

RADIO COMMUNITY ISSUES – PROGRAMS REPORT

CURVAS PELIGROSAS

ENTRAVISION HOLDINGS, LLC
2425 OLYMPIC BLVD STE 6000 W
SANTA MONICA, CA 90404 4030

QUARTER 3, 2015

July 1, 2015 – September 30, 2015

JULY

CURVAS PELIGROSAS CON LUZ MARIA BRISENO

JOSE NETWORK 11AM-12PM MONDAY-FRIDAY

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

JULY 1, 2015

Issue: Health care

Specialized Menu

Program: Curvas Peligrosas

When: June 1, 2015 at 11:07 am

Description: Luz Maria took a caller who wanted help and advice on how to modify her eating habits. Therefore, Luz Maria took some information regarding her weight, height, etc. and made her a specialized menu.

JULY 1, 2015

Issue: Health care

Pancreatitis

Program: Curvas Peligrosas

When: June 1, 2015 at 12 pm

Description: Pancreatitis is inflammation in the pancreas. The pancreas is a long, flat gland that sits tucked behind the stomach in the upper abdomen. The pancreas produces enzymes that assist digestion and hormones that help regulate the way your body processes sugar (glucose). A high-carbohydrate, low-fat diet usually is prescribed. People often find that eating six small meals each day causes fewer symptoms than the traditional three square meals/day pattern. Medium-chain triglyceride (MCT) oil often is recommended, because it is a fat that is more easily digested and often causes no symptoms in people with chronic pancreatitis. Vitamin B12 often is supplemented, because people with chronic pancreatitis often are deficient in this vitamin. It is extremely important that people with chronic pancreatitis abstain from all alcohol. People with chronic pancreatitis should drink plenty of fluids, because dehydration may aggravate pain.

JULY 2, 2015

Issue: Health care

Cysts

Program: Curvas Peligrosas

When: June 2, 2015 at 11:31 am

Description: Luz Maria explained the formation of cysts. For most women, they develop on the breast. A strong immune system may help fight cyst formation, particularly abnormal cysts. Your body needs zinc to boost immune function, which helps to combat cyst growth. Include 8 to 11 milligrams of zinc in your diet each day for best health. Oysters are an excellent source of zinc, providing many times the amount you need, but you can also get zinc from other shellfish, fish and meat. Zinc is also available in cheese, nuts and beans.

JULY 2, 2015

Issue: Health care

Migraines

Program: Curvas Peligrosas

When: June 2, 2015 at 12:32 pm

Description: A migraine is not just a bad headache. It has a characteristic pattern, usually involving just one side of your head. It is a throbbing pain rather than a dull, constant ache, often accompanied by nausea, vomiting, and sensitivity to light and sounds. Emphasize in pain-safe

foods: brown rice, cooked vegetables, such as broccoli, collards, spinach, and chard and cooked or dried non-citrus fruits, in order to minimize migraine pain.

JULY 3, 2015

Issue: Health care

Weight loss and exercise

Program: Curvas Peligrosas

When: June 3, 2015 at 11:05 am

Description: Most people think that exercising will make you lose weight. Luz Maria mentioned that the combination of exercising and changing your nutrition is what is going to give you results.

JULY 3, 2015

Issue: Health care

Personalized Menu

Program: Curvas Peligrosas

When: June 3, 2015 at 12:44 pm

Description: A radio listener called in asking for a personalized menu.

JULY 4, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 4, 2015

JULY 4, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 4, 2015

JULY 5, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 5, 2015

Description:

JULY 5, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 5, 2015

JULY 6, 2015

Issue: Health care

Monday of Testimonies

Program: Curvas Peligrosas

When: June 6, 2015

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

JULY 6, 2015**Issue: Health care**

Monday of testimonies

Program: Curvas Peligrosas

When: June 6, 2015

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

JULY 7, 2015**Issue: Health care****Colon Cleanse**

Program: Curvas Peligrosas

When: June 7, 2015 at 11:23 am

Description: For colon cleanse, it's always best to change your diet. Eat salads and have vegetable shakes with fruit with give a deeper cleanse.

JULY 7, 2015**Issue: Health care**

Shakes with fruit and vegetables for diabetics

Program: Curvas Peligrosas

When: June 7, 2015 at 12:56 pm

Description: It's always best to add more vegetables than fruit in a shake for diabetics. They can eat fruit in between meals, but in very small portions, as long as they have fiber and protein.

JULY 8, 2015**Issue: Health care**

Problem with spinal cord

Program: Curvas Peligrosas

When: June 8, 2015 at 11:43 am

Description: For those who have issues with their spinal cord, should take Omega 3, which will help out a lot, especially if those affected have bone issues as well.

JULY 8, 2015**Issue: Health care**

Vitiligo and diabetics

Program: Curvas Peligrosas

When: June 8, 2015 at 12:27 pm

Description: A woman called wondering if Vitiligo will worsen her diabetes. Luz Maria mentioned it doesn't but being a pre-diabetic, the listener needs to make changes in her eating habits.

JULY 9, 2015**Issue: Health care**

High Cholesterol

Program: Curvas Peligrosas

When: June 9, 2015 at 11: 05 am

Description: for high cholesterol, you need to begin exercising, and change certain things from your daily menu, like the egg yolk, but you can consume once in a while mozzarella cheese, that's in case you aren't allergic to lactaids.

JULY 9, 2015

Issue: Health care

Anger Issues

Program: Curvas Peligrosas

When: June 9, 2015 at 12:05 pm

Description: Anger issues can be modified by the combination of nutrients. It all has to do with certain vitamins, nutrients that one intake. Junk food that contains too much salt, can be a factor to trigger our anger.

JULY 10, 2015

Issue: Health care

Specialized menu and supplements

Program: Curvas Peligrosas

When: June 10, 2015 at 11:20 am

Description: A listener call in to request a specialized menu and advice on what supplements to take.

JULY 10, 2015

Issue: Health care

Intestinal issues/rectal bleeding

Program: Curvas Peligrosas

When: June 10, 2015 at 12:43 pm

Description: A listener call in asking for advice regarding her intestinal issues, and rectal bleeding. It's a serious issue that most people don't really pay attention to. Luz Maria gave the listener a very detailed description of what could happen if not treated on time. In the meanwhile, she suggested for her to follow her nutritional plan and begin changing her diet. This applies to those who have a similar problem.

JULY 11, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 11, 2015

JULY 11, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 11, 2015

JULY 12, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 12, 2015

JULY 12, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 12, 2015

JULY 13, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: June 13, 2015 at 11:05 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.

JULY 13, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: June 13, 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.

JULY 14, 2015

Issue: Health care

Menopause and nutrition

Program: Curvas Peligrosas

When: June 14, 2015 at 11:47 am

Description: Eat foods such as vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. If you drink alcohol, limit yourself to one drink a day. Avoid oversized portions. Try using a smaller plate, bowl and glass. Cook more often at home where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains.

JULY 14, 2015

Issue: Health care

Specialized Menu

Program: Curvas Peligrosas

When: June 14, 2015 at 12:30 pm

Description: A listener called asking for advice on how to eat healthier, depending on the time she starts her day.

JULY 15, 2015

Issue: Health care

Colitis

Program: Curvas Peligrosas

When: June 15, 2015 at 11:44 am

Description: Legumes and beans are high in fiber and can cause gas, so they're not an ideal food for someone having an ulcerative colitis flare. Coffee has a reputation for fueling bathroom breaks even in people without IBD, and it can make symptom management especially difficult for ulcerative colitis patients. The same goes for tea and other caffeinated beverages as well as products with guarana, a stimulant often found in energy drinks.

JULY 15, 2015

Issue: Health care

Gastritis

Program: Curvas Peligrosas

When: June 15, 2015 at 12:26 pm

Description: Probiotics capsules, tablets and powders may be purchased from pharmacies. The University of Maryland Medical Center recommends patients take probiotic supplements containing 5 to 10 billion colon forming units a day. Probiotics may also be available in dairy

products containing live bacterial cultures. Examples of food sources include yogurt, cultured buttermilk, acidophilus milk, miso, tempeh and soy beverages. Eating these foods colonizes the stomach with live bacteria cultures that may be useful in suppressing helicobacter pylori.

JULY 16, 2015

Issue: Health care

Low blood pressure

Program: Curvas Peligrosas

When: June 16, 2015 at 11:25 am

Description: Eat a diet higher in salt, drink lots of nonalcoholic fluids. Also, limit alcoholic beverages. Drink more fluids during hot weather and while sick with a viral illness, such as a cold or the flu. Have your doctor evaluate your prescription and over-the-counter medications to see if any of them are causing your symptoms. Get regular exercise to promote blood flow.

JULY 16, 2015

Issue: Health care

Gums and nutrition

Program: Curvas Peligrosas

When: June 16, 2015 at 12:26 pm

Description: Eat a mostly whole foods diet with lots of lean protein and fresh vegetables. Avoid most processed foods, especially those that are high in simple sugars. Take your fish oil.

JULY 17, 2015

Issue: Health care

Migraines

Program: Curvas Peligrosas

When: June 17, 2015 at 11: 23 am

Description: Eliminate amines. Cut out any amine- containing foods known to be a problem and cut down on others as far as practicable. In particular, avoid chocolate, aged cheese, tinned and pickled fish, sauerkraut, dates, figs, raisins, pineapple, bananas and yeast extract.

Cut out caffeine. Coffee is often the villain of the piece, but tea and cola drinks may also contain appreciable amounts of caffeine. Gradual reduction is advisable to avoid a withdrawal headache. Drink plenty of water instead, since dehydration leads to histamine release and vasoconstriction. Stay clear of alcohol and tobacco, too. Base your diet on the freshest, most natural foods you can obtain

JULY 17, 2015

Issue: Health care

Migraines

Program: Curvas Peligrosas

When: June 17, 2015 at 12: 28 pm

Description: Luz Maria repeated the same show from her previous network show.

JULY 18, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 18, 2015

JULY 18, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 18, 2015

JULY 19, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 19, 2015

JULY 19, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 19, 2015

JULY 20, 2015

Issue: Health care

Monday of Testimonies

Program: Curvas Peligrosas

When: June 20, 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.

JULY 20, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: June 20, 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.

JULY 21, 2015

Issue: Health Issue

Cancer and nutrition

Program: Curvas Peligrosas

When: June 21, 2015 at 11:29 am

Description: A loyal listener called in to thank Luz Maria. She was diagnosed with cancer and while ago, and due to her changing habits and the advice Luz Maria offers to her listeners, her health has been getting better and better within time.

JULY 21, 2015

Issue: Health Issues

Ulcer Disease issues

Program: Curvas Peligrosas

When: June 21, 2015 at 12:50 pm

Description: Limiting or avoiding alcohol. Avoid coffee, both caffeinated and decaffeinated, caffeine from other sources, such as chocolate or soda, acidic or spicy foods, if these foods cause your discomfort to increase: Acidic foods include citrus foods and foods containing tomatoes. Spices reported by some patients to increase discomfort include black pepper, chili pepper, chili powder, cayenne pepper, mustard seed, and nutmeg. Watching your intake of fatty foods, such as fried foods, fast food, and rich desserts, if you think these foods cause discomfort: Some patients report that fatty foods increase their level of pain

JULY 22, 2015

Issue: Health Issues

Thyroid problems

Program: Curvas Peligrosas

When: June 22, 2015 at 11:40 am

Description: A woman called asking for advice on what foods to consume due to her thyroid issues. She is having a hard time losing weight. Luz Maria gave her a few tips on how to control that issue, but at the same time, she needs to continue seeing her doctor.

JULY 22, 2015

Issue: Health Issues

Importance of fruits and water

Program: Curvas Peligrosas

When: June 22, 2015 at 12: pm

Description: Freshly squeezed juices from fruits and vegetables are excellent sources of minerals and vitamins which catalyze chemical reactions occurring in the body. These enzymes also produce the energy needed for digestion, absorption, and conversion of food into body tissues. An increased intake of fruit and vegetable juices ensures that the body will efficiently absorb more minerals and vitamins. Another helpful benefit of fruits and fruit juices is their ability to promote detoxification in the human body. Fruits help to cleanse the body, especially those with high acid levels. Tomatoes, pineapples, and citruses such as oranges, red grapefruits, and lemons are known for their detoxifying properties. While these fruits promote cleansing, they still provide the body with a high boost of Vitamin C!

JULY 23, 2015

Issue: Health Issue

Autoimmune diseases

Program: Curvas Peligrosas

When: June 23, 2015 at 11:28 am

Description: Vitamin C may be the most important water-soluble antioxidant, having the ability to scavenge both reactive oxygen and nitrogen radicals. In controlled studies, vitamin C has demonstrated antiatherogenic, anticarcinogenic, antihistaminic, and immunomodulatory benefits. CoQ10 has shown antioxidant activity within the mitochondria and cellular membrane. CoQ10 levels decline with aging and are strongly related to increased cardiovascular disease, especially congestive heart failure. Supplemental CoQ10 has shown usefulness in treating periodontal disease and boosting energy levels.

JULY 23, 2015

Issue: Health issues

Nutrition after cancer

Program: Curvas Peligrosas

When: June 23, 2015 at 12 pm

Description: Check with your cancer care team for any food or diet restrictions. Ask your dietitian to help you create a nutritious, balanced eating plan. Choose a variety of foods from all the food groups. Try to eat at least 2½ cups of fruits and vegetables each day; include citrus fruits and dark-green and deep-yellow vegetables. Eat plenty of high-fiber foods, like whole-grain breads and cereals. Buy a new fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries. Decrease the amount of fat in your meals by baking or broiling foods. Limit your intake of red meat (beef, pork, or lamb) to no more than 3 to 4 servings a week. Avoid salt-cured, smoked, and pickled foods (including bacon, sausage, and deli meats).

Choose low-fat milk and dairy products. If you choose to drink alcohol, limit the amount to no more than 1 drink per day for women, and 2 for men. Alcohol is a known cancer-causing agent.

JULY 24, 2015

Issue: Health issues

Epilepsy

Program: Curvas Peligrosas

When: June 24, 2015 at 11:22 am

Description: A woman called asking for advice because her 22 year old son suffers from epilepsy. Luz Maria recommends natural chicken with no hormones or antibiotics. Vegetables and organics fruits are very recommended. The less processed foods he consumes, the easier it will be to treat his problems

JULY 24, 2015

Issue: Health issues

Amino Acids

Program: Curvas Peligrosas

When: June 24, 2015 at 12:40 pm

Description: Of the 20 amino acids, 11 can be synthesized in the body. That leaves nine amino acids that you need to get directly from your diet, and they're called the essential amino acids. Animal protein sources contain all the amino acids you need. Plant proteins contain most of the amino acids, but almost all plant-based foods are deficient in one or more essential amino acids.

JULY 25, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 25, 2015

JULY 25, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 25, 2015

JULY 26, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 26, 2015

JULY 26, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: June 26, 2015

JULY 27, 2015

Issue: Health Issues

Monday of testimonies

Program: Curvas Peligrosas

When: June 27, 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.

JULY 27, 2015**Issue: Health Issues**

Monday of testimonies

Program: Curvas Peligrosas

When: June 27, 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.

JULY 28, 2015**Issue: Health Issues**

Nephrotic Syndrome

Program: Curvas Peligrosas

When: June 28, 2015 at 11:29 am

Description: One of the aims of nutritional management is to replace as much of the protein loss in the urine by a intake of good quality protein. The dietary modification may be as follows: A balanced diet adequate in both energy and protein (1-2gm per kilogram body weight) should be adequate for most children. Since Indian children usually have a low intake of protein (even less than the RDA), adequate protein intake - up to 2gm/kg/day in children and not more than 3gm/kg/day in infants is advocated. A very high protein diet may cause tubular damage to the kidneys as the kidneys will have to filter more of the proteins.

JULY 28, 2015**Issue: Health Issues**

Kale and its Nutrients

Program: Curvas Peligrosas

When: June 28, 2015 at 12:

Description: It is definitely one of the healthiest and most nutritious plant foods in existence. Kale is loaded with all sorts of beneficial compounds... some of which have powerful medicinal properties. It is related to cruciferous vegetables like cabbage, broccoli, cauliflower, collard greens and brussels sprouts.

JULY 29, 2015**Issue: Health Issues**

Heart problems

Program: Curvas Peligrosas

When: June 29, 2015 at 11:23 am

Description: Eat more fish. Fish is a good source of protein and other nutrients. Some fish, such as salmon, tuna, and mackerel, also gives you omega-3 fatty acids, which may cut your risk of heart disease and stroke.

JULY 29, 2015**Issue: Health Issues**

Multiple sclerosis

Program: Curvas Peligrosas

When: June 29, 2015 at 12:25 pm

Description: Vitamin D is very much recommended.

JULY 30, 2015**Issue: Health Issues**

Arthritis

Program: Curvas Peligrosas

When: June 29, 2015 at 11:26 am

Description: Omega 3 and 6 is very well recommended, as well as vitamin D and calcium

JULY 30, 2015

Issue: Health Issues

Vitiligo

Program: Curvas Peligrosas

When: June 29, 2015 at 12:

Description: Vitamin B12 and folic acid is recommended, vitamin C, D, beta carotene and copper, iron and zinc.

JULY 30, 2015

Issue: Health Issues

Vitiligo

Program: Curvas Peligrosas

When: June 29, 2015 at 12:

Description: Vitamin B12 and folic acid is recommended, vitamin C, D, beta carotene and copper, iron and zinc.

JULY 31, 2015

Issue: Health Issues

Ear Issues

Program: Curvas Peligrosas

When: June 31, 2015 at 11: 22 am

Description: A listener called in because he has ear issues and wanted some advice from Luz Maria. She suggested to visit a specialist. Salty foods are high in sodium, which is a mineral that maintains fluid balance. Consuming too much sodium can offset your inner ear fluid levels, increasing your risk for vertigo and other inner ear problems. To avoid these risks stay away from particularly salty foods, such as potato chips, french fries, pretzels, processed meats, soy sauce and canned foods. Low-sodium alternatives include air-popped popcorn seasoned with natural herbs, homemade soup and fresh, lean meats.

JULY 31, 2015

Issue: Health Issues

How much is too much exercise?

Program: Curvas Peligrosas

When: June 31, 2015 at 12:26 pm

Description: Too much exercise can lead to injuries, exhaustion, and depression. It can also cause lasting physical harm. Your adrenal gland, pumping out hormones as you pound the pavement, can only produce so much cortisol at a time. Suddenly, the heartbeat you'd lowered to a resting 48 is up to 80. You now run for two hours, then three hours. But you can't improve your 10K times.

AUGUST

CURVAS PELIGROSAS CON LUZ MARIA BRISENO

JOSE NETWORK 11AM-12PM MONDAY-FRIDAY

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

AUGUST 1, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 1, 2015

AUGUST 1, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 1, 2015

AUGUST 2, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 2, 2015

AUGUST 2, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 2, 2015

AUGUST 3, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: August 3, 2015

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

AUGUST 3, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: August 3, 2015

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

AUGUST 4, 2015

Issue: Health care

Fatty Liver

Program: Curvas Peligrosas

When: August 4, 2015 at 11:22

Description: Weight loss and exercise are among the most promising of treatments for nonalcoholic fatty liver disease. It does not take large amounts of weight loss to result in a decrease in liver fat.

AUGUST 4, 2015

Issue: Health care

Constipation

Program: Curvas Peligrosas

When: August 4, 2015 at 12:22 pm

Description: People need to avoid foods in high fast releasing sugars such as unrefined grains, confectionary, cakes and biscuits since these foods promote dysbiosis. Avoid wheat, especially wheat based breakfast cereals, bread and pasta. In severe cases of constipation, eliminate all gluten grains from diet for at least 6 weeks.

AUGUST 5, 2015

Issue: Health care

Lupus

Program: Curvas Peligrosas

When: August 5, 2012 at 11:10 am

Description: Red meat is full of saturated fat, which can contribute to heart disease. On the other hand, fish such as **salmon, tuna, mackerel**, and **sardines**, are high in omega-3 fatty acids. Omega-3s are polyunsaturated fatty acids that help protect against heart disease, and they can also reduce inflammation in the body.

AUGUST 5, 2015

Issue: Health care

Exercise and nutrition

Program: Curvas Peligrosas

When: August 5, 2015 at 12 pm

Description: The majority of the calls she received today, were about people wanting to thank her for being such an inspiration, her dedication in helping others and how they themselves, mentioned that they follow nutrition and exercise, thanks to her.

AUGUST 6, 2015

Issue: Health care

Diabetes

Program: Curvas Peligrosas

When: August 6, 2015 at 11: 25 am

Description: Once again, she spoke about diabetes, which is an illness that targets the Hispanic Community. Luz Maria gave advice in what to eat to better your health, and what vegetables to eat and vitamins to take in order to prevent it.

AUGUST 6, 2015

Issue: Health care

Epilepsy

Program: Curvas Peligrosas

When: August 6, 2015 at 12:22 pm

Description: A balanced diet is generally made up of carbohydrates, fats, proteins, vegetables and fruit, and drinking plenty of fluids. Research continues into what makes a healthy diet, and dietary guidelines are also influenced by where we live, our health needs, and our lifestyle.

AUGUST 7, 2015

Issue: Health care

Thyroid issues

Program: Curvas Peligrosas

When: August 7, 2015 at 11:50 am

Description: Hyperthyroidism, when your thyroid gland produces too much thyroid hormone and can't be prevented or treated though diet alone. Berries pack a powerful punch because they're bursting with antioxidants, which keep your immune system strong. Eat a serving of berries every day. Broccoli is part of the goitrogen family, foods that can decrease the amount of thyroid hormone your thyroid gland produces. Foods that belong to this group are known as "cruciferous" foods. Other cruciferous veggies include cauliflower, kale, and cabbage. Eat one or more servings of these veggies a day.

AUGUST 7, 2015

Issue: Health care

Dr. Italia Solorzano from Clinica medica Familiar

Program: Curvas Peligrosas

When: August 7, 2015 at 12:23 pm

Description: Dr. Italia Solorzano, Luz Maria's special guest, came to talk about the services Clinica Medica San Miguel offers for the whole family.

AUGUST 8, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 8, 2015

AUGUST 8, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 8, 2015

AUGUST 9, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 9, 2015

AUGUST 9, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 9, 2015

AUGUST 10, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: August 10, 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.

AUGUST 10, 2015

Issue: Health care

Monday of testimonies

Program: Curvas Peligrosas

When: August 10, 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.

AUGUST 11, 2015

Issue: Health care

Importance of vitamins

Program: Curvas Peligrosas

When: August 11, 2015 11:22 am

Description: Vitamins are very important, especially for women who are going through a pregnancy. They should take prenatal vitamins, omega 3, vitamin c...and most importantly, eat vegetables.

AUGUST 11, 2015

Issue: Health care

Osteoporosis

Program: Curvas Peligrosas

When: August 11, 2015 at 12:34 pm

Description: Some osteoporosis experts say that we should be getting 800 to 1,200 IU of vitamin D per day. This is particularly important, because the primary source of natural vitamin D, exposure to sunlight, which carries the potential risk of skin cancer. As more of us slather on sunscreen and stay in the shade, we need to make sure we get enough vitamin D from other sources.

AUGUST 12, 2015

Issue: Health Care

Program: Curvas Peligrosas

When: August 12, 2015 at

Description:

AUGUST 12, 2015

Issue: Health Care

Program: Curvas Peligrosas

When: August 12, 2015 at

Description:

AUGUST 13, 2015

Issue: Health Care

Children's Miracle Network Radiothon 2015

Program: Curvas Peligrosas

When: August 13, 2015 at 11 am

Description: Luz Maria participated in our annual radiothon, helping raise funds for our local and national children's hospitals (in studio)

AUGUST 13, 2015

Issue: Health Care

Children's Miracle Network Radiothon 2015

Program: Curvas Peligrosas

When: August 13, 2015 at 12 pm

Description: Luz Maria participated in our annual radiothon, helping raise funds for our local and national children's hospitals. (in studio)

AUGUST 14, 2015

Issue: Health Care

Children's Miracle Network Radiothon 2015

Program: Curvas Peligrosas

When: August 14, 2015 at 11 am

Description: Luz Maria participated in our annual radiothon, helping raise funds for our local and national children's hospitals (Live at Children's Hospital Los Angeles)

AUGUST 14, 2015

Issue: Health Care

Children's Miracle Network Radiothon 2015

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Description: Luz Maria participated in our annual radiothon, helping raise funds for our local and national children's hospitals (Live at Children's Hospital Los Angeles)

AUGUST 15, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 15, 2015 at

AUGUST 15, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 15, 2015 at

AUGUST 16, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 16, 2015 at

AUGUST 16, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 16, 2015 at

AUGUST 17, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas

When: August 17, 2015 at

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

AUGUST 17, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas

When: August 17, 2015 at

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

AUGUST 18, 2015

Issue: Health Care

Hyperthyroid problems

Program: Curvas Peligrosas

When: August 18, 2015 at 11:20 am

Description: Berries pack a powerful punch because they're bursting with antioxidants, which keep your immune system strong. Eat a serving of berries every day. Salmon contains vitamin D, an essential nutrient that works with calcium to prevent bone loss. Salmon also carries a mega dose of omega-3 fatty acids that keep you healthy.

AUGUST 18, 2015

Issue: Health Care

Liver problems

Program: Curvas Peligrosas

When: August 18, 2015 at 12:32 pm

Description: Nutrition and the liver are interrelated in many ways. Some functions are well understood; others are not. Since everything we eat, breathe and absorb through our skin must be refined and detoxified by the liver, special attention to nutrition and diet can help keep the liver healthy. In a number of different kinds of liver disease, nutrition takes on considerably more importance.

AUGUST 19, 2015

Issue: Health Care

Rotating Vegetables in shakes

Program: Curvas Peligrosas

When: August 19, 2015 at 11:25 am

Description: Different foods have different amounts of nutrients. By eating a variety of leafy greens, you'll get a more balanced amount of vitamins and minerals. Also, certain greens have unique phytonutrients that you might not get at all, or in smaller amounts, by eating only one or two types of leafy green. It would be a shame to eat nothing but spinach when kale and dandelion have much higher levels of calcium, iron and protein. So don't get stuck in a rut with your leafy greens.

AUGUST 19, 2015

Issue: Health Care

Meditation and Nutrition

Program: Curvas Peligrosas

When: August 19, 2015 at 12:05 pm

Description: Luz Maria suggests meditating at least 2 to 3 hours prior going to bed. This causes stress reduction.

AUGUST 20, 2015

Issue: Health Care

Weight loss/muscle gain

Program: Curvas Peligrosas

When: August 20, 2015 at 11:20 am

Description: A listener called in who has been losing weight, yet she wants to gain muscle. It was suggested to check for her calories (provide more calories in her foods) and exercise with more resistance.

AUGUST 20, 2015

Issue: Health care

Cramps

Program: Curvas Peligrosas

When: August 20, 2015 at 12:23 pm

Description: White rice, for example, have no complex B, and that makes your body more weaker and activates hormones irregularly.

AUGUST 21, 2015

Issue: Health Care

Varicose veins

Program: Curvas Peligrosas

When: August 21, 2015 at 11:45 am

Description: Blueberries, avocado, rosemary watercress, ginger, beet, asparagus and buckwheat are very element to consume in order to reduce varicose veins.

AUGUST 21, 2015

Issue: Health Care

Importance of drinking water

Program: Curvas Peligrosas

When: August 21, 2015 at 12:05 pm

Description: Every Friday, she recommends drinking water and hydrating ourselves especially during the weekend, since its days where we attend social events and drink alcohol.

AUGUST 22, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 22, 2015

AUGUST 22, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 22, 2015

AUGUST 23, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 23, 2015

AUGUST 23, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 23, 2015

AUGUST 24, 2015

Issue: Monday of Testimonies

Program: Curvas Peligrosas

When: August 24, 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.

AUGUST 24, 2015**Issue: Monday of testimonies**

Program: Curvas Peligrosas

When: August 24, 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.

AUGUST 25, 2015**Issue: Health Care****Sleepless night/caffeine**

Program: Curvas Peligrosas

When: August 25, 2015 at 11:05 am

Description: Because caffeine is a stimulant, most people use it after waking up in the morning or to remain alert during the day. While it is important to note that caffeine cannot replace sleep, it can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline production.

AUGUST 25, 2015**Issue: Health Care****Prevent heart attacks**

Program: Curvas Peligrosas

When: August 25, 2015 at 12:07 pm

Description: With nutrition...lose weight, regulate your weight. Besides preventing heart attacks, you will also prevent high cholesterol, high pressure and more.

AUGUST 26, 2015**Issue: Health Care****Symptoms heart attack on women**

Program: Curvas Peligrosas

When: August 26, 2015 at 11:03 am

Description: They are very different from men...stomach ache, or gastritis like symptoms, are signs of a woman about to get a heart attack.

AUGUST 26, 2015**Issue: Health Care****Hispanics and Cancer statistics**

Program: Curvas Peligrosas

When: August 26, 2015 at 12:05pm

Description: Hispanics are the largest ethnic group to suffer from cancer and heart attacks. People need to change their diet and nutrition, to live a healthier life and reduce the risks of these diseases.

AUGUST 27, 2015**Issue: Health Care****Estrogen between men and women**

Program: Curvas Peligrosas

When: August 27, 2015 at 11:06 am

Description: In women, estrogen is produced mainly in the ovaries, but it is also produced by fat cells and the adrenal gland. Estrogen is involved in the onset of puberty, playing a role in the development of so-called secondary sex characteristics, such as breasts, and pubic and armpit hair. In men, High estrogen levels in men contribute to prostate cancer and heart disease as

well as gynecomastia (enlarged breasts).As the testosterone is transformed into estrogen the low levels of testosterone can cause many unpleasant symptoms including loss of muscle mass, fatigue, low libido, erectile dysfunction. Furthermore, excessive estrogen in men raises body fat and can contribute to diabetes and high lipids.

AUGUST 27, 2015

Issue: Health Care

Hair loss

Program: Curvas Peligrosas

When: August 27, 2015 at 12:05 pm

Description: Nuts are great for fighting hair loss, they have oils which contribute to the elastin in the hair and contributes to the growth. If you don't have enough oils in the body, your hair will snap.

AUGUST 28, 2015

Issue: Health Care

Thyroid problem

Program: Curvas Peligrosas

When: August 28, 2015 at 11:17 am

Description: A listener's 16 year old daughter suffers from thyroid issues. She should take kelp supplement with contains Iodine, and take 1 capsule of 300 to 400 milligrams.

AUGUST 28, 2015

Issue: Health Care

Dehydration and children

Program: Curvas Peligrosas

When: August 28, 2015 at 12:05 pm

Description: Children are much weaker than an adult and even older people. 1 hour before the child does any type of exercise, they should drink at least 6 oz. of water. Prepare 11 on of water and 12 grapes, mix well to make fresh water. If not, make him or her some coco water.

AUGUST 29, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 29, 2015

AUGUST 29, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 29, 2015

AUGUST 30, 2015

Issue: Nothing to report

Program: Curvas Peligrosas

When: August 30, 2015

AUGUST 30, 2015

Issue: Nothing to report

Program: Curvas Peligrosas
When: August 30, 2015

AUGUST 31, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas

When: August 31, 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.

AUGUST 31, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas

When: August 31, 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.

SEPTEMBER

CURVAS PELIGROSAS CON LUZ MARIA BRISENO

JOSE NETWORK 11AM-12PM MONDAY-FRIDAY

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

SEPTEMBER 1, 2015

Issue: Health Care

Thyroid Glands

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 1, 2015

Description: Protein transports thyroid hormone to all your tissues and enjoying it at each meal can help normalize thyroid function. Proteins include nuts and nut butters; quinoa; hormone- and antibiotic-free animal products (organic, grass-fed meats, eggs, and sustainably-farmed fish); and legumes.

SEPTEMBER 1, 2015

Issue: Health Care

Anxiety and nutrition

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 1, 2015

Description: You will find tryptophan in a variety of foods and help with anxiety: turkey, chicken, bananas, milk, oats, cheese, soy, nuts, peanut butter, and sesame seeds. However, there is some question about whether tryptophan found in food crosses the blood-brain barrier, so the effect is not going to be a dramatic one.

SEPTEMBER 2, 2015

Issue: Health Care

Obesity and nutrition

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 2, 2015 at 11:07 am

Description: A number of factors affect a person's ability to eat a healthful diet, stay physically active, and achieve or maintain a healthy weight. The built environment has a critical impact on behaviors that influence health. For example, in many communities, there is nowhere to buy fresh fruit and vegetables, and no safe or appealing place to play or be active. These environmental factors are compounded by social and individual factors such as gender, age, race and ethnicity, education level, socioeconomic status, and disability status, which influence nutrition, physical activity, and obesity. Addressing these factors is critically important to improving the nutrition and activity levels of all people, only then will progress be made against the Nation's obesity epidemic and its cascading impact on health.

SEPTEMBER 2, 2015

Issue: Health Care

Special Guest Rosetta Stone

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 2, 2015 at 12:35 pm

Description: Luz Maria had a special guest during her show, who uses the program Rosetta stone, a program which Luz Maria is a spokesperson for, which teaches you to learn English. The both emphasized the importance of learning this language, because it helps with looking for better jobs, helping your children with their homework, and better yet, for their personal growth and success.

SEPTEMBER 3, 2015**Issue: Health Care****Upcoming seminar**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 3, 2015 at 11:18am

Description: Luz Maria is having a health seminar on sept 19. For those who want to attend, tickets will cost 25 dollars. Usually in her seminars, she explains the importance of nutrition, people will see how she prepares shakes and food bowls for a healthy lifestyle. Also, she invites guests and loyal listeners who have lost weight and decide to share their testimony live on stage.

SEPTEMBER 3, 2015**Issue: Health Care****Thyroid problems**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 3, 2015 at 12:22 pm

Description: Thyroid problems...a very popular topic amongst the listeners since they mostly suffer from that and want Luz Maria to keep informing them regarding what foods to take and to avoid, so it can help with their problem.

SEPTEMBER 4, 2015**Issue: Health Care****Drinking and driving**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 4, 2015 at 11:05 am

Description: Due to the long labor day weekend, she wants adults to educate the youth, their personal family members as well as youth within their community, which is very important. They must know the dangers of drinking and driving as well as the legal repercussions of these actions.

SEPTEMBER 4, 2015**Issue: Health Care****Drinking and driving**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 4, 2015 at 12: 05 pm

Description: Due to the long labor day weekend, she wants adults to educate the youth, their personal family members as well as youth within their community, which is very important. They must know the dangers of drinking and driving as well as the legal repercussions of these actions.

SEPTEMBER 5 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 5, 2015

SEPTEMBER 5, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 5, 2015

SEPTEMBER 6, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 6, 2015

SEPTEMBER 6, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 6, 2015

SEPTEMBER 6, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 6, 2015

SEPTEMBER 7, 2015

Issue: Health Care

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 7, 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.

SEPTEMBER 7, 2015

Issue: Health Care

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 7, 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.

SEPTEMBER 8, 2015

Issue: Health Care

Different types of anemia

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 8, 2015 at 11:06 am

Description: There are many types of anemia. All are very different in their causes and treatments. Iron-deficiency anemia, the most common type, is very treatable with diet changes and iron supplements. Some forms of anemia, like the anemia that develops during pregnancy, are even considered normal. However, some types of anemia may present lifelong health problems.

SEPTEMBER 8, 2015

Issue: Health Care

Irregular period/stomach ache

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 8, 2015 at 12:09 pm

Description: A woman called asking for advice regarding her irregular menstrual period and stomach pain when after she eats. Luz Maria gave her nutritional advice to reduce the pains.

SEPTEMBER 9, 2015

Issue: Health Care
Personalized menu

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 9, 2015 at 11:40 am

Description: A "surprise" guest drove from Modesto Ca. asking to see Luz Maria and speak with her personally due to her health issue, anxiety, etc. She spoke about her problems on air, which benefits other listeners who suffer from the same issues.

SEPTEMBER 9, 2015

Issue: Health Care

H pylori

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 9, 2015

Description: Helicobacter pylori is a commonly found bacterium in our digestive tracts. Its presence may not throw up conspicuous symptoms, until it causes an infection in the lining of the stomach. Nutrients for H pylori include a diet rich in vitamins A and C. They are found in abundance in fresh fruits, carrots, spinach, sweet potatoes, apricots, and parsley. These vitamins aid in preventing the H pylori bacteria from sticking to the walls of the stomach.

SEPTEMBER 10, 2015

Issue: Health Care

Difference between L-glutamine/ L-carnitine

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 10, 2015 at 11:04 am

Description: L-carnitine comes from the amino acids lysine and methionine and helps the body burn fat as an energy source, and L-carnitine is an amino acid (a building block for proteins) that is naturally produced in the body.

SEPTEMBER 10, 2015

Issue: Health Care

Important function of Metabolism

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 10, 2015 at 12:30 pm

Description: Metabolism is the process by which the body turns what you eat into energy. The energy level in a food is measured by the level of calories. Calories from certain sources can affect the body in different ways. Your metabolism is affected by heredity, age (younger people tend to have higher metabolism rates, meaning they use more energy. This is one reason why many kids can eat whatever they want without gaining weight) Gender: males usually have higher metabolism rates, which is why the average male need to ingest more calories than the average female and activity level: If you are more physically active, your metabolism will speed up, and vice versa. Also, metabolism can be affected by positive or negative eating habits, such as binge eating.

SEPTEMBER 11, 2015

Issue: Health Care

Health fair (El Paso)

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 11, 2015 at 11:06 am

Description: Luz Maria will making an appearance at the El Paso health fair, where she will be answering question of those who have nutritional doubts on how to better their eating habits.

SEPTEMBER 11, 2015**Issue: Health Care****Trivia/prize**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 11, 2015 at

Description: wanting to promote nutritional facts in a different way, she asked a trivia question, and for whoever got the correct answer, would win some products she endorses, plus a 100 dollar check courtesy of Luz Maria Briseño.

SEPTEMBER 12, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 12, 2015

SEPTEMBER 12, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 12, 2015

SEPTEMBER 13, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 13, 2015

SEPTEMBER 13, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 13, 2015

SEPTEMBER 14, 2015**Issue: Health Care****Monday of testimonies**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 14, 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.

SEPTEMBER 14, 2015**Issue: Health Care****Monday of testimonies**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 14, 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.

SEPTEMBER 15, 2015**Issue: Health Care****Seminar ticket giveaway (Palm Springs event)**

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 15, 2015 at 11:05 am

Description: Luz Maria Briseño gives away many pairs of tickets for her upcoming health seminar in Palm Springs at Riviera Casino and resort. She does this by making health trivia questions, and whoever get the correct answer, wins tickets.

SEPTEMBER 15, 2015

Issue: Health Care

Consuming protein 4 times a day

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 15, 2015 at 12:05 pm

Description: Keeping track of what you're supposed to eat to stay healthy can already be overwhelming, but it turns out that *when* you eat what can also be important for keeping your weight in control and for warding off chronic disease.

SEPTEMBER 16, 2015

Issue: Health Care

Varicose veins

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 16, 2015 at 11:21 am

Description: certain valves on our legs, are supposed to close after the bloods passes by, but they expand due the excess of coffee, stress, saturated fat and being overweight.

SEPTEMBER 16, 2015

Issue: Health Care

Antioxidants on fruits and vegetables

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 16, 2015 at 12:06 pm

Description: fruits and vegetables' skin contain many antioxidants, which help cleaning our blood.

SEPTEMBER 17, 2015

Issue: Health Care

Why do we crave sugars?

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 17, 2015 at 11:06 am

Description: We crave sugars due not eating at the times we are supposed to.

SEPTEMBER 17, 2015

Issue: Health Care

Cancer Schwannoma

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 17, 2015

Description: It consists of a benign nerve sheath tumor composed of Schwann cells, which normally produce the insulating myelin sheath covering peripheral nerves. Schwannomas are homogeneous tumors, consisting only of Schwann cells.

SEPTEMBER 18, 2015

Issue: Health Care

Different from of exercise

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 18, 2015 at 11:25 am

Description: Luz Maria suggests to join a sports team in case those who are going to the gym, get tired of the same routine.

SEPTEMBER 18, 2015

Issue: Health Care

What is Glycogen

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 18, 2015 at 12:12 pm

Description: Glucose turns into glycogen. It's deposited in bodily tissues as a store of carbohydrates. It is a polysaccharide that forms glucose on hydrolysis.

SEPTEMBER 19, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 19, 2015

SEPTEMBER 19, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 19, 2015

SEPTEMBER 20, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 20, 2015

SEPTEMBER 20, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 20, 2015

SEPTEMBER 21, 2015

Issue: Health Care

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 21, 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.

SEPTEMBER 21, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 21, 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.

SEPTEMBER 22, 2015

Issue: Health Care

Health Fair (El Paso)

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 22, 2015

Description: Once again, Luz Maria will making an appearance at the El Paso health fair, where she will be answering question of those who have nutritional doubts on how to better their eating habits.

SEPTEMBER 22, 2015

Issue: Health Care

Complex carbohydrates

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 22, 2015 at 12:33 pm

Description: Complex carbohydrates are made up of sugar molecules that are strung together in long, complex chains. Complex carbohydrates are found in foods such as peas, beans, whole grains, and vegetables. Both simple and complex carbohydrates are turned to glucose (blood sugar) in the body and are used as energy.

SEPTEMBER 23, 2015

Issue: Health Care

Foods according to your type of blood

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 23, 2015 at 11:09 am

Description: Type O blood: A high-protein diet heavy on lean meat, poultry, fish, and vegetables, and light on grains, beans, and dairy. Type A blood: A meat-free diet based on fruits and vegetables, beans and legumes, and whole grains, ideally organic and fresh, because people with type A blood have a sensitive immune system. Type B blood: Avoid corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds. Chicken is also problematic, Type AB blood: Foods to focus on include tofu, seafood, dairy, and green vegetables. People with type AB blood tend to have low stomach acid. Avoid caffeine, alcohol, and smoked or cured meats.

SEPTEMBER 23, 2015

Issue: Health Care

Almonds in nutrition

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 23, 2015 at 12:07 pm

Description: **Almonds are packed with vitamins, minerals, protein and fiber, and are associated with a number of health benefits. Just a handful of almonds, approximately one ounce, contains one-eighth of our necessary daily protein**

SEPTEMBER 24, 2015

Issue: Health Care

Ovarian cysts and nutrition

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 24, 2015 at 11:30 am

Description: Although they occur most often during the childbearing years, ovarian cysts can affect a woman at any age. These cysts are usually not bothersome, but some women may feel pressure, bloating or pain in the pelvic area. Foods in high in sugar and refined starches may increase risk of ovarian cysts. Eating a healthy diet that limits your intake of processed foods, especially refined starches and sugar, is recommended.

SEPTEMBER 24, 2015

Issue: Health Care

Body parts that benefit from fatty acids

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 24, 2015 at 12:22 pm

Description: brain, heart and the skin greatly benefits from fatty acids.

SEPTEMBER 25, 2015

Issue: Health Care

El Paso Health Fair

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 25, 2015 at 11:15 am

Description: Luz Maria will making an appearance at the El Paso health fair, where she will be answering question of those who have nutritional doubts on how to better their eating habits.

SEPTEMBER 25, 2015

Issue: Health Care

What to eat before exercising

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 25, 2015 at 12:10 pm

Description: Carbohydrates, the best to eat before doing any type of exercise

SEPTEMBER 26, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 26, 2015

SEPTEMBER 26, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 26, 2015

SEPTEMBER 27, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 27, 2015

SEPTEMBER 27, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 27, 2015

SEPTEMBER 28, 2015

Issue: Health care

Monday Of Testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 28, 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.

SEPTEMBER 28, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 28, 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.

SEPTEMBER 29, 2015

Issue: Health Issue

Multiple sickness

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 29, 2015 at 12:07 pm

Description: Not many people know but, one sickness can open doors to other health issues. For example, those who suffer from obesity, open doors to heart attacks, diabetes, cardiovascular diseases, etc.

SEPTEMBER 29, 2015

Issue: Health Care

Event at Barnes and Nobles

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 29, 2015 at 1:02 pm

Description: Luz Maria makes a mention about her upcoming book signing in the city of Victorville.

SEPTEMBER 30, 2015

Issue: Health Issue

ADHD

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 30, 2015 at 12:04 pm

Description: ADHD can pose serious obstacles to a satisfying life. Proper medical diagnosis and management is critical. Only 40 percent of children with ADHD leave the disorder behind as they mature. Adults with ADHD have higher odds of also having depression, anxiety, and other mental health issues. The sooner you control your symptoms, the better your quality of life.

SEPTEMBER 30, 2015

Issue: Health Care

Sleep disorder

Program: Curvas Peligrosas con Luz Maria Briseño

When: September 30, 2015 at

Description: Dairy foods contain tryptophan, which is a sleep-promoting substance. Other foods that are high in tryptophan include nuts and seeds, bananas, honey, and eggs. Carbohydrate-rich foods complement dairy foods by increasing the level of sleep-inducing tryptophan in the blood. So a few perfect late night snacks to get you snoozing might include a bowl of cereal and milk, yogurt and crackers, or bread and cheese.