

2023 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 1/1/23 to 1/20/23. All start times are give in Eastern Standard Time, 24-Hour Clock.

1-01-23

Start Time 09:04:03

24 Min

Heart Wise

Eating You Alive

Jacobs & Kennamer

1-01-23

Start Time 15:01:30

28 Min

Healthy By Choice

The High Cost Of Diabetes

1-01-23

Start Time 18:02:34

28 Min

Lifestart

Arthritis

1-01-23

Start Time 19:01:05

58 Min

Famlife

Secrets To Emotional Health

1-01-23

Start Time 23:01:35

28 Min

Healthy By Choice

What Then Shall We Eat Part 1

Dr Hans Diehl

1-02-23

Start Time 00:16:49

42 Min

Thomas

Keeping Short Accounts

1-02-23

Start Time 9:01:48

28 Min

Healthy By Choice

The Water Of Life

1-02-23

Start Time 12:01:22

24 Min

Heart Wise

Salad Days

Cameron Wells M.P.H., R.D. Dietitian

1-02-23

Start Time 23:01:28

28 Min

Healthy By Choice

Scapegoats Of The Western Diet

1-03-23

Start Time 04:13:15

13 Min

Chip

Fate On Your Plate

1-03-23

Start Time 09:03:16

28 Min

Healthy By Choice

Amazing Nutrition Facts

1-03-23

Start Time 10:02:57

60 Min

Lifestyle Center Of America

Sugar

1-03-23

Start Time 12:02:00

24 Min

Heart Wise

Website Questions

Dr James Marcum & Nick Evenson

1-03-23

Start Time 18:02:31

59 Min

Lifestyle Center Of America
Suffering

1-03-23
Start Time 19:02:08
47 Min
Health
Dairy Issues

1-03-23
Start Time 23:01:38
28 Min
Healthy By Choice
Its The Food
Dr John McDougall

1-04-23
Start Time 04:32:02
29 Min
DM
Healthy Finances

1-04-23
Start Time 09:01:53
28 Min
Healthy By Choice
Building Better Bones
Dr Philip Reiswig

1-04-23
Start Time 12:01:31
24 Min
Heart Wise
Safe Surgery
Dr James Marcum & Charles Mills

1-04-23
Start Time 23:02:10
28 Min
Healthy By Choice
Food-borne Disease
Dr Pam Popper

1-05-23
Start Time 09:01:11
28 Min
Healthy By Choice
Healing Education
Dysinger

1-05-23
Start Time 12:01:59
24 Min
Heart Wise
Antioxidants

Dr James Marcum & Charles Mills

1-05-23

Start Time 18:03:53

56 Min

Lifestyle Center Of America

1-05-23

Start Time 23:03:37

28 Min

Healthy By Choice

Rethink Food 2

1-06-23

Start Time 01:30:12

24 Min

Barber

Surviving Life's Storms

1-06-23

Start Time 03:02:55

28 Min

Barber

Overcoming Your Handicap

1-06-23

Start Time 08:02:29

58 Min

Health

Sugar

1-06-23

Start Time 09:02:07

28 Min

Healthy By Choice

Treating Chronic Disease Part 2

Dr Hans Diehl

1-06-23

Start Time 10:01:51

58 Min

Bible's Ancient Health Secrets

Mark Finley

1-06-23

Start Time 12:02:29

24 Min

Heart Wise

Mind Games

Robert Whitaker & Lisa Cosgrove

1-06-23

Start Time 23:02:18

28 Min

Healthy By Choice

The Heart Of Health

1-07-23

Start Time 07:01:36

52 Min

Lifestyle Center Of America

Sweet Tooth Bitter Harvest Diabetes

Dr Neil Nedley

1-07-23

Start Time 10:01:32

52 Min

Lifestyle Center Of America

The Good News about Cancer

Dr Neil Nedley

1-07-23

Start Time 23:01:51

28 Min

Healthy By Choice

The Wedding Dress Diet

Gable

1-08-23

Start Time 09:02:58

24 Min

Heart Wise

One Face

Sarah McDugal

1-08-23

Start Time 15:02:16

28 Min

Healthy By Choice

Controlling Cholesterol

1-08-23

Start Time 18:01:34

28 Min

Lifestart

Heart

1-08-23

Start Time 23:10:42

28 Min

Healthy By Choice

Healing Ministry

1-09-23

Start Time 09:01:15

28 Min

Healthy By Choice

The Whole Truth

1-09-23

Start Time 10:01:51
59 Min
Family
Keeper 3 Woman a Companion

1-09-23
Start Time 12:01:16
24 Min
Heart Wise
Surgery Questions
Dr James Marcum

1-09-23
Start Time 23:01:33
28 Min
Healthy By Choice
Epigenetics
Kelly

1-10-23
Start Time 04:13:43
13 Min
Chip
The Good Life

1-10-23
Start Time 09:03:17
28 Min
Healthy By Choice
The Obesity Dilemma

1-10-23
Start Time 10:01:38
47 Min
Lifestyle Center Of America

1-10-23
Start Time 12:01:21
24 Min
Heart Wise
Deadly Dining Part 2
Charles Mills

1-10-23
Start Time 18:02:07
52 Min
Lifestyle Center Of America
Sugar

1-10-23
Start Time 19:03:11
42 Min
Health
Dr David De Rose

1-10-23
Start Time 23:01:12
28 Min
Healthy By Choice
Framingham
Dr William Castelli

1-11-23
Start Time 09:01:32
28 Min
Healthy By Choice
Modern Medicine Limitations
Dr Hans Diehl

1-11-23
Start Time 12:01:51
24 Min
Heart Wise
Deadly Dining Part I
Charles Mills

1-11-23
Start Time 23:01:25
28 Min
Healthy By Choice
Mental Mystery
Robert Whitaker

1-12-23
Start Time 00:17:38
56 Min
DM
Is Anyone Among You Sick

1-12-23
Start Time 09:01:40
28 Min
Healthy By Choice
The Long Run

1-12-23
Start Time 11:01:07
27 Min
Cooking Exercises

1-12-23
Start Time 12:01:22
24 Min
Heart Wise
Suffered Long Enough
Dr William Rawls

1-12-23
Start Time 18:03:54
50 Min

Lifestyle Center Of America
Behavior

1-12-23
Start Time 23:05:05
28 Min
Healthy By Choice
Health Pioneer
Dr Dean Ornish

1-13-23
Start Time 08:02:45
29 Min
Health
Sugar

1-13-23
Start Time 09:03:05
28 Min
Healthy By Choice
The Canada Connection
Dr Sid Kettner

1-13-23
Start Time 12:01:44
24 Min
Heart Wise
General Health Questions
Dr James Marcum

1-13-23
Start Time 23:02:25
28 Min
Healthy By Choice
The Diet Soda Myth

1-14-23
Start Time 07:01:58
50 Min
Lifestyle Center Of America
As The Gut Churns
Neil Nedley

1-14-23
Start Time 10:01:27
58 Min
Lifestyle Center Of America
One Nation Under Pressure – Hypertension

1-14-23
Start Time 23:02:51
28 Min
Healthy By Choice
Mediterranean Diet

1-15-23
Start Time 09:02:50
24 Min
Heart Wise
Code Talking
Dr James Marcum

1-15-23
Start Time 15:01:47
28 Min
Healthy By Choice
Silent Killer
Dr Hans Diehl

1-15-23
Start Time 18:04:03
28 Min
Lifestart
Mental

1-15-23
Start Time 23:09:50
28 Min
Healthy By Choice
The Calcium Confusion

1-16-23
Start Time 04:15:47
15 Min
CWW
The Challenge Of Job Hunting 1

1-16-23
Start Time 09:02:38
28 Min
Healthy By Choice
Workplace Health
Shurney

1-16-23
Start Time 12:01:46
24 Min
Heart Wise
Foods That Heal
Dr James Marcum

1-16-23
Start Time 23:01:31
28 Min
Healthy By Choice
Chip In Motion
Herzog

1-17-23
Start Time 04:15:42

13 Min
Chip
Caloric Bombs

1-17-23
Start Time 09:01:57
28 Min
Healthy By Choice
Healing Service Part 2
Hart

1-17-23
Start Time 10:01:47
46 Min
Lifestyle Center Of America
Nutrition For The Brain Part A
Dr Neil Nedley

1-17-23
Start Time 12:02:15
24 Min
Heart Wise
Hypothermia
Dr James Marcum

1-17-23
Start Time 18:02:26
56 Min
Lifestyle Center Of America
Renewing The Mind
Dr Neil Nedley

1-17-23
Start Time 19:02:47
42 Min
Health
Dr David De Rose

1-17-23
Start Time 23:01:24
28 Min
Healthy By Choice
The Chronic Disease Dilemma Part 1
Dr Hans Diehl

1-18-23
Start Time 02:02:17
60 Min
Fam Life
What Makes you Tick A

1-18-23
Start Time 04:34:23
30 Min
DM

The Compassionate Cardiologist

1-18-23

Start Time 09:02:04

28 Min

Healthy By Choice

Healing Service Part 1

Hart

1-18-23

Start Time 12:01:48

24 Min

Heart Wise

Blood Pressure Control

Dr David DeRose

1-18-23

Start Time 23:01:57

28 Min

Healthy By Choice

Rethink Food

1-19-23

Start Time 09:02:36

28 Min

Healthy By Choice

Treating Chronic Disease Part 1

Dr Hans Diehl

1-19-23

Start Time 12:01:07

24 Min

Heart Wise

God And Cancer Meet

Dr James Marcum

1-19-23

Start Time 18:02:39

57 Min

Lifestyle Center Of American

1-19-23

Start Time 23:01:57

28 Min

Healthy By Choice

The Secrets Of Living Longer

1-20-23

Start Time 08:02:10

28 Min

Health

1-20-23

Start Time 09:01:28

28 Min

Healthy By Choice
The Facts
Rip Esselstyne

1-20-23

Start Time 12:01:26

24 Min

Heart Wise

Cancer

Charles Mills & Dr James Marcum