



Desert Health[®]

The Valley's Leading Resource for Health and Wellness

November/December 2023

what's inside

- 3

Medical News

Finding Peace During the Holiday Hustle
- 13

Natural Options

From Cancer Patient to Naturopathic Doctor
- 16

Integrative Medicine

Prescribing Vegetables: How to Get Started in Your Practice
- 18

Health & Beauty

From Plate to Face: Diet, Skincare and Beauty
- 21

Through the Generations

Holiday Tips for Loved Ones with Dementia
- 23

Fresh Cuisine

Chef Trilby's King Oyster Mushroom Scallops
- 24

Desert Events

Good Vibes Floating Sound Bath Experience
- 26

Financial Health

The Good, the Bad and the Unexpected



When was the last time you were out of your mind? Not with the help of outside influences, but on your own accord. Completely and utterly absent from thought, rumination and responsibility.

Our minds never seem to stop thinking, planning and problem solving, especially during this vibrant time of year.

Busy brain has its benefits, doesn't it? We stay on top of things, feel accomplished, on the ball. We stay ahead of guilt that can accompany falling behind. All our French hens are in a tidy little row.

But it can also be exhausting. Life passes too quickly. We often look back and wonder where the time went.

Taking moments throughout our day to *just be*, to pause our thoughts, clear our minds and open our eyes to really see what's around us can actually slow the stopwatch.

This simple act takes conscious effort, but the results may surprise you and may leave you wanting more. The world tends to look different. Your clear head allows space for your uninhibited heart to take a step forward. You have feelings for your visual field and may even smile to yourself with awe and wonder. It can feel as if time has stopped.

It's not only our view that can change. Taking a break from mental chatter calms us within and puts our entire body at ease. Even momentary pauses can have significant benefits in easing stress, anxiety, low mood and high blood pressure. We come back a little lighter.

Sounds crazy, but if you want to make memories that last, stop, take a moment and *feel* them. Put your thoughts and to-do lists aside and Just Be. The benefits will last much longer than those check marks, and Father Time may even stop to tip his hat.



She didn't speak until she was four; today, she lectures around the world. She didn't read until she was eight and has now authored more than 15 books and 60 scientific papers. In her youth, she had difficulty working with others, then went on to revolutionize an entire industry. School was challenging, yet she earned both masters and doctoral degrees. She suffered extreme anxiety in her youth and built a calming device that is now widely used by others.

Dr. Temple Grandin has autism and is considered one of the first to verbally share "the way she sees it." Her writings and presentations offer parents, clinicians and educators a glimpse into how brains can be different - different, not less as her supportive mother coined. *Time Magazine* named her one of the "100 Most Influential People in the World" and she was inducted into the American Academy of Arts and Sciences.

On November 17, 7:30 p.m. at the Palm Springs Cultural Center, Dr. Grandin will share her story as part of the Palm Springs Speaks series. The *New York Times* best-selling author is presenting her latest

book, *Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns and Abstractions*. Her talk is entitled "The Way I See It: A Personal Look at Autism & Asperger's," and Grandin will discuss the real issues of autism, the ones parents, teachers and individuals on the spectrum face every day. She will offer helpful dos and don'ts, practical strategies and try-it-now tips, all based on her "insider" perspective and substantial research.

In the realms of autism and animal welfare, Grandin, now 76, is considered an unparalleled champion. She describes her autistic senses and emotions as very similar to those of animals, which gives her the unique ability to analyze situations using sensory-based data instead of language. Her designs for humane livestock handling systems, based on her observations of their behaviors, have greatly improved animal welfare and quality standards in the meat packing and livestock industries.

In college, her observations of how clamped cattle chutes instilled calm in the animals inspired her to create a similar system for her own anxiety she called

Continued on page 10

HEALTHY CELLS
HEALTHY BODY
HEALTHY AGING





Stroke Care

when every second counts.

Take a quiz to learn about your risk.
DesertCareNetwork.com/StrokeQuiz



A COMMUNITY BUILT ON CARE



here for what moves you

Start moving with
physical therapy for:

- orthopedics & musculoskeletal health
- workers' compensation
- concussion & vestibular rehab
- specialty programs to fit you



Learn more at
movementforlife.com
or call us at

Cathedral City
760-202-0368

Indio
760-347-6195

 **movement for life**
physical therapy

Dr. Temple Grandin

Continued from page 1

the Squeeze Box. The device mimics the human hugs many autistic people cannot endure and is commercially distributed throughout the world.

In her new book, Grandin discusses the need for society to recognize, honor and nourish the vast spectrum of thought processes and patterns, not only to maximize individual potential, but also to bolster innovation and ensure a strong future for American manufacturing.

"Many aspects of our society are not set up to allow visual thinkers – which so many of us neurodivergent folks are – to thrive," she said in a recent *New York Times* interview. "In fact, many aspects of our society seem set up specifically so we will fail. Schools force students into a one-size-fits-all curriculum. The workplace relies too much on résumés and GPAs to assess candidates' worth. This must change not only because neurodivergent people, and all visual thinkers, deserve better, but also because without a major shift in how we think about how we learn, American innovation will be stifled."

If we want our students to be well rounded, she says, we should make sure the education we provide is too. She is a big proponent for the return of hands-on classes in school such as art, music, sewing, woodworking, cooking, theater, auto mechanics and welding, as these classes expose kids – especially neurodivergent students – to skills that could become a career.

As an animal enthusiast, I have admired Grandin's work for decades and was honored to interview her last month in anticipation of her appearance.

LD: Your mother was such an important influence on you...

"She was always pushing me to do things. I was really good at art, so she would push me to be less fixated on horse heads and get me to draw other things. She was always getting me out doing things.

Also, in my generation, manners were taught in a much more structured way; that is not happening today. Kids were taught to shake hands, to say please and thank you. Grandparents, who have good jobs, share [with me] that they discovered they were autistic when their kids got diagnosed. It is a relief for them, as it helped them [finally] understand their relationship with others.

What I see today are kids who are being held back by the diagnosis and not learning work - and life - skills that could get them good jobs."

LD: You didn't read until you were eight...

"And mother taught me with phonics. I already knew my ABC song and that has half the sounds. She just started reading to me out loud, very interesting books like *The Wizard of Oz*. She would stop at an exciting part and I would sound out a few words, and I learned very quickly. We did this 3-4 times a week and by the end of one semester, I went from no reading to sixth-grade level reading."

Her mother is now 97 and still lectures on autism.

LD: The Grandin Papers revolutionized the livestock industry. What impact would you like to see with *Visual Thinking*?

"We don't have enough young people going into skilled labor. I was in a meat packing plant yesterday observing a piece of new equipment that I designed over 30 years ago. There is now only one plant [in America] that can build them and the price was a bit too high.

There is a connection there. The people that I worked with to build things years ago, visual thinkers - and some of them were autistic, are not being replaced. There is a link between the kid in the basement playing video games and the exorbitant cost of that [manufacturing] equipment today.

It all comes back to the educational system. Today, Italy and Holland make a lot of that equipment, and those countries have a lot more respect for technology. In ninth grade, kids can select their path to university or tech."

LD: I've heard you compare "bottom up" (practical) thinking to how AI works...

"Yes, you train AI with huge data sets. It makes concepts by putting things into categories, whereas with "top down" (conceptual) thinking, you might have a big concept, but how do you apply that concept?

Let's take the concept of having a more inclusive classroom which comes up all the time when speaking of autism. And I will say, here are the things we need to do in that classroom: we've got to get bullying under control; some individuals are bothered by LED lights flickering, so fix them; some of the things that people who think differently need are written instructions versus long stents of verbal instruction. So, these are three specific things that can be done to make the classroom more inclusive. This is an example of bottom up thinking."

LD: Your brain never seems to stop. What do you do to relax?

"I like solving problems. I find it very engaging. When I just need to just chill, I sit down and read."

LD: But from what I've ascertained, those books are all very intricate and analytical...

"Well, for instance, this morning I sat down and read *The Wall Street Journal* and they were talking about safety systems at airports. You better believe that got read.

LD [following laughter]: What do you consider your greatest accomplishment?

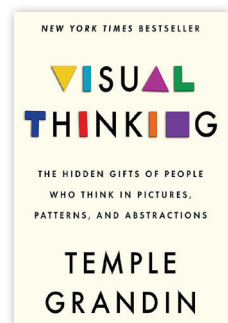
"A simple system I designed for assessing animal welfare in pork and beef packing plants. In 1999, I taught McDonald's, Wendy's and Burger King how to use it. When you have a big buyer like McDonald's, who buys from all the big companies, inspecting and setting standards, that brings about big change. And it did."

LD: You are very good at public speaking and seem fearless...

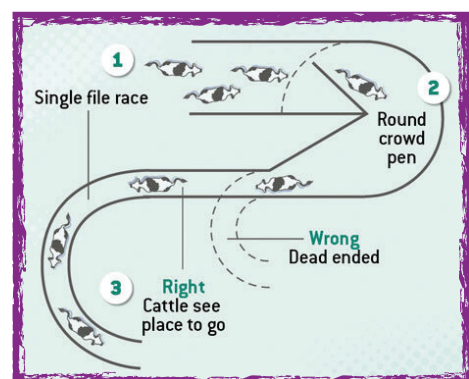
"When I did my first talk, I panicked and walked out. You get better with practice. And fearless? Well, sometimes it's true and sometimes it isn't."

LD: Just like the rest of us.

Continued on page 16



Grandin's inspiration for her Squeeze Box was the calm she saw cow's experience while in cattle chutes.



Grandin's design for moving cattle minimizes stress by mimicking their natural movement.



ACUPUNCTURE & WELLNESS CENTER

GET RELIEF FROM PAIN AND STRESS NOW!

Acupuncture • Electro Acupuncture
Chiropractic • K-Laser • Cupping
Chinese Herbs • Medical Massage



Diane Sheppard, Ph.D., L.Ac.
CLINIC DIRECTOR



Robert "Buzz" Edelburg, DC
CHIROPRACTOR



Agustin Orozco, L.Ac, LMT
ACUPUNCTURE



Eddie Rameriz, LMT
PHYSIOTHERAPY MASSAGE
ACUPRESSURE



Madeline Flores, LMT, HHP
MASSAGE THERAPY
CRANIAL SACRAL THERAPY
CUPPING

Join us for these complimentary events

Diane Sheppard, PhD, LAc
Doctor of Traditional Chinese Medicine, Acupuncturist
The Fine Art of Self-acupressure
Call for dates and times.

Tracy Smith
Energy Life Coach, Hypnotherapist, Sound Practitioner
• December 14 •
Sound Bowl Meditation
Lifewave Energy Enhancing Patches
• January 11 •
Tracy will be signing her new book,
Moments of Divine Inspiration, and offering a
Sound Bowl Meditation

Please RSVP as space is limited (760) 345.2200

For appointments, book online at
AcQpoint.com
or call 760.345.2200

77682 Country Club Drive, Ste. G • Palm Desert

Please call for insurance coverage information | Hablo español



Creativity Lives in the Now

By Reverend David Flint

It is true that change is the eternal constant. The average human body is replacing over 3.8 million cells a second, approximately 140 million babies are born every day and 275 million stars are born every year. And each moment of our lives is completely and uniquely different than any other moment that ever was or will be; always in constant movement as each moment creates the next in a seemingly infinite process called “the now.”

We truly only live in this creative moment, and that’s the only time we have ever lived. But most of us spend the majority of our time in our heads. Our focus is only marginally in the now because we are always trying to manage the moment, focusing on the desires in the future.

Most of us, to some degree, are lost in the trance of attachment to thought and like to consider our opinions to be true, because after all, that’s what we think. And what we think about, what’s happening in the moment, is what shapes our reality, not what’s actually happening in the moment.

However, most people will claim it’s the conditions in the moment that are responsible for our experience. We rarely realize we create the experience, our story, by our thoughts about it; the process is so ingrained that we are generally unaware that we were thinking at all. Our thinking is quite automatic, entirely created from all our past conditioning, our experiences, beliefs, opinions, social, cultural and religious backgrounds, etc. And we rely on this conditioned mind, which is entirely made up of the past, to inform and guide us into the future. So, we often end up in a future that looks, not surprisingly, a lot like a continuation of the past, our well ingrained story, until eventually an experience comes along that disrupts that pattern.

All too often, for many of us, unfortunately, it takes a disruption in our life, often painful, that fundamentally challenges our story and breaks our pattern. The experience of these disruptions can move us beyond the familiar conditioned thinking and into the present moment because that’s where the pain resides, taking us to a place beyond the limited patterns of the past and into a new potential for change, into a “liminal space.”

The word “liminal” comes from the Latin word “limen,” meaning threshold. The state of being that is liminal space is outside of the old patten of “business as usual.” It is often defined as “relating to a transition,” between two states of consciousness, like sleeping and waking. It refers to a state of consciousness that is “on the precipice of something new,” having left the old behind, yet the new has not materialized, so we must live with the uncertainty of what it might be.

To exist in the space of liminality is to be open and available in the present moment to the creative inspiration it holds within, while also being receptive and allowing for the uncertainty of the moment to bring unknown possibility into reality - potentially leading to authentic transformation. If our attention starts looking for certainty, we stand to miss the transcendent potential of the moment, because we are then back into our story, trying to control the moment.

I have been fortunate to know, more than once, the immeasurable transcendent possibility of the liminal now in my life. The first time I really got it came as a surprise. I had the stark realization that my thoughts of a failed relationship were creating most of my suffering. There seemed to be no way out of my constant mental story of loss, continually reliving the feelings that I would never be loved nor ever love like that again, so I went in. I focused inward, allowing the pain completely in without resistance, and there I felt intensely present within myself in a quiet stillness and energized state, absent of all the mental-emotional influence. I felt like I had somehow moved beyond the agonizing pain I was just suffering moments

Continued on page 21

Our Local Mushroom Farm
Gourmet goodness grows at Canyon Creek

By Lauren Del Sarto

Gourmet mushrooms are certainly enjoying their glory days. These superfood superstars are showing up everywhere, from our coffee to the main course, as consumers and chefs realize their nutritional value, adaptability, texture and taste.

Growers across the country are jumping on the shroom boom bringing the Pennsylvania natives to boutique farms in city and suburbs nationwide.

Jim and Stacy Shaffer started growing their bounty for personal consumption in a spare bedroom of their Yucca Valley home. Friends and family started making requests, and the operation grew to their backyard barn. When restaurants began calling, the couple knew they had something special, so they moved to the valley and Canyon Creek Gourmet Mushrooms was born.

They now serve around 1,000 pounds of product weekly to 40-50 restaurants valley wide including Workshop Kitchen + Bar, Wildest Restaurant and Mr. Lyons. Their store front offers freshly grown product, homemade jerky, powders, and more, and their team of nine is always happy to offer tours.

When I walked through the doors of their Palm Desert facility, the first thing I noticed was the smell - or, should I say, the lack thereof. Having lived near Morgan Hill (CA), formerly known as the “mushroom capital of the world,” I associate harvesting mushrooms with manure and can immediately recognize the pungent whiff. I would soon learn that today’s gourmet mushrooms - lion’s mane, king trumpet, oyster, pioppino and chestnut - naturally grow on trees with no fertilizer involved. “Farming” simply includes wood pellets, soy husks, temperature control, humidity and time.

Canyon Creek recreates the “tree” via blocks of clean hard wood pellets with soy husk pellets providing a nitrogen boost. On my tour, Shaffer explained that the blend of the two creates what they call the substrate for the mycelium to grow and produce their

Continued on page 23



Yellow oyster (top) and pioppino mushrooms



Wood pellet blocks simulate trees.



Drift into pure relaxation with a Good Vibes floating sound bath. Our unique blend of sounds, scents and soft lighting creates a truly immersive experience.

Join Us!
Sunday, November 19
Azure Palm Hot Springs

Now Booking!
Country Clubs and Special Events

Visit GoodVibesSoundBath.com for more information and sign up online to be the first to know about future events.

Discover the blissful state of natural harmony inside and out



GoodVibesSoundBath.com
760.238.0245



Come Drift Away with a Good Vibes Floating Sound Bath

It's a tepid desert evening as the sky fades from sunset to dusk. Small floating lights sway on a crystal blue pool surrounded by hundreds of flickering candles. Soothing music and the scent of lavender fill the air. You take a deep breath and snuggle into your plush blanket and pillow as your floating vessel softly moves across the water. The stars shine above as sound bath practitioners began playing their beautiful vibrational bowls.

You have nowhere to be, but in the moment.

Transporting people from their daily routines into an immersive sensory experience is the inspiration for Good Vibes Sound Bath, co-founded by *Desert Health* Publisher Lauren Del Sarto and Social Media Manager Michelle Steadman.



Guests have called the floating sound bath "a top 10 life experience."



Guests can come early to enjoy the one-acre Oasis and soak in the healing mineral waters.

"With so much stress in the world, we all know we need to take a break and check out, but most of us don't take the time to do so," says Del Sarto. "We wanted to create a calming experience which could excite, yet transform guests from busy brain to unadulterated relaxation."

"When you're comfortably floating on water, you have nowhere to be, and it's not long before your mind settles into the moment," adds Steadman. "It's incredible to see and to hear how powerful the experience is for our guests."

The duo are taking Good Vibes Sound Bath to country clubs and private estates throughout the valley, offering up to 30 on water experiences and additional "on land" opportunities via lounge chairs and yoga mats. They have also partnered with Azure Palm Hot Springs featuring California's largest mineral spring pool to offer ticketed events for the community. "We love this refined resort allowing guests the opportunity to come early and enjoy their soaking tubs, reflexology stream, sauna, bucket plunge and more," says Steadman. "It is the ultimate afternoon for relaxation and rejuvenation." Guests can also add overnight accommodations which standardly sell out through season.

"It's truly an immersive experience," concludes Del Sarto. "Our greatest joy is seeing busy people taking time for themselves and the change we see as they slowly depart with pure joy on their face."



"We're saving your space," says Good Vibes Co-founder and *Desert Health* Publisher Lauren Del Sarto. (Photo by Lani Garfield)

For information on scheduled events, visit www.goodvibessoundbath.com. For booking, contact michelle@goodvibessoundbath.com or call (760) 238.0245.

**COACHELLA**
HEALTH FESTIVAL

November 18, 2023
SPOTLIGHT 29 CASINO
10:00 AM - 4:00 PM

INFORMATIVE - ENTERTAINING - ENLIGHTENING



Tahia Lameer
Read Your Stars,
Read Your Cards!



Clark's Nutrition
Discover the Top
Anti-Aging
Vitamins and
Herbs



Kim Tang - WHAT ARE CHAKRAS?



Dr. J. Scherger
Living Your
Best Life with
Functional
Medicine



Dr. Joan Irvine
The Benefits of
Cannabis for
Baby Boomers



Pete Carlson's
Golf & Tennis
Fashion
Show



Josie Herndon
Addiction
and
the Family

Tickets & Information: COACHELLAHEALTHFEST.COM



PROUDLY PRESENT OUR 2023

LIVING WELL SPEAKER SERIES



NOVEMBER 8
Reversing and Preventing
Cognitive Decline

Jeralyn Brossfield, MD
Brain Treatment Center
XO Health



DECEMBER 6
Early Detection of
Cognitive Decline

Christopher Hancock, MD
Board Certified Neuroradiologist
Halo Precision Diagnostics

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

73-567 Highway 111, Suite G-1 • Palm Desert

RSVP required (760) 505.3000

For more information,
visit www.DesertHealthNews.com