

**Issues/Programs List For KSYF**  
2nd Quarter 2023

<b>Issue:</b> Vitamin D		
<b>Program Title:</b> Risë's Pieces		
<b>Date:</b> 4/10/23	<b>Time:</b> 6:30 AM	<b>Duration (hr:min:sec):</b> 13:30
<b>Brief Description:</b> Vitamin D affects every cell of your body. This includes healthy immunity, cell growth, blood pressure regulation, and bone health. It can also help with both prevention and treatment with diseases such as heart disease, cancers, and infections. It plays a role in both types of diabetes and can improve sleep. It impacts most every function of your body. Somewhere around one half of Americans are deficient, which gets worse in the elderly. Few can get enough from the sun. So all should get blood levels checked, and supplement as necessary. Continued next week.		

<b>Issue:</b> Loose Weight Naturally		
<b>Program Title:</b> LifeStart Seminars		
<b>Date:</b> 4/16/23	<b>Time:</b> 1:00 PM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> The majority of American's are either overweight or obese. Dr. David DeRose gives seven keys to dealing with losing weight. Don't focus on diet, but on habits, which must be changed. Your early life, including what happened in the womb, actually "taught" you to be predisposed to being overweight or not, later in life. Whatever the case, focus on making meaningful habit changes, for the rest of your life, and don't make weight loss your only focus. Dr. DeRose then gave a number of lifestyle strategies to help with success in health and weight loss.		

<b>Issue:</b> Neuropathy Pain		
<b>Program Title:</b> Ultimate Prescription		
<b>Date:</b> 5/3/23	<b>Time:</b> 5:00 PM	<b>Duration (hr:min:sec):</b> 29:00
<b>Brief Description:</b> Dr. James Marcum gives some insight into pain caused from nerve damage. This sends false signals to the brain, typically interpreted as a burning sensation. This damage can be in the arms or legs (peripheral), or the central nervous system, including the spine. Neuropathy is complex, and damaged nerves do not typically heal. So it's important to do all you can to improve the health of the nerves, which means improving your overall health. Various substances and drugs, including prescription, can cause problems. Diabetes is the most common cause.		

<b>Issue:</b> Neuroplasticity - We can change our brains		
<b>Program Title:</b> Mental & Spiritual Health		
<b>Date:</b> 5/15/23	<b>Time:</b> 4:45 PM	<b>Duration (hr:min:sec):</b> 13:45
<b>Brief Description:</b> Dr. Magna Parks with Lindah Mavave discussed how we can change our brains with no age limitations. Our brain has boundless capacity for change, even for such things like addictions, phobias, and eating disorders. They then showed several tenants to make these changes possible.		

<b>Issue:</b> Alzheimer & Dementia		
<b>Program Title:</b> It Is Written		
<b>Date:</b> 6/10/23	<b>Time:</b> 11:00 AM	<b>Duration (hr:min:sec):</b> 28:30
<b>Brief Description:</b> John Bradshaw hosted Dr. Wes Youngberg, assistant professor at Loma Linda University school of health. Recent research associates a type of diabetes that affects the brain. Alzheimer defined. Most can be prevented. He discussed his book, Memory Makeover, showing ways to both prevent and even slow down or improve cognitive function. This is a two-part program, with the second part the following week at the same time.		

<b>Issue:</b> Introduction to Wellness		
<b>Program Title:</b> Secrets to Wellness		
<b>Date:</b> 6/12/23	<b>Time:</b> 11:30 AM	<b>Duration (hr:min:sec):</b> 28:15
<b>Brief Description:</b> Teenie Finley shares these "secrets" which are being revealed by science through many prominent sources and publications. Wellness involves the whole person, and with it brings a more fulfilling, happier, and longer life. Killer diseases are primarily the result of a bad lifestyle. Lifestyle choices over a lifetime strongly influences our wellness. We aren't destined for a life of disease and pain. Teenie will be covering each of the eight "secrets" to wellness over the next eight weeks.		

Ronald Grant  
KSYF Operations Manager

7/10/23  
Date