

## 2023 3Q 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 7/1/23 to 7/23/23. All start times are give in Eastern Standard Time, 24-Hour Clock.

7-01-23

Start Time 07:01:05

60 Min

Lifestyle Center Of America

Vegetarianism

Dr Neil Nedley

7-01-23

Start Time 10:01:46

51 Min

Lifestyle Center Of America

Sweat Tooth Bitter Harvest Diabetes

Dr Neil Nedley

7-01-23

Start Time 23:01:17

28 Min

Healthy By Choice

Its The Food

Dr John Mcdougall

7-02-23

Start Time 09:04:30

25 Min

Heart Wise

Legal Prescriptions Part 1

Mark Kennedy

7-02-23

Start Time 15:01:13

28 Min

Healthy By Choice  
Building Better Bones  
Dr Phillip Reiswig

7-02-23  
Start Time 18:02:36  
28 Min  
Lifestart  
Lifespan

7-02-23  
Start Time 23:01:05  
28 Min  
Healthy By Choice  
Food-borne Disease  
Dr Pam Popper

7-03-23  
Start Time 09:01:59  
28 Min  
Healthy By Choice  
Healing Education  
Dysinger

7-03-23  
Start Time 10:03:00  
47 Min  
Family  
Dynamic Family Communication

7-03-23  
Start Time 12:01:27  
25 Min  
Heart Wise  
Holistic Mental Health  
Peg Haust-Arliss.m

7-03-23  
Start Time 23:02:26  
28 Min  
Healthy By Choice  
Rethink Food 2

7-04-23  
Start Time 04:16:08  
13 Min  
Chip  
Jump start With Breakfast

7-04-23  
Start Time 09:04:08  
28 Min  
Healthy By Choice  
Treating Chronic Disease Part 2  
Dr Hans Diehl

7-04-23  
Start Time 10:03:49  
41 Min  
Lifestyle Center Of America  
Rest

7-04-23  
Start Time 12:01:26  
25 Min  
Heart Wise  
Staying Independent  
Dr James Marcum

7-04-23  
Start Time 18:00:20  
56 Min  
Lifestyle Center Of America  
Heart Disease

7-04-23  
Start Time 19:02:11  
48 Min  
Health  
Protein

7-04-23  
Start Time 23:03:35  
28 Min  
Healthy By Choice  
The Heart Of Health

7-05-23  
Start Time 09:02:39  
28 Min  
Healthy By Choice  
The Wedding Dress Diet  
Gable

7-05-23  
Start Time 12:01:17  
25 Min  
Heart Wise  
Going Natural  
Dr Michael Gregor

7-05-23  
Start Time 23:01:22  
28 Min  
Healthy By Choice  
Controlling Cholesterol

7-06-23  
Start Time 09:02:24  
28 Min

Healthy By Choice  
Healing Ministry

7-06-23  
Start Time 12:01:57  
25 Min  
Heart Wise  
Mind Control  
Michael Austin

7-06-23  
Start Time 18:01:44  
56 Min  
Lifestyle Center Of America  
Sugar 22

7-06-23  
Start Time 23:06:24  
28 Min  
Healthy By Choice  
The Whole Truth

7-07-23  
Start Time 08:03:04  
59 Min  
Health  
Sugar 21

7-07-23  
Start Time 09:03:33  
28 Min  
Healthy By Choice  
Epigenetics  
Kelly

7-07-23  
Start Time 12:01:09  
25 Min  
Heart Wise  
Joint Pain  
Dr James Marcum

7-07-23  
Start Time 23:02:07  
28 Min  
Healthy by Choice  
Obesity

7-08-23  
Start Time 07:00:46  
58 Min  
Lifestyle Center Of America  
One Nation Under Pressure – Hypertension  
Dr Neil Nedley

7-08-23  
Start Time 10:01:12  
52 Min  
Lifestyle Center Of America  
The Good News About Cancer  
Dr Neil Nedley

7-08-23  
Start Time 23:01:55  
28 Min  
Healthy By Choice  
Framingham  
Dr William Castelli

7-09-23  
Start Time 09:03:16  
25 Min  
Heart Wise  
Muscle Pain  
Dr James Marcum

7-09-23  
Start Time 15:02:25  
28 Min  
Healthy By Choice  
Modern Medicine Limitations  
Dr Hans Diehl

7-09-23  
Start Time 18:13:27  
28 Min  
Lifestart  
Arthritis

7-09-23  
Start Time 23:12:34  
28 Min  
Healthy By Choice  
Mental Mystery  
Robert Whitaker

7-10-23  
Start Time 09:02:36  
28 Min  
Healthy By Choice  
The Long Run

7-10-23  
Start Time 12:01:05  
25 Min  
Heart Wise  
Whole Detox  
Dr. Deanna Minich

7-10-23

Start Time 23:02:55  
28 Min  
Healthy By Choice  
Health Pioneer  
Dr Dean Ornish

7-11-23  
Start Time 04:15:35  
13 Min  
Chip  
Fringe Benefits

7-11-23  
Start Time 09:02:41  
28 Min  
Healthy By Choice  
The Canada Connection  
Dr Sid Kettner

7-11-23  
Start Time 10:01:26  
46 Min  
Lifestyle Center Of America  
Health  
Dr David De Rose

7-11-23  
Start Time 12:01:33  
25 Min  
Heart Wise  
Code Food  
Maggie Neola

7-11-23  
Start Time 18:01:23  
60 Min  
Lifestyle Center Of America  
Sugar 3

7-11-23  
Start Time 19:02:13  
42 Min  
Health  
Dr David De Rose

7-11-23  
Start Time 23:01:18  
28 Min  
Healthy By Choice  
The Diet Soda Myth

7-12-23  
Start Time 02:02:13  
56 Min  
Family Life

## What Makes You Tick B

7-12-23

Start Time 09:01:38

28 Min

Healthy By Choice

Mediterranean Diet

7-12-23

Start Time 12:02:26

25 Min

Heart Wise

Nerve Pain

Dr James Marcum

7-12-23

Start Time 23:01:19

28 Min

Healthy By Choice

Silent Killer

Dr Hans Diehl

7-13-23

Start Time 09:01:28

28 Min

Healthy By Choice

The Calcium Confusion

7-13-23

Start Time 11:01:44

30 Min

Cooking Exercises

Breaking Up

7-13-23

Start Time 12:02:02

25 Min

Heart Wise

Young Minds

Dr Rose Gamblin

7-13-23

Start Time 18:01:43

55 Min

Lifestyle Center Of America

Heart Disease

7-13-23

Start Time 23:06:53

28 Min

Healthy By Choice

Workplace Health

Shurney

7-14-23

Start Time 05:43:25  
13 Min  
Chip  
Magic Of Fiber

7-14-23  
Start Time 08:01:39  
58 Min  
Health  
Lifestyle Center Of America

7-14-23  
Start Time 09:02:51  
28 Min  
Healthy By Choice  
Chip In Motion  
Herzog

7-14-23  
Start Time 10:01:55  
59 Min  
Miscellaneous  
Bible's Ancient Health Secrets  
Mark Finley

7-14-23  
Start Time 12:02:17  
25 Min  
Heart Wise  
Eating You Alive  
Jacobs & Kennamer

7-14-23  
Start Time 23:01:15  
28 Min  
Healthy By Choice  
Healing Service Part 2  
Hart

7-15-23  
Start Time 00:03:39  
49 Min  
Family  
Scheduling My Life

7-15-23  
Start Time 07:03:50  
55 Min  
Lifestyle Center Of America  
Making And Staying With Positive Lifestyle Change  
Dr. Neil Nedley

7-15-23  
Start Time 10:01:04  
48 Min



Lifestyle Center Of America  
Sugar 9

7-15-23

Start Time 23:01:08

28 Min

Healthy By Choice

The Chronic Disease Dilemma Part 1

Dr Hans Diehl

7-16-23

Start Time 09:02:55

25 Min

Heart Wise

Legal Prescriptions Part 2

Mark Kennedy

7-16-23

Start Time 15:01:44

28 Min

Healthy By Choice

Healing Service Part One

Hart

7-16-23

Start Time 18:02:21

28 Min

Lifestart

Heart

7-16-23

Start Time 19:01:57

60 Min

Family Life

Changing Your Habits

7-16-23

Start Time 23:01:30

28 Min

Healthy By Choice

Rethink Food

7-17-23

Start Time 9:01:20

28 Min

Healthy By Choice

Treating Chronic Disease Part 1

Dr Hans Diehl

7-17-23

Start Time 10:01:17

60 Min

Family

Woman A Companion

7-17-23  
Start Time 12:01:36  
28 Min  
Heart Wise  
Quitting Sugar  
Cristina Grenga

7-17-23  
Start Time 23:01:56  
28 Min  
Healthy By Choice  
The Secrets Of Living Longer

7-18-23  
Start Time 04:15:28  
13 Min  
Chip  
Children Getting Fatter Faster

7-18-23  
Start Time 09:01:55  
28 Min  
Healthy By Choice  
The Facts  
Rip Esselstyn

7-18-23  
Start Time 10:01:26  
46 Min  
Lifestyle Center Of America  
Nutrition For The Brain Part A  
Dr. Neil Nedley

7-18-23  
Start Time 12:02:40  
25 Min  
Heart Wise  
Pressing Pause  
Karen Ehman

7-18-23  
Start Time 18:02:10  
56 Min  
Lifestyle Center Of America  
Renewing The Mind  
Dr. Neil Nedley

7-18-23  
Start Time 19:02:32  
37 Min  
Health  
Nibbling Away Our Health

7-18-23  
Start Time 19:39:42

14 Min  
Chip  
Natures Cancer Fighters

7-18-23  
Start Time 23:02:14  
28 Min  
Healthy By Choice  
Prevention And Wellness  
Lacagnina

7-19-23  
Start Time 02:01:59  
48 Min  
Family Life  
As A Man Thinketh

7-19-23  
Start Time 09:02:17  
28 Min  
Healthy By Choice  
What Then Shall We Eat Part 2  
Dr Hans Diehl

7-19-23  
Start Time 12:01:40  
25 Min  
Heart Wise  
Smile Safe  
Dr Joel Davis

7-19-23  
Start Time 23:02:13  
28 Min  
Healthy By Choice  
Nutrition In Medical School  
Dr Hans Diehl

7-20-23  
Start Time 09:02:32  
28 Min  
Healthy By Choice  
Health Restored In Canada  
Rayner

7-20-23  
Start Time 11:01:53  
30 Min  
Cooking Exercises  
Living With Imperfection

7-20-23  
Start Time 12:02:31  
25 Min  
Heart Wise

Hurting Hearts  
Courtney Needham

7-20-23  
Start Time 18:02:03  
44 Min  
Lifestyle Center Of America  
Trouble Such As Never Was Stress Part B  
Dr. Neil Nedley

7-20-23  
Start Time 23:02:37  
28 Min  
Healthy By Choice  
Number 1 Killer

7-21-23  
Start Time 08:03:02  
28 Min  
Health  
Sugar 8

7-21-23  
Start Time 09:02:40  
28 Min  
Healthy By Choice  
The Chronic Disease Dilemma Part 2  
Dr Hans Diehl

7-21-23  
Start Time 12:20:02  
16 Min  
Heart Wise  
Oh The Pain  
Dr James Marcum

7-21-23  
Start Time 23:01:12  
28 Min  
Healthy By Choice  
Unprocessed

7-22-23  
Start Time 07:01:27  
50 Min  
Lifestyle Center Of America  
Behavior

7-22-23  
Start Time 10:02:02  
44 Min  
Lifestyle Center Of America  
Sugar 1

7-23-23  
Start Time 03:39:43  
13 Min  
Chip  
Force Of Habit

7-23-23  
Start Time 09:01:53  
25 Min  
Heart Wise  
Farmers Markets

7-23-23  
Start Time 09:59:01  
13 Min  
Chip  
Stalking a Crippler

7-23-23  
Start Time 15:03:19  
28 Min  
Canary In The Coal Mine

7-23-23  
Start Time 18:15:18  
29 Min  
Lifestart  
Mental

7-23-23  
Start Time 19:15:11  
58 Min  
Family Life  
Secrets To Emotional Health

7-23-23  
Start Time 23:12:36  
28 Min  
Healthy By Choice  
The High Cost Of Diabetes