



Desert Health[®]

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September/October 2023

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The Future of Food

Trending towards the greater good



A shift is taking place in the choices we make about food. For generations, we've been influenced by taste, traditions and often our waistlines, prioritizing appearance, pleasure and personal satisfaction. But according to international advertising agency TBWA's new *Future of Food* report, growing trends are putting people and our planet first.

The fascinating compilation was created by Backlash, the agency's "culture intelligence" arm which curates culture-shaping trends across the globe for clients such as Apple, McDonald's and PepsiCo.

Driving the trends are the new realities our planet faces and a younger demographic with a deeper interest in where things originated and where they are going. The trends are not only affecting personal choice, but disrupting industry and influencing policy - all for the greater good.

Some of the factors shifting societal change, they say, include:

Climate change. The global food system accounts for approximately one third of greenhouse gas emissions, and food is increasingly at odds with

imperative climate goals. How we grow food is a key ingredient towards a more sustainable future.

Wellness. Consumers are starting to recognize the medicinal value of food, seeking nutrient-dense offerings over those void of elements that fuel us. The lines between food and pharma are also blurring, the report adds, with personalized nutrition and stress-reducing diets elevating food's role in medicine.

Demand for transparency. Food labels have failed us, and consumers are requiring more. Brands are listening and competing to stand out with more informative, ethics-driven labels that help shoppers "put their money where their values are."

Cultural curiosity. There is a growing trend to reconnect with our roots and young people are curious about multicultural cuisine. Social media is abuzz with YouTube channels like "Pasta Grannies," giving traditional Italian dishes new life online. Pinterest data shows searches for traditional cuisine up over 100%, with restaurants and food festivals feeding the frenzy.

The shifts are also giving rise to new words like "regenivore," a diet that prioritizes foods from companies practicing regenerative agriculture

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A Story that Inspired Half a World Away

By Lauren Del Sarto



I tend to be an open book, as many of you know. If sharing your story can brighten even one person's journey, I feel it's worth telling. But I never imagined my story would inspire a beautiful soul half way around the world, or that I would have the honor of becoming a part of hers.

In 2018, I was diagnosed with breast cancer and documented my journey in *Desert Health*. Following extensive research, I chose to do cryoablation, a minimally invasive procedure which freezes the tumor and was in clinical trials at City of Hope. I also adopted significant lifestyle changes and began a variety of natural immune enhancing therapies.

Years earlier, I had interviewed Kelly Turner, PhD, author of *Radical Remission: Surviving Cancer Against the Odds* and used her book and online database of case stories (RadicalRemission.com) for my personal research. Because the path I chose was different from the current standard of care, the Radical Remission team asked me to add my success story to their database.

In May, I received an email from Leith Sharp, a Harvard academic from Sydney, Australia. She was

first diagnosed with breast cancer in May 2022. Her tumor was only 1cm, but markers indicated rapid cell reproduction (Ki-67 of 40%) and a high risk of distant reoccurrence (oncotype score of 38), so she elected a lumpectomy three weeks post-diagnosis. After surgery, it was determined that they didn't get clear margins, so she returned for a second surgery 10 days later.

Like me, Leith chose not to do the recommended radiation or hormone blocking medication. Unfortunately, nine months later her cancer returned.

"I discovered the information on cryoablation through Lauren's case study on the Radical Remission Project website," she says. "Her links to the research were compelling and much of her story resonated with me." Leith's cancer profile made her a candidate for cryo (invasive ductal carcinoma, ER/PR positive and HERS2 negative) and like me, she was driven to get to the root cause of her disease.

She reassessed her diet, increased exercise and worked on releasing deeper emotional blockages that were driving stress. She researched and underwent many natural therapies and wanted to learn more

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A COMMUNITY BUILT ON CARE



For Our Future

From one generation to the next, the only certainty is change. Throughout the years that separate us, technology and industry advance, policy and leadership shift and world challenges emerge.

We go through similar phases. When we're little, so is our sphere; it helps keep us in that enchanted bubble called childhood. As we grow, so does our concern for the bigger picture.

Yet today, we are at a peculiar impasse. The challenges our planet faces are so profound, even our children are taking note - and young adults are taking action.

We see their global impact in "The Future of Food" (p.1) and their local efforts in our OneFuture column (p.8). We also see the effect this heavy burden instills mentally and emotionally emphasizing the importance of healthier choices (p.12). Mindfulness is becoming a way of life for this next generation, and we can all use the reminder that gratitude (p.11) can be miraculous medicine (p.14).

Young adults have always respected action over instruction, so let's lead by example. We see the changes they desire blossoming throughout our valley as businesses embrace wellness (pgs. 3 & 21). We can each do our part to contribute to the greater good.

Pictured here is my inspiration, our five beautiful grandchildren. I know that so much of what we do today will make tomorrow's solutions easier for them to find.

Spread love and be well ~

Lauren

Lauren Del Sarto
Founder/Publisher

From the top: Bella and Jackson, Owen, Lynnlee and Bodhi...and Jacks reading Desert Health (we start them young :)



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Cocün Wellness Center Planned for Indian Wells

By Lauren Del Sarto

David Delrahim has found his life's purpose. The successful businessman and CEO of Platinum Energy is prioritizing self-care over spreadsheets, creating a model community focused on well-being in an effort to deter disease and maximize human vitality.

His vision will launch in Indian Wells where Delrahim has purchased the 15-acre lot on Highway 111 west of Miles Avenue. Known initially as the Miles Crossing project, the planned multi-use development will include condos and a premier hotel. At the heart of the complex is Cocün, a full-service wellness center featuring a wide range of integrative health and wellness services to make personal wellness lifestyle choices easy and accessible. The center will be open to the public and include learning and community spaces. Planning and permitting are underway, and a ceremony to bless the land has already taken place.

The goal is to create awareness about evidence-based wellness therapies and empower the practice of everyday wellness to unite community. "I believe that at the core of all we do is human connection, and that leads us to community," says Delrahim in an interview with *Desert Health*, "and that in itself is very healing."

Cocün's offerings will be powerful and impactful, he adds. Elements and ideas will spawn from his Cocün Wellness Institute planned as a pioneering enterprise dedicated to advancing the understanding and practical application of holistic health and wellbeing through three key pillars: pioneering thought leadership, innovative research, and global and local impact and outreach. According to his team, many leading minds have connected with Delrahim, sharing his interest and belief that the problems impeding human health can be solved. "We are not leaving any stone unturned," he shared. "It's a commitment and responsibility that we are honored to accept."

Delrahim's journey of discovery began 16 years ago with the loss of multiple loved ones to cancer. Deep thought on why mankind endures illness inspired his need to find answers, and he began passionately researching the topic. "It became a mission for me; the deeper I got, the more interesting it became."

He found much fragmentation in the research and service delivery. Delrahim made a wish that one day he would have the means to bring it all together, so others could find answers on their wellness journeys. His hope is that people from all walks of life will come to Cocün to learn, and to be guided and supported.

Starting with those in his care. Delrahim has already created a successful model within his own office creating a life-enhancing health and wellness movement for his corporate employees. Group fitness and mindfulness classes take place during paid business hours at no cost to his team, and healthy meals and snacks are provided.

"He gave us the tools and permission to put ourselves first," said manager Lisa in a video about the program. Team member Jose added, "He is the best employer I have ever had, and I am so blessed."

"As a businessman, when I sell commodities, it is a trade. But there is no trade for humankind and humans need to come first," states Delrahim. "Work is a continuation of home, and home is a continuation of work, and you cannot segregate the two. Although you're moving from one place to another, you are taking all of your 'stuff' with you."

He advises other leaders to start with those in their care enhancing access to physical and mental resources. "They start living healthier and fuller lives and will share that with family and friends." The positive results radiate out from there.

"More than any other time that I remember, people are disconnected. It is that love and care that creates connectivity and changes perspective, and you cannot put a price on that."

He says his love of people drives his purpose and he has created a community within his corporate workplace where his retention rate is 100%.

Finding Indian Wells. According to Delrahim, who was looking for land in other parts of the valley, this spot was the right place, at the right time, with the right mindset. "I find being a part of Indian Wells nothing short of a blessing. This land was waiting for us. I am humbled, our team is humbled, and we are coming to Indian Wells to be an inclusive part of the entire community."

"This is such an extraordinary project, and we are very excited about it," says Indian Wells Mayor Donna Griffith. "I have lived here my entire life and have been waiting for something really special to come to that property, and David's vision is just that."

Delrahim hopes this will be a multi-generational undertaking for him and his family. "The journey of how it came to be is truly magical, and it is my hope that my kids and grandkids will one day take over."

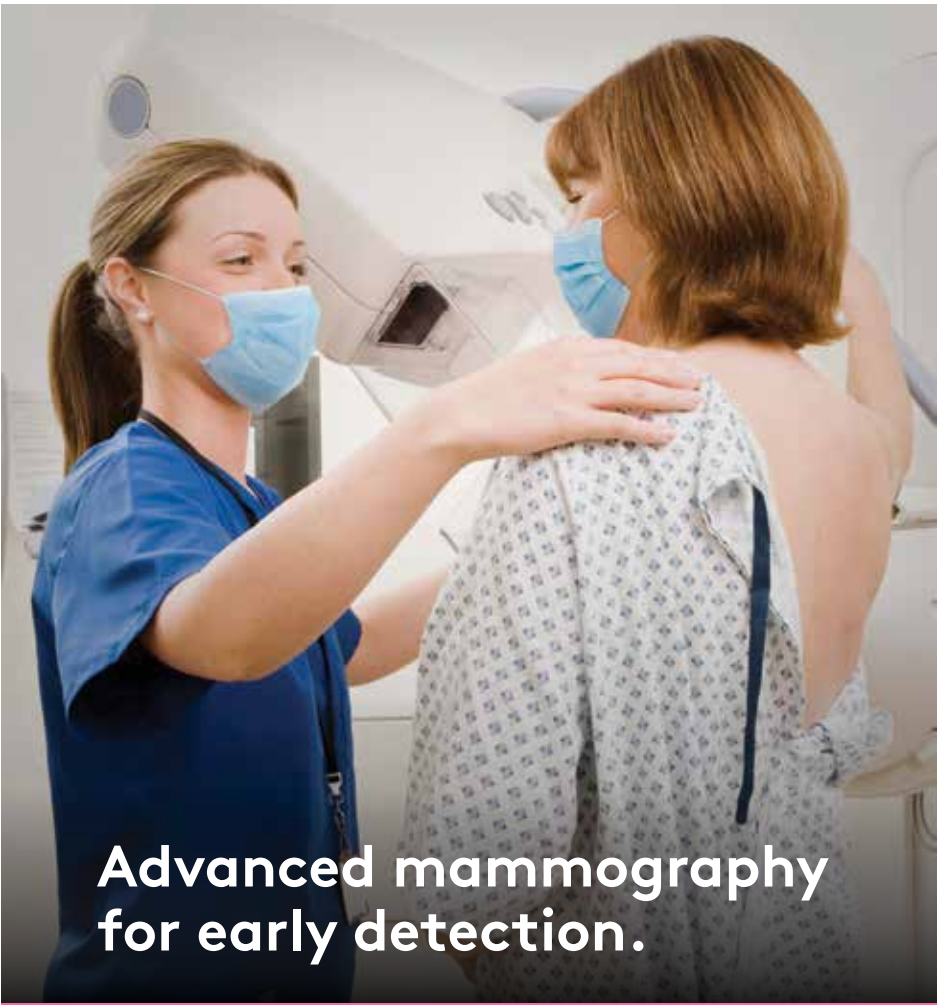
He feels that Cocün is a vessel through which to share his life experience in an effort to support the greater good. "It is one thing to learn something, but it is another to live it. When you do, you often feel that it is so profound, you have to share it with the world." He hopes that it will be a model for future facilities and that one day there will be a Cocün in every community.

"Cocün will embrace the transformation we are all seeking, to raise from earth's gravity to our highest possible vibration, just as a caterpillar transforms into a butterfly." Their heart-centered mantra, he concludes, will be "stay in love, because once you are in the state of love, you see everything through the lens of love."

For updates on Cocün Wellness Center, visit www.cocun.com. Lauren Del Sarto is founder/publisher of *Desert Health* and can be reached at Lauren@DesertHealthNews.com.



Developer and visionary David Delrahim



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7 Ways to Become a Famous Doctor

A Desert Health review by Lauren Del Sarto and Emma Feller

Many professionals become experts in their field and long to share their passion, message or innovation with the world. One of the best ways to do this, of course, is via television, radio, print and online platforms which can reach millions. But this aspiration can be challenging - especially for those in the medical field who are standardly not taught the tricks of the media trade. Therefore, coaching from an experienced individual can help lead the way.

In his book, *7 Ways to Become a Famous Doctor*, Roland Perez of Windsor Media in Palm Desert offers doctors a compass to navigate these various mediums. He explains what is required, how to prepare and how to ultimately achieve success and notoriety.

Perez presents his media training as if in conversation, like your favorite college professor teaching a subject you are eager to learn. He purposely repeats important information, highlights helpful tips and even provides a glossary of essential media terminology.

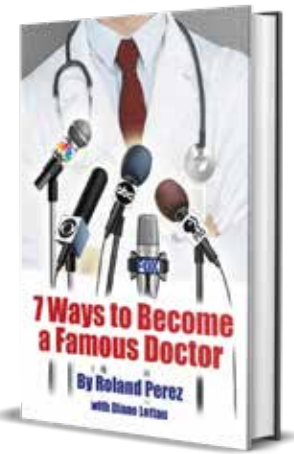
Perez's style has the same flare as the television industry in which he excelled for over 30 years. As the executive producer of his award-winning program, "American Health Journal," airing on ABC, NBC and PBS, he has conducted more than 7,000 interviews with doctors and has personally witnessed numerous journeys in achieving media popularity; *7 Ways to Become a Famous Doctor* serves as a culmination of their successes and failures.

Emphasis is placed on the importance of creating, perfecting and practicing your pitch, the studied information you will relay in every interview. The author educates readers on the different types of pitches and how to expertly deliver each. He advises on what to wear (a size-larger lab coat will hang better around your neck), how to project and how to interact with the crew.

Be aware of your background and surroundings, he advises, adding that it's okay to have an associate peek through the camera at your television frame (remember Pence's fly?). Other great advice: ensure images and B-roll appearing with you are reviewed and pre-approved. Perez discusses how writing a book can bolster your career and the importance of building a team of media professionals with experience in your field.

We strongly recommend this easy-to-read and enjoyable book for medical practitioners - or experts in any field - seeking exposure on a larger stage. It conveys unique and extremely useful advice that otherwise may not be considered, offers countless examples on how to adapt to obstacles, and provides necessary tools for achieving success in broadcasting your passion and message in the media spotlight.

7 Ways to Become a Famous Doctor is available at Amazon. Author Roland Perez can be reached at windsormediastar@gmail.com. Del Sarto and Feller are with *Desert Health* and can be reached at lauren@deserthealthnews.com.



Unlocking the Future: AI in Health Care

Part 1: What is Artificial Intelligence?

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

Imagine you have a friend who is very smart and knowledgeable based on their experiences and photographic memory. They use what they've learned to help you with different tasks and problems. Imagine teaching your friend how to play a card game. At first, they might not know the rules, but with more play, they start to understand how the game works and get better at it; they remember the strategies that work well and avoid the ones that don't.

Artificial Intelligence (AI) is a bit like that smart friend. It's a special kind of computer program that can learn from the information and experiences it's given. Just like your friend learns from playing more games, AI can learn from looking at lots of pictures, reading many articles or even watching videos. However, AI only knows how to do what it has been taught.

Generative AI, on the other hand, is like your more "creative" friend - the one who doesn't just follow the game rules, but invents new games to play with a little gossip on the side! Or that super creative friend who can draw beautiful flower sketches once they've seen a few examples. However, just like our creative friends, generative AI can hallucinate facts. As you wouldn't believe everything you hear from that friend, it's important to check what generative AI creates to ensure information is trustworthy and accurate.

What's the difference between Google and generative AI? With Google, you pose a question and the search engine finds the highest-ranking answers from the web that have been created by people/companies. In comparison, generative AI creates new information, pictures, videos, etc. based on what it has learned. AI uses step-by-step procedures (or algorithms) to perform tasks or make decisions based on data and can improve performance over time. The goal of AI is to enable machines to think, learn and perform tasks that traditionally require human intelligence. (Don't get frightened about this yet; in my next article, I'll show you how this can be a GOOD thing in health care).

AI can help with all sorts of things. It can recognize your voice and understand what you're saying, so you can talk to your phone or computer, and it will listen. If you have "Alexa" in your home, you are already using a form of AI! It can also help doctors look at X-rays to find problems. But remember, just like your friend needs the right information to learn, AI needs good data too. Information from Apple Smartwatches, step counters and remote pacemaker monitoring devices are examples of health care data being generated from patients and utilized by health care professionals to identify patterns and abnormalities to provide insight into your health.

So, think of AI as a helpful digital friend that learns and grows smarter to assist us in different tasks, making our lives a little easier and healthier. In my next article (Part 2), I'll share how AI is being used in health care now, its future uses and how it can play a crucial role in empowering patients and families to advocate for better care. For Part 3, I'll explore what you need to be aware of when it comes to generative AI in health care and how to protect yourself and your family.

Dr. Porter is CEO and founder of MyHealth.MyAdvocate in Palm Desert. She is an experienced health care professional with over 30 years of nursing practice dedicated to unraveling the mysteries of health care processes and advocating for patients, families and caregivers. Immediate assistance is available by calling (760) 851.4116. www.myhealthmyadvocate.com.

Sources: 1) <https://www.forbes.com/sites/bernardmarr/2023/07/24/the-difference-between-generative-ai-and-traditional-ai-an-easy-explanation-for-anyone/>; 2) <https://www.mckinsey.com/featured-insights/mckinsey-explainers/what-is-generative-ai>



To Pink or Not to Pink. That Is The Question.

By Shay Moraga



Well, it's that time of year again - Breast Cancer Awareness Month - or as many call it, "Pinktober." I never really understood how many breast cancer survivors dread this month until I had it myself and really took the time to listen to other people's viewpoints. But does anyone ever really understand what is behind something unless it affects you or someone you love?

For nearly four decades our country has recognized October as National Breast Cancer Awareness Month. While the pink running ribbon is the trademark of the Susan G. Komen Foundation to signify the promise between two sisters to help end breast cancer, any pink ribbon now can be used. In fact, as the famous month rolls around, pink is on everything - from pens to kitchen appliances - all claiming to give back to breast cancer. But does anyone ever investigate how much actually goes to breast cancer patients and survivors?

Breast cancer awareness month began in 1985 as a partnership between the American Cancer Society and a pharmaceutical company with the help of Betty Ford, herself was a breast cancer survivor at a time when no one talked about it. She brought worldwide attention to women's health care because her husband was President Gerald Ford. A pioneer of her time, she used her famous platform to raise awareness, educate and empower women to take charge of their health, to learn about self-breast exams and how early detection could save lives. While all of this was done with the best of intentions, some breast cancer survivors cringe seeing pink at every turn. You can't get away from spotting the famous color at gas stations, grocery check-out lines and almost every place in a mall in an effort to sell something.

Some organizations state that the dollars raised go directly to breast cancer patients, survivors or research to end breast cancer. Let's face it, when you hear these gut-wrenching stories, your emotions want you to give to be a part of ending this horrible disease. Even though I have personally given thousands, I never investigated the organizations to which I donated until a conversation with a cohort of 100 or so breast cancer survivors opened my eyes to the world of "Pinktober." To identify the good from the not-so-good, here are some questions to ask before you donate to a company or organization:

- How much of my donation will directly support breast cancer patients or breast cancer programs?
- What will the organization do with the funds I donate, and how does this directly affect the breast cancer community?
- When donating to a local hospital, ask if your donation can specifically help breast cancer patients in need.
- Ask yourself how you want to help the breast cancer community: through research, through cancer care support or through ongoing survivorship programs.

There are so many ways to give pink. Just remember it is important to know where the pink you give goes.

Shay Moraga is founder and visionary of Shay's Warriors Life After Cancer. She is a stage 3 TNBC Survivor, Yoga for Cancer instructor and coach. For more on Shay's Warriors Life After Cancer visit www.shayswarriors.org.



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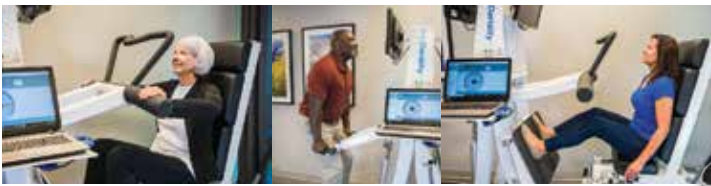


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A Safe Return from Your World Travels

The goal of the travel medicine specialist

By Jade Bedard, MSN-Ed, BSN, RN & Shahriyar Tavakoli MD, MHA, FCCP

Travel medicine is a specialty field which concentrates on the health and well-being of individuals traveling internationally. One of the most important aspects is providing preventive information and medical advice related to the health risks associated with specific international destinations. Travel medicine also provides essential information about the prevention of various infections, local health requirements, personal safety, environmental hazards, immunization and preparedness for complications due to underlying illnesses.

A good example is a consultation we recently had for a family leaving in six weeks for Kenya and Tanzania to dig wells in rural areas and then continuing to a safari adventure. The travel medicine specialist discussed the yellow fever vaccine, which is not only for protection, but also a requirement to enter those countries. Furthermore, food and water safety, risks associated with the lack of accessibility to potable water, and illnesses transmitted through these vectors, including but not limited to polio, hepatitis A, typhoid fever and cholera, were also reviewed during the consultation.

Considering both difficult access to medical care while abroad and sporadic international outbreaks, routine vaccines such as measles, mumps, rubella, tetanus, diphtheria and pertussis were also reviewed.

Travel medicine not only ensures safe travel without the discomfort of infection-born symptoms, but also saves lives. Rabies kills one person every nine minutes amounting to a staggering 59,000 deaths per year worldwide. It is fatal once symptoms appear

and yet, it is completely vaccine preventable. The travel medicine specialist's role is to educate travelers on such common diseases and evaluate the risks to best protect them and avoid these needless tragedies.

Additional life-threatening diseases are transmitted to humans through insects. For that reason, prophylaxis and all their possible interactions with current medications are discussed with recommendations on the most efficient and safe insect repellents and preventive measures to use based on each individual, their age, sensitivities and medical history.

All too often, travelers overlook sickness that can result from maladjustment to a foreign environment. For the climbing adventurer exploring the heights of this world, medication such as Diamox may be prescribed to hasten acclimatization to altitude illness, while scopolamine patches can be prescribed for deep sea discoveries. Environmental exposure such as cold temperatures, low humidity, increased ultraviolet radiation and air pressure are all very real concerns that cannot be overlooked and can have life-threatening consequences.

Counseling on environmental hazards and the adoption of safe behaviors that minimize risks of complications or emergency evacuations are all a part of a travel medicine specialist's services.

Discovering the world and all it has to offer is an amazing life-altering privilege. Ensuring that your international journey enriches your life, and that your return home in full health on your terms, is the goal of a travel medicine specialist. You share your travel dreams; your specialist shares their expertise.

Registered Nurse Jade Bedard holds a Certificate in Travel Health™ and is with Worldwide Travel Health, Inc. in Rancho Mirage. Dr. Tavakoli is medical director of the practice and both can be reached at (760) 895.4097. For more information visit www.worldwidetravelhealth.com.



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Prostate Health and Cataract Surgery

Understanding the important connection

By Keith G. Tokuhara, MD

How does prostate health affect cataract surgery? One of the most common medications used to treat benign prostate hypertrophy is Flomax, also known as tamsulosin. If you look carefully at the labeling on Flomax, there is a warning for patients undergoing cataract surgery of which many may be unaware.

Flomax works by blocking the alpha receptors in the smooth muscle of the neck of the bladder and urethra to relax and allow for improved urine flow. However, these same alpha receptors are also located in the smooth muscle of the iris. People who use Flomax have higher risks of complications during cataract surgery due to the effects of the medication on the iris causing small pupil size (miosis) and relaxed iris muscle tone.

Flomax is not the only medication that can cause iris problems during cataract surgery. Other medicines that work on alpha receptors used for hypertension, such as Cardura and Hytrin, can have similar effects.

During cataract surgery, the cloudy lens, which is located behind the iris, is removed from the eye. For people with a history of Flomax use, there is a high association with floppy iris during surgery. The syndrome is aptly named, "intraoperative floppy iris syndrome."

Due to the lack of muscle tone, the iris can prolapse completely out of the eye through the incision during surgery causing permanent damage to the delicate iris structure. For patients who suffer from iris prolapse, the iris damage leads to long-term negative visual consequences of debilitating glare and light sensitivity.

One common question patients ask is if they stop taking Flomax, will it lower their risks? The answer is unfortunately, no. Even a history of Flomax use years in the past can increase the risk of floppy iris and complications during surgery. Stopping the medication, one week or even one year prior to surgery, does not seem to alter or reduce the risk of iris complications.

For patients with a history of Flomax use, cataract surgeons often take special precautions in preparation and planning for surgery to lower the risk of iris damage. For instance, one common technique is the use of iris retraction devices, such as iris hooks or iris rings, that help maintain the shape of the pupil during surgery.

Fortunately, for those who have suffered iris damage from floppy iris after having cataract surgery performed, some cases can be repaired. But the key is to never have the problem in the first place. Let your surgeon know if you have a history of prostate problems or have used medications like Flomax, even if it was 10 years ago. That way your surgeon can take the extra steps and precautions necessary to avoid damaging your iris during surgery.

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



Medications past and present may affect cataract surgery results.



Branding: Build it and They Will Come

By Isning Gamez

You've spend a good portion of your life studying and perfecting your trade. You are passionate about your work and have garnered recognition for a job well done. You have established your own practice and business is steady. You are well respected by both your peers and patients, and honored by the referrals they generate.

But is banking on referrals enough for long-term growth? And how do you reach all who have yet to know you and the exceptional services you offer? Building your brand is key to establishing a pipeline of clients to help sustain your business for many years to come.

Begin organically

If you consider yourself an authority in your field, then teach others about it. Providing your knowledge freely - through writing, speaking, interviews, videos, etc. - garners respect and helps establish you as a leader within the community and beyond.

Presenting information through education is an organic means of marketing and is mutually beneficial to both your business and to consumers eager to learn. Demographics in the Coachella Valley lend themselves to health-conscious audiences looking for options and resources. Keep in mind that it is important to present educational information and not to present a marketing or sales pitch.

Start a blog, contribute educational editorial to medical websites or niche publications like *Desert Health*, contact media and podcast hosts for interviews, and reach out to organizations and clubs that may be looking for health speakers.

Associate to elevate

We are often judged by the company we keep, so consider others with whom you align. Select well-respected organizations, entities and arenas, and surround yourself with professionals that work with others you respect in your field.

It's all about the presentation

When you put yourself out there, customers will come looking for you, so it is important to present yourself professionally and to ensure your business is easy to find. According to the National Institutes of Health, close to 75% of the population seeks health information online first.¹ Thus, your online presence should be a top priority.

Do you have a website, and is it professionally created and maintained? Is your site easy to navigate and user-friendly? Is your brand messaging consistent and unified throughout your site? Has it been updated recently? Does it appear at the top of Google searches (search engine optimized)? These factors significantly reflect on your practice's brand, so you should have a full understanding and full confidence in their appearance and performance.

Do you have a professional presence on social media (Facebook page, Instagram account, LinkedIn profile)? Do you actively participate at optimal times? Do you tag those who can help further distribute your message? Do you reply to questions and comments from others?

Once you have these platforms established, uploading videos of yourself speaking on select topics is encouraged. They don't always have to be polished as authentic and organic material can be very well received.

Marketing shouldn't be your job

As a busy professional, you are not expected to also be a marketing whiz. Leave that to the experts and surround yourself with an experienced marketing team.

Hiring experts familiar with your field can help you assess where you are and where you want to be. Have a professional evaluate your online presence and offer examples of others presenting themselves successfully. Ask them to research and show how you compare to your competition. Work with them to create the vision for your business you would like the rest of the world to see.

Social media specialists can create presence and help maintain posts or can help train someone on your clinical staff to manage the task. A videographer can create formal and informal videos suitable for a variety of marketing purposes including your website, social media, online advertising, television commercials and more.

Branding yourself and your business may be an investment of time and money, but the dividends it pays go a long way in elevating you and your brand.

Isning Gamez is an award-winning producer, designer and videographer and can be reached at (760) 610.4106. For more information, visit www.isning.com.

Reference: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8701665/>



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Students Win with Campus Safety Model

When we think of emergency preparedness, the last word that comes to mind is student. However, students from Coachella Valley High School (CVHS) continue to prove that they can contribute to a safe campus and reach out to the community to address unmet health awareness needs.

Students need more than what lectures and the internet provide. With limited opportunities for work-based learning, opportunities must be reimagined. Some schools have incorporated academy models which provide learning in the classroom and career fields of their choosing. High school students interested in health careers, who normally earn job shadow experience, lost most positions in the wake of COVID. The learning needed to continue, so job shadowing had to be reconceptualized.

We couldn't retreat to the classroom without re-emerging with some level of work experience. Working with organizations that never close would become key to the "new" work-based learning model. The County of Riverside County Office of Emergency Management (RivCo EMD) Medical Reserve Corps (MRC) was already a partner of high schools throughout the county. Along with Innercare and Flying Doctors, RivCo EMD worked with CVHS Health Academy to build work-based models into field and in-school settings.

Field Settings. Desert Healthcare District's Community Health Needs Assessment identified the eastern Coachella Valley as an area with dozens of unmet needs such as decreased access to health care, high incidents of diabetes and cardiovascular disease, and general access to health care. As a project with RivCo MRC, CVHS would create Student Screening Services: Health screenings for our community.

On scheduled days, under the supervision of certified faculty, students provide non-invasive screenings for participants who would otherwise not be able to obtain them due to schedule constraints, limited resources or lack of health insurance. Based on the findings, students would also provide health education, then refer uninsured subjects to Innercare for follow-up care and an application for health insurance.

Work-Based Learning. Also working with RivCo EMD and CVHS school administration, CVHS students created SOS: Save Our Schools program. During teacher professional development days, students would provide Stop the Bleed, emergency jump bag training and practice scenarios such as on-site medical, shelter-in-place and active threats training.

From their efforts, two of the four CVHS MRC teams earned top honors at the HOSA-Future Health Professionals California State Leadership Conference in March 2023. Team Cardoso, Lopez, Lucas, Lomberra, Paz and Ysiano claimed the gold medal for MRC projects, and team Aceves, Coronado, Garcia, Mejia, Mendoza and Vega claimed bronze.

In a time when campus safety preparation should be at its highest, when students are part of the plan working with public, private and nonprofit agencies, education truly happens.

The best part is that the program is gaining popularity within the eastern Coachella Valley. Teams are being requested at events and will expand their Student Screening Services and Save Our Schools model to other schools. Working with OneFuture CV in the fall, the team will participate in an Incident Management Summit, where leaders of public safety will gather with educators to address campus safety strategies and best practices.

Simon Moore is the CVHS Health Academy Coordinator and has worked for over 25 years in emergency medical services and career technical education.

Why do I Need a Root Canal?

By Sarah A. Khoshniyati, DDS

Have you ever been told you may need a root canal but have no idea why? Many patients associate root canal treatment with dental pain. This specialized procedure is performed to treat infection and/or infection in the tooth's pulp tissue, which consists of nerve fibers and blood vessels. During treatment, the damaged portion of the tooth, whether it be a fracture or decay, along with the pulp tissue will be removed, the nerve canals will be shaped and cleaned, and the root canals will be filled and sealed. After this procedure, the tooth may need a filling or crown to restore proper chewing function. Here are some common reasons a root canal may be necessary:

Fractured tooth. Have you ever bit down on something hard and felt a tooth cracked? In many instances, the crack is so small it may have only affected the outside layer enamel. However, if a fracture or crack propagates further into the pulp tissue, a root canal may be indicated. Treatment will depend on the severity and type of fracture that occurred.

Deep decay. Tooth decay forms when oral bacteria come in contact with starches and sugars from food and drinks, forming acid that attacks the enamel causing demineralization which can lead to decay. If left untreated for an extended period of time, the decay can continue to extend into the pulp tissue causing infection, inflammation and pain. Once the pulp is involved with decay, your dentist will recommend a root canal to treat the infected or necrotic pulp tissue (dead nerve).

Dental abscess. When infection inside the pulp spreads outside the tooth's root structure and into the surrounding soft tissues and bone, a dental abscess can occur leading to swelling near the affected tooth, or sometimes beyond if severe. Some patients may even notice a bad taste in their mouth. An abscessed tooth may require a root canal to clean out the local infection and if necessary, the surrounding bone and soft tissue. The goal is to remove the source of infection, however, if the tooth cannot be saved, unfortunately the alternative is an extraction.

Deep existing restorations. Any time treatment is performed on a tooth, trauma occurs. If there is large decay or fractures, then deeper preparation will be required to remove the affected portions. Often those deep preparations do not involve the pulp of the tooth, and thus, a root canal may not be needed. Other times, due to deeper penetration into the tooth, the deeper structures near the pulp may become inflamed and cause symptoms leading to chronic pulpitis. When this occurs, your dentist may check the bite or see if there is anything that can be done to reverse the symptoms. However, if symptoms and inflammation do not resolve, then a root canal may be indicated. Other scenarios include restorations which start to leak or crack allowing bacteria to enter and infect the pulp tissue.

These are just a few of the reasons a root canal may be necessary. Of course, routine cleanings and exams are always recommended to identify conditions early and minimize the need for additional treatment.

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



DAP Health Acquires Borrego Health

Move to expand award-winning model of care

DAP Health has successfully completed their acquisition of Borrego Health, a federally qualified health center serving San Diego County, the Inland Empire and the Western Riverside, Eastern Coachella Valley and Mountain Pass regions. The move will bring DAP's award-winning, holistic, patient-centric model of health care to more communities and thousands more individuals and families throughout Southern California.

The two health care systems will now operate as one integrated entity with some 850 employees serving 100,000 patients of all ages, genders, ethnicities, orientations and socioeconomic status. The organization will have a total of 25 clinics located within 240 rural and urban zip codes from the Salton Sea to San Diego.

Pre-acquisition, DAP Health's programs and services included primary care, infectious diseases, gender-affirming care, LGBTQ+ care, mental health, dentistry, harm reduction, recovery services, affordable housing and social services. Family medicine, women's health, pediatrics, veterans' health, geriatrics, urgent care and pharmacy services will now be added.

But holistic care and health equity remain fundamental pillars that have always set DAP Health apart from other medical care organizations.

DAP has been serving the Coachella Valley for more than 40 years. Their time-tested model addresses all aspects of health (mind, body and spirit) along with all applicable social determinants of health including education, employment and income, transportation, addiction, violence, racism, housing, nutrition, language and literacy to name a few. Their goal is to remove barriers to care, increase their patients' quality and length of life, and to create true health equity.

"It's an honor to unite Borrego Health and DAP Health's missions, as well as our region's most exceptional, dedicated, and passionate health care professionals," says DAP Health CEO David Brinkman. "Together, we will build a brighter future where every individual – regardless of who or where they are – has equal opportunity to live a healthy and fulfilling life."

All Borrego Health employees were offered employment with the combined entity and 99% have accepted, thus, patients will continue to see their same providers with the option of appointments at any of the combined locations. For the time being, all locations for both organizations remain open and will retain their original name, branding and signage.

The new management is made up of individuals from both organizations, and Brinkman will remain at the helm. DAP's Judy Stith is stepping up to Chief Administrative Officer, Borrego Health's Corina Velasquez is Chief Operating Officer and DAP's David Morris, MD will remain as Chief Medical Officer.

By combining their magnitude of strengths, they say, DAP Health will achieve new levels of excellence in delivering comprehensive, accessible and culturally sensitive care to its expanded and diverse patient populations.

For more information, visit www.DAPHealth.org.



The Borrego Health care team has been incorporated into the combined entity.

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



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The Dangers of Hidden Anger

Overcoming your reactive self

By Amy Austin, PSYD, LMFT

When a toddler has a meltdown because they didn't get the Skittles they had to have, they are seeking autonomy and a sense of independence by stating, "I am me! I am here! Listen to me!" However, an adult losing it with a loved one, impulsively reacting with insults or sarcasm, can be a sign of repressed anger. When this occurs, the core adult self, in that moment, takes a back seat to the wounded inner child that is essentially saying the same thing as the toddler, "I am me! I am here! Listen to me!" And when that wounded inner child takes over, watch out.

One of the most fundamental needs of a human being is to be heard. To be prized, cherished, loved, affirmed and cared for is the cherry on top, but to be heard is essential nourishment for the soul. If a child's emotional needs are not met, a person's life can be negatively impacted by a myriad of maladaptive behaviors such as anxiety, depression, addictions, difficulties with interpersonal relationships or other mental health challenges.

Andrew Shatte, PhD, research professor at the University of Arizona School of Medicine and co-author of *The Resilience Factor*, has done extensive research on the profound advantages of resiliency. Shatte posits, "Emotional control - our ability to stay calm under pressure, to remain goal-focused" is imperative for optimal and adaptive functioning. He goes on to state, "Impulse control is the behavioral companion to emotional control. It is our ability to stay focused on a goal and avoid distractions."

When referring to anger management, it is imperative to not get lost in historical relationship triggers. Stay focused on what you are feeling and how you can take better mental and emotional care of yourself in that moment.

Here are some suggestions to tame the beast within:

Increase your self-care. Rabbi Josh Zebberman, LMFT states, "Self-care means to actively care about the self. Active self-care challenges us to develop a sensitivity and openness to getting to know and care about our real selves, values and beliefs, a part of ourselves that isn't always obvious."

Lighten your emotional load. Stuffing resentments is like sitting on lit dynamite. Try to resolve where you can and/or let them go.

Set healthy boundaries. When you set healthy emotional boundaries, you are letting people know more about you, what you want and need, what is okay and what isn't. Use the "When you (do this) I feel (this)" format instead of pointing fingers and/or placing blame.

Make amends where you can. And remember, if you apologize and keep repeating the same hurtful behaviors, trust can be lost.

Did you really want to die on that hill? Stop, take a breath and decide if an issue can wait 24 hours before you address it.

Remember, you are not your anger, and working to overcome the cause can create a happier and healthier future. As *101 Meditations* author Rabbi Tzvi Freeman says, "As long as you're holding on to where you were yesterday, you're standing still."

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



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The Missing Link To Authentic Healing

When Dreams Come True

By Kathleen O'Keefe-Kanavos

Do nighttime dreams actually come true? According to groundbreaking, peer-reviewed breast cancer dream research published in the National Library of Medicine, the answer is a resounding "Yes."

While 'dreams come true' standardly elicits positive emotion, some precognitive dreams can actually predict illness, which was the basis for the aforementioned study where dreams were validated by scientific tests and life events.

References to prophetic dreams date back to Aristotle with mention in his text, *On Divination in Sleep*. Belief in precognition has been related to superstition, so these unique, rather psychic callings are often considered superstitions or mere coincidences. However, with this recent research, medical science is offering validation.

I have long been a believer, as I had an active, lucid dream predicting illness which was validated by pathology reports and saved my life.

It takes curiosity, awareness and a bit of work to recognize if dreams are precognitive. A good place to start is by understanding the three subcategories defining precognitive dreams:

Symbolic dreams are signs, symbols and abstract information not completely understood until the event occurs later in the waking world when they give the dream new meaning. Recognizing what signs and symbols in dreams may represent can be both fun and fascinating. For example, a dream of crabs in your house may symbolize cancer (crabs) in your body (house). These are the signs that spoke to me and inspired me to look further.

Literal dreams are a detailed, first-person view of the dream. The dream message is crystal clear upon awakening and later comes true.

Lucid dreams are when you are focused and aware that you are dreaming within the dream. Two types of lucid precognitive dreams are ambient, where the dreamer is a passive observer, and active, where the dreamer engages in conversation, actions and emotions, such as speaking with a deceased loved one.

Here are four steps which can help you determine if your dreams are precognitive or simply wishful thinking: 1) journal your dreams for future reference; 2) define the dream's precognitive category (as above); 3) underline dream signs, symbols, people, places and conversations, and explore their meaning to you; 4) revisit your journal to find "dream validation" in your waking world.

You never know where your dreams can take you. Journaling and categorizing may help answer the question as to whether or not your dreams actually do come true.

*Kathleen O'Keefe-Kanavos of Rancho Mirage is a survivor, author, dream expert, speaker, TV/radio host/producer and has been featured on Dr. Oz and The Doctors. Her new book *Dreams That Can Save Your Life* is available now. For more information, visit www.KathleenOkeefeKanavos.com.*



Journaling dreams can help provide reference and validation for precognition.

Reference: 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7497954/>

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Harvesting Gratitude This Fall

Yoga inspired cultivation strategies



By Jennifer Yockey

Autumn, with its traditionally referenced vibrant foliage and crisp air, provides a perfect backdrop for cultivating gratitude. As nature prepares for a season of rest, we also can mirror this process in our own lives by embracing mindfulness and appreciation, and spending time in reflection and letting go.

Yoga, a practice that harmonizes the mind, body and spirit, offers numerous tools for nurturing gratitude.

One fundamental principle is mindfulness, the art of being present in the moment. Autumn's beauty serves as a reminder to savor life's simple pleasures, whether it's the cooling of the temperature or the warmth of a cup of tea. By mindfully engaging in our current experience, we shift our focus from what is lacking to what is abundant in our lives.

Breath awareness, another cornerstone of yoga, teaches us to find gratitude in the act of breathing itself. Each inhalation and exhalation sustain us and connects us to our immediate world. This awareness can further extend to acknowledging the efforts of others that contribute to our well-being, fostering a sense of interconnectedness and gratitude for the support we receive.

Yoga postures also offer a unique pathway to appreciation. Tree pose, for instance, encourages balance, stability and presence. As we stand tall like a tree, we can reflect on our own growth and the strengths that we have developed over the previous season. Child's pose, a restful and introspective posture, invites us to surrender and find appreciation for moments of rest and rejuvenation.

Gratitude journaling, inspired by yoga's introspective nature, is also a powerful tool. During autumn, taking time each day to jot down things for which we are appreciative can foster a positive mindset. This encourages us to seek out even the smallest blessings and reflect on how they enrich our lives. It can be as simple as acknowledging the people that picked the beans for our coffee, the driver who hauled them and the barista that created the beverage.

The concept of "seva," or selfless service, is central to yoga philosophy. As leaves fall to nourish the earth, we too can give back to our communities. Volunteering or performing acts of kindness aligns with the spirit of autumn and deepens our sense of gratitude by recognizing the abundance we can share with others.

The practice of meditation, often integrated into yoga, guides us towards inner stillness and clarity. Amidst the busyness of life, meditation provides a sanctuary for acknowledging people, places and things. By focusing on positive intentions and expressing appreciation for life's gifts, we invite an atmosphere of thankfulness into our daily existence.

As autumn transitions to winter, we can carry forward the lessons of harvesting gratitude. By infusing yoga-inspired strategies into our daily routine, we nurture a sense of appreciation for the present moment, recognize the interconnectedness of all things, and embrace the ever-changing nature of life.

Just as the trees shed their leaves, we can take time to shed any negativity or long-held resistance creating space for gratitude and appreciation to flourish.

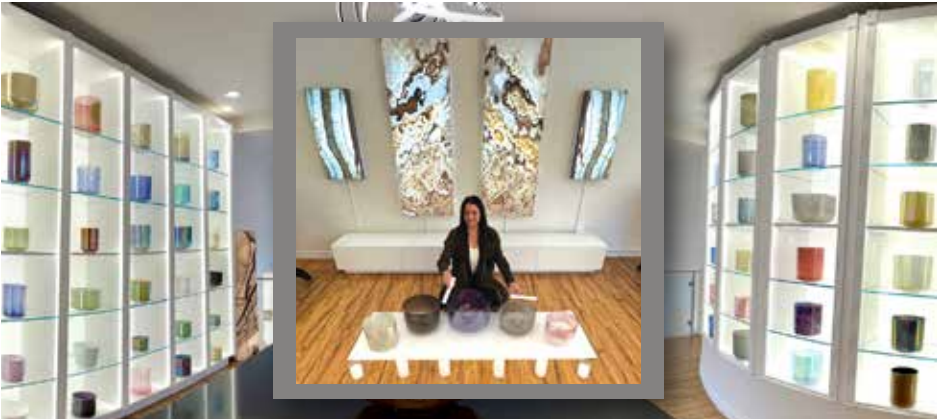
Jennifer Yockey is owner of Gather Yoga & Wellness. She is an E-RYT yoga/meditation teacher and wellness coach and can be reached at (760) 219.7953, jennifer@gatherlaquinta.com. For more information visit www.gatherlaquinta.com.



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From Loss to Healthier Living

Norwegians and a plant-based diet

By Betty McDonald, LAc

Good news rarely follows the devastation caused by World War. Lost lives, jobs and the familiarity of everyday reality is upended affecting every aspect of life. Food and water, the basic factors that sustain life, are no less affected as well. However, in the country of Norway, positive health effects did come out of World War II.

Every country has a unique cuisine that reflects the available food supply and often those tastes may be peculiar to others. Some traditional Norwegian dishes include farikal, pickled herring, sheep's head, brown cheese and smoked salmon.

The second World War changed that for the people of Norway. Once the country was occupied by the Germans, all of the livestock that provided meat, butter, milk and cheese was confiscated to feed the German army. The first food casualties were sugar, coffee and flour, followed by all imported foods and eventually, bread and provisions from livestock.

This left Norwegians little of their cultural cuisine, requiring them to live off the land. They were given one ration book per family member to buy certain food items. In order to combat the lack of food, they returned to fishing, hunting, and farming. Potatoes, Swedish turnips and carrots became staples in garden patches, even flower beds were turned into potato fields. Because there was no wheat to harvest, root vegetables such as turnips and other edibles were dried and ground into flour.

Here is the interesting part. Before the war, deaths from heart disease and stroke were rising at an alarming rate. During the occupation from 1940 to 1945, there was a precipitous drop in cardiovascular events as published in *The Lancet*, one of the world's leading medical journals. Norwegians were more active, lived off the land and consumed significantly more plant-based foods. Unfortunately, as the war ended and animal products became more available, heart disease returned to pre-war levels.

Thankfully, a more recent trend has been to focus on prevention programs, smoking reduction and better care for the population. Young people have also been a driving force toward a plant-based diet with many vegan and vegetarian restaurants opening.

On a personal note, I am certain that being a vegetarian/vegan for the last 45 years has allowed me to remain vertical, disease free and working with no thought of retirement. As long as I can get into the pool at 5:30 in the morning, ride my bike as I did when I was six and plan for the future, I have won.

There is no question that my 80-year-old body is sending messages indicating that the party will not go on forever, but for now, I will treasure and be grateful for every pain-free, active, working moment possible.

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

Sources: 1) <https://www.sciencedirect.com/science/article/abs/pii/S014067365191210X>; 2) <https://www.drcarney.com/blog/health-issues/diet-linked-to-heart-disease-reduction-during-war>

Why and How to Go Organic

Returning to our generational roots

By Sonja Fung, ND

Why is today's younger generation facing more chronic diseases such as joint pain, autoimmune, cancer, diabetes and cardiovascular than our grandparents' generation? What we are putting in our bodies on a daily basis has much to do with it.

Our bodies are built to process and receive all our nutrients from food, which should maintain and heal our bodies. Unfortunately, most food today is chronically depleted of nutrients and devoid of necessary healing properties. The quick, cheap, "quantity not quality," "more is better" mentality has also become our society's downfall.

Other factors affecting our food chain include high pesticide and herbicide contamination, over-tilled soil, and antibiotic- and growth hormone-laden livestock which can all lead to health issues for us humans. The most common cancers in the world (lung, breast, prostate and colon) all have links to environmental toxicities. More recently, glyphosate, an herbicide used on genetically modified crops like wheat, corn, soy and rice, has been linked to non-Hodgkin's lymphoma, a cancer of the lymph system. Heavy metal toxicities have been linked to thyroid cancer and other diseases on the rise. Fortunately, lab testing is available to assess environmental toxicities that may be affecting your health.

How do we re-infuse our bodies with clean, healthy, nutrient dense foods? We start from the ground up. Choose organically grown fruits and vegetables from farms using regenerative, soil building practices, and pasture raised, grass fed, grass finished meat, and wild caught seafood. Organic foods have between 4 to 20 times higher phytonutrient value than conventionally grown foods. Meat and dairy products from organic farms have higher omega3 (anti-inflammatory essential fatty acids) than their feed-lot comparatives, which have higher omega6 inflammatory fats. Support your local farmers market, community supported agriculture, online food co-ops (Crowd Cow, Butcher Box, Wild Alaskan), or better yet, grow your own organic veggie garden and supplement when needed.

Coachella valley has a long growing season (zone 9b), so you could have continuous crop growth through the summer in your own backyard or even in a potted deck garden. Plants just need sunlight, water and good soil, rich with compost and organic matter.

If you need help getting started, free gardening, composting and vermiculture classes are also available through UC Riverside and Riverside County programs. Start loving on your soil and your soil will love you back, providing nutrient rich veggies and fruits. For more resources, see this article online at www.deserthealthnews.com.

We certainly have food deserts, and one may argue that eating healthy food costs more than fast food - and unfortunately, you'd be right - but that shouldn't discourage you from doing your best to prioritize your health however you can. More and more grocery stores are carrying organic produce at comparable costs to conventionally grown foods, and places like Grocery Outlet have A LOT of organic options at outlet prices. Many of our local farmers markets also accept SNAP. *You have options!*

Let's get back to eating how our great-great-grandparents ate - from local gardens and farms fertilized by the animals that ate the healthy bugs, weeds and plants, continuously regenerating nutrient rich soil to feed us and keep our bodies healthy.

Dr. Sonja Fung is a primary care naturopathic doctor with a focus on integrative cancer care and regenerative joint injections at Live Well Clinic in La Quinta. Her clinic offers B vitamin injections, IV nutrients, and functional lab testing for a personalized health plan. For more information, call (760) 771.5970 or visit www.livewellclinic.org.

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The Power of Electroacupuncture

By Diane Sheppard, PhD, LAc

Electroacupuncture (EA) is evolving every day with new research and studies on how best to harness its power and effectiveness for various health issues including pain management, chronic or acute conditions, inflammation reduction and tissue repair, and healing.

As an enhancement to traditional acupuncture, EA adds a very slight electrical current via tiny clips attached to inserted needles further encouraging healing. EA has been used in China since the '30s and was effectively implemented in the '40s in post-war Japan to expedite wound healing from radiation burns.

The human body produces endogenous electrical charges which wire and fire our nerves, fascia, connective tissue, muscles, heart and brain cells. Our bodies respond to vibrations of all types - from light energy, lasers, sound, tuning forks, Tibetan brass quartz tuning and meditation bowls. Electrical currents vibrating at different hertz frequencies and intensities can spark healing effects as they tune into the automatic microcurrents flowing within us.

Science is leading the way in what these microcurrents can do for us. New Veterans Association (VA) research from several institutions in the U.S. and South Korea discovered that EA triggers adult stem cells in bone marrow, as noted by Fletcher A. White, PhD, one of more than 40 authors who contributed to this research in the *Journal Stem Cells*. Through stimulation, mesenchymal stem cells (MSC) are released into the bloodstream helping reduce post traumatic pain and trigger tissue regeneration.

It doesn't take much. According to Kaiser Hospital's Rick Bernard, LAc, who has specialized in pain management for over 20 years, the lower the frequency/hertz used, the better the results. Using just one to four hertz and a low intensity level (as soon as a patient notices an electric sensation), pulsating for 20-30 minutes is found to alleviate many pain issues.

In addition to electroacupuncture, there are other types of electrical stimulation used by physical therapists, chiropractors, medical and naturopathic doctors today including:

TENS: transdermal electrical nerve impulse which influences the way our nervous system responds to pain, increasing the production of endorphins to provide pain relief.

IFC: interferential current therapy which utilizes a more powerful electrical signal that penetrates into the muscles and fascia.

NEMS or EMS: higher frequency neuromuscular electrical stimulation which targets nerve endings with placement directly on muscles causing contractions referred to as "neuromuscular re-education."

Russian stimulation: uses an even higher frequency electrical current than NEMS treatments. Known to help increase muscle size and improve recovery post work outs.

The two types of electro stimulation used in acupuncture are "milli," which signifies the minimal amount of electrical current being supplied, used for treating and managing chronic or acute pain, muscles spasms, neurological conditions, post stroke rehabilitation, TMJ, Bell's Palsy, migraines, GI issues, stress and anxiety, constipation and sinusitis; and "micro" or microcurrent which activate cells to synthesize ATP at a rate 1,000 times more rapidly than milliamper current. This is used in facial rejuvenation, expediting wound and tissue healing, and strengthening tendons and muscles.

Contraindications are pacemakers, electrical pain or signal devices implanted in the body, and extreme numbness where you cannot sense the current.

In San Jose, California's Kaiser Hospital, electroacupuncture is a first protocol of treatment, whereas years ago it was the last resort ("if nothing else works, try acupuncture"). The growth, scientific support and availability make it an exceptional option for patient care today.

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

A Story that Inspired Half a World Away

about cryoablation, so we arranged a Zoom meeting.

"In that first conversation, I connected with Lauren's energy and got an instant feeling of trust based on the quality of thought she put into her decision and how well she had recovered," she shared. "It grounded me in my decision to come to the U.S. for the treatment which isn't currently offered in Australia."

I decided that if Leith was going to make that long journey, I was not going to let her do it alone. I offered to accompany her to the appointment and bring her home to the desert to recoup. While the procedure is much less physically demanding than surgery, the emotional stress coupled with a 20-hour flight was certain to be exhausting.

"Coming from Sydney and turning my back on my surgeon, and the sense of urgency that was being emphasized, was challenging. While I was grateful for all they were offering to do for me, my heart simply did not want to go down that path again."

Six weeks later, I picked Leith up in Pasadena where she had spent her arrival night. We drove to the Comprehensive Breast Center at Adventist Health in Glendale for her appointment with Dennis Holmes, MD, a breast cancer champion and lead investigator for many of the cryo clinical trials.

Cryoablation uses a needle-sized ultrasound-guided probe that delivers liquid nitrogen into a targeted area creating a "freezeball" that engulfs the tumor and kills it. The in-office procedure takes about an hour and only local anesthesia is used; standard recovery time is one to two days.

During the pre-procedure ultrasound, Leith noticed that her tumor had grown significantly from her last imaging, which stimulated fear, but also confirmed her decision. It was also reassuring for her that the cryo freezeball is twice the size of the tumor providing wider margins than a standard lumpectomy. She was further inspired

Continued from page 1



Lauren and Leith's initial meeting in Pasadena

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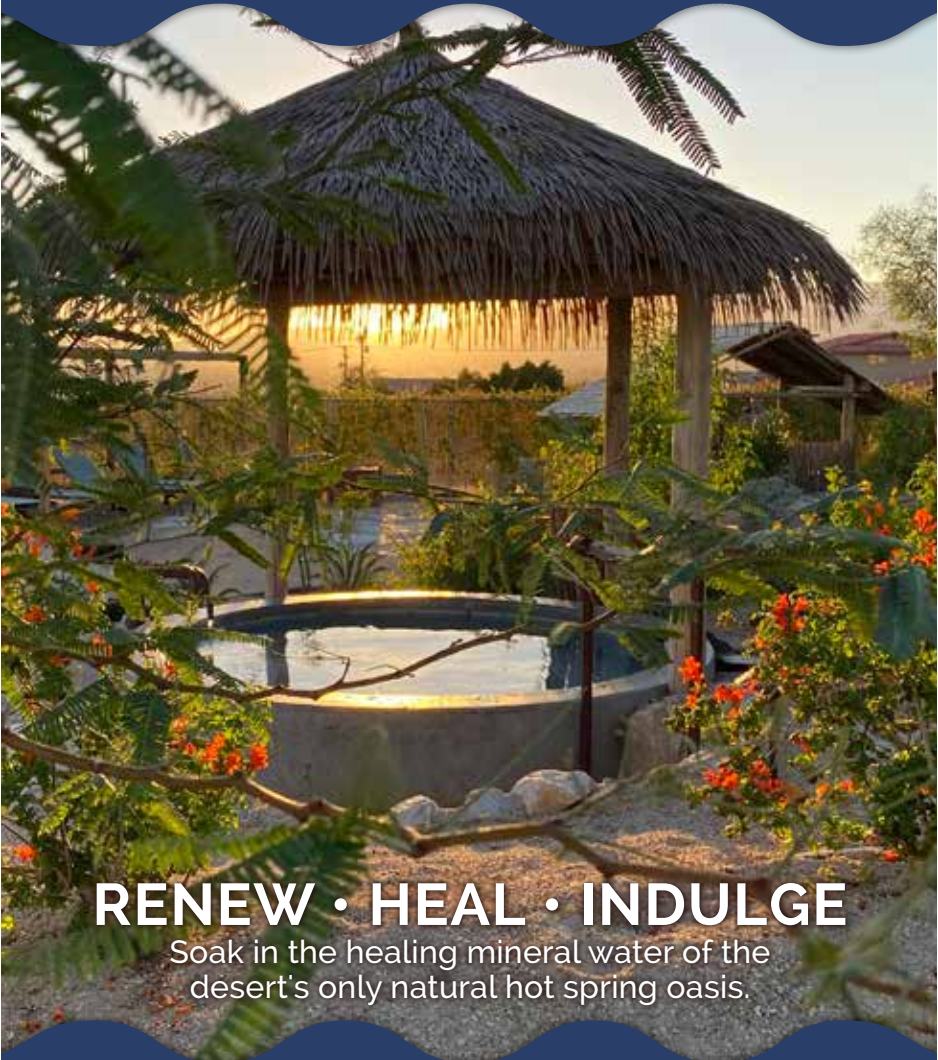
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The Miraculous Medicine of a Grateful Heart

By Sharon R. Guthrie, PhD

Amidst the busyness of life, it is easy to forget the little things that contribute to our overall health and wellness. Gratitude, defined as an appreciation of the good things in one's life, is one of those often-overlooked things. Recent research in quantum science and psychology, however, indicates that one of the most powerful components of a healthy existence can be found in the practice of gratitude.

Quantum physics is the study of matter and energy at the most microscopic level to understand the building blocks of nature. Recent discoveries in the field have provided insights into the transformative capacity of gratitude to enhance health, relationships and overall well-being. By studying the behavior of particles, scientists have begun to understand how gratitude, which is viewed as a form of energy, shapes physical reality, both on individual and collective levels. For instance, in quantum theory there is a concept known as "quantum entanglement," which describes how two particles far apart can become linked together in an intimate manner. It has been found that expressing gratitude to someone has the capability to link individuals in a similar way, forming bonds of mutual appreciation and understanding. Moreover, gratitude can be used to manifest positive change in our environment, thus opening the door for greater appreciation, love and abundance.

The field of positive psychology also has confirmed the benefits of gratitude on our physical, emotional and mental well-being, for example, lowered stress levels and blood pressure, improved sleep and immune system function, increased feelings of connectedness, and higher levels of optimism, resilience and joy. Indeed, according to Robert Emmons, PhD, professor of psychology at UC Davis, clinical trials indicate that gratitude can have dramatic and long-lasting effects on a person's vitality in multiple areas.

It is clear that establishing a mindful practice of gratitude supports overall health and wellness in a variety of ways. It is to our benefit, therefore, to explore ways to incorporate gratitude into our daily lives. While there is no one-size-fits-all approach, some possible ideas include writing down two to three things to be thankful for each day, meditating on gratefulness and engaging in random acts of kindness. One practice I have found works well is setting aside a few minutes in the morning when I awake, and in the evening before I go to sleep, to be grateful for the goodness in my life and for my life in general. While making gratitude a habit may seem challenging at first, making even a small effort can result in a surprisingly large impact. And that is something for which to be grateful!

Dr. Guthrie acquired her ministerial credential and a doctorate of consciousness studies from Emerson Theological Institute and currently serves at the Spiritual Center of the Desert. Guthrie also holds a doctoral degree in kinesiology and served as a faculty member and chair of the Department of Kinesiology at CSU - Long Beach for 25 years. For more information, visit www.pdspiritualcenter.org.

A Story that Inspired Half a World Away

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by the "immune effect," a process in which, as your body breaks down the freezeball, your cytokines recognize the molecular structure of the tumor and create immunity to that specific cancer. Immunotherapy is currently a leading trend in cancer research, and while it appears that cryotherapy can naturally jumpstart this effect, scientific research is lacking.



Leith receives cryoablation from Dr. Holmes.

The procedure went well and Leith found Dr. Holmes to be very calming and reassuring, even as she spoke with him during the procedure. Immediately after, I gathered Leith's backpack and personal items and we walked back to the car. Being through it before, I had packed a pillow for her to place underneath the seatbelt so she could comfortably rest on the two-hour ride home.

It was one of my favorite parts of our journey together. This mere stranger and I talked about life, shared deep feelings and sang out loud to songs we both loved. Supporting each other on a common path made us fast friends and was all that mattered in that moment.

Leith was surprised at how good she felt with no pain and full upper-body mobility. There would be swelling and bruising for 10-12 days and no heavy lifting or swimming for two weeks, but she was able to return to normal activity and even taught a virtual class within days.

My husband Tommy joined us on a road trip to Joshua Tree and Pioneertown to show Leith the "American West," and she loved Cabot's Pueblo Museum. After a week, she continued on to outback in Montana then visit friends in New England before returning home to Sydney.

In August, Leith informed me that recent testing showed zero circulating tumor cells supporting the fact that she is now cancer-free.

"Having Lauren's support on this journey meant the world to me," she said. "While the procedure was minimally invasive, I absolutely underestimated the emotional impact of my decision, and it was beautiful to have a friend along."

It was also comforting for her family and partner to know that she was in good hands. "They were understandably stressed about my decision to travel half way around the world for this procedure and easing their stress levels certainly aided my recovery." Being in a loving home instead of a sterile hotel also helped tremendously, she added.

"The support from someone who had taken the journey before me provided a stepping stone and gave me more love, energy and hope than any other path I could have chosen. My journey turned into more of an adventure than another distressing medical encounter, and I am forever grateful to both Lauren and Tommy for taking me in."

Lauren Del Sarto is founder/publisher of Desert Health and can be reached at Lauren@DesertHealthNews.com. If you are faced with the cancer journey, we encourage you to visit www.RadicalRemission.com.



Leith experiences the American West in Pioneertown.



The Water Cure

By Joseph E. Scherger, MD, MPH

Warm water aids digestion. Those four words are part of Ayurveda, traditional Chinese medicine and naturopathic medicine as taught in Germany. I have used warm water for the treatment of a variety of ailments of the gastrointestinal tract such as difficulty swallowing, indigestion and irritable bowel syndrome. When patients ask me what I take for acid indigestion my response is water. The same is true for nausea and most dizziness.

Ice water closes up the swallowing mechanism and adds the stress of warming the water to match body temperature. For seniors like me, I do not recommend ice with water. Room temperature water is usually okay, but warm water is soothing. At restaurants, I recommend seniors ask for a cup of warm water or an herbal tea during the meal and especially after.

Every third year medical student is taught the expression, “The solution to pollution is dilution.” The context for this usage is with trauma wounds which may have some contamination, such as from soil or pavement. However, I have seen the expression used in the business world, and I have used it in many other medical contexts.

Water is especially helpful early in the morning on awakening. If I feel any acid indigestion, I will drink some water and it usually passes. Since we breathe water vapor all night, we wake up dehydrated and that can cause dizziness and even vertigo. Drinking water often takes care of the problem quickly.

Here in the desert heat, staying hydrated is especially important. Our body is 60-65% water, so water bathes all our tissues. If someone tells me they do not like water, I urge a change in attitude. Adding flavor, such as lemon, is fine and iced tea is another effective way to consume water.

Our body water is actually salt water similar to the ocean. We evolved from creatures that migrated out of the ocean to land. Because of that, drinking electrolyte water is a good idea. In his book, *TB12*, recently retired quarterback Tom Brady drinks half his body weight in water every day, about 128 ounces. In her new book, *The Anti-Viral Gut*, integrative gastroenterologist Robynne Chutkan recommends 128 ounces daily; that is double the usual 64 ounce (8 cups) recommendation. Living here in the desert, such a recommendation is a good idea.

Unfortunately, people often ask for a pill to take for any common symptom. They may be skeptical that water will cure the problem. The water cure is free, and I go to great lengths convincing patients to use water when appropriate. Most of the time they thank me for this advice, as in most cases, it works for them.

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



Room temperature or warm water may help ease digestion and common conditions.

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The Future of Food: Trending towards the greater good

Continued from page 1

(nourishing our planet instead of depleting it); “mylk” as the new category of cow’s milk substitutes, and #IntuitiveEating, simply following your intuition instead of a diet plan (1.7 billion views on TikTok).

Reframing restraint

In culinary terms, restraint has always referred to giving up your favorite grub or grudgingly passing on dessert. Today, restraint is taking on a more significant meaning and driving policy and change from the top down.

Waging war on waste. This effort starts with smaller portions for individuals and expands to policy that penalizes societal food wastes. In China, where household food waste piles higher than any other country, a 2021 anti-waste law a) allows restaurants to charge diners an extra fee if they leave excess amounts of food uneaten; b) fines food service operators for wasting large amounts; and c) bans binge-eating videos. Will we see a future where we are held responsible for food waste?



We can all do our part to minimize our carbon footprint.

Cutting back on meat. The personal choice to reduce red meat consumption spawned from science saying it’s a heart-healthy move. When considering the environmental footprint, however, meat has emerged as “public enemy number one.” Five-star restaurants and leading organizations throughout the world are putting it on the chopping block.

Cambridge University stopped serving red meat on campus and cut emissions by 33% as reported in their 2020 *Our Sustainable Food Journey*. The Dutch city of Haarlem will become the first to ban all meat advertisements in public spaces beginning in 2024. “We can’t tell people there is a climate crisis and encourage them to buy products that are part of the cause,” says Haarlem City Councillor Ziggy Klazes.

Deforestation bans. This eco-conscious spin on restraint also requires us to consider where our food comes from and take action in an effort to implement change. At the end of last year, the EU agreed to ban the import of products linked to deforestation and are more strictly regulating select items, while German supermarket Aldi announced it would stop selling beef from Brazil to “clearly position themselves against deforestation in the Amazon.”

As the report surmises, “From monitoring waste to skipping meat, this cultural reframing of restraint will spur mindful moderation across the board; moderation not just for the sake of individual health, but for the sake of creating a healthier, well-protected planet for us all.”

Return of backyard gardens

With quarantine, COVID and a sea of uncertainty in the world, a survivalist mindset is giving rise to backyard gardens and farms in suburban and urban landscapes. Getting our hands dirty, eating organic and knowing the source of our food is good on many levels, from gut health to mental well-being. Community gardens are also growing along with shared kitchens and tables bringing neighbors together around dining experience that put time and effort above speed and convenience.

The high-tech conundrum

As we try to address our unsustainable commercial food system, technology is stepping in. While all-natural foods have always been considered the healthier choice than those “tainted by tech,” lab innovations are now offering options with a significantly smaller carbon footprint.

Herein lays the conundrum. According to the World Wildlife Fund’s 2022 *Living Planet Report*, food systems are currently responsible for 70% of biodiversity loss, and yet it is estimated that we will need to produce 56% more to feed the projected population of 10 billion by 2050.

So, what if we could grow 100% real meat without the need to raise or kill livestock? That reality is here with lab-grown proteins made by taking a small sample of animal stem cells and replicating those cells in a petri dish until they form muscle fibers that resemble real meat.



Cell-cultivated meat made in labs is now a reality.

While still in its infancy stages, cell-cultivated meat is already sold legally in Singapore and is part of China’s five-year agricultural plan. In 10 years, the industry’s estimated value will be \$1.99 billion.

“As we chase a brighter future,” the report says, “tech won’t just be tolerated in the food world, it will be welcomed in as essential.”

All of these global trends offer much food for thought. Change starts with each of us, while together as a community of households, restaurants, grocery stores and governments, synergistic efforts can contribute to the greater good.

To download the full complimentary version of the *Future of Food* report, visit www.Backslash.com. Editorial by Lauren Del Sarto, founder/publisher of Desert Health.



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A Helping Hand for Aging Skin

Best facial cosmetic treatments for 50+

By Pam Gossman, DNP, APN, BC-FNP, CPHQ

As we age, our skin and facial anatomy go through various changes. These changes not only affect the appearance of our skin, but also the shape of our face. Thus, taking extra special care of our skin becomes increasingly important in our later years.

Non-invasive and minimally invasive medical aesthetic treatments have come a long way in recent years and can greatly address common concerns, while also enhancing the natural beauty of individuals over the age of 50. These modalities offer effective alternatives to surgical procedures and can deliver remarkable results without the need for extensive downtime or recovery.

Let's take a look at the most beneficial treatments specifically tailored for those 50 plus, ensuring a youthful and radiant glow for years to come.

Intense pulsed light (IPL)

Here is the desert, we are continuously exposed to potentially damaging sun rays often resulting in uneven skin pigmentation which is enhanced by aging and hormones. Intense pulsed light works to remove unwanted brown and red spots caused by these invariable factors while also smoothing fine lines and wrinkles. The best thing is that the treatment takes only 30 minutes and has no downtime. Depending on the condition of the skin and individualized treatment goals, IPL can be performed on a monthly basis.

Radio Frequency (RF) microneedling

RF microneedling benefits both the face and body by lifting and tightening skin, stimulating collagen and resurfacing lines, wrinkles and scars. The treatment combines the use of tiny needles and radio frequency waves to gently penetrate the skin while also delivering heat to the deeper layers. This penetration and heat stimulate the growth of healthy new skin, lifting, tightening and minimizing scarring. It is a very popular therapy due to its ease, safety and little-to-no downtime.

Chemical peels

Chemical peels can improve skin texture, minimize wrinkles and reduce hyperpigmentation. By applying a safe chemical solution to the skin, the outermost layer is exfoliated revealing fresher and healthier skin underneath. Chemical peels can be customized to the treatment goals of the patients, allowing for an individualized skincare plan. While results are less dramatic than other skincare procedures, this is a valuable cost-effective option for anti-aging.

Laser skin rejuvenation

Laser skin rejuvenation treatments utilize advanced laser technology to target specific skin concerns such as wrinkles, age spots and uneven skin tone. The laser energy promotes skin tightening, pore reduction and reduced the appearance of fine lines and wrinkles. Laser skin rejuvenation can also target areas of hyperpigmentation, resulting in a more even complexion. Because of the depth of this therapy, there is some post-treatment downtime.

Injectable treatments

Injectables such as Botox, Sculptra and dermal fillers have gained immense popularity in recent years due to their ability to provide natural-looking results with minimal invasiveness. These treatments can effectively address wrinkles and facial volume loss that occurs with aging.

Most have heard of Botox which temporarily relaxes the muscles responsible for causing wrinkles and fine lines. This popular treatment is commonly used for upper face areas including forehead lines, crow's feet and wrinkles between the eyebrows. Botox injections are quick, painless and provide an instant refreshed youthful appearance. The big win is that there is no downtime and results typically last 3-4 months.

Dermal fillers are made of hyaluronic acid (HA), a naturally occurring substance in our body. As we age, we lose subcutaneous fat and bone in our faces, creating wrinkles and sagging. HA fillers can effectively reduce the appearance of these wrinkles by adding fullness to depleted areas and plumping lips. Dermal fillers provide natural, immediate results and require little-to-no downtime, making them a convenient option. Fillers can be injected in nearly any area of the face and typically last 12-18 months or longer.

PDO thread lift

Polydioxanone (PDO) thread lifts are a less invasive option to face lift surgery. They use dissolvable sutures to lift and tighten sagging skin tissue and can be used to treat most parts of the face including cheeks, the jaw, neck and eyes. The biodegradable sutures are made from colorless polyester that breaks down in your body after about six months. The presence of the sutures triggers your body's fibroblast cells to produce more collagen rebuilding structure and elasticity. This 45-minute, in-office procedure delivers results which can last from 1-5 years.

Age is simply a number, however, maintaining healthy and youthful-looking skin along the way can be truly rewarding in our later years. With the large number of cosmetic aesthetics now available, it is beneficial to meet with a qualified practitioner to explore options for your specific skin appearance and conditions. A personalized treatment plan can leave you feeling refreshed, rejuvenated and confident in your skin at every age.

Pam Gossman is a doctor of nursing practice and owner of Desert Glow Medical Aesthetics and Wellness, She offers medical wellness programs and aesthetic procedures and can be reached at (760) 565.3990 or pam@desertglowspa.com. For more visit www.desertglowspa.com.



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Pamela Gossman
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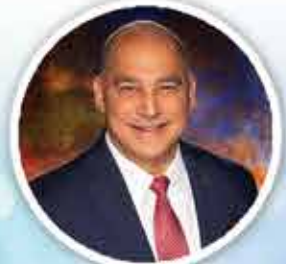



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Living Wellness

with Jennifer Di Francesco



Happy Hands, Happy Brain

Summer is in the rear-view mirror and fall is at our doorstep. Before transitioning to the blossoming season, it is helpful to reminisce upon summer and reflect upon our experiences. Stepping forward with wisdom often involves looking back as to where we've been and the lessons we've gleaned.

In a personal reflection, I revisited memories from a week-long family vacation enjoying the Central Coast of California. Every day started with beach combing and collecting an array of stones. These unique, smooth, rounded beach stones were then transformed into art using acrylic paint and dot techniques unfolding multi-colored mandalas. By the end of the week, a collection of beach treasures adorned the deck. Every family member found themselves engrossed in this activity as the collection of stones grew. In the morning we would plan colors and designs, and in the evening, we would admire our new family of stone art. The activity was so simple, yet so profound.

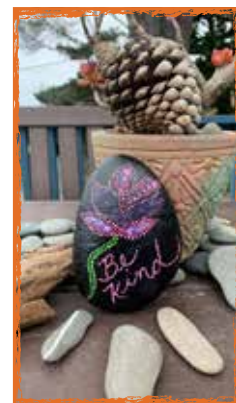
Why was this activity so deeply satisfying and stress-relieving? The answer lies in activating our "effort-driven rewards circuit." Participating in activities that involve creating or executing tasks with our hands activates a part of our brain that is a primal part of who we are. Our hands allow us to gain control of our environment. Surprisingly, our hands are so important that moving them activates large real estate of the brain's complex cortex. Using one's thumb requires more cortical activity than moving our back or legs. Studies show that the more we use our hands and activate this effort-based reward circuit in our brain, the greater our satisfaction and sense of psychological well-being.

We are all alienated from our hands these days. We depend on most things to be ready-made through the press of a button; the likelihood for our day to include making things has lessened over time. Many of us can easily find the work we perform with our hands amounting to no more than scrolling on our phones and typing on a keyboard. Activities such as art, cooking or gardening are wonderful examples of pastimes allowing us to gain a sense of control over our environment.

Painting stones hour upon hour at first seemed trivial, yet now all the stones adorn the family shelf, and there is tremendous pleasure in the memory of what was created in that week. There was a sense of relief in doing something with my hands that did not require thinking about much of anything; it allowed my brain a chance to rest. When we engage in a repetitive task, taking our mind off issues and daily problems, miraculously more solutions appear and our problems lessen.

This summer, my hands spoke to me, and now I am listening to what they want. They ask for time to play and create. They don't mind making mistakes and learning how to refine and get better at things. When I allow my hands time needed for creative pursuits, my working hands make meaningful action. This stimulates neurogenesis in the brain and my effort-based reward loop is humming with harmony. Happy Hands, Happy Brain!

Jennifer Di Francesco is a wellness explorer and certified SoulCollage facilitator and can be reached at coachellabellaboho@gmail.com. For more information, visit www.coachellabellaboho.com.



Art and Music Therapy for Alzheimer's

Compliments of Alzheimers Coachella Valley

For many years, there has been a growing recognition that art and music can contribute meaningfully to the quality of life of persons with Alzheimer's. Music has been shown to reduce anxiety, depression, and to some extent, behavioral symptoms that when unmitigated often lead to the use of antipsychotic medication or other sedatives. Art therapies tap into the part of the brain that are less dependent on speech and language, making those activities more stimulating and activating without triggering the frustration and embarrassment people with dementia feel when language fails them.

The magic of music. Possibly the most promising therapy for individuals with dementia and Alzheimer's is music. Music, especially familiar music, has the ability to evoke strong emotions and memories. Even for people with advanced dementia (loss of memory and language), music can unlock old memories. When played music they once knew, especially songs they used to sing, Alzheimer's patients will start to smile, sometimes keep time and even sing or hum. Music increases social activities, boosts brain activity, improves mood and lowers stress. According to Katherine Campbell, MA, a musician and facilitator of "Tunes for the Memory" at Alzheimers Coachella Valley, "Music is the magic potion to extending moments of joy when memories fade and a person's life, and how to live, disappear."

Creative freedom in art. Visual art allows individuals with dementia to engage and communicate with others, even as their condition progresses. Drawing or painting with easy-to-use implements gives those affected the freedom to create and express themselves without words; they can communicate a whole world with shapes and colors, providing a sense of accomplishment. The "completed art project" serves as a tangible reminder of a feeling, emotion or memory. Art therapy also stimulates communication and the senses, builds confidence and self-esteem, provides much needed connection between the person with dementia and loved ones and increases concentration.

Creating art and making music provide the opportunity for family members and their loved ones to communicate, share memories and stay engaged with each other.

While there is no known cure for Alzheimer's, there are many proven ways to treat symptoms and problems associated with the disease. Research shows that art and music therapies help those affected maintain a better quality of life, while slowing the progression of the disease. To decide which therapy would work best for your loved one (it is possible both may be helpful) think about their past hobbies or passions. Talk with their doctor as he/she may have suggestions and resources for using music and art therapies effectively.

Editorial by Patricia Riley, 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.





Gummies: A Sticky Situation for Seniors

By Lewis Lustman

They look so innocent. Soft, little roly-poly morsels resembling the treats your grandkids love. You've heard that gummies are a great, less odiferous way to help you get a good night's sleep or mellow out. What could go wrong? Sadly, plenty - if you're not careful.

As seniors educating others on the use of cannabis, we've learned that the vast majority of people our age prefer gummies over other delivery systems. But let's look at some facts:

Gummies are a very effective sleep aid when used and dosed properly. As the onset time can be up to hours, with full effect at four hours, gummies don't work as quickly as when you smoke, vape or use a tincture. When you consume a gummy, the THC travels to your stomach, then to your liver before entering your bloodstream, where it finally makes its way to your brain. This process varies across individuals, so it's tough to predict when you're going to feel the effects and when that feeling will peak - and this can be dangerous.

We're aware of individuals (young and not-so-young) who have taken a gummy and when they didn't feel the effects quickly, took another. After a while, the first one hits. Then the second one hits. Uh-oh. Extreme anxiety (we used to call "getting paranoid") may set in. Today, hospitals call it "greening out" and they are treating an increasing number of seniors who didn't wait for the first gummy to take effect.

Start "low and slow." If you are experimenting for the first time, cut the gummy in half, thirds or quarters, and try a small portion (say, 2.5 grams or less) to see how your body reacts. After two hours, you can gradually add another portion to determine the right dosage for you. Take notes so you don't forget - this time or the next.

Effects may last up to 12 hours with residual effects lasting up to 24 hours. Since every body is different, the length of effects is very unpredictable. Just as it may take quite a while for your body to absorb the THC, the psychoactive effects of gummies can stick around far longer than other delivery systems.

Potency of gummies vary. The content of THC and CBD varies greatly in edibles. When purchasing at a licensed dispensary, carefully read the label. We suggest not exceeding 2.5 mg of THC. Again, start with a small portion as most come in 10 mg serving sizes.

Gummies may be more powerful than you expect. Some people react more strongly to gummies than smoking cannabis. That's because your liver turns the THC in gummies into a stronger form; both the THC from the original product and the stronger form of THC produced by your liver can make you higher than you expected.

If you're new to edibles, invite an experienced friend to join you, and don't plan on driving. Consuming cannabis and alcohol together can significantly raise your risk of over-intoxication and impairment and is not recommended. Most importantly, if you have any cannabis products at home, ensure they are properly labelled, stored in child-resistant containers that are re-sealed after use, and stored out of the sight and reach of children and pets.

Lustman is chief marketing office with Senior-High which offers education and resources on medicinal marijuana via private consultations and compliment ary seminars to communities. He can be reached at (760) 459.4593 or visit www.senior-high.com.



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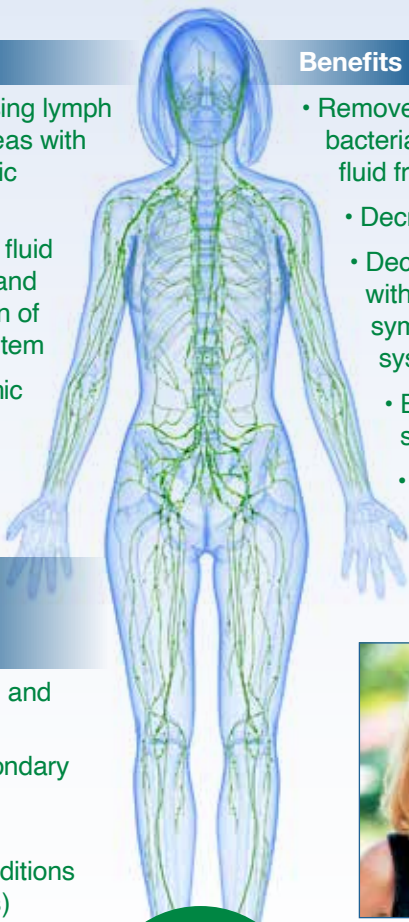
- Assists in increasing lymph drainage from areas with impaired lymphatic function
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What You Gain, What You Lose Considering Medicare Advantage plans

By Randy Foulds

Medicare Advantage plans are more popular than ever. With Medicare Annual Election Period coming soon, we are expecting even more seniors to choose this type of coverage than ever before. Low- or even no-premium plans are the most popular and some plans even offer a “giveback,” a credit to your Social Security benefit, rather than charging you a premium. But as attractive as these plans may seem, it is important to understand what you are losing when enrolling in this type of private health insurance.

Advantage plans, currently available as a Health Maintenance Organization (HMO) and Preferred Provider Organization (PPO), entice seniors to enroll by offering a lot of services beyond traditional Medicare at much lower cost - dental and vision coverage being the most popular. Prescription drug (Part D) coverage is usually included, but that can be bought separately if you have traditional Medicare. Most Advantage plans offer low- or no-cost providers, or pay visits to your primary care doctor, lab work and many preventive services. A monthly credit for over-the-counter medications and health club memberships are also popular benefits.

In exchange for these low-cost or free services, the member agrees to use only the “in-network” providers, or pay extra for out-of-network (OON). If the plan is an HMO, the cost for seeing in-network providers is extremely low, but there will be no OON coverage and the member would pay the entire cost for OON services. If it is a PPO, the member would pay an agreed co-pay for in-network, but OON would be a higher charge and may be subject to a deductible. The OON provider also must agree to accept the insurer's payment level.

In the HMO plans, your primary care provider becomes a gatekeeper. They are responsible for referrals to specialists, medication adherence, treatment pre-authorizations and periodic health screenings. This is part of Medicare's goal, to move to a more preventative care model of health care. But these steps can be a source of frustration for some members. Medicare receives thousands of complaints about these gatekeeper services each year. Some insurers have been accused of using these steps as cost containment. In other words, the more difficult it is for you to receive care, the less you might actually use it.

This frustration may create the desire to return to traditional Medicare and a Medicare Supplement. Returning is allowed under different enrollment periods, especially the Annual Election Period (October 15 - December 7) and the lesser-known Advantage Enrollment Period (January - March). However, when returning to traditional Medicare, the member will have to pass health underwriting to be accepted for a Medicare Supplement plan. In other words, coverage from the supplement can be denied. With no supplemental coverage, a “Medicare-only” member would have significant out-of-pocket costs, with no maximum. A medical emergency could create catastrophic debt. Being denied a supplement plan unfortunately leaves many Medicare members feeling stuck in their Advantage plan.

While the financial cost of an Advantage plan is clearly less than that of traditional Medicare with a supplement, you may find it much more difficult to use the providers you choose, and you might be denied a Medicare Supplement plan in the future.

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

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Explore Your Wildest Side

A Review by Lauren Del Sarto

Casual elegance and an array of gourmet vegan and gluten-free offerings are why we love Wildest Restaurant + Bar. Whether you're looking for cocktails and appetizers or a four-course dinner with friends, you'll find both guilty and good-for-you options at this popular Palm Desert destination.

Wildest is the innovation of health advocate and wine aficionado Charissa Farley-Hay and husband Bill Hay who have created a gathering place for both discerning diners and health-conscious bon vivants. Local farm-to-table ingredients, seasonal offerings and Executive Chef Tribly Tatro's creative twist on cultural cuisine make Wildest the perfect pairing for this "Future of Food" edition.

Top all of that with flavor and fun and your dining experience is certain to be memorable.

Your Wildest evening begins with a selection from their Wine Spectator Award of Excellence list featuring hard-to-find varietals from California and abroad. Or, possibly you'd prefer a Blackberry Lavender Gimlet or Cucumber Gin Refresher from their craft infusions collection. Not drinking? Savor a "sinless organic" such as the Modern Cactus Cooler or Pink Grapefruit Fizz. Feeling adventurous?

Try an adaptogen drink, like the Golden Hour citrus lemongrass bubbly with green tea-derived maca and L-theanine (thought to spur creativity), served in a classic martini glass.

Bring about balance with the Purple Lune made with ashwagandha and tart cherry, described as "complex, but not exhausting."

Share starters so all can sample Chef Tribly's one-of-a-kind creations. You can confidently select knowing that all batter and sauces are vegan and gluten-free. We love the "calamari" made with king trumpet mushrooms from Canyon Creek. With its light rice flour breading seasoned with Japanese Furikake and served with a plant-based wasabi aioli, it is addictively delicious. The disguise is hard to decipher and offers it's own distinct texture and taste.

On our most recent visit, Chef served a refreshing summer take on a traditional Italian panzanella salad using casaba melon instead of bread, heavenly vegan feta, fresh mint, and microgreens and flowers from Coachella Urban Farms. *Exceptional!*

Main dishes presentsomethingforeveryone, and we have never been disappointed with our selection. There are equal offerings of plant-based fare (lion's mane "crab cakes," chili relleno stuffed with carnitas-style jackfruit); wild-caught seafood (pan-seared Icelandic fjord salmon, sesame seared ahi); and grass-fed meats (filet mignon, braised beef short ribs).

"Our goal is to increase seasonal offerings and continue to be creative," says Tatro who has enhanced their relationships with local organic growers including Temalpakh and Aziz Farms and Coachella Valley Dates. One of her most favorite tasks is creating innovative specials based on what is fresh and available that day.

Other special features include live music most nights and their stunning wine cellar room (pictured here) available to all guests with a reservation. Their outdoor patio will reopen for season and an outdoor grill is slated for spring. Chef Tribly shared that they are working on the addition of a brunch along with jazz dinners featuring top notch entertainment not standardly seen at valley restaurants.

For those seeking healthy gourmet in a sophisticated and soothing ambiance, we recommend a trip to explore Wildest.

Wildest Restaurant + Bar is located at 72990 El Paseo, Suite 3 at the intersection of Highway 74. They are open Wednesday-Sunday 4-9p and reservations are recommended. They also offer catering and can be reached at (760) 636.0441 or visit www.wildestrestaurant.com.



King Trumpet Mushroom "Calamari" and the Modern Cactus Cooler



Seasonal casaba melon salad and the Icelandic fjord salmon



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Owner Charissa Farley-Hay and Chef Tribly

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NOVEMBER 2 • *Women Who Lead*

Inspiring stories and insights from our Valley's trailblazing women: Mayors Linda Evans (La Quinta), Rita Lamb (Cathedral City), Grace Elena Garner (Palm Springs), Kathleen Kelly (Palm Desert) and Donna Griffith (Indian Wells) with moderator Brooke Beare.

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SEPT. 7 Women Leaders Forum Season Opener

WLF's Let's Interact Series "Lead and Engage" kicks off a season packed with exceptional speakers, events, gatherings and special members-only offerings (see additional fall schedule to left). Classic Club in Palm Desert, 5:30-7:30p. Includes dinner and a glass of wine. Members \$45/Non-members \$65. www.wlfdesert.org.

SEPT. 8-11 International Plant-Based Nutrition Healthcare Conference

CME-accredited medical event uniting health care professionals from around the world to learn the latest research on the power of nutrition to suspend and reverse lifestyle diseases. Open to all. JW Marriott Desert Springs Resort. www.pbnhc.com

SEPT. 20 Living Well Speaker Series: How and Why to Detox Naturally

Start living a healthier, happier and longer life with easy tips on detoxing naturally from naturopathic doctor Shannon Sinsheimer, ND. Complimentary and open to all. Held at Restore Hyper Wellness in Palm Desert. 5-7p. Space is limited and RSVP is required (760) 505.3000.

OCT. 25 Living Well Speaker Series: Managing Pain Naturally

Informative panel of health care practitioners discussing effective alternatives to medication for pain. Guest speakers include Diane Sheppard, LAC, PhD; Vince Kambe, DPT, OCS; and Naturopathic Doctors Sonja Fung, ND and Delaney Quick, ND. Complimentary and open to all. Held at Restore Hyper Wellness in Palm Desert. 5-7p. Space is limited and RSVP is required: (760) 505.3000.

NOV. 1 Here We Grow Again: ACV Open House

Come celebrate Alzheimers Coachella Valley's expansion to its new location. All are welcome to this free event featuring live music, food and festivities with host Patrick Evans and entertainment by Keisha D and Sweet Baby Jai. 75105 Merle Street, Ste. 800, Palm Desert. 5:30-7:30p. RSVP by October 25 to Priscilla@cvalzheimers.org or call (760) 776.3100.

NOV. 4 36th Annual Hoedown in Paradise benefiting YMCA of the Desert

Round up your posse, boots and resort wear for this annual celebration of passion and purpose supporting the Y's many community programs. Enjoy camaraderie and cocktails for a good cause at the newly rebranded Tommy Bahama Miramonte Resort & Spa. 5-9p. www.ymcaofthedesert.org/hoedown-in-paradise.

NOV. 8 Speaker Series: Reversing and Preventing Cognitive Decline

Functional medicine physician and Bredesen Protocol certified practitioner Jeralyn Brossfield, MD will discuss major factors that harm the brain along with the latest therapies to protect and promote optimal brain health. Complimentary and open to all. Held at Restore Hyper Wellness in Palm Desert. 5-7p. Space is limited and RSVP is required: (760) 505.3000.

NOV. 18 Coachella Health Festival by Marlo Productions

Inaugural event offering an array of wellness practitioners, fitness professionals, medical experts and holistic solutions alongside wholesome tastings from wellness-focused chefs and winemakers. Wellness screenings and local physicians presenting "Doc Talks." 8a-4p at Spotlight 29 Casino, Coachella. Tasting Adventure Zone from 11a-3p. www.marloproductions.com

Welcome Coachella Health Festival!

The launch of the Coachella Health Festival is set for Saturday, November 18 at the dynamic Showroom at Spotlight 29 Casino in Coachella. The lucky first 500 attendees who register online will receive, not only a free general admission ticket, but also complimentary valet parking courtesy of the Twenty-Nine Palms Band of Mission Indians.

Whether you're new to the world of holistic wellness or have walked this path for some time, the Coachella Health Festival will introduce you to a host of local holistic solutions and wellness experts combined with a diverse range of medical practitioners, fitness professionals and soothing spa retreats.

Guests can enjoy informational sessions on the It's A No Grainer Wellness Stage with presenters sharing their knowledge on topics such as A Lean & Fit Life with Joseph Scherger, MD. Additional hot topics include: The Relationship of Fitness and the Brain; Hidden Habits of Healthy Eating; Read Your Stars, Read Your Cards; Living Grain Free; Breathe It On, The Singing Bowls and so much more.

A variety of complimentary wellness screenings will be offered from the likes of Desert Vein & Vascular Institute, Desert Care Network (Desert Regional Hospital), Eisenhower Health, DAP Health and BodyMetRX.

Between shopping and informative sessions, attendees can take a seat in front of the main stage and get comfy for an entertaining sports fashion presentation featuring the latest in golf, tennis and pickleball attire.

It would not be a festival without fantastic food! Plan to visit the Tasting Adventure Zone offering attendees a cornucopia of tasty delicacies, craft beer, organic wines, spirits and fresh juice mimosa, all sourced locally. Spotlight 29 Casino will offer tasty Asian cuisine from Malie, bbq bites from the Taproom, micro-brew samples from Taproom 29 and a little afternoon pick-me-up with Kupa Coffee. The Tasting Adventure area is located on the red carpet outside the entrance to the Showroom and will run from 11 a.m. to 3 p.m.

Over 2,500 guests are expected to attend the Coachella Health Festival presented by Marlo Productions Inc., producers of the Desert Woman's Show—celebrating its 16th anniversary in the valley in 2024.

The inaugural event is pleased to support community charities who will be onsite including Coachella Valley Volunteers in Medicine, Loving All Animals, The Unforgettables Foundation and Hanson House Foundation to name a few. Proceeds from the enticing silent auction will benefit participating charities with fabulous offerings from our sponsors and vendors.

Sponsors include the Twenty-Nine Palms Band of Mission Indians, Desert Vein & Vascular Institute, Clark's Nutrition, Barbara Rogers, Hot Purple Energy, Marlo Productions Inc., Desert Golf & Tennis and R.Izzo Strategic Solutions.

For tickets and information, visit www.marloproductions.com/coachella-health-festival. For vendor and speaker inquiries, please email Diana@MarloProductions.com.



Educator Joan Irvine will moderate a panel on the benefits of cannabis for baby boomers.



It's Boots and Bermudas Time

Come celebrate the Y's Hoedown in Paradise



This year marks the 36th Annual YMCA's Hoedown in Paradise, Saturday, November 4, at the newly rebranded Tommy Bahama Miramonte Resort & Spa. Pair your cowboy boots with your best resort attire and come join the fun! Guests can anticipate a night of camaraderie, specialty cocktails and a menu infused with a taste of paradise. The FUNdraiser also boasts silent and live auctions, with gifts and experiences generously donated by local and nearby businesses and supporters.

The Family YMCA of the Desert (Y) has been a trusted pillar of youth and family services for over 40 years and is the largest licensed childcare provider in the Coachella Valley. In addition to three licensed Early Childhood Education sites and five licensed School Age Before and After Elementary School sites, our local Y offers an array of programs for individuals and families, such as youth sports, day and resident camps, youth and government, senior fitness and aquatics.

Committed to providing quality care and educational opportunities, the Y serves infants to teenagers and all ages in between. Beyond its programs, the Y fosters an inclusive, welcoming atmosphere and is committed to extending financial assistance for programs to our local families in need.

The Y is steadfast in its mission and remains focused on being a place for all ages to grow, thrive and learn in a safe and nurturing environment. The collective dedication of Y team members, board of directors, and esteemed supporters values the importance of strengthening community, making a positive impact, and uniting to enrich the lives of local individuals.

Join the fun while supporting the Y as an event attendee, sponsor, donor or volunteer! A cherished Y tradition, this year's Hoedown in Paradise theme is "Passion and Purpose," celebrating the dedication of our staff members, board of directors and volunteers. Their commitment resonates with Y's rich history and ongoing positive contribution to our desert communities.

YMCA's Hoedown in Paradise takes place Saturday, November 4, at the Tommy Bahama Miramonte Resort & Spa. Festivities begin at 5 p.m., and tickets are \$200 per person.

We greatly appreciate your support and hope to see you there!
For tickets and more information, visit www.ymcaofthedesert.org or call (760) 341.9622.



Lee Jaeger, Cindy Pieper and Kristen and Rick Shalhoub celebrate at last year's Hoedown.

36th Annual

HOEDOWN

in

Paradise

Saturday, November 4, 2023

At the newly re-branded

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MIRAMONTE
Resort & Spa

Please join us for a fun night to celebrate
PASSION and PURPOSE
in support of our Y program services.
Camaraderie, cocktails, and a sweet taste of paradise!

Benefiting Family YMCA of the Desert.

Tickets available at
ymcaofthedesert.org/hoedown-in-paradise

Fancy-like boots and beach attire.

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SPOTLIGHT 29 CASINO
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an adventure of body, mind & soul

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TICKETS AND INFORMATION: MarloProductions.com/coachella-health-festival/



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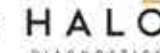
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