

DATE: Sunday, March 23, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. HEALTH BENEFITS OF HONEY FROM BEES.
2. ENVIRONMENT
3. PROFESSIONAL

#### The Dr. Lisa Radio Hour & Podcast

Inspired conversations. Fresh perspectives.

We are more connected today than ever before. With this connectivity often comes a feeling of chaos – too much going on with little attention paid to caring for oneself. The Dr. Lisa Radio Hour offers a calm oasis. We celebrate health with a comprehensive perspective. Each week the show provides real solutions to complex issues, empowering people to create their own joyful, healthy and sustainable lives and contribute to a more vibrant society. Join us Sundays at 7am (WPEI 95.5 and 95.9FM Portland) & noon (WLOB 1310AM Portland/streaming wlobradio.com), or

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#### Bees #132

Tuesday, March 25, 2014

As a doctor, I can't tell you how often I recommend people use natural, organic, locally produced honey from local honeybees as a means of staving off allergies and promoting good health. I, myself, use honey pretty much every morning, so I understand the importance of having good bees because without good bees, we wouldn't have good honey.

But what do the bees have to teach us? Much more than we realize. These insects, which pollinate the plants that feed us, are offering important information about the impact of humans upon the environment. Bees are also used increasingly in healing therapies. Today, we speak with Christy Hemenway and Dr. Theo Cherbuliez, and explore what the bees have to teach us.

DATE: Sunday, March 9, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. Journalism in Maine
2. Cultural differences.
3. Maine authors.
4. Wife and Husband Maine authors.

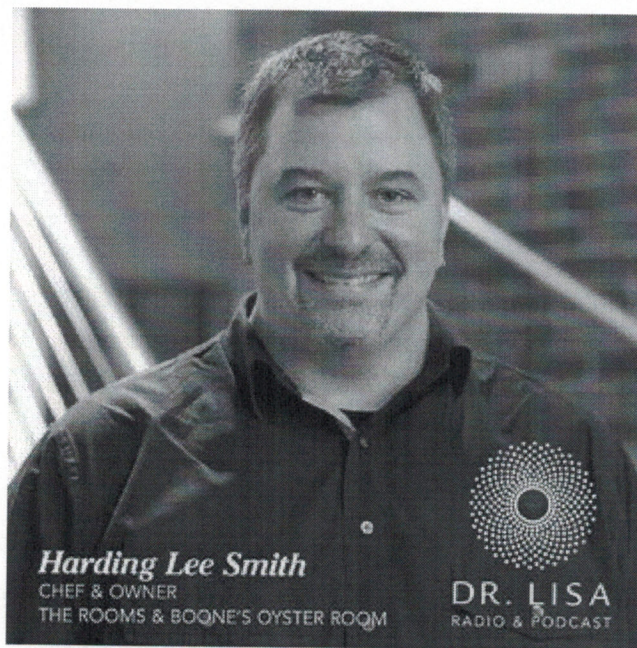
### Cultural Divide #130

Sunday, March 09, 2014

How do we understand those who are different from ourselves, particularly when these are people we may have never met? Maine authors of both fiction and non-fiction can help us bridge cultural divides. Today, we speak with journalist and Telling Room cofounder, Sara Corbett, who writes the true story of Amanda Lindhout, another journalist who was held in captivity for more than a year by Somali extremists in the book, "A House in the Sky." We also spend time with Eleanor Morse who explores her own experience with South African apartheid in the novel, "White Dog Fell from the Sky."

Listen to the full podcast of "Cultural Divide":

**Dr. Lisa # 130**



Harding Lee Smith (chef and owner of The Front Room Restaurant & Bar, The Grill Room & Bar, The Corner Room Kitchen & Bar and The Boone's Room) is a Mainer by birth. Once he graduated from Portland's Deering High School, Harding left Maine to experience the rest of the world. After earning a Bachelor of Science degree from Boston University, he moved to the San Francisco Bay area and attended the Culinary Institute of America's West Coast campus in Napa Valley. After an apprenticeship in Venice, Italy, Chef Smith relocated to Maui, Hawaii where he was the chef of several well-known restaurants. After six years on the island, family and the Red Sox were calling and he returned to Maine in the fall of 2003. After spending the winter of 2005 at the venerable Back Bay Grill in Portland, Harding embarked on his dream, the opening of a casual neighborhood restaurant and bar.

Listen to Harding Lee Smith's interview:

**Interview - Harding Lee Smith**

DATE: Sunday, February 23, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. PUSHING PEOPLE PAST LIMITS
2. HEALTH-PHYSICAL
3. OBSTACLE RACING
4. WORK OF HURRICANE ISLAND OUTWARD BOUND SCHOOL

Dr. Lisa Belisle

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### **Pushing Limits #128**

Sunday, February 23, 2014

We can never be entirely sure where our limits may be. As we live our lives, we develop a comfort zone within which we tend to stay. When given the opportunity to move out of this zone, we realize that limitations we may have thought existed are not real. Today's guests regularly work outside of perceived limitations. Ultra-Distance Obstacle racer Shelley Koenig pushes herself to engage in physical feats that most of us would never attempt; Eric Denny helps individuals push past their limits through the Hurricane Island Outward Bound School. We hope that their stories will inspire you to re-consider what your limits may be—and perhaps seek to push past them and discover what might be found.

Listen to the full podcast of "Pushing Limits":

**Dr. Lisa # 128**

DATE: Sunday, February 16, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED:

1. Professional
2. Healthcare
3. Healthcare costs.
4. Seaport Community Health Center

### **Doctors with Heart, #127**

Sunday, February 16, 2014

We are at an interesting crossroads in medicine. Doctors and other health care providers are being asked to adjust their way of practice in significant ways, in order to address increasing health care costs and other demands on their relationship with patients. Yet doctors continue to show up, and attempt to practice with great heart and compassion. During Sunday's show we interviewed two such physicians: Dr. David Loxterkamp, a family physician + author of *A Measure of My Days* and *What Matters in Medicine*, and Dr. Rick Marden, a family physician who specializes in family medicine and member of numerous medical mission trips.

<http://www.drlisabelisle.com/page/2/>

5/10/2014

DATE: Sunday, FEBRUARY 9, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR LISA RADIO HOUR

ISSUES COVERED:

1. Professional
2. Different lifestyles
3. Women's

### **Wholehearted Living, #126**

Sunday, February 09, 2014

In Maine, people often have more than one life, and it's not just a difference in personal and professional lives, but sometimes two completely different professional lives. Sunday's guests were just that. During our show on Feb. 9, we spoke with Jeanne Handy, an interior designer and belly dancing instructor, and Andrew Kull, an attorney and also a practicing buddhist. We learned about wholehearted living and how two people bridged two seemingly different lifestyles together for a more well-rounded life.

**Listen to the full podcast of "Wholehearted Living":**

**Dr. Lisa # 126**

<http://www.drlisabelisle.com/page/2/>

5/10/2014

DATE: JANUARY 19, 2014 SUNDAY

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA RADIO HOUR

ISSUES COVERED:

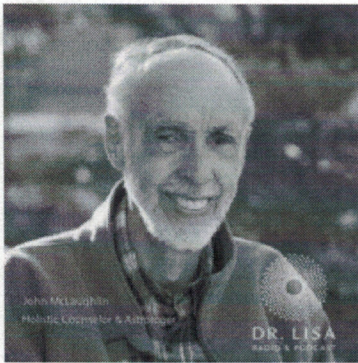
1. Energy of the planets
2. Modern physics

### **Stargazing, #123**

Sunday, January 19, 2014

Today is my birthday, and as such, gives me an opportunity to think about where I have been, where I am going and just exactly who I am. The latter is an elusive idea, to be sure. Just who any of us might be is impacted by many variables. I know I am not alone in giving this serious consideration each year on the anniversary of my birth. This year, I am indulging in a guilty pleasure and having my friend John McLaughlin join me to talk about the stars. We will spend our hour discussing how we are impacted by the energy of the planets—and idea that has a basis in ancient astronomy and is increasingly verified by modern physics. We know you will be intrigued by our conversation. Thank you for joining me on my birthday show.

Listen to the full podcast below, or download this episode of the Dr. Lisa Radio Hour & Podcast on **iTunes**.

**Dr. Lisa 123**

Practicing here in Portland, John's work of Spiritual Counseling ranges from using Holistic Astrology to assist people in knowing their basic energy patterns to Psychosynthesis. After a four year training analysis with a Harvard psychiatrist, while John was finishing his academic studies in The Netherlands, he trained in Italy with the psychiatrist developer of Psychosynthesis, a higher self depth psychology for integrating and clearing those areas within ourselves which lead us away from our heart's knowing. Using laughter and disidentification John's whole goal is to promote our going free from our habits of mind and negative love patterns so that we can come to express our truest selves.

*"Astrology allows people to look behind their systems of conditioning and begin to say, 'Oh. That whole idea I had about how I should live, that doesn't necessarily come from me. That comes from outside me. What is truest to my own self?' This is where the work really gets very, very deep. What is closest to my own heart, and what are some of the lessons, the learnings that I need to do about my own state of consciousness in order to go free?"*

- Psychologist and Holistic Astrologist, John McLaughlin



Our [financial wellness tip](#) of the week is brought to you by Tom Shepard of [Shepard Financial](#). While Dr. Lisa Radio Hour business advisor, Marci Booth of [BOOTH Maine](#), offers better business tips, Ted Carter of [Ted Carter Inspired Landscapes](#) shares important talking points, and [Black Bear Medical](#) covers health and fitness updates.

Posted by Lisa Belisle at 4:55 AM

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Dr. Lisa Belisle

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[Listen Today](#)**Differently Abled, #122**

Sunday, January 12, 2014

Each of us has access to a different set of attributes: skills, talents and physical characteristics. For some of us the attributes are more readily apparent than for others. This is especially true of individuals who were, in the past, referred to as “handicapped.” We now understand these individuals to be ‘differently abled,’ and often capable of accessing attributes that many of us have never even considered, largely as a result of learning to work with the world. Today’s guests, Scott Wentzell and Charlie McBrady, have experienced this firsthand through their experiences raising differently abled sons, and through their work on the Morrison Center Board of Directors.

DATE: JANUARY 12, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA (Belisle) RADIO HOUR

## ISSUES COVERED:

1. Differently Abled People
2. Parents raising differently abled people

DATE: Sunday January 5, 2014

TIME: 7:00-8:00 A.M.

TITLE: DR. LISA (Belisle) RADIO HOUR

ISSUES COVERED:

1. MAINE MAGAZINE'S "SUPER DOC," Dr. Robin Noble
2. Counseling women to achieve balance in life
3. Dr. Tim Howe discussing Lifestyle Choices program at Parkview Hospital
4. Spirituality in achieving changes in life

### Wellness in the New Year, #121

Sunday, January 05, 2014

A new year is upon us and we are all thinking about ways we might live better lives. Joining us today are people who help others do just that. *Maine* magazine 2012 "Super Doc," Dr. Robin Noble, shares how she counsels women in her practice to achieve balance, while Dr. Tim Howe and his wife Lyn describe their "Lifestyle Choices" program at Parkview Hospital in Brunswick. They offer insights on plant-based eating and the importance of spirituality in creating change.

Listen to the full podcast below, or download this episode of the Dr. Lisa Radio Hour & Podcast on [iTunes](#).

Dr. Lisa 121



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Posted by Lisa Belisle at 6:00 AM

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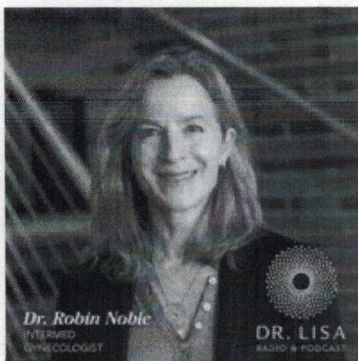
## Wellness in the New Year, #121

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Dr. Lisa 121



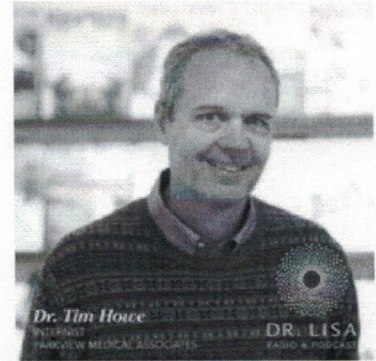
**Dr. Robin Noble** has been a practicing gynecologist with InterMed for 10 years. With her husband, Noble relocated to Maine after finishing medical training. She attended medical school at Columbia University College of Physicians and Surgeons and completed her residency at Yale New Haven Hospital. After living for a few years in New York, and having two children, Noble and her family relocated to Falmouth in 2001. After practicing both obstetrics and gynecology for seven years with InterMed, she made the difficult decision to stop providing obstetric care. While she misses delivering babies and caring for pregnant women tremendously, Noble now focuses on gynecologic problems related to adolescence, infertility, pelvic pain, fibroids, perimenopause, menopause, sexual function and

aging. During her free time, she enjoys spending time outdoors with our four children (aged seven, nine, twelve and fourteen) and with her Australian cattle dog pursuing many of the activities Maine has to offer—skiing, hiking, kayaking and boating.

Listen to the full interview with Robin, below:

**Interview - Dr. Robin Noble**

**Dr. Timothy Howe** is a board certified physician in internal medicine. He has been practicing in Brunswick for 24 years. He currently serves as the Medical Director of Wellness & Diabetes at Parkview Hospital, as well as the Medical Director of "Lifestyle Choices," a 10-day program to treat lifestyle disease. His wife, Lynn, helps with the program by teaching cooking classes.



Listen to the full interview with Tim and Lynn, below:

**Interview - Dr. Tim Howe & Lynn**



*Please join us next week for our show "Differently Abled," featuring guests Scott Wentzell, Marketing Manager at Thos. Moser Cabinetmakers and Charlie McBrady from Zachau Construction.*

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Posted by Lisa Belisle at 6:00 AM

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