



# Desert Health

The Valley's Leading Resource for Health and Wellness

March/April 2023

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## DRINK UP!

### Hydrating for High Season

Season is here and desert life is in full swing! Galas, golf, parties and polo. Delectable weather and dryer days. Early morning hikes and evening dinners. Festival weekends and poolside soirées.

To ensure you enjoy it all, don't forget to drink up (water, that is!).

Dehydration is one of the most common conditions treated in our local emergency rooms, says Desert Care Network Trauma Injury Prevention Coordinator Gael Whetstone, BSN, RN.

"When you combine alcohol and coffee (both diuretics) with our low humidity and heat, the results can be hazardous," she says. "If you throw in a hike [or any exercise] where you'll lose even more moisture and your metabolism speeds up, it can sometimes be deadly." And, if you feel

thirsty before you begin, you're probably already dehydrated.

We hear it all the time, but it can't be said enough, and sometimes, simply drinking water is not enough. Be sure to start your day with a glass (read why from naturopathic doctor Shari Jainuddin, NMD on p.16). Add lemon, a pinch of Himalayan sea salt and local honey for natural electrolytes, and carry convenient packs with you throughout your day.

If headache, dizziness, dry mouth or muscle cramps set in, you may need a bit more. In "Fueling for Fun," doctor Delany Quick, ND offers tips for preparing and replenishing (p.11).

Don't miss out on all our valley has to offer. Throughout your day, remember to drink up!

## 2023 WELLNESS TRENDS

### Coming Together + Indulging Our Senses

The Global Wellness Summit (GWS), the foremost gathering of industry leaders in the \$4.5 trillion global wellness economy, recently released the 2023 Global Wellness Trends. The report provides a worldwide perspective on the meaningful shifts spawned by human behavior that will impact the wellness economy - and our lives - this year and beyond.

We have reported these fascinating findings for the past several years, and it is interesting to consider how vastly they (and human behavior) can change year-to-year. In 2022, as we began to emerge from the pandemic, there was a strong focus on resilience, self-reliance and survival which spoke loudly to the fragility of life at the time. This year, we come together with an emphasis on reconnecting with other people, our own senses and our roots.

Some 2023 themes noted by the GWS:

- **Self-obsession gives way to the greater good.** Government entities, businesses, social clubs, hospitality, travel and others are creating programs, facilities and opportunities that bring us together.
- **Sensory immersion revival.** There is a return to wellness practices of the past using light, scent, temperature, touch and sound backed by science and reimagined with today's technology and innovation.

• **Science is king.** With the flood of social media wellness solutions, consumers are now demanding science-backed proof to products' claims.

• **New sectors take wellness seriously.** These trends are transforming how cities rebuild infrastructure and design urban landscapes, how hospitality views innovation and new offerings, and how government establishes new policy.

"Wellness in 2023 and beyond will be more serious and science-backed, but also more social and sensory," said GWS Chair and CEO Susie Ellis.

Let's take a look at a few of the 12 global trends and their local impact:

#### #1 Gathering: Addressing the Loneliness Epidemic

"Connection is the currency of wellness." This 1970's quote from Jack Travis, MD, a founder of the modern wellness movement, is experiencing a resurrection.

Statistics show that more than half of Americans are now considered lonely. The pandemic brought to light this pre-existing epidemic, and people recognize the need to reunite. Years of staring at screens, hiding behind masks and cancelling get-togethers have all ages craving in-person human connection once again, but we now want deeper meaning and purpose.

Continued on page 4

## Stroke Care

when every second counts.



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lauren@deserthealthnews.com • www.DesertHealthNews.com

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## Another Beautiful Day in Paradise

It's good to see you here today. Thank you for exploring our spring edition.

I'm delighted to read that people throughout the world are ready to come together, and do so with deeper meaning and greater purpose. It's all in an effort to evolve to a more gratifying state, and wellness plays a large role as you'll read in this year's GWS trends (p. 1).

Doing what you love and consciously living well plays a significant role in obtaining true happiness, and we hope you enjoy those simple pleasures each and every day. Many local practitioners are offering new experiences to help you get there - from breathwork (p.11) and meditation, to yoga and sound immersion (p.18), from facing fears (pgs. 13 & 17) to thermal exhilaration (p.19). These practices can be life enhancing and often life changing.

As we welcome warmer days and spring sunshine, let's remember to take care of ourselves, to reach out to others, to spread kindness (p.3) and to appreciate all that we have - in our lives and in our beautiful desert paradise.

From my heart to yours,

*Lauren*  
Lauren Del Sarto  
Founder/Publisher



Lauren and Teddy in their happy place with Tristan. Tahquitz Equestrian, Thermal  
(Photo by Evelyn Sprigg of JustUs Skincare)



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LEAD EDITOR



Doris Steadman  
EVENT MANAGER



Heather McKay  
GRAPHIC DESIGN  
mkaydesign.com



Michelle Steadman  
SOCIAL MEDIA  
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# JFK Hospital’s Gary Honts Retires

Progress continues under new leadership

After 10 years of service as JFK Memorial Hospital's (JFK) Chief Executive Officer (CEO), Gary Honts recently retired. The significant progress he made in his tenure will continue under the new leadership of Karen Faulis, CEO of Hi-Desert Medical Center (HDMC), who has expanded her role to include JFK.

Desert Regional Medical Center, JFK and HDMC are the family of hospitals within Desert Care Network (DCN) and managed by Tenet Healthcare where Honts’ career spanned 43 years throughout the country.

“Gary has done so much to advance the services JFK provides the community,” said Michele Finney, CEO of DCN. “His depth of experience in health care leadership and dedication to our staff, our physicians, patients and the community has really made a positive impact.”

During his tenure, JFK was certified as a Primary Stroke Center, designated as Riverside County’s first Level IV Trauma Center and expanded surgical capabilities to include robotic technology.

Honts was originally brought in by Tenet to assess the viability for JFK and recognized the potential considering the east valley population growth. “We’ve made great strides and much of that is because of Gary’s vision,” says Linda Evans, DCN’s chief strategy officer. “He developed a multi-pronged approach based on service and care. He recruited a strong management team and talented medical staff and garnered a lot of respect from the community at large.”

“I’m extremely proud of the work our team has been able to accomplish at JFK,” said Honts. “Minutes matter when it comes to successfully treating a stroke or trauma. The advancements we have made are enhancing access to high quality care, closer to home for the people in our community.”

Faulis has been CEO of HDMC since 2016 and has led the hospital in becoming a Level IV Trauma Center and an Acute Stroke-Ready Hospital. “We are so fortunate to have Karen take on the role of CEO at JFK,” adds Finney. “She is a top-notch CEO. She has built up a wealth of knowledge about the Coachella Valley and Morongo Basin health care markets that will allow us to continue the progress for our patients at both hospitals.”

Faulis began her career as a nurse and held various roles in clinical leadership before moving into hospital administration. Prior to HDMC, she was Chief Operating Officer and then Interim CEO for Palmdale Regional Medical Center/Lancaster Community Hospital.

To support Faulis in her dual CEO role, DCN has promoted Chief Nursing Officer Heather Corte-Real to the role of Chief Operating Officer/Chief Nursing Officer at JFK.

Honts will continue in a consulting role through May 1 to support a seamless transition, and he and his wife Cheryl plan to remain in the Coachella Valley. “We’ve made so many friends in the Valley, and I can’t imagine a better place to be,” he adds.



Gary Honts



Karen Faulis



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## Spreading Kindness Throughout La Quinta High School and Beyond

La Quinta High School (LQHS) Medical Health Academy is now giving their students an opportunity to support and encourage one another by becoming LQHS Peer Helpers. The emotional toll from the pandemic has brought to light the importance of self-care and positive coping skills within all age groups. Since then, Stacey Bolanos, a Medical Health Academy teacher at LQHS, decided to facilitate a group within the Health Academy called LQHS Peer Support where medical health students can join and promote healthy choices around the campus and throughout the community.

Students take part through role modeling and hosting prevention campaigns about kindness over bullying, coping with stress and more. This club was created and designed to provide an environment that allows students to share common issues like family relationships, creating boundaries and feelings of anxiety among high school students. Students come up with ideas for healthy coping mechanisms and share them around campus to give students resources to address these challenges.



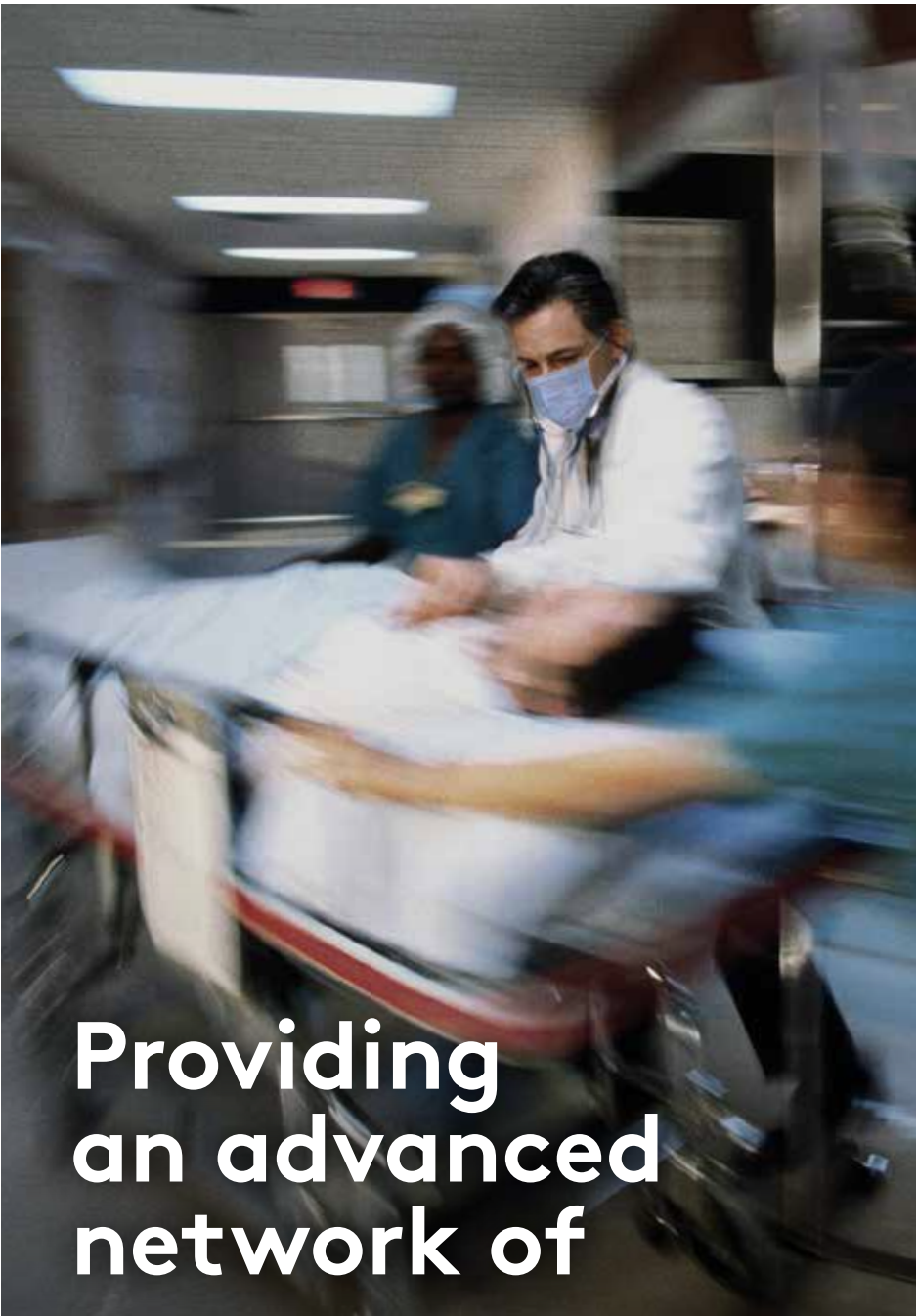
LQHS senior Samantha Collis displays an affirmation in Palm Springs.

During Blackhawk hour, they meet every Thursday to gather and learn new lessons such as decision-making, peer relationships in school, belonging, empowerment and more. During the beginning of the school year, the club manned a self-care booth and passed out stress balls, resource papers, affirmation wristbands and wellness cards. Over the past months, they have participated in suicide awareness and prevention training through the Overdose Awareness and Prevention Program at the Riverside University Health System-Public Health. In addition, they will be trained in the Overdose Awareness Prevention and Resilience Initiative through Support and Empowerment.

Medical Health Academy Peer Support leaders Daniella Agras, Gabriella Portoles and Samantha Collis took the initiative to spread the importance of mental health awareness beyond LQHS to local cities around the Coachella Valley. They promoted self-care and words of affirmation through posters and then captured the powerful visuals and shared them through social media platforms. This inspired many community members to join in and take pictures of their own displays of affirmations.

What started as a group of students leaning on each other for support has grown into a movement to spread love and light throughout LQHS and beyond through the simple act of kindness that will continue in the years to come.

Through self-care and kindness, the possibilities are endless!  
For more information on OneFuture programs, contact Kim McNulty at [kim@onefuturecv.org](mailto:kim@onefuturecv.org).



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#### 2023 Wellness Trends

Continued from page 1

Emerging are new forms of social clubs built around health (i.e. saunas, spas and mineral springs); tea and elixir lounges replacing bars and night clubs; the medical use of psychedelics/psychoactives that drive human openness (psilocybin, MDMA, mescaline and ketamine); and platforms that bring people together simply to talk and listen to each other.



Valley mineral springs will benefit with the re-emergence of thermal wellness. (Peninsula Hot Springs Australia via GWS)

Julie Rice and Elizabeth Cutler founded SoulCycle almost two decades ago. The revolutionary spin class incorporated motivational therapy and cathartic group bonding and grew to 99 locations nationally. Now, the pair have launched Peoplehood which zeros in on connection with one-hour group conversations led by trained guides that allow each person the chance to “talk freely and listen deeply.” They call their new concept “modern medicine for the loneliness epidemic.”

Papa Pals is a national program that hires young people to interact with seniors - running errands or just offering companionship. Launched in 2017 by a young man struggling to take care of his own grandfather, the service is now available through over 100 health plans and currently valued at \$1.4 billion. This successful model offers connection for both ends of the age spectrum, as today's youth struggle just as much as seniors.

Here's a sobering fact...We are entering our fourth year of the pandemic, which means those who began high school in 2020 are now graduating. This generation lost a magnitude of human connection and interaction skills. Locally, several organizations are helping them catch up.

At a recent expo, two high school students, Hailey and Melody, approached our *Desert Health* booth to introduce themselves and shake our hands. We learned the impressive team was part of Kimberly Krause's Konnection Certification program aimed at teaching students professional skills including networking.



Kimberly Krause's Konnections Certification teaches business interaction skills to valley youth.

Pillars of the program include “Konnectees” (youth under 30), Champions (participating business partners) and The Village (community members, like us, who interact). “We give them the courage and opportunity to get out there and just watch them open up and grow,” says Krause.

#### #6 Wellness + Weight: Eliminating Obesity

This trend report, written by the Cleveland Clinic's Michael Roizen, MD, discusses the skinny on brown fat and eliminating obesity. GWS's Beth McGroaty summarizes it best:

Harnessing the ability to live longer and “younger” is among the biggest trends in medicine and wellness today. Dr. Roizen believes that a crucial factor in the longevity quest is recognizing that not all fat is created equal and transforming white/yellow fat into beige/brown fat has the potential to move the needle on one of our greatest health crisis - obesity. The reason? Brown fat has increased mitochondrial density and burns lots of calories (which powers weight loss) while white fat in metabolically inefficient and doesn't use much energy.

This trend explores the latest science and numerous studies and examples of how white cell/brown cell transformation could work against obesity focusing on three areas: pluripotent cell transformation, cold therapy and drugs.

Researchers have induced pluripotent stem cells and turned them into induced brown adipocytes by transducing a gene. Easier to understand is heavily trending cold therapy which research shows can recruit, expand and activate brown adipose tissue. This increases metabolic rate, although results are highly individual (see “Chilling” p.19). Fasting is also proving to be effective and the number of drugs that encourage thermogenesis is increasing.

Medical professionals recognize that it is harder to lose than to gain white fat, but the breakthrough on white to brown cell transformation will only increase as science teaches us more. It's all part of a reality coming ever closer Roizen says: living like 40, even when we reach the age of 90.

#### #10: Wellness + Senses: Multisensory Integration

Our senses have always been at the core of wellness therapy: color and beauty for sight; vibration, music and speech for sound; hands and temperature for touch, nutrition for taste and scents for smell. The latest trend, based on advances in neuroscience, is to combine sensory input which is now proven to elevate the human experience.

Wellness brands, spas and retailers are all experimenting with playful combinations of light and sound, sound and taste, etc. to build connection and more meaningful moments. Scientists and practitioners are exploring combinations that can shift our mood, regulate our emotions and help transform bad habits into wellness-driven ones.



Sensory immersion is being used in wellness, medicine and the metaverse.

In medicine, emerging technology is being studied to aid patients with tinnitus and dementia, and “multisensory recharge rooms” are offering health care workers an impactful place to relax and rejuvenate. In the high-tech world, AI is taking this trend to the metaverse and beyond.

We see full immersion practices growing in wellness locally: meditation with sound and visuals, sound baths with light and scent, and breathing and thermal classes with piped headphones and light to enhance the individual experience. Try adding some to your wellness routine.

The model for all the multisensory science? Nature, of course, which provides us with infinite combinations and is one of life's greatest healers.

Other trends we hope to feature in upcoming editions include: travel with a focus on indigenous experiences; businesses prioritizing workplace wellness and honoring faith; a move from clean beauty to science-backed biotech; urban infrastructure built around wellness; government policy bringing people together; water as therapy (“blue, hot and wild”); sports as a new focus in hospitality; and the wild, wild west of biohacking.

For more information and the full *Global Wellness Trend* report, visit [www.globalwellnesssummit.com](http://www.globalwellnesssummit.com). Lauren Del Sarto is founder/publisher of *Desert Health* and can be reached at [Lauren@DesertHealthNews.com](mailto:Lauren@DesertHealthNews.com).

Reference: 1) <https://newsroom.cigna.com/loneliness-epidemic-persists-post-pandemic-look>





# Taking a Bite Out of Stress

## The effects of grinding and clenching

By Sarah Koshniyati, DDS

Do you find yourself grinding or clenching your teeth during the day or waking up in the morning with jaw pain? These can be signs that you may have bruxism, which is defined as a movement disorder that involves parafunctional habits of grinding or clenching of teeth.

There are two different categories of bruxism: diurnal, or awake bruxism, and nocturnal, or sleep bruxism. Both types have the same negative effects on the patient's jaw and teeth which can lead to painful jaw muscles, temporomandibular joint disorder (TMJ), headaches, hypersensitivity of the teeth and generalized wear and tear. Unfortunately, bruxism is a common disorder in many patients, but most are unaware they have it until they become symptomatic.

The condition can be caused by a single or combination of factors, however, a chief cause has not been identified. While it may be seen in young children losing their primary and growing adult teeth, it is not usually a damaging habit that requires treatment because primary teeth and jaws grow so quickly. Most children will outgrow it.

Factors for adults include a misaligned bite or missing teeth, however, one of the main causes, either awake or asleep, involves stress. When faced with stressful situations, many of us clench or grind our teeth which can carry over to repeated episodes of sleep bruxism. Irregular sleep patterns can also contribute to episodes of teeth grinding at night, as can excess smoking, caffeine and alcohol.

Secondary bruxism can happen as a result of medical conditions such as anxiety, depression and Parkinson's or medications such as selective serotonin reuptake inhibitors (SSRIs), antipsychotics and amphetamines.

Symptoms of teeth grinding include jaw soreness, worn down teeth, dull headaches, sensitive teeth (most commonly to pressure) and teeth fractures. Long-term damage can include loose teeth, damage to existing dental restorations such as fillings or crowns, flattened or worn-down teeth and TMJ which can cause pain and tension in the jaw.

Dentists or medical doctors can diagnosis bruxism by performing a clinical examination. There is no treatment that can entirely cure the condition, but there are methods to attempt to decrease bruxism while awake and prevent further damage including professional night guards. Your dentist can take an impression and fit you with a mouth guard to protect your teeth while asleep. If bruxism habits are severe, a muscle relaxant may be recommended.

If stress is the main cause of clenching or grinding habits, it's best to try to eliminate the stress in your life. Some helpful methods include counseling, exercise and meditation. If you feel like you suffer from symptoms of bruxism, contact your dentist or physician for a proper examination.

Sarah Koshniyati ("Dr. Sarah") is a dentist with Palm Desert Smiles and can be reached at (760) 568.3602.



Stress can be a primary cause of both diurnal and nocturnal bruxism.

# Cardiovascular Disease and Cancer

## Precision diagnostics is key to early detection

By John Feller, MD

Did you know that cardiovascular disease is the leading cause of death in men with prostate cancer? Yes, you read that right.

With traditional prostate cancer screening, a series of tests looks only for evidence of prostate cancer. Those tests either find cancer or they don't. This outdated, simplistic approach doesn't assess other potential health risks such as cardiovascular disease, the overall leading killer of both men and women.

Thankfully, how we approach early detection of the deadliest diseases is now changing. Increasingly sophisticated technology lets us provide patients with a holistic picture of their health from head to toe, helping save lives.

### A holistic view of both cardiac and cancer risk

Gone are the days that the signs of a ticking time bomb cardiac event are missed during a prostate cancer screening appointment. Precision diagnostics to identify cardiac risk while screening for the deadliest diseases (prostate cancer, breast cancer, lung cancer and neurological disorders like Alzheimer's disease and dementia) are now available by combining genetic testing with advanced imaging such as a coronary artery CT angiogram or an MRI test.

By doing so, we are able to save 30% of patients who might otherwise die from cardiovascular disease.

This technology provides a detailed picture of the heart and the blood vessels through noninvasive imaging known as computed tomography angiography (CTA). This test helps identify both severe blockages and early plaque build-up in the coronary arteries that may lead to heart problems in the future and provides information to help assess a patient's risk of having a heart attack.

Precision diagnostics is the future of medicine and allows us to identify a patient's lifetime risk for heart attack or stroke while determining their risk for cancer and neurological diseases. That way, serious health events can be mitigated by positive lifestyle changes or the benefit of starting early-stage therapies sooner. Precision diagnostics let us put patients on a pathway to optimal health. In short, we put the future of your health in your hands.

### Early detection could save your life

Conventional health care is based on a failure model; if one treatment doesn't work, clinicians try a different treatment, and then another, until something works - wasting crucial time. Regrettably, with the current standard of [prostate] cancer treatment, most cancers are caught at stage 3 or 4, when lives are at risk and more aggressive, invasive treatment is required.

In contrast, by providing a 360-degree view of each patient's condition and hereditary risks, we can detect cancer, cardiac and neurological diseases early, and pinpoint the most effective, precise treatment path earlier. If cancer is caught in stage 1 or 2, there



A combination of blood tests and imaging can better identify potential life-threatening conditions.

Continued on page 8



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Nicolas S. Baumann, DDS  
("Dr. Nick")

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## Why Can't You Just Get Over It?

By Amy Austin PSYD, LMFT

We all have a backstory; experiences that make us who we are today including the good, bad and ugly. However, there are many who keep their innermost secrets of emotional/sexual grief, loss and traumas silent, deeply hidden somewhere in the darkness only to pop up when triggering events occur. Even then, without conscious awareness, past traumas are conveniently shoved down into the abyss of denial, justifications, rationalizations and self-protection. That is, until the pain can no longer be ignored; relationships begin to suffer and bouts of anxiety and/or depression can appear that impact lives and functioning.

Bracha Goetz, Harvard educated author of more than 40 books including *Don't Read This Book*, which encourages children to outsmart their inner adversary, states, "Often, well-meaning people are not able to understand why many survivors of abuse are not able to just get over it....Traumatic experiences remain encoded in a primitive part of our brain, the amygdala, which automatically goes into 'fight or flight' mode when triggered by certain stimuli, even decades later..." Sensory experiences such as footsteps coming into a room, a song heard on the radio, even a place or food can elicit an autonomic response linked to an abuser that floods the body with terror.



Letting go of fear and negative feelings from trauma can be challenging but is possible.

For people who have been traumatized, fear is the most overwhelming feeling that can remain for a very long time. It can create feelings of helplessness, panic, mistrust, an inability to connect with others, issues with intimacy (IN-TO-ME-SEE), love and well-being.

In a *Psychology Today* article entitled, "Alive in the Body: Healing Trauma and Emotional Overwhelm Through Somatic Experiencing," author Sergio Ocampo, LMFT posits, "Clearly, the true sources of anxiety, depression and other emotional conditions live more in the body than in the thinking brain... Trauma and overwhelm inevitably keep accumulating until a person takes appropriate steps to resolve them. Body-centered practices such as somatic experiencing serve as powerful and invaluable therapeutic interventions that can provide great relief from physical suffering, eventually allowing the client to attain happiness, life purpose and a sense of being alive."

There is hope, and there is help. You can heal.

- Your pain is real. It is important to identify in which self the pain lives: the wounded child/teen self or the core adult self. Once identified, it is empowering to realize the trauma can be contained and the authentic adult self can begin to shine without the looming presence of early traumatic events. Any single life event need not define you permanently and keep you from becoming a whole and healthy functioning adult.
- Give yourself compassionate time to mourn the loss of your innocence. It's okay to grieve in order to move on and move forward.
- Reach out. We were created to help others and do random and conscious acts of kindness.
- Focus on living in the moment. All you have to do is show up and be present.

Allowing yourself to step into a new and healthier reality from a traumatic past is a bit like zip-lining. It may be difficult to take that first step off the platform and trust that on the other side of the dense foliage is another platform, but it is there. You just have to take the first step.

Dr. 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.

## Understanding Myasthenia Gravis

SoCal resources now available for those affected

By Kate Stober

Imagine eating dinner with friends and struggling to chew your baked potato, giving a presentation at work when suddenly you start slurring your words or walking up the stairs of your home and finding yourself out of breath. Your legs don't want to lift the way they should, and when you reach the middle step, you have to sit down and rest before you're able to continue.

Imagine having people think you're too serious because you don't smile often. What they don't know is that weakness of your facial muscles prevents you from easily curving your mouth upward.

These are just some of the symptoms you might experience if you have myasthenia gravis (MG). This rare, neuromuscular, autoimmune disease has been diagnosed in more than 70,000 people in the United States - and likely more remain undiagnosed.

Those with MG suffer from profound, debilitating physical symptom, such as extreme fatigue and muscle weakness that impact their ability to see, swallow, smile, walk or breathe. MG can occur in anyone of any age, gender or race, though it's more prevalent in adults.

MG is a disease of the neuromuscular junction - the space between a nerve ending and muscle fiber. In essence, the brain sends a message, but like an email blocked by a firewall, the message isn't received and the muscle doesn't activate properly.

When a nerve impulse from the brain arrives at the nerve ending, it releases a chemical called acetylcholine which travels across the junction space to the muscle fiber, where it attaches to many receptor sites. The muscle contracts when enough of the receptor sites have been activated by the acetylcholine.

For someone with MG, there can be as much as an 80% reduction in the number of receptor sites. This happens because an antibody - normally the body's protector against bacteria and viruses - destroys or blocks the receptor site.

People with MG may struggle to get accurately diagnosed. There are a number of reasons for this, including:

- MG symptoms like droopy eyelids, slurred speech and double vision can mimic other, more common conditions like stroke or multiple sclerosis.
- Symptoms can vary between people, making it difficult for medical professionals to identify without specialized tests.
- A blood test for specific antibodies is the most common diagnostic tool, but not everyone with MG can have their diagnosis confirmed this way. They must undergo additional tests that are difficult to access and conduct.

Continued on page 23





# Options for Painful Diabetic Neuropathy

By Roland D. Reinhart, MD

Thirty four million Americans, about 10% of the U.S. population, have diabetes. Diabetics are at risk for a number of complications from the disease including neuropathy (nerve damage) which affects approximately 60% of diabetics, nephropathy (kidney damage) affecting 50%, retinopathy (eye damage) impacting 26% and cardiovascular disease which affects 11% of people with diabetes. Blood vessel disease can further lead to stroke, diabetic foot ulcers and lower extremity amputation.

Neuropathy leads to sensory changes particularly involving the nerves of the lower extremities. Minor symptoms such as cold feet can progress to numbness and tingling, which can make it difficult to walk. Lack of feeling in the feet can lead to infections from cuts and ulcers which may go unnoticed and untreated and may lead to minor amputation. While “minor” seems innocuous, it carries a 50% mortality in five years.

Tingling from neuropathy may progress to a burning pain which can lead to the inability to walk and painful sensations even with light touch. Bed sheets may be painful when touching the skin making it difficult to sleep.

Conventional medical treatments include anti-seizure medications which appear to interfere with the overactive transmission of pain signals sent from damaged nerves, and antidepressants which may increase neurotransmitters in the spinal cord that reduce pain signals. However, antidepressants take time to work and pain relief is typically only moderate. Pain relieving narcotics have limited effectiveness and can lead to addiction, so they are not recommended.

Gabapentin is a common anti-seizure medication prescribed for neuropathy, however, almost 75% of patients taking the drug discontinue use due to intolerable side effects or lack of efficacy within one year.

Spinal cord stimulation is a neuromodulation solution that interrupts pain signals between the spinal cord and the brain. It uses small electrical currents to block the painful perception. Prior to consideration of an implant, a trial period of approximately one week is performed to ensure adequate pain relief. If the patient gets 50% or more relief, then a generator and permanent wires may be implanted much like a pacemaker. This technology has been shown to be up to 86% effective, may reverse much of the numbness and most often eliminates the burning pain.

As always, the best prescription is prevention by managing blood sugar levels and weight through healthy lifestyle choices.

*Dr. Roland Reinhart is double board certified in pain management and can be reached at his office in Palm Desert at (760) 341.2360. For more info visit [www.reinhartmd.com](http://www.reinhartmd.com).*

# Life After Cancer

By Shay Moraga

It's been 2,259 days since my oncologist told me I no longer had cancer. When I stop to think about each day, it still brings tears to my eyes and butterflies to my belly. I have learned so much about who I am as a person, and how I want to show up in the world before I die.

In fact, thinking about and getting comfortable with death has allowed me to really cherish each day that I wake up to see the sunrise, each moment I spend with loved ones and to make better choices on how and with whom I spend my time.

One of the biggest lessons that life after cancer has taught me is that we need each other. Each and every one of us can make a life changing impact in this world by helping others. And in helping others, we help ourselves, too.

After cancer, I soon realized that there was little understanding of what someone goes through *after* cancer. No one talks about it. No one teaches you how you may or may not feel. Like cancer, each person has their own experience. Some of us navigate perfectly fine and can go on with life as before. Some of us fall into deep states of anxiety, guilt and depression, while others find a middle ground in between it all. As for me, I found a strength I never knew I had. I learned over time that the more I shared, the more I realized we are all the same - just trying to find the joy in feeling free again; free of the worry, fear and thoughts of death.

In my journey, I recognized that, in order to find that freedom of joy, I had to surround myself with others who were searching for their joy, too. Once I was able to find them and connect, together we became stronger. It's as if we surround ourselves in protective armor that no one else can quite understand. Strangely, the larger our “tribe” gets, the more joy and peace we begin to feel again. It's not that we don't worry, but now we worry together as one community asking each other to pick us up in times of need. It is so comforting to know others have your back through the worst of storms.

From the time that I started documenting my cancer journey in 2016, my blog has evolved many times. I have met hundreds of survivors with so many similar stories and the need to connect with each other. Because in sharing our stories, we can help heal one another from the traumatic experience of hearing the words “you have cancer.” Six years later, those words no longer mean death to me. Those words now mean LIFE. And I am living life after cancer to the fullest, never missing a moment to tell someone I love them, take the trip I never thought I would take, do something that scares me like singing on stage in front of a packed audience and eating the chocolate cake. Why? Because there is JOY in doing these things - and life is short.

Who would have known that by writing a blog in hopes of connecting others and giving back, Shay's Warriors would become a lifeline of support for so many cancer survivors? We have built a community of over 5,500 active followers - not just in the Coachella Valley, but across the country and the pond. Shay's Warriors supports life after cancer through the mind-body connection. We have in-person and monthly virtual programs, workshops and more that have accountability to stay mindfully fit.

The one thing I am most proud of that our team has built is our survivor's retreat. It's a four-day, all-inclusive retreat that helps reset the mindset from “what cancer has taken from us” to “what cancer gives back to us” while gathering among others who understand. All of this is done by a magical team of volunteers whose time and talents continue to help others heal. And when participants leave the retreat, the unbreakable bonds of friendship last forever.

If you are a cancer survivor, or if you are a loved one who is a caretaker of a survivor, the Shay's Warriors Life After Cancer community is for you. In this community, we see you, we hear you and we are walking beside you every step of the way. Until next time... live HOPE in Color.

*Shay Moraga is founder and visionary of Shay's Warriors Life After Cancer. She is a stage 3 TNBC thriver, Yoga for Cancer instructor and coach. For more on Shay's Warriors Life After Cancer visit [www.shayswarriors.org](http://www.shayswarriors.org).*



Shay's Warriors survivor retreats help those affected by cancer retune their mindset for a more positive future.

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 Vascular Surgeon  
 Desert Vascular Associates

### Cardiovascular Disease and Cancer

Continued from page 5

is a dramatic increase in survival rates and quality of life. Precision diagnostics:

- May prevent 30-50% of cancers when combined with healthy lifestyle choices<sup>1</sup>
- Increases five-year survival rate for prostate cancer detected early to 99%<sup>2-3</sup> (versus 26% late/metastatic)
- Eliminates 50% over-treatment of prostate cancer (focal versus radical) and safely avoids 27% of prostate biopsies<sup>4</sup> in men with an elevated screening serum PSA
- Identifies more women for additional screening with MRI and detects three times more cancers than standard mammography alone<sup>5-6</sup>
- Reduces patients misdiagnosed with Alzheimer's disease by 25%

#### Detect and treat prostate cancer in its earliest stages

More than 34,000 men died from prostate cancer last year in the U.S. alone. This is because in most cases, conventional imaging cannot identify the precise location and extent of prostate cancer. Therefore, prostate cancer is often caught and treated too late or is over treated with invasive surgery that carries significant and life-altering side effects for many.

In contrast, we are now able to use precision diagnostics that may detect prostate cancer at stage 1 or 2, when it can be treated with minimally invasive therapies, sooner. This not only provides a longer and better quality of life, but also reduces the impacts of more aggressive, later-stage treatment.

#### Minimally invasive prostate cancer treatment improves quality of life

For those who do require treatment for prostate cancer, there are now minimally invasive options that have been shown to be effective with reduced side effects compared to traditional prostate removal surgery.

Historically, complete removal of the prostate in a surgery known as radical prostatectomy is the most commonly recommended treatment for prostate cancer. This invasive procedure carries a 50% risk of erectile dysfunction (ED) and a 15% risk of incontinence. To create a less invasive option, Halo Precision Diagnostics pioneered Laser Focal Therapy, a proprietary, non-invasive outpatient MRI-guided therapy that targets and treats prostate cancer tumors while protecting nearby healthy tissue. Following are highlights of a Halo focal therapy clinical study with 12-year follow up data:

- <1% risk of erectile dysfunction and urinary incontinence
- 94% avoided whole gland therapy and associated risks
- Rapid recovery; most patients return to work within days<sup>7</sup>

Many people don't realize how significant this type of information is for their own health. However, a recent shift towards precision diagnostics is leading to better prevention, prediction and personalization in health care.

*Dr. John Feller is chief medical officer of Halo Precision Diagnostics with clinics throughout the Coachella Valley and nationally. For more information, visit [HALODX.com](http://HALODX.com).*

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# Focus and Finish

By Susan Murphy, PhD

Editor's note: this article originally appeared in *Forbes*.

My new mantra is “Focus and Finish.” I frequently say these three words out loud to remind myself to focus on getting the job done. As management guru Peter Drucker said, “Time is the scarcest resource, and unless it’s managed, nothing else can be managed.” No matter who you are, each day has 24 hours, 1,440 minutes. Every day we have the choice to use it or lose it, as time cannot be saved.

How are you investing your time this year? Now is the perfect time to think about priorities and values. As literary legend Goethe said, “Things which matter most must never be at the mercy of things that matter least.”

Does it seem that there are now more distractions than ever? Distractions come in all sizes and shapes like emails, phone calls, tweets, texts, pings, computer glitches, pets and people. How often do you ask yourself, “Now, where was I?” One glance at an email can rob you of precious time, and it can take more than 20 minutes to get back on track! For example, while writing this article, whenever I am interrupted, I stop, change my focus to the interruption, act on the interruption and then re-submerge myself into this article. Some people admit to wasting up to 80% of their time on insignificant things. How much time do you waste each day? It is important to train yourself to see the high value of time and the value of every moment.



Focusing on tasks and finishing them is a habit that can take work and practice.

Then, does it ever feel like you’re helping everyone else and not focusing on your own goals? I struggle in finding a balance so there can be a win-win for reaching my goals and helping others reach theirs.

So, how can we make our time productive, less stressful and more joyful? A lesson can be found in a story from 1918 when Charles M. Schwab was president of the Bethlehem Steele Corporation. Schwab was known for being competitive and was even called the “Master Hustler” by Thomas Edison. As the story goes, Schwab wanted to increase the efficiency of his senior executive team. So, he hired Ivy Lee, a productivity consultant, to work with him to get more senior team productivity. When Schwab asked about the cost of the assignment, Ivy Lee said, “Nothing unless it works. After three months, you can send me a check for whatever you feel it’s worth to you.”

Lee recommended a simple daily routine. At the end of each workday, write down the six most important things you need to accomplish tomorrow. No more than six. Prioritize these six items in order of importance. When you start your workday, concentrate only on the first task. Work until the first task is finished before moving on to the second task. Complete the second task and move to the third. At the end of the day, move any unfinished items to a new list of six tasks for the following day. Repeat this process every working day. After three months, Schwab wrote Ivy Lee a check for \$25,000. In 1918, that check would be equivalent to \$400,000 today. Warren Buffet uses this system today by creating a daily list of five important tasks to complete.

Another way to focus and finish is to realize that “tidying” is different from “organizing.” Does this sound familiar? You’re carrying clean, folded laundry to put away and pass the dishwasher full of clean dishes. You think to yourself, “Hmmm. It will take me 5 minutes to put the dishes away.” You put down the clothes basket and empty the dishwasher. As you put the dishes away, you notice your silverware drawer is in disarray. Once again you think, “It will take just a few moments to sort the knives, forks and spoons into the correct slots. I’ve got this.” Next, you notice the drawer for dishtowels needs organizing - 15 more minutes gone. Decide whether it’s best to tidy up or organize. These are two different activities.

As you begin to create the habit of focus and finishing, it’s crucial to act deliberately to deal with distractions. Deliberately choose where to spend your time. See if this sounds familiar. Driving home from an appointment, you remember you are out of eggs, so you make a quick decision to stop by the grocery store for a dozen eggs. Once in the store, you think, “Gosh, while I’m here, let me pick up a few more items.” One hour and three bags of groceries later, you leave the store. When you return home, you need another 30 minutes to put the groceries away. Suddenly it’s 3 pm and your priority list for the day has not been touched. How did you invest your 1,440 minutes?

### Tips to help you focus and finish:

- Say “focus and finish” out loud when you feel distracted.
- Practice the Lee Ivy method. Write down your most important tasks in order of priority and focus on completing each task before moving to the next one. “Put First Things First” is one of author Stephen Covey’s habits of highly effective people.
- Beware of interruptions that are time-robbers. Turn off social media notification settings. Practice self-control! When you receive non-urgent calls and messages, wait to respond. Your time is a precious commodity.
- Try the Pomodoro Method of time management. Using your priorities list of projects, set your alarm for 25 minutes. Take a 5-minute break between segments and then re-focus on your priority project. Take a 15-30-minute break after four segments. Then focus and finish!
- My favorite time management question is, “What is the best use of my time right now?” Try it! Ask yourself this throughout your day.
- Remember that tidying and organizing are two different tasks. After tidying, make a deliberate decision whether you want to organize, too.
- Be deliberate. To focus and finish takes discipline. Successful people place a high value on their time.

I invite you to embrace tomorrow as a new day where you can live your values, act deliberately, prioritize tasks and focus and finish!

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](mailto:Susan@DrSusanMurphy.com).



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## Tired of managing chronic back pain?

### Let's get to the cause.

Approximately 84% of adults suffer from low back pain at some point in their lives. Determining the cause can be challenging as there are many factors to consider.

Additionally, many disorders cannot be identified through medical imaging and therefore require a deep dive into past medical history and a physical exam to identify what is causing the pain.



One commonly overlooked cause is sacroiliac joint (SI) dysfunction, improper movement of the joints at the bottom of your spine that connect the sacrum to the pelvis. Clinical studies have identified the SI joint as a pain generator in 15-30% of chronic low back pain patients.

#### Symptoms include:

- Lower back pain below L5 vertebrae
- Sensation in lower extremity: pain, numbness, tingling, weakness
- Pelvis/buttock pain
- Hip/groin pain
- Feeling of leg instability (buckling, giving way)
- Disturbed sleep patterns due to pain
- Disturbed sitting patterns (unable to sit for long periods, sitting on one side)
- Pain when moving from sitting to standing

Initial treatment options for SI joint disorders typically involve non-surgical management, but when that fails, surgical treatments such as the iFuse procedure may be a more effective solution.

**If you are tired of managing back pain with injections or medications, or if you feel you may be suffering from SI joint dysfunction, Desert Care Network's Randall McCafferty, MD may be able to help.**

**Dr. McCafferty** is a highly decorated surgeon who served 30 years in the US Air Force and was named "Surgeon of the Year" for distinction in clinical care. He carries that patient-focused dedication forward achieving success by addressing each patient's unique needs and leveraging evidenced-based, state-of-the-art technologies and procedures.



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## Diagnosing and Treating Low Back Pain

### Sacroiliac joint now more readily considered

By Lauren Del Sarto

One of the most common reasons people seek medical attention is due to back pain,<sup>1</sup> and much of that pain originates in the lower back. While many suffer with short periods of acute pain, 23% of adults globally suffer from chronic low back pain (LBP) which lasts 12 or more weeks and is the leading cause of disability worldwide.<sup>2</sup>

The good news is that most LBP can be relieved with simple home remedies. Doctors agree this should always be the first course of action before heading to urgent care unless you have pain following a fall or blow to the back, new bowel/bladder problems, or fever accompanying the pain, all symptoms that could signal a serious medical issue.<sup>1</sup>

"Barring any red flags like trauma or infection, the right thing to do for LBP is to start off conservatively: modify your daily activities, apply ice and take over-the-counter anti-inflammatories to see if that resolves," says neurosurgeon Randall McCafferty, MD.

Physical therapy and manual manipulation by a chiropractor, osteopathic doctor or other qualified health professional can be the next step before seeking medications such as muscle relaxers or biologic injections from a primary care or pain management physician.

**Diagnosing the cause.** This can be challenging - even for the most skilled practitioners. "If symptoms progress and or continue after conservative measures are taken, then you may want to start seeking a diagnosis," says McCafferty. "There is a lot of cross over in pain pathologies and factors to consider include location, precursors to pain, relieving factors, if the pain radiates and how, if there is numbness or weakness and more." Patient history, a physical exam and diagnostic tests can help point your care team in the right direction, but they don't always paint a clear picture, he says.

"I spend a lot of time listening to patients, and often they give you really good insights into what you should be looking for," he adds. The diagrams shown here indicate common pain referral patterns to help patients and their care team identify the possible root cause: spinal disc degeneration, posterior spine joint dysfunction (facet), hip joint irregularities or possibly an area now more commonly considered, the sacroiliac (SI) joint which accounts for 15-30% of LBP cases.<sup>3</sup>

"It wasn't until this past decade that we had viable options to treat SI joint dysfunction, so doctors didn't standardly consider this area," says McCafferty. He adds that there are now very good diagnostic guidelines and targeted therapies.

"SI joint dysfunction can be hard to identify as symptoms mirror other types of lower back pain," agrees sports medicine physician Eric Sickinger, DO. "But in those cases I have treated, most resolve with targeted physical therapy."

**Causes of SI joint dysfunction.** Like other joints, age degeneration and inflammation are significant factors, along with trauma such as a fall or vehicle accident which can create force on the SI joint, explains McCafferty. He adds that women can also develop SI joint pain during pregnancy, and those who have had past back surgeries are at higher incident. "Patients who may have had a previously successful back surgery may later have recurring pain due to biomechanical strain on the SI Joint."

McCafferty utilizes five manual manipulation tests he considers tell-tale signs of SI dysfunction. "If three of the five are positive and the historical intake leads me to believe this may be the cause of pain, my next course of action is a referral to a pain management doctor for an SI joint diagnostic block."

The block is an anesthetic injection into the SI joint which should produce immediate relief. If that relief lasts for as long as anticipated based on the medication, it is considered a positive test.

**Treating SI dysfunction.** Like other LBP, SI joint dysfunction therapies start with the conservative methods mentioned above. From there, a common recommendation is radiofrequency ablation which damages or destroys the nerve causing pain. This therapy standardly offers substantial short-term relief (six months or so), says McCafferty, but with only 20% of patients maintaining relief at 12 months.

"There are many, many steps that lead to surgical intervention," he adds. "It is not until all these steps are taken, and I have a thorough historical intake and positive diagnostic block that I begin introducing surgical options."

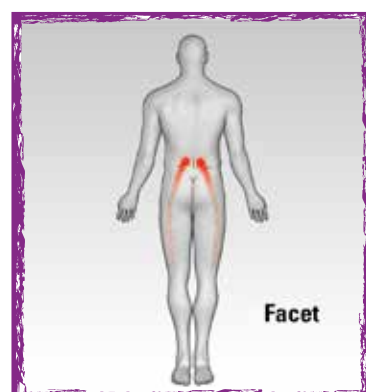
At that point, the game-changing technology is a 3-D printed porous implant that bridges across the sacrum and iliac wing. "Unlike most fusions I do, where I am laying bone to get new bone growth to fuse joints, this technology leaves enough space for the bone to grow directly into the implant and fuse the joint." The minimally-invasive procedure led by x-ray guidance immediately stabilizes the joint allowing it to fuse over time.

"We are seeing a 90% patient satisfaction with reduction in disability and pain," says McCafferty.

**Identifying SI joint pain.** "I recommend patients consider what is medically referred to as the Fortin finger test," concludes McCafferty. "If the origination of LBP pain is off-center of the spine midline - that boney area just a few centimeters right or left - that is reason for me to consider the SI joint."

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

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These overlapping pain patterns can help patients and their practitioners identify the source. (Images provided by SI-BONE)





# The Power of Your Breath to Heal

By Susan Dunn

Everything is energy, including emotions. When we experience emotional energy through significant life events that induce trauma or stress, ideally, we process that emotion and move through it. But that's not always the case. Sometimes energy can become trapped in our bodies and cause physical discomfort, emotional distress, illness and more.

You may be surprised to learn that these harmful emotions can sometimes be released by the simple practice of breathing. Proper breathing is essential for overall health, yet many of us take shallow breaths or hold our breath without realizing it. Fortunately, people are now discovering the incredible benefits of breathwork, one of the fastest growing wellness trends worldwide.

How does it work to help heal? When you breathe in, your body takes in oxygen. This oxygen then travels to your cells where it is used for energy. When you breathe out, your body releases carbon dioxide, a waste product, which cleanses cells of toxins and negative cellular memory. Just think of the significant impact one single deep breath can have in a moment of stress or anxiety.

There are many types of breathwork techniques, methods and branding. One of the most sought after is called "circular breathwork" or "conscious connected breathwork" (CCB). CCB therapy assists in releasing traumas stored in the body's cellular memory through deep and intentional breathing, allowing the individual to heal on a physical, emotional and spiritual level. CCB is a powerful tool and can provide relief from a wide range of health conditions. Noted benefits include improved mental clarity and focus, enhanced immunity, increased energy levels, improved quality of sleep, ease of anxiety and depression and improved overall well-being.

CCB is not meditation and requires some work on behalf of participants. The practice involves lying down in a comfortable position and breathing continuously and deeply for an extended period of time (usually around 45 minutes). A certified facilitator guides and prompts you on the technique. Some practitioners use silent headphones to provide an immersive healing experience. It's two inhale breaths with a surrendering exhale breath. The frontal cortex, where your busy critic resides, quiets down, and your inner guidance takes over and assists in the healing process. This continuous circular pattern of deep breathing helps to release trapped emotions and open blocked energy channels in the body.

Susan Dunn is a breathwork facilitator and seasoned professional when it comes to providing a sacred, safe place for immersive healing experiences. She advises always consulting your physician before starting any cardiovascular regimen. She can be reached at (760) 831.7292; [www.elementsinthedesert.com](http://www.elementsinthedesert.com).



The practice of breathwork as a healing modality is on the rise.

# Fueling for Fun

By Delaney Quick, ND

As we settle into the near perfect weather of the high season here in the Coachella Valley, we often find ourselves picking up the pace with obligations and events, both professional and for fun. The more we do, the more we burn through our bodies' resources which can leave us feeling depleted and fatigued.

This is even more important and pronounced for those indulging in our world-renowned music festivals during the month of April; "fueling for fun" becomes a necessity to avoid dehydration, fatigue and the pains of overindulgence. The following tips will prepare you for thriving during a full weekend of great live music.

## What to pack:

- Sun protection - mineral sunscreen, brimmed hat, sunglasses, chapstick.
- Earplugs - excessive loud music causes ringing that can prevent sleep, and over time, can contribute to hearing loss. (You'll be surprised how much you can still enjoy the show with ear protection).
- Hand sanitizer and wet wipes - you'll need these to survive the port-a-potty situation.
- Medications - if you have a prescription, it must be brought in a properly labeled container with your ID.

## Dehydration:

- Bring an empty water bottle or hydration pack that can be easily accessed and refilled.
- Pack electrolyte packets to add to your water throughout the festival. LMNT is a great zero sugar option. Liquid IV contains too much sugar for daily use, but for a festival weekend, we can make an exception.
- Match any alcohol consumption with water consumption, and make it a goal to practice moderation (e.g., waiting until sunset to indulge and not surpassing one drink/hour).

## Nutrition:

- At the Polo Grounds, you aren't allowed to bring outside food or beverages into the venue, so starting your day with a

balanced and nutritious breakfast will be key; think protein, healthy fat and veggies.

- Keep your blood sugar balanced and avoid crashes by aiming for nutrient dense meals inside the festival. Avoid carb and starch heavy foods like plain French fries and desserts to prevent crashes.

## Swollen feet and body aches:

- Sit down and take stretch breaks between sets. (Trust me, it will be far from the weirdest thing people see that day).
- Avoid wearing new or fashionable shoes and pick a pair in your closet that is tried and true.
- At the end of each night, practice legs up the wall for 5-10 minutes to allow for better blood flow; this will also allow your nervous system to calm down and promote more restful sleep.

## IV therapy:

- Book an in-office or mobile IV therapy service in advance to replenish your body's resources and allow for a quicker recovery.
- While oral supplementation can be a powerful tool, IV therapy allows for nutrients to bypass the gastrointestinal tract and travel through the bloodstream to where they are needed most.
- Targeted IV therapy allows for better hydration, electrolyte balance, B-vitamins for energy, glutathione for antioxidant and liver support and medications as needed for those who had difficulty practicing the above suggested moderation.

By practicing these self-care tips before, during and after, the memories of the weekend can be all about the music and fun.

Dr. Delaney Quick is a primary care naturopathic doctor at Live Well Clinic in La Quinta. The 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](http://www.livewellclinic.org).

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## Acupuncture for Athletic Recovery

By Agustin Orozco, LAC, LMT

The Coachella Valley is well known for being a resort destination where individuals enjoy fine dining, shopping and poolside relaxation. But the Coachella Valley also offers a more physical side. We have dozens of beautiful hiking trails, world-class golf courses, a famous international tennis tournament, professional polo, bike events, national pickleball tournaments, our new professional minor league hockey team and the skating Iplex open to all.

Both amateur and professional athletes often work tremendously hard and push their bodies to their limit. One of the biggest hurdles to overcome is the exercise-induced onset of muscle soreness. If you've experienced it, you know that the soreness can significantly hinder workouts and event day performance. Therefore, recovery is a top priority.

There are a variety of modalities athletes can use to recover: ice baths, massage therapy and a good night's sleep are more commonly known, but another, lesser known recovery tool is acupuncture.

Fascinating research has occurred, studying the effects of acupuncture for exercise recuperation. A meta-analysis, published by the National Institutes of Health, measured four aspects of recovery: muscle soreness rating, pressure pain threshold, serum level of creatine kinase (CK) and macrophage migration inhibitory factor (MIF), a cytokine involved in the regulation of inflammatory responses. They were measured at three different time points: 24-, 48- and 72-hours after exercise. At the three different time intervals, the acupuncture group improved in three of four categories compared to the non-acupuncture subjects.

Muscle soreness ratings identified the perception of soreness after an intensive workout. Acupuncture patients felt a small positive response at the 48-hour mark, but significantly lower soreness at the 72-hour.

When the body goes through intense stimuli, inflammatory markers (CK and MIF) can rise. For these measurements, acupuncture groups demonstrated reduced inflammatory marker levels in both CK and MIF at all three measured times, meaning they had overall less inflammation than the non-acupuncture group.

The recovery measurement that did not demonstrate positive benefits with acupuncture was the pressure pain threshold - the amount of pressure over an area a person can withstand before the pressure stimuli become painful. At each time interval, there was no difference between those receiving acupuncture and those that did not. In conclusion, acupuncture does not help with how much pain an athlete can withstand.

However, these results are promising. Any athlete, amateur or professional who is looking to improve their performance might want to consider adding acupuncture to their recovery routine. Acupuncture can lower soreness and inflammation in the body after a physically demanding event and is a safe and easy method in maximizing an athlete's full prowess towards accomplishing their goal.

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 or [www.acqpoint.com](http://www.acqpoint.com).

Source: 1) <https://pubmed.ncbi.nlm.nih.gov/32765287/>; 2) <https://www.hindawi.com/journals/arthritis/2010/106202/>

## Dreams, Leprechauns and Rip Van Winkle

By Kathleen O'Keefe-Kanavos

What do St. Patrick's Day, World Sleep Day, Rip Van Winkle and dreams share?<sup>1-3</sup> Shamrocks, leprechauns, green drinks, deep sleep and this year, Friday, March 17!

But how can you dream like Rip if sleep eludes you? The answer just may be in the word itself as the acronym S-L-E-E-P.

Like the 19th-century farmer Rip Van Winkle, current spouse issues can rob us of sleep. Rip and his loyal dog wander into the Dutch Kaatskills (nowadays known as the Catskill Mountains) to escape his nagging wife and find a group of dwarfs and leprechauns playing ninepins. He drinks their liquor, falls asleep for 20 years and awakens as a white-bearded old man. The wee-folk and his dog are gone and his nagging wife has died.<sup>3</sup> The story's moral, that deep dreamy sleep can be a form of happily-ever-after, is backed by research.

World Economic Forum sleep researchers asked couples to keep diaries on their relationship experiences and sleep habits. Lo and behold, couples with positive interactions had more efficient sleep.<sup>4</sup> The National Sleep Foundation defines a healthy night's sleep as seven to nine hours for young adults and seven to eight hours for older adults.<sup>5</sup>

What role do dreams play? Dreams are microcosms of our waking world that reflect relationships, sex, work and health; dream images symbolize everyday life. The Cognitive Dreamwork problem-solving theory states that a dream's function is to help people solve ongoing problems.<sup>6</sup> But how can we dream if we cannot sleep? My acronym may help:

S= Shhhh! Silence cell phones and TV. Noise disrupts rapid eye movement (REM) sleep, the doorway to dreams

L= Light awakens us, so reduce natural and artificial light

E-E= Eliminate electronics as beeping, blinking and humming may disturb REM sleep

P= Positive position. Discover yours - stomach, side or back to drift into dreamland

In dreams, green shamrocks, green leprechauns and rainbows are colors associated with growth, life, good health and luck, like "Luck of the Irish." Leprechaun dreams can be positive symbolizing a little financial luck, or negative with a play on words as in "green with envy." The green, forest-dwelling bearded sprites are the bankers and cobblers of the fairy world who store gold at the end of the rainbow and are magical shape-shifting tricksters who can grant wishes or create disasters in your life.<sup>7</sup>

St. Paddy's Day, World Sleep Day and Rip Van Winkle share mystical leprechauns, magical green liquid and blissful dream themes. If you celebrate on March 17, avoid overindulging or your dreams may become nightmares when you awaken to mischievous wee folk playing ninepins in your noggin. But remember, write down your dreams because they may hold the key to your future.

Kathleen O'Keefe-Kanavos of Rancho Mirage is a survivor, author, dream expert, speaker, TV/radio host/producer and has been featured on Dr. Oz and The Doctors. Her new book *Dreams That Can Save Your Life* is available now. For more information, visit [www.KathleenOkeefeKanavos.com](http://www.KathleenOkeefeKanavos.com).


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# Living Wellness

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## A Year to Live

Few of us are encouraged to actively contemplate the inevitability of our death, or that it could happen at any time. This year, I actively sought out the opportunity to do just that. An email from Spirit Rock, a meditation center nestled in the hills of Woodacre, California, presented a class entitled, “A Year to Live.” Their classes had been there for me as an online gift during COVID with a collective of over 64 insightful teachers providing valuable life tools. This newest offering expected a different level of engagement, a year-long online commitment in forgiveness, gratitude and letting go. Through meditations, inquiry and small group discussions, we would be guided, with support of community, through a process of living 2023 as if it were our last.

“A Year to Live” is now in the first quarter of learning and exploration. During the first meeting, our lead instructor welcomed 600 participants from across the globe. In the second, we were organizationally dispersed into smaller groups of nine. These more intimate groups are expected to meet monthly in between the larger ones. Upon meeting my new clan of wisdom seekers investigating living and conscious dying, I was fascinated to learn who showed up. Our crew welcomed two emergency-room doctors who wish to be more connected to patient care; a clinical psychologist who works in palliative care, yet realizes her own work with grief needs support and practice; and others who have loved ones experiencing terminal illness. I round out the group, sharing my fear in denying that my healthy 89-year-old mother will pass, believing she is immortal.



Facing fears of death and dying can add depth, meaning and joy to life.

Homework or lifework is the most substantial part of the journey. We are asked to journal daily, meditate daily (even if it is short) and recite the five Buddhist remembrances in the morning and evening. These are the five truths that the Buddha believed we should contemplate and accept:

- I am of the nature to grow old. I cannot escape growing old.
- I am of the nature to have ill-health. I cannot escape ill-health.
- I am of the nature to die. I cannot escape death.
- All that is dear to me and everyone I love are of the nature to change. I cannot escape separation from them.
- My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

In addition to this daily practice, we read a small book called, *A Year to Live* by Stephen Levine. For over 34 years, Levine counselled concentration camp survivors and their children, as well as Vietnam War Veterans. A primary theme is to explore grief when dying, yet also the more subtle incarnations of grief. Our everyday grief accumulates as a response to burdens of disappointments and the loss of trust and confidence that follows the less satisfactory arch of our lives. In order to avoid feeling grief, we “armor our hearts,” leading to a gradual deadening of our experience of the world. On many occasions, when a loved one dies, we are rendered incapable of dealing with grief and are swept up in all our emotions.

Since starting this class, my moment-to-moment intention has centered around opening my heart and examining all my actions with a deeper meaning. My teacher started this class with a simple story of a man in hospice with a terminal life sentence greeted by a stranger. The stranger asked the man “What does it feel like to die?” The man asked the stranger, “What does it feel like to pretend you are not?” When we spend our life in flight from death, we find ourselves in flight from life. The work we do before the end of life, to trust the process to which we all succumb, is directly proportionate to our trust in life.

Jennifer Di Francesco is a wellness explorer and desert adventurer and can be reached at [www.coachellabellaboho.com](http://www.coachellabellaboho.com).

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## Start Your Day Off Right: With Water!

By Shari Jainuddin, NMD, BCB

Water. The scientifically unique molecule that makes life on Earth - and your existence - possible. The 8 x 8 (8 glasses of 8 oz/day) recommendation is out of date, and most professionals in the health community, including myself, have embraced aiming for a more proportional recommendation: half of your body weight in ounces of water per day (example: 150lb person = 75oz/day). There are also supporters of other approaches, such as only drinking when you are thirsty (not ideal for people like me that lack thirst). Additionally, under certain conditions this amount needs to be adjusted (athletic activity, higher elevations, dry climates, heat/sun exposure, medical conditions and medications).

While the health community wrestles with the general recommendations, and you work on getting enough water throughout your day, there is no debating that one fantastic thing you can do right now, and every day, is to start it off with a tall glass of water.

There are several reasons to start your day with water. A big one is flushing out the garbage! It may seem that while sleeping you are not getting anything accomplished, however, this is when your body and brain do the majority of their housekeeping and restoration (rejuvenation). In fact, your brain accumulates toxic waste products all day long, including amyloid plaques associated with dementia; it does not do any cleaning until you are asleep. Is it no wonder that there is a staggering increase in (early) dementia in the generation at the height of their careers during the "I'll sleep when I'm dead," era? (Ironically, lack of sleep will kill you.) Dementia is a multifactorial puzzle with which we are still grappling, but lack of sleep and subsequent accumulation of toxins take their toll. Washing out those toxins first thing upon waking is an essential final step to the process.

Here is an analogy. Think of the moment you wake as similar to finishing scrubbing a dirty pan or brushing your teeth. You wouldn't move on from either task without rinsing with water, and similarly, you shouldn't move on with your day without supplying your body with the water necessary to wash away accumulated toxins. This waste must be eliminated by organs that have a big task at hand, ridding the body of what it doesn't need and keeping what it does.

Drinking water first thing upon rising provides affects you can feel and see: more energy (move over coffee!), increased metabolism (any takers?) and radiantly plump skin (yes, please!). It combats lightheadedness, dizziness and headaches that result from natural dehydration, supports the immune system and gut health, and can reduce pain.

Having enough water should not be overlooked or underestimated. In fact, I frequently have patients report improvement of many symptoms once they have enough water on a continuous basis. Start your day off right and finish your body's cleanse from the night before by drinking a full glass of water.

Dr. Shari Jainuddin is a naturopathic primary care doctor at One Life Naturopathic and also offers biofeedback training and craniosacral therapy. For more information, call (442) 256.5963 or visit [www.onelifenaturopathic.org](http://www.onelifenaturopathic.org).



Starting your day with water helps wash away your body's hard work from the night before.



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**Dr. Shari Jainuddin, NMD, BCB** is a licensed Naturopathic Medical Doctor, clinically trained in both conventional and natural medicine, who strives to help each patient reach sustainable health goals.





# Playing the Game of Life

By Dipika Patel, CHHC

“The Game of Life is not a game at all with winners and losers. You compete with only yourself, bettering what you did the day before. We are born, we grow, we constantly learn, we love. People change, people leave and believe. New friends emerge. Wisdom is discovered and then you are born again.” ~ Writer Paulette Le Pore Motzko

As life unfolds, I continue to see the obstacles that some of us are facing. I see the struggles of many, yet we all continue to grow. Maybe it’s the loss of a loved one, or lack of good health or good friends; perhaps living a life that is deficient of vitality, love and joy, due to unforeseen circumstances.

The game you have been playing may look bleak and unpleasant if you are only in it to win it. It may look like a tough game, maybe even one you don’t really understand. Or perhaps you’ve played before, and you just don’t remember how.

What if... you really *don’t need* to understand the game?

I often ask myself, what if I play today’s game like a child with no agenda, no expectation, no facades? Instead, I choose to live life by being curious, open and nonjudgmental. What if I decide that wherever I am in my world, I get to choose to play or to quit; to change or to transform. I get to play today’s game gracefully, and as a result, I get to share my story of life’s wonderful pastimes.

It’s like a board game, each player has a purpose; some think the purpose is to

win, however, I say the purpose is to *play*. Through playing the game, you get to come together with those whom you want to share life. Maybe together you have some fun while playing it, maybe even some disagreements. Nevertheless, you get to know others through the process. You get to take risks that you may have thought you would never take, and you get to learn each step of the way.

Whether you are playing a solo game or a large boardgame, I want to invite you to play either way. Play with love; play without wanting to know the outcome. Play with the understanding that you are winning either way, as you took the step and made the effort to play. Play fully. If you are someone who has a hard time losing, lighten up on yourself; see it as this: you played! It gives you an opportunity to play again. If not tomorrow, another day. You get to choose.



Adding play to your days can help alleviate those “out of control” feelings.

Dipika is a crossroads specialist and 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; health@LoveYourLifeHealthy.com. For more, visit [www.loveyourlifehealthy.com](http://www.loveyourlifehealthy.com)



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# CBG: The Beautiful Red-haired Stepchild

By Lewis Lustman

THC. CBD. When it comes to cannabis, we understand those. But what are CBG, THCV, THCA, CBN and the nearly 100 other cannabinoids? With more research, it’s getting more and more confusing.

So, with each edition of *Desert Health*, I am going to focus on one individual cannabinoid and the science behind how and why it works, what effects it may produce, how it may help relieve specific ailments and what additional benefits you may enjoy.

So let’s first take a look at CBG.

Like THC, CBG reacts with the cannabinoid receptors in the brain, but does not get you high. CBG acts as a buffer to the psychoactivity of THC by working to alleviate the paranoia sometimes caused by higher levels of THC.<sup>1</sup>

Research has shown that CBG works to fight inflammation, pain and nausea and may slow the proliferation of cancer cells. Strains high in CBG have been found to be beneficial in treating conditions such as inflammatory bowel disease, Crohn’s disease and cancer.<sup>2</sup> Another study found that CBG increased the fluid outflow in the eye by two to three times, reducing the intraocular pressure. This suggests that CBG may have therapeutic potential for glaucoma.<sup>3</sup>

During the cannabis flowering cycle, the cannabinoid CBGA is either converted into THCA or CBDA, precursors for THC and CBD. The remaining CBGA (only about 1%) is later converted into CBG. The fact that it is produced in such minute quantities helps explain its premium price. Think of it as a caviar cannabinoid.

It’s really nothing new. Knowledge of CBG’s existence has been around since the early ’60s, but researchers weren’t that keen on delving into its uses until recently as it is now perfectly legal. It’s still kind of the red-headed stepchild of cannabinoids, standing in the shadows of THC, CBD and other more well-known varieties.

Integrative physician Dustin Sulak, DO strongly supports its effectiveness and is the driving force behind the popular Healer brand. His extensive clinical research has found that CBG can ease occasional nerve discomfort and sleeplessness, physical nervousness and absentmindedness while improving focus. And again, it doesn’t get you high.

Bonni Goldstein, MD, author of *Cannabis is Medicine*, is another true believer. She has prescribed CBG for autistic children and believes it can help lessen hyperactivity, speech issues and other conditions found in autistic patients. Dr. Goldstein attributes its efficacy to CBG’s ability to reduce inflammation. However, she readily admits more research is needed to substantiate her clinical findings.

We personally have experienced that a few drops, held under the tongue for about a minute, help reduce anxiety and enhance focus. We use it daily and have found that one bottle of CBG easily lasts a month with daily use. The bottle should be refrigerated and shaken just prior to use. Tinctures may take a number of days to produce benefits, so patience is paramount.

Lustman is the marketing director for Senior-High, a woman-owned educational resource for active adults interested in discovering the medicinal benefits of products derived from cannabis. They can be reached at (760) 459.4593 or visit [www.Senior-High.com](http://www.Senior-High.com).

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## Sound Immersion

By William Thornton

The practice of sound bathing, or immersing oneself in the vibrations of various instruments such as singing bowls and gongs, has been gaining popularity in recent years. However, its roots can be traced back centuries to ancient civilizations such as the Egyptians and Greeks who recognized the healing powers of vibrational sound.

In my personal practice at the Spiritual Center of Palm Desert, which teaches the power of self-healing and positive thinking, we have seen the transformative effects of sound baths on the mind, body and spirit.

First and foremost, sound baths help relieve stress and promote relaxation. The sounds produced by the instruments create a harmonious and calming environment that soothes the nervous system leading to a reduction in stress hormones such as cortisol. This, in turn, can improve sleep, boost immunity and increase overall feelings of well-being.

Sound baths can also aid in alleviating pain and discomfort. The vibrations produced by the instruments can penetrate deep into the tissues and bones providing a gentle massage to the muscles and joints. This can help reduce inflammation, promote healing and relieve pain.

The benefits on mental health are also significant as the harmonious sounds produced during a sound bath immersion can assist in quieting the mind, reducing anxiety and promoting a sense of inner peace. Additionally, the meditative state induced by the sounds can provide a much-needed break from the constant barrage of stimuli in our fast-paced world, helping to bring clarity and focus to the mind.

Sound baths also have the potential to improve spiritual well-being. The meditative state induced by the sounds makes it easy for individuals to connect with their inner selves and promotes feelings of unity and oneness with the universe. This connection fosters a sense of peace and contentment, leading to greater happiness and satisfaction in life.

Sound baths offer a multitude of health benefits from reducing stress and alleviating pain to improving mental and spiritual well-being. I highly recommend giving the wellness practice a try to experience these benefits for yourself.

Remember, your body is constantly communicating with you, and when you give it the attention and care it deserves, it will respond with renewed vitality and wellness. So, take some time to listen to the sounds of the universe, and allow yourself to be transported to a place of peace and serenity. Your body, mind and spirit will thank you for it.

William Thornton is a student of metaphysics and member of the Board of Trustees of the Spiritual Center of Palm Desert which offers a donation-based sound bath called "Soul Immersion" on the second and fourth Friday of each month at 6 p.m. For more information visit [www.PDSpiritualCenter.org](http://www.PDSpiritualCenter.org).



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## The Importance of Maintaining Healthy Gut Microbiome

By Candice Nicole

Although we often associate organisms like bacteria, viruses and fungi as negative to our health, this is far from universal. There are countless living substances in our bodies that are not harmful, but helpful in keeping our organs and immune system working properly. These substances are collectively known as microbiome.

Our gut is one of the primary beneficiaries of microbiome as it is home to thousands of species of bacteria, each serving a different purpose while working to keep us healthy.

**Bacteria helps with metabolism.** The microbiome is responsible for breaking down and absorbing vitamins and minerals, synthesizing amino acids and creating bile - all essential to keeping our digestive system fully functional. Without them, our bodies would struggle to extract nutrients from food.

**Gut microbiome and heart health.** Not all microbes are healthy, and too many unhealthy microbes can cause serious health problems. Studies have shown that the balance of our microbiome is directly correlated to weight gain (as it can interfere with digestion) and even heart disease. While healthy organism such as Lactobacilli play an important role in promoting good cholesterol and triglycerides, harmful microbes can encourage the development of trimethylamine N-oxide (TMAO) which can lead to blocked arteries.

**Bacteria strengthens the immune system.** Many gut microbiome attach themselves to the lining of our intestines preventing more harmful bacteria and pathogens from colonizing there. They act as little warriors protecting our healthy resources and enhancing immunity.

**The need for bacterial diversity.** If you think of your body as an ecosystem and the bacteria and other microorganisms as plants and animals, you will understand the need for biodiversity. This is what keeps our body healthy and balanced. A lack of balance from poor nutrition or antibiotics (which kill all the organism) can lead to disease. Those suffering from inflammatory bowel disease, arthritis, Crohn's disease and diabetes tend to have low bacterial diversity in their guts.

**What causes an unhealthy microbiome?** Have you ever heard that most diseases start in your mouth? Poor dental hygiene can wreak havoc on our microbiome as can lifestyle factors like stress, alcohol, too many antibiotics, lack of sleep, processed and junk foods; all can cause imbalances of microorganisms in the GI tract.

**How can we repair our microbiome?** Consuming probiotic foods that contain beneficial live microbiota (such as fermented foods) can strengthen your intestinal tract and restore a healthy balance. Yogurt with live active cultures, pickled vegetables, tempeh, kombucha tea, kimchi, miso, kefir and sauerkraut are great sources. Studies have shown that supplementing with major and trace minerals can also significantly increase the concentration of healthy colonic microbiota.

Candice Nicole is a health advocate and founder of HUmineral food derived mineral nutrients. She can be reached at [info@HUmineral.com](mailto:info@HUmineral.com) or (888) 765.0087. For more information visit [www.HUmineral.com](http://www.HUmineral.com).

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# Chilling with My Valentine

By Lauren Del Sarto

This past Valentine's Day, I was getting over a cold, so I asked my sweetheart if we could forego the dinner and vino for something really good for us.

So, we headed to the new Restore Hyper Wellness to try a rejuvenating cryotherapy session. I thought the rush of blood might enhance my state of being, and Tommy was familiar with how well it helped his golf swing.

Restore was recently opened by health advocate Alma Smith, local owner of Orangetheory Fitness, her orthopedic and integrative medicine husband Jeff Smith, DO and their partners. It offers an array of cutting edge modalities including the 2COOL cryotherapy room that allows couples and friends to "chill" together.

Thermal therapies, extreme hot and cold, are growing in popularity. Top athletes are bringing cryo chambers on the road, today's rock stars are trading post-performance parties for ice baths and social groups are traveling the world in search of the next exhilarating body of water to explore.

"The term biohacking is used a lot these days," says Dr. Smith. "Often that includes doing something that mimics what has been done for thousands of years: using light, cold, warmth and movement to improve wellbeing."

The benefits of cryotherapy include reduced pain, enhanced recovery, reduced inflammation and, as we learned on our visit, reduced anxiety, stress and depression. "Cryo increases dopamine and serotonin up to 250%," explained Smith, "resetting the autonomic nervous system and helping you manage stress by purposely inducing stress." Other benefits include collagen production, making it good for arthritis, and better sleep.

This year's wellness trends (p.1) introduce white fat versus brown. Smith explained how cryo changes white fat cells to more beneficial brown cells. "Cryo releases 'heat shock' proteins which instruct your fat cells to produce more mitochondria, the energy that fuels us, making them more metabolically active and us more efficient in burning calories."

Restore provides robes, socks, slippers, hats, masks and mittens to protect extremities during the session which starts at two-and-a-half minutes and can progress to three. The temperature goes down to negative 135 degrees for beginners and negative 165 for seasoned fans. The frosty air envelopes your body and deep breaths cleanse your lungs. Time passes quickly if you embrace the moment and feel the effects.

Cryo is like exercise, Smith adds. "You can't just do it once and expect long-term benefits, but with regular use, the results can be significant. However, you will feel the benefits from each session for hours and even days."

Two days later, we were still on our deep freeze high. This won't be the last time we trade another dinner out for a healthier wellness option.

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



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## Making Peace with Your Plate

By Regina Basterrechea, MS, FNLP

If you struggle with your relationship with food and your body, you are not alone. According to a Harris Poll, 70% of U.S. men and 80% of women suffer from food guilt. As a result, the dieting industry is a \$71 billion industry that has people doubting themselves and their bodies. These statistics tell me that many people are suffering with their food and body image—and diets are not working.

There is an alternative; one that differs from the typical diet plan and has very different results. It's a process called Intuitive Eating and here's what it helps you do:

- Finally, stop dieting (which does more harm than good)
- Discover which foods satisfy you and to eat them with ease and freedom
- Honor your emotional health as much as your physical health
- Recognize and truly take care of your body's needs (like hunger, energy, sleep)
- Be kind to yourself and quiet the "inner bully"
- Realize your worth is not tied to your body size
- Stop feeling like you need to shrink or be fixed

Intuitive Eating is an effective, research-based methodology that allows you to make peace with food and your body. As you learn more about it, you may feel resistance, which is expected because this approach differs from what many learned growing up in our diet-obsessed society. When I first learned of this practice, I too felt some inner resistance. It took time to unleash from the years of food rules. If this is coming up for you, please notice it, and get curious without judgment.

Intuitive Eating involves breaking the cycle of dieting by removing the polarizing "good" and "bad" food labels that create the mental diet cycle; approaching food from a space of emotional neutrality (identifying the root causes of any emotional eating); and learning to manage and reduce the stressors in our lives to make it less likely to eat emotionally, while at the same time improving overall health. Making peace with food by letting go of any eating plan allows you to respond more to what your body needs and wants in terms of when you eat, what to eat and how much to eat. This helps you discover a sustainable process for long-term success, health, and wellness, and to rediscover the pleasure and satisfaction of food.

We all know the brain wants pleasure. When you deny yourself pleasure from food, your body will crave it in other ways (part of emotional eating is seeking out pleasure). If you're like most of my clients, you've become accustomed to following a diet or food plan and spending a good amount of time feeling hungry or lacking energy - because you're not eating in a way that truly satiates and gives you good energy. The goal is to choose foods that satisfy and energize. With Intuitive Eating, you experiment, tune into your body and start to understand what foods fill you up and give you the energy to do all the things you want (and need) to do.

This program begins the process by which you can redesign your relationship with food and your body.

Regina Basterrechea is a functional nutrition and lifestyle practitioner with Nutrition on a Mission. She is offering a Making Peace with Your Plate™ 14-day group coaching program and can be reached at (760) 799.6550. For schedule and more information, visit [www.PersonalNutrition.Coach](http://www.PersonalNutrition.Coach).

## Life in the Fasting Lane

A Book Review by Joseph E. Scherger MD, MPH

When I reviewed Jason Fung, MD's *The Obesity Code* (2016), I commented that Dr. Fung taught me how *not* to eat. Dr. Fung promotes fasting as a cornerstone of weight loss and overcoming obesity. He also promotes a very low carbohydrate diet that is essential for burning off excess body fat.

One of my patients, who was stuck on a weight plateau, commented that she did not fully understand fasting until she read *Life in the Fasting Lane* by Fung and two women who dealt successfully with obesity using fasting: Eve Mayer and Megan Ramos. Mayer is a speaker and writer who once weighed 300 pounds and had multiple health issues. Through fasting, she lost more than 100 pounds and is free of health problems. Ramos is a clinical educator who works with Fung counseling his patients. She was also obese, and through low carbohydrate nutrition and fasting, is now healthy.

Each of the authors gives a voice to this practical book. In the audible version, each narrates giving added authenticity to their messages. The two women bring the fasting process to life in ways only patients can. Their messages are inspiring and motivating.

*Life in the Fasting Lane* is divided into four parts. The first is an overview covering the basics of fasting with comments on food choices and hormones. Women have unique challenges when it comes to hormones, food and their carbohydrate threshold. The amount of carbs they can eat without gaining weight is lower than in men. Usually in women, this threshold is 25-30 grams daily of carbs compared with 50 grams for men.

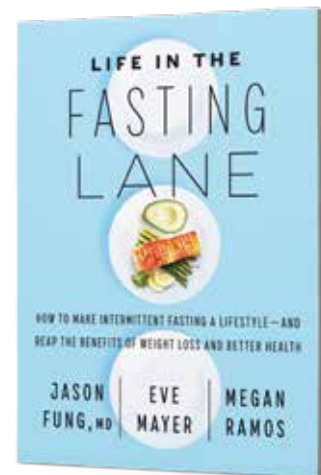
The second part of the book covers the preparations necessary for successful fasting, including what to have at home and relationships with a spouse, family members, friends and your doctor. Even sex and pregnancy are covered.

The third part addresses different fasting plans and picking one that is best for you. Fasting is any abstinence from food longer than 12 hours. Fasting periods for successful weight loss are usually 14 hours or longer. Mayer and Ramos are both experienced in longer fasts greater than 24 hours, and reading their stories makes you realize that you can do that too.

The final part of the book covers various problems, including common symptoms that may happen during fasting and logistics for how a fasting lifestyle fits into work and a social life.

*Life in the Fasting Lane* excels as a book that is both practical and inspiring. I now fast with more confidence when I have some pounds to lose, and I recommend this book to patients wanting to overcome overweight and obesity. We are not biologically designed to eat three meals a day. One meal is often enough, and we can go a day safely without eating. Kudos to Fung for sharing his expertise and for bringing these women, with their stories and knowledge, to life.

Dr. Scherger is founder of Restore Health in Indian Wells, a clinic dedicated to weight loss and reversing disease. To schedule a consultation or for more information, visit [www.restorehealth.me](http://www.restorehealth.me) or call (760) 898.9663.



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# Dimethicone: Good Guy? Bad Guy? It’s Complicated.

By Brook Dougherty

The skincare business is a bit like a John Wayne movie. There’re always good guys and bad guys. In Westerns, the good guys are the ones with the white hats. The bad guys are the ones with the black hats. In skincare it’s harder to identify the villains; they don’t wear hats and they change every few years.

What’s important for business is that there must always be bad guys (parabens for example), and there must always be good guys (i.e. green tea). That way, brands can make labels that say, “no parabens,” or “no xyz” and imply that because the formulation doesn’t contain that one ingredient, everything else about their product is fabulous. It’s not quite that simple.

The good news is that we each get to decide what to put on our skin and what to avoid. The bad news is that there are forests of information to machete through in search of our truth. First, we must decide if we need to concern ourselves with the safety of our skincare products or if it’s enough to trust that there are regulatory bodies in place to protect us. For those who feel the need to evaluate ingredients, the first step is research. Is an ingredient bad or good, or does the skincare industry need to feast off a new devil or rock star?

Recently, there has been a lot of hub bub about silicones in skincare. Some folks have worked themselves into a frenzy arguing the pros and cons. Since silicones are in thousands of products ranging from diaper creams to wrinkle serums, it’s probably a good idea to give them some thought.

What are silicones? Silicones are naturally derived from polymers, compounds made up of alternating silicone and oxygen atoms. While there are many kinds of silicones, dimethicone seems to be the latest fly in the ointment, so to speak. Why the bad rap?

One annoyance for some is that dimethicone and its cousins are synthetic vs natural. In cosmetics, there is no official designation that makes an ingredient “natural.” “Organic,” on the other hand, is a genuine certification. “Green” is not a recognized certification, whereas “Leaping Bunny,” which identifies animal-friendly products is legit.

In medicine, dimethicone is a good guy. Known for its occlusive properties, it helps heal wounds by allowing the skin to “breathe.” Dimethicone can create a barrier against the outside world while healing happens below. In burn units around the world, dimethicone-based products along with petrolatum (Vaseline) are indispensable.

That protective barrier that works so well for wounds and burns is also of value in beauty products. It works to fill in pores, blur wrinkles and create a silky canvas for the application of makeup. Dimethicone can also be a help with dry skin, preventing moisture loss from the top layers. It is especially useful in conditions where the skin barrier is unhappy such as eczema and psoriasis. It’s a good guard against bacteria and can soothe without being greasy.

Another highlight of the dimethicone debate is around acne. There are those who



say it may help to prevent breakouts by providing moisture without oils, while others say silicones clog pores. Dimethicone is classified as non-comedogenic (does not clog pores) and non-acnegenic (not likely to cause acne), but it's important to keep in mind that products containing dimethicone must be thoroughly cleaned from the skin. The last thing acne-prone skin needs is bacteria and sweat trapped beneath a protective layer. If you have the sense that this ingredient is causing a problem, then you might want to review and research everything you’re using on your skin.

You may gain knowledge from government agencies, non-profit organizations and the scientific community, but you will likely find trustworthy information from the US Food and Drug Administration and the Cosmetic Ingredient Review Expert Panel who funded research on this issue in 2019 and evaluated many of the safety questions you might have.

It’s important to remember some natural ingredients can cause irritation, and some synthetic ingredients are beneficial and safe for the skin. There is perception, and there are facts, and it’s often hard to tell the difference.

Brook Dougherty of Indio is the founder of JustUs Skincare and can be reached at brook@justusskincare.com. For more information visit www.justusskincare.com

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# Should You Dermaplane?

By Marisa Rivera, LE

With season in full bloom, many are looking for a quick facial treatment that delivers immediate rejuvenation with no down time. Dermaplaning can be the perfect choice. Widely practiced by dermatologists and plastic surgeons for more than 40 years, dermaplaning is a simple and safe treatment that leaves you with soft smooth skin and a fresh glowing face.

Dermaplaning was initially developed as an alternative to chemical exfoliations and later as a pre-treatment prep for laser resurfacing and deeper chemical peels. Today, it has become a popular aesthetic treatment performed by a licensed esthetician in a medical-spa setting.

This method of exfoliation uses a medical-grade scalpel blade that gently sloughs off the build-up of dead skin cells from the outermost layer of the skin, the stratum corneum, while also temporarily removing the vellus hair, aka “peach fuzz,” on the face. Dead skin cells and lack of exfoliation are often responsible for the skin looking dull and dry and not feeling or appearing soft and smooth. Immediately following a dermaplaning session, the skin looks brighter, healthier and rejuvenated. Makeup applied will go on more evenly and skin care products will absorb much better and work more effectively.

This dual combination of hair removal and sloughing of surface debris makes dermaplaning a winning anti-aging procedure for the ultimate glow.

Here are common questions and what you need to know before you go:

**How long does a dermaplaning session take and what is the cost?** If not combined with other treatments, it typically takes 20-25 minutes and can range from \$85-\$110.

**How often should you get a dermaplaning treatment?** It is recommended to get this treatment every four to six weeks.

**Does the procedure hurt?** Absolutely not. If done correctly by a trained professional, it should feel comfortable and relaxing for the client.

**Will the hair grow back thicker or darker after the procedure?** No, this will not change the look or feel of the hair. Dermaplaning is unlike shaving which only removes the hair at the skin level and does not exfoliate the skin.

**Is dermaplaning only for women?** Dermaplaning is a great treatment for both men and women and is most beneficial when combined with a facial. For men, it can be performed on the forehead and around the eyes; women can receive a full-face treatment.

**When should someone avoid dermaplaning?** This treatment should be avoided if you have active acne, rosacea, eczema or psoriasis on the skin.

**What type of treatments can you combine with it?** Dermaplaning can be combined with a variety of procedures including light chemical peels, hydrafacial and oxygen infusion treatments.

Marisa Rivera is a licensed esthetician and managing partner at SkinLab by Cosmetic Surgery Institute on El Paseo. She can be reached at (760) 230.5291 or for more information, visit www.skinlabcsipd.com.



Dermaplaning gently removes dead skin cells on the outermost layer of the skin.



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  - Chemical peels
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  - Vitamin shots

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Leslie Burns



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## YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®



### The Secure 2.0 Act Summary by Year

In December, the President signed the SECURE 2.0 Act of 2022 (SECURE 2.0), part of the Consolidated Appropriations Act (CAA) of 2023, which builds on and expands the SECURE Act of 2019 to improve retirement-savings opportunities. Below are a few key highlights of SECURE 2.0:

#### 2023

- Account holders of certain employer-sponsored plans, traditional IRAs, SEP, and SIMPLE IRAs are mandated to take a required minimum distribution (RMD) annually based on the account balance and the account owner's life expectancy. The new required beginning date for RMDs is increased to 73 starting January 1, 2023, and 75 beginning in 2033.
- Employers may amend their plan to allow matching and nonelective employer contributions to be designated as ROTH contributions per employee request.
- New retirement plans, with less than 50 employees, can claim up to 100% of the start-up costs not to exceed \$5,000. In addition, employers may claim an additional \$1,000 for each employee who earns less than \$100,000 and apply the credit towards a match up to \$50,000.
- SIMPLE and SEP Roth IRAs may accept ROTH contributions.
- Individuals may now make a one-time distribution of up to \$50,000 (adjusted for inflation) from an IRA to a charitable gift annuity or charitable remainder trust.

#### 2024

- 401k plans part-time workers coverage enhanced from three to two years with 500 hours worked.
- Force-out rollover threshold increases from \$5,000 to \$7,000.

- Employees may request up to \$1,000 from their retirement account for a personal emergency.
- Penalty-free withdrawal for domestic abuse survivors up to the lesser of \$10,000 or 50% of their account.
- Employer's match may be directed towards the employee's student loan debt in lieu of their retirement account.
- 401k plans that allow for ROTH contributions, the catch-up contribution (50 years or older) must be a ROTH contribution if the employee earns more than \$145,000. If they earn less than \$145,000, it's at the employee's discretion.
- 401k and 403b ROTH accounts no longer require a minimum distribution (RMD).
- SIMPLE IRAs allow additional nonelective contributions. Catch-up increased by 10%.
- Establishment of a national database to locate retirement accounts (tentative completion in 2024).

#### 2025

- Employees 60 to 63-years-old may increase the catch-up contribution to \$10,000. Employees earning more than \$145,000 must contribute the catch-up contribution to the ROTH component.

#### 2026

- Beginning in 2026, ABLE accounts can be established for individuals who became disabled before age 46 (increased from age 26).

For more information and the personal impact on your financial planning, be sure to speak with your financial advisor.

Michele Sarna can be reached at (760) 932.0930, msarna@beaconpointe.com.

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## Caring for a Loved One with Frontotemporal Dementia

*Compliments of Alzheimers Coachella Valley*

Frontotemporal Dementia (FTD) is a disease process characterized by progressive atrophy of several different areas of the brain, particularly the frontal and/or temporal lobes. These areas control executive functions such as decision-making, personality, social behavior and language. FTD affects an estimated 50,000 to 60,000 Americans and about 40% of people with FTD have a family history of the disease.

FTD is distinct from other forms of dementia in two important ways: 1) Onset of FTD often occurs in a person's 50s and 60s, with the average age of diagnosis at 60. This is a full 10 years before the average Alzheimer's patient is diagnosed; 2) The hallmark of FTD is gradual, progressive decline in behavior and/or language (with memory usually relatively preserved). As the disease progresses, these deficits cause significant impairment in social and/or occupational functioning and result in an increasing dependency on caregivers.

Signs and symptoms vary, depending on which part of the brain is affected. The most common signs of FTD involve extreme changes in behavior and personality including increasingly inappropriate social behavior; loss of empathy and other interpersonal skills; lack of judgment; loss of inhibition; lack of interest; repetitive compulsive behavior; a decline in personal hygiene; sleep issues; and changes in eating habits, usually overeating or developing a preference for sweets and carbohydrates.

Managing behavioral symptoms can involve several approaches:

- **Trying to accept rather than challenge your loved one.** Arguing or reasoning will not help because persons with FTD are unable to control their behaviors or see that they are unusual or upsetting others.
- **Taking a "timeout" when frustrated.** Take deep breaths, count to 10 or leave the room for a few minutes.
- **Limiting choices and offering specific choices when dealing with apathy.** Open-ended questions, such as "what do you want to do today?" are more difficult to answer.
- **Maintaining a regular schedule, reducing distractions and modifying the environment** to reduce confusion and improve your loved one's sleep.
- **Limiting food choices and/or distracting your loved one** with other activities if compulsive eating is an issue.

FTD can also cause speech and language problems such as difficulty in using and understanding written and spoken language and trouble naming things. Some patients use speech therapy to help with language skills and a speech therapist can also help find other ways for the patient to communicate. Speaking slowly and clearly, using simple sentences and waiting for a response is another strategy.

Rarer types of FTD can result in motor-related problems that include tremors, rigidity, muscle spasms or twitches, difficulty swallowing and falls or walking problems. Medications and physical and occupational therapy may provide relief for movement symptoms.

Coping with FTD can be frightening, frustrating and embarrassing for the patient and family members. Since some symptoms cannot be controlled, family members should not take their loved one's behaviors personally.

If you suspect your loved one has FTD, getting an accurate diagnosis is crucial as some medications used to treat other disorders may be harmful in a person with FTD. While there is no cure, coordinating your loved one's care with their team of health professionals is essential to managing medical and day-to-day care as well as changing family and social relationships, stress and other concerns including your own self-care.

*Editorial by Patricia Riley, board member of Alzheimers Coachella Valley, a community resource for dementia support and education. For more information, call (760) 776.3100 or visit [www.cvalzheimers.org](http://www.cvalzheimers.org).*

### Understanding Myasthenia Gravis

*Continued from page 6*

Once a person does receive an MG diagnosis, many treatments are available to improve symptoms and help them feel better. With treatment, many people with MG can lead long, full lives.

Medications such as Mestinon®, Prednisone, VYVGART®, Ultomiris®, and Soliris® reduce muscle weakness in many people with MG. In fact, if your doctor suspects you have MG but you're waiting on diagnostic results or if your blood test for relevant antibodies is negative, he or she may give you a dose of Mestinon. If you see immediate improvement in your symptoms, doctors consider this an indicator that you have MG.

Patients may also undergo plasma exchange, which filters abnormal antibodies from the blood, or intravenous immune globulins infusions, which is thought to override a person's own antibody production.

A thymectomy, which is a surgery to remove the thymus gland, can also improve or eliminate symptoms in some patients. This gland plays a role in the production of antibodies.

While there's currently no cure for MG, researchers around the globe are investigating the disease, and each year, uncover more about this rare disorder.

The Myasthenia Gravis Foundation of America (MGFA) is the largest, leading MG patient advocacy organization in the United States. MGFA supports this work by funding the most promising research discoveries for better treatments and a cure. Recently, the foundation relaunched a global registry for MG patients, which will provide real-world patient data to researchers in order to support clinical trial development.

Many people find solidarity with other patients on social media, while advocacy organizations are proven resources for education and community. At the MGFA, conferences for patients and practitioners drive awareness of the latest research and help forge connections. Wellness and research webinars and health fairs educate people on managing symptoms, navigating the health care system, and more. MGFA's resources and strong relationships with medical professionals and MG experts around the world enable the provision of powerful, impactful programs for those living with this disease.

Support groups are a wonderful resource to confidentially connect with other patients to share guidance and lived experience. Those living with MG, and their caretakers, are invited to join the MGFA Southern California MG Support Group. Virtual meetings are held quarterly, and the 2023 meeting dates are March 4, June 10, September 9 and December 9 from 9-11 a.m. Specialty support groups are also available, including a Spanish-language group; MAYA, a group for young adults; and the Seronegative Support Group, for those without known antibodies related to MG.

People with rare and chronic diseases don't have to go it alone. If you have MG or another rare disease, find resources to help you navigate the path.

*Kate Stober is with the Myasthenia Gravis Foundation of America. To register for the MGFA Southern California Support Group, contact Group Leader Connie DiPasqua of Indio at [Concetta6@yahoo.com](mailto:Concetta6@yahoo.com). For additional information, visit [www.myasthenia.org](http://www.myasthenia.org).*



## Do you have CONCERNS?

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## 10<sup>TH</sup> ANNUAL WOMEN WHO RULE

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Champagne Welcome • Raffle Prizes • YWL Scholarship Presentation



**Mary T. Roche Community Leadership Award**  
**Connie Golds**

Founder of Desert Best Friends Closet



**WLF Visionary Award**  
**Victory Grund**

President of Old Town Artisan Studios



**Helene Galen Excellence in Education Award**  
**Theresa Mike**

Founder of Theresa A. Mike Scholarship Foundation



**Power Couple Award**  
**Raju and Jaishri Mehta**

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### UPCOMING EVENTS

**March 2:** Let's Interact Speaker Series "Health is Wealth" at Classic Club

**March 17:** Coachella Valley Firebirds ice hockey game at Acrisure Arena

**April 6:** Let's Interact Speaker Series "Be the Author of Your Own Story" at Classic Club

**April 20:** Free Member Only "All Things Anti-Aging" reception at SkinCeuticals SkinLab

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## Honoring Women Leaders Now and The Next Generation

### WLF's Women Who Rule Returns in May

Women Leaders Forum's (WLF) 10th Annual Women Who Rule Awards & Scholarship Luncheon is set for Friday, May 5, at Agua Caliente Resort Casino in Rancho Mirage. KESQ News Channel 3's Karen Devine will emcee the celebration of women across the Coachella Valley, specifically honoring three amazing leaders and the first-ever couple for their contributions to our community.

This year's honorees include: Connie Golds, founder of Desert Best Friends Closet receiving the Mary T. Roche Community Leadership Award; Victory Grund, president of Old Town Artisan Studios receiving the WLF Visionary Award; Theresa Mike, founder of Theresa A. Mike Scholarship Foundation receiving the Helene Galen Excellence in Education Award; and Raju and Jaishri Mehta, owners of El Paseo Jewelers receiving the Power Couple Award.

Proudly recognizing presenting sponsor SBEMP, a full-service law firm, this spring's event is the primary fundraiser for WLF and its Young Women Leaders (YWL) Program which provides life skills and educational sessions, and awards merit and need-based scholarships to local high school seniors. WLF is proud of the girls whom this program has served over the past two decades, many currently thriving as adults in the valley and across the U.S.



WLF's Young Women Leaders learn through mentoring, classes and community outreach.



Past scholarship recipient Kalena Gottwald with WLF member Tiffany Capobianco and scholarship sponsor Maya Kato, MD.

Explains Renell E. Burch, Esq., SBEMP Partner, "Together with my partners at Slovak, Baron, Empey, Murphy, and Pinkney, LLP, we feel privileged to have the opportunity to support our community and the women leaders of this valley. Equally important is our support for the next generation of young leaders. WLF's Young Women Leaders program inspires each of us to present opportunities to our high school students who seek their own personal growth. This unique program provides these young leaders with an avenue to gain necessary life skills as they begin their own academic journeys after high school. We could not be more proud of the achievements already made by our young women leaders. We look forward to watching them soar far and beyond."

WLF's philanthropic initiative is to fund college scholarships for the best and brightest enrolled in the YWL Program with up to \$30,000 matched by OneFuture Coachella Valley. Founded in 2001 by former Indian Wells Mayor and Councilwoman, Mary T. Roche, WLF has raised more than \$800,000, which is distributed to high school seniors who complete the YWL program.

WLF's platinum sponsors are Desert Oasis Healthcare and Desert Care Network. Leadership sponsors include: Blanke Schein Wealth Management, Wildest Restaurant + Bar, Jenell VanDenBos and Assoc. Realtor, KESQ, CV Strategies, The Berger Foundation, Agua Caliente Resort Casino, Buzzbox, Cruise Planners, Desert Health News, Classic Club, Coachella Valley Firebirds, Solowitz & Associates and Alpha Media.

Please join WLF in celebration of its five honorees and help raise funds for such exceptional young ladies embarking on college life.

Sponsorship opportunities are available ranging from \$500 to \$2,500. Tickets and tables can be purchased by visiting [www.wlfdesert.org/women-who-rule](http://www.wlfdesert.org/women-who-rule).

## Over Five Decades of New Beginnings

### Jeans and Jewels Gala to benefit CVRM

Since 1971, the Coachella Valley Rescue Mission (CVRM) has been providing those needing a safe refuge with food, clothing and secure shelter. Over the years, their programs have grown to include extensive counseling, job training and job placement services to help people end their cycle of homelessness.

On March 16, all are invited to celebrate their contributions to our community at the 52nd Anniversary Jeans and Jewels Gala and Silent Auction being held at the Hyatt Regency Indian Wells.



Festive fun for a fabulous cause at the Jeans and Jewels Gala.

The festive event begins with a reception featuring hors d'oeuvres, cash bar and a silent auction. A plated dinner and inspirational program will follow with music and dancing by valley favorite Frank DiSalvo and his live band.

"A special video presentation showcasing the successes of CVRM graduates will be a highlight of the night," says Executive Director Darla Burkett. "We are proud of the many who have changed their lives for good."

CVRM is the only emergency shelter of its size between Blythe and San Diego and offers over 320,000 meals and 108,000 bed nights of shelter each year. CVRM's success rate for those entering residential programs and emerging employed with housing is an impressive 80%.

The event will be hosted by KESQ News Channel 3 Meteorologist and Eye on the Desert Host Patrick Evans. All proceeds benefit the operations of CVRM, so don your buckles, boots and bling and come out in support of this important cause.



KESQ's Patrick Evans

CVRM's Jeans and Jewels Gala and Silent Auction will take place March 16 at 5:30 p.m. at the Hyatt Regency Indian Wells. Tickets are \$200 per person with tables of 8 or 10 available. For tickets and additional information, visit [www.cvr.org/gala](http://www.cvr.org/gala).





# Fan Favorites to Play Mission Hills

## PGA TOUR Champions returns to Valley after 30 years

David Duval, Fred Couples, John Daly, Miguel Angel Jimenez, Corey Pavin, Bernhard Langer, Vijay Singh, Mark O'Meara - some of golf's most prestigious and revered names - will take part in the inaugural Galleri Classic at Mission Hills Country Club March 22-26.

Golf fans, who have spent a large portion of their lives rooting for these legendary players, will have the opportunity to see them up close at the first PGA TOUR Champions in the desert since 1993. Players were eager to return and the tour quickly secured the dates left behind by the LPGA, which moved its event to Texas. The Galleri Classic will feature 78 PGA TOUR Champions pros playing 54 holes (three rounds Friday through Sunday) for a \$2.2 million purse.

The Galleri Classic is named after title sponsor GRAIL's multi-cancer early detection test which is recommended for use in adults with an elevated risk for cancer, such as those aged 50 or older, and as a complement to existing single-cancer screening tests.

"We see The Galleri Classic as much more than just a golf tournament," GRAIL CEO Bob Ragusa tells us. "At age 50 and older, PGA TOUR Champions players likely have personal experiences with cancer and can use this platform to inspire both their peers and fans to be more proactive about their health."

It is important to GRAIL and the PGA TOUR Champions that tournament proceeds stay within the greater Coachella Valley and proceeds will benefit local non-profits supporting those with cancer at each phase of the disease. Local beneficiaries include Desert Cancer Foundation, Eisenhower Health, Hanson House, Pendleton Foundation, Shay's Warriors Life After Cancer and the American Cancer Society's local affiliate.

"There's such a rich history of golf in the Coachella Valley," adds Ragusa. "There is also a tradition of excellence in health care in this region. It's great to now be a part of those traditions by hosting The Galleri Classic at Mission Hills."

The spectator experience is also top of mind for the tournament. Daily tickets are \$30 for general admission and \$75 for clubhouse; youth 15 and under are free with an adult. Weekly grounds passes are \$65 for general and \$150 for clubhouse. Volunteer opportunities also are available.

For more information and to purchase tickets, visit [www.thegallericlassic.com](http://www.thegallericlassic.com).



Fred Couples



John Daly



David Duval

# GRACE: A Theatrical Ice Show

Dorothy Hamill and JoJo Starbuck to host

Some of figureskating's top names are coming to Acrisure Arena's Berger Foundation Iceplex for a spectacular performance of theater on ice Saturday, March 18 at 7p.m.

Olympic Champion Dorothy Hamill and two-time U.S. Olympic Team Member JoJo Starbuck will serve as hosts for Ice Dance International's (IDI) "Grace," performed by an ensemble of 10 world-class figure skaters including two-time United States Champion Alissa Czisny and 2022 U.S. Open Champions Kseniya Ponomaryova and Collin Brubaker. IDI is a professional performing arts figure skating company based in Kittery, Maine. The non-profit organization promotes ice dancing through live and virtual performances and engaging educational and outreach programs.

Grace, which launched last year as a national tour, bridges sport, theater, dance and art in a vibrant extravaganza orchestrated by 2022 Olympic choreographers Benoit Richaud and Rohene Ward, and Disney on Ice leading choreographer Cindy Stuart.



Colors, choreography, athleticism and artistry shine

"We are excited to bring this performance to the Coachella Valley," said Douglas Webster, IDI's executive and artistic director. "It is an experience for the viewer, a theatrical journey set to music with dynamic, athletic movement, intimate interaction, soaring grace and artistry and swirling patterns that will transport the audience."

Tickets are \$15 for youth (16 and under) and \$30 for general admission with a \$40 fan ticket that includes a post-event meet and greet with the cast (VIP tickets have already sold out). Parking is included for this show. Attendees are encouraged to bring warm clothes and a padded cushion or blanket for bleacher seating. The 90-minute show includes one intermission.

Grace is supported by Spruce Peak Performing Arts Center in Stowe, VT, the New England Foundation for the Arts, Strawberry Banke Museum in Portsmouth, NH, Monson Arts, the Libra Foundation and the Piscataquis County Ice Arena in Dover-Foxcroft, ME with ongoing support from the Lisa McGraw Figure Skating Foundation.

Grace takes place at the Berger Foundation Iceplex at Acrisure Arena Saturday, March 18, from 7-8:30p.m. For more information and tickets visit IDI's events page at [www.icedanceinternational.org](http://www.icedanceinternational.org).





DOROTHY HAMILL



JOJO STARBUCK

# GRACE

## A Theatrical Ice Show Experience

HOSTED BY  
DOROTHY HAMILL & JOJO STARBUCK

US OPEN CHAMPIONS  
KSENIYA PONOMARYOVA • COLLIN BRUBAKER  
CARLY DONOWICK, ADAM KAPLAN, JOSEPH JOHNSON, JEAN-SIMON LÉGARÉ,  
KARINA MANTA, LARA SHELTON, NEILL SHELTON

Featuring  
2-TIME US CHAMPION  
ALISSA CZISNY

Choreography by  
BENOÎT RICHAUD  
CINDY STUART  
ROHENE WARD  
DOUGLAS WEBSTER





MARCH 18 • 7PM  
BERGER FOUNDATION ICEPLEX AT ACRISURE ARENA

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\$15 FOR YOUTH (16 AND UNDER)	\$30 FOR GENERAL ADMISSION	\$40 FAN TICKET INCLUDES POST EVENT MEET-AND-GREET WITH THE CAST	VIP TICKETS SOLD OUT
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## Past and Present Parlay in The Penney & Parlour

An Introduction by Lauren Del Sarto

Restoring a historic club to appeal to both long-term residents and the desert's burgeoning crowd of youngsters is no small task. Yet Miguel Nelson, the new owner of Rancho Mirage's Desert Island, has done just that, unveiling a unique resort in old Hollywood style that is open to all - and enjoyed by every generation.

Their plush golf course is free of single-family homes boasting open mountain views and spectacular sunsets. The vast clubhouse is now home to *The Penney* offering refined indoor/outdoor dining; the *Parlour* lounge featuring artisanal cocktails and table games; a sunken bar and spirits library with up to 500 small batch labels; 9 ½ Bar + Kitchen presenting casual bites course-side, and a large event space complete with glittering disco ball.

"Desert Island is such a part of history in the desert," says Nelson. "We want to honor its colorful past while blurring the boundaries on young and old, public and private, classic and adventurous."

While he and his team present many interactive festivities - live entertainment in the lounge, artwork showcasing valley residents, "Golden Hour" with sunset cocktails, shaved iced, gourmet bites and a putting green - Nelson says the dining experience is at the center of all they offer.

Creatively inspired by Executive Chef Jon Butler, who studied under many culinary greats nationally and in Europe, their intriguing menus offer proof with flavor and taste combinations sure to surprise the most discerning palates.

"Knowing flavors that work, pairing them with things that may be a bit unique and having fun with the plating creates a memorable dining experience for guests," says Butler who leans heavily on local and seasonal ingredients.

"DI" has a cool vibe, intriguing guests, welcoming staff and exceptional cuisine. Our most recent visit was for their Mid-Century Modern Séance during modernism week, so in addition to another memorable meal, we had our auras read (that is Desert Island).

We began with fresh oysters on the half shell served with Banyuls mignonette and bay scallop crudo topped with "passionfruit aji amarillo." The sweet and tart fruit combined with the Peruvian chilis added a sweet and spicy flare that speaks to Butler's talent for combinations.

My first "adventure" was the sautéed sweet potatoes seasoned with a mushroom X.O. sauce and topped with winter herbs and sesame seeds. Exceptional. The crispy Romanesco cauliflower (tastes/looks like broccoli-cauli) were seasoned with a sesame emulsion, smoked soy and furikake (a Japanese multipurpose seasoning) and topped with sliced cumquats. I couldn't get enough. The warm green salad included blistered snap peas, fennel, scallions, mint and pine-nut tahini for a crisp bite and smoky flavor. It was a vegetarian delight!

My husband Tom had the wild Mediterranean turbo, which you don't see often, gently seasoned with onion soubise (puree), chives and black olive oil. It was flaky, light and very flavorful. Other entrees that evening included roasted chicken, crispy pork belly, Neapolitan ragu, New York steak and a John Dory served with lemon, caper and brown butter parsley. Accouterments always include Parker House rolls and a selection of homemade desserts from their in-house pastry chef.

"There is no comparable dining experience in the valley," states lifestyle medicine doctor Joseph Scherger, MD, a resident and frequent guest. "Miguel has brought an art deco flare to Desert Island and Chef Butler's ever-changing menus of small and large plates are creative and delicious."

"All the clubs in the desert have their own flavor, and ours is a destination resort that feels private, but is public," says Nelson noting that they are offering 100 semi-private club memberships. "All guests feel as if they are part of a private club for the day. It keeps it interesting and fun for everyone, and you never know who you are going to meet."

Desert Island is located on the corner of Bob Hope and Frank Sinatra in Rancho Mirage. The Penny and Parlour are open Wed - Sun from 4 p.m. to close. 9 ½ Bar + Kitchen is open for breakfast, lunch and Golden Hour 7 days a week. For more information visit [www.DI71.com](http://www.DI71.com) or call (760) 548.2100.



The Penney (top) and Parlour (bottom) offer a casual art deco flare, exquisite cuisine and festivities for all generations.



Bay scallop crudo and oysters



Roasted chicken, wild Mediterranean turbot and X.O. sweet potatoes with an array of winter herbs and sesame seeds

### Selection - Staff - Experience - Affordability

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