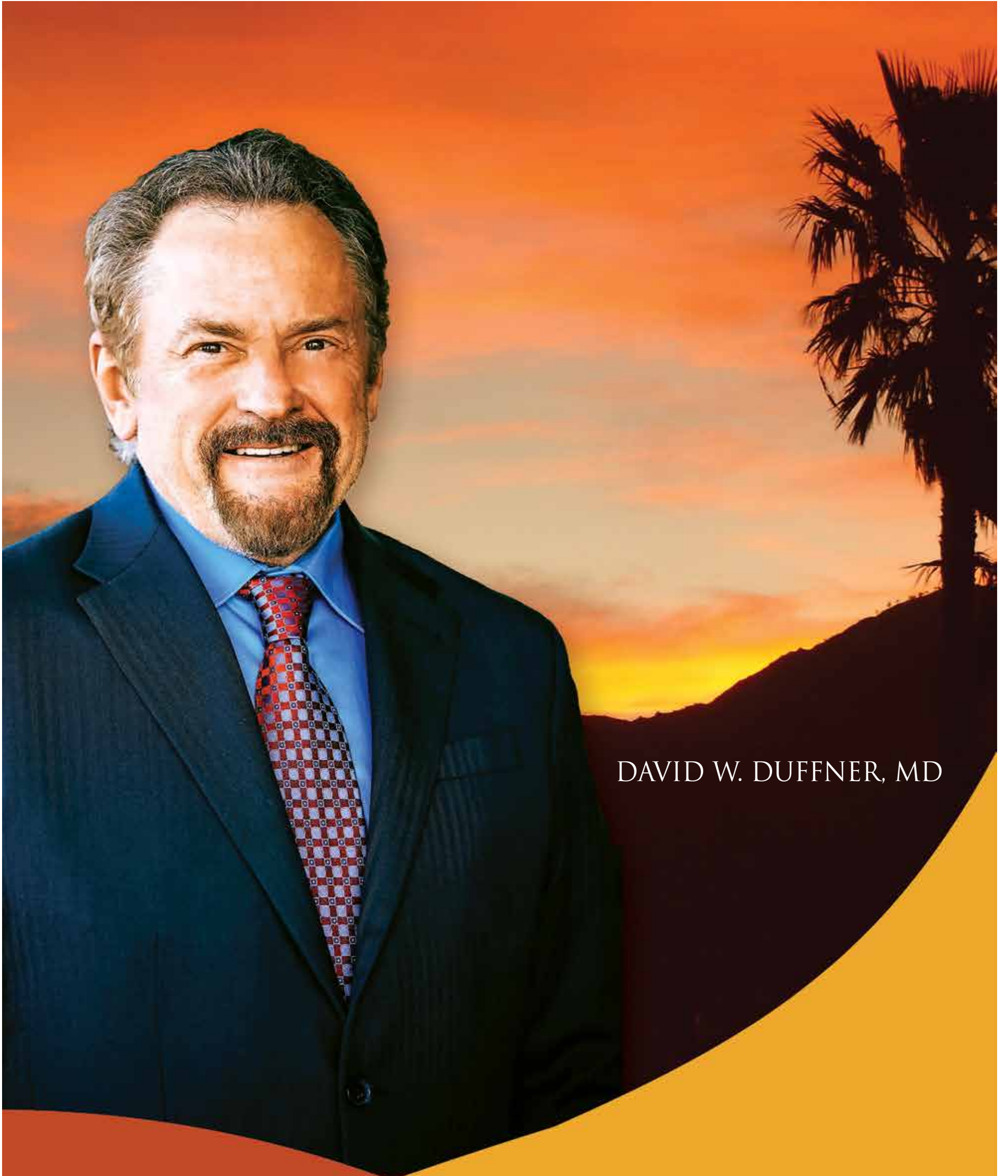
The 2020 edition of *The Wahls Protocol* is recommended for anyone struggling with an autoimmune disease who is inspired to reverse their symptoms and improve their health. With encouragement from Wahls and stories shared by successful "Wahls Warriors," the book is written with as much heart as science.

The Wahls Protocol®: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles is available online March 2020. For more information visit www.TerryWahls.com.

Palm Desert Hypnosis

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

Contact Roger Moore for a free consultation
PalmDesertHypnosis.com
74-967 Sheryl Ave, Suite 7, Palm Desert 760-219-8079



DAVID W. DUFFNER, MD

Thank you for your many contributions to our integrative health and wellness community.

As a caring and compassionate doctor, educator and friend to many, you will be truly missed.





Living Wellness

with Jennifer Di Francesco



Living Deliberately

This past month, the world was shocked by the news of the death of sports icon Kobe Bryant along with eight other victims on board a helicopter that crashed in Calabasas. For 20 years, basketball fans watched Kobe game after game and witnessed an athlete who was wholeheartedly committed to excellence.

During Kobe's jersey retirement ceremony at a 2017 NBA game, he addressed these poignant sentiments to his children: "Those times when you don't feel like working, you're too tired, you don't want to push yourself, but you do it anyway, that is the actual dream. It's not the destination, it's the journey."

These words are encouraging, yet also a noble analysis allowing us to ask ourselves how many people we know (ourselves included) who are fully and completely devoted to life's callings. Why is it so important to give our whole-hearted effort to everything in which we believe?

Approaching even a few things in our life with a fifty-fifty, half-hearted approach can be slowly insidious. We find occasions where we listen poorly or speak in non-committal ways; stagnation and a lukewarm approach to life sets in.

Even those of us who seem fully invested in everything go through seasons when we find areas in our life receiving less dedication. This passiveness is encouraged in a society that awards materialistic pursuits versus intrinsic values and where social media and multitasking impede our journey.

Here are a few ways to re-engage and find motivation to give 100 percent of yourself to undertakings and avoid half-hearted actions:

- Watch your mind carefully and notice the times where there is a lapse of commitment. Pay particular attention to procrastination.
- Lean forward, not backward. Encourage accountability with yourself by getting inside your mind and heart. Bust through the veneer of your life! You can't check out of your life to transform.
- Maintain healthy relationships and communication. Hold yourself accountable to commit to others, clean up relationships responsibly and forego the "shoulds" of life. Courage, compassion and connection are the gateways toward living wholeheartedly.

Ferris Bueller once stated, "Life moves pretty fast. If you don't look around once in a while, you could miss it." Looking around allows us to see examples of whole or half-hearted living every moment.

A recent personal experience sent this lesson home unlike any other. Eleven years ago, I met a man who continued to be my partner for nine years. After nine years, he disengaged and became elusive. For a year we went our separate ways and then re-connected after seeking our own personal lives. During a truthful moment, where every façade was peeled away, this gentleman in a moment of vulnerability said, "At 53, I realize I had never been fully committed in any relationship I had stepped into." This was a powerful epiphany and one that allowed our relationship to renew with greater depth and transformation. His "all-in" approach feels like comforting devotion.

In the book *Walden* by Henry David Thoreau, the transcendentalist author lived for years in reflection surrounded by nature, the vision he had for himself was to "suck out all of the marrow of life." By living wholeheartedly, we benefit from the last drop of nectar and can find our true mission.

Freeing the Ties That Bind Us

Dr. Amy Austin Psy.D., LMFT

F. Scott Fitzgerald said, "I'm a slave to my emotions, to my likes, to my hatred of boredom, to most of my desires." Have you ever felt like you were held emotionally hostage to your thoughts and feelings and then acted out with dysfunctional behaviors that ended with negative consequences? We all have. It's part and parcel of being perfectly imperfect humans. And when we let our thoughts and emotions get the best of us, life can feel like a roller coaster ride.

In the spring, Jews worldwide observe the holiday of Passover to commemorate the deliverance of the Israelites out of bondage in Egypt. The soul of the holiday is freedom and the entire objective is to achieve emotional, mental, physical, and spiritual transcendence. The exodus from Egypt was not simply a technical matter, but signified being freed from boundaries, constraints and limitations. We can all relate to that feeling of true freedom when we are freed from our fears, inhibitions and addictions.

True freedom can exist when there is a conscious and daily harmonious relationship between the mind, body and soul. Being a slave to the material world, an addiction, and/or a toxic relationship can be a painful experience where the mind/body/soul feels disjointed and disconnected.

The hardest labor one can ever endure is to be enslaved by the mind. Here are a few tips for setting yourself free from your mind:

Remember, you are not your mind.

First and foremost, in your mind's eye, take a step back or helicopter up and observe your thoughts. We have a multitude of daily thoughts, but do you have to take a thought and go from zero to sixty? Do you have to let your thoughts run you? Are you a slave to your mind chatter? By observing your thoughts, you can then determine which thoughts can be affirming and empowering.

Is what you're thinking true?

It really is a yes or no answer. For example, "I always fail." Is that true? Of course not. There have been times when you have succeeded. It's only for the moment that you're feeling like a failure. Ask yourself what do you feel when you think the thought, "I always fail." Do you feel pain, fear, loneliness, shame? Now, turn that thought around and say, "I like to fail." Yes, turn it around. Okay, so if I fail I can learn valuable lessons. I can grow. I can really learn what humility is. The end result? I'm no longer enslaved by my thoughts.

Most human mistakes originate from impulsive, subjective, and reactive emotions that get the better of us. The mind, at its best, is meant to be the reflective force that objectively directs the subjective impulses, like a pilot flying a plane. The ability to channel our emotions by daily infusions of loving kindness, self-discipline, empathy, humility, forgiveness, integrity and dignity can free us from the ties that bind us.

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.

INTRODUCING

CLEARLY
UNDERSTAND
EVERY
COMPLIMENT



iRHYTHM™

Sleek modern design. Contemporary colors. Discreet size. Wireless charging.

The hearing aid that doesn't look like a hearing aid.



Why Should You Choose Miracle-Ear?

Over 70 Years of Hearing Care Experience
Free Lifetime of Service** • Leading Edge Technology
Commitment to Community Through the Miracle-Ear Foundation®

Buy One, Get One

40% OFF MSRP



Charger is FREE with Rechargeable Battery Option

Save on Our Full Line of Digital Hearing Solutions

Special offer applies to purchase of same Miracle-Ear make and model hearing aid. Up to 40% discount applies only when first aid is purchased at regular list price. Valid at participating Miracle-Ear locations only. Limit one coupon per purchase. May not be combined with other offers and does not apply to prior sales. Cash value 1/20 cent. See store for details. Offer expires Apr 30, 2020

Call your local Miracle-Ear® Center **Today** or book online at **Miracle-Ear.com** and schedule a **FREE No-Obligation Hearing Evaluation*** and **Product Demonstration!**



Palm Desert

at Bristol Farms 73131 Country Club

Dr. Suite C5

760-568-1300

La Quinta

at Point Happy

78370 Hwy 111 Suite #140

760-422-5999

Yucca Valley

Next to KFC on Hwy 62

56970 Yucca Trail #102

760-365-0691

Palm Springs

Next to Regal Cinemas

777 Tachquitz Cyn Way

760-568-1300

www.miracle-ear.com

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. **Cleanings and in-office service are always free. See store for details.



Nick's Story

The Challenges and Gifts of Special Needs

By Susie Henson

Pregnancy is a wondrous time. It is filled with joy and anticipation and daydreams of what is to come. But what if midway through the pregnancy that joyous daydream is interrupted with news of a problem?

My son, Nicholas, had a condition called congenital hydrocephalus which was diagnosed at my baseline ultrasound when I was 21-weeks pregnant. I remember the ultrasound so vividly, and the technician's face when she realized something was wrong. Cold jelly applied, she started with scanning his body. It was clear that everything was checking out fine - 10 fingers, 10 toes...that kind of thing. Then she moved to scanning his head and the blood drained from her face. She said she needed to step out for a moment and I knew something was terribly wrong. I was there by myself and felt completely alone, terrified and broken.

The doctor came in, and he and the technician started scanning the grainy image of Nicholas' head stating measurements and medical terms I did not understand. Indeed, something was wrong.

My doctor's nurse led me into my doctor's office. He was sitting behind his desk in his dress shirt and tie, no white coat. He explained Nicholas' condition as excess fluid on the brain and told me that his prognosis was not good. He felt it was best if I was followed for the remainder of my pregnancy by a high risk doctor.

He further explained that congenital hydrocephalus occurs when the small channel in the back of the neck develops too small, a condition called aqueductal stenosis. The purpose of this channel is to allow the approximately eight ounces of cerebral spinal fluid produced each day to escape. Typically, the fluid circulates through the brain, then through the body, passing through this channel. But with Nicholas, the fluid built up and damaged his brain leaving him with significant challenges at a very young age and missing many developmental milestones.

Nick has cerebral palsy, which broadly means damage to the brain. The results of that damage were the inability to walk or talk and also, blindness. When Nick was about three months old, all I wanted to do was curl up in a ball and retreat. I felt confused, overwhelmed and unqualified to provide care for him. I felt completely inadequate to take on the job before me.

But somehow, I don't know how, two weeks later I woke up, ready for action. I was tired of crying, tired of feeling defeated and ready to move on to the new normal. I knew my life would look nothing like my friends with young kids, but I felt compelled to make life for Nicholas and me the best it could be.

Recognizing that feeling overwhelmed was causing me to be paralyzed, I called on someone who I knew could help me get organized and get going. Her name is Karen, and she was a social worker for St. Joseph's Hospital in Orange, Calif., the hospital where Nicholas was born.

When I delivered Nicholas, Karen was the most knowledgeable, positive person. She helped me make sense out of the maze of organizations I would need to contact to get Nicholas doctors, insurance and into early start programs. It was clear he was not going to have a normal path in school and instead, it was likely he would be a special education student. Karen helped me make a plan for how I was going to tackle challenges step by step and things started falling into place.

This was the beginning of feelings of hopefulness instead of fear. It was when I started realizing I was going to not only survive this very serious situation, I was going to NAIL IT. I was going to learn how to be a bedside nurse, how to properly lift a disabled person, how to position Nicholas in his wheelchair so he would be comfortable on his ride to school on the bus.

This was the beginning of the new normal, and the acceptance of the new normal.

At that point in my life, I was working at a job managing landscape construction projects. I didn't like the job, it didn't pay well, and it was going nowhere. Since I was raising Nicholas on my own (his father left very early on), I quickly came to realize I needed a new plan. I needed three things to happen for myself. I needed to: 1) finish college, 2) find a better job, 3) figure out how to get help.

This became my action plan and it was empowering to have such a purpose for my life.

Am I saying it was not challenging caring for Nicholas? No, it was the hardest thing I have ever done, but it was also the most rewarding - by far. I also was never alone. Since I needed to work to pay the bills, I was so very lucky to have the assistance of some amazing home health nurses who became a part of the family.

Raising him has given me an opportunity to experience life outside the boundary of typical. Raising Nicholas taught me how to view life with a different lens. It taught me how to be grateful and overjoyed for the small things. He taught me how to be tough and strong, stay positive and love unconditionally.

From my perspective, if you are a parent of a child who has special needs, you can do this! Know that there are people available to help; people who care, and whose job it is to connect children who have a disability with resources to help them and to help you raise them.

Continued on page 26



Specializing in Compounding and Thermography

In-house registered nurse practitioner and pharmacists offering complimentary health & wellness consulting.

- Hormone therapy
- Pain management
- Supplements
- CBD products



760.341.3984

75.060 Gerald Ford Drive, Ste. 1
Palm Desert
ambrosiahc.com

FREE DELIVERY



Alzheimers Coachella Valley

Working with our community to find solutions for dementia care

INTRODUCING

BREATHING Space

RESPITE CARE SCHOLARSHIPS

OUR NEW RESPITE CARE SCHOLARSHIP PROGRAM

When time alone is needed for the family caregiver, ACV offers scholarships for Eisenhower's Memory Care Center, Vista Cove's daycare center, and other memory care communities, or for assisting with in-home care from licensed in-home care agencies.

Family caregivers of dementia patients are welcome to come in and fill out a Breathing Space scholarship application.

42600 Cook Street, Suite 134, Palm Desert

(760) 776-3100

www.cvalzheimers.org

Alzheimers Coachella Valley is a community based 501 (c) (3) non-profit providing support and services for residents in the Coachella Valley living with cognitive impairment, their families and care partners. All funds raised here remain local to fill the need for professional and peer-led programs. We are not affiliated with any national organizations.





Indulge your good Taste at Gelson's

Gelson's, makes shopping stress-free and relaxing. Seriously.

We highlight the amazing natural bounty that is unique to Southern California. We live in paradise, so why not shop in paradise? Our quality, cleanliness, convenience, and customer service are second to none.

Gelson's is famous for beautiful, orchard-fresh produce, the highest-quality meats and seafood, our innovative kitchen and bar, specialty gourmet items, and more.

Visit Gelson's today. You'll see how easy and delicious grocery shopping can be!

ENJOY YOUR GELSON'S SAVINGS VOUCHER

\$10 off

your entire order of \$50 or more*

Gelson's

www.gelsons.com

Gelson's Rancho Mirage • 36101 Bob Hope Drive • (760) 770-0010

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

Expires: 04/30/20
PLU #8708

Gelson's

Gluten-Free with Tiffany



Paleo Skillet Tortillas

The most challenging part of following a clean diet long term is fighting the idea that we have to give up our favorite foods. Missing the comfort foods that once satisfied our savory, doughy cravings does not have to be the case on a grain-free diet. Today, we have access to so many healthy replacements for low-nutrient, processed grains and starches, it is just a matter of finding the right recipe.

Tortillas and so-called healthy wraps are one of those go-to items that make meals easy and filling. However, these little circular temptations are typically made from enriched, bleached wheat flour or GMO-corn and mixed with inflammatory hydrogenated vegetable oils, along with a long list of additive and preservatives; they really should not be on anyone's plate.

We can choose grain-free starches such as arrowroot powder and coconut flour which have higher fiber and more nutritional content while mimicking the flavor and texture of the blood-sugar-spiking carbohydrates on which we were raised. Following is a recipe I adapted from *Elana Amsterdam's Paleo Cooking from Elana's Pantry*.

Ingredients:

- 2 eggs
- 1 tsp. ghee or coconut oil
- 1 tbsp. water
- ¼ cup of arrowroot powder or tapioca flour
- 1 tsp. coconut flour
- Pinch of sea salt

Directions:

1. Crack the eggs into a medium-sized bowl; whisk in the melted oil of choice and water.
2. Add the arrowroot, coconut flour and salt to bowl, combine well. Food processor works well here.
3. In a small skillet (8") over medium heat, pour in about 1/3 of the batter and evenly spread to the edges of pan. Make as thick or thin as desired.
4. Cook for approximately 1 minute on each side depending on thickness.



If saving for later, cool completely and store in a glass lock container in the refrigerator. These can be cooked in bulk, frozen and then thawed out while still maintaining the flexible properties.

The great thing about this tortilla recipe is it's versatility in terms of flavor options and meal ideas. For Mexican flare, add juice from one lime. For a sweet crepe style, add in ¼ tsp vanilla extract, stevia optional. For a savory flavor, make it flatbread style by cooking it a bit thicker and adding fresh chopped rosemary and garlic - to be eaten more like flatbread.

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

Eating to Alleviate Menopause Symptoms

By Stacey Bendfelt

Menopause. That wonderful time in a woman's life when she may experience hot flashes, night sweats, insomnia, migraines, brain fog, anxiety, fatigue, irritability, vaginal dryness, weight gain, breast pain, dry eyes, chest pain and shortness of breath. Many women try hormone replacement therapy to ease their symptoms, but often the same can be achieved through nutrition.

Following a raw vegan diet can be an effective, natural way to reduce menopausal symptoms.¹ I've been following a raw vegan diet for over 13 years. After I turned 45, when I occasionally chose to eat cooked food, I was instantly hit with hot flashes, night sweats, breast pain, brain fog and insomnia. As soon as I went back to raw food, all symptoms disappeared within three days.

This happens because cooking food over 118 degrees creates toxins.² When we consume cooked food, our bodies experience digestive leukocytosis, producing an increase in white blood cells to protect us from those toxins; eating raw food does not create digestive leukocytosis.³

Many feel that eating our natural species-specific diet can help alleviate common health conditions. Our closest primate relative, the bonobo, shares approximately 98.7 percent of our DNA⁴ and we can learn a lot from them. They eat sunrise to sunset within a 6-8 hour window choosing fruit as their main source of calories. When fruit is less abundant, they include more leafy greens. (Bonobos also eat ants and termites; thank goodness we have B12 supplements!).

Here are five suggestions you may consider to reduce menopausal symptoms:

Eat a raw vegan diet. Enjoy an abundance of fresh, ripe, raw, organic fruit and vegetables and keep your fat intake to less than 15 percent of your daily calories.

Practice 16/8 intermittent fasting. Several studies have shown that eating all your meals within an 8-hour window is one of the most reliable ways to achieve and maintain a healthy body weight.⁵

Eat smaller meals. Eating a large portion of food puts pressure on your vagus nerve which can cause chest pain and shortness of breath. Try eating three to four smaller meals each day during menopause.

Take magnesium glycinate. After six trips to the ER last year with severe chest pain and shortness of breath, the nurse practitioner at my cardiologist's office suggested I try 200mg of magnesium glycinate once or twice a day.⁶ I picked up a bottle and within two days, the chest pain and shortness of breath I'd been struggling with for over eight months completely disappeared. Always check with your health care practitioner before adding any supplements.

Eliminate alcohol and caffeine. Both alcohol and caffeine are toxic to humans.^{7,8} My favorite beverages now include Smart Water, Harmless Harvest Coconut Water, fresh-squeezed orange juice and soda water.

By making optimal lifestyle choices, menopause can be a happy, fruitful transition to the next phase of your life.

Stacey Bendfelt is a certified raw food nutrition specialist promoting a high-fruit, low-fat lifestyle for optimal health and athletic performance. www.StaceyBendfelt.com.

References: 1) <https://www.thelifeco.com/en/blog/the-easy-menopause-raw-and-vegan/>; 2) <https://hippocratesinst.org/cooked-food-whats-in-it/>; 3) <https://www.enochdebus.com/leukocytosis-and-cooked-food/>; 4) <https://www.sciencemag.org/news/2012/06/bonobos-join-chimps-closest-human-relatives>; 5) <https://www.youtube.com/watch?v=AAWZ3ohndPc>; 6) <https://mymenopausejourney.com/magnesium-benefits/>; 7) <https://hippocratesinst.org/alcohol-friend-or-foe/>; 8) <https://www.caffeineinformer.com/harmful-effects-of-caffeine>



Your Health Matters with Janet Zappala



The Miraculous Mushroom

For a while there, it seemed that kale was at the top of the superfood kingdom... on nearly every menu and making its way into practically everything. Even fast food eatery Chick-fil-A rolled out a superfood kale salad. The ubiquitous McDonald's also incorporated the healthy green, offering a kale breakfast bowl.

Now in 2020, it seems there's a new star on the horizon - mushroom powder - and here are the fungi facts.

Mushrooms date back to the ancient Egyptians. Personally, I enjoy most mushrooms, and cook with them quite often, but I only recently stumbled upon mushroom powders (mushrooms that have been dehydrated, then ground) when on a trip to a local health food store. Anything that boosts the immune system catches my eye, so I grabbed Om Immune Certified 100% Organic Mushroom Powder. Certified organic is extremely important when consuming mushrooms, because they can pass along dangerous heavy metals and other toxins. You also want to make sure they haven't been grown in areas with pollution and other industrial toxins.

The powder that I selected is grown in the United States where policies have been put into place to help protect consumers from potential health dangers.

When it comes to the potential health benefits of mushroom powder, the list is impressive as they contain digestive enzymes, fiber, prebiotics, proteins, polyphenols and flavonoids, just to name a few. All are derived from the various types of mushrooms used.

At the top of the list is turkey tail, a medicinal mushroom that contains powerful antioxidants and compounds that may help boost the immune system. There are also maitake, shitake and reishi varieties among other kinds of dietary mushrooms that offer a wide array of nutrients. Some evidence shows that maitake mushrooms can lower blood pressure and improve cholesterol levels.¹ In Chinese medicine, shitake mushrooms are thought to boost the immune system and studies suggest some of the bioactive compounds in shitake may help protect against inflammation and even cancer,² although many of the studies were done in test tubes and not on people.

Scientific studies also found that reishi may alter inflammation pathways in white blood cells which can help fight infections and cancer in the body, particularly in people who are ill.³ Researchers do state that reishi should be administered in combination with medical treatment and not be a replacement for it.⁴ They also warn that some should probably avoid reishi, including pregnant women, those who are breastfeeding and people who have a blood disorder or low blood pressure. It's also important to mention is that mushroom powders are not regulated by the FDA.

With its many benefits, it's no wonder mushroom powder is beginning to get a "health halo" around it. It warrants looking into and finding out if it really is good for what ails you.

Janet Zappala is a certified nutritional consultant, an Emmy-award-winning anchor and reporter, and the creator and host of *Your Health Matters*.

References: 1) www.healthline.com · nutrition · shiitake-mushroom; 2) www.ecowatch.com · 5-reasons-eat-shiitake-mushrooms; 3) www.healthline.com · nutrition · reishi-mushroom-benefits 4) www.healthline.com · nutrition · reishi-mushroom-benefits

Healthy Chocolate Pudding

By Lauren Del Sarto

Have you tried avocado pudding yet? It is truly one of the greatest creations I have ever discovered. A friend first served it at a dinner party and I shamelessly devoured the leftovers without sharing. It is THAT GOOD!

If you have yet to discover this simple and healthy delicacy, here you go. It's a staple in my kitchen because it meets all the parameters - sugar, dairy and gluten free - and is very easy to make. You'll find a variety of recipes online offering an array of sweetener options, but I enjoy mine truly sugar-free with stevia.

Ingredients: (serves 2-4)

- 2 ripe avocados
- 4 heaping tablespoons of raw cocoa powder
- ½ teaspoon of sea salt
- 2 teaspoons of organic vanilla extract
- ½ cup of unsweetened coconut milk (or non-dairy milk of choice)

Sweetener of choice: Type and measurement of sweetener really is a personal preference, so play with it. I use 2 droppers of liquid vanilla stevia, but recommend adding stevia slowly to taste. Other natural options include maple syrup (2-3 tablespoons), monk fruit, honey or chopped dates.

Extras to spice it up: add a handful of coconut flakes, teaspoon of espresso powder, chopped nuts, fresh mint or even a dash of cayenne pepper!

Directions:

Place all ingredients together and blend until smooth and creamy. I find it easiest to use a hand (or immersion) blender and bowl, but a standard blender works as well. For best results (if you can wait that long!) place pudding in refrigerator for one hour.

Serve straight up or top with whipped coconut cream, berries or fruit. My favorite is to leave a pint of So Delicious No Sugar Added Vanilla Bean Coconut Milk ice cream out until it gets nice and soft and then scoop it into the pudding for an irresistible chocolate vanilla pairing!

Enjoy! Share your favorite additions and toppers with us online. Search 'avocado pudding' at www.DesertHealthNews.com



CERTIFIED
PALM SPRINGS
OLD TOWN LA QUINTA · PALM DESERT
FARMERS' MARKET[®]
A PALM SPRINGS CULTURAL CENTER PROGRAM

ALL OUTDOOR MARKETS OPEN!

PALM SPRINGS
Camelot Theatres
Parking Lot
2300 E. Baristo Road

**Saturdays:
8am to 12:30pm**

PALM DESERT
Adjacent to Palm Desert
Chamber of Commerce
72-559 Hwy. 111

**Wednesdays:
8am to 12:30pm**

**OLD TOWN
LA QUINTA**
In Old Town La Quinta
78100 Main Street

**Sundays:
8am to 12:30pm**

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

SPONSORED BY

Palm Springs Culture Center is a 501(c)(3) Non-Profit Organization Certified by the California Department of Food & Agriculture.

Family Owned &
Operated Since 1972

Clark's NUTRITION[®]

&

Natural Foods Market

Selection - Staff - Experience - Affordability

Your Natural Foods Superstore!

RANCHO MIRAGE

760.324.4626
34175 Monterey Ave

RIVERSIDE

951.686.4757
4225 Market St.

CHINO

909.993.9200
12835 Mountain Ave.

LOMA LINDA

909.478.7714
11235 Mountain View Ave.

Desert Health News Magazine

\$7 OFF

When you spend \$60 or more

THIS OFFER EXPIRES OCT 31, 2020
One coupon per customer. Cannot be used with any other offers.
Coupons must be relinquished at time of purchase.



YOUR ONE STOP BODY SHOP

The Desert's Premier Training Facility

FITNESS

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

GOLF & TENNIS CONDITIONING

Increase Flexibility, Mobility, Stability & Strength

K/SPA

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



CRYOTHERAPY

Reduce Inflammation
Ease Arthritis Pain
Aid Insomnia
Heal Injuries Faster

CHANGE YOUR LIFE

CALL FOR A COMPLIMENTARY SESSION

with the power of PEMF:
pulsed electromagnetic field therapy



ADULTS | YOUTH ATHLETES | PROFESSIONALS

KINETIX HEALTH & PERFORMANCE CENTER

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



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



30 Minutes to Full Body Fitness

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

In today's fast-paced world, you really have to be on your game to get everything done and trying to fit in an exercise program can be a real challenge.

How much time can you actually dedicate to an exercise program and then stick to it? And what is the right program for you? Some people want to lose weight while others might want to increase strength.

I have researched some of the best exercises for a total body workout for both strength and tone and have come up with the perfect 30-minute program. Every exercise begins from the ground up, meaning start by pushing through the floor with your feet tensing as many muscles as possible without compromising form. Take 15-seconds of recovery time between sets.

Squats. Depending on your ability level and present conditioning, you can squat from a sit to stand position using a chair or bench and working up to placing a bar across your chest. The key here is using your hips and keeping your back straight. Do 3 sets of 12.

Mountain Climbers. With your hands on a bench, get into a plank position with elbows straight. Slowly start to bring one knee to chest and then alternate with each knee for 10 repetitions. You can change the pace by going faster. Do 3 sets of 10.

Seated Chest Press. Lay flat on a bench with your feet flat on the ground. Bend elbows past 90 degrees then sit up. Do 3 sets of 10.

Bent Knee Deadlifts. Start vertically with hips shoulder-width apart. Slowly descend by pushing hips straight back while keeping back straight, then ascend quickly and squeeze glutes at the top. Do 3 sets of 12.

Swiss Ball Circles. While standing with knees bent and your weight over an exercise ball (in table top position), slowly rotate the ball in small circles both clockwise and counter clockwise. Do 3 sets of 10.

This program can be modified to meet your individual goals by changing your rest time, increasing the intensity (load) and/or increasing the number of sets. When done correctly, each exercise works the entire body.

Whether you are a beginner or an advanced fitness buff, this 30-minute program will serve you well.

Michael Butler is owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant, national certification of distinction through the National Strength and Conditioning Association (NSCA) as a strength and conditioning coach, and a Poliquin International certification as a Full Body Active Release Techniques Practitioner. He can be reached at (760) 200.1719 or michael@kinetixcenter.com.

The Science of Wellness – 2020 Global Wellness Trends

Continued from page 9

J-Wellness: Japan's Cultural of Wellness

Japan leads the way in longevity with the largest per capita ratio of centenarians in the world. In 1965, they reported 153; in 2017, there were almost 70,000. Fifty percent of Japanese citizens born in 2007 are expected to reach 107.



PARO Therapeutic Robots have a psychological effect on patients, improving their relaxation and motivation.

Many point to a strong sense of tradition, community and connection with nature in addition to quality wellness products, programs and technology. Neighborhood gathering spots called Iki-iki Plazas provide generational mingling, recreation and learning. Nationwide policy places mental health on the same level as physical health and companies implement mandatory stress assessment testing annually. Charming interactive robots provide psychological support and have been shown to reduce anxiety and depression, as does incense to purify, cleanse and relax.

In 1982, forest bathing was implemented as a national health program to enhance a connection with nature. Today, there are 62 official healing forests, 1,200 certified guides and more than 2.5 million people enjoying the trails. Additionally, more than 20,000 natural hot springs provide healing benefits and recent legislation has opened monasteries to both locals and tourists for meditation, silence and vegetarian retreats.

The world is watching. Other countries are learning from Japan's societal wellness programs and following suit.

Wellness is finally getting the respect it deserves and each and every one of us should be taking steps to enhance wellbeing in our own lives.

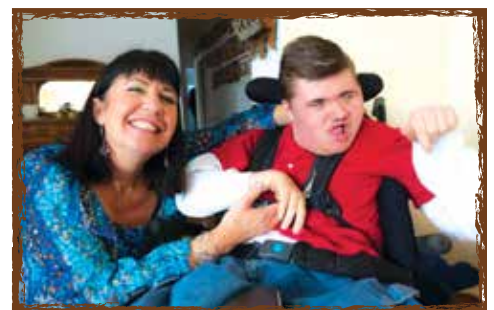
Throughout the year, we will continue to highlight other trends in the GWS report including wellness sabbaticals (who doesn't like the sound of that?), the fertility boom, organized religion embracing wellness, the power of music for wellness, mental health and technology, and the science behind the industry.

Editorial by Desert Health Publisher Lauren Del Sarto. For the full 2020 Global Wellness Trends Report, visit www.globalwellnesssummit.com.

Nick's Story

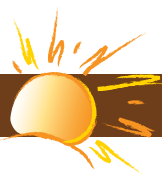
Continued from page 23

My courageous and tenacious son, Nicholas, now 22, has taught me more about life than I could learn from a million people. When Nicholas was almost 19, caring for him was getting difficult, so I found an exceptional group home with the Mountain Shadows organization in Riverside. Nicholas now lives in a group home run by the amazing Angel View organization in the Coachella Valley. I see him often. We like to read in the sunshine on the back patio and that gives us both great joy. He's always grateful, a good hugger and a fine young man. And I'm lucky to be his Mom.



Susie and her 22-year-old son Nicholas

Although Nicholas might not be typically perfect, he's perfect to me. Susan Henson of Palm Springs is a Mom, writer and marketing professional. She can be reached at susanhenson.ps@gmail.com or (951) 264.1024.



Remember your Journey

Life, it happens all around us. Sometimes we are part of it and other times we see it pass by. It is in those moments where remembering the journey is just as important as arriving to the destination. At the City of La Quinta, we take pride in creating a destination that above all *lets you* cherish those moments when you lived life well. Here's to your journey.



Find your journey at playinlaquinta.com

La Quinta
— GEM of the DESERT —



Are you financially fit?

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

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



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



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

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

CalSavers is Coming, CalSavers is Coming!

By Michele T. Sarna, AIF, AWMA

With our nation in a retirement savings crisis, California has joined seven other states in implementing a mandatory savings plan: the CalSavers Retirement Savings Program. It is a state-run retirement plan for all companies that do not offer an employee-sponsored plan such as a 401(k), 403(b), SEP, SIMPLE or Payroll Deduction IRA with automatic enrollment.

By June 30, 2020, employers with 100 or more employees must facilitate the CalSavers Program. Employers with more than 50 employees must comply by June 30, 2021, and the deadline for employers with five or more employees is June 30, 2022.

Below are some important highlights of the CalSavers Program:

- Individual Roth (after-tax contribution) IRA for those 18 years or older, employed in California who have a social security number or taxpayer identification number
- Portable
- Initial contribution percentage is 5 percent
- Automatic contribution increases by 1 percent per year until 8 percent
- Fund fees
- Possible state fees
- Program administration fees
- Investment options consist of Money Market, Target Date Funds, Core Bond Fund, Global Equity Fund, and a Sustainable Balanced Fund

The Employer. Employers are responsible for providing information about their employees to the CalSavers Program administrator, setting up payroll deductions and remitting them to the CalSavers Program administrator and keeping records. The employer is not responsible for enrolling employees, managing investment options, processing distributions, or managing employee changes such as contact information and beneficiary changes.

The Employee. Employees will automatically be enrolled by their employer at 5 percent of gross pay. A 30-day notice will be sent to the employee providing three options: set up an individual account; do nothing; or opt out. If the employee initiates the account set up, they will be able to manage their contributions and select their investments available on the CalSavers platform. If the employee does nothing, the contributions will be placed in a money market account until the balance reaches \$1,000. Any amount over \$1,000 will be invested in a target date fund appropriate for their age; all funds are held in a Roth IRA in the name of the employee.

If an employee should change jobs or become self-employed, they may continue contributing to the CalSavers account by setting up an ACH direct deposit to the account.

Michele Sarna is a financial advisor at Beacon Pointe and can be reached at (760)932.0930 or msarna@beaconpointe.com. To learn more about CalSavers, contact Michele or visit www.calsavers.com.

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

Seniors Need a Health Advocate

Opportunity arises with CA's Master Plan on Aging

By Tammy Porter, MLS, RN-BSN

My 89-year-old friend, we'll call him Chris, fell and broke his hip and arm. He had only 36 hours before hospital discharge to find a local nursing home to provide physical therapy and nursing care for his recovery. New to the area, neither Chris nor his wife had previously visited any local facilities to learn more about this type of resource for a future need. Which one is the best? How would they know? Will Medicare pay for all of the care and for how long? What about when he goes home? What equipment would be needed, who would pay for it and for how long? Who would help his wife care for him?

As a nursing leader for nearly 30 years, I have witnessed the health care system become more complex and fragmented without clear and consistent communication with its patients. Patients are rushed in and out of hospitals and medical appointments with little time spent on assuring a plan is in place that works for the patient, their family and their pocketbook. On the other hand, hospitals and insurance companies typically employ advocates to work for the organization with goals of keeping costs low.

Recently, California Governor Gavin Newsom announced his creation of a Master Plan on Aging for the growing California population of seniors aged 65+ which is projected to be more than 8.6 million by 2030. His plan calls for "in-home supportive services" and "person-centered care." With his plan, the governor recognizes what the literature reveals - the lack of social support impacts health outcomes for seniors. Seniors need their own nurse advocate who can engage volunteers or a multitude of other community resources to help them live independently at home based upon the nurse's knowledge of the senior's needs.

Patient advocacy has been the cornerstone of nursing since the days of Florence Nightingale and nurses are the most trusted profession. Across the country, nurses have started health advocacy businesses to help patients and families navigate the growing challenges in health care. Nurse advocates are especially helpful during the midst of a crisis, with insurance billing issues, or just as a resource to find answers when no one else in the health care system seems to be listening. A professional nurse advocate coordinates medical appointments, ensures 'Doctor A' knows what 'Doctor B' is ordering and why, makes sure test results are received timely and communicated, makes arrangements for home care and equipment and helps correct any problems with medical billing and insurance payment. However, nurse advocates rely upon private pay and not all seniors can afford this service.

If you're not a senior, one day you will be and you may find yourself or a family member in a medical crisis. Who better to call than an experienced nurse advocate?

Make your voice heard. Contact Governor Newsom at <https://govapps.gov.ca.gov/gov40mail/> and ask that payment for nurse advocates become part of California's Master Plan on Aging.

As for my friend, Chris, I found him great local skilled care. He recovered and is back to Mahjong on the patio at his own home.

Tammy Porter is a registered nurse (RN), certified professional in healthcare quality (CPHQ), certified case manager (CCM) and a certified parish nurse. She can be reached at Tkport07@gmail.com.

GIVE HOPE | GIVE LIFE | GIVE BLOOD



NOW WITH TWO LIFE-SAVING VALLEY LOCATIONS!

RANCHO MIRAGE

42390 Bob Hope Drive
 (near Hobby Lobby), Ste. 1B
 760.797.8496

Hours:

Sunday & Monday
 CLOSED

Tuesday & Thursday
 10:30 AM to 6:00 PM

Wednesday, Friday & Saturday
 7:00 AM to 2:30 PM

LA QUINTA

79-215 Corporate Centre Drive
 760.777.8844

Hours:

Open 7 days a week!

Monday & Tuesday;
 Thursday through Saturday
 7:00 AM to 2:30 PM

Wednesday
 10:30 AM to 6:00 PM





Wellspring Returns October 2020

Wanderlust renews with concentrated focus

By Lauren Del Sarto

Wanderlust, the organization behind 2018's powerhouse event, Wellspring, has taken a year to restore, recharge and renew. You can't blame them. What started in 2009 as a small yoga and meditation festival in Squaw Valley, grew to over 60 events in 19 countries, a TV station, a yoga teacher training program, and Wanderlust Hollywood, a vast center in LA offering yoga and meditation classes, an organic restaurant and a full-featured performance venue.

The company has pared down their event schedule to only three and, fortunately, Wellspring is one of them. The global gathering returns to downtown Palm Springs October 23-26 for three days dedicated to understanding, expanding and redefining wellness. Their other events include the Wanderlust Festival, July 13-16, in Squaw Valley and Wanderlust 108, September 13, in Brooklyn, N.Y.



Wellspring, a conference/festival unlike any other, provokes movement, stillness, thought and transformation.

lectures, keynotes, fireside chats and workshops; workout, strength and detox classes; body work and healing modalities featuring ancient wisdom; and the latest technology.

While this year's presenters and teachers have yet to be announced, the 2018 line up featured close to 100 including Russell Brand, Glennon Doyle, Marianne Williamson, Mark Hyman, and Dave Asprey. This year's focus will once again include a large variety of programming, additional live podcasts, the Wellspring Spa, meet and greets, parties and optional off-site dinners. This year, "we explore what it means to show up in relation to one another," writes Karina Mckenzie, head of programming and talent, "from parenting and personal relationships to workplace wellness and community activism."

Don your workout clothes, pack your water bottle and mat and prepare yourself for some life-enhancing experiences. The event is truly an incredible adventure and highly recommended for health and wellness professionals - or anyone interested in elevating their wellness to the next level.

Additional details and ticket pricing are scheduled to be released in early March.

For more information and the latest updates, visit www.wanderlust.com.

CVVIM Founder Ron Hare to Be Honored

Coachella Valley Volunteers In Medicine (CVVIM), the Valley's only free primary care health clinic, is gearing up for its fifth annual fundraiser, The VIMY Awards & WineLover's Auction, on March 21.

In recognition of CVVIM's 10th anniversary, this year's event will feature the VIMY Award created to honor a significant contributor to health care in the Coachella Valley. The inaugural award will be presented to Founder R. Ron Hare, MD, for his tireless efforts to establish Coachella Valley Volunteers in Medicine, and for his lifelong contributions to the communities in which he has lived.

Dr. Hare not only served Southern California residents for 20 years in private medical practice, he also served his country as a member of the U.S. Army. While maintaining his surgical practice, he taught at USC, founded and directed the American Indian Free Clinic of Los Angeles and oversaw the intern training program at Good Samaritan Hospital.

In 1985, Hare and his wife, Norma, retired to the desert where he continued to give back, serving as board member and president of the Indio Chamber of Commerce and medical director of Santa Rosa del Valle, a non-profit medical clinic. Hare also has served as chairman of the Riverside County Fair Board, board member and vice chair of the Indio Youth Task Force and board member and chairman of JFK Memorial Hospital's Governing Board.

CVVIM's mission is to provide free health care services to low-income individuals who have no health insurance or are underinsured. The organization offers medical and dental care, disease education, case management and referrals to other community resources. Scores of dedicated volunteers - doctors, dentists, physician assistants, nurse practitioners, nurses, medical and dental assistants and support volunteers - donate thousands of hours to provide more than 4,500 patient contacts a year.

The VIMY Awards & WineLover's Auction is the primary fundraising event for CVVIM, which does not receive governmental reimbursement and relies exclusively on the generosity of individual and philanthropic organizations for funding. This year's event will be held at the historic Thunderbird Country Club in Rancho Mirage and is sponsored by Desert Care Network, Monte de Oro Winery and KESQ News Channel 3. The evening features both silent and live auctions with a wine reception and dinner. Auction items include Moet & Chandon Ice Imperial Champagne and Osetra caviar, a flight of Cayuse Bionic Frog, Paso Robles and New York travel packages and dinner for 20 at the Thunderbird Wine Cellar.

Last year's WineLover's Auction raised over \$200,000 to support CVVIM operations and programs including direct patient care, education, case management services and homeless medical outreach.

The VIMY Awards & WineLover's Auction will be held Saturday, March 21 at Thunderbird Country Club in Rancho Mirage. For tickets and more information, visit www.WineLoversAuction.com. For more information about Coachella Valley Volunteers in Medicine, please visit www.CVVIM.org.



The silent auction features unique wines and travel packages.

Wellness Wednesday

2019-2020 Movie Series

Mark Your Calendar for Our Next Movies

presented by Eisenhower Health



March 25

Two lifelong friends embark on an epic, five-and-a-half-week, 500-mile journey to hike Spain's famed El Camino de Santiago. They show the true test of humanity by physically and mentally pushing each other, as Justin, fighting a neuromuscular disease, would have to be pushed in a wheelchair. To complete the trek, they will encounter insurmountable obstacles. Their greatest journey will be that of self-discovery and a sense of purpose.



April 8

Sex sells. What sells even more? Insecurity. Multi-billion dollar industries saturate our lives with images of unattainable beauty, exporting body hatred from New York to Beirut to Tokyo. Their target? Women, and increasingly men and children. The Illusionists is an award-winning documentary about the globalization of beauty and the dark side of advertising.

TIME

Doors open 2:30 p.m.; Movie 3 - 5 p.m.

PLACE

Helene Galen Auditorium in the Annenberg Health Sciences Building at Eisenhower

COST

\$5 (includes refreshments). Tickets are available at EisenhowerHealth.org/calendar or by calling 760-423-4855.



EISENHOWER HEALTH

THE VIMY AWARDS & WINELOVER'S AUCTION



SATURDAY MARCH 21

THUNDERBIRD COUNTRY CLUB RANCHO MIRAGE

2020 HONOREE



R. RONALD HARE, MD
CVVIM FOUNDER

RECEPTION | SILENT AUCTION | ELEGANT WINE DINNER | VIMY AWARDS | LIVE AUCTION

For tickets, sponsorship information or to donate an auction item, visit www.WineLoversAuction.com or call 760-625-0737



WINE SPONSOR





8th Annual Shoopy Scramble

Raising awareness and funds for melanoma

Brett Shoopman was born and raised in the Coachella Valley and is a golf professional at Desert Willow Golf Resort. Eight years ago, he discovered a suspicious mole that seemed to be growing. But it was under his shirt, not on his face, arms or legs, the typical locations golf pros check for skin cancer.

"But guess what?" he says, "I quickly learned that melanoma can get you anywhere and it happened to me." He almost waited too long and was rushed out of the area for treatment that saved his life. Feeling grateful to be alive, he decided to do something to raise awareness and help others in his community and The Shoopy Scramble was born.

"The Shoopy Scramble is a way for me to reach out to my hometown, to help generate awareness for melanoma and to share what I have learned," he says. "You don't want to know what I know, so if you can detect it early and recognize it on your own skin, you can save your own life," which is exactly what Shoopman did when his cancer returned in 2018.

He is now a two-time survivor of malignant melanoma, the worst form of skin cancer. He has been on Keytruda for 13 months and is now deemed cancer free; however, the medication left him with swelling in his knees - not a good side

effect for a golf pro. But it hasn't stopped him from delivering on his mission. "We live in the sun capital of the world and you don't hear people talking about skin cancer, which is the fastest growing cancer in our country," he passionately states. "I hope to change that."

Now in its eighth year, The Shoopy Scramble will take place April 20 at Desert Willow. The event benefits the Lucy Curci Cancer Center at Eisenhower Health and has raised over \$181,000. "We are so grateful to our sponsors and all who contribute to the tournament," says Shoopman. While registration to play in the tournament is full, participants can support the cause by donating items to the silent auction and sponsoring a golf hole on one of the two courses being played (deadline for donations is April 10).

"The response from the community, my family and friends has been overwhelming," he adds. "I have received personal thanks from people who, because of the outreach, were tested and fortunately caught early enough to be treated and cured. This alone has made it all worthwhile."

To donate to the tournament, contact Brett Shoopman at brett@shoopyscramble.org. For more information, visit www.ShoopyScramble.org.



MONDAY, APRIL 20
Desert Willow Golf Resort
 SUPPORTING MELANOMA MONDAY AT

EISENHOWER
 LUCY CURCI CANCER CENTER

Please join us by donating an item to our silent auction. Your support is greatly appreciated!

For more information contact
 Brett Shoopman at Brett@shoopyscramble.org
www.ShoopyScramble.org

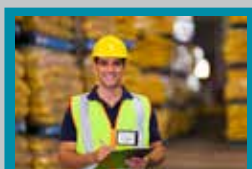


Nominate your workplace!
 Will your workplace take home a trophy this year?

5th Annual Coachella Valley Workplace Wellness Awards



Nutrition, Fitness, & Health



Safety & Environment



Mental Health & Wellness

Join us on Thursday, June 4, 2020, at the Classic Club in Palm Desert at 11:30am-1:30pm

Benefits: 2 FREE luncheon tickets, press features, exciting speakers, and more!

Application deadline: Friday, March 27 at 5pm

Titanium Sponsor:



Your Health. Your Life. Our Passion.

HARCdata.org/award

Bronze Sponsors:



Energy Abounds at Unearth Your Bliss

Last month, wellness professionals and health fans gathered to learn more about the significant benefits of connecting to Earth's energy through grounding at "Unearth Your Bliss." Hosted by the Earthing company and sponsored by Desert Health®, the event featured Earthing founder Clint Ober, advocates Mariel Hemingway and Bobby Williams and energy therapist Melissa Yamaguchi.



Melissa Yamaguchi, Bobby Williams, Mariel Hemingway, Bindu, Janet Zappala, and Clint Ober

Attendees were inspired, educated and even grounded with the help of Earthing patches available throughout the venue.

"Grounding is not only a passion of mine, I believe it is a prerequisite for finding good health in your life," said Hemingway. "When you put your feet on the ground and start to become truly grounded on a regular basis, you start making better choices for yourself. It inspires you to want to eat better food and adapt positive practices and it connects you to your natural circadian rhythm for better sleep."

Grounding is simply the practice of connecting with nature through bare feet or grounded contact that allows you to absorb the earth's energy, or electrons, to help balance your bodily systems. Deepak Chopra calls the practice his "sixth pillar of wellbeing."

At the event, Hemingway shared her life story and recalled barefoot summers as her happiest times. "I realized that in my childhood, grounding was my solace from the craziness that was my family."

Her life and wellness partner Bobby Williams, an extreme adventurer, talked about creating a life around wellness practices. "One of our rituals is to watch the sunrise. It's amazing how that simple practice can set the tone for your day," he says.

Yamaguchi shared fascinating history and discussed self-awareness. "Once you understand your own energy, you can learn how to control your reactions and your destiny," she states. Her company is creating an app called MYLife MYEnergy which will allow you to measure your energy frequency.

Ober is passionate about educating people on the benefits of grounding. His company, located in Thousand Palms, manufactures products such as sleep and meditation mats, pillow covers and blankets that ground on contact through the grounding plug in electrical outlets. His Earthing Institute is dedicated to conducting research and clinical trials on the benefits of the practice.

For more information, visit www.earthing.com or www.earthinginstitute.net. (Photos by Kylie Flood).



Hemingway is a wellness advocate and grounding fan.



Guests grounding during the conference via Earthing grounding patches.

Here's to Your Health!



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

March 15

Act for MS Spring Gala: Great Entertainment Legacy of Chi-Chi Starlite Room

Get ready to party! Don vintage '40s and '50s or contemporary cocktail attire and have some fun with emcee Tom Dreesen and vocalists Lorna Luft and Deana Martin. Relive the glitzy glamour of old Palm Springs and the Chi-Chi Starlite Room and dance the night away with Doc Poster & His Tribute Band featuring special guest Denny Pezzin. You'll be supporting an important cause with proceeds directly benefitting local residents of the Coachella Valley afflicted with multiple sclerosis. 2020 special honors also will be awarded to The Coachella Valley Wellness Foundation. Renaissance Indian Wells Resort, 6-9 p.m. \$300 tickets available at www.ActforMS.org or (760) 773.9806.



March 21

The VIMY Awards & WineLover's Auction

Join Coachella Valley Volunteers in Medicine for their fifth annual WineLover's Auction at Thunderbird Country Club in Rancho Mirage. Enjoy a spectacular evening of rare wines, unique auction items, elegant dinner and the VIMY Award honoring CVVIM Founder Ron Hare, MD. The sell-out event is the largest fundraiser for the Valley's only free medical clinic which receives no governmental reimbursement and relies exclusively on the generosity of individual and philanthropic organizations for funding (see p.29). For tickets and more information, visit www.WineLoversAuction.com (760) 625.0737.



March 25

Wellness Wednesdays: "I'll Push You" Sponsored by Eisenhower Health and Desert Health®

Two lifelong friends embark on an epic, five-and-a-half-week, 500-mile journey to hike Spain's El Camino de Santiago. They physically and mentally push each other, as Justin, fighting a neuromuscular disease, would have to be pushed in a wheelchair. To complete the trek, they will encounter insurmountable obstacles. Their greatest journey will be that of self-discovery and a sense of purpose. Helene Galen Auditorium in the Annenberg Health Sciences Building at Eisenhower. 3-5 p.m. \$5 (includes refreshments) to be paid at the door. Reservations available at www.EisenhowerHealth.org/calendar or by calling (760) 423.4855.



April 8

Wellness Wednesdays: "The Illusionists" Sponsored by Eisenhower Health and Desert Health®

Sex sells. What sells even more? Insecurity. Multi-billion dollar industries saturate our lives with images of unattainable beauty, exporting body hatred from New York to Beirut to Tokyo. Their target? Women, and increasingly, men and children.



"The Illusionists" is an award-winning documentary about the globalization of beauty and the dark side of advertising. Helene Galen Auditorium in the Annenberg Health Sciences Building at Eisenhower. 3-5 p.m. \$5 (includes refreshments) to be paid at the door. Reservations available at www.EisenhowerHealth.org/calendar or by calling (760) 423.4855.

April 20

The Shoopy Scramble presented by the PGA Superstore

This eighth annual golf tournament raises awareness for skin cancer and benefits Eisenhower Health's Lucy Curci Center. The event takes place at Desert Willow Golf Resort and while event registration to play in the tournament is full, auction items are needed and greatly appreciated (see p.30). To submit a donation, please email Brett@shoopyscramble.org. www.shoopyscramble.org



June 4

HARC's Workplace Wellness Awards

Nominations are now open for the fifth annual Coachella Valley Workplace Wellness Awards recognizing local businesses that make healthy work environments a priority. Eight awards will be given to both large and small businesses highlighting those who promote employee nutrition, fitness, health, safety, environment, mental health and wellness. Sponsored by Desert Oasis Healthcare, Renova Energy and Desert Health®. 11:30 a.m. to 1:30 p.m. at The Classic Club in Palm Desert. Organizations may submit self-nominations by March 27 at www.harcddata.org/about-us/events/award/.



March/April 2020



PUREHEALTH

A FRESH PERSPECTIVE
ON HEALTH COMBINING
THE WISDOM OF NATURE
WITH THE RIGORS OF
MODERN MEDICINE

OFFERING:

NATURAL PRIMARY CARE
IV NUTRITION THERAPY
PRP JOINT INJECTIONS
OZONE THERAPY
PRP HAIR REJUVENATION
HORMONE REPLACEMENT THERAPY
CHELATION THERAPY
NATUROPATHIC ONCOLOGY
WEIGHT LOSS SOLUTIONS
PEPTIDE THERAPY



COREY
KING, ND



NOELANI
RODRIGUEZ, ND

WILLIAM GRIMM, DO
Medical Director

FREE 15 MINUTE CONSULTATION
with our naturopathic doctors

760-322-2520

1492 N. Palm Canyon Drive
Palm Springs, CA 92262
info@purehealthmedicine.com
purehealthmedicine.com

The Center for Smile Enhancement

(760) 568-5902

Open Monday, Thursday, Friday and Saturdays
from 8a.m. to 7p.m.

In-House Membership Program

Save \$500
on Dental Implants
Plus Membership Discount

*Some restrictions apply. Call for Details. New and Existing Members.
Expires 4/30/20

Good Health Starts in Your Mouth!

**New Patient Special
Only \$89.99**

(Over \$600 in savings!)

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

*New and cash patients only. One-time use. Some restrictions apply.
Not valid for gum disease. Offer expires 4/30/20. Call for details.



Laugh, talk, live with comfort and confidence

No more loose dentures. No more
avoiding foods. No more fear of
laughing, smiling or speaking.

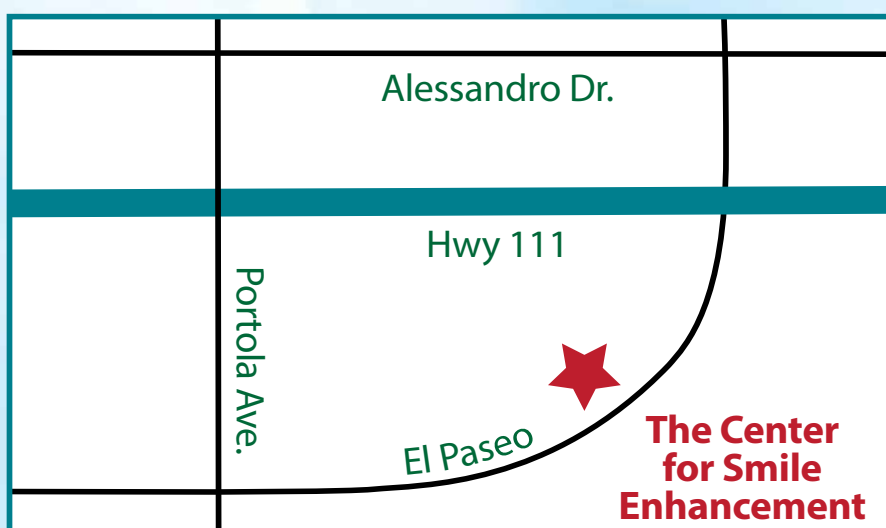
It's time to enhance your life
with the MDI Denture
Stabilization System!



FREE Dental Implant Consultation

Regularly \$120

*New and cash patients only. One-time use.
Some restrictions apply. Offer expires 4/30/20.
Call for details.



Dr. Tadha • Dr. Crowley

The Center for Smile Enhancement

(760) 568-5902

74120 El Paseo, Suite 1,
Palm Desert, CA 92260

MyPalmDesertDentist.com

Open Monday, Thursday, Friday
and Saturdays from 8 a.m. to 7 p.m.

Dental Implants • Veneers • Invisalign