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The Valley's Leading Resource for Health and Wellness

July/August 2021

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"I think 99 times and find nothing.
I stop thinking, swim in silence,
and the truth comes to me."
— Albert Einstein



Doesn't it seem that many are in transition right now? Friends are changing jobs or starting new careers, others are taking sabbaticals and time to figure out their next steps, neighbors are selling homes and moving away, and businesses are reinventing the way to work.

The new normal is looking quite different as people emerge and reconnect trying to figure it all out. Some are invigorated and eager to move on with plans they developed while sequestered; others are cautiously crawling and waiting to see what the future will bring.

But one thing is certain, many of us have changed our way of thinking - here and throughout the world - and those changes are painting the picture of life moving forward.

We found courage

Over these past several years, we have lived in a constant state of uncertainty. Each day presented new challenges. We said goodbye to old routines and learned to ebb and flow with the changing tides. Often, we didn't think we could do it, but we did it,

and we learned mentally and emotionally that we are capable of handling more than we ever thought we could.

Many say it is fear and uncertainty that keep us from taking risks, but living through them can make us stronger and more courageous than ever before.

We don't want to settle

Through it all, our priorities have changed. While we may not realize it, we have experienced a lot of good as well, and don't want to settle for what used to be.

A Pew Research Center study in January found that two-thirds of U.S. adults who lost their jobs during the pandemic have seriously considered changing their occupation or field of work. A third have already taken steps to do so through job training or education.¹

People throughout the world share this sentiment of change. In a global survey by Microsoft of over 30,000 people in 31 countries, 40 percent said they are considering leaving their employer this year.² An article on Forbes.com notes that the pandemic has

Continued on page 6



Everyone experiences pressure in life. Sometimes it comes from outside influences, and other times from within. Pressure can be a motivator as well as an obstacle in achieving our goals. Sometimes we handle it well, and other times it breaks us.

For competitive athletes, pressure comes with the territory, and those who learn to deal with the intricacies of their sport often rise to the top. According to equestrian sport psychology coach Daniel Stewart, rising above takes confidence, courage, resiliency and "being OK with not being OK."

This past spring, Stewart held a clinic at Tahquitz Equestrian in Thermal to address performance anxiety. In riding, as with many sports, there are a

hundred things to think about at showtime. After years of training, you enter the ring to jump a memorized course of eight to 10 fences with your

trainer, teammates, loved ones and judges looking on. You've had your heart set on winning blue, but at that moment, you simply pray that your mind doesn't go blank, and you forget everything you've learned - or worse, your course. It has happened to the best of us and can really shatter your confidence.

"If you wanted an easy sport, you picked wrong," said Stewart, who has worked with many U.S. Olympians and top international riders. He is the founder of Pressure Proof Academy and has published many books including, *Pressure Proof Your Riding*, *Fit and Focused in 52*, and his latest *Bolder, Braver, Brighter*.

Continued on page 8



Team Tahquitz with sport psychology coach Daniel Stewart



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Live Your Imagination

One weekend in May, I got a strong desire to go camping, to simply “check out,” live in the moment and spend time appreciating nature. But it was Thursday, and we couldn’t find an open site. Noticing my sulking shoulders, my husband proposed, “Why don’t we just camp here?”

The crazy idea got me excited. As I looked around our backyard, I realized we had everything we could ask for - a fire pit, barbecue, lake (well, pool), and room for a small pup tent, along with the bonus of a large fridge and indoor bathroom. We pledged to do as much as we could outdoors, from prepping food to perking coffee on the grill.

We made no plans, pretended we weren’t home and had the time of our lives. It was easy to fully relax and be in each moment. We noticed more butterflies and birds than ever before, and watching the sun rise from inside our little tent gave us a whole new perspective on our everyday world. We felt like kids and left the tent up for a week just so we could crawl back in for that sunrise.

When was the last time you played with your imagination? As adults, we don’t do that enough, and I highly recommend it. I still smile when I think of that weekend and can’t wait for our next “journey.”



I hope this issue inspires you to try something new. Whether it’s using your imagination, stepping outside of your comfort zone or simply trying one of the healthy offerings on our center pages, the goal is to make you smile and feel good.

Have a magical summer, and thanks for taking us along!

Lauren

Lauren Del Sarto
Founder/Publisher

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Your Health Matters
with Janet Zappala

Born and raised in LA, and now heading back home...

So, how do I say goodbye to the people and place that has brought me so much joy and satisfaction? A place that stands alone in its natural beauty and serenity. A place where the people have treated me with great affection and invited me to be a part of what they considered to be their most important work.

The Coachella Valley is made up of kind and generous people. Whether it's donating their time to a community cause they feel passionate about or raising much-needed funds to help the many charities, valley people always come together for the greater good.

I have lived and worked in many amazing places over the course of my career. From Honolulu, where they were so patient with me, right out of college, as I learned on the anchor desk how to correctly pronounce Hawaiian words (mahalo!) to San Diego, where I met some of my closest friends who are still my dear friends to this day to Denver, where I met the man I would marry. Oh, the memories!

And the city of brotherly love, Philadelphia, where I spent most of my television news career, nearly 20 years and raised my son. Talk about fabulous places; I've been so lucky to have spent time in many. I've been blessed in that wherever my work has taken me, it's the people who have left an indelible mark, and those memories will last a lifetime.

What will I remember most about the Coachella Valley? The list is long, but some highlights include my work and helping to share important health and wellness information through Your Health Matters. Everywhere I went, it seemed someone would say, "Hey Janet, your health matters!" That to me says it all; people appreciated what I was doing to help them get - and stay - on a healthful path.

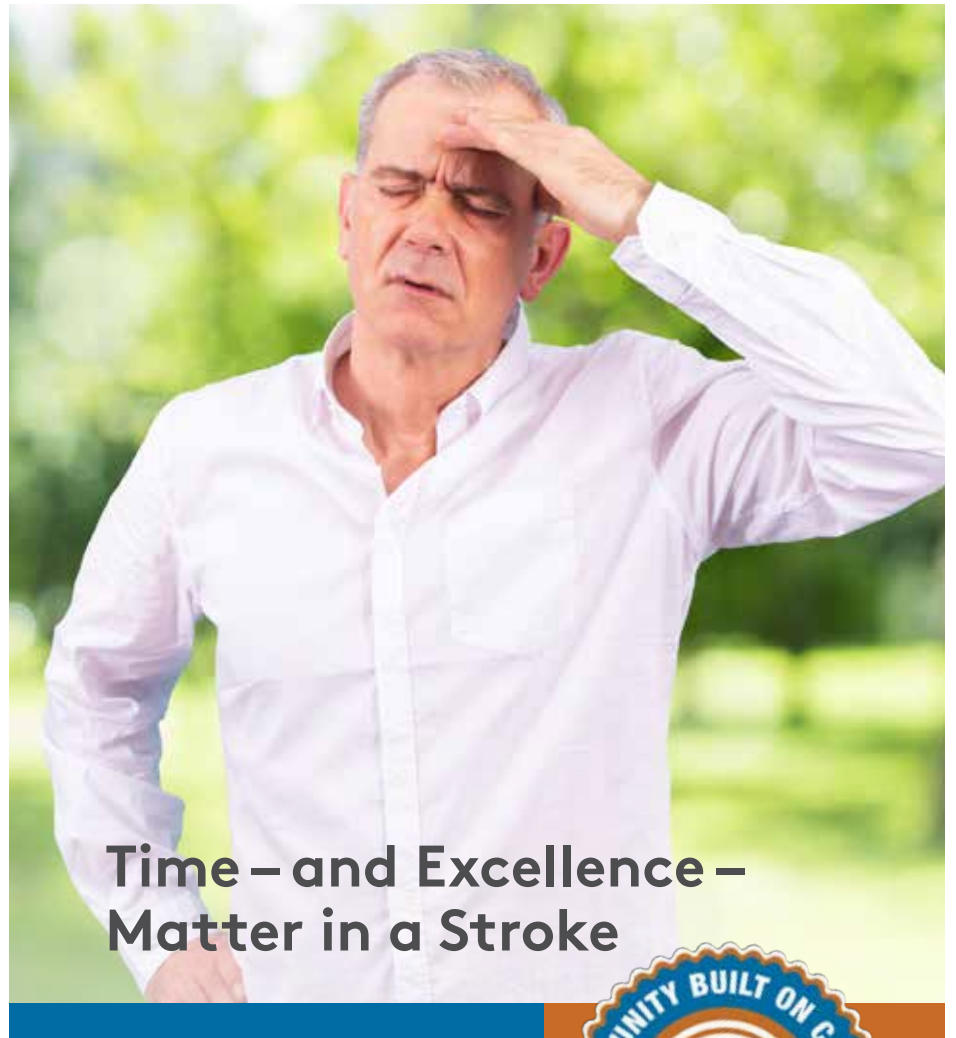
I'm happy to say that I'm continuing my work in the health and wellness arena, and will be producing more shows on several platforms. Good Food Matters will be a continuation of Your Health Matters, serving up themed shows and healthy recipes.

Regrettably, this is my final article for *Desert Health*. Lauren has done wonders with this publication and has a huge passion for helping others to stay positive, strong and vital. That's why we get along so well. Thanks, Lauren, for the opportunity to be a part of a stellar publication.

I'll never really say goodbye to the Coachella Valley because it has a big piece of my heart. I'll still remain on the advisory council for the Coachella Valley Horse Rescue and will return to see my friends - two and four-legged - as often as possible.

Thank you, Coachella Valley, for all the great memories! It may be bye for now, but certainly not forever.

Janet Zappala is a certified nutritional consultant, an Emmy award-winning news anchor and reporter, and the creator and host of Your Health Matters. Find her on Facebook @JanetZappalaGoodFoodMatters. (Photo featured with her Desert Health Wellness Award)



Time – and Excellence – Matter in a Stroke



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A COMMUNITY BUILT ON CARE

THE Paradigm Shift in Medicine Today By Jeralyn Brossfield, MD



How You Do Anything Is How You Do Everything

Over the years of partnering with patients on brain health and the prevention of dementia, I have seen amazing restoration of health and brain clarity. Through lifestyle changes and dedication to addressing whole-system health, it is possible to stop brain decline and continue active engagement in life. It has been a beautiful extension of this experience to realize that these principles apply to brain health at all ages.

The Bredesen Protocol for preventing and reversing dementia is based on the concept that brain health is dependent on several specific contributing factors: inflammation, blood sugar and insulin normalcy, nutrient availability, toxin load, blood flow and injury. Using the principles of functional medicine, each of these areas is addressed to optimize brain and body health.

It has been astounding to recognize how majorly these same factors impact a multitude of other disorders. In our MeRT (Magnetic e-Resonance Therapy) clinic, we have been seeing children with autism spectrum disorder who have findings that are eerily similar to my early dementia patients. What is incredible is that as toxins such as heavy metals or molds are cleared, these children improve.

In our adult patients with auto-immune disorders, this pattern is again notable, where clearing inflammation through healing the gut or normalizing blood sugars causes the timing between flares to lengthen.

In others with endocrine disorders such as Hashimoto's Thyroiditis, we see nutrient optimization along with gut-healing make a world of difference in symptoms. These patients begin to have normalization of the antibodies their body made to fight their own tissue, and as these antibodies drop, their disease remits.

Toxins have a sneaky role in brain health at any stage of life. Whether in children with learning disorders or adults with anxiety or memory concerns, we are finding that environmental toxins are major players in the level of brain function. There are multiple blood tests that gauge the body's inflammatory response, and if these are elevated, we know to look further for the cause of the alarm signals. This search may lead us to gut infections, mold in the environment or re-activation of viral illnesses. When these hurdles are cleared, the body is able to rebuild, and the person's experience improves.

In restoring health, we not only work to remove these external invaders but also to buffer and build the immune system's strength so that the body's natural fighting capacity is at its best. The basics of healthy lifestyle choices are pivotal in achieving this strength. For example, getting consistent, adequate sleep; choosing to manage and limit stress; eating a healthy diet; nurturing human connection; moving and exercising; seeking new experiences and learning - each of these has vast impact on the body's ability to clear toxins to keep the body healthy.

The phrase "how you do anything is how you do everything" applies to our bodies as well. When we put healthy habits into place, they work for every age and almost every "diagnosis" as the most important way to restore optimal health.

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



Eisenhower Delivers Circle of Life

By Lauren Del Sarto

Last month, Eisenhower Health welcomed a new addition, the Eisenhower Family Birth Center. The new bundle of joy has been in the works for several years and is the pride of the hospital, which closed its previous birthing center almost two decades ago.

The decision to add the department was due in part to the valley's growing younger demographic, says President and Chief Executive Officer Martin Massiello. "We have a lot of new, younger families coming into the valley – people who live here year-round, including many of our employees who are having children."

The elegant center opened its doors on May 27 and welcomed its first baby the same day. As of June 21, 48 babies have been born. "This has been a dream of mine since arriving at Eisenhower 13 years ago," says Massiello. "I couldn't believe we didn't have a maternity unit and thought it would be wonderful to bookend the great senior and adult services we offer with bringing new life into the world."

Building the center from the ground up allowed for state-of-the-art technology and a professional team of doctors, nurses and specialists led by Director Veronica Williams, MBA, MSN, PHN, RN, who brings 27 years of experience to the team.

"The comfort and safety of mother and baby was top of mind in designing the center," says Williams, "from décor to beds to access and monitoring."



President and CEO Massiello in a private LDRP room

conveniently positioned close to the emergency department, where most moms in labor enter the hospital, and the ICU for those rare occasions when a higher level of care is needed.

"In our four triage rooms we see everybody after 20 weeks and provide the care they require instead of having to wait in the emergency room," says Williams.



A generous donor named the center after the valley's Monsignor Howard Lincoln.

The 55,000-square-foot-facility, which a generous donor named after Sacred Heart's Monsignor Lincoln, features 14 private labor, delivery, recovery, postpartum (LDRP) rooms, so moms don't have to worry about sharing a room with anyone but their baby. There are also eight private rooms in a level II NICU, two dedicated operating rooms, seven postpartum rooms and four triage (pre-delivery) rooms. Located in the Walter and Leonore Annenberg Pavilion (the main entrance), the facility is

conveniently positioned close to the emergency department, where most moms in labor enter the hospital, and the ICU for those rare occasions when a higher level of care is needed.

"In our four triage rooms we see everybody after 20 weeks and provide the care they require instead of having to wait in the emergency room," says Williams.

The addition of the department created over 60 new jobs for OBs (laborists), certified obstetric and neonatal nurses, neonatologists (specialists in the care of newborns), support staff and more. Through Eisenhower's partnership with UC San Diego Health, high-risk pregnancy specialists, or perinatologists, were also brought aboard. Endocrinology services for patients with gestational diabetes and lactation specialists are also available. In addition, the teaching hospital's family medicine residents will play a role as their residency requirements include delivering babies.



NICU infant beds include monitors for 24/7 virtual viewing by parents.

time with mom and baby in their private postpartum rooms," says Williams. "But right now, we encourage that only the partner or support person for the delivering mother join them during the delivery. They are encouraged to stay during the entire process and are discharged home together."

The center will offer 24/7 in-house coverage for labor and delivery and all baby services, the neonatal intensive care unit, and the emergency department as needed. "So, any time of the day or evening, we will have specialized newborn care readily available," adds Williams.

"I think it will make a great difference for folks across the entire valley," states Massiello, who attributes the project's completion to their many donors.

"Without our donors, this dream would not be a reality."

For more information, visit eisenhowerhealth.org/babies or call (760) 834-7870.



The center features two dedicated operating rooms.

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- ~ 7 postpartum rooms

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See videos, photos and learn more at www.EisenhowerHealth.org/Babies



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A Groovy Solution for Cavity Prevention

By Nick Baumann, DDS

We all know that brushing and flossing are essential to keep our teeth clean and healthy, but some areas are more difficult to reach, particularly the deep grooves of molar teeth. Here, bacteria can hide and cause cavities to form, even if we brush thoroughly. Tooth sealants are a great way to protect our teeth further and help keep them cavity-free.

What are sealants?

Sealants are a very thin layer of resin composite material that is applied as a protective coating to the teeth. As the liquid material is brushed on, it flows into the grooves and pits where cavities are more likely to develop. People with deeper grooves in their teeth are more susceptible to decay because it's harder to brush away bacteria in these spots. This is where sealants come in as they provide a barrier to help prevent decay. Even if a small start of decay is present, sealing will stop it from becoming bigger and causing more damage. BPA-free sealants are available, so make sure your dentist is using the latest and safest materials possible.

A quick, painless procedure

Typically, only the chewing surfaces of the molar teeth are sealed. To prepare teeth for the treatment, a dentist will apply an acidic gel to slightly rough up the surface to better bond with the sealant, then clean and dry the teeth. Finally, a curing light helps to harden the sealant. The sealant material is clear and so thin that it feels natural and does not affect the bite.

How effective are they?

Studies show that sealants are up to 80 percent effective in preventing cavities in back teeth, yet less than half of children in the US have sealants, so they are an underutilized tool in preventing tooth decay.^{1,2}

How long do they last?

As they are thin, one issue with sealants is they can wear away with time and usually need to be replaced every few years, however, some sealants have been shown to last up to nine years. If someone had sealants placed as a child, they have most likely worn off by early adulthood, thus losing that protection they once had.

Sealants can help adults, too

Sealants are not just for kids, though. The same issue of decay in deep grooves persists into adulthood. Adults 20-34 have more untreated molar tooth decay than any other group.³ It's important to recognize that sealants can be applied on adults and offer a significant benefit well into adulthood.

Especially in adults, sealants are underutilized as one of the best ways to help prevent tooth decay.

While many people can benefit from sealants, some people do not have deep grooves in their teeth, so the effect would be less. Everyone, young and old, should be evaluated by a dentist to see if this easy, painless process can help you keep a cavity-free mouth.

Dr. Nick is with Palm Desert Smiles and can be reached at (760) 568.3602.

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The Nonchalance of Common Rights:

How equal treatment must be practiced, not just preached

By Simon P. Moore, M.Ed., MHA, EMT

As a teacher of multicultural English literature in a high school California Partnership Academy, we explore topics relative to mental health, public safety and current events, including health care and social justice. In the past year, notwithstanding the pandemic, civil rights were an inescapable topic of discussion for my sophomore students.

The 2020-21 school year exposed an epiphany regarding the question about equal treatment versus practice on the streets and in clinical settings across America: nonchalance of care for historically deprived populations is prevalent. These deprived populations, also known as "vulnerable populations," are those with behavioral health challenges and people of color.

In health care, patients sometimes do not cooperate due to their medical condition or behavioral health complications, including substance abuse, trust or other unexplainable issues, and even combativeness. These patients are frequently misdiagnosed, underdiagnosed or prematurely discharged, only to return in some form, sometimes as interaction with law enforcement. When this happens, a modification of patient management must occur. The patient doesn't automatically become a suspect - even when the patient may have committed a serious crime. Caregivers are bound by their profession to manage the individual using the most appropriate level of care and restraint. What about law enforcement?

The police have a tough job, frequently requiring split-second decisions, which can be fatal to anyone involved. Law enforcement, and all levels of public safety, must make focused efforts to increase the understanding of skepticism of hope for any outcome other than negative.

The lack of diversity in EMS, fire departments, law enforcement and clinical professions remains an issue yet to be addressed with true commitment. Fortunately, a popular campaign in education and organizations across the U.S. right now is DEI, Diversity Equity and Inclusion. The goal of DEI is to increase underrepresented groups, make education equitable for all, and include individuals normally overlooked. While most agree that the effort makes sense, there are those who dismiss DEI as a short-term band-aid that does little to address the issue.

Sustaining treatment of vulnerable populations as suspects, and not victims, combatants, and not patients, and recipients of services, and not providers of those services, facilitates the stunted growth of a system that must simultaneously identify these deficits while correcting and making a realistic effort to deliver true diversity, equity and inclusion into systems and organizations across the U.S. Anything else will be met with rolled eyes by unaffected populations, and continued frustration and hopelessness of vulnerable populations, rendering future episodes of shocking video footage, followed by protests, then silence (repeat).

We owe it to our students to do what's right. After all, they are watching.

Moore is lead teacher for the Coachella Valley HS Health Academy and adjunct faculty for College of the Desert with over 20 years of EMS experience. For more information, visit www.onefuturecv.org.

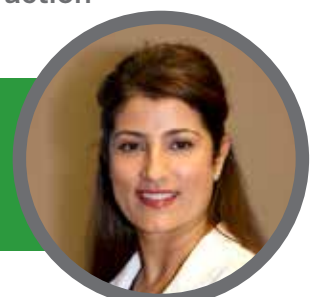


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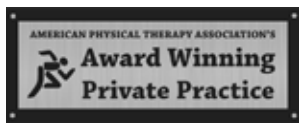


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Diagnostic Dreams and Your Health

By Kathleen O'Keefe-Kanavos

What do dreams, drawings and Dr. Oz have in common? The short answer is health. The longer answer is health, healing, the diagnosis of life-threatening illnesses, research by Drs. Larry Burk and Bernie Siegel, and the Dr. Oz Show: The Sixth Sense – Shocking Premonitions (Jan. 28, 2017) about lifesaving precognitive dreams.

After two recent medical studies, precognitive dreams and random drawings by patients are getting attention and gaining respect in the medical community.¹ The studies focused on psychological factors experienced during a precognitive dream. There is more to dreaming than rest and relaxation. Your dreams are a gift from you to yourself filled with messages of life, and dream messages of illness validated by pathology reports have saved people from an untimely death.

Larry Burk, MD, former chief of radiology at Duke University Medical Center, completed a ground-breaking study² involving 18 women who had warning dreams preceding breast cancer diagnosis. These dreams involved spirit guides, angels, voices, tactile intervention dreams, visitations from deceased loved ones and doctors in dreams who later performed surgery in the dreamer's waking world. Medical reports validated the dreams. "Dreams, in some sense, are giving us information all the time and interpreting things happening to us. They are often a metaphor for living our life like a waking dream," says Burk.

During an interview with Drs. Siegel and Burk on my podcast, The Kat Kanavos Show, Siegel pointed out, "Larry and I got information in medical school; we didn't get an education. Doctors don't get into people's lives to see what makes them vulnerable, which may be part of the cause of their physical disease."

"Most medical doctors are trained to treat the result, not the cause of illness," he further explains adding that he has been working with dreams "for a hundred years or so..." and believes our dreams can correctly diagnose our life. "I don't know any medical schools that tell their students to ask people what they are dreaming."

To state his point, Siegel shares the story of a woman who dreamed an East Indian female doctor told her she had cancer. Upon awakening, she immediately went for testing. A suspicious area was found on her mammogram and surgery was scheduled. Her surgeon was the doctor in her dream.

Dreams can give specific information exemplified by the women in Burk's study whose dreams guided them to get examinations, tests or surgeries. After initial tests, some of the women were told by their physicians that they were healthy and to go home. However, their dreams persisted and encouraged them to return for additional tests. In some cases, patients shared their dreams with their doctors.

The patients' dreams in Burk's precognitive dream study group were significant in their ability to diagnose illness, just as Siegel's patients' dream-drawings about their illness were in his study. The dreams were "so precognitive, patients saw their future doctors."

Perhaps the next time we have our checkup and our doctor asks, "So, how are you," we should whip out crayons, make a drawing, share a dream and say, "You tell me." It may brighten up your doctor's day or be the topic of conversation at the next party.

Is there a paradigm shift in the medical community concerning dreams, diagnosis, and healing? Dare we dream big? Yes! Let's move toward healing, one dream at a time.

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. For more information, visit www.KathleenOkeefeKanavos.com.

References available upon request.

Anything is Possible

Continued from page 1

succeeded in highlighting the things workers value most – and they don't want to compromise. A better work-life balance is at the top of the list followed by flexibility, company values that align with their own, the opportunity to learn and grow and benefits for health and retirement.³

We are not afraid to be happy

With the global reopening, it's like we each get a clean slate from which to start, a new canvas upon which to paint. Some are dabbling with journals and pens, and others are colorfully painting their own Jackson Pollock.

The wonderful thing is that in the quiet of quarantine and stillness of isolation, many have come to appreciate their less hectic schedules and time for self-reflection and plan to preserve them.

We are all reassessing our lives, and personal happiness seems to be leading the way. Life is short, and people are no longer afraid to be happy. In a way, we've all been forced to accept change and to move on, which, ironically, is a primary practice of mindfulness:

"Mindfulness teaches us to accept all that life presents and to trust that nothing is permanent. It teaches us to approach life with acceptance, recognizing that all things eventually pass," says Tamara Levitt of Calm.com, adding that this is no simple endeavor. "Nothing in this life remains the same; the seasons change, our body ages, our relationships end. So, we have a choice; we can either resist change or surrender to it, and the more we practice surrender and openness to change, the more easily we flow from one situation to the next; one stage of life to another."⁴

The Daily Calm ends with this apropos quote from poet Judith Minty, "I give you this to take with you. Nothing remains as it was. If you know this, you can begin again with pure joy in the uprooting."

Now is the time, and anything is possible.

Editorial by Publisher and Founder Lauren Del Sarto. For more from Lauren, visit her blog on www.DesertHealthNews.com.

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Lifesaving dreams can sometimes diagnose our lives.



People all over the world are putting personal happiness first.



Studies Support Tips for Reducing Dementia Risks

By Lisa Nathan Bellows, MA, CCCA

The release of the 2020 report of The Lancet Commission published findings suggesting “untreated hearing loss in midlife as the largest modifiable risk factor” for dementia prevention, intervention and care.¹ According to Denis Hampton, PhD, approximately 50 million people worldwide live with dementia. The Lancet Commission research team has projected this alarming number will increase to 152 million by 2050. These dementia cases affect individuals, their families and the economy, with global costs estimated at one trillion US dollars annually. Andrew Sommerlad, MBBS, PhD, principal research fellow, division of psychiatry at University College London and Camden and Islington NHS Foundation Trust, noted that “supporting the physical health of people with dementia is important for cognition but also because they may struggle to manage other illnesses, which can lead to preventable and potentially harmful hospitalization.”²

Additional research data published at the University of Colorado supports The Lancet Commission findings. According to Anu Sharma, PhD, research and MRI studies are consistent with the hypothesis that “decreases in cognitive reserve caused by sensory deprivation taxes the brain and affects neurocognitive function.”³ Studies by Frank R. Lin, MD, PhD, otolaryngologist and investigative researcher at Johns Hopkins University, linked hearing loss with cognitive processing declines. His audiological evaluations and MRI studies conducted over a 10-year period indicate that “declines in hearing abilities may accelerate gray matter atrophy.”⁴ He added that seniors with hearing loss are significantly more likely to develop dementia and Alzheimer’s disease than those who retain their hearing.

Fortunately, The Lancet Commission

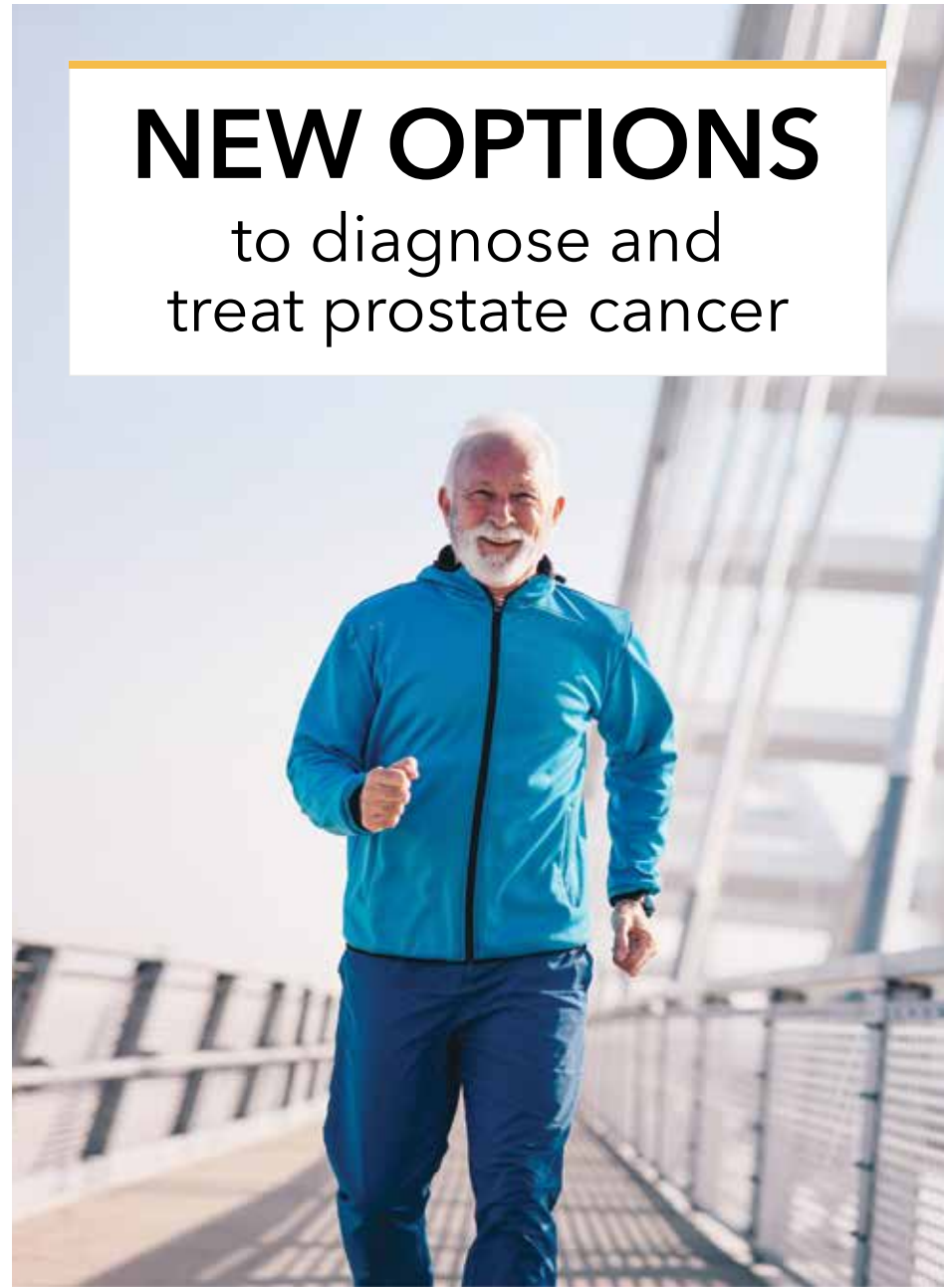
research team has suggested that the proportion of seniors with dementia can be reduced with improvements in nutrition, healthcare and lifestyle changes. The 2020 findings recommend the following measures:¹

- Aim to maintain systolic blood pressure of 130mmHg or less in midlife from around 40 years of age.
- Encourage use of hearing aids for hearing loss and reduce hearing loss protecting ears from high noise levels.
- Reduce exposure to air pollution and second-hand tobacco smoke.
- Take precautions to prevent head injury.
- Prevent alcohol misuse and limit drinking to less than 21 units per week.
- Stop smoking uptake and support individuals to stop smoking (which the authors stress is beneficial at any age).
- Provide all children with primary and secondary education.
- Lead an active life into mid-, and possibly later, life.
- Reduce obesity and diabetes.

The research findings discussed in The Lancet Commission 2020 Report support the hypothesis investigated in the Sharma articles of 2020 and the Johns Hopkins University School of Medicine studies by Lin, published in 2011. The conclusions state that in the early stages of mild-to-moderate hearing loss, there are significant well-documented potential neurocognitive benefits that can be obtained from the consistent usage of fast processing hearing aids worn approximately 10 hours daily over a six-month period.²

Lisa Nathan Bellows is an audiologist practicing in Palm Desert and a member of Desert Doctors. She can be reached at (760) 340.6494.

References available upon request.



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Learn the facts by visiting halodx.com/prostatecancer

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Never Give Up



Coach Stewart in action

He called the technique push to failure. "If you push beyond your limits, you grow. If you live in your comfort zone looking perfect and hoping others see how well you are doing, you don't get stronger, and you don't grow."

At that moment, I realized I have been living in that exact place quite happily for a long time. I am not used to failing, but my brain hurt from trying to comprehend a fraction of what was being thrown at me. I reached deep for my greatest inspiration, my younger self, and feared I may never find her again.



Riders and their equine partners await their challenging tasks.

He emphasized that the human brain can only think of one thing at a time and only four related items within that one thing, especially when under pressure. To alleviate mental shifting, he suggests picking three things to focus on when you train or compete. "When you start focusing on more than three things, you can't do it; your brain is full. These three items are your mental tasks, or 'masks.'"

Mistakes, disappointments, perceived failures, and regrets shake our confidence and can shrink our comfort zone, he adds. "We believe that we are not capable of what we are truly capable of achieving. So, please be OK with not being OK, and when you do your best and come up short, there are always lessons to learn."

The clinic included a psychology seminar in which Stewart talked about the "Fishbowl Effect," an acronym for eight of the greatest fears of competing, including failure, spectators watching, judges judging, the fear of losing and the expectation of winning.

How do you overcome those fears? "By emptying everything that can hurt you from your life; emptying relieves pressure." Stewart used the acronym EMPTY:

Effort over outcome. It's hard when we give our best and our best isn't good enough, but there are two sides to everything you do - outcome and effort. While others tend to focus on our effort, we, as competitors, tend to focus on the outcome. Be OK that a perfect effort may not always result in a perfect outcome.

Message over mess. Focus on the message, not the mess you may have created; the message is trying to teach you something. Then give yourself permission to make three mistakes, a "mistake quota." If you expect yourself to make mistakes, you will make them and be OK with them. If you expect to be perfect, it will only lead to disappointment. Allowing yourself mistakes relieves pressure.

Patience over perfection. When you make a mistake, it can hurt, and no one is expected to feel good about it right away. Allow yourself time to mope about your mistakes but set a timeframe; give yourself three seconds or three minutes, then be OK with it and move on.

Tell over yell. Don't continue the negative self-talk or yell at yourself for messing up. Create a phrase to move you past your mope so you can keep moving forward. It can be as simple as "OK, move on," but make sure to use it when your three minutes are up.

You over others. Stop worrying about other people. Focus only on your efforts in the present moment. Say out loud to whomever you care most about, "I plan to do my best." Knowing and believing that your best is enough and saying it out loud releases the pressure valve.

Continued on page 24

Continued from page 1

Stewart's positive energy and enthusiasm preceded him and I was looking forward to the two-day event, however, it turned out to be one of the hardest things I have ever done in my life. The focus was on our mental ability, and he tasked us with complicated instructions and seconds to implement. He pushed us all, ages 11 to 60, beyond our comfort levels setting us up to make mistakes. Our goal was simply to try our best and never give up.

"In order to get something you have never had, be prepared to do something you have never done," he encouraged. "In order to develop mental strength, you must push yourself outside of your mental comfort zone. The only problem is on the other side of that comfort zone are mistakes and failures, and those things can really hurt a lot."



"The playground" consists of nine fences placed closely together with numerous course options.

Stewart knew what he was doing. "I overloaded you emotionally by shifting your attention to too many things. Mental shifting will cause you to make mistakes, however, attempting these impossible feats, focusing on the effort versus the outcome and not giving up, builds confidence."

"This is not a riding lesson; this is a life lesson," he coached. "Life is overwhelming, and if you focus on outcomes, life will continue to be overwhelming. But if you focus on your efforts, it will relieve life's pressure."



Too many faults resulted in 50 equestrian sit-ups, which most had to do.



Learning to manage pressure helps improve performance in and out of the show ring. Del Sarto and Tristan competing at Desert Horse Park. (Photo by @ESIPhotography)



“Help! The Room is Spinning!”

By Karen Elbert, PT, DPT, OCS

You're feeling dizzy. Do quick movements of your head or bending over increase your dizziness? How about looking up? Does turning over or getting in and out of bed cause things to spin more?

According to a standardized test known as the Dizziness Handicap Inventory, answering yes to some or all of these questions is a useful predictor for diagnosing a vestibular disorder known as Benign Paroxysmal Positional Vertigo, or BPPV.⁴ This type of vertigo is easily tested and diagnosed and also can be very easily treated.

The vestibular system, or inner ear, aids in detecting movement, equilibrium and spatial awareness. The utricle and saccule are two small organs within this system that hold tiny crystals and hair cells which aid in sensing gravity and linear movement of the head.⁷ We also have semicircular canals filled with fluid which aid in detecting rotational movement.² Occasionally, the crystals get loose and fall into the canals causing an increase in sensitivity to movement and a spinning sensation with movement of the head or body position changes.

BPPV happens idiopathically in about 50-70 percent of the reported cases.⁶ However, it can also occur as a result of injury such as following a fall, car accident or other head trauma. This type of spinning dizziness can be very debilitating, affect your daily life and also put you at a higher risk of falling.¹ Research states that around 20 percent of dizziness reported to practitioners is BPPV.^{3,5} However, it can often be overlooked or misdiagnosed if the correct tests and treatments are not performed.³

If diagnosed quickly and correctly, BPPV symptoms can typically be diminished in one to two visits without expensive testing or medications. There are simple tests and treatments that vary, depending on where the crystals are located within the canals. The treatments involve moving your body in specific positions in order to mechanically move the crystals back to their proper location.⁶ These tests and treatments should always be performed by a trained professional, such as a physical therapist or physician with specialized training in vestibular rehabilitation. If you are having these symptoms, please make sure to specifically ask if your practitioner is trained in vestibular rehabilitation and treatment.

There are many other causes of dizziness and vestibular dysfunction that may require further testing or treatment. These include, but are not limited to, labyrinthitis, vestibular neuritis, a perilymphatic fistula, Meniere's Disease, Mal de Debarque, an acoustic neuroma, or a vestibular hypofunction secondary to other conditions. Dizziness can also be caused by reasons outside the vestibular system, so it is important to consult with a qualified professional when symptoms occur.

Karen Elbert is a doctor of physical therapy and co-owner of Dynamic Physical Therapy in Palm Desert and can be reached at (760) 501-6655. She is also a member of Desert Doctors. For more information, visit www.DesertDoctors.org.

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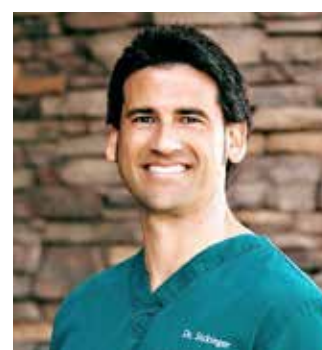
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Sonja Fung, ND
Naturopathic Doctor
Medical Director

The Benefits of Tai Chi at Any Age

A proven asset in adjunct cancer care

By Sonja Fung, ND

Tai Chi Chuan has been practiced by millions of people across the globe for centuries. Tai chi, at its most basic, is a set of movements based on martial arts and traditional Chinese medicine, which are memorized and practiced slowly and with intention. This “meditation in motion” deliberately focuses both your mind and body on movement that has many beneficial health effects with a low risk of injury.

There are five major styles of tai chi named after the founding Chinese families. Yang tai chi is the most popular style, with ease of movement and flow. The forms can be as short as eight sequences, and up to 108 consisting of movements poetically named “part the horse’s mane” and “white crane spreads its wings.” Movements are slow and controlled, with the focus on breathing and the flow of energy through the body. There are no quick and jarring movements in this style, although there are in other martial arts styles. There is no underlying mysticism or belief system associated with the practice of tai chi as an exercise. Use it as another option for your daily movement and stress relief.

Movement or exercise before, during, and after a cancer diagnosis has been shown to greatly reduce the risk of recurrence and improve quality of life. Maintaining a healthy weight is also a major factor in reducing overall cancer risk. One recent randomized control study showed a greater reduction of the weight and waistlines of adults over 50 after 12 weeks of twice-weekly tai chi compared to traditional aerobic exercise and strength training, even though both groups lost weight overall.

In cancer patients, tai chi has shown benefits of improved quality of life and reduced treatment side effects such as fatigue, “chemo brain,” insomnia, stress/anxiety and pain. Other health benefits include improved strength, balance, flexibility, bone health with post-hormone therapy in breast cancer patients, improved breathing and lung capacity for patients with COPD, reduced fibromyalgia pain, improved focus and cardiovascular health.

Tai chi is an extremely safe and effective form of movement with little-to-no downsides. This gentle, low-impact activity applies to all ages and fitness levels and is a physical activity that can be continued and refined throughout your lifetime. There are even options for seated tai chi variations. You should not feel pain at any time during these activities. If you do, stop and modify your form. If you are doing the forms correctly, you will still benefit from the tai chi movements even if you feel like you’re not “breaking a sweat.”

As always, check with your doctor if there is any question of physical limitations before you begin. For those who are new to the practice, make sure you start with a qualified instructor, whether online or in person. Below are some local and online resources where you can start your journey:

- Tai Chi Circle of the Desert: www.taichicircleofthedesert.com
- Sunnylands: Tai Chi on the Great Lawn offered in the past and may return in Fall
- Center for Spiritual Living: www.cslpalmdesert.org/other-classes
- Online classes: <https://www.byrdie.com/best-online-tai-chi-classes-5095654>

Dr. Sonja Fung is a primary care naturopathic doctor with a focus on integrative cancer care and PRP regenerative joint injections at Live Well Clinic in La Quinta. For more information, visit www.livewellclinic.org or on Instagram @livewellclinic.

Sources available upon request.

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The Free and Easy Wanderer

Soothing liver qi stagnation

By Diane Sheppard, PhD, LAc

Wouldn't it be nice to glide through life without a care in the world like a free and easy wanderer? It is certainly a nice dream, but not reality for most of us.

In traditional Chinese medicine (TCM), we have a famous herbal formula called Xiao Yao San, which means “free and easy wanderer.” It is used for liver qi stagnation, a common imbalance found to some degree in most of us and often caused by internal and external stress.

In China, millions of people live in congested cities where environmental stressors can be high. Culturally, the Chinese are also not emotionally expressive and tend to keep things inside. In their country, this formula is extremely popular.

How do you know if you have liver qi stagnation?

Signs and symptoms that your liver qi is not flowing freely include getting easily agitated or startled, explosive emotional outbursts like, say, road rage, digestive issues, poor sleep, migraines, and in the spring time, vertigo due to seasonal winds. In addition, women may experience enhanced PMS, constipation or a sensation of a lump in their throat. Sadness and depression can also be the result of liver qi stagnation.



Addressing liver qi stagnation can help create a calm and peaceful demeanor.

In TCM, we treat this condition with acupuncture and herbs, but there are many lifestyle alterations that can also help:

Diet: Eat leafy greens lightly cooked or raw; add thinly sliced daikon radishes to salads; increase your intake of artichokes, prickly pear, beet juice, grapefruit and cruciferous vegetables; drink juice from one fresh lemon mixed with water daily (use a straw to protect your teeth from acidity); and supplement with milk thistle daily.

Exercise: There is nothing better to move liver qi than walking or dancing your way to health; even 12 minutes a day makes a big difference.

Rest: Metaphorically speaking, in TCM, our blood collects in our liver at night when we sleep. This means that the liver plays a big role in rejuvenating us while we are sleeping. Not enough rest leads to weakened blood, which prevents our qi from flowing freely and leads to stagnation. That is why resting well can help us maintain better energy throughout the day.

Acupressure: In acupuncture, the point between the big toe and the second toe (where the metatarsals meet) is called Liver 3 or Tai Chong, “the great surge.” Applying self-acupressure to this point can help improve qi flow throughout your body. The spot may be a little tender, and that is when you know you have it! Bingo!

Continued on page 26



Resilient Re-Entry: How to Build an Extraordinary Next Chapter

By Laya Raznick, CHC

Most of us are feeling some level of trepidation as the world begins to open after a year of pandemic isolation. The information about what's safe changes daily, and we don't yet have information about the need for a booster or exactly how protected we are from reinfection.

Our mental health has been challenged. Some of us are experiencing "post-COVID stress disorder," COVID-19 related anxiety and depression that experts say may linger after the pandemic is over.

Amid the confusion, fear and stress we've experienced in the past year, how can we re-enter the world with resilience and build an extraordinary next chapter?

It's important to know that feeling anxious is a normal part of post-pandemic life. Don't assume it means you're in danger. Take one small, low-risk step, and then another. If you're afraid to jump into the pool, dip your toe in first. Everything in moderation. Break the habit of fixating on the future. Bring your attention back to this moment as if it's the most important moment of your life, because it is.



Approach this transition as if it's a new chapter. We've learned so much about ourselves during isolation. This is an exciting time to create something new. Spend a few minutes answering these questions to help you refine the lessons you've learned and cultivate your intentions for moving forward.

How do you want to shape your relationship to time as you step back into an active lifestyle?

Most of us were constantly pushed by our to-do lists before we went into isolation, and our lives were formed around what we thought we had to do. We've learned something; life will not fall apart if we don't get it all done.

What kind of social calendar suits you best?

Many of us were surprised to realize that we were over-booked before the pandemic, and others learned that daily social connection is crucial to well-being. This year has taught us something about what feels balanced for each of us.

What have you learned about your peace of mind during this year?

This is probably the most important question to ask yourself as we return to an active lifestyle. What gives you inner peace, and how can you build more of it into your daily life?

There are many reasons to celebrate as we step out of pandemic isolation into post-pandemic life. One of the most exciting things is this unprecedented opportunity to begin anew and create an extraordinary next chapter together. Turn your attention to creating what's next for you. It's time to begin!

Laya Raznick is the resident health coach for NBC Palm Springs and the lead instructor for The Daily Reset Class online. She can be reached at Laya@LayaRaznick.com or for more information, visit www.LayaRaznick.com.

Self-Love and Approval

By Dipika Patel, CHHC

Over the years, research has shown us that those who struggle with self-love or self-approval have usually experienced some form of struggle in their childhood, which in return has impacted their self-trust, self-worth, and even self-motivation. This experience is not necessarily from abuse; it could have been neglect or lack of acknowledgement during the fundamental years of a child's development.

I share my personal case as an example. I had loving, controlling parents who wanted the best for my brother and me but did not have the right tools to support us the way we individually may have needed. This type of control and struggle may leave any child with a feeling of emptiness and loneliness from within.

It took me many years to understand this on a deeper level. Through my 20 years of education and training, I was able to see why so many people struggle with finding self-love from within. I also realized that I was living my own life how my parents wanted to see me, not how I desired to see myself. It took a conscious effort and work to take back my own power and find my own value from within.

Adulthood can become frustrating as we evolve into adulthood. Add in the world of social media, and it's easy to see how self-love and self-approval have gone haywire and are often misunderstood. The most common challenge with which I see clients struggling, is how to create a better relationship with themselves. Below are a few suggestions which may help you cultivate this relationship.

Appreciate all the things you do

One of the practices I have all my clients do is to record their daily wins. This is an opportunity to see all the good things in your world, especially the most difficult situations. Recording daily wins will not only enable you to work toward your goals, but you may also get to see and watch life unfold the way you desired it to be, rather than spending your time on what has not been working in your life.

See that you are good enough

Find a way to see that what you are doing is good enough for you, not anyone else. If you are a chronic people pleaser, this is the perfect sign telling you to stop and see that you are worthy of your own love, and you do not need to seek approval from others.

Learn to speak up for yourself and ask for what you want

Say what you mean and mean what you say. I know many times in my own life I have struggled with this. And the power of saying 'no' is huge, just as is the power of saying 'yes.' You do not have to explain yourself; know that you're on the right path because you are clear within yourself. If you do not have clarity, get support and guidance to help you generate clarity.

Reclaim your own power from within

Self-love and self-approval come from within, and nobody can give it to you but YOU. You deserve it. You are worthy of it. Are you ready for it?

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



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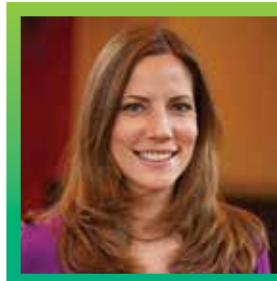


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FDA Controversy Over NAC Supplement

Why you might want to stock up now

By Jessica Needle, ND

Cysteine is an amino acid your body uses to create collagen, the major type of protein in connective tissue. Besides building your hair, skin and nails, cysteine helps convert glucose to energy and is a component of glutathione, a powerful antioxidant. Cysteine is classified as “conditionally essential,” meaning your cells can create it if other amino acids are plentiful. If your amino acid pool is deficient, you can increase your cysteine intake through the supplement N-acetyl cysteine (NAC).

NAC exists as an oral supplement that can be taken in capsule form and as a liquid that can be inhaled to prevent asthma attacks or infused intravenously to prevent liver damage caused by acetaminophen (Tylenol) overdose. The topical form can treat rashes and other skin problems. NAC has also shown promise in reducing the size of breast cancer tumors,¹ and research shows that it can lower blood pressure and blood sugar.²

But this versatile nutrient with a myriad of uses is getting harder to obtain and may soon be available by prescription only. In July 2020, the FDA sent warning letters to seven companies that marketed NAC as a hangover cure. The FDA often sends warnings to supplement manufacturers who make unsubstantiated claims regarding the health benefits of their products. But in this case, the FDA not only objected to the claim but to the ingredient itself, stating that NAC could not lawfully be marketed as a supplement because it had first been studied as a drug. The FDA warned that the NAC hangover products are not dietary supplements but unapproved new drugs that have not been evaluated and determined to be safe and effective.³

In December 2020, the Council for Responsible Nutrition, a trade association representing ingredient suppliers and manufacturers in the dietary supplement industry, urged the FDA to change its position, arguing that the inhaled drug first studied in 1963 was distinctly different from an oral supplement. Further, all oral NAC drugs marketed prior to 2016 had been withdrawn, leaving over-the-counter NAC the only option for decades.⁴ The FDA normally allows both prescription and non-prescription nutrients to coexist. One example is niacin, which is available over-the-counter in the vitamin section of grocery stores, and Niaspan, which is prescription-strength extended-release niacin.

In May 2021, retail giant Amazon began removing NAC from its website,⁵ bringing the issue to the public’s attention. As of this writing, NAC products are still available on Amazon. Supplement distributor Fullscript has some NAC-containing products available for direct-to-consumer purchase, while some are available only with a doctor’s recommendation.

The FDA has not changed its position since last year, yet does not appear to be enforcing an outright ban while considering resolution of NAC’s status. If you use this supplement, as many have for COVID prevention due to NAC’s history as a respiratory treatment, make sure to stock up while you still can. You can also increase cysteine in your diet by consuming more high-protein foods such as chicken, turkey, eggs, sunflower seeds and legumes. If NAC becomes a prescription-only ingredient, you will still be able to obtain capsules by requesting them from your doctor.

Dr. Needle is a licensed naturopathic doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568.2598 or visit www.OptimalHealthPD.com.

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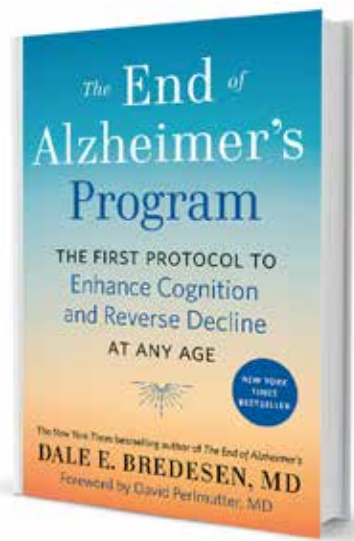
Joseph Scherger, MD, MPH
Medical Director

The End of Alzheimer’s Program

By Joseph E. Scherger, MD, MPH

The 2017 book *The End of Alzheimer’s* by Dale Bredesen, MD caused a sensation. For the first time, there was scientific documentation on a wide scale of the reversal of cognitive decline using lifestyle factors. Bredesen, a research professor of neurology at UCLA and founder of the Buck Institute for Research on Aging, first reported on a case of reversal of cognitive decline in 2014. By 2016, he had a small group of successful patients, and by the time his first book was published, he had helped over 200 patients. Practitioners from all over the world started training in the Bredesen protocol.

The 2017 book highlighted three main causes of Alzheimer’s disease: 1) brain atrophy mainly caused by high blood sugar; 2) inflammation caused by a variety of inflammatory conditions and 3) toxins due to food and the environment. The treatment program centered on the Mediterranean diet, exercise, quality sleep and stress reduction.



The End of Alzheimer’s Program is the more detailed practice book many requested to better understand the problem and implement lifestyle changes. Bredesen admits he is a researcher and not a clinician. This book updates the research and provides a detailed program with the benefit of two women close to the author.

Julie Gregory has two ApoE4 genes and reversed her cognitive decline using the Bredesen protocol. Julie now spends her time helping others as chief health liaison for Apollo Health, an online health practice. Her description of “A Day in the Life” of living the protocol is outstanding.¹ The second woman is Aida Lasheen Bredesen, MD, Dale Bredesen’s wife. She is a trained family physician and integrative health practitioner. Together, these two women present the treatment protocol in great detail.

The recommended diet is called KetoFLEX 12/3 and is ketogenic with intermittent fasting. The Brain Food Pyramid has overnight fasting at the base with non-starchy vegetables and healthy fats next, followed by prebiotics, resistant starch and probiotics. This program is a refinement of the Mediterranean diet; exercise, restorative sleep and stress reduction are also emphasized as part of the treatment protocol.



Updating the research from the first book, Bredesen has expanded the causes of Alzheimer’s disease with a new classification:

Type 1 Alzheimer’s is inflammatory or hot. Chronic inflammation is the hallmark of Type 1 and results from the chronic inflammation of insulin resistance with the ingestion of inflammatory foods, chronic stress and auto-immune conditions.

Type 2 Alzheimer’s is atrophic or cold. This type results from inadequate nutrients, hormones or trophic factors needed to support 500 trillion synapses in the brain.

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Living Wellness

with Jennifer Di Francesco



Outdoor Adventure Life Preservers

On May 22 of this year, in the Gansu province of China, 21 ultra-marathoners got caught in a freak storm that took many by surprise. These runners, who were at the top of their field, were pelted with rain and hail and experienced freezing temperatures while being swept up and over cliffs by wind that knocked them off their feet. Most of the runners were wearing t-shirts and shorts. One runner wrapped himself in a foil blanket, blacked out and was rescued by a local shepherd who took the athlete to a cave stocked with quilts and firewood.

After reading the story of the rescued survivor, I reflected on the dichotomy between a seasoned, fit athlete and a shepherd, who was quite possibly an elder of the mountains and in no way familiar with running 60 miles in one day. We all find ourselves feeling strong at moments, as if we are on top of the world, and then in one fell swoop, suddenly can feel fragile and in need of assistance.



No matter how long your journey, being prepared is essential for outdoor adventure.

When it comes to outdoor activity, we must be prepared regardless of our training and conditioning. Taking steps to be aware of our environment and knowing what supplies to have at hand can mean the difference between ease and distress. A striking reality of the tragedy in China was the proficiency of the runners who lost their lives and the avoidable oversight in preparation.

For any desert dweller who ventures out for hiking or other outdoor sports, the following items can make the difference between an enjoyable or a potentially dangerous experience:

1. Bring a bandana. Soaking a bandana in cool water and placing it around your neck or head will offer cooling.
2. Dress in moisture-wicking clothing, which cools the body better than cotton.
3. Wear a hat with a wide brim to protect against UV rays.
4. Wear sunglasses that provide both 99 to 100 percent UVA and UVB protection to minimize any forms of eye damage.
5. Apply waterproof sun protection of SPF 30 or higher a half an hour before going outdoors and then reapply continuously to help protect your skin.
6. Drink one quart of water per hour during exercise, and consciously drink more for two days leading up to intense exercise. Prior to exercise, omit alcohol and coffee.
7. Have an easy-to-reach water strategy for continuous sipping. If a headache

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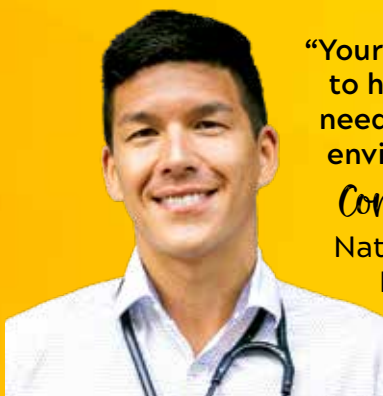




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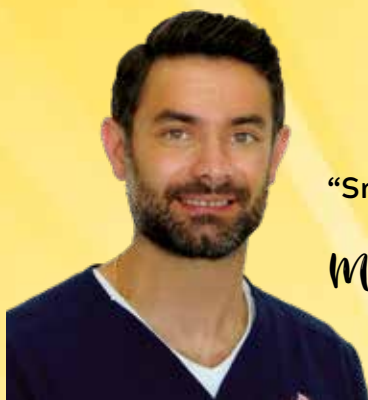


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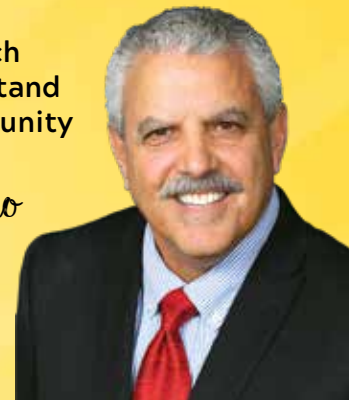
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Scared of Carbs?

Carbohydrates have received such a bad reputation for health and weight loss, but is it all warranted?

I think it is easy to get caught up in the latest health and weight-loss trends, and because they all seem to contradict one another, it is common to ultimately end up in severe food confusion.

Almost 95 percent of my patients come in with a food paralysis of sorts – not knowing what they can eat because they have heard that everything is harmful in some way to their health. Carbohydrates, by far, though seem to take the brunt of this fear.

I would like to help set the record straight. Carbohydrates, just like fats and grains, are not holistically at fault for our chronic disease and national weight problems. Let's talk about what IS bad about carbs... processing.



Not all carbs are bad.

When we process carbs away from their natural form (the way they are found in nature), we take away many of their nutritional qualities and health benefits. So quite simply, anything that is a processed food carb like bread, pasta, crackers, muffins, granola bars, is not going to be the healthiest food choice and in some way will contribute to chronic diseases and weight issues when consumed as the staples in one's diet.

On the other hand, carbs that come from potatoes, rice and veggies (eaten close to the way they are found in nature) are actually important for satiety, fiber, vitamins and minerals and should be a part of most diets. Historically, these are the foods that most of our ancestors relied on heavily; they are also integral parts of the diets in parts of the world with the highest amount of people living into their nineties and hundreds. The challenge comes in not dousing these foods in oil, butter, sugar, cheese and other not-so-healthy, high-calorie condiments.

For the average person, no one food group should be off-limits as long as it is eaten in a form pretty close to that found in nature. So, don't waste your fear on carbs that are real food. Use it instead to stay away from processed foods.

Dr. Fayssoux is an integrative primary care practitioner with Ohm & Oot Wellness Medicine in Palm Desert and can be reached at (760) 469.9900. For more information, visit www.KinderFayssouxMD.com.

The Powerful Benefits of NAD+

By Corey King, ND

Youthfulness and longevity is the ultimate health goal, right? It's no wonder anti-aging supplements and products are popping up everywhere. We all strive to feel and look amazing, but many of these marketed products aren't backed by scientific research and can potentially be a waste of money.

One product that many naturopathic and functional medicine doctors stand by is nicotinamide adenine dinucleotide or NAD+. NAD+ is a central metabolic coenzyme involved in cellular energy metabolism and energy production.¹ Ample research on this versatile supplement continues to demonstrate its wide range of benefits.

Could this be a key component to youthfulness, longevity and optimal wellbeing? We believe it could be when coupled with proper diet, exercise and healthy lifestyle behaviors. Here are some of its many benefits:

Feel and look younger

NAD+ is essential to encourage youthful cellular processes and promote anti-aging. Every cell in your body relies on NAD+ to protect its DNA from harmful free radicals obtained through environmental exposures like toxins, sun damage and stress. As you age, NAD+ levels drop and your DNA can become more vulnerable, leading to damage and signs of aging. Studies have shown that NAD+ can extend lifespan and restore cell functioning, which can increase your quality of life as you age.²

Energy boost

NAD+ is necessary for energizing cells, which energizes you. As your body breaks down sugars and fats from food consumed, the energy is stored and passed to NAD+ then converted to NADH. Then, through a series of steps, NADH is ultimately used to generate ATP (aka energy for your cells and body).³ Supplying your body with extra NAD+ can give you the energy boost you need to enjoy a full day.

Brain protection

If your cognitive ability isn't as sharp as it used to be, NAD+ may help. Brain fog and memory loss are common consequences of aging and are linked to the decline of NAD as we age. Studies show that NAD+ can boost brain function and, with its neuroprotective effects, can potentially prevent degenerative disorders like dementia and Alzheimer's disease.⁴ When healthy NAD levels are present, DNA damage in brain cells is lowered, brain inflammation is reduced, and signs that synaptic plasticity is restored.

Surprising Addiction Care Benefits

While NAD+ is a superstar in anti-aging, science is also discovering that it can play a significant role in addiction care and recovery. When a person consistently uses drugs and alcohol, their NAD+ gets depleted. This depletion negatively impacts their ability to metabolize food into energy, leaves room for DNA damage and can even make addiction tendencies worse. Supplying your body with extra NAD+ can help it function optimally while getting your health and life back on track through the addiction recovery journey.⁵

Dr. King is a naturopathic doctor with Pure Health in Palm Springs and can be reached at (760) 322.2520. Visit www.purehealthmedicine.com for more information.

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How Do You Hydrate?

By Noelani Rodriguez, ND

When we think about living a healthy life, we all know drinking water is essential. With so many healthy hydration options out there today, how do we know what is actually helping us? Here's the low-down.

Let's start with alkaline pH water. pH refers to the level of acidity and ranges from 0 (most acidic) to 14 (least acidic), with 7 being neutral. Most bottle and tap waters have a pH between 6.7 to 7.4.¹ The alkaline water you see in stores usually has a pH of around 8.8. Studies have shown that alkaline water is more hydrating than regular water due to its effect on blood viscosity.² Furthermore, drinking alkaline water irreversibly inactivates the digestive enzyme in our stomach called pepsin by lowering hydrochloric acid levels.³ Pepsin, although essential for digesting proteins, is also known as a contributing factor in acid reflux disease (i.e., GERD). Many foods in our daily diet are acidic; these include coffee, cheese and carbonated beverages. Research shows that consuming alkaline water away from meals may also be beneficial in helping to alleviate reflux disease.³



Are beverages like Gatorade, Pedialyte, Liquid IV and Nuun actually good for us?

The answer is yes and no. While out in the sun or being active, drinking fluids with electrolytes is crucial for maintaining our body's balance. If we lack adequate fluid consumption, dehydration symptoms such as muscle cramps can begin. When looking for electrolytes to support hydration, opt for one that does not contain any food color additives and be aware of added B vitamins, caffeine and sugar. Try making a healthy electrolyte beverage at home with water, Himalayan or Celtic sea salt, a little lemon or grapefruit juice and a bit of local honey or agave.

What about getting our hydration through an IV (intravenous) or non-oral route?

IV fluids allow for a steady, controlled flow of electrolytes and fluids to the body without the recipient actually drinking any fluids. This type of hydration can be beneficial since the cells in our body require a constant flow of ions 24/7 - allowing for balance known as hemodynamics. IV therapy today is not only used in hospital settings but can also be part of a healthy, active lifestyle with 100 percent absorption of nutrients. It can also allow for quicker repletion of low nutrients such as B vitamins, electrolytes, vitamin C, amino acids and many more.

Prior to starting any new supplementation, please speak with a health care practitioner about safety and which is right for you.

Now that we know how to stay hydrated, it's time to get out there and take on those summer days!

Dr. Rodriguez is a naturopathic doctor with Pure Health in Palm Springs and can be reached at (760) 322.2520. For more information, visit www.purehealthmedicine.com.

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Reducing Stress through Energy Healing

By Chelsea McGuire, CHC

Everything consists of energy, including our bodies - physics tells us that. Chronic stress, unresolved emotions, negative thoughts, injuries and pain are all things that impact your energy. They affect how you interact with others, how you feel about yourself and your overall well-being. Reiki is powerful healing energy within us that can help us live fuller, healthier, happier lives.

Reiki is an ancient Japanese technique that is used to promote relaxation and stress relief by moving energy. "Rei" means universal, and "Ki" means life force energy. Reiki involves the laying of hands and can be self-practiced or shared by a Reiki practitioner. The practitioner channels energy through his/her hands and through energy centers in your body (chakras or meridians). A reiki session is done clothed, lying down or seated, and without the manipulation of tissue; it usually lasts for one hour and may involve guided meditation and visualization to help the body and mind relax. After finishing a reiki session, you may feel lighter, at peace and might even experience pain relief.

Reiki also benefits the nervous system. It creates a calming and relaxing space that helps you move away from the sympathetic fight, flight or freeze systemic response. When you experience a prolonged state of stress or allostatic load, your body can be at a higher risk for disease and premature mortality.

You ultimately have the innate ability to heal yourself. One of the first steps starts with finding space to slow down and bring awareness to your thoughts, attitudes and energy. Reiki offers a space

where you can feel 100 percent supported with love to allow your body to heal. As best-selling author and neuroscience researcher Joe Dispenza says in *Breaking the Habit of Being Yourself*, "The only way we can change our lives is to change our energy - to change the electromagnetic field we are constantly broadcasting. In other words, to change our state of being, we have to change how we think and how we feel."

Here's a self-reiki practice you can try on your own the next time you are feeling stressed. Slow down your breath expanding through your belly, counting to four on the inhale and down from four on the exhale. Now, rub your hands together for a moment, then place one hand on your heart and one on your belly. Feeling your breath expand through your body and into your hands, notice what's coming up in your mind, heart, and body. Then, imagine a bright light surrounding your heart. Imagine this light is universal love, guidance and support. Allow this light to flow in through your hands and heart and out with your breath, supporting your body with love. Then, notice your breath and slow it down for three more cycles. Now, just notice how you feel.

Chelsea McGuire is a reiki master teacher, practitioner, and certified health coach and can be reached at Chelsea.thewholeself@gmail.com. Learn more at www.thewholeselfheals.com, and find her on Instagram @the.whole.self and Facebook @thewholeselfheals.

Sources: 1) Breaking the Habit of Being Yourself, Dr. Joe Dispenza; 2) Finding Your Inner Gift - The Ultimate Reiki 1st Degree Manual, Marnie Vincolis; 3) <https://www.globalwellnesssummit.com/2020-global-wellness-trends/energy-medicine-gets-serious>; 4) The Professional's Guide to Health and Wellness Coaching, American Council on Exercise.

"In every medical tradition before ours, healing was accomplished by moving energy."

- Albert Szent-Gyorgyi, biochemist and Nobel Prize winner

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Sprinting to Health at Any Age

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

If you are one of those people who likes to work out and has fitness goals, but you recognize it will take strength, stamina and balance to achieve them, then you might want to think about sprint training. You don't have to be a professional athlete to benefit from this method, as we all have a built-in athlete.

Our bodies start to slow down as we age, but we can prolong that process from happening too fast. There is this voice inside many who haven't been exposed to rigorous training that says, "It's just part of the aging process. We all slow down, and we just have to accept that." Well, I can tell you emphatically this isn't the case. I have been training young and old for over 30 years, and the older people have definitely benefited from sprint training.



Most people of any age can benefit from sprint training.

The latest research has shown that sprint training can make anyone faster and feel stronger. Of course, there are some with medical conditions who might not be able to handle it right away, but most people of any age can benefit from sprint training.

Why become faster?

Becoming faster has many health benefits, including gaining more muscle, burning more fat, reducing injuries, strengthening bones and connective tissues and improving balance and proprioception.

Screening and preparation are key

Much of the country is becoming active again, and people are enjoying outdoor activities like golf, pickleball, tennis, hiking and running. Many of the injuries I see from these sports are due to preexisting conditions or not having prepared the body to do that activity. Both scenarios can and should be screened before attempting sprint training. Most people, if not athletic, are hesitant to do sprint training, thinking they will get injured. But the opposite is true if you prepare your body for it. The advantages outweigh the risks.

Where can you practice sprint training?

Sprint exercises can be done at a local track, on the grass or on the beach. If you can't mark off 20 yards, just eyeball the distance. I like to have my clients build up, especially my older clients. This allows the body to explode into a sprint. As an example, for the first 10 yards, start to build up speed from a jog to a sprint and repeat five times. You can add this exercise to your existing workout, which should also include fast movements.

Train fast, get faster!

Keep these thoughts in the back of your head - if you train slow, you will be slow; if you train fast, you will be fast. If you are a recreational athlete, no matter what your sport, nearly everyone can benefit from sprint training.

Michael Butler is owner of Kinetix Health and Performance Center in Palm Desert and welcomes questions from readers. He can be reached at (760) 200.1719 or michael@kinetixcenter.com.

Better Together

By Michele McCord, CPT, CMT, RYS-RYT

Many Americans have developed unhealthy coping mechanisms to combat stress and anxiety caused by the trauma associated with the COVID-19 pandemic. Some of those negative behaviors include eating disorders and alcohol or drug abuse. This addictive pattern is true, especially for women. According to a RAND corporation study during the pandemic, "women have increased their heavy drinking days by 41 percent compared to years prior." There have been similar traumatic events such as 9-11 and Hurricane Katrina that have caused the same behavior issues, but not to the extent the pandemic has. It's no surprise, as many Americans are still experiencing economic insecurity on top of grief, loneliness, and the prolonged stress of uncertainty about the future.

Now that America is opening and moving in the right direction, you may be wondering how to get your life back on track. While the pandemic is fading into the rearview mirror, are you still stuck with an extra 10 or more stress pounds and struggling to find the motivation to get in shape? The Nike slogan "Just Do It" has a lot of wisdom but is easier said than done without help. Whether mental or physical, any healthy change starts with action and repetition of that action and can be easier with inspiration from others. Connecting with your community and friends, attending group fitness classes, finding a workout buddy or hiring a personal trainer can be helpful in maintaining consistency with your workouts. For people suffering from depression due to isolation, social interaction with groups can be especially beneficial.



Teaming with a fitness class, workout buddy or trainer can help motivate us back to pre-quarantine health.

If finding the time in your busy schedule to do 30 minutes to an hour of exercise is overwhelming for you, start with baby steps. Try "fitness snacking" by starting with just 15 minutes two times a day - morning and night - for three weeks to create a good fitness habit. Just 150 minutes of moderate exercise per week, or 75 minutes per week of high-intensity exercise, will have a profound benefit on your health. The key is to commit to some physical activity on most days.

If weight loss is one of your goals, pay attention to what you eat and write it down. Keeping a food diary is a major component to increasing a person's success rate for weight loss. You might be surprised to find out how those calories add up. A sensible diet including fruits, vegetables and lean protein is essential to a weight loss program. In other words, you can't out-train a bad diet. One way to get your daily servings of fruits and vegetables is to create delicious green smoothies or colorful soups and salads. At the end of the day, you want to create a calorie deficit of at least 500 Kcals per day to lose one to two pounds per week safely.

Finding motivation for self-care can be a huge challenge for many people, especially those suffering from depression. The key is to know yourself and what

Continued on page 24

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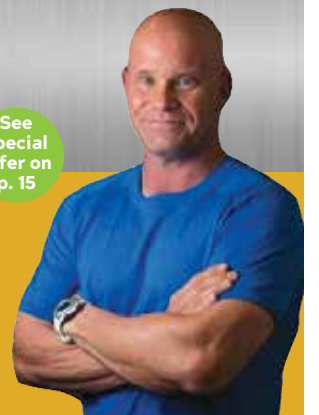


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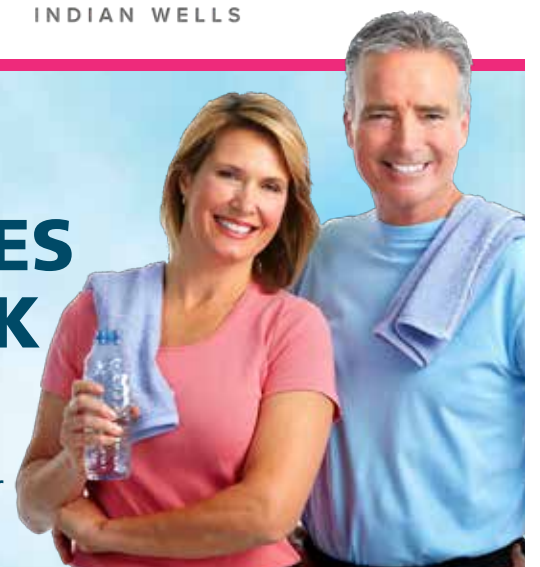
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Jailbreak or Peeking from Behind the Curtain?

By Roger Moore

We all want to leave COVID-19 behind in its malicious tracks and return to normal. But what will normal be like for you?

I've talked to people who are making a jailbreak full speed ahead to life prior to March 2020, only to be disappointed because it no longer exists as they knew it. Sadly, so many businesses have gone under, and others have reinvented themselves beyond recognition. Friends have moved away. There are new rules everywhere.

Other people are peeking out from behind curtains or face masks, waiting to see if it's really safe to reenter society. And the rest of us are wavering in the middle, full of questions.

Those of us who are vaccinated wonder if we can trust that the unvaccinated will wear face masks. Is it safe to gather inside with family and friends who are unvaccinated? What if you're the only person in a store not wearing a mask?

These are just some of the thoughts and questions people have shared with me as they talk through their excitement, fears and anxieties.

Personally, I'm still evaluating and finding my own path to what my new normal will be. One surprise is I've not missed many of the trappings of pre-COVID life. I like my quieter, stay-at-home life, but I am missing family and friends. It was really nice to travel to Tucson recently and spend the weekend with family who have all been vaccinated. We did discuss the knotty issue of what we're going to do about getting together with family members who have chosen not to be vaccinated.

While all this gets sorted out, in the meantime, there are mindfulness skills you can use to help you find your reentry.

One simple yet powerful technique to address anxiety or uncertainty is "Roger's Wiggle." Simply wiggle your toes and your behind while breathing deeply in through your nose and out through your mouth. (When in public, you don't have to literally wiggle your behind – just the thought of wiggling it will create an internal grin to help ground and center you.)

After completing the wiggle or another mindfulness technique, you can mentally rehearse your social interactions, practicing safety, courtesy, patience with yourself and others and conclude the event calm and relaxed. The goal for the rehearsal is to prepare for success. Be sure to give thanks for your success as part of your visualization.

Another tip is to acknowledge your thoughts and emotions as you explore your new normal without judgment – of yourself or others. If you have a fearful thought, acknowledge it: "Isn't that interesting. I'm experiencing fear." Then allow the fear to evaporate. Poof!

What awaits us all is the renewed joy of seeing each other smile, and that's a glorious normal we all want. Perhaps we'll never take that simple gift for granted again. I hope not.

Next time, I'll write about how your life can actually be better post-pandemic. Really!

Roger Moore is a certified counselor and medical hypnotherapist with Palm Desert Hypnosis and can be reached at Roger@HypnosisHealthInfo.com or (760) 219-8079. For more information, visit www.hypnosishealthinfo.com/medical-hypnosis. All sessions are online telehealth.

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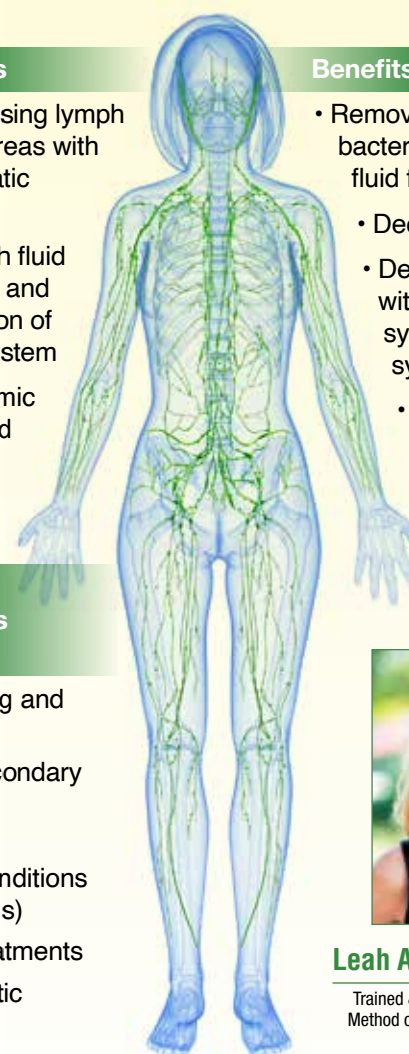
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FDA Approves New Alzheimer's Drug Amid Controversy

Contributed by *Alzheimers Coachella Valley*

After several months of delay, in June, the FDA approved a new drug, aducanumab, for treating early-stage Alzheimer's disease in the hopes of slowing - if not reversing - cognitive decline.

This medication is the first drug in nearly 20 years that targets the pathophysiology of Alzheimer's disease, not just the symptoms.

Aducanumab will go under the name Aduhelm. Developed by Biogen laboratory, Aduhelm has shown in clinical trials to reduce amyloid-beta protein - a sticky plaque, which builds up in the Alzheimer's brain and is a hallmark of the disease.



Amid doubt, researchers hope that Aduhelm will be the missing piece in Alzheimer's treatment therapies.

However, even though amyloid proteins were reduced in the trials, there was no strong evidence that it had much impact on patients' cognitive abilities.

Ten of the 11-member FDA advisory committee, along with an independent panel of prominent doctors and scientists that reviewed the clinical trials, said the evidence "raised significant doubt about whether the drug is effective."

The crux of the controversy involved two Phase 3 trials with results that contradicted each other: One suggested the drug slightly slowed cognitive decline while the other trial showed no benefit. The trials were stopped early by a data monitoring committee that found the drug did not appear to be showing any benefit.

"There's so little evidence for effectiveness," said Lon Schneider, MD, director of the California Alzheimer's Disease Center at the University of Southern California, who helped conduct one of the aducanumab trials. He added, "I don't know what caught the FDA's fancy here."

Aduhelm will be administered through monthly infusions at the cost of \$56,000 annually. Patients must also undergo expensive brain imaging and other diagnostics, most likely to cost tens of thousands of dollars.

Side effects can include swelling and bleeding in the brain. Nausea, confusion and other side effects also can occur.

Why did the FDA approve the drug?

"We examined the clinical trial findings with a fine-tooth comb; we solicited input from the Peripheral and Central Nervous System Drugs Advisory Committee; we listened to the perspectives of the patient community, and we reviewed all relevant data," writes Patrizia Cavazzoni, MD, director of the Center for Drug Evaluation and Research at the FDA, on the agency website.

"We ultimately decided to use the Accelerated Approval pathway - a pathway intended to provide earlier access to potentially valuable therapies for patients with serious diseases where there is an unmet need, and where there is an expectation of clinical benefit despite some residual uncertainty regarding that benefit.

In determining that the application met the requirements for Accelerated Approval, the Agency concluded that the benefits of Aduhelm for patients with Alzheimer's disease outweighed the risks of the therapy."

After initial trials were suspended, Biogen said that it later analyzed additional data and concluded that in one of the trials, a high dose could delay cognitive decline by 22 percent or about four months over 18 months. In the trial's primary measurement, the high dose appeared to slow decline by 0.39 on an 18-point scale rating memory, problem-solving skills and function.

But a lower dose in that trial, and high and low doses in the other, showed no statistically significant benefit over a placebo.

In all studies in which it was evaluated, however, Aduhelm consistently reduced the level of amyloid plaques in the brain in a dose and time-dependent fashion. The expectation is that the reduction in amyloid will result in a reduction in clinical decline.

Stephen Salloway, MD, who has received research and consulting fees from Biogen but was not paid for being an aducanumab trial site principal investigator, said that while he understood the concerns about the data, "the totality of the evidence favors approval, and FDA approval will open the door to a new treatment era for Alzheimer's disease that we can build on."

"The need for treatments is urgent: right now, more than 6 million Americans are living with Alzheimer's disease, and this number is expected to grow as the population ages. Alzheimer's is the sixth-leading cause of death in the United States," said Cavazzoni.

Alzheimers Coachella Valley is a community resource for dementia support and education. For more information, call (760) 776.3100 or visit www.cvalzheimers.org.

Sources: 1) <https://www.fda.gov/drugs/news-events-human-drugs/fdas-decision-approve-new-treatment-alzheimers-disease/>; 2) <https://www.nytimes.com/2021/06/07/health/aduhelm-fda-alzheimers-drug.html#plaque>; 3) <https://time.com/6072980/alzheimers-drug-approval-controversy/>

The End of Alzheimer's Program

Continued from page 12

Type 1.5 Alzheimer's is glycotoxic or sweet. Chronic high blood sugar, such as with type 2 diabetes, causes both brain atrophy and brain inflammation.

Type 3 Alzheimer's is toxic or vile. The results from exposure to toxins such as mercury, toluene or mycotoxins from chronic mold exposure. Chronic infections such as Lyme and Bartonella fall into this category.

Type 4 Alzheimer's is vascular or pale and results from decreased circulation to the brain due to atherosclerosis. It has been known as vascular dementia.

Type 5 Alzheimer's is traumatic or dazed. This type results from repeated concussions or other head injuries.

The End of Alzheimer's Program provides the detailed treatment recommendations that were lacking in the first book and serves as a manual for treating this increasingly common disease. However, the book is no substitute for training and becoming certified in the Bredesen protocol. On a final note, I was delighted to see Bredesen acknowledge the contribution of our local Jerilyn Brossfield, MD to this work.

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

Reference: 1) <https://www.apollohealthco.com/a-day-in-the-life/>



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Embrace the Unexpected

By Amy Austin, RN, PsyD, LMFT

On April 27 of this year, I was sitting on my sofa in the TV room, and something appeared outside my window. At first, I couldn't make out what it was. Perhaps a large rat? I could see it was missing hair on half its body, including a hairless tail, until a very full pompadour poof appeared at the tail end. I gasped as I saw a large wound on its back and on the top of its head. The same moment I realized this poor soul was a cat, I was running to the patio door. He bolted. I ran to the refrigerator and found some string cheese, feeling helpless while leaving it outside.

A few minutes later, I discovered the cheese was gone. At this point, the only animal food I had was one can of dog food. I left it outside and went looking around my yard. And, there he was, huddled with as much dignity as a proud wounded cat could muster. I rushed to the store for cat food. The poor little guy was so starving he shoveled the food in his mouth with his paws while meowing at me to stay away or what I assumed was to keep my distance.

As soon as his belly was full, he immediately came to me, rubbing up against my leg, asking for a pat. I obliged but was still a bit fearful. I made him a soft bed by my patio door with food and water and went inside. I couldn't fathom how this feline could be so friendly, especially in the shape he was in. I'll never know what came over me, but I left and went to purchase cat necessities like a litter box and more food.

When I returned home, he was sleeping soundly in the cozy bed I had made for him outside. Once he heard me inside the house, he had a much different plan. He demanded to come inside, and that was that. I remember saying, "uh oh," to myself as I opened the door. In he came, and it was like he had been there forever. He quickly made himself at home, and I immediately began to call urgent care facilities. Thank heavens, Animal Samaritans called back, and we had an appointment the next morning.

That night, a very stinky, smelly, wounded cat slept next to me on his back, holding on to me for dear life. It was like he chose his home and his person.

And then the "aha" moment – I was fully embracing the unexpected. I was present and in the moment. I realized I was not held by fear of what diseases he could give me (although I did ponder this thought for a nanosecond), nor did I even want a cat and had been looking for a dog. All fear-based thoughts that could hold me emotionally hostage dissolved into the stinky, smelly air.

The road to this cat's healing has been long, and the wonderful vet said another few days, and he might not have made it. He's been wearing a plastic cone since the day after he arrived and now thinks it's a cat necklace, teaching me to just go with the flow.

I named my cat (yes, my cat, as he is home to stay) Mazel, which means luck in Yiddish; lucky for him on that fateful day and lucky for me to have gained a whole new meaning of embracing the unexpected.

Dr. Amy 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.



Little Mazel made himself at home from the start.

Your Life Insurance Policy: Your "Hidden Asset"

By Lisa Rehburg

Did you know your life insurance policy is an asset you own? It is – just like your car or house. The Insurance Studies Institute estimates that 500,000 seniors a year will lapse their life insurance policies, walking away with little or nothing and leaving behind almost \$100 billion in benefits. Why? The short answer is because the policy is no longer wanted, needed or affordable, and people do not know there is another option.

Like any asset, a life insurance policy can be sold. But why would anyone want to sell their life insurance policy? Sometimes, the reason someone bought life insurance years ago is no longer an issue or concern today, making the life insurance policy now unnecessary, unwanted or unneeded. For instance, perhaps a term policy is ending, a spouse has passed away, the house is now paid off, the kids are gone, a business has been sold, divorce has taken place, etc. Or, sometimes, the policy simply becomes unaffordable or no longer fits into a retirement budget.

A policy is sold through what is called a life insurance settlement or life settlement for short. Simply put, a life settlement is the sale of a life insurance policy to a third party (usually an investor group) who gives the seller cash for the policy. This investor group then becomes the owner of the policy, pays the premiums and receives the death benefit when the policy matures.

Almost any type of life insurance policy can be sold – universal life, whole life, even term policies. Studies from the Wharton School and London Business School have shown that even if a policy has cash value in it, a life settlement can yield on average three to five times cash surrender value.

Like selling a car or house, clients can do anything with the settlement money they wish. This is a good opportunity for clients to help build their retirement income, help fund long-term care needs such as home care or assisted living, donate to their favorite charity, or take that dream vacation.

Believe it or not, life settlements have been legal since 1911, when a U.S. Supreme Court decision (Grigsby v. Russell) paved the legal way. However, nothing really started to happen in this area until fairly recently. Today, life settlements are highly regulated by Departments of Insurance across the country, and the process is very transparent.

The Insurance Studies Institute also shared that 90 percent of surveyed seniors would have considered a life settlement...had they known about it. You should consult your financial and insurance professionals before undertaking a life settlement, as they are not appropriate for everyone. But if you no longer want or need your life insurance policy, unlocking the value in this "hidden asset" may make sense. After all alternatives have been considered, and the conclusion is that it is time to lapse or surrender a policy, a life settlement can offer significantly greater value.

Lisa Rehburg is president of Rehburg Life Insurance Settlements. She has been in the insurance industry for over 30 years and can be reached at (714) 349.7981 or lrehburg@aol.com. For more information, visit www.rehburglifeselements.com.



Meet the Flations: In, D, Stag, and Hyper

By Michele T. Sarna, CFP®, AIF®

As we've seen the rise of inflation thus far in 2021, it is important to understand the different types of inflation to assess if there is a need for concern.

Inflation

An increase in the price of goods and services within the economy. The cost of a specific product or service may inflate due to consumer demand, shortage of materials or increased wages, to name a few.

Deflation

The opposite is true with deflation. When the economy experiences deflation, there is a decline in the price of goods and services. Although reduced costs sound attractive, it may be due to a lack of demand for the good or service. During deflationary times, there's a contraction of the money supply, lower wages, higher unemployment and consequently, falling economic growth.



Stagflation

On the other hand, is the result of high prices coupled with high unemployment and suppressed demand for goods and services.

Hyperinflation

An over-the-top, out-of-control increase in prices. During this period prices are increasing by 50 percent or more per month. Hyperinflation occurs in severe economic turmoil.

Where are we today?

According to the US Inflation Calculator, the annual inflation rate for the 12 months ending May 2021 was 5 percent. This increase is not shocking considering the current circumstances in our economy – a shortage of materials, cargo ships idle in our harbors and businesses understaffed. However, as these issues get resolved, the spike in prices will recede.

Inflation can be good. As businesses reopen and consumers are ready to get back to a type of normal post-pandemic life, demand is expected to grow considering the influx of spending that will generate price increases, thus, a stronger economy.

It's too soon to know how this scenario will play out; however, the Federal Reserve and Congress have the tools to abate the situation if undesirable forecasts are predicted.

Michele Sarna is a certified financial planner™ with Beacon Pointe Advisors and can be reached at (760) 932.0930 or msarna@beaconpointe.com.

Sources: 1) <https://www.usinflationcalculator.com/inflation/current-inflation-rates/>; 2) <https://www.investopedia.com>

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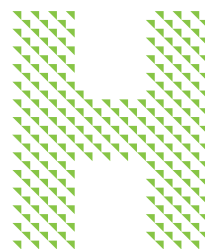
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Eat, Drink and Be Healthy

Substitutes you'll savor by Lauren Del Sarto



Publisher Lauren Del Sarto will appear on Janet's new cooking show in July.

As you may have read on page three, our favorite former NBC anchor, columnist and friend, Janet Zappala, has moved back to her hometown of Los Angeles. However, she is still working to spread the word on healthy living through her new Eatthis.tv show, "Good Food Matters with Janet Zappala," which will air on Amazon Fire, Roku, DBandATelevision.tv and other streaming platforms starting in July.

The show features special guests in the kitchen with Janet cooking up good food, laughter

and healthy hints. In June, I was honored to be a guest. We themed our episode after this column, "Eat, Drink & Be Healthy," showcasing some of the savory substitutes we've featured here. We had a great time!

Proud of our similar heritage, we decided the meal had to be Italian and started with a favorite of Janet's from her cookbook, *My Italian Kitchen, Homestyle Recipes Made Lighter & Healthier*. It was an Italian avocado spread her mother used to make, which I had never had. It was like a Tuscan guacamole and was exceptionally paired with homemade sweet potato chips and Siete cassava chips (January/February 2021) - both healthier alternatives to corn.



Janet's Italian avocado spread with homemade sweet potato chips

Our main course had to be pasta! Starting with Palmmini hearts of palm pasta (May/June 2021) and fresh basil from my garden, Janet whipped up a beautiful pesto sauce, adding spinach for even more nutrition. I sautéed some wild-caught shrimp seasoned with garlic, salt and pepper to place on top, and voila! We had a hearty, easy-to-make and delicious low-carb pasta dish (the camera crew couldn't believe it was made from veggies).



Lauren's hearts of palm pesto pasta with sautéed shrimp

We finished the meal with a sugar-free chocolate pudding made from avocados, coconut oil and stevia (March/April 2020). Topped with coconut whipping cream and a sprinkle of nuts, it was the perfect ending to our grain-, gluten- and guilt-free meal.

"When it comes to food, my passion is that it's healthy, tastes great, and is easy to make," Janet says. "After creating and presenting "Your Health Matters" for a few years, I know that people really do appreciate those who help them get and stay on a healthy path.

As a certified nutritional consultant, I feel it's my responsibility to share good, healthful information to as many people as I can."

Some of Janet's other shows include musicians, family members, comfort foods, cooking for bone health and the anti-inflammatory diet featuring our valley's own integrative doc Joseph Scherger, MD.

I am very grateful Janet invited me to join her and am proud of all she continues to do to promote healthy lifestyles. She is one of the hardest-working people I know and deserves the beautiful new life she is creating for herself. Sponsors who are helping to make her dream a reality include Lifesource Water Systems and TheOpenDoorKitchen.com, which offers healthy cooking utensil covers for outdoor barbecuing and cookouts.

"As long as people are hungry for it, I'll be serving up healthy recipes along with fun lifestyle tips, and of course, lots of laughs. It's all about having fun and staying healthy!"

For recipes, visit www.JanetZappala.com. For updates on showtimes and air dates, follow Janet on Facebook @JanetZappalaGoodFoodMatters.



Sugar-free chocolate avocado pudding with coconut milk whipped cream

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Never Give Up

Continued from page 8

The clinic was an eye-opener, and each of us walked away with a unique perspective.

Avery, a 14-year-old participant from Indio, said it helped her with her self-confidence. "I learned that making mistakes is OK and that I shouldn't be so hard on myself. It helped me focus on keeping my eyes up, riding with confidence and trusting in my ability. It really helped me."

"The hardest part was when Coach Stewart shouted out the course, and we had seconds to learn it," said Abby, 11, of Palm Desert. "It was good for me because remembering my courses is something I need to work on. I liked the challenge."

"I was a bit anxious prior to the clinic but came away with a greater comfort in my own uneasiness," said Emily Rekuc, 42, of Indio. "Daniel set us up to fail but instead showed us how to succeed. Persevering despite making errors is what makes us successful. Learning to deal with our mistakes is crucial. I hope to apply his lessons in my real life, not just while on a horse."

Another in our barn described the experience as life-changing. "In dealing with a challenging situation, it opened my eyes and helped me find words void of judgment, shame and negativity to support a family member in need. We are now both focusing on effort over outcomes."

While I loved the camaraderie, teamwork and compassion that arose from the challenges, I had a hard time embracing the positive messages at first. As one who has always strived for perfection (and ribbons), the challenge really shook my confidence. I questioned whether I will ever be as good as my younger self and that hurt. After the first day, I came home and cried my eyes out (for way more than three minutes).

But after a while, I found my "OK, move on" and came to appreciate the message of effort over outcomes. I am very proud that, at this age, I am out there once again performing in the sport I love. And, in many ways, I am a better equestrian - and better partner to my horse - than my younger self.

Whether big or small, try stepping out of your comfort zone and don't let fear hold you back. Give it your all, appreciate your effort over the outcome, be OK with not being OK, and never give up along the way.

A special thank you to Laurie Cunningham and Tahquitz Equestrian for hosting the clinic. For more information on Daniel Stewart, visit www.pressureproofacademy.com.

Better Together

Continued from page 19

works for you. If you are one of those people who needs support, don't hesitate to reach out to a friend or professional. Group or one-on-one therapy has become popular for many people post-pandemic as it gives them a sense of being connected. After all, we are pack animals. It is human nature to stay consistent with things we enjoy. That is why it is important to find an activity you can look forward to, such as tennis, hiking or golf, as a supplement to a weight training program. Another proven tool is to keep your exercise routine at a specific time written into your calendar. And finally, find someone who will keep you accountable because accountability is the key to consistency which is the key to success. As always, we are better together.

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

Reference: 1) <https://www.rand.org/news/press/2020/09/29.html>



Flourless Lemon Almond Cake

By Dipika Patel, CHHC

It's summer, and I love to treat myself to a little tasty snack on a hot day. Enjoy this lemony, flourless goodness for a mid-day treat or even to end your evening with loved ones. I love this easy-to-make recipe; it's simple and easy on the sweeteners. You can make it as individual serving sizes or as a full cake; that is completely up to you!

Serves 8 to 10

Ingredients:

- Butter or cooking spray for greasing the pan
- 4 large eggs (separate yolk and egg white)
- 2 tablespoons fresh lemon zest
- 3 tablespoons fresh lemon juice
- ½ cup of granulated sugar (or coconut sugar)
- 1 ½ cups Pamela's Baking and Pancake Mix (which is almond meal)
- ½ tsp kosher salt

Optional: if you are using regular almond flour, you will need to add 1 tablespoon of baking powder.

Lemon glaze:

- 2 tablespoons lemon juice
- ¾ cup confectioners' sugar
- 1 dash lemon extract

For serving: you can use powdered sugar and fresh berries (optional), pistachios, edible roses, lavender, etc.

Directions:

1. Preheat oven to 350 F. Arrange rack in the middle of the oven.
2. Line the bottom of an 8-inch or 9-inch springform or round cake pan with parchment paper. Coat paper and sides of the pan with butter or cooking spray; set aside.
3. Placing the egg whites in the bowl of a stand mixer fitted with the whisk attachment (alternatively, place in a medium bowl and use an electric hand mixer or a sturdy whisk) and the yolks in a large bowl.
4. Finely grate the zest of two medium lemons with a micro-plane and place it in the bowl with the egg yolks. Add in granulated sugar and stir with a wooden spoon or sturdy rubber spatula until well combined and no streaks of egg yolk remain.
5. Add the almond flour and kosher salt. Stir until the almond flour is moistened and the mixture is just combined (some lumps are OK).
6. Beat the egg whites at medium-high speed until stiff peaks form, two to three minutes (about five minutes by hand). Stir 1/3 of the beaten egg whites into the batter to lighten it. Then, gently fold the remaining egg whites in the mixer until just combined.
7. Add in lemon juice and mix into batter. The batter should be evenly moistened with no streak of egg whites remaining but will not be completely smooth; do not overmix. Transfer the batter to the prepared pan and gently spread out to an even layer.
8. Bake for about 25 to 30 minutes, until the edges of the cake have begun to pull away from the sides of the pan, the top is golden brown, and a toothpick inserted into the center comes out clean.
9. While the cake is baking, in a separate small bowl, mix the lemon glaze together. There is no right way to do this; it all depends on your desired consistency. I love it lemony, so sometimes I will add a little more lemon juice to it. Set aside until the cake is done.
10. Take the cake out of the oven and place the pan on a wire rack.
11. Pierce cake with a toothpick several times all over the cake and pour over the lemon glaze so that the mixture can be soaked into the cake while it is warm and then let it cool for 15 minutes.
12. **To serve:** run a knife around the cake to loosen it. Release the sides of the pan if using a springform pan. If using a cake pan, flip the cake onto a plate, peel away the parchment, then flip it again onto a serving plate. Serve warm or at room temperature, dusting with powdered sugar and served with fresh berries, a compote of your choice, crushed pistachios, edible roses or lavender. Whipped coconut cream or good, old-fashioned vanilla ice cream if desired.

Note: If you and your company have not finished this cake, it can be stored tightly and wrapped at room temperature for up to three days (keep it in a cool place and out of direct sunlight). This cake can also be frozen for up to one month; I personally double layer wrap it in plastic wrap, then wrap in aluminum foil to preserve the cake. I wrap individual serving sizes, so when I want that little treat, it's ready to go.

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



The Best Mediterranean Quinoa Salad with Chickpeas

By Elena Wilkie

So fresh and flavorful, this Mediterranean Quinoa Salad with Chickpeas is simple and doesn't involve heating up the kitchen. Made with bell peppers, fresh herbs, crisp cucumber, kalamata olives and cherry tomatoes, you'll get a delicious blend of flavors in every bite!

Servings: 6

- 1 cup dry quinoa
- ½ cup pitted kalamata olives, chopped
- 15 oz. can chickpeas, rinsed and drained
- 1 cup chopped cucumbers
- ½ cup bell peppers, chopped (any color of your choice)
- ½ cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped

Dressing:

- 1 teaspoon garlic powder
- ½ teaspoon pink Himalayan salt
- ¼ teaspoon pepper
- ½ teaspoon dried oregano
- 3 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoons extra virgin olive oil

Instructions:

1. Cook 1 cup dry quinoa in 2 cups of water or veggie broth (for more flavor) and let cool.
2. Add cooled, cooked quinoa into a large bowl. Add chopped cucumbers, peppers, olives, tomatoes, chickpeas and parsley into bowl and combine.
3. Add all the dressing ingredients to a blender or whisk together in a bowl. (I prefer using a blender to combine all the flavors together.)
4. Pour all of the dressing into the quinoa bowl and mix well. Allow it to marinate in the refrigerator for about an hour or more to enhance the flavor.

Note: For an extra boost of flavor feel free to add 1/4 - 1/3 cup of feta cheese to this dish if you are not plant-based or vegan.

Elena Wilkie of La Quinta is a foodie at heart and health enthusiast. She focuses on creating real food recipes with simple ingredients that are gluten-free and deliciously healthy. She can be reached at afoodiesbliss@gmail.com. For more recipes, visit www.afoodiesbliss.com. Instagram and Pinterest @afoodiesbliss.



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WineLover's Auction Returns

Coachella Valley Volunteers in Medicine (CVVIM), the valley's only free primary care health clinic, is gearing up for its fifth annual fundraiser, The VIMY Awards & WineLover's Auction, which will take place Saturday, November 13.

This year's event will feature the inaugural VIMY Award created to honor a significant contributor to health care in the Coachella Valley. The award will be presented to Founder R. Ron Hare, MD, for his tireless efforts to establish Coachella Valley Volunteers in Medicine, and his lifelong contributions to the communities in which he has lived.



CVVIM's popular event features rare wines and spectacular auction items.

Hare not only served Southern California residents for 20 years in private medical practice, but also served his country as a member of the U.S. Army. While maintaining his surgical practice, he taught at USC, founded and directed the American Indian Free Clinic of Los Angeles and oversaw the intern training program at Good Samaritan Hospital.

In 1985, Hare and his wife, Norma, retired to the desert where he continued to give back, serving as a board member and president of the Indio Chamber of Commerce and medical director of Santa Rosa del Valle, a non-profit medical clinic. Hare also has served as chairman of the Riverside County Fair Board, board member and vice chair of the Indio Youth Task Force and board member and chairman of JFK Memorial Hospital's Governing Board.

CVVIM's mission is to provide free health care services to low-income individuals who have no health insurance or are underinsured. The organization offers medical and dental care, disease education, case management and referrals to other community resources. Scores of dedicated volunteers - doctors, dentists, physician assistants, nurse practitioners, nurses, medical and dental assistants and support volunteers - donate thousands of hours to provide more than 4,500 patient contacts a year.

The VIMY Awards & WineLover's Auction is the primary fundraising event for CVVIM, which does not receive governmental reimbursement and relies exclusively on the generosity of individual and philanthropic organizations for funding. This year's event will be held at the historic Thunderbird Country Club in Rancho Mirage and is sponsored by Desert Care Network, Monte de Oro Winery and KESQ News Channel 3. The evening features both silent and live auctions with a wine reception and dinner. Auction items include Moët & Chandon Ice Imperial Champagne and Osetra caviar, a flight of Cayuse Bionic Frog, Paso Robles Wine travel package and dinner for 20 at the Thunderbird Wine Cellar.

Last year's WineLover's Auction was canceled due to COVID. The financial hardship on the clinic has been significant at a time when their services are needed more than ever. Funds from this year's event will support CVVIM operations and programs, including direct patient care, education, case management services and homeless medical outreach.

The VIMY Awards & WineLover's Auction will be held Saturday, November 13, at Thunderbird Country Club in Rancho Mirage. For tickets and more information, visit www.WineLoversAuction.com. For more information about Coachella Valley Volunteers in Medicine, please visit www.CVVIM.org.

The Free and Easy Wanderer

Continued from page 10

You can apply pressure with jets in a jacuzzi or manually while watching TV on the couch.

Manage stress: Emotional stress is the root of liver qi stagnation and most disease; thus, managing stress, as with the examples above, is essential to well-being. (In this publication, you can find many practitioners who can help with stress relief and intervention!)

Beware of "false" liver movers: Alcohol, for example, will temporarily relieve stress and free up your liver energy, so a drink now and then may feel good and is not a problem. However, when you find yourself getting feisty or short-tempered, or falling asleep quickly, then waking up at 1 or 2 a.m., it may be time to ease up or jump on the wagon for a while to give your liver a break.

Create your vision: Envision a smooth path ahead and try not to get stuck in the same repetitive cycles of reacting to stress. See yourself living through stressful, fearful times with ease. It may not be easy at first, but over time it will help.

Think of the many times in your past you never thought you'd make it through, but you did. You can handle whatever life throws you. Use those past experiences to help your path forward be more like that of the free and easy wanderer.

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

Outdoor Adventure Life Preservers

Continued from page 13

sets in, recognize this is a possible sign of heat exhaustion or heat stroke; seek rest with shade and electrolytes.

8. Pack calorie-dense foods for quick fuel, such as trail mix and almond butter.
9. Wear proper shoes with appropriate traction, support and protection. Our feet support everything we do!
10. Pack first aid essentials such as ibuprofen, moleskin, a pair of tweezers and electrolyte tabs that can be popped under the tongue for a quick pick me up of fast-acting minerals. These items can make a big difference.

You can apply these tips to many activities. As a fitness director, I occasionally witness pickleball miss-steps where an improved choice of shoes could have prevented an injury; while hiking, I often see people on the trail with no water or improper shoes. If we take the time to notice nature's desert dwellers, we will see that every animal and plant has adaptations. We, as well, need to be anticipatory toward our environment to ensure our optimal well-being.

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

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