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March/April 2022

what's inside

3 Medical News

High Season in the Desert:
The Perils of Paradise

13 Natural Options

How Acupuncture
Helps Gut Health

18 Integrative Medicine

What if Your Dog
Could Live to 25?

20 Fitness

Q2 Pep Talk: New Year
Resolutions

21 Financial Health

Freeze the Fraud: Protective
Measures for Your Money

22 Eat, Drink & Be Healthy

New NA Spirits Offer
Flavor and Flair

23 Fresh Cuisine

Gluten, Dairy and Grain-
Free Savory Egg Muffins

25 Through the Generations

Feeding Your Heart
to Boost Brain Health

26 Desert Events

WLF's Women Who Rule
Awards and Scholarships

*Be the reason someone believes
in the goodness of people.*

— Author
Karen Salmansohn

2022 Global Wellness Trends

Each year, we look forward to the Global Wellness Summit's (GWS) annual Global Wellness Trends Report. These fascinating concepts, ideas and innovations are often solutions to some of humankind's most daunting challenges, and 2022's trends speak loudly to the fragility of life and our planet.

According to the panel of worldwide experts that contribute, people are now seeking resilience and self-reliance as we emerge from the pandemic. However, we are also recognizing the need to support preceding generations, as well as our planet. Shifts include a return to intergenerational living with wellness communities that give each family member purpose through communal farming, lifelong learning opportunities and gathering spaces that bring neighbors together to socialize and support one another.

The return to nature continues as wellness travelers seek adventure and engagement through experiences that help them grow intellectually, spiritually and creatively. In major cities, the outdoors moves in through wellness playgrounds and urban bathhouses.

Meanwhile, back on the farm, agricultural experts and scientists now emphasize restoring the earth's soil ("regenerative agriculture") as the next big revolution to transform farming, improve the health of our food and help lead the fight against climate change.

Technology continues to move us forward, as do wellness coaches in an emerging industry being touted as the missing link in health care. These certified professionals help us find purpose, direction and the motivation to adopt healthier behaviors.

The return to intergenerational communities

Since the '50s, the American Dream has been to work hard, retire early and move to a resort community where you'll meet new friends, play golf and enjoy life. We have seen first-hand the evolution of "senior living" from heaven's doorstep to hallowed playground, as 60 is now the new 40. We are living longer and seeking opportunities to grow, play, learn, explore and give back. And it's just the beginning. According to GWS presenter and Cleveland Clinic Wellness Officer, Michael Roizen, MD, within the decade, 90 will be the new 40.

Continued on page 12

Let's Chat Over a Drink

By Lauren Del Sarto

Do you find yourself drinking more these days? Life has been hard and it's not surprising people are turning to happy hour to help lift spirits and get through challenging times. Over these past few years, we have experienced stress and unease like never before, and have struggled to adjust and adapt on a daily basis. It's enough to drive anyone to drink.

But, the statistics are eye-opening - especially for women - and it's worth opening the conversation.

During the pandemic, retail alcohol sales increased 54 percent while online sales jumped 262 percent. A September 2020 RAND Corporation survey determined that alcohol consumption had increased 14 percent in adults 30+, with the number of women drinking heavily up 41 percent!

I'll admit that I am one of them. And while the return of normalcy inspires a return to healthier habits, our new found freedom also presents long-awaited opportunities to raise a glass to old friends and togetherness.

Seeking encouragement, I thought I'd do a little research and speak with the experts to share insights and resources to help us transition through it all.

We've been languishing

Over these past few years, many have felt an overwhelming sense of joylessness. Uncertainty in just about everything has left us feeling aimless and without a strong sense of purpose.

In his *New York Times* article, "There's a Name for the Blah You're Feeling: It's Called Languishing," psychologist Adam Grant says languishing may be the dominant emotion of 2021. He describes it as the neglected middle child of mental health; the void between depression and flourishing, the absence of well-being. "It's a sense of stagnation and emptiness. It feels as if you're muddling through your days, looking at your life through a foggy windshield." You don't have symptoms of mental illness, but you're not the picture of health either. "You're not functioning at full capacity. Languishing dulls your motivation, disrupts your ability to focus, and triples the odds that you'll cut back on work."

The Wharton School professor introduces us to the "progress principle," which states that of all the things that can boost emotions, motivation and perceptions during a workday, the single most important is making progress in meaningful work.

Continued on page 22



Minutes Matter

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Hospitals in Palm Springs, Indio, and Joshua Tree

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The Path Forward

Welcome spring! We're so glad you're here bringing warm inspiration for a fresh start forward.

People often ask if there is a theme for the new issue and although it is never planned, it often comes to be. I believe we are all more alike than we think. Feelings, thoughts, habits and circumstances create common bonds, and we are better when we discuss them together.

We are grateful to have contributors who speak from the heart, sharing experiences and feelings in an effort to console and inspire others. In "Let's Chat Over a Drink," I share my concerns about increased alcohol consumption, especially among women (p.1). While in her column, Dr. Brossfield discusses the challenge of choice when it comes to medicine and choosing what's best for you even though others may not agree (p.4).

In OneFuture, CVHS students share mental health resources with their peers (p.5) while Jennifer Di Francesco empowers us to move from languishing to living inspired (p.11). We embrace the Law of Attraction (p.8) and reflections for spring (p.16); consider harmony over balance (p.9), unity and strength for peace (p.16) and illuminating our shadow self (p.18). We embrace diversity (p.24), the end of the pandemic (p.6) and the wellness trends moving all humankind toward a brighter future (p.1).

So, yes, I do feel there is a theme to this issue, The Path Forward. We are ready, the world is ready and the next generation is more than ready. In fact, they just may be leading the way.

Thank you for reading. We really hope you enjoy ~

Lauren

Lauren Del Sarto
Founder/Publisher

Lauren and Arielle Dilligard with Tristan
(Photo by Ashley Dilligard Photography)



An Independent Publication

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The Perils of Paradise

By Lauren Del Sarto

“Just another sunny day in paradise,” my father-in-law would say when we came to the desert to visit. Now a local, I repeat it often. We all love our beautiful valley, but living and playing here takes some awareness and preparation.

With March upon us, outdoor activities abound as do the many opportunities to celebrate. Whether you're a seasoned local or vacationing tourist, taking part is strongly encouraged, but know that it doesn't take much for a fabulous day in the sun to turn into a trip to the ER.



Desert mountains are most enjoyed with a little preparation.

For tips, I turned to Desert Care Network Trauma Injury Prevention Coordinator Gael Whetstone, BSN, RN. She assesses reasons people enter their trauma center and educates the community on how to stay out of it through prevention and preparation.

“We are a resort community and love that people come here to eat, drink and have a good time,” says Whetstone, “but many can be unprepared for our unique desert climate and how it effects your body.”

Hydrate, hydrate, hydrate (heard that before?)

Dehydration is one of the most common conditions that land people in the ER, says Whetstone, and it is often coupled with injury through fainting or falls.

Sitting around the pool with friends, having a few drinks, then going out to dinner and enjoying a few more, is a familiar Palm Springs scene. In the morning, you enjoy a cup of coffee, go for a little hike and meet friends for brunch.

“When you combine alcohol and coffee (both diuretics) with our low humidity and heat, the results can be hazardous,” she adds. “If you throw in a hike where you'll lose even more moisture and your metabolism speeds up, it can sometimes be deadly.”

So before you start enjoying your social or fitness activities, she cautions, be sure you are hydrated with water and take plenty of water with you wherever you go. Enhanced water with electrolytes can be beneficial. “If you feel thirsty before you begin, you are probably already dehydrated.”

Feeling the heat

If you've lived here a while, chances are you've experienced heat exhaustion, and it is no fun.

Symptoms may include nausea, dizziness, headache, muscle cramping, fast weak pulse, heavy sweating, and cold, pale and clammy skin. What to do? Move to a cool place and loosen clothing. Seek medical attention if vomiting or if symptoms last longer than an hour. “If confusion or fever set in, it could be heat stroke and medical attention is essential,” adds Whetstone. “With heat stroke, the body temp can get so high, it can cause brain damage and death.”

Hitting the trails

Even if you are going for a quick hike, preparation is key. “Take liters of water, not one small bottle,” advises Whetstone, “and be prepared for a potential change in weather with layered clothing.” Pack salty snacks, bring your cell phone and never hike alone. Tell someone the route you are taking and when you should return. There are apps that can help track and share your journey, she adds.

When is the best time for desert hiking? While evening hikes are common in most places, 4 p.m. can be the height of our heat. The recommendation by the Palm Springs Fire Department, she says, is between 5:30 a.m. and 9 a.m.



Snakes like this southern Pacific rattler only strike when threatened.

March is snake season

We are not the only ones emerging with the warm spring air. So are snakes, which are very important to our ecosystem and should be respected. They are not aggressive unless threatened or surprised, so know where they may be hiding and keep your distance.

“Snakes tend to hang out in bushes and rock crevices out of the sun,” says Whetstone. “So, when you go to sit on that rock for a rest, tread lightly. Also, keep your furry friends on a leash as they like sticking their noses in bushes, and noses are the most common place dogs are bitten.”

Snakes have the least developed sense of hearing, but sense vibration, so she also recommends a walking stick which will alert them each time it is planted.

If you meet one too closely...

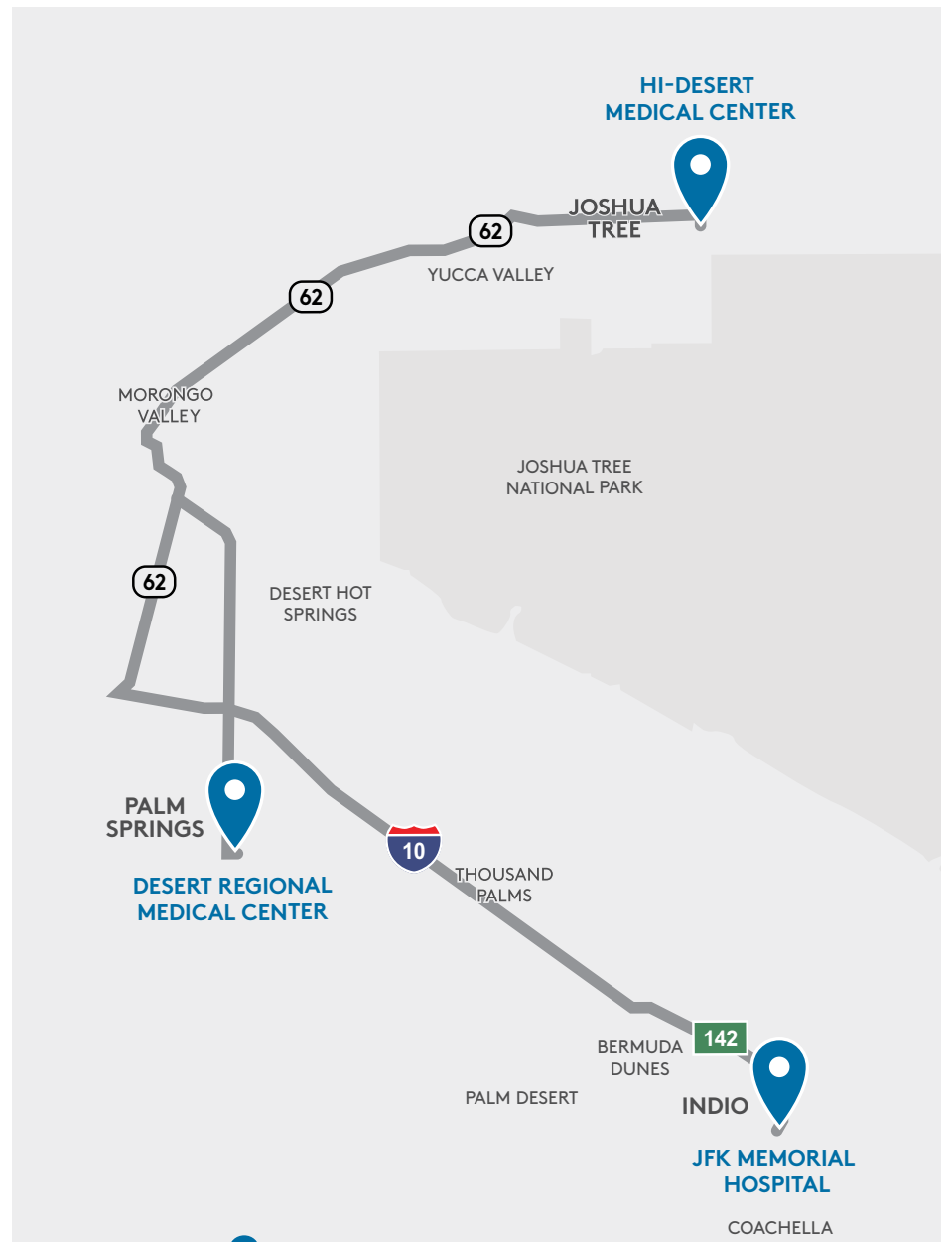
“On a national level, there is a higher rate of young males being bitten when alcohol is involved and they decide, for whatever reason, to play with the snake,” says Whetstone. (A case of bad decisions leading to more bad decisions).

“If you are bitten, you want to get to the emergency room as quickly as possible, so your first step is to call 911,” she says. Remove any restrictive clothing and jewelry and try to stay calm. DO NOT apply ice or a tourniquet or cut the wound (and sucking out venom is only in the movies). Let the swelling happen and focus on getting to the hospital. Most importantly, she adds, do not try and take a photo, capture or kill the snake. “If you cut the head off of a snake, they are still able to strike and administer venom for hours after their head is severed.”

I was disappointed to hear that snake bite kits don't work. “The new snake bite kit is your cell phone and car keys,” says Whetstone, who strongly recommends the SnakeBite911 app. “It takes you through the steps and helps you call 911.” But if you are out of cell phone range, your priority is to get to your car and to the closest hospital. The good news is that 45 percent of viper bites are dry, meaning no venom is expelled, but if needed, all valley and high desert hospitals have anti-venom therapy. It's important to also note that if your dog is bitten, they will have to go to an animal hospital versus a vet clinic (the valley's 24-hour emergency animal hospital is located on Jefferson at Highway 111 in Indio).

Enjoy this incredible weather and make it a fun and safe season. Just be sure to take precautions to avoid the perils of our miraculous desert paradise.

Gael Whetstone has an informative presentation entitled “When the Desert Strikes Back” and is available to speak with groups. For more information contact her at (760) 323.6140 or gael.whetstone@tenethealth.com.



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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Taking Control of Your Health

The gift of choice is what makes us human. The psychologist Albert Bandura wrote extensively about our free will to choose and described our human choice as "agency." In his words, agency refers to the human capability to influence one's functioning and the course of events by one's actions.

In our health experiences it is common that the medical system makes us feel out of control and as if we have no choice. Somehow when we walk through the door at a doctor's office, many of us become powerless. We hand over our "agency" and act like the guru is there to "fix" us. This may be a carry-over of the past when doctors and professors were given an unquestioning deference as if their word was law. However, even though we may not be the person in the room with the most medical training, we are still the person in the room with the most knowledge of ourselves.

Knowing ourselves, our hopes and dreams, our patterns and our propensities is the foundation for being able to advocate for the best actions to build our health. Western medicine prizes "evidence" as the basis of a "one-size-fits-all" approach. Unfortunately, this doesn't always yield the best outcomes for the individual.

When I was diagnosed with breast cancer, I was grateful that my doctors told me what the standard-of-care would be, and I chose

to proceed with a chemo regimen that had the greatest evidence of destroying the cancer cells. The practice of applying a studied protocol to a specific diagnosis that has proven outcomes was comforting, even if horrible to go through. At the same time, I was amazed to read about many women who had chosen a different path and also had good outcomes. The "Radical Remission Project" website and the book *Cancer as a Wake Up Call* gave me alternative paths to consider. The common denominator in these alternative ideas was individual agency. Each person had chosen their treatment based on their perspectives and needs.

In the next phase of my treatment, my doctors recommended an anti-hormone medication as the established standard. This was where I had to dig in and look long and hard at my own health risks and knowledge, and choose my own way. Because my medical expertise is in hormone therapy, I knew that a lot of what I was being asked to accept as "truth" was, actually, controversial in the literature. In fact, the removal of all traces of estrogen from a woman's body leads to a myriad of other health risks: loose teeth, vertebral fracture, diabetes, depression and joint degeneration, to name a few. The big issues for me were the risk of Alzheimer's and heart disease

When it comes to your health, explore all your options.



Continued on page 11



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Sharing Student Mental Wellness Resources

By Students Dana Santos Patron, Aylin Andrade, George Vaca and Freddy Centeno Rodriguez

Online learning during the pandemic fueled the rise in mental illness. As behavioral health students in the Health Academy at Coachella Valley High School, we knew that we were negatively impacted by the pandemic and three out of the four of us felt that our abilities faltered through online learning. A survey conducted at Coachella Valley High School in September 2021 showed that we were not alone, and our peers did not know where to go for help:

- 43 percent of current freshman were unsure of the availability of mental health services on campus.
- Six percent believed there were no services offered by the school.
- Students expressed that they felt annoyed, frustrated, and lonely while learning online and felt that it was difficult to perform at their best.

These survey results, along with other present struggles, and our own experiences inspired us to create a follow-up project on our campus. The purpose and goal of our project is to raise awareness regarding mental health and the mental health resources available to students. We are sharing reliable tools that can aid students in coping with three of the most common mental health challenges: stress, anxiety and depression.

We plan to involve established clubs within our school to help spread the word about our project and reach a larger audience. We are asking our school counselors to help by distributing a Google Form survey asking students about their mental well-being that will be completed anonymously.

Through the influence of social media, we will help spread awareness more swiftly and reach a larger audience. We also plan to host events during lunchtime to create awareness and boost positivity in our school regarding mental health.

We want to make students feel as if they are being heard and confident about the fact that there are resources available to them at any time. Students will have the option to receive help on campus or outside, depending on what makes them feel most comfortable, as we will provide resources for both. We hope to decrease the number of students who remain unsure or believe that the school does not provide any services. Our project will be ongoing to eventually reach a larger audience beyond our campus, spreading awareness to other schools inside and outside of the Coachella Valley Unified School District. The OneFuture Coachella Valley Behavioral Health Alignment Team is posting our resources on their website.

For more information, visit www.OneFutureCV.org or contact Kim McNulty at Kim@onefuturecv.org or call (760) 413.5990.



CVHS Health Academy students (left to right): Dana Santos Patron, Aylin Andrade, George Vaca and Freddy Centeno Rodriguez

Brushing Up on Oral Health

By Nick Baumann, DDS

Home hygiene is the most important factor in keeping a healthy mouth and, of course, it starts with our toothbrush. There are two main classes of toothbrushes: traditional manual and electric. The vast majority of Americans still use a manual toothbrush. This is not a bad thing, as a good manual toothbrush with soft bristles is still an adequate tool to clean teeth if used correctly. The problem is that most people who use a manual brush do not brush long or thoroughly enough to fully clean the teeth. When using a manual, more effort and attention needs to be paid to doing a complete job.

The main benefit of manual toothbrushes is they are less expensive and everyone knows how to use one. However, electric toothbrushes have become much more common and for good reason. Studies show that people who use electric toothbrushes do a better job of cleaning plaque away, have less cavities and keep their teeth longer. The movement of the brush head aids in this by removing more plaque than a manual brush does in a similar time. The minimum time one should be brushing their teeth is about two minutes. Electric brushes often come with audible feedback as well, so you know if you are brushing long enough and not too hard, which can lead to gum damage.

The main downside of electric toothbrushes is cost. They can be pricey and must be replaced periodically, but the benefits of doing a better job cleaning teeth are worth it.

Of the electric toothbrushes, Oral B and Sonicare are the leading producers and both offer a fantastic line of brushes. In general, Sonicare cleans more with a vibrating motion, while Oral B has more of a spinning head. Both do a great job of cleaning teeth, and I think it is more of a personal preference to the feel of the action of the brush to determine which one is preferred. Waterpik also has a great new product that combines an electronic toothbrush and water flosser called the Sonic Fusion. By making both brushing and flossing easier at home, I think it is an exciting new tool, especially for those who are used to water flossing.

Another newer product, Quip, is a brush that gained attention online with social media. It has the approval of the American Dental Association (ADA) and while it has some limitations, it can be a good option for a more budget friendly, entry level electric brush.

In the end, any ADA approved electric brush is going to make it easier to do an excellent job of cleaning your teeth and is a good addition to a home care routine. While there is a wide range of costs for these products, there are several from which to choose, fitting any budget. Anyone who doesn't have one already should consider adding it to their home care routine.

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

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Is the Pandemic Ending?

COVID-19 Facts vs. Fiction

By Bachir Younes, MD, MPH

Vaccinating the whole world against smallpox was one of the most important scientific achievements of the 20th century. Smallpox is a great example of the success of vaccine-mediated eradication of a deadly virus in humans which required a global initiative that combined high levels of vaccine coverage and active surveillance.¹

How viruses spread

Transmissibility and virulence (severity) are the two factors which play a major role in the spread of a virus from isolated infections or epidemics limited geographically to global pandemics. Ebola virus outbreaks continue to occur in West Africa.² There is a very low likelihood that Ebola would ever cause a major pandemic since the virus is highly pathogenic leading to very high mortality. This results in the infected perishing before the virus can be widely dispersed throughout the general population. Ebola and H5N1 virus are highly virulent but poorly transmissible, both leading to high mortality numbers but lower overall infections.³

On the other side of the spectrum, coronaviruses that cause common cold illnesses have extremely efficient transmission capabilities and lead to pandemics every year.⁴ However, since these viruses have low virulence, leading only to upper respiratory tract symptoms in most patients, they have never been newsworthy.

SARS CoV-2 causing COVID-19 disease is more of a spectrum of diseases rather than a simple virus. The mutations, which were identified from Alpha, Delta to Omicron, make each subsequent strain much more efficient in transmission, yet fortunately lower in virulence.⁵ However, the evolution of COVID-19 to the low level of virulence seen in common cold coronaviruses may not occur, or may take several decades to manifest.⁶

Establishing population immunity

What is more of a certainty is that the severity of the disease caused by SARS-CoV-2 has decreased with increasing population immunity. In patients with pre-existing immunity due to vaccination, a subsequent infection with SARS-CoV-2 leads to decreased severity of symptoms after infection.⁷

On a local level in the Coachella Valley, at the largest medical center, 90 percent of individuals who developed severe symptoms related to COVID-19 since June 2021 are unvaccinated. 95 percent of ICU admissions are unvaccinated. 98 percent of patients who died from COVID-19 related illnesses were not vaccinated. The only vaccinated patients who developed severe illness were unfortunately suffering from immune altering co-morbidities.^{*}

On a global level, strains like the Delta variant are easy to transmit with one patient spreading the disease to three people. The Delta strain is considered extremely pathogenic causing a mortality rate of about two percent (i.e., two patients die out of every 100 infected patients). A few mutations later, Omicron strain has adapted much more readily to its environment. This makes it highly likely to transmit between individuals so that every patient spreads the disease to 12 people, also known as the reproductive number (Ro). Contextually, the measles virus, an old scourge previously declared eliminated from the U.S., has re-emerged in the past few years as the cause of multiple outbreaks across the country due to lower levels of vaccine coverage as a direct effect of anti-vaccination movements.⁸ Measles has a very high reproductive number and can be transmitted to 15 susceptible individuals from one infectious case.⁹

The mortality rate for Omicron is 0.25 percent (i.e., one patient dies out of every 400 infected patients). This strain, and the next mutation that will occur, will lead to herd immunity and the transformation of the pandemic to an epidemic.¹ In most cases, herd immunity is not achievable without an effective vaccine,¹¹ as vaccines enhance and hasten the development of a higher immunity level in the population reaching a herd immunity level.

Learning from the past

The Spanish flu, a misnomer since it started in Kansas¹² and killed millions of people, had an extremely high mortality rate at the beginning of the pandemic. Theoretically, mutations developed as more people became infected and subsequently less people died from the disease. Eventually, effective vaccination was developed against the virus. Each year, scientists identify the most likely strains to cause seasonal outbreaks and hence new formulations of influenza vaccination are administered saving millions of lives worldwide. A century after the flu pandemic, another virus is holding the world hostage as COVID-19 has killed millions of people globally.

In summary, advanced communication and technology led to a worldwide effort developing vaccines at a record pace. Today, we are close to the end of the pandemic. Viruses are host-dependent for survival and are not self-sustaining. In other words, if the host dies, the virus dies. In an epidemic or pandemic setting, evolution leads viruses to develop mutations that make them easier to transmit and propagate between hosts, at the expense of becoming less pathogenic, like in the case of coronaviruses previously introduced into the population.

As an infectious diseases specialist and a public health expert, I rely on scientific evidence where data is derived from studies which are based on experimentation and reproducible statistics. Unfortunately, there are many myths about the virus online, as the enemy of science is fame. Unsubstantiated rhetoric about vaccines that is not backed by evidence is misleading, and as we have unfortunately seen, is potentially harmful to the general population.

Dr Younes is an infectious diseases specialist, founder of Desert Infection Consultants (DIC) and a member of Desert Doctors. He would like to thank DIC Kinji Hawthorne, MD, MPH and Roula Younes, DNP for their assistance in research, editing and co-authoring this editorial. For more information, visit www.younesmedicalcenter.com. (760) 636.1336.

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*Data collected by author individually from Eisenhower Medical Center electronic medical records. No patient identifiers included. Data collected was used purely for statistical analysis.



Important Tips for Hospital Stays

Doing your part for a speedy recovery

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

Hospitals are expected to be a place of healing, leading to wellness and a return home. However, the longer a patient stays in the hospital, the greater the risk for a health care-associated infection (HAI) from a catheter or surgical site, or a health care-acquired condition (HAC) such as a fall with fracture. With an HAI or HAC, not only does your time in the hospital increase, but it can also lead to further injury or worse.

In my articles, I will always speak of patient advocacy. For example, did you know that you are not responsible for charges that increase your time and treatment due to an HAI or HAC? Having an informed and active advocate involved throughout your hospitalization, whether that is a capable friend, family member or professional, can keep you safer. It will help you get discharged sooner to a less intensive, more healing environment such as a nursing care center or better yet, home.

Besides having an involved advocate, here are the top five ways to stay safe if you're in the hospital.

Wash hands. Keep your hands washed, especially if sharing a bathroom with another patient, and make sure all hospital staff wash their hands when entering your room and before touching you. Don't be afraid to speak up. Hospitals teach their staff to prevent infection with handwashing, so don't be afraid to remind them if they forget.

Do not get up alone. Especially if you have had recent surgery or are in a weakened state. Even younger adults can be unstable after a serious infection or surgery. Call the nurse for help. Sometimes they can be very busy, so make sure you have a urinal or bedpan at your bedside in case they can't respond when you need them.

Know your medications. Ask what medications are being given to you before you take them. Medication error rates are estimated to occur up to 25 percent of the time, and a high number of these occur in children.

Guard your dentures. Make sure the staff knows you have dentures when you are admitted to the hospital and be sure they mark it on the white board in your room. Take a denture case with your name and phone number on the case and clearly mark it with a "DENTURES" label. Have staff check for them every time you leave your room for a test or procedure and keep them with you if you can. Better yet, hand them off to your family or advocate. Losing your dentures affects your nutrition/eating which impacts your body's ability to heal - putting your health at risk.

Keep moving. Stand up daily if possible. Blood clots and bedsores can develop quickly and can be deadly. Ask staff to help you to a chair or walk in the hall daily. If you must stay in bed, move your arms and legs, turn often from side-to-side and wear the inflating leg braces if offered.

With the war on COVID continuing for two years now, hospital staff can be rightfully tired and overwhelmed. Help them to help you and do your part to stay safe for a speedy recovery.

Dr. Porter is CEO/Founder of MyHealth.MyAdvocate in Palm Desert and an experienced health care professional with 30 years of nursing practice dedicated to unraveling the mysteries of health care processes and advocating for patients, families, and caregivers. For more information visit www.myhealthmyadvocate.com or call (760) 851.4116.



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Embracing The Law of Attraction

By Susan Murphy, PhD

The Law of Attraction is the belief that “like attracts like.” The principle states that if you think positive thoughts, you will have positive results; if you think negative thoughts, you will have negative results. You attract what you think about. An everyday example of the Law of Attraction is when you start thinking about someone and suddenly she calls you. Or, if you are considering adopting a puppy, you see puppies everywhere you look. The Law of Attraction is always operating. Like the law of gravity, it never fails.



It sounds so easy! Yet, why does the Law of Attraction seem to fail most of the time even though you think positively and visualize success? The reason is that your subconscious beliefs, values, and habits can block your success. Both parts of your mind affect the Law of Attraction - your conscious mind and your subconscious mind. Your conscious mind creates images of what you want to attract and can consciously, logically, set goals and promises to attain them. Your subconscious, however, is the critical component that makes or breaks the Law of Attraction's effectiveness for you. Your subconscious mind controls your habits, expectations, emotions, and actions and determines your success. The conscious and subconscious mind must be in harmony.

What you believe internally manifests what occurs externally.

The Flying Wallendas

You may know of the “Flying Wallendas,” the famous family of tightrope aerialists. As Warren Bennis describes in his book *Leaders*, Karl Wallenda, the founder, often said, “Being on the tightrope is living. Everything else is waiting.” Karl knew that he put his life at risk every time he walked the tightrope and yet it made him feel alive. Then on March 22, 1978, Wallenda fell to his death traversing a 75-foot-high wire in San Juan, Puerto Rico. In interviews after the fateful event, his wife said, “All Karl thought about for three straight months prior to the San Juan event was *falling*. It was the first time he'd ever thought about that, and it seemed to me that he put all his energies into *not falling* rather than walking the tightrope.” Mrs. Wallenda added that her husband went so far as to personally supervise the installation of the tightrope, making certain the guy wires were secure, “something he had never even thought of before.” Wallenda was virtually destined to fall as he poured his energies into preventing a *fall* rather than walking the tightrope. This is a very unfortunate example of the Law of Attraction at work.

You manifest what you believe

What you believe internally manifests what is occurring externally. If your subconscious believes that you are unlovable, you will not be in a healthy, loving relationship no matter how many times you say that is what you want. If your subconscious believes that you will never have enough money, you never will. If your subconscious believes that you will never be happy, you will never be happy.

Continued on page 9

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Harmony vs. Balance

By Timothy Courtney

Do you find yourself looking for “balance” in your life? What is it that our spirit truly seeks in this ongoing desire?

Whenever I hear someone say, “I need to find balance in my life,” I can sense the dampening of passion within their spirit. The Oxford definition for balance (as a noun) is “an equal distribution of weight; equal proportions.” Balance as a verb means “to keep something in a steady position; to offset or compare the value of one thing with another.”



Are you seeking balance in your life or harmony in all aspects?

While I understand the ideal concept of having balance, I have yet to experience it as it is defined. I don't know about you, but I have not, and probably will never spend a balanced or equal amount of time in my work, physical exercise, spiritual practices, getting together with friends and family and vacation time. I have found maneuvering to achieve balance a never-ending, unsatisfying (or very short satisfying) chase.

About four years ago, it occurred to me that I might not be asking the more important question of what I - my spirit - was genuinely needing and wanting. I am a music major with an emphasis on vocal performance. I've toured as a vocalist around the country, recorded on many albums with various artists, performed live at some of LA's famous nightclubs and am a voting member of the National Academy of Arts and Sciences (aka, The Grammys). As such, I recognize that harmonies often make the song more interesting, engaging, passionate and fuller within vocal and instrumental compositions. Without the harmonies and other dynamics of tempos, rests, pianissimos, crescendos, fortes and more, the song and songwriter might not be too fulfilled. Though a one-person band or solo melody can be fabulous, I wouldn't want to perform that way every day of my life.

I thought, HARMONY. To me, having harmony in my life is simply being present in the moment with whatever or whomever. Could I spend five hours working with clients, five hours meditating, five hours at the gym, and five hours hanging with my friends today? My answer is no. However, I can be fully present in the 20 minutes I spend with friends, my 50 minutes at the gym, my five hours with clients, and my 10 minutes meditating.

According to Merriam Webster, harmony is “a pleasing combination of arrangements of different things.”

I have chosen not to use the word “balance” in my vocabulary because I feel more empowered and elevated when using “harmony” to express my spirit's need and desire for a fulfillment that is more easily achievable throughout my day.

You may be inclined to hold on to the goal of achieving balance, but maybe, in being present right now, you are creating harmony in that particular area of your life.

Timothy Courtney is a psychic medium in Palm Springs and can be reached at www.TimothyCourtney.com.

Embracing The Law of Attraction

Continued from page 8

An attitude of gratitude

Gratitude plays an important role in activating the Law of Attraction. Gratitude is an energy that becomes magnified when it returns to you. What you put into the world is what you get out of it. If you think negative thoughts about your life, you will have a difficult life. Conversely, if you give more love, you will receive more love. If you are generous with your money, you will receive more money. If you live a life filled with gratitude, you will always have things for which to be grateful.

Five stages of The Law of Attraction

Decide what you want. It is essential to be clear about what you want. Your ambiguous goals send blurry requests and vibrations to the universe. It is tough to attract what you want when you are continually beaming unclear messages. Clarify, visualize and expect the best. Many clients create a “vision board” to clarify exactly what they want.

Decide that you are worthy of it. You may not believe you deserve what you want to attract. Your subconscious may be sending the message to your conscious mind that you are not good enough or special enough. Your subconscious mind is more persuasive than your conscious mind and can overrule it. Believe that you deserve the best.

Decide that you can have what you want. Another self-limiting belief to the Law of Attraction is that you do not believe that it is possible to get what you want. It is essential to take a massive leap of faith and convince yourself that you can have what you want.

Recognize the abundance in the world. Acknowledge that the world has abundance. The world is full of compatible partners, wealth, kind and generous people, love and peace. You can change the neural pathways in your subconscious from a state of “need and want” to a state of “abundance.” It takes persistence, tenacity, and focus. When you realize you are thinking negative thoughts, STOP IT! Immediately respond with a positive affirmation like “I live a fulfilling life” or “I am healthy and full of vitality” or “I have all the love I need.”

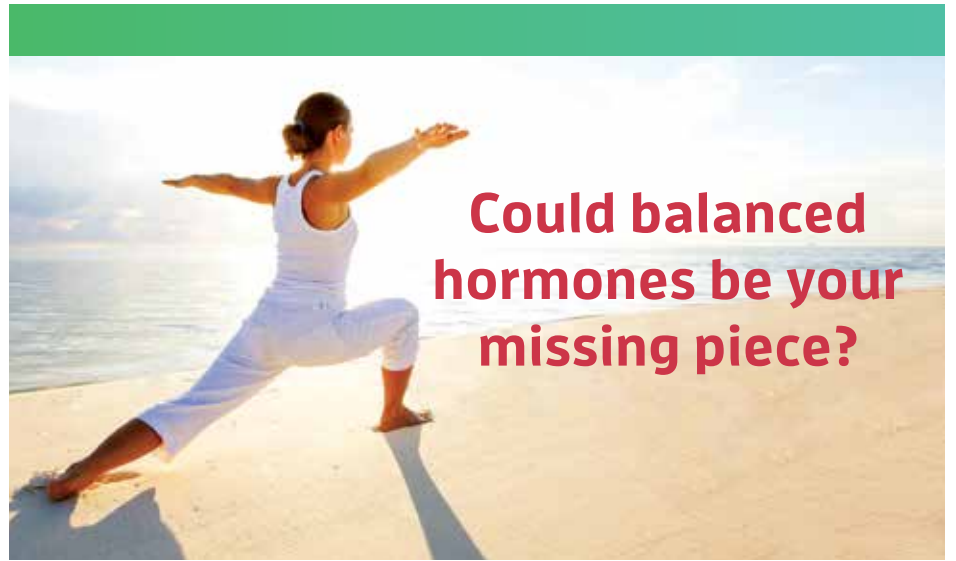
Believe what you want is going to happen. At this stage, the temptation is to get sidetracked by your questions of who, when and how. Stop worrying about HOW. The answers to these will come. Focus on what you want, recognize that it is out there in abundance, believe that you can have it and that it will come to you.

The “action” portion of The Law of Attraction

Now, it is time for the action portion - the second half of the word “Attraction.” If you want to meet your soulmate, it is vital to state the intention, align your subconscious with your conscious desire and then take steps to move toward your outcome. If you sit in your apartment merely dreaming of your soulmate's arrival, no one will come. If you dream of winning the lottery, buy a ticket! If you want to increase the abundance in your life, behave like a person of abundance. If you want more love, give more love. If you want more compassion, be more compassionate - even the smallest actions matter. For example, you can increase the level of abundance in your life by resolving to tip more generously. By adding a few extra dollars to the server's tip, you demonstrate abundance in the universe.

Live your most abundant life by making The Law of Attraction an important tool in your toolbox!

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



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A Real Broken Heart

By Jessica Needle, ND

Chest pain and shortness of breath should always be taken seriously. These symptoms can signal a heart attack, but they can also be signs of something less sinister—a broken heart. We usually use the term “broken heart” to describe one’s state of mind after a romantic breakup, but there is a medically-recognized condition by the same name.

Broken heart syndrome, also known as stress cardiomyopathy, is a temporary disorder that can feel like a heart attack, but there is no blockage of the coronary arteries. Blood flow to smaller arteries may be reduced, disrupting the heart’s pumping action while the rest of the system continues to function properly. The heart may even contract more forcefully, but inefficiently. The left ventricle enlarges when this happens, which can lead to structural changes in the heart muscle if left untreated. Fortunately, broken heart syndrome usually reverses itself in a few days or weeks. Most people recover quickly and don’t suffer long-lasting effects.

Broken heart syndrome is often brought on by stressful situations and extreme emotions, like those following bereavement or a heated argument. The condition can also be triggered by a physical illness or surgery, such as an asthma attack or broken bone.

While the exact cause of broken heart syndrome is unclear, two molecules associated with stress, depression, and anxiety have been identified in patients, and these molecules seem to be more sensitive to adrenaline.¹ Adrenaline is one of the main stress hormones your body produces, and it is released in great quantities during the physical and emotional episodes that precede a cardiac event. Drugs that speed up the

heart, including nasal decongestants, corticosteroids, methamphetamine, and cocaine cause the syndrome in rare cases.

The syndrome was first differentiated from heart attack in Japan in 1990, and since then, it has been on the rise. An analysis of cases from 2006 - 2017 showed that broken heart syndrome is most likely to occur in women ages 50 to 74.² It makes its appearance in the perimenopausal period when estrogen, a hormone that is protective against heart disease, declines precipitously. It also occurs more frequently in people who have a previous or current mental health disorder.

COVID-19 has increased anxiety levels worldwide, so it’s no surprise to see stress cardiomyopathy spike recently. One study of broken heart syndrome in people with existing coronary disease found that just like with COVID itself, outcomes vary depending on a patient’s comorbidities—diseases that exist alongside the primary condition.³

If you’re having chest pain, a rapid or irregular heartbeat, or shortness of breath after a stressful event, call 911 immediately. Emergency medical professionals will be able to determine if you have broken heart syndrome by performing an EKG, blood tests, and an echocardiogram, all of which are fast and easy to complete. With timely supportive care, the risk of recurrence is just three percent.⁴

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

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Living Wellness

with Jennifer Di Francesco



From Languishing to Living Inspired

Languishing was noted as the emotion of the year in 2021 by the *New York Times*. Emotions related to languishing are associated with feeling a sense of emptiness. Welcoming 2022, I felt a sense of futility. The moment the year started it was flu season, coupled with the Omicron virus. In the peak of our Desert's hospitality season, many workplaces (including mine) experienced staffing challenges and day-to-day inability to persevere.

After the New Year celebration, I found my energy reservoir running on fumes. I felt restless and apathetic. Research shows the pandemic has taken a toll on well-being and has left many people drained. The moment a low level of personal languishing set in, I was turned 180 degrees in the opposite direction when I met Oliver Jack. Flourishing was found and I gained an extra spring in my step as I got to know Oliver and was reminded of a few key takeaways to thrive.

Oliver, who is 22 years old, recently moved to the Coachella Valley and spends half of the year in Indian Wells and the other half in Colorado. The moment I met him, I recognized a sparkle in his eye and genuine interest in his surroundings; he has a careful consideration of those around him. Part of my work revolves around the fitness facility in which Oliver trained, and for a week, I watched this young, bright-eyed man proceed to challenge himself daily with dedication. At the same time, he had a not-so-serious playful spirit and genuine interest in making others smile. My curiosity at the source of this free-spirited behavior originated the morning Oliver, in a happy dance, arrived at my office door. This young man was making me smile and I was diverted from my personal, momentary languishing to the bright light at my door.



Oliver Jack performing step ups with trainer Kristi Lynn-Lake

He proceeded to tell me that in 2019, he faced a traumatic event which forever changed the trajectory of his life. After graduating from high school and receiving a golf scholarship to the University of Colorado, he was hit by a drunk driver. This irreversibly distressing event left Oliver with a brain injury causing spasticity on his right side, a shattered right elbow, and the immediate aftermath of being in a month-long coma. Oliver had to relearn everything from eating to walking and speaking. Very little of this struggle is detectable and watching him accomplish lunge squats the length of the fitness floor shows no sign of stagnation.

Oliver is the personification of a "flourishing human." Harvard has launched a human-flourishing program and the criteria states there are practices that can raise one's flourishing factor including savoring small things, showing gratitude, doing good deeds and looking for connection while finding purpose. Each one of these practices I witness in Oliver. As my connection with him developed in small ways, I was struck by something Oliver told me. He said that before the accident, his life was moving fast, and he has acknowledged that he was less aware of those around him and their wants and needs. This dramatically changed, and he now finds himself truly caring about others. Before, Oliver was quite often focused on the future, and now, he only thinks about the present; for three years his life has been all about taking small steps. He noted that his fulfillment factor is more than it was before the accident stating, "Whatever I do now, I know it's going to be great."

It really struck me how such a deeply traumatic event imprinted a new outlook for Oliver starting with this open-heart space. All that's required to shift our mental outlook is connection with another. All my languishing over a long-haul virus, momentary workplace stagnation, cancellations causing plans not to materialize, and many issues we have all experienced dissolved upon meeting this amazing human.

I thank Oliver for being a part of my 2022 emotional vaccine. Social connection is one of the strongest protective factors against depression. Sharing a life inspired with another can happen at the gym, in a coffee shop or in a random moment when you least expect it. Keep your eyes open and your antenna alert for a possible Oliver moment hiding around any next corner.

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

Taking Control of Your Health

Continued from page 4

which are both significantly elevated in women who have less estrogen over their lifespan. Because those risks are high in my family history, I had to weigh possible breast cancer recurrence against the potential of osteoporosis, Alzheimer's or stroke. Obviously, I would like to avoid all of these, but the deciding factor for me was the answer to this question: "What will increase my health?" For me, this meant declining the anti-hormone medication and seeking other medical guidance to work with me to build the healthiest "me" possible. This was agency, my choosing, knowing all the factors unique to me, my own path. Although this choice did not follow traditional oncology recommendations, there is mounting evidence in the medical world that it is a reasonable option.

In your life, you will face your own option to exercise agency - likely almost daily. Right now you can choose to wear a mask or not. You can make dietary choices, you can seek out alternatives to medications, you can enlist trusted consultants to help you evaluate your options to increase your health. Whatever you do, I encourage you to ask the question, "What will increase my health?" And then, put your agency to work!

Recommended resources on this topic include *Radical Remission: Surviving Cancer Against All Odds* (book, docuseries, project); *Cancer as a Wake Up Call* by M. Laura Nasi, MD; and *Estrogen Matters* by Avrum Bluming, MD.

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



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Benefits of Glutathione: More Than Just Detox

By Sonja Fung, ND

Glutathione has long played a crucial role in balancing oxidative stressors in our body which occur from such things as environmental toxicity, immune insults (infections and viruses) and inflammatory injury. Glutathione is one of your body's most abundant and potent antioxidants. It aids in detoxification as a free-radical scavenger and plays an important role in recycling your antioxidants and repairing damage throughout your body (i.e. anti-aging!) Additionally, it plays a crucial role in restoring lung function in COPD and asthma, and during and after serious viral lung infections as we have seen through the pandemic.

Glutathione is a large molecule, a tripeptide, consisting of cysteine, glycine, and glutamate. Because of its large size, oral supplementation to improve glutathione levels is more difficult as it is mostly destroyed by the stomach before it can be absorbed. Newer forms include oral liposomal (fat soluble wraps) which allow for better absorption and bioavailability, and nebulized (inhaled) forms that target and are absorbed directly by lung tissue. However, the most reliable route is still intravenously (IV). Increasing your helpings of sulfur-rich foods, such as garlic, onions, cruciferous vegetables (broccoli, kale, cabbage, etc.) and high-quality, bio-active whey protein can improve glutathione production, along with increasing supplementation of precursors such as N-acetyl cysteine (NAC).

Several studies have determined that patients with higher levels of glutathione have a better prognosis and immune response against viral infections. Along with

its antioxidant properties, glutathione was also shown to exhibit anti-viral and anti-coagulation properties. In the lining of the lower respiratory tract, glutathione is the first line of immune defense against oxidative stress. Nebulized glutathione and NAC have become more common in healing oxidative damage to lung tissue as it is a simple and effective way of receiving medication directly into the lungs, which can be readily absorbed into the bloodstream.

As mentioned earlier, receiving glutathione via IV will assure your cells are getting what they need. As we approach the music festival season and hot weather, one of the great benefits of IV therapy is the effective delivery of nutrients into tissues that need it most. Along with hydration and B vitamins, glutathione is one of the best IV nutrients to restore liver function and help with detoxification.

Most people tolerate glutathione and are typically deficient, especially after illness or over-ingesting toxic substances such as alcohol or drugs. However, if you have sulfur sensitivities or certain genetic mutations in the enzyme CBS (cystathionine beta-synthase), you can have negative side effects including confusion, fatigue, weakness, poor appetite, nausea and back or abdominal pain. Be sure you consult with your doctor or a qualified health professional before starting any new medications or supplements.

Dr. Sonja Fung is a primary care naturopathic doctor with a focus on integrative cancer care and regenerative joint injections at Live Well Clinic in La Quinta. Her clinic offers B vitamin injections, IV nutrients, and functional lab testing for a personalized health plan. For more information, call (760) 771.5970 or visit www.livewellclinic.org.

Sources: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699458/>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7263077/>; 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8131726/>; 4) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6399332/>; 5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8349474/>; 6) <https://www.mayoclinic.org/drugs-supplements/glutamine-oral-route/side-effects/drug-20064099>

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2022 Global Wellness Trends

Continued from page 1

While many here in the desert live this dream, the pandemic has shown us the eminent value of being close to family. Imagine modern eco-friendly communities that bring everyone together while providing activities and a sense of purpose for all; with front porches, common spaces, community farming and continuing education connected to local universities. Models include Serenbe, established in Fulton County, Georgia and Kallimos Communities, designed to launch in Loveland, Colorado.

These newly planned communities also take into account dire global challenges: the aging population, the short supply of housing and caregivers and the loneliness epidemic. It's a return to a time when neighbors helped neighbors, and older generations, able to age at home with community support, passed down traditions and knowledge to youngsters eager to learn. This brings us to our next Global Wellness Trend...

The return of survivalism

We've created a society where convenience is king and everything is at our fingertips. In doing so, we have successfully "unlearned ancient skills" that used to be passed down through generations, such as how to start a fire or grow our own food. Today's younger generation wants to learn.

New concerns for our future stemming from global warming, supply chain disturbances and environmental depletions have our younger generation moving towards a survivalist mindset that GWS calls the "Next-Gen Naturalism" trend.

A 2021 global study of 10,000 young people ages 16-25 in 10 countries found that 60 percent were "very worried" or "extremely worried" about climate change, with 75 percent saying that "the future is frightening." This generation has a strong desire to learn how to work with nature, not against it, and "to get back to the timeless skills that have always kept us alive."

How does this relate to wellness? Once seen as frivolous or "woo-woo," wellness returns in this back-to-basics trend: solid sleep, movement, a balanced diet and conscious care for mental well-being. The thinking expands beyond an individualized focus as these fundamentals require nutrient-dense food, protecting our natural resources and knowledge of how to survive in an ever-changing world.

We see a growth in wilderness camps, seasonal eating, home gardens and minimalism with teachings and sustainability hacks readily shared on social media. "If the pandemic has taught us anything, it's that our separation from the natural world isn't serving us. And it's certainly not serving the planet. It's time we get back to the wild and maybe even let it teach us a few things along the way," state authors Skylar Hubler and Cecelia Girr.

Intention is the future of travel

The skies are open and we are ready to go. But our destinations now have a deeper purpose. This year, we want adventure, soulful stimulation, awe-inspiring experiences, connections with loved ones and enriched fulfillment. The travel industry is answering the call with opportunities to intellectually, spiritually and physically empower us.



Intergenerational communities bring families together around the dinner table once again.

Continued on page 21



Acupuncture for Gut Health

Treatment may help balance biome

By Agustin Orozco, LAc, LMT

In the spring of 2021, I went to the dentist for my annual checkup and cleaning. He identified two cavities that had formed, one on the lower right tooth and one on my upper right and performed a routine procedure to fix them. The next day my right cheek was swollen to the size of a baseball. I went back to my dentist immediately and he prescribed two rounds of antibiotics.

I am forever grateful for modern antibiotics. Without them, there is a good chance the infection could have spread from my cheek to my throat requiring immediate medical attention. But the reality is every medicine, even lifesaving medication such as antibiotics, can have its negative consequences.

Increasingly, the gut flora is recognized as an important component for human health.¹ Antibiotics can devastate the body's natural gut flora as the bacterial killing properties of antibiotics do not discriminate and equally attack both detrimental and beneficial bacteria.

The gut flora produces important neurochemicals such as serotonin, and can have a hand in the body's metabolic and inflammatory disorders, cancer, depression and even longevity.² Prebiotics and probiotics have long been encouraged for the promotion of a healthy gut biome. Prebiotics, such as fiber, can feed healthy bacteria and promote a diverse and healthy gut biome, while probiotics can directly replace or increase beneficial bacteria in the gut. But research conducted with acupuncture might provide another recourse for gut flora health.

The World Health Organization (WHO) and National Institute of Health (NIH) recognize acupuncture's ability to help with a wide variety of gastrointestinal (GI) conditions. Irritable bowel and colitis, acid reflux, constipation, diarrhea, and much more have been recognized by WHO and NIH to be treatable with acupuncture.³ One study measuring acupuncture gastrointestinal effects on humans and animals suggest acupuncture's benefits comes from its ability in "regulating GI motility, the GI barrier, visceral sensitivity, and the brain-gut axis."⁴ Exciting new studies conducted in the past five years on rats reveal acupuncture may even change gut microbiota.

A 2019 experiment on obese rats demonstrated interesting insights. Diet-induced obese rats demonstrated different gut bacterial levels compared to their non-obese counterparts.⁵ In the test group, obese rats who received electrical acupuncture in gallbladder 26 (an acupuncture point), had gut flora changes closer to the normal weight rats than the non-treated obese ones. Electrical acupuncture directly increased/decreased the number of different bacteria found inside the rats demonstrating a physiological change with the use of acupuncture.

A 2020 experiment on cancer-induced rats followed a similar projection.⁶ The cancer rats had a remarkable different gut biome compared to its control non-cancer rats. The experimental rats who received electrical acupuncture, again showed changes in their gut biome that more closely matched the control non-cancer groups.



Acupuncture, proven effective for many digestive issues, may also balance microbiome.

Continued on page 21

Pregnancy Dreams in Men: Symbolic Change?

By Kathleen O'Keefe-Kanavos

Dreams are often most profound when they seem the most crazy. - Sigmund Freud

Male pregnancy dreams are becoming more common. What can they mean? "I dreamed I was pregnant!" the male caller exclaimed on my show. "What kind of a dream is that for a man to have?" The dream could be symbolic and have many meanings, including spiritual incubation for the unification of mind, body and spirit and connecting with spring's rebirth after the winter of COVID's barrenness.

Pregnancy dreams are common if you are pregnant and also happen in people who aren't expecting. If you dream of a bundle of joy, here is what it may mean.

Although research shows not all pregnancy dreams are about giving birth to a baby, some women have precognitive dreams that tell them their child's gender.¹ However, most pregnancy dreams connect to something in the dreamer's waking world, like a developmental phase. They signal an incubation concerning situations like a new love, business beginning or spiritual awakening. They may be a precognitive "heads-up" about a life change in the works that may come to fruition in nine to 10 months.

Our dreams are microcosms of our waking world that allow us to play out different possibilities, create different endings and experience limitless scenarios for problem-solving without fear of judgment. Fortunately, we cannot be arrested for dream crimes as portrayed in the Tom Cruise 2002 Sci-fi/Action movie *Minority Report*. There are only dream solutions in our world.

The vivid scenarios created in nightly dreams can be cryptic. One second you're flying through the air to a dreamy romantic date and notice you are cradling a newborn baby. Suddenly the baby starts to cry, and you can't get it to stop. Then you're running around frantically searching for the crying baby you've just lost - even though you don't have a baby in real life. Your dream becomes a confusing nightmare. What is the message? What new opportunity is crying for attention?

Whether you're expecting or not, dreams about a newborn are a normal metaphor. However, if your baby dreams are unwanted, these three steps may help minimize them:

- Follow a regular sleep schedule.
- Avoid watching violent, scary, or suspenseful movies before bed.
- Avoid cigarettes and nicotine products, and don't drink caffeine or alcohol late in the day.

Don't worry guys. Pregnancy dreams in men are symbolic of change and have psychological meaning. They express something positive about your potential. Embrace them as your new bundle of joy.

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

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Four Reflections for Spring

By Jennifer Yockey

I don't know about you, but I love the different seasons. Although we don't have a lot of weather variations here in the valley, there is an energetic shift as the days get longer, the crowds disperse and plant life starts to bloom.

As we move out of winter and into the longer days of spring, it can be beneficial to do some reflecting and "spring cleaning," not only of our garages, but of our minds, hearts, bodies and homes.



Spring is a time for rebirth and refresh both inside and out.

MIND. When it comes to the mind, there are two thoughts you might want to consider. First, what is important to you *right now*? Maybe you set an intention in January and now, things have completely changed. There is no need to continue doing something that no longer matters. Secondly, sweep away self-criticism. Letting go, changing directions and making a shift are GOOD things. You are not a failure or a quitter. Just because you invested time, or something was important to you at one point doesn't mean that it will be important to you forever. There is a season for everything. If it's time to move on, don't beat yourself up in the process.

HEART. What do you love and how can you do more of it? Or, the opposite: what do you dislike and how can you do less of it? Who or what needs to be forgiven? Resentments can cause high blood pressure, insomnia and general suffering, and forgiveness has nothing to do with condoning disappointing behavior. Forgiveness is for YOU. As author Jonathon Huie said, "Forgive others NOT because they deserve forgiveness but because you deserve peace."

BODY. In the yoga classes I teach, we check in with both body and mind each class. This allows us to move through our practice aware of how both are in that moment. Checking with the body and then listening is a great way to gauge the daily ups and downs of how we are feeling physically and then making an informed decision of what to do next. What activities would make you (your body) feel healthier, stronger, at ease? What foods would make you (your body) feel more energized and fueled?

You can also ask the opposite of these. As Dr. Gabor Maté said, "The body keeps the score."

HOME. You've probably engaged in the usual spring cleaning: purging, donating, throwing away. One of the things I love to do from time to time is walk around the house and see if the rooms still "feels good." What furniture could be moved to a different room? What has been retained that no longer brings joy? Is there a type of room (library, meditation or yoga room) that is desired that could be created?

Here's a final tip to bring spring home. Place a lemon peel in a spray bottle with cold water. Let it sit for an hour and then shake vigorously. Walk around your home and spray on the soft surfaces. In addition to providing a fresh, clean aroma, lemon is an emotional uplifting scent and natural purifier.

"Spring is coming. Time for some cleaning. Remove all the self-doubt, worry, jealousy, regret, anger, guilt or any other negative emotions that are holding you back from your happy, fulfilled life." - Nanette Mathews

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

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Unity + Strength = Peace

By Dipika Patel, CHHC

It has been said that you cannot unite with other people until you are in unity with yourself.

Are you at peace with the good, the bad and the ugly aspects of yourself? Do you find yourself conflicting with the outside world more than you would care to acknowledge? Is your inside world just as complicated? For instance, choosing not to speak with a loved one because of a difference of opinion; this is just an opinion, it is not the truth, and creates separation. In these circumstances, maybe you feel you have been misunderstood by others, which can lead to feelings of anger and frustration that may be trivial, and not about being right or wrong.

Often being at peace is viewed by society as something outside of ourselves, such as maintaining the status-quo of owning a big house or nice car, having the perfect career or partner. The internal dialogue may be, "when I have the perfect house, car, job or spouse, I will be accepted and life will be good," or "when I lose weight, I will be loved." Or, as I've heard from clients, "I'm too old now, I have lived my life; my health is what happens at my age." These narratives in our minds can hold us hostage; in a pattern of self-destruction, a life of distortion, distraction and separation, away from the true unity we deserve.

Anxiety, depression and stress are at an all-time high right now and people are experiencing feelings of internal segregation all around the world. The fear of living life fully, the suppression of uninhibited self-expression and societal hyper-vigilance have become overwhelming for many. Thus, the spiral of inner struggle continues. The need to fit in, be desired and to be accepted for who we are has become a second pandemic of our time.

As I walk through my own journey of internal healing, inner peace is that for which I strive. The work along the way creates awareness and strength to make a difference in my world and the world at large.

I invite you to look at your own shadow side. Allow yourself to be vulnerable; open your heart and the hearts of others. If you cannot look at your shadow side, please don't blame someone else who may be struggling to see theirs. I continue to learn the deeper truths of what strength really is; the strength to fully love ourselves and be the better person, no matter the internal or external differences between us.

You, my dear friend, have the power to create peace and unity within and for those around you; the ability to find the courage and strength to connect your community and to love unconditionally.

As Mother Teresa once said, "Only humility will lead us to unity and unity to peace."

Dipika is a holistic health and lifestyle coach who empowers her clients to activate a balanced lifestyle of the mind, body and soul. She can be reached at (760) 821.3119 or health@LoveYourLifeHealthy.com. For more information visit www.loveyourlifehealthy.com.



Today's Prescription: Take Back Your Lunch Hour

Many of my patients express feeling like they are on a hamster wheel - that they live this monotonous existence where their days are constantly filled with checking off a never ending "to do" list, from the time they wake up until their exhausted head hits the pillow. So, what can you do when you feel your life is simply going through the motions instead of really living? How do we make a change?

Like any change, it comes through action. I recommend your first small action be setting aside at least 30 minutes a day for lunch. But, Dr. Fayssoux, how can I feel less busy if I take time to have lunch? Well, keep reading.

How we find ourselves on a hamster wheel can be attributed to basic human instinct; it is human instinct to avoid change because often it is uncomfortable. But, when the change happens gradually, we don't see it until it becomes our new normal.

As we progress into adulthood, we end up in routines that become our norm. They are comfortable and the thought of doing something different (scheduling a workout, meeting a friend for dinner, starting a book club, taking a class just for fun) seems overwhelming. For many in our 40s, what's comfortable is working all day, completing tasks, taking care of other people and keeping the house running. Although all are necessary components of being an adult, we have left no time for self-care and nurturing of our own deepest self. Changing this routine to make time for ourselves and the things that help us and our relationships grow seems impossible. However, that is exactly what you must do. All change comes from consistent action, but here is the big secret - that change can be small; as small as committing to a non-working lunch.

If my patients are a representation of our culture, 85 percent of us don't take lunch. Whether you are an employer, employee or a full time stay at home parent, it seems as if work is never done. We end up using time for lunch to run an errand or schedule an appointment. Think back to when you were in school or at your first job. Chances are you stopped your day for lunch. Every day when I was in medical school and even most days in residency, I would stop at lunchtime and go sit outside in the sun, eat and socialize with my friends (not my phone). That chance to stop being in work mode, get social stimulation and enjoy being outside was - and still is - extremely energizing.

When we stop to take care of ourselves, it can help us become more efficient in tackling that "to do" list because we are motivated by doing something that brings us joy. It sounds counterintuitive, but try it for a week. Stop for 30 minutes in the middle of your day and just be in the moment with your meal, a friend and the sunshine we are so lucky to have year-round. Don't be surprised if suddenly it doesn't seem overwhelming to add other joy inducing activities to your routine.

Dr. Fayssoux is an integrative primary care practitioner with Ohm & Oot Wellness Medicine and can be reached at (760) 469.9900. For more information, visit www.KinderFayssouxMD.com.



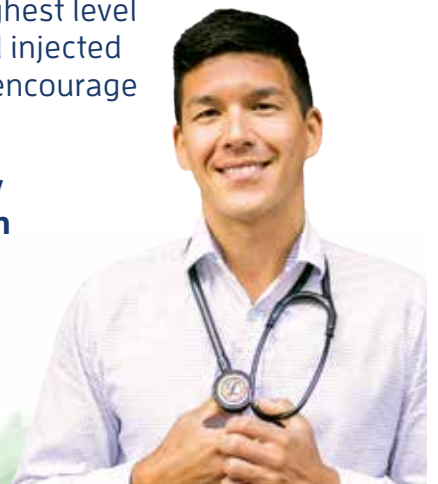
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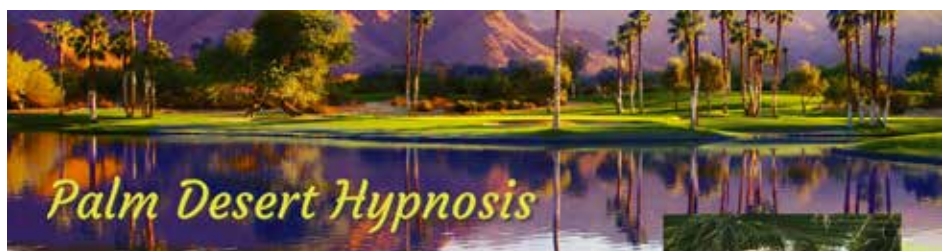
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The Forever Dog

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

This book is about much more than dogs. Forever dogs, forever people. Authors Karen Shaw Becker, DVM, a functional medicine veterinarian, and Rodney Habib, an internationally-acclaimed pet health leader, are on a mission to save dogs from a life of junk food and poor health practices. Since many people take better care of their dogs than of themselves, this incredibly eye-opening and informative book will forever change the way you feed and treat your dogs, and most likely yourself.

Incredibly, the authors are able to double the life of some of their subjects. Compared to the current average age of death for our canine companions, 12-13 years, their dogs can live a happy and healthy life of about 25 years with breed being a primary factor. Yes, 25 years!

As with people, the most important part of a healthy canine lifestyle is nutrition. The authors take to task the dog food industry and expose the junk carbohydrates contained in most brands. Most dogs live a life of junk food, as do many people. Even the healthy and more expensive food brands are full of high glycemic carbohydrates and lacking important nutrients. A few companies dominate many dog food brands, and like most physicians, most trained veterinarians do not know the nutrition their patients are consuming.

The answer is not to simply give your dog table scraps as their needs differ from ours. Becker and Habib provide a detailed list of healthy dog foods along with sources of healthy readymade meals for those too busy to cook for your four-legged family members.

This bad news, good news book contains much more than nutritional information. The authors guide owners to avoid the “triple threat” of stress, isolation and lack of physical activity. You will learn the difference between a muddy dog and a dirty dog by keeping a dog-friendly environment. Dogs have an incredible sense of smell and nurturing a happy dog is to provide regular “sniffaris,” a new word I will always remember.

The Forever Dog is a fun book to read or which to listen. The knowledge and insights you will take away are very impactful and important. The final section, “Pooch Parenting to Build a Forever Dog,” contains great quotations such as, “Whoever said diamonds are a girl’s best friend never owned a dog.”

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



Illuminate Your Shadow Self

By Roger Moore

We all want to be seen and experienced as good people. We want to be liked and appreciated. We hope our best intentions are usually on display. But we’re also human, and humans have “shadow selves.” Maybe your temper flares in traffic and your horn makes you heard. Or, maybe you snap at your spouse over things you know don’t really matter. Or even worse, sometimes you descend to a truly dark place and lose sight of the light.

“I hate this part of myself,” said my client Mary. “I don’t want to be like this. I just want it gone.” Mary, like many (myself included), anguished over the parts of herself she didn’t like. She admitted she could be childish, selfish, petty, angry and sometimes downright cruel. She hoped I could help her get rid of those parts—the shadow or dark side of herself.

Mary went on to tell me she tried to be her best self, but when she became frustrated, her mean streak showed itself and she acted out in anger. “It’s as if the dark side of me just overwhelms me and grabs control.” Her angst was visible as anxiety and depression.

As I listened to her I asked, “If you were able to banish your shadow side, what would take its place?”

After a few moments of silence, she replied, “Peace grace.”

Then I asked, “If this shadow side has a positive side, a beneficial purpose, what might that be?”

At first Mary replied, “Nothing! Absolutely nothing.” So, in our hypnotherapy session, I asked her to close her eyes and check with her unconscious mind to see if there might be some way this shadow side could serve her in a beneficial way.

It took about two minutes and then her eyes popped open, she laughed and said, “It’s to remind me how I do *not* want to be, and to remind me to treat myself with grace so I can be at peace.”

I noticed Mary’s face and shoulders were more relaxed and her breathing had slowed and moved deeper into her body. When I asked her what was different, what had changed, she thought for a moment and said, “The dark side no longer has such a hold on me.”

I shared with Mary a quote by August Wilson about confronting the dark parts of yourself with illumination and forgiveness. Wilson said that when you wrestle with your demons, you cause your angels to sing. She understood and got excited. “It takes so much less energy to illuminate my shadow side than it did to stuff it and deny it.”

I smiled and asked if she still wanted to get rid of her shadow self. Without hesitation she replied, “No, I think I need it, and it can help me be a better version of me.”

Mary and I met online four more times over a couple of months. In these sessions, she learned a variety of mindfulness hypnosis techniques to help her create a future that is greater than her past.

“Mythologically, having no shadow means being of another world, not being fully human.”

– Author David Whyte

Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words

Continued on page 21



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Q2 Pep Talk: New Year Resolutions

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

Welcome spring! How are you doing with your New Year's resolutions? In the fitness category may be the typical weight loss goal of 20 to 30 pounds or something as ambitious as your first marathon.

Hopefully, you are working hard and on your way to obtaining those goals. Or, possibly you've given up out of frustration or lack of motivation. Often, when overzealous people set their goals it's because they feel bad about eating all that holiday food, or they were inspired by a friend who just finished a marathon, so after a couple of glasses of wine, they think, I can do that!

Unfortunately, the reason most New Year's fitness resolutions fail within the first two months is because set goals are unrealistic and/or those who made them are not truly serious about obtaining them. They don't want to put in the time it takes to achieve their fitness goals, mostly because they set the bar too high.

If you are still serious about achieving your resolutions, it's not too late. You simply need to find ways to keep yourself accountable and make the time to work your way towards your goals. Here are some ideas to stay focused and/or get back on track towards your 2022 fitness goals:

Journaling

Keep a daily journal and be detailed. It is one of the most effective ways to stay on track. Something about seeing the progress on paper gives people that extra motivation to succeed.

Have friends push you

Some people need motivation from others to stay focused. Having a group of friends with similar goals will definitely motivate you to stay on track.

Be consistent with your daily routines

Managing your time is crucial for success. Creating a dedicated time slot every day to work toward your fitness goals is very important.

Don't let work or life's distractions stop you

Life has the ability to get in our way, especially at very inconvenient times. You must find a way to keep this from happening. Of course, serious family concerns are an exception, but meetings, scheduling conflicts, etc. need not be excuses.

Stay mentally tough

Find ways to stay mindful through meditation, books, etc. as this will help keep you mentally strong, which in turn helps you block out distractions.

Get a life or fitness coach

If all else fails, enlist the help of a coach who can walk with you through the process and help motivate you to stay on track.

These are just a few of the ideas I always share with clients, as I have coached hundreds to their successful finish by year's end. Believe me, once you get past three months and start to see and feel the changes, it becomes a lot easier. Now get out there! I know you can do it.

Michael Butler is owner of Kinetix Health and Performance Center in Palm Desert and welcomes questions from readers. He can be reached at (760) 200.1719 or michael@kinetixcenter.com. He is the author of four books on training and performance available at Kinetix or on Amazon.

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YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®



Freeze the Fraud

Many years ago, I received a \$30,000 tax bill from the state. I was a freshman in college and the world wide web had yet to be launched for public use. After several long calls to the state, it was determined that my social security number had been compromised. Fortunately, I was not held responsible for the debt. Today, protecting your financial assets is a daily struggle. The unsurmountable increase in crime, data hacking and fraud pose greater than ever threats to compromising our finances and security.

There are ways to protect yourself to reduce the chance of compromise:

Check your accounts regularly. Most financial institutions provide email and text alerts that you can customize.

Freeze your credit. Experian, TransUnion, and Equifax provide online credit freeze options free of charge. You may unfreeze it any time for a day, week, month, etc. This is a great planning tool as well; if your credit is frozen, it takes an extra step to sign up for an enticing credit card offer from your favorite retailer that you may not really need.

Monitor your credit score. If your score deviates substantially for unknown reasons, investigate immediately. You are entitled to one free report per year from each of the three credit reporting agencies mentioned above. Free copies may be ordered online at www.annualcreditreport.com or by calling (877) 322.8228.

Set up two-factor authentication for all your accounts.

Shred all nonpublic information. Keep your anti-virus software up to date. Change your passwords frequently. Although it's a burden to have a different password for every account, it's important. There are many password managers available to help navigate. Some have free versions that may be sufficient for your needs.

Don't use public Wi-Fi to access sensitive data. Consider obtaining a VPN—Virtual Private Network. Free and subscription services are available.

Notify your investment account institutions if your personal information has been compromised. They will note your accounts and require additional information for transactions. Don't forget your 401k provider as well. If your information has been hacked, one could impersonate you and request a taxable withdrawal or rollover into a pseudo account.

Many scams prey on senior citizens through scare tactics and threats. Contact authorities of any suspicious requests. Don't provide personal information to anyone who calls you. Many thieves will impersonate the IRS, your bank, credit card company or local church—just to mention a few.

It's impossible to eliminate all potential threats, however, if you stay diligent in your practices, you may escape being a victim of fraud.

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

Sources: 1) <https://www.transunion.com/credit-freeze/>; 2) <https://www.experian.com/freeze/center.html>; 3) <https://www.equifax.com/personal/credit-report-services/credit-freeze/>; 4) <https://www.ftc.gov/faq/consumer-protection/get-my-free-credit-report>.

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Acupuncture for Gut Health

Continued from page 13

A CDC report stated that four out of five Americans are prescribed antibiotics each year⁷ which means millions of Americans are changing their gut biome each year. More research needs to be conducted to see if the benefits can be replicated in human studies, but the latest research brings much excitement to the potential benefits acupuncture can bring to gut biome health.

Agustin Orozco is a licensed acupuncturist and certified massage therapist with AcQpoint Wellness Center in Palm Desert. He can be reached at (760) 345.2200. For more information visit www.acqpoint.com.

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Illuminate Your Shadow Self

Continued from page 18

You, too, have a shadow side or dark side. We all do. But rather than embracing this shadow side with illumination, most people try to bury it deep within and never learn to express the totality of who they are.

If you're ready to face this aspect of yourself, here are some suggestions:

- Seek stress reduction and mindfulness skills.
- Study self-hypnosis and how to use hypnotic suggestions.
- Practice self-forgiveness.
- Recognize negative thoughts and emotions and where you feel them in your body. Then use those as a reminder that you have the power to do your life differently.
- Learn how to memorize joyful moments and mentally rehearse being your most joyful self throughout the day.
- Ask yourself how your worst traits can serve to guide you towards being your best self.

I've often described the darkness within as a scary cavern where we trip over unknown items that block our path. But when we illuminate the darkness within, we discover instead a beautiful cathedral filled with all the gifts and talents and resources we need to fully live our lives.

I invite you to acknowledge and embrace all of who you are with love – and don't be afraid of the dark.

Roger Moore is a certified counselor and medical hypnotherapist with Palm Desert Hypnosis. For more on this topic, visit www.HypnosisHealthInfo.com or email Roger@HypnosisHealthInfo.com. (760) 219.8079. All sessions are online telehealth. Becoming the Greatest Expression of You is now available on Amazon.com.



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2022 Global Wellness Trends

Continued from page 12

Indigenous experiences are expanding such as camping in a teepee in northern Sweden and participating in an Andean music ceremony in Peru's Sacred Valley. Closer to home, first-class resorts are now offering guests experiences like Organic Farm School in Utah (The Lodge at Blue Sky, Auberge Resorts) and forest foraging or beekeeping at Tennessee's Southall Farms described as "a farm, inn and spa rooted in sustainability, abundance and luxury" slated to open later this year. Or, maybe you'd prefer outdoor yoga, a riverside meditation and warm bath in the Calientillo River. You'll find it at Auberge's Hacienda AltaGracia in Costa Rica. "What we are starting to see in wellness travel is the need to reconnect with nature for healing whether it be emotional, physical, spiritual or as it relates to mental health," said Kane Sarhan, founder of THE WELL spas.



Destinations like Southall Farms offer luxury alongside the organic farming experience. (Photo by Southall)

"The pandemic showed us what really mattered and realigned our values," says Four Seasons Hypnotherapist Nicole Hernandez. "There's an existential crisis and people are rethinking how to live their lives."

Health and wellness coaching gets certified

When it comes to making changes for our health, most of us could benefit from the help and inspiration of others. Simply following your doctor's recommendation to eat better, get more exercise and reduce stress can be daunting and may fade shortly after a strong start with good intentions.



Certified health coaches emerge as the missing link in health care.

Enter wellness coaches trained in the art and science of motivating healthy changes. As the report states, behavior change is the "hardest nut to crack" and many in health care believe that professionals proficient in the evidence-based models of behavior change have been the missing link. They even call it "one of the most potentially impactful trends" GWS has ever covered.

Locally, we see many integrative practices incorporating wellness coaches into their programs. You meet and make a plan with your doctor and then work with a coach to help implement change into your daily routine. Your doctor prescribes change, while your wellness coach advises and teaches you how to find the inner motivation to make and maintain those modifications.

The trend includes major medical institutions, such as Duke Integrative Health and the Mayo Clinic, joining the Institute for Functional Medicine in offering certification programs, and more insurance companies, including United Healthcare and Aetna, now covering the service.

Wellness in the Coachella Valley is thriving, and in many ways, we are in front of the curve. It's exciting to view opportunities and growth on a global scale, and I encourage you to check out this year's other trends including the health of the world's soil, innovation in women's health, urban bathhouses and playgrounds, male body image, digital health and wellness and the metaverse.

Editorial by Desert Health Founder/Publisher Lauren Del Sarto. For more information and the full Global Wellness Trends report, visit www.globalwellnesssummit.com.

Reference: 1) https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3918955



Eat, Drink and Be Healthy

Substitutes you'll savor by Lauren Del Sarto

Season is here! The sun is shining, swim suits are swimming, hot tubs are heating and cocktails are flowing. As the good times roll, it can take a toll and all too often, you feel it in the morning.

The good news is you can now trade your traditional drinks for non-alcoholic (NA) cocktails without giving up flavor or flair. The truth is, so many people are cutting back or giving up alcohol all together, that it has spurred new categories of sophisticated, non-alcoholic, healthier options, and sales are soaring. Dry January had its largest participation yet, and Sober October will be here before you know it.

So, whether you're looking to transition from that nightly habit you picked up in quarantine, or simply want to enjoy friends and festivities without paying for it in the morning, these new alternatives are sure to please.

Be inspired by the healthy shift from syrupy Shirley Temples to today's sugar-free refreshments. Herbs, citrus and seltzers take center stage, so stock your bar with mint, rosemary, lemons, limes, cucumbers, club soda and get creative. Many recipes can be found online, and we offer one below from Coachella Valley Coffee Company using their tasty nitro-infused hibiscus tea.

This growing category of social tonics, elixirs and distilled NA spirits can be head spinning, so we thought we'd introduce you to a few of the standouts.



Seedlip Garden 108's NA Apple Highball

Seedlip

The story of this pioneering brand, the world's first distilled NA spirit, is as fabulous as the flavor. Four years ago in England, founder Ben Branson came upon a physician's recipes for distilling herbal remedies from 1651. He bought a copper still and began experimenting from the bounty on his family farm (which dates back just as far) and Seedlip was born. Named for the baskets Branson's family used to hand sow seeds, this exceptional, sophisticated brand is now served in leading hotels around the world.

Each botanical ingredient is distilled individually before blending the flavors to create their incredibly smooth, sugar and alcohol-free spirits: **Garden 108**, a fresh herbal blend with peas, rosemary, thyme, spearmint, hay and hops; **Grove 42**, a bright citrus blend using bitter orange, blood orange, mandarin, lemongrass, lemon and ginger; and **Spice 94**, an aromatic blend of allspice and cardamom, cascarilla (a medicinal



Mocktails add fun and flavor to any occasion.

bark), oak, grapefruit and lemon offering "fresh citrus notes to balance the long bitter finish." Their website offers a variety of recipes to sample and savor.

Ritual Zero Proof

This is the first American-made distilled NA liquor designed to replace your favorite alcohol 1:1. Whiskey, gin, tequila and rum alternatives deliver flavor and aroma amazingly similar to upscale favorites, along with the burn you expect from the real thing. Enjoyed straight or mixed, each is made using all-natural botanicals with low-to-no calories or sugar.

Ritual Tequila features blue agave flower, Mexican lime, tropical guava, cracked sea salt, charred oak, mesquite smoke, black peppercorn, capsicum fruit, prickly ash and green bell pepper. It delivers a smoked, mesquite flavor with citrus notes and is truly delicious (see margarita photo below).

Kin High Rhode

There is a bit of a buzz around Kin, literally. While this alternative is alcohol (and drug) free, it is made to mimic the feeling you get from your first drink and is referred to as a "euphoric" since it actually gives you a happy little buzz.

Primary ingredients like white grape juice concentrate and gentian root, orange peel, licorice root, hibiscus, bitter orange and ginger extracts are combined with active ingredients called nootropic (brain boosting) and adaptogens (de-stressors) including GABA, 5-HTP and rhodiola extract. It also contains 50 mg of caffeine per two ounce serving (less than a cup of coffee), zero sugar and is recommended as a mixer with many flavorful recipes offered on their website.

You can find Seedlip and Ritual at Whole Foods and Total Wine & More; Kin is available online only. As botanicals, some brands do come with warnings. Have fun with these new alternatives and let us know what you think at www.DesertHealthNews.com.



Kin Euphorics High Rhode

Hibiscus Mojito

A fabulous and refreshing summer treat compliments of Coachella Valley Coffee Company

In a shaker with ice add:

- Fresh brewed hibiscus tea
- 1 thin slice of lemon
- 1 thin slice of lime
- sprig of fresh mint

Pour into your favorite cocktail glass and garnish with a citrus twist and sprig of fresh mint.



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Let's Chat Over a Drink

Continued from page 1

There was certainly a lack of progress and meaningful work in our day-to-day lives during the pandemic. It's understandable that for many, happy hours filled the void.

Young women are part of the mix

"Even before the pandemic, studies were showing an increase in alcohol use, especially amongst women, with the biggest increase in those ages 25-35," says Tess Voss, vice president of the Hazelden Betty Ford Foundation's California Region and administrator of the Betty Ford Center. Experts feel social media plays a significant role. "We've seen a trend towards socially acceptable or popular drinking online, such as influencers talking about 'mommy wine time,' that have really promoted the acceptance of drinking to that age group."

During quarantine, social media was our connection to the outside world. We all enjoyed funny cocktailing videos or Zoom happy hours that uplifted our days and helped us feel less alone.

Life in a resort community

"Drinking is a big part of our desert's social life," says certified addiction specialist Wendy Myers, LAADC of Sage Recovery. Events and idyllic conditions attract tourists of all ages and more and more are moving here - primarily for the lifestyle. "Many are transitioning into retirement or may be newly empty nesters and the adjustment in figuring out what they want to do with their time can lead to increased alcohol consumption," she says, "and social activities inviting you to indulge are everywhere, from country clubs to galas, from restaurants and bars to casinos." She adds that finding a renewed sense of purpose in your daily life can be the shift that helps people embrace a healthier path. "Many can do it on their own, while others may need assistance."

Limiting alcohol, not the lifestyle

"There are ways to explore a healthier life and a healthier relationship with alcohol use," says Voss. This appears to be a trend with younger generations. In a 2016 global survey conducted by Heineken, 75 percent of adults 21-35 (millennials) said they maintain control and limit drinking on the majority of nights out.² And Gen Z (the following generation) is drinking over 20 percent less per capita than millennials who also drank less than baby boomers and Gen Xers did at the same age.³



Today's NA spirits are rich in flavor and sophistication. (Photo by Ritual Zero Proof)

Some cool things are emerging as the younger generation re-examines their use of alcohol, says Voss, citing the popularity of Dry January (refraining after the holidays) and the growth in popularity of mocktails (alcohol free cocktails) which are now featured on many menus throughout the valley.

Capitalizing on the trend, young entrepreneurs and established companies are both launching new social beverages that mimic liquor without the alcohol. Natural ingredients are used to create distilled non-alcoholic spirits, spice and herb-infused "social tonics," even botanicals to de-stress and relax you, and many are sugar-free, another trend of the younger generation.

"We're taking what [the traditional alcohol industry] has done well, and starting a new way to facilitate feeling, rooted in consciousness and creativity," said Jen Batchelor, founder of Kin Euphorics in an interview with *Well + Good*. Their functional beverages

Continued on page 23



Savory Egg Muffins

By Elena Wilkie

These healthy breakfast egg muffins are easy, low carb and great for meal prep. Best part is they are gluten, dairy and grain-free. Perfect for just about any nutritional lifestyle!

Makes 12

Ingredients:

- 9 eggs (or egg substitutes)
- 1 tablespoon oil (olive, avocado or coconut)
- 1 clove garlic, finely chopped or 1/2 teaspoon garlic powder
- 2 1/4 cups chopped veggies (broccoli, spinach, swiss chard, tomato, bell pepper and/or mushrooms)
- 1/4 teaspoon chili powder
- 1/4 teaspoon paprika
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



Directions:

1. Preheat oven to 350 F. Lightly oil a 12-cup standard muffin tin, use liners or a silicone muffin pan.
2. In a large pan, add 1 tablespoon of oil and sauté garlic for 1-2 minutes on medium heat. Add chopped veggies and sauté for another 5 minutes. (If short on time, use raw chopped veggies and 1/2 teaspoon garlic powder instead).
3. In a large bowl, whisk eggs, then add in chili powder, paprika, salt and pepper. Add in cooked or raw veggies and mix well.
4. Spoon into muffin pans. Cook on middle rack for 20-25 minutes, or until edges are golden and center is set.
5. Serve warm or keep refrigerated in an airtight container for 2-3 days. Reheat leftovers if desired.

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

Let's Chat Over a Drink

Continued from page 22

are infused with adaptogens (healthy plants), nootropics (natural brain boosting substances) and botanicals. "The combination gives a more relaxed feeling and a little lower inhibition, but the effects only last about 45 minutes."

Reviews are positive and consumers like how it "chills you out without knocking you out." (See more in our *Eat, Drink & Be Healthy* column).

When is alcohol a problem?

We often think of problem drinking based solely on the quantity consumed, but that is not the case.

"Everyone we work with [at the Betty Ford Center] uses substances differently and at different frequencies," says Voss, "but what is common are the consequences they have experienced. They are using more than they planned, are seeing difficulties in their relationships and are acting outside of their values no matter what the quantity is."

Myers adds that other signs may include increased tolerance, personality changes, losing interest in things you used to enjoy and trying to set bargains with yourself (i.e., I'm not going to drink until 5 p.m., but starting at 3 p.m.). "If there are issues with your social environment, family, work or financials, it is best to first be honest with yourself."

"In attempting to define a problem, we encourage people to ask themselves if they are doing things that don't align with their values, which they regret," recommends Voss. "Or, if you consistently have more than you planned and are sick and tired of feeling sick and tired."

"There is a myth we need to bust," she adds. "Many believe that you need to hit rock bottom before seeking help, but that is not the case. You don't need to get arrested, or lose family members or your job before making the decision to reach out." Substance use disorders occur on a mild to moderate to severe continuum with predictable trajectory, she explains. "Therefore, if people start to see signs, its best to reach out for help sooner than later."

There is also a self-assessment quiz available online called the Alcohol Use Disorders Identification Test or AUDIT, an anonymous tool that can be used as a benchmark for your drinking habits.

What does help look like today?

"What we want people to know is that when you are struggling with substances, you often feel that you are alone," says Voss, "but there are millions of people going through the same thing. And there are also millions in recovery who live a very full and joyful life."

As we know, alcohol is the most accessible, affordable and socially accepted substance to use. It is also the leading substance for those seeking services at the Betty Ford Center. "We see that, with 90 percent of our patients, alcohol use is part of their substance use story."

But help also looks different today. "Some people will do just fine with a virtual support group or telehealth and others need to come into a residential facility," she adds. "There are many individualized options based on the severity of use."

Myers has seen an uptake in telehealth counseling individually and via groups, which allow you to remain anonymous if you choose (a big hurdle for many). "A support system can help you understand why you may be drinking unhealthfully and to identify a greater purpose or connection that is more important than that next drink." She recommends counseling, Alcoholics Anonymous, Refuge Recovery (meditation based) and support groups.

Writing this piece was eye-opening, yet also comforting. It's good to have the conversation and I hope you find the information resourceful. Whether you are inspired by these new trends and ready to cut back, or ready to change your trajectory with support from others, know that your new path awaits, and you are not alone.

Resources Referenced:

Wendy Myers, LAADC, CADC-II, ICADC, LMHC, Sage Recovery (760) 530.6030; wendy@sagerecovery.com. www.sagerecovery.com

Hazelden Betty Ford Foundation, (877) 502.3218. www.hazeldenbettyford.org

Lauren Del Sarto is founder/publisher of *Desert Health*. For more from Lauren, check out her blog "It's All About Balance" at www.deserthealthnews.com.

References: 1) Rand Survey: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>; 2) https://www.theheinekencompany.com/newsroom/moderate-alcohol-consumption-becoming-the-new-cool-among-millennial-consumers/#_ftn2; 3) <https://www.businessinsider.com/millennials-gen-z-drinks>



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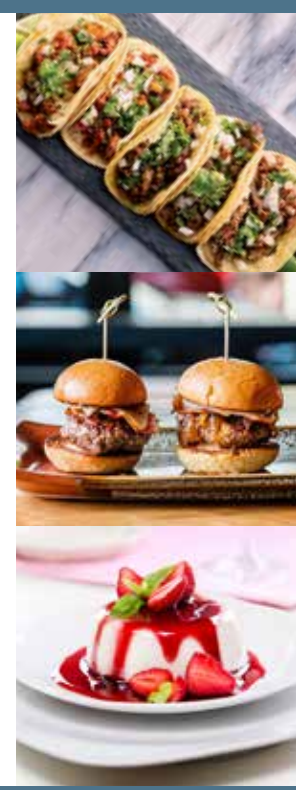
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Falling in Love with Diversity

By Amy Austin, RN, PSYD, LMFT

Simon Jacobson, renowned rabbi, author and founder/director of the Meaningful Life Center, explains that the biblical phrase, "I am to my beloved and my beloved is to me," (Song of Songs 6:3) captures the very essence of a relationship. He notes that a relationship is a "mutually symbiotic fusion of two forces" and a reflection, "Look into the eyes of your beloved and you will see yourself."

But how does this apply to those who are different from us? Instead of just being tolerant, why not also fall in love with others who are not like us?

Carl Rogers, psychotherapist and creator of Humanistic Psychology, coined the term, "unconditional positive regard," which posits that one should prize another as one prizes themselves. This is no easy task since cultural beliefs have been engrained and passed on since the beginning of time. Still, any time is the right time. In the article, "How to Help Caregivers Talk to Children About Race and Racism," author Jeffrey Kashou, LMFT states that, "parents often feel uncomfortable when having conversations with their children about race and racism" and that "research has shown that avoiding the topic or taking a colorblind approach can instill a negative or taboo view of race. It's a missed opportunity to promote positive and prosocial values."

Falling in love with diversity is proactive, not passive or reactive. We must learn to initiate a conversation that widens the lens and challenges negative fixed beliefs that can impact how we relate to and treat one another. I like to define love as random and conscious acts of kindness expressed daily over time. There needs to be a true concerted effort on one's part to be curious and interested in another's unique and wonderful differences, rather than integrating preconceived beliefs that can harm and hurt deeply.

Being compassionate towards someone who is ethically, racially or religiously different is just one aspect of diversity. Falling in love with diversity is about breaking through our personal limitations to give ourselves more than what our natural inclination may dictate. The ultimate prize is the gift of harmony and tranquility within and with humanity itself.

People who are in love with diversity not only welcome, but invite and value other's opinions, beliefs and traditions. Contributions are extolled and may be integrated into one's own personal life and lifestyle. If we explore diversity as if we were looking at a beachball, we will see a different color depending on what part of the beachball we are holding. One person might see red, another blue. Each offer their own unique view which can then invite and incorporate a wide array of perspectives, coloring our world positively and purposefully.

I don't want to sit on the sidelines of just being tolerant of others. As Rabbi Jacobson says, a true relationship is the total fusion of two - "I am to my beloved as my beloved is to me." He adds that two distinct individuals, with different bodies and different souls, join together, in one seamless union; neither is compromised or diminished.

My hope is that this perspective can offer an opportunity to explore the ultimate expression of individuality.

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

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Feeding Your Heart to Boost Brain Health

Compliments of Alzheimers Coachella Valley

A study conducted in 2019 by the Global Council on Brain Health (GCBH), an AARP-sponsored independent collaborative of experts in their fields, concluded that keeping heart and blood vessels healthy reduces the risk of cognitive decline and dementia. The study showed that risks associated with cardiovascular disease like high blood pressure, diabetes and high cholesterol also increase the risk of Alzheimer's disease.

Following are steps you can take to improve your cardiovascular and cognitive outcomes:

Effects of sugar on the brain. Sugar-sweetened beverages such as sodas, fruit juices, sports drinks and specialty coffee beverages often contain high fructose corn syrup, a high glycemic index sugar. This means that the sugar is rapidly absorbed by the gut, causing the body to produce a surge of insulin, a hormone that allows our body's cells to either use or store sugar. Repeated consumption of excessive sugars can contribute to obesity and, over time, the body may lose its ability to produce enough insulin, leading to diabetes.

In addition, excess sugar in the bloodstream interacts with proteins to form harmful compounds known as AGEs, or advanced glycation end products, that contribute to inflammation of blood vessels and other body tissues. Over time, chronic inflammation leads to cardiovascular disease, stroke, and degenerative brain diseases. AGEs are also consumed in our diet when we eat fried foods, meats cooked at high temperature and dairy products.

Processed (factory-milled) grains are stripped of fiber, vitamins, and other nutrients during manufacturing, leaving behind simple carbohydrates or starches. Starches are absorbed in the gut very rapidly, just like sugars, and when consumed repeatedly, can lead to similar chronic inflammation and weight-related diseases such as diabetes, hypertension, and obesity—all risk factors that can impact your heart and brain health.

Foods for a healthy brain and heart. Limiting refined sugar and processed foods in your daily diet and focusing on fresh, whole plant-based foods can help slow or prevent inflammation and cognitive decline and maximize brain function.

Whole plant foods such as vegetables, fruits, nuts, whole grains, and legumes provide complex carbohydrates and are rich in protein, vitamins, minerals, and fiber, which nourish our brain and other organs.

The fiber present in vegetables, fruits, and whole grains slows the intestinal absorption of sugar, creating less of an insulin surge and a lower risk of developing diabetes and inflammation. Another important advantage of plant fiber is that it feeds your gut microbiome – the millions of microbacteria that live in your lower intestine. A healthy, diverse microbiome helps your immune system fight infections and some cancers and may help your brain to influence mood and cognitive activity.

Mediterranean diet and brain health. The Mediterranean diet is one of the planet's healthiest plant-based options. Research has shown that it can help reduce cardiovascular disease, diabetes, and other chronic diseases, including dementia. Key ingredients of Mediterranean cuisine include plant-sourced oils; fresh fruits and vegetables; nuts and seeds; protein-rich legumes; fiber-rich whole grains; and modest amounts of seafood, lean meats and dairy products. Studies show that a moderate adherence to a Mediterranean diet is associated with improvements in executive function and memory, and a lower rate of cognitive decline.

Achieving a healthier brain and reducing your risk of developing dementia can be as easy as adopting the above-mentioned heart-healthy food choices.

Alzheimers Coachella Valley is a community resource for dementia support and education. For more information, call (760) 776.3100 or visit www.cvalzheimers.org.

Caring for the Caregiver

Compliments of Serenity Hospice

Being a caregiver can be very fulfilling and challenging at the same time. Whether the position comes out of love or obligation, caregiving requires a lot of work. It calls on you to take care of your loved one, educate yourself about serious illnesses, keep up with medical appointments, acquire new skills— and still manage to take care of yourself, as well. People caring for an elder or loved one often describe the experience as stressful.

Does this sound familiar? If so, you may be experiencing caregiver burnout.

Caregiver burnout is a state of mental, emotional and physical exhaustion. This can happen when a caregiver does more than he or she can manage, or if help and support aren't available. It is very common to become so focused in looking after others that you begin to neglect your own physical, emotional, and mental health. Many have reported feeling guilt or shame when they spend time on themselves. It's normal to want to offer your loved one all your time and the best care possible, but it's also important to recognize the signs that you're overwhelmed and exhausted.

Being aware of the early signs of burnout can help protect your health and your ability to provide good and effective care. It often starts with feelings of irritability and anger and may also include the following:

- Anxiety about the future
- Difficulty completing everyday tasks
- Sleeping too much or too little
- Weight loss or gain
- Neglecting your own emotional and physical needs
- Losing interest in activities you once enjoyed

• Feeling as though caregiving is controlling your life

If you recognize any of the warning signs, take steps to get your life back into balance. It is essential to communicate your feelings to your family and doctor. It will only get worse if you ignore them or keep them to yourself. Here are a few steps you can take to avoid caregiver burnout:

- **Ask for help from family and friends.** Needing help does not mean that you're a bad caregiver, it simply means you cannot do it all on your own - and no one can do it alone.
- **Take breaks.** Give yourself permission to take care of yourself, even if it's for a few hours. Get out of the house. Visit friends. Read a book. Take a long walk. Do something you enjoy.
- **Make your own health as important as your loved ones.** Exercise, eat well, go to your own doctor's appointments, and always remember—if you are not healthy, you cannot effectively care for someone else.
- **Connect with other caregivers.** If your loved one is receiving hospice care, ask your hospice provider about local resources. There are support groups that allow you to share your frustrations and joys with others who are in your situation.

Recognize the signs of burnout and take steps to ensure you maintain your happiness so you can be a better caregiver.

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Brooke Beare Jan Harnik Linda Evans Lisa Middleton

APRIL 7

What's Your Side Hustle?

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

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WLF: Reenergized, Reimagined and Ready to Give Back

One of the valley's leading organizations, Women Leaders Forum (WLF), is pleased to announce its emergence from the pandemic as a stronger, more relevant and highly engaged member group. Founded by renowned and former Indian Wells city council member and Mayor Mary T. Roche, WLF is celebrating its 20th year with a renewed commitment to supporting and honoring present and future women leaders in the dynamic Coachella Valley.

"As we emerge from the disruption of these last two years, it's our mission to reconnect, reengage and reimagine WLF as an organization that inspires and empowers each member to band together and help the community thrive and grow," states President Jenell VanDenBos. "We are committed to being #BetterTogether!"

The season started strong with its "Let's Interact" monthly speaker series featuring KESQ's anchor/investigative reporter Karen Devine, and its newly launched Book Club, most recently featuring Dr. Susan Murphy and her book *LifeQ: How to Make Your Life Your Most Important Business*. The following month, the organization held a 20th Anniversary Bash, and looking ahead, WLF will round out its social and educational calendar with the return of the popular Women Who Rule Awards and Scholarship Luncheon on Friday, May 6.

The event will honor accomplished women leaders in the valley, while awarding over \$30,000 in annual scholarships to local graduates of the 2022 Young Women Leaders mentoring program. Esteemed women leaders will also be honored with the following awards: Mary T. Roche Community Leadership, Desert Visionary, Helene Galen Excellence in Education and Trailblazer.



WLF's Young Women Leaders scholarship recipients

The Young Women Leaders program prepares area high school students for success by exploring career paths and college majors, providing networking and mentoring experiences and offering virtual seminars featuring local experts. To date, WLF has raised and awarded close to \$740,000 in college scholarships to over 150 deserving young women.

Founded in 2001, Women Leaders Forum of the Coachella Valley is a dynamic, diverse, and non-partisan organization that provides leadership, mentoring and educational opportunities to women of all ages and connects members across the entire Coachella Valley.

The Women Who Rule Awards and Scholarship Luncheon takes place May 6, from 11 a.m. to 2 p.m. at the Classic Club in Palm Desert. Sponsorship opportunities for local businesses to reach an influential group of women leaders are also available. In addition, nominations are being accepted for women who have persevered through leadership, ingenuity and resourcefulness throughout 2020-21. Nominees can be forwarded to info@wlfdesert.org. Event tickets are \$95 members/\$125 non-members and can be purchased online at www.WLFDesert.org.

To learn more about Women Leaders Forum, member and sponsorship opportunities and to purchase tickets to all events, please visit www.WLFDesert.org.

UCPIE Hosts "Life Without Limits" Champagne Luncheon

The annual "Life Without Limits" champagne luncheon returns in support of families who have a loved one with special needs such as cerebral palsy, autism, down syndrome, epilepsy and other developmental and intellectual disabilities. After postponing their 2020 and 2021 luncheons due to COVID, the United Cerebral Palsy of the Inland Empire (UCPIE) is excited to bring families and friends together once again.



Performance by High Hopes Dance Troupe

All are invited to attend on Saturday, April 30, from 11:30 a.m. to 1:30 p.m. at The Ritz-Carlton, Rancho Mirage. The fun-filled afternoon, sponsored by Coachella Valley Wellness Foundation, includes amazing silent auction packages, champagne, lunch and valet parking.



RJ Mitte with local fans at the Triumph red carpet movie premiere.

Entertainment includes musical selections by Keisha D, celebrity guest appearance by RJ Mitte and performances by UCPIE Karate Kids and High Hopes Dance Troupe. The glamorous Keisha D has been singing in the Coachella Valley since 2008 and is sure to delight. Actor and producer RJ Mitte starred in *Triumph* and played Walter "Flynn" White, Jr. on the AMC series *Breaking Bad*.

Karate Kids, who have been training hard for the World Karate Federation competitions, are part of the Paralympic Adaptive Karate Program and taught by Sensei Tamara Canedo. High Hopes Dance Troupe from Starlight Dance Center, which is comprised of talented youth 15 years and older with neurodevelopmental disorders, is certain to impress with their hip hop moves.



UCPIE Karate Kid with Sensei Tamara Canedo

UCPIE's mission is to advance the independence, productivity and full citizenship of people with disabilities. Programs and services include in-home respite care, Skill Builders after school and summer camp, adaptive bike program, family empowerment, and resource and referral services. All services and programs provided by UCPIE are free of charge for families, thanks to generous sponsors and donors. As the pandemic has greatly increased the need for services for families, the community's support and participation is greatly appreciated. See you there!

Tickets to the luncheon are \$125 per person. For more information and sponsorships, contact Calista Vassios, Donor Development Manager, at calista@ucpie.org, call (760) 321.8184 x101 or visit www.ucpie.org.

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