

# Desert Health<sup>®</sup>

The Valley's Leading Resource for Health and Wellness

May/June 2024

## what's inside

### 3 Medical News

AI: Saving Time and Lives

### 12 Natural Options

Cancer: The Sneaky Disease

### 15 Integrative Medicine

Dr. van Tulleken's  
*Ultra-Processed People*

### 17 Financial Health

Fun in the Sun  
Without Getting Burned

### 18 Health & Beauty

Nighttime is Skin Time

### 19 Through the Generations

Consoling Your  
Inner Child

### 21 Fresh Cuisine

Classic Flare and  
Clean Cuisine

### 22 Desert Events

Workplace Wellness  
Symposium



The 50+ set is ready for exploration - hitting the roads, trails, waters and skies. From cross-continental bike trips through Africa to surfing school in Mexico, those in their 50s - 80s are stepping out of their comfort zone and looking for adventure (as Steppenwolf's "Born to be Wild" plays in the background).

The adventure travel industry is flourishing, and while the average age of the adventure traveler is a spry 49 (up from previous years), tour operators report that the largest group of adventure seekers (41%) are now between the ages of 50 and 70.

What's behind this growing trend? It seems quarantine certainly helped spur the spirit of exploration. In a recent *Wall Street Journal* article, New Zealand's Adventure South NZ stated that for the 10 years preceding the pandemic their average guest age was 55, jumping to 65 directly after. Adventures in Good Company, a U.S.-based company which focuses on trips for women, saw their average age rise to 62 last year compared to 58 pre-pandemic.

Of course, you've also heard that "60 is the new 40." Baby Boomers are breaking the stereotypes of what it means to age, staying active and healthier longer.

Rewards for doing so include the ability to travel, explore and exceed your own expectations. Setting your sights on an experience you never thought you could, or would do, provides physical and mental stimulation, and can be transformative. Traveling with like-minded people also builds new connections that can last a lifetime.

What are these crazy kids doing? Trekking across third world countries, hiking hundreds of miles on ancient trails, scuba diving in the tropics, cruising on small ship expeditions, kayaking through the wilderness, biking across continents and white-water rafting on extended pack trips.

Trending destinations include the Mediterranean, Western Europe, South America, Scandinavia and Central America followed by Africa, Southeast Asia, Mexico and the Caribbean. More comfortable here at home? North America falls within the top 10 destinations as well.

If planning a trip of this caliber sounds overwhelming, maybe you'd prefer another growing trend, "surprise travel," where all details are arranged for you with the destination and itinerary unknown until you arrive at the airport. According to a 2023

*Continued on page 20*



Today's cars have come a long way from the classics of yesteryear. Remember all the work it took to keep them running well? Whereas today's electric cars can even drive themselves.

When you think about it, it's rather similar to our brains and those phones always in our hands. Remember how much we had to figure out on our own before we could simply ask Siri?

Like that old classic car, our brains need a little extra care to keep running at peak performance. Here are a few comparative tips to help keep brain health top of mind:

**Use the good gas.** A higher-octane rating means the fuel is better balanced and may contain higher-quality additives than regular gas, resulting in a smoother, more stable ride. The same applies to feeding our brain. Healthy and clean, low-glycemic foods and fats enhance brain performance, while sugar and carbs are directly related to cognitive decline. This is why science is now referring to Alzheimer's as type 3 diabetes.

*The Journal of Alzheimer's Disease* reports that a high-carbohydrate diet is correlated with an 89% increased risk of mild cognitive impairment, while a diet high in healthy fats is associated with a 44% decreased risk of mild cognitive insufficiency.'

Choosing a diet filled with healthy protein, colorful fruits and vegetables, nuts, seeds, clean fish (and/or an omega-3 supplement), grass-fed beef and the like, provides the brain with vital nutrients, advises *Desert Health* columnist Jeralyn Brossfield, MD. "Grain-based foods must become minimal in your diet if brain health is your goal. Food choices that keep our blood sugar steady (low-glycemic) help us minimize damaging glucose highs and lows which are key contributors to brain decline."

Joseph Scherger, MD of Restore Health Disease Reversal agrees, "The most important things for brain health are keeping a normal blood sugar, and avoiding inflammatory foods and toxins such as fish with mercury."

*Continued on page 3*

Healthy Cells • Healthy Body  
Healthy Aging



## Stroke Care

when every second counts.



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A COMMUNITY BUILT ON CARE



# Rising Together for the Greater Good

One of the many things I love about our Desert community is how people come together to make good things happen. Someone has a unique idea, others are inspired to take part, and before you know it, the world is watching.

This edition celebrates a few of those accomplishments. We didn't set out with that intention; it's simply how it came together, a shared thought for many behind these accomplishments. When good intentions come to life, more good things happen.

We couldn't be prouder of OneFuture's recognition as one of 10 model organizations by the Carnegie Corporation of New York. Our community has rallied together in an extraordinary effort to support local youth in their transition to the workforce. Now, others across the country will recognize and learn from their success (p.6).

In 2010, John Feller, MD and his team set out to improve the standard of care for the growing number of men diagnosed with prostate cancer. Their 20-year research study is showing promising results and this month, the HALO Diagnostics team will present their interim findings at the American Urological Association's annual conference (p.5).

We know the foods we eat can cause - and can reverse - disease. The science is growing, as are the number of doctors prescribing food as medicine. However, that science is not making its way into medical schools, so the renowned doctors at The Plantrician Project are now offering it free via Plantrician University (p.10).

Efforts like these can lead to tremendous change. Sometimes the people behind the ideas set out with those goals, and sometimes, it's simply happenstance. Like the little business Michelle and I started last year. We never imagined Good Vibes Sound Bath would receive over 54M Instagram views and draw people from across the county. Many call the experience transformative and hundreds worldwide have reached out to learn how they can share it with their community.

People are seeking solace, and for those offering solutions, it is time to rise.

*Lauren*  
Lauren Del Sarto  
Founder/Publisher



Michelle Steadman and Lauren Del Sarto, Co-founders, Good Vibes Sound Bath (Photo by Insign Multimedia)



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May is Stroke Awareness Month

AI: Saving Time and Lives

When it comes to treating strokes, time is of the essence. Now, thanks to new AI technology, the medical teams at Desert Care Network's three regional hospitals - Desert Regional, JFK Memorial and Hi-Desert Medical Center - have a helping hand in quickly identifying strokes.

Stroke is the fifth leading cause of death in the U.S. and a leading cause of adult disability. Every 40 seconds someone in our country suffers a stroke, adding up to approximately 800,000 people annually.<sup>1</sup> The outcomes for those affected depend largely on how quickly the stroke is identified and treated.

The new app technology, called Viz.ai, enables attending Desert Care Network teams to view imaging on their cell phones and to instantly transmit those images between facilities. The AI element can also help assess the severity of the condition based on those images.

A stroke occurs when a blood vessel carrying oxygen and nutrients to the brain is blocked by a clot (ischemic stroke) or bursts (hemorrhagic stroke) which can cause parts of the brain to die. Each minute that passes matters, and the HIPAA-compliant app is helping save time and lives.

"Our goal is to have the patient assessed by the physician within five minutes of their arrival and to obtain CT images within 10 minutes," says Stroke Coordinator Kendalyn Zerebny, RN. "From there, our neurology team will have a plan for treatment within 20 minutes of the patient arriving at our emergency department (ED)." This is why she emphasizes the importance of calling 911 and traveling by emergency service (versus by car) if someone is suspected of having a stroke, as EMS teams can alert the ED of incoming cases.

Stroke treatments include Tenecteplase, a clot-busting medication used to break down the clot, and a surgical procedure, called a thrombectomy, performed by neuro interventional radiologists that cuts into the blood vessel for clot removal.

Viz.ai can detect when a large vessel of the brain has a clot (the most severe cases) and if the patient may be a candidate for a thrombectomy, explains Zerebny, further assisting the attending neurologist. The application then sends a notification to the neuro interventional radiology team, allowing additional time for preparation.

In 2023, Desert Regional Medical Center, an accredited comprehensive stroke center, saw approximately 800 patients diagnosed with stroke. Viz.ai was incorporated halfway through the year, and Zerebny has seen the positive impact of the technology. She recalls one case that helped save a young man from a lifetime of impairment.

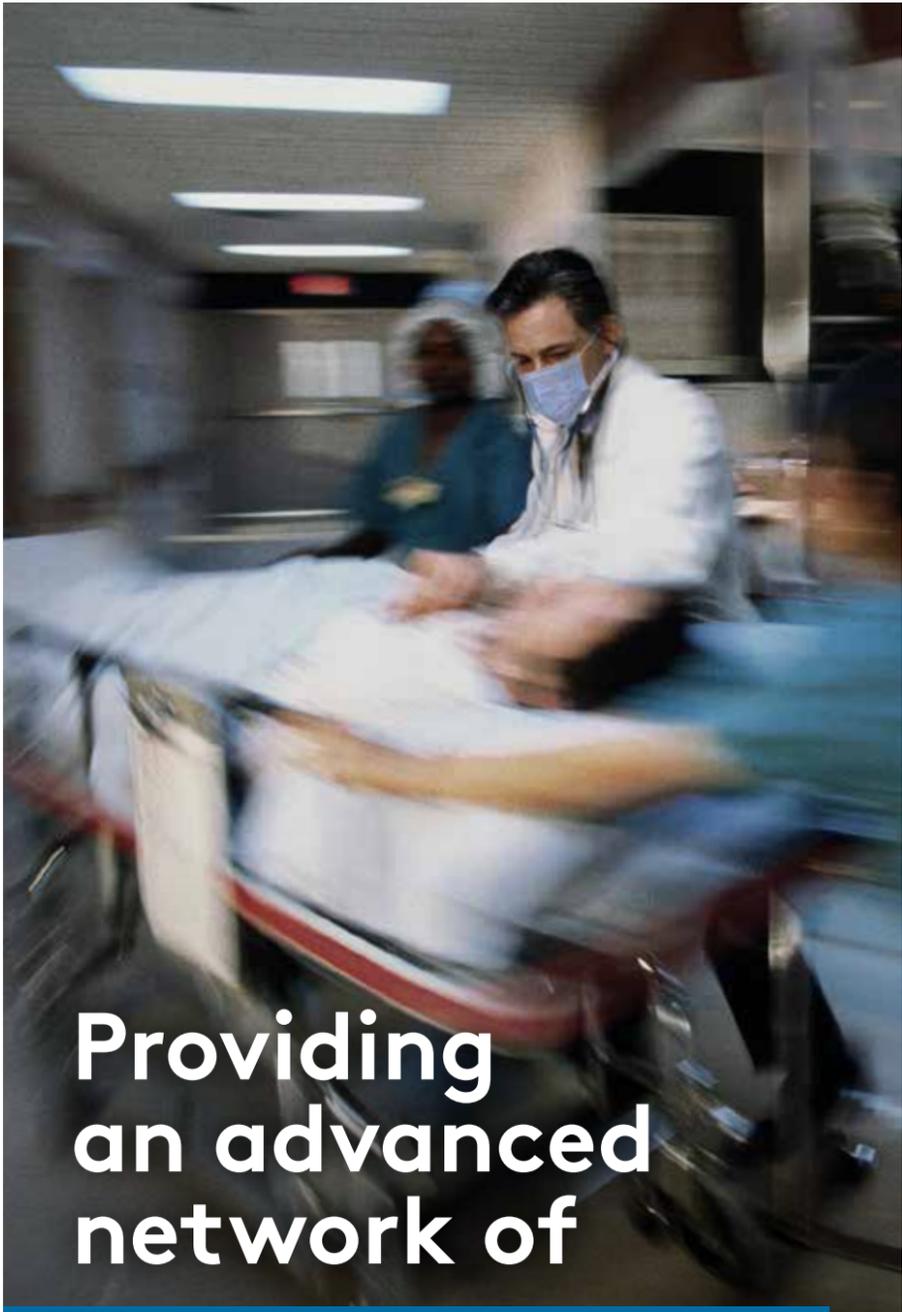
The healthy, 49-year-old came to Desert Regional from JFK after suffering a debilitating stroke. He was unable to communicate and lost function in 50% of this body. "Because our team received the imaging from JFK via the app, they took the young man directly into surgery to remove the clot. Almost instantly, he regained his speech and function." He was discharged after a couple of days with almost no deficits, and 90 days later he was back to work showing no signs of impairment.

"Stroke is a devastating diagnosis," she concludes. "Our goal is to provide the most efficient and safe treatment in the quickest way possible to minimize the devastation and elevate the patient outcomes. Viz.ai is helping us do that."

May is Stroke Awareness Month and a good time to ensure you know the BEFAST signs. Remember, if stroke is suspected, always call 911.

For more information and to take the stroke awareness quiz to test your knowledge, visit [www.DesertCareNetwork.com/Stroke](http://www.DesertCareNetwork.com/Stroke).

Reference: 1) <https://www.cdc.gov/stroke/facts.htm>



Providing an advanced network of Stroke Care when every second counts.

When every second counts, the team at Desert Care Network is ready to provide stroke care close to home. Combining speed and expertise, we offer fast diagnosis and treatment of stroke to help minimize disability and help you get back on your feet.

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- Accredited Primary Stroke Center at JFK Memorial Hospital
- Neurological critical-care unit
- Minimally invasive technology
- In-patient and outpatient rehabilitation



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Driving Brain Health

Continued from page 1

**Check the oil.** Once you've cleaned up the gas (diet) fueling your brain, it's time to incorporate healthy fats like coconut oil. However, if you are still eating high carbs and other inflammatory foods, it's best to skip this step.

Olive and avocado oils are very healthy, but coconut is especially good for brain health as it contains 62 - 65% medium chain triglycerides (MCT) which are quickly converted to ketones (efficient brain fuel) that increase metabolism.<sup>2</sup> In fact, when carbs are eliminated or minimized, ketones can provide up to 75% of the brain's energy needs.<sup>3</sup> But remember, consuming coconut oil on a high-sugar, high-carb diet can contribute to unhealthy inflammation and should be avoided.

**Use your brakes.** Running at high speeds for extended periods of time adds wear and tear to any engine - especially your brain.

Chronic stress has been shown to be detrimental to cognitive decline, states Health Coach Deborah Schrameck in her "Six Pillars of Brain Health" series featured in *Desert Health*.<sup>4</sup> "Short-term stress raises levels of cortisol (the stress hormone) for short periods which can be beneficial; however, long-term stress can lead to prolonged increases in cortisol, which can be toxic to the brain, severely impairing short-term memory and other cognitive functions."

Learn to slow down and incorporate thoughtful practices into your day. Tried and true routines like meditation and tai chi give your brain a break from the constant flow of thoughts, worries and stress, and can improve more than just brain health.

**Take the road less traveled.** We can all get stuck in the same old routine. Mix things up and challenge your brain with new tasks, hobbies, lessons and patterns. Learn something new or pick up an old hobby; take a class on something you know nothing about; figure out answers without asking your phone or simply change directions and explore new paths home.

Cognitive decline can be reversed, so it's never too late to start practicing brain-healthy habits. Like that old classic, with a little care and commitment, you'll have her running like new again in no time.

Lauren Del Sarto is founder and publisher of *Desert Health*. For more information, search 'brain health' at [www.DesertHealthNews.com](http://www.DesertHealthNews.com).

References: 1) <https://deserthealthnews.com/story/paradigm-shift-medicine-today-minding-brain>; 2) <https://deserthealthnews.com/story/keep-eating-coconut-oil>; 3) Ketones, omega-3 fatty acids and the Yin-Yang balance in the brain: insights from infant development and Alzheimer's disease, and implications for human brain evolution (ocj-journal.org); 4) <https://deserthealthnews.com/story/six-pillars-brain-health-3>



A low-carb diet high in healthy fats is considered optimal brain fuel.



Take a quiz about stroke and your possible risks. Scan this QR code with your phone's camera or visit [DesertCareNetwork.com/StrokeQuiz](http://DesertCareNetwork.com/StrokeQuiz)



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## Victory Reigns at The Galleri Classic

By Lauren Del Sarto

It was an exciting end to the second-annual Galleri Classic Presented by Spotlight 29 held in March at Mission Hills Country Club. World Golf Hall of Famer and two-time U.S. Open champion Retief Goosen was tied with Charles Schwab Cup money leader Steven Alker at 17-under-par through 17 holes. On No. 18, both hit wedges to the green as their fourth shot, leaving each with a par putt to advance to a playoff - or to win - the tournament. Goosen sank his eight-foot putt, while Alker missed, resulting in a one-stroke triumph. Goosen's victory catapulted him 33 spots to No. 7 in the Charles Schwab Cup standings.

This year's tournament once again brought fan favorites to our valley, including Ernie Els, Mike Weir, Jim Furyk, Rocco Mediate, Steve Stricker and others who weathered cloudy skies and rain alongside many faithful fans.

Beyond golf, there were new activities to enjoy including the pop-up casino from presenting sponsor Spotlight 29 Casino and the putt-putt course for enthusiasts of all ages.

But one of the most important parts of the tournament was GRAIL's on-site mobile phlebotomy unit providing information and administration of the Galleri multi-cancer early detection (MCED) test. Medical professionals were on site to assist qualifying consumers interested in this simple blood test which can identify over 50 types of cancer and where that cancer may be located in the body.

I took the test a few weeks prior at The Galleri Classic media day, and while Goosen was celebrating his third PGA TOUR Champions title, I was celebrating my own victory as test results showed no signs of cancer detected.

Why did I take the test? As a cancer survivor, the question of whether cancer has returned is often in the back of your mind. Each year you anticipate your annual follow-up and hope for the best. My breast cancer was treated at City of Hope, and this July will be my five-year screening - the big one they say; if you make it to five, your chances of reoccurrence decrease.

For me, the Galleri test adds a second layer of reassurance that "all is ok." The fact that we now have another screening option available via MCED testing alleviates the one year wait time and is another tool for proactive health care. It is not intended to replace regular screenings, but to compliment them, as it can also screen for cancers for which there are currently no screening standards.

I was due to schedule my July visit to City of Hope for a mammogram, ultrasound and doctor's appointment. My negative Galleri results helped relieve the angst that usually accompanies that call and the four months preceding my visit. If my Galleri test had been positive, I would have shared the news with my doctors and requested an earlier appointment for further investigation. Now, I can comfortably wait until July.

Goosen reigned victorious at this year's Galleri Classic, but so did I, thanks to the peace of mind provided from taking the Galleri test.

The Galleri Classic Presented by Spotlight 29 Casino will return to Mission Hills Country Club March 24-30, 2025. For more information visit [www.thegallericlassic.com](http://www.thegallericlassic.com). To learn more about the Galleri test, visit [www.galleri.com](http://www.galleri.com).



2024 Champion Retief Goosen  
(Photo by The Galleri Classic  
Presented by Spotlight 29  
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Desert Vascular Associates



# National Platform for Local Research Team

## HALO presents at AUA Conference

By Bernadette M. Greenwood, RT(R)(MR)(ARRT), PhD(c)

According to the American Cancer Society, about 1 in 8 men will be diagnosed with prostate cancer during their lifetime and 1 in 44 will die each year.<sup>1</sup>

Current therapies for treating the growing disease include active surveillance (wait and watch), total removal of the prostate gland or radiation therapy of the entire prostate gland. Unfortunately, the last two options often result in life-altering side effects such as erectile dysfunction (in up to 50% of patients) and/or urinary incontinence (in up to 25% of cases).<sup>2,3</sup>

In May 2010, a team of medical professionals from Indian Wells began a clinical trial for prostate cancer, evaluating the use of trans-rectally delivered laser focal therapy under MRI guidance. The minimally invasive procedure treats only the areas of MRI-visible cancer and preserves tissue to reduce side effects. The study objective was to explore the efficacy of this treatment in an outpatient setting as an alternative to whole-gland therapy. The clinical trial was the first of its kind in the world.

As chief research officer of what was then Desert Medical Imaging, I was a member of that team working with research physicians John F. Feller, MD and Stuart May, MD. The 20-year trial was entitled "Phase II Laser Focal Therapy of Prostate Cancer (LITT or FLA)" and is now in its 14th year.

This May, our team, now operating as HALO Precision Diagnostics, will present our interim results at the American Urological Association's annual meeting in San Antonio, Texas.

### Study parameters

Two hundred men participating in the study were carefully selected based on specific criteria including a Gleason Score of 6 or 7. The qualifying group underwent the 2-3-hour outpatient procedure where a laser probe was placed trans-rectally into the prostate gland. Using MRI real-time temperature imaging, Dr. Feller and a specially trained team targeted and destroyed the cancer by laser without having to remove or radiate the whole gland.

**"Data to date indicate that outpatient trans-rectally delivered MRI-guided laser focal therapy for prostate cancer has similar oncologic control as whole-gland therapy without the associated morbidity."**

**– Chief Research Officer Bernadette M. Greenwood**

The study group is being observed for 20 years according to research protocol to measure cancer control, sexual function, urinary function and emotional well-being. HALO's biostatistician analyzes the data and reports regularly on results, which to date, are non-inferior to standard of care prostatectomy and radiation therapy.

### Promising results to date

In 2020, our 10-year results were published in the *Journal of Urology*. Under an IRB-approved, HIPAA-compliant protocol, 158 men and 248 cancer foci were treated, and no serious adverse events or morbidity were reported.

Of the 122 men that underwent six-month biopsies of the treatment site, 26% (32/122) were positive and clinically significant, while 59% (71/122) were negative. The remaining 15% (18) men were positive but clinically insignificant.

While most of the positive results were of marginal recurrence, 5% (6) men had clinically significant incidence cancers. We observed a 37% decrease in mean PSA at 12 months post therapy, and no statistically significant change in the International Prostate Symptom Score (IPSS) which measures the disease severity and response to therapy, or the Sexual Health Inventory for Men (SHIM) score which characterizes the severity of erectile dysfunction.

At 10 years, the metastasis free survival rate was 99%, and the prostate cancer specific survival rate was 100% (the overall survival rate was 98%).

### Conclusions

Data to date indicate that outpatient trans-rectally delivered MRI-guided laser focal therapy for prostate cancer has similar oncologic control as whole-gland therapy without the associated morbidity.

Focal treatment of prostate cancer may be an attractive option in a subset of men appropriately risk stratified. The precision and safety achieved using laser focal therapy under MRI-guidance may have a favorable impact on cost effectiveness and quality of life, without eliminating the possibility of whole-gland treatment should the patient's prostate cancer recur later.

Outside of the trial, HALO Precision Diagnostics continues to offer this unique therapy in the Houston and Indian Wells offices as part of the Focal Therapy Society Outcomes Registry and in keeping with our mission to safely perform the procedure and monitor long-term outcomes.

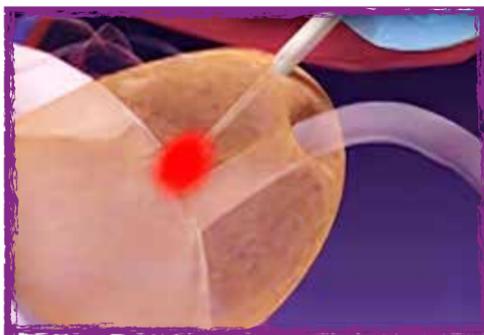
Other exciting research at HALO involves use of a new MRI contrast agent and the deployment of stem cells under image-guidance.

Bernadette M. Greenwood is chief research officer for HALO Precision Diagnostics in Indian Wells and a PhD candidate at Radboud Institute of Health Sciences. She can be reached at [bernadette@halodx.com](mailto:bernadette@halodx.com). To learn more about their research program, visit [www.HALODx.com](http://www.HALODx.com).

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HALO's Feller and Greenwood at the 2023 Radiological Society of North America Conference



Precision treatment for prostate cancer via MRI-guided laser focal therapy

# HALO

DIAGNOSTICS

## Say hello to HALO!

For over 20 years, Desert Medical Imaging was a trusted source for local imaging services. Founded by leading radiologist John F. Feller, MD, the company also became known internationally for their excellence in research.

In the past decade, HALO Precision Diagnostics was founded nationally on the principle of saving lives through early disease detection.

In 2020, the companies joined forces to deliver unparalleled diagnostic services to help patients navigate diseases and to help save more lives.

**Offering imaging, biomarkers, genomics and the latest technological advancements including artificial intelligence and new serum, urine and saliva tests, HALO Precision Diagnostics remains a trusted source in the Coachella Valley and beyond.**

The HALO research team continues its research and development in prostate cancer diagnostics, treatment and care in Indian Wells with new clinical trials underway.

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MD, MBA,  
FACMGG, DABMD,  
CSO

**Jeffrey H. Herz, MD**  
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**Steven R. Gunberg, DO**  
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**Pedram Ilbeigi, DO, FACS**  
Urologist

**Bernadette M. Greenwood, RT (R)(MR)(ARRT), PhD(c), CRO**

**Kyle Fromm**  
Compliance and Privacy Officer

**John F. Feller, MD, CMO**

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## Carnegie Corporation Recognizes OneFuture as Exemplar in Education

By Lauren Del Sarto

OneFuture Coachella Valley (OFCV) has been honored as one of 10 national recipients of the Carnegie Corporation of New York's Profiles in Collective Leadership initiative. This tremendous recognition positions our local collaborative as a model career-enhancing program that effectively unites community, fosters systemic change and puts young people on a path to thriving futures and engaged citizenship.

The award not only positions OFCV as a national leader, but also provides a \$200,000 grant to help further their mission. Their work and its effect on students will be documented by a storytelling partner, and they will have the opportunity to share with, and learn from, other winning organizations across the country.



Local K-12 school district academies and career pathways programs include culinary arts.

"We are thrilled with this incredible honor," said OneFuture President and CEO Sheila Thornton. "The philanthropic initiative draws on the strengths of local government, education, nonprofit, business and health care professionals to create career opportunities for young people and encourage civic participation."

### OneFuture Coachella Valley's purpose

In 2005, a survey of employers in Riverside County found that 80% of hires for high-level positions were recruited from outside of the area. To address this community challenge, OFCV was established to work with regional K-12 school districts, local colleges, non-profits, city government and local businesses to address career readiness and build a strong local workforce that can meet the needs of the region economically.



Local business partnerships help prepare students upon high school graduation through internships and job shadowing.

Some of the career academies and pathways developed from the collaborative include arts, media and entertainment; fashion and interior design; information and communication technologies; health science; and medical technology, to name a few. Students from the later take part in their high school's Medical Health Academy and contribute to our OneFuture column in each edition (see page 7).

From 2009 to 2021, OneFuture has contributed \$17 million in scholarships to nearly 3,000 students. These recipients have completed the following degrees: 1,165 bachelor's, 488 associate's, 171 master's, 17 doctorate, plus 87 certificates. Additionally, nearly 8,000 high school students study in career-oriented programs.

### Learning from OneFuture's success

The Carnegie Corporation's mission is to "invest in knowledge that inspires informed action." As stated on their website, their new Profiles in Collective Leadership initiative "aims to help others understand how and why certain collaborative models are effective in fostering systemic change and delivering learning opportunities that consistently put young people on a path to thriving futures and engaged citizenship. The goal is to identify organizations already engaged in this work so we can lift up and learn from their efforts."



OneFuture provides student support services, workshops, financial aid counseling and scholarships.

They go on to state:

"Education is the foundation of a healthy democracy. It enables social mobility, builds community, and creates an informed citizenry. It helps young people determine their future and contribute to society. Achieving that promise for all students requires everyone who plays a part in education to design for the extraordinary and equitable experiences and outcomes we want. That includes involving people within school communities – students, families, and educators – but also leaders in government, healthcare, business, and other sectors that influence students' lives and communities.



Members of the Gents Alliance Program present at the 2024 Male Student Leadership Conference.

Our vision for Profiles in Collective Leadership is to identify collective leadership models where this cross-sector approach is already being embraced, with a focus on initiatives intended to enable young people to chart a course from learning to meaningful careers and civic engagement.

By elevating and supporting organizations at the forefront of efforts to reimagine our education system, we aim to learn more about the kind of leadership it takes to catalyze systems-level change and to harness those lessons to benefit the entire field."

Ten winners from eight states were selected by a panel of jurors comprised of a broad range of leaders in business, higher education and philanthropy. Selection criteria included organizations that are:

- Focused on redesigning and aligning pathways from high school to higher education, the workforce and meaningful civic engagement

Continued on page 8



### Life Saving Contributions

La Quinta High School's Medical Health Academy (MHA) plays an integral part in saving the lives of our community members. Since the start of the school year in 2019, the academy has coordinated and run 20 successful blood drives in partnership with LifeStream Blood Bank.

Since then, 928 students, faculty and parents registered to give blood. A total of 818 pints of blood have been collected, and a total of 437 of those giving blood were first time donors.

Through this effort, MHA students have touched the lives of up to 2,454 people in need of the lifesaving benefits of blood. Their dedication, collaboration and leadership skills are serving our community's needs through raising awareness, encouraging community engagement and saving lives.



La Quinta Health Academy students assist with blood donation events.

For these blood drives, the role of the academy is primarily to recruit students, staff and family members. The process requires the blood drive leaders to organize a two-week long sign up during lunch hour. They encourage people to participate in a meaningful activity that directly contributes to the well-being of others. They raise awareness about the importance of blood donation and the need for a consistent blood supply. They educate people about the impact of their donations and help dispel myths or misconceptions about the donation process.

On the morning of the blood drive, students assist with setting up tables, chairs, recovery areas and check in locations, and place signs around campus. LifeStream staff has the tedious task of setting up the portable blood drawing chairs and equipment.

The day begins at 8 am when the first of many donors arrive at their assigned time. They are greeted by our students, checked in and provided with a health survey to assist the staff in determining eligibility to donate. The impressive time management skills of the staff ensure efficiency and maximize the number of donors.

Once participants have donated, it is the responsibility of the MHA student to be sure they have eaten, rested and feel well enough to return home or to the classroom. There have been many episodes of donors feeling faint, dizzy or nauseas which is common with donating. The students always act quickly, professionally and with empathy to ensure these generous donors are cared for appropriately.

La Quinta High School's Medical Health Academy is, and will remain, committed to serving the residents of the Coachella Valley and beyond by providing them with a constant supply of life saving blood and plasma.

Editorial by Melissa Moore, LQHS MHA Coordinator. For more information on our valley Medical Health Academies and their contributions, contact Kim McNulty with OneFuture Coachella Valley, kim@onefuturercv.org.

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| • Diabetes                                     | • Kidney Failure               | • Prostate Cancer Surgery  |
| • Geriatrics                                   | • Knee Replacement             | • Spinal Fusion            |
| • Heart Attack                                 | • Leukemia, Lymphoma & Myeloma | • Stroke                   |
| • Heart Bypass Surgery                         | • Lung Cancer Surgery          |                            |

In the coming year, we pledge to keep doing our best to **be the best**, delivering compassionate, high-quality, leading-edge care to the Coachella Valley. Thank you, one and all. You are, and always will be, our inspiration to reach new heights.



Learn more about our accreditations and recognitions at [EisenhowerHealth.org/Awards](https://EisenhowerHealth.org/Awards)





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## The Top 5 Regrets

By Susan Murphy, PhD

Isn't it interesting that thinking about our mortality can be beneficial for leading a healthy, constructive life? It provides perspective and can help us focus on how precious, precarious and short our lives are.

Posted in my office is a sign reading, "What I do today is important because I'm exchanging a day of my life for it." Every day I'm reminded that life is temporary. This encourages me to live boldly with less fear, with more intention and kindness.

I was forced to consider my mortality during my first job at 22 years old. I was the leader in a 12-bed intensive care unit where I dealt with life and death every day. Fortunately, you can learn about the importance of priorities, values, regrets and death through the experience of others. There's a Chinese proverb, "To know the road ahead, ask those coming back."

An Australian nurse, Bronnie Ware, wrote an international bestselling book, *The Top Five Regrets of the Dying*, about hospice patients' regrets during the final weeks of their lives. Note that in this list of regrets, there is no mention of physical beauty, status or revenge among them. As you review these lessons from these dying patients, contemplate which of these lessons you want to incorporate in your life going forward.

#### The 5 Most Common Regrets

**I wish I'd had the courage to live a life true to myself, not the life others expected of me.**

"This was the most common regret of all," Ware writes. "When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made."

#### I wish I hadn't worked so hard.

"All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence." This is true of many women, too. Many people regret spending so much time on making a living versus making a life.

#### I wish I'd had the courage to express my feelings.

"Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."

#### I wish I had stayed in touch with my friends.

"Often they would not truly realize the full benefits of old friends until their dying weeks, and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved."

#### I wish that I had let myself be happier.

"This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content."

#### Now what?

Imagine a conversation with an older version of yourself who is reviewing your life. How will you answer these questions?

It may be time to have a serious conversation with yourself. What do you really want to do that you have not done? Who do you want to include in your life journey - perhaps a relative, an old friend, a favorite mentor? Is it time to make amends with an old friend where there has been conflict? Is it time to take that dream trip? Is it time to spend less time with people who make you feel inferior and not valuable? Is it time to show your true gifts and talents to the world despite being afraid of being judged? Is it time to be happy?

*Dr. Susan Murphy is a best-selling author, business consultant and speaker 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*

#### OneFuture as Exemplar in Education

Continued from page 6

- Involving partnerships of at least two organizations across at least two sectors (e.g., education, healthcare, business, government agencies)
- Located in small and mid-sized communities that are often not well-known or celebrated

Other winners included Baltimore's Promise/Grads2Careers which provides and funds occupational skills training opportunities to high school graduates in high growth fields; Elkhart County, Indiana's Horizon Education Alliance, a non-profit



created by education, business and community leaders which offers 2- to 3-year paid apprenticeships to high school students who earn high school credit, postsecondary credit and an industry recognized credential; and West Alabama Works! which trains and matches highly skilled job seekers with employers in nine primarily rural counties in West Alabama.

"Through our Profiles initiative, we wish to recognize the work of local educational collectives who act creatively together across public and private sectors to create career opportunities for young people," said Dame Louise Richardson, president of the philanthropic foundation. "Congratulations to our 10 exceptional winners whose contributions to our society benefit all of us."

"This award reflects the impact of our whole community coming together and recognizing that the economic success of young people - and our region - is tied to educational attainment," says Thornton. "Their success is our community's success and we are honored to accept this award on behalf of our community."

For more information on OneFuture Coachella Valley, visit [www.OneFutureCV.org](http://www.OneFutureCV.org) or call (760) 625.0422. For more information about Carnegie Corporation of New York, visit [www.carnegie.org](http://www.carnegie.org)

Reference: 1) [www.carnegie.org/news/articles/profiles-in-collective-leadership](http://www.carnegie.org/news/articles/profiles-in-collective-leadership)



## TMS for PTSD: A Case Study

By Keerthy Sunder, MD

Post-traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing traumatic events, resulting in symptoms like flashbacks, nightmares and severe anxiety. Conventional treatments include pharmacological and therapeutic interventions, while promising emerging treatments include forms of neuromodulation like transcranial magnetic stimulation, or in this case, a particular subset of TMS: personalized repetitive transcranial magnetic stimulation (PrTMS).

PrTMS is a stylized version of TMS treatment that stimulates specific regions of the brain while protocols evolve from a continuous feedback loop. This feedback loop functions through the delivery of symptom surveys, namely, the severity checklist (PCL-5) for PTSD. This stimulation increases brain wave activity in the desired alpha region which has been associated with optimal brain function.

Prior research has specifically investigated the effects of PrTMS in combat veterans with treatment-resistant PTSD, highlighting its potential as an alternative or adjunctive treatment option (Makale et al., 2023). Milan Makale, MD and his colleagues also observed a correlation between lack of coherence in alpha brainwave activity and clinical functional impairment in PTSD patients.

In this case study, the hope was to increase alpha brainwave coherence through PrTMS to reduce symptoms of PTSD in patients.

**Methods.** The study utilized quantitative spectral EEG (qEEG) captures (via a CX TMS headband dry electrode headset) to visualize brain wave activity in different regions. This visualization was then used to target treatment areas in the brain. The treatment specifically targeted brain regions corresponding to locations Fpz, F3, F4, and F3/F4, which are associated with key cognitive and motor functions. These treatment locations remained consistent among patients in this study as the specialized algorithm (Peaklogic) determined these spots as most crucial to target with therapy. The specialized algorithm also determined the frequency and amplitude of rTMS at the specific brain regions.

During the course of treatment, PrTMS was administered by trained technologists and patients were given the PCL-5 pre- and post-treatment to monitor PTSD symptom severity. Treatment and surveying was administered on a weekly basis to each patient and also fed into the PrTMS algorithm to help guide and provide personalized treatment. As a therapeutic intervention, PrTMS was administered for approximately 30 minutes each day, five days a week, for seven weeks.

Subjects in this case study included:

- 1) A 63-year-old Caucasian female with PTSD and major depressive disorder (MOD), recurrent, severe, without psychotic features.
- 2) A 57-year-old Caucasian female with PTSD and MOD, recurrent, severe, without psychotic features.
- 3) A 43-year-old African American male with PTSD, generalized anxiety disorder (GAD) and MOD, recurrent, severe, without psychotic features.

**“The study highlights that global TMS coil placements can address complex psychiatric disorders and that spectral qEEG is vital in understanding diagnosis and treatment options.”**

– Keerthy Sunder, MD

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**Results.** Across the three cases, coherence in alpha brainwave activity indicates successful neuromodulation. Each case also demonstrated a dramatic decrease in PCL-5 scores, indicating an improvement in PTSD symptoms.

The findings showed that an efficient brain demonstrates coherent alpha wave activity, essential for optimal EEG ratio agility. The study highlights that global TMS coil placements can address complex psychiatric disorders and that spectral qEEG is vital in understanding diagnosis and treatment options. Future scope for study involves similar personalized approaches to neuromodulation treatment to best address the multifaceted nature of mental health disorders.

This case series concludes that PrTMS, directed by spectral EEG analysis, could be a viable treatment for complex psychiatric disorders such as PTSD. It emphasizes the need for continued research combining neuroimaging and qEEG to fully understand the complex pathophysiology of PTSD and similar conditions.

*Dr. Sunder is board-certified by the American Board of Psychiatry and Neurology in psychiatry and neurology. With integrative psychiatry, he combines the power of the mind and cutting-edge neurotechnology to help patients achieve optimal mental wellness. Learn more at [www.karmatms.com](http://www.karmatms.com).*

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## Food as Medicine: Enhancing Education Science-based curriculum free to students

By Lauren Del Sarto

Fourteen years ago, *Desert Health* was launched to shine a light on the shift towards lifestyle medicine – doctors prescribing food and lifestyle choices over pills. Naturopathic doctors, who learn this in medical school, have led the way followed by a growing number of functional and integrative doctors today.

However, there is still a major gap that needs to be filled for this movement to go mainstream - allopathic medical students learning how food can heal.

The lead feature in our second edition (March/April 2011) discussed how U.S. medical schools were embracing integrative care, yet still today, the average medical school student only receives about 20 hours of nutrition education.<sup>1,2</sup>

Now, there is a free online learning platform that offers evidence-based courses on the ability of food to heal and to prevent disease.

Plantrician University (Plant U) education complements academic curricula and is open to confirmed health care students and medical school faculty. The one-hour courses include a library of over 100 CME/CE quality lectures, discussion groups and forums with the latest research, resources and practices.

The platform's multifaceted approach encompasses education, advocacy, research, community building and strategic partnerships with other schools and organizations, including the American College of Lifestyle Medicine and Loma Linda University. By fostering collaboration globally, the platform aims to build a community of health care professionals dedicated to transforming health care paradigms.

New courses are added monthly, and future phases include a mentorship program to connect seasoned practitioners with students and early-career professionals to provide guidance, support and real-world insights for integrating plant-based principles into clinical practice.

Plant U was launched in 2022 by The Plantrician Project, a non-profit organization whose work emphasizes incorporating plant-based nutrition into traditional medical care through conferences, education and resources. Members include foremost experts Dean Ornish, MD, T. Colin Campbell, PhD, Caldwell Esselstyn, Jr. MD, Michael Greger, MD, and William Li, MD, to name a few, along with founding physician Scott Stoll, MD.

By providing free access, Plant U removes financial barriers, they state, ensuring the next generation of health care professionals is equipped with the skills to understand, advocate for and implement plant-based nutrition into their practice.

"Physicians are trained to diagnose and treat disease," states the Plant U team, "and while they are often the gatekeepers of dietary recommendations, our medical education system provides very little meaningful training in clinical nutrition." By bridging this gap, they hope to equip health care professionals in training with the tools needed to prioritize prevention and effective lifestyle interventions.

Continued on page 16



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# Living Wellness

with Jennifer Di Francesco



## A Woman with Muscle Reaps Rewards

The muscular system is one of the most dynamic, responsive systems in one's body. Our muscles form thousands of elastic fibers bundled tightly together, and when tension is initiated in the form of movement, we invite our muscles to take part. This can take place through weights, bands, body weight or spring resistance such as on a Pilates reformer.

When performing these exercises, muscles give us gifts far beyond a nicely toned body. Studies have shown that women who incorporate weight training into their routine have an increased number of capillaries feeding their muscles and can reap significant rewards - even with a small amount of weekly exercise.

A recent study published in the *Journal of American College of Cardiology* found that women who engage in weight training two to three times a week are more likely to live longer. Of 400,000 women in the study, 1 in 5 participated in weight training and saw a 30% reduction in their cardiovascular mortality.<sup>1</sup>

Most often, women will turn to cardio and bypass the resistance training. When they talk about starting a strength training program, a common concern is the fear of getting too big. A moderate weight program produces enhanced bodily proportion and an external look of strength and beauty.

I have engaged in exercise options my entire life, as if they were smorgasbord offerings. However, when I consider all my exercise choices, weight training has reigned supreme.

It is helpful to think of exercise similar to the daily cultivation of money for spending and saving. Cardio is the daily energy we need to expend to have healthy circulation, lung ability and every day health. We work daily to make money, and this is analogous to cardio expenditure. A strength program is the investment made for a long-term longevity plan. This is like investing our money and using wise saving options.

As one starts to follow a strength training investment plan, the following points are important to remember:



Studies show that woman who participate in weight training two to three times weekly are more likely to live longer.

Continued on page 19

## Nature's Medicine All Around Us

By Shari Jainuddin, NMD, BCB

Welcome back to Nature's Medicine All Around Us. In this edition, we'll look at one of the most revered plants of our region, agave. Also known as century plant or American aloe, the agave has been used by people of what is now Mexico and Southern United States for thousands of years and played a central role in Aztec and Maya cultures.<sup>1,2,3</sup> Notably, the Pima people depended on it to avoid starvation.<sup>4</sup> It is held in such high regards, it has been part of ceremonies for many millennia.

There are over 300 species of this succulent plant, with more than 250 species residing in Mexico alone.<sup>5</sup> For purposes of botanical description, *Agave americana* will be discussed here. Its large blue-green fleshy leaves have serrated edges and are arranged into a rosette shape. The average lifespan is 10-15 years, which is also when it produces its extraordinary bloom. The flowering stalk only happens once and grows upward from the center reaching heights of 20-30 feet. The stalk produces branches that end in terminal clusters of yellow flowers;<sup>3,4,6</sup> the presentation is quite the grand finale!

Agave leaves have long fibers which can be made into rope, coarse fabric, paper, brushes and other useful tools. In fact, it is known as nature's "needle and thread" because fibers are attached to the terminal spine at the tip of each leaf. By separating the spine and attached fibers from the fleshy part of the leaf, you will have your own needle and thread. It is also used to create boundaries or fences as its sharp serrated edges can also deter predators.

Agave has been used for soap, fuel, shelter and fertilizer and historically was one of the most important food sources for native people. The leaves, tubers, flower stalks, roots and fruit can all be roasted; the Pima ate the leaves and flower stalks as greens.<sup>4</sup> Boiling the juice makes agave syrup, which packs a sweeter punch than regular table sugar, and last but not least, agave is the source for tequila, mescal and pulque (agave wine). These drinks have been used ceremoniously throughout history and are sought after commodities throughout the world today.<sup>3,4,5,7,8</sup>

Historical medicinal uses do not disappoint, including reducing inflammation (particularly of the digestive tract), healing ulcers, reducing flatulence and relieving constipation.<sup>3,5,7,9</sup> Research shows it has anti-edema effects in the 1st, 2nd, and 3rd hour of the acute inflammatory process comparable to aspirin.<sup>11</sup> Gum from its root and leaves can be used for a toothache. It also has been used for treatment of cancer, scurvy, male-pattern baldness and syphilis.<sup>5,8</sup> Additionally, a poultice of the sap can be used as an antimicrobial/antiseptic for wounds, and these are just a few of its applications.<sup>3,5,7,8</sup> A paper published in 2020 showed *A. americana* to have antibacterial effects against the harmful pathogens *S. aureus*, *P. aeruginosa*, and *S. typhi* comparable to gentamycin (a prescription antibiotic).<sup>12</sup> Now that's impressive!

This is by no means a complete account of agave's uses, properties and scientific support. Please take a moment to acknowledge all that nature provides, and take a longer look next time you see the agave plant, appreciating it for its abundant uses and all we have yet to learn.

Dr. 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](http://www.onelifenaturopathic.org).

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## Liver Health 101

By Delaney Quick, ND

The liver may just be our most under-appreciated organ. It is commonly known as the star of detoxification, but what about its role in metabolism, digestion, nutrient storage, protein synthesis, immune function, hormone regulation and blood filtration? Protecting, supporting and regenerating your liver can positively impact your health in holistic ways as it works behind the scenes to achieve homeostasis in your body.

Because the liver has such an integral and widespread role in our bodies, it is also vulnerable to damage from a wide variety of sources. The most well-known toxin causing damage to the liver is alcohol, however, all medications, environmental toxins and household chemicals must also pass through the liver for processing and can cause damage in the process.

Additionally, the liver is responsible for proper fat metabolism - the synthesis, breakdown and transport of fat. "Fatty liver" is the result of an imbalance between fat uptake and metabolism. This imbalance is actually more often due to an excess of refined carbohydrates and/or sugars in the diet, which your liver converts into fat for storage.

The best way to monitor liver function is by testing your liver enzymes through routine blood work, which can alert you and your doctor to injury even before specific symptoms arise. Jaundice (yellowing of skin and eyes), upper right abdominal pain, swelling and fluid retention, dark urine, pale stools and itchy skin can be signs of more severe damage and should be communicated to your doctor right away.

The good news is that the liver has the remarkable capability to regenerate damaged tissue. The first step is to identify and remove offending substances. We will never be able to completely avoid exposure to toxins, but we can always be more mindful and limit damage to this vital organ. Using the Environmental Working Group's databases ([www.ewg.org](http://www.ewg.org)) and apps can help you to identify your top toxic exposures.

Diet plays a crucial role as well; limiting refined carbohydrates and sugar puts less strain on your liver and all of your other organs. Beneficial foods include organic leafy greens and cruciferous veggies like broccoli and berries.

Detoxification is a complicated process involving multiple biochemical reactions which all need to be powered by cofactors from micronutrients in our foods - think B-vitamins and minerals like magnesium.

It may also be necessary to supplement vitamins, minerals or herbs to assist a particularly burdened liver. Antioxidants such as glutathione, NAC, vitamin E, vitamin C and selenium have been studied for their ability to support liver function and protect against damage. The herb milk thistle and its active compound silymarin also possess powerful protective qualities. Since the liver processes medications as well, if you are taking supplements, make sure you share the list with your doctor to avoid potential drug/herb interactions.

An essential portion of any liver promoting protocol is ensuring the "pathways of elimination" are clear so that waste products can leave the body rather than getting recycled and continuing to burden the liver. These include daily bowel movements, adequate hydration and urination and moving lymph through exercise, deep breathing and sweating.

Everyone can benefit from giving their liver a little extra love!

Dr. Delaney Quick is a primary care naturopathic doctor at Live Well Clinic in La Quinta. The clinic offers B vitamin injections, IV nutrients (in house and mobile services), and functional lab testing for a personalized health plan. For more information, call (760) 771.5970 or visit [www.livewellclinic.org](http://www.livewellclinic.org).

## Cancer: The Sneaky Disease

By Bryan Paul Blackwell, CHC

Too often we hear the words, "I've been diagnosed with cancer." We increasingly hear about new research, new clinical trials and different types of chemotherapy or radiation. These words are heard more and more today than just 30 years ago. Some statistics show that in the 1960s, cancer rates were one in 80. Today, those numbers have increased dramatically. Oncologists will tell you statistics are likely two in three men and one in three women.

I cannot express how important it is to get screened. Even if you think you are healthy, young and vibrant, your body's cells can tell a much different story. We live in a world of toxins - from our environment to poisonous chemicals added to our food supply, EMFs (electromagnetic frequencies) and heavy metals in our water and air. Excess sugar, trans fats, alcohol, soda pops and fast food are the standard American diet (aptly referred to as SAD) and are pushed to accommodate our rushed lifestyles.

We always notice folks taking great care of their possessions, ensuring everything is clean and in top condition, for example, our "muscle cars" or Harley-Davidson motorcycles. When you see some of these on the road, we know the owner put a lot of time, money and care into them - often for a show. It has to sound good and perform even better.



Cancer screenings save lives while functional lab tests can help individualize treatment plans.

Compare these machines to the super complex human vessel in which your spirit temporarily rides while on this planet. Are we less important than the car or motorcycle? Without the health of our bodies and minds, the car wouldn't make it to the show.

When we have aches and pains, we often pass them off as, "I'm getting old" or "It's just my arthritis." We may ignore digestive issues, thinking it will "pass." Yet, these issues often persist and worsen over time, leading us to reach for a pill to fix it, and another pill to fix the damage from the first pill, and so on. We end up with a platter of medications.

So often this scenario can be avoided with functional lab testing. Many tests are available - some tests use blood and others use urine, saliva or stool to help you and your practitioner pinpoint the root cause of aches, pains, digestion, hormonal imbalance, brain fog, nutritional deficiencies and more.

The reasoning behind this article's title, "Cancer: the Sneaky Disease," is because most patients say they didn't feel the cancer. We don't always know that a tumor is present. We can be strong, feeling healthy and vibrant, assuming it will never happen to us. Unfortunately, no one is exempt, highlighting the importance of regular screenings and awareness of the foods we are ingesting.

When we "listen" to our bodies, we can better see the signs it gives us. Prevention is the key to living a life free of this sneaky disease.

Bryan Paul Blackwell, co-owner of Barefoot Balance Holistic Health, is a certified health coach specializing in integrative nutrition, digestive and hormone health, and also a cancer thriver. He can be reached at (760) 895.8233 or through [www.barefootbalance.com](http://www.barefootbalance.com)

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## Deceased Pet Dreams Are Awakened Love

By Kathleen O'Keefe-Kanavos

Spring is a season of reawakening and renewal in the never-ending circle of life fueled by love. How does this renewal of life work in the dream realm?

Let's consider the unconditional love we receive from our pets. It can be a love like no other, and as French poet Anatole France famously said, "Until one has loved an animal, a part of one's soul remains unawakened."

As a dream expert, I am often approached by those who describe dreams of a deceased pet that was so real they awoke and searched the room to see if their beloved fur-baby had actually returned. They are eager to understand what this type of dream could mean, and it happens more often than you may think.

As a three-time breast cancer survivor, my illnesses were diagnosed by my dreams and later validated by pathology reports, so my answers stem not only from dream research, but also from direct dream experiences.

As many cultures, religions and individuals believe, all people and creatures eventually go to "life after life." When we go to the other side, we take love with us, and this "love bridge" can also bring us back. This not only applies to humans, but also to animals - from tiny tame kittens to enormous wild elephants. Perhaps this is because we believe love never dies, including the love of our four-legged friends. Our two worlds are connected by love and dreams, and any creature can become a dream spirit guide to walk and talk with us through crises.

On a popular *Psychology Today* blog post, a common pattern described by readers is how their deceased pets relay messages and feelings telepathically through dreams, conveying comfort and reassurance.<sup>1</sup> They often appear young and may lovingly impart to their owners that they are OK and that the owners will be okay, too. These common occurrences further support the never-ending circle of life fueled by love and the human-animal connection.

Some people consider their pets to be soul mates that resume their roles as animal-spirit guides after death. Many have shared that they welcome the pet visitation dreams which heal their hearts and turn grief into joy.

Cindy shared a story with me about her recurrent pet dream. After 20 years of traveling the United States, her two 20-year-old cats died one month apart. Then, they began appearing in her dreams. She concluded, "Although it was the end of their old life, it was the beginning of their new life as my animal spirit guides on the 'other side.'" They all continued to travel the country in her recurrent dreams.

So, during the spring season of renewed life, imagine all your deceased fur babies, from hamsters to horses, empowering you during life's challenges from the dream realm as they patiently wait for you to come home again. I imagine that on the other side, pets are our welcoming committee of unconditional love, because as we know, love never dies.

Kathleen O'Keefe-Kanavos of Rancho Mirage is a three-time breast cancer survivor, award-winning author, dream expert, speaker and TV/radio host/producer, and has been featured on *Dr. Oz* and *The Doctors*. For more information, visit [www.KathleenOKeefeKanavos.com](http://www.KathleenOKeefeKanavos.com).

Reference: 1) <https://www.psychologytoday.com/us/blog/communication-success/202010/stories-visitation-dreams-deceased-pets#>



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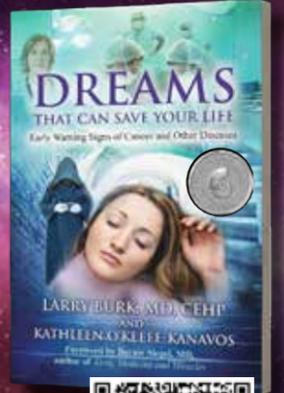
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# Medicine in Your Kitchen

By Emma Bermudez, C-FNP

Everyday food items have been used medicinally for thousands of years. By harnessing the healing properties of common foods found in our kitchens, individuals can access cost-effective, potentially effective therapeutic interventions. Allium vegetables (onions, garlic, etc.), cayenne pepper, vinegar, olive oil and turmeric offer a treasure of medicinal benefits that align with the principles of naturopathic medicine.

Knowing the therapeutic potential of everyday food items can empower us to take charge of our health through natural approaches to healing in combination with, or in absence of, western medicine.

Allium vegetables, which include garlic, onions, shallots, leeks and chives, offer a myriad of health benefits due to their rich content of sulfur compounds, flavonoids, and other bioactive compounds. These vegetables possess potent antioxidant, antimicrobial and anti-inflammatory properties, making them valuable additions to a healthy diet. Regular consumption has been associated with reduced risk of cardiovascular diseases, weight loss, decreased oxidative stress and inhibited platelet aggregation. Additionally, allium vegetables offer hypolipidemic properties (lowering the concentration of lipoproteins) and exhibit immune-boosting effects, aiding in the prevention of infections and supporting immune function. They promote gut microbiota balance contributing to digestive health, and may offer neuro-protective effects, enhancing cognitive function and reducing the risk of neurodegenerative diseases.

Cayenne pepper, derived from the Capsicum annum plant, packs a punch, not only in flavor, but also in health benefits. Rich in capsaicin, the compound responsible for its spicy heat, cayenne pepper offers a range of medicinal properties. Its thermogenic effect can boost metabolism, aiding in weight management and fat loss by reducing appetite and increasing feelings of fullness. Cayenne's vasodilatory effects promote cardiovascular health by improving blood circulation and lowering blood pressure. It also exhibits anti-inflammatory and pain-relieving properties, making it a natural remedy for conditions like arthritis and neuropathic pain. Additionally, cayenne helps the body remove bad lipoprotein cholesterol (LDL-C) and triglycerides (TG) while preventing platelets from clumping together.

Vinegar, a fermented liquid made from various sources such as apples, grapes or grains, has been revered for its health-promoting properties for centuries. Its acetic acid content, the main active component, is what gives vinegar its distinctive tangy taste along with its numerous health benefits. Consumed in moderation, vinegar may aid in digestion by stimulating the production of stomach acid and promoting the breakdown of food. It also exhibits antimicrobial properties, making it effective in inhibiting the growth of harmful bacteria and pathogens. Vinegar has been associated with improved blood sugar control and insulin sensitivity, reduced plasma levels of total cholesterol, TG and LDL-C, and increased high density lipoprotein (HDL-C) levels potentially benefiting individuals with diabetes or those seeking to manage their



Knowing the many health benefits of common foods can help enhance consumption and overall well-being.

Continued on page 15



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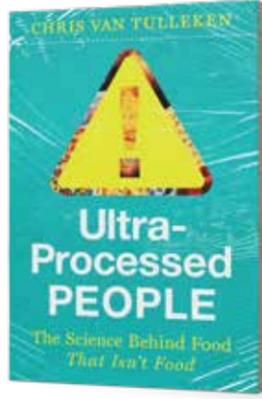
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## Dr. van Tulleken's Ultra-Processed People

By Joseph E. Scherger MD, MPH



Chris van Tulleken, MD, PhD is an infectious diseases physician at the Hospital for Tropical Diseases in London. He trained at Oxford and has a PhD in molecular virology from University College London. He is best known in England for his interest in food science and the harms caused by corporations making ultra-processed foods (UPF). He has won two British Academy of Film and Television Arts (BAFTA) awards and is a frequent broadcaster on the BBC covering how UPF affects children and adults.

In his book *Ultra-Processed People*, Dr. van Tulleken argues that the ultra-processing of foods is the primary reason that diets result in the many health problems we face today including metabolic dysfunction and other chronic diseases.

While his work is backed by significant science, a difficulty with this topic is a precise definition of ultra-processed food. Foods with five or more ingredients is often referenced, but this is lacking in specifics about the ingredients. Van Tulleken recommends use of the NOVA Food Classification System designed by the Center for Epidemiological Studies in Health and Nutrition at the School of Public Health in Sao Paulo, Brazil. In that system, food is divided into four groups: group 1 is unprocessed or minimally processed food such as with vegetables, fruits and meat; group 2 is processed culinary ingredients such as natural oils, butter, sugar, salt, vinegar and honey; group 3 is processed food such as ready-made mixtures of groups 1 and 2 processed for preservation or taste such as tins of beans, salted nuts, smoked meat, canned fish, freshly made bread and chunks of fruit in syrup; group 4 is ultra-processed foods defined as "formulations of ingredients, mostly of exclusive industrial use and made by a series of industrial processes." Ultra-processed foods have ingredients that you would not find in your kitchen. These ingredients are foreign to our body and cause harm.

In the book, van Tulleken describes a long dialogue he had the Gary Taubes, the science writer who exposed that excess sugar and refined carbohydrates - and not fat - is the cause of insulin resistance, metabolic dysfunction and chronic diseases. The carbohydrate/insulin axis leading to visceral fat storage is now widely accepted as the primary cause of overweight, obesity, and their many co-morbidities such as fatty liver and dementia.

Van Tulleken disagrees and has a chapter arguing, "Why it isn't about sugar." I find this binary argument lacking because both are right; most ultra-processed foods are loaded with refined carbohydrates. Van Tulleken does not discuss the epidemic of type 2 diabetes and how insulin resistance leads to it.

*Ultra-Processed People* is a very useful and informative book and puts food-processing front and center as to how what we eat can be harmful. It made me throw away a bag of dark chocolates that were over-processed. Integrative gastroenterologist Robynne Chutkan (*The Microbiome Solution* and *The Anti-Viral Gut*) discusses how ultra-processed foods wreak havoc with the health of our vitally important microbiome.

"Eat real food" is simple advice and *Ultra-Processed People* describes why this is vitally important for our health.

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](http://www.restorehealth.me).

Medicine in Your Kitchen

Continued from page 14

weight. Furthermore, its antioxidant properties may help reduce oxidative stress and inflammation in the body, contributing to overall health and well-being.

Olive oil, a cornerstone of the Mediterranean diet, is renowned for its exceptional health benefits and culinary versatility. Rich in monounsaturated fats, particularly oleic acid, olive oil is celebrated for its ability to support heart health by reducing LDL cholesterol levels and lowering the risk of cardiovascular disease. Its anti-inflammatory properties, attributed to compounds like oleocanthal and oleuropein, contribute to its role in combating chronic diseases such as arthritis and metabolic syndrome. Moreover, olive oil is abundant in antioxidants, including vitamin E and polyphenols, which help protect cells from oxidative damage and also promote skin health.



Turmeric is the star of the spice cabinet boasting anti-inflammatory and antioxidant properties.

Turmeric, a golden-hued spice derived from the *Curcuma longa* plant, is prized for its therapeutic properties. The active compound in turmeric, curcumin, is renowned for its potent anti-inflammatory and antioxidant effects. Curcumin's ability to modulate inflammatory pathways in the body makes it a valuable ally in combating chronic inflammation which underlies many chronic diseases such as arthritis, heart disease and cancer. Turmeric is also revered for its potential to support cognitive function and mood, with studies suggesting it may offer neuroprotective benefits and alleviate symptoms of depression and anxiety.

Whether incorporated into culinary creations or utilized in medicinal preparations, the vast therapeutic potential of every day foods can be harnessed to achieve overall health as part of a balanced diet. From the immune-boosting properties of allium vegetables to the anti-inflammatory effects of ginger and turmeric, each of these natural remedies offers a unique array of health benefits rooted in centuries of traditional wisdom and supported by modern scientific research.

By embracing the principles of naturopathic medicine and harnessing the healing power of nature's bounty, individuals can cultivate a deeper connection to their health and vitality, fostering a balanced and harmonious approach to wellness.

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. She can be reached at (760) 636.6112 or on Instagram @desertbloombeautypd.

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## Consciousness Does Matter

By Peter Canova

The title of this article is a double entendre. In part, it refers to an ongoing chicken/egg debate about which came first, consciousness or matter. But, it also refers to something long discussed in spiritual circles, which is that varying forms of matter exist just as varying forms of consciousness exist.

We'll discuss the matter vs. consciousness-first issue as the relationship between consciousness and matter. Let's posit that consciousness and energy are one in the same. That is, consciousness is an intelligent energy present in all phenomena in varying degrees. Matter, in turn, is a form of energy. This is a scientifically accepted axiom expressed by Einstein's famous E=mc<sup>2</sup> formula. Herein lies our first key to the relationship between consciousness and matter: consciousness = energy = matter.

A near-universal tenet of different spiritual traditions, and even certain aspects of psychological theory, believe that humans are composite beings existing at differing levels of consciousness with corresponding subtle bodies composed of ever finer degrees of matter. So, kind of like layers of phyllo dough in a Greek pastry, we're walking sheaths of varying degrees of consciousness and matter.

If the idea of subtle, invisible matter seems a bit speculative or "New Agey" to you, you might want to consider a few postulates of modern science. Our universe is not only permeated by unseen energies, but by unseen matter called *dark matter*. In fact, dark matter is six-times more present in the universe than visible matter. It's what holds the universe together counteracting the force known as *dark energy* that is causing the universe to expand.

Scientists know how to manipulate energy and understand some of its properties, but they have no idea what it is or where it comes from. To say consciousness is intelligent energy means that energy (and here we mean the light energy that makes the perception of a physical universe possible) contains directive information. Just as DNA governs the form and multiplicity of physical bodies, the information delivered by photons of light energy and other subatomic particles governs the attributes that comprise visible and unseen dimensions of existence. Everything in existence carries units of information or bits of consciousness. Panpsychism is a growing belief in scientific and philosophical circles that everything contains consciousness differing only in vibrational frequency (meaning the degree of information present).

**"Panpsychism is a growing belief in scientific and philosophical circles that everything contains consciousness differing only in vibrational frequency (meaning the degree of information present)."**

— Peter Canova

What does all this tell us? It tells us that consciousness and matter are intimately bound together, so we have every reason to assume that the subtle bodies of which mystical traditions speak are also forms of matter - albeit of higher, undetectable energy vibrations. Matter in its various forms may be the vehicle that spirit needs to express itself at all levels of being. So, without matter, there would be no individual existence beyond the purely spiritual energy of the Source Consciousness.

If we understand the antecedents that lead to matter-consciousness, energy and information - we can learn to work with these forces to affect matter in the form of healing facilitated by dreaming, imagining and meditating. We can become real channels for personal and collective change in our lives. The first step to experiencing such things is having a conceptual framework to work within, which is the purpose of this article. But don't stop here. Make your own inquiries, work with the concepts and create your own direct experience with higher consciousness.

Peter Canova of Rancho Mirage is a multi-award-winning author and international businessman. His latest book, *Quantum Spirituality*, is a highly acclaimed work connecting centuries of spiritual wisdom with modern science. For more information and podcast links, visit [www.petercanova.com](http://www.petercanova.com).

### Food as Medicine

Continued from page 10

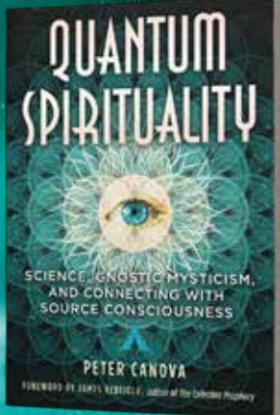
According to the Centers for Disease Control, nutrition-related diseases are the leading cause of death and disability globally, accounting for an estimated 41 million deaths globally.<sup>3</sup>

As more medical practitioners start their careers with the foundation of a whole food, plant-based nutrition education, they project health care systems will begin to change, ushering in real health care reform and a more sustainable system.

For more information and application, visit [www.PlantricianUniversity.org](http://www.PlantricianUniversity.org). Practicing health care providers can learn more about education and programs offered by visiting [www.PlantricianProject.org](http://www.PlantricianProject.org).

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## YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®



### Fun in the Sun Without Getting Burned

Planning for a summer vacation? Here are some financial tips to help keep your budget intact.

It's always best to plan early; research where you'd like to go, and then start a savings bucket specifically for that vacation. Ideally, big trips should be well thought out a year in advance. This will allow you to take advantage of airfare deals and price alerts. If you have a credit card that earns miles, investigate the deals offered and sign up for low fare alerts. Some major credit cards will lock in the airfare price and credit you if the cost goes down after purchase.

Once you know the destination, explore housing options to see whether a hotel, home rental or all-inclusive resort fits the budget best. Compare the security deposits and cancellation and cleaning fees of home rentals to the resort fees, etc. of a hotel room or all-inclusive resort.

Create a trip budget. Food, drinks and excursions can add up quickly. Decide on the must see/must do excursions and earmark funds for them. If you are staying in a home rental, plan for one or more meals a day to be made there. Also, pack light to avoid baggage fees. Airlines allow for a carry-on and backpack or purse. Before you head out for a new wardrobe, go shopping in your own closet. You may already have everything you need to take on your trip. Be wary of souvenirs, and set a dollar limit on how much you want to spend. Remember, you will have to pack all those trinkets to bring home.

If you are traveling out of the country, be mindful of the exchange rates. Consider purchasing some of the local currency before travelling. If you need to purchase more while abroad, check your bank's international fees. Some banks reimburse exchange rate fees when using their debit card.

You may also consider splitting the money up into envelopes to keep track of your spending as well as placing them in your carry-on luggage and in your purse or wallet for additional safety.

If you are heading to Europe, a recent tip from the *Today* show suggested booking the cheapest flight you can find, regardless of the destination. Then, take a train to your desired destination. Once in Europe, costs are significantly lower traveling from country to country.

If you plan to use a credit card, try to pay it off in the month the charges hit the account. If you don't have the funds available and really want to take that trip, consider using your zero-interest credit card and get it paid off before the designated timeframe to avoid interest charges. If you are dipping into your savings, make sure you have enough set aside in case of emergencies when you return home. Don't leave yourself strapped for cash and stressed out after vacation.

Finally, budget for travel insurance. Find a reputable provider that offers a wide array of benefits; it's well worth the cost. You may also consider working with a travel agent. Most agents get paid from the airline or booking destination so there is no added cost to you, and it could save you a lot of time.

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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Pre-planning and budgeting can help ease the stress of vacation costs.



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### Purpose Beyond the Paycheck Motivating employees with a mission mindset

By Michael Barnett

If you are like most businesses with employees, you run into the challenge of motivating your team. Often, both decision makers and employees try to solve the problem with a raise - more money. But, if your goal is exceptional customer service and you need to motivate your staff to be more engaged, you might consider taking a page out of the Steve Jobs' handbook.

There is a lesser-known story of Jobs that just may help you motivate your employees in a way you have yet to consider.

Jobs was able to convince the president of Pepsi, John Sculley, to leave the lucrative global company to join his start up, Apple. He didn't try to lure him with more money, more exciting products or even a bigger and better brand. Apple was a very young company, and Sculley would have to be crazy to leave Pepsi for Apple...but he did.

Why? Because Jobs focused on Apple's mission. After weeks of trying to convince Sculley to join his company, they were sitting on a balcony overlooking Central Park and he said to Sculley, "Do you want to sell sugar water for the rest of your life or come with me and change the world?"

Jobs gave Sculley a mission worth his time, talent and commitment. Sculley left Pepsi, and the rest is history.

What mission are you giving your staff beyond the paycheck? Great customer service tends to flow more naturally when accompanied by a mission-based culture. If you are creating a healthy community culture, then you are fostering an environment where people know they are making a difference in the lives they encounter.

I've had the good fortune of assisting Harley-Davidson with their customer service efforts. They understand how to give their team a mission beyond their paycheck, especially at the retail level. You may know that Harley-Davidson does a lot to benefit military veterans. What you probably don't know (because they don't advertise it) is that Harley-Davidson retailers send free care packages of their brand swag, such as



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Continued on page 19



## Nighttime is Skin Time

By Brook Dougherty

As we age, our life story often shows up on our face. It's especially true when one lives in the desert. If you feel the story your desert skin is telling you is one of despair, you might find relief by establishing a few new habits before you tuck in for the evening.

A morning routine is about protection and shielding. We need our hats, dark glasses and SPF. Most of us are pretty good about that. But in the desert, our evening skin care is about restoration, and that is as important as remembering our SPF. And, yes, it is just as important for men as it is for women.

We may be busy during the day, but it is at night when our body switches into high gear and gets to work restoring itself, and that includes our largest organ, our skin. Think of it like the night crews fixing the roads while the traffic is light. While we sleep, our skin does its best to fight the ravages of the UV rays to which we've been exposed and the other environmental factors that are intensified in desert climates.

When we forego a few simple steps at the sink and choose instead to read another chapter or keep scrolling through TikTok, we lessen our sleep time and the time our skin has to rejuvenate.

Adapting a nighttime skincare routine for the desert is more about the choices you make in the skincare aisle and less about slathering on any old cream you may have found under your sink. With a little dedication, it's worth the effort.

**Cleanse.** Try to find a cleanser that contains some oil, so you don't strip your skin of its own natural oils.

**Hydrate.** Find a mist (not a toner) that doesn't advertise that it's going to close your pores. Your pores know how to close on their own. Choose a mist that draws water into the skin from the surrounding air and from deeper layers of skin like hyaluronic acid, glycerin, aloe vera and sodium PCA, which is derived from amino acids.

**Moisturize.** There is no rule that says we need a different moisturizer for day and night, but we do need a moisturizer that is rich. Ingredients should include butters like murumuru or cupuaçu and oils that smooth and soften the skin. Use more at night to compensate for losses during the day. Remember, most moisturizers feel good, some even smell good, but if there aren't any emollients that you recognize, chances are you may be buying a feeling, not a product that can deliver a measurable result. How can you tell? Look at your face in the mirror in the morning. No matter your age, your skin should look a bit plumper than it did the night before, and it should feel smooth.



A nighttime skincare routine is all about restoration.



**Targeted treatments.** If you're dealing with age spots or want to keep wrinkles at bay, night is the time to bring out the heavy hitters. While there is always ongoing research, there are a few ingredients that are considered classics and can spare you the need to dive into a research mission. They include retinol or its newer sibling, retinal, for cell regeneration; vitamin C; niacinamide; alpha hydroxy acids; and peptides.

**Humidifier.** You may want to consider having one in your bedroom to introduce moisture into the dry desert air, which will help maintain your skin's hydration levels throughout the night.

When you understand the connection between your nighttime routine and your daytime glow, your skin might begin to thrive in the desert like the durable socialites - blossoming cacti and bougainvillea. It just takes a bit of commitment.

Brook Dougherty of Indio is the founder of JustUs Skincare and welcomes your questions. She can be reached at (310) 266.7171 or brook@justusskincare.com. For more information, visit [www.justusskincare.com](http://www.justusskincare.com).



A humidifier can help add moisture to dry desert air.

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## Discovering the Recipe for Aging Gracefully

By Lauren Del Sarto

Aging is part of the human experience, but why do some of us just get older while others seem to gracefully defy aging?

We can all admit that the desire to look and feel younger is a normal response as we approach our silver or golden years. While cosmetic creativity is an effective option for many, others seem to discover secret ingredients in the recipe for a healthier and happier twilight.

We recently spoke with best-selling author and celebrated health advocate Barbara Rogers about her recipe for aging gracefully. Rogers knows a few things about having the right recipe. Her book, *It's A No Grainer*, is full of delicious grain-free recipes that have helped people of all ages on their wellness journey. We've shared some of our favorites in many issues of *Desert Health*.

Like many of us, Rogers didn't grow up living a healthy lifestyle. In fact, her health journey began much later in her life, inspired by integrative doctor Joseph Scherger, MD, author of *Lean and Fit*. To address her health concerns as she aged, Dr. Scherger recommended she try a grain-free lifestyle. It wasn't long before Rogers could see and feel the benefits - and jumped in whole-heartedly. A binder of recipes she created for Dr. Scherger and his patients even found its way to my desk those many years ago.

"Just do it! Go grain-free. I promise you'll look and feel better," encourages Rogers, now in her 70s and enjoying pickleball most mornings, along with an almost daily routine of 60 pushups.

Some of the other secrets to longevity she practices include gratitude, generosity and grace.

"Sometimes as they age, people become less grateful," she adds. "Complaining and a lack of appreciation are unnecessary weights so many of us carry." She considers generosity a great complaint killer, "as many who have this aging-well thing down have figured out." Looking outside of ourselves and giving to those around us -- in even the smallest of ways - is like oxygen to the aging mind and body, she says.

Grace, she concludes, is a small word with huge implications. "As we give grace to others and to ourselves, we give the gift of life."

How can you incorporate these age-defying ingredients into your life? Rogers, and others like her, are inspiring examples to follow. It's quite possible you'll meet her at one of our valley's many charitable events - especially her favorite, Loving All Animals.

As you read this and think about which ingredients are missing from your life, remember, some people simply age, while others age gracefully.

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



Health Advocate and Author Barbara Rogers



# Consoling Your Inner Child

By Amy Austin, PSYD, LMFT

“Only I can set her free; my inner child, the deepest part of me.” - Dr. Amy

In 2004, when I wrote my doctoral dissertation, “Study of Attachment - The Impact of Early Attachment and Current Functioning Through Relational Models of Therapy,” I could not foresee the impact and importance this work would have in my psychotherapy practice today. Although I utilize many different and individualized theoretical orientations with my clients, inner child work has proven to be a viable path towards discovery, healing and self-care.

The first question one might ask themselves is, do I deserve love? The wounded inner child might be more familiar with negativity, conflict, chaos, trauma and abandonment if they were unable to form strong attachment bonds of trust with a primary caregiver. A child that grows up in a toxic, stressful environment might think they are responsible for their family dysfunction and may wonder if they are bad, wrong, ugly, dumb, a failure and not worthy of love.



You'll know when your inner child is happy and emotionally safe.

In this type of mentally and emotionally unhealthy environment, a child can dissociate or shut off from their emotional pain and only exist living in survival mode. The wounded child molds to the expectations of their environment forming a “false self” as relayed in the book, *Home Coming: Reclaiming and Championing Your Inner Child*, by John Bradshaw.

Fast forward to adulthood. When your inner child feels ignored and unsafe, watch out! It's no surprise when someone presents to therapy anxious, afraid, emotionally stunted and/or angry, utilizing codependent, addictive or other maladaptive behaviors to escape their emotional pain. John Bradshaw posits, “The wounded inner child contaminates intimacy in relationships because he has no sense of his authentic self.” He goes on to say, “It is impossible to be intimate if you have no sense of self.”

Many people form relationships feeling like half-empty vessels, hoping their partner will fill their unmet and unrealized needs. If a child doesn't feel that they are enough or unconditionally prized and cherished, they will subconsciously seek relationships to fill the emptiness.

No one can fill the emptiness but you - and there is hope.

Recognize your inner child. Visualize her. What age is she? What is she wearing. What's the expression on her face? Re-parent her by telling her you're there for her and that she's enough. Tell her you love her and that no one will ever hurt her again. She might be wary, as she's not used to being championed. Don't give up on her. Practice patience and give her time. The gift? Dialoguing with your inner child can allow your core adult self to mature and flourish since your inner child can now have... you guessed it, a childhood.

We all want to be purposeful and productive, and yet keep the sincerity and spontaneity of the child within. You'll know when your inner child is happy and emotionally safe. Mark Twain said it best, “Sing like no one is listening, love like you've never been hurt, dance like no one is watching, and live like it is heaven on earth.” Your child within can help you see the miraculous in the mundane and the extraordinary in the ordinary.

Don't wait too long to start, for the child within is waiting right inside your heart.

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

## A Woman with Muscle Reaps Rewards

Continued from page 11

**Joints crave muscles.** Our joints crave strong muscles for proper support. If muscles are underdeveloped and not working as they should for proper movement, there is increased atrophy and an overload put on joints. After 30 years of age, there is a decline in muscle signaling us to do our part to initiate a strength program, and 45% of older adults in the U.S. suffer the effects of increased muscle loss.

**Bones crave muscles.** Our bones are dynamic tissue and respond to the weight and structure of our body. When muscles become stronger, bones adapt and strengthen. Muscle mass is a predictor of longevity. Falls in older age are a top cause of death, therefore muscular health is paramount to support healthy bones - and longevity.

**Strong body, strong mind.** One of the residual effects, aside from physical strength, is the gift of mental health and confidence. When the body is strong, the mind is strong, thereby building confidence and assurance in witnessing one's proof of physical strength. Resistance training requires and enhances concentration which strengthens our abilities in other tasks, such as achieving our goals or staying disciplined and committed.

A strong woman in body and mind is unmatched. The research yields positive information for women who partake in strength exercises. Remember, a woman with muscle reaps rewards.

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

Reference: 1) <https://www.jacc.org/doi/10.1016/j.jacc.2023.12.019>

## Purpose Beyond the Paycheck

Continued from page 17

wristbands, handkerchiefs, etc., to deployed service men and women overseas.

There are multiple benefits to this kind act. Of course, a soldier getting free swag keeps their brand top-of-mind and also provides something to remind them of home. But, this program, along with other community events, also helps keep Harley-Davidson employees connected to a mission - a mission of caring for Veterans - rather than just working for a paycheck.

If you were to ask a Harley Davidson employee what they like about working for the iconic motorcycle brand, it's likely you'll not only hear about the products they sell, but also about their mission to serve veterans.

Having a mission mindset is a great motivator. What mission beyond the paycheck are you giving your team members?

*Michael Barnett is the author of Customer Relationship Imprinting and founder and president of Six-Sided Service. He can be reached at [michael@sixsidedservice.com](mailto:michael@sixsidedservice.com) or (949) 245.0300. For more tips on achieving exceptional customer service, visit [www.sixsidedservice.com](http://www.sixsidedservice.com).*



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**Adventure at Every Age**

*Continued from page 1*

Adventure Travel Trade Association survey, more than half of all Americans (52%) are feeling *this* adventurous.

Sounds crazy, doesn't it? But also exhilarating, which just may be the point. And exploring in your later years has its advantages: travelers standardly have more money, time, experience and expectations - and the industry is listening.



Adventure travel in later years can have many advantages.

Once reserved for the young and rugged, a primary appeal of some adventure travel is the mere challenge to survive. However, this new demographic requests luxury with living on the edge, and companies are catering to their desires, offering trips that combine comfortable accommodations and thrilling outings at a slower pace.

G Adventures, an adventure travel company known for its active trips connecting young adventurers with diverse cultures and local communities, is responding to the trend by launching the Geluxe Collection. This new line of experiences is designed to cater to the evolving needs of its 50+ aged customer, which now represent about 35% of its clientele. (Think trekking through the jungle then returning to an evening massage and chef-prepared meal in your luxurious treehouse.)

A quick internet search for 'adventure travel' will open your eyes to a whole new world and possibly ignite a passion within you to get up and go. As you plan your next journey, here are a few tips to keep in mind:

- Find an itinerary that excites you, but choose a trip that is appropriate for your physical abilities. Many adventure travel companies rate their trips by difficulty; be honest with yourself and choose a trip that you can comfortably handle - or set it for a later date and get inspired to get in shape for your chosen activity.
- Make a list of things that may be holding you back and find an adventure that addresses each. Would you prefer to go solo, as a couple, in a large or small group? Do you mind sharing space or favor your own? Do you like making your own itinerary or prefer it be done for you? Do you have nutritional considerations and can they be met?
- Don't forget to pack your sense of adventure. Be prepared for anything. Adventure travel can sometimes be unpredictable, so pack for a variety of weather conditions and be flexible with your plans.



Baby Boomers are breaking the stereotypes of what it means to age.

Age is simply a number, and adventure was made for every age. The world is waiting, so set your sights and go explore!

*Editorial by Lauren Del Sarto, founder and publisher of Desert Health. She can be reached at [Lauren@DesertHealthNews.com](mailto:Lauren@DesertHealthNews.com).*

Sources: 1) <https://skift.com/2023/11/23/g-adventures-sees-50-something-customers-as-part-of-its-own-evolution-in-adventure-travel/>; 2) <https://www.prnewswire.com/news-releases/adventure-travel-rapidly-expanding-according-to-new-survey-300670521.html>; 3) <https://www.wsj.com/lifestyle/travel/adventure-travel-older-travelers-28b4c15d>.

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# DSRT Club Delights with Classic Flare and Clean Cuisine

A Desert Health Review

"Imagine a gorgeous, nature-favored spot where fun and outdoor sports never end." This enticing verbiage illustrated the newly developed Desert Club in 1937, "the social hub and playground for La Quinta property owners and guests."

Beyond badminton, ping pong, croquet and horseback riding, the famed resort also boasted a "smart intimate cocktail bar and gracious, well-appointed dining room where heavenly food is a La Quinta tradition."

That La Quinta tradition continues today with the newly opened DSRT Club which honors the landmark club in style and décor, but surpasses expectations with exceptionally tasty, clean cuisine.

The Old Town eatery depicts a softly lit supper club with vintage wallpaper and art deco paintings, along with classic tennis rackets and polo mallets conjuring a nostalgic nod to the landmark resort.



The ambiance honors the original Desert Club in its heyday.



The Desert Club circa 1937 (Photo courtesy of La Quinta Historical Society)



Anita and Chris Chmielak

DSRT Club was the vision of owners Chris and Anita Chmielak who opened RD RNNR, another east valley favorite, in 2019. They set out to create something unique for the area resulting in a fun and vibrant bar/lounge, inviting indoor and outdoor seating and, the star of the show, their innovative menu.

Whether you prefer low-carb, gluten-free, pescatarian, vegetarian, vegan or good old-fashioned meat and potatoes (lean and clean), there is something for everyone served in plentiful portions. One of the reasons we love this place is their focus on protein and vegetables. Lean meats are served on purple cauliflower puree with crispy Brussel sprouts, grilled squash, crispy leeks or black kale, while accoutrements like watercress, grilled lemons, shaved radish and strawberry salsa add color, flavor and spice.

Heartier eaters will enjoy the spiced, slow-roasted pork belly, Black Angus steak, or the stromboli pasta served with roasted garlic, spinach, baby tomato and cauliflower, topped with a white wine and butter sauce. The DSRT Club burger is offered as an eight-ounce wayu beef patty and potato Kaiser bun, or as a plant-based option, served on a soft and tasty gluten-free bun. Both are topped with arugula, Roma tomatoes and a delicious smoked onion jam.

Chef James Nellis, who curated the chef-driven menu from his vast experience throughout the country, describes it as California coastal rustic. Their uniquely prepared seafood, such as the twice-cooked octopus (a must try!), hibiscus seared Maine scallops, and poppyseed crusted albacore, arrives fresh daily and is artistically combined with pure, light ingredients and Chef James's exquisite flare for one-of-a-kind tastes.

Nellis tailored his craft from younger years in his home kitchen to over a decade with the Kimpton brand, most recently at the Rowan Palm Springs. His passion is apparent in both presentation and taste.

Nutrition is top of mind, says Nellis. Potatoes are flavored with extra virgin olive oil versus butter or dairy, the kitchen has a dedicated gluten-free fryer, and most dishes can be made to order, thus not noted (i.e., GF or V) on the menu. In speaking with Chef, we learned that even the lightly fried "cutie" chicken pops are gluten-free.

Other unique favorites include the spicy cucumber melon gazpacho, the DSRT Club caprese with basil and pine nut dressing, and the savory jambalaya.

We love everything about DSRT Club, from the fulfilling menu to the homage it pays to La Quinta's treasured past; from the retro cocktails and welcoming lounge to the friendly, warm staff.



Land & Sea: veal tenderloin and lobster tail on purple cauliflower puree with a pinot noir and brown butter sauce



Poppyseed crusted albacore



Twice-cooked octopus and the DSRT Club caprese salad

Put DSRT Club on your list. We think you'll agree that with so many unique and healthy items offered, one visit just won't be enough.

DSRT Club is located at 78075 Main Street in Old Town La Quinta serving lunch Wednesday - Sunday 11:30am - 2pm and dinner nightly 5-9pm. Reservations are recommended by calling (760) 777.7424.



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## Summer Fun & Learning!

Desert Health® is proud to support these community events. All are welcome, so please join us!

### MAY 29

#### ANTI-Inflammation: Secrets for Your Best Health (rescheduled date)

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, Palm Desert, 5-7pm. Free. RSVP required: (760) 505.3000.

### JUNE 6

#### Women Leaders Forum's Happy "2" Hours

Mix and mingle with entrepreneurs, executives, volunteers and women making their mark in our valley. Wildest Restaurant + Bar, Palm Desert, 5:30-7:30pm. \$10 for members and guests includes discounts on drinks and hors d'oeuvres. Tickets at [www.WLFDesert.org](http://www.WLFDesert.org).

### JUNE 12

#### Elevating Your Energy with Tracy Smith

Energy practitioner and author Tracy Smith shares take-home tips on maximizing positive energy and minimizing negative frequencies to live your most vibrant, healthy and joyful life. Moderated by Lauren Del Sarto as part of the Living Well Speaker Series. Restore Hyper Wellness 5-7pm. Free. RSVP required: (760) 505.3000.

### JUNE 18

#### HARC's Workplace Wellness Symposium

Aimed at fostering a culture of health within local organizations, this symposium will feature information and programs in the areas of fitness, nutrition and mental health support. The platform facilitates rich discussions, learning and the sharing of best practices among participants. All organizations, non-profits, schools and government groups are encouraged to attend. 11:30am-1:30pm. Tickets: \$45, available at [www.HARCdata.org](http://www.HARCdata.org). For more info call (760) 404.1945.

### JULY 11

#### Women Leaders Forum's Happy "2" Hours

WLF's mid-summer mix and mingle takes place at Kiki's Dining & Drinks, La Quinta, 5:30-7:30pm. \$10 for members and guests includes discounts on drinks and hors d'oeuvres. Tickets at [www.WLFDesert.org](http://www.WLFDesert.org).

### AUGUST 1

#### Women Leaders Forum's Happy "2" Hours

The last of WLF's summer mix and mingle events will be held at Sottovoce Café, Palm Desert, 5:30-7:30pm. \$10 for members and guests includes discounts on drinks and hors d'oeuvres. Tickets at [www.WLFDesert.org](http://www.WLFDesert.org).

## Workplace Wellness Symposium

The Workplace Wellness Symposium, organized by Health Assessment and Research for Communities (HARC), aims to promote employee health and well-being within local organizations. Building upon the success of last year's Workplace Wellness Luncheon, this year's symposium, scheduled for June 16, focuses on Burnout Prevention.

Last year's event featured a range of engaging activities and informative sessions, leaving a lasting impact on attendees. Highlights included a keynote address by the esteemed U.S. Surgeon General's Workplace Wellness Model, sharing effective strategies for enhancing employee wellness and creating thriving work environments. Additionally, a thought-provoking panel discussion with local leaders provided valuable insights into implementing innovative practices to reduce employee stress and turnover.



HARC CEO Jenna LeComte-Hinely, PhD and her associate Daniel Polk, PhD, greet attendees.

This year's symposium continues the tradition of providing beneficial experiences for attendees. Keynote speaker Mark Agars, PhD, Professor of Psychology and Director for the Institute of Child Development and Family Relations at CSU San Bernardino, will share his expertise in diversity management, women's advancement and work-life balance. Attendees can expect interactive discussions and activities, fostering learning and networking opportunities.

The symposium offers a constructive discussion on preventing workplace burnout in collaboration with the American Heart Association. Attendees can participate in wellness activities, explore resources at the fair and network with peers from diverse organizations.

Tickets are \$45 and include a luncheon and raffle prizes. All organizations, including for-profits, nonprofits, schools and government entities, are encouraged to attend and can benefit from this comprehensive initiative. Registration closes on June 16.

The Workplace Wellness Symposium is proudly sponsored by Desert Oasis Health Care which supports the symposium's mission to enhance workplace wellness. Additional sponsorship opportunities are available offering brand positioning, speaking slots and significant media exposure. Custom packages are available to tailor sponsorships to specific needs.

Participating in the Workplace Wellness Symposium not only demonstrates commitment to employee well-being, but also provides valuable networking and educational resources for organizations aiming to foster healthier and happier workplaces.

Join us in this collective endeavor towards a healthier future!

HARC's Workplace Wellness Symposium takes place Sunday, June 16, at Desert Willow from 11:30am - 1:30pm. For tickets, visit [www.HARCData.org](http://www.HARCData.org) or call (760) 404.1945. For sponsorship opportunities, contact Bernardo Lino at [Blino@HARCdata.org](mailto:Blino@HARCdata.org).



# A Changing Season for Women Leaders Forum

By Cristina Walters

As we embark upon the summer season, Women Leaders Forum (WLF) is hotter than ever with its numerous successes in programming, fundraising, mentoring and more. Find out why by marking your calendars for our summer happy hours and meeting the most extraordinary women in the desert.

Members and non-members alike are invited to this summer's "Happy 2 Hours" to support our WLF business members and make really cool connections. Taking place on the first Thursday of each month, the casual events run from 5:30-7:30 pm at a cost of \$10 for discounted drinks, hors d'oeuvres and priceless connections. Happy 2 Hours are set for June 6 at Wildest Restaurant & Bar, July 11 at Kiki's Dining & Drinks and August 1 at Sottovoce Café.

The 2023-24 season saw another great year of Let's Interact: A Speaker Series, evidenced by the strong attendance from a wide variety of community members. Topics such as *You Are What You Eat*, *Empowering Your Health*, *Travel Hacks* and *Combating the Fentanyl Crisis* informed and inspired countless women leaders.



Dedicated President Jenell VanDenBos (right) hands the baton to incoming President Elle Oliver-Edmonds for the 2024-2025 season.

Complementing our monthly speaker series were exclusive, member-only events, including those at El Paseo Jewelers, Pure Barre, and a Good Vibes Floating Sound Bath, plus other fun and engaging experiences for our growing number of WLF supporters.

The year culminates with yet another extraordinary event that continues to exceed expectations - the Women Who Rule Awards and Scholarship Luncheon (WWR). Benefitting WLF's Young Women Leaders program, this year's honorees embody the highest qualities in leadership and achievements to which we guide our high school youth. To date, WLF has raised more than \$850,000 towards merit and need-based scholarships for the next generation of leaders. Special thanks to WWR Chair Sofia Mastroberti and her talented committee, in addition to presenting sponsor SBEMP.

Yet, the changing of the season will welcome new leadership to this esteemed, women-led organization. The unwavering dedication and passion of President Jenell VanDenBos will be continued through the leadership of WLF's 2024-25 President Elle Oliver-Edmonds. Elle's notable influence on the Young Women Leaders program has led to unprecedented growth in high school applicants from throughout the Coachella Valley, and her guidance will ensure continual growth in membership, programming and more in the coming year.

There are many ways to get involved in WLF as a member, volunteer or sponsor. To learn more and preview this summer's Happy 2 Hours, visit [www.wlfdesert.org](http://www.wlfdesert.org).

Cristina Walters is the principal with C&M Communique Marketing & Fundraising and board member with Women Leaders Forum. She can be reached at (949) 633.6204 or [cmw@cmcommunique.com](mailto:cmw@cmcommunique.com).

## JOIN US FOR SUMMER FUN

### Happy "2" Hours

5:30-7:30pm • \$10 for members & guests

Mix and mingle with entrepreneurs, executives, volunteers and women making their mark in the valley. Price includes discount on drinks and hors d'oeuvres.

<p><b>JUNE 6</b> Wildest Restaurant + Bar</p> <p>Charissa Farley-Hay, Owner</p>	<p><b>JULY 11</b> Kiki's Dining &amp; Drinks</p> <p>Allie Baker and Sofia Mastroberti, Owners</p>	<p><b>AUGUST 1</b> Sottovoce Café</p> <p>Natalie Silva, Owner</p>
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## 11<sup>th</sup> ANNUAL WOMEN WHO RULE AWARDS AND SCHOLARSHIP LUNCHEON

Thank You to All for supporting Women Who Rule and our Young Women Leaders. A special thank you to the WLF Event Committee and our many gracious sponsors.

Presented by

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For more information and event registration, visit [wlfdesert.org](http://wlfdesert.org)

PROUDLY PRESENT OUR 2024

## LIVING WELL SPEAKER SERIES

**MAY 29 (RESCHEDULED DATE)**  
**ANTI-Inflammation: Secrets For Your Best Health**  
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.

Shari Jainuddin, ND  
One Life Naturopathic

**JUNE 12**  
**Elevating Your Energy**  
A discussion with Tracy Smith moderated by Lauren Del Sarto

Tracy Smith  
Blissful Release Now

The energy practitioner and author shares take-home tips on maximizing positive energy and minimizing negative frequencies to live your most vibrant, healthy and joyful life.

All are welcome to join us for these complimentary presentations held 5-7pm at Restore Hyper Wellness  
73-567 Highway 111, Suite G-1 • Palm Desert

RSVP required (760) 505.3000  
For more information, visit [www.deserthealthnews.com/events](http://www.deserthealthnews.com/events)



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