

Desert Health®

News from the Valley's Integrated Health Community

May/June 2017

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Wellness Awards Official Program



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Announced!**
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Awarding INSPIRATION

We are proud to announce the third annual Desert Health Wellness Awards taking place Thursday, May 18, at Desert Willow Golf Resort. Please join us as we honor and recognize those in our community moving health and wellness forward.

This year's inspiring list of nominees includes medical doctors prescribing Eastern medicine practices and nutrition; a man who reversed his diabetes and became a chef to educate our youth on healthy nutrition; a registered nurse who started a local chapter of the American Holistic Nurses Association; an Indio High student with aspirations to study functional medicine at Harvard; a middle school changing the health statistics of their students and staff; a fitness studio transforming lives; a teacher championing health education in schools nationwide; and the country's youngest certified yoga instructor, to name a few.

Twenty-seven individuals and organizations were nominated in five categories: Individual, Business, Non-profit, Integrative Health Care Practitioner and Youth. Finalists have been selected and are featured on the special insert program in this issue. Winners will be announced at the evening celebration on May 18.

The Desert Health Wellness Awards are open to everyone and we invite you to join us. The festive event features healthy dining stations for Mediterranean, vegetarian, and Paleo fans and complimentary beverages. Guest speaker Joseph E. Scherger, MD, MPH, will discuss the medical movement toward integrative care, how we will all benefit, and the five things you can do today. KMIR's Janet Zappala (a nominee herself this year!) will host.

Come celebrate with us as we honor those in our community inspiring, educating and encouraging each of us to become our healthiest - and best - selves. Event details can be found in the center insert of this issue. We hope to see you there!



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Experience Wellness



Health is a Choice

Would you like butter with your coffee?

It may be a little hard to swallow, but this latest trend is receiving praise from not only butter lovers, but the integrative health and fitness communities as well.

The concept is simple. Most of us should start our day with a heavy dose of fats versus carb-heavy cereal, toast and bagels known as The American Way.

Butter coffee is no new phenomenon as people from the Himalayas, Ethiopia, Nepal, Vietnam, and Singapore have been enjoying the benefits for centuries. The craze has been commercialized in the last decade as Bulletproof Coffee by Bulletproof Executive Dave Asprey, but it is simple to make on your own.

Why should we start our morning with butter in our coffee (oh, and did we mention the oil)? It will give you sustained energy, cognitive improvement, autoimmune and inflammatory disease repair, lower

triglycerides, increased happiness, and even weight loss.

Before we explain how it works...

To make a delicious and effective butter coffee, you need 1-2 cups of coffee, 2 tablespoons of unsalted grass-fed beef butter (or ghee if you are dairy-free), and 1-2 tablespoons of MCT oil, a highly concentrated source of medium-chain triglycerides from coconut and/or palm kernel oil. MCT oil is recommended over plain coconut oil as it is utilized easier and faster by the body. If you are new to fats, work up to 2 tbsp, and please note that 100% coconut oil MCT is more eco-friendly than palm oil (one of the benefits of Bulletproof's Brain Octane).

Simply place all ingredients in the blender (maybe add a dash of cinnamon, turmeric or other beneficial spice) and blend to create a frothy latte-style cup of goodness.

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DesertRegional.com/cancer

For more about Joan's story, turn to page 3.



“Early Breast Screening
Saved My Life.”

Surviving. Thriving. Joan Petrucci, Teacher, CANCER SURVIVOR

Good Health Starts at Home

As I write this, the final bands at Coachella weekend 2 are playing in the background, and I am reminded that when this issue arrives, all the festivals will have moved out and another season will have come to an end. It's time to "come home" to our inner sanctums, catch up on that much needed rest, and prepare for the warm days ahead.

This year, I am especially excited to do just that as my husband and I built a new home in west Indio and made sure to include all of our favorite things. He put in a kegerator. I built a small beach so I could sit in a low lawn chair, sink my toes in the sand, close my eyes, and escape to any beach in the world. I even put dwarf pampas behind it to resemble the dunes of my beloved Carolina shores. My mom actually calls it a sand box, but to me, it's paradise.

We also built a vegetable garden. Each morning, I walk out with my butter coffee and admire the subtle changes and growth. This is my first garden and I absolutely love it! Tomatoes, zucchini, cucumbers, peppers, onions, basil, cilantro...Growing your own ingredients makes cooking that much more fun - and flavorful. Everyone should grow one, and anyone can no matter how small the space.

What's in your inner sanctum? If you don't have one, find inspiration and build it.

You'll find plenty of inspiration in this issue and at the Wellness Awards on May 18. This year's nominees are very inspiring. We thank them - and each of you - for working to make the Coachella Valley a healthier place.

It starts at home, so build your sanctuary and thrive!

Lauren
Lauren Del Sarto, Publisher



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The First Annual Wellness Awards Nominee Reception was held at the Eisenhower Wellness Institute and brought together top doctors, yogis, fitness and health practitioners, non-profits, chefs, educators and more for an evening of networking and celebrating achievements. Healthy offerings were provided by Salads in a Jar with libations from Bonterra Organic Wines and Mad River Brewing.



- 1) Tom & Lauren Del Sarto, Janet Zappala, Dr. Jeralyn Brossfield, Dr. Hessam Mahdavi
- 2) Anthony Cruz and daughter, Clarissa
- 3) Jaelyn & Shay Moraga, Lauren
- 4) Felice Chiapperini
- 5) Carole Rogers, Louise Evans, and Alyson Wilson
- 6) Jay Nixon and Lori Crete

- 7) Doris Steadman and Diane Gordon
- 8) Mary Battin and Teri Tudor
- 9) Catering by Salads in a Jar
- 10) Denise DuBarry Hay, Vee Cherle
- 11) Salads in a Jar display
- 12) Jason Press, Lauren, John Yuhas, Tiffany Bell-Davilantes
- 13) Tom Del Sarto, Rich & Carolyn Whitehill, Russ Piercy
- 14) Dawn Hirst and Dr. Celeste Amaya



CONNECTING



Coachella Valley Residents
TO HEALTH & WELLNESS SERVICES AND PROGRAMS

Meeting Community Health Needs through Transformation

By Herb Schultz, CEO

I am writing in my role as the new CEO of the Desert Healthcare District/Foundation. I am not brand new to the Desert (my husband I have had a weekend home here for two years), but I share an experience with the many residents with whom I have been fortunate to speak in the last four months on the job. All of us - yes, myself included - were unaware of the District/Foundation and the activities it undertakes.

During my interview for the job, I was enthralled by the organization's mission and the strong desire of the Board of Directors to transform itself to maximize the District/Foundation's ability to help meet the health needs of the Coachella Valley. Now, a new vision has been adopted, and a multi-year comprehensive strategic planning process is underway.

While this organization is a unique combination of a local government agency and a nonprofit foundation, it is the role of funder that is the subject of this column. We want to share our new goals and the role we play in improving the health and wellness of our community.

What activities does the District/Foundation undertake?

The Desert Healthcare District/Foundation is the largest funder of health and wellness services and programs in the Coachella Valley. Community-based organizations, providers, educational institutions, and others receive grants to provide vitally needed services and programs to district residents.

What are the mission and the vision of the District/Foundation?

Mission: To achieve optimal health at all stages of life for district residents

Vision: Connecting Coachella Valley residents to health and wellness services and programs through resources and philanthropy, health facilities, information and community education, and public policy

What services and programs does the District/Foundation support?

We provide funding for a variety of programs and services including UCRs ongoing doctor training program at Desert Regional Medical Center; behavioral health clinics, dental, counseling, and family medicine services; federally qualified health centers, free clinics, and other facilities; Get Tested Coachella Valley and Ready Set Swim!; ongoing food assistance, shelter and housing; and health and wellness programs and services associated with chronic conditions.

What are the borders of the current District/Foundation, and will it expand to the entire Coachella Valley?

The current District, created by voters in 1948 for the purposes of building a hospital (now Desert Regional Medical Center), includes the cities of Desert Hot

Continued on page 30

Your Immune System Can Help Treat Cancer

Compliments of Desert Regional Medical Center

When it comes to cancer treatment, most people are familiar with the treatment options of surgery, radiation and chemotherapy. But today, there is a fourth leg of cancer care which involves a new class of drugs that stimulate a patient's own immune system to fight the cancer. Known as immuno-oncology or immunotherapy, these drugs contain antibodies or substances that target and inhibit certain proteins to interfere with the growth and spread of cancer cells in the body.

"The idea with immunotherapy is that we are taking the immune system and giving it a second chance. If you think of the immune system like a sleeping bear - we want to make it angry enough to wake up and attack the cancer cells," said Dr. Timothy Tyler, Director of Pharmacy, Laboratory and Oncology Supportive Care Services at the Comprehensive Cancer Center at Desert Regional Medical Center.

"With immunotherapy, we are seeing a doubling of the survival curve. We're not curing cancer, but we are pushing it on the curve to the level of a chronic disease," said Dr. Tyler.

In two pivotal studies 29% and 23% of patients treated for advanced non-small cell lung cancer with a drug called Opdivo were reaching the two-year survival mark as compared to 16% and 8% two-year survival with chemotherapy.

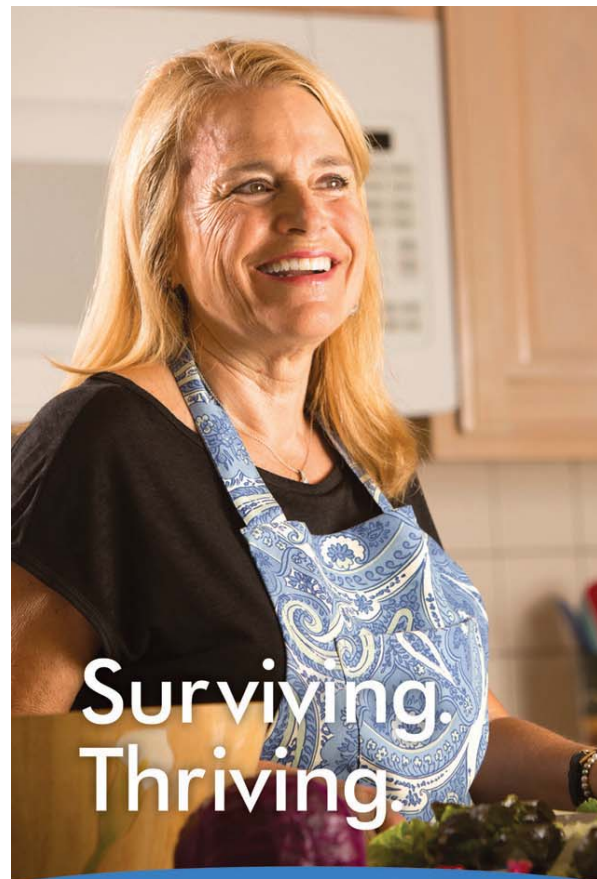
"It's a paradigm shift. In oncology in the 1800s, we had radiation. Chemotherapy started in the 1950s and in the following decades, we've developed toxic drugs that kill cancer, but damage some of the healthy patient, not just the cancer," said Dr. Tyler. "All the billions of dollars that went into AIDS research have had rich dividends in oncology. Cancer and the immune response are much more intricately linked than we ever imagined," he said.

There are five FDA-approved immunotherapy drugs for cancer - several of which have multiple indications. These drugs can treat everything from skin cancer to lung, neck, kidney, bladder, head and neck cancer—and even Hodgkin's lymphoma.

So, how effective are these drugs?

There are more than 800 clinical trials currently being conducted worldwide to determine the effectiveness of immunotherapy cancer drugs. Researchers also want to know if the existing immunotherapy drugs will be more effective if they are sequenced with another immunotherapy drug or given in combination with chemotherapy.

The Comprehensive Cancer Center at Desert Regional Medical Center is currently recruiting patients for the lung - ALCHEMIST Trial to study the effectiveness of Nivolumab in early stage non-small cell lung cancer. To learn more, visit www.desertcancercenter.com or call (760) 416.4800.



Surviving. Thriving.

*“Early Breast Screening
Saved My Life.”*

My whole life, I've been a rule follower - so getting my regular mammograms was no exception. Even when they told me they saw something suspicious, I didn't think anything of it. But when two physicians came in to give me the results of that biopsy, my heart sank.

Without those regular mammograms, my cancer probably wouldn't have been caught. And the Comprehensive Cancer Center was right with me every step of the way. Little things made me feel special, as well as the thoughtful and kind technicians who cared for me.

The Comprehensive Cancer Center didn't just help me live - now I savor and appreciate everything. I am back doing the things I love most... like cooking. I may be a rule follower, but I refused to let cancer rule my life.

Joan Petruzzzi, Teacher, CANCER SURVIVOR



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Hearing Loss and Disease Risk Factors

By Lisa Nathan Bellows, MA, CCCA

Being able to communicate with ease has been determined to be a critical topic and aspect of healthy aging. Since 2014, a greater emphasis has been placed on hearing health and associated disease risk factors including the following life threatening co-morbidities:

Dementia. Dr. Frank R. Lin, M.D., Ph.D., otolaryngologist and investigative researcher at Johns Hopkins University, conducted studies linking hearing loss with cognitive processing decline. His MRI studies performed over a 10-year period suggested that, "declines in hearing abilities may accelerate gray matter atrophy." He added that seniors with hearing loss are significantly more likely to develop dementia and Alzheimer's disease than those who retain their hearing. Dr. Lin noted further that hearing aids may not only improve hearing but may, indeed, "preserve the brain."

Diabetes. In 2008, researchers from the National Institutes of Health reported that patients with diabetes are more likely to suffer from sensorineural hearing loss with a greater association in the high frequency range. Furthermore, post mortem studies of diabetic patients reveal pathological changes to the nerves and blood vessels of the inner ear.

Falls. A common contributor to falling and balance disorders is untreated hearing loss according to the Center for Disease Control and Prevention (2013). Researchers noted a link between hearing loss and an increased chance of falling. US News.com in 2012 reported that patients with a mild 25dB hearing loss were three times more likely to fall than those with normal hearing. They further indicated that every additional 10 decibels of hearing impairment meant an increased 1.4 fold risk of falling.

Cardiovascular disease. Studies conducted by the Better Hearing Institute (2013)

suggested "a growing body of research shows that a person's hearing health and cardiovascular health frequently correspond." They noted that an early sign of cardiovascular disease can be linked to sensorineural hearing loss in the lower frequency range of the audiogram. Decreases in blood flow and blood vessel trauma are linked, affecting inner ear function.

Ototoxicity. Finally, certain chemotherapy medications and radiation therapies can cause ototoxicity which can have long-term implications including sensorineural hearing loss, tinnitus and balance disorders. Damage to inner ear structures where hair cells are located can detrimentally affect how information is transmitted to the brain. According to Siemens, "the most common ototoxic cancer treatments associated with hearing damage are platinum-based chemotherapy agents (cisplatin and carboplatin in particular) and radiation of head and neck."

It is critically important to counsel patients regarding the consequences of ignoring their hearing loss. Researchers at Siemens Hearing Instruments concluded that, "people with hearing loss on average wait seven years from when they are diagnosed to seek treatment, even though, the sooner hearing loss is detected and treatment begins, the more hearing ability can be preserved."

In conclusion, it is important for both the physician and patient to understand the relationship between hearing loss and associated disease risk factors. These life-threatening co-morbidities should be addressed with baseline audiological testing. These evaluations should be included for patients to enable the primary care physician, in cooperation with the medical specialists, to be proactive in addressing any hearing declines and potential health risks over time.

Lisa Nathan Bellows is an audiologist practicing in Palm Desert and is a member of Desert Doctors. She can be reached at (760) 340.6494. For more information visit DesertDoctors.org or call (760) 232.4646.

References available upon request.



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A Snapshot of Health in Our Community HARC releases latest data on the region

In January, Health Assessment and Research for Communities (HARC) released its latest data on the health of the Coachella Valley. HARC has been tracking community health for the past ten years. This latest data marked their fourth survey and revealed an interesting picture of health in our region.

Mental/Behavioral Health

Local concern and attention on mental/behavioral health has been growing in recent years, and for good reason. Approximately 22% of Coachella Valley adults have been diagnosed with a mental health disorder; depressive disorders are the most common. To put local mental health in perspective, depression is more common than cancer in our region. Similarly, 18% of Coachella Valley children age three and older have been diagnosed with a mental health disorder, with ADD/ADHD appearing as the most commonly diagnosed disorder.

Obesity

Mirroring the rest of the country, obesity remains a substantial problem in the Coachella Valley, with 61% of adults falling into the "overweight" or "obese" BMI category, along with 49% of children (age two and older). The lack of change in this area may be because of a lack of education/awareness; less than 40% of adults believe they are overweight or obese, and less than 18% of parents/guardians believe their child is overweight/obese.

Until we recognize what obesity truly looks like, we are unlikely to take steps to change it.

Disability

This year's survey includes more in-depth data on disabilities than prior surveys, identifying that approximately 22% of Coachella Valley adults are limited in their activities because of physical, mental, and/or emotional problems. About 10% of local adults are blind/low-vision, and about 11% are deaf/hard-of-hearing.

Health Insurance and the Affordable Care Act

Results showed that the rate of uninsured adults has dropped dramatically since 2013, due primarily to the Affordable Care Act and the considerable efforts to enroll uninsured individuals. In fact, the percent of uninsured adults of working age (18 to 64) locally went from 33% in 2013 to less than 14% in 2016.

While enrolling those who previously lacked insurance is critically important, the work doesn't stop there. Ideally, all people would have insurance and obtain regular care from a primary care provider, thus providing a continuity of care. Unfortunately, this has yet to happen; in fact, survey results show that an increasing number of people are using urgent care facilities as their usual source of care. This frequent use of urgent care facilities for routine medical treatment may be because the most



Obesity remains a substantial problem in the Coachella Valley.

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Overuse Knee Injuries

By Sydney Pardino, MD

As an orthopedic surgeon, I recognize that the knees often take a beating. Golf, tennis, exercise such as running, and even squats can cause problems. One of the more common conditions I see is overuse injuries. Weekend warriors and professional athletes alike should know about overuse injuries and how to prevent them.

An overuse injury is pretty much what it sounds like. Performing the same motions repeatedly or too frequently can stress the supporting structures of the knee. Over the long term, this can even lead to problems like degeneration of the joint (the joint just plain wears out) as well as inflammatory conditions like tendinitis, bursitis and arthritis, and chronic pain.

While desert living means we have many opportunities for outdoor recreation, it also increases the risk of overuse injuries simply because we may spend so much time outdoors. Tennis, golf, team sports like baseball or soccer, and other activities in which you spend a lot of time walking, running or twisting the knee, all increase the risk of an overuse injury.

Symptoms

Pain is the cardinal symptom of overuse. The pain can take many forms – burning, aching, sharp pains or throbbing. It may get better or worse with activity. If it does get better with activity, the pain is likely to worsen shortly after you stop exercising.

The knee is a complex joint with multiple supporting structures, such as ligaments and cartilage, as well as muscles – any of these can become inflamed and begin to hurt from overuse. Sometimes, pain is accompanied by other symptoms, such as swelling. Occasionally people report other symptoms such as creaking, popping or clicking in the knee.

Runner's Knee

Pounding the pavement or track on a regular basis is great for the heart, lungs and circulation. However, the knees must absorb the force of each stride. Runner's knee (we doctors call it patellofemoral pain syndrome or PFPS) is the most common overuse injury seen in runners. The patella (kneecap) irritates the groove at the end of the femur (thigh bone) in which it rests. Usually this occurs because the patella is slightly out of alignment, which tends to occur when the quadriceps muscles in the front of the thigh are not well conditioned and the hamstring muscles in the back of the thigh are too tight.

Conservative Treatment

Once you develop an overuse injury, most orthopedic surgeons will begin with what we call RICE: rest, ice, compression and elevation. Since overuse results from doing too much of a good thing, rest is essential. Ice helps reduce swelling, inflammation and pain. A compression bandage provides support and helps reduce swelling. Elevating the knee can also be helpful.

Over-the-counter pain medications like ibuprofen can also help with pain and inflammation. It's important – especially for professional athletes or those who regularly play sports – not to lose condition. In that case, I might suggest

Continued on page 30

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Simple Steps to Desensitize Sensitive Teeth

By Nicholas S. Baumann, DDS

Many people experience sensitive teeth every time they eat or drink something hot or cold. When they feel sensitivity, most fear it may be the result of a problem, like a cavity or a cracked tooth, but often times it can be natural and more innocuous.

It helps to know how tooth sensitivity occurs. The teeth are made of multiple different layers, with enamel as the hard outer coating of the tooth. If enamel is intact, sensitivity generally does not originate in the outer coating. On the root surface of the tooth, enamel is replaced by a layer called cementum. If gum recession occurs, this area can be exposed to the oral cavity. The cementum has microscopic tubules in them that contain fluid. When hot, cold, sweet or some other form of stimulation makes contact with this area, it can cause the fluid inside the tooth to move around which can irritate the nerve in the center of the tooth, causing pain. Even though it can be very uncomfortable, no damage is done to the tooth.

In order to reduce tooth sensitivity, the best option is to clog up these tubules so that they cannot transmit their irritating signal to the nerve.



Pain can occur when tubulars are exposed to hot, cold or sweet stimulation.

One way to do this is by using desensitizing products such as Sensodyne toothpaste, which works well for some people, but not for others. Another product that I find works better is called MI paste. This is a paste that contains primarily calcium and phosphate of which your teeth are made. The paste is applied around the teeth and allowed to soak in. The calcium and phosphates in the paste clog up the tubules in the teeth, which in many cases greatly reduces tooth sensitivity. Any other natural substance with high calcium and phosphates can generally improve sensitivity as well. Oil of clove is another natural substance that is effective in treating sensitive teeth. It is so useful, that it is even an ingredient in professional dental sedative materials.

To further limit problems with sensitivity, people should also avoid things that can make them more sensitive, such as foods and drinks that are acidic. Soda or citrus fruits can actually open up the tubules in teeth, leading to more sensitivity. Care must also be taken when people are using whitening or bleaching tooth pastes and gels because these have the same effect.

In the end, fortunately, a lot of cases of sensitive teeth are natural and do not have a more serious cause. Taking some simple steps can help reduce or limit this pain so that we are not limited in the type of foods or drinks we are able to enjoy.

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



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Has Multitasking Become a Bad Word?

By Amy Austin, RN, Psy.D., LMFT

Do you recall early television shows called *The Bionic Woman* and *The Six Million Dollar Man*? The characters transformed into super-powered heroes who were able to perform feats of intuition, strength, and stamina not possible for mortal man or woman. The television audience was transfixed into flights of super-hero fantasy.

Today we have computers, cell phones, social media, over-scheduling, long hours, apps, and multi-tasking which can make us feel super-powered, but can often create added stress.

Stress management is a rather new term and concept. On one end of the spectrum, stress can be a motivator for great ideas and the application of those ideas. On the other end, the need to manage stress connotes that stressors have ultimately created negative consequences in mental, emotional, academic, occupational, and relational areas of life. How did we become so overwhelmed? Why are we stuck in overwhelm mode?

Recently, a segment of *60 Minutes* discussed the addictive qualities of computers and phones. The tech giants know and use this to keep consumers tied to their phones waiting for the next ding which creates a release of the hormone cortisol. The release of cortisol numerous times a day can keep a brain excited and possibly needing more of that excitement when the phone is silent. Software companies can even track and save the *Likes*, delivering them in volume to individuals to keep them engaged, or essentially, dependent.

If you're experiencing "mind-full" multitasking symptoms such as free-floating anxiety and stress, here are a few tips for more mindful multitasking:

- 1) Explore the reasons for multitasking: Are you driven by outside pressures or internal pressure to over perform to make sure others approve or validate you? Are you into people-pleasing behaviors when you say yes much too often when a polite no might do? If you choose a more consciously intended life with the ability to choose what you will do and be, you'll be a much more contented and balanced person.
- 2) Long lists: Are your daily lists too long? Visualize a list that is doable and know that not everything needs to get done in one day.
- 3) Is your family over-scheduled? Is it possible to slow life down a bit to balance a hectic life?
- 4) Take a few minutes each day to close your eyes and breathe deeply, taking five breaths in and five out. This can help to oxygenate the brain and slow you down. Be more gentle and compassionate with yourself.
- 5) Monkey See, Monkey Do syndrome - Your children aren't aware of their over-scheduled lives. It's their norm. New, healthier behaviors can start with parents and flow down gently to children.

We don't yet have the data of what overuse of phones and computers is doing to our brains, behaviors, and relationships because we are essentially the guinea pigs, but awareness is the first step.

In recovery, life one day at a time is called *slowbriety*. When you find yourself anxious, reactive, impulsive or otherwise stressed, try to think of yourself as a human being and not a human doing.

If you're going to multitask, do it with intention and choice practicing a more heart-full and grateful way of life.

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



Shay's Story

Shay Moraga was diagnosed with triple negative breast cancer at the beginning of 2016 and shares her journey with Desert Health® readers in an ongoing column...

2016 was a hard year. We lost some really great actors and artists. Just when the world started to get over Prince being gone, the end of the year took our favorite Princess, Carrie Fisher, away too soon. I pretended to be the *Star Wars* heroine as a child. She was strong, independent, authentic, yet had a soft side to her. She took no crap from anyone in her role on screen and seemed every bit confident to the core. I wonder if George Lucas ever had side notes for her that she needed to act out other emotions in her body language to show vulnerability. I wonder if right after the first *Star Wars* the actors were given a script and told, "you did not beat the Empire." Actors, like cancer patients, get emerged into their roles. Sometimes so much that actors have to take downtime to get out of the role-much like cancer patients need to take care of themselves.

After going into remission December 1st 2016, the daily fight was over. No meds and only 6-month follow ups. For me, this is a lonely place in the universe to be in currently. I am cured to the world. I have beaten the Empire, my cancer. We have celebrated and life should get back to normal, but slowly the Empire (aka cancer) strikes back again-the aches and pains in my body, and slowly, the new mind games that come along with it. Could this be cancer slowly creeping back into my life?

When people ask how I am, I say I am getting stronger by the day, eating well, losing the chemo weight, back to teaching yoga and enjoying life not being in a doctor's office all the time. Princess Leia, at the end of the movie when she's putting medals on the heroes, pauses for a moment. If you look into her eyes, you see something is still unsettled. She knows there is still more to fight. Just like my own battle, I have to make sure my faith is strong and the people I surround myself with are true because my new battle is unseen.

For a cancer patient, as I am learning, the battle continues long after the chemo, surgeries and radiation. Most of this will not make sense to someone who has never had cancer and hopefully, you never will. But for those of us who have had it and are struggling, there are awesome breast cancer groups here in our valley that you can go to and discuss your fears, thoughts, and emotions. Our new battle can be worse than sitting once in the chemo chair. For those of you that want to help someone with cancer, know that it is a long road ahead. Just being there for them is the best thing you can do.

Cancer is a long journey and those who are still by our side are the true heroes.

To view previous columns or to leave a message for Shay, please visit DesertHealthNews.com and search 'Shay'. For more information on triple negative breast cancer, visit www.tnbcfoundation.org.

Seeking to Prevent and Treat Substance Abuse Locally

By Barry Dayton

There is little doubt that abuse of opioids – often beginning with a necessary prescription – has reached crisis proportions in the U.S. and beyond. That includes right here in our backyards, in the Coachella Valley and the greater Inland Empire.

Based on the most recent data available, as of 2014, there were 6.14 opioid overdose deaths for every 100,000 Riverside County residents. Opioids have also been the cause of numerous visits to county emergency departments and inpatient hospitalizations for overdose.

Taking a public health approach in dealing squarely with the issue

On April 5, the Safe Prescribing Inland Empire Coalition held its inaugural planning session, sponsored by Desert Oasis Healthcare (DOHC) with the aim of meeting the challenge head-on. The group of medical providers, along with representatives of health plans, law enforcement, school districts, and medical centers, established these goals:

- To reduce the incidence of prescription drug deaths in Riverside and San Bernardino counties by 20% by 2020.
- To promote the evidence-based prescription of controlled substances in order to reduce overdose and substance use disorders. (Basing decisions on large clinical studies and viewing addiction as a chronic disease)
- To strengthen community awareness of the role of controlled substances in treatment, as well as side effects and contraindications.

Chief objectives of the coalition are education, training, and communication among health care providers, pharmacists, and others, including those in the criminal justice community who seek to improve law enforcement for the good of the collective public health. The coalition will also address issues like "pill mills" and "doctor shopping" that contribute to the abuse of opioids and other controlled substances, and supports

the use of non-pharmacologic modalities in treating chronic pain including acupuncture, yoga, Tai Chi, chiropractic and meditation.

The work that the coalition seeks to do builds on that of the Hospital Association of Southern California and the Riverside and San Bernardino Departments of Public Health.

Attendees of this inaugural meeting heard about the problem of use disorders/addiction and the scope of the opioid problem in Riverside County.

Dr. Kelly Pfeffer from Healthcare Foundation of California described how "safe prescribing coalitions" have addressed the opioid epidemic throughout the state.

Dr. Roneet Lev of the Scripps Emergency Medicine Department illustrated her efforts in Southern California to introduce safe prescribing in emergency medicine in San Diego and Los Angeles.

Pam Allen, RN, related the Inland Empire Safe Opioid Medical Task Force's adoption of guidelines for safe prescribing in emergency room medicine.

Attendees committed to work with one or more groups dedicated to achieving the coalition's goals and objectives throughout 2017. The Inland Empire Safe Prescribing Coalition will merge its efforts with those of Inland Empire Safe Opioid Medical Task Force during the coming months.

A community-wide effort, planned for November, will draw together more community segments, including the public, to begin dissemination of safe prescribing guidelines for the Inland Empire. The Coalition hopes to schedule a public health fair, featuring both mental health and substance use resources, so that the public can be screened and receive prevention and treatment information.

For more information on the Safe Prescribing Inland Empire Coalition or to get involved, please contact Dr. Kawika Liu at kliu@mydohc.com or (760) 320.4122, ext. 1369.

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Enlarged Prostate: A Wife's Perspective on Early Treatment

By Dr. Lance Patrick Walsh, MD, Ph.D.

Oftentimes, my male patients need encouragement and support from a spouse to seek medical treatment for urological issues; spouses are sometimes key to preventing a mild condition from becoming more serious.

I spoke with the wife of one of my patients about her husband's experience with enlarged prostate and his early decision to seek treatment. Excerpts from our conversation are printed below.

Dr. Walsh: Your husband sought treatment for enlarged prostate, a condition that affects more than 40 million in the United States and many patients in my practice. What symptoms did your husband experience?

MH: My husband's primary symptom was waking at night to urinate. He is a cardiologist and, in addition to receiving emergency work calls in the middle of the night, he also woke up to use the bathroom. These additional nighttime awakenings were annoying, and he knew his symptoms would probably continue to worsen over time. Also, he is an avid golfer and didn't want to interrupt his game to use the bathroom.

Dr. Walsh: Did your husband discuss available treatment options with you?

MH: We discussed the options available to him. He tried medications that helped somewhat, but he didn't like the side effects and didn't want to take them for the rest of his life. As a physician, he understood the alternatives and was not interested in having an invasive procedure. He understood the possible permanent side effects of TURP [a more invasive surgical option]. He chose the UroLift System because he believed it would be a safe, minimally invasive procedure. We both trusted the research on the UroLift System and felt confident that it was the best choice.

Dr. Walsh: How was his recovery after treatment?

MH: I drove him to his appointment and, after his treatment, he wanted to go back to work. He saw patients that same afternoon! He had a small amount of bleeding with exertion, but he went to work the next day and didn't take any time off from golfing. We were both very happy with his recovery.

Dr. Walsh: He recovered quickly – patients can take a few days to get back to normal activity. Do you have any advice for other women who may know a man suffering enlarged prostate symptoms?

MH: My husband and I are very pleased with his treatment and follow-up care. We have already recommended this treatment to friends.

For more information call Walsh Urology at (760) 346.7191 or visit www.walshurology.com.

Reference: 1) Berry, J Urol 1984 and 2017 U.S. Census population estimates.

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Prepared for the Future

By Natalie Cummings, Student

Palm Desert High School has four career pathways now, one of which is the Health Academy. The academy has been at Palm Desert High since 2010 and is coordinated by teacher Mr. Ron Paiz. The Health Academy has given many students an advantage over others considering health careers by teaching medical terminology, basic medical skills, and taking interactive field trips. One of the objectives that Palm Desert Health Academy is known for is preparing students for the future, no matter what profession they choose. Recently, the Health Academy students all participated in a mock interview including: professional attire, a real portfolio created by the students, and even interviews with medical professionals, and feedback on the interview process.

"The mock interviews are helping prepare me for real life interviews that I may have in the future," said 10th grade student Scarlett Zepeda.

"The interviews provided an educational insight as to what we have to look forward to in the future when applying for a job or in general when talking to someone who could provide different opportunities in our futures," mentioned Leyla Martinez (10th).

Another big part of the Health Academy is the terminology involved. The students are required to learn all of the main abbreviations and terms used in the medical field. They are then tested on their knowledge and receive a certificate if they pass both tests.

"The amount of time we spent on medical terminology helped me learn them efficiently," stated Miguel Tamayo (10th).

The students involved with the health academy are also able to perform simple medical skills such as drawing blood and giving injections. In a separate room of the building there are mannequin arms to draw blood from and artificial skin to practice giving injections. They also learn how to perform CPR, and in their junior year, are able to get certified through the school.

"The labs are super fun and really allow us to be creative and think about the future," said Riddhi Amin (10th).

The Palm Desert Health Academy prepares students for many aspects of the medical field. The students are sized once they join the academy as sophomores and are provided with a pair of scrubs to wear every Thursday.

"The scrubs make us feel like we're an actual part of the medical field and show us how we might be dressing later on in our lives," said Bianca Gonzales (10th).

Health Academy provides students with many opportunities that prepare them for real world experiences. The Aztec Health Academy students are without a doubt going to be the most prepared in their future careers.

For more information on the Palm Desert High School Health Academy or to get involved, contact Ron Paiz at ronaldo.paiz@desertsands.us.

The Beauty and Benefits of Water Therapy

By Matthew Wilson PT, DPT

Aquatic physical therapy can be the solution for you if you have difficulty walking and standing, or are afraid of falls. Reducing the weight on your joints and increasing your activity level through aquatic therapy could be a great opportunity to improve strength and balance without worrying about pain or falling.

Research has shown that aquatic therapy has benefits for those with lymphedema, joint osteoarthritis, joint replacements, generalized weakness, chronic pain, cerebral palsy and fibromyalgia. These wide varieties of diagnoses can all benefit from the multiple therapeutic effects of water such as buoyancy, hydrostatic pressure, viscosity and drag forces.

Reducing joint compression

Water buoyancy reduces the effect of gravity on our body by reducing our relative body weight depending on the water depth. While standing approximately at hip depth, we reduce the gravitational force by 25%, while water at chest height will reduce the force by 50%. If you weigh 200lbs and you stand in chest deep water, it will feel as if you only weight 100lbs as you exercise, increasing exercise tolerance and reducing joint compression forces.

Reducing swelling

Due to the natural hydrostatic pressure of water, it will assist with fluid return to the heart to help with the natural lymphatic system and venous system. The pressure of the water can also help with desensitization which helps reduce pain.

Improving balance

Given water's viscosity and drag forces, aquatic therapy provides a natural support system for the patient to exercise and walk, with a reduced risk of losing balance and falling. Research supports that the resistance of water as you exercise translates to improved balance and decreased fall risk on land, due to improved ability to practice balance strategies and improve strength in a safe environment.

Reducing pain

With the buoyancy of water reducing joint forces, it provides a safe place to improve movements and strength under the direct supervision of a physical therapist to optimize movement patterns, to take stress off painful joints and improve the energy efficiency of activities to improve overall functional mobility on land.

Aquatic physical therapy is a great opportunity to get moving in the right direction in improving overall wellness and quality of life. With one-on-one treatment sessions, a physical therapist will be there to answer any question you may have and provide close direction and supervision of your treatment plan to maximize results and help transition you to an independent program which you can continue and complete at your own leisure.

Matthew Wilson, PT, DPT graduated from the University of Miami with a BS in Exercise Physiology and Sports Medicine. He earned his Doctorate of Physical Therapy at the University of St. Augustine, San Marcos campus. Dr. Wilson is in charge of the Aquatic Physical Therapy program for Avid Physical Therapy and can be reached at matthew.wilson@avidphysicaltherapy.com.

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Protect Yourself from EMFs

By Jessica Needle, ND

Electromagnetic fields (EMFs) are areas of energy that surround electronic devices. Your body has electrical and magnetic fields so it can conduct nerve and muscle impulses. Because of this conductive potential, EMFs generated by electronics are attracted to the human body and affect people by increasing voltage beyond the optimal range. These invisible currents provide a low-level, ongoing stress to the body and can result in mild symptoms such as headaches and fatigue, or can be associated with more serious diseases such as cancer.



Unplugging devices not in use can help minimize electromagnetic fields (EMFs).

Most of the EMFs in your home are generated by Wi-Fi and cordless phones. Baby monitors, fluorescent light bulbs, electric blankets, cordless toothbrushes, and even hair dryers contribute to excess energy that disrupts our metabolism. To limit your exposure to these harmful fields, follow the suggestions below.

- Unplug any device that is not in use. An item that is plugged in but not turned on, such as a lamp during the day, will generate an electromagnetic field.
- Create distance between yourself and electronic devices. Anything with a transformer, such as a digital alarm clock, should be kept at least two feet away from the body. Six feet is the recommended distance to sit when watching television, especially if using an old cathode ray version.
- Do not sleep with a phone in the same room. These devices generate EMFs even when they are turned off.
- Consider going low tech. Incandescent lightbulbs and landline internet create weaker fields than their newfangled counterparts. Think twice about using a cordless shaver.
- Use an EMF-shielding device if you have low immunity or are very sensitive. Products are available to work with phones, computers, routers and household wiring.

If you choose to take a break from electronic communications for a day or a weekend, consider spending time in nature. The earth's electromagnetic field is one that resonates in harmony with the human body. It is the only EMF where more exposure is a good thing.

Dr. Jessica Needle is a naturopathic doctor practicing at Optimal Health Center in Palm Desert and can be reached at (760) 568.2598.

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Toxic-Free Extermination

It's easier than you might think

By Amber Stuart, LEED AP, GGP, WELL AP

As a recent desert transplant, I have been surprised about the routine and conventional approaches to pest management in our area. Many of us are subject to monthly exterior spraying in our communities and have monthly contracts with exterminators, regardless of whether extermination is actually needed. Conventional pesticides and insecticides contain toxic ingredients that can be harmful to humans, especially children and pregnant women, and pets. A host of research and evidence shows that increased exposure to pesticides and insecticides disrupts our endocrine system, increases our cancer risk profile, and is associated with many other health problems.

An article published by the American Academy of Pediatrics in 2015, found that children exposed to indoor insecticides had an alarming increase in the risk of childhood leukemia (47% more likely) and childhood lymphomas (43% more likely). As a mother of a toddler, I find these numbers unacceptable – especially when there are safer and equally effective alternatives.

So what should you do? First, implement something called integrated pest management (IPM). IPM plans address the root causes of pest problems and when spraying is deemed necessary, it's administered to targeted areas only. For example, is there food attracting pests? Are there holes on the exterior of your home allowing pests to get inside? Do your screens need to be repaired or replaced? Once these types of issues are addressed, you can start looking at safer sprays. Essential oil sprays have gained a lot of attention in recent years and some desert exterminators are taking note offering conventional extermination services as well as safer alternatives, like essential oils. Essential oils are applied to the interior and exterior of the home, just like conventional sprays, and the bonus is that your house will smell amazing!

Take Action

- Ask your exterminator to use essential oils only. If they cannot provide this option, hire someone else. Start asking questions!
- If you live in a community that sprays routinely, call the contracted exterminator and tell them not to spray your property. I also leave "PLEASE DO NOT SPRAY THIS PROPERTY" on spraying days in case they forget.
- Encourage your HOA to use essential oils. This is a good time to be a pest (pun intended).
- Make sure your exterminator has implemented an IPM plan and isn't routinely and unnecessarily spraying.
- Consider bait traps instead of spraying. Please note that these should be used as a last resort and should not be used on a property with children or pets.

D.I.Y. Pest Sprays Make your own indoor sprays! Experiment, but general recommendations are about 10-15 drops in one to two cups of water. You can start with less and see how it goes. I have a dedicated "Bug Spray" bottle in my home. Below, is a cheat sheet of a few concoctions created by Stan Goodson from Apple Pest Control in San Antonio, Texas, for pests common to the desert.

- Ants: spearmint, peppermint oil
- Flies: rosemary, sage, peppermint, lavender, eucalyptus
- Mosquitoes: lemongrass, citronella, lavender
- Roaches: peppermint, citronella
- Spiders: peppermint, spearmint

Amber Stuart is an accredited professional with Leadership in Energy and Environmental Design (LEED), the International WELL Building Institute (WELL) and is a Green Globes Professional (GGP). For more information on natural pest control or other sustainability related questions, contact Amber at amberstuart@gmail.com



Living Wellness

with Jennifer Di Francesco



Freedom Requires Discipline

Each season, I place framed quotes in my workplace employee breakroom that are motivating or thought provoking in nature. Last November I was in a hurry to get everything in order, so I didn't spend significant time in choosing these new quotes which I framed and displayed on the walls. Ironically, one quote had a subtle impact on my psyche which has made me continually ponder its relationship to my own well-being.

This quote was by Anne Lamont, an American novelist and non-fiction writer, "If you want freedom, practice discipline."

Numerous times while passing this quote, I contemplated the deeper meaning in this message and its impact upon my life.

It wasn't until someone in my inner circle went through the unfortunate experience of a DUI that this quote started making sense. From that point on, I found that it related to many daily experiences and the myriad ways we approach wellness in our lives.

Witnessing someone navigate through all the complications and restrictions resulting from a DUI can bring about self-reflection. There is a moment of realization that when we drink alcohol socially and then drive, there can be consequences. There are the financial implications of this infraction, as well as the restrictions on driving. Also, the stigma and personal scars upon one's legal record may affect opportunity. In the end, all of these experiences restrict personal freedom.

An important approach in everything we do is to understand the interplay between the freedoms created and bestowed upon us and how choices can affect this delicate web.

We live in a country where we are afforded many freedoms but must not take them for granted. As we go about our comfortable daily routine, we should keep these freedoms foremost in mind. Acknowledging another side of our lives, we create a level of excitement in non-structure and have a tendency to look at structure as boring and non-structure as exciting. Learning how to keep our freedoms requires us to look at the daily structure and discipline of our lives as a gift that affords us freedom.

As children we learn from the structure of discipline set by our parents and teachers to become self-actualized, enjoying certain freedoms. Being vigilant about discipline and proper structure guarantees freedom which may materialize as the ability to take time off to enjoy things, freedom to be healthy, freedom to feel supported in a relationship, or time to travel and explore the world. These freedoms and numerous others are the aftermath of some type of discipline creating opportunity. Relative to wellness, whenever we step foot in the gym, take our supplements in the morning, eat a healthy meal, or meditate, we are taking healthy steps in creating freedom in our lives. We may experience and benefit later from the culmination of these efforts. A balancing act takes place as our productive, mundane, and structured habits give way to the liberation and freedom in our lives which we must not take for granted.

Transitions

By Jayne Robertson, E-RYT 500

A snowbird friend recently returned home from a shorter than usual season here in the desert. I asked her how their season was and she replied, "It felt short. It's the transitions that kill me!" The statement really struck a chord as to how changing locations can hold so many challenges. As I thought about this further, I realized that we are always in some state of transition, although some may not be as great as others.

Think about your breath. It has been in transition since the very first one you took. We go our entire lives, aware (or not) that the breath we are breathing in this moment is unique unto itself. As I breathe in air molecules, they will have been touched by other beings on this planet. When the air enters my body, it is now touched with my own unique "body-print" before being released, in a different form, back into the world. Our breath is not only always in transition, it is the one thing that is always in the present moment. When we slow down and become conscious of it, we begin to awaken to a subtle wisdom that lies deep within us.

The first time I saw Deepak Chopra speak was in the early 90s in Melbourne, Australia. He was discussing quantum physics and suggesting that we try to find the gap between our thoughts. I thought to myself, "We have gaps between our thoughts?" I certainly didn't believe that I had gaps, rather just one thought abutting the next. He went on to say the gap is where we tap into profound insight. Okay, he had me hooked. I was curious to know more, as this was the first time I started to see if I could find any space between my endless choo-choo train of mind chatter. This moment led me to want to learn more about meditation. I wanted insight... I had to do something, and this seemed like a great idea!

For any of us who have sat on a meditation cushion, we know that the process is anything but easy. It sounds simple enough—sit down, follow your breath and, when your thoughts distract you, notice and bring your awareness back to the breath. It takes consistent practice to begin to truly get a sense of what this process reveals as we are constantly jumping out of the present moment. But if you're like me and curious enough to explore a deeper connection and gain inner wisdom, then sitting on a meditation cushion or stepping onto a yoga mat is a great place to hone our skills.

If we can shift our focus to how we move between moments, we will get more familiar with these magical gaps of transition—something to be savored rather than avoided. Notice the transitions; the sweetest place in the present moment.

Jayne Robertson, E-RYT 500, is owner and instructor at Desert Yoga Therapy in Rancho Mirage. For more information, visit www.desertyogatherapy.com or call (760) 456.5160. jayne@desertyogatherapy.com.



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What Does Organic Really Mean?

By Brian J. Myers, ND

A couple of years ago 28 students and staff at Coachella Valley High School were evaluated by emergency crews after reporting symptoms ranging from stomach aches and nausea to headaches and sore throats. The culprit was an organic herbicide used on nearby agricultural fields. We have been told over and over that organic is better – healthier, safer, fresher, and better for the environment, but what does it really mean for food to be “organic”? What about “natural” foods? Are we blindly following a label that may also be harming us?

“100% organic” food is made with 100% organic ingredients; “organic” foods must be comprised of at least 95% organically produced ingredients. The other 5% may come from a national ingredient list provided by the USDA and easily found on the USDA website. “Natural” and “all natural” foods do not contain preservatives or artificial ingredients, but they may contain antibiotics, growth hormones, and other chemicals. As such, they essentially represent the middle ground between organic and conventional foods.

Many think that organic food equates to pesticide-free or chemical-free, but that is not the case. It does mean that the pesticides used on organic foods are naturally derived rather than synthetic, but it appears that about half of both natural and synthetic pesticides are carcinogenic. It shouldn't be too shocking that organic growers depend on pesticides as well – they face the same risks of crop damage as other farmers. However, because organic growers do not use GMO seeds, they potentially face greater risk by foregoing bio-engineered resistance.

Organic farming practices do tend to reduce erosion and pollution, use less energy, increase soil fertility, and conserve water, but conventional farmers would argue that they too follow similar conservation practices.

Organically raised animals are not given genetically modified organisms (GMOs) or genetically engineered (GE) foods, antibiotics, or growth hormone, nor are they fed animal byproducts.

Published literature doesn't offer strong evidence of a nutritional benefit of organic food, but not much has been explored in this realm either. Further, choosing organic foods does reduce exposure to pesticide residues and antibiotics given to animals raised for consumption.

As we do our best in eating as healthily as possible, we need to research further to broaden our viewpoint beyond the debate over “conventional” and “organic.” One major point to consider is factoring in distance from farm to plate. Go and meet your growers at local farmer's markets or through community supported agriculture (CSA). Ask how they care for their land and the produce and animals they raise. Then decide for yourself what is healthiest for you.

Dr. Brian Myers is a naturopathic primary care doctor with a focus on pediatric and family medicine at Live Well Clinic in La Quinta. For more information, go to www.livewellclinic.org or call (760) 771-5970.

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A Multi-modality Approach to Alzheimer's

By John R. Dixon, DC, CCN, Dipl.Ac.

It has been over 100 years since Dr. Alois Alzheimer, a German psychiatrist, first described a patient with the advanced neurodegenerative brain disease that today bears his name. Since that time, Alzheimer's disease has been without an effective treatment. That may be changing.

Recent research under the direction of Dale Bredeesen, MD, being conducted jointly at the UCLA Mary S. Easton Center for Alzheimer's Disease Research and The Buck Institute for Research on Aging is showing promise for reversing cognitive decline. It is the first study to suggest that memory loss may be reversed and the improvement may in fact be sustained.

Using an approach which Dr. Bredeesen calls systems therapeutics, a 36-point program is put in place that includes (but is not limited to):

- reducing simple carbohydrate intake;
- increasing ketogenesis including fasting at least 12 hours between dinner and breakfast;
- maintaining HbA1c below 5.5;
- keeping C-Reactive protein (CRP) below 1.0 with curcumin, omega 3s and specialized pro-resolving mediators;
- optimizing vitamin D levels;
- optimizing antioxidant status using CoQ10, alpha lipoic acid, PQQ, N-acetyl cysteine, resveratrol, ascorbate, and acetyl-L-carnitine;
- optimizing levels of methyl B12, MTHF, P5P;
- reducing or eliminating consumption of grains (especially gluten-containing grains);
- practicing brain stimulation exercises and neurofeedback;
- optimizing hormone levels including thyroid, cortisol, progesterone, DHEA, testosterone and estradiol;
- evaluating and treating for heavy metal toxicity;
- assessing gut health;
- exercising 4-6 times per week for 30-60 minutes;
- optimizing sleep including at least 8 hours of sleep per night with melatonin and tryptophan, if needed;
- reducing stress with personalized yoga, meditation or music;
- keeping homocysteine levels below 7;
- adding sources of good fats such as omega 3 and coconut oil.

Dr. Bredeesen and his team were able to demonstrate improvement in nine out of 10 participants using this comprehensive, multi-modality approach. In the case of Alzheimer's disease, Bredeesen notes that there is not one drug that has been

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A Multi-modality Approach to Alzheimer's

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developed that stops or even slows the progression of the disease, and drugs have only modest effects on the symptoms. In the past decade alone, hundreds of clinical trials have been conducted for Alzheimer's without success at an aggregate cost of over a billion dollars. A broader based therapeutic approach, rather than a single drug which aims at a single target, may be more effective for the treatment of cognitive decline due to Alzheimer's.

Alzheimer's results from the accumulation of sticky plaques in the brain called amyloid beta. According to Dr. Bredesen, plaque formation is a natural protective response of the brain to injury. It is his opinion that the process of amyloid plaque formation is attributed primarily to three main metabolic processes:

- 1) Inflammation in the brain can be triggered by high blood sugar, which results in the formation of something called advanced glycation end products (elevated HbA1c). Inflammation can also be caused by chronic viral infections, oral bacterial infections, Lyme disease, mold infection or toxins, and increased intestinal permeability (leaky gut).
- 2) Loss of trophic support due to low levels of hormones (growth hormone, testosterone, estradiol, progesterone, tri-iodothyronine (T3) and low levels of certain key nutrients including Vitamin D, magnesium, Vitamins A, B5, B6, B9, B12, C, and E).
- 3) Exposure to toxins, including high levels of divalent metals such as mercury (from dental amalgams and fish), cadmium, lead and aluminum.

Other factors such as sleep apnea, vascular insufficiency (stroke), and traumatic head injuries can also trigger neuro-inflammation and amyloid plaque formation. Any person can have any combination of these causes. Identifying which factors apply to each individual with cognitive decline and addressing them may lead to improvement in cognitive function if caught early enough.

Alzheimer's disease is on the rise, with recent estimates suggesting that it has become the third leading cause of death in the U.S. behind cardiovascular disease and cancer. Currently, it affects approximately 5.4 million Americans and 30 million people globally. It has been estimated that by 2050, 13 million Americans will have the disease, leading to a potential bankruptcy of the Medicare system.

Early detection and proper diagnosis of cognitive decline due to Alzheimer's is the key for the best possible clinical outcome. According to Dr. Bredesen, genetic testing for the ApoE4 gene is critical for assessing your risk for Alzheimer's. If you carry one copy of this gene, your lifetime risk is increased by 30%; with two copies, it increases to between 50-90%. This can be determined by a simple blood test.

New imaging techniques using functional and volumetric MRI scanning is also helping to assess earlier changes caused by Alzheimer's and other neurodegenerative diseases.

Be sure to consult your health care provider before beginning this or any related program.

Dr. John Dixon can be reached at the Natural Medicine Group (760) 345-7300.

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The Gut: Your Second Brain

By Cheryl Kane-Banke, CCHT

The gut is intrinsically tied to our emotions. Experience tells us we can have a "gut wrenching" moment after seeing a traumatic event, or "butterflies" in our stomach on the first day of a new job. Another old adage we are told is "not to ignore our gut instinct."

But is there truly a connection?

The enteric nervous system (ENS) is a complex system of nearly 100 million nerves in the lining of the gut. The ENS is often referred to as the "second brain" as it has many parallels, both chemically and structurally, to the brain. The ENS doesn't conduct day-to-day decision making processes as does the brain; however, in an inexplicable harmony of hormones, neurotransmitters and electrical impulses, these "brains" communicate back and forth.

The brain and the gut are intricately connected and function as one system. Given that these two systems communicate, it has become apparent that both psychological and emotional factors can trigger symptoms in the gut, albeit there may be no obvious physical cause.

However, it is now widely believed that psychosocial factors do affect the physiology of the gut and can manifest as physical symptoms, including functional gastrointestinal disorders (FGIDs), a collection of about 20 chronic medical conditions affecting the gut.

In other words, psychological factors can impact physical factors such as the movement and contractions of the GI tract causing inflammation, pain, and other bowel symptoms.

As with brain stress, stress-reduction treatments can help prevent and treat gastrointestinal disorders.

Anxiety is a natural response to a perceived threat. The mind can perceive many different things as a threat; it may not be to life or limb, but can be something as innocuous as public speaking. Carrying the tension to a perceived threat engages the autonomic nervous system, placing the body on alert. The adrenal cortex releases stress hormones, the heart beats faster, breathing becomes rapid and the thyroid gland begins to stimulate the metabolism. This is called the "fight or flight" response, which over a period of time can produce malaise in the intestines such as inflammation, a leading cause of chronic disease.

When inflammation is present in the gut, an immune response is activated creating a protective layer of mucus. In the practice of detoxification, this mucus can often be seen during colon hydro-therapy sessions aimed at reducing inflammation while healing and hydrating the intestinal lining.

Hippocrates is credited for first saying that all disease begins in the gut.

Understanding that many of our daily lifestyle choices play a role in our overall wellness is the first step to healing the gut.

A whole-body pursuit to health care and stress reduction can show value in our well-being and quality of life. Making intestinal wellness a primary focus can increase overall longevity and well-being.

Cheryl Kane-Banke is a certified therapist with A Healthier You in Palm Desert which is owned and operated by Deb McMahon RN, CNHP. For more information call (760) 360-8877.

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Benefits of NADH Supplementation

By Amanda Beckner CN, HHP, Ph.D.

NADH (nicotinamide adenine dinucleotide hydrogen) is an essential coenzyme found in all living cells. It is a powerful antioxidant that helps to eliminate free radicals and remove lactic acid build up in our muscles. When we are young, we produce a lot of NADH in our cells; however, as we age, we cease to produce as much, and in some cases, we stop all together. When our ability to make the needed amount decreases, or ceases altogether, the body starts to break down and develop disease.

Free radicals are extremely reactive molecules which interact with many compounds in our cells. Once formed in our cells, a type of reaction builds that knocks out electrons from a normal molecule. Our electrons speak to one another and if they are not reacting to one another, a gap is created causing a breakdown. NADH helps that transfer function of communication. This is one of NADH's main functions.

So many things can cause free radicals to build within our cell membrane. X-rays, radiation, medications (including antibiotics and anti-inflammatory drugs), smog, industrial pollution, chemicals, smoking, as well as heavy metals found in food and water are all building blocks for free radicals to contaminate our body.

NADH's ability to eliminate free radicals makes it a powerful antioxidant. Our bodies are constantly regenerating its cells. It is believed that under normal conditions, every cell in the body will be replaced within 7 years unless a cell completely dies. Free radicals damage cells and cell's genes (our DNA code) in destructive ways by knocking out the needed electrons from normal molecules. NADH has proven to protect cells from dying due to free radical build-up, thus breaking down the effect of aging.

NADH has many other benefits as well. In athletes, it can help alleviate soreness of

overworked muscles by eliminating lactic acid build-up. Due to the elimination of lactic acid, people with fibromyalgia and chronic fatigue can also greatly benefit from this effective natural supplement. NADH's effect on serotonin and dopamine also make it a supplement of choice for depression and Alzheimer's disease.

In my practice, I have recommended NADH - along with change in diet and exercise - for many different health conditions. The results have been very positive due, I believe, to the fact that if we replace this essential enzyme with which we are born, the body responds and helps to heal disease.

You can buy NADH in any health food store; make sure you are choosing a quality brand with no other chemical additives in the product (usually listed under "other ingredients"). A dose of 5mg is the recommended amount. If you are clinically depressed, then 10mg may work well. Take it first thing in the morning on an empty stomach, wait 30 minutes, and then eat your breakfast. Lastly, do not expect NADH to work well if you continue to eat all the incorrect foods which caused poor health in the first place.

In my practice and in much research, I have found no complications or side effects from using NADH supplementation; however, I do recommend that you speak to your doctor or health care professional before starting any supplementation.

Dr. Beckner is the owner of Your Body Code personalized nutrition and wellness programs in Palm Desert and can be reached at (760) 341.BODY(2639). For free recipes and more information visit her on Facebook and on the web at www.yourbodycode.com

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3 Easy Meditations for People on the Run

By Justin J. Carpenter, MSN, RN, HN-BC, AGCNS-BC

These simple meditation practices work whether you are walking, hiking, riding a bike, or sitting.

1: Grounding & Opening

Start by bringing your awareness to the soles of your feet. Visualize these energy centers opening and growing roots deep into the earth, going down and out to stabilize you. Then bring your awareness to the palms of your hands. Allow the energy centers there to open. Visualize tree branches growing out of your palms and up to the sky bringing you in touch with the wisdom of the universe.

2: Increasing the Qi (Chi)

Once you feel rooted to the earth, breathe its healing energy up through your legs to your Dan Tien (an energy center located just below the navel). Then exhale the energy back down into the earth. Repeat this nine times. Then turn your attention to your left palm. Breathe in the energy, wisdom, and love of the universe through your left arm up to your shoulders and exhale out through your right arm. Repeat this nine times, then switch arms, breathing in through your right arm and exhaling out of your left arm.

3: Detoxifying

Bring your attention to the crown of your head. Visualize your crown opening like a flower blossoming. Picture a warm, white, soothing liquid pouring into your body through your crown. Allow it to fill your body, first filling your feet, then filling up to your knees and thighs, up through your pelvic region, then into your abdomen and lower back. Continue filling yourself through your chest and upper back to your shoulders, and then down through both arms, all the way to your fingertips. Last, fill your neck and head until your body is completely full.

Allow this healing elixir to soothe your body, relaxing your muscles. Allow it to soak up your fears, doubts, worries, and feelings of insecurity or unworthiness – all of your negative energy or energy blocks, all of your aches and pains, anything that you feel is not serving your highest good. You may notice that as this elixir soaks up toxins, it turns darker, becoming gray, brown or black.

Once you feel cleansed, “open” the soles of your feet and allow the liquid to drain out of your body and into the earth beneath you. If you still feel some “residue” after draining the liquid, picture a showerhead above your crown. Turn it on and allow it to rinse the rest of the toxins from you. Silently ask that it be used as fertilizer to grow more love and compassion on the planet.

Breathe deeply and feel gratitude for life.

Adapted from Running & Meditation: Combining Modalities to Synergize Self-Care. Reprinted with permission from the American Holistic Nurses Association.



Take time each day to be in the movement.

Sinusitis and Traditional Chinese Medicine

By Diane Sheppard, Ph.D., L.Ac.

Sinusitis is an uncomfortable condition that can be caused by a bacterial, fungal, or viral infection, or can arise from an allergic reaction to pollen, grass cuttings and food allergies. Sinusitis is inflammation of the mucous membranes that line the sinus cavities which are located behind the nose and above the eyes. This inflammation causes them to secrete more mucous and become swollen, which can then prevent drainage. The nose becomes congested, resulting in a loss of your sense of smell (anosmia) and pain, sometimes severe, can develop in the face and head area. The drainage route can then move to the back of the nose resulting in post nasal drip, a cough, sore throat and yellow or green production of mucous.

Sinusitis may become chronic when complicated by a secondary bacterial infection. A primary cause of this is when the original condition was treated ineffectively. Most treatments fail to drain the sinus cavities completely of mucous and discharge after each recurring infection. It creates an ongoing pattern of infection after infection. Continually treating the infections with antibiotics can weaken the immune system and cause further problems.

In Western medicine, common treatment for sinusitis is the prescription of antihistamines and nasal sprays to reduce swelling, or antibiotics that may treat any related bacterial infection. While this treatment may relieve the symptoms, it does not treat the cause of the condition.

In Traditional Chinese Medicine (TCM), practitioners use Chinese herbs and acupuncture to effectively treat sinus infections. When patients cannot breathe properly through their nose needles inserted at certain acupuncture points will offer immediate relief. The most common point for sinusitis is the Bitong point, which literally means “opening up the nose” in Chinese.

There are also numerous herbal formulas – many dating back hundreds, if not thousands, of years – which can bring relief. Active ingredients include honeysuckle, magnolia flower and kudzu root. Used in concert with acupuncture, these treatments not only provide immediate relief, but a long-term solution to the problem and prevention of recurrence.

TCM treatment for sinusitis aims to break this pattern of congestion, mucous buildup and infection. After the sinus infection has been completely cleared, treatment is given to strengthen the body's immune system in order to prevent future flare-ups.

From the Chinese perspective, food always plays a role in disease. Overeating fats, hot spicy foods, and sweets, or drinking alcohol, can engender what is called ‘damp’ and ‘heat’ in the body. Damp then congeals or thickens to form phlegm while heat moves upwards and lodges in the orifices, including the nasal cavities. Maintain good sinus hygiene by drinking plenty of fluids to keep nasal secretions thin. Dairy products contain casein, a dominant protein in milk and other dairy products which is a mucus-forming agent. It has a glue-like texture and histamine-creating properties, both of which cause increased mucous production and nasal congestion, so avoid them if you are prone to sinusitis.

Dr. Sheppard is the founder of AcQpoint Wellness Center in Palm Desert and can be reached at (760) 775-7900. www.AcQpoint.com.

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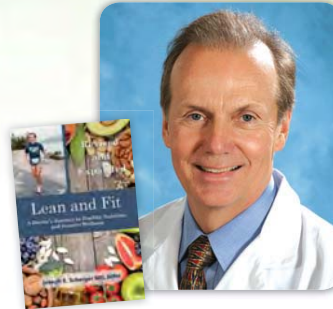
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May 18th • 6:30p.m. • Desert Willow Golf Resort



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KMIR's Janet Zappala



Guest Speaker
Joseph E. Scherger, MD, MPH
2016 Integrative Practitioner Honoree

2017 Desert Health® Wellness Award Finalists

Who will take home “The Welly”?

Individual

Anthony Cruz
Chef and Health Advocate

Denise DuBarry Hay, BYT
Owner Bikram Yoga Plus

Jason Tate
Indio High School's Health
& Nutritional Sciences
Academy Director

Non-profit

Cielo Vista Charter School

**Desert Healthcare
District/Foundation**

SafeHouse of the Desert



Integrative Practitioner

Elliot Lander, MD, FACS
Cell Surgical Network

Hessam Mahdavi, MD, DC, CNS
Eisenhower Medical Center

John V. Yuhas, RN, BA, ERYT400
Eisenhower Medical Center,
Yoga Instructor

Business

Bikram Yoga Plus

**Mo'tus Floatation and
Wellness Center**

Thrive Fitness Studio

Youth Award

Jaelyn Moraga, RYT200
Yoga Instructor,
Student

Stephanee Sandoval
Future Physician Leaders & Emerging
Health Professionals, Student





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Guest Speaker



Joseph E. Scherger, MD, MPH

Dr. Scherger has evolved in the direction we hope all primary care physicians will go, and he is passionately influencing others.

He is an ideal champion for functional medicine, bringing over 30 years of wisdom and experience gained from conventional medical practice, physician education, and medical industry leadership into this newly enlightened realm.

Dr. Scherger is Vice President for Primary Care & Academic Affairs at Eisenhower Medicine Center and Clinical Professor of Family Medicine at both the University of California, San Diego School of Medicine and the Keck School of Medicine at the University of Southern California.

He is also an avid runner and has completed 38 marathons, five 50-mile and ten 50K Ultramarathon trail runs. It was for his own

well-being that he began exploring integrative care and the works of William Davis, David Perlmutter, Mark Hyman and others.

Today, he encourages food as medicine and "prescribing life" to address the chronic diseases that both his patients and colleagues face on a daily basis. He has compiled his knowledge and research in a new book entitled, *Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness*.

At this year's Wellness Awards, Dr. Scherger will discuss the movement toward integrative health care and five things that we as conscious consumers can do today to improve our own health.

Evening Festivities

Thank you for joining us Thursday, May 18.
We have an exciting evening planned for you!

Desert Willow Golf Resort
38-995 Desert Willow Drive, Palm Desert

We encourage you to buy your tickets in advance as the event is expected to once again sell out.

6:00 p.m. Registration opens

6:30-7:30 p.m. Indoor/outdoor reception and dinner featuring complimentary wine and beer, and festive dining stations offering a Mediterranean Medley, Vegetable Veranda, a Power Protein Station, and dark chocolate and fruit desserts

7:30-8:15 p.m. Welcome and guest speaker, Joseph E. Scherger, MD, MPH, presenting *The Movement in Modern Medicine: Prescribing Life with 5 Things You Can Do Today*

8:15-9:00 p.m. Awards Presentation

All guests take home a Desert Health® or Eisenhower Medical Center Fitness tote filled with wellness offerings and a bounty of fresh vegetables.

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We look forward to seeing you there!

A Special Thank You

We are thankful every day for all those who support and contribute to making *Desert Health*® such a special publication, and we wouldn't be here without our readers. Thanks to all those who nominated others for the Welly Award! A special thanks to Dr. Jeralyn Brossfield, Elizabeth Wholihan, and Dr. Joe from Eisenhower Medical Center and the team at KMIR; your partnership on this event means the world. Thanks to our Executive Committee: Donna Sturgeon, Lisa Ford, and Susan Butler who had the challenging job of selecting finalists and winners. Our exceptional presentation is made possible by graphic designer Heather McKay; Advanced Web Offset; Cole Gibson AV; and Liz Gardner of Best Promotions. Special thanks to all our sponsors, Doug Morin and CV Volunteers in Medicine, and our Indio High School Health Academy volunteers. Last, but certainly not least, the *Desert Health*® team of Heather, Doris, Rich, Scott, Jo Ann, Ben...and with moral support, my husband Tommy and father Gordon. From the bottom of my heart!



2017 Honored Nominees



INDIVIDUAL CATEGORY



Chuck Amendola
Certified Natural
Health Practitioner



Anthony Cruz
Chef & Health
Advocate



Denise DuBarry Hay
Bikram Yoga
Instructor & Health
Advocate



Bruno Lemay
Dentist



Jayne Robertson
BAppSci, GradDipEx/
Sport Science, ERYT 500,
Certified Yoga Therapist



Jason Tate
Founder Human
Health Initiative,
Educator



Janet Zappala
Health Report & News Anchor

BUSINESS CATEGORY

Bikram Yoga Plus
Mo'tus Floatation and Wellness Center
Thrive Fitness Studio
Thrive Functional Wellness Center

NON-PROFIT CATEGORY

Act for MS
Braille Institute of the Desert
Cielo Vista Charter School
Desert Healthcare District & Foundation
Parkinson's Resource Organization
SafeHouse of the Desert

YOUTH CATEGORY



Stephaniee Sandoval
Student



Jaelyn Moraga
RYT200

Congratulations to all
of the nominees who
promote health and
wellness in the valley!

A special congratulations to the nominees
from Eisenhower Medical Center:



Tiffany Bell-Davlanter,
FNP-C



Hessam Mahdavi, MD,
DC, CNS



John V. Yuhas, RN, BA,
ERYT 400



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JANET ZAPPALA



2017 Honored Nominees



INTEGRATIVE PRACTITIONER CATEGORY



Celeste Amaya
MD



Tiffany Bell-Davantes
FNP



Chris Flores
MD



Elliot Lander
MD, FACS



Hessam Mahdavi
MD, DC, CNS



Pamela Potenzo
RN, BSN, HNB-BC,
CHTP



Kelli Rose
FST, MST, CST
Holistic Cancer Coach



John Yuhos
RN, BA, ERYT 400



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Children and Teens Affected by Cancer

By April Hanig, MFTI

When a loved one is diagnosed with cancer, is going through treatment, or has passed away from cancer, the children and teens in the family may experience a range of emotions that they have never had to deal with before. Because each child responds in his or her own unique way, it is crucial that they have access to information and support that will enable them to better manage the changes in their day-to-day routine and cope with the unfamiliar emotional journey on which they find themselves.

Several factors, such as children's age, personality, relationship with the cancer patient, and the way that others in their lives are behaving, influence how they will react and cope during this stressful time.

Changes in Behavior

Many children cannot, or will not, verbalize how they feel directly. Often they show their feelings through disruptive behaviors, such as fighting with their siblings or acting out at school. Some children will regress (i.e., act younger than their age), such as becoming overly clingy to their parents or suddenly wetting the bed at night. They may act more impulsively than before. Teens may become more easily angered, or may seem very distant or withdrawn from the family.

Children and teens who have problems paying attention in school may have even more trouble now than before, and those who have never had difficulty in school may suddenly be falling behind or failing their classes. Staying focused on schoolwork and other daily activities can become overwhelmingly difficult when the loved one is undergoing cancer treatments, or when they are grieving the loss of someone close.

How to Help

It is important to recognize if your child or teen exhibits troubling behaviors such as the ones mentioned above or any others that may indicate distress. You can then intervene, helping to ease the distress and providing healthier coping strategies.

Communication

Although parents may want to protect their children from distressing feelings, it is always best to talk openly with them. When a loved one has cancer, even very young children can sense that something is wrong. Avoiding the topic can cause them more intense feelings of confusion and fear. Thus, it is important to provide them information in the early stages. Doing so in an age-appropriate way will help them understand the situation without overwhelming them.

When speaking with children, it is best to focus on things that will affect them directly, such as changes to their schedules or changes to the loved one's appearance, as these changes can be more frightening if unexpected. Teens may need more information and even more time to work through their feelings. So while it's important not to overwhelm them, it is also best to provide accurate information in addition to reassurance that the family will work together to support one another and cope with the challenges ahead.

Support Groups and Counseling

Often, families benefit from outside support such as support groups held at local health care facilities and non-profit organizations and/or one-on-one counseling with a mental health professional. For example, Gilda's Desert Cities offers support groups led by licensed professionals. Special groups for children, teens and adults all meet at the same time on Thursday evenings. They are preceded by a dinner served to everyone together, allowing family members to build and maintain social connections with others facing similar challenges. The children's group (ages 5-12) gives young children and pre-teens healthy ways to express their emotions through art and play. The teen group (ages 13-17) provides a safe space to relax, spend time with other teens, and discuss all aspects of having cancer in the family.

For some children and teens, individual and/or family counseling may greatly reduce stressors and help guide them through this difficult experience. To find referrals to counseling services, it may be helpful to contact your child's school or insurance plan.

Online and Virtual Resources

www.cancersupportcommunity.org has a variety of reading materials that can assist you in talking with children or teens about cancer in the family. Among the website's other helpful resources are an online forum for teens as well as a podcast library with several episodes aimed at children.

Anyone affected by cancer can also find support over the phone through the Cancer Support Helpline. Call (888) 793-9355 anytime Monday – Friday from 9:00 AM to 9:00 PM (ET) to talk with a Helpline counselor.

April Hanig, MFTI, is program director at Gilda's Desert Cities, an affiliate of the Cancer Support Community. She can be reached at (760)770-5678 or ahanig@gildasclubdesertcities.org. For more information visit www.gildasclubdesertcities.org.



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Understanding Stability and Mobility

What age and injury take away can be rebuilt

By Stacey Clarke, DPM

Stability and mobility are the cornerstones of functional movement. Joint mobility is defined as the degree to which an articulation (where two bones meet) is allowed to move before being restricted by surrounding tissues; joint stability is defined as the ability to maintain or control joint movement or position. Stability is achieved by coordinating actions of surrounding tissue and the neuromuscular system connection to the muscles.

Instability means that the muscles cannot contract or function efficiently.

To demonstrate this further, think of a person walking on ice. The body has a natural mechanism to tighten up and protect. So there is more muscle activity occurring with instability. The factors creating instability can be outside of your body (ice, wind) or inside (muscle weakness, age).

As we age, our bodies can also go into a protective state involuntarily. Many would call this lack of mobility. The good news is that motion or mobility can be improved by improving muscle strength.

Every muscle has its own minimal and maximum output threshold. Minimally, the muscle must work and be healthy enough to function. If a muscle is not used, it can change shape, get flabby or, as referred to in medicine, atrophy. For muscles to have the maximum output, the muscle should be healthy and strong. But, if the maximum threshold is exceeded, injury such as a rupture or tear can occur. Finally, there is a muscle set point level. This can be defined as the state of the muscle physiologically, now in time. The goal is to have the set point of the muscle operate and be as close to the maximum threshold as possible, to affect better output and be strong.

Over time, as we age, due to stress, trauma and overuse, the muscle set point declines. With a lower set point of the muscle, the muscle's ability to function best is compromised. This results in muscles and tissues being less capable of handling stresses or forces placed upon them. Also, lower functioning or weaker muscles tighten up to protect sooner when stress is applied. So, every time the set point of a muscle lowers, we decrease our ability to perform.

What to do? We can either take things away - less pickleball, less running, less golf - or we can raise our muscle set point by getting stronger. We can minimize and stop the downward progression of the muscle's ability to operate and improve its ability to tolerate forces (wind, ice... and age).

Finally, muscles cannot work without communication from the nervous system. This system "talks" to our muscles. We need data from the muscle to send a signal to the brain and then the brain to send out a command to move the muscle and create a response. We have to have both: strong muscles and active nerves.

Historically, in 1895, Sherrington did a study on monkeys. The sensory (feeling) nerves were cut, leaving the muscle nerves working. The result: the monkeys stopped using their limbs, even though the muscles were still present. Take home message: "If you do not use it, you lose it."

So, essentially, strength is synonymous with stability, and we need muscle strength to have better mobility.

Dr. Stacey Clarke is a Muscle Activation Technique specialist and podiatrist. She combines 26 years of traditional medicine with this complementary modality for integrative care. Dr. Clarke can be reached at (760) 285-7723. For more on MAT, visit www.foothdoanfoot.com

External Sound Wave Therapy Aids ED

Treatment for kidney stones finds alternative use

By Angelika Kuykendall, LVN

Erectile dysfunction (ED) affects as many as 30 million American men, including 30 to 50 percent of men between the ages of 40 and 70. There are multiple causes including medications, chronic illness, poor blood flow to the penis due to plaque and calcification or vessel damage, excessive alcohol consumption and other lifestyle factors. Until recently, no drug-free, surgery-free long-term solution has been available to correct ED, or the inability to achieve and/or sustain a penile erection.

Viagra, Cialis, Stendra, Levitra are all prescription drugs commonly used in the treatment. They may be effective temporarily, but they may become ineffective over time and have many side effects that keep patients and their health care providers looking for other treatments. Additionally, these drugs can be very cost prohibitive. Pumps, which can be obtained over the counter, are another option commonly used.

Poor blood flow in the penis is often due to calcification and plaque in the blood vessels of the penis, very similar to having blockage in any other functioning organs that need significant blood flow in order to work properly. In fact, poor blood flow to the penis is usually the underlying cause.

With today's rapidly growing technology, a new machine using lithotripsy (external sound waves), has officially received FDA approval for this specific treatment of ED. Created by Dr. Richard Gaines, it has had significant success in Europe, where it is known as extracorporeal shockwave therapy (ESWT).

Lithotripsy is the most common treatment for kidney stones in the U.S. Sound waves from outside the body are targeted at kidney stones to break them up and to allow them to pass through the urinary tract. With ED, the therapy uses these high frequency acoustical waves to stimulate the formation of new blood vessels and to remove plaque and calcification. The resulting improved blood flow helps men to obtain stronger and more sustainable erections.

The therapy is virtually pain-free and requires no downtime. The in-office procedure takes 30 minutes on average, and a series of 6-12 treatments must be performed. Due of the increased blood flow, the majority of men who have completed the 12 treatments report an increase in both girth and length. The results most commonly last three years and longer if a maintenance program is incorporated.

80% of men with ED who have received treatment experienced a positive outcome and were able to achieve normal erections without the aid of prescription medications.

Angelika Kuykendall is a licensed vocational nurse with Preventive Medicine Centers in Palm Springs and can be reached at (760) 320.4292.

Sources: 1) ED Statistics, John Hopkins Medicine, <http://www.hopkinsmedicine.org/>; 2) <http://www.urologyjournal.mayoclinic.org/>; 3) <http://www.webmd.com/erectile-dysfunction/>; 4) <http://www.gainwave.com/gainwave/>

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STACEY CLARKE, DPM
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- You long to perform better in your sport and get more out of your exercise program and prevent injuries.

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The Key to Ending Chronic Disease?

Invest in the next generation

By Lauren Del Sarto

How do we reverse the chronic disease epidemic plaguing our country? Indio High teacher, Jason Tate, says to start with the next generation. He knows the value first hand. Over the past ten years, he has been teaching the biology of nutrition and recently created a Health & Wellness Academy at Indio High where pre-med students are learning about health care with functional medicine at its core. Many of the near 300 kids that take part consider his classes more impactful than any other.

Tate hopes to see this imperative life-skill education in every high school in America and has formed the Human Health Initiative, Inc. (HHI), a 501 (c)(3) nonprofit organization providing curriculum based on nutrition education, movement and exercise, and mind-body skills. Its mission is to prevent and reverse dietary and lifestyle related diseases worldwide through education and awareness.

Tate has established an executive board of medical professionals, educators, and health and wellness entrepreneurs who will create engaging, relevant and hands-on curriculum to be delivered through online licensing to schools nationwide. Training conferences and seminars for educators will also take place.

"In 2017, 3.3 million kids will graduate from high school with little to no knowledge of how food affects the body, or even how to cook," says Tate who calls the current state requirements for health courses nationally "abysmal." "There are some states that require zero PE and zero health education. California requires two units, but they don't police it; even in our valley, health class is no longer offered in our local high schools.

Much of the proposed curriculum for HHI comes from Tate's own success with students. Seven years ago, the science teacher developed the *Physiology of Digestion* course to help kids understand how the food they eat affects their body. The program has grown to include cooking workshops, lessons on gut microbiome, meditation, Tai Chi, Qi Gong, and Yoga. He incorporated the latter to address the stress he saw his kids experiencing and to further engage them in the classroom. "A keystone to all of this is mental health. You can have all the information and knowledge in the world, but if you are dealing with depression, anxiety, or stress, all of that is out the window."

The Human Health Initiative's three foundational core elements are:

Nutrition Education. The elements of nutrition include anatomy/physiology, cultural cooking, and growing food. Tate feels that all kids should learn the physiology of the body, because if you know how it works, you'll be better informed on how to fix it when it doesn't. Tate says his students compare his classes on microbiome to astronomy and are completely engaged.

In their cooking workshops, students cook a dish, learn the culture behind it, and present their experience in class. "They are fearful

at first and then the kids fall in love with cooking, which is an imperative life skill for good health. They share how they messed up the first time, so they cooked it again, and then their family ate it, so they had to start over."

"Kids don't know that healthy food can be delicious and that it can make them feel good, and if we can teach them the 'why' and show them the 'how' they will share that knowledge and skill with their families."

Through the growing food portion of the curriculum, students start to understand the value of community factors like soil health and clean air and water.

Movement & Exercise. Another valuable element to the program is teaching the importance of movement and exercise. "In a 90-minute class, we incorporate a movement break such as standing yoga or Tai Chi, or if we notice the kids are fading, we play a brief exercise game and it brings them right back." The online program will provide teachers with videos on movement practices so they can participate with the students but don't have to know the practice themselves.

Mind-Body Skills. Tate has completed the advanced mind-body medicine training offered by the Center for Mind-Body Medicine which teaches the physiology of stress and using mind-body practices to address behavioral health issues such as stress, anxiety, and depression.

When he began teaching meditation and guided visualization in his class, the kids were uncomfortable with the concept; now, they ask for it. "I see kids from all backgrounds under so much stress; you can see it in their face. Some have issues at home, but many more have overwhelming school work and schedules." Through his class, they have learned to use meditation as a coping method. "It doesn't have a sedative effect; it has a calming effect," says Tate. "It completely changes, not only how the kids work, but how they work with their teacher; they feel safe and they trust you, and so they will learn from you."

Under the HHI, the curriculum will be repurposed so that any science or health credentialed teacher can conduct the program. They plan to hold workshops and trainings worldwide in an effort to find or create science educators who can lead classes on living wellness with a similar passion as Tate. "It takes a special teacher, but they are out there, and we will find them."

The magnitude of the initiative is quite ambitious, but Tate and his team are ready. They understand the impact it can have on the future of our country's health.

"If we can start graduating three million kids a year with knowledge of their body and how to prevent chronic diseases; to notice when they have signs of metabolic syndrome or other chronic diseases and how to reverse it through lifestyle factors, then we can start turning things around. Giving the next generation those tools is the key."

The Human Health Initiative will hold an informational reception and fundraiser on May 20 in Palm Desert. For more information, contact Jason Tate at jason@humanhealthinitiative.org or visit www.humanhealthinitiative.org.

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Six Pillars of Brain Health

We are proud to introduce a six-part series on brain health by Deborah Schrameck, NC, PT, of the Eisenhower Wellness Institute.

Pillar One: Social Interactions

Have you watched, or are you caring for, someone you love suffering from declining brain function, dementia or Alzheimer's disease? Watching my grandmother, better known to all as "Nan," decline to the point where she didn't recognize me was heartbreaking and motivating.

Loss of our brain health and function is a common fear many of us share. Unfortunately, this is a very real concern; according to the CDC, Alzheimer's disease is the fifth leading cause of death for adults aged 65 years and older, and the sixth leading cause of death for all adults.¹

I'd like to share an important phrase about brain health - loss may be common, but it isn't normal.

We have options to shape our destiny and the sooner we recognize them and take action, the better.

Current research indicates that a mix of genetic, environmental, and lifestyle factors influence our brain health. Lifestyle, our daily choices and habits – these are tools in our control to prevent our own mental decline. Staying physically active, making healthy food choices, and not smoking all support brain health, but staying social and participating in activities also supports the brain.

We are fortunate to be living in the Coachella Valley with many opportunities to remain social. According to the National Institute on Aging (NIA), the benefits of staying socially active include a lower risk for developing many health problems including dementia, a longer lifespan, less depression and higher degree of happiness, increased capacity for coping with loss and potential improvement of thinking abilities.² The NIA mentions studies that link brain health with community and social engagement through work, volunteering, or living with someone.

Loss of hearing or physical movement can also keep us homebound. The inability to hear and engage when in a social setting can be discouraging and cause a higher degree of introversion, leading to faster cognitive decline. A study by Johns Hopkins and the NIA states, "seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing."³ Get your hearing checked regularly; even the simple intervention of getting hearing aids could delay or prevent dementia.

A healthy brain relies on a large network of neurons communicating and participating effectively with one another like a healthy social network. For our aging population, isolation and loneliness can become common with the loss of a spouse, family and friends. In the November 2016 issue of *Alzheimer's News Today*, the article *Loneliness and Social Isolation May Be Linked to Alzheimer's Disease* suggests that the experience of feeling lonely and socially isolated may play a causative role in Alzheimer's disease.⁴ It is not clear whether the stimulation from social activity or the act itself is what keeps the brain healthy, but the combination has been shown to be a positive one. It is important to extend our social reach into the community through work, volunteering, joining a club or group and participating in travel. So get out there! You may actually have some fun and your brain will thank you in the end.

Deborah Schrameck is a Wholistic Kinesiologist, Health Coach, Nutritional Counselor and Personal Trainer currently working with the Eisenhower Wellness Institute, AcQpoint Acupuncture & Wellness Center and the La Quinta Resort and Club.

References: (1) Centers for Disease Control and Prevention, Alzheimer's Disease. www.cdc.gov/dnld/alzheimers; (2) National Institute on Aging, The Search for Alzheimer's Prevention Strategies. www.nia.nih.gov/alzheimers/publication/preventing-alzheimers-disease/search-alzheimers-prevention-strategies; (3) Johns Hopkins Medicine, Hearing Loss and Dementia Linked in Study. www.hopkinsmedicine.org/news/media/releases/hearing_loss_and_dementia_linked_in_study; (4) Alzheimer's News Today, Loneliness and Social Isolation May Be Linked to Alzheimer's Disease. <http://alzheimernews.com/2016/11/16/loneliness-social-isolation-may-be-linked-alzheimers-disease>

Health is a Choice

Continued from page 1

So how does it work?

By now, we all know that the fat-free craze took all the fat out of our diet, added sugar, and helped create today's obesity and diabetes epidemics (see *Candy Coated* in the last issue). Reality is, starting your morning with "healthy whole grain" cereals, breads - even fruit - causes your body to start the day burning sugar for energy and can lead to mid-day hunger pangs or that mid-morning crash after the desired fuel source burns off. You need more sugar and just don't feel good.

On the flip side, starting your day with a healthy amount of fat depresses your appetite - especially for people who eat a low-carb diet - and elevates ketone levels in the blood, increasing energy and providing fuel for the brain to work more efficiently which contributes to the happiness (your brain's way of thanking you!).

Yes, butter coffee actually does make you happy, less hungry, and with sustained energy throughout the day. That's why it's the new craze of Silicon Valley (and millions more around the world).

The best part is that your body starts the day in fat-burning mode and will continue to burn fat as long as you don't interrupt the process by downing sugar and carbs; thus, many experience weight loss.

So what do you eat when you get hungry? Low glycemic foods like protein, vegetables, avocados, nuts, seeds...and if you are ready to try butter coffee, hopefully this is what you are already eating.

Integrative practitioner Hessam Mahdavi, MD, DC, CNS, recommends the morning beverage to many of his patients, but only those who are already on a low-carb, Paleo, or ketogenic diet, or transitioning to this lifestyle.

"If you eat bread, sugars and other [high glycemic] carbs, or have a sedentary lifestyle, butter coffee is not for you," he says, adding that it may have an opposite effect. He does, however, feel that butter coffee can help those transitioning to a keto lifestyle as it decreases your appetite and helps stave off cravings. "The brain prefers to burn ketones as fuel," he notes, "so you feel good and don't need additional food for energy or to feel better." He also recommends it for sharpening the brain, referencing the success of Dr. Dale Bredesen's work treating Alzheimer's by increasing ketogenesis (for more on this see pg. 12).

Mahdavi does not recommend butter coffee for those who do better on a low-fat diet; those who cannot metabolize caffeine; and people with gallbladder issues or heart conditions.

"There is a subset of the population that cannot metabolize coffee easily [due to a gene called CYP1A2]; they get insomnia or jitters. I don't recommend it for them because the MCT oil maintains the coffee in the body for longer periods of time so they may develop anxiety or heart arrhythmia." He adds that there is also a subset of the population that does much better on a low-fat diet, so the idea of ketosis or a low-carb diet is not for everybody.

"But for the majority of the population, this type of diet, and starting your morning with butter coffee, can be very helpful in lowering inflammation, addressing autoimmune issues, improving brain function and losing weight."

And did we mention that it makes you really happy?

Sources: 1) Lily Nichols, RD, CDE, CLT. <http://lilysnutrition.com/6-reasons-to-try-adding-butter-to-coffee-or-tea>; 2) <http://www.naturallivingdiseases.com/butter-to-coffee/>; 3) Kite Gunnars, Authority Nutrition, <https://authoritynutrition.com/3-reasons-why-butter-coffee-is-a-bad-idea/>; 4) Save the Rainforest! Brain Octane is Palm Oil-Free, <https://blog.bulletproof.com/brain-octane-just-got-an-upgrade/>

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Vitamin C for Confidence

By Dipika Patel

As a health and lifestyle coach, I am constantly looking for ways to live a life that is revitalizing, energetic and in balance. There are so many different perspectives to consider, and each factor is as important as the other. On a daily basis, I am learning to do things one step at a time, so I can fully embody and make these important changes as a way of living, which in the long run will transform me as a human being.

One of the important factors I would like to share with you is to get the right balance of vitamins and minerals in our body. Considered the "essentials," their role is to perform and restore our physical body. The right blend of vitamins and minerals will strengthen bones, heal wounds, support the immune system, repair cellular damage, and convert the food sources you consume into energy.

Vitamin C is certainly one of those essentials. With summer looming, the days are most definitely getting fuller and longer, and it is very important to boost your immune system so your body can repair, heal and remain full of vitality.

Vitamin C is a water-soluble vitamin and a powerful antioxidant. It is also known as ascorbic acid which is abundant in fruits and vegetables. It restores connective tissue, ligaments, tendons, bones, blood vessels and, of course, your skin, as it helps the body to form collagen. Vitamin C also helps to fight free radicals and is vital for circulation and heart health.

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What's on That Label, Egg-xactly?

By Megan Goehring

Now that we are well into spring, that season in the desert which can seem all too fleeting, the public's attention often turns to eggs. In the U.S. people buy close to 180 million eggs¹ around Easter time for dyeing and hunting. Eggs, however, are an agricultural product that defies seasonality. They're available year-round and provide a steady source of a wide spectrum of vitamins and minerals, some relatively rare and important, like lutein and choline which promote the health of our retinas and cell membranes respectively.²

Fortunately, consumers are now returning to the yumminess they reluctantly abandoned in decades past, due to scientific misunderstandings behind eggs and cholesterol. We now know how good eggs are for us, but are faced with new challenges when deciding which eggs to buy.

Before the whole "are eggs bad or incredible?" kerfuffle, the grocery store refrigerated case simply stocked "EGGS" and the variety had to do with size (small to extra large) and how many you wanted to buy (between 6 and a flat of 24). Now, as with many things in the supermarket, eggs are labelled with a dizzying array of terminology that make the average consumer consider resorting to "eenie-meenie-minie-moe." After parsing out meaningless terms like "natural" and "farm fresh" to unregulated phrases like "omega³ enriched" and "vegetarian fed," buyers often throw up their hands in defeat and choose the cheapest option before even considering words that actually describe the life of the hens who did the work and the nutrition their eggs impart as a result.

In California, we have more insight due to the 2008 passage of Proposition 2, an effort to provide better conditions for egg-laying chickens. By 2015, farmers in this state needed to provide enough room in enclosures for chickens to "stand up, lie down, turn around and extend their limbs without touching another animal."³ What does this mean when you're standing quizzically in the local supermarket aisle? In California, most of the cheapest eggs in the case still come from chickens that live in cages, though not as small as they used to be. "Cage-free" eggs generally come from chickens that aren't in cages, but still live in gigantic industrial housing with low light and no access to the outdoors. "Free-range" hens can go outdoors but it can be for short times to a run beside the housing. "Pastured" is understood to mean that the chickens have full access to an environment that approaches the one they would choose for themselves in nature.⁴

Roger Thomas of 29 Palms provides that kind of setting for his avian "ladies." His Rhode Island Red Cross hens can come and go outside 24/7, eat sunflower sprouts and mealworms and "play" in an enriched environment with mazes, hoops and toys. He sells all their eggs at farmers' markets within 24 hours of being harvested, ensuring peak nutritional value.

The upshot – if you want to know the true value of an egg, ask the farmer who raised it.

Megan Goehring is the Palm Springs Manager and Community Liaison for the Certified Farmers Markets of the Coachella Valley and is passionate about improving access to fresh, high quality food for everyone in her community. For more information about locally sourced food from small California farms check out www.certifiedfarmersmarkets.org or call (844) 732-7628.

References: 1) <http://www.cnn.com/2013/03/29/living/easter-by-the-numbers/>; 2) <https://authoritnutrition.com/10-proven-health-benefits-of-eggs/>; 3) <http://cagefreeca.com/about-the-issue/prop-2-timeline/>; 4) <https://www.theprocure.com/types-of-eggs-2216257>

Symptoms of vitamin C deficiency include easy bruising, bleeding gums, gingivitis or bad breathe, dry splitting hair, dry red spots on the skin, weakened immune system, digestive disorders, and possible weight gain as it can affect metabolism. If these simple symptoms are ignored, the deficiency can lead to more severe problems including high blood pressure, gallbladder disease, stroke, arthritis and even certain cancers.

The RDA for vitamin C is 90mg/day for men and 75 mg/day for women, remembering this is based upon your body size and structure. I typically consume 80mg-100mg of natural vitamin C daily as part of a balanced lifestyle. If I need a higher dose, I will then take an additional supplement along with a homemade concoction of essential oils (e.g. wild orange, tea tree and chamomile). It works wonders for me - especially when I am travelling.

Foods to consider for vitamin C consumption are usually vibrant colored (say, orange and yellow) fruits and vegetables such as mango, papaya, pineapple, strawberries, raspberries, blueberries, watermelon, red peppers, oranges, and green peppers. Other ideal foods include kiwi, broccoli, Brussels sprouts, kale, grapefruit, and guava. These foods are typically higher in beta-carotene, zeaxanthin, flavonoids, lycopene and potassium as well.

I like to eat my fruits and vegetables as fresh as possible. If I feel physically run down, I will eat as much raw food as I can and blend in some good fats and protein with each meal. For example, I love eating red peppers, so I will often make raw red pepper dips or sauces which keep in the fridge for up to a week in an air tight container. This vitamin C-packed mixture can be used as a dip or as a marinade, or sauté other veggies. You can even use it as a spread which beats all pre-packaged foods that you find in the store.

I invite you to add some form of natural vitamin C into your lifestyle today.

Dipika Patel specializes in holistic health by empowering clients to activate balanced lifestyle of the mind, body and soul. For more information, visit www.dipikapatel.life or contact her at Dipika@dipikapatel.life.



Leafy greens like kale are high in vitamin C.



Dipika's raw red pepper sauce (email for recipe)



Vegan Café Blooms in DHS

Inspiring local takes chance on city's first

By Lauren Del Sarto

Stephanie Gray wasn't always this fit. At 5'1" she once weighed 175 pounds, a stark comparison to her petite appearance today at 110. Two years ago, she dedicated herself to a healthier lifestyle through exercise and a variety of yo-yo diets that didn't work. She finally shed the pounds through a "vegan challenge" of primarily plant-based foods and decided to share her new-found knowledge with her neighbors by opening up Desert Hot Springs's first vegan café.

As a local, Gray is very proud of her community. "Desert Hot Springs has a lot of great qualities and a lot of great people, and I wanted to do my best to bring a healthier food option to the community," she says. "We love Essence at Two Bunch Palms, but they are not kid-friendly, and my focus as a mother is to serve and educate the families in our community on healthy eating."

The Gray Café, which is located on Palm Drive at the corner of Hacienda, has received an overwhelming response from locals and mineral spa visitors alike. Many stop in for lunch or dinner and others pick up on their way to or from one of the many mineral spas in the area. As most of the spas offer kitchenettes in lieu of restaurants, Gray has filled a much needed niche for the local industry. They even deliver to The Spring, Hacienda and Living Waters nearby and hope to expand to others. On a recent visit, I spoke with two groups who were returning to the café to restock on spring rolls, wraps and salads for the rest of their visit.

The holistic café and mini health food store offers a variety of raw juices, plant-based appetizers, salads and meals, along with organic sauces, spices and snacks. They fresh press hemp and almond milks daily and also provide meatless-meat options such as freshly made seitan. They are CBD friendly and offer drops of the nutritious (non-hallucinogenic) cannabis oil as an add-on to dishes next to the tahini and chunky guacamole.

Gray's recipes are impressive considering that she is a self-taught chef. Her inspiration adorns the walls in the bookshelf display that she encourages patrons to enjoy with a "Food for Thought" moniker. At 31, she considers this new venture part of her own personal journey to holistic living and is appreciative of all she is

learning along the way. "I am enjoying the hard work and learning every day," she says. "But I know I am on the right path because so many people have come into my life recently, and so many are embracing our efforts to enhance the community."

The food is delicious, flavorful and fresh. Gray's seasonings and flavors



Gluten-free sesame chow mein with rice noodles



Gluten-free spring rolls come in fig-n-hemp and cran-pumpkin seed.



Smoothies are offered in fruit and/or vegetable.



The falafel salad is tasty and moist.

are selected for their medicinal purposes as well as taste, as in the turmeric and orange zest basmati rice. My favorites are the falafel salad (very moist) and the cran-pumpkin seed spring rolls. I find everything filling, but those seeking a heartier meal should try the seitan burger served with chipotle mango salsa, tomato, avocado, and veganaise on a whole wheat bun (make it gluten-free without the bun); or, better yet, the mesquite chickpea-beet patty with spinach and avocado.

The Gray Café also offers specialized meal preparations, recipes, and cleanses to help patrons transitioning to a plant-based lifestyle.

As just "a small place on the corner," she is surprised to meet people from Oregon, Washington and San Diego who are passing through and have found her online. "I really want to show people that Desert Hot Springs has a lot of good qualities and good things to offer - especially when it comes to wellness," she adds. "So it is gratifying to see people stopping on their way through."

If you live in DHS or are on your way to one of their magical mineral spring spas, stop by The Gray Café. You'll be thoroughly fulfilled with Stephanie's cuisine and even more so with supporting her efforts!

The Gray Café located at 13104 Palm Drive in DHS is open Monday - Saturday from 8a.m. - 4p.m. Those ordering pick up are encouraged to phone or order online (some items are available in the front cooler, but are sold-out quickly). Prices are very reasonable ranging from \$5.00 - \$8.95. For more information visit www.thegraycafe.com or call (760) 251.2443.



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Do Prescription Drug Costs Have You Worried?

By Cindy Kleine

If you are enrolled in Medicare and your prescription drug costs are overwhelming your budget, there are some government programs available.

Extra Help, also known as the Low-Income Subsidy, is a government program that may help pay for Medicare Part D prescription medication costs. Like everything in life, you will have to see if you qualify for the program. People who receive this financial help may get assistance for certain items such as help in paying for their Part D drug coverage plan. Qualified applicants may also get assistance for other items such as their monthly premium, annual deductible, coinsurance, and copayments towards their prescription drug costs. Once in the program, the recipient will not be exposed to having a coverage gap, or the "Donut Hole." This occurs after your total drug costs reach a certain dollar amount determined by Medicare annually. For 2017, it is \$3,900.

Many Medicare beneficiaries, and especially those who thought they had a comfortable retirement plan, never really thought they would need to ask for assistance. However, with the rising costs of pharmaceuticals and the longevity of retirees, living longer can mean depleting financial resources that were allocated for health care expenses. This subsidy program can help in bridging the gap.

The amount of the subsidy provided by the government is determined based upon an individual's income compared to the federal poverty level. The resource limits and the amount provided are set by the Social Security Act. These levels can change from year to year but may be reviewed by the recipient annually by going to the Medicare.gov website.

While you have to qualify for the subsidy each year, I would like to share with you the 2017 figures. For a single person, the income level would have to be \$18,090 or less per year and assets could not exceed \$13,820. For married couples, combined yearly income could not exceed \$24,360 with assets totaling no more than \$27,600. However, the calculation does not include your home (or primary residence), insurance policies, or a vehicle in calculating your eligibility as these assets are exempt from the formula. Having said that, assets such as cash, bank accounts (savings, checking, certificates of deposit), mutual funds, IRAs, brokerage accounts, real estate (other than your primary residence) and U.S. savings bonds are factored into the calculation. (Please see the website for the entire list in determining one's eligibility).

Besides one's income and assets, there are some mandatory requirements as well. For example, you must be on Medicare, live in one of the 50 states or the District of Columbia, and you must apply.

For the purposes of this article, I have outlined the basics. The government considers many other factors (Hawaii and Alaska have some special eligibility criteria). Therefore, if you think you might qualify, go ahead and apply. The application and the information can be located on the www.Medicare.gov website. You may also call the Social Security Administration at (800) 772-1213 from 7:00 AM to 7:00 PM (ET) Monday – Friday.

Cindy Kleine is an independent sales agent with Kleine Financial & Insurance Solutions, Inc., and can be reached at (760) 346.9700. CA License #0877352.

Source: 1) www.medicare.gov

Health, Wealth and the Road to Retirement

By Bob Clarke

There's a vital relationship between wealth and health. When the two come together, it's stunning to see how each side of the equation comes into play.

Before my wife Stacey joined me in the wealth management business, she was a busy podiatrist with her own medical and surgical practice. And while her focus was on managing her patients' health, for so many of them, there were financial issues to manage as well. Her patients Larry and Linda are a perfect example. When they came in to see Stacey for some routine podiatric care a decade ago, it seemed like a pretty basic appointment. But as Stacey was going through the process of Linda's examination, the two began to chat about a little bit of everything. When Linda mentioned that she was desperately trying to figure out how to retire early, Stacey, of course, told her that I was a wealth manager and she was sure I could help.

Linda and Larry called me almost immediately, and the three of us sat down together the following day. Linda told me that the bank she'd been working for had been acquired, and the new company had offered her a substantial early retirement package. It seemed like a cut and dry case of crunching some numbers to tell them what was possible and if it made sense to accept the package.

But then she and Larry told me the whole story...

While Linda's corporate offer was the driving force behind our meeting, it wasn't the real reason early retirement was on the agenda. In normal circumstances, she probably would have accepted the generous offer from her employer and simply taken the next step in a successful career. But this was no normal transition. Linda's health had thrown her a curveball, and she'd recently received a devastating health diagnosis: she had MS. Though the disease was in its early stages, Linda wanted to live out her and her husband's one and only retirement dream before she lost her muscle mobility: to buy a motor home and travel across the country. "If we don't do it soon, I'm afraid I'll never be able to take this trip," cried Linda. "We've been planning it for decades, and I want to enjoy it while I still can." If there was a way to make it happen, I was determined to find it.

Continued on page 25



Making both health and wealth a priority in your life can help pave the way.



Do You Know Who Your Beneficiaries Are?

Courtesy of Deborah Tryon, Financial Advisor

When was the last time you checked your beneficiary designations for your individual retirement account (IRA), employer retirement plan, annuity or life insurance policy? If you haven't examined it since the account was set up, you are not alone.

Due to changing circumstances and shifting priorities, you may find that your named beneficiaries are no longer in keeping with your estate plan or wishes. If you have switched jobs, become a new parent, divorced or survived a spouse or a child, your current beneficiary designations may need to be updated.

In the heat and emotion of divorce proceedings, for example, the task of revising one's beneficiary designations can fall through the cracks. A court decree that ends a marriage also terminates the provisions of a will, but it does not automatically revise the beneficiary status of an employer-sponsored retirement account or an IRA. Some financial institutions automatically cancel the designation of a spouse as the beneficiary of an IRA in the case of divorce, but not all do. So, for example, if an IRA owner remarries and has a new family, but fails to change the beneficiaries on the account, the original beneficiary may have a legal claim to the assets in the event of death.

Also keep in mind that the law requires that a spouse be the primary beneficiary of a 401(k) or a profit sharing account, unless he or she waives that right in writing. A waiver may make sense in a second marriage if a new spouse is already financially set, and the children from the first marriage may need the money.

To ensure that your beneficiary designations are current and up-to-date, consider the following steps:

Make a list of all accounts that have named beneficiaries. This may include 401(k) plans, 403(b) plans, 457 plans, IRAs, pension plans, life insurance policies, annuities and bank accounts.

Contact the plan administrator or

financial institution that maintains or services your account to verify your current beneficiary designations. You may want to do this with the help of your tax advisor or estate planning professional to ensure that these documents are in sync with other aspects of your estate plan.

Keep it safe. Store this list in a safe place with your other estate plan documents, such as your will, health care proxy and power of attorney, and make sure your designated executor has a copy.

Register for online access. If you do not already have online access to your accounts with beneficiary designations, consider registering so you can view and update your account information whenever you need to.

Consolidate. If you have changed jobs and left your assets in your former employers' plans, you may want to consider moving these assets into a rollover IRA. Consolidating multiple retirement plans into a single tax-advantaged account can make it easier to track your investment performance and streamline your records, including beneficiary designations.

Naming beneficiaries and keeping them up-to-date is only one important aspect of estate planning to make sure your entire estate plan addresses your current wishes and circumstance.

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Health, Wealth and the Road to Retirement

Continued from page 24

We began by looking closely at how much Linda and Larry had saved, how much they were spending, and how much they were managing to put away each month. That was easy. In all my years of practice, I've never seen more accurate record keepers! When Linda gave me an estimated percentage of how much of their income they were spending each month, she was within 1% of the real number. (I don't know if I could be that precise with my own spending!) Next we moved to the nuts and bolts of deconstructing her retirement plan, converting her stock options, reinvesting her IRA based on her new circumstance, and analyzing Larry's retirement savings to determine a realistic timeframe to hit the road together.

When I looked at the total equation, I assured Linda that she didn't need a corporate umbrella. She could stop working today and focus on her health. And if Larry worked another four years, they would have enough saved to cover the expenses of their dream trip and still have money to support a comfortable retirement. We had a careful, diligent plan in place, and they left my office with clear next steps and a path toward their dream.

A year later, Larry called me. Linda's health was deteriorating, and they wanted to find a way to accelerate their plan by one year. He asked me to run the numbers to see what an early IRA distribution would cost them and if we could make it work, even with the extra taxes and penalties. I did the math and suggested a more cost-effective route: they could take the money they needed out of their home, which they owned free and clear, and then repay that debt with their retirement assets after they hit full-retirement age when they wouldn't be subject to the extra costs of an early withdrawal. But for a couple who viewed debt as the ultimate risk, my suggestion simply didn't feel right. They listened to my advice, weighed the options and ultimately opted to pay the extra fees and pull the assets from the IRA. Even though the total cost was higher, it was a better emotional decision for them both. No one can (or should!) argue with that.

Larry and Linda hit the road soon after, and it was all they had hoped for. A year later, they were back home and settling in to retirement. Unfortunately, Linda's symptoms were progressing quickly. As it became more difficult to walk, she had to stop joining Larry on their annual trips with their close-knit community of friends.

But then Stacey introduced her to Muscle Activation Technique, a unique process that involves analyzing and correcting muscular imbalances by reactivating the muscle's ability to contract on demand. The technique had a greater effect than anyone—Linda, Stacey, and even Linda's neurologist—could have hoped for. Seven years after she started sending Larry off on his own for the group trips, she was able to start joining him again. Her mobility is still limited, but she has improved enough to be self-sufficient at the camp and, most importantly, enjoy the cherished time with good friends.

As a financial advisor and wealth manager, it is stories like this that make me certain I've picked the right vocation.

Health and wealth are often intertwined, and making both a priority in your life can help pave the way for the retirement of which you have dreamed - even when life throws you a curveball.

Bob Clarke is a financial advisor and founder of 54 Wealth Management. For more information visit 54wealthmanagement.com or call (760) 883-7475.

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The renowned astrophysicist, Carl Sagan, coined the expression, "The Pale Blue Planet" for our home in the vast universe.

The future of our planet rests in our hands. Its health and wellness are our responsibilities.

For astronauts, the view of earth is so spectacular that it can transform their perspectives on life and even draws these scientists toward religion and spirituality.

"Something happens to you out there," Apollo 14 astronaut Edgar Mitchell has said. "You develop an instant global consciousness, a people orientation, an intense dissatisfaction with the state of the world, and a compulsion to do something about it."

"It was too beautiful to happen by accident," said astronaut Gene Cernan. "There has to be somebody bigger than you, and bigger than me, and I mean this in a spiritual sense, not a religious sense."

Astronauts called it the "overview effect." It is where the spirit and science converge.

A Young Lady's Local Solution

In 1882, the Association of University Women (AAUW) was started by 17 like-minded women and today boasts 150,000 members. It is one of the nation's leading voices promoting equality and education for women and girls through advocacy, education, philanthropy and research.

In 1997, AAUW received a grant for science and math camps to provide an opportunity for girls to learn about STEM subjects—science, technology, engineering, and math—during weeklong Tech-Trek camps in a college environment.

Tech Trek is a unique experience that cannot compare with anything else. It helps girls to develop a wider knowledge and understanding of what they want and what they can achieve. Science and math teachers recommend students for the program with guidelines given by the local AAUW branch coordinator. Recommended girls and their parents are contacted, and the students are asked to write an essay.

From the AAUW Palm Springs branch nine students were selected to attend Tech Trek STEM camp at UC Irvine in July of this year. Miss Tiffany Baik of Indio Middle School is one of those chosen.

For the application process, Tiffany wrote an essay entitled *Garbage Bags*. She is a seventh grader who recognizes how harmful and potentially lethal refuse and garbage is for our planet. Her suggestions for a solution center around more coordinated collection periods to minimize waste of space and time. She is surely not alone in expressing her concerns about this pressing issue, but at her young age she presents impressive action for a solution.

By advancing an idea for a portion of the challenge, she invoked the "butterfly effect," the concept that seemingly small causes and solutions can have a large impact. It is a metaphor used in and out of science; the theory explains that a butterfly flapping its wings in one part of the world might cause a hurricane far away.

For us today, and all generations to come, how we flap our wings just might determine our future and the future of this beautiful planet we call home.

George Adolph can be reached at ugadolph@live.com.



NATUROPATHIC FAMILY MEDICINE

with Dr. Shannon

Navigating California's New Vaccine Laws

On July 1, 2016, a new law signed by Governor Jerry Brown went into effect that required all children enrolled in public or private schools to have met a set number of vaccinations to attend school. This effectively removed the right of parents to personally deem their children vaccine exempt because of personal or religious beliefs. The law requires a medical doctor specifically (and only an MD or DO) to assess and provide a medical exemption based on a set of suggested criteria put forth by the government to allow a child to participate in a delayed vaccination schedule or be entirely vaccine exempt.

When the California state vaccine requirements became law, many parents of current school age or young children not yet in a daycare or school program had tremendous fear, anxiety, and trouble clearly understanding the specifications of the law. At the time the law came into effect and up until January 1, 2017, parents could file a 'personal belief exemption' with their child's school and retain control over their child's vaccination schedule until the next age-defined vaccination checkpoint which takes place upon entering daycare or preschool, kindergarten, and 7th grade. However, for parents who did not file a personal belief vaccine exemption prior to January 1, this option is no longer available.

The current state vaccine requirements to enter private or public school are as follows:

2-3 Months	18 months-5 years (continued)
1 each of Polio, DTaP, Hib, Hep B	1 Hib (after 1st birthday)
4-5 Months	1 Varicella
2 each of Polio, DTaP, Hib, Hep B	Students Admitted Ages 4-6 years Immunizations Required
6-14 Months	5 DTaP (4 if after 4th birthday)
3 DTaP	4 Polio (3 if after 4th birthday)
2 each of Polio, Hib, Hep B	3 Hep B
15-17 Months	2 MMR (both must be after 1st birthday)
3 each of Polio, DTaP	1 Varicella
2 Hep B	Students Admitted Ages 7-17 years Immunizations Required
1 MMR on or after the 1st birthday	4 DTaP (3 if all after 2nd birthday)
1 Hib on or after the 1st birthday	4 Polio (3 if all after 2nd birthday)
18 months-5 years	1 MMR (2 required at 7th grade)
3 Polio	1 Varicella (7-12 years 1 dose;
4 DTaP	13-17 years 2 doses)
3 Hep B	
1 MMR (after 1st birthday)	

It is worth noting that vaccination requirements diminish as children age, most specifically after 4 years of age. If a child is on a delayed schedule or has not yet been vaccinated, waiting until 4 years for full vaccination can reduce the total number of injections required. Navigating parental rights over state-mandated vaccination requirements requires education, personal advocating, and an MD or DO well versed in current state laws and delayed schedules. Although not all parents are interested in delayed schedules, many who are upset by the new law are seeking additional information about the exact requirements and specifications of the law.

To obtain a medical vaccination exemption, a child must have four first degree relatives (parents, siblings, grandparents, aunts/uncles, first cousins) that have documented diagnosis of adverse vaccine reactions, autoimmune disease, asthma, significant food or environmental allergies, or have any of these conditions themselves.

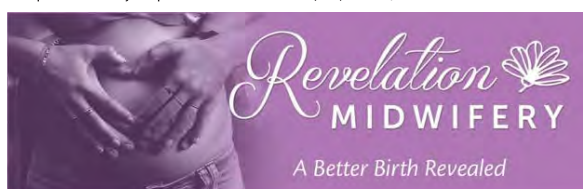
There are a few other ways to reduce the number of vaccine requirements. One technique is by participating in a delayed schedule via medical doctor or school administration approval until a child is 4-5 years of age. A second technique is to test for adequate antibody response to vaccinated

diseases after the third injection to validate that adequate immune response to diseases has been established with vaccines. Third, if a child has been previously exposed to a disease such as Varicella (chicken pox), a test can also be run to verify adequate immunity to future infection. Fourth, only the initial inoculations are required to enter school with a verified plan to obtain future vaccines by specific dates according to an appropriate schedule, as a child can begin vaccines and complete them during the school year.

Parents who are not interested in obtaining the vaccinations and adhering to the requirements set forth by the state to begin public or private school, or who do not qualify for a medical exemption, are limited to home school as their only means of formal education. There are no other options.

Supporting education of the new vaccine laws is supporting families in all of their choices. Parents have a right to make healthy decisions based on their values for the health of their family.

Dr. Shannon Sinsheimer is state licensed naturopathic doctor with a focus on fertility, family wellness, and pre-conception health. She can be reached at Optimal Health Center (760) 568.2598.



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THE Paradigm Shift in Medicine Today

By Jeralyn Brossfield, MD



Building Health for Ourselves

The uncertainty of the American health care system may have a beneficial, unexpected effect: empowerment of personal responsibility. The assurance of health care for our citizens, from the most at-risk to the most affluent, is being debated by politicians and stakeholders; personally, I believe it will require dialogue and leadership that values diverse representation and a commitment to building consensus.



Affirmations can help you take control of your personal health.

Rather than waiting for some amazing policy change, or sweeping reform, I'd like to offer a way forward: We are the ones we've been waiting for. A shift to personally taking charge of our own health, by focused effort on creating our own best lives, is the antidote to a crumbling and confusing health care system.

This is the crux of the shift towards wellness, integrative/functional medicine and preventive care. Each of these approaches is built on the foundation of individual capacity to heal and create optimal well-being. As our health care system has focused on sick care and dissected us into separate systems without concern for holistic impact, the drive to find solutions that integrate all of our aspects and empower health have flourished.

So what can we do, here and now, to start building health for ourselves?

The following affirmations are from Deepak Chopra and have been useful for me personally and in my medical approach to patients. I hope they are helpful for you!

MY BODY KNOWS HOW TO HEAL ITSELF AND IS DOING SO EVEN NOW.

The body is naturally a self-healing mechanism. It is constantly maintaining and restoring itself. You know this to be true because your body has been doing it ever since you were born. Think about all the cuts and bruises you've acquired that have closed up and gone away.

MY BODY TELLS ME WHAT IT NEEDS.

The body speaks to you in many ways. Sometimes the signals come as hunches or silent impulses; at other times they come through feelings of comfort or discomfort. Listen to whatever the body tells you. It never lies.

I HONOR MY BODY'S WISDOM BY TRUSTING THE SIGNALS IT SENDS.

When you override or ignore what the body is relaying, you interfere with the

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body's natural healing process. Sometimes the body does not want to do what you would like to do. When you honor the body's message, you honor the body's wisdom. EVERY PART OF MY BODY CARRIES OUT ITS TASKS EASILY AND NATURALLY.

The body is an intelligent energy system that maintains its inner harmony freely and easily by adhering to the infinite wisdom that supports and sustains it.

MY BODY IS ATTUNED TO THE WISDOM OF THE UNIVERSE.

The body is a microcosm of the universe. Just as the stars move in harmony with that great macrocosm, so are the body and all its parts designed to move in sync with the natural rhythm and harmony of the universe.

JOY IS MY BODY'S KEYNOTE; VITALITY IS ITS SONG.

The body does not know stress, yet when we interfere with the body's natural healing work through poor diet, lack of exercise, or other unhealthy choices, the body's ability to function at optimum efficiency is compromised. When you listen to the body and honor your body's needs, vitality improves and joy awakens in your heart. You know you are in sync with the body's wisdom when the body "hums" with vitality and joy.

GRATITUDE AND PEACE FLOW THROUGH MY MIND AND BODY LIKE A CLEAR, HEALING STREAM.

Whenever you see and know the truth, whether for yourself or for others, that truth becomes a healing stream that flows out and supports those for whom you pray.

Dr. Brossfield is the medical director at the Eisenhower Wellness Institute and can be reached at (760) 610.7360.

Midwives (Doulas) Help to Ease the Way

By Elaine Millam, Ph.D.

One of the great celebrations in our world is the anticipation of a new life being born. At the moment of birth, and the first moments thereafter, life can be filled with heightened emotions, confusing paperwork and plentiful reactions from those surrounding the new mother, father and baby.

Many of us have come to see that life's final moments are very much the same. Providing emotional, spiritual and psychological support for women and their families during childbirth has been extended these days to providing very similar services at death.

In recent decades, there has been a sweeping movement resulting in a growing number of doulas (Greek for "woman who serves") helping in many ways to ease the process of dying, grieving, and acknowledging both death and birth as sacred acts. Like birth doulas, death doulas don't play a medical role. They work collaboratively with doctors, nurses, hospice teams and other caregivers to provide practical support to families and individuals at the end of life. Their roles are often seen as end-of-life guides, soul midwives, death coaches, or "death doulas" among others.



Doulas are no longer only for those entering this world.

Birth doulas guide souls into life; death doulas guide souls out.

The role itself isn't always well-defined. Death doulas can work in a health care setting, in the home, or in senior living centers. They are often called upon by medical professionals, by the family, or the client themselves. An end-of-life doula may step in early in the process, helping both the healthy and the terminally ill make sure their medical care, paperwork and end of life wishes are in place in the way they prefer.

A death doula often becomes engaged closer to the act of dying itself, helping those at the end spend their final moments in the way they choose—perhaps helping to shape their legacy, doing a life review, making sense of their own story or in a ritual of their own creation. Their primary role is simply to be fully present to the person dying and/or the family to ensure compassionate and caring companionship at the end. "Grieving doulas" support families after a loved one has died.

Among midwives and doulas, there's a belief that no one should feel alone during life's mystifying, sometimes terrifying beginnings or endings. The death doula philosophy focuses on the idea of a "conscious death," allowing people to have the death they really want. Of course, this means different things to different people. Some want to tell their life stories, some want to simply hang out and play cards, while others want to hear beautiful soft music. Many doulas say their greatest offering is sometimes to simply be a compassionate presence.

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The first such organized doula service has its roots in New York City in the late 1990s with a woman named Phyllis Farley. She says, "It occurred to me that you need the same qualities at the end of life as you do at the beginning—helping people in the labor process." She knew that a disturbing number of people die alone, or in hospitals plugged into machines, who didn't want this to be the case. 80% of people report that they want to die at home, surrounded by a loving presence of supportive family or caregivers, while only 27% actually experience this. In a world where doctors and nurses are pressed for time and family and friends are often upset or anxious during a loved one's impending death, death doulas willingly support and accompany those in need to face life's inevitable end with conscious dignity.

There is a growing recognition that the spirit must be attended to as much as the body. And the soon-to-be-bereaved need help, along with the dying, to facilitate meaningful interactions between them. As a doula, it is important to encourage people to say everything they need to say so they don't look back one day with regrets.

An increasing number of hospitals and hospices offer end-of-life doula programs. Doula services are tailored to meet the specific needs of each patient and his/her family. They can include plans for their advanced directives and celebrations for their end of life, including how their wishes will be carried out.

Author Elaine Millam has been an accomplished leader and educator in the corporate world, has published three leadership books, and at this time in her life, is passionate about serving those at the end of life. For more information, contact Dr. Millam at (760) 512.0142 or visit www.gracefulpassages.org.

Gluten-Free

with Tiffany



Guidelines to Your "Perfect Diet"

We would all love to find a convenient way to follow the "perfect diet," after we figure out what that actually looks like. Many studies agreed on the same healthy diet philosophy. The most popular was published in 2014 by Yale University and identified 'the best human diet for health' was to simply eat whole foods.¹ This traditional nutrient-dense approach to diet has proven to be effective for those who follow it. However, due to information overload in our society and lack of clear guidelines, implementing a whole food approach on a day-to-day basis can feel overwhelming and unattainable for many.

Here are some easy guidelines to simplify the process of mastering your optimal diet, despite your lifestyle:

Lower carb meals. Aside from some athletes, many health professionals suggest approximately 80% of your meals should lean towards having a lower, or 'slower' carbohydrate content.^{2,3} Slow means the carbohydrates have high fiber content which slow blood sugar spikes. A typical low carb lunch may consist of a large salad, chopped vegetables and beans or chicken. Tip: Don't skip the healthy fats like olive oil-based dressing or added nuts and seeds.

1/2 plate full of vegetables. Your carbohydrates should come from mostly vegetables. This means replacing your bun and fries with lettuce wrap and a double side of sautéed broccoli. Easy!

Protein. The absolute best appetite suppressant known to date is protein. It also repairs tissues and sustains energy like nothing else. Prioritize and budget for high-quality of protein, especially if from an animal source. Plant-based proteins

like beans, lentils, and seeds count too!

Nothing from a bag or a box. Probably not new advice to you, but track how many snacks you consume that are pre-packaged...replace those with veggies and dip, boiled eggs, homemade low-sugar trail mix...real food.

Limit alcohol to 2 days per week. Especially for fat loss; 1-2 drinks max. Nothing thwarts fat loss like alcohol. As a sugary additive to our diet at an average 7 calories per gram, it can easily put your body into fat-storing mode.

The secret behind the above guidelines is not so much that it is offering you the "perfect diet" (still worth following since perfect doesn't exist!), but it is actually setting your body up for better digestion, increased metabolism for fat burning, and enhanced detoxification. When we provide the body with the optimal nutrition from real food, along with healthy lifestyle habits like exercise and well-managed stress, we can make it easy to manage detoxification, blood sugar and even an occasional 'off the diet' splurge.

Diet is at the root of health, so it must be a priority. Thankfully, unlike some life situations and environmental toxins, it is something we can control. Keep these simple guidelines in mind to easily improve and maintain your health.

Tiffany is a certified nutrition consultant and functional diagnostic nutrition practitioner and can be reached at (760) 285.1221.

1) <http://www.annualreviews.org/doi/full/10.1146/annurev-pubhealth-032013-182351> 2) <http://lowcarbdoctors.blogspot.com/> 3) <http://dntmna.com/blog/2015/08/20/slow-carbs-not-low-carbs-the-truth-about-low-carb-diets/>

Beauty Tips to Remember

By Michele McDonough

Are you often confused when buying beauty products? Do you reach for that product which advertises the most therefore capturing your attention? Or, do you head to the counters to buy the secret potion that a friend recommended while sharing that her wrinkles had disappeared overnight?

Whatever reason motivates your beauty purchase or anti-aging investment, here are some simple things to remember:

- The most expensive on the market is not always the best. Many times products can be extremely close in formulation but just packaged differently. Some products have cleaner ingredients and a better delivery system.
- Buy your skincare when there are free gift promotions so you can try free samples first to make sure you have no allergic reactions.
- A facial once a month not only forces you to sit still; it gets the blood moving which is very good for your skin.
- Our diet shows up on our faces, unfortunately! Watch what you eat and avoid diet drinks and fast foods. Think about the old saying, "You are what you eat." It's true!
- Sleep is the cheapest form of an anti-aging product! Make sure you get your 8 hours of sleep if you can.
- Alcohol, medication and cigarette smoking can promote early signs of aging as well.
- Our Moms used items from the kitchen before there were fancy products available at the cosmetic counter. Sometimes just a little olive oil or coconut oil can ease the pain of dry hands or feet.

My favorite "go to" resource for beauty information is euromonitor.com. Below are some consumer industry trends I'd like to share. The beauty survey referred to in this article can be found on their website in its entirety.

The beauty space is turning green, and smart companies are taking part. Green features are secondary only to efficacy, suitability, and a quality-price balance in consumers' decision-making, and are actually more important than low prices and strong brand names, according to the 2016 beauty survey results. So what are the best "shades" of green? In particular, "all natural" product claims matter to 50% or more of green-minded buyers in all markets, while other factors, like water efficiency, 100% organic, or botanically-derived ingredients exhibit regional appeal.

It's all about me! Consumer demand is moving from 'suitable for me' towards a 'made for me' level of customization. This is achieved through individual product formulations, digital consultation on brands' and retailers' websites and smart devices and applications that provide near constant feedback on efficacy. At the same time, consumers' expectations for a healthy and extended youthful appearance continue to hold strong across many age groups.

Michele McDonough is a Strategic Consultant and Executive Recruiter in the field of health and beauty. She is also co-founder of Women's Power Circle and can be reached at mmcdon4946@aol.com.

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Golf Technology and Fitness: Bridging the Gap

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

Over the past 30 years, many gimmicks have hit the golf market all promising to increase your swing speed and efficiency off the tee. Likewise, in the golf fitness industry, there have been many advances to get your body in great shape and reduce your chances of injury on the course.

The problem has been how to get golf technology and fitness to work together so that the golfer can benefit in a manner that seems "golf specific," a term that is loosely used in sports fitness.

When I train golfers, I like to use the term 'golf movement training,' since we are trying to improve movement patterns related to the golf swing which helps people understand how bridging fitness and movement together can help them achieve greater distances.

Many of us have heard of putting donuts on the ends of baseball bats to make you feel like the bat is lighter when you try to hit the ball. In reality, when you swing a weighted bat several times before reaching the plate, it will throw off your timing so you may end up swinging too early or over swinging. Weighted donuts can be as light as 4 oz. and as heavy as 28 oz. They provide a great mental effect for the player, but several studies have shown that weighted bats can decrease motor sequencing and increase fatigue, resulting in poor plate performance.

The theory behind the new golf technology of speed stick training is that by using three weighted sticks, one being 20% lighter than a driver, the next 10% lighter and the last one 5% heavier, the body is then trained to increase response speed by reducing the load, and then gradually increasing the load, which teaches the body that it is capable of running the motor unit pattern faster.

Practicing with the sticks can be very conveniently done in your home, office, gym or on the course. Starting with the lightest of the three clubs, you want to practice swinging 3 times on each side (left and right) for 3 sets exerting 100% into each swing. Swinging both left and right may feel odd for a golfer, but working both sides of the body equally is standard in fitness. You then proceed to the next club and repeat the above sequence, and then finally the last club which is the heaviest of the three. After completing 3 sets, you then take a step forward and swing and repeat the above sequence. This is considered the introductory level; after four weeks (3 times per week), you then graduate to the other levels which are more advanced in positioning the body.

The order of motor unit firing is imperative to increasing swing speed. By using this technology in conjunction with a prescribed golf fitness program, the average golfer can look forward to an additional 15-20 yards on their drives by placing the body in a more efficient pattern of movement and sequence.

Michael K. Butler B.A., P.T.A.; CSCS*D; RSCC*D; NMT, is co-owner of Kinetix Health and Performance Center in Palm Desert. He holds a state license as a physical therapist assistant, national certifications of distinction through the NSCA as strength and conditioning coach, Poliquin International state coach and as a Full Body Active Release Techniques Practitioner. He can be reached at (760) 200.1719 or michael@kinetixcenter.com.

Free Chair Yoga Offered in Palm Desert Program for low-income seniors provides many benefits

Bikram Yoga Plus Coachella Valley is offering free chair yoga classes to low-income seniors, 65 years and older. Seniors seeking to increase their mobility and positive outlook on life are encouraged to attend classes at the Palm Desert studio. No prior yoga or exercise experience is necessary.

Chair yoga classes are offered on Wednesdays and Fridays from 3 pm-4:15 pm in a 78-degree room. The classes are open to people of all ages and skill levels at regular studio prices, and the gentle exercises are particularly therapeutic for people with limited mobility and those recovering from injuries (with physician's consent).

"My hope is that individuals who come to our classes find a safe environment where they can bring their physical, mental and emotional concerns which come with chronic conditions and aging," said Andrej Zervan, chair yoga instructor. "We offer participants tools to improve their quality of life, gain independence, and live with more confidence, dignity and joy."

Zervan has specialized training in adaptive yoga, with yoga certifications in adaptive, therapeutic, arthritis, and stress management. He also has studied the practice of yoga to help with trauma and post traumatic stress disorder (PTSD). He is a member of the Integral Yoga Teachers Association, the International Association of Yoga Therapists, and an Ambassador for Accessible Yoga Organization.

The benefits of chair yoga are the same as any yoga practice and include increased flexibility, strength and coordination. Practicing any form of yoga also reduces stress, helps manage pain, and improves mental clarity. Participating in chair yoga classes may also provide an opportunity for people to meet others with similar physical concerns and interests.

"We want the studio to become people's 'happy place' that they always come back to," said Denise DuBarry Hay, founder of Bikram Yoga Plus Coachella Valley. "For seniors particularly, yoga cannot only be restorative, but also preventative. If someone suffers a fall, for example, a strong, flexible body can withstand [the trauma] better and is more likely to sustain fewer injuries and recover more quickly."

"I am very grateful that I found therapeutic yoga about 22 years ago when I was fully disabled with chronic conditions," said Zervan. "My life has changed completely, and I am excited to share these life-changing practices with others."

For more information or to register for the free yoga classes, call (760) 346.2988. For information on Bikram Yoga Plus, visit coachellayoga.com.



Chair yoga is a gentle form of the practice and beneficial for seniors and those recovering from injury.

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Meeting Community Health Needs through Transformation

Continued from page 3

Springs, Palm Springs, Cathedral City, Rancho Mirage, and part of Palm Desert (west of Cook Street), as well as some unincorporated county areas.

There will be an election to expand the District to the entire Coachella Valley in November of 2018, thanks to the leadership of Assembly Member Eduardo Garcia and Congressman Dr. Raul Ruiz. Voters in the other part of Palm Desert, the cities of Indian Wells, La Quinta, Indio, Coachella, and the remainder of the East Valley, including the communities of Mecca, Thermal, Oasis, and North Shore, will be asked if they want these areas to be annexed into the District.

The Desert Healthcare District/Foundation Board strongly supports expansion to the entire Coachella Valley.

How is the District/Foundation governed and funded?

Five board members are elected by the public for four-year terms; they are staggered terms so elections occur every two years. A very small portion of the county property tax that you already pay comes back to the District/Foundation to help fund its activities.

How does the District/Foundation relate to Desert Regional Medical Center?

Although the District/Foundation owns the hospital, it does not operate it. Tenet Healthcare leases and operates Desert Regional Medical Center. The District/Foundation Board of Directors oversees compliance with the lease.

For additional information on the Desert Healthcare District/Foundation call (760) 323.6113 or visit their website at www.dhcd.org. For an online referral directory of health services and programs across the Coachella Valley (in English and Spanish), visit their Health Information Portal at www.CVHIP.com.

A Snapshot of Health in Our Community

Continued from page 4

common barrier to accessing health care is lack of understanding of what is covered by insurance plans.

...and More

The survey contains a wealth of other information, such as major disease; sexual health; health behaviors such as drinking and smoking; food insecurity; and a wide variety of demographic measures.

While this data is extensive, it is truly just the tip of the iceberg in terms of information possibilities. HARC is actively seeking funding to produce special reports on topics of interest, such as mental health, senior health, and health disparities between the East and West Valley, among others. These special reports will provide in-depth insights into the data that are not otherwise available and will be enhanced with maps and local resources. Once funded, these reports will be posted on HARC's website for the public to access, so visit regularly for updates.

HARC's community health data is available online via a downloadable report and a searchable database that contains more in-depth information. Data can be accessed for free on HARC's website: <http://harcdata.org/coachella-valley-community-health-survey/>.

Overuse Knee Injuries

Continued from page 5

you change up your exercise routine. For example, runners might benefit from swimming, as weight-bearing isn't an issue and there's less stress on the knee. As the pain subsides, a targeted exercise program created by a physical therapist or qualified fitness trainer can help strengthen and loosen tight muscles with stretching exercises.

Although RICE can provide a good starting point, sometimes patients need more. A joint injection can help relieve pain for a period of time. The injection doesn't do anything for the structural problem, however, so a targeted exercise program is still important. AmnioFix is a more specialized type of joint injection that contains growth factors that can help stimulate damaged cells and help them heal. It may also help reduce inflammation, which is damaging to tissues over the long term.

Surgery

When knee pain continues despite conservative therapy, I usually suggest an arthroscopy. This procedure uses very small incisions into which I can insert a tiny camera and actually look inside the knee joint. In many cases, we can correct minor problems arthroscopically.

Arthroscopy doesn't usually require extended healing time and there is much less pain than occurs with more extensive procedures. Sometimes, however, there is so much damage to the knee that the joint actually begins to disintegrate. Cartilage covering the bone wears away and allows bone to rub on bone. When the knee gets to this stage, a total knee replacement may be the only thing that can solve the problem, stop the pain and improve mobility.

Prevention

The key to preventing overuse injuries is not to do too much, not to do it too soon, and to pay attention to your body. If your knee starts to hurt, your body is trying to tell you something, so listen. For example, running several miles a day every day greatly increases the risk of an overuse injury – your body needs time to rest and recover. Prevention of runner's knee specifically is a matter of exercises to strengthen the quads and stretch the hamstrings. Be aware, however, that squats (often recommended to strengthen the quadriceps muscles) can make runner's knee worse (or if you aren't a runner, can cause it in the first place).

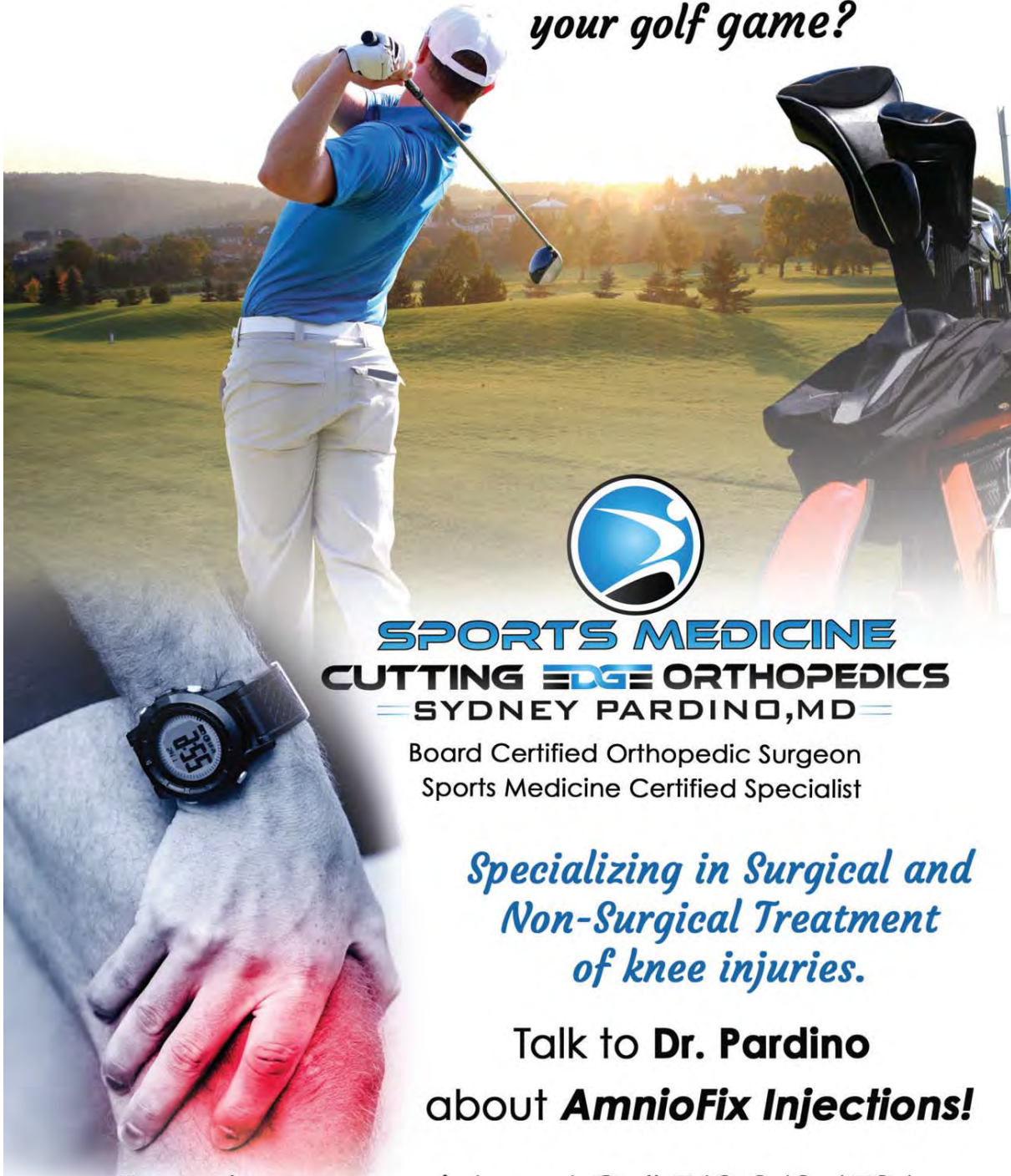
You should also focus on keeping your muscles strong, balanced (muscles work in pairs) and flexible. No matter what sports or activities you choose, your exercise program should include aerobic exercise, strength training, flexibility and balance exercises.

Once you've found a favorite sport or exercise, do keep at it. There are so many important benefits to regular exercise for your heart, lungs, bones and overall health – so please get out there and go. However, do stay aware of your body. It's always easier and more effective to head off problems entirely or to catch them when they're minor. If you develop pain in your knees, especially if it gets worse or never really goes away, you may be in the early stages of an overuse injury and should consider seeking medical care.

Orthopedic surgeon Dr. Sydney Pardino serves as Director of Sports Medicine at the esteemed Institute of Clinical Orthopedics and Neurosciences at Desert Regional Medical Center. More information about his orthopedic practice may be found at www.cuttingedgeortho.net.



Overuse knee injuries affecting your golf game?



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