

## 2020 2Q Issues & Programs

This station is a teaching station. Every day that the station broadcasts, we play numerous health programs from a feed. For example, every weekday, Monday through Friday, we air health seminars at 9AM that last 30-60 minutes. These seminars 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 during two weeks in June. All start times are given in Eastern Time, 24-Hour Clock.

6-1-20  
Start Time 09:02:37  
28 Min  
Healthy By Choice  
It's The Food  
Dr John McDougall

6-1-20  
Start Time 12:01:46  
25 Min  
Heart Wise  
Beat Stress  
Percy McCray

6-1-20  
Start Time 16:33:18  
13 Min  
Chip  
Children Getting Fatter Faster

6-1-20  
Start Time 19:03:25  
39 Min  
Lifestyle Center of America  
Sugar Lecture 6

6-1-20  
Start Time 23:02:36  
28 Min  
Healthy By Choice  
Building Better Bones  
Dr Phillip Reiswig

6-2-20  
Start Time 6:01:06  
33 Min  
Health  
Dr Hans Diehl

6-2-20  
Start Time 9:02:09  
28 Min  
Heart Wise  
Food Borne Disease  
Dr Pam Popper

6-2-20  
Start Time 12:01:37  
25 Min  
Heart Wise  
Forks Over Knives

6-2-20  
Start Time 16:28:19  
14 Min  
Life Quest Liberty  
Contraception  
Lincoln Steed

6-2-20  
Start Time 18:01:49  
48 Min  
Lifestyle Center Of America  
Protein

6-2-20  
Start Time 23:01:19  
28 Min  
Healthy By Choice  
Healing Education  
Dysinger

6-3-20  
Start Time 09:02:40  
28 Min  
Healthy By Choice  
Rethink Food 2  
Dr Hans Diehl

6-3-20  
Start Time 12:01:13  
25 Min  
Heart Wise  
Happy New You  
Chef AJ

6-3-20

Start Time 16:50:13  
15 Min  
Freedoms Ring  
Woman Of Faith Working For Religious Liberty

6-3-20  
Start Time 23:01:51  
28 Min  
Healthy By Choice  
Treating Chronic Disease Part 2  
Dr Hans Diehl

6-4-20  
Start Time 6:01:07  
37 Min  
Health  
The Protein Puzzle

6-4-20  
Start Time 09:01:48  
28 Min  
Healthy By Choice  
The Heart Of Health  
Dr Hans Diehl

6-4-20  
Start Time 12:01:25  
25 Min  
Heart Wise  
Strokes  
Dr James Marcum

6-4-20  
Start Time 18:01:37  
60 Min  
Lifestyle Center Of America  
Vegetarianism  
Dr Neil Nedley

6-4-20  
Start Time 23:02:49  
28 Min  
Healthy By Choice  
The Wedding Dress Diet  
Gable

6-5-20  
Start Time 2:01:39  
52 Min  
Lifestyle Center Of America  
Sweet Tooth Bitter Harvest Diabetes  
Dr Neil Nedley

6-5-20  
Start Time 9:01:06

28 Min  
Healthy By Choice  
Controlling Cholesterol  
Dr Hans Diehl

6-5-20  
Start Time 12:02:25  
25 Min  
Heart Wise  
Faith Therapy  
Percy McCray

6-5-20  
Start Time 16:41:31  
14 Min  
Life Quest Liberty  
Spheres Of Influence  
Lincoln Steed

6-5-20  
Start Time 23:01:09  
28 Min  
Healthy By Choice  
Healing Ministry  
Dr Hans Diehl

6-6-20  
Start Time 07:02:56  
60 Min  
Health  
Dr. Philip Collins

6-6-20  
Start Time 13:51:00  
6 Min  
Health  
Fighting Corona Virus As A Diabetic

6-6-20  
Start Time 17:01:04  
56 Min  
Health Collins  
Dr. Philip Collins

6-6-20  
Start Time 23:01:46  
28 Min  
Healthy By Choice  
The Whole Truth  
Dr Hans Diehl

6-7-20  
Start Time 15:03:45  
28 Min  
Healthy By Choice

Epigenetics  
Kelly

6-7-20  
Start Time 19:01:54  
50 Min  
Lifestyle Center Of America  
Stress Management

6-7-20  
Start Time 23:01:03  
28 Min  
Healthy By Choice  
The Obesity Dilemma  
Dr Hans Diehl

6:8-20  
Start Time 9:02:10  
28 Min  
Healthy By Choice  
Framingham  
Dr William Castelli

6-8-20  
Start Time 12:01:13  
25 Min  
Heart Wise  
Health In The News  
Dr James Marcum

6-8-20  
Start Time 19:03:49  
41 Min  
Lifestyle Center Of America  
Depression The Way Out, Part 1  
Dr Neil Nedley

6-8-20  
Start Time 23:02:04  
28 Min  
Healthy By Choice  
Modern Medicine Limitations  
Dr Hans Diehl

6-9-20  
Start Time 1:19:55  
28 Min  
Lifestyle Center Of America  
Health

6-9-20  
Start Time 6:01:29  
33 Min  
Health  
Eye Eye Sir

6-9-20  
Start Time 9:02:50  
28 Min  
Healthy By Choice  
Mental Mystery  
Robert Whitaker

6-9-20  
Start Time 12:02:37  
25 Min  
Heart Wise  
Coronary Artery Disease  
Dr. James Marcum

6-9-20  
Start Time 16:42:35  
14 Min  
Life Quest Liberty  
Political Harassment  
Lincoln Steed

6-9-20  
Start Time 18:01:23  
60 Min  
Lifestyle Center Of America  
One Nation Under Pressure - Hypertension  
Dr Neil Nedley

6-9-20  
Start Time 23:01:41  
28 Min  
Healthy By Choice  
The Long Run  
Dr William Castelli

6-10-20  
Start Time 9:02:07  
28 Min  
Healthy By Choice  
Health Pioneer – Dr Dean Ornish  
Hans Diehl

6-10-20  
Start Time 12:01:12  
25 Min  
Heart Wise  
The Latest In Clinical Nutrition  
Dr James Marcum

6-10-20  
Start Time 16:50:32  
15 Min  
Freedoms Ring  
Religious Persecution Intensifies In China

6-10-20  
Start Time 23:01:33  
28 Min  
Healthy By Choice  
The Canada Connection  
Dr Sid Ketner

6-11-20  
Start Time 6:01:53  
36 Min  
Health  
Naturally Better

6-11-20  
Start Time 6:52:49  
4 Min  
Fighting Corona Virus  
Introduction Dr Eddie Ramirez And Dr Neil Nedley

6-11-20\  
Start Time 9::01:34  
28 Min  
Healthy By Choice  
Diet Soda Myth  
Dr Hans Diehl

6-11-20  
Start Time 12:01:37  
Heart Wise  
25 Min  
Anxiety Breakthrough  
Peg Haust Arliss

6-11-20  
Start Time 18:01:23  
Lifestyle Center Of America  
41 Min  
Rest

6-11-20  
Start Time 18:42:26  
Freedoms Ring  
15 Min  
Tax \$\$\$ For Churches  
Holly Hollerman

6-11-20  
Start Time 23:01:11  
Healthy By Choice  
28 Min  
Mediterranean Diet  
Dr Hans Diehl

6-12-20

Start Time 2:01:34  
Lifestyle Center Of America  
51 Min  
The Good News About Cancer  
Dr Neil Nedley

6-12-20  
Start Time 9:01:36  
Healthy By Choice  
28 Min  
Silent Killer  
Dr Hans Diehl

6-12-20  
Start Time 12:02:07  
Heart Wise  
25 Min  
Latest In Clinical Nutrition  
Dr James Marcum

6-12-20  
Start Time 23:01:39  
Healthy By Choice  
28 Min  
The Calcium Confusion  
Dr Hans Diehl

6-13-20  
Start Time 3:26:27  
Health  
28 Min  
Sugar Lecture 8

6-13-20  
Start Time 7:02:00  
Health Collins  
60 Min  
Health Program 1  
Dr Phillip Collins

6-13-20  
Start Time 17:02:46  
Health Collins  
59 Min  
Health Program 2  
Dr Phillip Collins

6-13-20  
Start Time 23:01:53  
Healthy By Choice  
28 Min  
Workplace Health  
Shurney

6-14-20

Start Time 9:01:08  
Heart Wise  
25 Min  
Caregiver Hope  
Peter Rosenberg

6-14-20  
Start Time 15:01:05  
Healthy By Choice  
28 Min  
Chip in Motion  
Herzog

6-14-20  
Start Time 15:29:34  
Health  
30 Min  
Sugar 21

6-14-20  
Start Time 18:01:43  
Lifestart  
29 Min  
Lung  
Dr David De Rose

6-14-20  
Start Time 19:01:58  
Lifestyle Center Of America  
55 Min  
Health Program 9

6-14-20  
Start Time 23:01:28  
Healthy By Choice  
28 Min  
Healing Service, Part 2  
Hart