

# Trinity Broadcasting Network

## *Quarterly Report*

January, February & March 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.*

ECONOMY

CIVIC AFFAIRS

EDUCATION/SCHOOLS

FAMILY

SUBSTANCE ABUSE

ELECTORAL AFFAIRS

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>
ECONOMY  PR12-47	30:00	15:00	L	PA/O	01/03/13	10:30 AM
					01/04/13	12:00 PM
					01/05/13	02:30 AM
					01/07/13	10:30 AM
					01/08/13	01:00 AM
					01/10/13	02:30 AM
					01/29/13	02:00 AM
					02/07/13	03:30 AM
					02/12/13	02:30 AM
					02/19/13	02:30 AM
					02/21/13	03:00 AM
					02/23/13	03:00 AM
					02/26/13	02:30 AM

Paul Jadin, President of Thrive and Host Jackie Kahlhamer discuss economic development. Thrive is an 8 county (including Dodge) organization that is working to retain and grow current businesses and have new business start-ups. Branding for the area and collaborative efforts are needed. The economy is not as diverse as needed to grow. Thrive wants to lead the state out of the recession. It is important to partner with other economic agencies as allies, to fill gaps, bring in resources and not duplicate them. Partnership is the key word. Paul talked about some of the metrics that will be used to determine the success of Thrive. Milwaukee and Madison need to take off faster and lead growth. Then the strategies can be replicated across the state.

PR13-02	30:00	15:00	L	PA/O	01/17/13	10:30 AM
					01/18/13	12:00 PM
					01/21/13	10:30 AM

Host Jackie Kahlhamer talks with Philip Fritsche about economic development. Philip is the Executive Director of the Beaver Dam Area Chamber of Commerce. The city's economy is stable and is seeing some job growth. A new business park that is "Certified in Wisconsin" is part of the city's effort to bring in new businesses. Certified in Wisconsin is a new tool that helps prospective businesses cut through the red tape the state is known for. Businesses can purchase land and be ready to break ground within a few weeks. The city had to go through a process for the certification. Philip discussed what businesses need- everything up to code, stable taxation, workforce, infrastructure, access to transportation means, quality of life for employees, etc. It is also important to help retain current businesses and help them grow and thrive.

<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>
PR13-10	30:00	15:00	L	PA/O	03/07/13	03:00 AM
					03/08/13	12:00 PM
					03/09/13	03:00 AM
					03/11/13	10:30 AM
					03/12/13	02:30 AM
					03/14/13	03:30 AM

Host Jackie Kahlhamer talks with Jim Engle about revitalizing downtowns. Jim is the Wisconsin Economic Development Corporation Downtown Development Manger. Connect Communities is a new program designed to help small to large communities connect to resources and each other. Twenty communities statewide have been chosen. A healthy downtown is of utmost importance to the local economy. Major companies moving into a town consider the state of the downtown. Downtowns are facing challenges such as a tough economic downturn, big box retailers, vacancies, maintaining the buildings and a weak business mix. Key elements to growth must include a willing group of people from businesses, government and volunteers. Communities should look at a comprehensive fix and do a market analysis. The biggest part of Connect Communities will be to get them to talk to each other, to find out what is working and what is not working. Twice per year they will be providing statistics online. This will help to measure the success of the program.

## CIVIC AFFAIRS

PR12-47	30:00	15:00	L	PA/O	01/03/13	10:30 AM
					01/04/13	12:00 PM
					01/05/13	02:30 AM
					01/07/13	10:30 AM
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					01/10/13	02:30 AM
					01/29/13	02:00 AM
					02/07/13	03:30 AM
					02/12/13	02:30 AM
					02/19/13	02:30 AM
					02/21/13	03:00 AM
					02/23/13	03:00 AM
					02/26/13	02:30 AM

Host Desiree Hoard and Waukesha County Executive Dan Vrakas, discuss Waukesha County. Cty Exe. Vrakas gave an overview of the 2013 budget. Spending was reduced 3.8% and had to be prioritized. Public safety and health & human services are very important. The county has been able to partner with nonprofit agencies to provide services in an efficient manner. Waukesha County has the lowest spending per capita in the state. There is no county sales tax. They utilize lean technologies to operate efficiently. The Waukesha West Bypass Project was discussed. The county has worked with other governmental agencies, resulting in a well-planned partnership between them. Pros and cons were discussed. Citizens want public safety, good transportation and low taxes. It is important to leave a legacy for future generations. Citizen input is very important.

<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>
PR13-03	30:00	15:00	L	PA/O	01/24/13	10:30 AM
					01/25/13	12:00 PM
					01/28/13	10:30 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.

PR13-06	30:00	15:00	L	PA/O	02/15/13	12:00 PM
					02/18/13	10:30 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.

## EDUCATION/SCHOOLS

PR13-03	30:00	15:00	L	PA/O	01/24/13	10:30 AM
					01/25/13	12:00 PM
					01/28/13	10:30 AM

Host Jackie Kahlhamer talks with Melissa Maher about helping students chose their careers. Melissa is the Dodgeland School-to-Career Coordinator. Students in high school are often unsure of what career they want to pursue after graduation. School-to-Career helps to place in jobs (such as working for a law firm.) This will help a student interested in law to see if it is really what they will want to do. If not, other interests can be explored. Ms. Maher discussed the application process. Students are able to learn soft and hard skills. She hopes to be able to offer many different types of job experiences. This will help students avoid going to school or receiving training for a career that does not suit them. She explained why career exploration is good for students, schools and the community.

<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>
PR13-05	30:00	15:00	L	PA/O	02/07/13	10:30 AM
					02/08/13	12:00 PM
					02/11/13	10:30 AM

Sean Roberts, Milwaukee Charter School Advocates Deputy Director and Host Desiree Hoard discuss charter schools. Charter schools are public schools that trade accountability for autonomy. This gives them more freedom to achieve results. Families make the decision to have a student placed in a charter school. Many charter school students face challenges affecting their education- 81% of students come from a low-income background. Charter schools are an avenue to better deal with things due to the autonomy. There is always a need for a high quality option and more needs to be done until every student has the ability to attend a high quality school. It is important to have successful schools in low income areas. Ninety-eight percent of the last charter school's graduating class was accepted into college. This demonstrates what is really possible when all students are given the opportunity to succeed.

PR13-07	30:00	15:00	L	PA/O	02/22/13	12:00 PM
					02/25/13	10:30 AM
					02/28/13	03:00 AM
					03/07/13	03:30 AM

Host Jackie Kahlhamer and Patrice Vossekul, Dodge County Safe Schools Healthy Students Project Manager discuss school safety. Due to the recent school shooting in Connecticut, schools have become more aggressive and focused in making schools safer. The county has already had safety measures in place. Columbine was the first turning point for advancing school and community safety measures. Dodge County Emergency Management has brought a new level of sophisticated approaches to better ensure safety. Training is very comprehensive. Some schools have participated in practiced school lockdowns. All schools will be doing this. Parents can call their schools if they have questions about school safety. School safety planning will continue to evolve to enhance safety. Another part of SSHS is to provide mental health services in school and in-home. Dodge County and local law enforcement work together to combine forces for responding to natural and incident related safety issues.

PR13-11	30:00	15:00	L	PA/O	03/14/13	03:00 AM
					03/15/13	12:00 PM
					03/16/13	03:00 AM
					03/18/13	10:30 AM
					03/19/13	02:30 AM
					03/21/13	03:00 AM

Host Desiree Hoard talks about online learning with Rick Nettesheim, Principal of eAchieve Academy. The academy provides an alternative to traditional schools by using the internet. Not all students work well in a traditional setting for various reasons. The academy provides flexibility. It is a public charter school. There is not a physical school building. Classes meet online on a private network and coursework is just as rigorous as in traditional schools. Students are able to receive individualized help from teachers. Students need to put in 6-8 hours daily to keep on pace. Parents have the primary role of monitoring their children's progress. There is an open enrollment period for any state student to enroll. If a student does not have a computer, one will be provided for them.

<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>
PR13-02	30:00	15:00	L	PA/O	01/17/13	10:30 AM
					01/18/13	12:00 PM
					01/21/13	10:30 AM

Carrie Glapinski, President of Lake Country Caring and Host Jackie Kahlhamer discuss helping families in need. The need for services is increasing. Unemployment is a big problem. Families are doubling up and taking in adult families with children. Paychecks are hard to stretch when resources are limited. Many families never thought they would need the services provided. Giving out encouragement and care is important to them. People want to be validated. Some families hold back from getting help because they feel there is a stigma attached to receiving help. Carrie discussed what a family can expect when they come in initially. She talked about a family that was coming out of a shelter and the needs they had.

PR13-04	30:00	15:00	L	PA/O	01/13/13	10:30 AM
					02/01/13	12:00 PM
					02/04/13	10:30 AM

Host Desiree Hoard talks with Sara Bauer and Danell Cross about strengthening families. Sara is the Site Supervisor and Danell is the Program Coordinator for Building Neighborhood Capacity. The neighborhoods served have high barrier levels to revitalization, but they also have many assets. Some of the barriers are drugs, violence, crime and housing. There are many single parents, children and elderly. The barriers cause residents to be shut-in and not have a family environment in a holistic way. Engaging and empowering residents is important. When residents are engaged in creating changes they can then strengthen their own families. Residents want to be engaged and want to get to work on improving their neighborhoods. Families need to have access to healthy foods, domestic abuse services, child abuse prevention services and everything else that should be available in a neighborhood.

PR13-10	30:00	15:00	L	PA/O	03/07/13	03:00 AM
					03/08/13	12:00 PM
					03/09/13	03:00 AM
					03/11/13	10:30 AM
					03/12/13	02:30 AM
					03/14/13	03:30 AM

Mike Hayden, President of Positive Programs for the Family talks with Host Desiree Hoard about reaching out to families and youth. The area that Mike serves has been affected very much by the breakdown of the family. There are many single parent families. Key concerns include poverty, fear, violence, drugs and gangs. Families want safe neighborhoods and someone to trust. The single parent families are doing a wonderful job. Many must deal with absent fathers. Working with youth now can bring positive changes to the families. Parents provide feedback about positive change in their children that they see at home. It is very important to reach the children at an early age and to try to get the families together. Families struggle to put food on the table. They often need tutoring and to be able to come to a safe place with people who care about them.

<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>
PR13-12	30:00	15:00	L	PA/O	03/22/13	12:00 PM
					03/23/13	03:00 AM
					03/25/13	10:30 AM

Host Desiree Hoard talks with Amy Polsin, a Parent Peer Specialist for Wisconsin Family Ties, about families with special needs children. Families with children with mental health concerns often require additional support. Support groups help to empower parents. They can share their stories and learn from others dealing with similar situations. Amy encourages the use of language that empowers parents. Rather than saying her son is autistic, she prefers to say she has a son who has an autistic diagnosis. It is important how a family talks about itself. It is hard to go into stores when the child starts to scream or act out. Some parents carry cards they hold up to explain the situation. It is important for families to know they are not alone. A support group is a good way to find out from others about available resources. There are many positives to having a special needs child. It is very important for families to reach out. Other siblings need time alone with mom and dad. Parents can explain to siblings in an age appropriate way about their sibling with special needs.

## SUBSTANCE ABUSE

PR13-04	30:00	15:00	L	PA/O	01/31/13	10:30 AM
					02/01/13	12:00 PM
					02/04/13	10:30 AM

Carol Hannenman-Garuz, Assistant Director of the Addiction Resource Council of Waukesha and Host Desiree Hoard discuss trauma and stress. Research shows that victims of trauma and stress can have higher levels of substance abuse. Stress comes as a result of trauma. Trauma can be experienced from natural disasters, violence, personal loss, etc. Some people turn to alcohol and drugs as a result because they don't have access to a healthy coping system and a strong support system. This in turn causes more trauma and stress. Alcohol may take away anxiety but it masks the issues and cover up physical issues. There are resources available to help people. It is important to seek help. Children are less likely to speak out when dealing with trauma and stress. Adults need to help them sort out what they see on the news and to express their feelings. The earlier substance abuse intervention starts, the better the chance for lasting behavior change.

PR13-06	30:00	15:00	L	PA/O	02/15/13	12:00 PM
					02/18/13	10:30 AM

Host Desiree Hoard and Mary Simon talk about binge drinking. Mary is the Executive Director of The Council on AODA in Washington County. Binge drinking for a man is 5+ drinks in 2 hours. For a woman it is 3+ drinks in 2 hours. It is a huge issue in the state, which has the highest percentage of adults and underage kids that binge drink. Young adults between the ages of 21- 30 are most likely to binge drink. It affects the brain's ability to make decisions. Binge drinkers can find themselves in random risky situations. Long term effects can be addiction and includes health issues with the liver, hepatitis and pancreatitis. Education is an effective tool for combating it. Every age group has influences over others so it is important to reach all ages. A cultural shift is possible. People need to understand the impact, dangers and consequences of binge drinking (and drunk driving.) Some of those who suffered consequences will talk about it with kids to help them from going down that path.

<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>
PR13-07	30:00	15:00	L	PA/O	02/22/13	12:00 PM
					02/25/13	10:30 AM
					02/28/13	03:00 AM
					03/07/13	03:30 AM

Host Desiree Hoard talks with Dodge County Sherriff Todd Nehls about prescription drug abuse and heroin. Prescription drug abuse brings with it many problems- theft, forgery, pharm shopping, pharmacy burglaries, skittle parties, mixing with alcohol, etc. There is also a large increase in heroin use. Several local deaths are attributed to this. The majority of users support their habit by stealing, forgery, etc. The age group most likely to abuse is under 30. There is a continued need for education. Some kids see their parents abusing drugs. Some pharmacists are accepting medications that are no longer needed. This helps to get the drugs properly discarded. Parents need to be actively involved in their kid's lives. They should watch for changes, look through their stuff and know what their children are involved in.

PR13-11	30:00	15:00	L	PA/O	03/14/13	03:00 AM
					03/15/13	12:00 PM
					03/16/13	03:00 AM
					03/18/13	10:30 AM
					03/19/13	02:30 AM
					03/21/13	03:00 AM

Rebecca Luczaj, Coordinator for the Waukesha County Criminal Justice Collaborating Council and Sara Carpenter, Multi County Services Administrator for Wisconsin Community Services talk with Host Desiree Hoard about the drug court. The court was started due to the rising opiate use in the county. A federal grant allowed them to start the court, based on a post plea disposition model. It is not specifically for opiate abusers. Ninety percent of participants are there because of opiate abuse, especially heroin. It is cheap and very addictive. There is a definite connection between drug abuse and crime, especially crimes that can generate cash quickly. There are specific requirements an offender must meet to get in and remain in the program. Upon completion they possibly can have their charges amended down or even dismissed or expunged. Participants will be tracked after they no longer are part of the program, to check on recidivism. A goal is to reduce opiate deaths, along with crime, recidivism and trips to hospital's ER Dept. due to drug abuse.

## ELECTORAL AFFAIRS

PR13-05	30:00	15:00	L	PA/O	02/07/13	10:30 AM
					02/08/13	12:00 PM
					02/11/13	10:30 AM

Host Desiree Hoard talks with Kathleen Novack, Waukesha County Clerk, about the upcoming spring election. Kathleen gave information about polling hours and what would be on all state ballots. Local races will have different positions to be voted on. She also discussed who qualifies to vote. Voters must be registered. This can be done in several different ways. There are special ways those in the hospital or a nursing home can vote. It is hard to target the voter turnout. Feedback is accepted about the estimated percentage turnout from local clerks. Additional ballots can be printed out on election day if there is a need. Some polls have touchscreen voting. People tend to prefer the paper ballots. There is a lot of voting information available on the statewide government website.



<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>
HEALTH  PR13-01	30:00	15:00	L	PA/O	01/10/13	03:00 AM
					01/10/13	10:30 AM
					01/11/13	12:00 PM
					01/12/13	02:30 AM
					01/14/13	10:30 AM
					01/26/13	02:30 AM
					02/05/13	02:00 AM
					02/12/13	01:30 AM
					02/14/13	03:00 AM
					02/16/13	03:00 AM
					02/19/13	01:30 AM
					02/21/13	03:30 AM
					02/26/13	01:30 AM

Host Jackie Kahlhamer talks with Ruth Lindegarde PhD, President of NAMI Dodge County, about adult mental health. Mental health affects the brain and symptoms usually have to do with thought processes and actions. People are not hiding it so much now and insurance companies cannot deny services. It is being treated sooner. Changes in behavior such as not keeping up with hygiene, being unmotivated, bouts of depression and/or mania and others can indicate mental illness. Sometimes when people do wait too long to get treatment, it can be because of the stigma that still is attached or because of not being able to get to the right people to get a diagnosis. Having a physician determine there is not a physical reason for the symptoms is important. Psychiatric help or counseling may then be necessary. While adults may not be able to be forced to get help (unless they have been declared incompetent,) there are methods to help them see the problem. Substance abuse may be a part of it. County services are very backed up. Support groups are very helpful. It helps to know there are others dealing with the same issues and to find out how they dealt with them successfully. Recovery can happen but it may be a long process.

<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>
PR13-01	30:00	15:00	L	PA/O	01/10/13	03:00 AM
					01/10/13	10:30 AM
					01/11/13	12:00 PM
					01/12/13	02:30 AM
					01/14/13	10:30 AM
					01/26/13	02:30 AM
					02/05/13	02:00 AM
					02/12/13	01:30 AM
					02/14/13	03:00 AM
					02/16/13	03:00 AM
					02/19/13	01:30 AM
					02/21/13	03:30 AM
					02/26/13	01:30 AM

Host Jackie Kahlhamer talks about diabetic eye disease with Barbara Armstrong, Executive Director of Prevent Blindness Wisconsin and Dr. Dennis Han, Professor of Ophthalmology at The Medical College of Wisconsin. High blood sugar over time damages the retina. The result is vision loss. An increase is being seen because more people are becoming diabetic. There is no cure but it can be slowed down or stopped with treatment. A minimum of a yearly dilated eye exam is important. Prevention is the key. Diabetics must try to keep their A1c levels at 7 or less if possible. They must take the initiative to live right and save sight. There has been an 89% increase in diabetic retinopathy in the last decade.

PR13-08	30:00	15:00	L	PA/O	03/01/13	12:00 PM
					03/02/13	03:00 AM
					03/04/13	10:30 AM
					03/05/13	02:30 AM
					03/07/13	04:00 AM
					03/14/13	04:00 AM

Dianne Kiehl, Executive Director for the Business Health Care Group, and Host Patti Hutton discuss containing health care costs. A market driven approach for health care brings all parties together to work towards a solution. It is not easy for employers to provide affordable health care but it is improving. Consumers need to be more engaged. Wellness programs are seeing a return for employers who are investing in them. A health risk assessment shows employees what they need to focus on to improve their health. There are a lot of initiatives to help bring down the costs for employers. There are also ways for employees to be involved in reducing costs. Higher costs do not necessarily indicate better care.

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PR13-08	30:00	15:00	L	PA/O	03/01/13	12:00 PM
					03/02/13	03:00 AM
					03/04/13	10:30 AM
					03/05/13	02:30 AM
					03/07/13	04:00 AM
					03/14/13	04:00 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.

PR13-12	30:00	15:00	L	PA/O	03/22/13	12:00 PM
					03/23/13	03:00 AM
					03/25/13	10:30 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.

## HEALTH

700	Club	CBN	1:00:00	5:00	REC	PA/O/E	01/07/2013	2:00 PM
NewsWatch								
#010713								

**CBN News Reporter, Lorie Johnson,** reports that out of all the videos viewed on our CBN News website last year, the most popular by far showed how coconut oil helps some Alzheimer's patients. More than 5 million people watched it. Now, some heavy-hitters within the Alzheimer's medical establishment are also taking notice. Here's how it appears the coconut oil works. In patients with Alzheimer's, insulin resistance prevents their brain cells from accepting glucose, their primary fuel. Without it, the cells die. But there is an alternate fuel known as ketones, which cells easily accept. Ketones are metabolized in the liver after eating coconut oil. Insulin resistance doesn't just affect people with Alzheimer's but also folks with dementia, multiple sclerosis, diabetes, Parkinson's, ALS, even autism. So can coconut oil help these people, too? It appears so, at least some of them. So while not everyone has experienced great results with coconut oil, there are plenty who have, enough that the medical community will spend time and money learning exactly who it helps and why.

<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 #012913	CBN	1:00:00	9:00	REC	PA/O/E	01/29/2013 2:00 PM

**CBN Reporter, Lorie Johnson,** reports that this year the flu season hit early and it will likely last until April. The best prevention is a flu shot and it's still not too late to get one. Remember that the shot won't give you the flu because the virus used in the vaccine dies during the manufacturing process. It takes about two weeks for the vaccine to fully protect you, so you could still get the flu during that time. Also, the shot may not stop each different flu strain. This year's vaccine is about 60 percent effective against the various types circulating today. That's actually pretty good since the effectiveness of the flu usually ranges from 50 percent to 70 percent. Some people wonder why the vaccine doesn't protect against getting the flu 100 percent of the time. Health experts say it's because the vaccine only protects against three strains of the flu. To complicate matters even further, it takes a long time to manufacture the vaccine, so scientists must try to predict months before the flu season hits which three strains will be the most prevalent in the upcoming flu season. But that's about to change. The Food and Drug Administration just approved a new flu vaccine that will be much faster to make. That means it will require less guesswork so it will be a better match. It's called Flublok. Instead of growing the virus in chicken eggs for about three months, which is the usual way of manufacturing the flu vaccine, this new vaccine uses DNA technology instead, which cuts-off weeks from the manufacturing time. Since the vaccine will not use chicken eggs, people with poultry allergies who currently cannot tolerate the flu vaccine, will be able to get this new flu shot. In addition, this new flu vaccine is different from the regular one in that it does not use a live virus in the manufacturing process, which is a deterrent for many people who choose to abstain from getting vaccinated. The new vaccine still only protects against three strains of the flu. However, scientists are working on yet another type of flu vaccine, not yet approved. This one promises to protect against ALL types of flu, every strain. Aside from current and future vaccines, which doctors tout as the best flu prevention, there are other ways. Topping that list: Washing your hands. But you have to do it right. Get a good lather going and keep it going 20 seconds, which is about as long as it takes to sing The Happy Birthday Song twice. Rinse really well and dry with a clean towel. If there's no soap and water handy, hand sanitizers are a good substitute. Just make sure it's at least 60 percent alcohol, and rub until your hands are dry. Your hands aren't the only culprit. The flu virus can live on a hard surface for up to two days. So regularly disinfect all those items you might touch on a daily basis, like door knobs, remote controls, refrigerator handles. Our bodies are designed to fight-off the flu naturally. The catch is you have to strengthen your immune system. That requires discipline and remembering your dos and don'ts. Do get at least eight hours of sleep, drink lots of water, eat nutritious foods, and take supplements, including fish oil, vitamins C, D and zinc. Don't eat foods with a lot of sugar or trans fats. They can cause inflammation, which weakens your immune system. Also don't get stressed-out. Anxiety zaps your immune system. Lowering stress begins with emotional improvement, such as prayer and Bible reading, as well as physical changes, including exercise. So avoid the flu by getting the vaccine, keeping yourself and your environment clean, and keeping your body strong.

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700 Club NewsWatch	CBN	1:00:00	13:00	REC	PA/O/E	02/04/2013 2:00 PM
#020413						

**CBN News Reporter, Lorie Johnson**, reports that keeping up with which foods to eat and which ones to avoid could be a full-time job. That's because scientists continue to learn more about what we put in our bodies. Some of their latest findings could change your mind about fat. Twenty years ago, doctors told us to stay away from high-fat foods like eggs, bacon, and butter because they raised cholesterol and could lead to heart disease. America responded and stopped eating fat. In its place, however, we ate more sugar and other carbohydrates. How did that work out? Not great. As a whole, Americans grew fatter and sicker than before. Scientists back then may have reached the wrong conclusion. Now a growing number of medical experts say weight gain, heart disease, and other illnesses are not caused by high cholesterol, but by something different: inflammation. That means instead of avoiding foods that raise our cholesterol, we need to avoid foods that cause inflammation. Cholesterol is especially important in the brain, which contains more cholesterol than any other organ and needs it in order for a message to get passed from one brain cell to another. When choosing which fats to eat, pick the ones that are high in Omega 3 fats and also choose natural saturated fats. On the other hand, stay away from the fats that lead to inflammation, such as trans fats and Omega 6 fats. How to you tell the healthy Omega 3s from the unhealthy Omega 6 fats? Vegetable oils and mayonnaise contain Omega 6 fats, so be careful with how much you consume. Ideally, Omega 6 fats are healthy but only when consumed in the same amount as Omega 3 fats. The typical American, however, consumes 15 times more Omega 6 fats than Omega 3s. This imbalance creates inflammation. So cut back on the Omega 6s and increase your consumption of Omega 3s. These are in foods like olive oil and avocados. Cold water fish is an excellent source of Omega 3 fat, particularly DHA, which is a super brain booster. One great way to make sure you're getting enough Omega 3, specifically DHA, is by taking a fish oil supplement. Doctors recommend one that contains at least 750 mg of DHA daily. At one time dieticians considered margarine, which is a trans fat, heart healthy. Doctors now say a better choice is butter. In the last 20 years, trans fats have become the ingredient of choice for almost all processed foods. You can tell something contains trans fat if you see the word "hydrogenated" in the list of ingredients. Saturated fats have really gotten a bad reputation over the last couple of decades. But they are not as bad as they have been made out to be. In fact, doctors recommend eating some saturated fats every day, such as coconut oil. This saturated fat fights colds and the flu and has even reversed the symptoms of Alzheimers, ALS and Parkinson's disease in some people. You should also remember those non-fat foods that make us fat and increase inflammation contain sugar and refined carbohydrates. Anything containing high fructose corn syrup or other sugars leads to inflammation. So do grains, especially refined grains such as white bread, pasta, rice, and so on. So when it comes to your health, inflammation beats out cholesterol as the new enemy. Take it on by saying "yes" to foods like fish and coconut oil, and "no" to sugar and carbohydrates, and dangerous trans fats.

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Doctor to Doctor #348	28:30	28:30	REC	PA/O/E	01/08/2013	11:30 AM

**Dr. Mark Brown** discusses senior fitness. During the winter holiday season, heart attacks increase among seniors. The three days known for seniors having the most heart attacks are Christmas Day, December 23<sup>rd</sup> and New Year's Day. To lower your risk of a heart attack, reduce the amount of food you eat to one half or one third of what you would normally consume at a holiday event. In addition, start exercising or moving more around the house to increase your physical activity. Calf raises can help prevent DVT: deep vein thrombosis or PE: pulmonary embolism or blood clots. Another major problem seniors face is falling down. Often, when seniors fall, they do not have the strength to get themselves up. Exercising the larger muscles will help burn more calories and maintain muscle mass. Muscles help to protect the bones and joints by providing a cushion. Typically, within two hours after seniors shovel heavy snow, they suffer from a heart attack, so don't overexert yourself. If you are a senior, that means you are still around and that also means you have done a good job to stay around. **Dr. Thomas DiStefano** discusses Osteoarthritis in the knee; a breakdown of the cartilage in the knee, ultimately exposing the nerve endings on the end of the bone. When pressure is applied by standing, the result is pain from the arthritis. If your quality of life is affected, one of the most successful surgeries and treatments is a total knee replacement, which has a life span of ten to twenty-five years, depending upon your activity level. Candidates for this treatment are usually at least sixty years of age. Anyone under the age of sixty who experiences a traumatic injury that results in an arthritic lesion in their knee is usually treated with physical therapy exercises, swimming or biking, anti-inflammatory medications, and icing, to increase strength and reduce inflammation in the knee. If these treatments fail, arthroscopic surgery is another option, as well as cortisone injections. A new product called the conformis is now available. It is a wedge of metal that is custom made to fit the patient and is inserted into the affected compartment of the knee to allow proper alignment and space between the bone and the nerve endings. This type of surgery is done on an outpatient basis. **Dr. Dale Peterson** discusses Irritable Bowel Syndrome (IBS). The symptoms include abdominal pain, bloating, gassiness, diarrhea or constipation, even alternating bouts of diarrhea characterized by frequent loose stools and constipation. IBS is quite common. One in six people in the United States will experience it at some point in time. It is twice as common in women as in men and can occur anytime in life. Unless an identifying cause can be detected, it can last indefinitely for decades or be a lifelong issue. There is no specific test to identify IBS. Usually a stool specimen is collected and a comprehensive digestive analysis is performed. Often the underlying cause of IBS is lactose intolerance, a complex sugar found in dairy products. Another cause of IBS is gluten intolerance or celiac disease. Gluten is found in grains such as wheat, barley and rye. Food allergies can also cause IBS and can be found through an elimination diet. The primary cause of IBS is Dysbiosis, an overgrowth of organisms in the intestinal tract that should not be there. The most common overgrowth is a yeast organism called candida. Other harmful bacteria are streptococcus, klebsiella, enterobacter, and clostridium. To combat IBS drink pure water, avoid carbonated beverages, and increase fiber intake.

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Doctor to Doctor #349	28:30	28:30	REC	PA/O/E	01/15/2013	11:30 AM

**Dr. Eric Braverman** discusses ways to have a younger brain and a sharper mind. The decline of the brain begins at the age of 40 and sometimes even at age 30 for women. Symptoms include forgetfulness; concentration challenges; impulsiveness; sleep deprivation; an inability to remember verbal instructions, faces, or numbers; an inability to learn or reason; slower processing speed; slower driving; and more accidents. The brain actually has a slower pulse and begins to get tired and shrink. The good news is hormones such as testosterone, estrogen and glucagon, vitamin D, natural T3 and T4, and ten other hormonal breakthroughs are now available to repair the brain. Niacin, fish oil, garlic, and new herbs such as irvingia and neuro-magnesiums, help to build up the brain, improve circulation, and lower cholesterol. Choline powders help the brain to produce more dopamine. Lifestyle changes such as eliminating sugar and fatty foods; drinking teas and spices; drinking pomegranate juice; and eating fresh tarragon, sage, rosemary, and basil all benefit the brain. Stretch your mind through reading. **Dr. Michael McCabe** discusses children with chronic disease, which is simply a reoccurring health issue. Many children with a disability or chronic illness have had it all of their life and do not know anything different, so they do not understand why others see it as a problem. Some children have had a life with no disability up until a particular event when they are diagnosed with a health problem, or are involved in an accident leaving them disabled. As a result, the child often feels as though they are different, or the only one with their burden. Pay attention to when the child or the family is not dealing with the illness or disability well; when there are angry outbursts, sadness, or depression. Allow everyone in the family to express and verbalize their frustration. Do not allow the child or your family to become isolated. Engage the whole family and create a family centered approach to caring for the child. Learn about the disease or disability, and educate your family. Incorporate the information into your family structure. Normalize it as best as you can in your day to day routine. Teach the child that everyone has challenges. Encourage and develop realistic goals for the child and allow the child to serve in the family as well. Introduce the child to other children with a similar illness or disability. Use the illness or disability as an opportunity to grow, become more flexible, and become more creative in loving your family. Don't let fear paralyze you. Find health providers who can help. **Dr. John Calcagno** discusses ADD and ADHD. Medical doctors consider ADD and ADHD as the same general disorder. However, the difference is the H: hyperactivity, and inattentiveness without the hyperactivity, which is ADD. ADD and ADHD are not only childhood conditions, but can manifest into adulthood. ADD and ADHD are genetically inherited and can manifest itself at different times in a person's life span, at which time it is called the expression of the disorder. Typically doctors will ask about your family history. However, only recently have ADD and ADHD been accurately diagnosed. Currently ten percent of children and five percent of adults have been diagnosed with ADD or ADHD. Symptoms include an inability to complete extended tasks, easily distracted, and not able to remember things. There is a tendency for ADD or ADHD to have comorbidities with it, such as depression, anxiety and even bipolar illness. In addition to medication, there are lifestyle changes, dietary changes, and counseling that can be beneficial. ADD and ADHD are very complex disorders, so it is important to find a doctor who specializes in ADD and ADHD.

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Doctor to Doctor #350	28:30	28:30	REC	PA/O/E	01/22/2013	11:30 AM

## Health

**Dr. Bob DeMaria** discusses how fresh vegetables can improve your health. Only a ¾ cup of peas has just as much or more protein than one egg. Vegetables are a great source of protein. When determining which apples to purchase, compare their weight. A heavier apple contains more water. Look for a starburst on the top of the apple, which indicates that it had greater exposure to the sun. Eat half a red apple daily to help lower cholesterol by thirteen percent. Red, yellow and orange bell peppers are an excellent source of vitamin C. The body lives and dies at the cellular level, so your body needs oil. The oil in the leaves of herbs is what promotes life and health. Try some basil and rub the leaves together to get the flavor and essence of the herb. Cucumbers are a good source of water and potassium. Avocados contain carnitine, which is a protein that is good for cognitive memory. Kale is a great source of magnesium and calcium. Bok choy is another great vegetable. When cooking with olive oil, it should never be heated over 325 degrees. If the oil is starting to smoke, it means the temperature is too high and you are burning the oil. Let food be your medicine and medicine be your food. Purchase organic vegetables, which are labeled with the number nine. Produce labeled with the number eight means that it has been genetically engineered. All other numbers indicate that the produce is standard or conventional. During the day try sautéing or stir frying broccoli, cabbage, and cauliflower to breakdown their fibers, and eat them warm. Start the day with an egg as a great source of protein. Try some asparagus which is a natural diuretic. Sauté some asparagus, red, yellow and orange bell peppers, and spinach together, mix in an organic egg, and add some Celtic sea salt. Eating this dish first thing in the morning will provide you with a vegetable and a protein that will keep your blood sugar level throughout the day, stave off hunger, and build and strengthen tissues inside your body. Create a great salad by mixing romaine lettuce, mixed greens, spinach, tomatoes, cucumbers and carrots. Add balsamic vinegar, olive oil, and Celtic sea salt. Add some sunflower seeds and sesame seeds for a good source of calcium. Add protein to the salad by using salmon, chicken meat balls, organic turkey, or organic chicken. In the evening try green beans, kale, and a variety of vegetables. Eating a diet of fast foods will cause your taste buds to numb. If you are losing your sense of taste, it is possible that you have a zinc deficiency. Other symptoms are white spots on your nails and large pores on your face. Let food be your medicine and medicine be your food. Your skin will improve, lesions will leave your body, you will have more energy, and your bowels will improve. **Dr. Edmund Chein** discusses hormones and longevity. The Bible tells us in Genesis 6:3 that man's days will be 120. Currently, the world record on human age is about 120 years as promised in the Bible, which means that at age sixty we are at our prime. I Corinthians 6:19 says the body is our temple. Like a car, we must check and maintain our bodies regularly to ensure it runs properly to its limit. Today we are exposed to so many toxins; industrial toxins, industrial waste, air pollutants, heavy metal toxicities, pesticides, preservatives, and phthalates from plastic water bottles. The longer plastic water bottles are kept in the sun, and at high temperatures, the more poisons are released from the bottles. When toxins enter the body, the first things they damage are the glands that produce hormones. For example, when the HIV aids virus enters the body, it only attacks the T-cell, the T-lymphocyte, and nothing else. In 2009 the Nobel Prize of Medicine was awarded to research called Telomere and Telomerase, which is the key to longevity. Scientists proved that by introducing the telomerase into human cells, the human cells can be kept alive forever, perpetually. Life expectancy can also be controlled by measuring the duration of telomere in the human cells. Telomere is controlled by telomerase, and telomerase is in turn controlled by the bio identical hormones in the body. This is why it so important to check your hormones and to supplement and maintain those hormones at their optimal level. **Dr. Glen Steele** discusses vision and learning. It's been estimated that up to eighty percent of all we learn comes through the vision process. It is the primary entry point for information in the classroom and the workplace. Although we can still learn without visual input, it is a slower process and more laborious. Determination of social interaction and engagement is based on how well another person uses their vision on a daily basis. For instance, an infant's social and emotional development can be determined by how well the baby engages visually with parents and their surroundings. Job interviews for adults are often based on how the interviewee engages visually with the interviewer. A lack of eye contact is a factor that can impact others perceptions. When vision is not working well, the student or adult will not perform well. Although important, Amblyopia, or lazy eye, rarely has an impact on performance. Symptoms of visual challenges are difficulty seeing far; words that run together; words on top of each other; difficulty staying focused; double vision; skipping words or lines when reading; needing a finger to keep your place and to guide the eyes when reading; difficulty copying from the chalkboard; avoidance of near point activities; and headaches. Most importantly, when concepts are understood when read by others, versus reading it yourself. The examination process is more than just reading a letter chart, which is called a snellen chart. Other tests include ocular motility, or how well the eyes follow a moving target, and how well a person can look, think, and talk at the same time. Binocular function, or how well both eyes are used together, determines if this function is achieved quickly and sustained at all distances, or if the eyes become fatigued. The focus test determines if they can sustain their focus easily while looking from a distance and back to near, as well as sustain it at near. If things are going well for the

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patient, there is no need for change. Other recommendations may be to prescribe glasses for focusing and alignment, or just an inability to see. Vision therapy may be necessary if the problem is not solved with glasses alone. The American Optometric Association recommends an eye examination at six months, three years, and prior to entry to school, unless risk factors are identified by the doctor.

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Doctor to Doctor #351	28:30	28:30	REC	PA/O/E	01/29/2013	11:30 AM

**Dr. Isabel Lopez** discusses Thyroid Disease. Often, thyroid disease is under diagnosed or misdiagnosed. Physical symptoms of Thyroid Disease are hair loss, depression, fatigue, dry skin, muscle aches and pains, constipation, change in hair texture, cold intolerance, facial or eyelid swelling, dull facial expression, slowed speech, brittle hair, brittle nails, menstrual irregularities, and heavier periods. Clinical symptoms are a temperature below the normal 98.6 degrees and it is always 97 degrees; a slow heart rate in the mid fifty to sixty range; weight gain; inability to lose weight; memory loss; a feeling of fogginess; and thickened skin. All of these symptoms are associated with a low thyroid, which is hypothyroidism. The thyroid gland makes two hormones; T3 and T4. The T3 hormone makes you feel really good, gives you energy, keeps your brain sharp, your hair looking good, and keeps your body thin. T4 is an inactive hormone. These hormones will vary throughout the day. The brain creates a thyroid stimulating hormone (TSH). If your TSH is high, that indicates that your thyroid is low (hypothyroid or underactive thyroid). In 2002 the American Academy of Clinical Endocrinologists reset the parameters for a normal TSH from less than 5.0 to 3.0. The reason for this change was due to numerous patients reporting symptoms of a low thyroid, while maintaining what was considered to be normal T3 and T4 levels. Hyperthyroid or overactive thyroid was changed from 0.5 to 0.3. Prior to these changes, more than twenty percent of the American populations were misdiagnosed with thyroid disease. Lab Quest, which is the most commonly used lab, still uses the old parameters. Unless your primary care doctor is aware of the new parameters, they are still using the old normal parameters based on the lab. So you may have gone to your doctor, had all of the symptoms, received a TSH of 4.5 and was told that it was normal. However, based on the new parameters by the American Academy of Clinical Endocrinologists, you would have been considered a candidate for the thyroid replacement hormone. Once the thyroid stops working, by not producing T3 and T4, it stops working forever. Other than experiencing the symptoms previously mentioned, the greatest risk or complications of the disease is weight gain. Typically, thyroid disease is treated by simply replacing the thyroid hormone through medication. Several medications are available. A primary health care physician can discuss the best option for you. Treatment will continue for the rest of your life. Although it may take a while for your body to get acclimated to the medication, once the dosage is adjusted, you will feel better. Help your doctor to help you. Provide them with the information from the American Academy of Clinical Endocrinologists. **Dr. Doug Weiss** discusses Anemic Marriage, or a weak marriage. Marriage was God's final creation. God has a purpose and plan for your marriage and He wants you to reach that destiny. Be confident that God will use the marriage you are in to refine you. The scripture says "And let us not be weary in well doing; for in due season we shall reap, if we faint not." It's okay to be frustrated and in an imperfect situation. If you hang in there you will reap a reward. Change your disciplines. Pray together. Marriage is between God, a man and a woman; a trinity on earth as it is in heaven. God said let us make man in our image. God is triune. Your marriage is triune. Confess your sins. James 5:16 (a) says "Confess your faults one to another; and pray one for another, that you may be healed . . ." When you make mistakes apologize to each other and ask for forgiveness. Be emotionally available for each other to create emotional intimacy. Praise each other with your highest praise, because you are children of God. **Dr. Ben Young** discusses keeping your teeth for life. Find a good dentist. Take your time and interview more than one. Consider their philosophies and take tours of various offices. Talk to dental specialists and dental laboratory technicians as they can tell you who the good dentists are and can identify those who perform the highest quality work. Floss the teeth you want to keep. Use the proper amount of toothpaste. Most advertisers want you to squeeze enough toothpaste to cover the length of the toothbrush. If you do this, the abrasive nature of the toothpaste will wear away the enamel on your teeth over time. The correct amount of toothpaste is just enough to make it pleasant to brush, about the size of a pea. Actually, if you did not use toothpaste at all it would be fine. Don't over brush. The most significant advancement in dentistry in the last twenty-five years has been dental implants. Dental implants can restore people to fully functional teeth as long as there is sufficient bone. Most dental implants, assuming they are monitored through preventive dental checkups, will last and be functional for the rest of a person's life.

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Doctor to Doctor #352	28:30	28:30	REC	PA/O/E	02/05/2013	11:30 AM

**Dr. Bryan Wasson** discusses Osteoporosis and vitamin D. Bone metabolism is a process of reabsorption of bone followed by a deposition of bone. During the entire lifespan of a human being the bone is constantly under change. The bone goes through a process called resorption whereby the bones are eaten upon with cells called osteoclasts. The osteoblasts fill in or reform the bone. In the process of Osteoporosis, which affects the entire skeleton, the bones become thin: cortical bones become thin, the trabecular bones become thin, followed by fracture. Cortical bone is the thickness of bone that is in and around a vertebra. The connectivity in between those bones is called trabeculae. When Osteoporosis is present, the trabeculae become thin and disconnected, which leads to bone fragility and fracture. When managing osteoporosis, it is important to prevent the first fracture. Once you have one fracture, the possibility of having another fracture is five times greater. Once you have a second fracture, the possibility of having another fracture is twelve times greater. Once you have an original fracture of the vertebra, you also shift the force of the vertebra more forward, the vertebra becomes collapsed, and the risk of fracture goes throughout the vertebra. When the parameters for bone density are measured, called bone densitometry, the last five vertebra of the back and the hip are examined, which are the weight-bearing joint. The medical term for bone thinning is called Osteopenia or bone loss. A T-score is simply a measurement of a bone density compared to, in most cases, young, normal women. In the United States there are approximately 2 million people with osteoporotic fractures and 44 million people with some evidence of bone thinning. Be aware that you can fracture at the wrist or the hand, the hip and the low back. Most Osteoporosis occurs in women because they go through postmenopausal phases which create an imbalance of the osteoclasts and osteoblasts. This imbalance causes an increase in osteoclasts, further breaking down the bone, which leads to bone thinning and osteoporosis. Besides menopause, osteoporosis is also caused by hyperthyroidism, hyperparathyroidism and vitamin D deficiency. Vitamin D is considered a pro hormone, because the body is capable of creating vitamin D with the effect of sunlight through the skin, which is where the majority of vitamin D is obtained. Vitamin D can also be obtained by adding it to other products such as milk. The normal range of vitamin D is 30 to 100 nano grams per deciliter. A deficiency level that is less than 10 doubles your risk for heart attack. Symptoms of vitamin D deficiency are weakness or unsteadiness, muscle spasm or pain, bone pain or fractures, depression, fatigue, slowed growth and rickets (frail bones) in childhood, confusion or dementia, irritability, and dizziness. Some diseases associated with vitamin D deficiency are fibromyalgia, cancers of the colon and breast, CCL, prostate, rickets in children, osteomalacia in adults, myocardial infarction, CHF, autoimmune diseases, multiple sclerosis, rheumatoid arthritis, lupus, type 1 diabetes, type 2 diabetes, and stroke. Make sure you get enough vitamin D to help reduce your risk of these diseases. Ask your doctor to check your 25 hydroxyvitamin D level. Get sunlight and good exercise to help prevent osteoporosis. **Dr. Bob DeMaria** discusses heart health. The number one killer in the United States today is heart disease and it is increasing among women. When purchasing a product, if the label states zero grams trans fat, read the nutrition facts. If you find partially hydrogenated oils listed, then it does consist of trans fat, which causes inflammation in the body. If the spinal nerves in the spinal cord that go to the heart are impeded, it could potentially cause the heart not to function at 100%. The heart is a muscle and contracts one hundred thousand times a day. A forward posture compresses the nerves that go to the heart. The nerves from the upper back region go down to the left arm. When you put nitroglycerin in your mouth, you notice immediately within fifteen seconds because of the neuro-lingual route the heart is impacted. So, what you eat affects you and your body functions. In a quarter of a million people the first sign of a heart attack is death. A normal fat molecule is C-shaped. The human body fat molecules are C-shaped. When a scientist developed the partially hydrogenated oil in the 1800s, a vegetable oil was heated, and the molecule became T-shaped. When the C and T cells do not interlock with each other, it causes confusion in the body, which results in inflammation. An oil filter is the analogous to the liver inside of the body. Blood flows from your legs up through your liver on the way to the heart. If you have a bit an extra tummy, it could mean that your liver is being compromised and is enlarged and the blood flow is impeded. Every year, 500,000 people have their gall bladder removed. The gallbladder is a reservoir of bile that emulsifies fat. If you don't have a gall bladder, you do not have an emulsifier to break down fat when eaten. That is why it is important to eat your ABCs every day: half a red **A**pple to thin bile; one third cup of **B**eets to help purify the liver; and four or five baby **C**arrots or one medium carrot. All of these foods help promote a healthy liver. It is also important to eat organic foods. Work on your posture. If your head is in a forward position, your lungs are being compressed, which means you have less oxygen and your heart will have to work harder to get oxygen to all the tissues around you. Low ferritin, or iron, means there is a low red blood count. A lot of wheat products are genetically engineered and contain gluten. Gluten can plug the villi in your intestines, causing them not to absorb nutrients critically important to creating red blood cells. Healthy alternatives to wheat bread are non-gluten breads such as Spelt, or sprouted bread like Ezekiel bread. Exercise a little bit every day to put a little strain on the heart to make it pump more effectively and efficiently. Ideally you want the heart to beat 72 beats per minute or less when you exercise. Drink pure water. The average American consumes 252 meals out of the home and the restaurant industry sells Five Billion Dollars of trans fat every year. **Dr. Tina Tillis** discusses cataracts, which are a natural process of aging. Typically, people in their forties find they need reading glasses or some form of glasses while reading. The reason for this is that just like a camera has a lens, the eyes have a lens inside, called the cataract, which can change over time in shape, color and size. That is why it is so important to get your eyes examined. The cataract is used to focus and is located behind the colored part of the eye. It is actually clear when we are born and becomes yellow to brown and cloudy as we age. In some cases it becomes dark, dark brown, which means it has been in the eye for a very, very, long time, and in the old days it was referred to as a ripe cataract. When you are young, the cataract zooms in and out to allow you to focus near and far. As you age, this mechanism becomes stiff, requiring glasses to see more clearly. Generally in the forties and fifties, many experience the need for stronger glasses; have difficulty seeing small print; need more light to see; have trouble with glare, especially when driving at night and in the rain; trouble with glare from sunlight while driving; and there is a decrease in vision. Initially, glasses are prescribed as a solution. However, when glasses no longer help and vision decreases to a certain level, cataract surgery is an alternative. Today, technology uses ultrasound to break up the cataract into pieces that are then vacuumed out and replaced with implants, thus eliminating the need for the old thick coke bottle glasses. Generally, it takes four to six weeks for complete healing. You may still require glasses for reading, as the new implants do not move in or out. New multifocal lenses are being developed to allow vision at various distances. An

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Ophthalmologist can help determine what will work best for you. Help slow the progression of cataracts by wearing polarized sunglasses to protect your eyes from UV rays and stop smoking. Smoking actually speeds up the progression of cataracts. Also, check your family history, as heredity can dictate when cataracts develop. Some medicines, such as oral steroids or prednisone, can also speed up the progression of cataracts. Make sure you take care of your eyes as you do the rest of your body.

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Doctor to Doctor #353	28:30	28:30	REC	PA/O/E	02/12/2013	11:30 AM

**Dr. Bettye Alston** discusses meat-free eating. Her recipe for broccoli lasagna is made with ten lasagna noodles, fresh or frozen broccoli, carrots, tomatoes, tomato sauce, ricotta cheese, mozzarella cheese, basil, oregano, and grated parmesan cheese, then garnished with parsley. It takes only twenty minutes to prepare and is baked in the oven for thirty minutes at 350 degrees. This delicious meal makes ten servings that contain only 186 calories. An herbal tea is a nice compliment to the meal. Another meat-free alternative is chili. Dr. Alston makes her chili with a crumbled meat substitute, red beans, bell peppers, red peppers, celery, parsley, garlic, onions, cayenne pepper, spices and seasoning. The vegetables are sautéed in olive oil and the ingredients have tremendous health benefits. Garlic is a blood purifier, aids in blood circulation, lowers blood pressure, and removes parasites. Celery is good for lowering blood pressure, relieves muscle spasms, and is good for arthritis. Cayenne pepper is excellent for circulation, increasing metabolism, and burns fat. Take the time to enjoy your meal. Chew your food thoroughly, at least twenty times per bite, and savor the flavor of the food. **Dr. Dave Hope** discusses successful visits to the doctor. The next time you go to the doctor, be very honest and straight-forward. Tell the doctor your concerns and don't be embarrassed. Discuss any symptoms you may be experiencing, even if you don't think it is important or it has passed. Bring your medicines to the doctor. It is a good idea to keep a list of medications you are taking in your wallet or purse at all times. Wear a medical alert bracelet, which can be found at a drugstore, to alert others of any medical condition you may have, like diabetes, high blood pressure, or being on blood thinner medicine. Most importantly, ask questions. When prescribed any medication, ask "What is it? What does it do? What can I expect it to do for me? What is it supposed to fix?" Always keep the liner from the medicine bottle as a reference. Call the doctor if you experience any side effects from taking the medication. You should have a goal for your health. You, the doctor and nurses, should work together as a team to manage your health. If you receive a new diagnosis, ask what it means in simple language that you can understand and how it will impact your life. Do not leave the office with any questions unanswered. Make sure you understand how to take your medicine. If you have any medicine left over, take them to a pharmacy or return them to your doctor. Always dispose of them properly. Never share your medicines. These steps will make medicines cheaper, more effective, you will go to the doctor less often, you will get healthier faster, and you will receive better care. If you don't like what you are told, a second opinion is always available. Bring along family members or caregivers to make sure everyone involved understands what is to be expected. **Dr. John Seibel** discusses low testosterone; or male menopause. While most doctors do not believe in male menopause, they do agree that males develop a decrease in testosterone levels, some as early as their twenties, and it declines with each decade. Symptoms include a decrease in libido, reduced sexual activity, weak erections, a decline in work performance, falling asleep after dinner, deterioration in athletic abilities, reduced muscle mass in strength, increase in obesity, depressed mood, decreased energy, osteoporosis, increased systolic blood pressure, and enlargement of the heart. Treatments include injections, skin patches, hormone replacement gels, compounded creams and pellets. Once treated, men experience a much better mood, feel better in general, have greater muscle mass, and have more energy.

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Doctor to Doctor #354	28:30	28:30	REC	PA/O/E	02/19/2013	11:30 AM

**Dr. Jill Westkaemper** discusses vitamins. Yes, just about everyone needs to take vitamins, as it is virtually impossible to obtain all of the nutrients we need from our food today. Take a good multi-vitamin daily and try to eat as healthy as possible. Eat three balanced meals a day with two snacks. In addition to a multi-vitamin, our bodies need extra supplements. With longer life spans, we need to protect our bones and should take 1,000 mg of calcium daily; 500 milligrams in the morning and 500 milligrams in the afternoon. If you are a post-menopausal woman, take an additional 500 milligrams in the evening. We should also take 1,000 IU of vitamin D3 daily. Ninety percent of the population is deficient in vitamin D3. Ask your doctor for a simple blood test to determine if you are vitamin D3 deficient. Vitamin D3 is helpful for your bones, it protects your brain, it decreases your risk of Alzheimer's disease, improves your immune system, improves your joints, is protective for certain cancers, and increases energy levels. Magnesium protects the heart. It is recommended that we take 200 milligrams of magnesium citrate twice, daily. Omega-3 fatty acid supplements are very important as they protect the brain, can help you focus better, helps with your joints, helps with depression, and helps with weight loss. A B-complex vitamin is beneficial for increasing energy and metabolism, aids in nerve growth, red blood cell function, and with the immune system. Vegetarians are particularly prone to having B vitamin deficiency. In the future, you will hear more about the benefits of Lycopene, found in tomatoes, which promotes prostate health. Also, Lutein, found in leafy green vegetables, is good for eye health. Quercetin is found in onions, garlic, and celery. Resveratrol, found in red wine and grapes, is a very potent antioxidant. If you are on a statin drug for cholesterol, CoQ10 can help it work more effectively and help increase your energy levels. **Dr. Byron Jackson** discusses the doctor as your health coach. The Doctor should be someone who can coach you to a healthier lifestyle by teaching you how to obtain health and maintain health for a lifetime. Smoking causes premature death, chronic sickness and diseases, cancer, speeds up the aging process, and causes brain malfunction. Regardless of your fitness level, sitting for long periods of time and inactivity has the same potential health risks as smoking. Sitting is the new smoking. In order for our bodies to function optimally for long periods of time we must move. When we are inactive our bodies create an energy imbalance called a stress physiology, which changes your hormones and body chemistry. It can also cause your spinal joints to become locked up and not move as freely as they are supposed to. See your DNA, or genes, as potential and your healthy lifestyle choices as a means to determine how healthy you truly are. What you eat, how you move, and how you think dictates the development of your genes. You don't get sick, you do sick. By making unhealthy lifestyle choices, your immune system becomes compromised, making you susceptible to infection, and then you become sick. Incorporate some health strategies in your life. Whether you are going shopping or to work, park as far away from the entrance as possible so you will walk more. Instead of taking the elevator, take the stairs to increase your physical activity. Use BonfireHealth.com as a resource to learn how to obtain and maintain health. This website was designed by some of the top doctors in the world who operate the largest wellness clinics. Remember, in order to be truly healthy, you have to do what healthy people do. **Dr. Dale Peterson** discusses high blood pressure. Blood pressure is first determined by two numbers. One number is called the systolic; the pressure when the heart is beating and pumping blood throughout the body. There is more force behind it, so the number is higher. The second number is diastolic; when the heart is filling up for the next beat. There is less pressure behind it, so this number is lower. Blood pressure is never constant, as there is a daily rhythm. It is at its lowest between 3:00 a.m. and 4:00 a.m. and at its highest in the mid afternoon. Blood pressure will rise with activity. It rises with anxiety. The term "white coat hypertension" refers to a person who goes into a doctor's office and is anxious, and their blood pressure becomes higher than it normally is outside of that setting. Pain causes blood pressure to increase. Blood pressure also rises as people age. As blood pressure rises and becomes high, a number of complications can develop such as heart attack; stroke; kidney failure; eye damage leading to permanent loss of vision; poor circulation; pain in the legs and difficulty walking; and a deterioration of the aorta, resulting in an aneurysm. Symptoms of high blood pressure are a dull headache, feeling light-headed or dizzy, and nosebleed. These symptoms are the exceptions rather than the rule. In most cases, there are no symptoms, which is why it is often referred to as the silent killer. According to the National Institute of Health, two out of three people over the age of sixty-five have high blood pressure, and ninety percent of people will have high blood pressure at some point during their life. The medical term for high blood pressure is called essential hypertension. There is a natural U-curve or J-curve of high blood pressure. When blood pressure is high, that indicates a person is at greater risk of stroke, heart attack, and other complications. When blood pressure decreases, the risk declines to a point, the pressure levels off, but starts to rise again. As blood pressure becomes lower, it increases the risk of stroke, heart attack, and other complications. Studies have shown that the lowest risk of heart attack, stroke and other complications is a lower number between 80 and 85. If that number drops to 70, a person is 20% more likely to have a complication. If it drops to 65, they are 85% more likely to have a complication. And if it drops to 60, there is a four-fold increase in a bad outcome related to blood pressure. The best brain function appears to be blood pressure of 150 over 85 as we age. A 15 point drop in blood pressure triples the risk of having Alzheimer's dementia. High blood pressure can have serious consequences if left untreated. However, if over-diagnosed and over-treated, the outcome can be just as dangerous. Do what is

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

necessary to maintain a safe blood pressure. If you are able to do this, you should find that it is possible to add life to your years, and years to your life.

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Doctor to Doctor #355	28:30	28:30	REC	PA/O/E	02/26/2013	11:30 AM

**Dr. Tom Garzillo** discusses back pain. According to the World Health Organization, back pain is the leading cause of physical disability everywhere. According to the American Chiropractic Association, thirty-three percent of adult workers in the United States had a back problem severe enough in the last five years that they needed professional treatment. Fifty percent of adult workers in the United States report having some back pain within the last year and eighty percent of us can anticipate having back problems at some point in time. One back pain mistake is when you think strength is what is needed to get rid of back pain. The primary reason most people have back pain is a lack of shock absorbing ability, flexibility and motion. Back pain can also be the result of an injury or a symptom of a disease or a condition inside you. If you have back pain for more than a couple of days, if the pain is significant, or if the pain moves down your arm into your hands, or down your legs into your feet, see a health practitioner, a chiropractor, or orthopedic surgeon. Whatever you do, do not spend two days in bed. Research has shown that bed rest actually increases the amount and duration of the pain. The best exercises to get rid of back pain have you up on your feet using positions and movements that you use every day. Back pain is the result of your body not being prepared to do whatever it is that you did. You can change this no matter how old you are, or what physical condition you are in. Back pain is not permanent. You can control what your back can do. **Dr. George Rhoades** discusses children dealing with death and grief. All children below the age of six have magical thinking and think the world revolves around them. Often when a person dies, the child thinks "what have I done wrong?" especially if the child was angry with that person before they died. The child believes he caused it, which is magical thinking. Let the child know that it is not their fault and nothing they have done that might have caused the death. A child responds to the death of a pet by realizing that there is an ending to things; that death happens; and that people can die. When there is a death of a parent, the child loses a part of their foundation and stability, causing anxiety and uncertainty for their future. Reassure the child that the remaining family is there for them and that they are not alone in the world. When a sibling or a friend dies, the child realizes that he or she can die too, which leads to insecurity for most children. As Christians we can share the security we have in Jesus Christ. Often when there is a slow death, a person has already grieved during the illness. When there is a sudden death, the grief can be very deep because there was no opportunity to say goodbye. It can take one to two years to overcome the grief of losing someone. Encourage the grieving person to cry and to release their grief. Let them know that God will provide the healing and that He is there to help them through the process. **Dr. Dino Prato** discusses heart disease. It is so important to take care of the way you eat, exercise and live, which is one of the biggest factors of heart disease. A study at UCLA by Dr. Dean Ornish states that we can change our genetics, or DNA, within thirty to sixty days, by changing the way we eat and live. Cardiovascular disease is caused by infections. It is important to get tested and treated for any infections, and to build up your immune system. Infections weaken the blood vessel wall, cause damage and create inflammation. Increase the body's antioxidants by eating a variety of colorful organic fruits and vegetables. An important antioxidant for the heart is Coenzyme Q10 (CoQ10), especially when a person is taking a cholesterol lowering medication because the heart can become depleted of this enzyme. CoQ10 improves the function of the heart. Vitamin C is another powerful antioxidant. Ph-buffered vitamin C can be taken in incremental doses up to 10,000 or 12,000 milligrams throughout the day. Vitamin C acts as a protector against inflammation and infection in the body. Lipoprotein A, is 40 times more adhesive than cholesterol ever was to the blood vessel wall. Taking enzymes such as serrapeptase, nattokinase, and lumbrokinase can assist in reducing the lipoprotein A in the body. Maintaining balanced hormones is critical to cardiovascular health. Find a good integrative medical doctor who is knowledgeable in the area of chelation. Not only does chelation remove heavy metals, it helps strip biofilm to help the body fight infections. Natural antibiotics such as colloidal silver, garlic, and oil of oregano, help to reduce inflammation. Take a heavy metal test to determine your metal levels. Take a toxic screen to determine how your body metabolizes certain toxins. Get these metals and toxins out of your body. Change your family history by the way you live, by the way you exercise, by the way you eat, and how you treat the cause of the condition. Let go of anger and resentment.

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Doctor to Doctor #356	28:30	28:30	REC	PA/O/E	03/05/2013	11:30 AM

**Dr. Peter Bhiri** discusses deactivating the fat switch. Leptin is the dominate hormone regarding weight loss. A hormone is simply a chemical messenger to various parts of the body. The hypothalamus is a small organ in the brain that is the hunger center. The Leptin is released from the fat cells into the bloodstream then to the hypothalamus. It carries messages about the metabolic status; endocrine status, the hormone status; and the energy status to the brain. The brain then sends messages to other parts of the body that regulate glycemic or sugar control, energy storage and expenditure, nutritional status, and all the newer hormonal status, in every bodily system. The hypothalamus sends a signal to the pituitary gland which also releases many other hormones. To simplify this process, usually when a meal is eaten, the sugar and calories stimulate the fat cells to send a message to the brain that says stop eating, the body is full. For many people, this transmission is broken and the communication in the body is lost. When this happens over time, a person can become leptin insensitive, and over time, this state creates leptin resistance, causing the body to have cravings and continue eating even when the body is full. It is best to find a doctor that is well trained in weight loss and leptin resistance. To combat leptin resistance, get eight hours of sleep; take L-carnitine to reduce weight, eat organic meals, and have all hormone levels checked. **Dr. Bob DeMaria** discusses men's health. The brain sits in the skull and continues on as the spinal cord. The spine is made up of 24 vertebrae that move. This is why posture is so important. To help prevent the head from being in a forward position, exercise daily, weight train three times a week, and stand pulling the shoulders back making a conscious effort to keep the head backwards. Gravity never takes a vacation. If the head is in a forward position, gravity is working against you, not with you. The brain sends out 28 billion messages every day. If posture is poor, the messages sent from the brain cells to the tissue cells are impeded. Sleep is an integral part of a wellness program. It is best to be in bed by 10:00 p.m. The two hours prior to midnight are significant to the restoration of the adrenal glands. Cover the alarm clock and all other lights in the room to promote normal, restful, peaceful sleep. If you wake up in the morning feeling hungry, that is an indication that the body is creating growth hormone. Stress creates an acid state in the body, which opposes the Ph balance of the body. A lack of calcium is evident through cold sores, leg cramps at night, and poison ivy. A shower dechlorinator helps to reduce the antagonistic effects of breathing chlorinated water on the thyroid gland. If you have cold hands and feet ask your health practitioner for a thyroid profile of the TSH, T3 and T4 levels to determine thyroid function. Reduce cholesterol levels by thirteen percent by eating half an apple every day. Eat a third cup of organic beets every day to reduce cholesterol up to forty percent. The liver is a storehouse for vitamins A, D, E, and K. If the body is lacking vitamin A, the liver will actually take vitamin A from the eyes in order to properly function. Eat 4 to 5 baby carrots every day to help prevent vitreous floaters in the eyes. Minimize sugar and trans fats as they create inflammation in the body and increase cholesterol levels. Tomatoes have a lot of antioxidants and nutrients to help manage and control the prostate gland. Soy products elevate estrogen levels which impairs sexual function in men. Drink a minimum of one quart of water daily from a pure source. Minimize and eliminate drinking sodas, as they contain a lot of chemicals. Spend time in the Word and rest to improve your health. **Dr. Alina Ghanev** discusses the most common type of diabetes; type II diabetes. The American Diabetes Association reported that in 2011 25.8 million children and adults were living with diabetes. Diabetes is a condition that arises when blood sugar levels remain chronically high as a result of the body not producing sufficient insulin, or the body produces sufficient insulin, but is resistant to the insulin hormone. You may be at risk for diabetes if you live a sedentary lifestyle, you have a family history of diabetes, or you are overweight and obese. Your doctor can perform a simple blood test to determine if you have this condition. If diabetes remains untreated or unrecognized, complications can develop. Symptoms of diabetes include frequent urination, increased hunger, increased thirst, weight loss, blurred vision, and poor wound healing. If diabetes is left uncontrolled, it can lead to major complications such as blindness, stroke, heart attack, kidney failure requiring dialysis, limb amputations, impotence and early death. Early detection and control is very important to preventing complications. There are various treatment options available such as medications and insulin. However, diet and exercise are the keys to controlling diabetes. Eat a well-balanced diet, low in fat and salt, and eat foods high in fiber, such as beans and vegetables. Monitor your carbohydrate intake to control your weight and maintain a normal blood sugar level. Control your portion sizes. If you are unsure of how much food you need to eat on a daily basis, you should consult a dietitian. Exercise allows the insulin in the body to act more efficiently. It also helps to reduce weight, reduce stress, increase endurance and strength. Always check with your physician before starting any exercise plan. This is particularly important when you have complications with diabetes. For example, if you have damaged nerves in the feet, your doctor may put you on an exercise plan that does not put pressure on your feet, which can increase the risk of developing blisters and ulcers. If you have painful joints, your doctor may suggest pool exercises. Exercise can also affect the blood sugar level. It is important to check your blood sugar level before and after you exercise. If you develop low or high blood sugar levels as a result of exercise, you should consult your physician. Your medication may need to be adjusted. It is important to work with your doctor

to help control your diabetes and prevent complications whether or not it involves the use of insulin. Check your blood sugar at home. This allows you to determine what foods affect your blood sugar and provides valuable information to your physician to make adjustments in your medications. Your primary physician, an endocrinologist, a dietitian, a podiatrist, and eye doctor can all work together to help control your diabetes.

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Doctor to Doctor #357	28:30	28:30	REC	PA/O/E	03/12/2013	11:30 AM

**Dr. Isabel Lopez** discusses lifestyle changes. Whatever lifestyle changes you want to make in your life can be achieved with a few simple steps. First, decide that you do want to make the change and be committed. Then ease into the change slowly. Once you reach one goal, set another goal. Finally, be consistent. If you want to make a lifestyle change for better health, begin with changing your diet. Focus on eating more protein and fewer carbohydrates, including fruits. If you want to begin exercising, start slowly and gradually increase your endurance. However, never exercise for more than one hour a day. Remember, there will be times when you plateau. Be determined to preserve and be consistent so you will see good results. God wants you to be the best version of yourself. After all, He did make you in the image and likeness of Him. Be proactive and take good care of yourself. **Dr. Kyle Choe** discusses Skin Cancer. In the United States there are primarily three types of skin cancers; Basal Cell, Squamous Cell, and Melanoma. Today, Dr. Choe focuses on Basal Cell Carcinoma, which is the most common skin cancer. This year alone, approximately three million people will be diagnosed with Basal Cell Carcinoma. The disease is a result of chronic sun exposure. It is more prevalent in men than women and in the older population, although recently there is an increase among younger people in their twenties. Basal Cell Carcinoma is the least invasive cancer and is a localized disease that does not metastasize to the other parts of the body. It affects the outer layer of the skin called the epidermis. An excellent way to help prevent this type of cancer is to use sunscreen liberally whenever you are outside. Fortunately, many ladies have the benefit of wearing makeup that contains sunscreen. People with fair skin with light green or blue eyes and maybe blond or reddish hair are most at risk for Basal Cell Carcinoma. Some symptoms include irritated skin that does not seem to heal very well, a reddish patch of skin, a shiny nodule or even a white scar-like area of skin. A simple rule is if something does not heal on its own within ten days, you should probably see a physician. There are several non-surgical and surgical treatments available to combat Basal Cell Carcinoma. Topical creams, such as 5-FU removes the damaged skin. Cryotherapy freezes the skin. Photodynamic Therapy applies a chemical to the skin and uses special lights to remove the skin. The majority of patients opt for a surgical excision; either direct excision or Mohs surgery. Direct excision requires a physician or surgeon to make an educated guess of the area affected then the entire area is excised completely. The disadvantage of this technique is that it has a ten percent failure rate. This type of treatment is best suited for patients with very small tumors. Mohs surgery is performed by a dermatologist with specialized training to remove only the tumor, leaving all normal tissue intact. This technique is ninety-nine percent effective. Once the tumor is removed, a plastic surgeon would close any defects. **Dr. William Toffler** discusses Vitamin D. The Institute of Medicine states that you can safely take up to 4,000 units of Vitamin D daily. Studies are now showing that low levels of vitamin D are associated with seventeen kinds of cancers, including colon, lung, breast and prostate cancer. Low levels are also associated with higher risks of diabetes type I and diabetes type II, heart disease, multiple sclerosis, and even depression. Normal levels of vitamin D are between 30 and 80. If levels of vitamin D are in the teens or even single digits it can be a two to four-fold increased risk of disease. Although called a vitamin, vitamin D, is much like a hormone, affecting almost two hundred different tissues in the body. Although not curative, higher levels of vitamin D are beneficial to reduce the risk and inhibit cancer growth with at least four mechanisms. First, it inhibits the mitosis, the cell division. It inhibits the angiogenesis that cancer needs to grow. It strengthens the cell linkages between cells so that a cell is less likely to metastasize. A concept called Apoptosis, or cell death, is the natural process of cells. Unfortunately, cancer cells do not have this trait and continue on. Vitamin D encourages apoptosis, the natural cell death process. In addition, vitamin D enhances immune function, encouraging an element called Cathelicidin, which improves the immunity against diseases.

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Doctor to Doctor #358	28:30	28:30	REC	PA/O/E	03/19/2013	11:30 AM

**Dr. Doug Weiss** discusses how to be successfully single. Almost half of the church is actually single. The immorality in this culture is huge, that it is good for singles to be surrounded and mentored by married couples. When you are a Christian you are married. Single people you are married without a spouse, so behave like a married person. Prevent "accidents" such as pregnancy, STDs, unnecessary pain, broken heartedness, guilt and shame by becoming accountable to those who love and care about you. Give full access to your Facebook account to your parents, pastor, or married adults. Establish physical boundaries for your dating relationships, review them with your dating accountability partners, then commit to them. Meet with your accountability partners on a regular basis. If you are attracted to someone and they ask you for your number, give them the name and number of your dating accountability partners. Let the person know that they must receive approval from your accountability partners before you can go out on a date. This protects you and allows your accountability partners to explain the requirements for the relationship. Once approved, you can begin dating. Remember, spiritually, emotionally and physically, God has the best plan for you. Follow it and be blessed. **Jim White**, a registered dietician discusses fitness and nutrition. Time is the number one factor for lack of exercise and not eating healthy, as well as social gatherings. There are many benefits of exercise such as increased energy, increased mood, increased confidence, and looking and feeling better. Our health is our wealth. The top three diseases that are nutrition related are heart disease, cancer and stroke. Cardiovascular training is very important to burning fat. Use the FITT principle: Frequency, Intensity, Type and Time. Frequency of exercise should be daily. Intensity should allow you to exercise while breathing comfortably. On a scale from one to ten, with ten being the most extreme, it is ideal to maintain a level seven. Time is important. If you are a beginner, start with ten minutes of exercise. Generally, thirty minutes of physical activity each day is good, but if you are an average exerciser, try forty-five minutes to an hour. The Type of exercise does not matter as long as you are moving. Dancing, working out with weights, swimming, running, or biking are great activities. Weight training is very important. As we age our metabolism drops and so does our muscle tone. For every pound of muscle we build, we burn about twenty-five extra calories a day. For less than One Hundred Dollars you can purchase basic dumbbells, stability balls, fitness videos and fitness books to educate yourself and stay fit at home. You can also join a gym for a monthly fee, providing you access to personal trainers, equipment, and classes. A personal trainer can motivate you and design a fitness program specifically for you. Nutrition is the most important and is 80% of your success. Eat at least 1200 calories a day. Start by working on your vices. If you skip breakfast, you have a 450% change of becoming obese, so eat breakfast every day. Have structured snacks before lunch and after lunch. This will speed up your metabolism, give you energy, prevent overeating, and keep your blood sugar level stable. Late night eating is not good for the stomach. If you need a snack, make it less than 100 calories. Eat smaller portions. Drink 64 ounces of water each day. Be sure to drink 16 ounces of water before and after you exercise. Eat hot and spicy foods to boost your metabolism. Eat a moderate amount of carbohydrates, such as whole grains. The fiber will help with weight loss and provide energy. Eat lean proteins to build muscle. Together, cardiovascular training, weight training, and nutrition is the perfect trio for looking beach-body ready. **Dr. Frank Miesse** discusses Allergies and Herbs. Allergies, sinus and mucus problems can be attributed to many things in our daily diet. For instance, dairy products create mucus, as well as, breads, buns, biscuits, cakes, pies, cookies, spaghetti, crackers, macaroni, and especially wheat flour products. Fungus and mold on plants and in the air create allergies, sinus and mucus type problems. Several herbs can help to combat these problems. Bayberry thins mucus down so it leaves the body more rapidly. Vitamins C, A, and D are critical to addressing problems such as congestive mucus, coughing and sinus congestion. Buffer yourself with vitamin C and vitamin A. Take cod liver oil with vitamin D in it. Goldenseal, or yellowroot, is a bitter herb that acts like an antibiotic and is beneficial for sinuses. The herb Burdock helps to reduce mucus in the lungs. Yerba Santa is an excellent herb for pulmonary asthma. Marshmallow, also known as althaea or hollyhock flower, is a mucilaginous herb that helps to remove mucus from the body. It also helps to cleanse and keep the liver flushed for better function. Astragalus is another herb that helps to improve the immune system and cleanses the lungs. Capsaicin, or cayenne, is an excellent herb that can be taken in capsule or liquid form to purify and remove debris from the body, as well as stimulate the blood. It is also used for many cardiovascular-type problems. The herbs marshmallow and fenugreek, when used together in capsule form, can combat coughing by clearing debris from the lungs, thus allowing more oxygen into the lungs. Most of these herbs are culinary herbs and can be taken two or three capsules at a time. Each of these herbs can effectively help the entire system; the heart, the lungs, the liver, and the pancreas to function better by getting more oxygen into the bloodstream. It's in the blood that all oxygen works in the body. The Bible says in Leviticus that "Life is in the blood."