

Trinity Broadcasting Network

Quarterly Report

April, May & June 2013

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

Results of ascertainments from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

YOUTH

CIVIC AFFAIRS

ENVIRONMENT

PUBLIC SAFETY

HEALTH

YOUTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR13-13	30:00	15:00	L	PA/O	04/01/13	10:30 AM
					04/04/13	12:00 PM
					04/06/13	03:00 AM
					04/11/13	03:30 AM
					04/18/13	04:00 AM

Tricia Burkett, Safe Place for Newborns Coordinator and Host Jackie Kahlhamer discuss the topic of safe haven for newborns. By law, a parent can relinquish their baby within 72 hours of birth with complete anonymity. The baby must be given to an employee at a hospital, or a fire or police station. The baby will be taken to a hospital where he/she will be put with adoptive parents, usually within 24 hours. Tricia discussed several reasons why a birth mother might give up her child after birth, rather than chose adoption before the birth. If the baby is relinquished after 72 hours, the process is different and it will no longer be anonymous. The law is 12 years old in Wisconsin and appears to be working. It takes courage for a women to give up her baby. Adoptive families have gone through a preapproval process. Either parent can relinquish the baby to designated personnel. No identifying information is asked, except some general genetic information. The parent must hand the baby over to a person, not just leave he/she at a building.

PR13-14	30:00	15:00	L	PA/O	04/08/13	10:30 AM
					04/09/13	02:30 AM
					04/11/13	03:00 AM
					04/12/13	12:00 PM
					04/13/13	03:00 AM
					04/16/13	02:30 AM
					04/18/13	03:30 AM
04/25/13	04:00 AM					

Host Desiree Hoard discusses helping youth succeed with Jeffery Becton, Executive Director of New Beginnings Are Possible. Many of the youth he serves come from single parent homes and live in an adverse part of the city. It is important to parents that their children are in a safe place after school and helpful when the children have their homework done and are fed before the parent(s) comes home from work. Children need mentoring, homework help, leadership from staff and to be a productive member of the community. It is very important to develop relationships with the youth served and help them with problems and challenges they face and it is important for them to get a good education and hopefully go on to higher education. When youth can volunteer in areas like cleaning up their neighborhoods it helps them see that they can make a difference.

PR13-18	30:00	15:00	L	PA/O	05/06/13	10:30 AM
					05/10/13	12:00 PM

Chris Schatz, Nova Services Truancy Intervention Coordinator and Host Patti Hutton discuss truancy. A student is considered truant when they have trouble coming to school 5 or more days per semester, although every district has their own policy about this. Truancy is considered the gateway to delinquency. Most jobs require at least a high school diploma. The mentality of not going to school can follow through to not being responsible for other obligations in life. Chris discussed some of the reasons for truancy, but it is important to get to the root cause. Parents, courts and others can refer students to the Truancy Intervention Program. A plan will be developed to get them back into schools or take online courses. It is important to communicate with all parties involved and to also get the parent's side of the story. Being involved with youth and parental involvement are big parts of helping to deal with truancy. Youth thrive on being held accountable. Helping youth find employment, take responsibility and be motivated to be involved in the communities are other components that help to address truancy.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR13-19	30:00	15:00	L	PA/O	05/20/13	10:30 AM
					05/24/13	12:00 PM
					06/06/13	04:00 AM

Host Jackie Kahlhamer talks with Pattie Carroll, Dodge County UW Extension Family Living Educator, about youth financial literacy. Financial literacy gives youth the ability to understand how money works in the real world and gives them the set of skills and knowledge to make informed decisions. Without these, the results can be debt, bankruptcy, credit unworthiness and an unstable life. It can be difficult to teach youth the difference between needs and wants, especially with the media bombarding to purchase more. Pattie talked about the Financial Reality Fairs for students. The students have to stay within a budget for their purchases and work with the 60 professionals at the fair. This gives them a real hands-on experience of what it will be like around age 25 for them. A group of professionals will be meeting together to discuss youth financial literacy, to help them avoid financial pitfalls as adults.

PR13-19	30:00	15:00	L	PA/O	05/20/13	10:30 AM
					05/24/13	12:00 PM
					06/06/13	04:00 AM

Host Jackie Kahlhamer talks with Pattie Carroll, Dodge County UW Extension Family Living Educator, about playing with blocks. Children are born learners. Everyday they are learning, growing and building upon the new set of skills they are learning. Their learning can be stimulated by just playing with them. Playing with blocks teaches math, science, new words, pre-reading, physical and social skills. It is very important for parents to be involved—they are the key to learning for their children. Parents can give little hints and ask questions. An education achievement gap already exists at kindergarten, which needs to close by 3rd grade to give children a better chance at academic success. Pattie gives block parties. She brings in different types of blocks and parents are taught how to give prompts to their children when playing with them. There is a gap for children in low income families and those who do not speak English as their first language. It is important to help these families. Pattie does not want parents to feel alarmed. If they are already helping their children, they are doing a great job. The value of playing with blocks is often underestimated.

CIVIC AFFAIRS

PR13-16	30:00	15:00	L	PA/O	04/22/13	10:30 AM
					04/23/13	02:30 AM
					04/25/13	03:00 AM
					04/26/13	12:00 PM
					04/27/13	03:00 AM

Host Desiree Hoard talks with the 39th District Representative Mark Born, about the 2013 – 2015 State Budget. There needs to be new ways to approach problems with budget shortfalls, and also with the statewide jobs and economy concerns. These are nationwide issues. There is a skills gap where employers cannot find the right employees that have the needed skills. Some of the changes in this budget include transportation and education reform. There has been some property tax relief reduction, although small, it is a step in the right direction. Rep. Born talked about how people can reach him. Listening sessions are held for the public. A key to growing the economy includes making Wisconsin a place to grow a business.

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PR13-16	30:00	15:00	L	PA/O	04/22/13	10:30 AM
					04/23/13	02:30 AM
					04/25/13	03:00 AM
					04/26/13	12:00 PM
					04/27/13	03:00 AM

Representative Mark Born, 39th Assembly District, discusses workforce development with Host Desiree Hoard. WI Fast Forward is a program to address the skills gap. It offers grants for training. The state gives money to Workforce Development with no strings attached. This allows them to address certain issues. Employers could be able to cut employee hours and the employee could work part time and collect unemployment. From a Legislative perspective, unemployment is a big issue to address and there is not a quick fix. We are moving in the right direction, but are not where we want to be. These are challenging times. Rep. Born talked about the best ways to address job growth. It is very important for the technical college system to address the skills issue. MPTC works with local employers to see what they need.

PR13-23	30:00	15:00	L	PA/O	06/17/13	10:30 AM
					06/18/13	02:30 AM
					06/20/13	03:00 AM
					06/21/13	12:00 PM
					06/22/13	03:00 AM
					06/27/13	03:30 AM

Holly Hisel, Environmental Health Technician and Marc Schultz, Environmental Health Specialist, with the City of Watertown & Dodge County Designated Radon Information Center discuss radon with Host Jackie Kahlhamer. Radon is a radioactive gas that can seep into homes. Long term exposure can cause lung cancer. Wisconsin is a hotspot for radon. It enters homes through cracks in the basement. The only way to determine if radon is in the home is to test for it. It cannot be seen, smelled or tasted. If a home has a high level of radon, it is recommended to install a system that will minimize the amount in the home. It is not required, but it is recommended to test for radon when a home is for sale. The best time of the year to test for radon is in the winter. Testing is very easy to do.

PR13-26	30:00	15:00	L	PA/O	06/24/13	10:30 AM
					06/25/13	02:30 AM
					06/27/13	03:00 AM
					06/28/13	12:00 PM
					06/29/13	03:00 AM

Host Jackie Kahlhamer talks with Captain Trace Frost about highway safety. Captain Frost is the Coordinator of the Dodge County Highway Safety Commission. Driver behavior is the biggest detriment to highway safety. The Commission reviews videotapes of every fatal crash. Roadway factors are considered, but the vast majority of crashes occur because of driver behavior. Serious traffic incidents are life changing events. There is usually the loss of a vehicle and in cases of serious injury or death, trauma and tragedy. Citizens should immediately report any emergent road hazards such as missing stop signs, etc. Captain Frost hopes that families will foster a culture of safety in their homes that encourages safe driving. If a stretch of highway is found to be at a high risk for accidents, it will be reviewed and the state notified. Additional safety features may be added including making an intersection a 4-way stop and/or adding flashing lights. Continuing education about highway safety is very important. Weather is often a factor in crashes. Never drive impaired, slow down, use seat belts and foster a culture of safe driving to reduce the risk of accidents.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
ENVIRONMENT	PR13-18	30:00	15:00	L	PA/O	05/06/13 10:30 AM
						05/10/13 12:00 PM
<p>Host Jackie Kahlhamer talks with Paul Klein, Aquatic Invasive Species Coordinator for Washington County Planning and Parks Dept., about invasive species control. Non-native species come in and cause harm to the environment, economy and recreation. They can create a mono-culture and keep out native species. Non-natives come in through ballast waters from the shipping industry. They have no natural enemies here. Non- native species can also be introduced by the bait and by the landscaping industries. They can become so invasive and dense that fish can't live in the water. Prevention is the only way to address the problem. Once a non-native gets a stronghold it can't really be eradicated. Boaters must not transfer any water to another body of water. They need to carefully pressure wash their boats or let them dry for 5 days. Discarded landscaping plants should not be placed in a body of water. Education is key to making people aware of invasive species.</p>						
	PR13-17	30:00	15:00	L	PA/O	05/13/13 10:30 AM
						05/17/13 12:00 PM
<p>Rebecca Mattano, Waukesha County Solid Waste Supervisor and Host Desiree Hoard talk about recycling. Rebecca discussed the items that can be recycled and some that can't be. The environment had been negatively affected by the constant pressure on natural resources. The worst things to put in a landfill are hazardous wastes and organics. Recycling has been good for the environment. It has saved space in the landfills and conserved natural resources. It has saved trees, water and prevented pollution, which means a net reduction in energy savings. There are also economic benefits to recycling. There is a big trend of people creatively re-purposing things that would have been put into the trash. There still is going to be processing and transporting costs for recycling. But the positives outweigh the negatives. It is good to get the entire family onboard with recycling. Children are learning about it in schools and this helps them to become good stewards for tomorrow.</p>						
	PR13-17	30:00	15:00	L	PA/O	05/13/13 10:30 AM
						05/17/13 12:00 PM
<p>Host Jackie Kahlhamer talks Renee Wahlen Tillema, Marsh Haven Nature Center Director, about birds. The Horicon Marsh provides much needed habitat for them. Sandhill cranes have had an amazing recovery. The Marsh provides for other endangered species, including whooping cranes. Most portions of the marsh are closed to humans, so as to give refuge to the wildlife. Local landowners can help provide habitat for birds. Cavity nesting in older trees is a great place for birds to raise babies. Purple Martins depend on humans for habitat because they lost their natural habitat. It is important for people to give birds in their yards some space. Birds are an indicator of the health of our local environment. If native species are leaving or invasive birds coming in, we must ask "Why?". Are we providing good area for nesting? Are we preserving the environment as we should?</p>						

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PR13-22	30:00	15:00	L	PA/O	06/10/13	10:30 AM
					06/11/13	02:30 AM
					06/13/13	03:00 AM
					06/14/13	12:00 PM
					06/15/13	03:00 AM
					06/20/13	03:30 AM
					06/27/13	04:00 AM

Host Desiree Hoard discusses the Emerald Ash Borer with Kristen Krokowski, Waukesha County UWEX Commercial Horticulture Educator. The EAB is from Asia and arrived here in some packing material on a ship. It is very specific to what it wants to eat- ash trees. Kristen discussed how the EAB destroys ash trees. It will kill the tree in 5 years, which is very fast. The borers leave a D shaped exit hole on the tree. Pre-treatment can be done to ash trees. It can be costly and needs to be done every year. It can be done by the homeowner up to a certain point. If 50% of a tree is already lost, then it needs to be removed. Those living in quarantined counties cannot move the ash wood outside the county. EAB suspicions can be reported so the EAB movement can be tracked. There are recommended replacements for ash trees, including maple, oaks, Kentucky Coffeetree, and others. It is a good idea to diversify the tree species planted.

PR13-22	30:00	15:00	L	PA/O	06/10/13	10:30 AM
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					06/13/13	03:00 AM
					06/14/13	12:00 PM
					06/15/13	03:00 AM
					06/20/13	03:30 AM
					06/27/13	04:00 AM

Kirsten Jurcek, Town & Country RC&D Grazing Educator, and Host Patti Hutton talk about the benefits of grazing. Managed, intensive grazing is beneficial for plant species and cattle. It is more environmentally friendly and sustainable and recycles 80% of nutrients on the farm. Grazing reduces the usage of fossil fuels, fertilizer, chemicals and there is less soil erosion. The plants species are more diversified and drought tolerant. There is less concentrated waste in one area. Soil with more organic matter holds a lot of water. Pest issues also decrease. There are a lot of resources available for farmers who are considering using the grazing method.

PUBLIC SAFETY

PR13-21	30:00	15:00	L	PA/O	05/27/13	10:30 AM
					05/31/13	12:00 PM
					06/06/13	03:30 AM
					06/13/13	03:30 AM
					06/20/13	04:00 AM

Amy Nehls, Dodge County Emergency Management Director and Host Patti Hutton discuss emergency planning. Eight school districts have already been working together on emergency plans. Starting this year, all schools must have a comprehensive plan. Emergency Management wanted to address this as a countywide plan that will pull from other emergency groups. A template has been developed and schools can customize it. State statute will require an all hazards manual that covers responding to manmade and natural incidents. Amy discussed what would be in a plan. Plans will use common terms to avoid confusion. Amy is hoping to see the plans expand to daycares. Some daycares have 4K students in them.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR13-21	30:00	15:00	L	PA/O	05/27/13	10:30 AM
					05/31/13	12:00 PM
					06/06/13	03:30 AM
					06/13/13	03:30 AM
					06/20/13	04:00 AM

Host Desiree Hoard discusses First Responders with Dodge County Sheriff's Department Detective Mike Reissmann. First Responders are first on the scene and must have a lot of knowledge when going into a situation. The state already has routine responses, but Dodge County has taken it to the next level. A practice plan beforehand shows what is functioning and what needs adjustments. Citizens need to follow instructions given by emergency personnel, should they find themselves in an emergency situation. This is for safety and security. Any threat or suspicious activity should be reported to the police.

PR13-20	30:00	15:00	L	PA/O	06/03/13	10:30 AM
					06/04/13	02:30 AM
					06/06/13	03:00 AM
					06/07/13	12:00 PM
					06/08/13	03:00 AM
					06/13/13	04:00 AM

Host Desiree Hoard talks with Barbara Behling and Sara Bruesewitz, Spokespersons for the American Red Cross about preparedness. It is very important to be prepared for disasters whether at home, work or in the car. Preparation helps people from being hurt and having a better chance of survival. Being informed, having a kit and practicing what to do are important. Disasters can include fire, evacuation, gas leaks, flooding or anything that would displace someone from their home. The free Red Cross tornado app was discussed. It is a very helpful tool when in a tornado emergency. Part of a preparedness plan should include where family members will meet after an incident. This helps eliminate some stress of the situation and to react faster to be able to help others. A trained volunteer force is a good support system to First Responders. A disaster, whether large scale, or affecting a single family who is being displaced by a fire, will require that basic needs for met for the victims. They will also need to receive comfort and compassion.

PR13-23	30:00	15:00	L	PA/O	06/17/13	10:30 AM
					06/18/13	02:30 AM
					06/20/13	03:00 AM
					06/21/13	12:00 PM
					06/22/13	03:00 AM
					06/27/13	03:30 AM

Jamie Kratz Gullickson, Executive Director of PAVE, and Host Jackie Kahlhamer discuss domestic violence. One in four women and some men are affected by domestic abuse at some point in their lives. This impacts economically, psychologically and is cyclical to the next generation. The effects spread out into society. Jamie talked about how domestic violence is a public safety concern. Bystanders have been killed or in danger during times of domestic violence. Situations are most volatile when firearms are involved. People have become more aware that domestic violence does occur locally. Legislators are allocating more funding for domestic abuse services. Alcohol and drugs can heighten issues that already exist. When inhibitions are lessened, it can mean abusers might be more likely to act out in public. Jamie talked about why a victim may chose not to leave an abusive home. It is important to give a listening ear to a victim, don't judge them, offer safety options, and remember their privacy and to be kind to them. The most dangerous time for a victim can be when they are choosing to leave and the aggressor realizes they are losing control. Victims need a support network.

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PR13-26	30:00	15:00	L	PA/O	06/24/13	10:30 AM
					06/25/13	02:30 AM
					06/27/13	03:00 AM
					06/28/13	12:00 PM
					06/29/13	03:00 AM

Host Jackie Kahlhamer talks with Carl Guse, Treasurer of the Dodge County Emergency Response Team (DCERT) about emergency response support. The group assists many public safety agencies in the area. Assistance may be needed with traffic crashes, fires and other incidents. It is important to keep traffic moving and keeping the scene safe for all persons involved. Their help is needed if an incident is prolonged or other factors are involved. Members are trained according to Traffic Incident Management standards. It can be difficult for law enforcement to bring in enough people to direct traffic. DCERT members can do that and it allows for law enforcement to focus on the incident and do what they must do. Drivers need to cooperate with DCERT signage and detours. Winter weather driving was discussed. Slowing down and paying attention is important.

HEALTH

PR13-13	30:00	15:00	L	PA/O	04/01/13	10:30 AM
					04/04/13	12:00 PM
					04/06/13	03:00 AM
					04/11/13	03:30 AM
					04/18/13	04:00 AM

Host Desiree Hoard talks with Karyl Richson, Social Security Public Affairs Specialist, about Medicare. Karyl talked about who qualifies for Medicare. Part A is for hospitalization. Part B is used the most, for the majority of health care received. It is the most important part of the Medicare pie. Part C involves advantage plans and Part D covers prescription drugs. It is the newest program and is for those who have no other access to drug coverage. It is optional. Wisconsin has 23 different Part D plans. Karyl talked about enrollment periods. They are penalties when not enrolling for Medicare at the proper times. Enrollees need to look ahead by checking the website, talking to others and insurance agents, going to presentations or by calling Medicare. Social Security and Medicare are 2 different agencies. People can get help understanding which Medicare Part D will be best for them. It should be based on what current prescriptions they are taking. Speaking to their Pharmacist or running the drug calculator on the website are ways to help in the decision making process.

PR13-14	30:00	15:00	L	PA/O	04/08/13	10:30 AM
					04/09/13	02:30 AM
					04/11/13	03:00 AM
					04/12/13	12:00 PM
					04/13/13	03:00 AM
					04/16/13	02:30 AM
					04/18/13	03:30 AM
04/25/13	04:00 AM					

Laura Denk, Executive Director and Robin Becker, Associate Director of The Seed of Hope discuss helping those with an unplanned pregnancy, with Host Desiree Hoard. There are usually many issues affecting a woman with an unplanned pregnancy. It is important to listen to her and to get her plugged into other areas where she may need help. Challenges faced can include housing, being in school and a huge financial need. The mom-to-be often needs the opportunity to talk to someone without being judged and to be able to get her whole story out. It is very important for them to get the truth and facts in a safe environment. The center is expanding and becoming a licensed medical center to better serve their clients. Items can be dropped off at the center for the new mothers. These help lessen the financial strain. It is very helpful for a woman with an unplanned pregnancy to reach out and call someone who is willing to listen to her.

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PR13-15	30:00	15:00	L	PA/O	04/15/13	10:30 AM
					04/18/13	03:00 AM
					04/19/13	12:00 PM
					04/25/13	03:30 AM

Host Desiree Hoard talks with Lee Clay, Waukesha County Community Health Coordinator about managing chronic disease. Chronic disease is defined as something that must be lived with day in and out and doesn't go away. These can include diabetes, hypertension, asthma and others. They can be managed and symptoms overcome. Persons with chronic diseases can be empowered to live well and should focus on what they can do. Lifestyle adjustments can be minor or major. Patients are responsible for managing their chronic conditions, as much as they are able to do so. People can live well with good management of their conditions.

PR13-15	30:00	15:00	L	PA/O	04/15/13	10:30 AM
					04/18/13	03:00 AM
					04/19/13	12:00 PM
					04/25/13	03:30 AM

Dr. Matt Frahm from Pinnacle Chiropractic and Host Desiree Hoard discuss trauma and stress. These affect health overall but symptoms may not occur right away. They are impossible to avoid, but can be managed. When people hear of tragic events it affects them because we are built to empathize. Stress can cause a flight or fight response. It becomes a problem when there is no real reason for it and it still brings a response. Mindsets must be kept in the correct place. If chronic and not being managed, stress can cause a lack of sleep, anxiety, depression and mental disorders. Some people turn to chemicals. These just manage the symptoms. Stress can create heart disease and cancers. The first line of offense is the changing your mindset about the situation. Responses can be reversed. People can choose how they allow stress to affect them. Young children are often exposed to trauma and stress that comes through the news and other avenues. Parents need to have conversations with their children, to help give them the proper perspective and choices.

PR13-20	30:00	15:00	L	PA/O	06/03/13	10:30 AM
					06/04/13	02:30 AM
					06/06/13	03:00 AM
					06/07/13	12:00 PM
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Bobbi Snethen, Spokesperson for the Red Cross of SE WI, and Host Desiree Hoard discuss blood donation. Blood donation is extremely important for someone who needs it. Those with cancer, blood disorders, accident victims and those having transplants may require blood. After blood is donated it is split into 3 components- red blood cells, platelets and plasma. All blood types are needed. O- is the universal type that everyone can receive. Bobbi discussed the age and health criteria for being a donor and the process for donating. It is a very safe process for the donor. A single-use needle is used. Being hydrated, having a good night's rest and eating a healthy meal prior to donating will help the donor be prepared for the process. After the donation, the blood is tested to make sure it is safe to give to someone. The need for donation is constant- blood has a 42 day shelf life. Donations tend to drop off in the summer months. It is important to have a good supply of blood in the event of a disaster.

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HEALTH

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	04/04/2013 2:00 PM
#040413						

CBN News Medical Reporter, Lorie Johnson, reports that when it comes to your health, inflammation is public enemy number one. The more doctors learn about it, the more they realize just how destructive it really is. That's the bad news. The good news is you can reduce the inflammation inside your body by getting smart about what you eat. No matter what type of health problem you're facing, chances are, it began with inflammation. This internal irritation causes our whole body to break down. Doctors are certain that inflammation is the source of many health problems, but that begs the question, "What causes inflammation?" The answer: mostly an unhealthy diet. An unhealthy, highly inflammatory diet is one that includes sugary drinks, sweet food, and refined carbohydrates such as white bread, pasta, and rice. Hydrogenated oils, also known as trans fats, also promotes inflammation. They are found in packaged foods, fast food, margarine, shortening and most peanut butter. The third highly inflammatory food group is omega-6 fats. Unfortunately, omega-6 fats are everywhere. We cook and bake with them; they're in packaged food, fast food, and restaurant food. But if you know how to spot them on the store shelves and in the list of ingredients on various products, you can successfully avoid them. Omega-6 fats are vegetable oils, such as soybean oil and corn oil, but also peanut oil, grape seed oil, cotton seed, safflower and sunflower oils. So even though a certain food may contain zero dangerous trans fats, it may still be a bad choice because it's loaded with inflammatory omega-6 fats. A good example of this is store-bought salad dressing and mayonnaise. The truth is, eating omega-6 fats is technically okay as long as we eat an equal amount of omega-3 fats. The problem is, most Americans eat 25 times more omega-6 fats than omega-3 s and that imbalance is highly inflammatory. Omega-3 fats mostly come from seafood, specifically fatty, cold-water fish such as salmon. Unfortunately, there are only a few sources of omega-3 fats. Certain types of fish, or fish oil supplements, are the best. Other less potent sources are walnuts, ground flaxseed, dark green leafy vegetables, and eggs fortified with omega-3s. Grass-fed meat is also higher in omega-3s than grain-fed. Olive oil is a great way to reduce inflammation, even though it's not technically an omega-3. It is it's cousin, Omega-9. But be careful not to get olive oil too hot. So for optimal health, eat an anti-inflammatory diet, one that's low in sugar and other carbohydrates, trans fats, and omega-6 fats, but high in the odd-numbered fats, like omega-3, found in fish oil, omega-7, which is in macadamia nuts, and omega-9, found in olive oil.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #041813	CBN	1:00:00	5:00	REC	PA/O/E	04/18/2013 2:00 PM

CBN News Medical Reporter, Lorie Johnson, reports: Have you noticed what looks like yellow dust all over your car? That's pollen...which means allergy season is here. Nearly one-quarter of all Americans suffer from outdoor allergies. If you're one of them, take heart. There are lots of ways you can feel better. All of us breathe in tiny particles of pollen floating in the air. In the spring it's pollen from trees, then, come summertime, the pollen is from grass, then in autumn, the pollen comes from weeds. Sometimes it's not a big deal. But if your immune system over-reacts to pollen, your body produces something called histamine, which triggers allergy symptoms. A great resource for allergy sufferers is your local weather forecaster.

Here is the list of the worst cities for allergies:

1. Jackson, MS
2. Knoxville, TN
3. Chattanooga, TN
4. McAllen, TX
5. Louisville, KY
6. Wichita, KS
7. Dayton, OH
8. Memphis, TN
9. Oklahoma City, OK
10. Baton Rouge, LA

Each day, most local weather forecasters broadcast what's known as the Pollen Index. It's a great tool for people with allergies. It tells you how much pollen will be in the air that day. As a general rule, rainy days have less; windy days have more. But the Pollen Index also tells you what kind of pollen is presently in your area. Close your windows. Also, change your clothes when you come inside because you're likely covered in pollen. And remember to wash your skin and hair. Wash your bedding frequently in hot water. Using a Neti-Pot or nasal irrigation will also help. Warm salt water gently rinses away all of the pollen trapped in your nose and sinuses. Pollen is at its worst from 5:00 to 10:00 in the morning. So if possible, wait until later to go outside. For added protection, wear an N-95 mask, available at most home stores. Over-the-counter medications can also help. If those don't work, ask for a prescription. Allergy shots work the best. If you've noticed you now have allergies when you didn't used to before, you're not alone. Allergies are at an all time high. Doctors know this for sure. But they're not so sure why. There are three possible explanations: 1. We're Too Clean: This is the theory that our immune system is out of whack because we're are not exposed to enough bacteria. 2. We're Too Dirty: This theory suggests our bodies are reacting to being exposed to too many environmental toxins, such as pollution. 3. Climate Change: This is the theory that global warming is causing plants to produce three to five times more pollen than they used to. So regardless of the reason, allergies are getting worse. But don't let that keep you behind closed doors. By using common sense solutions, you can still enjoy the great outdoors.

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700 Club NewsWatch #053013	CBN 1:00:00	5:00	REC	PA/O/E	05/30/2013	2:00 PM

CBN News Medial Reporter, Lorie Johnson, reported we would all like to know the secret to staying healthy and living longer. Doctors tell us it's largely about making smart food choices about what to eat and what to avoid. They're now raving about the new superfood, chia. Yes, the same chia used in those novelty gifts, "Chia Pets." For years, those amusing little items have been tickling our funny bone. When you spread chia seeds on a toy animal, the seeds grow and look like hair. It turns out, instead of laughing at chia seeds all this time, we should have been eating them! They're incredibly healthful. Most of us have never heard of eating chia seeds, but the idea is actually very old. Hundreds of years ago Aztec warriors ate chia seeds to stay strong in battle. At just 70 calories these remarkable little seeds bring you six times more calcium than milk, three times more iron than spinach, and eight times the omega-3s found in salmon. Omega-3s are essential for good health but is often missing from most diets. Chia also contains magnesium, selenium, fiber and protein. That's important because believe it or not, overweight people are often malnourished. In fact, that's how we get fat. We stuff ourselves with junk food, thinking it will satisfy our needs. The truth is our bodies know what we need is healthy food. Mostly we are eating way too many refined carbohydrates like desserts, starches and breads. Refined carbohydrates raise our blood sugar level, also known as our glucose load, which makes us want more refined carbohydrates and the cycle continues. Eating too many refined carbohydrates not only makes us fat, it can also lead to disease. The sugar and starch overload causes inflammation, which is blamed for health problems ranging from heart attacks to cancer. So by avoiding those carbs, you'll reduce inflammation, lose weight and feel more energetic. Refined carbohydrates are also low in nutrition and high in calories. Replace them with foods that are just the opposite, low in calories but high in nutrition, foods like chia. More grocery stores and health food stores are now carrying chia, or you can purchase it online. A one-pound bag usually costs about \$10. The mostly flavorless seeds can be added whole or ground to just about any food or drink. So by replacing refined carbohydrates with foods high in nutrients and low in calories — foods like the new superfood chia — you'll be on the road to weight loss, increased energy and quite possibly a longer life.

Doctor to Doctor #359	28:30	28:30	REC	PA/O/E	04/09/2013	11:30 AM
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Dr. Bryan Wasson discusses high blood pressure and heart disease. Many doctors use the Framingham Heart Study as a guide to treat their patients. This study followed the people of Framingham for several generations to determine contributing factors for cardiovascular disease. One leading cause of cardiovascular disease is hypertension. Optimal blood pressure is 115 over 75. High blood pressure is the number one cause of stroke, congestive heart failure, as well as kidney failure. Symptoms of high blood pressure are headaches, blurred vision, and fatigue. There is no pain associated with high blood pressure. Other contributing factors for heart disease are cigarette smoking, obesity, physical inactivity, and high cholesterol. Balloon angioplasty and bypass surgery are commonly used to combat heart disease. **Dr. Ben Young** discusses dental health. Take responsibility to learn how to manage your health. You are responsible for daily care; flossing and brushing daily, not smoking, and limiting your consumption of alcohol. Establish a reasonable exercise plan, eat good foods and follow medical instructions concerning your health condition. Use healthcare professionals wisely. Do not put off routine checkups. Ask questions and require answers that you can understand. **Dr. Bridgett McKnight** discusses anger management. Recall the last time you were angry. Can you remember the issue, the way you felt, your words, the volume, your tone, your breathing, or the stress you felt? Was there another emotion that you felt, perhaps fear? A theorist, Albert Ellis, states that human reactions can be measured as simply as A, B, C, D, E and F. A is an activating event that you have no control over. B is your belief system. Your thoughts control your belief system and your belief system controls your actions. C is consequences, both emotional and behavioral. D is disputing your belief systems. Are your belief systems rigid, or are there exceptions? E is an effect. What do you feel after you dispute your belief system? F is to create a new feeling, shifting from anger to another emotion. With God, F stands for forgiveness. Remember, be quick to listen, slow to speak and slow to anger.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #360	28:30	28:30	REC	PA/O/E	04/16/2013	11:30 AM

Fitness expert Lisa Lynn discusses losing weight and getting lean. Eighty percent of the problem with obesity is what we eat and not just a lack of exercise. If you want to be lean you have to eat your greens and beige; lots of green leafy vegetables with fish or chicken, and start your day with a protein drink, to boost your metabolism. Although healthy, foods such as oatmeal and almonds are actually beneficial for weight gain. Keep your food pure and simple, and the less fat the better. Lightly steaming your food will help speed up your metabolism. Move every day. Lift free weights twice a week to reduce bone loss and reshape your entire body. Take a multi-vitamin that is GMP certified to improve your health. Be consistent and you will see results. **Dr. Andrew Leach** discusses headaches. The brain controls every cell in your body. It sends messages down through your spinal cord, then throughout the various parts of the body. Whenever pressure is placed on any of the nerves in the spinal cord, that area is affected. The lower part of the neck controls the hands, the arms, the heart and the lungs. Headaches are usually in the upper part of the spine. The nerve supply around this area goes through the head, to the sinuses, the eyes, and the ears. Although medication can offer temporary relief, it is important to get your system checked. **Dr. John Seibel** discusses thyroid cancer, which constitutes less than one percent of the total cancers in the United States. There are approximately 17,000 new cases of thyroid cancer in the United States every year. There are over 200,000 thyroid cancer survivors in the United States. Usually, if found and treated early, very good results can be anticipated. Despite this, annually, approximately 1,300 die people from thyroid cancer. The least dangerous types of thyroid cancers are papillary and follicular cancer. Papillary cancer occurs about seventy percent of the time. Follicular cancer occurs fifteen percent of the time. Medullary carcinoma occurs about 7 percent of the time. The worst and most devastating thyroid cancer is anaplastic carcinoma, which occurs 1.5 to 2 percent of the time. Most thyroid cancers do not have symptoms associated with it and often go undetected for quite some time. If there are any symptoms, they tend to be compressions in the neck, a hoarse voice, or just pain in the back of the neck. Occasionally, people will have difficulty swallowing. Usually the patient, or the patient's doctor, will find the thyroid cancer, however, a nodule is not usually detected until it becomes about one centimeter in size. Once detected, the first step is to have a thyroid ultrasound. Thyroid nodules are not uncommon. In fact, about ten percent of the population is going to have some type of thyroid nodule and it is much more common among women than men. However, if a nodule is larger than one centimeter in size, has flecks of calcium scattered through it, or is solid, the next step is to perform a fine needle aspiration of the thyroid. This procedure obtains a specimen of the thyroid to determine whether or not it is a thyroid cancer. If it is a thyroid cancer, usually a partial or total thyroidectomy is performed; removing half or all the thyroid. This is sometimes followed up with radioactive iodine to kill off the excessive thyroid tissue left behind. The thyroid is then checked on a six to twelve month basis using a blood test and often an ultrasound to detect any thyroid tissue reoccurrence. Anaplastic carcinoma is treated with external radiation. Check your neck on a regular basis for any nodules.

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Doctor to Doctor #361	28:30	28:30	REC	PA/O/E	04/23/2013	11:30 AM
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Dr. Bob DeMaria discusses the gallbladder. In the United States there are 500,000 gallbladders taken out of people every year. If you had your gallbladder removed, some healthy things you can do is eat half a red apple each day to thin your bile. All men should eat broccoli every day, or at least three or four times a week, to remove the extra estrogen in the body. Beets will lower your cholesterol up to forty percent and promote liver function. The liver makes bile. If your liver is not producing bile, you are going to have digestive distress and may feel bloated an hour or two after eating. Symptoms of liver distress or liver congestion are a metal taste in the mouth, varicose veins, spider veins, hemorrhoids, and cherry hemangiomas. Cherry hemangiomas are little red bumps on the body as a result of the body not processing the extra estrogen. People who have their gallbladder removed have a greater chance of experiencing heart disease and even cancer. To improve liver function, minimize sugar and trans fatty acids, take milk thistle, dandelion root, eat whole food, minimize processed food, and talk to your healthcare physician to minimize the amount of medications you are taking. **Dr. Dino Prato** discusses diabetes. The problem with diabetes is that it destroys the circulation, making the blood vessels very fragile. To combat diabetes, change the way you eat and live. Take alpha lipolic acid, eat breakfast, lunch, and dinner that include healthy proteins and vegetables, drink lots of water, and exercise daily. One of the best and inexpensive antioxidants is Vitamin C. It helps the blood vessels, decreases inflammation, and improves the immune system. You can turn things around by the way you live. **Dr. Carl Schmidt** discusses men's health. Today's topic is low "T" or low testosterone. Be aware that you cannot just take testosterone by itself. If you do take testosterone, it needs to be in the transdermal cream. When you use a lotion, it makes us aware that anything that comes in contact with our skin can get into the body and have an effect; positive or negative. Some causes of low testosterone are hand lotions that contain chemicals called parabens and exposure to plastic products. These products can release plastic molecules that mimic estrogen and have a negative effect that interrupt normal hormone function. Mercury is one of the most common toxins in our lifestyle and is often found in dental work and vaccinations. Another common contaminant or heavy metal is cadmium, which is found in paints, soft drinks, and in the colors of dishes and accessories in the home. Aluminum is another preservative often found in vaccinations, antiperspirants and other personal care products. High levels of nickel can also be a contaminant. It is important to measure the levels of all of your hormones including T4, which is the main thyroid hormone, the T3 free and the T3 bound, and TSH (thyroid stimulating hormone). Taking a variety of nutritional supplements such as vitamin C, vitamin D, selenium and vitamin E, and B vitamins, can help improve testosterone.

Doctor to Doctor #343	28:30	28:30	REC	PA/O/E	05/07/2013	11:30 AM
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Dr. Mark Brown discusses obesity. Statistics estimate that 75% of all Americans will be overweight by the year 2015. Visceral fat, which is carried in the stomach, is very dangerous. It impacts the way the liver processes fat. Visceral fat is an active organ that secretes poison into the body as it surrounds the liver, the kidneys, the pancreas, and the small intestines. It also turns the fat into cholesterol, which can clog and inflame the arteries, potentially causing heart attack, stroke, aneurysms, diabetes, and high blood pressure. It can also cause insulin resistance in the body, as well as premature death. The pancreas releases insulin to manage blood sugars in the body. However, when the body has too much sugar in its system, the sugar is stored as fat in various parts of the body. If the sugar levels are too high, the sugar can also be converted into a poison called sorbitol, which can destroy tissues, arteries, cells and nerves in the body. Every year it costs \$870 Billion Dollars to treat symptoms that are caused by visceral fat. It kills 1.8 million people every year. Decide to take action to overcome this problem. **Dr. Leonard Scott** discusses oral health. We need all of our teeth. If you experience any bleeding in your gums see a dentist immediately. If you lose your teeth, a dentist can make false teeth, however, they are never as good as what God gave you originally. Digestion begins in the mouth. You need all of your teeth to chew and pulverize food properly for good digestion. If you experience pain in your teeth you don't necessarily have to have them removed. Another option is a procedure known as root canal therapy that can help alleviate the pain. If you have tooth decay, gum disease, or a hole in your tooth, a dentist can help you. Regular dental check-ups and dental x-rays can provide early detection of cavities. When found early, treatments, like fillings, can help prohibit further tooth decay. A crown can be placed on a tooth for added protection. The enamel on the teeth is the hardest substance in the entire body. However, if tooth decay is left untreated, it can spread. Once it penetrates the enamel to the substance underneath, called dentin, pain can develop. Even if you have a tooth pulled, you can have it replaced with an implant. You were meant to have your teeth for a lifetime. Be good to your teeth and they will be good to you. **Dr. Glen Steele** discusses vision problems. Myopia, sometimes called nearsightedness, is a condition where it is difficult to view objects at a distance. Hyperopia, often called farsightedness, is a condition where the eyes have more difficulty focusing up close. Astigmatism, sometimes called stigmatism, is a condition where focusing is not clear at any distance. Amblyopia, sometimes called Lazy Eye, which is a slang term, is a condition in which both eyes do not work well together and the brain shuts down one side or the other, causing reduced vision in the eye. Some ways to manage these conditions include early detection beginning at six months of age, prescribing eye glasses for correction, guidance activities, and therapy.

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Doctor to Doctor #344	28:30	28:30	REC	PA/O/E	05/14/2013	11:30 AM

Dr. Doug Weiss discusses getting control. Controlling behaviors continue without successfully overcoming them for long periods of time, which do not make sense to the individual or anyone around them. Be honest with yourself first. Denial is the biggest part of the process. Become accountable and communicate with someone daily for at least ninety days. Don't let pride get in the way of your seeking help. Take a look at your past and acknowledge the pain in your life, then work through the pain. Deal with your anger. Forgive whoever hurt you, whether they ask for forgiveness or not. Forgiveness is a gift you give to yourself. Whatever happened to you does not define you. Set up consequences or rewards for your progress. If you have these steps in place, you can probably get a grip on whatever is trying to control you. **Dr. Michael McCabe** discusses managing asthma. In the United States there are nine million children diagnosed with asthma. The condition is quite common. Currently there is no cure for asthma. Although the condition can be lethal or mild, it can be managed. The symptoms of asthma are shortness of breath, wheezing, frequent coughing, chest tightness, or chest pain. Exertion sometimes makes these symptoms worse and sometimes they can happen when asleep. The hallmark of asthma is inflammation. Something causes the lungs to become inflamed and then to spasm; these triggers can be allergies, cigarette smoke, perfumes, powders, environment, humidity, dust, change in weather, and exercise. Treatment of asthma is medications that are inhaled through the lungs to relax bronchioles, as well as medications that are inhaled through the lungs or taken orally to decrease the inflammation. You should have a management team and a management plan. Let your family members, and teachers, know if your child has been diagnosed with asthma, as well as the signs and symptoms. Have asthma medications available and let everyone know how to administer them. Have an action plan to treat the asthma by discussing with your doctor when and how medications should be taken. Monitor the asthma to see how things are going. **Dr. Melanie Lowe** discusses women's health issues. Today her topics include the pap smear, the mammogram, bone density screenings, and supplemental calcium and vitamin D. The pap smear checks changes in the cervix which may become cancer. Women should get pap smears three years after they begin having vaginal intercourse, or no later than the age of twenty-one. Women, ages twenty-one to thirty, should get annual pap smears. Women, ages thirty and above, if they have had three normal pap smears in a row, may opt to have a pap smear every three years, and women ages sixty-five to seventy, may choose not have vaginal screenings anymore. Talk to your doctor to determine what is appropriate for you. Another screening is a mammogram. Mammography is used to detect early breast cancer. According to the American Cancer Society, annual screenings of mammograms should occur in women ages forty and above. It is important when a woman goes to have a mammogram to make sure that on that day she does not wear any deodorant, powder, lotion or cream on her breasts or under her arms, as these can influence and leave shadows on the mammogram. It is also important for women to know their own breasts; what they look and feel like. If they find any abnormalities or changes, they should promptly contact their doctor. Bone density scans are usually performed in women ages sixty and above. It is an x-ray that is compared with an average thirty year old healthy adult. Once a screening score is established, a person is diagnosed with normal bone density, osteopenia; which is considered the beginnings of osteoporosis, or actually given the diagnoses of osteoporosis. Osteoporosis is characterized by porous and fragile bones. In the United States 1.5 million fractures occur every year as a result of osteoporosis. The bone density screenings allow doctors to diagnose and treat women with supplemental calcium and bone medications to strengthen the bones and decrease the degradation of the bone. Osteoporosis has many risk factors such as being female, being of advanced age, being thin, usually weighing less than 125 pounds, being inactive, smoking, and having a family history of osteoporosis. Taking certain medications can also put you at risk. Having adequate vitamin D and calcium, along with engaging in weight bearing exercises such as walking, running, jumping rope, or jogging, is very important. These all promote good bone health. The average recommended daily allowance of calcium in women, ages 19 to 50, is 1,000 milligrams. In women ages 50 and older, the recommended calcium allowance is 1,200 milligrams per day. The sources for calcium can be obtained through food or supplementations. The recommended daily allowance for vitamin D for ages 70 and below is 600 IU, and for those above age 70, it is 800 IU (International Units). A simple blood test can determine if a patient is deficient in vitamin D. Talk with your healthcare provider to ensure you are receiving the age appropriate screenings for you and determine if there are other things, including supplementation, you would need to maintain optimal health.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #345	28:30	28:30	REC	PA/O/E	05/21/2013	11:30 AM

Dr. Bob DeMaria discusses power lunches. Today, Dr. Bob shares "Dr. Bob's Power Salad." Each day Dr. Bob prepares a salad for himself and he encourages us to do the same. Use a glass container. Avoid using plastic containers; particularly those that are marked recycle number 7 which contain BPA – bisphenol A. Dr. Bob's ABC's include half a red apple every day to help lower cholesterol by thirteen percent. Beets help lower cholesterol up to forty percent. Eat at least 15 grams of beet fiber daily, which is about 1/3 cup. Broccoli is the number one health food for men. Broccoli contains sulfur which helps neutralize the estrogen in the body. Estrogen is everywhere. It's in the water we drink and the food we eat. Avoid canned food. If men or women have little red bumps on the abdomen, called cherry hemangiomas, extra estrogen could be the primary cause for them. Broccoli will help to eliminate the extra estrogen. Cabbage is one of the cruciferous vegetables. Cabbage contains vitamin U which is very important for digestion. Cabbage, cauliflower and broccoli are all cruciferous vegetables. You can eat your vegetables raw, or you can sauté them, steam them, or stir fry them. If your budget is tight, consume vegetables that you do not peel organically. Tomatoes contain lycopene and are a great source of minerals. Use a variety of greens, such as lettuces, spinach and kale. Spinach and blueberries are very powerful antioxidants. Kale is a great source of calcium and magnesium. Magnesium helps with bowel function. If you are not having a bowel movement every day, start your day with hot water and lemon, and increase your intake of water and vegetables. Cilantro and parsley are very good for kidney health. The kidneys help purify the system. It's the essence of the oil in the leaves of the herbs that promote health. Life and death in the cellular level comes from having the proper fluid or oil inside of it, which is very significant. Dr. Bob shares his chicken meatball recipe, which he adds to his salads. You can add your choice of protein to your salad. Dr. Bob combines olive oil, balsamic vinegar and beets for his salad dressing. Make sure you have oil on your salads. Read the labels on the salad dressings that you use. Let food be your medicine and medicine be your food. You can save fifty percent on your food budget simply by preparing your own meals. **Dr. Tina Tillis** discusses Glaucoma. Visit the eye doctor at least once a year. Eye doctors can determine a lot of things about high blood pressure, diabetes, and other systemic diseases, including heart disease, just by looking in the eye. Glaucoma is one of the leading causes of blindness in America. There are two major forms of glaucoma. One is called open angle glaucoma and the other is called angle closure glaucoma. Glaucoma results in elevated pressures in the eyes, which causes damage to the nerves in the back of the eyes, which leads to a loss of vision. The treatment for Glaucoma is making sure the pressures in the eye are controlled. The most common way to do this is by using drops. If the drops do not work, other options are laser treatment or surgery. Additional measures include testing the vision, specifically the peripheral vision, on the side of the eyes. This is called a visual field test. Pictures are also taken to document any damage found in the eyes. Glaucoma is the number one cause of blindness in Blacks and is very common among other races of people. It is not a disease you can actually feel. Visit your ophthalmologist to get tested. **Dr. John McPhee** discusses bike helmet safety. Helmets are the chief protector of a child while they are on a bicycle, skateboard, in-line skates, scooters, tricycles, horseback riding, all-terrain vehicles, off-road and on-road motorcycles, snow mobiles, and snow skiing. We all need to wear helmets. Set the example for your children, by wearing a helmet yourself. Without a helmet, even in a very minor fall, a child can incur a traumatic brain injury. Although a traumatic brain injury can be mild, it can cost a hundred thousand dollars in the first year and cause a permanent learning disability. If there is a major brain injury, the child can be paralyzed for life at a cost of over one to two million dollars for the lifetime of the child. It would require a lifetime of care for the child. The child may no longer be able to attend school, get married, have a job, or have a normal life of any kind, and the parents will be required to take care of that child for the remainder of their lives. Many people are not aware of this because generally those who are paralyzed are not seen in public and are at home. Helmets are very inexpensive and are available on line through a number of companies or at major department stores in your local town. Make sure the helmet is buckled at all times and that it is secure. Children will outgrow the helmet, so make sure they have a helmet that fits them. You should not be able to place any fingers between the headband in the helmet and their head when it is secure and reasonably snug fitting. If a child comes home from an accident with a bump or a laceration on the head, watch for symptoms of a concussion such as dizziness, blurred vision, loss of memory, and headaches. If the headache continues for any length of time, persisting into the second or third day, take the child immediately to the hospital.

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Doctor to Doctor #346	28:30	28:30	REC	PA/O/E	05/28/2013	11:30 AM

Dr. R. Michael Ronsisvalle discusses emotional eating. Although summer time is associated with more outdoor activity, many people struggle with weight gain during the summer months. It comes down to emotional eating; using food as a reward or as a way to manage stress. This leads to extra calories and weight gain. Here are some tips to curb emotional eating. First, write your weight loss goals on paper. People who set specific goals have principles in their mind that will help them think clearly when they are tempted to eat mindlessly. Secondly, embrace radical change in your diet and exercise. People who do this usually succeed because they reap the immediate benefits of change early on in the change process, which leads to motivation. Determine in your mind that you will not compromise your goals for any reason and pursue them with a passion. **Dr. Shirley Hill** discusses sleep deprivation. Brain cells, like every other cell in the body, do not operate properly on a lack of sleep. There are two cycles that are disrupted when we neglect to get the rest that the body needs; the wake-sleep cycle and the healing cycle. Both cycles occur at night during specific hours and the body cannot get the rest that it needs when you miss those hours of restful sleep. The wake-sleep cycle is regulated by the neurotransmitters serotonin and melatonin. Serotonin is produced and regulates during the daytime hours. Melatonin is produced and it regulates the body and the brain during the evening hours. The dark signals the production of the melatonin. When the cycle is disrupted by sleeping during the day or by staying up all night, the body becomes sleep deprived and the brain cannot function. The healing cycle takes place between 11 pm and 2 am. During these hours the body heals itself, relieves the stress of the day, repairs the body, and resets the body's cycles. When you do not have restful sleep during these hours, the body, including the brain, cannot perform these processes. This is one of the reasons you wake up and feel as though you had no sleep the night before. Stimulants disrupt the process and production of melatonin and serotonin, including coffee, caffeinated beverages, and cigarettes. Around 9 pm try drinking chamomile tea, turning down the lights and playing soft music to help relax the body, diminish stress, and get a good night's sleep. Your diet can also disrupt your rest in the evening. Refined, enriched flour products are stimulants, as they break down into sugars. One of the best things you can do if you are hungry during the night or after six p.m. is to eat raw fruits or vegetables. They initiate and help that healing process to take place in the body and will also help you rest and get a wonderful night's sleep. **Dr. Rick Boden** discusses various ways to stay healthy and safe as you travel. Travel clinics are now available to the general public. One of many services offered is a comprehensive history and physical examination, based upon your travel itinerary. Various immunizations are also provided based upon your travel. Allow at least four to six weeks prior to your trip to get the immunizations that you need. Potential diseases and protective strategies are also discussed, including safe drinking water, filtering water, understanding safety measures for food consumption, prophylactic medicines to prevent diarrheal diseases, and hand sanitizers to impede potential exposure to infecting organisms. Remember, if you have problems when you return, seek a travel clinic to help diagnose potential diseases you may have encountered. It is very important to have embassy phone numbers and opportunities to get out of the country safely. A great resource are websites: www.who.int/ith/en/index.html and www.cdc.gov.

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Doctor to Doctor #304	28:30	28:30	REC	PA/O/E	06/04/2013	11:30 AM

Dr. Ace Anglin discusses ingrown toenails. The cause of ingrown toenails is inappropriately cutting the toenail the first time. The nail should be cut straight across. Be sure to use proper instruments that are clean and disinfected. Often ingrown toenails are extremely painful. When an ingrown toenail becomes infected it is called a paronychia and requires professional care. What's the difference between an ingrown toenail and an infected or paronychia? A regular ingrown toenail is painful and the border of the nail grows into the corners of the skin and usually on the inside corner of the nail. It is important to have your shoes measured and to wear proper shoes at the proper length; allowing about a half inch distance between the longest toe and the shoe. Make sure the shoes are not tapered too much or narrow in the front. An infected ingrown toenail will have redness, swelling, and extreme pain. Take your temperature. If your temperature is above 100 degrees, see your physician immediately. He or she will put you on antibiotics and perhaps refer you to a podiatrist. A podiatrist may discuss surgical removal of the ingrown toenail. **Dr. James Krystosik** discusses pH system or the acid alkaline balance in the body. It helps to regulate all systems in the body. The scale of measurement used for pH is called the acid alkaline scale, which starts from 0 to 14. Seven is neutral and pure water is seven. Levels below seven are acid and levels above seven are alkaline. Scientists use this scale to determine how foods will affect the body. Foods we eat are transformed into an acid ash or an alkaline ash. The body is alkaline by design, but acid by function. When we eat the wrong types of foods, the body builds up acids in the body which scientists call a low-grade acidosis. When cells are bathed in more of an acid solution, then chronic disease develops. Bacteria, viruses, yeast and parasites love to live in an acid and poor oxygen environment. Healthy bacteria living inside the intestines like to live in an oxygen rich environment. The immune system is the body's defense against all diseases. Hippocrates, the father of modern medicine, said "Let your medicine be your food and your food be your medicine." Take more responsibility for your health. Do something good for yourself every day. Exercise every day and drink pure water. Avoid refined carbohydrates, refined flours, white sugars, and processed foods, which discourage the growth of healthy bacteria. Instead eat whole foods, whole grains, lots of fresh fruits and vegetables, less animal protein and more fish, and raw nuts and seeds. **Jannie Wolff** discusses how to read nutrition labels. First look at the Nutrition Facts Label on the back of the package. When purchasing juice, make sure the label says 100% juice. Next, look at the serving size and the servings per container. All of the information is listed by the serving size. Check the total fats; 5% or less is low and 20% is high. With each food we have, we want to make sure our daily value is below a certain amount. Polyunsaturated and monounsaturated fats are good fats that come from healthy oils, avocados, nuts, and seeds. Saturated fats raise our cholesterol. Even when the label says "0 Trans fats" it does not mean there are no trans fats in the product. Look at the ingredients list. If it says hydrogenated or partially hydrogenated oil, it means there are trace amounts of trans fats in the product. If there is less than 1% per serving, the manufacturer can say that it contains 0 trans fats. Next, check the sodium. Try to keep it less than 5% and in the single digits. Next, check the sugars. Take the total number of grams and divide it by four to determine the number of teaspoons of sugar in a product. Finally, look at the fiber and vitamins. You want to be sure you keep those totals in the double digits.

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Doctor to Doctor #305	28:30	28:30	REC	PA/O/E	06/11/2013	11:30 AM

Dr. Valerie Saxion discusses the essential amino acid called Phenylalanine. Many benefits of Phenylalanine include the alleviation of inflammation, energy production at the cellular level, increased efficiency of the adrenal glands, the alleviation of pain associated with backaches and fibromyalgia, increased alertness, increased assertiveness, decreased anxiety, and it helps people with ADD and ADHD, as well as depression. A deficiency in phenylalanine can cause cataracts. When purchasing phenylalanine get the DLPA form. **Dr. Bill Williams** discusses laser periodontal therapy, the non-surgical intervention for periodontal disease. Seventy-five percent of people have some form of gum disease. The infection related to the bacteria, the genetics of the patient, and the presence of poor dental hygiene, equals gum disease. Gum disease is caused by inflammation. Bleeding gums is a sign of chronic inflammation. The pocket depths over four millimeters are not cleansable by the patient at home. There are five kinds of periodontal disease. The first kind is called Gingivitis, where the gums are inflamed. Often the teeth appear long; the bone and gums have receded and the roots of the teeth are visible below the crowns of the teeth. Deep cleaning is an example of treatment for early periodontitis. The laser dentistry that goes with periodontal care can be broken into non-surgical care of 3, 6, or 12 months of therapy. Periodontal surgery is rarely necessary, however, flap surgery and bone grafts are still necessary for some people, sometimes. The new protocols for periodontal disease include a whole realm of nutritional support that was not previously available. Ultrasonic scaling and root planning continue to be a staple in dentistry, however, the addition of laser decontamination has revolutionized the results. Antibiotics are still used. The specific protocol for laser periodontal therapy is this: when a person comes in, we do not want them to have any pain or discomfort. Regular dental anesthetic is used. The pockets of the teeth are measured, then treated using a laser; removing a small amount of tissue which lines the pocket to allow a fresh growth to occur. The toxins on the tooth, such as tartar, plaque, and calculus, are removed. When the root is smooth it's like it's fresh. When the gums have been treated and the inflammation has been removed it's like it's fresh. Once the teeth and gums are treated and cleaned they can come together. An average of 1-2 millimeters of pocket reduction occurs after every treatment; there is bone repair and bone growth, in many cases; and there is no bleeding. The gums become tight, healthy and pink. The patient is able to maintain their own health at home and they feel better and live longer. If you want healthy gums, the bleeding is the number one thing to eliminate. **Dr. Dale Peterson** discusses food borne illness. There is virtually no food on the market that is not subject to contamination that could possibly lead to what is called food poisoning or food borne illness. Some of the symptoms of food borne illness are nausea, vomiting, abdominal cramping, diarrhea, and in some cases fever. The impact of food borne illness has been approximately 325,000 hospitalizations annually, 5,000 deaths, and 152 Billion Dollars in economic damages. Some types of food borne illnesses are infections, chemical contaminants, and toxins. There are over 250 known types of food borne illnesses. One of the most common infections is from bacteria called campylobacter. It lives in the intestines of healthy birds, so most raw poultry has campylobacter in it. The onset of illness is usually two to five days, although it could take up to ten days. It can cause something called Guillain-Barre Syndrome where the body starts becoming paralyzed. It can also trigger arthritis in susceptible individuals. The key is that poultry must be cooked to raise the temperature to 160 degrees Fahrenheit to kill the organism. One common mistake is not changing or cleansing the cutting board after cutting raw poultry before chopping lettuce for a salad. Another is salmonella. It is widespread in the intestines of birds, reptiles and mammals and it can spread to humans by various foods of animal origin. The name of the disease is Salmonellosis. It causes up to 1,000 deaths annually. The only way to reduce the risk of salmonella poisoning is to hard fry or boil the egg to be safe. Another is E coli 157:h7 which is carried by cattle and other animals. It is passed in their droppings. If those droppings contaminate water that is irrigating crops it can get into the crops. There is a common virus called Calicivirus which can cause food poisoning. It is typically spread from person to person. A person has the infection, gets the organism on his or her hands, and it gets into the food. We can also get food poisoning from contaminated raw oysters, Hepatitis-A, and Giardia. Giardia is passed from beavers that can get into water and fresh flowing streams and get on food. We are at a much increased risk of developing food poisoning and food borne illness because of the challenges of corporate farming and the mixing of food. Here are five C's to help prevent food poisoning. Clean. Wash your hands or use a disinfectant before starting food preparation. Rinse fresh produce and then remove or discard the outer leaves. Don't prepare dinner if you are sick. Contain. Wash hands, utensils, and cutting surfaces after contact with raw meat or poultry. Place cooked meat on a different tray than the uncooked. Cook. Heat the food to an internal temperature of at least 160 degrees. Heat jars above that temperature if canning. Chill. Refrigerate leftovers promptly. Colonize. There are protective bacteria called probiotics. Using a probiotic supplement periodically can protect your intestinal tract from food borne illness.

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Doctor to Doctor #309	28:30	28:30	REC	PA/O/E	06/18/2013	11:30 AM

Dr. Edmund Chein discusses longevity. We should check for the presence of pollutants and toxic substances in our lives. Check your body all of the time. Keep it in good shape. Annually, check your chemistry, CBC, blood cells, and hormones. Hormones are very important and the key to longevity. Hormones control telomere and telomerase. Telomere is the portion of your DNA that controls lifespan. Telomerase is the protein that lengthens telomere. This research won the nobel prize of 2009. It is important to also check your hormones for toxins. Many environmental pollutants, upon entry into the body, damage the endocrine glands, which produce hormones.

Dr. Gilles Beaumont discusses the mechanics of a whiplash injury or a rear-impact car collision accident. It happens in a third of a second. Upon impact the body will go forward and then go backward in that period of time. Research has shown that a whiplash injury or rear-impact collision can create at five miles per hour enough damage to have symptoms developing in the spine and even mild traumatic brain injury. Five to six miles per hour can create about 9 G's of force on the neck. As the force comes through the car, the body goes back into the seat and that loads it up like a springboard. When that happens, your shoulder goes underneath your head and your head compresses down, and it locks the vertebra. As the snapping seat, which has been back is now going forward, it shoves the shoulder forward and the neck goes backward. It is a tearing force, damaging tissues, usually in the mid cervical spine, because this is where the hinge of the injury will happen. A lot of tissue can be damaged in that area such as joint capsule, nerve tissue, muscle, capsular tissue, the disk, and the blood vessels. The trauma can take a few seconds to develop symptoms, or it may be a day later, or it can be up to 72 hours later. It takes about 72 hours for the body to fully develop the inflammatory process that comes following a car accident or a rear-impact collision. If you have symptoms immediately after an accident that means you probably have damaged the ligaments. The muscles have been sprained, but it will probably take about 72 hours to go into spasm. The body will try to reabsorb the inflammation by sending collagen liquid to the area of damage to create fibers to start the healing process. The impact can be severe enough to cause permanent damage if not taken care of right away. With chiropractic care or someone who specializes with those types of injuries, proper treatment can recover flexibility. Certified Clinical Nutritionist, **Kay Spears**, discusses dehydration. We need water to cleanse ourselves and to make sure that our bodies are hydrated. Our body is 75% percent water and our blood and lymphatic system is 90% water. We need eight glasses of water a day. Coffee, tea and soda contain caffeine, so they act as a diuretic causing water loss. We lose one to two quarts of water each day, so we need to replenish that. Water is important for hormones and the cellular activity in the body. Histamine is a neurotransmitter. One of its functions is to control water. When the body becomes dehydrated, it starts pulling water from the body causing histamine levels to increase. When this happens, it creates allergies, asthma, and migraine headaches. We need to make sure that we're drinking water for the histamine levels to stay balanced in the body. When you're diabetic and you have certain illnesses you need more water. When you have diabetes you lose sugar in the urine and when you lose sugar in the urine you are also losing water. That is why when you're diabetic you become thirsty all the time. Also, if you are working outside or exercising, it's important to stay hydrated as well. Constipation. The intestines' job when the body is dehydrated is to hold back water so that you don't lose any water in the intestines. This creates hard stools. When we have these hard stools, it breaks down the colon wall and we start getting all kinds of intestinal issues like diverticulitis and IBS. A lot of intestinal health has a lot to do with simply being dehydrated. Did you know that depression could simply be a state of chronic dehydration? Your body needs water to make tryptophan, which tryptophan then converts to serotonin, and serotonin converts to melatonin. These are all important neurotransmitters for sleep and for mood. Serotonin is very important for our overall sense of well-being. Melatonin is important for sleep. Dehydration prevents the tryptophan from producing the other neurotransmitters. Often diets cause water loss. Be sure to consult with a health-care practitioner before beginning any weight loss program. How do you know if you are dehydrated? If your urine is clear then you are probably hydrated. You can also pinch your skin and if it returns to the way it was, then you are hydrated. If your skin stays up, then that means that you are chronically dehydrated. You don't want to just start drinking eight glasses of water right away. You need to make sure that you are gradually increasing this water. Set a timer each hour to remind yourself to drink more water. When you are dehydrated, your body stops sending messages of thirst. We need to get the body trained back to knowing that the body needs water and that it's time to drink water. It will take time to build these reserves back up. Add fruit to your water. You can add freshly squeezed orange, lemon, or lime to your water. Drink mineral water. Avoid artificially-flavored waters, as they contain artificial sweeteners. Simply stick with water to help your body adapt to water and get your body hydrated.

Health

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Doctor to Doctor #307	28:30	28:30	REC	PA/O/E	06/25/2013	11:30 AM

Dr. Scott Hannen discusses food and suppression. The word suppression means stopping or prohibiting a function. Symptoms of suppression are fatigue, pain, and feeling overwhelmed. These symptoms often mimic symptoms of depression, but in fact, your energy levels are not sufficient. Avoid foods with sugar in it. Sugar steals energy from the body. Foods such as crackers, chips and other refined foods like white bread, when digested, turn into sugar. Caffeinated foods such as chocolate, coffee, tea are artificial stimulants that steal away from your energy reserves. Fruit juices are concentrated and steal energy from the body, as well as, honey and syrup. When excitotoxins, like aspartame, nutritisweet, or other artificial sweeteners, and MSG (monosodium glutamate) are eaten, the brain cells are excited to death; actually killing the brain the cells. MSG is found in hydrolyzed vegetable protein, hydrolyzed protein, plant protein extract, and sodium. Although these foods don't say MSG on them, there is MSG content in them. Be sure to read your labels. Histamine foods either create histamine or they have histamine in them. Avoid foods such as tuna, wine, cheese, seafood, sausage, sauerkraut, spinach, and tomatoes, as they cause histamine reactions that stimulate the immune system and cause energy to be stolen from the body. Make sure you activate. Go walking, jogging, move your arms and legs, or do any activity that will cause your heart rate to increase to about 138 beats per minute for twenty minutes at least three times a week. This will help to build energy in your system. Remember, health is a choice. Choose life. **Dr. Ross Dorsett** discusses stroke, which is the number three killer in the United States. Strokes are areas of damage to the brain, and it can also be in the spinal cord. It is due to the lack of blood flow to a certain part of the brain. There are three types of stroke. Ischemic stroke, the most common, is the blockage of one blood vessel which can happen slowly over several minutes to hours. It is the inclusion or narrowing with blockage of a blood vessel. A sudden plugging of a blood vessel by a foreign body, usually a blood clot, is called an Embolus type of stroke. A brain hemorrhage is where a blood vessel ruptures causing a blood clot to form inside the brain. Warning signs of stroke include weakness of an arm or leg, or an entire side of the body; numbness on one side of the body; double vision; balance incoordination; and prominent headache. Treatments include clot-busting or clot dissolving drugs. It is important to get to the emergency room within three hours of the onset of the symptoms. Get immediate medical attention if a stroke is suspected, as this can be function saving, if not lifesaving. The five most common and most important risk factors include uncontrolled high blood pressure, known heart disease, a history of diabetes, smoking, and high cholesterol. Stroke is largely preventable by modifying risk factors. **Dr. Mason Savage** discusses teeth whitening. There is professional whitening, which is performed in a dental office, and over-the-counter whitening, where something is purchased off the shelf. Both use very similar chemicals to whiten teeth, which is a base of peroxide. No one should do tooth whitening before having a dental exam. Whitening should not be performed if you have any active tooth decay or periodontal disease in the mouth, as it can worsen it, or it can make it more sensitive. Some people have discoloration of their teeth, which cannot be corrected through whitening. For example if you have intrinsic stains, which are more internal, you may not get the greatest benefit from whitening. In the dental office, a mold is made of an individual's teeth to create trays to custom fit the individual. Whitening gel is provided that is placed in the trays, then placed into the mouth. During the day, the trays are worn for approximately thirty minutes to an hour every day for about seven to fourteen days to achieve the desired whiteness of the teeth. Over-the-counter trays do not adapt as well, nor do they release the same concentration as the whitening gels provided in the dental office. If time is of the essence, in-office whitening is also available for select patients. The gel is placed directly on the teeth and a light is used to whiten the teeth. Nighttime gels are also available. If you are prone to tooth sensitivity, you may find that tooth whitening may cause greater sensitivity. It is recommended to use a tooth sensitivity toothpaste. If you are pregnant, wait until after you have the baby and are done breast feeding before doing whitening. We all have a genetic predisposition to how white our teeth are going to be. Fillings and crowns do not lighten. Teeth whitening is one the best and easiest ways to enhance your smile.