

2022 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 4/1/22 to 4/18/22. All start times are give in Eastern Standard Time, 24-Hour Clock.

04-01-22

Start Time 04:30:38

30 Min

Cooking Exercises

Spousal Understanding

04-01-22

Start Time 08:01:28

27 Min

Cooking Exercises

Phytochemistry, Supplements, Mexican Healthy Cooking

04-01-22

Start Time 09:01:50

28 Min

Healthy By Choice

Healing Service Part 2

Hart

04-01-22

Start Time 12:02:31

25 Min

Heart Wise

Museum Of The Bible

Cary Summers

04-01-22

Start Time 13:01:18

30 Min

Cooking Exercises

Sex

N Van Pelt

04-01-22
Start Time 23:02:02
28 Min
Healthy By Choice
The Chronic Disease Dilemma
Dr Hans Diehl

04-02-22
Start Time 23:01:23
28 Min
Healthy By Choice
Healing Service Part 1
Dr. Hart

04-03-22
Start Time 03:01:44
29 Min
Cooking Exercises
Brain/ Rest/ Fasting

04-03-22
Start Time 09:01:33
27 Min
Heart Wise
Oh The Pain
Dr James Marcum

04-03-22
Start Time 09:23:01
28 Min
Cooking Exercises
The Dating Game

04-03-22
Start Time 15:01:35
28 Min
Healthy By Choice
Rethink Food

04-03-22
Start Time 18:03:40
28 Min
Lifestart
Arthritis

04-03-22
Start Time 23:00:36
28 Min
Healthy By Choice
Treating Chronic Diseases Part 1
Dr Hans Diehl

04-04-22
Start Time 01:01:51

30 Min
Cooking Exercises
Heart/ BP/ Cook Dinner

04-04-22
Start Time 09:03:37
28 Min
Healthy By Choice
The Secrets Of Living Longer

04-04-22
Start Time 10:01:11
60 Min
Lifestyle Center Of America
Sugar

04-04-22
Start Time 12:02:00
24 Min
Heart Wise
The Doctor Is In
Dr James Marcum

04-04-22
Start Time 16:38:40
13 Min
Chip
Exercise

04-04-22
Start Time 18:02:17
30 Min
Cooking Exercises

04-04-22
Start Time 23:01:54
28 Min
Healthy By Choice
The Facts
Rip Esselstyn

04-05-22
Start Time 03:30:14
27 Min
Cooking Exercises
Heart/ Cook Breakfast

04-05-22
Start Time 09:02:17
28 Min
Healthy By Choice
Prevention And Wellness
Lacagnina

04-05-22

Start Time 12:01:41
24 Min
Heart Wise
Evading Ebola
Dr David De Rose

04-05-22
Start Time 18:02:01
52 Min
Lifestyle Center Of America
Sugar 22

04-05-22
Start Time 23:01:08
28 Min
Healthy By Choice
What Then Shall We Eat Part 2
Dr Hans Diehl

04-06-22
Start Time 02:01:12
58 Min
Health
Collins

04-06-22
Start Time 03:31:23
30 Min
Cooking Exercises
Close Encounters

04-06-22
Start Time 09:02:21
28 Min
Healthy By Choice
Nutrition In Medical Schools
Dr Hans Diehl

04-06-22
Start Time 12:01:04
25 Min
Heart Wise
The Meaty Truth
Amy-Lee Goodman

04-06-22
Start Time 23:01:05
28 Min
Healthy By Choice
Health Restored In Canada
Rayner

04-07-22
Start Time 09:01:18
28 Min

Healthy By Choice
Number One Killer

04-07-22

Start Time 12:01:15

24 Min

Heart Wise

Myths Of Safe Pesticides

Andre Leu

04-07-22

Start Time 14:01:11

48 Min

Lifestyle Center Of America

Sugar

04-07-22

Start Time 16:44:44

16 Min

Life Quest Liberty

Contraception

Lincoln Steed

04-07-22

Start Time 18:02:04

52 Min

Lifestyle Center Of America

The Good News About Cancer

Dr Hans Diehl

04-07-22

Start Time 23:01:48

28 Min

Healthy By Choice

The Chronic Disease Dilemma Part 2

Dr Hans Diehl

04-08-22

Start Time 04:31:19

30 Min

Cooking Exercises

Touchy Situations

04-08-22

Start Time 08:02:08

28 Min

Cooking Exercises

Immune/ Coping/ Cooking Deserts

04-08-22

Start Time 09:01:05

28 Min

Healthy By Choice

Unprocessed

04-08-22
Start Time 12:02:02
24 Min
Heart Wise
Appetite For Life
Stacey Antine

04-08-22
Start Time 13:02:48
30 Min
Cooking Exercises
Living With Imperfection

04-08-22
Start Time 23:01:55
28 Min
Healthy By Choice
Canary In The Coalmine

04-09-22
Start Time 04:42:05
16 Min
Freedoms Ring
Religious Freedom In American Foreign Policy
Lou Ann

04-09-22
Start Time 23:01:52
28 Min
Healthy By Choice
The High Cost Of Diabetes

04-10-22
Start Time 03:03:13
30 Min
Cooking Exercises
Breaking Up

04-10-22
Start Time 09:02:03
24 Min
Heart Wise
Young Minds
Dr Rose Gamblin

04-10-22
Start Time 09:31:09
24 Min
Cooking Exercises
Making Friends With Yourself

04-10-22
Start Time 15:01:32
28 Min
Healthy By Choice

What Then Shall We Eat Part I
Dr Hans Diehl

04-10-22
Start Time 18:01:34
28 Min
Lifestart
Heart

04-10-22
Start Time 23:01:56
28 Min
Healthy By Choice
Water Of Life

04-11-22
Start Time 01:02:10
30 Min
Cooking Exercises
Weight/ Cook African American

04-11-22
Start Time 09:01:54
28 Min
Healthy By Choice
Scapegoats Of The Western Diet

04-11-22
Start Time 10:01:24
53 Min
Lifestyle Center Of America
Nutrition

04-11-22
Start Time 12:01:17
24 Min
Heart Wise
Your First Aid Kit
Dr James Marcum

04-11-22
Start Time 16:44:36
13 Min
Chip
Motivation

04-11-22
Start Time 18:01:42
30 Min
Cooking Exercises
How To Tell If In Love

04-11-22
Start Time 23:02:27

Healthy By Choice
Amazing Nutrition Facts

04-12-22
Start Time 03:30:42
26 Min
Cooking Exercises
Diabetes/ LCA Diet/ Food Shopping

04-12-22
Start Time 09:01:28
28 Min
Healthy By Choice
Its The Food
Dr John McDougall

4-12-22
Start Time 12:01:54
25 Min
Heart Wise
Hope Based Healing
Bob Engstro

4-12-22
Start Time 18:02:56
60 Min
Lifestyle Center Of America
Lasting Weight Loss & Addictions
Dr Neil Nedley

4-12-22
Start Time 23:02:59
28 Min
Healthy By Choice
Building Better Bones
Dr Philip Reiswig

4-13-22
Start Time 02:02:36
60 Min
Health
Collins

4-13-22
Start Time 09:02:02
28 Min
Healthy By Choice
Food-Borne Disease
Dr Pam Popper

4-13-22
Start Time 12:01:25
24 Min
Heart Wise
Men's Health

Dennis Thomson

4-13-22

Start Time 23:02:43

28 Min

Healthy By Choice

Healing Education

Dysinger

4-14-22

Start Time 09:03:18

28 Min

Healthy By Choice

Rethink Food 2

4-14-22

Start Time 12:01:57

24 Min

Heart Wise

The Doctor Is In

Dr James Marcum

4-14-22

Start Time 14:02:42

42 Min

Lifestyle Center Of America

The Sugar and Diabetes Story

4-14-22

Start Time 16:46:22

14 Min

Life Quest Liberty

Spheres Of Influence

Lincoln Steed

4-14-22

Start Time 18:01:41

48 Min

Lifestyle Center Of America

Sugar

4-14-22

Start Time 23:02:00

28 Min

Healthy By Choice

Treating Chronic Disease Part 2

Dr Hans Diehl

4-15-22

Start Time 04:31:17

28 Min

Cooking Exercises

What Do You Think

Paul Rayne

4-15-22
Start Time 09:01:15
28 Min
Healthy By Choice
The Heart Of Health

4-15-22
Start Time 12:01:10
24 Min
Heart Wise
Protecting The Brain
Tim Jenni

4-15-22
Start Time 23:01:33
28 Min
Healthy By Choice
The Wedding Dress Diet
Gable

4-16-22
Start Time 04:31:48
15 Min
Freedoms Ring
French Secularism Explained
Bernardette Rigal – Cellard

4-16-22
Start Time 23:01:28
28 Min
Healthy By Choice
Controlling Cholesterol

4-17-22
Start Time 03:03:00
28 Min
Cooking Exercises
Who Is In Charge
N Van Pelt

4-17-22
Start Time 09:01:08
24 Min
Heart Wise
Teen Apathy
Dr Rob Rienow

4-17-22
Start Time 09:30:30
28 Min
Cooking Exercises

4-17-22
Start Time 15:02:19
28 Min

Healthy By Choice
Healing Ministry

4-17-22
Start Time 18:01:37
28 Min
Lifestart
Mental

4-17-22
Start Time 23:01:39
28 Min
Healthy By Choice
The Whole Truth

4-18-22
Start Time 01:01:54
30 Min
Cooking Exercises
Self Worth

4-18-22
Start Time 08:31:28
30 Min
Health

4-18-22
Start Time 09:03:56
30 Min
Healthy By Choice
Epigenetics
Kelly

4-18-22
Start Time 12:01:17
24 Min
Heart Wise
The Gift Of Life
Aly Barraza

4-18-22
Start Time 16:42:00
15 Min
Chip
Changing Lives

4-18-22
Start Time 18:01:32
29 Min
Cooking Exercises
Communication

4-18-22
Start Time 23:01:54
28 Min

Healthy By Choice
The Obesity Dilemma