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January 24, 2018

**Via Hand Delivery**

Marlene H. Dortch, Esq.  
Secretary  
Federal Communications Commission  
445 12th Street, S.W., Room TW-A325  
Washington, DC 20554  
Attn: Melissa Marshall, Investigations and Hearings Division, Enforcement Bureau  
Room 4-C330

**Re: Station KRLA(AM), Facility ID number 61267, Glendale, CA  
File No. EB-IHD-17-00025424**

Dear Ms. Dortch:

New Inspiration Broadcasting Company, Inc. (“New Inspiration”) hereby responds, via counsel, to your letter of inquiry, dated December 11, 2017.<sup>1</sup> The information, documents, and audio files requested are provided as attachments hereto.

Sincerely,

/s/

Frank R. Jazzo, Esq.  
Davina S. Sashkin, Esq.  
Counsel to New Inspiration Broadcasting  
Company, Inc.

Enclosures

cc via email (w/o physical file enclosures):

Matthew L. Conaty, Esq.  
Luba Shur, Esq.  
Melissa Marshall, Esq.

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<sup>1</sup> New Inspiration was granted by email to its counsel, Frank R. Jazzo, from Matthew L. Conaty, Deputy Chief, Investigations and Hearings Division, Enforcement Bureau, on January 5, 2018, an extension of time in which to respond to the letter of inquiry.

**ATTACHMENT A**  
**KRLA RESPONSES TO DECEMBER 11, 2017 FCC LETTER OF INQUIRY (“LOI”)**

1. State whether LICENSEE BROADCAST any of the PROGRAMMING referenced in the Complaint over the STATION or any other station. If so, for any such PROGRAMMING aired:
  - a. Specify all date(s) on and time(s) at which the PROGRAMMING was aired.
  - b. For each discrete date and time specified in response to subsection (a) of this Inquiry, specify the call sign(s) of all STATION(S) over which LICENSEE BROADCAST the PROGRAMMING. For each such STATION, specify the facility identification number, community of license, service, facility type, frequency, the date its most recent license was granted or renewed, and its licensee.

ANSWER 1(a-b): The PROGRAMMING aired on the STATION each Saturday for 37 consecutive weeks during the relevant time period,<sup>2</sup> beginning April 15, 2017, and ending on December 30, 2017. The PROGRAMMING also aired on other commonly-owned stations during this timeframe. Attached in Exhibit A is a list of the stations commonly-owned with LICENSEE on which the programming aired. For clarity, Exhibit A provides answers to Question 1 (a) and (b), as it lists each station, the licensing information requested, and the airdates/times for the PROGRAMMING for each station during the relevant time period.

- c. For each discrete instance specified in response to subsection (b) of this Inquiry, specify whether any of the PROGRAMMING was taped, filmed, or recorded before it was BROADCAST.

ANSWER 1(c): It is LICENSEE’S belief that each of the discrete listed programs was taped or recorded before it was BROADCAST on the respective station.

2. For each discrete instance specified as PROGRAMMING that was taped, filmed, or recorded in response to Inquiry 1(c) above, respond to the following:
  - a. Describe the content of the PROGRAMMING.

ANSWER 2(a): “Healthline Live” (the “Show”) is a commercial talk program that claims to provide health and nutrition discussion with Dr. Bob Marshall, PhD, regarding topics including immune system health, natural hormones, optimal energy levels, skin health, digestion, female health, and joint health. It is LICENSEE’S understanding and belief that the program promotes products sold by Quantum Nutrition Labs, a nutrition and supplement company founded by Dr. Marshall.

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<sup>2</sup> Licensee is providing responsive information and documentation beginning April 9, 2017, through December 31, 2017, rather than December 11, 2017, the date of the Letter of Inquiry.

- b. State whether the PROGRAMMING included any of the following, and if so, describe each such statement or indication:
- i. Statement(s) asking or suggesting that listeners call into the PROGRAMMING.
  - ii. Statement(s) indicating the PROGRAMMING was being presented live.
  - iii. Any other aural indication the PROGRAMMING was being presented live.

ANSWER 2(b): As seen in the transcript provided in response to Question 3 below and attached hereto at Exhibit B, at several times in the nearly hour-long Show, Dr. Bob Marshall suggests that he is taking calls from listeners about their health and nutrition questions and discussing those concerns with the callers live over the air. Dr. Marshall provides a toll-free number for listeners to call. The repeated reference to the title of the show, “Heathline Live” suggests to a listener that the show is being presented live, as does Dr. Marshall’s apparent interactive discussions with callers about health questions.

- c. State whether LICENSEE announced the PROGRAMMING was taped, filmed, or recorded at the beginning of the BROADCAST of the PROGRAMMING, and, if so, describe any such announcement and when each such announcement was made.

ANSWER 2(c): Other than for three of the stations (noted in Exhibit A), LICENSEE did not make announcements that the PROGRAMMING was taped or recorded before any of the broadcasts of the PROGRAMMING during the relevant time period (those stations which did not run such announcements previously began airing them after January 1, 2018).

- d. If LICENSEE did not announce the PROGRAMMING was taped, filmed, or recorded before it was BROADCAST, explain why such announcement was not made.

ANSWER 2(d): LICENSEE was not aware that there may have been a requirement to announce that the PROGRAMMING was prerecorded.

- e. If LICENSEE contends the BROADCAST of the PROGRAMMING did not violate Section 73.1208 of the Rules, explain fully why, providing citation to relevant authority, if applicable.

ANSWER 2(e): LICENSEE does not concede that a violation occurred and it reserves the right to raise legal arguments in defense if any such apparent violation is found by the Commission.

3. With respect to each discrete instance of taped, filmed, or recorded PROGRAMMING specified in response to Inquiry 1(c) above, provide a copy of each BROADCAST of the PROGRAMMING on compact disc (CD-R) labeled with the case number; program name; each BROADCAST name, title, and/or identification code; and each BROADCAST date and time and each subject STATION. Provide a complete transcription thereof.

ANSWER 3: LICENSEE has enclosed a copy of each BROADCAST of PROGRAMMING as was aired on the STATION (KRLA) on compact disc (CD-R) labeled as requested. Copies of the Show are not available for all of the stations because of the varied delivery methods by which the Show was provided to the stations for broadcast. For example, some stations receive the Show via satellite feed, some receive it via FTP download.

LICENSEE is providing a transcript of the April 15, 2017, "Healthline Live" program that aired on the STATION (KRLA). LICENSEE submits that providing transcripts of each BROADCAST of the PROGRAMMING is unduly burdensome and will cause LICENSEE to incur considerable expense. LICENSEE posits that Shows are essentially duplicative in substance, including the repeated references to the Show being "live", entreaties to callers to contact the Show via toll-free number to discuss health concerns with Dr. Bob Marshall, and promotions of products sold by Quantum Nutrition Labs.

4. State whether LICENSEE knows or believes Dr. Robert Marshall, the host of the Show, is alive, and describe the basis of such knowledge or belief. If LICENSEE knows or believes Dr. Marshall has died, state LICENSEE's knowledge or belief of the date of Dr. Marshall's death, the basis of such knowledge or belief, and the date when LICENSEE learned of Dr. Marshall's death.

ANSWER 4: LICENSEE believes Dr. Robert Marshall is deceased. The basis for this knowledge and belief is an email communication from Bill Martinez to Robert Hastings, Director of Sales for LICENSEE, on April 10, 2017, informing Mr. Hastings of Dr. Marshall's death. Bill Martinez is the agent through whom the Healthline program is distributed to some of the stations listed in Exhibit A. This communication has since been confirmed by LICENSEE in news reporting found on the Internet from various sources.

5. Do you contend the Complaint is in any way materially inaccurate or incomplete? If so, describe in detail the basis for your claim and provide all material facts relevant to your response.

ANSWER 5: Complainant contends that he/she attempted to call the STATION seven (7) times without response. LICENSEE respectfully notes that it is unclear from this information whether the Complainant called seven times on the same day, or over multiple days, or even multiple months. The source of this confusion stems from Complainant indicating that the subject broadcast occurred at 9:00 am on April 15 [2017] but the Complaint was not submitted until August 14, 2017. LICENSEE has checked call records, but has found no records of any caller

having contacted the STATION (KRLA) with this particular complaint. LICENSEE surmises that any such call(s) would have been made coincident with the airing of the PROGRAMMING, which occurred on Saturday mornings – a time of the week in which there is no STATION employee answering the KRLA phones.

6. Produce all DOCUMENTS referring or relating to the information sought or provided in response to Inquiries 1 through 5 not already provided in response to the preceding Inquiries.

ANSWER 6: None.

7. To the extent not otherwise provided in response to the preceding Inquiries, provide any additional information, including DOCUMENTS that LICENSEE believes may be helpful in our consideration and resolution of this matter.

ANSWER 7: None.

## DECLARATION OF CHRISTOPHER J. HENDERSON

I, Christopher J. Henderson, do hereby declare under penalty of perjury, that:

1. I am Senior Vice President, General Counsel and Corporate Secretary of Salem Media Group, Inc. Salem Media Group is the ultimate parent of New Inspiration Broadcasting Company, Inc., licensee of Station KRLA(AM), Glendale, California.

2. The facts and representations stated in the enclosed letter responding to the FCC's letter of inquiry dated December 11, 2017, are true and accurate to the best of my knowledge and belief. I am relying on the personal knowledge of Robert Hastings, Director of Sales of New Inspiration Broadcasting Company, Inc.

Executed on this 24th day of January, 2018.



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Christopher J. Henderson

## DECLARATION OF ROBERT HASTINGS

I, Robert Hastings, do hereby declare under penalty of perjury, that:

1. I am Director of Sales for New Inspiration Broadcasting Company, Inc., licensee of Station KRLA(AM), Glendale, California.
2. In my capacity as Director of Sales, I coordinate programming from third parties, including syndicators and agents, including with one such third party agent, Bill Martinez, regarding the Healthline Live show.
3. The facts and representations stated in the enclosed letter responding to the FCC's letter of inquiry dated December 11, 2017, are true and accurate to the best of my knowledge and belief and are based on my personal knowledge.
4. Subject to the explanations provided in the enclosed response, all of the information requested by the FCC that is in New Inspiration Broadcasting Company, Inc.'s possession, custody, control or knowledge has been produced, and any and all documents provided in the enclosed response are true and accurate copies of the original documents or audio files.

Executed on this 23rd day of January, 2018.



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Robert Hastings

**EXHIBIT A**  
**All Commonly-Owned Stations Which Aired the Healthline Programming, Dates/Times**  
**Show Aired, and Dates of Announcements Regarding Pre-Recorded Program**



	A	B	C	D	E	F	G	H	I	J	K
1	Station	Weekday	Date	Start Time	Fac. ID	Licensee	Community of License	Frequency	Most recent license grant/renewal date	Exp Date	When Station Began Airing Announcement
2	KCRO-AM	Saturday	4/15/2017	9:02:24 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
3	KCRO-AM	Saturday	4/22/2017	9:02:40 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
4	KCRO-AM	Saturday	4/29/2017	9:02:21 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
5	KCRO-AM	Saturday	5/6/2017	9:00:26 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
6	KCRO-AM	Saturday	5/13/2017	9:02:23 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
7	KCRO-AM	Saturday	5/20/2017	9:02:25 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
8	KCRO-AM	Saturday	5/27/2017	9:02:19 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
9	KCRO-AM	Saturday	6/3/2017	9:04:16 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
10	KCRO-AM	Saturday	6/10/2017	9:00:49 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
11	KCRO-AM	Saturday	6/17/2017	9:03:36 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
12	KCRO-AM	Saturday	6/24/2017	9:02:16 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
13	KCRO-AM	Saturday	7/1/2017	9:01:38 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
14	KCRO-AM	Saturday	7/8/2017	9:02:59 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
15	KCRO-AM	Saturday	7/15/2017	9:01:29 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
16	KCRO-AM	Saturday	7/22/2017	9:01:48 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
17	KCRO-AM	Saturday	7/29/2017	9:02:55 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
18	KCRO-AM	Saturday	8/5/2017	8:59:46 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
19	KCRO-AM	Saturday	8/12/2017	9:02:09 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
20	KCRO-AM	Saturday	8/19/2017	9:02:28 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
21	KCRO-AM	Saturday	8/26/2017	9:03:02 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
22	KCRO-AM	Saturday	9/2/2017	9:03:19 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
23	KCRO-AM	Saturday	9/9/2017	9:02:43 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
24	KCRO-AM	Saturday	9/16/2017	9:04:14 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
25	KCRO-AM	Saturday	9/23/2017	9:03:23 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
26	KCRO-AM	Saturday	9/30/2017	9:03:05 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
27	KCRO-AM	Saturday	10/7/2017	9:03:34 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
28	KCRO-AM	Saturday	10/14/2017	9:03:17 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
29	KCRO-AM	Saturday	10/21/2017	9:02:14 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
30	KCRO-AM	Saturday	10/28/2017	9:04:28 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
31	KCRO-AM	Saturday	11/4/2017	9:02:42 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
32	KCRO-AM	Saturday	11/11/2017	9:02:32 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
33	KCRO-AM	Saturday	11/18/2017	9:04:51 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
34	KCRO-AM	Saturday	11/25/2017	9:02:55 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
35	KCRO-AM	Saturday	12/2/2017	9:02:18 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
36	KCRO-AM	Saturday	12/9/2017	9:02:42 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
37	KCRO-AM	Saturday	12/16/2017	9:02:24 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
38	KCRO-AM	Saturday	12/23/2017	9:02:11 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
39	KCRO-AM	Saturday	12/30/2017	9:04:19 AM	54902	Salem Media of Illinois, LLC	OMAHA, NE	660	11/13/2013	6/1/2021	On or about 7/4/14
40	KDAR-FM	Saturday	4/15/2017	2:05:01 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
41	KDAR-FM	Saturday	4/15/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
42	KDAR-FM	Saturday	4/22/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
43	KDAR-FM	Saturday	4/22/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
44	KDAR-FM	Saturday	4/29/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
45	KDAR-FM	Saturday	4/29/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
46	KDAR-FM	Saturday	5/6/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
47	KDAR-FM	Saturday	5/6/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
48	KDAR-FM	Saturday	5/13/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
49	KDAR-FM	Saturday	5/13/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
50	KDAR-FM	Saturday	5/20/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
51	KDAR-FM	Saturday	5/20/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
52	KDAR-FM	Saturday	5/27/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
53	KDAR-FM	Saturday	5/27/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
54	KDAR-FM	Saturday	6/3/2017	9:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
55	KDAR-FM	Saturday	6/3/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18
56	KDAR-FM	Saturday	6/10/2017	2:05:00 AM	3077	New Inspiration Broadcasting Company, Inc.	OXNARD, CA	98.3	11/22/2013	12/1/2021	After 1/12/18

















	A	B	C	D	E	F	G	H	I	J	K
1	Station	Weekday	Date	Start Time	Fac. ID	Licensee	Community of License	Frequency	Most recent license grant/renewal date	Exp Date	When Station Began Airing Announcement
442	KGFT-FM	Saturday	9/30/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
443	KGFT-FM	Saturday	10/7/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
444	KGFT-FM	Saturday	10/14/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
445	KGFT-FM	Saturday	10/21/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
446	KGFT-FM	Saturday	10/28/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
447	KGFT-FM	Saturday	11/4/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
448	KGFT-FM	Saturday	11/11/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
449	KGFT-FM	Saturday	11/18/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
450	KGFT-FM	Saturday	11/25/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
451	KGFT-FM	Saturday	12/2/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
452	KGFT-FM	Saturday	12/9/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
453	KGFT-FM	Saturday	12/16/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
454	KGFT-FM	Saturday	12/23/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
455	KGFT-FM	Saturday	12/30/2017	10:00:00 AM	20579	Bison Media, Inc.	PUEBLO, CO	100.7	3/22/2013	4/1/2021	After 1/12/18
456	KGNW-AM	Saturday	4/15/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
457	KGNW-AM	Saturday	4/22/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
458	KGNW-AM	Saturday	4/29/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
459	KGNW-AM	Saturday	5/6/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
460	KGNW-AM	Saturday	5/13/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
461	KGNW-AM	Saturday	5/20/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
462	KGNW-AM	Saturday	5/27/2017	11:04:20 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
463	KGNW-AM	Saturday	6/3/2017	11:04:25 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
464	KGNW-AM	Saturday	6/10/2017	11:04:18 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
465	KGNW-AM	Saturday	6/17/2017	11:04:00 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
466	KGNW-AM	Saturday	6/24/2017	11:04:21 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
467	KGNW-AM	Saturday	7/1/2017	11:04:14 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
468	KGNW-AM	Saturday	7/8/2017	11:04:17 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
469	KGNW-AM	Saturday	7/15/2017	11:04:20 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
470	KGNW-AM	Saturday	7/22/2017	11:04:15 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
471	KGNW-AM	Saturday	7/29/2017	11:04:22 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
472	KGNW-AM	Saturday	8/5/2017	11:04:15 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
473	KGNW-AM	Saturday	8/12/2017	11:04:15 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
474	KGNW-AM	Saturday	8/19/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
475	KGNW-AM	Saturday	8/26/2017	11:04:17 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
476	KGNW-AM	Saturday	9/2/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
477	KGNW-AM	Saturday	9/9/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
478	KGNW-AM	Saturday	9/16/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
479	KGNW-AM	Saturday	9/23/2017	11:04:17 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
480	KGNW-AM	Saturday	9/30/2017	11:04:14 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
481	KGNW-AM	Saturday	10/7/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
482	KGNW-AM	Saturday	10/14/2017	11:04:18 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
483	KGNW-AM	Saturday	10/21/2017	11:04:17 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
484	KGNW-AM	Saturday	10/28/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
485	KGNW-AM	Saturday	11/4/2017	11:04:18 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
486	KGNW-AM	Saturday	11/11/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
487	KGNW-AM	Saturday	11/18/2017	11:04:17 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
488	KGNW-AM	Saturday	11/25/2017	11:04:15 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
489	KGNW-AM	Saturday	12/2/2017	11:04:16 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
490	KGNW-AM	Saturday	12/9/2017	11:04:15 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
491	KGNW-AM	Saturday	12/16/2017	11:04:15 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
492	KGNW-AM	Saturday	12/23/2017	11:04:18 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
493	KGNW-AM	Saturday	12/30/2017	11:04:17 AM	28819	Inspiration Media, Inc.	BURIEN-SEATTLE, WA	820	1/24/2014	2/1/2022	After 1/12/18
494	KKLA-FM	Saturday	4/15/2017	9:06:00 AM	48453	New Inspiration Broadcasting Company, Inc.	LOS ANGELES, CA	99.5	1/9/2014	12/1/2021	After 12/22/17
495	KKLA-FM	Saturday	4/22/2017	9:06:00 AM	48453	New Inspiration Broadcasting Company, Inc.	LOS ANGELES, CA	99.5	1/9/2014	12/1/2021	After 12/22/17
496	KKLA-FM	Saturday	4/29/2017	9:06:00 AM	48453	New Inspiration Broadcasting Company, Inc.	LOS ANGELES, CA	99.5	1/9/2014	12/1/2021	After 12/22/17



























































	A	B	C	D	E	F	G	H	I	J	K
1	Station	Weekday	Date	Start Time	Fac. ID	Licensee	Community of License	Frequency	Most recent license grant/renewal date	Exp Date	When Station Began Airing Announcement
1927	WZAB-AM	Saturday	8/19/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1928	WZAB-AM	Saturday	8/19/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1929	WZAB-AM	Saturday	8/26/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1930	WZAB-AM	Saturday	8/26/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1931	WZAB-AM	Saturday	9/2/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1932	WZAB-AM	Saturday	9/2/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1933	WZAB-AM	Saturday	9/16/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1934	WZAB-AM	Saturday	9/16/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1935	WZAB-AM	Saturday	9/23/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1936	WZAB-AM	Saturday	9/23/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1937	WZAB-AM	Saturday	10/7/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1938	WZAB-AM	Saturday	10/7/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1939	WZAB-AM	Saturday	10/14/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1940	WZAB-AM	Saturday	10/14/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1941	WZAB-AM	Saturday	10/21/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1942	WZAB-AM	Saturday	10/21/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1943	WZAB-AM	Saturday	10/28/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1944	WZAB-AM	Saturday	10/28/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1945	WZAB-AM	Saturday	11/4/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1946	WZAB-AM	Saturday	11/4/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1947	WZAB-AM	Saturday	11/11/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1948	WZAB-AM	Saturday	11/11/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1949	WZAB-AM	Saturday	11/18/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1950	WZAB-AM	Saturday	11/25/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1951	WZAB-AM	Saturday	11/25/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1952	WZAB-AM	Saturday	12/2/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1953	WZAB-AM	Saturday	12/9/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1954	WZAB-AM	Saturday	12/16/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1955	WZAB-AM	Saturday	12/23/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1956	WZAB-AM	Saturday	12/30/2017	5:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18
1957	WZAB-AM	Saturday	12/30/2017	12:00:00 PM	21763	Salem Communications Holding Corporation	SWEETWATER, FL	880	1/27/2012	2/1/2020	After 1/12/18

**EXHIBIT B**  
**Transcript**

# Healthline Live 4-15-17

## First Segment

**Announcer:** Welcome to Healthline Live brought to you every Saturday at this same time. Your host is Dr. Bob Marshall, PhD, a clinical nutritionist for over 35 years. He successfully helped more than 50,000 people. That's why he's known for nutrition that really works, and he's here today to share nutritional secrets which have taken years to discover, and which he's implemented on his own health journey. The supplements which Dr. Marshall recommends are almost all live source, free of questionable encapsulating agents, and have been created using the highest manufacturing standards available for dietary supplements. Dr. Marshall's comments have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any diseases. On each and every show, Dr. Marshall listens to your health and nutrition questions and provides education for your continued good health, and now here's Dr. Marshall.

**Dr. Marshall:** Welcome to Healthline Live, we are here today, we're going to be with you for about an hour so we get a chance to cover a lot of ground teaching-wise, and we're gonna be able to answer lots of your nutrition and health related questions. So feel free to call us toll-free for questions 888-588-7576 and be sure and tell a friend to join us as well. You can visit us online and see all the radio listing times around the country including all of our Monday-thru-Friday shows there about a half-hour that's [qnlabs.com](http://qnlabs.com), [qnlabs.com](http://qnlabs.com).

So keep that in mind and join us Monday-thru-Friday if you like. It's a lot easier to get through on the phones usually during the week than it is on Saturdays here and today what we're going to be covering, we'll be discussing the thyroid and we'll get into some of the issues that are really important in women's health including Menopause, PMS, and breast and uterine health and some of the options that are available to you, things that are being done around the world. So, first of all when we talk about the thyroid what is the job of the thyroid? Well, it's to regulate oxygen uptake of every cell in your body so it's a really important player and it desperately needs iodine and tyrosine and we'll talk a little bit about each of these. The iodine is a big deal. We have many sections of our country where there's very little iodine and some people joke that it's called the goiter belt because the thyroid main large when it doesn't have adequate iodine, I don't find anything funny in that, and when we see what's been done worldwide we realize that the thyroid is very very important and many, many women as they get older and some men find that their low in thyroxine, actually take some sort of drug to support the thyroxine production and this issue we particularly are doing a lot of testing feel that there's more to know there than we're currently using to help people.

First of all I would recommend that all of you if you're not eating any sea vegetables that you begin to take some Xeno X. This guy is a concentrate of sea vegetables that delivers 300 micrograms or so per capsule and maybe taking three of those a day, so you get about a milligram. This is very consistent with the discoveries in Japan about the overall health of the body, both for the thyroid and then for the breasts and the uterus. So, you ladies, you may want to do a little bit of homework on this because having food source iodine which we find far superior to lugol solution or iodoral synthetic forms of iodine, which will meet the needs of the thyroid, but in our testing there's a concern that they may not meet the needs of the breasts and the uterus and so you may be setting the stage for trouble later on

So, I think one of the great discoveries of quantum reflex analysis qra has been the fact that energetically the parathyroid controls the thyroid. So many times when we just add iodine it's not enough. You still don't see a wonderful healthy structure and function for the thyroid gland and what we have found is supporting the parathyroid many times then the thyroid can use the iodine and achieve an ideal structure and function so what would we do to support that? Maybe one or two medi chlorella per day, early in the day like breakfast or lunch. That may be just the ticket so that you can use iodine effectively and solve that issue.

Now there's one more pesky problem that relates to the thyroid and that is when you ladies become iron anemic and now you may have compromised the ability to produce tyrosine which is made from iron and phenylalanine and if this happens then this may be a problem for the thyroid cuz it needs the tyrosine just like your adrenal gland they're going to feel kind of beat. What I would recommend in a circumstance like that is it to take 2 grams or so a day of the tyrosine and use it until you and your doctor have resolved any kind of iron anemia that you may be dealing with. And now the thyroid support, this guy is designed to help the body allow you to target other agents at the thyroid and of course Zeno X is the workhorse, the guy that makes sure from childhood through to your elder years you have adequate iodine in a food source so definitely want to jump on that. So today, we'll have on special our Xeno X and our thyroid support just give a buzz to our order-line 800-370-3447 that's 800-370-3447.

We're going to talk more about this little bit but let's go to the phones first. Let's go to Mary in Long Beach, California and her daughter had her gallbladder out a couple of years ago, and now is struggling with weight especially at her abdomen and her gut of course, that's quite normal.

Are you there Mary?

**Mary:** I am here thank you for taking my call.

**Dr. Marshall:** You're welcome. How old is your daughter?

**Mary:** She was 28 when she had it out, she has just now turned 30, so a year and a half ago, just a little over a year and a half ago.

**Dr. Marshall:** Ok.

**Mary:** She's struggling she's struggling, she always had a... She's 5' 11", 150 lbs. and has always had a flat stomach and suddenly she's bulging badly and bloating and hurting.

**Dr. Marshall:** Yep you bet. The reason is that the gallbladder it's job is to hold bile and then when you eat fat and there's fat in the meal it'll squirt the bile from the gallbladder into the small intestine to emulsify the fats so they can be absorbed in the small intestine for energy and repair throughout the body. Now, the bile is also used to precipitate excess cholesterol and of course to get rid of all the toxins that the liver has removed from your food and they're getting to be legion these days. So now what happens when they take the gallbladder is they reconnect the bile veins to the common bile duct and those veins then will just dump the bile into the small intestine whenever the bile is produced, which is usually early in the day. And normally we don't call upon the gallbladder to give us bile until at noon at the earliest or at dinner. And so by that time she's out of bile and if that's true then the fat doesn't get emulsified so her body is kind of starving for the good oils to maintain itself and repair itself and then the fats move on to the

large intestine where they might be stored and absorbed as body fat. So we have a big mess and we really haven't solved anything here. So what she needs to do whether she'll do it or not is to get on something called "gallbladder pg" and she'd need about three, maybe four teaspoons per day and she'd put that in about 8 oz of water and drink it after breakfast and she would use that for about 4 months. Now if she's willing to change diet she could go on bile fuel diet and if she does this diet carefully, no refined oil, she doesn't need to do any coffee enemas. If she's not going to change diet then she would have to do 2 coffee enemas per week and she would start those about 3 weeks after she starts the gallbladder PG,

**Mary:** How many weeks?

**Dr. Marshall:** 3 weeks, and that means she'll do a total of about 13 weeks. Nothing I've ever seen in my lifetime gives more beautiful hair and skin, so she's going to be in love with that. Okay? Now as she gets this done she should be able to shake the weight at her abdomen, but when we finish this she's going to need to stay on about 50 mg of some form of vitamin B6 preferably of p5p form and that would be for a lifetime though when finished because if she doesn't then those the bile veins are going to jam up again like the gallbladder did because the B6 keeps the cholesterol in suspension in the bile.

**Mary:** And then the coffee enemas, is that a difficult process i've never done that.

**Dr. Marshall:** Very simple, And the order line can help you with that and give you a coffee enema bucket and all the things, even organic coffee that I've tested, so it's not going to be a nail in her coffin and I think she's just going to love how she feels.

**Mary:** Will she have to be doing these coffee enemas for life or just the...

**Dr. Marshall:** No, just 13 weeks.

**Mary:** 13 weeks.

**Dr. Marshall:** B6 is the only thing for life and that's probably because she did birth control pills or some...

**Mary:** No she never has.

**Dr. Marshall:** Well she may have gotten some synthetic hormone replacement and that's what usually starts this whole mess.

**Mary:** It's possibly genetic, because my father had to have his gallbladder removed and two of my sisters did as well. I think it's just a genetic weakness or whatever.

**Dr. Marshall:** Okay a predisposition. So then just stay on the B6 to make sure we don't have to do it again okay? Okay, bye now. It really works.

**Mary:** Okay, thank you so much.

**Dr. Marshall:** Alright. This is Dr. Bob Marshall PhD this is health line live and we're answering your nutrition and health related calls. You will reach us toll free 888-588-7576 and you can visit



us online [qnlabs.com](http://qnlabs.com). The website will give you prior broadcasts and our radio listing times around the country so feel free to join us and tell a friend as well. All right let's go to right back to the phones. Let's go to Cindy in Denver, Colorado. And she's been struggling with her...

**John:** Yeah it's Cindy's husband John. Cindy's a little shy but thank you very much.

**Dr. Marshall:** How old a woman is she and how much does she weigh?

**John:** Cindy is about 130 in weight and is 62 years old.

**Dr. Marshall:** Well this is a condition that I struggled with myself as a child and the two things you need to understand whenever there's an issue with the lungs: number one is that the lung is a dumping ground for the large intestine so when the food is not well digested then the body starts dumping this into the lungs and it just it creates all kinds of havoc. So the first and most important thing for her is to make sure she can digest her food so you'd want to have her on at least one quantum digest at the start of a main meal and at the end of the meal about 2 betaine hydrochloride. Now she's got enough digestive enzymes to break this food down and hopefully not have any more food dumping into the lungs. That's step one. Step two: if this is gone on a long, long time she needs to get on something called lung support and at her body weight needs about 3 per meal and what she would do here is take that right along with something called garlicidin. This is the active fraction of garlic allicin again about 3 per meal, and this is designed to gently break any biofilms that might have formed in the lung from the dumping of the rotting food into the lung and I think these couple things, she could get a new lease on life and in particular if she would alter diet where she restrict refined, oil eliminates all food that has refined oil and restricts meat, fish, poultry, eggs, and dairy products especially poultry and eggs, those are the worst ones. So if she goes on this diet there's a resource list. Very nice of you to help her with the phone and so maybe this can be a real great blessing for both of you. You may be really, really glad you made this phone call today. Okay?

**John:** Okay. I'll give them a call. Thank you very much doctor.

**Dr. Marshall:** Bye now. Alright. This is Dr. Bob Marshall, PhD. This is Health Line Live and we're answering your nutrition and health related questions. You reach us toll-free 888-588-7576. You visit us online at [qnlabs.com](http://qnlabs.com). Hear some prior broadcasts and much more. Tell a friend and feel free to join us Monday-thru-Friday. It's a lot easier to call in and get your questions answered. And you know today we've been talking a little bit about the thyroid and we're also going to chat a little bit about some of the women's health issues and I think it's really important to understand how critical to the breast and the uterus having adequate iodine may be. There's some really wonderful research out of Japan where the women typically consumed 1-3 mg of iodine rich sea vegetables and, wow. They have literally no incidents, or extremely low incidents, of any problems with the breasts or the uterus. So this is the real critical player. Now the the breasts and of course the lymphatic system need movement. They don't have no heart so it only moves when you move and of course if you wear a bra with underwire, that may restrict lymph drainage and create problems for the breasts as well so you want to get plastic, which won't do that but wire will do that. Now the other issue really for the uterus and the reproductive system is the tremendous important of having good tissue oxygen and the controller of that of course is having adequate mineral nutriture and one of the best ways that we can indirectly and inexpensively measure it is the first morning urine pH. This is one of the critical players for most people when the kidneys are good and healthy. We can just use our coral calcium and D3 gold and get on maybe 6 drops of D3 gold if you're under 40 you can take

it straight with your main meal if you're over 40. It's a good idea to put it in put it in 6 drops and maybe an ounce of water and add maybe four or five drops of organic essential oil of orange called limonene and mix it really thoroughly so the big droplets of the D3 emulsify and are easy to absorb and that assures you'll get great absorption. Then with the coral you start with maybe a half teaspoon and every 3 days you would recheck your first morning urine pH and your goal of course is to get in that green zone and stay in the green zone and some of you will be above the green zone which means you're making ammonia and as you begin doing this you'll see that the pH will drop and then start to rise. For some of you that may be a chronic infection somewhere that uses up the minerals as fast as you put them in and if you just can't get that pH to go then by all means give a buzz to the order line and get someone to help you, someone who's mastered 21st century clinical nutrition. That would be someone who knows QRA, Quantum Reflex Analysis and you can buzz the order line and get the number of someone who can help you with that as well. Now some of you are down the road a ways, your ovaries are producing some estrogen that's not so friendly to the body. The potentially harmful 16 dihydroxyestrone and you can jump on our estro support maybe about 4 per day, and that is famous for converting the 16 dihydroxyestrone to the beneficial 2 form. And so this can mean a much greater jump in health for the ovaries for you. So don't miss out on those and so on special today in addition to the Zeno X and our thyroid support we'll have our Coral Calcium powder, the Coral Calcium capsules, D3 gold and extra support. All these guys, you'll by two get 25% off each. Just give a buzz to our order line 800-370-3447 that's 800-370-3447. All right. Let's go to right back to the phones, let's go to Mike in San Francisco here. And he's got a question about waking up to urinate. Are you there Mike?

**Mike:** Yes I am.

**Dr. Bob Marshall:** How old are you and how much do you weigh?

**Mike:** 180 lbs. and 65.

**Dr. Bob Marshall:** Okay and so your first question is your waking up at night to urinate?

**Mike:** Quite frequently.

**Dr. Bob Marshall:** More of 4 to 5 times, something like that?

**Mike:** Correct.

**Dr. Bob Marshall:** Okay, and have you seen a medical doctor to make sure this is not a medical condition like a prostate problem?

**Mike:** No I haven't.

**Dr. Bob Marshall:** Okay well the first thing you'll want to do is rule out whatever might be going on. So visit with a medical doctor if indeed this is a prostate issue than diet becomes a key player and what I would recommend is monitoring it to see if you can't reverse what's going on here. So at your age and weight the most likely thing that will help would be something called prostate support that would be about 4 per meal. The other player that's often very hopeful is pollen de fleur and this one you would use about 2 per meal and then of course what you would want to do is get on a diet that can deal with all these problems and actually help your body to reverse them it's called the biofield diet and basically this is a modification of diets that have

restricted oil and animal products so I think you're going to just love what this can do. You can get a free copy today emailed to you of the biofield diet and its resource list then you'll see how important and powerful it can be not only for this issue but for a long healthy life for you and your whole family, okay?

**Mike:** Mhm.

**Dr. Bob Marshall:** Alright Buddy take care.

**Mike:** Doctor?

**Dr. Bob Marshall:** Yes, you have another question?

**Mike:** Yeah I just wanted to mention that it seems like while I'm awake, all my waking hours I'm continuously eating and I don't gain any weight.

**Dr. Bob Marshall:** Ok, well it sounds like you can't digest your food buddy. And so what you may want to do there is jump on quantum digest and at your age this is a very common problem. So you would take about two of those at the start of the meal, at the end of the meal about four betaine hydrochloride. Now you're digesting more like you did in your twenties. And now what you want to do is focus the food so it can really give you the nutrition you need. Once you start this diet I think you'll see the huge change. Also I would try having some raw vegetables that include some members of the garlic family and some members of the cruciferous vegetable family. That would be broccoli and cauliflower and eating these daily because they are the players that have been shown to really help the whole system but especially that genital-urinary-tract okay?

**Mike:** Thank you.

**Dr. Bob Marshall:** You're welcome, bye now. All right we're almost out of time and we're just going to take a little break actually and I'll be back in 1 minute so just hang in there feel free to call in with your questions.

## Commercial

**Dr. Bob Marshall:** Hi I'm Dr. Bob Marshall PhD, host of health line. Join me live to get your questions answered and hear the latest breakthrough information for you and your family. Our product line, Quantum Nutrition Labs, delivers what others only promise: nutrition that really works. This month's special is melatonin PG the world's first live-source probiotic, fermented melatonin for premier brain sleep, immune and antioxidant support. Males only need one or two drops at bedtime. Ladies have the most to gain. You can work up to 10 drops per night to get all the great female anti-aging benefits. Buy 2 bottles get the third one free. Call 800-370-3447 that's 800-370-3447. Experience for yourself nutrition that really works.

## Second Segment

**Dr. Bob Marshall:** Welcome back to health line live. We're here to answer your nutrition and health related questions. You reach has toll free 888-588-7576 and join us Monday through

Friday as well for our 1/2 hour broadcast, all the radio listening times and prior broadcasts and much more are up on qnlabs.com. We're going to go right back to the phones here, let's go to Miranda in Los Angeles and she's got some heartburn. Welcome to America. All right, are you there Miranda?

**Miranda:** Yes.

**Dr. Bob Marshall:** And how old woman are you And how much do you weigh?

**Miranda:** Too much, 67.

**Dr. Bob Marshall:** And how much do you weigh?

**Miranda:** How much do I weigh? About 158.

**Dr. Bob Marshall:** Okay well here's the deal. The heartburn means that when you ate the food you couldn't produce enough hydrochloric acid to digest the food so it's sat in your stomach and it rotted and as it rots it formed lactic acid. The lactic acid burns just like hydrochloric acid it's quite unpleasant, and the simple solution especially at your age is to get on a couple of quantum digest at the start of your meal. This is digestive enzymes including pepsin the catalyst that makes the cell work so well, and then at the end of the meal you'd want maybe 3 or even 4 betaine hydrochloride, and now you'll digest your food the way you did in your twenties. Occasionally they'll be a major scar that's sedating the stomach such as a forehead, nose, chin, clavicle, or C-section or something on the center-line and then when you attempt to take HCL you'll get burning. If that would have happened then you have to stop, just drink a bunch of water, it'll clear, and you'll need to jump on stomach support. And you would take 2 of those capsules and make them to a "T". Just empty the contents in a cup, fill the cup with water at a high boil, stir it, steep it, drink it before you eat. You want to sleep it 10 minutes.

**Miranda:** But you know, excuse me. I use gallbladder support.

**Dr. Bob Marshall:** Gallbladder? Sure.

**Miranda:** All the time, many years.

**Dr. Bob Marshall:** Okay.

**Miranda:** Is it okay? How many do I have to take?

**Dr. Bob Marshall:** Well you should only need to use it for about 4 months and then the only reason you'd end up taking it longer is if you had used synthetic hormone replacement for 3 months or more and you might be enduring, you know, a B6 dependency. It's loaded with B6, but what you can do is get a B6 product and you just take that and you don't have to continue taking the gallbladder support. Now gallbladder support also tells us that there may be too much in the way of refined oil in your diet. So you may want to get a copy of the biofield diet and start following that and eliminate all the foods that contain added oil. Okay?

**Miranda:** Yes, thank you. I have very short question. I take ubiquinol. You think it's okay? Instead of CoQ10.

**Dr. Bob Marshall:** You can. It costs more. It is a remedy that's important if you have a lot of inflammatory issues, if you're dealing with some very difficult illness where your cells are crashing below the recovery rate for regular CoQ10. Most people only need regular CoQ10 and it's usually a lot cheaper. Okay?

**Miranda:** Okay thank you very much.

**Dr. Bob Marshall:** You're welcome, take care. Bye now. Alright, this is Dr. Bob Marshall PhD. This is health line live and we're answering your nutrition and health related questions. You reach us toll free 888-588-7576, 888-588-7576. Visit us online, tell a friend. Qnlabs.com. All the radio listening times around the country, so don't miss that. And today we've been having a chance to discuss the importance of the thyroid and then of course some women's health issues and we'd be remiss if we didn't talk about menopause and PMS. And I think one of the most important things to realize when you are dealing with menopause or PMS you're really dealing with a liver that is maybe congested and as your progesterone declines which would normally oppose estrogen, the unopposed estrogen may not be conjugated properly at the liver and now you get all these miserable symptoms you hate. Well what can we do here? Well you have three steps that you can take. Number one get on the biofield diet. Eliminate refined oil, but it would take maybe 30 to 60 or 90 days. In between that time you can jump on some support like our Fem Gold and this is great Band-Aid support. Use a couple of bottles of this while you're getting the liver cleaned out of that junk refined oil. That is another step we can take and many of you women like this because it really helps to hold moisture vaginally in your eyes and everywhere else and that is to actually take some natural progesterone like gesterone or if you're a little bit older maybe take rejuvenation cream which would have bioidentical progesterone, but it would also have DHEA and pregnenolone and the pregnant alone famous for helping you minimize or eliminate or prevent the chicken neck, which many of you like. One of my favorite ways to promote the help of the liver too, you can also jump on are Wildland pollen and Wildland gold honey. You mix these two guys together usually two parts honey to one part pollen and after it's mixed for a day or so the honey eats the pollen. What a great, great paste. And so taking a teaspoon of so that in the morning can just be wonderful for the liver and might be a good idea for your whole family to do that. And so these are some wonderful options that are available that are nutrition that really, really work. and so we're going to have our Fem Gold and D3 gold, our Coral Calcium powder, and calcium capsules on special as well as estro-support es. You would buy two, get 25% off each. Just give a buzz to our order line: 800-370-3447, 800-370-3447. All right let's go right back to the phones. Let's go to John in Cleveland, Ohio and he's got questions about a dental bone augmentation. All right, are you there John?

**John:** Yes I am.

**Dr. Bob Marshall:** And how old a man are you and how much do you weigh?

**John:** 69, 210 and 6 ft tall.

**Dr. Bob Marshall:** So what are they want to do they want to build up in area?

**John:** Right. They want to build up an area that is deteriorating.

**Dr. Bob Marshall:** It's one of the sinus areas, yeah.

**John:** It's actually lower jaw.

**Dr. Bob Marshall:** Oh really? Well that's different. Usually it occurs in the upper area and that would be normal and you wouldn't mean bone loss. But when you're losing, when they want bone augmentation in the lower jaw, now you're into was called the alveolar bone and that bone is very sensitive to bone loss. So, if you need to build that area I wouldn't touch it with a ten-foot pole until you first figure out why you're losing bone. So, they normally, you would get a roll of pH paper and check the first morning urine pH. Now, this is like a dog chasing his tail though, because if there is remaining infection in the mouth no matter what we do you're not going to get that pH to the green zone (6.4-7.0). Maybe it'll come in or go out. So, first you need to be sure there's no raging infection left in the mouth like a dead tooth or a pocket of infection from an old extraction, something like this. So, we need to hunt that down and make sure we got rid of that. Then we've got to work on getting the first morning urine pH in this green zone. Now, if you were five years old this would be usually a very easy task John, but we're not 5, neither you or I. So the task could be easy could be hard. So first we get the pH papers and we find out where we are. Now if you're already in the blue zone you're in deep trouble. That means you're making ammonia to buffer your urine and you're really low and minerals. Then when you start with the, something like the coral and the vitamin D, and D3 gold, and you start maybe with half a teaspoon of coral and every 3 days you check yourself and if it if it was blue it should drop down to the 5 or very yellow and then it should build its way back. Every 3 days you should check it. As long as it's going up you don't have to increase the coral. If it doesn't want to go up you could double the coral in the see if it'll start moving. Let's say it won't. Okay, then we may have to support the parathyroid and the kidney. Okay, so many times we can support the kidney with simply taking 5 DHA at your body size, like a DHA 200 and for the parathyroid you can use the chlorella, is one of the things that works well, maybe two capsules just once a day with lunch. And now see will that move the pH? Now does the pH come up? Okay, now if it comes up and stays in there great. Let's say it comes up but won't stay in there or you can't quite get it in there. Okay, there's still some bugs and some infection somewhere in the body and now you're going to need to visit with a QRA person and all this should be done before you do any kind of bone grafting. Okay? Because, if you try any of this it's not going to work good and you're not going to heal well when they do the other dental work so it's a whole darn thing is going to be bad. So you get a QRA practitioner and they can test the teeth and gums and especially the area behind the teeth called the retromolar area. Because so many of us have infection that sits there most of our life from the extraction of impacted wisdom tooth and the residual infection never being dealt with. So, what we can do there, usually you can locate through the QRA practitioners, one of the dentists that has a laser like an Nd:YAG laser and they can crank up the power to maybe 3 watts or so and disinfect that whole area. And you'll be able to see the pH becomes mobile then and it might take one or two times to do it, but let me tell you your future is riding on this. If you don't get your bone metabolism going good and you're 69 by the time you're 89 you won't even be able to walk. Okay?

**John:** I hear you.

**Dr. Bob Marshall:** It's not a pleasant prospect that's offered for us as we age and part of it is or crummy mineral status food. Part of it is our overheating oil and part of it is of course desperately needing to be able to digest our food well, that's the other thing you got to do. You got to make sure you're on some kind of pancreatic enzymes like quantum digest and at your body weight at least two of those at the start of a meal. The end of the meal maybe 5 or even 6 betaine hydrochloride and now you know your digesting the way you did in your twenties and if you have plaque this will get the plaque right off the teeth. So, it's your warning and at your age

you shouldn't eat cooked food without taking digestive enzymes. If you do you're asking for trouble, and so this little dental thing is a great adversity that you can turn to your advantage. Okay?

**John:** I thank you very much doctor.

**Dr. Bob Marshall:** You're welcome, bye now. Alright, this is Dr. Bob Marshall, Phd. This is health line live. Let's go to Robert in Orange County, and he's concerned about his daughter and she gets feelings of acute stress, nervousness and just miserable. Are you there Robert?

**Robert:** Hi doctor, this is Robert.

**Dr. Bob Marshall:** Okay, and how old is your daughter and how much does she weigh?

**Robert:** 42, she weighs about 140.

**Dr. Bob Marshall:** Okay, well what I can tell you is, believe it or not, it's hard to believe but this links to the diet. And you know the killer in this case is refined oil.

**Robert:** Uh huh.

**Dr. Bob Marshall:** So eliminating refined oils and saturated fats, so, so this would be our first step. Let's move to supplements. Okay, so one of the things that's been shown to be very helpful is B vitamins of course like Max Stress B and maybe getting a couple of teaspoons per day of of the Max Stress B, maybe in 6-8 oz of water after breakfast. Okay, this can have a very big help. The next thing that's amazingly helpful is melatonin. And is her work or her lifestyle glue her to a television or a computer or heavy duty use of the phone?

**Robert:** Yes. Moderate use of the phone because she's in Customer service type of work.

**Dr. Bob Marshall:** So she's going to need to get on melatonin and if she can get our liquid melatonin PG, the beauty of it is is she can build up to a dose that can really make a difference which is about 20 mg per day for her. So you know she'll start out with a couple of drops which will give her 2 mg, one drop something like that, and she'll work up to a quarter teaspoon which will give her 20 mg at night. And she wants to do this after dinner preferably within an hour of a bedtime, okay?

**Robert:** Mhmm.

**Dr. Bob Marshall:** Now these are things that she made see the difference very, very quickly. But I can tell you when the food is added to it, you're not going to say gee whiz I'm better but I'm not all better, she's going to say, wow do I feel better. Now the last thing that I would suggest supplement wise and she may need it, you may start her out with it is taurine. Taurine is also known for an extreme calming effect and she would need about 2 grams to 3 grams per day, okay? At her body weight she would never need more than 3 grams this. This has a very calming effect, okay? Now the last question I have is does she have to sit in traffic or does she live near freeway or anything?

**Robert:** No.

**Dr. Bob Marshall:** Okay good.

**Robert:** There's no commuting at all.

**Dr. Bob Marshall:** Okay. This is your starting homework Robert. See if you can get her to do it, okay?

**Robert:** Okay, I'll see if I can get her to start it. Now how can I get the list?

**Dr. Bob Marshall:** Well if you call the order line they'll have all this. You're Robert from Orange County. I just put OC so I'll write it out. Alright, I've done it so there. They'll be able to find you easily and review it with you if you like, okay?

**Robert:** Thanks so much for your help.

**Dr. Bob Marshall:** You're welcome. Bye now. Alright, this is Dr. Bob Marshall, PhD. This is health line live and we're answering your nutrition and health related questions. You reach us toll free 888-588-7576 and you can of course visit us online [qnlabs.com](http://qnlabs.com) be sure and tell a friend and have them join us as well, not only for this, our Saturday broadcast, but also for our Monday-thru-Friday half-hour broadcast and you can see all the listing times at [qnlabs.com](http://qnlabs.com). And you know if you are sick and tired of being sick and tired and you would want someone who can pinpoint what nutrients the body needs and exactly how much and you also want someone to find out why you've got something that just keeps getting weaker and weaker, they're going to be able to hunt down old scar traumas which invariably sedate the healthy energy flow to a key organ or gland and if you have a chief complaint organ or gland they're going to be able to hunt that down and they're going to be able to, to mud-pack that and get the energy to freely flow through it again and now a thimble full of nutrition can outperform a wheelbarrow full before. So you don't want to miss this 21st century development and opportunity just give a buzz to our order line 800-370-3447 that's 800-370-3447. Alright, let's go right back to the phones. We're going to go to Nick and he's in Cleveland, Ohio. And he's concerned a little bit about dihydrotestosterone. Are you there nick?

**Nick:** Yeah I'm here.

**Dr. Bob Marshall:** Okay and how old a man are you and how much do you weigh?

**Nick:** 28 and about a 124.

**Dr. Bob Marshall:** As far as dihydrotestosterone you're right at the age where you can start to get in trouble with that and the antidote to dihydrotestosterone is oat grass, *avena sativa*, and there's plenty of that in our quantum greens. So, if you were to take 1 or 2 tablespoons of that per day you should see quite a difference and if this is high often you're shifting toward male pattern baldness and losing the hair right in the front above the eyes and it's very frustrating. Right at that age is when I started having a problem and I got on that and I still have all my hair.

**Nick:** Sounds good.

**Dr. Bob Marshall:** Alright buddy, take care.



**Nick:** Alright, alright thank you.

**Dr. Bob Marshall:** Alright, this is Dr. Bob Marshall, PhD. This is health line live. We're answering your own nutrition and health related questions and you can reach us toll-free 888-588-7576, and you can visit our website to look up the radio listening times. They're all out there at qnlabs.com. We're going to go right back to the phones and let's go to Marley in Monrovia, California and her feet and legs get swelling and hot and red everyday and boy that's miserable. Are you there Marley?

**Marley:** Yes, and thank you for taking this call. It also happens sometimes during the night when I'm sleeping. And it's painful.

**Dr. Bob Marshall:** Okay, and tell me how old a woman are you and how much do you weigh?

**Marley:** 75. Around 125-130.

**Dr. Bob Marshall:** Well what the body is telling you is the kidneys are unhappy and you're probably still eating your big meal at night. You can't do that anymore. The meal at night is going to have to be a lighter meal like a salad with no oil, just some good vinegar, raw vinegar, and very light food. Maybe some bread with no oil and if you get a copy of the biofield diet there's a resource list and on it they'll be quite a few breads that you can find that have no oil, but almost everything else you eat contains these refined oils which one nail in your coffin very hard on the kidneys and it can' actually induce kidney failure. So there's a lot of super bad things that can happen, but if you're going to eat meat, fish, poultry, eggs or dairy products you should reduce it to about once or twice a week and it should be at lunch time not at dinner, and then you should jump on something like kidney support and at your body weight and size about 3 per meal and the next thing you're going to need is a small amount of DHA. This is the oil that comes from microalgae Docosahexaenoic acid and you'll take about 5 of those at the main meal. Okay, and now you've got very good kidney support but it's also possible Marley that you had children or you've had a severe injury to your low back. Have you had children?

**Marley:** Five.

**Dr. Bob Marshall:** My God fantastic. I had two. I thought that was a workout. Great job. So in any of those did you have an episiotomy where you tore rectally or vaginally and they had to sew you up?

**Marley:** All of them.

**Dr. Bob Marshall:** All of them. Okay so, I can guarantee you that that scar is reflexing to the kidneys and it's probably had 50 years to do it. So it's wanting to destroy both kidneys. So what you need to do desperately is to get to someone who can mud pack that. They can test you and figure out exactly what needs to be done. By mud packing this you will only need to use the DHA and the kidney support probably for 4 to 6 months and at that time the lazy kidneys, laziest organ in town, will have received what it needs to promote its best structure and function and you will not need to continue taking anything it won't be any swelling and you won't need to do any more mud packing. How's that sound for a deal?

**Marley:** It sounds great, I'll take it.

**Dr. Bob Marshall:** Okay.

**Marley:** Okay thank you so much.

**Dr. Bob Marshall:** You're welcome, bye now.

**Marley:** Bye.

**Dr. Bob Marshall:** All right we're getting near the end of the broadcast you guys that are on the line, stay there we'll catch you off the air. Don't miss today's great specials, they can review that with you at the order line, catch that number right now. Bye for now.

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