

## 2024 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 many health seminars 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 2/1/24 to 2/13/24. All start times are give in Eastern Standard Time, 24-Hour Clock.

2-1-24

Start Time 00:00:01

58 Min

American Indian Living

AIL-348d

Dr David DeRose

2-1-24

Start Time 02:46:20

57 Min

Five Day Stop Smoking Program

Day 4

Dr Arthur Weaver

2-1-24

Start Time 12:10:44

25 Min

Heart Wise

Natural Cures

Dr James Marcum

2-1-24

Start Time 14:49:29

15 Min

Nutrition Facts

NF-EP-044

The Skinny On Trans Fat

Dr Michael Greger, MD.

2-1-24

Start Time 18:44:47  
16 Min  
Nutrition Facts  
NF-EP-036  
Sexual Healing  
Dr Michael Greger, MD.

2-1-24  
Start Time 22:33:42  
16 Min  
Nutrition Facts  
NF-EP-093  
More On Vitamin Supplements  
Dr Michael Greger, MD.

2-1-24  
Start Time 23:04:10  
28 Min  
Chip Health  
Chip 1230  
Ideal Weight

2-2-24  
Start Time 00:01:46  
58 Min  
American Indian Living  
AIL-396  
Dr David Derose

2-2-24  
Start Time 02:59:54  
57 Min  
5 Day Stop Smoking Program  
Day 5  
Dr Arthur Weaver

2-2-24  
Start Time 08:43:02  
16 Min  
Nutrition Facts  
NF-EP-116  
Vegetarian-Athlete  
Dr Michael Greger, MD.

2-2-24  
Start Time 15:45:35  
16 Min  
Nutrition Facts  
NF-EP-084  
Preventing Crones Disease  
Dr Michael Greger, MD.

2-2-24  
Start Time 22:41:03  
16 Min

Nutrition Facts  
NF-EP-104  
Treating-Psoriasis  
Dr Michael Greger, MD

2-2-24  
Start Time 23:05:16  
28 Min  
Chip Health  
CHIP1123  
Reversing Heart Disease

2-3-24  
Start Time 00:02:52  
58 Min  
American Indian Lifestyle  
AIL-438C  
Dr David Derose

2-3-24  
Start Time 06:38:11  
18 Min  
Nutrition Facts  
NF-EP-216

2-3-24  
Start Time 22:40:51  
21 Min  
Nutrition Facts  
NF-EP-069  
The Perls Of Inflammation  
Dr Michael Greger, MD.

2-3-24  
Start Time 23:00:03  
21 Min  
Chip Health  
CHIP1214  
Natures Cancer Fighters  
Dr Philip Collins

2-3-24  
Start Time 23:59:48  
58 Min  
American Indian Lifestyle  
AIL 466L  
Dr David DeRose

2-4-24  
Start Time 03:39:38  
16 Min  
Nutrition Facts  
NF-EP-038  
To Pee Or Not To  
Dr Michael Greger, MD.

2-4-24  
Start Time 12:09:14  
58 Min  
American Indian Living  
AIL-490  
Dr David DeRose

2-4-24  
Start Time 22:59:16  
19 Min  
Nutrition Facts  
NF-EP-118  
Nutrition Facts Grab Bag  
Dr Michael Greger, MD.

2-4-24  
Start Time 23:18:24  
28 Min  
Healthy By Choice  
HBC27  
The Chronic Disease Dilemma

2-5-24  
Start Time 00:15:58  
59 Min  
American Indian Living  
AIL-002

2-5-24  
Start Time 03:14:49  
57 Min  
5 Day Stop Smoking Program  
Day 1  
Dr Arthur Weaver

2-5-24  
Start Time 06:28:21  
17 Min  
Nutrition Facts  
NF-EP-208  
Stroke & Diet Part 2  
Michael Greger, MD.

2-5-24  
Start Time 08:52:59  
15 Min  
Nutrition Facts  
NF-EP-023  
Got Dairy

2-5-24  
Start Time 10:41:18  
58 Min  
Health

Take Charge Of Your Health  
John Bradshaw

2-5-24  
Start Time 11:41:24  
25 Min  
Heart Wise  
Double Edged Cholesterol  
James Marcum MD

2-5-24  
Start Time 14:18:12  
15 Min  
Health  
CR1914  
Suicide Risks & Prevention  
Tim Jennings

2-5-24  
Start Time 15:31:11  
19 Min  
Nutrition Facts  
NF-EP-224

2-5-24  
Start Time 17:58:50  
18 Min  
Nutrition Facts  
NF-EP-199  
Michael Greger, MD.

2-5-24  
Start Time 21:58:47  
16 Min  
Nutrition Facts  
NF-EP-037  
Smothiefest  
Dr Michael Greger, MD.

2-5-24  
Start Time 22:29:53  
28 Min  
Chip Health  
CHIP1109  
Seven Wrong Roads

2-5-24  
Start Time 23:59:04  
59 Min  
American Indian Living  
AIL-265  
Dr David Derose

2-6-24  
Start Time 12:13:50

25 Min  
Heart Wise  
Catching Obesity  
James Marcum MD

2-6-24  
Start Time 18:30:03  
58 Min  
Science Conversations  
SC01502

2-6-24  
Start Time 19:00:03  
58 Min  
Science Conversations

2-6-24  
Start Time 22:52:45  
16 Min  
Nutrition Facts  
NF-EP-149  
Raising Healthy Children

2-7-24  
Start Time 00:07:01  
59 Min  
American Indian Living  
AIL 309  
Dr David DeRose

2-7-24  
Start Time 03:06:01  
57 Min  
5 Day Stop Smoking Program  
Day 3  
Dr Arthur Weaver

2-7-24  
Start Time 08:08:01  
16 Min  
Nutrition Facts  
NF-EP-038  
To Pee Or Not to Pee  
Dr Michael Greger, MD.

2-7-24  
Start Time 11:32:32  
25 Min  
Heart Wise  
General Question

2-7-24  
Start Time 17:57:32  
29 Min  
Health

Reversing Autoimmune It Is Possible  
Gabriel & Jennifer Arruda

2-7-24

Start Time 23:01:27

28 Min

Healthy By Choice

HBC21

What Then Shall We Eat

2-8-24

Start Time 03:14:12

57 Min

5 Day Program To Stop Smoking

Day 4

Dr Arthur Weaver

2-8-24

Start Time 08:45:56

17 Min

Nutrition Facts

NF-EP-259

A Doctor A Day Keeps The Apples Away

Michael Greger, MD.

2-8-24

Start Time 11:52:39

16 Min

Nutrition Facts

NF-EP-141

Preventing Osteoarthritis

Dr Michael Greger, MD.

2-8-24

Start Time 12:08:50

25 Min

Heart Wise

Diabetes

2-8-24

Start Time 14:52:51

16 Min

Nutrition Facts

NF-EP-141

Preventing Osteoarthritis

Dr Michael Greger, MD.

2-8-24

Start Time 18:52:39

20 Min

Nutrition Facts

NF-EP-181

One On One With Dr. G

Dr Michael Greger, MD.

2-8-24  
Start Time 23:19:01  
28 Min  
Chip Health  
CHIP1104  
Medical Myths and Miracles

2-9-24  
Start Time 00:16:37  
59 Min  
Americans Indian Living  
AIL-390  
Dr David Derose

2-9-24  
Start Time 03:12:16  
57 Min  
5 Day Stop Smoking Program  
Day 5  
Dr Arthur Weaver

2-9-24  
Start Time 08:42:34  
17 Min  
Nutrition Facts  
NF-EP-115  
Daily Dozen Checklist  
Dr Michael Gregor, MD.

2-9-24  
Start Time 12:14:38  
25 Min  
Heart Wise  
Probiotics  
James Marcum MD

2-9-24  
Start Time 22:57:34  
18 Min  
Nutrition Facts  
NF-EP-332  
The Right Idea

2-9-24  
Start Time 23:16:04  
28 Min  
Chip Health  
CHIP1120  
Transitions  
Van Pelt.

2-10-24  
Start Time 00:13:41  
58 Min  
American Indian Living

AIL-438B  
Dr David Derose

2-10-24  
Start Time 06:44:33  
16 Min  
Nutrition Facts  
NF-EP-106  
21st Century Gout  
Dr Michael Greger, MD.

2-10-24  
Start Time 22:32:38  
18 Min  
Nutrition Facts  
NF-EP-101  
More on Melanin  
Dr Michael Greger, MD.

2-10-24  
Start Time 23:03:38  
28 Min  
Chip Health  
CHIP1111  
Legalized Drug Abuse  
Dr Michael Greger, MD.

2-11-24  
Start Time 00:01:04  
58 Min  
American Indian Living  
AIL-466E  
Dr David Derose

2-11-24  
Start Time 03:39:30  
18 Min  
Nutrition Facts  
NF-EP-298  
Potassium

2-11-24  
Start Time 12:09:47  
58 Min  
American Indian Living  
AIL-491  
Dr David Derose

2-12-24  
Start Time 00:02:29  
59 Min  
American Indian Living

AIL-039  
Dr David Derose

2-12-24  
Start Time 03:01:49  
57 Min  
5 Day Stop Smoking Program  
Day 1  
Dr Arthur Weaver

2-12-24  
Start Time 05:55:51  
17 Min  
Nutrition Facts  
NF-EP-192  
The-Obesity-Epidemic  
Dr Michael Greger, MD.

2-12-24  
Start Time 08:17:53  
8 Min  
Nutrition Facts  
NF-EP-165  
Sugar-and-Your-Health

2-12-24  
Start Time 10:55:40  
25 Min  
Heart Wise  
Code Talking  
Dr James Marcum

2-12-24  
Start Time 14:44:14  
19 Min  
Nutrition Facts  
NF-EP-06  
Fighting Cancer With Diet  
Dr Michael Greger, MD.

2-12-24  
Start Time 17:09:12  
16 Min  
Nutrition Facts  
NF-EP-037  
Smoothiefest  
Dr Michael Greger, MD.

2-12-24  
Start Time 20:47:15  
19 Min  
Nutrition Facts  
NF-EP-270  
Nutrition Facts Grab Bag

2-12-24  
Start Time 21:25:52  
28 Min  
Chip Health  
CHIP1218  
Mindless Eating Part 2

2-12-24  
Start Time 23:59:04  
59 Min  
American Indian Living  
AIL-260  
Dr David Derose

2-13-24  
Start Time 10:24:07  
29 Min  
Health & Longevity  
HnL080  
Dr Brian Clement

2-13-24  
Start Time 11:52:02  
25 Min  
Heart Wise  
Mind Games  
James Marcum MD

2-13-24  
Start Time 22:29:08  
15 Min  
CR1905  
Healthy Aging  
Tim Jennings

2-13-24  
Start Time 22:43:38  
18 Min  
Nutrition Facts  
NF-EP-032  
Lowering Lead Levels  
Dr Michael Greger, MD