

2022 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 7/1/22 to 7/31/22. All start times are give in Eastern Standard Time, 24-Hour Clock.

07-01-22
Start Time 08:02:11
30 Min
Health
Sugar #8

07-01-22
Start Time 09:01:41
28 Min
Healthy By Choice
Modern Medicine Limitations
Dr Hans Diehl

07-01-22
Start Time 23:01:07
28 Min
Healthy By Choice
Mental Mystery
Robert Whitaker

07-02-22
Start Time 07:06:23
42 Min
Lifestyle Center Of America
Sugar #15

07-02-22
Start Time 10:02:14
39 Min
Lifestyle Center Of America
Sugar #6

07-02-22
Start Time 23:01:35
28 Min
Healthy By Choice
The Long Run

07-03-22
Start Time 03:42:55
13 Min
Chip
Protein

07-03-22
Start Time 09:02:22
24 Min
Heart Wise
Resolutions
Dr Gregory Janz

07-03-22
Start Time 15:02:04
28 Min
Healthy By Choice
Health Pioneer
Dr Dean Ornish

07-03-22
Start Time 18:16:08
28 Min
Lifestart
Arthritis

07-03-22
Start Time 23:06:34
28 Min
Healthy By Choice
The Canada Connection
Dr Sid Kettner

07-04-22
Start Time 09:02:20
28 Min
Healthy By Choice
The Diet Soda Myth

07-04-22
Start Time 12:01:54
25 Min
Heart Wise
Solutions To The Healthcare Debate

07-04-22
Start Time 23:01:18
28 Min
Healthy By Choice

Mediterranean Diet

07-05-22
Start Time 04:16:11
13 Min
Chip
Starch

07-05-22
Start Time 09:01:08
28 Min
Healthy By Choice
Silent Killer
Dr Hans Diehl

07-05-22
Start Time 10:03:34
53 Min
Lifestyle Center Of America
Protein

07-05-22
Start Time 12:01:53
25 Min
Heart Wise
Heart & Soul
Jennifer Hewson

07-05-22
Start Time 18:01:46
41 Min
Lifestyle Center Of America
Depression The Way Out
Dr Neil Nedley

07-05-22
Start Time 19:02:38
58 Min
Health
Weight Loss

07-05-22
Start Time 23:02:01
28 Min
Healthy By Choice
The Calcium Confusion

07-06-22
Start Time 09:02:48
28 Min
Healthy By Choice
Workplace Health
Shurney

07-06-22

Start Time 12:02:07
24 Min
Heart Wise
Finding God's Frequency
Bob Lub

07-06-22
Start Time 23:01:34
28 Min
Healthy By Choice
Chip In Motion
Herzog

07-07-22
Start Time 09:01:03
28 Min
Healthy By Choice
Healing Service Part 2
Hart

07-07-22
Start Time 11:01:17
28 Min
Cooking Exercises
Immune/ Coping/ Cook Deserts

07-07-22
Start Time 12:01:25
24 Min
Heart Wise
One Face
Sarah McDugal

07-07-22
Start Time 18:02:41
60 Min
Lifestyle Center Of America
Vegetarianism
Dr Neil Nedley

07-07-22
Start Time 23:03:49
28 Min
Healthy By Choice
The Chronic Disease Dilemma 1
Dr Hans Diehl

07-08-22
Start Time 05:42:39
13 Min
Chip
Starch

07-08-22
Start Time 08:01:23

60 Min
Health
Sugar

07-08-22
Start Time 09:01:51
28 Min
Healthy By Choice
Healing Service Part 1
Hart

07-08-22
Start Time 12:01:47
24 Min
Heart Wise
Forgive To Live
Dick Tibbets

07-08-22
Start Time 23:01:53
28 Min
Healthy By Choice
Rethink Food

07-09-22
Start Time 07:02:07
55 Min
Lifestyle Center Of America

07-09-22
Start Time 10:03:01
41 Min
Lifestyle Center Of America
Rest

07-09-22
Start Time 23:11:10
28 Min
Healthy By Choice
Treating Chronic Disease Part 1
Dr Hans Diehl

07-10-22
Start Time 09:04:07
24 Min
Heart Wise
How Not To Die
Dr Michael Greger

07-10-22
Start Time 18:02:36
29 Min
Lifestart
Heart

07-10-22
Start Time 23:01:26
28 Min
Healthy By Choice
The Facts
Rip Esselstyne

07-11-22
Start Time 09:02:43
28 Min
Healthy By Choice
Prevention And Wellness
Lacagnina

07-11-22
Start Time 12:02:49
28 Min
Heart Wise
Lifelong Running
Dr Ruth Heidrich

07-11-22
Start Time 23:02:21
28 Min
Healthy By Choice
What Than Shall We Eat – Part 2
Dr Hans Diehl

07-12-22
Start Time 01:42:26
15 Min
Freedoms Ring
French Secularism Explained
Bernadette Riga-Cellard

07-12-22
Start Time 04:17:17
13 Min
Chip
Cholesterol Control

07-12-22
Start Time 09:03:35
28 Min
Healthy By Choice
Nutrition In Medical School
Dr Hans Diehl

07-12-22
Start Time 10:01:30
58
Min
Lifestyle Center Of America
One Nation Under Pressure Hypertension
Dr Neil Nedley

07-12-22
Start Time 12:01:07
24 Min
Heart Wise
Diabetes Scams
Dr John McDougall

07-12-22
Start Time 18:01:50
54 Min
Lifestyle Center Of America
Health

07-12-22
Start Time 19:02:01
42 Min
Health

07-13-22
Start Time 02:43:00
14 Min
Life Quest Liberty
The Mob Part 2
Lincoln Steed and Hamilton

07-13-22
Start Time 12:02:11
24 Min
Heart Wise
Beat Beat Beat
Dr James Marcum

07-14-22
Start Time 11:01:53
30 Min
Cooking Exercise
Breaking Up
Pelt

07-14-22
Start Time 12:01:37
24 Min
Heart Wise
Muscle Pain
Dr James Marcum

07-14-22
Start Time 18:01:54
52 Min
Lifestyle Center Of America
The Good News About Cancer
Dr Neil Nedley

07-15-22

Start Time 12:01:32
25 Min
Heart Wise
Dealing With Depression
Dr Gregory Jantz

07-18-22
Start Time 12:02:32
25 Min
Heart Wise
Plant Fueled
Bobby Andersen

07-18-22
Start Time 23:02:17
28 Min
Healthy By Choice
Building Better Bones
Dr Phillip Reiswig

07-19-22
Start Time 04:16:40
13 Min
Chip
Diet And Cancer

07-19-22
Start Time 09:02:54
28 Min
Healthy By Choice
Food-borne Disease
Dr Pam Popper

07-19-22
Start Time 10:01:48
52 Min
Lifestyle Center Of America
Sugar

07-19-22
Start Time 12:01:16
25 Min
Heart Wise
Never Fear Cancer Again
Raymon

07-19-22
Start Time 18:02:20
56 Min
Lifestyle Center Of America
Renewing The Mind
Dr Neil Nedley

07-19-22
Start Time 19:02:40

45 Min
Health
Youth And Music

07-19-22
Start Time 23:01:06
28 Min
Healthy By Choice
Healing Education
Dysinger

07-20-22
Start Time 09:01:13
28 Min
Healthy By Choice
Rethink Food 2

07-20-22
Start Time 12:01:28
25 Min
Heart Wise
Head Pain
Dr James Marcum

07-20-22
Start Time 23:01:41
28 Min
Healthy By Choice
Treating Chronic Disease Part 2
Dr Hans Diehl

07-21-22
Start Time 09:03:03
28 Min
Healthy By Choice
The Heart Of Health

07-21-22
Start Time 11:01:51
30 Min
Cooking Exercises
Touchy Situations
Pelt

07-21-22
Start Time 12:01:47
25 Min
Heart Wise
Healing The Hole
Dr Holly Lucille

07-21-22
Start Time 18:03:09
60 Min
Lifestyle Center Of America

Lasting Weight Loss And Addictions
Dr Neil Nedley

07-21-22
Start Time 23:01:48
28 Min
Healthy By Choice
The Wedding Dress Diet
Gable

07-22-22
Start Time 09:01:14
28 Min
Healthy By Choice
Controlling Cholesterol

07-22-22
Start Time 12:01:03
24 Min
Heart Wise
Healing Harmful Habits

07-22-22
Start Time 23:02:18
28 Min
Healthy By Choice
Healing Ministry

07-23-22
Start Time 07:01:40
60 Min
Lifestyle Center Of America
Sugar

07-23-22
Start Time 10:01:04
55 Min
Lifestyle Center Of America
Making And Staying With Positive Lifestyle Change
Dr Neil Nedley

07-23-22
Start Time 23:02:27
28 Min
Healthy By Choice
The Whole Truth

07-24-22
Start Time 02:40:23
15 Min
Freedoms Ring
Soul Liberty – Celebrating America’s First Freedom

07-24-22
Start Time 09:04:12
24 Min
Heart Wise
Foot Pain
Dr James Marcum

07-24-22
Start Time 15:01:07
28 Min
Healthy By Choice
Epigenetics
Kelly

07-24-22
Start Time
18:01:46
28 Min
Lifestart
Addictions

07-24-22
Start Time 19:42:07
13 Min
Chip
Finding The Ideal Weight

07-24-22
Start Time 22:42:23
15 Min
Freedoms Ring
PC Strikes Canada's Summer Jobs
Barry Bussey

07-24-22
Start Time 23:01:12
28 Min
Healthy By Choice
The Obesity Dilemma

07-25-22
Start Time 09:02:16
28 Min
Healthy By Choice
Framingham
Dr William Castelli

07-25-22
Start Time 12:02:02
24 Min
Heart Wise
China Revisited
Dr T Colin Campbell

07-26-22

Start Time 04:16:50

13 Min

Chip

Health Crusader

07-26-22

Start Time 10:01:57

46 Min

Lifestyle Center Of America

Nutrition For The Brain Part A

Dr Neil Nedley

07-26-22

Start Time 12:03:23

24 Min

Heart Wise

Yoga

Michael Austin

07-26-22

Start Time 18:02:21

44 Min

Lifestyle Center Of American

Sugar

07-26-22

Start Time 19:01:50

55 Min

Health

Principles Of Mind Cure

07-26-22

Start Time 23:02:05

28 Min

Healthy By Choice

The Long Run

07-27-22

Start Time 09:01:19

28 Min

Healthy By Choice

Health Pioneer – Dr Dean Ornish

07-27-22

Start Time 12:01:15

25 Min

Heart Wise

Granting Serenity

Martha Crucci

07-27-22

Start Time 23:01:42

28 Min

Healthy By Choice

28 Min

Healthy By Choice
The Canada Connection

07-28-22
Start Time 05:41:42
15 Min
Freedoms Ring
Persecution Of The Bahais
Randolph Dobbs

07-28-22
Start Time 09:02:00
28 Min
Healthy By Choice
The Diet Soda Myth

07-28-22
Start Time 11:01:15
27 Min
Cooking Exercises
Ron Kelly

07-28-22
Start Time 12:01:10
24 Min
Heart Wise
Lasting Love
Chuck Crismier

07-28-22
Start Time 18:02:40
60 Min
Lifestyle Center Of America
Conquering The # 1 Killer Heart Disease
Dr Neil Nedley

07-29-22
Start Time 09:03:50
28 Min
Healthy By Choice
Silent Killer
Dr Hans Diehl

07-29-22
Start Time 12:01:27
25 Min
Heart Wise
Farmers Markets

07-29-22
Start Time 23:01:19
28 Min
Healthy By Choice
The Calcium Confusion

07-30-22
Start Time 07:01:46
57 Min
Lifestyle Center Of America

07-30-22
Start Time 10:01:56
44 Min
Lifestyle Center Of America
Trouble Such As Never Was Stress Part A

07-30-22
Start Time 23:08:02
28 Min
Healthy By Choice
Workplace Health
Shurney

07-31-22
Start Time 02:39:30
15 Min
Freedoms Ring
Religious Objections To The Flu Vaccines
Kristin McGurn

07-31-22
Start Time 09:01:17
25 Min
Heart Wise Weekly
Worshiping Through Pain
Chaplain Robert M

07-31-22
Start Time 09:59:07
13 Min
Chip
Ads Fads And Diets

07-31-22
Start Time 15:02:06
28 Min
Healthy By Choice
Chip In Motion
Herzog

07-31-22
Start Time 18:02:06
28 Min
Lifestart
Diabetes

07-31-22
Start Time 23:01:02
28 Min
Healthy By Choice

Healing Service Part 2

Hart