

## 2023 2Q 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 5/1/23 to 5/21/23. All start times are give in Eastern Standard Time, 24-Hour Clock.

5-01-23

Start Time 06:39:10

15 Min

Freedoms Ring

French Secularism Explained

Bernadette Rigal-Cellard

5-01-23

Start Time 09:02:47

28 Min

Healthy By Choice

Silent Killer

Dr Hans Diehl

5-01-23

Start Time 12:01:49

24 Min

Heart Wise

The Wonder Years

Dr Rose Gamblin

5-01-23

Start Time 23:02:28

28 Min

Healthy By Choice

The Calcium Confusion

5-02-23

Start Time 04:16:07

13 Min

Chip

## Finding The Ideal Weight

5-02-23

Start Time 09:03:10

28 Min

Healthy By Choice

Workplace Health

Shurney

5-02-23

Start Time 10:02:17

57 Min

Lifestyle Center Of America

Sweet Tooth Bitter Harvest Diabetes

5-02-23

Start Time 12:02:19

24 Min

Heart Wise

The New Prescription Part 2

5-02-23

Start Time 18:01:47

43 Min

Lifestyle Center Of America

Trouble Such As Never Was, Stress Part B

Dr. Neil Nedley

5-02-23

Start Time 19:01:17

51 Min

Health

What Are You Watching

Dane Griffin

5-02-23

Start Time 23:03:00

28 Min

Healthy By Choice

Chip In Motion

Herzog

5-03-23

Start Time 02:02:02

60 Min

Fam Life

What Makes You Tick

5-03-23

Start Time 09:01:15

28 Min

Health By Choice

Healing Service Part 2

Hart

5-03-23  
Start Time 12:01:32  
24 Min  
Heart Wise  
The New Prescription Part 1

5-03-23  
Start Time 23:01:56  
28 Min  
Healthy By Choice  
The Chronic Disease Dilemma Part 1  
Dr Hans Diehl

5-04-23  
Start Time 06:39:56  
14 Min  
Life Quest Liberty  
Politically Incorrect  
Lincoln Steed

5-04-23  
Start Time 09:01:08  
28 Min  
Healthy By Choice  
Healing Service Part 1

5-04-23  
Start Time 12:01:35  
24 Min  
Heart Wise  
Managing Anger Part 2  
Jantz

5-04-23  
Start Time 18:01:55  
53 Min  
Lifestyle Center Of America  
Sugar 10

5-04-23  
Start Time 23:01:58  
28 Min  
Healthy By Choice  
Rethink Food

5-05-23  
Start Time 08:02:56  
56 Min  
Health  
Sugar 21

5-05-23  
Start Time 09:01:46  
28 Min  
Healthy By Choice

Treating Chronic Disease Part 1  
Dr Hans Diehl

5-05-23  
Start Time 12:02:27  
24 Min  
Heart Wise  
Managing Anger Part 1  
Jantz

5-05-23  
Start Time 23:02:21  
28 Min  
Healthy By Choice  
The Secrets Of Living Longer

5-06-23  
Start Time 07:02:28  
50 Min  
Lifestyle Center Of America  
As The Gut Churns  
Dr. Neil Nedley

5-06-23  
Start Time 10:01:28  
48 Min  
Lifestyle Center Of America  
Sugar 9

5-06-23  
Start Time 23:01:22  
28 Min  
Healthy By Choice  
The Facts  
Rip Esselstyn

5-07-23  
Start Time 09:03:56  
24 Min  
Heart Wise  
Granting Serenity  
Martha Carucci

5-07-23  
Start Time 15:01:25  
28 Min  
Healthy by Choice  
Prevention And Wellness  
Lacagnina

5-07-23  
Start Time 18:02:11  
28 Min  
Lifestart

Diabetes

5-07-23

Start Time 23:13:08

28 Min

Healthy By Choice

What Than Shall We Eat Part 2

Dr Hans Diehl

5-08-23

Start Time 09:02:42

28 Min

Healthy By Choice

Nutrition In Medical Schools

Dr Hans Diehl

5-08-23

Start Time 12:01:47

24 Min

Heart Wise

Chest Pain

Dr James Marcum

5-08-23

Start Time 23:01:46

28 Min

Healthy By Choice

Health Restored In Canada

Rayner

5-09-23

Start Time 04:15:57

13 Min

Chip

Eat More Weigh Less

5-09-23

Start Time 09:01:25

28 Min

Healthy By Choice

Number One Killer

5-09-23

Start Time 10:01:21

49 Min

Lifestyle Center Of America

Lifestyle Treatment For Depression Part A

Dr. Neil Nedley

5-09-23

Start Time 12:02:06

24 Min

Heart Wise

Question and Answer

Dr. James Marcum

5-09-23  
Start Time 18:01:33  
43 Min  
Lifestyle Center Of America  
Sugar 4

5-09-23  
Start Time 19:01:03  
56 Min  
Health

5-09-23  
Start Time 23:03:25  
28 Min  
Healthy By Choice  
The Chronic Disease Dilemma Part 2  
Dr. Hans Diehl

5-10-23  
Start Time 09:02:59  
28 Min  
Healthy By Choice  
Unprocessed

5-10-23  
Start Time 12:01:13  
24 Min  
Heart Wise  
Life Adventure  
Alana Retseck

5-10-23  
Start Time 23:01:22  
28 Min  
Healthy By Choice  
Canary In The Coal Mine

5-11-23  
Start Time 09:01:05  
28 Min  
Healthy By Choice  
The High Cost Of Diabetes

5-11-23  
Start Time 12:02:32  
24 Min  
Heart Wise  
Heart Of A Woman  
Dr. James Marcum

5-11-23  
Start Time 18:01:52  
60 Min  
Lifestyle Center Of America

Good News About Cancer  
Dr. Neil Nedley

5-11-23  
Start Time 23:05:30  
28 Min  
Healthy By Choice  
What Then Shall We Eat Part 1

5-12-23  
Start Time 08:02:32  
58 Min  
Lifestyle Center Of America  
Health

5-12-23  
Start Time 09:01:50  
28 Min  
Healthy By Choice  
Water Of Life

5-12-23  
Start Time 12:01:03  
24 Min  
Heart Wise  
The Importance Of Family Heidi

5-12-23  
Start Time 23:02:11  
28 Min  
Healthy By Choice  
Scapegoats Of The Western Diet

5-13-23  
Start Time 07:01:35  
54 Min  
Lifestyle Center Of America  
Health

5-13-23  
Start Time 10:01:16  
60 Min  
Lifestyle Center Of America  
Vegetarianism  
Dr. Neil Nedley

5-13-23  
Start Time 23:01:04  
28 Min  
Healthy By Choice  
Amazing Nutrition Facts

5-14-23  
Start Time 04:15:38  
12 Min

Veith Health  
Prions

5-14-23  
Start Time 09:01:37  
24 Min  
Heart Wise  
Eating Disorders  
Melainie Rogers

5-14-23  
Start Time 09:59:07  
13 Min  
Chip  
Natures Cancer Fighters

5-14-23  
Start Time 15:06:08  
28 Min  
Healthy By Choice  
Its The Food  
Dr John McDougall

5-14-23  
Start Time 18:03:20  
28 Min  
Lifestart  
Weight

5-14-23  
Start Time 23:12:00  
28 Min  
Healthy By Choice  
Building Better Bones  
Dr Philip Reiswig

5-15-23  
Start Time 09:02:53  
28 Min  
Healthy By Choice  
Food Borne Disease  
Dr Pam Popper

5-15-23  
Start Time 12:01:57  
24 Min  
Heart Wise  
Community Health  
Candace Huber

5-15-23  
Start Time 23:01:13  
28 Min  
Healthy By Choice  
Healing Education



Dysinger

5-16-23

Start Time 04:16:35

13 Min

Chip

Jumpstart With Breakfast

5-16-23

Start Time 09:02:44

28 Min

Healthy By Choice

Rethink Food 2

5-16-23

Start Time 10:01:29

42 Min

Lifestyle Center Of America

The Sugar And Diabetes Story

5-16-23

Start Time 11:44:05

13 Min

Elizabeth Elliot

Making Your Marriage Work

5-16-23

Start Time 12:02:21

24 Min

Heart Wise

Your Brain On War

Dr Urchel

5-16-23

Start Time 18:02:22

60 Min

Lifestyle Center Of America

Health

5-16-23

Start Time 19:03:58

53 Min

Health

Sunshine In The Fresh Air

5-16-23

Start Time 23:01:03

28 Min

Healthy By Choice

Treating Chronic Disease – Part 2

Dr Hans Diehl

5-17-23

Start Time 09:02:02

28 Min

Healthy By Choice  
The Heart Of Health

5-17-23  
Start Time 12:01:52  
24 Min  
Heart Wise  
Hear Wise Weight Management Pro

5-17-23  
Start Time 23:01:31  
28 Min  
Healthy By Choice  
The Wedding Dress Diet  
Gable

5-18-23  
Start Time 06:02:02  
60 Min  
Veith  
Your Health Your Choice  
Dr Neil Nedley

5-18-23  
Start Time 09:03:02  
28 Min  
Healthy By Choice  
Controlling Cholesterol

5-18-23  
Start Time 12:01:13  
24 Min  
Heart Wise  
A Woman's Point Of View To Heal  
Dr Neil Nedley

5-18-23  
Start Time 18:02:24  
44 Min  
Lifestyle Center Of America  
Sugar 1

5-18-23  
Start Time 23:01:54  
28 Min  
Healthy By Choice  
Healing Ministry

5-19-23  
Start Time 08:01:23  
28 Min  
Health  
Sugar 8

5-19-23

Start Time 09:02:55  
28 Min  
Healthy By Choice  
The Whole Truth

5-19-23  
Start Time 12:01:48  
24 Min  
Heart Wise  
Happy Teeth  
Phillip Swords

5-19-23  
Start Time 23:01:31  
28 Min  
Healthy By Choice  
Epigenetics  
Kelly

5-20-23  
Start Time 00:03:32  
60 Min  
Family  
Jumbled Priorities

5-20-23  
Start Time 07:01:23  
58 Min  
Lifestyle Center Of America  
Dr Neil Nedley

5-20-23  
Start Time 10:01:18  
50 Min  
Lifestyle Center Of America  
The Entering Wedge  
Dr Neil Nedley

5-20-23  
Start Time 23:01:59  
28 Min  
The Obesity Dilemma

5-21-23  
Start Time 09:04:30  
24 Min  
Heart Wise  
Abdominal Pain  
Dr James Marcum

5-21-23  
Start Time 15:01:50  
28 Min  
Healthy By Choice  
Framingham

Dr William Castelli

5-21-23

Start Time 18:03:45

28 Min

Lifestart

Colds Flues

5-21-23

Start Time 19:42:45

13 Min

Chip

Medical Myths

5-21-23

Start Time 23:12:11

28 Min

Healthy By Choice

Modern Medicine Limitations

Dr Hans Diehl