

Desert Health®

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March/April 2024

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SPRING CLEANING Inside & out

By Lauren Del Sarto

Spring renewal always invokes ideas for a fresh start: clean out the garage, weed through your closet, rearrange your workspace. We find great joy in tackling these menial tasks which can leave us with a satisfying sense of accomplishment.

What if, this year, we look inward instead? What spring cleaning can we do on ourselves that may leave an even more profound sense of satisfaction? Are those menial tasks actually a projection of the fresh, new start we'd like in our lives as a whole?

Every day we wake up and jump into the same old routine. Often, we find comfort in those routines, even though they may not be serving us well.

Fresh starts come from fresh perspectives, but we often don't stop the "human doing" long enough to realize how the "human being" is doing. This awareness can inspire simple changes that can make profound differences.

On these beautiful spring mornings, let's pause and take time to check in with ourselves. Is your life overwhelming, or maybe underwhelming? Is your boundless energy enthusiasm or addiction to chaos? Is your fatigue from restless sleep, or a deeper restlessness?

Years ago, I changed my morning routine from making coffee and checking email to enjoying my coffee as I meditate in the sun. Before long, I realized this simple act helped lift my mood from the start and could change my entire day from reactive to proactive.

We all know the difference a good night's sleep can make. Start your morning with 20 minutes of unfiltered sunlight without glasses or contacts, advises functional medicine doctor Jeralyn Brossfield, MD. This can reset your circadian rhythm and replenish melatonin naturally helping to ensure a good night's sleep.

Overwhelmed? Remember, you make your lists. Are there things you can let go? You may feel bad about it to initially, but you'll feel much better with lighter shoulders.

Underwhelmed? Try something new; add exhilaration to your life. Change your walking route and take in the new surroundings. Take a class. Create. Learn a new sport...I'm elated that at 59, I've just learned how to haul a trailer which opens the door for both opportunity and adventure.

Welcome spring with a fresh new perspective inside and out and see where simple changes can take you.



The Future of Wellness 2024 TRENDS

Each March, we share the newly released Global Wellness Summit's (GWS) annual wellness trends. Their *Future of Wellness* report is the longest-running and most in-depth forecast of what consumers across the globe are seeking in an effort to improve well-being. It also outlines what businesses, governments and industries are providing to satisfy those desires.

The trends commonly align with global circumstances, and it is no surprise that this year, wellness is a more significant priority for people than ever before. Stress levels are high, and people are realizing the benefits - and necessity - of making wellness routines, practices and technology part of their everyday lives.

This year's report describes two vastly different mindsets and markets that GWS dubs "hardcare" and "softcare." "Hardcare" refers to the new hyper-medical, high-tech, more expensive wellness market, while "softcare" captures the new desires for simpler, less expensive wellness, where emotional and social well-being matter most.

Medicine used to be the antithesis to wellness, but it now leads the hardcare sector. Weight-loss drugs quickly moved in on behavioral weight management programs, and burgeoning longevity clinics offer everything from advanced diagnostics to stem cell therapy, as the quest for longevity continues to dominate.

It is refreshing to read that younger generations are seeking more "low-fi," social, emotional and deeply human wellness. New desires for simpler, more profound experiences drive one of the report's top travel trends: pilgrimages, as ancient destinations lure new generations in record numbers to the most communal and spiritual form of travel - walking.

Softcare also encompasses a more human approach in caring for men's social and emotional well-being, as well as a focus on mental health and nurturing of new parents, often abandoned by the health care system once sent home with baby.

Continued on page 3



Minutes Matter

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A COMMUNITY BUILT ON CARE

Growth Inside & out

Seasons change and our world flourishes. Seasons of our life change, and we are offered the opportunity to flourish and grow as humans.

We seem to be feeling the seasons more than ever this year, both literally and figuratively, and how we adapt has a significant impact on our health and well-being.

A common theme within this edition is change, from the latest science to a return to ancient trails. Stress levels are high, and people are realizing that everyday wellness is a necessity as we figure out ways to adapt and evolve.

How are you doing? Have you stopped to ask yourself that lately? What are you doing for self-care?

While the world around us continues to change, the effect it has on us is our choice, and joy, happiness, peace and harmony are nurtured by feeding our mind, body and soul with love and self-care.

From creating emotional sovereignty (p.11) to managing stress (p.13), from the latest trends (p.1) and learning from others (p.23) to embracing foods that fuel us (pgs. 10,11, 17, 22), we hope you find inspiration, ideas and resources throughout our pages.

Thank you so much for reading. Let's continue the conversation with love and support for each other - and ourselves.

From my heart to yours,

Lauren

Lauren Del Sarto
Founder/Publisher



Our growing family -
with two more on the
way this month!



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It's a picturesque desert evening as the sky fades from sunset to dusk. Hundreds of flickering candles reflect off the crystal blue pool while soothing music and lavender scent fill the air. You take a deep breath and snuggle into your plush blanket as your floating vessel softly carries you across the water. The stars shine above as you immerse in the sound of beautiful healing bowls.

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Coachella Valley's Health Care Industry

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The Human Body Unveiled: PDHS's Health Academy Harnesses the Power of the Syndaver

By Student Violet David

At Palm Desert High School (PDHS), students in the three-year Health Academy program have the incredible opportunity to explore human anatomy with a hands-on experience using their new syndaver. By working on a life-like human model, students gain a deeper understanding of the human body and its intricate systems.

One of the major pros of using a syndaver is that it allows students to apply their knowledge to real-life scenarios. They can see firsthand how different organs and structures connect and interact with each other. This practical experience helps students develop critical thinking skills and a better understanding of medical procedures. Another advantage is that working with a syndaver fosters a sense of empathy and respect for the human body. Students learn to appreciate the complexity and fragility of life, which can greatly impact their approach to patient care in the future. It also gives them a chance to overcome any fears or discomfort they may have about working with human anatomy, as the syndaver replicates the human body in incredible detail.



Students at PDHS's Health Academy with their new syndaver

Another extraordinary benefit is the encouragement towards teamwork and collaboration among students as they work together to examine and explore the different parts of the body, sharing their knowledge and insights. This collaborative learning environment enhances communication skills and prepares them for future health care professions where teamwork is crucial.

Damien Gamboa and Leticia Gastelum, two PDHS seniors, now in their third year of the Heath Academy program, explained how the syndaver prepares them for their future. "Our job is to sterilize the syndaver. It is not particularly difficult, but it does take a large amount of time. One factor is due to the syndaver taking approximately 100 gallons of water. The first step is to drain all the water. Next, we put on gloves and apply an antibacterial soap, lathering up the syndaver to get into every organ, joint, muscle and artery. Then, we begin to rinse the syndaver and remove the soap. This is to prevent any sort of bacteria that could potentially form. Lastly, we incorporate Algae Guard into the water to add an extra layer of protection, preventing other bacteria from seeping in. One main reason why this is beneficial for us as medical students is because it helps us understand where each organ is, what specific roles they play in the human body and how they would look, as the organs are extremely life-like. In all honesty, maintaining the syndaver takes lots of time and effort. With this job you must be fully committed to the process, but we love the responsibility because we know it will only benefit us moving forward."

Overall, having a syndaver in PDHS's Health Academy provides invaluable learning opportunities for students interested in pursuing careers in health care. It allows them to gain practical experience, develop empathy and learn essential skills that will benefit them in their future endeavors.

Violet David is the sophomore class president for the Palm Desert High School Medical Academy program and in her first year of a three-year biomedical program. For more information on our valley's medical health academies, contact Kim McNulty at kim@onefuturecv.org.

The Future of Wellness

Continued from page 1

Here is an edited summary of a few of the trends as provided by GWS:

Climate-adaptive wellness. With an increasingly heat-crushed planet, and air conditioning that is erasing climate change progress, we will see a new wave of innovations that cool our bodies, homes and cities: more green space, tree cover and rooftop gardens; high-tech building materials and heat-reflective paint for roads and roofs; cities building cooling centers and public pools, with many cleaning up waterways for public swimming; and smart-tech clothing and wearables that monitor the body's heat indicators - from core temp to hydration to electrolytes.

So much will change in this traditional wellness space, from a new focus on hot/cold therapies to the rise of (cooler) "night-time wellness" programming at hotels and resorts, such as stargazing and full-moon yoga.

The power of the pilgrimage. A silver lining of the pandemic was that many people rediscovered the simple joys and health benefits of walking and a purposeful connection with nature, which have led to today's exploration of ancient pilgrimage trails. Spain's famous Camino de Santiago saw record numbers of travelers in 2023. Others were drawn to Shikoku 88 and the Michinoku Coastal trails in Japan, as well as destinations in Sri Lanka, Bhutan, India and Italy, all of which have undergone extensive restorations thanks to government efforts to promote holistic tourism.

From manning up to opening up. Wellness has long provided a space for women to open up, explore their emotions and build community, but the same can't be said for men. However, a cultural shift is underway as the dire consequences of rising male loneliness are exposed. The wellness industry is responding with solutions designed to help men reconnect with themselves and each other including retreats, apps and social acceptance of this "softer" form of self-care.

The rise of postpartum wellness. Following childbirth, new parents are largely abandoned by the medical system, and postpartum depression rates are on the rise. Change is now here as cultures around the world develop postpartum retreats for mom and baby that focus on deep rest, healthy food, baby-care education, massage and more. Governments and corporations are also taking action with new home care apps and an expansion of targeted consumer goods and resources.



Wellness will include more resources for new parents.

Continued on page 15



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Brightening Your Smile

By Sarah Khoshniyati, DDS

Have you noticed that your teeth appear darker or have more stains? Fortunately, today there are many treatment options to help whiten the teeth and brighten your smile.

External versus internal staining. External staining of the teeth commonly results from colored foods or agents coming in contact with the enamel. Individuals who use tobacco or consume highly pigmented foods and drinks (coffee, tea, juice, red wine) will tend to have more discoloration and staining. Over-the-counter whitening agents such as whitening toothpaste, as well as routine dental cleanings, can help remove extrinsic stains from teeth. Internal staining occurs inside the tooth, usually near the dentin, and may be caused by certain genetic disorders or developmental factors such as fluorosis, which most commonly appears as faint white streaks on the teeth. Fluorosis can occur due to high exposure of fluoride at a young age when the teeth are still developing. Another common cause of internal staining is aging. As we age, the enamel of the tooth becomes thinner and more translucent, which causes the yellow dentin to show more readily than in younger teeth.

In-office versus over-the-counter whitening. Professional teeth whitening at a dental office is the most popular form of whitening and provides the quickest results. There are a range of techniques and brands used to bleach the teeth. Depending on the whitening system used, treatment can be a one-time appointment which involves applying professional strength bleaching material to the teeth for multiple rounds until desired shade is obtained. The whitening agent most commonly used for in-office bleaching is carbamide peroxide, which releases a portion of its content as hydrogen peroxide which works as the oxidizing agent. Another common in-office treatment includes fabricating custom fitted trays to use at home with professional strength bleaching gel either worn during the day or at night, depending on what your dentist determines is best. The professional strength bleaching gel is stronger compared to the gel in over-the-counter strips.

Over-the-counter bleaching options usually contain either carbamide peroxide or hydrogen peroxide, but at lower concentration compared to in-office bleaching treatments. Options include whitening strips, toothpastes or generic trays with whitening gel to place over the teeth.

Whitening limitations. Although teeth whitening can produce positive results for a brighter smile, whitening is not a one-time permanent fix. In order to maintain the desired shade, routine maintenance (either at home or in office) may be needed to keep teeth as white as desired. Limiting colored foods and beverages can also help prevent staining. It is also important to note that whitening treatment only works on natural teeth and does not work on certain dental materials such as resin fillings, porcelain veneers and porcelain crowns.

If you are considering a smile makeover including dental restorations, it is best to have whitening done a few weeks prior in order to reach the desired shade, and then have dental restorations match. Contact your dentist if you are interested in learning more about whitening treatment options.

Sarah Khoshniyati ("Dr. Sarah") is a dentist with Palm Desert Smiles and can be reached at (760) 568.3602. Visit www.PalmDesertSmiles.com.



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Cryoablation for Breast Cancer

New trial announced for DCIS

By Lauren Del Sarto

In 2019, I had cyroablation for my invasive ductal breast cancer. The 45-minute procedure was performed at City of Hope, one of the many facilities that took part in the FROST trial conducted by lead investigator Dennis Holmes, MD. The goal of the trial was to determine if this minimally invasive procedure, which freezes the tumor, was a viable alternative to lumpectomy and a new standard of care for smaller invasive tumors.

Then COVID hit, and the trial was discontinued as cancer hospitals turned their focus towards saving lives during the pandemic.

While the trial was sidelined, early studies showed very promising results (over 99% efficacy rates)¹ and Dr. Holmes and others across the country continued to perform the procedure on invasive ductal carcinomas with significant results. You may have read the story about my new-found friend, Leith Sharp, (*Desert Health* Sept/Oct 2023) who flew from Australia to have the procedure performed by Holmes.

Holmes has now launched a new clinical trial on ductal carcinoma in situ (DCIS) which aims to prevent stage 0 breast cancer from becoming stage 1 by treating it with cryoablation before it has had a chance to progress. The procedure is performed at no charge to trial participants thanks to support from the Helen Rey Breast Cancer Research Foundation which covers the equipment cost. As lead investigator, Holmes volunteers his time for the treatment which is performed in his Glendale, CA office.

Cryoablation is currently FDA approved for other cancers such as prostate, liver and kidney, but has yet to be federally approved for breast cancers. The technology uses a needle-sized, ultrasound-guided probe that circulates liquid nitrogen within a targeted area creating an “iceball” that engulfs the tumor and kills it. The minimally invasive procedure takes less than an hour and is done on an outpatient basis using local anesthesia. Recovery time is days versus weeks, and the patient’s breasts are left intact with no change in structure and little to no scarring.

This is great news for those seeking less invasive options. The procedure worked well for me, and this year will be my fifth, and hopefully last, year of returning to City of Hope for follow up imaging, which to date has shown no signs of returning cancer.

And it is important to note that I *only* did cryoablation with no follow up radiation or hormone therapy which was required to participate in the FROST trial. I selected not to do those therapies and to focus on holistic modalities. City of Hope agreed to do the procedure off protocol (outside of the trial) and it was covered by insurance.

It is my understanding that City of Hope is not currently offering cryoablation for breast cancer. For this article, I was eager to get information out about this new trial and did not research facilities currently offering cryoablation for different types of breast cancer. So, if you are seeking that information, please speak with your current medical team, or contact Holmes’ office.

Following is a synopsis of the new trial as provided by Holmes in a recent newsletter:

Trial study name: Prevention of Invasive Breast Cancer with Cryoablation

Nearly every invasive breast cancer begins its life as ductal carcinoma in situ (DCIS), which is commonly called pre-invasive breast cancer or non-invasive breast cancer. If not for the risk of invasive cancer and its potential to metastasize, surgical removal of DCIS would be completely unnecessary.

Cryoablation (tumor freezing) is a minimally invasive office procedure that has the potential to replace surgery as the main invasive cancer prevention option for women with small areas of DCIS. In this study, cryoablation will provide a minimally-invasive breast cancer treatment option for women with DCIS measuring 2 cm or less based on standard breast imaging (ultrasound, mammogram, +/- optional breast MRI).

In this study, eligible women will undergo cryoablation of DCIS instead of surgery. Six months after cryoablation, all participants will undergo a repeat needle biopsy of the original site to confirm complete killing of the DCIS. In addition, prior to cryoablation, most women will require insertion of an ultrasound-visible biopsy site marker to make it easier to accurately target the site of DCIS at the time of the procedure.

The need for radiation and/or anti-cancer medications will be determined by your personal oncologist. All study participants are expected to continue annual mammograms.

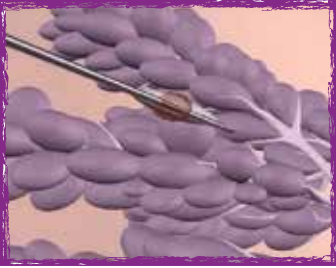
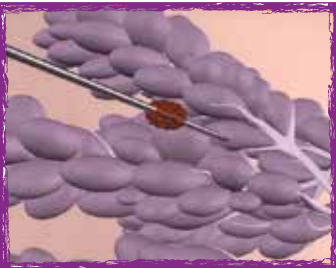
Patients will not be charged for the cryoablation procedure. All other standard breast procedures will be billed to the insurer. Usual insurance deductibles may still apply.

Eligibility:

1. Women age 18 and older.
2. DCIS spanning 2 cm or less based on its radiographic appearance by mammography and/or breast contrast-enhanced MRI.
3. Diagnosis of DCIS by needle biopsy.
4. No prior history of DCIS or invasive breast cancer in the same breast.
5. No history of surgical biopsy and/or lumpectomy for diagnosis/treatment in the same breast.
6. Adequate breast volume and skin clearance to permit cryoablation as assessed by Dr. Holmes. (This excludes male and females with breasts too small to allow safe cryoablation.)



Dennis Holmes, MD



Cryoablation creates an “iceball” that engulfs the tumor and kills it.



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Executive Presence: The X Factor

By Susan Murphy, PhD

Following is an excerpt from Dr. Murphy's new 3rd edition *Maximizing Performance Management: Leading Your Team to Success* used at Ivy League universities and corporate venues.

Years ago, I heard the comedian Jack Benny say, "I always play up to my audience." To me, that means being respectful, gracious and inspiring confidence in the people with whom you interact. For example, when giving a presentation, I always dress professionally, polished and a notch above the dress code of those in my audience.

In this article about executive presence, I will discuss what executive presence means, why it is important and tips to help you build yours. Executive presence is about your ability to inspire confidence. It's about inspiring confidence in your direct reports so you're the leader they want to follow, inspiring confidence among peers that you're capable and reliable and, most importantly, inspiring confidence among senior leaders that you have the potential for great achievements.¹

What is executive presence? It is a set of behaviors and attitudes that convey to others a level of competence, charisma, confidence, authenticity and leadership ability. It involves all elements of self-presentation - body, voice, personality and energy. It is considered the "X-factor" that organizations look for in their leaders.

Leading with executive presence takes practice and can be learned.

One of the first articles about executive presence, "The X Factor: Executive Presence," was written by John Byrne 20 years ago. Byrne considers it a key factor in leadership success and career advancement. "It refers to that ability to take hold of a room by making a polished entrance, immediately shaking people's hands and forging quick, personal connections instead of defaulting to robotic formalism and shrinking into a chair. When leaders with executive presence speak, people listen. They inspire that I'll-follow-you-anywhere loyalty, conveying an aura of warmth and authenticity to everybody from the receptionist to the CEO." Byrne found that it consists of three main components: how you act (gravitas), how you speak (communication) and how you look (appearance).²

Two leaders who embody executive presence are Oprah Winfrey for her authenticity, charisma and strong sense of purpose and values; and Satya Nadella, CEO of Microsoft, for his visionary leadership, collaborative style and fostering the culture of empowerment at Microsoft.

Developing executive presence requires self-awareness, feedback, practice and adaptation. It is important to note that executive presence is not: 1) a fixed set of traits that you either have or don't have; 2) a matter of pedigree, appearance or charisma alone; 3) a substitute for competence, performance or results; 4) a skill that can be learned overnight or faked easily.

Expectations of leaders have changed

The pandemic, political and economic instability, social movements and new technologies have changed what people expect of leaders; however, confidence and decisiveness are still important. Pedigree has become less critical and new importance is given to inclusiveness and respect for others. Superior speaking skills and the ability to command a room still lead the list of desirable attributes, but comfort on Zoom, a "listen to learn" orientation, and authenticity are on the rise. It is crucial to project authenticity, dress professionally, have an online image and show up in person.³

Executive presence can be learned

You need to act, speak and behave as a leader. That starts with knowing what behaviors are most valued in your industry and organization, seeking guidance and then committing to the hard work of embodying those qualities in your own unique way.

As mentioned at the beginning of this article, I always play up to my audience as Jack Benny recommended. What I've found is that my audience may elevate their own executive presence. Recently, I was working on a long-term consulting assignment with a company full of scientists and technologists. It was fascinating to discover that some of the teams with whom I was working started dressing more professionally on the days that I worked with them. The team members mentioned that they "dressed up" on those days and found that they were more productive, focused and had more decorum during our meetings.

Dale Carnegie was an excellent listener

Dale Carnegie, author of *How to Win Friends and Influence People*, shared how he won a major sale by making himself memorable in a positive way. While sitting at dinner he started talking with a gentleman at his table. The man spoke for four hours while Dale Carnegie spoke for only about two minutes. After those four hours, the man stated to everyone, "Dale Carnegie is the best conversationalist I've ever met." By being an active listener, Carnegie was not only portrayed as a great conversationalist, but the man instantly took a liking to Dale. Since Dale was interested in him, he was interested in Dale.⁴

Truly listening garners greater respect than simply hearing others.

Tips for building your executive presence

Here are some tips to build and enhance your own executive presence:

- Be compelling, credible and concise.
- Have a captivating vision of what you are working to accomplish and articulate it well.
- Understand how others experience you. Obtain feedback from your supervisors, peers and direct reports.
- Become an excellent listener. Engage with your full attention, ask great questions and explore important ideas. Demonstrate self-confidence.
- Dress professionally and make sure your appearance is not a distraction.
- Communicate with clarity and impact: in-person, in writing, virtually.

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March/April 2024



A Life Dedicated to Helping Others

By Lauren Del Sarto

In the 1980s, Jo Rosen’s mother and then fiancé were both diagnosed with Parkinson’s disease. As the primary caregiver, Rosen struggled to find answers and resources, so, in an effort to help herself and others, she started Parkinson’s Resource Organization (PRO). Today, the non-profit assists over 80,000 people with the disease, in addition to their caregivers.

After 34 years as leader of the organization, Rosen is stepping aside to expand her humanitarian efforts around the cause.

“When I started Parkinson’s Resource Organization, I knew next to nothing about Parkinson’s or neurological diseases, and I needed to know,” she reflects. “At that time, doctors, scientists and others ‘in the know’ that I reached out to for help and information wouldn’t give me the time of day. To them, I was ‘just a caregiver.’” She knew that people responded to titles, so she founded the organization and made herself president.

Located in Indian Wells, PRO offers both in-person and virtual support groups on mindfulness, grief, movement practices and more along with a robust Wellness Village Resource Directory connecting Parkinson’s families with services and providers.

“During all my years at the helm of PRO, I have fielded phone calls from people on the brink of bankruptcy, on the brink of suicide, battling homelessness, battling

pain, battling loneliness and even those who were financially successful but had no idea where to turn for help,” she says. “At the same time, I watched billions of dollars diverted to as-yet-unrealized research for a cure, while direct human service endeavors like ours scrape by on pennies.”

Rosen is proud that she and her team have been able to keep the organization going through many challenging times including a recession and the pandemic.

Because they were able to pivot and expand their online presence during the pandemic, the organization experienced its largest growth and is at its strongest financially.

Eileen Lynch now leads as PRO’s new executive director and Rosen remains committed to the cause. She has already started working with independent scientists developing a promising new therapy. She hopes to travel and finally enjoy some much needed R&R before embarking on her future goals which may include a TED Talk or book.

“It is with much pride that I leave and with purpose that I look forward,” she shared. “As I said 34 years ago, I’d like to fix this thing and will continue working to make this happen before I leave this world.”

PRO is honoring Rosen with a brunch on Sunday, March 10, at the Classic Club and all are welcome to attend. Tickets are \$50 and may be purchased at www.parkinsonsresource.org.



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Galleri: The Good Beyond Golf

By Lauren Del Sarto

With The Galleri Classic returning this month to Mission Hills Country Club (March 25 - 31), we were curious to learn about the progress of the Galleri test itself. Launched nationally in 2021, the test is a simple blood draw that can provide early screening of some of the deadliest cancers.

A primary goal of this new multi-cancer early detection (MCED) category is that it becomes a standard test offered annually and covered by all insurers - saving the health care industry money, and most importantly, saving lives.

Numerous studies are underway and according to parent company GRAIL's website (February 2024), significant progress is being made:

- Real-world use of Galleri has detected some of the most aggressive cancers in early stages, including endometrial, esophageal, gastrointestinal stromal, head and neck, liver, pancreatic and rectal cancers. For the majority of these cancer types, there are no alternative screening options available.
- Galleri adoption continues to grow, with more than 9,000 ordering providers and more than 150,000 commercial tests completed as of year-end 2023.
- While the test is not yet covered by most insurance or Medicare, the company has secured coverage with several forward-leaning payers and self-insured employers in various sectors, such as technology, health care, life insurance and financial industries.
- A new Galleri-Medicare study (REACH) was launched, which will enroll 50,000 Medicare beneficiaries. Findings will add to their existing evidence evaluating the potential for MCEDs to change the future of cancer detection, particularly in diverse populations. In the study, Medicare will cover the costs of Galleri and related items and services for participants. This study, combined with the current NHS-Galleri randomized clinical trial with Britain's National Health Services and other studies in GRAIL's clinical research programs, brings their planned enrollment to more than 385,000 participants globally.
- The company completed second-year study visits for the NHS-Galleri trial with a high retention rate of 91.3%. Third-year participant visits are expected to be completed this summer, and the NHS will review early metrics from the first screening round this year. Based on those results, they may commence the commercial implementation of the Galleri test in up to one million patients in England over two years.
- GRAIL was named on *Fortune's 2023 Change the World* list, which recognizes companies addressing society's biggest challenges and having a positive social impact. Galleri was recognized with a 2023 Edison Award, one of the highest accolades a company can receive in the name of innovation.

While attending The Galleri Classic this year, you'll now understand that a lot of good is taking place beyond great golf. You'll not only have the honor of seeing Fred Couples, Ernie Els, John Daly, Steve Stricker and others, you'll also have the opportunity to take the Galleri blood test at the medically-staffed kiosk onsite. Eligible patients, those ages 50 and older not being actively treated for cancer, will be offered a \$100 discount at the event.

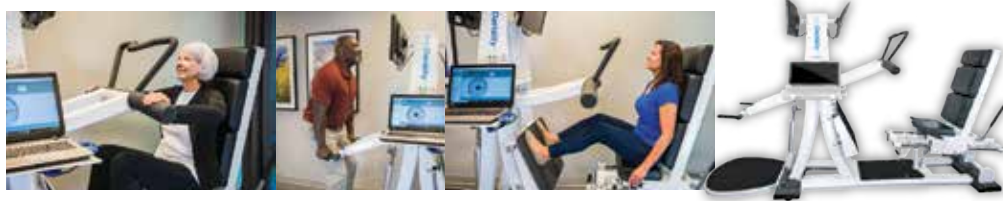
The PGA TOUR Champions tournament takes place over Easter weekend, and Sunday's final round will include a morning service and Easter egg hunt for the kids.

For more information about the Galleri test, visit www.Galleri.com. For tickets and tournament information, visit www.TheGalleriClassic.com.



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Cataract Lens Dislocation

By Keith G. Tokuhara, MD

Although rare, a cataract lens implant can dislocate after surgery. Dislocations can occur in the early post-operative period of cataract surgery or even several years later. Any weakness to the zonular support structures or capsular bag that holds the lens implant can place a patient at risk for lens dislocation.

Symptoms of this condition include oscillopsia (jiggling vision), rapid shifts in focus, light sensitivity or photophobia and sudden loss of vision. Some patients even experience seeing the moon shape edge of the lens implant drifting out of their field of view. Besides trauma or previous vitreoretinal surgery, other risk factors include specific conditions, such as pseudoexfoliation syndrome, Marfan syndrome, Ehlers-Danlos Syndrome, high myopia and retinitis pigmentosa.

Over the past two decades, there have been remarkable advances in surgical techniques to repair and manage patients with dislocated lens implants.

If a lens is only partially out of position, or subluxed, we can surgically reposition and recenter it. Sutures may be needed depending on the status of the capsular support bag. If the capsular support bag is healthy, the lens implant can be captured inside the capsule without sutures. However, when there is poor capsular support, internal sutures are required to lasso the lens implant and anchor it securely inside the eye.

When the implant is completely dislocated posteriorly to the back of the eye by the retina, the surgical management is more complex and often staged with the help of a vitreoretinal surgeon. First, the damaged implant is lifted off the retina and explanted by a retina surgeon with careful attention to avoid potential for retina damage. Then, a new artificial lens implant can be placed as a secondary procedure.

Over 20 years ago, I remember working late into the night in surgery with Gregg T. Kokame, MD with his haptic externalization techniques to suture secondary lens implants in aphakic patients. The Kokame technique was revolutionary for its time, but it would take several hours to perform with tedious internal suturing inside and outside the eye. Later, in the early 2000s, I worked with Howard V. Gimbel, MD, who at the time, published multiple surgical techniques of capsule fixation, optic capture and internal suturing that laid foundational concepts for further developments in the repair of lens dislocations and secondary lens implants after trauma. Other surgeons expanded on these concepts, and new techniques were popularized over the intervening years, including iris fixation, glued IOL (Agarwal, et al) and corneal-scleral (Hoffman) pockets.

These secondary lens surgical techniques were challenging to perform. Some surgeons would resort to older style surgical techniques of implanting an anterior chamber lens implant (ACIOL). Although using an ACIOL was a less complicated surgery to perform, it did require large incisions, multiple sutures and resulted in high post-operative astigmatism. Furthermore, the ACIOL techniques had increased rates of complications, such as corneal failure, chronic inflammation and UGH syndrome, that would often result in the need for additional surgeries.

In 2017, Shin Yamane, MD described a novel technique using small incisions and transscleral haptic fixation that revolutionized the field of secondary lens implant surgery. It is often performed without sutures and can be executed in less than an hour. This allows for much faster surgical times, lower complication rates and an easier recovery for patients. For these reasons, the Yamane technique is the preferred way to manage secondary lens implant surgery in patients with complete dislocated lens implants.

As for lens implant dislocations, the best advice is to avoid the problem altogether. Ensure that your eyes are safely protected when there is any potential risk of eye trauma. This is especially important when playing sports such as tennis and pickleball. An active, healthy lifestyle is an important part of living life to its fullest, and sports goggles should be a part of this too.

Dr. Tokuhara is a cataract surgeon with Desert Vision Center in Rancho Mirage and a member of Desert Doctors. He can be reached at (760) 340.4700. For more information visit www.desertvisioncenter.com

Understanding Your Long-Term Care Policy

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

Long-term care (LTC) is a topic many of us would rather not think about, yet understanding your LTC coverage before you need to use it is an essential step in securing your future health and financial well-being.

LTC encompasses a variety of services and support to meet health or personal care needs over an extended period. It can be provided at home with caregivers or in a facility for rehab or assisted living. Early understanding affords you the time to research and decide the type of care you prefer. As we venture into an era where people live longer, the probability of needing some form of LTC increases. In addition, a sudden illness caused by a fall, stroke or heart attack can prompt an unexpected change in your living situation.

Here's a guide to help you navigate and understand your LTC coverage in advance, ensuring you're prepared when the need arises:

Cost of care

- Know whether your policy includes in-home care, assisted living facilities, nursing home care or all three.
- Personal care at home - hourly caregivers range from \$25 - \$40/hr (more if you want/need a licensed nurse). Most agencies require a minimum of four hours/day. For 7 days/week, that is \$700 - \$1,120 per week or \$2,800 - \$4,480 per month - just for four hours of help a day!
- Assisted living apartments or a room in a Board and Care home can run \$3,500-\$7,500/month and higher.

Elimination Period

- Look at your policy's "Elimination Period" (30, 60, 90 days). This is the time between when you become eligible for benefits and when you start receiving them. This will be your share of the cost that is not reimbursed. Plan for how you will cover costs during this period. If you have to pay for the care I just mentioned above for 90 days, do you have access to those funds during this waiting period?



It's important to understand your long-term care insurance policy before you need it.

Continued on page 20



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Why Are Goji Berries Considered an Anti-aging Superfood?

By Diane Sheppard, PhD, LAc



The goji berry is a fruit seed, similar to raisins, and is one of the only Chinese herbs in pharmacopeia that can be eaten raw off the vine, other than dates. This tasty little red gem is a famous Taoist snack commonly combined with nuts in trail mix and consumed while trekking through the woods contemplating nature.

In traditional Chinese medicine, goji berries are categorized as a yin tonic, herbs that tonify chi energy and blood. As a low-glycemic food, they are one of the few sweet-tasting herbs that nourish and tonify the liver and kidneys, which means they supports eye and vision health. They also influence the kidney channel, home to your vital essence (Jing), which means they support bones, hair growth, hearing and energy. That is why they have been dubbed an anti-aging superfood.

Goji berry juice can aid in mental well-being and calmness, happiness, quality of sleep and feelings of good health and longevity; their vine is often associated with beauty, moist skin and eyes like an eagle.

They are power packed and nutrient dense with a one-quarter cup serving containing 150% of daily recommended vitamin A; 85% copper; 75% selenium; over 60% vitamin B2 and 40% iron; nearly 30% vitamin C; over 20% potassium and 15% zinc. And if that isn't enough, they also contain over 20 trace minerals!

Gojis can be added to soups, salads, beans, even teas and coffee. I do recommend consuming high quality goji berries which are vibrant red in color and soft in texture. However, it is important to note that they are part of the nightshade family and thus, people suffering with high levels of inflammation should be advised that they may not be good for arthritis or other inflammatory conditions.

Chinese legend surrounding goji berries (aka Matrimony vine)

In the Chinese culture, the goji berry vine has long been referred to as the matrimony vine as it intertwines together as it grows, and there are many ancient legends surrounding the plant's longevity attributes.

A famous Chinese poet in the Tang Dynasty, Liu Yuxi (772-842), is said to have written a poem about the matrimony vine, stating that even the water from a well near the plant can give people a long and healthy life.

Shih Chen Li, a famous herbalist in 1578, noted that the people of a village called Nan-Qiu were in the habit of eating matrimony vine and lived a very long life.

Another famous legend begins with a Chinese farmer crossing the mountain and seeing a young woman arguing with an older man, whipping him with her long grey hair. She looked about 15 - 16 years old and the old man around 90. The farmer asked the young lady, "Why are you hitting this old man? Stop that now." She replied, "I'm his granddaughter and he is not taking his longevity herbs; that is why he looks old." She then stated she was 372 years old! "Is it possible to live that long and look so beautiful?" asked the farmer. Her reply was that she consumed matrimony vine all year round.

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

Source: 1) Chinese Natural Cures: Traditional Methods for Remedies and Prevention, Henry C. Lu, PhD. (1999)

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Seed Oils: Industrial Revolution to Health Revelation

By Stacey Michele Blackwell, CHC

You’ve probably heard the buzz - researchers and health professionals everywhere sounding off on the potential health risks associated with consuming industrial seed oils, such as soybean, canola, corn, sunflower and safflower oils. These oils, once heralded as heart-healthy alternatives to saturated fats, are now being scrutinized for their destructive effects on our brains, guts, hormones and overall health. I want to share a brief history of seed oils, their mass production process, their impact on health, and how we can make healthier choices at home and dining out.

Seed oils can be traced back to the early 20th century, with the introduction of industrial processing techniques that enabled extraction of oil from seeds previously deemed unsuitable for human consumption. Mass production of these oils involves high heat, chemicals like hexane, and deodorization processes that strip the oil of nutrients and introduce harmful compounds. This highly unnatural process transforms what could be a nutritious ingredient into a product laden with trans fats and oxidized byproducts linked to chronic inflammation - a root cause of countless diseases.

Consumption of industrial seed oils is associated with numerous health issues. In our brains, these oils can disrupt the delicate balance of omega-3 to omega-6 fatty acids (which are essential for brain health), leading to cognitive decline and increased risk of neurological diseases. In the gut, they can disrupt the composition of the gut microbiome, worsening conditions like irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). Hormonally, the imbalance caused by excessive omega-6 fatty acids can disrupt insulin sensitivity, thyroid function and reproductive health.

Thankfully, there are much healthier alternatives to industrially processed seed oils that can easily be incorporated into home cooking:

Extra virgin olive oil (EVOO) is a superior substitute when used for low-heat cooking and dressings due to its heart-healthy monounsaturated fats and anti-inflammatory properties.

Coconut oil and grass-fed butter are better options for high-heat cooking. They provide saturated fats that are stable at high temperatures and beneficial for brain health. **Avocado oil** is another versatile, healthy fat for both cooking and cold dishes.

When dining out, navigating the omnipresence of seed oils can be challenging, but not impossible. Politely asking your server if the kitchen can prepare your meal using olive oil, butter, or any available healthier fat can make a significant difference. Choosing foods less likely to contain seed oils, such as grilled meats and vegetables, salads with olive oil-based dressings or steamed dishes, is also helpful.

The transition from industrial seed oils to natural, minimally processed, healthful fats is not simply a trend or dietary preference; it is a crucial step towards protecting our health. By making informed choices and advocating for healthier alternatives, we can mitigate the damaging effects of seed oils on our brain, gut and hormonal health. The journey begins in our kitchens and extends to our choices when dining away from home.

Stacey Michele Blackwell, owner of Barefoot Balance Holistic Health, is a certified health coach specializing in integrative nutrition, digestive and hormone health. She can be reached at (760) 401.1568 or through www.barefootbalance.com

Living Wellness with Jennifer Di Francesco



Creating Emotional Sovereignty

Our emotions can rule our lives. Imagine wearing a backpack full of rocks. Each rock has an emotion written on it that ranges in size and significance. This “mental satchel” may carry resentment, anger, anxiety, fear, despair or embarrassment - emotions that create stress and tension and can manifest in the physical body as headaches, tension, stomach issues or worse.

If these emotions are stuffed away in one’s backpack for too long, residual harm to ourselves and potentially others may occur as we navigate this human experience.

As children, we may remember walking with a lighter and more carefree essence. There was more time to play, imagine and dream. We can return to that lightness by developing some “mental feng shui.” As Rumi reminds us in his poem “The Guest House,” we can invite these emotions into our home and “entertain them all.”

The following strategies can help us return to our inherent lightness and regain emotional sovereignty:

Step 1: Take each rock out of the mental satchel and hold it. Take each emotion out into the light and hold it with compassion. This act of loving kindness and taking stock of what is in your backpack moves the process from denial to acknowledgement.

Supportive activity: Journaling to arrive at the heart of the matter is a cathartic process. Displaying the emotion on paper has the potential to expose what Carl Jung referred to as the prima materia - a spark of raw material we may find to expose the deeper callings of our heart.

Step 2: Release the rock. Merely realizing that all our rocks are thoughts and thoughts are transitory (they come and go), can be reassuring. When insight towards an emotion turns to supportive realization, the weight of our backpack changes.

Supportive activity: Meditation allows us to observe the transitory nature of the mind. By going inward and imagining that we are cradling a sensitive emotion, and in the next moment, releasing it without harm, we create personal agency.

Step 3: Make time for play, rest and use of the imagination. What activities drop awareness right into the present moment? Is it taking time for tea, partaking in a sport, dancing or being in nature? When we start to engage the mind in a creative way instead of a habitual way, we move away from a fight or flight response and in a direction of emotional bandwidth, which creates a stronger ability to manage one’s emotions.

Supportive activity: Become familiar with what brings you joy by making a list and ensuring these activities are part of each week. This personal list will be unique to each individual.

By exposing, feeling and releasing emotions that weigh us down, we grow exponentially. As the Rumi expressed, “Even if they are a crowd of sorrows who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.”

It is difficult to imagine that uncomfortable emotions might not be the obstacle on our path; however, they could indeed be the beginning of a path towards growth.

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

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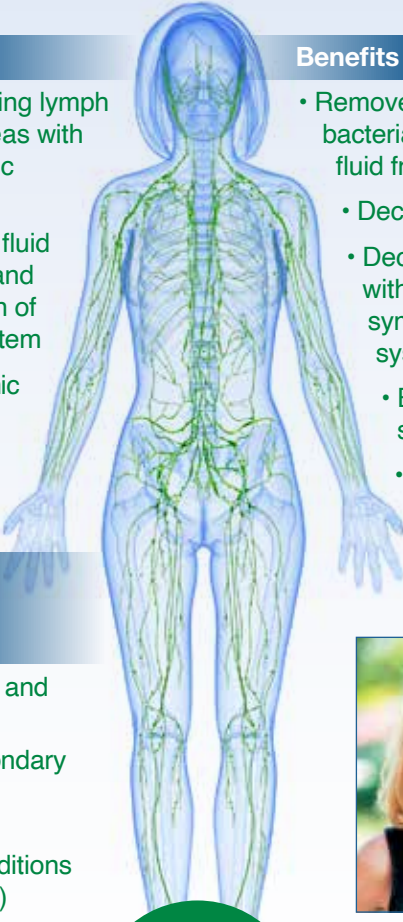
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A Winter Wonderland is Calling

By Candice Nicole

When was the last time you played in the snow...enjoyed some downhill fun, or a cross country walk through a wintery wonderland breathing in the crisp, clean air?

Skiing is great exercise for the mind, body and soul. While some may consider the sport in their rear-view mirror, there are many different types of skiing to meet any space and pace.

Most will think first of alpine skiing on downhill slopes, which can be challenging and hard on the body with speed, turns, uneven surfaces, jumps and moguls. Only those well practiced should attempt alpine.

Not for you? Consider Nordic skiing which takes place on relatively flat terrain with only gradual inclines and declines or undulating hills. It encompasses the various types of skiing in which the toe of the ski boot is fixed to the binding in a manner that allows the heel to rise off the ski. It is also a great workout, but with less challenging elements.

Ever tried cross country skiing (XC)? This form of recreational exercise traverses snow-covered terrain without the use of ski lifts or other assistance. On some XC trails, there may be very slight hills, but mostly just picturesque views of trees, surrounding vistas and the calm quiet of nature. The good news? XC skiing is still a very good full body, fluid work out!

Professor Josef Niebauer MD, PhD, director of the Institute for Molecular Sports and Rehabilitation Medicine at Paracelsus Medical University in Salzburg, Austria, says skiing is a mix of endurance and resistance training that has positive effects on the heart and circulation, as well as peripheral muscles—predominately the legs. He compares the workout to cycling or rowing and says that all types of skiing offer cardio-metabolic benefits including improved insulin resistance, body composition and glucose metabolism, as well as a drop in blood pressure, blood lipids and heart rate. His research demonstrates that skiing also reinvigorates blood vessels and cell health.

Downhill skiing isn't the only way to enjoy exercise in snowy mountains this spring.

Skiing is also a form of interval training, one of the hottest fads in the fitness world, and for good reason. After pushing yourself during a run, you get a nice break riding the ski lift back up the hill. A growing body of evidence suggests this on-off style of training—working hard for a few minutes, then taking a breather—can provide a vast range of health benefits.

If you are a skier, good for you! Continue to challenge yourself every year; visit a new resort, try a new mountain or more challenging run. If you think your skiing days are behind you, remember, there are more moderate options that can still provide an exceptional workout and winter wonderland adventure. For those curious to try, we suggest starting with XC, a great way to dive in slowly.

And don't forget the après ski perks - a warm beverage or brewskie in a cozy lodge and a soak in a steamy hot tub to bask in your triumphs.

Candice Nicole is a health advocate and founder of HUmineral food derived mineral nutrients. She can be reached at info@HUmineral.com or (818) 400.7657. For more information, visit www.HUmineral.com.

Sources: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767543/#dme13954-sec-0013title>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4763839/>; 3) <https://time.com/4750262/high-intensity-interval-training-longevity/>

Nature's Medicine All Around Us

A look at Calliandra californica

By Shari Jainuddin, NMD, BCB

For the fourth article in this series, I'll discuss a plant with a striking red bloom, Calliandra californica (aka Baja Fairy Duster, Fairy Duster, Zapotillo, Powder Puff). Despite its name, it is not native to the state of California, but Baja California of Northern Mexico. Over 150 species in the Calliandra genus are found in semi-tropical/tropical areas worldwide.

The Fairy Duster is a woody, evergreen shrub 3-5 feet high and up to six feet wide. It has fern type leaves and belongs to the legume family. The blooms of this plant steal the show and are evidence for its common names with exploding clusters of 8-12 flowers, each with 17-26 red stigma filaments that average 3-5 cm in length. These bright, showy stamens create a spherical puff of red that is reminiscent of the aged dandelion. It is drought, heat, and pest resistant, making it ideal for use for desert landscaping. Not only do the show stopping blooms provide visual excitement, with its high sucrose content, it is a favorite of hummingbirds and bees.^{1, 2, 3}

Traditional medicinal uses of this plant include decoction preparations for urological conditions such as cystitis, kidney pain, urethritis and prostate inflammation. It has also been used historically to treat cramps, fever, and toothaches. However, documentation is scarce. A reported non-medical application includes using its roots as a red dye for leather goods.³

What does modern research say about the Fairy Duster? Similar to traditional medicinal uses, few publications are available. However, what has been published is promising for the treatment of two big hitters: tuberculosis (TB) and tumors.

In 2006, a scientific publication isolated two diterpene compounds - escobarine A and B. The study showed activity against two mycobacterium tuberculosis strains, including the resistant CIBIN/UMF15 0:99 strain. Excitingly, the minimum concentration needed for inhibition was eight times lower than that of Rifampin, an antibiotic currently used to treat TB. This same publication also reported cytotoxicity against five human tumor cell lines.⁴ In 1994, another paper was also published demonstrating anti-microbial activity of two of its flavone compounds.⁵

While publications of this plant are limited, many other species in this same genus have evidence of medicinal applications, which lends to the ever present conversation of needing more scientific research to be done and documentation of traditional medicinal uses of Earth's botanical treasures to be shared.

It is my hope that when you see this dramatic bloom throughout the Coachella Valley, you will ponder its potential a little longer and contemplate all that nature has to offer and the expanse we have yet to discover!

Dr. Shari Jainuddin is a naturopathic primary care doctor at One Life Naturopathic and also offers biofeedback training and craniosacral therapy. This article is intended to be informative and is not provided as medical advice. For more information, call (442) 256.5963 or visit www.onelifenaturopathic.org.

Sources available upon request.

www.DesertHealthNews.com

March/April 2024

By Annissa Ceja, ND

Ikaria, Greece is one of the world's blue zones where people live longer than average.

Sources: 1) Chronic psychological stress and its impact on the development of aggressive breast cancer. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4943778/pdf/1679-4508-eins-13-3-0352.pdf>; 2) "Psychological intervention and health outcomes among women treated for breast cancer: A review of stress pathways and biological mediators." <https://www.sciencedirect.com/science/article/pii/S0889159108003188>



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Skin Cycling and The Moon

A celestial guide to glowing

By Brook Dougherty and Donna Flood

In keeping with the beauty industry’s ongoing campaign to inspire new trends, one of the latest is skin cycling. Is there anything to it? The answer is in the ancient wisdom of the moon and its influence on our biological cycles.

The moon is about gravitational pull. Skincare is about fighting gravity. Thus, it makes sense to align your skincare choices to its phases.

New Moon: planting new seeds

During this moon of new beginnings (which is the opposite of the Full Moon), we absorb water very efficiently. It’s the time to use more hydration-focused products like mists, which bring a sense of renewal. Look for ingredients like rose water, snow mushrooms, aloe and hyaluronic acid. A gentle gel serum with botanicals like gota kola, beta glucan and allantoin in a bath of cucumber water would be perfect.

Crescent Moon: nurturing the garden

It’s time to give your skin a bit of mothering, encouragement and protection. Use enriching and soothing products that guard against trans epidermal water loss (TEWL). Deeply colored oils that are high in antioxidants and vitamins like buriti oil or buah merah will help prep the skin for the heavy hitters that come with the waxing phases of the moon.

First Quarter Moon: tending the garden

Here you will strengthen and build upon the foundation you've laid. Think of it as mulching. Incorporate an extra layer of a conditioning balm made with butters like murumuru and ucuuba. It’s a good time to use a serum with peptides - and to think about how smart people were before we had calendars and clocks.

Gibbous Moon: intensifying care

A gardener would now be attentive to the buds, and you might take this time to look in the magnifying mirror and identify your problem areas. This phase is about anticipation and getting to refinement. Get out the products with retinol, resveratrol and vitamin C. Look for bakuchiol, which is like a botanical retinal. Don’t overdo, but a few days of powerhouse ingredients will make for a good harvest.

Full Moon: the harvest

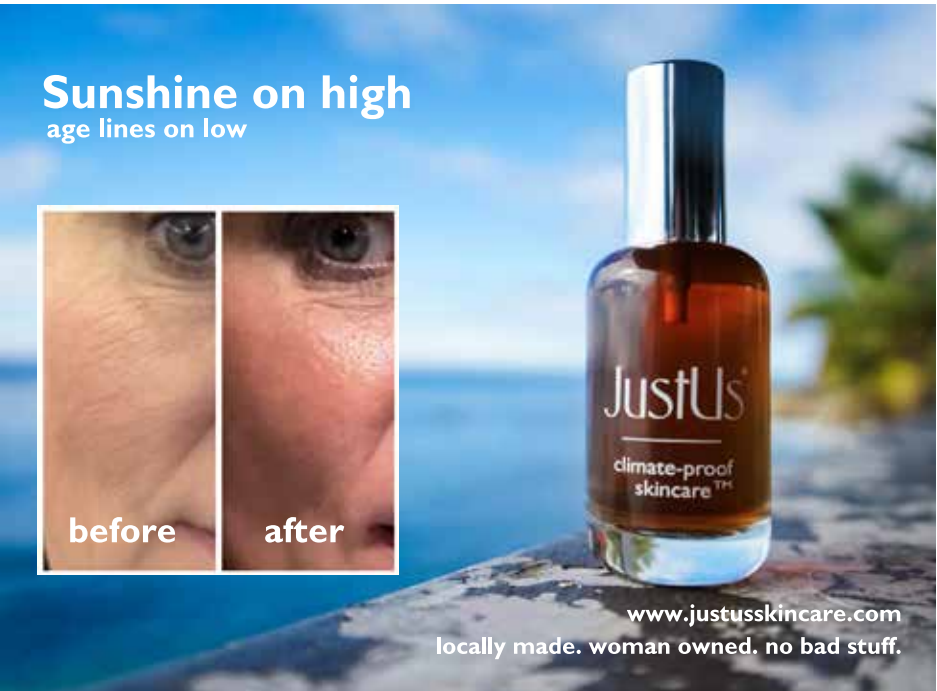
The moon’s pull is at its peak, and again, our bodies are most efficient at absorbing water. Kick back with a deeply hydrating masque and enjoy the light in the darkness. Look for calendula, cucumber, hydrosols and antioxidants like green tea. Spray the mists. Drink the water. Enjoy a sound bath.

Disseminating Moon: reflect and refine

In the days following the Full Moon, your job as skin tender is to maintain the health of your skin and learn what works and what doesn’t. This is the time to step back and return to the basics: cleanse, mist, serum, cream and balm. Let your skin breathe and show you what adjustments you need to make.

Third Quarter Moon: pruning time

It’s time to exfoliate. Slough away dead skin cells with a mild scrub or a product containing alpha-hydroxy acids (AHAs) or the gentler bacillus ferment. Get rid of



the old to make way for the new. Don’t over exfoliate though, and stick to gentle ingredients like oatmeal, rice bran powder and bamboo powder. Avoid ground walnuts and anything that is too tough.

Balsamic Moon: weed pulling

We’ve gone through the phases and are now proceeding the next New Moon. Finally, it’s time to weed. Clay masques made with bentonite clay, kaolin clay and French green clay are terrific. Charcoal is a magnet ingredient that de-clogs pores and draws out impurities and toxins. Tea tree oil helps fight bacteria, a bit of glycolic acid can remove dead cells and eucalyptus can soothe. Remove the unnecessary and get ready for another round of lunar-tuned skincare.

Here’s to glowing, from the moon and back!

Brook Dougherty of Indio is the founder of JustUs Skincare and can be reached at (310) 266.7171 or brook@justusskincare.com. Donna Flood is an astrology and spiritual counselor with Unwrap Your Soul and can be reached at (310) 720.9065. For more information, visit www.justusskincare.com or www.unwrapyoursoul.com.



Skin cycling is changing your beauty routine in phases, so why not follow nature’s guiding light?

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March/April 2024



Dr. Lyon’s Forever Strong

Considering the role of muscle for longevity

By Joseph E. Scherger, MD, MPH

Gabrielle Lyon, MD has shifted the discussion of wellness to a focus on skeletal muscle as the key to long-term health. She is the founder of Muscle Centric Medicine and treats patients from all over the world in her New York City office. She is board certified in family medicine and geriatrics and studied nutritional sciences at Washington University in St. Louis and at the University of Illinois. Mark Hyman, MD considers her his go-to resource for all things protein and muscle.

Dr. Lyon argues that skeletal muscle is the largest organ in the body and about much more than twitches and strength. Skeletal muscle is metabolically active and helps control blood sugar and body fat. The more skeletal muscle you have, the healthier you will be. In her book, she describes how gaining muscle strength will help you “burn fat, fight heart disease, reverse diabetes, stay mentally sharp, boost energy and age well.” These are large claims, and she backs them up with science. Obviously, there are other important factors as well, especially quality nutrition beyond protein.

In *Forever Strong*, Lyon repeatedly calls for a “Mindset Reset” away from the focus on sugar and fat to an emphasis on protein and muscle. Protein is required to build muscle, so she recommends a 100-gram protein diet and two or more hours of exercise daily. Her patients spend a lot of time in a fitness center.

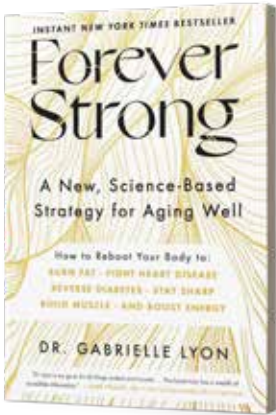
Her exercise prescription is 150 minutes of aerobic exercise weekly, followed by resistance training to the upper body, core and lower body at least three days a week. She recommends getting started with a personal trainer.

The book is loaded with specific training exercises and recipes for the high-protein diet depending on your food preferences. The program is adaptable to diets that are plant-based, omnivore and carnivore. Progress is measured by meeting your strength goals and improved body composition.

In general, I am a convert to her way of thinking, however, I will not stop looking at visceral body fat and the importance of low carbohydrate nutrition with intermittent fasting to burn off body fat (ketogenesis). Building skeletal muscle is a synergistic complement to these elements and improves metabolic health.

Since adding *Forever Strong* to my functional medicine library, it has become one of my most recommended books.

Dr. Scherger is founder of Restore Health Disease Reversal in Indian Wells, a clinic dedicated to weight loss and reversing chronic medical conditions. To schedule a consultation, call (760) 898.9663 or visit www.restorehealth.me.



The Future of Wellness

Continued from page 3

Longevity has longevity. No longer a “trend,” longevity is the new industry pillar driven by an aging population seeking a longer health span, and a medical establishment still not focused on prevention. Longevity will only ramp up in 2024, as science continues to develop personalized plans grounded in genetic, epigenetic and biomarker testing; telomere regeneration; nutrigenomics; new AI/GPT-driven health care and more. Wellness continues to emphasize recovery treatments for longevity (IV drips, cryotherapy, ozone therapy, etc.), and an influx of retreats are sprouting up globally, offering Blue Zones platforms that get guests connecting, cooking and moving like people who live the longest in the world.

The home as high-tech-health-hub. Wellness-focused homes have been a megatrend for years with amenities like meditation rooms and cold plunge pools. Now homes, and even cities, are becoming multifaceted health hubs. The shift is unprecedented, involving everything from medical-grade home health-monitoring systems to smart furnishings that adjust in real-time to individual needs. The trend includes a growth in both mobile and “Home Health Care,” where homes are becoming advanced “outpatient” care centers powered by digital health services—from fully-integrated telehealth to new health monitoring and diagnostic technology, reducing reliance on in-person interactions with practitioners.

Our homes will ultimately evolve into multifaceted ecosystems, merging advanced technology and empathetic architecture to create living spaces that capture our biometrics to create environments dynamically extending from our own psyches.

Multisensory immersive art for wellness. Art used to be a passive experience: you stare at a painting or have lunch next to a sculpture garden. This new era features multi-sensory, wildly immersive art that engages all our senses and is designed to transform our mental well-being. Museums, hotels and spas are prioritizing wellness and incorporating more and more of these experiences into their offerings.

Multisensory, immersive art is becoming incredibly widespread in public places, from installations that dot cityscapes to AI-driven art in hospitals that utilize facial screening software to deliver audio-visuals based on your emotions. In the future, as adoption of wearable technologies becomes widespread, generative artworks will become even more hyper-personalized, participatory and therapeutically effective. Adaptive art will continue to take hold and push the boundaries of what sensory immersion and art-as-wellness can mean.

For more information on the *Future of Wellness 2024 Trends*, visit www.GlobalWellnessSummit.com.

Source: 1) 2024 Wellness Trends Report and Summary from Global Wellness Summit.



Modem Works and Map Project Office’s conceptual Smart Aid Kit comes with a stethoscope, spirometer, ophthalmoscope and skin analyzer to help assess health needs at home. (Photo by GWS).



Artist Krista Kim has created the immersive installation “Heart Space” in Dubai, allowing guests to connect through the universal language of the human heartbeat. (Photo by GWS).





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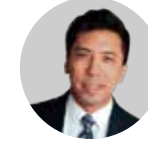
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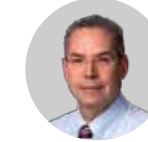
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The Healing Power of Honey

By Emma Bermudez, C-FNP

Honey is an extremely effective homeopathic treatment for a wide variety of ailments. It has been used in the treatment of disease for thousands of years, as evidenced by early Stone Age paintings depicting its use and extensive references in religious texts. Traditional medical writings outline honey’s use as a treatment of eye disease, bronchial asthma, throat infections, cardiovascular disease, fatigue, dizziness, constipation, worm infestation, eczema, ulcers and wounds.

As a family nurse practitioner working with low-income populations, I am acutely aware of many of my patients' inability to afford traditional medicine. I have studied homeopathic medicine at great length in an effort to serve my community and help close the gap in care created by affordability. In my practice, I often recommend honey as part of the comprehensive treatment plan for upper respiratory infections (URI), cough and wound care.

Honey exhibits antioxidant, antibacterial and anti-inflammatory properties. A comprehensive review by researcher Samarghandian, et al. found that honey reduces inflammatory responses by increasing the T and B lymphocytes, antibodies, eosinophils, neutrophils, monocytes and natural killer cells. By increasing the inflammatory responses, honey expedites healing from diseases that cause chronic inflammation and tissue damage.

Honey high in antioxidants can be identified by its darker color. The darker the honey, the more oxidative stress properties it has, as well as increased effectiveness as a dietary antioxidant.

In addition, honey’s natural antibacterial properties have been shown to be effective against Escherichia coli (E.coli), Staphylococcus aureus, fungi and many other bacterial pathogens. Manuka honey has one of the highest levels of antibacterial properties and is prized for its medicinal applications.

Furthermore, honey induces the generation of antibodies which begins tissue repair in wound healing through a process called tissue repair cascades. Honey is so effective as a topical antibacterial medicine that Europe and Australia have a product called Medihoney, one of the first medically certified honeys licensed as a medical product for professional wound care. There are recorded cases where Medihoney was effective at clearing bacterial wound infections quickly, after western medicine local antiseptics proved ineffective.

Honey can be thought of as a natural booster for your body’s own immune response, which is the most important and effective defense against disease and infection. By boosting a person’s immune response, honey becomes an effective treatment for a wide variety of ailments. It may provide benefits as part of a homeopathic approach to treatment in conjunction with western medicine, or by itself as a low-cost alternative. Speak to your primary care physician about the benefits of honey as part of your health care routine.

Emma Bermudez, C- FNP, aesthetic injector, is owner of Desert Bloom Beauty Medical Spa located in Palm Desert and offers a variety of services to enhance beauty and wellness. She also works as a nurse practitioner for a local, federally funded clinic. For more, contact (760) 636.6112 or on Instagram @desertbloombeautypd.

Sources: 1) National Center for Biotechnology Information. (2009). Eating behavior and obesity: A comprehensive review of the literature. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2686636/>; 2) Samarghandian, S., Farhokhina, T., & Samini, F. (2017). Honey and health: A review of recent clinical research. Integrative Medicine Research, 6(4), 405–411. <https://doi.org/10.1016/j.imr.2017.09.004>

Cryoablation for Breast Cancer

Continued from page 5

- 7. Non-pregnant, non-lactating and no history of pregnancy within the preceding six months.
- 8. No history of breast radiation in the same breast.

What's involved in the study?

- To be evaluated for the study, you must have an initial consultation with Dr. Holmes.
- The initial consultation and follow-up visits may be performed via telehealth.
- Cryoablation will be performed in Glendale, CA by Dr. Holmes.
- Radiology procedures may be performed by your local radiologist.

More information about the trial can be found at www.clinicaltrials.gov. To learn more about cryoablation, visit www.cryoablation.com. If you have done your research and feel you may be a candidate for the trial, contact research coordinator Allison Zimmerman at Allison@drholmesmd.com. (818) 539.1985.

Lauren Del Sarto is founder/publisher of Desert Health and may be reached at Lauren@DesertHealthNews.com. For more information on Lauren’s cancer journey, visit www.deserthealthnews.com/health-categories/laurens-cancer-journey.

Reference: 1) https://press.rsna.org/timssnet/media/pressreleases/14_pr_target.cfm?id=2053

Executive Presence: The X Factor

Continued from page 6

- Become good at building relationships and develop political savvy. Create a team environment.
- Learn to operate effectively under stress. Control yourself so you don’t appear flustered and overwhelmed or lose your patience.
- Be authentic so that your actions are congruent with your values and desires.
- Develop emotional intelligence.
- Never gossip as it can make you appear untrustworthy.
- Use people’s names and remember them.
- Praise and appreciate others sincerely. Be interested in others.
- Show respect for other people’s opinions and feelings.
- Encourage others to talk about themselves and their interests. Make the other person feel important and valued.
- Admit your mistakes and apologize when necessary.

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

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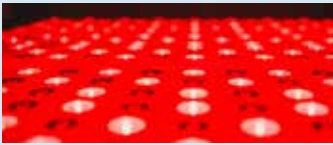
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- Relieve pain, swelling and stress
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- Boost mood, energy and sleep



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- Improve circulation and heart health
- Detoxify heavy metals, relieve inflammation



Red Light Therapy

- Improve mood and energy
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- Optimize sleep



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YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®



What Will Your Garden Grow?

Planning for the future and growing a garden are quite similar. When we set out to grow a garden, we need a plan to determine the desired results. Do we want to harvest the garden to feed the family? Contribute to a community? Use it to accent what we already have available to us? Or plant a specific flower like tulips? The same thought process goes for investing. Are we relying on the investments for financial security through our golden years? Paying for college? Or supplementing an income such as a pension or family inheritance.

Planting the seeds. Once we know what type of garden it will be, we need to prepare the soil before planting the seeds. The soil of a garden is the basis for success and needs proper preparation and irrigation. To properly invest for our desired goals, a financial plan should be implemented to prepare the roadmap, define those goals and decide the timeline needed to determine the types of investments (asset allocation) used. Depending on the desired goals, a garden may be planted in sections to produce different outcomes throughout the year. Knowing what season is right for planting those vegetables, fruit, herbs or flowers will aid in the success of your garden. Much like one must consider timing and diversification of investments to meet desired financial goals.


Maintaining the garden. Throughout the process, you may need to add more fertilizer or treat the soil to ensure its nutrients are enough to sustain the term of the harvest. Likewise in planning, reviewing the goals and adjusting expectations and timelines will reap a successful outcome.

One also needs to be prepared for the unexpected. In gardening, an irrigation issue that causes flooding, extreme weather, or a lack of water will disrupt the growth and success of the garden. In that case, a new crop may need to be planted or suspended until the next season. In financial planning, an emergency or situation could derail the success of the plan. Although proper planning includes safeguards like an emergency fund, some circumstances may deplete the fund or may be too big to be diminished by the savings; therefore, the goals need to be adjusted and the timeline for the success of those goals extended.

Whether it be a garden or future goals, a well thought out plan with the ability to pivot as needed will bear the fruits of your success.

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

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Managing Your Managed Care

By Randy Foulds

Most of us are enrolled in some type of managed care health plan. Managed care means you agree to allow a private insurance group or physicians group manage your access to health care. From the insurer's point of view, these are cost containment measures, and they can be frustrating to deal with if they are unexpected or delaying your care.

What type of plan do I want? Managed care comes in three most common plan types: HMO, PPO and Part D drug plans. Almost all plans for those under the age of 65 are PPO or HMO. If you are in a Medicare Advantage plan, it is an HMO or PPO, and if you have Original Medicare plus a supplement, you might also have a Part D drug plan. It can get complicated, so we can all benefit from learning how to navigate the managed care process.

Do I need pre-authorizations? In all plan types mentioned, the insurer has the right to request prior authorization for any procedure. With an HMO, authorization for a referral to care from anyone other than your primary care provider is required. This prior authorization allows the insurer to control the cost by confirming that the procedure is deemed necessary by their guidelines and priced within their contract parameters. For example, having physical therapy after an injury might be limited to only a few sessions until your doctor requests further treatment. Knowing this can help you get ahead of the delay by simply communicating the need for further sessions well in advance.

Is my doctor in their network? The provider network is another managed care tool with which you must work. Both HMO and PPO plans have a network of contracted providers. These health care professionals and facilities have signed a contract agreeing to the payment terms of the insurer. However, you do have the right to request treatment out of network. In a PPO plan, this can be arranged directly with the provider if they agree to accept your insurer's reimbursement rate and bill you the balance. In an HMO, your primary care provider is responsible for finding the referral, and if it is out of network, it will not cost you more, but it may delay care, and the referral will be on a case-by-case basis. So, seeing that care provider once does not mean you will always have access to them.

On drug plans, prior authorization and quantity limits are imposed on many medications, especially controlled substances and expensive brand name drugs. Authorizations are specific to the exact dosage prescribed as well, so if your doctor changes your dosage, you may have to request authorization all over again. We see this a lot with Ozempic and other GLP1 meds, where the normal course is to raise dosage as treatment progresses.

Does the plan cover my medications? Drug plans are required to cover one medication in each class of drugs. If your medication is not covered, you can request a formulary exception. This requires the prescribing physician to certify that the covered drug is "contra-indicated" in this patient, meaning it either does not work for you or causes a side effect. In this case, the drug plan is required to cover the same class medication at the agreed cost of the drug that is on their formulary. This can save you thousands of dollars over the course of treatment.

Being prepared for these cost containment practices can help you avoid surprises and frustration in dealing with any medical treatment or drug therapy.

Randy Foulds of Foulds Health Insurance Agency is an independent broker and Medicare specialist in La Quinta (license #0G69218) and can be reached at (760) 346.6565. This is provided for informational purposes only and is not intended to substitute for professional advice.

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March/April 2024



The Difference in a European Facelift

By Lauren Del Sarto

Aging is something we all come to terms with differently. When we look in the mirror and see changes, it's natural to consider what we can do to turn back the clock. In fact, the concept of facial rejuvenation dates back to ancient civilizations where massages, herbal remedies and rudimentary surgical procedures were employed.

Today, we have a large variety of products and procedures from which to choose, with the most substantial being a full facelift. And while they can certainly deliver desired results, it is not without the investment of significant money and recovery time.

Since we have featured Rim Marcinkus, MD in Health & Beauty, several readers have asked how his European facelift differs from a standard facelift, so I thought I'd sit down with him to learn more and answer that question for us all.

Research states that European surgeons have been refining cosmetic surgery techniques for decades with the goal of less invasive techniques and scarring, shorter incisions and recovery time, and the use of local anesthesia and sedation over general anesthesia, which adds risk to any procedure.

When Dr. Marcinkus, who hails from Lithuania, started practicing in Europe over 40 years ago, local anesthesia was standardly used. When he came to the U.S. in the early '90s, general anesthesia was standard practice and remains so today.

"There are thousands of ways to do facelifts and many different techniques and materials are used," he explains. "It is not uncommon for surgeons to use deep anesthesia and to make deep incisions that leave patients black and blue for weeks and even months with hospital stays required."

"Our goal is to make procedures simple and safe using IV medications to relax patients for the one to one-and-a-half hour procedure. The patient remains wrapped for one night and returns the next day for bandage removal. In most cases, they are ready to return to their normal routine that day."

There are multiple components that may be considered, including a facelift, neck lift, temporal lift, eyelids and brows, liposuction and injections, and up to six can be done within the hour-and-a-half timeframe. The combination of components is determined in a preceding consultation with the doctor.

Is this timely and less invasive method due to advanced technology? No, says Marcinkus. It is due to tricks and techniques learned in over 40 years of doing facelifts with the goal of maximizing results while simplifying the procedure. "Our European facelift uses very gentle surgical techniques, hidden and minimal incisions and special solutions to minimize swelling." Technology such as high-quality lasers and radiofrequency may be used later for maintenance, he adds, "but nothing is better than the human hands of a skilled practitioner."

Those who should consider non-surgical options instead include patients with clotting and cardiac conditions and those who smoke. "In Europe, they used to refuse smokers entirely," he says. "In the U.S. we advise smokers to stop for at least two weeks prior to the procedure and less invasive measures are used."

When asked who he considers the best candidates for the procedure, age is not a factor. "Our patients range from 34 to 94, so I'd say anyone looking to enhance their appearance with more natural looking results."

Lauren Del Sarto is founder/publisher of Desert Health and may be reached at Lauren@DesertHealthNews.com.



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New Treatment Brings Hope for Alzheimer’s Patients

By Patricia Riley

Alzheimer’s is a complex disease and recent breakthroughs in treatment are bringing hope to individuals affected by the disease and their families. The Food and Drug Administration (FDA) has approved several new medications to help manage the symptoms or treat the disease. Following is an overview of each.

Cholinesterase inhibitors such as Galantamine (Razadyne), Rivastigmine (Exelon) and Donepezil (Aracept) are prescribed for mild to moderate Alzheimer’s symptoms. Taken orally in pill or tablet form, these drugs may help reduce or control some cognitive and behavioral symptoms. Because cholinesterase inhibitors work in a similar way, switching from one to another may not produce significantly different results, but patients may respond better to one drug versus another. The latest guidelines suggest that these three drugs be continued in the later, severe stages of the disease.

Lecanemab (Leqembi®), a monoclonal antibody directed against Amyloid beta, is currently the only disease modifying therapy (DMT) with full traditional FDA approval, explained Christopher Hancock, MD, a preeminent expert certified in diagnostic radiology and neuroradiology. “Lecanemab marketed as Leqembi, is indicated for people with mild cognitive impairment (MCI) or the mild form of Alzheimer’s disease,” he adds. Lecanemab is delivered through IV over one hour every two weeks.

The FDA granted accelerated approval for Aducanumab (Aduhelm) in 2021, which is also an immunotherapy for people living with the early stages or mild symptoms of the disease. The drug company must conduct additional studies on the clinical benefits to gain full FDA approval. This medication is delivered through IV over one hour every four weeks.

Memantine (Namenda) can be prescribed for moderate to severe Alzheimer’s. This drug decreases symptoms, which could enable some patients to maintain certain daily functions a little longer than they would without the medication. Delivered once or twice a day through a tablet, liquid or an extended-release capsule, Memantine is suitable for those who cannot take or are unable to tolerate cholinesterase inhibitors such as Galantamine, Rivastigmine and Donepezil.

When asked about other research efforts, Dr. Hancock expounded, “Many Alzheimer’s disease researchers and clinicians are excited about additional monoclonal antibody treatments currently being developed to prevent and treat expanded stages of Alzheimer’s disease. I am most hopeful, however, in using adjunctive lifestyle modifications, including restorative sleep hygiene, high intensity strength and cardiovascular exercise, and the specific dietary approaches of low carbohydrate and nutritional ketogenic diets.”

Currently the director of neuroradiology and the neuroscience innovation officer at HALO Diagnostics Desert Cities, Hancock has authored and co-authored journal articles and internet publications on many topics, including Alzheimer’s disease/dementia.

If you are considering taking an Alzheimer’s medication, talk with your physician about options, including clinical trials. Also, be sure to ask about the medication side effects, as they can be severe. And lastly, work with your health care provider to determine the best treatment plan because Alzheimer’s affects everyone differently and treatment is highly individualized.

Patricia Riley is a board member of Alzheimer's Coachella Valley, a community resource for dementia support and education. For more information, call (760) 776.3100 or visit www.cvalzheimers.org.



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Daily Inspiration

By Tracy Smith

Publisher's Note: We are very proud of *Desert Health* contributor Tracy Smith who just launched her first book, *Moments of Divine Inspiration: 365 Daily Words for Self-Discovery, Transformation and Self-Love*. Following is a page from the book which offers insights and practical tools to help readers "live a life of purpose, authenticity and love."

Prepare

"The will to succeed is important, but what's more important is the will to prepare."
- Bobby Knight

Do you prepare yourself every morning for a day of joy, love, happiness, wellbeing and ease? Or are you prepared for the other shoe to drop, or things not working out as you would like?

Too many of us do the latter. We hold ourselves in preparation of things not working out. We think doing this will make the possible disappointment less intense, palatable and acceptable.

Each day, the universe always has an abundance of good waiting for us to reach out and accept it.

We unintentionally block or limit that good, either with thoughts such as 'it is not available to me,' or 'it never works out for me,' or 'everything always goes wrong for me.'

If we prepare our mental state of mind and focus on more goodness, we are opening our "receiving muscle" to receive the goodness the universe has for us. If we can deepen our faith and belief muscle, we will be pleasantly surprised at the abundance of good there is for us. Focusing, and looking for goodness and blessings, will actually bring more blessings of goodness into our life.

Realize it or not, as humans we have always gone to a power greater than ourselves for help. When we were young, we went to our parents or caregiver for comfort. Start each day connecting to Divine Essence/God, a power greater than each of us, in gratitude, and prepare yourself for a day of multiple blessings of goodness.

Do the following to connect in silent and stillness, and sit within your:

- Strong Faith
- Solid Belief
- Welcoming Receptive Muscle
- Confidence that the Universal Good is available for YOU.

Each morning, prepare yourself for a day of joy, happiness and well-being. Consistently do this and also prepare yourself to welcome the opportunity to love fully and completely, while radiating well-being as your lifestyle.

Today's Affirmation: My intention is I am grateful I am prepared for a life of joy and the opportunity to love fully and deeply; holding with conviction that good for all is the eternal reality I experience.

Tracy Smith is an energy medicine practitioner with *Blissful Release Now*. *Moments of Divine Inspiration* is available at www.amazon.com. For more information, visit www.blissfulreleasenow.com.

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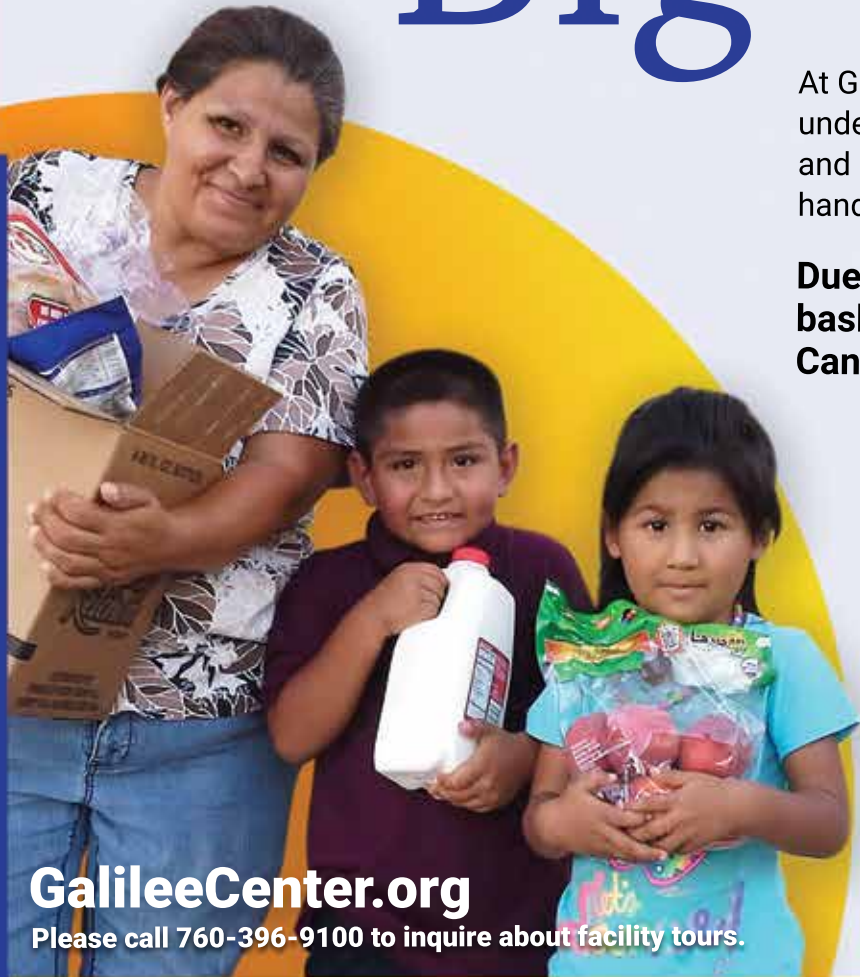


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Easy Cheezy Pasta

A grain-free, dairy-free, vegan delight

By Lauren Del Sarto

My husband and I are both Italian. Back in the day, we sat around the big family table eating endless plates of homemade raviolis before the main course even arrived. Those wonderful memories feel so warm, you can almost taste them!

These days, most in our family favor healthier options - smaller portions, healthy oils instead of cream and vegetable pastas over traditional wheat. But can you get the same satisfying taste? You absolutely can, and texture has a lot to do with it.

When craving a creamy topping, I often turn to raw food pioneer Mimi Kirk's Cheezy Sauce. It's super nutritious, easy to make and actually tastes cheezy! It couldn't be easier, as all ingredients are placed in a blender before warming slightly and serving. Just make time to soak the cashews for a couple of hours before you begin.

For a full vegan dish, choose Banza chickpea pasta (see the many health benefits below), Palmini Linguine (made from hearts of palm and also low carb) or something similar.

Mimi Kirk's Cheezy Sauce:

1 cup cashews soaked for 2+ hours and rinsed

2/3 cup filtered water

2 tablespoons finely minced fresh rosemary (or 2-3 teaspoons dried)

2 tablespoons extra-virgin olive oil

Sea salt and pepper to taste

1-1/2 tablespoons lemon juice

3 teaspoons tamari

3 tablespoons nutritional yeast

Directions:

Place all ingredients in a blender and blend into a thick cream. Add more water if necessary, but keep it thick and pourable. Taste and adjust seasonings if necessary. For a saltier taste, add another splash of tamari. If too thick for your liking, add a teaspoon or two of water. If too thin, add a few more cashews.

Warm slightly in a pan (sauce may thicken if overheated) and toss with preferred noodles cooked as instructed. Top with black pepper, fresh tomatoes and basil or rosemary as desired and enjoy. Leftover sauce may be refrigerated or frozen.

Mangia tutti mangia!



A Love Letter to Chickpeas

By Katie Davis

What superfood is considered both a vegetable and a protein, and is probably sitting in the back of your pantry right now? It's the beloved chickpea, which in my opinion could use a little more notoriety.

Superfood, by definition, is when a food offers high levels of desirable nutrients that are also linked to the prevention of disease, or believed to offer several simultaneous health benefits beyond its nutritional value. Chickpeas, also known as garbanzo beans, are packed with a vast array of vitamins and minerals, thus the majestic moniker.

Chickpeas are known as a complete protein because they contain all nine amino acids, the building blocks to proper bodily function. Thus, they are a great protein source for both vegetarians and carnivores. They also provide energy, support digestion, boost immunity, bolster muscle growth, repair body tissue, help to maintain healthy skin and nails, and support healthy hormone and brain function.

The high fiber legume is also chalked full of vitamins and minerals including choline, magnesium, potassium iron, folate, vitamin K and vitamin C.

Because they are often hiding in your pantry next to the black beans and kidney beans, their multifaceted use in culinary creations is often overlooked. Seasoned as a side dish will complement any dinner, but did you know they taste great scrambled with eggs or roasted and sprinkled on avocado toast?

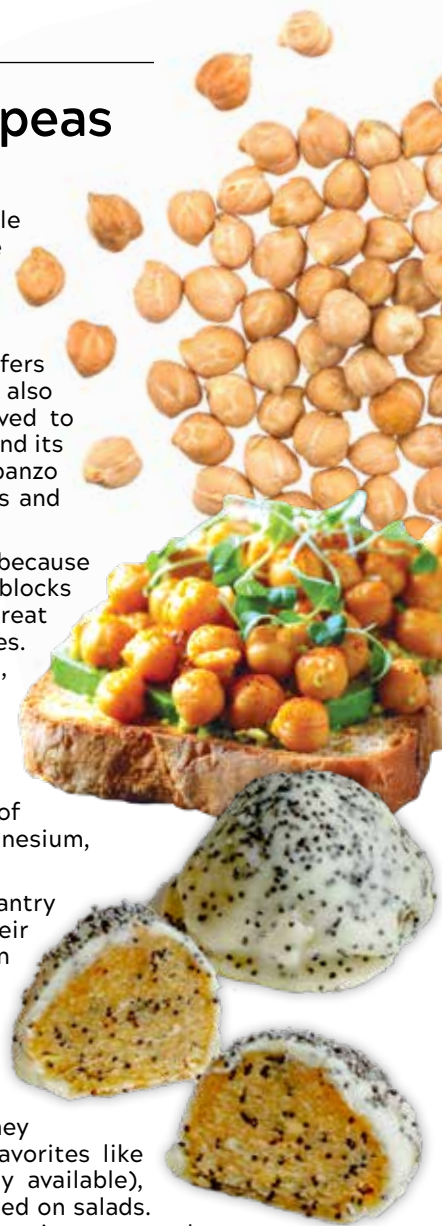
I love cooking with chickpeas because they make every dish effortlessly nutritious. And, they are a healthier substitute to many lifelong favorites like wheat pasta (chickpea pastas are now readily available), and crunchy croutons when roasted and sprinkled on salads. There are dozens of ways to incorporate chickpeas into any meal - chickpea Moroccan stew or chickpea curry served over rice - and the best part is that it never gets boring.

If you are a baker, know that the luscious legume can also be seamlessly integrated into sweet dishes like brownies, cakes, cookies and truffles, providing a healthier, power-packed option. In fact, one cup delivers 14.5 grams of protein and 12.5 grams of dietary fiber.¹

So, pull that can of chickpeas from the back of your pantry, experiment with their many uses and feel good about the tasty nutritional benefits you will enjoy.

Katie Davis of La Quinta is the creator of Eat Ceci organic chickpea truffles and can be reached at eatceci@gmail.com. For more information, visit www.eatceci.com.

Reference: 1) <https://fdc.nal.usda.gov/fdc-app.html#/food-details/173757/nutrients>



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The Coachella Valley has the highest number of fentanyl poisoning deaths in Riverside County. To raise awareness and action, Women Leaders Forum proudly presents a panel discussion featuring experts and advocates, moderated by KESQ's Karen Divine. All are encouraged to attend. Classic Club, 5:30-7:30p. Appetizers will be served. \$45 members/\$65 non-members. www.WLFDdesert.org.

Parkinson's Resource Organization invites you to join them in honoring founder Jo Rosen who is embarking on her next chapter after serving PRO for 34 years. Classic Club, 11a. Tickets \$50. www.parkinsonsresource.org.

Naturopathic Doctor Shari Jainuddin, medical director of One Life Naturopathic, discusses inflammation: contributing factors, how it presents itself and ways to mitigate its negative impact through daily habits and holistic approaches. Restore Hyper Wellness, 5-7p. RSVP required: (760) 505.3000. (See below).

PGA TOUR Champions event returns to Mission Hills Rancho Mirage featuring golf greats Fred Couples, Ernie Els, John Daly, Steve Stricker and more along with inaugural champion David Toms. Easter weekend activities are planned including a morning service and Easter egg hunt for kids. Tickets start at \$30 and are available at www.TheGalleriClassic.com.

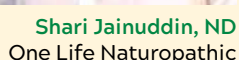
Alzheimers Coachella Valley's annual fundraiser honors local leader Howard Lincoln. Guests will enjoy delicious food, cocktails and entertainment. Desert Willow Golf Resort, 6-8p. Tickets \$250. Call (760) 776.3100.

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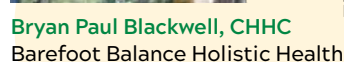
Certified Health Coach Bryan Paul Blackwell of Barefoot Balance Holistic Health shares his inspiring cancer journey highlighting the transformative power of holistic health practices in combating inflammation and fostering recovery. Restore Hyper Wellness, 5-7p. RSVP required: (760) 505.3000. (See below).



Naturopathic Doctor **Shari Jainuddin**, medical director of One Life Naturopathic, discusses inflammation: contributing factors, how it presents itself and ways you can mitigate its negative impact through daily habits and holistic approaches.



Certified Health Coach **Bryan Paul Blackwell** of Barefoot Balance Holistic Health shares his inspiring cancer journey highlighting the transformative power of holistic health practices in combating inflammation and fostering recovery.



All are welcome to join us for these complimentary presentations held 5-7pm at Restore Hyper Wellness
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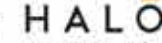
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