

Issues/Programs List For KSYF
2nd Quarter 2018

Issue: Cancer		
Program Title: Health for a Lifetime		
Date: 4/15/18	Time: 2:00 PM	Duration (hr:min:sec): 27:00
Brief Description: Don Mackintosh with Dr. Clarence Ing discuss what cancer is and how it effects our bodies. Why do we get it, and how we can lower our risk. Changing our lifestyle, particularly eliminating animal products, can significantly lower risk. Waste products can also be carcinogenic. What are warning signs for cancer. What else can we do to lower risk.		

Issue: Forgiveness		
Program Title: Heart Wise		
Date: 4/16/18	Time: 2:30 PM	Duration (hr:min:sec): 24:30
Brief Description: Charles Mills with Yvonne Ortega discuss the importance of forgiveness to live a "beautiful" life. What does forgiveness mean, and how being hurt and holding a grudge can impact our own lives. Forgiveness doesn't mean forgetting or ignoring their responsibility for consequences. Tools for forgiveness discussed.		

Issue: The Science of Nutrition		
Program Title: CHIP Health - Healthy by Choice		
Date: 4/30/18	Time: 1:30 PM	Duration (hr:min:sec): 28:30
Brief Description: Charles Mills discusses with T. Colin Campbell that good nutrition is not just the sum of the parts - the various vitamins and minerals - but all works together synergistically to have a greater effect. Research mostly is very focused, and say, what vitamin C can do as an isolated element, which is not nearly what it can do in the food we eat with it. This same focus on research is also happening with study of genes. But what they need is primarily good nutrition, and not altering genes. Media has largely promoted these wrong ideas about health and the use of drugs.		

Issue: Smoking		
Program Title: Health for a Lifetime		
Date: 5/13/18	Time: 2:00 PM	Duration (hr:min:sec): 25:45
Brief Description: This is a two-part program, the second part one week later. Don Mackintosh with Joel Sabangan, MD, discuss issues of smoking. Major health problem, what it does to your body, and very addictive. Shortens life by average of 21 years. Huge healthcare cost to country, which includes non-smokers. Help to quit smoking discussed - only small percentage succeed. What symptoms to expect during process of quitting, and how to deal with these. Even if smoking for many years, stopping markedly and quickly reduces health issues.		

Issue: Mediterranean Diet		
Program Title: CHIP Health - Healthy by Choice		
Date: 5/31/18	Time: 3:00 PM	Duration (hr:min:sec): 28:30
Brief Description: Charles Mills discusses with Dr. Hans Diel the "real" benefits of mediterranean diet. What is this diet - the good and bad of it. Eating lots of plant-based foods of variety and avoiding processed foods and sugar is good, but thinking that using lots of extra virgin olive oil is wrong thinking. What does research really show. It really has little or no effect on cardiovascular disease, and is high in calories.		

Issue: Grief		
Program Title: Disclosure		
Date: 6/14/18	Time: 5:00 PM	Duration (hr:min:sec): 58:30
Brief Description: Shawn Boonstra discussed with Mike Tucker the issue of dealing with grief from a major lose - specifically a spouse. Mike lost his wife of forty years and discussed his journey. They were very close and worked together most of the time. He had been chaplain of hospital and hospice and helped others with grief for years. What is grief and how it effects every aspect of life. Grief is process from lose to reaching new norm. Differences in grieving and "recovery", and how long. Best way to deal with grief, and goals in process. Dealing with perhaps feelings of guilt or even anger with person you lost. How to learn to make a meaningful and useful life going forward.		

Ronald Grant
KSYF Operations Manager

6/24/18
Date