

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