

## 2022 1Q Issues & Programs

This station is a teaching station. Every day that the station broadcasts, we play numerous health programs from a feed. For example, every weekday, Monday through Friday, we air health seminars at 9AM that last 30-60 minutes. These seminars feature numerous health field experts on preventive medicine and include medical doctors, nurses, dietitians, dentists, counselors, physical and occupational therapists. Many are world renowned such as Dr. Neil Nedley, Dr. David De Rose, Dr. T. Colin Campbell, Dr. Michael Greger, Dr. Dean Ornish, Dr. John McDougall, Dr. James Marcum and Dr. Hans Diehl.

These specialists show how to help prevent or reverse degenerative diseases such as obesity, diabetes, cardiovascular diseases, cancer, arthritis, gout, etc. Most of the preventive measures are as simple as a few lifestyle changes including rest, water, sunlight, stress reduction, correct diet, exercise, and temperance. Medicines are usually not needed if these measures are followed strictly. These measures have been proven by very large controlled health studies to result in better quality of life and add 9-12 additional years of life. Sickness and mortality are an issue in every community, so we play these and other feature health programs every day. We also play many short features ranging from 30 seconds up to 15 minutes.

For this quarter we are only listing some of the major health programs, and other programs that are very relevant to Americans that we played from 1/1/22 to 1/10/22. All start times are give in Eastern Standard Time, 24-Hour Clock.

01-01-22

Start Time 04:34:00

15 Min

Freedoms Ring

What is a Blaine Amendment

Amireh Al Haddad

01-01-22

Start Time 23:01:32

28 Min

Healthy By Choice

Eating Unprocessed Food

01-02-22

Start Time 03:03:00

30 Min

Cooking Exercises

Why Can't Women Be Like Men

01-02-22

Start Time 09:01:13

25 Min

Heart Wise

Quick And Easy

Chef Del Sroufe

01-02-22

Start Time 09:30:26

28 Min

Cooking Exercises

The Dating Game

01-02-22  
Start Time 15:01:38  
28 Min  
Healthy By Choice  
Canary In The Coalmine

01-02-22  
Start Time 16:43:11  
15 Min  
Freedoms Ring  
French Secularism Explained  
Bernadette Rigal-Cellard

01-02-22  
Start Time 18:02:09  
28 Min  
Lifestart  
Arthritis

01-02-22  
Start Time 23:01:47  
28 Min  
Healthy By Choice  
The High Cost Of Diabetes

01-03-22  
Start Time 01:01:43  
30 Min  
Cooking Exercises  
Fatigue/ Bread & Water/ Whole Grains, Kids

01-03-22  
Start Time 09:01:07  
28 Min  
Healthy By Choice  
What Then Shall We Eat Part I  
Dr Hans Diehl

01-03-22  
Start Time 10:01:36  
44 Min  
Lifestyle Center Of America  
Trouble Such As Never Was, Stress Part A  
Dr Neil Nedley

01-03-22  
Start Time 12:02:02  
24 Min  
Heart Wise  
Healing Around The World  
Jim A.

01-03-22  
Start Time 16:46:19  
13 Min

Chip  
The Good Life

01-03-22  
Start Time 23:02:24  
28 Min  
Healthy By Choice  
Water Of Life

01-04-22  
Start Time 05:42:43  
14 Min  
Life Quest Liberty  
Political Harassment  
Lincoln Steed

01-04-22  
Start Time 09:00:40  
28 Min  
Healthy By Choice  
Scapegoats Of The Western Diet

01-04-22  
Start Time 12:01:55  
25 Min  
Heart Wise  
Biblical Prescriptions  
Dr James Marcum

01-04-22  
Start Time 18:01:28  
51 Min  
Lifestyle Center Of America  
Sweet Tooth Bitter Harvest Diabetes  
Dr Neil Nedley

01-04-22  
Start Time 23:01:51  
28 Min  
Healthy By Choice  
Amazing Nutrition Facts

01-05-22  
Start Time 02:01:33  
60 Min  
Health  
Collins

01-05-22  
Start Time 09:01:17  
28 Min  
Healthy By Choice  
It's The Food  
Dr John McDougall

01-05-22  
Start Time 12:01:53  
25 Min  
Heart Wise  
Solutions to the Healthcare Dilemma

01-05-22  
Start Time 23:02:32  
28 Min  
Healthy By Choice  
Building Better Bones  
Dr Philip Reiswig

01-06-22  
Start Time 09:03:21  
28 Min  
Healthy By Choice  
Food-borne Disease  
Dr Pam Popper

01-06-22  
Start Time 12:01:43  
25 Min  
Heart Wise  
Defeating Dementia  
Dr James Marcum

01-06-22  
Start Time 14:01:53  
46 Min  
Lifestyle Center Of America

01-06-22  
Start Time 16:42:53  
14 Min  
Life Quest Liberty  
Jesus & The Wall  
Michael Peabody

01-06-22  
Start Time 18:02:13  
49 Min  
Lifestyle Center Of America  
Lifestyle Treatments For Depression Part A

01-06-22  
Start Time 23:01:24  
28 Min  
Healthy By Choice  
Healing Education  
Dysinger

01-07-22  
Start Time 08:02:54  
28 Min

Cooking Exercises  
Cooking Breakfast For Heart Health

01-07-22  
Start Time 09:01:57  
28 Min  
Healthy By Choice  
Rethink Food 2

01-07-22  
Start Time 12:01:39  
25 Min  
Heart Wise  
Neutraceuticals Versus Pharmacologicals

01-07-22  
Start Time 13:02:24  
28 Min  
Cooking Exercises  
Immune/ Coping/ Cook Deserts

01-07-22  
Start Time 23:01:16  
28 Min  
Healthy By Choice  
Treating Chronic Disease 2  
Dr Hans Diehl

01-08-22  
Start Time 04:39:08  
15 Min  
Freedoms Ring  
Religious Freedom In American Foreign Policy  
Lou An

01-08-22  
Start Time 23:01:36  
28 Min  
Healthy By Choice  
The Heart Of Health

01-09-22  
Start Time 03:01:21  
25 Min  
Cooking Exercises  
Diabetes/ LCA Diet/ Food Shopping

01-09-22  
Start Time 09:02:38  
25 Min  
Heart Wise  
Nerve Pain  
Dr James Marcum

01-09-22

Start Time 09:32:02  
28 Min  
Cooking Exercises  
Who's In Charge  
N Van Pelt

01-09-22  
Start Time 15:01:16  
28 Min  
Healthy By Choice  
The Wedding Dress Diet  
Gable

01-09-22  
Start Time 18:02:26  
28 Min  
Lifestart  
Heart

01-09-22  
Start Time 23:01:30  
28 Min  
Healthy By Choice  
Controlling Cholesterol

01-10-22  
Start Time 01:01:26  
29 Min  
Cooking Exercises  
His & Her Needs

01-10-22  
Start Time 09:01:56  
28 Min  
Healthy By Choice  
Healing Ministry

01-10-22  
Start Time 10:01:55  
60 Min  
Lifestyle Center Of America  
Conquering The #1 Killer – Heart Disease  
Dr Neil Nedley

01-10-22  
Start Time 12:02:12  
25 Min  
Heart Wise  
Victory Vitamin  
Dr Sorum Kahls

01-10-22  
Start Time 16:45:37  
13 Min  
Chip

Pills Versus Peas

01-10-22

Start Time 18:01:43

30 Min

Cooking Exercises

How To Tell If In Love

01-10-22

Start Time 23:02:14

28 Min

Healthy By Choice

The Whole Truth