

Public Interest File
The Faith Middleton Show

For the Quarter Ended December 31, 2015 *Siobhán T. Sual*

8 January 2016

THURSDAY, OCTOBER 15

No surgery. No medication. No drastic measures. Just healthy joints -- for life! In *Healthy Joints for Life*, leading orthopedic surgeon and former NFL player Richard Diana, MD, applies his unique experience and training to tackle joint pain. Based on cutting-edge research that has clarified the crucial role of a molecule known as NFkB in regulating inflammation, Dr. Diana's proven eight-week program teaches you to harness the power of this research to reduce inflammation, relieve pain, and rejuvenate your joints.

Issue discussed: Education, Professions, Public safety, health and welfare, etc.

MONDAY, OCTOBER 19

Navigating our healthcare system is frustrating and time-consuming enough when you're healthy. But get a serious diagnosis and the chances for confusion and miscommunication multiply, which can lead to problems ranging from annoying clerical mistakes to serious medical errors. According to a 2013 study in the *Journal of Patient Safety* an estimated 400-thousand people die every year in the United States from medical error. We'll talk with patient advocate Leslie Michelson about how to protect your health.

Issues discussed: Consumer services, Public safety, health and welfare, etc.

THURSDAY, NOVEMBER 5

Faith hosts a weekly food show known as *The Food Schmooze*. The show celebrates food and offers interesting information about the flavors of other cultures, cooking techniques and new products. Each week the show features different cookbook authors who walk us through their latest culinary inventions. On this show we featured Italian chef and star of her own PBS cooking show Lidia Bastianich. Lidia talked about her latest cookbook *Lidia's Mastering the Art of Italian Cuisine*.

Issues discussed: Agriculture, Culture, Environment, Professions, etc.

THURSDAY, DECEMBER 10

Cutting-edge science has shown that the microbiome is the secret to healthy weight loss and to feeling healthy, energized, optimistic, and at the top of your game. The microbiome is a whole inner world that lives within your intestines—trillions of tiny microbes help you extract the nutrients from your food, balance your mood, and sharpen your clarity and focus. On this show we spoke with Dr. Raphael Kellman, a specialist in functional medicine and intestinal health. Dr. Kellman developed the first diet based upon scientific breakthroughs concerning the microbiome.

Issues Discussed: Consumer services, Education, Environment, etc.