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September/October 2022

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Learn, Support, Gather and Play!

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including
MODERATION

— Poet and Playwright
Oscar Wilde

How are you?



When was the last time you stopped - really stopped - and asked yourself this question? The true answer doesn't come from aching body parts or overwhelmed brain chatter. It is found when you become still, close your eyes, put your hand on your heart and reach deep inside to ask, "Hey there, how are you?"

We should all do this regularly, and today is a good day to start. We've been through so much and the need to check in with ourselves is stronger than ever. "I don't have the time right now" is not an acceptable answer.

As summer comes to a close and season is upon us, our downtime lessens and it is easy to get caught up in the energy of it all. Establishing and maintaining a sense of self awareness is important, as are the accessible tools we can use to ground ourselves when overwhelm sets in: a deep breath, meditation or simply focusing on the sights and sounds around us.

Recently a friend expressed feelings of anxiety she couldn't understand. Everything in her life seemed positive and good, but her world was spinning - inside and out. Watching her rapidly devour her meal, I asked her to stop, put down her fork and take a deep breath. Then I asked, "But how are you really?" That single action brought self-awareness and started a conversation about her true wellbeing.

We so often plow through our schedules on autopilot feeling exhausted, behind, restless or down. Having the awareness to stop, close our eyes and find stillness can help ground us in that moment. Using our tools can magically transport us to a place of comfort, peace and gratitude. Repeating the practice teaches our mind and body how to make the shift more easily and automatically.

So, check in with yourself more often. A better place may be just a single breath away.

Hiking for the Health of It

By Lauren Del Sarto

We all know hiking is good for you. It's an aerobic exercise that gets you moving out in nature. But the benefits to mind, body and soul go much deeper; deeper than you could ever imagine until you read *Hiking! The Ultimate Prescription for Health and Wellness* by Palm Springs residents Philip Ferranti and Cecilia Leyva with Joie Goodkin.

No one needs to read a book about the health benefits of hiking, but it sure was fun and inspiring to read this one. Ferranti's lifelong passion for the activity is contagious, and with each chapter, you want to lace up your boots and hit the trail to realize the psychology, spirituality, romance, creativity and community to which it opens your mind.

I love hiking and agree there is something sacred about it. It offers joy on so many levels that it can be addictive. During the pandemic, my husband and I began hiking regularly, and it wasn't long before we were ready to tackle a month on the Pacific Crest Trail. Unfortunately, the reality of obligations set in and that hasn't happened yet, but it's still on our bucket list.

Ferranti is also the author of the regional best-seller *140 Great Hikes in and Near Palm Springs and the Coachella Valley* (25th edition) and founder

of the Coachella Valley Hiking Club. *Hiking!* was published in 1997, and it is interesting how his many references to everyday life apply just as well - if not better - to today's world. The biggest difference, I believe, is how much more we need to embrace nature now than we did back then - especially our tech-dominated youngsters. In his preface written 25 years ago, he says, "I believe that we are about to see great changes in our society. One of the most important will be people's turning away from media-entertainment-technology, an all-to-passive distraction, to those activities that offer a direct, honest, in-touch participation - involvements that facilitate real wellness rather than hyped promises."

Little did he know that the iPhone would be introduced 10 years later and our obsession with technology would explode. It would take something much more drastic for us to seek "direct, honest, in-touch participation" along with the desire and need for real wellness; something like a global pandemic.

Hiking! is poetically written and offers captivating theories on how hiking positively affects us on a myriad of levels. "The act of walking through nature affects people in a holistic way: the complete human being receives some benefit. The body receives a vigorous workout; the will is challenged to reach beyond itself...; the individual's sense of

Continued on page 9



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Welcome Fall

September shepherds in a new school year, the promise of cooler weather and the beginning of another festive season in our desert. While leaves may not fall around us and sweaters stay tucked away, both can be enjoyed with short trips to Oak Glen or Julian where apples and seasonal traditions abound.

Locally we'll celebrate with a fall family gathering, western hoedown, festive brunch, inspiring walks and a world of wines as Desert Events return and all are encouraged to take part in the spirit of giving back.

Kids aren't the only ones returning to school this fall. Many events offer education for the ages such as Desert Health's CSUSB OLLI series "Your Best Health Now" featuring many of your favorite columnists and contributors. You'll also be inspired by Women Leaders Forum's Let's Interact Speaker Series (p21). Both are open to all who wish to attend and we invite you to join us.

As with the new fall season, this issue is bursting with gratitude, from doctors expressing joy for life's simple pleasures (p5), health coaches inspiring everyday miracles (p13), nutrition and wellness tips to encourage good health and a beautiful book that will bring you home to nature (p1).

Thank you for bringing us along on your journey. Whether on the trail, in the classroom or celebrating a good cause, we look forward to seeing you out and about.

Cheers to your health ~

Lauren
Lauren Del Sarto
Founder/Publisher



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(760) 238.0245 · PO Box 802, La Quinta, CA 92247

lauren@deserthealthnews.com · www.DesertHealthNews.com

@DesertHealthNews



Lauren Del Sarto
FOUNDER/PUBLISHER
Photo by Lani Garfield



Kristy Kneiding
LEAD EDITOR



Doris Steadman
EVENT MANAGER
& EDITOR



Heather McKay
GRAPHIC DESIGN
mkaydesign.com



Michelle Steadman
SOCIAL MEDIA
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Desert Regional Residency Program Celebrating growth, giving back and shining stars

By Lauren Del Sarto

This past June, Desert Regional Medical Center's (DRMC) Graduate Medical Education (GME) program graduated 19 resident physicians including the first in their seven-year neurological surgery program. The class included eight in emergency medicine, eight in family medicine, three in neurological surgery and one in emergency ultrasound.

DRMC's residency program initially launched in response to the local community's need for doctors - especially in primary care - and this year, four of their family medicine doctors are staying to practice locally including Shaudee Parvinjah, MD; Lauren Dallas, DO; Yea Ping Lin, MD; and Kimiko Tsuchiya, DO.

Since its inception in 2015, the program has graduated 126 residents of which 29 have stayed in the community to practice. Additionally, there are 33 family medicine residents still in training with more added each year.

Program grows with the community

In 2020, DRMC increased the number of family resident positions from eight to 10 with subsequent growth on the horizon.

"We continue to expand and focus on residency programs that meet the needs of the community along with those for which we have plenty of resources [faculty] to train them," says Chief Academic Officer Gemma Kim, MD, FAAF. She added that comprehensive oversight increases their likelihood of remaining in the area after graduation. DRMC is currently awaiting approval of a general surgery residency program and are working on internal medicine and further expansion of family medicine. "The addition of general surgery will greatly expand our services along with the trauma care level we can provide the community," says Dr. Kim.

Bringing care to those in need

DRMC's street medicine program offers opportunity to strengthen the experience for both residents and faculty. Teams with backpacks full of supplies go to Our Lady of Guadalupe Church in Palm Springs and the Galilee Center in Mecca where they serve those in need including the homeless, farm workers and refugees. Participation is voluntary, yet all take part.

Graduate Lauren Dallas, DO considers the variety of patients she treats very rewarding. "I see everything from airline pilots to the homeless community," she says, calling the opportunity to go through people's medical journey alongside them "like a kind of friendship."

Residents also continue to work with Coachella Valley Volunteers in Medicine, the valley's only free medicine clinic, and will offer strong support to their new Palm Springs location. A recent grant also enabled the purchase of a medical van to serve broader areas and offer expanded services, including school physicals and accessing elderly who are unable to get to appointments. Kim says they hope to have the vehicle operating this October.

Neurosurgery resident rises above

This year's class included the first graduates from the seven-year neurological surgery residency program: Stephen Albano, DO, Brian Fiani, DO and Alison Ho, DO. The DRMC team has provided these bright young minds with a strong foundation for success.

Dr. Fiani, who was chief neurosurgery resident and president of the resident advisory committee while in the program, recently received the prestigious Resident Achievement Award by the American College of Osteopathic Surgeons (ACOS). The award is given to the best graduating resident in any surgical specialty in the country and is the highest honor an osteopathic surgical resident can receive. Fiani is currently pursuing his fellowship in minimally invasive spine surgery at the top ranked neurosurgery hospital in the world (Newsweek 2022), Weill Cornell Medicine New York-Presbyterian Hospital, where he is also an assistant attending neurosurgeon instructor.



Brian Fiani, DO at the June graduation

"We are proud to watch another successful graduation class complete their training at Desert Regional," says Michele Finney, CEO for Desert Care Network and Desert Regional Medical Center, "and we are excited that several will remain in our area to practice medicine - fulfilling the mission we set out to achieve when we launched the residency program."

For more information, visit www.DesertCareNetwork.com.



Chief Academic Officer Gemma Kim, MD



Lauren Dallas, DO



Yea Ping Lin, MD



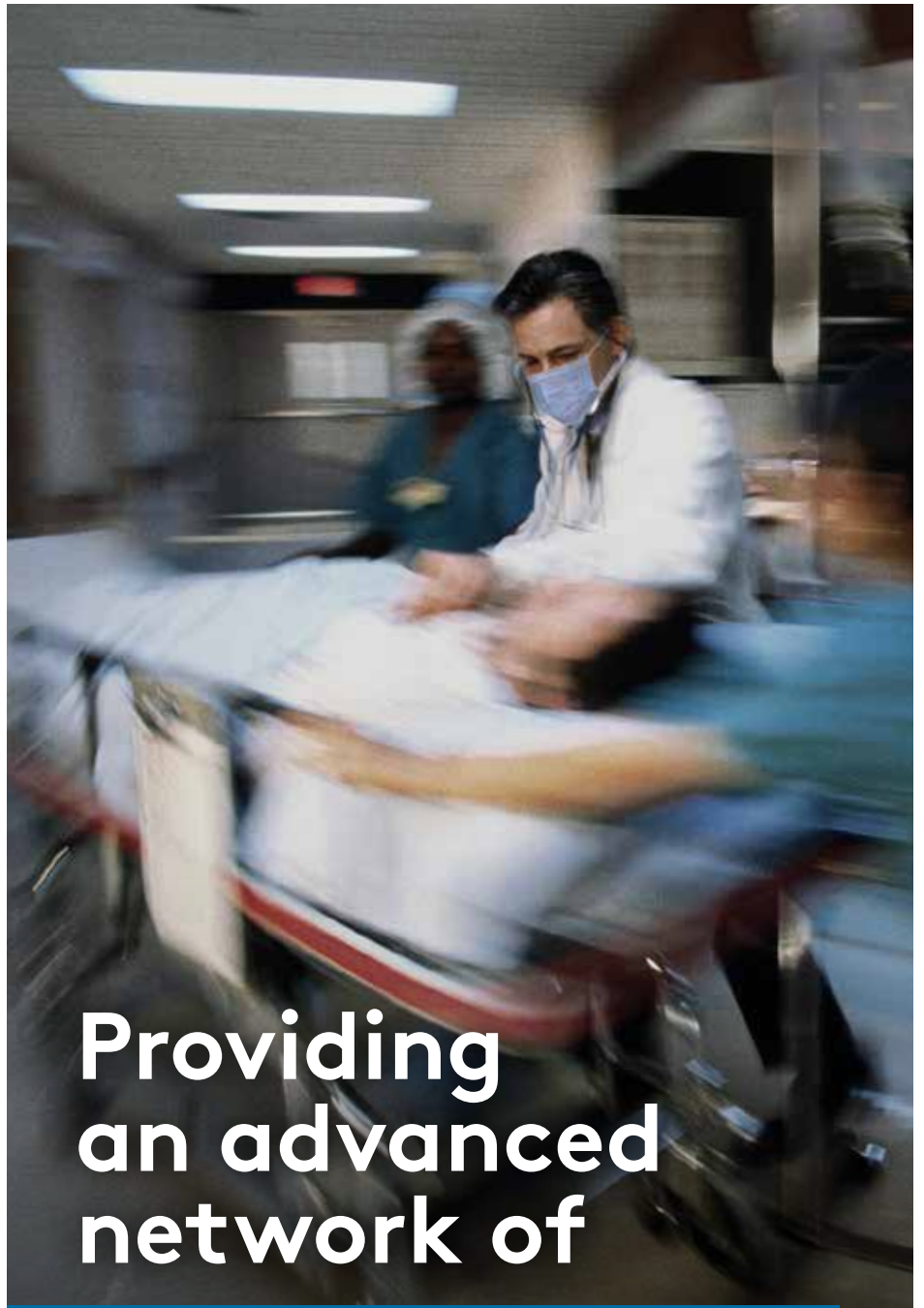
Shaudee Parvinjah, MD



Kimiko Tsuchiya, DO

"My neurosurgery residency at DRMC has been a very meaningful experience," said Fiani. "The community was welcoming since our arrival in 2015 and it was a pleasure to care for the members of the entire Coachella Valley and beyond."

There are 10 additional neurosurgery residents still in training in this very competitive program.



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Halitosis: What Causes Bad Breath?

By Sarah A. Khoshniyati, DDS

One of the most common oral health concerns for patients is halitosis, also known as bad breath, which can often lead to uncomfortable situations. While common, many who suffer are unaware of the causes and often simple treatments to address the problem.

While many causes are harmless, bad breath can sometimes be a sign of a more serious condition. About 90% of halitosis cases start in the mouth; the other 10% can be caused by respiratory or gastrointestinal diseases. Most commonly, the cause has something to do with diet, a lack of flowing saliva or a break from flossing.

The following are some of the most common causes of bad breath:

Diet. Foods such as onions, garlic, pickles and some spices, such as curry, can contribute to foul breath. Halitosis caused by food is temporary and can be eliminated by proper oral hygiene.

Dry mouth. Xerostomia, which is the medical term for dry mouth, is when there is a decrease in natural saliva production from the salivary glands. The production of saliva is important because it constantly works to help clear debris and food particles from the mouth and keeps the mouth moist. A lack of saliva not only leads to dry mouth, which causes that terrible feeling of "morning breath," but can also contribute to other dental issues such as cavities. Additionally, dry mouth can be caused by certain medications and health conditions or excessive intake of caffeine, alcohol or tobacco products.

Poor oral hygiene/ dental problems. Halitosis is typically caused by bacteria present in the mouth. If you are not practicing proper oral hygiene on a daily basis, then bad breath is likely to occur as bacteria and plaque accrue in the mouth. Gingivitis, periodontal disease, cavities or the presence of a dental infection can be a cause as well. If you notice inflammation of your gums or are experiencing any tooth pain along with bad breath, visit your dentist to address possible dental conditions.

Tobacco use. Tobacco products cause the mouth to dry out excessively, worsening bad breath.

Underlying medical conditions. Uncontrolled diabetes and advanced liver or kidney disease can also contribute to halitosis, as can upper respiratory infections and tonsillitis. In these cases, one may experience other serious symptoms and should seek medical attention.

Tips to improve bad breath include brushing and flossing your teeth at least twice a day with fluoridated toothpaste, brushing your tongue at least once a day, rinsing and gargling with an alcohol-free mouthwash before bed, avoiding use of tobacco products, and lastly, visiting your dentist on a regular basis.

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



Lack of dental hygiene isn't the only thing that can lead to bad breath.



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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



The Simple Things

As our worlds have opened after COVID, and I have regained my health after cancer, I have contemplated what sustained me through these past couple of years. What I concluded is that the simplest of things have been the most important. Somehow noticing the daily gifts present all around me makes me feel most alive and present. Here is my list...what is yours?

- Being with the hummingbird who comes to look me in the eyes as I water the flowers.
- The green anole lizard who puffs his brilliant red neck for me to see.
- The firecracker bushes in my favorite color providing nectar for the birds and bees.
- The plumeria in riotous silent bloom scenting the side yard.
- The lime tree loaded with abundance and healing.
- The jasmine blooming wildly and sharing scent as I drink my morning coffee.
- The sound of water in our pool as the sparkling blue conveys coolness and restoration.
- The dining table where we have been as likely to eat as to cover with plastic bags so we could paint with abandon.
- The tree in our front yard, where my children climbed, that watches over buried fish and bearded dragons and provides shade over our home.
- The doves that call and calm my soul.
- The colorful lizards that run and eat bugs and make this yard their play space.
- Our dogs who were always present through ups and downs of our lives.
- The geckos who come at night so consistently that they feel like family.

When I notice each of these, I am filled with gratitude. I am in the moment. There is nothing more that I need.

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

Sepsis: A Medical Emergency

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

Vacation plans were set, and Kate had a UTI (urinary tract infection) starting. Her doctor prescribed an antibiotic, and the family hit the road. Day 3 of the trip, she developed a fever and felt light-headed with lower-than-normal blood pressure. Since she also has diabetes, her doctor sent her to the emergency room - she was in septic shock. Kate survived sepsis after multiple days in ICU, thanks in part to knowing when to call her doctor, going to the ER, having her medical information with her and knowing the signs of sepsis.

What is sepsis? Sepsis is the body's response to infection, not the infection itself. Any infection can cause sepsis: the flu, COVID, abscessed tooth, skin tear, bed sore - even a bug bite. In older people, pneumonia and UTIs are the most common infections and a change in mental status is often the first sign. Sepsis is often mistakenly called blood poisoning. It's deadly, and it kills, and like strokes and heart attacks, sepsis is time-sensitive, requiring rapid diagnosis and treatment. Every hour sepsis is not treated, the risk of death increases. In fact, it's the third leading cause of death in California and the US.¹

Who is at risk? Infants and seniors are at highest risk, as well as people with chronic and serious illnesses such as cancer or diabetes, and those with impaired immune systems. More than 80% of sepsis occur in those 50 years and older.

What are the symptoms? Sepsis is a toxic response to an infection. There is no one single sign or symptom, rather a combination of symptoms. Symptoms can include any of the following:

- Temperature:** Higher or lower than normal
- Infection:** May have signs and symptoms of an infection
- Mental Decline:** Confused, sleepy, difficult to rouse
- Extremely Ill:** Severe pain, discomfort, shortness of breath

Health care professionals should also look for other signs such as high white blood cell count, low blood pressure, low oxygen level and other lab results. Remember, when it comes to sepsis, it's about TIME.

How can you help prevent sepsis?

Vaccines. The flu, chicken pox and COVID are all caused by viruses. Vaccines can prevent many viruses and illnesses; by preventing illness, vaccines prevent sepsis deaths.

Hand washing. Properly and frequently. Remove jewelry. Use soap and water for visibly dirty, or hand sanitizers when not visibly dirty but you know they need cleaning.

Antibiotics. Bacterial infections caused by a cut, bug bite, bladder or even pneumonia will likely require antibiotics. Some bacteria are becoming resistant to antibiotics due to overuse or misuse. If you are prescribed antibiotics, take exactly as prescribed (antibiotics do not work on viruses).

Wound care. Breaks in the skin, including surgical incisions, can allow bacteria in and cause infection. Keep all wounds clean and monitor for signs of infection: redness, warm-to-touch, pain or discharge. Wash hands before touching a wound. If it's deep, it may need stitches, otherwise soap, water and antibiotic cream. Do not pop or break blisters as they are protective barriers!

To advocate for yourself or a loved one, say these words to health care professionals in the ER, doctor's office or urgent care, "I'm concerned about sepsis because I/ they have...." Speaking up with these words and your identification of symptoms can promote a quick diagnosis and waste less time, allowing for immediate treatment.

Dr. Porter is CEO/Founder of MyHealth.MyAdvocate in Palm Desert. She is an experienced health care professional with 30 years of nursing practice dedicated to advocating for patients, families and caregivers. For more information call (760) 851.4116 or visit www.myhealthmyadvocate.com.

Reference: 1) <https://www.sepsis.org/wp-content/uploads/2021/01/Sepsis-in-California-fact-sheet.pdf>



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How Well is Your Workplace?

HARC symposium offers tips from pros

By Amairani Ramos

This past June, HARC held their annual Workplace Wellness Symposium entitled, "We're all in this together - Navigating Through Changing Times." The virtual event featured four experts on the topics of work-life balance, diversity equity and inclusion, stress management at work and much more. This valuable program is beneficial to anyone managing a team and still available online for all to access.

This editorial summarizes key findings about work-life balance from keynote speaker Mark Agars, PhD, a professor of psychology and director of the Institute for Child Development and Family Relations (ICDFR) at California State University, San Bernardino (CSUSB).

"We are all here for the same underlying reason: work experience matters for the personal health and wellbeing of each of us and the ones we love...but it's been a struggle," states Dr. Agars. He discusses the history of work values and explains how it is common to over value work in comparison to health, family, hobbies, etcetera. "We have not been good at protecting ourselves from work demands, or in fostering healthy relationships around work due to organizational expectations, societal pressures, internalized values."

He also highlights the consequences of work stress on personal health: psychological strain, anxiety, depression, alcohol and substance abuse, as well as its effect on family and life: satisfaction with life, marital and family satisfaction, quality parent-child relationships and sometimes, domestic violence.

Agars explains, the first step in changing this overvalue in work is awareness; one must be proactive in prioritizing health and well-being. Another important step is redefining what success means to us, which may have different meanings depending on a person's priorities and values in life.

He also acknowledges that change is hard, "the systems that are set up in work and society are strong; personal habits are hard to break...and then COVID came." COVID was a major disruption to long established systems and norms around work and gave full reconsideration of when, where and how work can be done. In addition, the pandemic also brought individual awakenings and reconsideration of personal priorities. With these changes, COVID has brought challenges to employers such as difficulty recruiting new employees and trouble retaining current ones.

After reviewing challenges and struggles, Agars concludes his presentation by providing examples on how leaders can support employees by supporting flexibility; providing variety and passion opportunities; listening, remaining open and providing space for voice; providing opportunities for social connection; protecting privacy; emphasizing psychological safety and health, and being intentional with compensation.

The keynote presentation is followed by three breakout sessions covering: Diversity, Equity and Inclusion: Unlocking the Opportunity (presented by John Epps); Practical Solutions for Negotiating Work-Life Balance at the Workplace and in your Home (Casey Leier and Mark Agars); A Leader's Guide to Building a Resilient and Happy Team (Felicia Zigman).

Anyone managing a team or wellness in their workplace is encouraged to view the symposium on HARC's YouTube channel: www.youtube.com/c/HarcIncPalmDesert.

Amairani Ramos is a research and evaluation assistant with HARC, Inc. For more information visit www.Harcdata.org.

Exercising for Brain Health

It's never too late to start

Compliments of Alzheimers Coachella Valley

In 2017, *The Lancet* published a study that found nearly 3% of all Alzheimer's cases may be caused by a lack of exercise. Since then, there is growing research identifying the protective effect of physical activity against aging-associated dementia. Some evidence also suggests exercise can increase the levels of neuroprotective growth factors, boost the generation of new brain cells and reduce inflammation.

While no studies have proven any one exercise is best when it comes to brain and memory health, Howard Fillit, MD, executive director and chief science officer at the Alzheimer's Drug Discovery Foundation, says the best workout is one that you enjoy. "Brisk walking, jogging, cycling, or swimming can all benefit your brain health and choosing an exercise you like to do will help you continue long term, which is the most important way to make sure you see the benefit," he says. "There are some things to look for when it comes to choosing a workout routine—namely, that it stimulates your cognition to keep your body and mind fit."

Research suggests certain activities offer unique benefits:

Make your heart pump! Regular aerobic exercise of at least 30 minutes per day boosts blood flow to your brain and boosts the size of your hippocampus, the part of your brain involved in verbal memory and learning. Studies found an association between low physical activity and dementia risk. Researchers did MRI scans of about 2,000 people 60 or older and found that the more active, the larger their hippocampus. In addition, the protective effects were highest in those over age 75, adding more evidence that it's never too late to start.

Build your muscles! Clinical studies conducted in 2020 found that six months of strength training can help prevent shrinkage of the hippocampus in older adults, and balance, tone and resistance training produced the best results for memory and other cognition measurements. When you lift weights, you focus on form and performing specific moves, which in turn exercises the neural circuits in your brain. It is recommended that all major muscle groups be exercised two to three times per week, which allows time for muscles to rest.

Put on your dancing shoes! A landmark *New England Journal of Medicine* study followed seniors for more than 20 years and found that regular dancing reduced the risk of dementia by 76% - twice as much as reading. More recently, a 2017 review published in *Current Alzheimer Research*, concluded that dance interventions improved cognitive function in dementia patients.

If you've slacked off your exercise routine, do not jump into an activity as it may raise your risk of injury. Start easy and slowly increase activity levels. Speak with your physician before beginning a new exercise plan. Consistency is key as it takes 6-12 months of regular exercise to detect changes in cognitive functioning.

Whether you are concerned about age-related memory loss or looking to improve cognition, research overwhelmingly shows integrating exercise into your daily routine is an important first step.

Editorial by Patricia 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.



Health Care Leadership Summer - Take 12!

By Kim McNulty

This June, 25 local college students embarked on a journey to explore health careers with mentors across the Coachella Valley through a program that's been taking place every summer since 2010.

Over the past 12 years, OneFuture Coachella Valley, Health Career Connection and 68 local partners have facilitated 274 paid internships for 235 valley students. These full-time, 10-week internships allow students to focus their time on high-impact projects benefitting valley residents. Over a dozen years, that's a total of \$913,000 in summer wages for our students and almost 110,000 hours invested in making the valley a healthier place to call home!

Host sites this summer included Desert Oasis Healthcare, Borrego Health, Desert Regional Medical Center, Jewish Family Services of the Desert, Desert Healthcare District, Coachella Valley Unified School District, Alianza Coachella Valley, HARC, FIND Food Bank, Leadership Counsel for Justice & Accountability, Office of Congressman Ruiz, UCR Future Physician Leaders, COFEM, OneFuture Coachella Valley, Youth Leadership Institute and Coachella Valley Volunteers in Medicine.

Following are just a few examples of the impact in our community: Jason Davalos, an undergrad at Cal State University San Bernardino (CSUSB) Palm Desert Campus, interned at Desert Oasis Healthcare and designed outreach to Spanish-speaking Medicare patients. Crystal Escobar, a Public Health student at Cal Baptist University, worked at Desert Regional Medical Center supporting frontline workers with quality stroke metrics. Adriana Canizales Cruz, a biology major at College of the Desert, interned with Jewish Family Services of the Desert and helped provide resources for vulnerable patients. Yareli Felix, a Public Health Policy student at University of California Irvine interned at Coachella Valley Unified School District assisting in promoting Care Rooms at various school sites by creating flyers and digital resources. Daphnie Vhin Driza, a nursing student at CSUSB Palm Desert Campus, worked with OneFuture Coachella Valley and created the framework for an Emerging Health Professionals Showcase event that will take place this fall for high school health academy students. She also designed a social media campaign highlighting several of the 2022 OneFuture HCC interns as shown here.

Check out @onefuturecv on Instagram, Twitter and Facebook to see more intern profiles. For more information on OneFuture Coachella Valley, visit www.onefuturecv.org.



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- Pneumonia
- Spinal Fusion
- Stroke

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We look forward to another year of caring for the Coachella Valley and to adding new treatments and services to enhance your care and comfort. Our gratitude goes out to the many community members who choose Eisenhower to help them get well and stay well. Thank you, one and all — you are the inspiration for what we do.

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CV Volunteers in Medicine Opens Palm Springs Clinic

Coachella Valley Volunteers in Medicine (CVVIM), the valley's only free health care clinic, has opened a second office in Palm Springs, expanding its primary care services to better serve west valley residents in need. Their primary clinic, located at Jackson and 48th in Indio, has served the community for 12 years.

According to the most recent HARC survey (2019), more than 40,000 people in the Coachella Valley do not have health insurance or are under-insured, making it challenging to obtain proper care. This number includes the elderly, self-employed, part-time workers and other low-income residents. CVVIM has helped nearly 35,000 people since 2010 and currently averages about 4,000 patient visits per year, which is expected to increase with the expanded Palm Springs coverage.

Medical professionals are encouraged to volunteer. CVVIM could not operate without the gracious support of medical volunteers including physicians, dentists, nurses, medical assistants and even college and high school students in health academy programs who need certification hours. All that is required is a minimum of four hours per month. Ernest "Cliff" Wynne, MD, a board-certified gynecologist, serves as CVVIM's medical director, seeing patients and overseeing the credentialed volunteer medical care. The clinic is also in the process of finalizing an agreement with Desert Regional Medical Center's family medicine residency program which would include medical residents and faculty physicians serving as part of their network of volunteer providers. Eisenhower Health's medical residents currently tend to patients in the Indio clinic. Last year, about 220 CVVIM medical volunteers provided approximately \$400,000 in value of free health and dental services to valley residents.

CVVIM has a small paid administrative staff, but administrative volunteers, including greeters and receptionists, also are welcome to apply. "We're finding there are so many people who want to volunteer, not just physicians," said Executive Director Doug Morin. "Maybe someone can't afford to make a donation, but they want to help and can afford a few hours to volunteer to answer phones."

CVVIM operates solely on donations. CVVIM does not receive government funding or insurance reimbursement. It operates solely on individual and corporate donations, grants and fundraising. "Our goal is to keep our overhead expenses as low as possible because we are supported totally by donations," said Morin. "We want to assure our donors that we are using their money to the best advantage." While nearly all personnel time is volunteer, donations cover hard service costs like X-rays, MRIs, and other diagnostics, lab work and medications.

The new clinic is located in the Las Palmas Medical Plaza at 555 East Tachevah Drive (Building 1W, Suite 204). Hours of operation are currently 9 a.m. to 4 p.m. Tuesday through Friday – the same as its Indio clinic. However, hours will be modified based on the needs of the community, says Morin. "We are cognizant of being available when our patients need us. If we discover that people in this community need more evening hours or a Saturday, we will adjust our hours."

Other plans for the west valley expansion include a street outreach program like the non-profit has organized in Indio, with volunteers going out on the street to provide medical care to the homeless.

To apply to serve as a volunteer or make a donation to support Coachella Valley Volunteers in Medicine, visit www.CVVIM.org. To inquire about scheduling an appointment, call (760) 342.4414.



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The Missing Link

By Candice Nicole

Most of us take vitamin supplements, but what about minerals? Minerals are natural organic matter created over time and found in the earth's many elements. Before commercial farming, nutrient-dense minerals were plentiful in our soil and the foods we ate. Today's fruits and vegetables are often void of these substances due to depleted soils, thus, the regenerative farming movement to replenish grounds.

In the meantime, however, what are we doing to replenish our own bodies?

We humans are walking talking mineral banks. Minerals detail our structure, enable our activity and provide the electrical circuitry that keeps us alive. We are constructed with seven macro minerals: calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulfur. Most of us are deficient in calcium, magnesium and potassium, also called major minerals or electrolytes. It is important to keep these major minerals balanced - especially in our desert heat. However, our body also requires trace (minor) minerals: chromium, copper, gold, iron, iodine, molybdenum, manganese, selenium and over 65 others. Every biological process of our body is attached to a mineral, and mineral deficiency may be the missing link in our diets and overall health.

Humic/fulvic acid minerals are nutrient-dense, created by humus (organic matter) and formed through biological decomposition (humification) of prehistoric plant, compost matter and biological activities of micro-organisms. These organic minerals are found in pre-historic deposits that cover the earth existing naturally in oceans, fresh water, rivers, peats and soils.

Science and modern research have demonstrated humic/fulvic acid's many significant health benefits, most notably aiding in the prevention of chronic inflammatory diseases such as diabetes and interfering with the buildup of proteins that speed up the development of brain diseases and dementias.¹ Studies have also shown that fulvic acid can help modulate the immune system, influence the oxidative state of cells and improve gastrointestinal function.² Additional research has demonstrated its benefits in improving ulcers, allergies, eczema, anxiety, memory recall, hypoxia (low oxygen in the blood), tiredness and fatigue.¹

There are simple steps we can take to gain these nutrients through foods we eat. For instance, if we eat strawberries, we tend to eat the berry and toss the calyx (the green nutrients on top); same with greens, we remove the stems. The calyx and stems are a protector and carrier of humic/fulvic mineral nutrients to the food. When we eat them, they can also deliver life-giving electrolytes and polyphenols (antioxidants) directly to our body and cells. So next time, don't discard these beneficial plant parts; toss them in a salad or freeze them to add to healthy shakes. Of course, supplementing with minerals can be the most beneficial.

Pure humic/fulvic acid minerals are a gift from Mother Earth. When sourced organically and taken as part of a balanced, healthy lifestyle, they can often be the missing link to whole body health.

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

References: 1) <https://health.clevelandclinic.org/fulvic-acid/>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6151376/>



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Hiking for the Health of It

Continued from page 1

responsibility grows with the successful planning and execution of trip logistics; personal connections take place between hikers sharing their concerns, hopes and challenges; and the spirit is refreshed by the beauty of unpretentious nature."

The authors encourage everyone who is capable to grab a friend or furry companion, or experience the magic of a solo adventure. Here are some of my favorite reasons why...

Overcoming fear

Hiking! introduces the concept that many people are afraid of spending time in nature, which I hadn't really thought of before. Humankind began in nature and evolution brought us to cities and suburbs, but "to discover our true selves, we need to return to nature." In speaking with thousands of hikers from all across the globe, Ferranti shares their general feeling of hiking and being in nature as a spiritual experience. "They felt cleansed, more alive, curious, optimistic and fun-loving while out in the natural world than where they came from." Many compared a simple hike to taking a retreat, meditating or getting back to the basics. "The beauty of nature, peaceful and scenic, touched their hearts and souls."

Reclaiming childhood

I am grateful that camping and being in nature were important to my family growing up. The adventures my brother and I created as we freely explored are some of my best childhood memories. Today, hiking brings back those same feelings of adventure, exploration, wonder and joy. *Hiking!* considers the return to childhood for all ages - from the Silent Generation to Boomers to Gen-X - in an activity to be enjoyed at any age. Feelings of inclusion, mattering, bonding with other generations, accomplishment and gratitude for all life has to offer can make anyone feel young at heart once again.



Adventures in nature can make you feel young at heart.

Rediscovering a deeper reality

Hiking offers a "time out" from our current reality. It allows us to let go of all we feel we should be doing, and to spend time with fresh thoughts inspired by the stillness of nature and our beautiful surroundings.

"Hiking can be our entrée into the sanctuary of our own hearts and souls. In this out-in-nature solitude, we can begin to rediscover ourselves and the priorities that often become buried by the demands of life lived in reaction to culture. Solitude itself becomes a much needed respite, a "re-creational" experience that helps us build and care for our very souls."

Enhancing relationships

Hiking provides a setting to enhance relationships, build intimacy and facilitate communication "while gaining a deeper sense of oneness with all humanity and all life on our planet." All who have hiked with friends can attest to the strengthening of bonds.

In 2015, we wrote about the Working Women's Hiking Club, a group of valley

Continued on page 15



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Can I Travel with Cannabis?

Compliments of Senior-High

Recent news stories have put the spotlight on the potential hazards of traveling internationally with cannabis, but what about domestic travel? With the laws in flux, many have asked, so we thought we'd do some digging and help, uh, clear the air.

With international travel, it's obvious: Don't even think about it. No, non, nyet, nein, não. But what about Canada? While cannabis is legal for adults in Canada, it's illegal to transport these products across their borders regardless of the amount or any medical authorizations. Even if you're travelling from a U.S. state where cannabis is legal to a Canadian province where it's legal, you could be thrown in prison for up to 14 years.¹ So, leave cannabis products at home before heading outside of any national border. This goes for cruise ships, too. When the ship docks, they could turn you over to foreign authorities if you're caught with cannabis on board. So just don't!

Now, we come to the trickier part: domestic travel. While more and more states are legalizing and/or decriminalizing cannabis possession for either recreational or medicinal use, it is still illegal on the federal level. Even cannabidiol (CBD)? It depends: Many cannabis-infused products, including CBD oil, are illegal at the federal level if they contain more than 0.3% of THC. In 2019, the TSA updated its policy to allow CBD containing less than 0.3% THC.

If you're using a CBD product that has more than 0.3% THC, you would be



Safety first as laws on carrying cannabis vary from state to state.

violating the law by transporting it across state lines. The only exceptions are the FDA-approved cannabis-derived product, Epidiolex and three synthetic cannabis-related drug products: Marinol, Syndros and Cesamet. These are only available with prescriptions by licensed health care providers.

TSA is focused on security and detecting potential threats; they do not search for marijuana or other illegal drugs. However, if they do find cannabis in your carry-on, packed bag or on you, they will notify law enforcement, even if it's for medicinal use. Action then depends where you are and how much the officer cares. If it's just a tiny amount and obviously for your own use, you may be OK; you may simply be asked to throw it away. If you're transporting a large quantity, you can be arrested for drug trafficking.

If you are driving with cannabis and get pulled over, it may be an issue, particularly if you've entered a state where cannabis is not legal. Flower carries a very strong aroma. Just our opinion, but the risk seems high (and not in a good way).

Our recommendation? Until cannabis is legalized on the federal level, don't fly or drive to destinations where cannabis is not yet legal unless you are carrying CBD products with less than 0.3% THC.

Senior-High is a woman-owned educational and information-sharing resource for seniors and active adults interested in discovering the medicinal benefits of products derived from cannabis. They are based in the Coachella Valley and can be reached at (760) 459.4593 or visit www.Senior-High.com.

References: 1) <https://www.justice.gc.ca/eng/cj-jp/cannabis/>



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Change Begins with Questions

By Marty Gronewald, FMHC

Years ago, my older brother had type 2 diabetes which he managed with insulin injections. Eventually his kidneys failed, and after five years of dialysis and multiple secondary complications, he passed.

When my brother first told me he had diabetes, it scared me. I knew how it could end and that I was also at risk. My family is genetically prone to obesity, metabolic syndrome and cardiovascular and lung diseases, thus I made it a priority to 'never go there' and started asking a lot of questions.

Here is a simplified version of the process I went through:

- What causes diabetes? Chronically elevated blood sugar levels.
- What causes elevated blood sugar levels? The type and quantity of food eaten (sugar in), the level of activity or exercise (sugar burned) and of course, insulin sensitivity.
- What should I eat? More vegetables, while cutting out sugar and desserts.
- What type of exercise is good for me? For me, a mini trampoline and weights.
- How can I be sure I'll follow through with my plan? I found support from others who also wanted to lose weight.

I asked questions, found answers, changed my diet, exercised, lost 80 pounds and avoided diabetes and other conditions considered hereditary. I discovered there's more to health than just genetic tendencies.

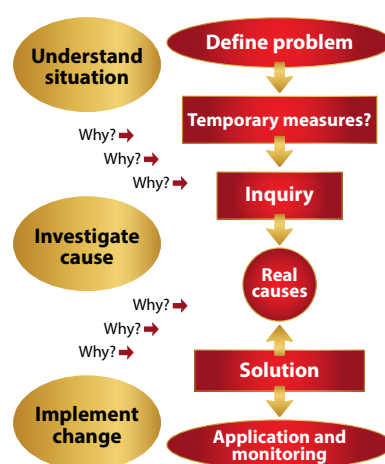
New possibilities begin with questions. If you're not getting the results you want... ask questions. If you don't know what to ask, research, "what questions should I ask to help me (insert your desire or intention)?" Open-ended questions such as the following invite new possibilities:

- What is the root cause of my condition? How can I change that?
- If it's due to inflammation (standardly an "-itis"), what can I do to help tissues that aren't healing and reduce inflammation?
- How can I naturally rebalance or strengthen my (immune, hormonal, endocrine, cardiovascular, respiratory, digestive) system?
- What behaviors can I change to improve gene expression? (i.e., diet, sleep, exercise, supplements, stress reduction, etc.)
- Who can support my journey and help me find the questions and answers I need?

Use the power of questions to help lead the way to new healing possibilities.

Marty Gronewald is a certified functional medicine health coach. Marty works at AcQPoint Wellness Center in Palm Desert and can be reached at (760) 238.0082 or Marty@RevitalizeRestore.com.

Find the Root Cause





Spice Rack Medicine: Turmeric

By Shari Jainuddin, NMD, BCB

With the “Food as Medicine” conference in town this September, I thought it fitting to spotlight one of the healthiest spices around, turmeric. Turmeric has climbed the spice ladder and is one of the latest crazes in food stardom. This fame is well deserved, from its sacred color to its long list of health benefits. Here are a few of its highlights.



Turmeric is one of nature's most powerful healing spices.

Turmeric comes from the rhizome (basically an underground stem) of the *Curcuma longa* plant that belongs to the ginger family. This golden yellow powder has been used in cuisine, ceremonies and as medicine - both internally and externally - for thousands of years. Thanks to globalization, turmeric is now readily available in most grocery stores and markets across the country. Commonly found in traditional Asian cuisine, it has also been integrated into many untraditional foods, drinks and health products due to its numerous health benefits including anti-inflammatory, anti-microbial (viral, bacterial, protozoic and fungal), antioxidant, anti-cancer, anti-apoptosis, anti- you get the point!¹⁻³⁵

Through research, it was concluded that higher absorption into the bloodstream did not correlate with better results.³⁶ As it turns out, turmeric acts locally in the gut. This accounts for its historical use in treating digestive problems; these local affects then “cascade” to the rest of the body. It is known for systemic uses including auto-immune conditions, neurodegenerative diseases, liver health, arthritis, metabolic disorders, cardiovascular issues and both viral and bacterial infections (including topical).

I recommend using turmeric in its whole food (powder) form. Simply having some on hand and adding 1-2 tablespoons to marinades, sauces/curries, fried potatoes and smoothies containing some type of healthy fat is a great place to start. Golden milk is also delicious; you can find many twists on it, like golden milk latte. Turmeric's flavor profile is mild and unlike any other; it has none of the strong heat of its relative ginger and can easily be added to foods without overly intrusive changes in flavor. Due to its high safety profile, it can also be consumed in considerably large amounts on a regular basis. Play around with it and see what works for you. Just be careful, as it stains clothing, cutting boards and cuticles!

So what is the secret element in turmeric? Researchers isolated curcumin, a fat soluble compound, in 1815³⁷ and have given it the credit for turmeric's medicinal aspects and brilliant marigold color. However, as research progresses, it is becoming more apparent that there are many other components in turmeric that play important roles. As science slowly catches up to nature, it's typically best to stick with whole foods, which contain all components as nature intended.

Both turmeric and curcumin are available as high dose supplements. There are certain health conditions in which the use of one or the other would be recommended. If you are thinking about taking either supplement, contact your local naturopathic doctor who has expert knowledge in navigating medications, supplements and your specific health history.

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

References available upon request.

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



LOVE Your Wellness Routine

By Jennifer Yockey

Whether you have never had a wellness routine or have just been side tracked, the fall season is always a great time to begin anew or begin again.

With so many options and opportunities for wellness, it can get confusing and overwhelming which then leads to procrastination or feeling stuck. So, here are some tried-and-tested steps that are easy to follow:

#1 WHY do you want to begin a routine? This is probably the most crucial and important question to ask yourself. Motivation and self-will can ebb and flow, but when you're connected and personally invested in something, it is easier to be consistent. Example: My doctor told me my cholesterol was out of range and I don't want to take prescription medication. So, for 30 days, I am committed to eating Mediterranean style foods.

#2 Grab a friend. Community and connection are integral to your pursuits. Your friend or group will serve as accountability partners and cheerleaders; they may even choose to join you on their own journey for the 30 days. There is science behind being in a connected and like-minded group; the group will spread information, attitudes and behaviors amongst each other. This phenomenon is called "social contagion" and can work in your favor if you surround yourself with people that are on a similar path.

#3 Get Inspired. After you have reflected on your WHY and grabbed a friend or embedded yourself in a community, it's time to get inspired. Pull some recipes from the web, cultivate an inspiring podcast list, research a book to support your journey

or follow someone on social media that is already doing what you are setting out to do.

#4 Make a plan. The last important component of this journey is showing up consistently. If you are adjusting the way you eat, change your snacks or one meal. If you are adding movement into your wellness routine, show up for five minutes every day. If you are focusing on your mental health, meditate for two minutes or read a book for five minutes. The key to change? Showing up, consistently.

Choose ONE thing to focus on. I know it's tempting to choose 10, but my personal experience and with hundreds of clients, is that people do too much and cannot maintain any level of sustainable commitment.

Remember, your physique is just part of the equation. Your wellness routine could include your skin - it's your largest organ! It may include your mental wellbeing as our mental and emotional state can affect our bodies, energy levels and choices. It could also be a specific part of your body, maybe your hamstring or maybe heart health.

Life is a marathon not a sprint. Take care of you - intentionally and consistently.

Jennifer Yockey is owner of Gather Yoga & Wellness, author of Gathered Truths and host of The Gathered Truths Podcast. She is an E-RYT yoga/meditation teacher and wellness coach and can be reached at (760) 219.7953, jennifer@gatherlaquinta.com. For more information visit www.gatherlaquinta.com.



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Scars: More Than the Eye Can See

By Gina M. Malloy, PT, MS

A scar is like an iceberg. It may appear small on the surface but depending on the type or location of the injury, it can dive deep under the tissues and adhere to the fascia surrounding the muscles, tendons, nerves, blood and lymphatic vessels and internal organs. Scars have the capacity to influence mobility, range of motion, and function both locally and remotely, internally and externally. Therefore, if the scar is not managed early, further restrictions in the tissue can ultimately lead to chronic pain and disease.

A scar is the body's natural way of healing damaged skin and underlying tissue. Scar tissue forms in response to traumatic injury, infection, inflammation and surgery. Specialized fibroblast cells embedded in the connective tissue, or fascia, quickly migrate to close the wound and deposit collagen to initiate tissue repair. The final appearance of the scar depends upon a variety of factors including the type of skin or tissue injured, the location of the wound, the type of injury, the direction of the wound and the individual's age and nutritional status.

Scars usually fade in appearance over time, but one can never underestimate their impact below the surface. The first time I see a client for myofascial release, the initial interview and assessment always include a discussion about scars. As the scar becomes firmly adhered to the skin and underlying tissue, and therefore also to the fascia, the tissue becomes less pliable and mobile. The ground substance in which the fascia lies becomes solidified and the normal gliding properties of the fascia are restricted. Because the fascia is arranged from head to toe three dimensionally, it exerts twists and torsions in the tissue which may affect structures far from the original site of the injury.

For example, nearly all my clients who have a scar due to caesarean section, hysterectomy or tummy tuck complain of low back pain. As the tissue in the lower abdomen is shortened, it pulls the lumbar spine forward, thereby narrowing the space between the vertebrae and causing tightness and spasm in the muscles of the low back. In addition, adhesions, which are scars that develop between internal organs in the abdomen, are particularly disruptive because they can also lead to digestive issues, infertility and intestinal obstructions.

Scars are permanent and cannot be completely eliminated. Scar release techniques should ideally be initiated as soon as the wound is deemed fully healed by a medical practitioner or surgeon. Following are the goals of myofascial release treatment in the case of scars:

- 1) Increase the mobility and pliability of the surface scar so that the tissue is able to glide with movement.
- 2) Release the underlying fascial restrictions so that crushing pressures are removed from pain sensitive structures and overall mobility is restored.

Scars are beautiful. They are testimony to the body's amazing ability to heal itself. They proclaim that something happened to you....and that you lived to tell about it.

Gina Malloy is a physical therapist and owner of MFRx Myofascial Release in Rancho Mirage. She welcomes your questions and can be reached at (760) 895.5145 or ginaoh10@gmail.com.



Seeing the Miracles in Everyday Life

By Dipika Patel, CHHC

How are you choosing to see life today? Do you see the ordinary in the extraordinary, or do you see the extra-ordinary in the ordinary? Whichever viewpoint you choose, the truth we all hopefully come to realize is that life is simply a miracle.



Finding gratitude in darkness can help you find the light.

For much of my life, I found it very difficult to see all of life's little miracles. Even though I did experience and express gratitude, I didn't feel it in the depth of my soul; that disconnect was greater than me. My cynical mind would offer a million reasons why life was not a miracle. Even during my short moments of gratitude, there was more wrong than right, as duality within reigned supreme.

As time went by and life unfolded, I developed a deeper appreciation for all the wrong I had seen and experienced in my life. I came to acknowledge and embrace the fact that I did not trust the universe (or anyone in it) to have my back. My belief system was askew, and I began to understand where some of my pain was coming from. That pain kept me from seeing life's miracles, and through awareness, I became a witness to my own insanity.

As Vernon Howard once said, "It is a true miracle when a man finally sees himself as his only opposition." Over time, I began to understand that I was not the only one who had these notions of cynicism, these feelings that life had done me wrong. From loved ones to strangers, I came to realize there are many of us.

As I continued to heal, small little practices shifted and transformed my life. I was able to accept and change my own internal opposition by choosing to see the light in things I could not see. This was my awakening; from the depths of the darkness, I was able to see the light, a little twinkle in the darkness around me. As time went on, the twinkle became closer, bigger and brighter. The smaller things became bigger miracles, the bigger miracles became blessings. These blessings became my gift—my gift of choosing to be the miracle.

In the complexity of life, I realized that if I could shift those thoughts, feelings and beliefs, others could, too. It's not simply about gratitude for the things we have, although that is a good place to start. Find gratitude in the things that challenge you, those things that appear the darkest. That simple step is a miracle in itself, as through that miracle we get to be the light.

As Jon Bon Jovi says, "Miracles happen every day. Change your perception of what a miracle is and you'll see them all around you."

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

Living Wellness with Jennifer Di Francesco



The Virtue of Walking

Jean Jacques Rousseau, a philosopher from the 1700s, expressed his fondness for walking by maintaining, "We think at walking pace. What is revealed when walking and thinking at the same pace is the pace of everything around me. My mind only works with my legs."

I profoundly enjoyed the great virtue of walking on a trip traversing the Cotswolds in England. I related to Rousseau's quote while meandering amidst rolling hills and lush-green pastoral countryside, interrupted occasionally by quaint cobblestone villages. There is a simplicity to walking as it is a natural movement for our bodies. It is the ultimate slow activity, allowing us to experience the panoramic 360-degree view as a painter's pallet. It enhances our sense of connection to the world, while allowing us to think, meditate and improve our health.

Stepping away from everyday life to partake in a walking adventure is one way to develop an affinity for this exercise. There are many places across the globe where trails are tended and land is deemed a walker's paradise. One of these places is the Cotswolds in England. In 1947, a definitive map was released of the extensive infrastructure of footpaths. The county of Gloucestershire in the southwest has three-and-a-half thousand miles of trails. There are 300 wardens who donate their time to the maintenance and surveillance, ensuring trails are inviting and safe. Robert Toolbit is one of these I had the pleasure welcoming as my trail chaperone. As we walked through gates and over wooden stiles, I realized Robert was an earth steward. He relayed that our feet were traversing over a seabed of limestone that was formed hundreds of millions of years ago, as we passed wildflower meadows set upon a backdrop of ancient walls speckled with lichen, moss and variegated stone.



Members of Toscana Country Club on a walking tour in England's Cotswolds

Walking is a pastime coveted in England for physical and mental health, as well as preservation of nature. In 2010, Robert created an award-winning walking festival to celebrate the experience. It is embraced by acknowledging a "countryside code" of observances to ensure respect and protect the countryside. These ancient lands offer the opportunity to walk through farms, villages and historic sites, and there is a reciprocity between the people and the land, gifted as a right-of-way for walkers. Homeowners and farmers wave and one of the most pleasurable pastimes is when a trail intersects with a garden or a tearoom for a ritual refreshment.

At the end of a week of walking, I felt resolutely rooted in the world. It was a sensorial experience. Each day provided accomplishment, fatigue, reverie, contentment and a true awareness that walking provides life sustenance.

We can all learn to become walking wardens of our communities by seeking out open spaces. We can then find ways to explore via personal escapes and trips walking the world! May your best miles be covered on foot through the virtue of walking.

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

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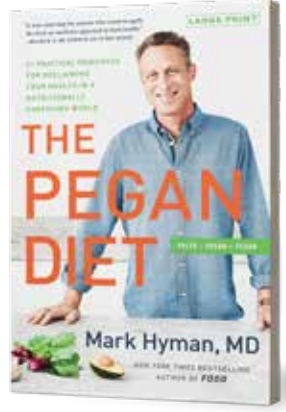
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Mark Hyman, MD's *The Pegan Diet*

A Review by Joseph E. Scherger MD, MPH

Mark Hyman, MD is the author of more than 20 books on nutrition. Like me, he trained in family medicine and is now a champion for functional medicine. As a leader in the field, he has served as chairman of the Institute for Functional Medicine and the Cleveland Clinic Center for Functional Medicine for many years. He founded and still practices at The UltraWellness Center in western Massachusetts.



Dr. Hyman coined the term "pegan" to combine the best of paleo and vegan diets. He began using the term in 2014 after moderating a debate between two founders of paleo and vegan diets. When asked what he was, he answered that he must be a pegan. From there, he developed *The Pegan Diet* which is, in my opinion, the best of Dr. Hyman's books as it brings together the teachings of his previous works.

The highlights of the pegan diet are:

- Very low in carbohydrates - especially sugar, flour and refined carbohydrates of all kinds;
- Higher in vegetables and fruits; the deeper the colors and the more variety, the better;
- Higher in good quality fats such as in olive oil, nuts, seeds and avocados;
- Animal products such as eggs and meat should be grass fed, pasture raised and organic whenever possible;
- Fish should be low in mercury and other toxins;
- Dairy and grains should be avoided.

I agree with Hyman on these simple rules to live by with your nutrition:

1. Focus on the glycemic load (number of carbs) every day and work to stay below your glycemic threshold to lose and maintain a healthy weight. A good target is 50 grams for men and 30 for women daily.
2. Eat the right fats and stay away from vegetable oils such as canola, sunflower, corn and soybean. Focus on tree oils such as olive, coconut and avocado.
3. Eat mostly plants; a pegan diet is 75% or more from plants with vegetables at every meal.
4. Focus on nuts and seeds as a source of protein and healthy fats.
5. Eat beans sparingly and make sure they are well cooked.
6. Eggs, meat and fish are more of a condiment rather than the main part of any meal.
7. Fast for 12 or more hours daily to help your body repair, restore and burn off excess fat.

The Pegan Diet serves as a "how to guide" with 21 "principles" rather than chapters. The last part of the book describes what to eat at meals, snacks and desserts. *The Pegan Diet* is so current and comprehensive that it could be the only nutrition book to recommend.

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

Nattokinase: Nature's Blood Thinner

By Betty McDonald, LAc

Nattokinase is an enzyme derived from the traditional Japanese food, natto, which is made from fermented soybeans and has been enjoyed for centuries. Natto is sticky with an earthy, slightly bitter taste, much like aged cheese and is believed to contribute to the longevity of the Japanese people.

Nattokinase's medicinal benefits were first discovered in 1980 by a Japanese researcher who determined it had the ability to dissolve blood clots. Because of its antithrombotic potential, the enzyme has since been studied medicinally for its use in treating heart disease. As a supplement, it has been used in natural medicine to treat a number of cardiovascular issues including angina, atherosclerosis, deep vein thrombosis, hypertension (high blood pressure), myocardial infarction (heart attack), peripheral artery disease, stroke and varicose veins.

Nattokinase is a fibrinolytic, which means it has the ability to break up fibrin, a clotting protein, during the blood coagulation process. When a person is injured, fibrin and other plasma proteins come together to help stop the bleeding. However, if a person's fibrinogen levels become too high, the risk of cardiovascular disease is elevated. Poor diet, in addition to genetic factors, can often contribute to these high fibrin levels, resulting in prescriptions for blood thinners which often come with very dangerous side effects.

Nattokinase can be a drugless, non-aspirin alternative to safely restore the body's healthy blood flow. It is also a safe option for those who are immobilized due to illness, injury, paralysis or surgery, as nattokinase can help keep blood moving in the lower legs, avoiding potential blood clots that can lead to stroke. It can also be beneficial for common activities like long flights and road trips which put people at risk for deep vein thrombosis. Taking a 100mg capsule an hour before the flight should reduce the chance of a clot from long hours of sitting.

For preventative use, it can be challenging to determine who may benefit most from this powerful enzyme. Stroke genes are found in 20% of people, but require a special lipid test to detect them as they often go undetected in routine lipid panels. Unless a patient has serious heart disease, these special lipid tests are rarely ordered. My father had a stroke at age 60, so I decided to take a closer look at my cardiovascular profile. Because I had no obvious symptoms and wasn't on any medications, my doctor was reluctant to order this special test.

Thankfully when he did, no heart disease was detected. Cautiously aware of my genetic predisposition to stroke, however, I rely on and continue to use nattokinase as a clot buster to discourage and break up potential blood clots, as there are no negative side effects.

There are several instances when nattokinase should be avoided. Persons with bleeding disorders or on blood-thinning medications should not use the enzyme. Surgical patients should refrain from use until wounds are healed to avoid bleeding. It is also contraindicated for persons with kidney disease or gout.

Betty McDonald is a licensed acupuncturist and functional medicine practitioner. She is owner of The Wellness Place and welcomes questions at (760) 766.6223. For more information visit www.BettyMcDonald.com.



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Multomics: The Future of Health Care

By Chris Hancock, MD

The heyday of clinicians primarily acting as disease specialists is rapidly ending. For too long, health care providers have treated patients reactively, versus proactively. Reactive treatment results from several causes including payor reimbursement schemes, societal expectations, limited resources, ineffectual treatments and inadequate diagnostics¹. Government and private payors have routinely denied or delayed coverage of diagnostic testing that predicts disease development and early detection such as oral swab sampling for polygenic risk scoring of Alzheimer's and stroke, blood screening for early-stage cancer detection and medical imaging with 3D quantitative analyses for dementia etiology.

Though many of these studies are available through concierge physicians and specialty clinicians, their lack of payor reimbursement prohibits broad utilization. Ingrained societal expectations limit preventative health care due to the widespread practice of not seeking help until a disease is manifest.

Proactive health care requires establishing a relationship between patient and health care provider ideally well before the disease state is ever realized. Preventative and proactive health care are frequently neglected due to the falsity that there is not much one can do until a disease is detected. This couldn't be further from the truth.

The truth is that prevention and early detection can profoundly impact one's health by averting the disease entirely or mitigating its effects. As we know, avoiding the devastating consequences of diabetes, heart disease and stroke can mean the difference between vibrant health and a suboptimal life. We also know that early detection of stage 1-2 lung, colon, renal cell, ovarian, breast, prostate and other cancers versus stage 4-metastatic cancer can be the difference between long life and early death.

With this preface, what can be done to transform clinicians from disease specialists to health care champions? The answer is multomics coupled to artificial intelligence and machine learning (AI/ML) algorithms. Multomics, powered by AI/ML, represents leveraging numerous diagnostic biomarkers in a way that creates predictive models and provides early detection. Multomics refers to multiple "omes" representing "complete sets" of information such as the genome, proteome, transcriptome, epigenome, and the microbiome among others.² These "omics" data points are so numerous, complex and nuanced that the human mind cannot fully process them, especially at pre-clinical and early disease stages. The human genome, for instance, maintains approximately three billion base pairs while the proteome has been estimated up to six million protein species³. (AI/ML) multiomic analyses, developed and processed on powerful computer systems, allow clinicians to predict future disease states and expose initial stages that are otherwise occult to the human eye.

One example of multomics powered by AI/ML algorithms is the ability to predict and increase diagnostic accuracy of dementia etiologies. Medical literature reveals repeated examples of mis- and delayed diagnosis of numerous diseases that lead to dementia including Alzheimer's, vascular disease, frontotemporal lobe dementia, dementia with Lewy Bodies, Parkinson's, Huntington's and others. Each signal and data point provides additional information, that when combined with other signals and data points, improves sensitivity and specificity, which are statistical measures used to power diagnostic accuracy. Recent medical publications highlight the ability to reduce time to diagnosis and improve diagnostic accuracy of dementia by incorporating more salient biomarker signals and data points through AI/ML algorithms.

Multimic biomarker test panels are now being employed to improve dementia etiology diagnosis including polygenic risk scores, cerebrospinal fluid/blood proteomic quantification, MRI brain imaging with 3D quantitative assessment, metabolic and proteomic PET-CT brain imaging, app-based voice recording analysis, visual motor skills and neurocognitive testing. One of the major benefits of ongoing iterative multimic AI/ML algorithm improvement is that additional data points and new appropriate testing work to improve prediction and overall diagnostic accuracy of a plethora of disease states.

The future is bright as we replace reactive disease treatment with preventative and proactive health care AI/ML powered multomics.

Dr. Hancock is a board certified neuroradiologist with Halo Diagnostics and a member of Desert Doctors. He can be reached at (760) 694.9559. For more information, visit www.HaloDX.com or www.DesertDoctors.org.

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Hiking for the Health of It

Continued from page 9

executives who for the past 13 years have faithfully gathered every Sunday morning to hike valley trails. The group is very close and celebrates life's many ups and downs together, both on and off the trail. It is a unique bond you can only get outside of everyday life and in a neutral setting like nature. "We balance each other's strengths and rally around each other when needed," said health care executive Sandy Martin.

Romance on the trail

"There are times when nature stirs our hearts and makes us loving...It's invigorating to the mind and spirit. Senses such as sight, smell and touch come alive. Mountains, flowers, trees, creeks, wildlife - all burst onto the scene with tremendous vitality. Your body is energized by inhaling the pure, clean, fresh air...You want to climb, romp around, hold hands. You are in the middle of an explosion of beauty and energy. And right there, through it all, walking next to you, is the one you love." I couldn't agree more.



Being in nature enhances your senses and your heart.

If you don't hike and wish to, or always hike and want to gain a deeper understanding of why you love it so much, read *Hiking!* Then make plans for your next outdoor adventure. You'll begin to feel the benefits from the very first thought through the pleasure of preparation, the love of lacing up your shoes and the pure joy of taking off on the trail.

Lauren Del Sarto is founder and publisher of Desert Health and can be reached at Lauren@DesertHealthNews.com. Hiking! The Ultimate Prescription for Health and Wellness is available online. Philip Ferranti is available for guided hikes and lectures and can be reached at www.philipferranti.com.

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The Art of Delegating

By Susan Murphy, PhD

Many people think of delegation as a skill applicable only to the workplace. In fact, delegation is an important skill for many facets of our lives. Whether you are the one doing the delegating or recipient of the delegating, you can benefit by understanding the process.

In our desert, there are many situations in which effective delegation is important for success beyond the workplace. There are hundreds of nonprofit organizations producing major fundraisers and projects. They all require much delegation by the boards, committees and members contributing their time for a common goal.

We delegate every day in normal family life, as well with household duties such as cleaning, taking out trash, preparing meals and organizing the home. Dinner parties and annual holiday parties will have more successful outcomes with good delegation skills.

What is delegation? The textbook definition refers to the transfer of responsibility for specific tasks from one person to another.

What is the difference between delegating and dumping? Delegating is a powerful skill that can be beneficial to all involved. Dumping has the opposite effect. Delegating involves assigning tasks and responsibility to others and giving them authority and control to make decisions. Dumping is quite different. It involves assigning uninteresting tasks or grunt work to others without the authority to take control of the process. Giving responsibility without authority becomes dumping and leads to frustration and dissatisfaction.

What are the benefits of effective delegation? For the persons receiving the assignments, it can contribute to their growth, development, self-esteem and sense of belonging. For those delegating, it can spread the workload to others and create a more skilled team that can share more of the responsibility. For an organization, it can increase productivity and morale as more people develop skills.

Start the process: analyze the task. Since the process of delegation consists of linking a member with a specific task, the leader must first analyze the task at hand before engaging with the team member.

1. What is the task and its scope?
2. How complex is it?
3. What will success look like if the task is successfully completed?
4. What barriers are likely and should be anticipated?
5. What resources will be needed?

A major source of frustration for all concerned can be failure of the leader to paint a very clear and detailed picture of what success should look like. Leaders must be very specific about their expectations.

Select a team member. Once the task is clear in the mind of the leader, it is necessary to select the team member with the appropriate skill set as well as the willingness to accomplish the goal.

1. Does the team member have the expertise (technical and otherwise) to succeed?
2. Do they have the experience with similar situations that have fostered understanding of what might lie ahead?
3. Do they know how to communicate progress and request assistance and feedback?
4. Does the team member have the mindset and skillset to succeed?

Once the leader has developed an understanding of what success should look



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like and has identified “a good fit” in a well-qualified team member, the process of delegation can begin. The leader must communicate why the task is important and how it will benefit the team and organization.

Specific time frames and resource needs should be defined and addressed. Obstacles to be overcome should be identified. Further, a process of communication should be developed, for example, how often will a progress report be given? Should it be in writing, in person or both? What happens when the project hits a roadblock? What are the milestones to be met and how will they be communicated and celebrated?

Dilemmas and pitfalls. Leaders are faced with the dilemma of how closely or loosely to be involved with the project. Other pitfalls include inadequate resources, failure to measure progress along the way, and failure to celebrate “small successes” to maintain momentum and positive energy. It is best for the leader to describe the desired outcome and then let the person to whom the task was delegated figure out how to get there. General George Patton warned, “Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.”

Delegation, like other leadership skills, can be practiced and developed over time. Leaders in business, non-profits and in families can use delegation to mentor and coach others, so everyone can feel respected, valued and engaged.

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

Hyperbaric Treatment Shows Promise for Long COVID

By Lauren Del Sarto

Of the more than 500 million reported cases of COVID worldwide, studies show that up to 30% of those infected continue to suffer with long COVID.¹ This novel condition is defined by symptoms that last more than three months after illness onset and may include ongoing fatigue, cough, fever, pain, difficulty breathing or shortness of breath, heart palpitations, digestive problems, and/or neurological issues such as brain fog, headaches, trouble sleeping, depression and anxiety.²

With no single therapy identified to rid long haulers of symptoms, research continues with much focus on the virus's effect on the brain. Sars-cov-2 is known to travel through the nose into the olfactory sensory neurons (the reason many lose taste and smell) and into the frontal lobe of the brain (the insula) which manages memory and executive function. Studies show that the virus can also destroy blood vessels that feed blood to the brain further affecting function.³

In a recent study published in Scientific Reports (July 2022) hyperbaric oxygen therapy (HBOT), which is commonly prescribed to enhance wound healing, carbon monoxide poisoning and decompression sickness, showed promising results in relieving long COVID symptoms.⁴ The prospective, randomized, double-blind, placebo-controlled clinical trial was conducted by Israel's Sagol Center for Hyperbaric Medicine and Research at Shamir Medical Center and Tel Aviv University.

HBOT involves breathing 100% (pure) oxygen while in a controlled space called a hyperbaric chamber. The air pressure inside is raised to a level that is higher than normal which helps the lungs collect more oxygen and more effectively deliver that oxygen to damaged tissues, thus expediting the healing process.

Of the 73 patients in the study, those who received the specialized HBOT protocol performed in a multi-place chamber had significant improvement

in global cognitive function, energy, sleep, psychiatric symptoms and pain interference according to researchers. Participants in the control group did not show significant improvement. Researchers believe the beneficial effects may be attributed to increased brain perfusion (blood flow) and neuroplasticity in regions associated with cognitive and emotional roles. Neuroplasticity is the ability of the brain to form new connections and pathways and change how its circuits are wired.⁵ Researchers state that previous studies have demonstrated several neuroplasticity effects including anti-inflammatory, mitochondrial function restoration, increased perfusion and the growth and migration of stem cells.³


“Millions of those who have recovered from COVID-19 are experiencing debilitating symptoms which persist for weeks, months or even years following their original infection,” said Chief Researcher Amir Hadanny, MD, PhD. “Until today, no effective therapy has been suggested. Our research is the first randomized controlled trial to demonstrate a real solution for the long haulers.”

Research group leader Shai Efrati, MD, director of the Sagol Center and chair of Aviv Scientific's Medical Advisory Board added, “The study revealed that HBOT can induce structural and functional repair of the damaged regions of the brain and improve the cognitive, behavioral and emotional function of the unfortunate patients suffering from post-COVID-19 conditions.”

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


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Projected 2023 Medicare Costs

By Randy Foulds

Each year, Centers for Medicare and Medicaid Services (CMS), under the Federal Department of Health and Human Services (HHS), sets new pricing for Medicare. This involves more than just your Medicare premium, but deductibles, co-pays and reimbursement levels for providers. Fortunately, there is good news for the year ahead.

The 2022 Medicare Part B premium at \$170.10 was the largest increase ever year-to-year at 14.5%, partially due to the anticipated costs of an Alzheimer's treatment that would have been covered by Medicare Part B. Earlier this year, Medicare realized that the utilization of this treatment was far less than expected, therefore a good part of this premium is expected to be rolled back. Many called for a portion to be rebated to Medicare beneficiaries (users) as well, but that doesn't look likely at this time. CMS is currently signaling a slight decrease in 2023 for the Part B premium, with estimates placing it at \$158 per month. This would be a 4% increase year-to-year from 2019 to present.

The Medicare Part B deductible, which many beneficiaries pay out of pocket, will likely increase from the current \$233 annually to approximately \$242, a 4% increase.

Medicare Part D Drug plans have become very competitively priced. CMS has already announced that the average premium for these plans will decrease next year, but only by about 58 cents. The deductible will increase from \$480 to \$505 annually. However, the majority of medications are covered at 'tier 1' level which waives the deductible since these are inexpensive generic medications.

Medicare supplement premiums have not had drastic increases in California. These plan rates are not overseen by CMS or HHS; the rate increases are instead submitted for approval to the state Department of Insurance and Commissioner Ricardo Lara. Most experts do not expect any increases next year beyond 4% since the state has clearly indicated they are on a mission to restrain health care costs.



There is good news on the horizon for Medicare costs.

Medicare Advantage plans, which have dramatically decreased their premiums and cost sharing over the last 10 years, are looking to continue that trend. Current plans priced at \$0 premiums, and even "payback" plans which credit \$125 to Medicare part B premiums, will likely continue in 2023. These plans are private alternatives to traditional Medicare and should be discussed with your licensed broker.

All of this, combined with a projected 6-8% increase in Social Security benefits should be considered great news for seniors.

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

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YOUR FINANCIAL HEALTH

By Michele T. Sarna, CFP®, AIF®

In today's economic environment of higher interest rates, inflation (aka higher prices) and a potential recession on the horizon, it's important to get back to the basics in managing our finances.

Review your budget. Make a list or use an app to track your expenses. Most banks offer software to categorize your transactions appropriately. This will allow you to see where the majority of your funds are going and manage unnecessary spending.

Lower grocery bills. Shop around for the best deals. Refer to the grocery store's online ads to see what is on sale. If possible, cut back on unnecessary items. Get creative with leftovers, and repurpose meals with online recipes. If you are back in the office, take your lunch to work.

Save this school year. Need to buy supplies? Take inventory of what you still have from previous years. Use the same backpack until the item goes on sale. On a recent *Today Show* segment, a neighborhood bought school supplies in bulk and shared the cost and items; a great way to save! If your child is heading to their first year of college, keep them on a budget; meal plans may not be enough. If they are returning to school and sharing an apartment, be mindful of gas, electricity and groceries that may not have been anticipated. This is a good time for them to learn budgeting!

Cut the credit cards. Interest rates on cards have increased; if you need to use one, try to pay off the balance each month.

Manage memberships and auto-pay. Did you sign up for a free trial and forget

to cancel after the trial period? Cancel those subscription services you haven't used in months, or forgot about. Research internet, cable and other service providers to negotiate a better deal or find a new one.

Save energy. Make a point to turn off electric powered items when not in use or when you leave the room. Do laundry early in the morning or late at night. Small changes can add up to big savings.

Downsize. Clean out the closet and sell unwanted items through apps like Poshmark, Mercari and The Real Real. Or donate them to charity for a tax write off.

Be mindful of impulse buying. Take a moment and ask yourself if you really need that item now. If you are shopping online, add the desired item to the wish list or save for later and come back to it in a few days. The intrigue may pass with time.

Keep your dentist and doctor appointments. A co-pay or teeth cleaning is better than paying for health issues down the road that could have been prevented.

Review your investments. Don't stop your 401k or retirement plan contributions. If possible, add to the pre-tax contribution to help with current tax savings. If your accounts are down, speak with your advisor or get a second opinion to see if you're still on track to meet your financial goals.

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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SCAN ME

Fears of Aging: Winter or Harvest?

By Amy Austin, PSYD, LMFT

"Life's tragedy is that we get old too soon and wise too late."

- Benjamin Franklin

Aging. A rite of passage. Ah, yes. Waking up to the aches and pains, looking in the mirror and not fully comprehending who's looking back. I not so fondly remember standing in the checkout line at the supermarket and the cashier saying in a very loud voice, "Would you like to take advantage of our senior discount today?" A perfect opportunity to embrace aging, and I must admit, at the time, I wasn't ready.

But, if we are lucky and blessed, aging occurs no matter the mindset. We can remain in a state of avoidance and denial, or jump in (better yet, step very gently to avoid a fall) feet first and go for it, positively anticipating the changes of aging that are inevitable.

There have been times when I have experienced "the invisible factor" that comes with getting older. Whether it be from societal cues or self-perpetuated, there can be a sense of feeling invisible, unnoticed or less valued or pertinent. When I speak with men who are retired, I often hear pained and perplexing questions about identity. One of the first things a person usually asks another when they initially meet is, "What do you do?" The promise of a "happy retirement" can seem to be a cruel myth. Is it true that we're only valued when creatively contributing to the world we inhabit? With age can come an opportunity to find new and more purposeful avenues of achievement.

It goes without saying that you should be proactive about your physical health. Scheduling annual physicals, dental visits, mammogram and colonoscopy screenings is a must. Taking prescribed medications and eating and sleeping well is all part of a proactive biopsychosocial health plan.

The wisdom that is gained from a myriad of life experiences and imparting them to others is the crux of our emotional legacy. The challenges of aging such as increased anxiety, loneliness, worry, the "wish I would haves" need a healthy reframe. Issues related to grief and loss and fears of mortality can always be shared with a trusted family member, doctor, or psychotherapist. As with any stage of life, there's always support available. You don't have to go at it alone.

There's no better time to fully understand and apply the "live in the moment" mantra than when we are older. Celebrating life one day at a time with abundant gratefulness is key, no matter the challenge. Stay interested and curious. Always remain open in mind, spirit, heart and soul, as learning never ends.

As the Chassidic saying goes, "For the unlearned, old age is winter; for the learned, it is the season of the harvest." So, harvest away, and enjoy the fruits of your labors.

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.



Sharing concerns about aging can help relieve anxiety and fears.

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Eat, Drink and Be Healthy

Substitutes you'll savor by Lauren Del Sarto

Healthier Holiday Baking

Mother Nature's goal for fall is to fatten us up for the cold winter ahead. So she gave us apples and pumpkins...which usually end up in irresistible pies...topped with ice cream. These nostalgic months tempt us with seasonal tastes we've been anticipating all year, and there is no reason to deny ourselves. With a few easy substitutions, you can enjoy fall flavors without the unhealthy carbs and sugar.

In our November/December 2021 edition we featured sugar substitutes. Now, let's consider the base of many seasonal delights, the crust. Traditional recipes use high-carb wheat flour with little nutritional value. Coconut and almond flours are satisfying substitutes and recipes have come a long way in delivering taste and texture. They are also perfect for keto, vegan, grain- and gluten-free lifestyles.

Naturally sweet coconut flour is full of fiber, protein and healthy fats resulting in filling delights packed with nutrients and minerals. It can also be safely used in no-bake goodies. Cooking tips from the Nourished Kitchen¹ include: substitute for all-purpose flour at a 1:4 ratio and add one egg for every ¼ cup of coconut as it is much denser and more absorbent; sift before use; beat the flour with egg yolks and the whites separately until they hold stiff peaks, then fold the whites into the flour mixture; add a little tapioca starch for stability.

Almond flour is also packed with protein, fat and fiber. It can be substituted for all-purpose flour at a 1:1 ratio, but will have a thicker consistency. Baking tips from Sugar-free Sprinkles² include: add protein powder, xanthan gum or psyllium husks as binders; decrease cooking temp by 25 degrees when converting as it will brown and cook faster than all-purpose flour; let baked goods cool completely to firm up. Most importantly, be sure to use almond flour and not almond meal.

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

References: 1) nourishedkitchen.com/baking-with-coconut-flour/; 2) <https://sugarfreesprinkles.com/how-to-bake-with-almond-flour/>



Enjoy healthier seasonal treats baking with nut flours.

Dates and Diabetes: A Surprisingly Compatible Pair

By Kristy Kneiding

The date fruit is one of the oldest cultivated tree crops and has been grown for thousands of years, yet they are often misunderstood. When most people think of dates, they think of a sweet, sugary fruit that should be avoided, especially for those with diabetes. However, this is a proven misnomer.

While not a low-calorie food, cup-for-cup dates have less calories than processed sugar and countless health benefits as they are high in nutrients and fibers. In fact, dates are part of the following diet plans: Dash, Mediterranean, Paleo, plant-based, Whole 30.

To understand dates, it's important to know their composition:

- Dates are 75% carbohydrate (natural sugar plus fiber), 24% water and 1% protein.
- Date carbohydrates are made up of simple sugars (glucose and fructose).
- Because dates have equal parts glucose and fructose, the glucose is quickly metabolized for fast energy, while the fructose is digested slower, resulting in sustained energy.
- Date fibers are carbohydrates that slow down the absorption of simple sugars, and these fibers are only partially digested.

Here's what makes them a safe, healthy food, even for diabetics:

Glycemic index (GI): Dates have natural compounds that slow down sugar absorption. These are fiber, sorbitol, fructose and water. Foods with a GI under 55 are considered low, and the GI for dates is 42, less than that of bananas, grapes, prunes and watermelon, among other fruits.

Dietary fiber: Dietary fiber is a carbohydrate that does not break down and is not digested. Instead, it remains in the stomach, small intestine and colon. Dietary fiber helps slow the absorption of sugar into the bloodstream, thereby helping prevent blood sugar spikes.¹ Studies have found that the incidence of diabetes is lower among people who consume more fiber in their diets.² In fact, dates have more dietary fiber than raisins, fresh figs, dried apricots and blueberries.

B vitamins and minerals: Dates are packed with six essential B vitamins - B1, B2, B3, B5, B6 and B7 - which occur naturally, plus seven essential minerals including calcium, copper, iron, potassium, manganese, magnesium and zinc. Many of these, especially magnesium, play a role in controlling blood sugar, reducing inflammation and regulating blood pressure.³ The one mineral dates do not possess is sodium, making them a perfect complement to dairy and meats, hence the ever-popular bacon wrapped dates on many menus.

In addition to their designation as a superfood, dates are also part of the American Heart Association Heart Check Mark program. They are all-natural, gluten-free, non-GMO and vegan-friendly as well.

So don't be shy - add dates to your daily diet - you'll fall in love with the benefits!

Kristy Kneiding is manager of the California Date Commission and can be reached at kkneiding@datesaregreat.com. For more information about dates visit www.datesaregreat.com.

References: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631/>; 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4472947/>; 3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4549665/>



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LET'S INTERACT

A SPEAKER SERIES

Women Leaders Forum is PROUD to announce our 2022-23 Speaker Series! Mark your calendar for the first Thursday of each month to gather with the most amazing women of the Coachella Valley.

OCTOBER 6

Women Who Built the Coachella Valley

Women have made the Coachella Valley what it is today. From aviators to Hollywood celebrities, our valley has a rich tradition of trailblazers. Join us at the Classic Club to hear from the Palm Springs Historical Society's Renee Brown. KESQ News Channel 3's Karen Devine will emcee. A big thank you to the **John & Elizabeth Endicott Foundation** and sponsor **Guaranteed Rate!**



Emcee: Karen Devine



NOVEMBER 3

Give Thanks By Giving Back

In the spirit of gratitude and giving, join us at the Classic Club for an evening with Brooke Beare to hear from local charities and learn how YOU can give back to the Coachella Valley. Sponsored by **Wildest Restaurant & Bar**.



Emcee: Brooke Beare



DECEMBER 1

Dream Big. Sparkle More.

Life is short, so don't be afraid to dream BIG. Be inspired by *Desert Health* Founder Lauren Del Sarto whose many accomplishments started simply as passionate dreams. Nicole Trigg to emcee with catering by Il Corso. Host location and sponsor **El Paseo Jewelers** will also offer discounts and great prizes!



Emcee: Nicole Trigg



Lauren Del Sarto



All events are from 5:30-7:30 pm and include dinner and a glass of wine.

Tickets \$35 for members • \$55 for nonmembers

For tickets and information, visit wlfdesert.org



JOIN WOMEN LEADERS FORUM TODAY!

Connect • Engage • Imagine

Learn, Support, Gather and Play!

Desert Health® is proud to support these community events. We look forward to seeing you out and about!

SEPT. 16-19

International Plant-Based Nutrition Conference

This 10th annual CME-accredited medical conference focuses on "food as medicine" and features industry leaders: Dean Ornish, MD; *The China Study's* T. Collin Campbell, PhD; the Cleveland Clinic's Caldwell Esselstyn, Jr, MD and many more. JW Marriott Desert Springs Resort, Palm Desert. Information and registration: www.pbhnc.com.



Dean Ornish, MD

OCT. 6

WLF's Let's Interact: Women Who Built Our Valley

From aviators to Hollywood celebrities, our valley's history has a rich tradition of female trailblazers. Hear from the Palm Springs Historical Society's Renee Brown and KESQ's Karen Devine. Classic Club 5:30-7:30pm. Tickets include dinner and a glass of wine. Information/tickets: \$25 for WLF members/\$35 for non-members; www.WLFDesert.org; (760) 837.7222.

OCT. 8

Drag Me to Giving Brunch

Come join the festivities as we raise funds for Coachella Valley's Volunteers in Medicine. Enjoy a fabulous brunch, entertainment by Mariachi Arcoiris de Los Angeles, the world's first LGBTQ+ mariachia, and prizes with Master of Ceremonies Bella da Ball. Hosted by Richard Odell and Andrew Uris. 10:30am-12:30pm. Information/tickets: \$50; www.CVVIM.org; (760) 625.0737.



Tim Reed & Lauren Del Sarto

OCT. 29

City of Palm Desert presents Gather at the Gardens Fall Festival

Celebrate the season at The Gardens on El Paseo with live entertainment, lawn games, bubble shows, La Quinta Brewery Beer Garden and more, benefiting YMCA of the Desert. Costume contests with fabulous prizes, trick-or-treating at participating stores throughout The Gardens and music by Lisa Lynn and the Broken Hallelujahs. 2-6pm. Information: www.ymcaofthedesert.org.



Lisa Lynn & The Broken Hallelujahs

NOV. 1

Your Best Health Now Educational Series

Desert Health proudly presents this educational series exploring the variety of health care options - both natural and allopathic - available in the Coachella Valley. Learn about functional medicine from Joseph Scherger, MD of Restore Health; naturopathic medicine from Optimal Health's Shannon Sinsheimer, ND; traditional Chinese medicine from AcQpoint Wellness Center's Diane Sheppard, PhD, Lac; and brain health from Jeralyn Brossfield, MD of Braincare Performance Center Rancho Mirage. Tamara Porter, DNP of My Health. My Advocate will discuss navigating the medical health care system and Financial Advisor Michele T. Sarna, CFP®, AIF® of Beacon Pointe Advisors will present financial health through the decades. Live and ZOOM classes offered over six weeks; Tuesdays 1p-3p. Information/registration: \$50 for the series; www.csusb.edu/olli; (909) 537.8270.

NOV. 3

WLF's Let's Interact: Give Thanks by Giving Back

Join local personality Brooke Beare for an evening of gratitude and giving. Learn about the valley's many non-profit organizations and how you can give back. Tickets include dinner and a glass of wine. Classic Club 5:30-7:30pm. Information/tickets: \$25 for WLF members/\$35 for non-members; www.WLFDesert.org; (760) 837.7222.

NOV. 5

YMCA of the Desert's 35th Annual Hoedown at Sundown

Grab your hat and boots for an evening of old fashioned comradery coupled with an elegant dinner, cocktails and silent and live auctions. Proceeds benefit the Y's many youth programs. Classic Club 5-9pm. Information/tickets: \$150; www.ymcaofthedesert.org; (760) 341.9622.



Matt Garrison, Paula Simonds, Jan Harnik & Patrick Klein

NOV. 11

6th Annual VIMY Awards and WineLover's Auction

Presented by Desert Care Network, this signature event features a wine reception and dinner to benefit Coachella Valley Volunteers in Medicine. Silent and live auctions feature wine and wine-themed baskets, travel, entertainment, art, jewelry and much more. Thunderbird Country Club 5pm. Information/tickets: \$250; www.wineloversauction.com.

DEC. 1

WLF's Let's Interact: Dream Big. Sparkle More.

Life is short, so don't be afraid to Dream BIG. Be inspired to bring your ideas to life by *Desert Health* Founder Lauren Del Sarto whose many accomplishments started simply as a passionate dream. Nicole Trigg to emcee with catering by Il Corso. Held at El Paseo Jewelers 5:30-7:30pm. Information/tickets: \$25 for WLF members/\$35 for non-members; www.WLFDesert.org; (760) 837.7222.



Come Celebrate Our Community's YMCA

For 40 years, the Family YMCA of the Desert has been a trusted community partner focused on providing a place for all to grow, thrive and learn in a welcoming environment. The Y team, board of directors and our valued supporters cherish the importance of strengthening community, creating a greater impact for good and coming together to make a difference.



Family-friendly Gather at the Gardens returns to El Paseo.



Special kids' activities will benefit YMCA of the Desert.

This year, we invite you to join us in generating financial and program support assistance by attending our festive FUNdraising events, Gather at the Gardens and Hoedown at Sundown. Both celebrations are shining examples of the YMCA's commitment to history, creativity and community.

Gather at the Gardens is presented by the City of Palm Desert. Now in its second year, the event was created to address the need for more intergenerational gatherings offering activities and a

memorable experience for all who attend. Celebrating the traditional fall season, Gather at the Gardens will feature costume contests, trick-or-treating, pumpkins, hay bales, live entertainment by Lisa Lynn and the Broken Hallelujahs and a beer garden hosted by La Quinta Brewing Company. The event takes place Saturday, October 29, from 2 - 6 p.m. at The Gardens on El Paseo, and all are encouraged to enjoy a meal before or after at one of the many exceptional restaurants at The Gardens.

Hoedown at Sundown celebrates its 35th anniversary this year and is always a highly anticipated event. Guests enjoy fabulous

food, beverages and both silent and live auctions all in a casual, yet well-appointed, environment. Western wear is encouraged but not required, as we gather with friends to honor the YMCA's history and contributions to community. Hoedown at Sundown takes place November 5 at the Classic Club in Palm Desert from 5 - 9 p.m.



Guests enjoy an elegant dinner at Hoedown at Sundown.

Have fun while supporting our community as an event attendee, sponsor, donor or volunteer! We greatly appreciate your consideration and hope to see you there.

For tickets and more information visit www.ymcaofthedesert.org or call (760) 341.9622.



SATURDAY | OCTOBER 29 | 2-6PM

Bring the family and enjoy lawn games, trick-or-treating at participating stores, costume contest prizes and selfie stations galore!



Purchase a Kid's Activity Wristband to benefit YMCA of the Desert for additional activities



Featuring musical entertainment by Lisa Lynn & the Broken Hallelujahs and the La Quinta Brewing Beer Garden



Dine at one of the many wonderful restaurants The Gardens on El Paseo has to offer!

For more information visit www.ymcaofthedesert.org

If You're A Woman, You're A Leader

Connect, engage and imagine with WLF

Women Leaders Forum (WLF) kicks off its 2022-23 season with a call to members and the community to "Connect, Engage and Imagine." Join this group of amazing business, nonprofit and political leaders, as we gather for an exciting lineup of events to foster friendships and connection, while raising money for WLF's Young Women Leaders Scholarship Program.

This forward-thinking and community-minded nonprofit organization features a range of informative and charitable activities including a monthly "Let's Interact" educational speaker series, "Giving 2 Hours" volunteer opportunities, a winter "Women with Goals" hockey 101 event, CV Collaborative, WLF Book Club and the annual Women Who Rule scholarship luncheon to be held in May 2023. An online membership directory will be available soon to further connect members.

"Women Leaders Forum has experienced unprecedented membership growth due in large part to its commitment to providing members with exciting programs, philanthropic opportunities and networking tools to enrich all women both personally and professionally. Our mantra is #BetterTogether and our mission is to develop, empower and serve leaders of all ages and backgrounds to elevate the Coachella Valley," states WLF President Jenell VanDenBos.

The organization's talented group of entrepreneurs, executives and philanthropists further supports the next generation of women leaders through its Young Women Leaders (YWL) program awarding academic scholarships to Coachella Valley high school seniors. YWL is an engaging, educational outreach program that has served local young women since 2001. Students who participate in the program receive training, informational resources and access to women leaders in the community who serve as role models. The program's goal is to guide young ladies into roles of leadership and success as they prepare for college, business and life. Seniors who successfully complete the educational programming and project requirements are eligible to apply for either a need-based or merit scholarship. To date, WLF has distributed over \$800,000 to support these young women, and applications are now available for this season. Register by September 25 to reserve a spot; sessions begin in October.

Businesses seeking to promote themselves to this highly accomplished group can choose from several sponsorship levels for the season, along with opportunities at its largest annual fundraiser, Women Who Rule. WLF is focused on building trusted relationships with its sponsors by encouraging them to attend the organization's events and engage with members and guests. Furthermore, WLF encourages members to support our sponsors when looking for new products and services.

For additional information on Women Leaders Forum, membership, event tickets, sponsorships and the Young Women Leaders program, visit www.wlfdesert.org.



Women Leaders Forum's 2022-23 Board of Directors



35TH ANNUAL

HOEDOWN AT SUNDOWN



NOV. 5 5-9PM

Cocktails, Camaraderie, Dinner, Silent & Live Auction
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Toasting a Great Cause

CVVIM's WineLover's Auction returns

Coachella Valley Volunteers in Medicine (CVVIM) is proud to announce their sixth annual VIMY Awards & WineLover's Auction to be held November 11 at Thunderbird Country Club in Rancho Mirage.

The VIMY Award was created to honor a significant contributor to health care in our Coachella Valley and beyond. This year's VIMY Award recipient is Desert Healthcare District and Foundation whose vision is to connect Coachella Valley residents to health and wellness services and programs through philanthropy, health facilities, community education and public policy.

"This will be our sixth event and I'm absolutely delighted with how everything is coming together," said CVVIM Executive Director Doug Morin. "It will be a beautiful evening but most importantly, we will be raising much needed funding to support both of our east and west valley CVVIM offices and the services we provide to our Coachella Valley neighbors in need."

In addition to an elegant dinner paired with spectacular wines, guests will have the opportunity to bid on unique and exciting auction items. Event and Communications Manager Mary Martin-Coor adds, "We are working on some new and exciting live auction items for this year's VIMYs. A Paso Robles Wine Experience stay and wine tour/tasting for four, a trip to Lynchburg, Tennessee to tour the Jack Daniel Distillery, and a VIP Tasting & Stay at Christopher Creek Winery Estate in Healdsburg, California to name a few!"



Thunderbird Country Club offers a spectacular setting.

The event is the non-profit's largest annual fundraiser and supports free medical services provided to those in need. While nearly all personnel time is volunteer, funds generated help to cover hard services such as X-rays, MRIs, and other diagnostics, lab work, and medications. CVVIM does not receive government funding or insurance reimbursement and operates solely on individual and corporate donations, grants, and fundraising.

This much anticipated event sells out every year, so get your tickets today and join us in raising a toast (and funds!) for Coachella Valley Volunteers in Medicine.

The VIMY Awards & WineLover's Auction will be held Friday, November 11, at 5 p.m. at Thunderbird Country Club in Rancho Mirage. For tickets and information, visit www.WineLoversAuction.com. For more information about Coachella Valley Volunteers in Medicine, please visit www.CVVIM.org.



VIMY Event Chairman Joe Gandolfo and CVVIM Executive Director Doug Morin

The 16th Annual Paint El Paseo Pink Walk Returns

Time to get that PEPP in our step! Desert Cancer Foundation is thrilled to present the 16th Annual Paint El Paseo Pink walk on Saturday, October 8, starting at 7:30 a.m. with an inspirational ceremony.

Join this beloved community event and support a dual mission: to raise breast cancer awareness and much needed funds for cancer care. Proceeds from Paint El Paseo Pink stay right here in the valley and will help pay for cancer care and treatment on behalf of residents who need financial assistance.

The event kicks off with photo opportunities and welcoming remarks from City of Palm Desert council members and community partners. The procession will begin and end at The Gardens on El Paseo at 8 a.m., with an approximate two-mile round trip up and down El Paseo.

Everyone is invited to wear PINK as participants march together to honor courageous survivors, as well as friends and family currently undergoing treatment. It's also a time to remember our loved ones whose journeys were cut short by cancer. Gather your family, friends, co-workers and cute furry companions and help raise funds for individuals fighting the fight and those in need of financial support for screenings, diagnosis, treatment and more.



A spectacular day is had by all who attend Paint El Paseo Pink.

"Paint El Paseo Pink is a special event that brings comradery, hope and inspiration. It's heartwarming to come together for a great cause and in support of our community members," said Desert Cancer Foundation Executive Director Eevet Edens. "We are incredibly grateful for our health care partners, sponsors and individuals who participate year after year."

Pre-registration is \$35 and includes a pink commemorative T-shirt. In addition to individual registration, groups can form an official team, encouraging others to join with a goal to raise additional funds; team progress can be tracked on the event website.

This year's Presenting Pink Diamond Sponsor, Eisenhower Lucy Curci Cancer Center, is joined by health care partners Desert Care Network Comprehensive Cancer Center, Desert Oasis Healthcare and Kaiser Permanente. Generous community sponsors include The Auen Foundation, El Paseo Jewelers, The General Air Conditioning, Brad Schmett Real Estate Group, City of Palm Desert, SkinLab by Cosmetic Surgery Institute, Southern California Gas, 1st Bank and Walter Clark Legal Group. In-kind sponsors include Alpha Media Group, The Gardens on El Paseo, NBC Palm Springs and Signarama Palm Desert.

On behalf of Desert Cancer Foundation's Board of Directors, staff members and event committee members, we thank you for your ongoing support!

For more information and to register today, visit www.paintelpaseopink.org.

WALK & raise funds for CANCER CARE!

Join us for the 16th annual walk to raise awareness for breast cancer and funds for residents in need of treatment!

16TH ANNUAL
Paint El Paseo PINK

PRESENTING PINK DIAMOND SPONSOR
EISENHOWER HEALTH CURCI CANCER CENTER

SATURDAY, OCTOBER 8, 2022
Ceremonies 7:30 AM / Walk at 8 AM

Register Today!
PaintElPaseoPink.org



We Pay for Cancer Care.

**AROUND
HERE,
WE FIND
BALANCE.**





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