

Quarterly Issues Programs List

**WNTN Radio
Cambridge MA
July-September
July-September:**

1. Health Medical:

**Running out of
Drugs**

**Knee and Hip
Replacement.
Relief from
Menopausal
Symptoms Without
Drugs.**

**The Dangers of High
Blood Pressure.**

**Slowing down The
Aging Process**

**How the Body can
Heal Itself.**

**Cure Hiccups With
A Q-tip.**

**How to Prevent
Dementia and
Rejuvenate Your
Brain.**

2. Health Nutrition:

**Cycle of Emotional
Eating.**

**Hidden Dangers in
Grains.**

**The New Science of
Of foods and and
Hormones.**

**Planning a Healthy
Diet.**

3. Health Mental:

**The Unexpected
Face of Depression.**

**Parenting Through
the four stages of
Adolescence.**

**Science,Activism and
Transgender Right**

**Anxiety the most
Mis understood
Emotion.**

**Dating For Lasting
Love.**

**Reduce Stress with
Good nSpenging.**

4.Employment:

**The Accelerated Job
Search. Process.**

5. Politics:

**Obama’s call for
Hope and Change.**

2. Health Nutrition:

**Issue: The New Science of Foods
and Hormones.**

Date/Time: August 20, 2021

7:30am/20 minutes

Guest: Dr. Neal Banard

**Description; Dr. Neal Banard
Author of Your Body in Balance
Says there is good news for women
Aged 45 and over can get prompt
Relief from the most severe and
Troubling menopause symptoms
Without drugs. Banard says a new
Study study published in the
American Menopause Society
Found a new powerful new diet
Approach that reduces moderate
To severe to severe hot flashes
Where 60 percent of women
Become totally free of moderate
To severe hot flashes.. This was
Based on a low fat diet of
Vegetables.**

Issue: Health Nutrition:

Hidden Dangers in Grains.:

Date/Time: August 19, 2021

7:30am/20 minutes.

Guest: Arthur Agatson

Guest:Arthur Arthur Agatson

**Description:Agatson says his book
Called What's Eating You reveals
The hidden dangers in grains. He
Points out if your are over weight.
Achy and depressed these are
Symptoms these are signs hidden
Dangers in grains. Arthur Agatson
MMD says he created what is
Known as the South Beach Diet
Agasren says the South Beach Diet
He created has relieved many
Patients of the hidden dangers**

That grains can do to many patients that can cause severe Digestive problems.

4. Employment:

Issue: The Accelerated Job Search.

Date/Time: July 24, 2021

7:00am/20 minutes:

7:am/20 minutes

Guest: Marky Stein

Description:

Marky Stein.

Author of Fearless Career Change

Says she has come up with a

Process that has been proven to be

Very Helpful to persons who are

Actively conducting a job search.

Stein reveals the following things

That must be used in this process.

1, Stack the odds of getting a

interview in your favor. 2, Write

up your own resume. 3. Be sure to

write up a resume that illustrates

your strong points and work

experiences and connect that

experience to the the job

interview. 4. Use direct contact

techniques to secure the job

interview and follow up

phone calls, letters and interviews.

Stein believes if these approaches

Are utilized a job offer will be

Offered.

5. Politics:

Obama's Call for Hope and

Change;

Date/Time: Sept. 3, 2022

2:30pm. 20 minutes

Guest: Owen Symes

Description: Barack O'Bara,

President of the United States

Made his mark on history as the

First African American President

After President George Bush

**Obama made his mark on History
As the first Black American
President. O'Bama made
Significant contributions to our
Our country with remarkable job
Growth, the passage of the
Affordal Care Act ant the
Execution of Osama bin
Laden among is notable
Accomplishments despite
Grappling with Republican
Adversaries and detractors.**

1. Health Medical:

**Danger of High blood Pressure
Date/Time: August 20,2021
8:30pm/20 minuttes
Guest: Dr. Paul Bragg**

**Description: Dr. Paul Bragg
Who wrote the Healthy Heart Book says
He wrote the book to educate people
About Keepin g the Cardiovascular
System healthy Age to prevent
Patients from a heart attack and be fit
And healthy at any age. Bragg relates
How support is needed to help those
Patients who have serious problems.
Dr. Bragg relates how reserving health
Is a more and religious duty for health
Is the basis for all social virtues. Bragg
Concludes by saying We can no longer be
As useful when not well.**

**Issue: A new bar for Blood Pressure.
Date/Time: September 3, 2021 3:30am/20
minutes.**

Guest: William B. White

Description: New Research may gauge what High Blood Pressure means for the 67 million Americans who have it, says Dr. William H. White. He points out while the threshold has been 140 over 90 for more than 30 years, a Panel of 17 researchers suggests setting a new, Higher limit of 150/90 for adults 60 and older, The upshot is you may not need medication if you fall into this borderline range. Nonetheless, many physicians may feel more comfortable staying with 149/90 for treatment, says White ND President of the American Society of Hypertension who was not involved with the research

Cure Hiccups with a Q-tip

Date/Time: September 3, 2021

Date/Time: 8:30am/20 minutes

Guest: Lisa Kataya

Description: Curing Hiccups with a Q Tip Briefly touches one end of the Q tip to the small pieces of flesh that dangle in the back of the throat. Katayama a freelance Journalist says this triggers the gag reflex which interrupts which interrupts the spasms in the diaphragm. Katayama relates says the process does not work 100 percent but it is more effective than any other method used.

Issue: How to Prevent Dementia and Revitalize Your Brain.

**Date/Time: September 10, 2021
7:30am/20 minutes**

Guest: Timothy J. Smith

Description: Dr. Timothy J. Smith, Author of Reversing Alzheimer's says We are no longer at the mercy of our DNA.. He says the recent discovery of Epigenetics, the science of Understanding how to control the Expression of our own genes has given Us the exciting new power to make Conscious choices that reprogram our Genetic destiny. in reversing Alzheimers So the disease can be reversed. Dr. Smith Believes by doing these things, a Completely Alzheimers will be eliminated From the brain. Dr. Smith believes with The correct amount of foods, herbs, Vitamins will destroy the fats that are Destroying the brain.

Issue: How to Control Your Brain;

**Date/Time: September 3, 2021
7:30am-20 minutes**

Guest: Kevin Thomas McCarney

Description: Thomas McCarney, author Of Big Brain Little Brain says there is a Lot happening in our heads such as the Brain's control over the mind and how it Speaks to each individual. There are two Deciding forces that help us decide how We react and respond to given Situations. McCarney points out our Big Thinking Brain does most of the work While the small reptilian brain does come To the surface. McCarney reveals both of These brains must work in harmony Because each one relies on each other

**To reach a common harmony.
McCarney points out both brains must
Work in harmony. When this is done the
Delicate balance in thinking is achieved/**

3. Health Mental:

**Parenting through the 4 Stages of
Adolescence**

Date/Time: July 2021 4:30pm

Guest: Carl Pickhardt, PhD

**Description: Author Carl
Pickhardt, PhD says Hanging On
Will make it possible and will
Facilitate the Letting Go Process so
Children can make their way in
Life. But because you love them
Even after feeling bruised and
Wearied you pick up yourself, climb
Back in the saddle and ride them
To the finish line. Pickhardt
Says there is closure while hanging
On so the finish line can be
Reached.**

**Reduce Stress with Good
Spending.**

**Science Activism and Transgender
Rights.**

Date/Time: 23, 2021 4:00pm

Guest: Deborah Rudacille

**Description: The author Deborah
Rudacille says her book is the**

**Long awaited fusion of science,
Criticism and passion that
Scholars of gender and everybody
Can understand and identify with.
Rudacille believes it is extremely
Important for everyone to honestly
Look with in themselves and
Discover what part of sexuality do
They embrace and feel
Comfortable with. Rudacille
Believes sexuality needs to be
Explored by everyone whether
Male or female. She believes
Happy and fulfilling lives can
Only be a reality when these goals
Are explored and identified.
Rudacille concludes by saying
We no longer have to accept
Our sexualty as is when happiness
And acceptance are now widely
Accepted. And tolerable by the
Individual who needs to know
Down deep who he or she are
When it comes to sexual identity**

**Anxiety the most misunderstood
Emotion.**

**Date/Time: August 27, 2021
Friday 27, 2021
4:30pm**

Guest: Dr. Wendy Suzuki

**Description: Dr. Wendy Suzuki
Author of Good Anxiety says we
Are living in the age of Anxiety
That often makes us feel as if we
Aew locked into an endless cycle
Of stress,sleeplessness and worry.
Suzuki points out if we had a way**

**To leverage our anxiety to help us
Solve problems and fortify our
Well being and use our anxiety to
Help us solve problems and fortify
Our well being we would be able to
Recognize anxiety as a unique gift
That it is. Suzuki states says she
Has discovered a paradigm
Shifting truth about anxiety
Because it is essential for our
Survival. Suzuki sincerely
Believes shifting truth about
Anxiety will afford us to look at it
As a unique gift that we use.**

Issue: Reduce Stress with Good Spending

Date Time September 17, 2021

7:30am/20 minutes

Guest: Barry Boyce MD.

**Description: Barry Boyce MD says recent
Research offers the first evidence that
Financial generosity may literally do
Your heart good says Dr. Barry Boyce
He relates how a study conducted at the
University of British Columbia asked 186
Older adults in the United States most
Of them receiving treatment to control
High blood pressure by contributing
Money to friends and family or to
Religious , political charitable
Organizations. Boyce claims the results
Reduced high blood pressure and
Reduced and improved heart health for
These individuals. Boyce concludes this
Is the best way to promote better heart**

**Health. Boyce believes taking these steps
Improves the health of the individual
Because of the reduced blood flow that
That occurs with positive attitudes.
Boyce concludes by saying generosity
Is a celebration that creates a path to
Our awareness.**

Issue: Health Medical:

**Issue Running out of Drugs
Date/time: 7/2/22
Guest: Dr. Katherine Eban**

**Description: Dr.. Katherine
Says just imagine surgeons
Running out of anesthetic
Drugs, cancer patients who
Cannot get lifesaving
Chemotherapy and doctors
Scrambling for the most
Basic antibiotics, She says
We are already there. Eban
Author of a World Without
Meds says shortages are
Leading patients and
Hospitals to get drugs from
less. Unreliable sources.**

**Knee and Hip Replacements:
Date/Time: 7/22/21 7:30am
Guest: Brian Braiker**

**Description: Knee and Hip
Replacements are not just for the
Elderly says, Melody Rowe,
Patient.. She points out for 25
Years she had arthritis and tore**

**The meniscus of her right knee.
She Goes on to day how her
Her right knee responded slowly.
With each surgery she used a
A continuous passive motion
On aMachine day and night for
Several weeks to prevent
Inflammation, Rowe says at
The end of three weeks she
Switched to a cane. At three weeks
Rowe and started going going up
And down on the stairs using a
Walker and cane for about 3
Weeks Rowe says today she was
Certified as a Zunba insructor
Officially Rowe states that her
Knees are doing fine and she feels
Fantastic.**

2. Health Nutrition:

**Cycle of Emotional Eating.
Date Time: July 24, 2021 7:30am
Guest: Dr. Pam Peeke**

**Description: Dr. Pam Peeke author
Of the Hunger Fix author of the
And Lose weight. points out
The sad irony of hunger is many people
Are driven to repeatedjy score hits of
what are called false fixes. Peeke relates
how these fixes raise wight and create
distructive behavir. Peeke relates the
more craving the more weigt is gained as
time goes on.**

^^

Planning a Healthy Diet.

Date/Time: July 24, 2021 7:00am

Guest: Jessie de Witt

Description: Author Jessie de Witt a Doctoral student and psychology Researcher at the University in the Netherlands says people's good Intentions for the future for the future Seem to have a detrimental affect on their Eating behavior in the present. He Encourages everyone to commit Themselves to dieting first and Developing a routine that will work Together that will compliment the food Being consumed.

3. Health/Mental:

Issue: The Unexpected Face of Depression;

Date/Time: July 24, 2021/7:am

Guest: Aaron Rochlen PHD

Discription: Unlike Women's Depression. Depression in men Often manifests Ramco Style With anger and risk taking says Aaron Rochlen. PHD, a professor Of educational psychology at the University of Texas at Austin. He Points out men every year, almost Four times as many men commit Suicide which is related to undiagnosed depression. Dr. Rochlen PhD points out men have A short fuse rather than feelings of

**Sadness, or despair possibly
Because men tend to bury their
Feelings by overworking or
Reckless driving or consuming
Alcohol. Rochlen says men have
Unexpressed grief or anger that
Can morph into violence or
Substance abuse along with
Sadness or loneliness.**

Issue: Dating for Lasting Love.

Date /Time: September 17, 2021

Friday 8;30AM

20 Minutes

Guest: Marcia Naomi Berger

Description:Macia Naomi Berger

author of Marriage Minded

**Says her tone gives the reader a sense of
Talking with a wise and trusted friend at
Their kitchen table. She points out her
Book is both relevant to both men and
Women. Berger relates how her book and its
Tone provides wisdom and skills for a
Wonderful marriage. She relates how she gives
Practical guidance in bite size pieces making it
Easy to read and understand the conduct.
Berger contends how her book is loaded with
So much information with everything
Presentd in a friendly manner and concludes by
Saying her advice and information will help
Both women and men into entering a
Relationship that will withstand many years of
Happiness and fulfillment.**