

**RADIO
ISSUES-PROGRAM DAILY REPORTS**

**ENTRAVISION HOLDINGS, LLC
2425 OLYMPIC BLVD. STE 600
SANTA MONICA, CA. 90404-4030**

**Curvas Peligrosas
APRIL 1, 2015 to June 30, 2015**

CURVAS PELIGROSAS CON LUZ MARIA BRISEÑO

JOSE NETWORK 11AM-12PM MONDAY-FRIDAY

JOSE KLYY LOS ANGELES 12-1 PM 97.5/103.1 FM MONDAY-FRIDAY

MAY 1, 2015

Issue: Healthcare

Growth Hormone

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 1, 2015 11:05 am

Description: Athletes, mostly men, consume this in a synthetic way so that their muscles can grow. But in nutrition, there are many ways that the natural hormone can produce on its own, muscles can grow on its own, and so forth.

MAY 1, 2015

Issue: Healthcare

Leukemia

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 1, 2015 at 12:

Description: a listener had a question regarding a friend who suffers from Leukemia, and wanted nutritional health tips. A healthy lifestyle plays a key overall role in keeping the body strong, supporting the immune system (the cells and proteins that defend the body against infection) and reducing risk for some diseases, such as certain kinds of heart disease and some cancers. Most nutrition professionals agree that a good diet for everyone, including cancer survivors, is a varied, balanced diet of nutrient-rich fruits and vegetables; whole grains; and low-fat proteins, such as fish, lean meats and poultry.

MAY 4, 2015

Issue: Healthcare

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 4, 2015 at 11:15 am

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 4, 2015

Issue: Healthcare

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 4, 2015 at 12:20

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 5, 2015

Issue: Healthcare

Swollen/Enlarged Liver

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 5, 2015 at 11:04 am

Description: it means it's swollen beyond its normal size. There's usually another condition that's causing it, such as hepatitis. You have a lot of treatment choices, but you first need to find out the source of the problem. Your liver has a lot of big jobs to do. Just to name a few key ones, it helps clean your blood by getting rid of harmful chemicals that your body makes. It makes a liquid called bile, which helps you break down fat from food. And it also stores sugar, called glucose, which gives you a quick back-up energy boost when you need it. Depending on what's causing your liver to swell, you could end up with long-term damage if you don't get treated.

MAY 5, 2015

Issue: Healthcare

Chronic Gastritis

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 5, 2015 at 12:45 pm

Description: Chronic gastritis where the onset is more gradual, with the symptoms developing slowly over time. It is caused by prolonged irritation of the gastric mucosa. Left untreated, complications such as peptic ulcer, gastric bleeding and stomach cancer may develop. Some patients may be asymptomatic, with severe symptoms developing only in case of acute exacerbation.

MAY 6, 2015

Issue: Health Care

Vitamins

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 6, 2015 at 11:33 am

Description: For those who don't know what vitamins to take, omega 3 is very recommended for everyone because it helps out the brain, arteries, neurological system and much more.

MAY 6, 2015

Issue: Health Care

Testicular Cysts

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 6, 2015 at 12:22 PM

Description: A listener called regarding his issue with testicular cysts. She recommends eating alkaline foods and for him to drink a lot of water.

MAY 7, 2015

Issue: Health Care

Excessive sweat

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 7, 2015 at 11:24 am

Description: Excessive sweating, or hyperhidrosis, can be a warning sign of thyroid problems, diabetes or infection. Excessive sweating is also more common in people who are overweight or out of shape.

MAY 7, 2015

Issue: Health Care

Quinoa, a carb or protein?

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 7, 2015 at 12:

Description: Quinoa is a protein low in carbs, gluten free and full of nutrients. Most often used as a grain, quinoa in a single cup serving has 5 grams of dietary fiber and 8 grams of protein. This tiny edible seed, which is related to spinach and beetroots, can be cooked, and added to meals where it serves as a main or secondary protein. Most people believe its light, fluffy texture is similar to couscous.

MAY 8, 2015

Issue: Health Care

Nutrition and minors

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 8, 2015 at 11:45 am

Description: A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. To give your child a nutritious diet, make half of what is on your child's plate fruits and vegetables. Choose healthy sources of protein, such as lean meat, nuts, and eggs. Serve whole-grain breads and cereals because they are high in fiber. Reduce refined grains. Broil, grill, or steam foods instead of frying them. Limit fast food and junk food. Offer water or milk instead of sugary fruit drinks and sodas

MAY 8, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 8, 2015 at 12:05 pm

Description: Normally she does her testimony shows on Mondays, but on this show she had special guests, who are involved in her social media fan clubs. They have also participated in losing weight and getting more involved with nutrition.

MAY 11, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 11, 2015 at 11:25 am

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 11, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 11, 2015 at 12:25 pm

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 12, 2015

Issue: Health Care

Psoriasis

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 12, 2015 at 11:05 am

Description: Psoriasis is an inflammatory disease. Many individuals benefit from following an anti-inflammatory diet to help reduce their symptoms and lower their risk of related conditions. Psoriasis is an inflammatory disease. Many individuals benefit from following an anti-inflammatory diet to help reduce their symptoms and lower their risk of related conditions. Maintaining a healthy weight not only helps reduce the severity of your psoriasis but also can minimize your risk of developing related diseases, including diabetes and heart disease.

MAY 12, 2015

Issue: Health Care

White blood cells

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 12, 2015 at 12:50 pm

Description: White blood cells are important in your body because they enhance your immune system function and help you fight off infections. Salmon is one of the best foods to increase your white blood cell levels. Foods that are rich in vitamin C, such as oranges, can help to boost your white blood cell levels when eaten regularly. Having a simple bowl of fortified cereal is another way to increase white blood cells in the body. Most cereals are fortified with a wide variety of vitamins and minerals including the mineral zinc. Zinc increases white blood cell counts,

MAY 13, 2015

Issue: Health Care

Acne

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 13, 2015 at 11:06 am

Description: Naturally occurring Vitamin A, or retinol, is found in fish oils, liver and dairy products. The Vitamin A produced by plants is known as Beta-carotene, and is found in yellow/orange fruits and vegetable such as carrots, yams, apricots and cantaloupe, as well as green vegetables. Stress has been known to aggravate existing cases of acne, and Vitamin B-2 is often helpful alleviating stress. Foods with a high concentration of B-2 include whole grains, fish, milk, eggs, meat and leafy green vegetables. Even in trace amounts, the antioxidant zinc is known to boost the immune system, improving overall health – which of course is reflected in the skin. Zinc can be found in eggs, whole grains, nuts and mushrooms.

MAY 13, 2015

Issue: Health Care

Anemic issues

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 13, 2015 at 12:22 pm

Description: Vitamins and minerals are required to make red blood cells. In addition to iron, vitamin B12 and folate (orfolc acid), are required for the proper production of hemoglobin. Deficiency in any of these may cause anemia because of inadequate production of red blood cells. Poor dietary intake is an important cause of low folate and

low vitamin B12 levels. Strict vegetarians who do not take sufficient vitamins are at risk to develop vitamin B12 deficiency.

MAY 14, 2015

Issue: Health Care

Facial paralysis

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 14, 2015 at 11:05 am

Description: A listener called in asking for advice for her husband who is suffering from facial paralysis. First of all, he needs to consult a doctor, and attend therapy, and once he is recovered, he needs to leave all the junk food, that has no nutritional value, and start eating healthy and exercise. That will help with the inflammation that his body is going through.

MAY 14, 2015

Issue: Health Care

Bone Pain/Osteoporosis

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 14, 2015 at 12:28 pm

Description: The most important nutrients for fighting osteoporosis are calcium and vitamin D. Calcium is a key building block for your bones, while vitamin D is the "key" that unlocks the door to your bones and allows them to absorb calcium. Milk and yogurt and cheese contain so many of the nutrients that are necessary for bone health that they outperform supplement tablets strikingly

MAY 15, 2015

Issue: Health Care

Irregular menstrual cycle

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 15, 2015 at 11:21 am

Description: Nutrition is also important to menstruation because the right foods can help to re-energize women during and after their periods, and help them to recuperate from monthly blood loss and deal with PMS symptoms. Calcium and vitamin D are important nutrients in terms of menstruation, helping both with bone health and relief from PMS symptoms. Calcium and vitamin D are also needed for healthy bones. Calcium is a material that strengthens bones, and vitamin D helps with the flow of hormones responsible for bone building.

MAY 15, 2015

Issue: Health Care

Specialized eating hours

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 15, 2015 at 12:50 pm

Description: A listener called in asking Luz Maria for specialized eating hours, since she starts her day at 4 am.

MAY 18, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 18, 2015 at 11:10 am

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 18, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 18, 2015 at 12:05 pm

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 19, 2015

Issue: Health Care

Seminar ticket giveaway

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 19, 2015 at 11:50 am

Description: Luz Maria is having a seminar in the next couple of weeks in Sacramento, therefore, she began to do ticket giveaways, by asking listeners trivia nutritional questions.

MAY 19, 2015

Issue: Health Care

Stomach Inflammation

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 19, 2015 at 12:33 pm

Description: Inflammation of the stomach lining can be associated with bacterial infections caused by the H. Pylori bacteria. If left untreated, such an infection can eventually cause peptic ulcers. The bacteria can also cause a change in the lining of the stomach, by breaking down its inner coating.

MAY 20, 2015

Issue: Health Care

Depression

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 20, 2015 at 11:25 am

Description: For depression, its best to increase your omega 3 fats, vitamin B, balance your blood sugar, and boost serotonin with amino acids.

MAY 20, 2015

Issue: Health Care

Vitamin D/Diabetes

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 20, 2015 at

Description: Vitamin D is required for the regulation of the minerals calcium and phosphorus found in the body. It also plays an important role in maintaining proper bone structure.

MAY 21, 2015

Issue: Health Care

Gallbladder stones

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 21, 2015 at 11:33 am

Description: Fiber helps the bowels and digestive system function most efficiently. If you are unaware of fiber therapy, the following tips will help you. Whole grain breads, buns, bagels, muffins, bran flakes, corn bran cereals, whole wheat cereals, brown rice and whole grain pastas. This will flush your system and you will notice more trips to the rest room. Stay away from any grains that have 'enriched' included in the ingredients. Water soluble fiber is extremely important for flushing your organs. Water soluble fiber is simple a term for fruits and vegetables. Here are some suggestions which will help keep your body flushed. Dried fruits (apricots, dates, prunes, raisins), blackberries, blueberries, raspberries, strawberries and oranges.

MAY 21, 2015

Issue: Health Care

Hypoglycemia

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 21, 2015 at 12:45 pm

Description: Hypoglycemia is the clinical syndrome that results from low blood sugar. Many people like the idea of treating hypoglycemia with dietary treats such as cake, cookies, and brownies. However, sugar in the form of complex carbohydrates or sugar combined with fat and protein are much too slowly absorbed to be useful in the acute treatment of hypoglycemia.

MAY 22, 2015

Issue: Health Care

Vitamin C

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 22, 2015 at 11:12 am

Description: A listener called in asking for the benefits of vitamin C, which may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling. 500 daily milligrams of vitamin C is recommended to achieve health result, along with eating 5 serving of fruits and vegetables.

MAY 22, 2015

Issue: Health Care

Lymphatic System

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 22, 2015 at

Description: The lymph system consists of lymph nodes, lymph vessels, and organs. The primary jobs of the lymphatic system are to isolate and fight infections, and to absorb excess fluid, fat and debris from our bodies. As these materials build up in the lymph system, it may become congested or blocked. Because the lymph system cleanses our entire body, symptoms of a blocked system can manifest in many ways from frequent cold and infections to joint pain.

MAY 25, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 25, 2015 at 11:05 am

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 25, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 25, 2015 at 12:05 pm

Description: Every Monday she has listeners/guests call from all over the US who give their testimonials, on how they've began to exercise, eat healthy and start losing weight. This motivates those who are listening to do the same.

MAY 26, 2015

Issue: Health Care

Importance of vitamins

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 26, 2015 at 11:50 am

Description: Vitamins allow your body to grow and develop. They also play important roles in bodily functions such as metabolism, immunity and digestion. There are 13 essential vitamins, including vitamins A, C, D, E, and K and B vitamins such as riboflavin and folate.

MAY 26, 2015

Issue: Health Care

Childhood Epilepsy

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 26, 2015 at 12:35 pm

Description: Eating often, such as every 3 hours, keeps your blood sugar levels steady. Caffeine and sugar can also cause a quick spike then drop in blood sugar levels, so avoid beverages with caffeine and products with sugar as much as possible. Take calcium and magnesium supplements daily, along with a multivitamin. Anticonvulsant medications that you may be using to control seizures often interfere with your body's ability to absorb nutrients like calcium and magnesium as well as vitamin D and K

MAY 27, 2015

Issue: Health Care

Pre-menopause

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 27, 2015 at 11:19 am

Description: A caller called in asking for nutritional advice due to her "pre-menopause." She was suggested to take a lot of calcium, pump up her iron, get lots of fiber, drink plenty of water, have lots of vegetables and have a moderate cardio routine.

MAY 27, 2015

Issue: Health Care

Premature aging

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 27, 2015 at 12:05 pm

Description: This affects both men and women. The earlier you begin with nutrition, you will have better results.

MAY 28, 2015

Issue: Health Care

Nutrition and pregnancies

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 28, 2015 at 11:29 am

Description: A woman called in asking for advice because her daughter is pregnant. Luz Maria suggested to Vitamin C, take pro-biotics to avoid inflammation and absorb better her nutrients for her unborn child, cannot skip her meals (breakfast, lunch, dinner) and to drink ginger tea.

MAY 28, 2015

Issue: Health Care

Importance of Calcium

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 28, 2015 at 12:23 pm

Description: She states that it's very important to take calcium, especial at night. Calcium is needed for good teeth and strong bones and for the proper function of nerves, muscles, kidneys, and the heart. Not having enough calcium in the diet is one of many factors associated with an increased risk of osteoporosis, a disease that speeds up the process of the natural loss of calcium in the bones. This causes the bones to become weak and fragile, leading to loss of height, curved spines, and bone fractures, especially in women.

MAY 29, 2015

Issue: Health Care

Recorded show (old)

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 29, 2015 at 11 am

MAY 29, 2015

Issue: Health Care

Recorded show (old)

Program: Curvas Peligrosas with Luz Maria Briseño

When: May 29, 2015 at 12 pm

JUNE 1, 2015

Issue: Health care

Monday of Testimonies

Program: Curvas Peligrosas

When: Junes 1, 2015 at 11: 21 am

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 1, 2015

Issue: Health care

Monday of Testimonies

Program: Curvas Peligrosas

When: June1, 2015 at 12: 05 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 2, 2015

Issue: Health care

Bone issues

Program: Curvas Peligrosas

When: June 2, 2015 at 11:13 am

Description: Calcium is required for normal growth and development of the skeleton. Adequate calcium intake is critical to achieving optimal peak bone mass and modifies the rate of bone loss associated with aging

JUNE 2, 2015

Issue: Health care

Thyroid issues

Program: Curvas Peligrosas

When: June 2, 2015 at 12:06 pm

Description: Iodine: Iodine is a vital nutrient in the body and essential to thyroid function; thyroid hormones are comprised of iodine. While autoimmune disease is the primary cause of thyroid dysfunction in the United States, iodine deficiency is the main cause worldwide. Also, Vitamin B12: Studies have shown that about 30% of people with ATD experience a vitamin B12 deficiency. Food sources of B12 include mollusks, sardines, salmon, organ meats such as liver, muscle meat, and dairy. Vegan sources include fortified cereals and nutritional yeast. Severe B12 deficiency can be irreversible, so it's important for dietitians to suggest clients with thyroid disease have their levels tested.16

JUNE 3, 2015

Issue: Health care

Seminar ticket giveaway

Program: Curvas Peligrosas

When: June 3, 2015 11:30 am

Description: Luz Maria dedicated the show to giving away tickets to her upcoming seminar in Morongo casino. The way listener had to win tickets, was by answering health questions she had for them. If they answered correctly, they automatically win 1 pair of tickets, which by the way, are not on sale.

JUNE 3, 2015

Issue: Health care

Seminar ticket giveaway

Program: Curvas Peligrosas

When: June 3, 2015 at 12:05 pm

Description: Luz Maria dedicated the show to giving away tickets to her upcoming seminar in Morongo casino. The way listener had to win tickets, was by answering health questions she had for them. If they answered correctly, they automatically win 1 pair of tickets, which by the way, are not on sale.

JUNE 4, 2015

Issue: Health care

Eat unhealthy once a week

Program: Curvas Peligrosas

When: June 4, 2015 at 11: 07 am

Description: Luz Maria states that eating healthy is always the best for our bodies, but its okay to eat unhealthy at the most, once a week. This is because we need for our bodies to take in all kinds of nutrients/proteins/carbs/...etc. Give yourself that luxury once in a while, and if you do it once a week, make sure it's a small portion.

JUNE 4, 2015

Issue: Health care

Seminar ticket giveaway

Program: Curvas Peligrosas

When: June 4, 2015 at 12: 23 pm

Description: Luz Maria dedicated the show to giving away tickets to her upcoming seminar in Morongo casino. The way listener had to win tickets, was by answering health questions she had for them. If they answered correctly, they automatically win 1 pair of tickets, which by the way, are not on sale.

JUNE 5, 2015

Issue: Health care

Customized health menu

Program: Curvas Peligrosas

When: June 5, 2015 at 11:24 am

Description: A listener called wanting some advice on what healthy item she can consume, all depending on her current weight.

JUNE 5, 2015

Issue: Health care

Rotating vegetables everyday

Program: Curvas Peligrosas

When: June 5, 2015 at 12:03 pm

Description: Luz Maria suggest that it's always best to rotate your vegetables during your meals.

JUNE 6, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 6, 2015

JUNE 6, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 6, 2015

June 7, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 7, 2015

June 7, 2015

Issue: Health care

Nothing to report
Program: Curvas Peligrosas
When: June 7, 2015

JUNE 8, 2015

Issue: health care

Monday of testimonies

Program: Curvas Peligrosas

When: June 8, 2015 at 11:10 am

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 8, 2015

Issue: health care

Monday of testimonies

Program: Curvas Peligrosas

When: June 8, 2015 at 12:05 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 9, 2015

Issue: Health care

Open heart surgery for older people

Program: Curvas Peligrosas

When: June 9, 2015 at 11:10 am

Description: A listener called asking for advice on what vitamins to give her older father. He is about to have open heart surgery, yet she fears for him because he is very weak. Luz Maria also mentioned that for his age (80's) it's a very risky surgery. She suggested giving him vitamins and supplements during his meals.

JUNE 9, 2015

Issue: Health care

Vitamin D

Program: Curvas Peligrosas

When: June 9, 2015 at 12:30pm

Description: Luz Maria suggests that whenever you attend the doctor to get a complete physical exam, to request the exam for your vitamin D. The lack of sufficient vitamin D can lead to many sicknesses.

JUNE 10, 2015

Issue: Health care

Auto-immune disease

Program: Curvas Peligrosas

When: June 10, 2015 at 11:04 am

Description: White cells attack different parts of the body. This listener's daughter, has this problem around her mouth. If it's a virus or bacteria, it has to do with some type of allergy, but regardless, Luz Maria suggests an alkaline diet.

JUNE 10, 2015

Issue: Health care

Acne issues

Program: Curvas Peligrosas

When: June 10, 2015 at 12: 08 pm

Description: Once again, this is topic she talks about a lot because people have questions regarding this. People who suffer from acne issues, need to leave greasy foods, and drink a lot of water. It cleans your skin, plus there are certain fatty acids that you can consume and at the same time it can cure the acne. Vitamins, very important! If you don't take daily vitamins, that will take an effect and result in acne.

JUNE 11, 2015

Issue: Health care

Arthritis on Minors

Program: Curvas Peligrosas

When: June 11, 2015 at 11:24 am

Description: A listener's granddaughter was diagnosed with arthritis, and she is only 10 years old. Luz Maria mentioned that first of all, her parents need to change her diet for the better, and at the same time, have her do daily exercise. Leave the chips and milk and cookies....you can replace with soy milk, as long as you are not allergic. The child needs to do an alkaline diet and take omega 3.

JUNE 11, 2015

Issue: Health care

Vitamin B12

Program: Curvas Peligrosas

When: June 11, 2015, at 12: 26 pm

Description: It's a water-soluble vitamin that keeps your nerves and red blood cells healthy. It is responsible for the smooth functioning of several critical body processes. It is possible for the body to develop a vitamin B12 deficiency

JUNE 12, 2015

Issue: Health care

Type 1 diabetes

Program: Curvas Peligrosas

When: June 12, 2015 at 11:24 am

Description: Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin, a hormone needed to allow sugar (glucose) to enter cells to produce energy. The far more common type 2 diabetes occurs when the body becomes resistant to insulin or doesn't make enough insulin.

JUNE 12, 2015

Issue: Health care

Importance of nutrition

Program: Curvas Peligrosas

When: June 12, 2015 at 12:04 pm

Description: Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

JUNE 13, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 13, 2015

JUNE 13, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 13, 2015

JUNE 14, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 14, 2015

JUNE 14, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 14, 2015

JUNE 15, 2015

Issue: Health care

Monday of Testimonies

Program: Curvas Peligrosas

When: June 15, 2015 at 11:10 am

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 15, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: June 15, 2015 at 12:04 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 16, 2015

Issue: Health care

High cholesterol and nutrition

Program: Curvas Peligrosas

When: June 16, 2015 at 11:12 am

Description: For high cholesterol its always best to take the following: high fiber foods, omega 3 and fatty acids, any types of walnuts (almonds, etc.) avocados and lots of protein.

JUNE 16, 2015

Issue: Health care

benefits of Bromelain

Program: Curvas Peligrosas

When: June 16, 2015 at 12:13 pm

Description: Bromelain is a kind of proteolytic enzyme that is obtained from pineapple. It has admirable qualities including improving protein digestion, reducing inflammation and treating indigestion. Pineapple itself has been traditionally used to enhance digestion as well as ease inflammation. With countless studies about Bromelain, the benefits of this anti-inflammatory enzyme are ever increasing and even more recognized now.

JUNE 17, 2015

Issue: Health care

Supplements after bypass surgeries

Program: Curvas Peligrosas

When: June 17, 2015 at 11:13 am

Description: You must take the following supplements on a daily basis to prevent nutrient deficiencies. Take a high-potency daily chewable multivitamin and mineral supplement that contains a minimum of 18 mg of iron, 400 mcg of folic acid, selenium, copper and zinc. Take 1,200 to 2,000 mg of calcium daily to prevent calcium deficiency and bone disease. To enhance absorption, take the calcium in two to three divided doses throughout the day - for example, a 500 to 600 mg supplement taken three times a day. Calcium citrate is the preferred form of calcium. Vitamin D and vitamin B 12 is also very important.

JUNE 17, 2015

Issue: Health care

Seminar Ticket Giveaway

Program: Curvas Peligrosas

When: June 17, 2015 at 12 pm

Description: Luz Maria dedicated the show to giving away tickets to her upcoming seminar in Morongo casino. The way listener had to win tickets, was by answering health questions she had for them. If they answered correctly, they automatically win 1 pair of tickets, which by the way, are not on sale.

JUNE 18, 2015

Issue: Health care

benefits of Vitamin B12

Program: Curvas Peligrosas

When: June 18, 2015 at 11:17 am

Description: Vitamin B12 is used for treating and preventing vitamin B12 deficiency, a condition in which vitamin B12 levels in the blood are too low. It is also used to treat pernicious anemia, a serious type of anemia that is due to vitamin B12 deficiency and is found mostly in older people.

JUNE 18, 2015

Issue: Health care

Vitamins for healthy nails

Program: Curvas Peligrosas

When: June 18, 2015 at 12:04 pm

Description: Vitamin A, vitamin C, vitamin H (biotin), vitamin B12 and folic acid (vitamin B9) are best to help out with brittle nails.

JUNE 19, 2015**Issue: Health care**

Seminar Ticket Giveaway

Program: Curvas Peligrosas

When: June 19, 2015 at 11: 25 am

Description: Luz Maria dedicated the show to giving away tickets to her upcoming seminar in Morongo casino. The way listener had to win tickets, was by answering health questions she had for them. If they answered correctly, they automatically win 1 pair of tickets, which by the way, are not on sale.

JUNE 19, 2015**Issue: Health care**

prevent Osteoporosis through your diet

Program: Curvas Peligrosas

When: June 19, 2015 at 12 05 pm

Description: Because the body does not make calcium, you must get calcium from the foods you eat. The amount of calcium needed in your diet every day is 1,200 milligrams for adults over 50 years old; 1,000 mg for adults ages 19 to 50; and 1,300 mg for children ages 9 to 18. Because both low- and high-protein diets can affect your body's ability to best use calcium, eating protein in moderation is your best bet. The protein requirement for women age 19 and over is 46 grams per day; it's 56 grams per day for men of the same age.

JUNE 20, 2015**Issue: Health care****Nothing to Report**

Program: Curvas Peligrosas

When: June 20, 2015

JUNE 21, 2015**Issue: Health care****Nothing to Report**

Program: Curvas Peligrosas

When: June 21, 2015

JUNE 22, 2015**Issue: Health care**

Monday of Testimonies

Program: Curvas Peligrosas

When: June 22, 2015 at 11:10 am

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 22, 2015**Issue: Health care**

Monday of testimonies

Program: Curvas Peligrosas

When: June 22, 2015 at 12:05 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 23, 2015

Issue: Health care

Diabetes and supplements

Program: Curvas Peligrosas

When: June 23, 2015 at 11:32 am

Description: Chromium may help lower blood glucose levels in some people with diabetes. But more research needs to be done before this can be recommended. Magnesium levels are often low in people who have problems with insulin secretion and in people with complications of diabetes. Whether magnesium dietary supplements can help relieve or reduce these problems is still unknown.

JUNE 23, 2015

Issue: Health care

Pre diabetes

Program: Curvas Peligrosas

When: June 22, 2015 at 12:28 pm

Description: Since muscles use glucose for energy, activities like walking, bicycling, and gardening help to lower the sugar in your blood. Aim for 30 minutes or more of moderate exercise on all or most days of the week. Even 10 minutes at a time can be beneficial with a goal of 150 minutes per week. Extra body fat contributes to insulin resistance, which makes it more difficult for insulin to lower blood sugar levels, and increases the likelihood of pre-diabetes. Your doctor will likely tell you to look for areas in which you can cut your calorie intake by 250 to 500 hundred calories per day. Be careful about the kinds of carbohydrates you eat and spread them evenly throughout the day. Remember, it is important to control your portions and not overeat!

JUNE 24, 2015

Issue: Health care

Migraines and nutrition

Program: Curvas Peligrosas

When: June 24, 2015 at 11:33 am

Description: Tyramine, for instance, is a substance found naturally in foods such as aged cheese, aged, canned, cured, or processed meats, beans such as fava and broad, pickles; and canned soups. It's formed by the breakdown of protein as foods age. That, triggers migraines. Try to avoid that, so migraines will not occur as often

JUNE 24, 2015

Issue: Health care

Thyroid Issues

Program: Curvas Peligrosas

When: June 24, 2015 at 12:32 pm

Description: Cruciferous vegetables, such as broccoli and cabbage, can interfere with the production of thyroid hormone, particularly people who have an iodine deficiency. Digesting these vegetables can block the thyroid's ability to absorb iodine, which is essential for normal thyroid function. Cooking the vegetables can reduce the effect that cruciferous vegetables have on the thyroid gland. Limiting your intake to 5 ounces a day appears to have no adverse effect on thyroid function.

JUNE 25, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 25, 2015

JUNE 25, 2015

Issue: Health care

Nothing to report

Program: Curvas Peligrosas

When: June 25, 2015

JUNE 26, 2015

Issue: Health care

Live from Morongo Casino in Cabazon Ca.

Program: Curvas Peligrosas

When: June 26, 2015 at 11 am

Description: Luz Maria had a seminar the previous night, and today did a live broadcast with some of her listeners, answering question regarding health issues, diabetes, cancer and much more.

JUNE 26, 2015

Issue: Health care

Live from Morongo Casino in Cabazon Ca.

Program: Curvas Peligrosas

When: June 26, 2015 at 12 pm

Description: : Luz Maria had a seminar the previous night, and today did a live broadcast with some of her listeners, answering question regarding health issues, diabetes, cancer and much more.

JUNE 27, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 27, 2015

JUNE 28, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 28, 2015

JUNE 29, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas

When: June 29, 2015 at 11 am

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 29, 2015

Issue: Health Care

Testimonies

Program: Curvas Peligrosas

When: June 29, 2015 at 12 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

JUNE 30, 2015

Issue: Health Care

Diabetes

Program: Curvas Peligrosas

When: June 30, 2015 at 11:07 am

Description: Luz Maria took a caller who recently attended her seminar in Morongo casino. She suffers from diabetes and asked Luz Maria for advice on how to control it by improving her nutrition and supplements to take.

JUNE 30, 2015

Issue: Health Care

Vitamin D

Program: Curvas Peligrosas

When: June 30, 2015 at 12: pm

Description: Vitamin D is used for conditions of the heart and blood vessels, including high blood pressure and high cholesterol. It is also used for diabetes, obesity, muscle weakness, multiple sclerosis, chronic obstructive pulmonary disease (COPD), asthma, bronchitis, premenstrual syndrome (PMS), and tooth and gum disease.