

Quarterly Issues Programs List

:

:1. Health/Medical:

**WNTN Radio
Cambridge MA
-Oct., Nov., Dec.**

Why are we so tired.

**Tthe U.S.C. Section
Rateis So High because
Of working women.**

**How Fatigue is
Sapping Women's
Happiness..**

**Health Stats You Should
Know**

**Laundry Detergent May Be
as Bad as as Smoking..**

**Should Electronic
Cigarettes be part of a plan
To quit smoking?**

How is Your Sound Diet

Creepy Crawly Cures

**Signs You May Have a
Nutrient Imbalance**

**Signs You May Have an
Internal Shutdown..**

**Sgns You May Have Food
Intolerance.**

**Signs you may be Drained
By Environmental Toxins.**

Fatty Liver.

2. Health Nutrition:

Beat Sugar Cravings

3.Political:

\\

**President Trump
embraced the Social**

**Media. Where he was
successful in getting his
word out to the public.**

4. Health Mental:

**calming down an
out of control child.Dr.
Roxanne a clinician says
solutions for parents in
This situation and this is
Moving your energy to
Save your child.**

**Santa Needs a diversity
Makeover because there
are so many children who
are different and do not
Know how to relate to
The traditional Santa
Claus. Because of this there
will be many conceptions of
the man known as Santa
Claus.**

.

9Christmas. Holiday:

**Why Santa Needs a
Diversity Makeover
Date Time December 17,
2021.
Guest: Yvonne Vissing
PHD a pediatric and
Sociologist says it is time
To transform Santa to fit
The needs of today's
children by making the
jolly one diverse and
Multicultural female as
well as male, faith inclusive
And representative of any
race or nationality. Vissing
Says Santa needs to inspire
Creativity and goodness
While bringing families and
Communities together in a
Spirit of loving kindness
That anyone ,anywhere can
Share. Vissing concludes by
saying his new book, Santa
Spirit proves Santa is not
Just for kids but created by
Adults for adultts**

,

Health Medical:

Why Are We So Tired?

Date Time:/Oct. 20,201/20 minutes

Guest: Jacob Teitelbaum M.C

**Description: Jacob Teitelbaum M.C, a
Leading expert in the fields of sleep
And chronic fatigue syndrom and author pf
From Fatiged to Fantastic. Teitelbaum
Relates how the result is persistant low level
Fatigue for more than 82 percent of
Women. He relates how 25 percent of women
Have sought medical attention for this.
Teitelbaum says these women are told that
They are just anxious, depressed or
Working too hard days Teitelbaum which is not
The Complete truth, He points out how
doctors will tell their female patients
they Are tired because they are getting older.
Teitelbaum concludes by saying: doctors need to
Have more communication with their
Female patients so the correct answers to
Their Questions can be believed and
Anawered.**

How Fatigue is Rapping Women's Happiness.

Date/Time: October 20, 2021

2:40am/20 minutes

Guest: Amy Shah M.D.

**Description: Tiredness has become
The norm and 80 percent of
American women report when
They get tkeep pushing through
Their duties at work. Along with
Doing housework at home. Shah
States how women stay up late
To do housework. Shah reveals
Women when this happens, sleep
Is lost and health declines and
Healthy eating habits are ignored.
She believes women cannot do
Everything to help their families
. Shah M.D. believes women have
to learn how to cope with so
many responsibilities by having
sound sleep every night. She
encourages women to expose
themselves to a red light which
increases melatonin production.
Shah concludes these steps taken
In the sleep process can provide
The sound sleep that is needed.**

Internal Slowdown

Date/Time: October 22, 2021

10:30am/20 minutes

Guest: Dr. Jason Calton

**Description: Dr. Calton,
Nutritional doctor says there
Are signs that will show an
Internal slowdown in the body.
He points out how the body
Works hard every minute of
Every day. To fight the harmful
Effects Calton reveals how the
Body works hard everyminute of
Everyday to accomplish this task.
Calton concludes by saying there
Is a chance one of your symptoms
May be sluggish and simply needs
Some TLC to get you up running.**

Issue: Health Stats You Should Know.

**Date/Time: November 19, 2021
10:30am/30 minutes**

Guest: Dr. Michael Roizen.

Description: Dr. Michael Roizen a Chief Wellness Officer at the Cleveland Clinic says he has Created a a short list for optimal Health: 1. Ideal number for Blood pressure is 115/75. This Keeps the patient look and feel Young. 2. Maintaining blood Pressure at 115/75 keeps the Arteries healthy and useful. 3. Creactive Protein with a number Less than one will keep patients At low risk for heart disease and Stroke.4. Waist circumfrence with The idea number half or lrss of Your height in inches will prevent Premature aging and reduce fat in The stomach.

**Issue: Signs You May Be Drained
By Environmental Toxins.**

**Date/Time: November 5, 2021
20 minute**

Guest: Ann Lousise Gittleman

**Description: Dr. Lousise Gittleman
says energy zapping toxins
Are everywhere, She points out
Toxins are everywhere. Not only
Are they in the foods we eats
Including saturated fats, sugar
Sugar and alcohol plus
Artificial flavors, colors and
preservatives in processed foods
Gittleman points out these
Preservatives are exposed to many
Environmental pollutanta
Gittleman relates what
Environmental exposure can
Only make matters worse.
Gitteman offers this list
For persons to see what effects
Their bodies will pick up:
Feeling weak and shaky without
Food for four hours.{Cravings
For sweets, mood swings and
Anxiety, Bags under the eyes,
Struggle with constipation, gas or
Indigestion
Puffy skin and or cellulite that
Will not go away
Frequent headaches, nausea,
Vomiting and diarrhea along
With stomach aches and itchy
Eyes,throat and noise. Gittleman
Concludes by saying: any person
With these symptoms needs to get
Medical infprmation as soon as
possible.**

.

Issue: Fatty Liver.

Date/Time: November 5, 2021

20 minutes

Guest: Dr. Fred Pescatore

Description: Dr. Steven Gundry Says decreasing estrogen levels Are associated with an 82 percent Increase in fat stored in the liver. He points out decreasing estrogen l Levels are associated with an 82 Percent increase in fat stored in The liver. Pescatore points out Declining estrogen is driving an Epidemic of fatty liver among Postmenopausal women. He points out the following things that Can be done to correct this To correct this situation.: Everyday sip coffee or tea, Drink Three cups of hot or or iced Green tea. Pescatore says this will Reduce the fat in the liver. Pescatore concludes by saying the Following conditions exist in liver fat : Brain fog, weakness, loss of Appetite, weigt gain, Blue moods, Nausea, Abdominal pain, Gluten Intorance, Diarrea and Eye and Shin Irritation.

Issue: Beat Sugar Cravings

**Date/Time: November 12, 2021
7:30am**

Guest: Tieraona Low Dog

**Description; Dr. Tieraon Low Dog MD
Says if you are trying to tame sugar
Cravings she has two suggestions that
Will help you tame your sweet tooth.
1. Try Gymnema. This vine native to
India seems to reduce sugar cravings
Add 30 to 40 drops of gymnema tincture
Sold at Health Food Stores to a little
Water,swish in your mouth for 30
Seconds and then swallow. Low Dog
Says this process should be repeated
Every 2 or 3 hours as needed. Low
Dog says gymnema is sold at health
Stores. He reveals gymnema works
Only when it comes into contact with
The tongue. Low Dog reveals pills or
Capsules will not work otherwise
He also recommends using Bitters
That will that will reduce cravings for
Sweets.**

Issue: Why is the U.S.A. C-section Rate so High?.

Date/Time November 19, 2021

7:30am/20 minutes

Guest: Alan Lindeman M.D.

Description: In the United States C sections are performed more Than any other surgery, says Alan Landeman , baby doctor. Lindemann relates relates how about 34 percent of all deliveries Are done by c-section. He points Out most women are opting out For this procedure because they Working mothers and do not have The stamina to go through a Vaginal bourth. Howver Lindeman warns a C-section Birth contains more dangers than a C-Section. He has written a book called, Pregnancy Your Way to Educate women about pregnancy Choices that are available that Have less risk.

Issue: How is Your Sound Diet

Date/Time: November 21, 2021

12:30am/20 minutes

Guest: Mark J. Syms

Description: Doctor Mark J Syms

Author of Physicians Guid to

Effective to Effectively Treating

Your Hearing Loss says he will

Reveal what sounds are healthy

And unhealthy for you and why

Your sound diet matters and

How to improve it. Syms points

Out a Sound Diet where hearing

Aids are used to determine

Quality of sound. Syms also

Points out this kind of diet will

Reveal what levels of sound are

Active to prevent hearing loss.

Health Medical: Should electronic Cigarettes be part of a plan to Quit smoking.

Date/Time: November 5, 2021

r7:30am/20 minutes.

Guest: Dr. Andrew Weil

Description: Dr. Andrew Weil says Electronic Cigarettes need to be Evaluated more before doing Anything else. The smoke in these Cigarettes contain nicotine but no Tobacco, Weil goes on to say the Smoke that is produced is Vaporized liquid. Weill contends These electroni cigarettes are safer Because nothing is burned and There is no exposure to tobacco Weil contends these electronic Cigarettes can help you from Smoking and maintain a healthy Life.

:

/

Creepy Crawly Cures

Date/Time: December 1 2:30pm

Guest: Steven Heymsfeld, MD

Description: Steven Heymsfeld MD

Says flu vaccines are typically

Produced by growing influenza

Virus inside chicken eggs inside

Chicken eggs which means people

With egg allergies may

Develop a serious reaction A

Newly FDA approved vaccine

Flublok avoids this risk by

Replicating the virus cells derived

From the fall army worm moth.

Heymsfeld MD points out this

Method had been used for other

Vaccines but not for flu until

Now. Heymsfeld points out this

PROCESS allows for more

Quicker vaccine production.

Which will make more doses

Available sooner if there is an

Upcoming event. Heymsfeld

Points out the Russian ground

Frogs, scorpions can crush cancer

If there is a need and believes

This method will be standard

When it comes to this kind of

Treatment.

**President Donald Trump endorsed Social Media.in his Presidency,
Date/Time: November 15, 2021
7:00am/20 minutes
Guest: Richard Martin.
Description: Author Richard Martin says President Trump More than embraced social media. He gave it a Bear Hug until it was Kicked off. Martin says the President embraced the media And gave it a big Bear Hug. During the Presidential Campaign Adds, Martin. He says President Trump used this tool to raise Money to finance the campaign. Martin says Trump raised 250 Million dollars on line and his Twiter Account to convert Many of his followers into Voters Martin relates how President Trump tweeted Millions of dollars in his Campaign. Martin says Trump Has changed the way politicians Raise money and believes Eventually will be the norm in Fund raising in political.**

Issue: ,Mask vs. Mask Free
Date/Time: November 25>00/20 minutes
Guest: Elke Scholz
Date/Time November 18/20 minutes
Description: Elke Scholz a
Pyschotherapist says she has the answers
For using a mask and not using a mask.
Scholz who is an expert on social
Anxiety says she has reviewed this
Problem and wrote a book called:
Anxiety Warrior Vol. 1. Scholz where
She has given patients wlness kits for
Employees. Scholz says these kits have
Helped patients have a greater
Understanding of why the mask needs
To be used and the benefit of wearing
ONE.

**Issue: What No One Tells You
About Critical Race Theory.
Date/Time: November 20, 2021
5:30am
Guest: Pat Bishop**

**Description: One of the most talked about
Critical Race Theorists is not brought up
for discussion in classrooms and Patrick
Bishop, the white author of a Class
Divided Story about Racism, the first
in a Kid' Empathy series he wrote with
his wife and 8-year-old daughter was
meant to prompt discussions between
adults and children. Bishop says that
according to a recent study, 90 percent of
parents admit that they rarely talk to
their children about race, he says such
discussions are needed more than ever.
Bishop goes on record by saying Black
History should be taught in schools to
eliminate racial inequalities but not by
letting white children feel guilty about
race issues they were never a part of.**

**Health Mental: How to Calm Down an
Out of Control Child.**

Da/Time: December 3, 2021

Dr. Roxanne

**Description: Dr. Roxanne a renowned
Clinician , leadr and pioneer in health
Psychology has solutions for parents
To help transform their children from
Out of control and inconsolable to
Calm children in control. According to
Mind Body research both negative and
Positive life events create symptoms of
Sress create symptoms of stress, adds
Roxanne. He says there is there is a form
Of Mind Body medicie to transform
Their inner energies.Roxaanne concludes
This transformation will restore control.**

Religion:

**Spiritual Development/The
Journey.**

Date/Time: December 3, 2021

Date/Time: 7:30pm.

12pm-4pm

Guest: Daniel Miller

**Description: Daniel Miller author
Of Understanding Myself says
We humans share this earth with
Fellow humans. Miller relates it
Is difficult He points out it is
Difficult to communicate with
One o conflict with the desires of
Others. Miller says interacting
With ourselves is difficult and the
Only way to get by this is to study
The bible so we can begin to
Understand ourselves. Miller
Concludes by saying once we
Understand God we will be able
To see each other in a better light
And understand and appreciate our
Existence.**

Understanding Myself

Date/Time: December 12, 2021

December 10,2021

Guest: Daniel Miller

Description: Daniel Miller

Religious Author says when he

Was a tennager almost every

Sunday afternoon he was

Overcome with a feeling of

Heaviness that snatched away

His joy and made him look at the

World through gray depressed

Lenses Miller relates how he came

To realize how everyone wants to

Be loved. Miller says we want to be

Loved so we try to live up the

Expectations of others. He

Contends we do this because we

Want to be valued. Miller

Believes to be happy and safe we

Must be valued so we can

Impress others with how

Indispensable we are. Miller

Concludes by saying we want to be

Safe we try to eradicate everything

That might harm us.

:

.

**6.:Understanding Greation
Date Time; December 3, 2021
Guest: Daniel Miller
Description: Daniel Miller author
Of understanding Creation says
We are used to basing our thoughts
And opinions on things we have
Exoerenced He points out we are
Used to basing our thoughts and
Opinions on things and opinions
On things outside our experiential
Frame of reference. Miller
Contends we can hardly imagine
What it must have been like for
God to take away a watery
Uninhabited sphere and turn it
Into a magnificent home for
People and and animals. Miller
believes God created human
beings in his image for his
Pleasure and our understanding
Of each other.**

8. Foreign Policy:

**Why Aren't We Blaming China
for COVID-19**

date/Time: December 10, 2021

Guest: Tamara lashchyk

**Description: TamarLashchyk.
Career coach and author says the
World needs answers and China
Needs to pay reparations. She
Contends China is responsible
For taking any precautions
For safety measures. Lashchyk
Contends it is up to the United
States and the free world to
To have the Cineese appear before
The United Nations and state their
Intentions for for having created
Such a viris and demand
Reparations to help countries
Affected by this virus.**

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.**