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November/December 2021

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Peace on Earth — begins within —



We all grew up relishing the holidays as a time for peace on earth and good will to men. Will those words ring true this year? Will this season deliver the celestial feeling of holidays past; the assuring sense, as we gather with family and friends, that all will be okay?

Often at annual gatherings, we see smiles on some and others carrying the weight of the world. What separates the two? It's the ability - and choice - to embrace the sense of peace that lies deep within each of us.

Some feel the only way to find peace is to remove themselves from the struggles of everyday life. However, it is possible to feel peaceful in the midst of everyday chaos and that is truly the goal.

Imagine floating in the swirling swells of the ocean's surface. It takes a lot to maneuver with the tides and undulations. But if you hold your breath and dive deep, slow motion sets in; all is still and surreally quiet. Your mind focuses only on the vast space that surrounds you.

Most of us live on the ocean's surface, maneuvering through each day. Just imagine if the human pace mirrored that of the deep blue sea; if each of us took a dive inward and began moving in slow motion with awareness solely on that around us.

How do we access that place within? By slowing down, clearing our mind, breathing deep, letting go, and focusing our awareness on our surroundings in each and every moment.

As Italian poet Cesare Pavese famously said, "We don't remember days, we remember moments."

Sure, it's easiest to do when you make time at home to relax, but try closing your eyes and taking a deep breathe when feeling stress, even in line at the grocery store. Then, open them slowly with the intention of focusing only on what's around you. It just might bring a smile and sense of calm.

Practice connecting to that place of peace inside, and you'll experience the holiday joy and solace that always comes with the season. That joy will spread to those around you and there will be peace on earth. It begins within.



Chip Away at Kindness

By Susan Murphy, PhD

Imagine your positive words and positive actions toward others as poker chips. Having a big stack of chips in your account can make you feel like a winner.

Each of us has the power to give chips to others. A chip can be a compliment, a note, a favor and even a smile. Chips can help build friendships and alliances and make our world more positive. We can easily distribute chips to friends, family, colleagues and strangers.

Chips can take many forms and are sorely needed as we re-connect with one another after the COVID quarantine. Many clients and friends have disclosed that they are filled with self-doubt. They are uncomfortable re-engaging after 18 months of isolation and fear. Many report they are overly sensitive and emotional, lack self-confidence and often feel like impostors in their jobs. The idea of reengaging with others is daunting for some. Our social skills can get rusty. Many of us have been alone in our "nest" and have been communicating with few humans in person. Our main physical contact may have been with the family pet.

This is a perfect time for us to become Chip Masters and reach out to others who may feel insecure or depressed. It is impossible to know the true impact you can make on those around you. You may never know how much someone needed that smile, kind act or tight squeeze. One sincere compliment can raise the self-esteem of the recipient. Plus, it can make the compliment giver feel good too.

We each have an unlimited supply of chips that we can bestow on others. Once you visualize the concept of chips, you can make chip deposits in the accounts of everyone you encounter. A well-placed chip can make someone feel cared about and significant. What if everyone felt loved and appreciated? Can you imagine a world without defensiveness, anger and hatred? Chips are a powerful tool.

Chips that are easy to deposit:

- Call people by name. Using someone's name makes them feel recognized. In a restaurant, try using the name of your server. The positive impact can be immediate.
- Give a genuine compliment like "Your new haircut

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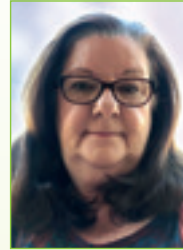
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This Season's Heartbeat

Aren't these desert mornings *spectacular*? After a sweltering summer, this time of year reminds us why we live here. Season has arrived and this year, more than ever, our anticipation of increased social schedules, seasonal friends and heightened energy has us talking. Are we ready?

With each new issue of *Desert Health*, we have an array of topics submitted by our editorial contributors. It's always interesting to me, as I feel it offers insight to the heartbeat of our community, where people are mentally and emotionally.

This issue is more heartfelt than ever before. We have all been through so much; significant change has taken place and continues. Many in our community are still struggling and many have turned inwards to find peace and solace. We are so grateful to those sharing their journeys and insights; their words are intended to help others.

There are also similar themes that came together on their own. There's talk about the earth's fluctuating frequencies as we enter the Age of Aquarius (p.11) and how vibrational sound (pgs. 12 & 22) and time spent in nature (p. 16) can heal. There is much to read on finding peace: overcoming fears (p.17), turning inward (p.3 & 10), releasing the past (p.16), living in the now and discovering joy (p.20). There are "recipes" for a healthy holiday (p.21) and healthier holiday recipes (p.25).

It is our hope that this season brings well-deserved joy and happiness to all. Our community once again offers an array of festive gatherings (p.27); just remember to go at your own pace. It may be different from past seasons, and that's okay. We are all starting anew, so you are not alone.

Go forth with love, for yourself and others, and lead with kindness (p.1). We are all in this together, but true peace on earth begins within.

Wishing you a happy and healthy holiday season ~

Lauren

Lauren Del Sarto
Founder/Publisher



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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Tuning In

When challenges occur, we often imagine getting “through” the hard times and then getting “back to normal.” Our society has hoped for this as we have lived with the pandemic, and I had imagined this with my cancer experience over the past 15 months. It has been a surprise to me that the time after my physical healing has been the hardest part of this journey.

Brené Brown describes a concept called, “the messy middle” in her book *Rising Strong*. It’s the time when you have gone too far to see where you came from, and you are still too far from your destination to see the other side. Pilots call this “the point of no return” because there is not enough fuel left to return from where they came, so they must continue on. It’s in this place of discomfort, unknown, and vulnerability that the learning and evolution occur that allow us to arrive at our destination changed for the better.



Self-care can benefit greatly from sitting in silence and tuning in to your body’s needs.

After treatment and surgery, I went back to work. I thought I was “doing it right” and had learned my lesson about managing stress and saying no to extra drains to my energy. I floated along for a while and then, in what felt like a rapid spiral, realized my motivation was gone, my optimism was waning and I was fighting depression. The luster had gone out of my days. I couldn’t figure it out. I’m a survivor. I’m lucky. I’m cancer-free. But, I was in “the messy middle” and was going to have to dig deep to find my new footing.

After reaching out for help, I’m learning that coming through this experience is going to take healing in a different way. I needed to tune in, be silent, and just be with whatever my body and soul needed.

When I have talked about self-care in the past, I’ve talked about actions: going to yoga, walking, reading, taking a bath. The first breakthrough for me was when my doctor assigned me to just notice what my body was feeling; she said notice and be curious, at least 10 times a day. This noticing led to my acceptance of my body sensations and my emotions as guides to help me know what I needed in that moment. I’ve become good at asking myself, “what do I most need or want right now?” The answers have not

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Coachella Valley’s Health Care Industry
MENTORING THE FUTURE
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CCHS Prepares With COVID Testing

By Senior Angelina M. Morales

With everything going on during the COVID-19 pandemic, Cathedral City High School (CCHS) has taken safety precautions to ensure that the students’ and staff’s health is secured. Students and staff can sign a consent form to allow the school to test them for COVID-19. The free test is conducted on campus and results are given rapidly, within 10-15 minutes.

Based on my experience and the information I’ve gathered as a senior at CCHS and member of HEAL (Health and Environmental Academy of Learning), I feel that these tests are a very safe and helpful way to prevent the spread of COVID-19. Not only does it help prevent the spread of the virus on campus, but it also prevents it from spreading to our homes, keeping our peers and families safe.

The nurse on campus, Stephanie Sturgeon, is the main person in charge of keeping track of the school’s COVID testing process. She provides two different types of tests to the students: the rapid antigen test for athletes and the PCR (polymerase chain reaction) test for people who have been exposed to, or have symptoms of, COVID-19.

There have been close to 200 tests administered to athletes and 50-75 tests for other purposes each week. If one of the rapid antigen tests comes out positive, Nurse Stephanie then has that person take a PCR test, since they are more accurate. If the PCR test comes out positive, she immediately notifies the student’s parents and undergoes contact tracing which is a very extensive

process. She first identifies who has been within six feet of the student from each class period for ten minutes or more. She obtains this information by retrieving the seating charts from the specific teachers and by talking with the student individually. Throughout this entire process, Nurse Stephanie also makes sure that all information shared with the individual that tested positive is kept confidential.

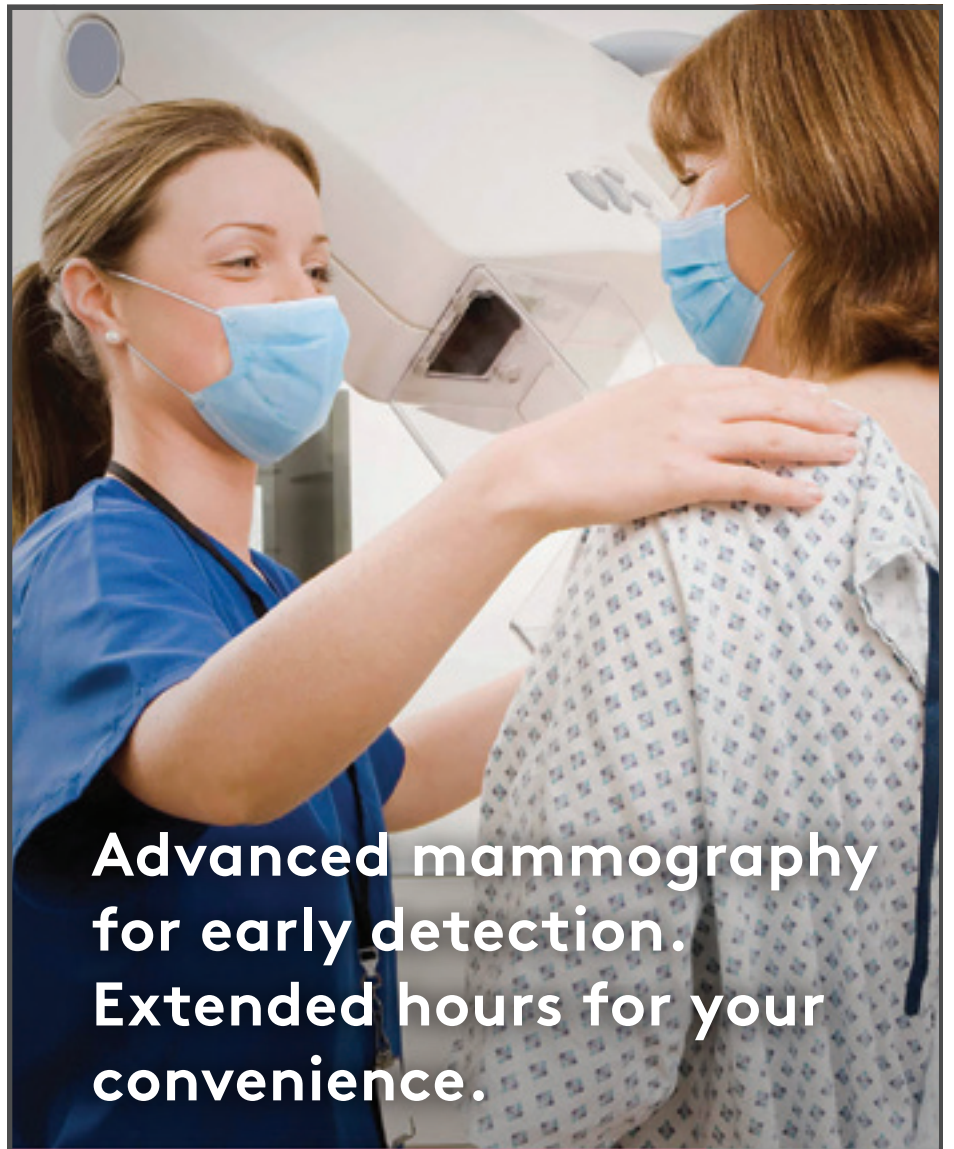


Student contributor Angelina Morales

Football player and HEAL senior Hector Ruiz is one of the many athletes who has to go through the process of getting tested weekly and has thoroughly outlined the process for me. He explains that they enter Room 508 with their masks on and take a test kit that is placed on spaced-out desks. They then use the nasal swab provided and swirl it five times in each nostril while the nurse’s interns put a couple of drops of a solution into the top hole of their testing kit. Once they are done, they then place it in the bottom hole of the kit and seal the test shut for the nurse to pick up.

The tests at CCHS are conducted in a highly effective manner and with all safety precautions in mind. This process supplies our school with another form of security from the virus and is done at ease for those who get tested. With these procedures in place, I think our campus will continue to thrive throughout this pandemic by being a place that is as safe as possible, which benefits every individual on campus.

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Infectious Disease Vaccines Matter

A study on local lives saved over the years

By Maria Greenwald, MD, FACR

Editorial adapted from study published in *American J Managed Care*, July 2021.

Desert Medical Advances of Coachella Valley (DMA) is a rheumatology clinic specializing in clinical trials for the past 30 years. Recently, our team conducted a causal inference study using prospective data from 39 clinical trials globally compared to over a thousand patients locally that participated in the same 39 trials. The study concluded that patients in the Coachella Valley have shown less morbidity and mortality than age-matched patients in the rest of the world.

The reason? The local group received vaccination against infectious disease¹ resulting in less illness, less hospitalization, less shingles, and less death. The vaccines were part of DMA's preventative care program and donated to local subjects via clinical trials. Vaccines were not provided for the global trial sites.

In statistical multivariate analysis, we were able to show that vaccines were responsible for patient improvement. Other preventative measures included treatment for diabetes, hypertension and cholesterol, and while they showed numerical improvement in cardiovascular events, they were much less potent and take much longer to have an effect on morbidity and mortality. Vaccines showed efficacy within a year of use and are clearly essential in medical care.³

The subjects: 28,105 patients enrolled in 28 different clinical sites globally were compared to 1,088 patients in the Coachella Valley over an average five year span. Subjects were all rheumatoid arthritis (RA) patients from prospective randomized trials. This group was chosen because they are prone to infection and preventive care could influence outcomes.

Methods: Nested data from DMA were compared with global data in 39 pivotal studies using immune therapies for RA. Data were extracted from new drug applications (NDAs) submitted for FDA approval including tumor necrosis factor inhibitor (adalimumab, etanercept, certolizumab, and infliximab), Janus kinase inhibitor (tofacitinib, baricitinib, upadacitinib, and filgotinib), rituximab, abatacept, interleukin IL-1 (anakinra, canakinumab), and IL-6 (tocilizumab) therapy.

DMA participated in each study; entry criteria, age, concomitant medication, and intervention were identical. Safety results were gleaned from the FDA website² and safety data included death from any cause. This evaluation explored death from major adverse cardiovascular events (MACE), pneumonia, and infections with zoster (shingles).

DMA instituted 10 specific preventive care measures including: 1) vaccination for influenza, pneumonia, and zoster; 2) hypertensive treatment for blood pressure greater than 140/90 mm Hg; 3) diabetes treatment if glycated hemoglobin A1C was greater than nine percent; 4) treatment for uric acid greater than 7 mg/dL; 5) statin therapy if low-density lipoprotein cholesterol was greater than 120 mg/dL; 6) diet intervention if body mass index was greater than 30, including a visit with staff dietician every three months; 7) chewable aspirin 81 mg/day; 8) daily prenatal vitamin with 1 mg folate (given to all patients to ensure 1-mg folate dose necessary when taking methotrexate); 9) daily sinus wash (NeilMed) to decrease upper respiratory infection; and 10) no use of corticosteroids or narcotics.

Results (as demonstrated in Tables A and B):

• **Less shingles.** Shingles incidence decreased between 2005 and 2020. Key to this decline was Zostavax approval in 2006 and Shingrix approval in 2017. Locally, shingles vaccines for all started in 2006 and resulted in significantly less incidence compared to the global population.

• **Less pneumonia and death due to infection.** Pneumonia events were lower in the local subjects than the global population ($P < .004$). All local subjects had influenza and pneumonia vaccination. Deaths due to infection were also lower here (about one-third of deaths in all RA trials globally were due to pneumonia).

• **Less mortality.** A data subset of older patients (aged 63-70 years) with long-term follow-up of three to seven years showed all-cause mortality was less in these older subjects locally (0.3% vs 2.8%; $P < .007$).

• **Less major adverse cardiovascular events** for the older Coachella Valley population which was followed for three to seven years: 0.5% vs 0.9% ($P = 0.3$). Locally, treat-to-target for hypertension, cholesterol and diabetes, as well as, dietary classes for weight control and exercise were offered to all subjects.

• **Fewer thrombotic events.** Local subjects had fewer thrombotic events (blood clots) than those in the global studies ($P < .03$ in the longer follow-up trials); locally, all subjects took chewable aspirin 81 mg/d.

Our study clearly demonstrates that over the years, vaccines have helped save lives in the Coachella Valley. Prior to COVID-19 vaccine accessibility, our clinic lost six patients to the disease, many with young families who now live without them. Since receiving the vaccine on January 6, 2021, DMA has vaccinated all of our 2,200 patients. We have not had a single COVID related death or hospitalization since.

Dr. Greenwald is president and medical director of Desert Medical Advances of Coachella Valley. She is a member of Desert Doctors and can be reached at (760) 341.6800. Visit www.DesertDoctors.org.

Disclosures: 1) Author Affiliations: Desert Medical Advances (MoG, JB, SL, MB, MaG), Palm Desert, CA; 2) Source of Funding: No funding was provided for this data evaluation. All data are publicly available at www.fda.gov; 3) Author Disclosures: The authors report no relationship or financial interest with any entity that would pose a conflict of interest with the subject matter of this article.

References: 1) Morgan Greenwald, J Ball, S Lopez, M Berg, M Greenwald. Preventive Care: Vaccines Matter. *Am J Managed Care* 2021; 27:294-295; 2) Drugs@FDA: FDA-approved drugs. FDA. Accessed September 25, 2020. <https://www.accessdata.fda.gov/scripts/cder/daf/>; 3) Health Care Negotiation. How to achieve acceptance of medical care. Debra Cohen MD, Cynthia Leigh MD, Pratima Misra MD, Sushma Reddy MD, & Craig Sadur, MD. Developed in Concept Paper UCLA Office of Continuing Medical Education. March 19, 2021.

Table A

	2006 Zostavax approved		2017 Shingrix approved	
	2006	2006	2017*	2017*
Global events	5.8% (CI 4.5-6.7)	4.4% (CI 3.7-5.2)	2.6% (CI 1.6-3.8)	3.4% (CI 0.8-4.3)
Nested site events	5.2% (CI 3.1-10)	2% (CI 1-3.3)	1% (CI 0.2-1.4)	0.7% (CI 0.1-1.3)
P value	ns	ns	<0.002*	<0.002*

* After 2006 Coachella patients in the nested site were vaccinated for zoster

Table B

	Rate % (95% CI)						
	Global	Mortality*	Pneumonia*	Infectious†	MI	Zoster*	MACE
N=4960	2.2% (CI 1.3-3.6)	5.0% (4.4-5.5)	1% (0.5-1.4)	4.7% (3.9-5.6)	3.3% (2.9-3.8)	0.7% (0.2-1.2)	3.3% (2.5-4.3)
Nested site	0.3% (CI 0.1-0.8)	0.3% (0.1-0.8)	0	0.7% (0.4-1.1)	0.3% (0.1-0.7)	0.3% (0.1-0.7)	0.3% (0.1-0.7)
P value	<0.007	<0.002	<0.002	ns	<0.001	ns	<0.03

*Nested site events were significantly lower for infectious endpoints of pneumonia, infectious death, and zoster. Nested site had lower mortality and thrombotic events over 3-7 years. Major adverse cardiovascular events (MACE) were numerically better at nested site but n.s. MACE improvement may need longer f/u. JAKi included are tofacitinib, baricitinib, upadacitinib, and filgotinib. 81% female subjects, 12% from USA.



Pets Bring Health and Happiness

By Janet McAfee

Science has now proven what we animal lovers knew all along. Many studies validate that the companionship of dogs and cats lowers high blood pressure, reduces stress, and improves our overall mental and physical health.¹

During this time of uncertainty, many people need relief from loneliness and anxiety. At the same time, many pets, whose only crime is being homeless, languish in shelters; others roam our neighborhoods lost or abandoned. These two separate problems can help ease each other.

News reports from last year featured happy endings for shelter animals, in some cases showing rows of empty kennels as homebound Americans adopted pets during the pandemic. However, during 2021, as Americans return to work and others faced eviction, some of these animals are returning to shelters.

Need more reasons to adopt? Our pets help us live in the present moment and push out invasive worries. You experience relaxing contentment when a purring cat sits on your lap. Now scientists know why: cats create purr vibrations with a range of 20 to 40 Hz, which is medically therapeutic for many illnesses. Their purring lowers stress, reduces the chance of heart attacks, and reduces the symptoms of labored breathing.² Their playful antics also provide respite from depression and other psychological ailments.

Animals can also be lifesavers. Combat veterans with PTSD who were unable to work or venture outside, have new lives when specially trained service dogs bring them renewed calm and confidence.³ Other service dogs are trained to alert their humans when they detect changes in the body prior to an epileptic seizure. Heart attack patients who own a cat or dog have longer survival rates. Walking a dog gives many seniors a reason to get out of bed and get outside.

The holiday season is here, and this is a great time to adopt a new furry family member. If you are single, a four-legged friend will be your loyal companion. If you have children, a dog or cat is the gift that teaches lessons about friendship, love, and responsibility. One word of caution: do not purchase a pet as a Christmas gift for another adult.

Instead, take them shelter shopping and pay the adoption fee for the pet they select.



Where can you go to adopt? A few of the local shelters are listed here. These shelters also need more foster homes while some of their regular caretakers travel over the holidays. If you cannot adopt or foster, consider volunteering or donating to an animal welfare organization that relies on these funds.

Thank you to *Desert Health's* Lauren Del Sarto, who with her husband Tommy, adopted Teddy Berra (pictured here) from Loving All Animals. Lauren reports, "After two years of loss, little Teddy has brought back so much joy and laughter. Everything is just better with her in our family."

A loving rescue pet, grateful for a second chance home, promises to bring you holiday joy and happiness throughout the year. Teddy was once a homeless stray pup on the streets, and we celebrate her happy ending!

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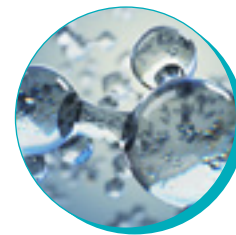
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Guard Your Smile

By Nick Baumann, DDS



Fall is upon us and the weather is getting cooler. To many, that's the anticipation of back to school and the return of school sports. For dentists, it often means an upswing in athletic dental injuries.

Dental injuries are a major concern in athletics, and it not only affects kids. According to the ADA, about 15 million Americans experience some type of sports-related dental injury each year. Of course, there are a wide range of athletics and some have more risk of dental injury than others, but many can be prevented with a simple piece of equipment: a well-fitting mouthguard.

While football is the first sport that comes to mind when you think of mouthguards, basketball is actually at the top when it comes to sending players - both sanctioned and pick up - to the dentist's chair. But the truth is, any fast-paced sport that includes bumps and falls can be a risk to our teeth. Pickleball, lacrosse, martial arts, skate boarding and soccer are just a few examples.



When it comes to selecting a mouthguard, your dentist is the best place to start. Research confirms that a custom-made guard specifically fabricated for your teeth offers the best protection against mouth trauma.¹ However, over the counter or "boil and bite" mouthguards can provide some level of protection and are certainly better than nothing.

Studies also show that custom mouthguards provide up to three times more protection against concussions in contact sports compared to non-custom guards.^{2,3} Many concussions are caused by the impact of the jaw and skull during contact and a quality guard can help lessen this force.

A properly fitting mouthguard should be considered an important part of athletic gear.

Furthermore, by fitting the mouth tighter, custom guards are significantly more comfortable to wear and make breathing easier, all great reasons to use a custom mouthguard.

Many of us play sports that have a risk of contact and injury. I believe it is very important for anyone participating, or who has a child who partakes, to consider the possibility of a custom-made mouth guard. This simple preventative piece of equipment can save a lot in the end, while helping to keep your game safe and fun... and you smiling!

Dr. Nick is with Palm Desert Smiles, a family-owned dental group in Palm Desert. He can be reached at (760) 568.3602.

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If The Shoe Fits

By Aaron Bean, DPM

Our feet are capable of pretty amazing feats. The average person takes 8,000 to 10,000 steps a day which adds up to approximately 115,000 miles in an average lifetime! And when running, your feet absorb the force of three or four times your normal body weight.

This is especially impressive considering the foot is an intricate structure containing 26 bones, 33 joints, 107 ligaments, and 19 muscles and tendons. With all these forces going through such delicate structures, most people will experience some type of foot pain in their life.

One of the simplest ways to prevent and treat common foot issues is to make sure the shoes we wear adequately support our feet. The most common foot concerns we see from poor shoe gear include:

- plantar fasciitis or heel pain
- forefoot pain or Morton's neuroma
- Achilles tendinitis
- flatfoot pain from collapsed arches

Statistically speaking, women have about four times as many foot problems as men. High heels, flats, and narrow toed boots all add up to problems over time. Flimsy



Common foot conditions affect women four times as often as men.

shoes, flip flops, and barefoot walking put too much stress on the delicate foot structures, making heel pain and forefoot pain all too common.

So, how do you know if your shoes are supportive?

Most running shoes such as ASICS, Brooks or New Balance will provide adequate support. You want to make sure that the middle of the shoe (the portion that supports your arch) does not twist or bend easily. The mid-arch stiffness will prevent abnormal rotational forces in the foot. Cushioning is also crucial for shock absorption and an adequately cushioned sole will help to prevent heel pain and forefoot pain issues.

A good rule of thumb is to spend 75 percent of the time in good stable shoe gear, especially with any athletic activity.

In addition to a good stable shoe, adding arch support will also help to prevent foot fatigue and allow for proper foot alignment and function. Every foot is different and it is important that insoles properly fit *your* feet. Most podiatrists can take a mold or cast of the foot in its corrected position and create a custom support that will help treat and prevent most foot issues.

Your feet, paired with a custom arch support and proper athletic shoe, create the foundation for the rest of your body. This combination will allow you to continue to put miles on those feet without those pesky foot ailments. As they say, if the shoe fits...

Dr. Bean is a podiatrist with West Coast Foot and Ankle Center in Palm Desert and can be reached at (760) 565.5545. He is also a member of Desert Doctors. For more information visit www.DesertDoctors.org.

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Chip Away at Kindness

Continued from page 1

looks great!" or "It is such a pleasure to see you today" or "You always light up a room when you enter."

- Add an extra dollar to your tip.
- Smile. Mother Teresa said, "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."
- Apologize if you have hurt someone.
- Do a random act of kindness. Hold the door open. Let someone else have that parking place. Give your seat to someone in need.
- Call a lonely person.
- Give a positive yelp review.
- Say a sincere "Thank you!"
- Nominate someone for an award.
- Listen when someone needs to talk.
- Tip extra for "table rent" if you have overstayed at the restaurant.
- Pay the toll for the car behind you.
- Give a word of encouragement. "You can do this! I believe in you!"

As you become an accomplished Chip Master, here are some rules of the road:

1. Only give chips that are genuine. Never lavish false praise; your true feelings are bound to leak out verbally or non-verbally and people hate being manipulated. Proper chip management is neither calculating nor insincere.
2. A good chip donation adds to the chip account of both the giver and the receiver. Some people act like giving a compliment to others is like a withdrawal directly from their 401K account. Chips do not detract from the giver.
3. Build a surplus chip account with everyone in your life. Your life will not only be filled with abundance and joy, but when there is a bump in the road, you will give each other the benefit of the doubt and forgive more easily.
4. Beware of chip deficit. From whom in your life have you taken chips and not replaced with more than you have taken? Have you not repaid a debt? Have you been unkind? Have you ignored them? People make it equal in the end.
5. Be intentional with your chips. My friend, Liz, begins everyday with 10 dimes in her left pocket. Whenever she gives a chip throughout the day, she transfers a dime to her right pocket. She deposits 10 chips per day into the accounts of people she encounters.
6. A well-placed chip can make the world seem kinder and gentler. Giving chips is contagious. Don't be surprised if the person whom you have gifted donates to someone else's chip pile.

Chip Masters actively seek opportunities to bestow chips on others. They don't wait for someone else to make the first move or for circumstances to change.

Today is the perfect day to become a Chip Master. Where can you deposit a chip right now? As Clint Eastwood said, "Go ahead. Make my day!"

Dr. Murphy of Rancho Mirage is a best-selling author, business consultant and speaker specializing in relationships, conflict, leadership, and goal-achievement. She can be reached at Susan@DrSusanMurphy.com. She is co-author of LifeQ and wrote about Chip Theory with Dr. Pat Heim in In The Company of Women.



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An Integrative Approach to Carpel Tunnel

By Lauren Del Sarto

Last year, I started having pain in my right wrist. I knew it was probably from computer work since that is where I spend most of my time, so I purchased an ergonomic vertical mouse for that hand and learned how to use my traditional mouse with my left (easier than anticipated). I iced it periodically and used KT Tape when training.

When the pain increased, I called on my *Desert Health* team of practitioners to confirm a diagnosis and explore my treatment options. I've learned so much along the way and thought I'd share my journey in hopes of helping others who may be experiencing the same.

Medical Doctors. My first stop was with minimally invasive orthopedist Eric Sickinger, DO of Advanced Center for Sports Medicine. Based on the initial symptoms, he diagnosed de Quervain's tenosynovitis, a common tendon issue that comes from overuse. We treated it successfully with ice, exercises, a brace for when work just couldn't wait, and later a cortisone shot which worked very well.

A year later, I started getting numbness in my hand that sometimes ran up my arm and included pain in my elbow. This time, Dr. Sickinger was leaning toward carpal tunnel syndrome (CTS) and recommended an electromyography (EMG) test to pinpoint the source. Conducted by a neurologist, the one-hour, in-office procedure measures muscle and nerve response to stimulation. It includes small electric shocks for nerves and very fine needles for muscle reaction. I enjoyed meeting Reza Nazemi, MD who kindly prepared me for a comfort level somewhere between a thin needle prick and a bee sting (very accurate, but a bit closer to the sting).

The diagnosis was indeed carpal tunnel and Dr. Sickinger's recommendation was less or adjusted use, over-the-counter anti-inflammatories, exercises and a different brace option. A cortisone injection in this new region would also be beneficial, he added. I made an appointment for the injection, but thought I would check with my other practitioners to fully explore treatment options.

Naturopathic Doctors. I mentioned to Dr. Sickinger that the numbness seemed to be worse after enjoying a glass of wine. He reminded me that alcohol increases inflammation, and also mentioned B6 and B12 deficiencies as a possible cause. That made sense, so I made an appointment with my naturopathic doctor for a Super B shot.

"There can be a correlation between B deficiency and carpal tunnel," said Shannon Sinsheimer, ND of Optimal Health in Palm Desert. "Vitamin B6 has been noted to have minor analgesic properties which may also minimize the discomfort of CTS. If there is a B6 deficiency in the body, or excess inflammation that causes B6 to become deficient, supplementing with B6 can minimize some of the pain and inflammation."

She explained that she treats carpal tunnel with increased B6 (100mg/day) and daily turmeric to reduce pain and inflammation. She also encouraged manual manipulation (acupressure, massage) on the tendons and cold laser therapy on the carpal ligament.

That made me think of my acupuncturist who I go to twice monthly for wellness maintenance. She periodically used the laser on my de Quervain's, in addition to acupuncture targeting points for my wrist, both of which contributed to keeping that issue at bay.

Traditional Chinese Medicine. "From the traditional Chinese medicine perspective, repetitive stress injuries (RSI), which include CTS, are seen as a disruption of Qi and blood flow within the area," said Diane Sheppard, PhD, LAc of AcQpoint Wellness Center. "CTS is associated with heat, dampness and blood stagnation that puts pressure on the nerves." She noted that acupuncture points, stretching exercises, herbal remedies and nutritional supplements are chosen to specifically treat each RSI condition.

In an article Dr. Sheppard wrote for *Desert Health* on the subject (March/April 2013), she states that studies show acupuncture can be just as effective as corticosteroids for pain, numbness, tingling and weakness related to CTS. For nighttime symptoms and motor function, acupuncture even showed better results.

She suggested we continue with the cold laser, as it promotes regeneration of cells and can address pain and inflammation. "Acupuncture will also address any headaches, neck pain, shoulder/elbow stiffness and sleeping problems that often accompany CTS."

Needless to say, I feel that my hands are in good hands. Addressing not only symptoms, but all factors that may be contributing to my condition, is the integrative approach I choose for all health issues. This integrative approach standardly leads to improved overall wellness and long-term success and will hopefully keep me out of the operating room.

But I'm never going to stop writing, so if it comes to that, I know where to look for a good surgeon.

Lauren Del Sarto is founder and publisher of *Desert Health* and can be reached at Lauren@DesertHealthNews.com. For more information search 'carpal tunnel' at www.DesertHealthNews.com.

Pets Bring Health and Happiness

Continued from page 5

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Animal Samaritans

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This county shelter is the largest in our valley and often offer adoption specials. Open 10a.m.-4p.m. Monday-Saturday. 72050 Pet Land Place, Thousand Palms www.rcdas.org, (760) 343.3622

Humane Society of The Coachella Valley

Call for hours at this large outdoor shelter. 17825 N. Indian Canyon, N. Palm Springs, www.orphanpet.com (760) 329.0203

Kittyland

Call for hours at this large cat shelter. 67600 18th Avenue, Desert Hot Springs www.kittylandrescue.org (760) 251.2700

Loving All Animals

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Open Wednesday-Monday (check website for hours) 4575 E. Mesquite Avenue, Palm Springs www.psanimalsshelter.org (760) 416.5718

Janet McAfee is a freelance writer and part-time adoption/media/education director at *Loving All Animals*. She can be reached at janet@lovingallanimals.org.

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MD, DO, NMD, ND...Oh, My!

Clarification of some of today's medical professions

By Shari Jainuddin, NMD, BCB, EMT

When it comes to health care, there are many options of providers and specialists. This is to your advantage, but it can all be so confusing. This article is intended to clarify a few of the different types of medical doctors and common terms. While not an exhaustive list, it is meant to aid you in organizing some of the options available.

What are the differences between types of medical doctors?

In the current medical system, there are three main types of doctors: MD (allopathic medical doctor), DO (osteopathic medical doctor), and NMD/ND (naturopathic medical doctor). All three require a bachelor's degree and prerequisites prior to obtaining a four-year medical degree from an accredited college. Below I highlight their educational differences. After the four-year medical degree, most doctors specialize in various disciplines, functions of the body, or approaches to care.

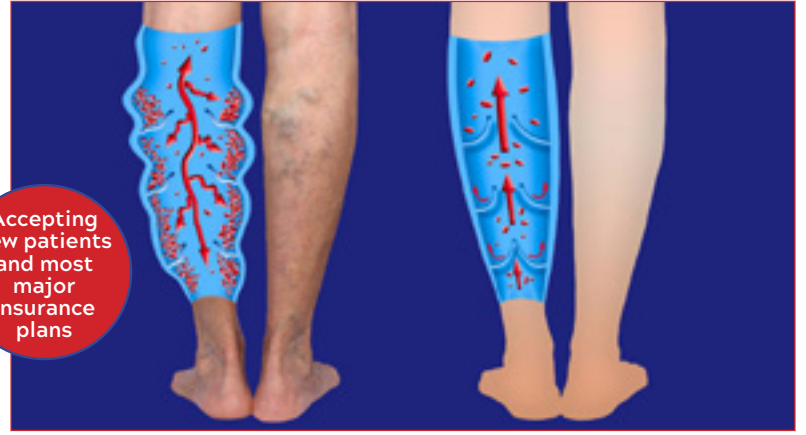
MD: Allopathic doctors are trained in the conventional medical model which is heavily focused on contemporary medicine and frequently implements pharmaceutical prescription treatments and surgical intervention to address symptoms of disease. As you are probably very familiar with what MD's do, I will not delve into this further for sake of space.



DO: Osteopathic doctors are less common than MD's, but a growing portion of prospective students are choosing this route. They receive a similar education to MD's, however, they also learn Osteopathic (meaning bones) Manipulative Medicine (OMM) which provides them with hands-on physical medicine skills to assist with diagnosis and treatment. The American Association of Colleges of Osteopathic Medicine states that their curriculum "is holistic, patient-centered, preventive, and focused on health rather than disease." For simplicity, it may be helpful to think of their education similar to that of an MD with a holistic twist. They are integrated comparably into the medical system.

NMD/ND: Although currently the least common medical doctors in the US, NMD's are quite common abroad and gaining popularity in the states. They receive the foundations of an MD education plus physical medicine skills similar to DO's. Their education expands on nutrition from the 0-70 hours MD/DO's receive to 100-220 hours, as well as additional approaches to physical medicine.² Their curriculum of treatments includes botanical, environmental, and mind-body medicine, homeopathy, IV nutritional therapy, and counseling. Notably, NMD's are trained in the innate healing power of nature, to view health comprehensively, and to holistically approach both diagnosis and treatment "looking at all the factors that comprise health with the ultimate goal of restoring balance and supporting the natural healing process," addressing the root-cause of illness, utilizing less invasive therapies, and focusing on prevention.³

Continued on page 19



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The events listed will be presented by a licensed insurance agent who works with Medicare enrollees to explain Medicare Advantage and Prescription Drug Plan options. For accommodations of persons with special needs at sales meetings call 1-844-368-5896 (TDD/TTY users: dial 711).

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Agustin is a licensed acupuncturist and massage therapist specializing in treating pain and injury. He uses his knowledge of the body and Asian medicine for an integrative approach to treating ailments.

Agustin discovered acupuncture as a pre-med student at UCLA. After graduating with a degree in Biological Sciences, he became a massage therapist to enhance his skills at treating the body holistically, then completed his Master of Traditional Oriental Medicine degree with honors from the Emperor's College of Traditional Chinese Medicine.

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Creating True North this Holiday Season

By Jennifer Yockey

The intensity of the last 19 months might be lessening, but some of us still aren't feeling the stability of years past. There is this frenzy to "get back to normal," yet there is also an awareness that we are not sure what that is anymore.

This holiday season might look different - different friends, different locations, different traditions. There might be an empty spot at the table due to death, a divorce or a difference of opinion.

As we move through THIS season, let it be new. Let the comparisons go. Honor the past and make the effort to BE RIGHT HERE for the magic of THIS time.

Remember to GIVE.

Give your time, your ear, your smile, your attention. Giving doesn't have to be a financial or physical gift; say thank you to the barista or the staff delivering your food. We have all missed our friends and loved ones over the last couple of years; the gift of YOU will be more than enough.

Spend Intentionally.

It is SO easy to get caught up in the fervor of MORE and end up having way LESS in January. Set a budget, do your best to stick with it. Experiences and time spent with others have been scientifically proven to have more impact than that last-minute candle with the red bow.

Say YES and No.

It might be tempting to say YES to all the parties and events, and it will truly feel like a good idea at the time... and then the overwhelm kicks in and then the guilt for canceling. Many of us have been alone or in small groups over the last two years. Being around too many people, too many gatherings, too much food and drink can overwhelm our nervous system. Overall, it can be sensory overload. It's ok to put your self first and, at the very least, pause before you accept the invitation. Remember, saying NO is saying YES to you and your needs.



Leading with your heart and living in the present are sure to bring joy this holiday season.

Support.

You might not expect to feel overwhelmed, or you might already know that the season brings a lot of emotions up to the surface. Be prepared to speak, write or move what you are feeling. Whether you have a trusted friend, coach, therapist, dance or yoga class, a well-worn journal, or favorite trail, take the time to express how you are feeling and honor it rather than bypassing or ignoring it.

Allow.

When groups of people come together (family or not), they bring their own set of baggage, none of which we are in charge. Family dynamics change, children grow, our parents get older, friends lose their partners and people



Trying to do it all can be overwhelming; remember, saying no is saying yes to your needs.

lose their financial fortune. What happened last year, happened last year. Be flexible with family traditions; be open to new traditions and allow modification to the old ones.

Keep it Simple.

The holiday season is a marathon, not a sprint. RESTING is an integral part of physical and emotional wellness.

Remember, JOY is the intention and joy requires us to be present rather than running frantically around doing EVERYthing. At the end of the day, take time to reflect with friends, family and yourself. Soak in those moments of ease, grace and magic. Learn from and release the difficulties and challenges of the day; holding on will only weigh you down and take up the precious space where joy and peace live.

Remember, peace begins with you. Happy holidays ~

Jen Yockey is the owner of Gather, a movement and wellness studio, and founder of the Recover You™ Program. She is a certified yoga instructor and master life coach and can be reached at (760) 219.7953, jennifer.yockey@hotmail.com or jenyockey.com.

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Eat, Drink and Be Healthy

Substitutes you'll savor by Lauren Del Sarto

Holiday Baking Sugar Substitutes

The sweet smell of cinnamon and sugar can bring back fond memories of grandma's kitchen, especially this time of year. But too many of her holiday treats can leave you stuffed as a stocking and sleepy as a sugar plum fairy.

If baking is on your Christmas list, why not consider natural sweeteners that taste just as good, won't spike your blood sugar, or leave you feeling bloated and guilty? They are easy to find, more nutritious, higher in fiber and lower in net carbs (fiber is an indigestible carb, so it is subtracted from total carbs for "net" carbs). This is good as most people don't get enough fiber in their diet; however, still use caution on the quantity of these good-for-you goodies (or cinnamon and sugar won't be the only smell).



Of the many natural sweetener options, my favorite is stevia as it has zero sugar, zero carbs, and zero on the glycemic index (GI) scale. It comes in both liquid and powder and is much sweeter than regular sugar, therefore requires less. It's best to find recipes that call for stevia, but a good rule of thumb is one teaspoon of powered stevia for each cup of sugar.

Not everyone likes stevia, so I explored a few others. On the GI scale (0-100), less than 55 is considered low and this is how they measure up: One teaspoon of cane sugar is 65, honey (50), maple syrup (54), coconut sugar (54) and dates (42). I thought I found heaven with **yacon syrup**, a tubular superfood that is also a prebiotic, at only one GI and 50 percent fiber. I made the delicious cookies (pictured here) with almond flour (subbing ¼ gluten-free all-purpose flour for texture), stevia chips and yacon. At only four carbs per cookie (from flour), they didn't raise blood sugar and tasted incredible, but were too fibrous. I agree with those who say yacon is best consumed in smaller amounts, say a teaspoon a day, in your holiday golden milk, chai, coffee or tea.

Monkfruit may be the clear winner for baking. Heat stable with no carbs and zero on the GI scale, it comes in liquid, granular and powder form and can be substituted at 50-100 percent (to taste). The sweetness can vary by brand, so be sure to check labels to ensure no additives.

Baking with natural sugar substitutes is a great place to start, but also consider swapping grain flours for nut or seed flours, like almond and coconut, to attain your healthiest holiday treats. Enjoy and happy baking ~

Lauren Del Sarto is founder/publisher of Desert Health and can be reached at lauren@deserthealthnews.com.

This is The Age of Aquarius

By Diane Sheppard, PhD, LAc

Mother Earth has a measurable heartbeat of 7.83 Hz, and according to NASA, her heartbeat has fluctuated more in the past few years than it has in the past six decades.

The last time scientists saw similar energy frequencies was in the '60s. Astrologers will tell you this is from the change in the planets, the "Age Of Aquarius" which only comes around every 2,000 years, and all agree that there is definitely a shift in energy taking place. Ironically, all of this was predicted by the Mayan Calendar.

The earth's vibrational energy, or global electromagnetic resonance, was first measured in the early '60s. It was named the Schumann Resonance (SR), after physicist Winfried Otto Schumann who predicted it mathematically in 1952. It provides a useful tool to analyze earth's weather and to determine what type of atoms and molecules exist in the earth's atmosphere.

These extremely low-frequencies (ELF) are caused by thousands of lightning strikes in the atmosphere. According to NASA, 2,000 thunderstorms batter our planet every minute with an average of 50 lightning strikes a second. These vibrations can be found in waves that go 60 miles above the earth and can be felt by electronic communications - and even the human brain - down here on the surface.

At the beginning of the 20th century, futurist innovator Nikola Tesla said, "Our entire biological system, the brain and the earth itself, work on the same frequencies." It has now been scientifically proven that tuning into the planet's magnetic frequency (7.83Hz) can create biological benefits like enhanced learning and memory, cellular rejuvenation, improved balance and stress tolerance, anti-jetlag and grounding. Other studies show that removing the frequency from the environment can have negative impacts such as migraine headaches and emotional distress. This shows how important it is to be in tune with earth's magnetic frequency.

Thus, with the earth's fluctuating heartbeat, it's no wonder that many of us have been feeling off lately. The earth is experiencing a powerful time and so are we. On the grand scale, there is not much we can do to change the vibrational frequency, but awareness can lead to compassion and self-care.

We are electric magnetic beings and the connection between the universal heavens and earth can affect our lives. It's a good time to practice balance through yoga, meditation, affirmations, prayers, grounding, taking time in nature, acupuncture, massage, energy healing and eating whole foods that nourish our body.

We are moving into an age of awareness and consciousness and are at a reflection point of keeping Mother Earth healthy so she can help keep us healthy. Be kind to yourself and take time to thank her.

Note: With numerous monitoring stations in the U.S., Russia, Canada and Australia, the Schumann Resonance can be viewed online at nasa.gov (see link below).

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

Sources: 1) https://www.nasa.gov/mission_pages/sunearth/news/gallery/schumann-resonance.html; 2) <https://www.lyncburgpark-sandrec.com/tree-hugging-hippies-right-part-iv/>



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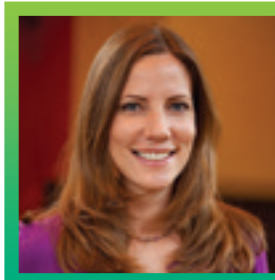


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The Benefits of Butter (Yes, Butter!)

By Carly McLarty, ND

There are few foods more comforting and versatile than butter. Although butter has been renounced by the medical and health community for years, it isn't all bad. It's true that butter is predominantly a saturated fat, and there is strong evidence that correlates the overconsumption of saturated fats with obesity and heart disease. However, maybe we aren't giving butter a fair chance.

There are actually several benefits to consuming this delectable condiment in moderation. Quality butter is a good source of vitamins and minerals; it also contains butyrate (good for gut bacteria) and beneficial fatty acids like conjugated linoleic acid (CLA) and omega-3. One of its greatest benefits just might be the flavor it adds to your favorite foods!

Butter contains calcium, fat-soluble vitamins A, D, E, and K2, as well as vitamin B12. Calcium and vitamin D are essential for bone growth and maintenance. Vitamin K is crucial for the coagulation of blood, and it also has a role in the carboxylation of osteocalcin, a protein that is produced by osteoblasts, the cells responsible for laying down bone tissue. Vitamins A and E are powerful antioxidants that have functions in supporting the immune system, vision health, and reproduction. Lastly, vitamin B12 helps to build red blood cells and maintain nerve health. It serves as a co-factor for various metabolic reactions, most notably DNA methylation.

Butyric acid or butyrate is a short-chain fatty acid (SCFA) that is mainly produced when dietary fiber is fermented by gut bacteria. Butyrate is a predominant fuel source for colon cells and helps to maintain the health and function of the epithelial lining of your gut. Butyrate has been associated with various health benefits including acting as an anti-inflammatory and improving mucosal immunity, regulating insulin sensitivity, having anti-cancer effects, and possibly even reducing the risk of stroke. Although butyrate is produced from gut bacteria, butter itself is a significant source of butyrate, containing approximately 11 percent.

Now, there is a caveat to some of these benefits: the quality of your butter.

Butter from grass-fed cows has been shown to contain more CLA and omega-3 fatty acids than butter from grain-fed cows. Studies have suggested that CLA may prevent the production and storage of fat and contribute to improved fat metabolism. Studies have also shown specific CLA isomers to prevent plaque build up in blood vessels, which helps to lower blood pressure, therefore contributing to lowering the risk of cardiovascular disease. The same isomers have been shown to have cancer fighting effects by inducing cancer cell death. Finally, CLA has demonstrated anti-inflammatory properties which may be useful in the treatment of inflammatory bowel disease, but further research is required in this area. Omega-3 fatty acids are strongly supported by evidence to benefit cardiovascular health and significantly reduce mortality rates from heart attack or other cardiovascular events.

Keep in mind that butter is a high-calorie food, and we don't want to go eating sticks of butter at a time, but incorporating quality butter as part of a nutritious and well-rounded diet may not be a bad idea. So this holiday season, consider ditching the margarine and try adding some grass-fed butter to your favorite meals. This doctor approves.

Dr. McLarty is a naturopathic doctor completing her primary care medicine residency at Live Well Clinic. Her focus is women's health, fertility, and dermatology. For more information, visit www.livewellclinic.org or on Instagram @livewellclinic.

Sources available upon request.

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Healing Through Sound

By Lauren Del Sarto

Barbra Angel (Romanowska) is a musical prodigy. As a child, her world was a symphony. Everyday sounds filled her head in a chorus of pitches that made it hard to focus on schoolwork and socializing. She lived in a world of her own which helped save her from the harsh reality of growing up in communist Poland with an abusive militant father.

Angel, who shares a birthday with Mozart, starting composing music at age five and went on to earn two master's in composition and vocalism. She is a violist, pianist, vocalist, producer and composer and in 2016, won the Best Composer Award at the Wind International Film Festival in Hollywood.

But her true passion in life is the ability to identify how sound heals. Immersing in music as a coping mechanism, she first taught herself as a child and would make it her life's work. To fine tune her innate talent, she pursued an international Ph.D. in naturopathy where she studied the philosophy of traditional Chinese medicine (TCM). Later she earned certifications in hypnotherapy and yoga.

Combining all her knowledge, in 2003 she formalized a healing method she refers to as cell resonance therapy (CRT) based on the laws of physics and TCM. To teach others her method, she founded the Academy of Sound in Europe (Akademia Dzwieku), conducting hundreds of seminars, certification courses and healing concerts. Ten years later, she came to the U.S. and established Tune & Heal™ which now resides at Kinetix Health & Performance in Palm Desert. Complementing therapies offered include bioresonance body scan and therapy, and "sound acupuncture" using specially designed tuning forks versus needles.

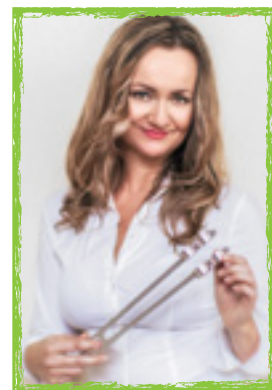
"Everything in our world vibrates to different frequencies and the human being is no exception," says Angel. "These vibrations have the ability to balance and heal both physically and emotionally." Just turn on your favorite song and close your eyes, she adds, and feel how the melody alters your mind and body.

Angel has written two books in the past three years: *Tune & Heal* which describes her CRT method and teaches readers how to implement the therapy for self-healing, and *An Angel's Healing Music*, which is her life story written over the years with the newest edition just released.

"The book is really about finding true forgiveness," says Angel, who began the manuscript to release emotions that were holding her back and to help her overcome her pernicious childhood. The autobiography is challenging to read, and it's fascinating to learn that she now has a positive relationship with her father. "Magical things happen when you truly forgive," she adds.

Angel will be performing a "healing concert" and book signing on Saturday, December 4 at the Classic Club in Palm Desert. The evening will feature both original songs and blues and jazz favorites along with a discussion on how musical notes and sound vibration affect the human mind, body and spirit.

Barbra Angel is founder of Tune & Heal™ located at Kinetix Health & Performance in Palm Desert. She can be reached at (619) 534.4088. For more information, to view past performances and to purchase tickets to the concert, visit www.barbraangel.com. Proceeds from the event will benefit St. Jude Children's Research Hospital.



Practitioner, musician and author Barbra Angel

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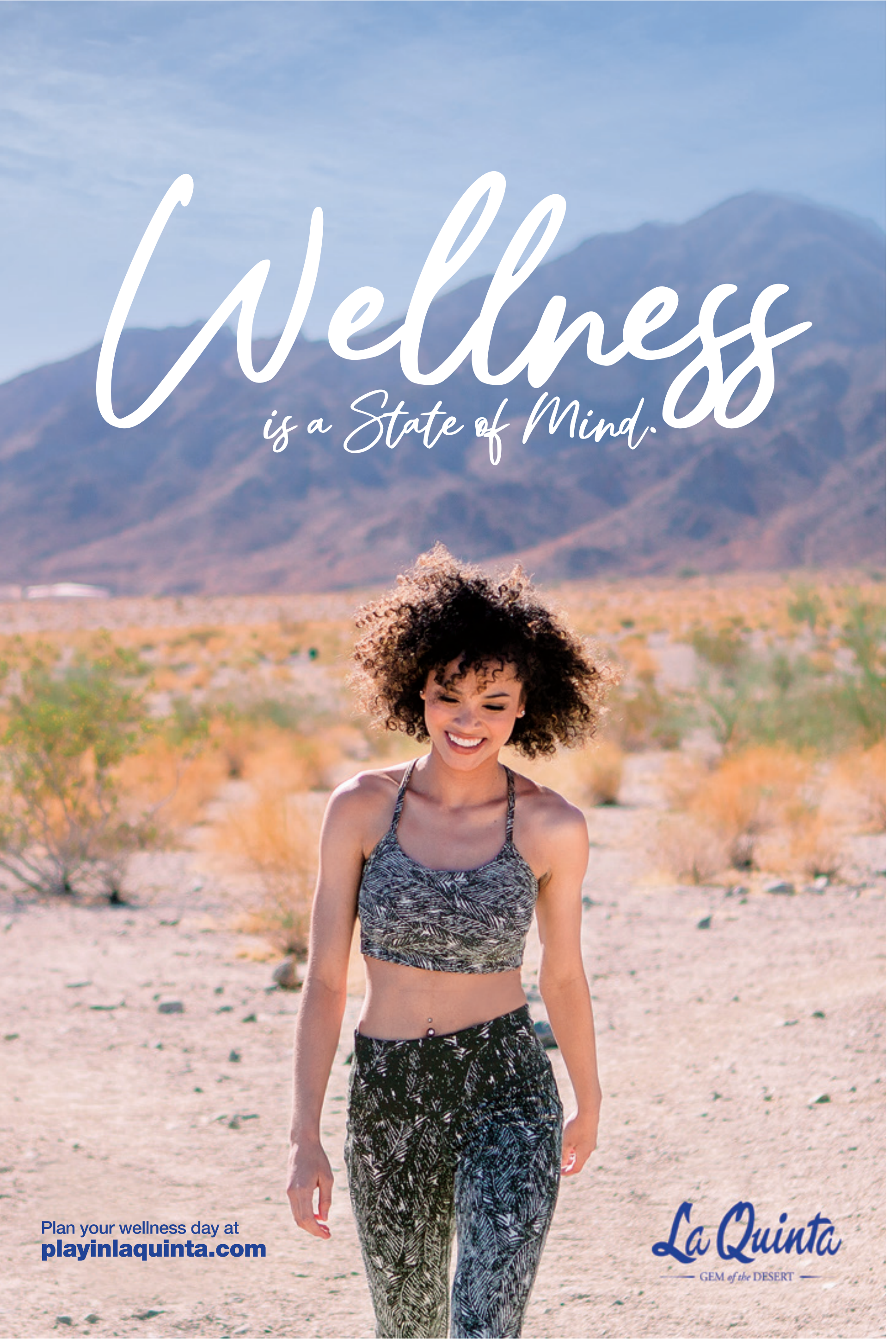
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Living Wellness

with Jennifer Di Francesco



A Sit Spot on Nature and Life

Whether one is a budding naturalist or merely passionate about personal growth, a “sit spot” allows a place to unite with nature and connect with self. A sit spot is an outdoor space where one goes time and time again. It is a place where we start to know the landscape by day and by night. We begin to identify seasonal changes; the nuances are as evident as the changes we see with our family and friends as they age and change around us.

This chosen place we decide to discover time and time again begins to induce companionship along with a sense of belonging and security. We commonly see children create sit spots. This might be in the form of a tree house or a place at the park frequented regularly. As a child, I fondly remember a large tree I would visit weekly. As my parents played tennis at a local desert club, I would eagerly accompany them knowing I would be greeting this stately monolithic tree to climb and observe all its subtle nuances. As my small hands ran across the smooth and rough spots of the bark, I would observe its color, shade, and the light it emitted. I knew this tree intimately and saw it change and eventually pass on - now no longer there.



A sit spot can help increase creativity, focus, awareness and our connection with nature.

As we move into adulthood, we might not climb trees, yet, a sit spot could be as simple as a bench in a garden; a place to breathe, take time to tune in instead of zone out, and open our senses to observe nature.

There is a world of opportunity in coming back to the same place over and over. There is the awareness of patterns and relationships in nature. Albert Einstein summarized this activity quite eloquently when he said, “If you want the answer to anything, go sit in Nature for awhile.”

Nature changes before our eyes. The benefits of this activity are increased creativity, heightened sensory awareness, more joy, enhanced focus and a deep connection to the earth. My personal experience has been a sense of curiosity and aliveness by going back to my favorite sit spots. I have chosen sit spots on certain hikes where I see small nuances I had not noticed the times before. The expansive world of mother nature used to be our primary source of programming for the human mind. We carried deep knowledge of trees, birds, and the wilderness. Technology has changed what humans feed their brains on a daily basis. We will never go back to our previous reverence towards the earth where we considered ourselves simpatico to nature; yet, we can find ways to live in harmony with both technology and nature.

There is a term coined Gaia Consciousness. Gaia was the Greek goddess who personified the earth. In the spirit of Gaia, we can all heighten awareness of our connection to the earth by finding a time and a place to fill our hearts with love and compassion for the physical environment and its ever-changing subtleties.

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

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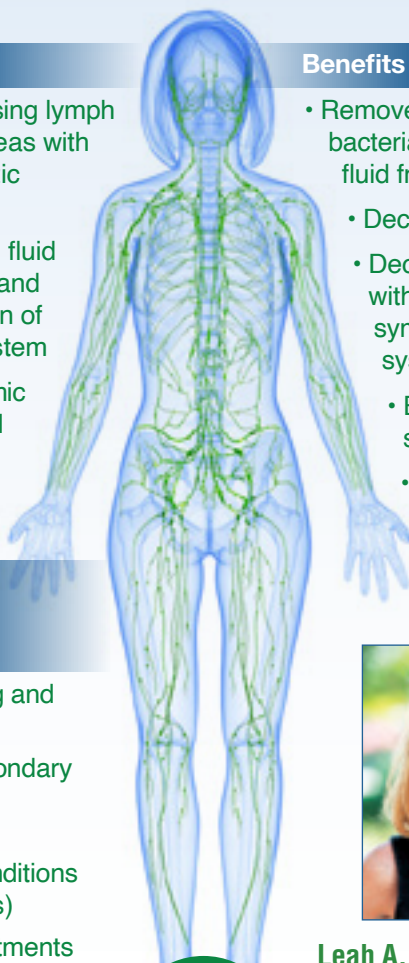
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Enjoying the Moment, In the Moment

By Dipika Patel, CHHC

Thanksgiving and seasonal holidays are upon us and it is the time to be jolly. It's the time to get together with your loved ones, friends and family, create memories, and heal things of the past. Or, it's a good time to accept that we can't change others, but we can change ourselves. If we come to peace with that, it lessens our internal struggles with those of contrasting viewpoints, allowing us to overcome our differences and see other people's perspectives. I am not saying that you must agree with everyone, as your truth is valid and does not need approval from others. What I'm suggesting is that the holiday season is not the time to convince others that you are right.

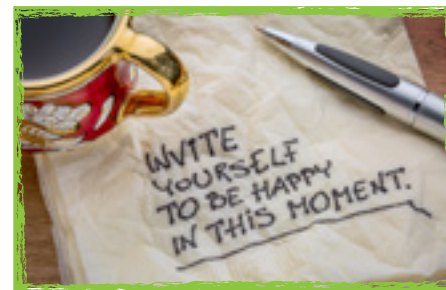
The year 2020 taught us many lessons including that life is too short to hold on to grudges. If you didn't have the opportunity to spend time with family and friends last year and you missed them, see them. If you felt that 2020 gave you a chance to connect with yourself, and you want to be in your own space within your home and not be obligated to travel and see your family and friends, then listen to your heart and do exactly that.

However, if you are choosing to do things from a negative outlook, past resentments, anger, jealousy, abandonment, frustrations and obligations, I ask you to check in with that emotion. Does the emotion need to be right? Is that need more important than your sanity? Why would you hold yourself back from happiness in this moment because of something that happened in the past?

This holiday season I invite you to create peace within yourself, so you can see peace in the world outside of you. Remember your thoughts, feelings and emotions are creating your reality. Those thoughts may leave you feeling unloved, disconnected, frustrated and out of control. If the emotions do control you, this is even more of a reason for you to step out and connect to those who love you. Try creating new holiday traditions that support you, instead of feeling stuck in the past. Instead, create in the moment, be in the moment, and focus your awareness on today.

We don't have control over what happened in the past, but we do have control over what actions we take today. And whatever you choose to do during this holiday season, don't let anything destroy your own joy and inner happiness. I love you, and the whole world loves you, my dear friends. I wish you the happiest of holidays.

Dipika Patel is a certified holistic health coach and lifestyle practitioner who empowers her clients to activate an overall balanced lifestyle of mind, body and soul. She can be reached at (760) 821.3119 or www.LoveYourLifeHealthy.com.



Letting go of past resentments will enhance personal joy and happiness during the holidays.



Reflections on Michal Oshman's *What Would You Do If You Weren't Afraid?*

By Amy Austin, RN, PsyD, LMFT

In her new book, Michal Oshman, head of company culture, diversity and inclusion at TikTok Europe and former leadership expert for Facebook, recalls seeing a sign hanging in the reception area on her first day at Facebook that read, *What Would You Do If You Weren't Afraid?* The quote really hit home with her at the time and became the name of her inaugural publication released in May.

On the outside Oshman appeared to be Wonder Woman. She had three university degrees, held top public relations and tech positions at major companies, served as a commanding officer in the Israeli Army and was happily married with four children. But on the inside, she was severely afraid. She had the type of anxiety that pervades every part of your life and is all-consuming. It enveloped her with doom and gloom scenarios that would give any horror film a run for its money. Her grandparents on both sides were holocaust survivors, which left them permanently traumatized, and the generational trauma trickled down becoming an integral part of her life as well.

Oshman describes her journey from a life of angst and anxiety to freeing herself from internal brokenness. She began to flourish when introduced to the principles of Jewish wisdom or "Hasidut," which espouses that we already have all the ingredients within us to live a purposeful, meaningful, fulfilled and joyous life. She utilizes these principles on both a personal and corporate level and emphasizes that although they are of Jewish descent, the principles are meant and encouraged for anyone who is ready to let go of being emotionally held hostage by one's mind.

Anxiety can work for us in a myriad of positive ways. It can serve as a motivator helping us forge ahead effectively as public speakers and exam takers, and can be there as a formidable opponent in dealing with dangerous fight-or-flight situations. But, if free-floating anxiety creates interpersonal and social angst, fear and trepidation, racing thoughts and panic, fear of not being enough or measuring up, seeing yourself as not worthy, invisible or invaluable, then of course this type of anxiety can be debilitating. (A fear-based life does not have to be your legacy!)

Oshman quotes Rabbi Menachem Mendel Morgenstern, the Kotzker Rebbe, when he posited, "There is nothing more complete than a broken heart." How can this be true? Suffering from a broken heart can be a devastating experience if one is dealing with feelings of guilt, shame, regret, loneliness, sadness and fear. But, if we can understand that we only truly learn from our struggles, we can begin to see the riches that can be gained beyond the experience of a broken heart. As Proverbs 14:23 says, "In every sadness there is benefit."

No one is broken; we only feel broken. If you are willing to take a risk, the other side of brokenness is an opportunity for growth. As Albert Einstein said, "If you change nothing, nothing will change."

I have defined fear as a conceptualization of the mind. Since fear is a foreign entity to the soul, it cannot claim residence or create a home there. When I refer to the soul, I am not only speaking of a spiritual or religious experience. What I am attempting to convey is that we are far more than our mind and thoughts; there is another untapped part of ourselves, our authentic self, where fear doesn't reside. However, fear can serve as a guise that helps enable us to live fully and purposefully.

In her book, Oshman teaches (and I support my own clients) to *fail harder!* Trying out new, more mentally and emotionally adaptive behaviors may seem scary, but they are much less emotionally paralyzing than living with fear. Never be afraid to fail. Our failures can serve as opportunities for unimaginable growth.

I wholeheartedly recommend this book to anyone desiring to decrease anxiety and emotional pain in life. With a sense of vulnerable empowerment through sharing her own heartfelt experiences, as well as offering questions to ponder for reflective introspection that can serve as tools for increased awareness and positive resolution, Oshman's message is, "the key is to never stop believing that we can improve."

When one door closes, another can open and fear can serve as the invitation that's knocking. Are you ready? You're all invited to come along!

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



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Fruit: Friend or Foe?

Fruit, by definition, is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food. This has been a favorite point of gained knowledge for all my children around the fourth grade. They are fascinated that cucumbers and tomatoes are actually fruits, and not vegetables, and take great delight in correcting me every chance they get.



What the distinction of fruit versus vegetable doesn't change is the health benefits of eating a diet rich in both. Fruit, however, does have the drawback of containing sugar (and for the purists out there - it's true vegetables can also have sugar, but it is usually present in smaller amounts).

The question my patients often posed to me is whether the sugar in fruits is enough of a reason to avoid eating them. Let's back up a little before we answer this.

Our bodies need fats, proteins, and carbohydrates. Of these, carbohydrates are the only one we don't need to get from external sources - our body can, if needed, make them from the other groups. Fascinating, isn't it?

However, carbohydrates are the preferred energy source for the body, as they are the easiest for the body to use quickly. That is why we crave them.

All carbohydrates are broken down into sugars for our use. During this process, the carbohydrates elicit an insulin response from our body to help maintain a steady level of sugar in the blood. This is commonly referred to as an insulin spike. High levels of insulin help control the sugar in our blood levels by sending the sugar into our cells to work, storing the extra as fat.

So, ultimately, we get into trouble when we have too much sugar. But is fruit sugar the exception to this?

Well, the answer is yes and no. It is better for you, because when eaten in its whole form (the way it looked when it came off the tree), the sugar in fruit is accompanied by a lot of fiber and water. Due to this fact, it takes a lot longer to be absorbed into the blood and thus, does not raise sugar levels as quickly, avoiding pronounced elevation of blood sugar. This, in turn, does not cause much of an insulin spike. Fruit sugar is not necessarily better because once it is in the bloodstream, you will still get some insulin response, and depending on how much sugar you put into your bloodstream every day, that excess sugar will still be turned into fat - even if it came from a fruit.

That example referred to a whole piece of fruit. This is important to note because a lot of people put fruit juice, fruit smoothies, and dried fruit in the same category, and they are not the same - especially when it comes to insulin spike. As we learned earlier,

Continued on page 20

Microscopic Nutrition

Are your cells healthy?

By Elysia Ashley, PBT, CLIA, LMT, CMP, PT

Microscopic nutrition is the study of your blood, cells and plasma. It offers the opportunity to see how healthy these life liquids are and what is really going on inside your cell body.

The process involves a small prick of the finger to obtain a few drops of blood, which is then viewed under a microscope by a specially trained phlebotomist lab technician. A dry and live scan under a dark field microscope is conducted and projected onto the big screen so you can take a closer look into the plasma and cell body performance.

The discoveries are fascinating. From that small sample, we can discuss your nutrition and how it affects your cells; any unwanted forms of nutrition slowing down cell performance in the plasma; the hydrated or dehydrated cell state; how to clear out bacteria, viruses and parasites; and how to clean up unwanted particles.

Our goal is to get a good read to address what is necessary for optimal health. At first, we commonly see dehydrated cells that stick together and don't have much movement. In these cases, our first step is to hydrate. While this used to take weeks, we can now replenish cells in 30 minutes using high performance photo medicine light waves and alkalized water (different from alkaline water).

Once cells are moving freely, here are a few things we can identify in a live scan:

- Perfect cells are round with a light coat; they bounce off each other when moving through the plasma.
- Aggregation stress cells are stagnant clumped red blood cells which strongly indicate the inability to digest and assimilate protein.
- Abnormally small red blood cells may suggest ingestion of excessive amounts of over-acidic foods with iron-deficiency anemia.

- Egged-shaped cells indicate B12, folic acid and hormonal imbalances.
- Fine spikey projections on the outside of cells indicate oxidative factors that contribute to cell membrane destruction.
- Bottle-shaped cells can indicate free radical damage.
- Crystal-shape rectangles can indicate improper fat digestion.
- Red crystals found in bulk can indicate toxicity within the bowels.
- Fungal forms look like oil dropped into water and indicate high yeast and candida.
- Target cells are round with little white areas within the cell which indicate too high of carbohydrates with white spots of yeast forming along with pancreas stress.
- Little black specks moving erratically through the plasma indicate viruses and bacteria.
- Long black strings you can see eating the cell are parasites which change the round cell shape to oblong.

In a dry scan it's all about color: rich red indicates healthy oxygen, iron and, when filled fully with no white clump areas, extreme hydration; orange indicates high fungal infections, while yellow indicates low-level fungus, virus and bacteria; blue and purple indicate chemicals from specific sources and black indicates parasites, heart stress or colon toxicity.

After assessment, we can address issues using integrative protocols to promote optimal health for balanced homeostasis.

Elysia Ashley is a phlebotomist and lab technician with Liquid Gold Plasma located at LUZwave in Palm Desert. She can be reached at (760)537.3300. For more information visit www.LUZwavePalmDesert.com.

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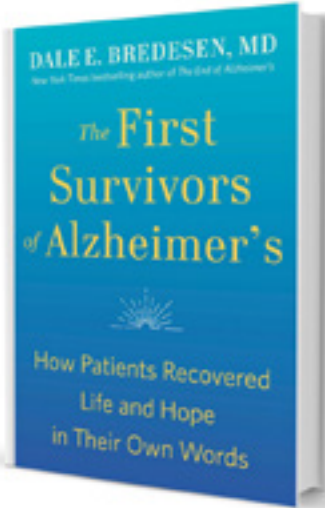
Bredesen's *The First Survivors of Alzheimer's: How Patients Recovered Life and Hope in Their Own Words*

A Review by Joseph E. Scherger MD, MPH

Recovering from Alzheimer's disease is complicated work. Dale Bredesen, MD shocked much of the world with his first book, *The End of Alzheimer's* (2017). The science was clear and published in scientific journals, however, doing the protocol to reverse the disease was not spelled out clearly and was confusing.

His second book, *The End of Alzheimer's Program* (2019), presented the protocol in much more specific detail but was overwhelming for most patients, families and even caregivers. His newest book, written in part by the successful survivors of Alzheimer's disease, is by far the most useful for anyone who is suffering from cognitive decline, their family, and caregivers.

The recovery stories of seven people with well-documented early to moderate Alzheimer's disease are told in detail in their own words. Here are the key takeaways from this book:



- Every person is different. The causes of Alzheimer's disease are varied and multiple. The metaphor is that Alzheimer's disease is like a leaking roof with 36 different holes that must be plugged to stop the damage.
- The nutrition and lifestyle changes are intense and varied from person to person. There is nothing easy about reversing cognitive decline. The person does not have to be perfect every day, but staying on the program is required.
- The treatment program centers around a low carbohydrate diet of eating only healthy, real foods, with daily fasting of at least 12 hours and three hours before bed. This results in a low blood sugar and low inflammatory markers, required changes to reverse the disease.
- A customized number of brain health supplements are taken by everyone, including what is required for hormone health.
- One hour of exercise is required daily.
- Hormone regulation should be monitored by a physician, and deficiencies in women and men should be corrected with supplements.
- Restorative sleep of six-and-a-half to eight hours daily is maintained, without prescription drugs. Melatonin and magnesium are used to assist relaxing sleep.
- Environmental and dietary toxins are checked for and treated.
- Chronic infections are checked for and treated.
- All causes of stress are reduced or handled in a healthy manner.

A therapist or team of therapists well-educated in the Bredesen protocol (ReCODE) is important to guide a person and family through this process. Not everyone returns to normal cognition, but everyone should benefit from these treatment strategies.

I encourage anyone interested in this topic to read this book and pass it on to anyone suffering from cognitive decline, their family, and friends. The process of reversing Alzheimer's disease is real if the person works hard enough to achieve optimal health.

The brain, like the rest of the body, wants to be healthy and may return to good health if we stop the insults that cause the problems.

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

MD, DO, NMD, ND...Oh, My!

Continued from page 9

The American Association of Naturopathic Medical Colleges states that the NMD education "combines the wisdom of nature with the rigors of modern science." At this time, the integration of NMD/ND's into the medical system, and their title, are regulated by each state. (However, regulation of the term "naturopath" varies and can be used freely, without a medical degree, in many states. Always verify your practitioner has the credentials you are seeking.)

So what does "holistic" mean?

This term is elusive. It can be as broad as including all facets of health into diagnosis and treatment, or as narrow as a treatment plan with two options instead of one. Take this with a grain of salt. When working with any provider that states they use a holistic approach, it is worth having that discussion and learning what it means for them specifically in their practice and finding out if that is congruent with your health goals.

What is "functional medicine"?

This is an ever-growing niche that is designed to "help established clinicians develop advanced skills and competence in treatment of patients." Practitioners can take classes, do fellowships, or obtain a certification and should hold at least a master's degree in a health-related field (USA) or bachelor's degree (international) and current license to practice. A medical doctoral degree is not required. The functional medicine approach typically involves genetics, systems biology, and lifestyle factors to address the root cause of disease. However, the field is ever-changing and can be integrated in vastly different ways in practice. (The term "functional medicine" may be used freely. Make sure your provider has the credentials you are seeking and find out what functional medicine means in their practice.)

I hope this increased the resolution a bit. It is important to feel empowered to have a frank discussion with any provider about their approach to diagnosis, treatment, and wellness to find one that is in-line with your values. Go the extra step to make sure it's a good fit. This will optimize your experiences and ultimately your health journey.

Dr. Jainuddin is a naturopathic doctor at One Life Naturopathic and can be reached at (442) 256.5963. For more information visit www.OneLifeNaturopathic.org.

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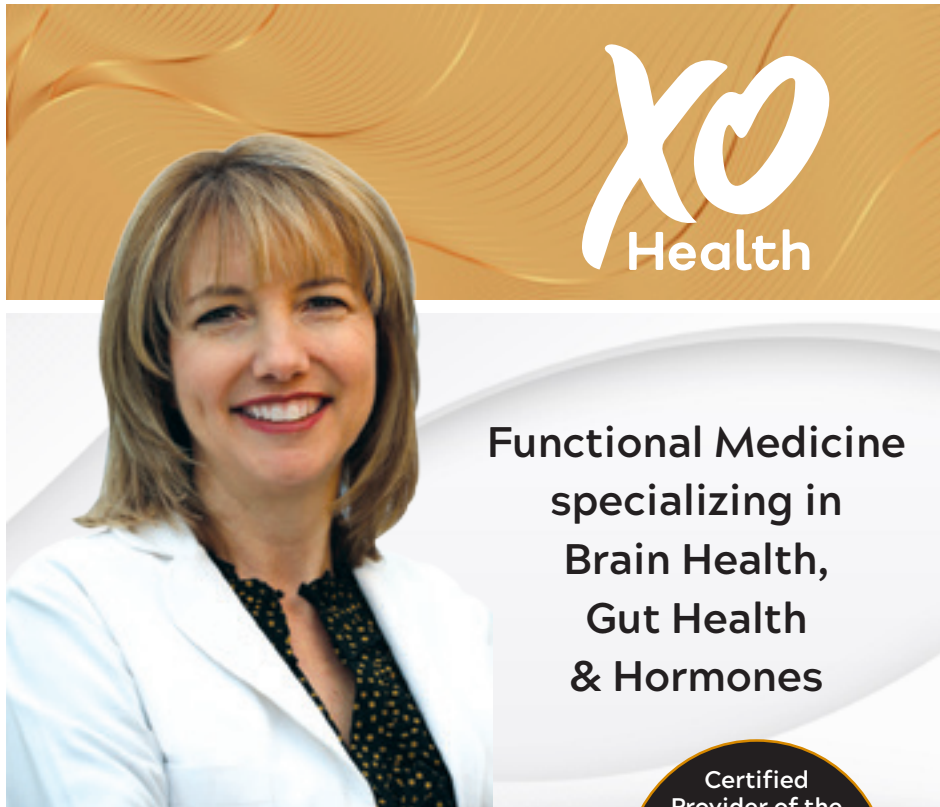
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Becoming Joy-filled

By Roger Moore

As any of my clients will tell you, one of my favorite topics is joy. Why joy? Think for a moment about a stressful or upsetting event in your life. Notice your thoughts and emotions. Do a quick body scan and take note of the physical sensations in your body. Observe where you feel those sensations.

While you reflect on that upsetting event, say the word, *joy*. Do you notice that you have a hard time maintaining that upset feeling? Take it a bit further now and recall a joyful time or event in your life. Notice your thoughts, emotions and the physical sensations of joy in your body; become aware of how they've changed from a moment ago.

Now reflect on this. Do you and the people in your life talk more about your joys and the abundance in your life, or do you talk more about what's wrong in your life and the world? Robert T. Sears, SJ, Ph.D., wrote, "Joy is a great risk. It requires us to let go of complaining, putting ourselves down, blaming others or circumstances, criticizing things because they are not perfect, demanding that we solve every problem." Celebrating joy is a choice you can make.

You have many choices:

- Do you choose to suffer, or do you choose joy?
- Do you choose to hang on to pain or risk living jubilantly?
- Do you choose to stick with old habits, or are you ready to risk living joyously?

Joy plays a profound role in creating deep shifts. From what we know about neuroplasticity, you can rewire or change your brain at any age just by thinking differently. You are the architect and builder of your own brain, continually altering its structure, number of cells, circuitry and chemistry. These alterations are a direct result of everything you do, experience, think and believe.

In my new book, *Becoming the Greatest Expression of You*, I outline a purposeful and disciplined practice to create the changes in your life you want—by thinking differently and rewiring your brain. Changing your thoughts, emotions and behaviors requires intentional focused thought coupled with genuine

emotion.

What is joy, anyway? My favorite definition comes from Theopedia, which describes joy as: "A state of mind and an orientation of the heart. It is a settled state of contentment, confidence and hope."

Your turn for joy

Take a moment now and take three deep, relaxing breaths in through your nose and out through your mouth. Bring your breath deep into the center point of your body - about three fingers below your navel and midway between your front and back.

JOY:
A state of
mind and an
orientation
of the heart.
It is a settled state
of contentment,
confidence and hope.
THEOPEDIA

On the third one, imagine bringing your breath all the way from your center point up into your head. Fill your head with your breath, and then let it out through your mouth. Now, reflect on a time or times in your life when you experienced the greatest joy.

Was it the first kiss with your sweetheart? The first dance at your wedding? The birth of a child? Were you holding your new puppy and smelling that sweet puppy breath? Skiing down a mountain or standing on its peak? Is it spending time with your grandchildren?

Immerse yourself in this time of joy and allow yourself to appreciate the experience. Where do you feel the joy in your body? What physical sensation(s) are you experiencing? Does the joy radiate from your heart, your chest, or somewhere else in your body?

Let yourself totally experience your joy with all your senses. What do you see and hear? What do you smell and taste? What do you feel, both internally and externally? What is the physical sensation of joy in your body?

Now memorize this joy, how it feels and where you feel it. Remember this joy and the physical sensations so you have it as a future resource.

Roger Moore is a certified counselor and medical hypnotherapist with Palm Desert Hypnosis and can be reached at Roger@HypnosisHealthInfo.com or (760) 219.8079. He is the author of *Becoming the Greatest Expression of You*. For more information, visit www.hypnosishealthinfo.com/medical-hypnosis. All sessions are online telehealth.

Tuning In

Continued from page 3

been more work. The answers have all been related to rest, creativity, and honoring my own needs. I have planted a little garden, and I sit with my coffee and gaze at my plants. I have colored page after page of beautiful drawings just for fun. I am allowing time to create beautiful meals full of phytonutrients that fuel my physical body, but also nourish my eyes and my palate. I am learning to leave my days with space so that I can breathe.

I've gotten good at sitting still and being quiet. In the quiet, initially I judged myself. "I'm not being productive." "I'm wasting my time." That internal critic has gotten quieter, but sometimes she is still there, and I just have to remind her that I am choosing a new way, a way that honors my peace more than my productivity, a way that nurtures rather than nags, a way that delights rather than drains. I'm taking baby steps.

But what I know for sure, is that I don't want to go back to how I was before. I'm learning to thrive through the messy middle and I'm learning to enjoy the ride along the way.

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

Fruit: Friend or Foe?

Continued from page 18

it is the fiber and water content that helps slow this response. So, when we take our fruit and change it in one of these ways: completely separate it from its fiber (as juice), pre-"chew"/breakdown the fiber (smoothie) or remove all of its water (dried fruit), the sugar is pushed into our blood much quicker, causing a bigger insulin spike.

So, what I tell my patients is... fruit is good for you in moderation (one to two servings a day) and when eaten in its whole form. The only populations that should avoid fruit are those who are on a ketogenic diet and those who are following a strict no-sugar protocol as sometimes is done with cancer patients.

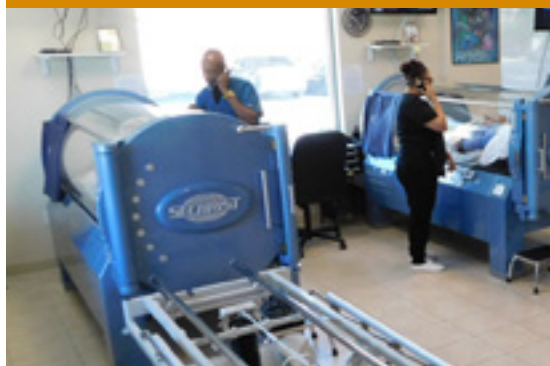
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A Recipe for Healthy Holidays

Compliments of Alzheimers Coachella Valley

While the holidays are immortalized in song as “the most wonderful time of the year,” the fact is that they can also be the most stressful time of the year. This is true even if you and your family members are healthy and not filled with fear, anxiety or stress that comes with these challenging times.

This holiday season is just different. We live in anxious times, even more so if a loved one is ill or has passed this year. During this challenging season, it’s important to care for yourself. A suggested and proven way to do this is through a combination of three essential ingredients—healthy nutrition, stress reduction and mindfulness. Hopefully this “recipe” can help bring joy to you and your family.

A “cup” of healthy nutrition

Focus on a plant-based diet and eat nutritious foods to lift your mood, increase your energy level and relieve symptoms of depression and anxiety. Avoid eating fast food and those highly processed. Instead, eat foods that support your emotional health such as fish, whole grains, lean protein, leafy greens and yogurt. Eating healthy will help you feel nourished, energized and stronger.

A “heaping tablespoon” of stress reduction

Take deep breaths to manage your stress level. Research shows that spending just a few minutes purposefully breathing in and out will relax you and reduce stress. Take five minutes to sit down, breathe deeply, feel your lungs fill with air, let it go easily and repeat. Just place your attention on how it feels to inhale fully and release the breath fully. After a few minutes of breathing exercises, you will have more oxygen running through your body which causes you to relax.

A “pinch” of mindfulness

Give yourself five to 10 minutes of quiet and clarity each morning. This can be achieved through prayer or meditation. Called mindfulness, you shut off your thoughts to achieve a mental state of staying in the moment and grounding yourself in the present. One technique is to orient yourself to how you want the day to go. You will still need to do what is necessary and meet your obligations for the day; however, think mindfully about how you want to engage in those activities. What are your priorities and how can you take care of yourself so that you can be in the present and attentive? In other words, focus on the task at hand.

The holidays are a special time to enjoy with family and friends. But we all know, from logistics to unrealistic expectations and family dynamics, this time can be overwhelming. The past two years have been unprecedented. The latent stress we are all holding right now will not let up because the calendar says it is a holiday.


While it is important to speak with your physician before making any changes to your diet and/or physical activity, it is crucial to think ahead and plan for managing your stress level. Incorporating the above-mentioned recipe—healthy nutrition, stress reduction and mindfulness—into your daily routine now will give you a head start to making the holidays a time of reunion and joy.


All of us at Alzheimers Coachella Valley wish you and yours a happy and healthy holiday season!


Editorial by Pat Riley, MBA, board member of Alzheimers Coachella Valley, a community resource for dementia support and education. For more information, call (760)776.3100 or visit www.cvalzheimers.org.


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Music: Medicine For The Soul

By Michele McCord, CPT, CMT, RYS-RYT

Music has always played a critical role in celebrating cultural traditions, sporting events, holiday celebrations, civil rights protests, and entertainment. Music therapy has been in practice for centuries, but today, is increasingly recognized in the medical community as a treatment for depression, anxiety, and trauma. It is now being administered in hospitals, nursing homes, recovery houses, yoga studios and more.

Bob Marley said it best, "The one good thing about music is when it hits you, you feel no pain." Like penicillin is a cure for disease, music is medicine for the soul.

What is music therapy? The Mayo Clinic describes it as "an evidence-based treatment that helps with a variety of disorders including cardiac conditions, depression, autism, substance abuse and Alzheimer's disease. It can help with memory, lower blood pressure, improve coping, reduce stress, improve self-esteem, and more." And, you don't need a musical background to participate.

There are many ways to administer music therapy, including but not limited to, listening to a curated (passive) playlist, chanting, improvising with instrument, group therapy, and lyric evaluation.

When rhythm and melody work together, they communicate something beautiful about what it means to be human. Music inspires us to understand one another and to feel compassion. I believe that we may not come by peace for mankind with war, guns, government or religion, but can through music. I don't know if music can save the world, but it can save your soul. Waltz into a gospel church on any given Sunday, close your eyes, listen to the choir sing and you will know exactly what that feels like.

The history of music therapy is fascinating. "In 1945, the U.S. War Department developed a program using music to recondition service members recuperating in Army hospitals. In this program, music was used in several therapeutic settings including recreation, education, occupational therapy, and physical reconditioning. This early use of music as a support of multiple therapies for military populations helped the music therapy profession grow. It developed further with research endorsed by the Army."²

However, the history of music therapy goes back even further. "Perhaps the earliest account of the healing properties of music appear in the Jewish bible. In it, the story was that David, a skilled musician, could cure King Saul's depression through music."³

I have witnessed first-hand the remarkable healing power of music in my own life. As a young girl from a broken home with symptoms of mild depression and anxiety, singing, playing guitar, and writing songs became my coping mechanism for emotional turmoil. That turned into a career as a songwriter that survived 20 years in the music business.

Music continues to be a healing source in my life every day, not only for me, but for my clients and family members. When my father became ill in 2018, he underwent emergency surgery for a ruptured aorta. There were a few days that were touch-and-go while he remained unconscious for endless hours. I instinctively knew to turn to music, so I brought headphones and a music playlist on my next visit to the ICU. The idea was to put one headphone in my ear and one in his so we could listen to our favorite songs together. That was my only option for communication with him at that point. After several minutes, something remarkable happened. His eyes fluttered open; he lifted his heavy hand and pointed to his mouth to say he was thirsty. I handed him a sippy cup and through a straw he was able to drink his first sip of water as he regained

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consciousness. I felt a flood of emotional gratitude and I was sure it was the music that brought him back to consciousness. We continued to listen to songs that afternoon while he told detailed stories of his life from years ago. It was the music we listened to together, despite his dementia, that brought back his memories.

After he was released from the ICU, we had more music therapy sessions. One crisp, blue-sky afternoon, my sister and I were visiting with him on the back porch of the recovery floor, overlooking the sprawling vineyards of Napa Valley. It was a splendid space created for patients and family to gather and breathe in fresh air to assist in the post-surgery healing process. I played my Martin guitar and sang some of my father's favorite songs. He listened in his wheelchair, smiling and tapping in time on the metal table. Moments after I finished singing, with a delighted smile and a twinkle in his blue eyes, he said, "I can count this as one of the best days of my life."



McCord plays her father's favorite songs as part of his recovery.

Michele McCord is a certified music therapist, personal trainer/yoga instructor, nutritional consultant and founder of the Michele McCord Method. She can be reached at (310) 923.3237 or me@michelemccordmethod.com. For more information, visit www.michelemccordmethod.com.

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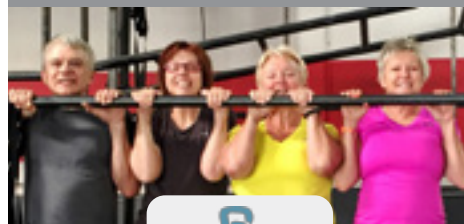


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30 Minutes Once a Week Works

Championed by journalists at 60 Minutes

By Lisa May, CPT

If you have read the latest fitness science then you know that weight training has significant benefits - especially as our bodies age: improved metabolism and body mass index (ratio of fat compared to muscle), lower cholesterol, better bone density, and sharper cognitive function, not to mention more strength, stamina and balance. But what if you have not done weight training in a while? How do you get started safely - at ANY age - and fit training into your busy schedule?

Slow motion, high-intensity weight training - just once a week for 20 to 30 minutes per session - has been found to yield benefits greater than doing an hour of cardio three to four days a week.¹ Guided by an expert trainer, each weekly session focuses on seven to 10 muscle groups, for two to three minutes of high-intensity movements at a time. The goal is to exhaust each muscle group and reach "failure" or full fatigue in that time by keeping the muscles loaded with the proper weight, and the movements - 10 seconds lifting, 10 seconds lowering - controlled and slow. By doing so, the body responds to the fatigued muscle by building more.

In 2003, Lesley Stahl and Barbara Walters shared on CBS's *48 Hours* that this was how they stayed in shape, and the producers conducted research on twins to test the effectiveness of this workout method.¹ One twin did only the high-intensity, slow motion weight training for 20 minutes a week for five weeks. The other twin did cardio for one hour a day, three to four days a week for five weeks. At the end of five weeks, the weight training twin lost 15 pounds and eight inches, whereas the cardio twin lost four pounds and four inches.

How is that possible? When you build muscle using this slow motion technique supervised by a trainer, you ensure that the movements you are doing are concentrated on just that muscle group. Typically, as we lift weights on our own, we adjust our body as the weight feels heavier so we can get in a few more reps. But by twisting and using our necks or backs or other areas of our bodies, we can injure ourselves - and we've taken the weight load off of the muscle group that we are trying to fatigue. When you truly fatigue your muscles, they build and strengthen, and the fat in your body reduces due to your increased metabolism. Muscle is much tighter and denser than fat, so you lose both weight and inches.

This method has been studied and explored by doctors and experts for over 30 years, most notably by Doug McGuff, MD and John Little in their book *Body by Science*, and Ken Hutchins, who found that "super-slow" training led to gains in bone density in women with osteoporosis. A study published in 2001 and co-authored by exercise physiologist Wayne Westcott also found that slow-motion strength training produces 50 percent more improvement in muscle strength than regular weight training.²

Thirty minutes, once a week could be just the workout you've been waiting for.

Lisa May is a certified personal trainer specializing in slow motion, high-intensity strength training and owner of *The Strength Code* in Palm Desert. She can be reached at (760) 835.1145 or lisa@thestrengthcode.com.

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Pickleball Conditioning to Reduce Injuries

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

Pickleball has become such a popular sport over the past 10 years that it is difficult find someone who hasn't tried it. In 2020, there were an estimated four million active players in the U.S. - that's a 21 percent increase from the year before.

This new fad is on fire, as young and old are having fun and enjoying the health benefits from regular play. It's such a wonderfully social sport and the exercise aspect adds health at any age. That is why many aging tennis players, whose bodies can no longer handle the physical stress anymore, are turning to Pickleball and finding that it is just as competitive - and can be a lot more fun.

However, the social enjoyment comes with as much risk as any other sport. As a bystander, you wonder how older people can play this game *without* getting hurt. For one, the player is in a forward bent position for most of the game. Then, they are required to move in four possible directions while maintaining their balance. As each game is played to a score of eleven and the win must be by two, stamina can be challenged. And clients tell me that each day they play, they are gone for four hours and play a minimum of three days a week.

Injuries are part of any sport, but some can certainly be prevented by knowing what your body can and can't do. The National Electronic Injury Surveillance System estimates there are 19,000 pickleball injuries per year nationwide, and 91 percent of those are in players over 50 years old. Men and women were about equal in the number of injuries with 29 percent coming from strains and sprains while another 28 percent coming from fractures. Ankle, back and elbow issues are the most common.

I think the majority of these injuries are due to the fact that there was no previous sport being played to prepare their bodies for the strenuous effort they must exert in pickleball. Many came from playing golf or double's tennis. There is so much going on in pickleball, such as the numerous directional changes, reaction time, reaching and bending forward and the eye-hand coordination, that unless you condition and prepare your body, injury is certainly likely.

Here are some preventative tips to reduce your risk of injury from pickleball:

1. Warm up correctly. Give yourself 15 minutes of movement prep stretching to include side stepping, high knees, walking leg kicks, and general stretching after your body has warmed up.
2. Hydrate before, during and after play. Once the body is dehydrated, it will take all day to catch up.
3. Wear quality shoes that provide good arch support, as well as support around the big bones on the sides of your ankles.
4. Get plenty of sleep so that you gain full mental and physical repair from the day before.
5. Seek out a certified personal trainer who understands both training for sport and rehabilitation.

Have fun out there, but be safe. Preparation is key to keeping you on the court and playing for many years to come!

Michael Butler is co-owner of Kinetix Health and Performance Center in Palm Desert and welcomes questions from readers. He can be reached at (760) 200.1719 or michael@kinetixcenter.com. Butler has published three books and his latest, *Get Moving* is available through Kinetix or on www.amazon.com.

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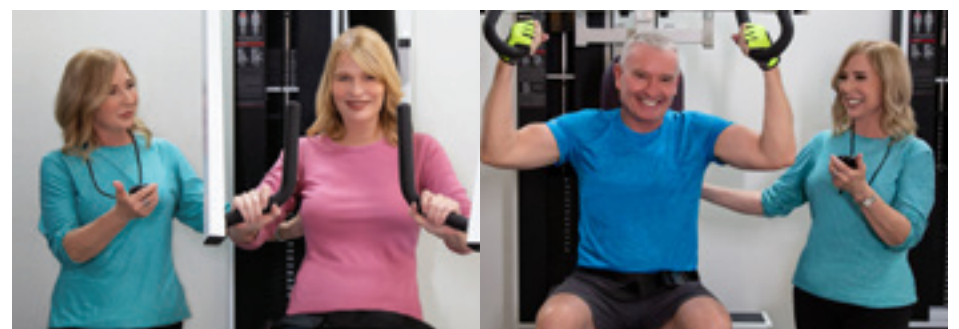
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YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®

The Beautiful Concerto of Diversification

With all the beautiful music in the world, it's hard to believe there are only seven letters in the musical alphabet. Of course, there are many different variations with sharps, flats, cord combinations and timing that create the sounds we enjoy.

Similar to diversifying your investment portfolio, one note or cord a song does not make, however, combining cords and notes will aid in creating the composition you desire. In a portfolio, the combination of stocks, bonds, and cash are only the notes on the paper. One needs to expand within the measures of the sheet music



In the long run, a well-composed diversified portfolio will outplay any basic scale of notes.

with a mix of U.S., international and emerging market assets. To further enhance the composition, including small and mid-cap positions can portray the sharp or flat notes included in the piece. Playing a flat note on its own may not be appealing, yet, syncing it with the right combination adds depth and style. And that's just the right hand.

Now incorporate the left hand with U.S. Treasuries, corporate, and some high yield bonds. Both hands played together further

enhance a well-diversified allocation. Not to mention the year the song is created, a.k.a. economic environment, real assets and alternatives, may be added to the mix.

Depending how much the left hand or lower octave notes are included in the music, will vary on the audience. For those preparing for retirement, the left hand may play much of the song, while for those just getting started, the right hand will dominate. In addition, the younger you are, the more you can tolerate the higher octave notes and fast paced creations. Whereas, heading into the retirement stage of life, a soothing rhythm and slower paced song is more desirable.

Regardless of the type of concerto you are seeking, in the long run, a well-diversified composed portfolio will outplay any basic scale of notes.

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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The Best Millet Cornbread

By Elena Wilkie

This healthy holiday cornbread is gluten-free, dairy-free, perfectly sweet, moist and full of flavor! Made with nutrient-rich ingredients like millet, zucchini and turmeric, this corn-free alternative is the perfect side dish for your seasonal feasts. (Serving: 9).

Ingredients:

- 1 1/4 cups millet, soaked (250g)
- 2 tablespoon ground flaxseed
- 1 cup unsweetened coconut milk or milk of choice
- 1/4 cup almond flour (24g)
- 2 teaspoon lemon juice
- 1/4 cup vegan butter, melted (57g)
- 1 cup zucchini, chopped
- 1/4 cup coconut sugar
- 1/4 cup white or black chia seeds, ground
- 1/4 teaspoon salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon baking soda

Directions

1. Soak millet in a medium bowl with enough water to cover it. Let it soak uncovered at room temperature for at least 2 hours. When done rinse and drain.
2. Preheat oven to 350 F and lightly oil 8x8 square baking dish.
3. Combine the coconut milk (or milk of choice) and lemon juice in a small bowl. Stir together and let sit for 5 minutes, until the milk curdles. This will create the buttermilk.
4. Add the soaked millet, buttermilk, chopped zucchini, almond flour, chia seeds, ground flaxseeds, melted butter, turmeric and sugar into a food processor or high speed blender.
5. Process until all is fully combined and completely pureed. Once batter is ready, mix in the baking soda and pour into baking dish.
6. Bake for about 30-35 minutes or until top is lightly browned. Allow cornbread to cool for about 15-20 minutes before slicing. Enjoy!



Photo by @AlicjaFarnerPhotography

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

Sweet Potato and Collard Green Gratin

By Dipika Patel, CHHC

Happy Holidays! This is the season we get to enjoy time with family and friends and share amazing food and wine. Here's one of my favorite holiday recipes offering a creamy variation of sweet potatoes that all can enjoy as they are vegan and gluten-free.

Ingredients:

- 4 medium sized sweet potatoes, peeled and cut into 1/4 inch thick slices

Roux (sauce to pour over sweet potatoes)

- 3 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 1/2 cup oat milk (or vegan milk of choice)
- 2 tablespoons unbleached gluten-free all-purpose flour
- 1/2 teaspoon freshly ground nutmeg
- Pinch ground allspice
- 2-3 tablespoons Braggs nutritional yeast
- 1 teaspoon sea salt
- Black pepper to taste

Sauté

- 1 bunch collard greens
- 1 medium red onion, sliced
- 2 cloves of garlic, crushed
- 1 tablespoon olive oil
- Salt and black pepper to taste

Gratin

- 1/2 cup parmesan-style vegan cheese
- 3 tablespoons gluten-free panko
- 1 teaspoon olive oil

Instructions:

1. Preheat oven to 400°F.
2. Using a mandoline or a sharp knife, cut sweet potatoes into thick slices. Set aside.
3. Finely slice onions and crush garlic cloves. Prepare collard greens: remove stem and roughly chop large ribs.
4. In a large skillet pour in olive oil over medium heat. Add onions, garlic, sauté for a couple minutes and add in collard greens; season with salt and pepper, sauté for 15-20 minutes, set aside.
5. In a medium saucepan over a medium heat, melt 2 tablespoons olive oil, add in crushed garlic, cook for 30 seconds (do not burn). Add in remaining 1 tablespoon olive oil. Whisk in flour until smooth. Allow to cook for 30-60 seconds, creating the roux.
6. Slowly pour oat milk into the roux 1/4 cup at a time, whisking until smooth. Then pour in the remainder of the oat milk whilst whisking (if too thick, add a little more milk).
7. Add in nutmeg, allspice and season with salt and pepper.
8. Continue cooking for 3-5 minutes. Turn off heat and stir in the nutritional yeast. Remove from heat. Taste, adding more salt if necessary. Note: this sauce is a bit salty to carry the weight of the sweet potatoes.
9. In a 9" x 11.5" enamelware pan (or similar), coat base and rim of pan with soft butter. Add enough sauce to coat bottom of the pan. Spread sliced sweet potatoes overlapping about 1 inch.
10. Once there's a solid layer of sweet potatoes, liberally cover with sauce.
11. Add sautéed collard greens, evenly covering the dish.
12. Repeat until all the potatoes have been used to cover the greens. Then pour remainder of the sauce.
13. Cover pan with foil and bake for 40 minutes.



Maqui Hemp Smoothie

By Amy Ladika

At Revitalize, we love superfoods for their powerful healing properties, and two of our favorites are maqui (pronounced "mah-kee") and sacha inchi ("saa-shuh in-chee").

Maqui is a South American plant with purple-black berries that contain 30 times the antioxidant value of acai. It is believed to be one of the most antioxidant plants on earth and was used by the Mapuche Indians nutritionally and medicinally to improve stamina and strength.

Sacha inchi grows mostly in the Amazon region. The seeds of the star-shaped fruit are another super food rich in protein, fiber, antioxidants, and heart healthy fats. Containing nine amino acids, this plant protein supports muscle growth and is perfect for workout recovery.

This delicious and nutritious smoothie from TerraSoul Superfoods reduces inflammation, has anti-aging properties, lowers blood pressure, and promotes brain, gut, and eye health. Enjoy this recipe at home, or come see us at Revitalize!



Maqui Hemp Smoothie

(Makes one 16 ounce drink)

- 1 cup frozen blueberry
- 3/4 cup almond milk
- 1/4 cup pineapple
- 1 banana
- 1 tablespoon sacha inchi
- 2 teaspoon maqui powder
- 2 teaspoon hemp seed
- Smidge of Himalayan sea salt

All ingredients can be found at Clark's Nutrition or may be purchased online. Blend all together for the perfect breakfast or post workout meal and enjoy. Here's to your health!

Amy is a cancer thriver and owner of Revitalize Juice Bar in Citrus Plaza at the corner of Jefferson and Avenue 50. For more information see AD page 17, visit Facebook and Instagram @revitalizejuicebarlq or call (442) 324.0009.

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14. Mix panko, olive oil and grated parmesan in a small bowl, set aside.
15. Once cooked, remove foil and pierce sweet potato to see if cooked. Turn down heat to 375°F.
16. Finish by sprinkling the panko cheese mix evenly over sweet potatoes and bake for 20-25 minutes until golden brown, giving it a crisp even Gratin. Transfer to a wire rack and let rest 10 minutes before serving.

Dipika is a holistic health and lifestyle coach who empowers clients to activate a balanced lifestyle of mind, body and soul. She can be reached at health@loveyourlifehealthy.com or www.loveyourlifehealthy.com.



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Join PRO in Celebrating 30 (plus one) Years

By Parkinson's Resource Organization

Forced to cancel the 2020 gala due to the COVID-19 stay-at-home order, Parkinson's Resource Organization (PRO) is belatedly marking our 30th anniversary with a spectacular gala celebration to be held on December 11.

The theme is "Pearls of Wisdom," and the event will be held at the Renaissance Esmeralda Resort & Spa in Indian Wells. With the pearl being the traditional 30th-anniversary gift, we will be sharing pearls of wisdom with those who are caring for and living with Parkinson's disease.



Pearls of wisdom will be shared at the December 11 celebration.

"When COVID-19 came, we started distributing information through virtual channels and accidentally tapped into a huge and unexpected need across the state and the country," explains President and Founder Jo Rosen. "Our rapid and successful pivot to digital programming brought with it an astronomical demand and the opportunity to meaningfully grow our services to reach those isolated by Parkinson's in our neighborhood and beyond."

PRO's quasi-viral *Things to Know Right Now* COVID video series drove a 6,500 percent jump in social media following and our monthly website visits increased from 9,000 to over 20,000 in the last year. Now PRO is growing by three to five constituents per day, a 20 percent increase over pre-COVID rates. In response, we've developed new programming, expanded our staff, even moved into new offices to better serve our growing community.

Our 30th Anniversary Gala (plus one) is both a fundraiser and a celebration of the astonishing growth we have experienced, the amazing strength of our constituents, and the beautiful community we have managed to hold on to during these difficult pandemic months.

Emceed by Patrick Evans of KESQ-TV, with special virtual programming hosted by Winspire, the evening begins at 5:30 p.m. and will honor those who have helped raise awareness and cultivated hope in the world of Parkinson's disease. It will feature a cocktail hour, surprise celebrity guests, a delicious three-course dinner along with entertainment and dancing. There also will be a silent and live auction featuring a gorgeous pearl necklace donated by Raju Mehta of El Paseo Jewelers, who will be honored with the "Community Spirit" award for all of the contributions he has made to a variety of charities in the Coachella Valley.

Now that our audience has grown dramatically across the nation, we are excited to be simultaneously offering a comprehensive virtual program, so all who want to celebrate can attend and participate in the festivities virtually.

Ticket prices are \$250 per person. PRO is seeking auction item donations and has fabulous sponsorship packages. All proceeds will benefit Parkinson's Resource Organization which has been supporting individuals, families and caregivers affected by Parkinson's disease since 1990.

For more information and to purchase tickets visit www.parkinsonsresource.org or call (760) 773.5628.

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NOV. 4

Women Leaders Forum presents Coachella Valley Arts and Entertainment. What's happening in arts, sports and entertainment locally. Special guests include Francesca Bodie, Yvonne Bell and Kim Waltrip. Sponsored by CV Strategies. Tickets are \$25 for WLF members/\$35 for non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. www.WLFDesert.org

NOV. 5

Alzheimers Coachella Valley "Here We Grow Again" Open House. Please join us at our new and expanded space in the Berger Foundation Building for great food, friends and to see all we have to offer. Special guest speaker Christopher Hancock, MD of Halo Dx, will discuss the latest advancements in Alzheimer's diagnostics, companion testing and treatment. 5-7p. 42600 Cook St., Ste. 134, Palm Desert. Complimentary. RSVP requested (760) 776.3100. www.CVAlzheimers.org



NOV. 13

The VIMY Awards & WineLover's Auction. Presented by Desert Care Network, this signature event features a wine reception and dinner to benefit Coachella Valley Volunteers in Medicine, the valley's only free medical clinic. Silent and live auctions feature wine and wine-themed baskets, travel and entertainment, art, jewelry and more. 5p. Thunderbird Country Club. Tickets \$250 and available at www.wineloversauction.com



NOV. 11-14

La Quinta Art Celebration. Experience the amazing array of artwork showcased at La Quinta Civic Center Park where 200 world-class artists will exhibit their spectacular creations in styles ranging from classical to whimsical. Patrons will enjoy upscale amenities including the Gourmet Celebration Bistro and premier libations served at the Champagne Bar and Winery Experience. The more adventurous will enjoy a lakeside Don Julio Margarita Bar on the island, Stella Artois and local favorite brews at the Bistro, and chilling at the Ketel One Oasis Lounge. 9a-4p daily. Tickets \$20 single day/\$25 multi-day; children under 12 free. www.LaQuintaArtCelebration.org



NOV. 20

ZERO Prostate Cancer Virtual Run/Walk. ZERO is proud to partner with HALO Diagnostics to end prostate cancer. This year's run/walk will be held virtually through the Charge Running App where you'll be able to run/walk together at the same time on whatever 5k course you choose. You'll hear live coaching and music along the way, be able to connect with other participants via the app and see a live leaderboard of results. 8a. Register at www.zeroprostatecancerrun.org/coachella

DEC. 2

Women Leaders Forum's 20 Year Birthday Bash. Join us as we celebrate Women Leaders Forum's 20th year. We'll honor WLF's founder Mary Roche and other pioneers who will share how their vision, passion, charisma and fortitude have empowered women for decades. Through friendship, mentorship, education, and scholarship opportunities, Coachella Valley women have much to celebrate! Sponsored by Guaranteed Rate Affinity. Tickets are \$25 for WLF members/\$35 for non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. www.WLFDesert.org

DEC. 4

An Angel's Healing Music: Concert & Book Signing. Kinetix's Barbra Angel tells her amazing story of resilience and healing through a live musical performance. From communism and childhood trauma to achieved holistic practitioner, writer/singer/composer, Angel will share the secrets of how sound heals. The "healing concert" benefits St. Jude Children's Research Hospital and corresponds with the release of her new book (see p. 12). Classic Club, Palm Desert. 7-9p. Tickets \$25 advanced/\$30 door. www.BarbraAngel.com.

DEC. 11

Parkinson's Resource Org's Pearls of Wisdom 30th Anniversary Gala. PRO marked our 30th year with a pandemic, "Zoom" and change like never before. We are pleased to welcome our growing community around the world to celebrate 30 years (one year later) in person or online. Don your finest cocktail attire to walk (or watch!) the red carpet and enjoy an evening of interactive festivities. With the pearl as the traditional 30th-anniversary gift, we will be sharing "pearls of wisdom" with those who are caring for and living with Parkinson's. Tickets and information: (760) 773.5628 www.parkinsonsresource.org

JAN. 6

Women Leaders Forum presents New Year, New You. Create a healthier and happier You in 2022. Kinesiology professor and yoga instructor Wendy Ansley, functional diagnostic nutrition practitioner Elizabeth Scarcella, FDN-P and naturopathic doctor Sonja Fung, ND share tips on fitness, nutrition, balance, controlling stress and staying positive. Sponsored by SkinCeuticals SkinLab. Tickets are \$25 for WLF members/\$35 for non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. www.WLFDesert.org

FEB. 19

14th Annual Desert Woman's Show. Grab your girlfriends and head to the Classic Club for an exciting day of shopping, health and financial experts, plus the ever-popular Greater Palm Springs Food & Wine tasting area. This year also offers a charity golf tournament benefiting The Unforgettables Foundation. Saturday 10a-5p. For vendor and guest information, visit www.desertwomansshow.com or contact Diana@MarloProductions.com



LET'S INTERACT

A SPEAKER SERIES

NOVEMBER 4

Coachella Valley Arts and Entertainment

What's happening in arts, sports and entertainment in the Coachella Valley. Special guests include President of Business Development at Oak View Group, **Francesca Bodie**, bringing us the new Coachella Valley Arena, McCallum Theatre's VP of Development **Yvonne Bell** and Wonderstar Productions Producer, Director and President **Kim Waltrip**. Sponsored by CV Strategies.



Francesca Bodie



Yvonne Bell

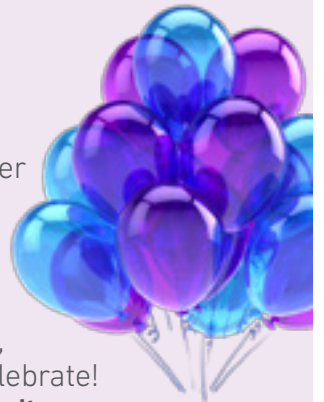


Kim Waltrip

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Special guests to be announced!

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Wendy Ansley



Elizabeth Scarcella, FDN-P



Sonja Fung, ND

Classic Club Palm Desert • 5:30-7:30pm
All events include dinner and a glass of wine

Thank you to our Sponsors



For tickets and information visit wlfdesert.org

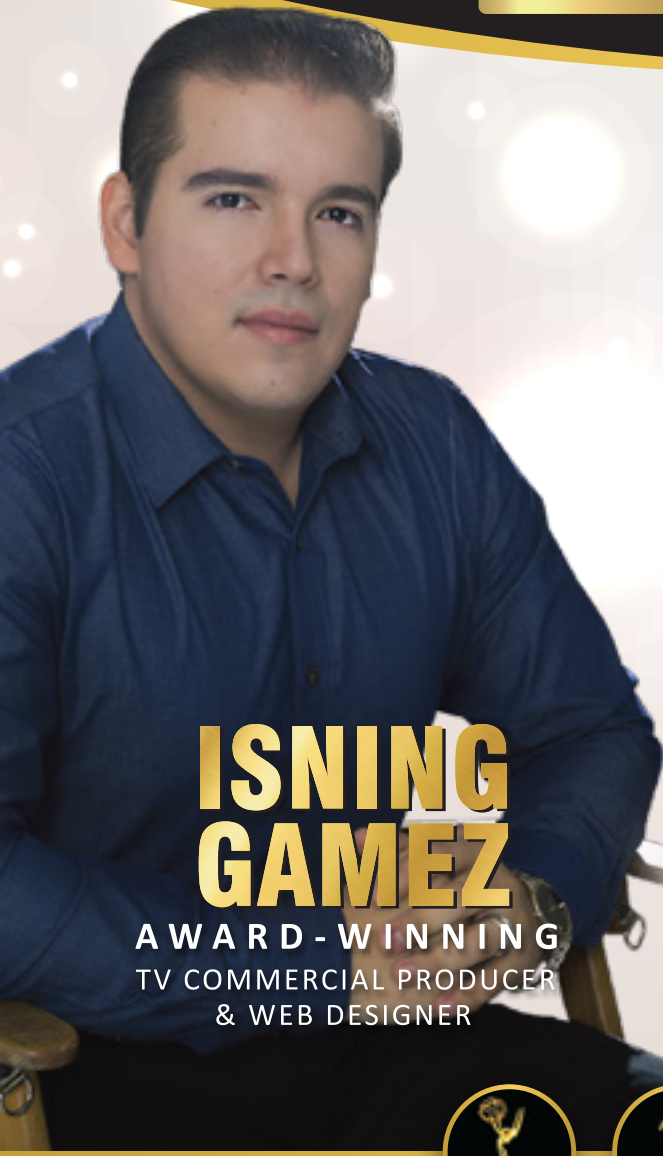


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