

2022 4Q 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 11/1/22 to 11/17/22. All start times are give in Eastern Standard Time, 24-Hour Clock.

11-01-22
Start Time 04:15:58
13 Min
Chip
Obesity

11-01-22
Start Time 09:03:22
28 Min
Healthy By Choice
Health Pioneer
Dr Dean Ornish

11-01-22
Start Time 10:02:47
60 Min
Lifestyle Center Of America
Conquering The #1 Killer Heart Disease
Dr Neil Nedley

11-01-22
Start Time 13:43:49
13 Min
Life Quest Liberty
Spheres Of Influence
Lincoln Steed

11-01-22
Start Time 18:01:25
58 Min
Lifestyle Center Of America

Health

11-01-22
Start Time 19:03:55
52 Min

Health
The Consequences of Fatigue-Health Line America

11-01-22
Start Time 23:02:07
28 Min
Healthy By Choice
The Canada Connection
Dr Sid Kettner

11-02-22
Start Time 02:01:55
56 Min
FamLife
What Makes You Tick

11-02-22
Start Time 04:30:24
30 Min
DM
Healthy Relationships

11-02-22
Start Time 09:01:38
28 Min
Healthy By Choice
The Diet Soda Myth

11-02-22
Start Time 12:01:36
25 Min
Heart Wise
Eat Healthy Cheap
Ellen Jaffe Jones

11-02-22
Start Time 23:02:05
28 Min
Healthy By Choice
Mediterranean Diet

11-03-22
Start Time 09:01:59
28 Min
Healthy By Choice
Silent Killer
Dr Hans Diehl

11-03-22
Start Time 11:02:31

29 Min
Cooking Exercises
Communication

11-03-22
Start Time 12:01:10
24 Min
Heart Wise
Is It Edison's Fault
Dr James Marcum

11-03-22
Start Time 18:02:58
43 Min
Lifestyle Center Of America
Trouble Such As Never Was, Stress Part A
Dr Neil Nedley

11-03-22
Start Time 20:31:44
30 Min
DM
Healthy Lifestyles

11-03-22
Start Time 23:01:44
28 Min
Healthy By Choice
The Calcium Confusion

11-04-22
Start Time 05:39:11
15 Min
Freedoms Ring
Same Sex Marriage Down Under
James Standish

11-04-22
Start Time 08:01:46
30 Min
Health
Sugar

11-04-22
Start Time 09:01:14
28 Min
Healthy By Choice
Workplace Health
Churney

11-04-22
Start Time 12:01:19
24 Min
Heart Wise
Battlefield Of The Mind – Part 2

Mayer

11-04-22
Start Time 23:01:36
28 Min
Healthy By Choice
Chip In Motion
Herzog

11-05-22
Start Time 07:01:17
52 Min
Lifestyle Center Of America
Water

11-05-22
Start Time 10:01:56
43 Min
Lifestyle Center Of America
Sugar

11-05-22
Start Time 23:01:18
28 Min
Healthy By Choice
Healing Service Part 2
Hart

11-06-22
Start Time 08:28:25
24 Min
Heart Wise
Blood Pressure Control
Dr David DeRose

11-06-22
Start Time 09:26:43
13 Min
Chip
Gift Of Forgiveness

11-06-22
Start Time 14:57:55
28 Min
Healthy By Choice
The Chronic Disease Dilemma 1
Dr Hans Diehl

11-06-22
Start Time 18:02:35
28 Min
Lifestart
Weight

11-06-22

Start Time 19:02:29
60 Min
FamLife
Changing Your Habits

11-06-22
Start Time 23:01:22
28 Min
Healthy By Choice
Healing Service Part 1
Hart

11-07-22
Start Time 09:01:22
28 Min
Healthy By Choice
Rethink Food

11-07-22
Start Time 12:01:44
25 Min
Heart Wise
Living In Harmony
Dr Connie Sanchez

11-07-22
Start Time 23:02:40
28 Min
Healthy By Choice
Treating Chronic Disease Part 1
Dr Hans Diehl

11-08-22
Start Time 04:16:54
13 Min
Chip
Bad News Good News

11-08-22
Start Time 09:01:08
28 Min
Healthy By Choice
The Secrets Of Living Longer

11-08-22
Start Time 10:02:04
51 Min
Lifestyle Center Of America
Sweet Tooth Bitter Harvest - Diabetes

11-08-22
Start Time 12:03:07
24 Min
Heart Wise
Battlefield Of The Mind Part 1

Mayer

11-08-22

Start Time 18:02:23

51 Min

Lifestyle Center Of America

Sugar

11-08-22

Start Time 19:01:44

38 Min

Health

Diets Of The Bible

11-08-22

Start Time 23:02:13

28 Min

Healthy By Choice

The Facts

Rip Esselstyne

11-09-22

Start Time 02:01:24

48 Min

Famlife

As A Man Thinketh

11-09-22

Start Time 09:02:22

28 Min

Healthy By Choice

Prevention And Wellness

Lacagnina

11-09-22

Start Time 12:02:11

24 Min

Heart Wise

Heavens Lifestyle Today

Dysinger

11-09-22

Start Time 23:01:05

28 Min

Healthy By Choice

What Then Shall We Eat Part 2

Dr Hans Diehl

11-10-22

Start Time 09:01:07

28 Min

Healthy By Choice

Nutrition In Medical Schools

Dr Hans Diehl

11-10-22
Start Time 11:01:37
28 Min
Cooking Exercises

11-10-22
Start Time 12:02:18
28 Min
Heart Wise
Water Does A Body Good
Dr James Marcum

11-10-22
Start Time 18:01:20
50 Min
Lifestyle Center Of America
As The Gut Churns

11-10-22
Start Time 20:32:34
30 Min
DM
Healthy Finances

11-10-22
Start Time 23:03:10
28 Min
Healthy By Choice
Health Restored In Canada
Rayner

11-11-22
Start Time 08:02:40
29 Min
Health
Sugar

11-11-22
Start Time 09:03:09
28 Min
Healthy By Choice
Number One Killer

11-11-22
Start Time 12:01:51
25 Min
Heart Wise
Beside The Mountain
Stefania Silvestri

11-11-22
Start Time 23:01:49
28 Min
Healthy By Choice
The Chronic Disease Dilemma Part 2

Dr Hans Diehl

11-12-22
Start Time 00:02:47
60 Min
Family
Jumbled Priorities

11-12-22
Start Time 07:02:00
42 Min
Lifestyle Center Of America
The Sugar And Diabetes Story
Dr Neil Nedley

11-12-22
Start Time 10:01:18
53 Min
Lifestyle Center Of America
Nutrition

11-12-22
Start Time 23:01:56
28 Min
Healthy By Choice
Unprocessed

11-13-22
Start Time 02:02:57
60 Min
Veith
Perfect Fuel For Perfect Health

11-13-22
Start Time 09:04:03
24 Min
Heart Wise
New Trends
Dr James Marcum

11-13-22
Start Time 15:02:20
28 Min
Healthy By Choice
Canary In The Coalmine

11-13-22
Start Time 18:03:52
29 Min
Lifestart
Colds Flues

11-13-22
Start Time 19:03:45
58 Min

FamLife
Secrets To Emotional Health

11-13-22
Start Time 23:02:00
28 Min
Healthy By Choice
The High Cost Of Diabetes

11-14-22
Start Time 09:01:50
28 Min
Healthy By Choice
What Than Shall We Eat Part 1
Dr Hans Diehl

11-14-22
Start Time 12:01:51
25 Min
Heart Wise
Advent Home-Senior

11-14-22
Start Time 23:01:55
28 Min
Healthy By Choice
Water Of Life

11-15-22
Start Time 04:16:12
13 Min
Chip
Meat

11-15-22
Start Time 09:02:13
28 Min
Healthy By Choice
Scapegoats Of The Western Diet

11-15-22
Start Time 10:02:08
60 Min
Lifestyle Center Of America
Good News About Cancer
Dr Neil Nedley

11-15-22
Start Time 18:01:55
42 Min
Lifestyle Center Of America
Sugar

11-15-22
Start Time 19:03:19

41 Min
Health
Dr Hans Diehl

11-15-22
Start Time 23:01:26
28 Min
Healthy By Choice
Amazing Nutrition Facts

11-16-22
Start Time 09:01:28
28 Min
Healthy By Choice
Its The Food
Dr John McDougall

11-16-22
Start Time 12:01:42
24 Min
Heart Wise
Defeating Diabetes
Vollberg

11-16-22
Start Time 23:01:20
28 Min
Healthy By Choice
Building Better Bones
Dr Phillip Reiswig

11-17-22
Start Time 09:01:33
28 Min
Healthy By Choice
Food Borne Disease
Dr Pam Popper

11-17-22
Start Time 12:01:50
24 Min
Mouth Health
Dr Ellie Campbell