

## 2023 4Q Issues & Programs

This station is a teaching station. Every day that the station broadcasts, we play numerous feature health programs that range up to 60 minutes. These programs 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 10/1/23 to 10/14/23. All start times are give in Eastern Standard Time, 24-Hour Clock.

10-1-23

Start Time 00:06:26

58 Min

American Indian Living

AIL-478

Dr David DeRose

10-1-23

Start Time 03:53:39

18 Min

Nutrition Facts

NF-EP-097

NF Grab Bag

10-1-23

Start Time 12:01:27

58 Min

American Indian Living

AIL 488

Dr David DeRose

10-1-23

Start Time 22:52:02

20 Min

Nutrition Facts

NF-EP-051

Beans, Beans The Truth

Dr Michael Greger, MD.

10-1-23

Start Time 23:12:45

28 Min

Chip Health

Chip 1125

Stalking A Crippler

10-2-23

Start Time 00:07:51

59 Min

American Indian Living

AIL-034

Dr David DeRose

10-2-23

Start Time 03:06:34

57 Min

5Day Stop Smoking Plan

Day 1

Dr Arthur Weaver

10-2-23

Start Time 06:58:06

18 Min

Nutrition Facts

NF-EP-203

Dr Michael Greger, MD.

10-2-23

Start Time 09:20:43

Nutrition Facts

NF-EP-123

Getting Arthritis Under Control

Dr Michael Greger, MD.

10-2-23

Start Time 12:01:34

24 Min

Heart Wise

Weight Management

Dr James Marcum

10-2-23

Start Time 15:45:40

16 Min

Nutrition Facts

NF-EP-145

NF Grab Bag

10-2-23

Start Time 18:02:15

25 Min

Money Wise

#238

10-2-23

Start Time 18:29:33

16 Min

Nutrition Facts

NF-EP-132

Do You Have Orthorexia

10-2-23  
Start Time 22:21:01  
16 Min  
Nutrition Facts  
NF-EP-141  
Preventing Osteoarthritis  
Dr Michael Greger, MD.

10-2-23  
Start Time 22:52:27  
28 Min  
Chip  
Chip 1206  
Homers Iliad  
James

10-3-23  
Start Time 01:00:00  
59 Min  
American Indian Living  
AIL 263  
Dr David DeRose

10-3-23  
Start Time 09:06:35  
60 Min  
Health  
Health Principles for Longevity  
Dr Philip Collins

10-3-23  
Start Time 10:37:28  
29 Min  
Health & Longevity  
#30  
Vesanto Melina

10-3-23  
Start Time 12:02:19  
24 Min  
Heart Wise  
Marathon Man  
Dr James Marcum

10-3-23  
Start Time 22:38:34  
16 Min  
Nutrition Facts  
NF-EP-104  
Treating-Psoriasis  
Dr Michael Greger, MD.

10-3-23  
Start Time 23:04:58  
28 Min  
Healthy By Choice  
HBC-36

Food-Borne Disease  
Dr Pam Popper

10-4-23  
Start Time 00:02:33  
58 Min  
American Indian Living  
AIL 305  
Dr David DeRose

10-4-23  
Start Time 03:03:50  
57 Min  
5 Day Stop Smoking Program  
Day 3  
Dr Arthur Weaver

10-4-23  
Start Time 08:44:11  
16 Min  
Nutrition Facts  
NF-EP-106  
21 Century Gout

10-4-23  
Start Time 10:00:57  
21 Min  
Health  
The Physiology Of Addiction  
#387  
Dr. Diane Burnett

10-4-23  
Start Time 12:15:50  
24 Min  
Heart Wise  
Advent Home Seniors  
Dr James Marcum

10-4-23  
Start Time 18:09:20  
29 Min  
Health  
Reversing Autoimmune Disease  
#7  
Gabriel & Jennifer Arruda

10-4-23  
Start Time 23:15:21  
28 Min  
Chip Health  
Chip 1104  
Medical Myths & Miracles

10-5-23  
Start Time 00:10:27  
58 Min

American Indian Living  
AIL 334r  
Dr David DeRose

10-5-23  
Start Time 01:09:00  
50 Min  
Family  
Understanding Your Part  
Alan Parker

10-5-23  
Start Time 03:04:11  
57 Min  
5 Day Stop Smoking Program  
Day 4  
Dr Arthur Weaver

10-5-23  
Start Time 08:35:40  
18 Min  
Nutrition Facts  
NF-EP-071  
Who Should Get Mammograms  
Dr Michael Greger, MD.

10-5-23  
Start Time 11:48:18  
19 Min  
Nutrition Facts  
NF-EP-154  
Help For High Blood Pressure

10-5-23  
Start Time 12:08:21  
24 Min  
Heart Wise  
Childhood Abuse  
Dr James Marcum

10-5-23  
Start Time 14:50:05  
19 Min  
Nutrition Facts  
NF-EP-118  
Nutrition Facts Grab Bag  
Dr Michael Greger, MD.

10-5-23  
Start Time 18:55:56  
18 Min  
Nutrition Facts  
NF-EP-009  
Preventing Asthma  
Dr Michael Greger, MD.

10-5-23

Start Time 22:48:57  
18 Min  
Nutrition Facts  
NF-EP-097  
Grab Bag

10-5-23  
Start Time 23:07:37  
28 Min  
Chip Health  
Chip 1135  
A Taste  
Chef AJ

10-6-23  
Start Time 00:05:13  
58 Min  
American Indian Living  
AIL 395  
Dr David DeRose

10-6-23  
Start Time 03:01:47  
57 Min  
5 Day Stop Smoking Program  
Day 5  
Dr Arthur Weaver

10-6-23  
Start Time 08:50:57  
19 Min  
Nutrition Facts  
NF-EP-046  
The-Latest-On-Women's Health  
Dr Michael Greger, MD.

10-6-23  
Start Time 12:11:41  
24 Min  
Heart Wise  
Natural Cures  
Dr James Marcum

10-6-23  
Start Time 15:33:49  
18 Min  
Nutrition Facts  
NF-EP-199  
Dr Michael Greger, MD.

10-6-23  
Start Time 22:48:23  
15 Min  
Nutrition Facts  
NF-EP-013  
Healthy Children  
Dr Michael Greger, MD.

10-6-23  
Start Time 23:04:22  
28 Min  
Healthy By Choice  
#20  
Treating Chronic Disease

10-6-23  
Start Time 23:59:50  
58 Min  
American Indian Living  
AIL – 419  
Dr David DeRose

10-7-23  
Start Time 06:32:36  
21 Min  
Nutrition Facts  
NF-EP-055  
Best Diet For Autism  
Dr Michael Greger, MD.

10-7-23  
Start Time 22:29:44  
17 Min  
Nutrition Facts  
NF-EP-172  
Intermittent Fasting

10-8-23  
Start Time 00:00:02  
58 Min  
American Indian Living  
AIL 481  
Dr David DeRose

10-8-23  
Start Time 03:52:20  
18 Min  
Nutrition Facts  
NF-EP-138  
NF Grab Bag  
Dr Michael Greger, MD.

10-8-23  
Start Time 12:01:21  
58 Min  
American Indian Living  
AIL-493

10-8-23  
Start Time 22:59:37  
17 Min  
Nutrition Facts  
NF-EP-041  
The Arsenic Effect

Dr Michael Greger, MD.

10-8-23

Start Time 23:17:56

28 Min

Healthy By Choice

HBC 12

Health Restored in Canada

10-9-23

Start Time 00:27:02

59 Min

American Indian Living

AIL-009

Dr David DeRose

10-9-23

Start Time 03:25:53

57 Min

5 Day Stop Smoking Program

Day 1

Dr Arthur Weaver

10-9-23

Start Time 06:55:27

18 Min

Nutrition Facts

NF-EP-138

NF Grab Bag

10-9-23

Start Time 09:19:31

16 Min

Nutrition Facts

NF-EP-152

Food Borne Parasites

Dr Michael Greger, MD.

10-9-23

Start Time 12:03:16

24 Min

Heart Wise

Living In Harmony

James Marcum MD

10-9-23

Start Time 15:47:58

18 Min

Nutrition Facts

NF-EP-203

Dr Michael Greger, MD.

10-9-23

Start Time 18:06:04

25 Min

Money Wise

#554



10-9-23  
Start Time 18:36:50  
16 Min  
Nutrition Facts  
NF-EP-093  
More On Vitamin Supplements  
Dr Michael Greger, MD.

10-9-23  
Start Time 22:29:21  
17 Min  
Nutrition Facts  
NF-EP-192  
The Obesity Epidemic

10-9-23  
Start Time 23:01:56  
28 Min  
Healthy By Choice  
HBC 36  
Food Borne Disease  
Dr Pam Popper

10-9-23  
Start Time 23:58:57  
59 Min  
American Indian Living  
AIL-276

10-10-23  
Start Time 00:59:29  
23 Min  
Cooking With Marcella Lynch  
#10

10-10-23  
Start Time 03:07:44  
57 Min  
5 Day Stop Smoking Program  
Day 2  
Dr Arthur Weaver

10-10-23  
Start Time 12:35:03  
24 Min  
Heart Wise  
Passionate Parenting  
James Marcum MD

10-10-23  
Start Time 22:49:51  
17 Min  
Nutrition Facts  
NF-EP-060  
Nutrition Facts Grab Bag  
Dr Michael Greger, MD.

10-10-23  
Start Time 23:07:03  
28 Min  
Chip Health  
Chip 1102  
Eat More Weigh Less

10-11-23  
Start Time 00:04:41  
58 Min  
American Indian Living  
AIL – 313b  
Dr David DeRose

10-11-23  
Start Time 03:02:37  
57 Min  
5 Day Stop Smoking Program  
Day 3  
Dr Arthur Weaver

10-11-23  
Start Time 08:45:09  
Nutrition Facts  
NF-EP-79  
Getting Political

10-11-23  
Start Time 10:00:39  
17 Min  
The Physiology Of Addiction  
Dr Diane Burnett

10-11-23  
Start Time 11:00:02  
17 Min  
The Physiology Of Addiction  
Dr Diane Burnett

10-11-23  
Start Time 12:12:14  
24 Min  
Heart Wise  
Inside Heart Wise  
Dr James Marcum

10-11-23  
Start Time 18:08:51  
29 Min  
Reversing Autoimmune Disease  
#4  
How Toxic Food Damages  
Gabriel & Jennifer Arruda

10-11-23  
Start Time 23:00:02

15 Min  
Nutrition Facts  
NF-EP-25  
Be Antioxidant  
Dr Michael Greger, MD.

10-11-23  
Start Time 23:15:30  
28 Min  
Healthy By Choice  
HBC37  
Framingham  
Dr William Castelli

10-12-23  
Start Time 00:13:05  
58 Min  
American Indian Living  
AIL-348c  
Dr David DeRose

10-12-23  
Start Time 01:11:37  
47 Min  
Family  
Why Breakups Happen  
Alan Parker

10-12-23  
Start Time 03:03:47  
57 Min  
5 Day Stop Smoking Program  
Day 4  
Dr Arthur Weaver

10-12-23  
Start Time 08:29:55  
17 Min  
Nutrition Facts  
NF-EP-210-FIXED  
Dr Michael Greger, MD.

10-12-23  
Start Time 11:34:02  
25 Min  
Anger  
Woodrow Kroll

10-12-23  
Start Time 12:10:53  
24 Min  
Heart Wise  
Health FAQ  
Dr James Marcum

10-12-23  
Start Time 14:46:29

16 Min  
Nutrition Facts  
NF-EP-145  
NF Grab Bag

10-12-23  
Start Time 18:54:08  
20 Min  
Nutrition Facts  
NF-EP-051  
Beans, Beans The Truth  
Dr Michael Greger, MD.

10-12-23  
Start Time 22:47:41  
16 Min  
Nutrition Facts  
NF-EP-007  
Weight Loss  
Dr Michael Greger, MD.

10-12-23  
Start Time 23:04:34  
28 Min  
Healthy By Choice  
Mental Mystery  
Robert Whitaker

10-13-23  
Start Time 00:02:09  
58 Min  
American Indian Living  
AIL—365  
Dr David DeRose

10-13-23  
Start Time 02:59:50  
57 Min  
5 Day Stop Smoking Program  
Day 5  
Dr Arthur Weaver

10-13-23  
Start Time 08:55:47  
15 Min  
Nutrition Facts  
NF-EP-31  
It's Heavy Back Story  
Dr Michael Greger, MD.

10-13-23  
Start Time 12:00:52  
24 Min  
Heart Wise  
Latest In Clinical Nutrition Part 1  
Dr James Marcum

10-13-23  
Start Time 23:12:30  
28 Min  
Chip  
Chip1144  
Sugar

10-14-23  
Start Time 00:07:37  
58 Min  
American Indian Living  
AIL 437-B

10-14-23  
Start Time 06:41:33  
16 Min  
Nutrition Facts  
NF-EP-145  
NF Grab Bag  
Dr Michael Greger, MD.

10-14-23  
Start Time 22:33:43  
16 Min  
Nutrition Facts  
NF-EP-106  
21<sup>st</sup> Century Gout  
Dr Michael Greger, MD.

10-14-23  
Start Time 23:07:02  
28 Min  
Healthy By Choice  
HBC 11  
Water of life  
Dr Hans Diehl