

**WNTN Radio
Cambridge, MA
May 2022**

Issues of Community Concern:

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Accepting your parents

Being an adoptive child.

5. Health/Medical:

Treating Lyme Disease

The New Bioactive Gel Delivery System.

6. Consumer:

Getting the most from out of online dating sites.

7. Media:

How Sports reflects life in contemporary American culture.

8. Health/Mental:

One woman's quest for truth and peace.

Maintaining a healthy marriage.

9. Discrimination/Racism:

Slavery in Today's America.

10. Education:

The Future of Academic Freedom.

11. Women's Issues:

Body shapes of Black Women.

12. Politics:

Defining President Trump's attributes as a strong leader.

13, Money:

Cryptocurrency Mining.

14. Pharmaceuticals:

Poor: manufacturing practices of Generic Drugs.

Natural Sleep remedies'

15. Healthcare:

Abortion and Women's

Healthcare.

16, Immigration:

Immigrant Caravans.

17. Crime:

Being scanned while job
hunting on lin

1. Health/Nutrition::

Issue:Washing the brain.
Date/Time: April 6,2022
7:00am/20 minutes
Guest: Dr. Steven Gundry

Description: The human body needs
To finish digesting the last meal of
The day at least four hours before
You go to sleep in order for your
Glymphatic system to thoroughly
Wash your brain at night, says Dr,
Steven Cundry, author of the
Longevity Paradox. He points out
Washing the brain prevents the
Toxic buildup of amyloid in the

Brain that can lead to degenerative
Disease. Gundry says to get a
Thorough brain wash, he
Recommends that you skip
Dinner once a week if you are in
Good health and more often if you
Are already suffering from a
Degenerative disease. He contends
On Brain cleaning day you can
Simply condense all three meals
Into the first part of the day, Gundry
Concludes this will also allow you
To take advantage of the benefits of
Intermittent fasting.

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Issue: How to beat belly bloat
Date/Time: April 27 2022
7:00am/20 minutes
Guest: Dr. Julie Gatzka

Description: Dr. Julie Gatzka says
When eating do not pile everything
On your plate then gobble it down in
The same sitting, She points out if
You do the signal to produce new
Enzymes will not be processed as
Quickly causing stomach pain, gas,
And bloating.. To eliminate
Bloating of the stomach, Gatzka
Advises people to chew each bite

Slowly, a dozen or more times
Before swallowing.. This triggers the
Proper enzymes and eliminates
Discomfort. Of a bloated belly.
Gatza concludes by saying do not
Eat if you're too hot, too cold or
Emotionally upset or physically
Ill, this food will ferment in the
digestive track causing more
bloating. In the stomach.

2. Technology:

Issue: Computer Hacking.
Date/Time: April 6,2022
7:30am/20 minutes
Guest: Sean Worthington

Description: Sean Worthington,
Author of Beyond Bit Coin says
Computer hacking is something that
Isn't going away any time soon. He
Points out computer users need to
Keep pace with hackers if they wish
To maintain their privacy on the
Internet., Worthington says computer
Users should use Norton Security.
He contends this kind of hardware

Can and will detect any strange
Activity going on in your computer,
Worthington contends if you are
Paying your bills using your
Computer or dealing with sensitive
Information that is private Norton
Security will alert the user before
Anything happens. He strongly
Encourages computer users to take
Hacking seriously before
Complications arise and nothing can
Be done at that juncture, Hackers are
Not going away but if you make
Their job as difficult as can be, they
Will look elsewhere for someone
Who is not, adds Worthington,

Issue: The Dangers of Cell
Phone Technology.
Date/Time: June 1, 2019
7:00am/20 minutes
Guest: Norbert Heuser

Description: Despite widespread
Denial. The evidence that radio
Frequency (RF) radiation is harmful
To life is already overwhelming,
Says Norbert Heuser, CEO of IPC:
USA, the developers of Protect PRO
Technology, He points out he is a
Cell phone watchdog and has
Been actively engaged in the

Research and design and
Manufacture of products that
Shield the human body and other
Living things from the harmful and
Invisible effects of electromagnetic
Fields and radio frequencies. Heuser
Says consumers must be more aware
Of the radiation propelled by cell
Phone devices and its effect on
Babies, pregnant women, the
Elderly, the sick and electro
Hypersensitive individuals., He
Relates how electromagnetic
Frequencies from cell phones can
Alter brain tissue activity. Heuser
Contends the situation is worsening
And if not addressed millions of
People especially children will die
From cancer.

3. Personal Finance:

Issue: Teaching kids on how to
control their finances.

Date/Time: April 13, 2019
7:00am/20 minutes

Guest: Trevor Bolin

Description: While many parents
Teach their children the basics of
Fiscal responsibilities by giving
Them an allowance, Trevor Bolin
Of Take Charge and Change Your
Life Today, says children need to
A healthy attitude towards money
Not only to avoid making choices
That make them unhappy but allow

Them a path that they can control.
He points out if your child receives
A weekly allowance, he or she
Should put 15 percent into a savings
Account that cannot be touched.
Bolin says it's important to help
Children recognize the financial
Lessons from actual experiences
Such as spending money on
Impulse and not having the money
When they want to buy something
important. that they really want.
This is a small price to pay, adds
Bolin for a valuable lesson in how
To save and spend money, He
Advises parents to help their kids
Set up financial goals such as saving
\$10.00 to go to the movies or saving
\$200.00 for a wi Fi system or just
put it in the bank, Bolin concludes
in the long run your child will
develop and nurture healthy attitudes
when it comes to money.

4. Family:

Issue :Becoming a better father in
today's economy.

Date/Time: April 13, 2019
7:30am/20 minutes

Guest: Tom Watson

Description: In today's economy
Many fathers are either unemployed
Or working two jobs to make ends
Meet, says Tom Watson, author of
Shoes: The Journey to
Becoming a Better Man, Husband
And Father, He points out fathers
Need to pay attention to their
Children not only out of

Obligation rather because they want
And need to spend time with them,
Watson says stability and security
Are important to kids so it is
Suggested fathers set up a time
Every week that is designed just for
Doing something. He suggests
Scheduling an activity that the kids
Can look forward to every week.
Kids will understand if their father
Does not have a lot of time to spend
With them, so keeping a schedule is
Very important, adds Watson. He
Relates how parents who work a lot
Especially fathers feel guilty about
Neglecting their kids, Watson
Concludes fathers make big plans
With their children on a regular basis
To the guilt they are feeling.. He
Believes it's more important being
With the children than trying to
Schedule lavish events that usually
Do not come to fruition,

Issue: Accepting your parents.

Date/Time :May 11, 2019

7:00-am/20 minutes

Guest: Daniel Miler

Description: For children who are now
Adults rage, resentment and unworthiness
Are rooted in the wrongs of their parents.
Too often this leads to blame, says Daniel
Miller, author of The Gifts of Acceptance.
He points out even if your parents are
Culpable, blaming them will not change
Matters. He says accepting your parents
Does not mean excusing their harmful of
Abusive behavior. Miller contends

Working through negative feelings towards
Your parents is vital to moving forward
With your own life. He relates how
Important it is to see your parents as people
With their own faults and frailties. Take into
Account what they went through as
Children and how their parents parented
Them. Miller believes if you do this you
Will understand your parents better and
Understand better what it means to be a
Parent.

Issue: Being an adopted child.
Date/Time: May 18, 2019
7:00am/20 minutes
Guest: Susan Welch

Description: Susan Welch, author of
A Thread So Fine says as an adult,
Upon the death of her mother
Discovered that she was adopted.
She points out at the age of 46 her
Brother revealed to her that she was
Adopted, Welch reveals when she
Found out it had almost zero impact
On her adult life. However she felt
Awestruck that her parents were

Considering adopting her when they
Already had a lovely little boy.
Welch believes and thinks it's
Reasonable that adoptive parents
Have the right to manage as they
Choose until a child becomes an
Adult. But after that when the child
Becomes an adult they should have
The right to meet their birth parents.
Welch also contends that eventual
Disclosure is something adoptive
Parents need to consider as part of
Their decision about when and how
To make the child aware of his or her
Adoption. She believes common
Wisdom today is for open adoptions
Which seems to work,

5. Health/Medical:

Issue: Treating Lyme Disease.
Date/Time: April 20, 2019
7:00am/20 minutes
Guest: Dr. Cass Ingram

Description: There's a tiny would be
Assassin hiding in North America's
Fields and woodlands that goes by
The name of *Ixodes scapularis* that
Is more commonly known as the
Black legged deer tick, says Dr. Cass
Ingram, author of *The Lyme Disease
Cure*. He points out a single bite
From this creature can destroy your
Life and if untreated, may even kill

You. Ingram says a person who is
Bitten by this tick becomes a victim
Of Lyme Disease.. Ingram relates
How there are a half million cases of
This disease. In many cases the
Victim is entirely unaware of what
Has happened to them.. He contends
A person contracts Lyme Disease
When cork-screw like bacteria
Called spirochetes are released from
The mouthparts of the biting tick
And bore into the joints and
Connective tissues of their human
Hosts. Ingram believes the best and
Only way to treat Lyme Disease
Is use wild spices. Such as oils of
Wild oregano and sage along with
The juice of wild oregano. He
Concludes other conventional
Medicines have failed causing
Debilitating effects that mirror
Symptoms of other diseases.

Issue: The new Bioactive Gel
Delivery System.
Day/Time: April 27, 2019
7:30am/20 minutes
Guest: Margie Adelman

Description: Margie Adejman.,
Medical researcher and health
Consultant says the potential
Health benefits of many
Nutraceuticals are not fully realized
Because a number of the nutrients
Contained inside come in contact
With acid in the stomach and are
Denatured which means turned into

A form that is not an active vitamin
Anymore. She points out the
Bioactive Gel Delivery System is
Designed to suspend micro-sized
Nutrients in a protective gel that
Disperses when it reaches the
Small intestine where the body
Absorbs virtually all nutrients.
Adelman concludes while most
Supplements contain binding glues,
Fillers and coatings and anti caking
Agents often listed on labels as other
Ingredients, Bioactive Gell is a more
Natural approach,

6. Consumer:

Issue: Getting the most out of
online dating.

Date/Time: April 20, 2019
7:30am/20 minutes

Guest: Michael Bastien

Description: Like any other
Combination of technology and
Social interactions, it's easy to make
A lot of choices that get in the way
Of actually connecting with the right
People, says Michael Bastein, author
The Common Sense Clicker Guide
To Online Dating. He points out for
Some people they are not using the

Right dating site or they make
Common mistakes setting up their
Profile. It is extremely important
To understand the technology side
Of things, Bastien says choosing the
Right dating site is extremely
Important. Some sites focus on looks
While others feature compadibility
Surveys. You need to have a mixture
Of the two. A profile should contain
Your personality traits and what you
Are looking for in others. Bastien
Reveals the most important element
On online dating is the photo. You
Should include a bright picture of
Your face and a full body shot that
Reflects your personal style of dress,
Body type and personality. He
Cautions online searchers to be
Aware of fake profiles which are
Actually nothing more than
Advertisements for dating.
Bastian concludes if these if
These measures are followed you
Will be surprised by the responses
By the responses you will receive.

7. Media:

Issue How Sports reflects life in
contemporary America.

Date/Time: May 4, 2019

7:00am/20 minutes

Guest: Michael Serazio

Description: Michael Serazio, author
Your AD Here: The Cool Sell of
Guerilla Marketing says like so
Many forms of pop culture we tend
To see sports as escapism, He
Points out it is supposed to be a

Respite from the many problems that
Plague contemporary American life
Individually and collectively. And
Yet almost every aspect of that
Experience beyond the sidelines
Of game play shows up in sports
Culture itself, adds Serazio, He
Relates how sports tells us stories
Sometimes explicitly about what
America is all about and what it
Could be or should be Serazio
Concludes by saying in the
Age of alternate facts and fake news
Sports remains a vessel for the
Simulation of enduring faith and
Truth in our society

8, Health/Mental:

Issue: One woman's quest for truth
and peace..

Date/Time: May 4, 2019
7:30am/20 minutes

Guest: Renee Linnell

Description: Renee Linnell author of
The Burn Zone says she wrote the
Book because she wanted to share
Her Story of her quest for truth and
Peace, Linnell recalls her story began
By meeting a woman named
Lakshmi in a white robe who
Her a jolt of energy that blew her
Mind in a flash. She recalls how

Lakshima forced her to do many Things such as earn an MBA Degree and build a \$10 million Dollar busibess. She relates how she Gave away her cherished Possessions , tens of thousands of Dollars and all of her power and Free will.. Linnell contends it took A little time but she finally realized She was in a Cult.. She says it was at This stage of her life she began the Hard work of healing. Forgiveness And rediscovering and accepting Herself. Linnell hopes her story Will help others who are having Trouble navigating in life to find Their place in life and discover Who they are as a person.

Issue: Maintaining a health
Date/Time: June 29, 2019
7:30am/20 minutes
Guest: Dr. Lynn Cooper

Description: For a husband and wife maintaining a healthy relationship in today's world is a complex issue, Says Dr. Lynn Cooper, a clinical Psychologist wh maintains practices In Needham and Newton. She points Out for many couples personal time Has increased because of flexible Work schedules, Cooper says most Of us want to feel good about Ourselves and when this need is not

Satisfied, there is a tendency to look
Elsewhere to satisfy that need. She
Relates how important it is for both
Husband and wife to seek therapy
If they detect a strain in their
Relationship. One of the biggest
Problems in maintaining a
Healthy relationship is maintaining
A line of communication where
Feelings and thoughts can be
Discussed. Cooper contends most
Couples make assumptions in their
Relationship without discussion or
Verification. She concludes while
There is love between two persons
There is also a bond of friendship.
It is this friendship that will decide
How healthy a relationship will be.

9. Discrimination\Racism:

Issue: Slavery in today's America.

Date/Time: May 11, 2019

7:30am/20 minutes

Guest: Lucia Mann

Description: Anyone who thinks Slavery died when America Abolished it in the 1800's has a Shock coming to them, says Lucia Mann, author of Rented Silence. She Points out according to the United Nations there are more than 27 Million slaves worldwide which are More than twice the number of those Who were enslaved over the 400 Years that transatlantic slavers Trafficked humans to work in America. Mann says many of these People are forced into prostitution While others are used as unpaid Laborers to manufacture goods, Many of which are sold in the

United States. In fact it almost
Impossible to buy clothes or
Goods anywhere without
Inadvertently supporting the slave
Labor trade, adds Mann. She
Encourages people to address their
Own consumer habits. She relates
How the United Nations has created
An online and mobile phone
Application that can help persons
To track if what they are buying is
Supporting slave labor. Mann truly
Believes awakening awareness and
Concern of the American people are
The first steps to not only ending

10. Education:

Issue: The Future of Academic
Freedom.

Date/Time: May 18, 2019
7:30am/20 minutes

Guest: Henry Reichman

Description Henry Reichman,
Author of The Future of Academic
Freedom says outside donors are
Entitled to donate to projects they
Support regardless of viewpoint but
Academic institutions should not
Relinquish autonomy and the
primary authority of their faculty
over curriculum and academic
standards when they accept
donations. He points out given the
financial straits faced by colleges
and universities today this could
distort an entire institution's basic

Mission. Reichman contends the only way to handle this situation is to make sure faculty of the institution has a major role not only in formulating policy with respect to external funding but also in developing a plan for monitoring and assessing effectiveness of that policy. Reichman concludes a university must preserve its academic autonomy in all its relationships with outside funders public and private

11. Women's Issues:

Issue: Body Shapes of Black Women.

Date/Time :May 25, 2019
7:00am/20 minutes

Guest: Sabrina Strings

Description: Sabrina Strings, author Of Fearing the Black Body says many Western Europeans first Encountered black women during the Onset of the transatlantic slave trade in the 14th and 15th centuries, She points out in the beginning black womwn were thought of as lovely curiosities with shapes we might l today call, thice. Because these women were heavy white women were encouraged to keep their waistlines trim as proof of white

Superiority while denigrating black women's savage fatness. Strings relates today black women have reached parity with the white women of today and believes this came about when the medical community Defined being obese as a serious health problem regardless of race.

12. Politics:

Issue: Defining President Trump's attributes as a strong leader.

Date/Time: June 1, 2019
7:30am/20 minutes

Guest: Stefan Arnio

Description: Stefan Arnio, author of Hard Times Make Strong Men says Trump is a man of action and has Succeeded in several major Endeavors in his presidency. In Contrast weak leaders like Obama Was a man of words with no Tangible success to add weight to Those words. Arnio points out No leader of America has been more Competent than Donald Trump as A proven leader through actions, Business success and real tangible

Results. Based on these actual facts
President Trump should be
Popular and respected for what he
Has done and what he plans to do,
Adds Arnio, However it appears U.S.
Citizens have shifted from valuing
Leaders based on their actions and
Results to a highly coddled culture
Of valuing leaders based on their
Words and how they make us feel.

13. Money:

Issue: Cryptocurrency Mining.
Date/Time: June 15, 2019
7:00am/20 minutes
Guest: Peter Kent

Description: Peter Kent, author of
Cryptocurrency Mining for Dummies
Says says Cryptocurrency mining is
One of the most commonly used
Methods of validating transactions
That have been executed over a
Blockchain network. He points out
Not only does blockchain work to
Protect data through encryption as
Well as store this data in a
Decentralized manner as to keep
A single entity from gaining control
Of a network, but also the primary
Goal is to ensure that the same
Crypto token isn't spent twice. In

Effect mining is one means of
Making that cryptocurrency
Transactions are accurate and true,
Adds Kent. He concludes by saying
That the first individual, group or
Business that solves these
Transactions receives a block
Reward.. The award is paid out as
Digital tokens of the currency that
Is being validated.

14. Pharmaceuticals:

Issue: Poor manufacturing
concerning Generic Drugs.
Date/Time: June 8, 2019
7:00am/20 minutes
Guest:Katherine Eban

Description: Katherine Eban,
Author of Bottle of Lives says
Says over 40 percent of the Generic
Drug supply in the United States is
Made in India. She points out nearly
80 percent of the active ingredients
in all drugs whether brand name or
generic are made overseas. Eban says
we have been lead to believe that
generic drugs are identical to the
brand name options. She relates how
nobody knows where these generic
drugs are made and what
precautions have been taken .Eban

states that the FDA is burying evidence of extremely poor manufacturing processes and quality.. FDA inspections of international manufacturing plants are announced weeks in advance unlike inspections in the United States which are always Unannounced. Eban concludes by Asking the question, is the risk Of moving drug manufacturing Offshore worth the savings?

15. Healthcare:

Issue: Abortion and Women.

Date/Time: June 22, 2019

7:30am/20 minutes

Guest: Terry Beatley

Description: Terry Beatly, author of What if We've Been Wrong says Dr. Nathanson who performed Thousands of abortions and deceived Our judges, legislators, clergy, Doctors, media and millions of Mothers and fathers with the lie That abortion was healthcare. He Points out Dr. Nathanson admitted This and took responsibility for the Creation for establishing an Aggressive pro-abortion Organization which has eviscerated Parental rights..Beatley says Dr. Nathanson had begun his journey to

Becoming pro life within six months
Of the Roe vs. Wade decision..
Beatley encourages those persons
Who favor abortion to look into what
Dr. Nathanson has said and take a
Closer work of themselves.

Issue: Natural Sleep Remedies.
Date/Time: June 22, 2019
7:00am/20 minutes
Guest: Dr. Shunney

Description: Insomnia can be a
Symptom of an underlying medical
Problem, says Dr. Shunney a
A qualified integrative practitioner.
She points out being a naturopathic
Physician she is able to blend
Conventional medical diagnosis and
Treatment with the use of natural
Therapeutics. Shunney relates how
Mildly sedating herbs called
Nerviness that include catnip,
Chamomile and California poppy
Have been used traditionally for
Centuries by herbalists for sleep
Disturbance. Shunney recommends

Cutting sugar and carbs before bed
Time by having a protein snack like
Hummus, carrots, and nut butter.
She concludes this will increase the
Quantity and quality of sleep. Also
Taking sleeping pills daily will only
Create dependence on drugs and
Poor sleeping practices.

16. Crime:

Issue: Being scanned while job
hunting on line.
Date/Time: June 29, 2019
7:00am/20 minutes
Guest: 1 Lynn Oakes
Description: In applying for various
Jobs on line, people have been asked
To give out some personal
Information and never gave it a
Second thought, says , Lynn Oakes,
Chief Marketing Officer of
Trusted ID, She points out many
Applicants supply employers
With social security numbers,
Telephone numbers and other
Sensitive information, Oakes says
It's common sense to avoid a scam
But people desperate for jobs
Volunteer this information blindly.
She advises persons to never give

Out personal information whatsoever
On line because con artists can use
That information to gain access to
Their money. This can happen when
Con artists pose as businesses that
Are hiring, They will ask for
Information that legitimate
Companies would never ask for
Such as your social security
Number. Oakes offers the
Following info when looking for a
Job. First. Do not put a phone call on
Your resume. Second, create an
Email account specifically for the
Job search. Third, make sure the
Hiring site is credible. It should
Have a secured lock at the top
Of the browser. Fourth, do not
Respond to promise to be paid in
Cash when hired. FIFTH, check the
Physical address of the person or
Company to ensure if it's a real
Business. Oakes concludes by
Saying a background check should
Be contingent on a job offer.