



Date aired: _____ Time Aired: _____

Weekly Public Affairs Program

Show # 2024-06

Total running time: 29:30 (with optional exit at 24:00)

1. **Mariel Buqué, PhD**, psychologist, author of "*Break the Cycle: A Guide to Healing Intergenerational Trauma*"

Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices that can pass down strength instead of pain, thereby breaking the cycle.

Issues covered:

**Mental Health
Child Abuse**

Length: 8:41

2. **Greg Hammer, PhD**, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of "*GAIN Without Pain*"

Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation.

Issues covered:

**Personal Health
Longevity**

Length: 8:35