

Trinity Broadcasting Network

Quarterly Report

October, November & December 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.

CIVIC AFFAIRS

YOUTH

PUBLIC SAFETY

CRIME

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>	
CIVIC AFFAIRS	PR13-39	30:00	15:00	L	PA/O	10/04/13	12:00 PM
						10/05/13	03:00 AM
						10/07/13	10:30 AM
						10/08/13	02:30 AM
						10/10/13	04:00 AM
						10/17/13	03:30 AM
						10/24/13	03:00 AM

Tom Kennedy, Mayor of Beaver Dam and Host Jackie Kahlhamer discuss the City of Beaver Dam. The city has a good location, in regards to transportation to larger cities. Taxes have been stable for the last 5-6 years. The city has been involved in the downtown renovation for 6 years. A flood caused devastation to the downtown. The downtown had been slowly declining. They were able to get grant dollars because of the flood to raze properties. Hwy 33 through the downtown will be renovated and a corner building had to be taken down to allow for wider semi turns. Mayor Kennedy discussed the process involved in the downtown renovation. It took a look of coordination between various people and organizations. The police dept. is now located downtown. The area is now more active. The challenges were to get through the process. The 2014 Budget was discussed. Shared revenues are unknown at this time. The city has been able to increase services while keeping the tax rate level, even while inflation has increased.

PR13-40	30:00	15:00	L	PA/O	10/11/13	12:00 PM
					10/12/13	03:00 AM
					10/14/13	10:30 AM
					10/15/13	02:30 AM
					10/17/13	04:00 AM
					10/24/13	03:30 AM
					10/31/13	01:30 AM

Janet Wimmer, Dodge County Human Services and Health Dept. Director, and Host Desiree Hoard discuss the Dept. The need for services continues to increase. The impacts of recession and recovery have a domino effect. A poor economy with high unemployment or underemployment causes people to lack the resources they need and social ills increase. Heroin abuse among young people has produced serious addictions. The positives and challenges of Obama Care were discussed. A number of people on BadgerCare will lose their coverage and have to go to the marketplace to get health coverage. Persons with questions can go to websites or call the county office. Needs for services are increasing while state and federal allocations are decreasing. There are mandated services that must be provided. There is the challenge to keep tax rates level. Meals for the elderly, transportation and specialized care had to be cut back. The biggest challenge is to provide access to mental health care and addictions treatment. There is a long waiting list to receive it.

<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>
PR13-42	30:00	15:00	L	PA/O	10/25/13	12:00 PM
					10/26/13	03:00 AM
					10/29/13	02:30 AM
					10/31/13	04:00 AM
					11/01/13	12:00 PM
					11/02/13	03:00 AM
					11/21/13	03:00 AM

Host Patti Hutton talks with T.J. Justice, West Bend City Administrator and Director of Development about development in West Bend. T.J. talked about the city's development goals. Every city has struggled through challenging times, but West Bend is seeing steady growth. A former manufacturing site has been redeveloped into condos, apartments and commercial properties through a TIF District investment. A significant amount of infrastructure was developed. The city's debt is being covered by new tax revenue. Eighty-five percent of growth comes from already existing companies. These businesses are growing and need to be nurtured by the city. The #1 need for businesses is an available, qualified workforce. The city is planning effectively for growth, while knowing their limitations and using new tools for growth. Wisconsin has traditionally been conservative in promoting growth and is trying to be more aggressive. T.J. briefly discussed the upcoming budget for the city.

PR13-42	30:00	15:00	L	PA/O	10/25/13	12:00 PM
					10/26/13	03:00 AM
					10/29/13	02:30 AM
					10/31/13	04:00 AM
					11/01/13	12:00 PM
					11/02/13	03:00 AM
					11/21/13	03:00 AM

Waukesha County Executive Dan Vrakas talks about the county with Host Jackie Kahlhamer. Making county government smaller is happening, even while it is the county is one of the fastest growing in the state. Difficult decisions are constantly being made. Their budget is the one of the lowest spending county budgets per capita. A lot of services have been privatized. When people come to human services with many different issues, they are seen by professional social workers, but there are also have many nonprofit agencies that the county partners with to provide help. The 2014-2018 Capitol Projects Plan was discussed. Waukesha County has strict financial standards. Making sure infrastructure is up to par is very important. The county is able to borrow money for 1.6% because of their AAA bond rating. Everything that is being done is in line with its strict 5 year plan. They have the largest county highway system in state. A lot of improving is being done. In the 5 year plan, technology is being utilized to reduce cost of labor and be very efficient. Lean initiatives are always being considered. The consolidated dispatch center saves cities money. It has been very successful and avoids duplication of expensive technology.

YOUTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR13-40	30:00	15:00	L	PA/O	10/11/13	12:00 PM
					10/12/13	03:00 AM
					10/14/13	10:30 AM
					10/15/13	02:30 AM
					10/17/13	04:00 AM
					10/24/13	03:30 AM
					10/31/13	01:30 AM

Host Desiree Hoard talks with Corey Klepp, Director of Raivu for Kids on the subject of "to live for kids." It is important to teach kids to live with a purpose and that they can do more than just get by. They will pick up what is put in front of them. If negatives are all that is put out, that can lead to negative choices. Using agriculture and the outdoors is a means of teaching youth about planting, harvesting and maintenance. To have a student on their knees digging in the dirt can be an incredible experience. Many kids have never been exposed to that. Corey is also working to start a residential home for children whose parents are not able to care for them. A lot of parents are not good role models for their children. It is hoped that what the youth will take home what they are learning and be good role models at home. Being positive and forgiving can change the dynamics of a household. He has seen changes in parents and in kids.

PR13-43	30:00	15:00	L	PA/O	11/11/13	10:30 AM
					11/21/13	03:30 AM

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

PR13-43	30:00	15:00	L	PA/O	11/11/13	10:30 AM
					11/21/13	03:30 AM

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

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PR13-47	30:00	15:00	L	PA/O	12/06/13	12:00 PM
					12/09/13	10:30 AM
					12/10/13	02:00 AM
					12/12/13	04:00 AM

Lisa Klindt Simpson, Coordinator of Safe Kids Southeast Wisconsin, discusses keeping kids safe with Host Desiree Hoard. Top childhood injuries include falls, playground & sports injuries and TV tipovers. Pedestrian injuries can affect teens who are walking while distracted. Button batteries can be swallowed by children. Injuries specific to winter occur as a result of sledding, skiing, and holiday decorations. Children should dress in layers in the winter. Exposed skin should be covered there should be no dangling scarves. Keeping hydrated is important. It is important to wear a helmet while sledding and making sure the hill is free of trees, stumps and bumps. A helmet can reduce head injuries by 80%. Parents should supervise and teach kids how to prevent injuries. Prevention helps to reduce the risk of injuries.

PUBLIC SAFETY

PR13-45	30:00	15:00	L	PA/O	11/15/13	12:00 PM
					11/18/13	10:30 AM
					11/19/13	02:30 AM
					11/21/13	04:00 AM
					12/05/13	03:30 AM
					12/12/13	03:00 AM

Dan Duchniak, Waukesha Water Utility Manager and Host Desiree Hoard discuss the need for a radium compliant water source. The City of Waukesha currently has 3 times the amount of allowable radium. Currently, they are treating the water, which is a short term solution. There is a need for more water. There is not an immediate health concern. Long term exposure to radium can cause bone cancer. The city must be compliant by June 2018. A new water supply must be developed for the maximum daily use. They believe that using Lake Michigan water is the most reasonable source. Southeastern WI's groundwater is unique. About 200 feet down is a layer of stone that does not allow the aquifer to recharge. The method of water usage now does not allow for it to go back into the ground. If Lake Michigan water were used, it would go back into the lake after being treated. The process to get the water has been extensive, with 3,000 pages of documents. A DNR revision had to be made. There will be an environmental impact statement coming up. The public will be able to give lots of input.

PR13-45	30:00	15:00	L	PA/O	11/15/13	12:00 PM
					11/18/13	10:30 AM
					11/19/13	02:30 AM
					11/21/13	04:00 AM
					12/05/13	03:30 AM
					12/12/13	03:00 AM

Host Desiree Hoard talks with David Pabst, WI Dept. of Transportation Safety Director, about safe driving. Deer are currently in the rut season. They are the largest animals that roam freely and can cause the most damage when involved in a vehicle crash. Drivers need to focus, scan left and right and slow down if they see a deer. If there is one deer, there probably is another. It is important to not swerve if a deer runs out in front of the vehicle. After an impact, the driver should pull off the road, put on the emergency flashers and call 911. Mr. Pabst cautions to not try to move a deer that is still alive. The rule of thumb remains the same for other types of animals that run out onto the road. Swerving can be done if on a motorcycle, and if the driver has the knowledge and ability to do so. Drivers should be observant at all times, have clean headlights and look for animal eyes. The first snow of winter is usually the worst. Drivers need to reacquaint themselves with winter driving. Slow down- speed limits are set for good weather. Don't go the speed limit in bad weather. Wear a seat belt, drive in the right lane and use the headlights. Four wheel drive does not help a vehicle stop or slow down better. Make sure the vehicle is in good condition and let other people know where you are going. Defensive driving should be a mindset of accident avoidance. Avoid distractions. Pull off the road to take care of them before continuing to drive.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR13-44	30:00	15:00	L	PA/O	11/22/13	12:00 PM
					11/23/13	03:00 AM
					11/25/13	10:30 AM
					12/05/13	03:00 AM

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

PR13-46	30:00	15:00	L	PA/O	11/28/13	12:00 PM
					12/02/13	10:30 AM
					12/03/13	02:30 AM
					12/05/13	04:00 AM
					12/05/13	11:00 AM
					12/10/13	02:30 AM
					12/12/13	03:30 AM

Alex Lichtenstein, Public Health Emergency Coordinator for the City of Watertown and Dodge County talks about preparedness with Host Desiree Hoard. Every health dept or tribe has a public health emergency plan, customized to each county or jurisdiction. Each plan starts with assessments of what hazards are out there, then it is developed to address those risks. A personal preparedness plan is encouraged for every citizen. In an emergency there are often more responders than victims. A disaster has more victims than responders. Resources are then stretched. People need to think through what they would do in an emergency. When something happens- either they will stay or go. If staying, they should have supplies to last 72 hours, including food, water, can opener, flashlights batteries and a weather radio. It is better to be over-prepared than under because a lot of variables take place. Winter preparedness was discussed. A kit in car should include blankets, hand warmers, a shovel, kitty litter & a car charger for the phone. A home disaster kit should include a wrench or tool to shut off appliances in the house, along with food, water and comforting items for kids. Check the kit yearly and swap out batteries. Water should be freshened also. Being prepared can make an event more endurable. It is difficult to think through what is needed during a crisis. Certain segments of society are less capable of assisting themselves. Responders need to be free to prioritize to help them. Prepared citizens are more likely to be able to help others. Putting together a kit with children involved is a good idea. It is important to go over the family plan so everyone knows where they will reunite. WI has a great preparedness website to help prepare and develop a plan.

CRIME

<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>
PR13-44	30:00	15:00	L	PA/O	11/22/13	12:00 PM
					11/23/13	03:00 AM
					11/25/13	10:30 AM
					12/05/13	03:00 AM

Host Patti Hutton talks with Dodge County Sheriff Pat Ninmann about substance abuse and crime. The county has a specialized team that works to keep drugs from entering the county. Petty thefts, vehicle thefts, home break-ins and prescription drug thefts are crimes that can occur because of substance abuse. Within the last 3 years, most of the drug related arrests occurred with people who started out abusing prescription drugs after an injury. The abuse can then turn to heroin. Drug abuse is a costly habit. The abusers might then become dealers. There is a lack awareness of alternatives for treatment. A lot of users don't know how to get treatment. Many have started with an injury, became addicted and don't know help is available. Sheriff Ninmann would rather have someone say they need help, as opposed to turning to crime. Burglaries often occur because someone is not thinking right (due to drug abuse.) Daytime burglaries are happening more. The drug abuse is occurring at younger ages- even in middle school. It is important to get the message to the youth about the dangers of it. Some parents are unaware their children are addicted to prescription drugs. Certain types of drugs should be secured in the home. Parents need to talk about prescription drug abuse with their kids. Citizens should call 911 if they see suspicious activity. Sheriff Ninmann cautions citizens to not step into a drug deal, but to let law enforcement handle it.

PR13-49	30:00	15:00	L	PA/O	12/13/13	12:00 PM
					12/14/13	03:00 AM
					12/16/13	10:30 AM

Dereck McClendon, Program Director for GENESIS in Milwaukee talks with Host Desiree Hoard about post incarceration support. It can be very dismal and depressing for those exiting prison and trying to re-enter society. They are coming back into a system that was moving and they have to jump into a spot in society. Challenges faced include housing, lack of an education and lacking common goods like clothing and others. They are excited to get out of jail but now often face rejection. A 5 phase program, which takes 3-5 years, was created to help those re-entering society. They are mentored in different areas to help them come to the place where they will be able to give back to society. Issues that they face in many different areas are addressed. Extending compassion while building hope is very important. Hope is everything. Encouragement to move forward is important to reducing recidivism. Donated items can be dropped off for the men to use. Mentors are extremely important. Six to seven thousand people will be released from prison this year. Dereck urges the community to get involved.

PR13-49	30:00	15:00	L	PA/O	12/13/13	12:00 PM
					12/14/13	03:00 AM
					12/16/13	10:30 AM

Host Desiree Hoards and Katie Linn discuss human trafficking. Katie is the Executive Director of Exploit No More. Wisconsin has the highest recovery rate in the country, which means human trafficking is out there. The FBI had done a one night sting and Milwaukee recovered the 2nd highest number of victims in the nation. The public must be educated because the community can be the driving force to mobilize against it. Resources need to be brought to the victims. More children are being pulled out of trafficking in the city. The girls that are victimized often have been runaways. A lot of money is made by the traffickers. Girls may meet a trafficker at the mall or develop an online relationship. Parents must be aware of what their children are doing and become aware of technology. They must also be aware of their children's relationships. Pimps do go after kids from good homes. Children who are rescued from traffickers face complex issues such as trauma and PTSD. There is not a specialized place for them to go to receive care and rehab. They often get picked up and put into a detention center (for charges such as prostitution.) Katie has a vision for a home that would offer long-term care. She gave some tips what to look for when out in public that could indicate someone is being trafficked. Peculiar tattoos can mean a girl is branded. Calling the police or a hotline can be done if there is suspicion. Awareness is the first step to rallying around this heavy topic.

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PR12-50	30:00	15:00	L	PA/O	12/23/13	10:30 AM
					12/30/13	10:30 AM

Deacon Steve Przedpelski, of the Franciscan Peacemakers, talks with Host Desiree Hoard about human trafficking. Human trafficking is forcing someone into sex work or manual labor. There is a growing awareness of the issue. Humans are used as contraband and sold and resold again and again. There may be some element of organized crime and drug trafficking. In the Milwaukee area, it is smaller groups of perpetrators involved. Victims are used and controlled and fear for their lives or their families lives. Deacon Steve has worked with medical personnel and social workers to help them know how to identify someone who could be a victim of human trafficking. Many are foreigners and their passports are taken away. Being aware of people and knowing something is not right can help set some victims free. Society has a very unhealthy idea of sexuality. It needs to be more holy and wholesome. Deacon Steve is looking to expand and open a home for women who have come out of exploitation to come and live in a community and receive the help they need.

HEALTH

PR13-39	30:00	15:00	L	PA/O	10/04/13	12:00 PM
					10/05/13	03:00 AM
					10/07/13	10:30 AM
					10/08/13	02:30 AM
					10/10/13	04:00 AM
					10/17/13	03:30 AM
					10/24/13	03:00 AM

Host Jackie Kahlhamer talks with Jody Langfeldt, Dodge County Public Health Officer, about the Dodge County Health Assessment. The priority for Dodge County has been determined to be nutrition and the lack of physical activity. They are now looking at the second phase to see what steps can be taken to bring solutions. Public Health is more focused on prevention and education. There can be relationships between chronic disease and these issues. Part of chronic disease does come from genetics. Diet and exercise can be used to improve chronic disease. The focus is control rather than curing. Quitting or never starting tobacco can be one of the biggest things to disease prevention. Public Health has moved to being population based- to make the population healthier in general through better choices. Working with families to limit screen time for children is part of the strategy. Activity and exercise does not have to cost a lot of money. A couple of years ago, Dodge County did not score well in food access. A number of the rural communities do not have a grocery store. People can be encouraged to use the farmer's market and other ways to access fresh fruits and vegetables. People can do little things to increase physical activity and improve health. Any amount can be helpful. Any amount of nutritious foods can be helpful. There are things that can be done to start small and improve health. Small steps can be encouraging and not set oneself up to fail.

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PR13-41	30:00	15:00	L	PA/O	10/18/13	12:00 PM
					10/19/13	03:00 AM
					10/21/13	10:30 AM
					10/22/13	02:30 AM
					10/24/13	04:00 AM
					10/31/13	03:30 AM

Kathy Clements, Hillside Hospice Social Worker and Host Desiree Hoard discuss Advance Care Planning. This is planning for care in the event someone is unable to speak for themselves. This enables the person to get the care they want and helps their family, who do not have to make the decisions. An advance directive is a legal document for (health) care, directing the type of care that is wanted, and what is not wanted. It is important to name someone else to speak for you if unable to do so. Decisions made are put into the document. These can include various types of health treatments that can be life prolonging. These may not always provide a good quality of life. The person is not giving up control by signing this. A healthcare proxy is someone who speaks for you when unable to do so. It is very important to talk with family members so they don't have to second guess themselves. If someone changes their mind about their healthcare, they can fill out a new document. It can be helpful to speak to others about the document when considering what to put in it. Children should be informed honestly about it, at a level they can understand.

PR13-29	30:00	15:00	L	PA/O	10/18/13	12:00 PM
					10/19/13	03:00 AM
					10/21/13	10:30 AM
					10/22/13	02:30 AM
					10/24/13	04:00 AM
					10/31/13	03:30 AM

Host Desiree Hoard discusses grief support with Hillside Hospice Chaplain Dennis Richards. People often have fear and anxiety when they are in a hospice. The hospice gives information as to what could happen in the dying process. It also brings hope and understanding. The grieving process starts the moment someone realizes the loss. The hospice patient doesn't know what to expect. There may be pain and confusion. The family may be scared if the patient says odd things. The earlier the grieving process starts, the better. Everyone grieves differently. People must allow others to grieve in a way that will bring healing to them. Everyone grieves differently because of their background. They experience losses which add up and can affect them during the grieving process. There are stages of grief. It does get better, but the pain can still come flooding back. Support groups, getting spiritual help and counsel from someone else can be helpful. It is a good idea to not make any big decisions early on in the grieving process. Chaplain Richards recommends taking children along to the funeral or memorial service. They need to grieve also.

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PR13-46	30:00	15:00	L	PA/O	11/28/13	12:00 PM
					12/02/13	10:30 AM
					12/03/13	02:30 AM
					12/05/13	04:00 AM
					12/05/13	11:00 AM
					12/10/13	02:30 AM
					12/12/13	03:30 AM

Host Desiree Hoard discusses curbing tobacco use with Dianna Forrester, Tobacco Control Specialist & Coalition Coordinator for the Tobacco Free Community Partnership for Dodge Jefferson Waukesha and Dona Wininsky, Director of Public Policy & Communication for the American Lung Association. Tobacco use is the #1 cause of preventable death. There are now a lot of resources to help someone quit. Tobacco use can cause lung, mouth and larynx cancers and affects heart disease. Smoking affects every major organ and it also affects sleep. The WI smoking rate is 17%. The national rate is 9%. Tobacco use can be reduced by de-normalizing smoking, smoke free air laws and high prices. Secondhand smoke laws have been put into place, which have resulted in overall improved air quality. There are types of tobacco products that are colorful and candy flavored which are very attractive and affordable. Kids tend to be drawn to these. There are still health risks from using smokeless tobacco products. WI Wins goes to licensed places and has youth attempt to purchase tobacco products. If they are able to buy them, a law officer will then go in and educate employees about selling to minors. They could receive a citation.

PR13-47	30:00	15:00	L	PA/O	12/06/13	12:00 PM
					12/09/13	10:30 AM
					12/10/13	02:00 AM
					12/12/13	04:00 AM

Host Desiree Hoard talks with Sue McKenzie, Co-director of Rogers InHealth, about reducing the stigma of mental illness. The stigma attached to mental illness is based on false ideas that can keep people from getting help. It often takes time to understand what is going on when someone is suffering from mental illness. People can be afraid that others will find out. Families can feel hopeless. It is estimated that 40% of people are affected by mental illness over the course of their lifetime. It is very important to get help early. Waiting too long is not good. The sooner treatment starts, the sooner a turnaround can begin. Besides the stigma, treatment can be hindered by access, finances, not enough mental health providers or counselors trained in specific areas. A new website has been created that takes evidence of what reduces the stigma. It has short stories about people in recovery and shows them as a whole person. Recovery can be enhanced by connecting with peers who have been there. Peer support is very important. It also helps families talk about what they dealt with and to be able to see someone move from the place of fear to joy.

PR13-50	30:00	15:00	L	PA/O	12/23/13	10:30 AM
					12/30/13	10:30 AM

Tonette Walker, First Lady of Wisconsin and Host Desiree Hoard discuss wellness. Being active and connected to the community are means that contribute to our wellness. People should know their number (blood pressure.) There are different ways to be active. Mrs. Walker started a Walk with Walker program encouraging walking in state natural trail areas. Putting on an exercise video at home is also an option to get moving. It does take motivation. It is a good idea to choose fruit over other non-nutritional snack foods. The 3-bite rule was discussed. If a dessert is really wanted, taking 3 bites of it can help someone feel they are not deprived. Our health plays a big part on how we feel emotionally. Making small changes can lead to better health. Schools are doing a good job of teaching health and nutrition. Emotional health is a top priority. Life is stressful. People should take time to relax, breathe or read a devotional. A good thought process is important. People's well-being and success go hand-in-hand. Changes don't have to be extreme. Being active as a family is good. It is better for them to work together and change. It's never too late to do so. Winter has its challenges but there are ways to be active in cold weather.

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>
700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	10/07/2013 02:00 PM
#10072013						

CBN News Reporter, Lorie Johnson, reports carbohydrates give us energy. When we eat more carbohydrates than our body's energy requirements demand, those extra carbs are turned into body fat. Body fat is simply fat that is being stored for later use. When we eat fewer carbohydrates than our energy needs require, such as in times of famine, our body gets its energy by burning the stored body fat. The good news is we don't have to go without food to burn the stored body fat. We just have to go without carbohydrates. But carbohydrates aren't just desserts. They include whole grains and fruit. For example, a piece of whole wheat bread has 20 grams of carbohydrates and one banana has 27. The key to giving up carbohydrates is replacing them with some protein, and a lot of fat. That includes monounsaturated fat like nuts, avocado, salmon, and olive oil. It also includes saturated fat like eggs, cheese, butter, coconut oil, and bacon. However, stay away from vegetable oils, also known as Omega-6 fats, and steer clear of trans fats, both of which cause inflammation. Many doctors, and even the government, tell us to avoid saturated fat because they say it causes heart disease. A growing number of physicians say saturated fat is good for you. Not only is saturated fat the optimal fuel for your brain, it also provides building blocks for cell membranes, hormones, and hormone-like substances. It acts as carriers for important fat-soluble vitamins A, D, E and K. It is required for the conversion of carotene to vitamin A, and for mineral absorption. It acts as an antiviral agent. It modulates genetic regulation and helps prevent cancer. Inflammation comes from eating too many carbohydrates, not from high cholesterol. HDL cholesterol is good, as well as some LDL cholesterol, but only the large, fluffy particles, known as Pattern A. On the other hand, the small, dense LDL cholesterol, known as Pattern B, does indeed cause heart disease. Those small, dense LDL particles come from eating a diet that's high in....not saturated fat....but high in carbohydrates. Most people get blood work at their doctor's office that reveals their HDL and their LDL cholesterol levels. The problem with that is that knowing your total LDL number is not helpful. You need to know the number of your small, dense particles. Fortunately, you can know and it's easy. You just have to ask. Tell your doctor you would like to have the NMR lipoprofile test. That test gives you the total LDL number and also how many small particles you have. You want the small particles to be 20 percent or less of the total LDL. It's easy to get and all major labs offer it. Most insurance policies cover the test as well. Best of all, even if your doctor were to refuse to order it, you can order it yourself via a third-party, or you can order the test online and get blood drawn locally. What if your number of small, dense LDL particles is greater than 20 percent of your total LDL number? You need to make changes in your diet. Remember, those small dense particles are caused by eating too many carbohydrates, trans fats, and industrialized Omega-6 fats, found in cooking oils like vegetable oil, soybean oil, corn oil, etc. So eliminate those harmful fats, drastically reduce your carbohydrate intake, and watch those small, dense LDL particles disappear. You will be amazed how fast it happens. While we are on the subject of tests your doctor runs, make a note of your triglycerides and your HDL. According to recent research, a high triglycerides number combined with a low HDL number is a predictor for a very high risk of cardiovascular disease. Your triglycerides should ideally be under 100 and optimally under 70. Your HDL cholesterol should ideally be over 50 and optimally over 70. Consume less carbohydrates in your diet to drop your triglycerides enough and eat more fat, especially saturated fat, to raise HDL. High sensitivity C-Reactive Protein (hsCRP for short) is a simple blood test any doctor can have run to measure for inflammation. Your target for this one is under 1.0. A low-carbohydrate, high fat diet is controversial among doctors, and goes against conventional wisdom. But a growing number of doctors say success stories are making them take a closer look at how a low-carb, high fat diet might help their obese patients.

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700 Club CBN NewsWatch #10172013	1:00:00	5:00	REC	PA/O/E	10/17/2013	02:00 PM

Health

CBN News Reporter, Lorie Johnson, reports for the first time, the Centers for Disease Control is warning you could get an infection that even our most powerful drugs can't kill. There might not be a thing doctors can do if it happens to you. For 70 years, we've relied more and more on antibiotics to fight infections -- so much that some bacteria have strengthened to the point that drugs can no longer kill them. An alarming CDC survey reported that these bacteria infect around 2 million Americans each year, killing 23,000 of them. At the top of the list is C-Diff, a bacterial infection that targets the intestinal tract and kills 14,000 people a year. That's followed by drug-resistant gonorrhea, an infection making up about one-third of the cases of this sexually transmitted disease. Then there's CRE, a respiratory bacteria infecting 9,000 hospital patients each year, killing half of them. The CDC blames this resistance on the overuse of antibiotics, to the extent that half of the prescriptions given by doctors aren't even necessary. Antibiotics kill only infections that are bacterial, not viral. However, most of the time when sick people go to their doctor's office, they have a viral infection and therefore, they don't need an antibiotic. The problem is, there's no reliable way for doctors to instantly know whether an infection is viral or bacterial, so doctors tend to give all their sick patients antibiotics to help the few patients who actually need it. Antibiotics aren't just overused in humans, they're also unnecessarily given to animals raised for food. In fact, animals receive 80 percent of all antibiotics, and much of that goes into their food. It becomes a health issue for humans when antibiotic resistant bacteria gets passed from animals to people. The Food and Drug Administration has asked livestock producers to voluntarily stop adding antibiotics to feed, but not many have complied. Antibiotic overuse is only part of the problem. To make matters worse, drug companies aren't making many new antibiotics to replace the old ones that aren't working any more. Drug companies need to make a profit, and these days there's not much money in antibiotics. As a result, only two new antibiotics have been developed in the last five years. Compare that to the mid-1980s, when during a period of just four years drug companies developed 16 new antibiotics. So while using antibiotics less and developing new ones slows down the spread of drug resistant infections, we can also better protect ourselves from getting them. Hand washing, avoiding people with infections, and getting a good night's sleep go a long way. Hospitals also need to reduce infection. Check with your state health department to see which hospitals have the lowest infection rate. Many hospital infections strike at contact points where devices go into your body. So the sooner they are out, the better. While antibiotic-resistant bacterial infections pose a critical health threat, the trend can be reversed.

Health

700 Club CBN NewsWatch #10222013	1:00:00	5:00	REC	PA/O/E	10/22/2013	02:00 PM
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CBN News Medical Reporter, Lorie Johnson, reports fourteen million young people between the ages of 20 and 40 take the prescription drug Adderall, or one like it, to treat Attention Deficit Disorder. Many who take it and even those who prescribe it believe it's helpful, or at least harmless. But that's not always the case. Adderall is prescribed for people with Attention Deficit Disorder, or ADD. It works on the brain to help them focus. But some people who don't have ADD believe Adderall helps them focus, too, and take it to help them study. An estimated one in five college students take Adderall, largely unaware of the physical danger and the legal danger. It's a felony to give your prescription to someone or use someone else's prescription. Adderall is a Class 2 Narcotic, an amphetamine similar to cocaine. It can be very addictive.

Health

700 Club CBN NewsWatch #10232013	1:00:00	5:00	REC	PA/O/E	10/23/2013	02:00 PM
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Robin Mazyck and Jennifer Wishon, Washington, D.C. Bureau Chief and CBN White House Correspondent, reports you can't go wrong with the perfect pair of shoes. The right color and style can make you feel like a star --but put on the wrong pair, and it's sheer agony. Many women spend a lot of money on shoes that may not see the light of day. The average American woman owns 17 pairs of shoes, but only wears three on a regular basis. But not everyone can walk in the store and buy shoes off the rack. Some women choose fashion over sensibility and eventually end up in the office of a podiatrist. Most people will walk some 75,000 miles by the time they're 50 -- that's like walking around the Earth five times, which is why it's so important that we take care of our feet. And although millions of men and women suffer from foot problems, many won't bother to see a doctor. The most common problems: Pain in the heel, arch and ball of the foot. Tendon issues in the ankles, bunions, hammer toes. Problems with toenails, ingrown and otherwise. And we make these worse by wearing the wrong shoes. If you have fallen arches, you'll need more support than the typical shoe may give. What about those painful bunions and hammer toes? They're usually hereditary, but wearing the wrong shoes can also cause those problems. And when it comes to ingrown toenails, you can usually prevent those by cutting them yourself, straight across. If you must wear a dress shoe, look for one with a heel that's two inches or less. If you walk a lot, choose shoes for comfort such as a sneaker that gives you nice arch support. An orthotic in your shoe is always an option. There's nothing worse than walking around in an uncomfortable pair of shoes, no matter how good looking they are. But trends are changing and that's good news for your feet.

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

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #11252013	CBN	1:00:00	5:00	REC	PA/O/E	11/25/2013 02:00 PM

CBN News Medical Reporter, Lorie Johnson, reports November is Alzheimer's Awareness Month. Today an American develops Alzheimer's disease every 68 seconds. Its victims are often younger than you might think. So little is spent on Alzheimer's research: only \$500 million a year. Compare that to \$6 billion for cancer research, \$4 billion for heart disease research, and \$3 billion for AIDS research. Even though Alzheimer's hits its victims and their caregivers the hardest, the cost hits us all, and it's going to get worse. This year more than \$200 billion will be spent treating our 5 million Alzheimer's patients. And as Americans age, the number of Alzheimer's patients is expected to hit 16 million by 2050, along with \$1 trillion a year in medical costs. Although there's no cure or effective treatment for Alzheimer's, scientists say our everyday lifestyle choices can make a big difference. Studies show diets high in sugar raise your risk of Alzheimer's. Also, seniors who ate lots of trans fats had smaller brains, one of the hallmarks of the disease. That same study found that seniors with the largest brains ate diets high in vitamins B, C, D, E and Omega-3 fats. Coconut oil may also help prevent Alzheimer's. It reportedly reversed the symptoms in hundreds of patients. So while nourishing your brain may help, challenging it can, too. For instance, people who speak more than one language have lower rates of Alzheimer's. Doctors also recommend doing crossword puzzles and other brain-teasing games. They also advise staying mentally engaged in life, like working. In fact, a recent study found that those who delay retirement decrease their risk by 4 percent each year they stay on the job

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700 Club NewsWatch #12122013	CBN	1:00:00	5:00	REC	PA/O/E	12/12/2013 02:00 PM

CBN News Medical Reporter, Lorie Johnson, reports about cell phones and cancer. It's a connection that's been discussed for years, but we still don't know for sure if there's an association. But one possibility does appear to exist, at least among some women. It all depends on where they carry their phone. Millions of women, especially young ones, choose to keep their cell phone in their bra. It's convenient because it allows women to ditch their purse and remain hands-free. Also, many women's clothes are without pockets. So without a purse, the bra is the obvious choice for many for storage. Furthermore, in noisy environments, when they ordinarily wouldn't hear cell phone ring tones, women like placing their cell phones on vibrate mode and placing it in their bras to continue receiving calls. A recent survey reveals 40 percent of college females place their cell phone in their bra at least some time during the day. Three percent report doing it for more than 10 hours a day. But since cell phone technology is fairly new, evidence from critical long-term studies simply isn't available yet. Women carrying cell phones in their bras is, if anything, becoming even more popular. In fact, bras with pockets for cell phones are now on the market. Most cell phone companies acknowledge some risk. For example, Apple advises keeping the iPhone more than a half-inch from the body. But such safety guidelines are often overlooked. So according to some breast cancer survivors and the doctors who treat them, women should declare the bra a "no phone zone" before it's too late.

Health

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700 Club NewsWatch #12182013	CBN	1:00:00	5:00	REC	PA/O/E	12/18/2013 02:00 PM

CBN News Medical Reporter, Lorie Johnson, reports it sounds strange, but people are starving themselves into obesity. Our bodies crave the nutrients found in healthy foods. But if you eat food that's missing those vital nutrients, you'll just keep craving more food. Unfortunately, our food supply is sorely lacking micronutrients, the vitamins and minerals we need to live healthy lives. Even fresh fruits and vegetables are a lot less nutrient-rich than they were a couple of generations ago. Micronutrient deficiency can lead not only to obesity but a whole host of other health problems. Everyone knows that going without food causes malnutrition. But people who eat plenty can also suffer from it and become very sick. According to government statistic, micronutrient deficiency affects 90 percent of Americans, which means nearly all of us lack at least one critical vitamin or mineral necessary for good health. Topping the list of micronutrients most people are lacking are potassium, calcium, magnesium and vitamins A, D and E. Processed food is the major culprit. It's estimated that one quarter of the calories the average person consumes is completely void of any nutritional value whatsoever. Those are called "empty" calories. But it gets worse: some foods even take away micronutrients. For instance, the phosphoric acid in carbonated drinks interferes with your body's ability to absorb calcium. Not only is processed food health enemy No. 1, but there is a shocking health hazard in the produce section of your grocery store. Most people are unaware of the fact that fruits and vegetables are severely lacking in the vital micronutrients they contained just a generation or two ago. For instance, apples contain 77 percent fewer minerals than they did 80 years ago. This is a trend observable with most produce. The major reason for this change is over-farming, which robs the soil of precious micronutrients that used to be absorbed into the food. Also, shipping produce long distances adds to the problem. Picking it too soon and exposing it to light, heat, and air for a long time, all take away micronutrients. That's why buying local produce is a healthier alternative. In addition to fresh produce, fresh meat is also lacking the vital micronutrients it once contained. This is because of the ravages of factory farming. Most animals raised on factory farms never see the light of day and are fed unnatural, unhealthy grains or worse. A much healthier alternative to factory farmed beef is grass-fed beef. Micronutrient deficiency isn't just about an unhealthy diet. There are lots of lifestyle habits we choose that deplete our body's reserve of vitamins and minerals. Smoking, living in a polluted city, stress, prescription medicine, even exercise, all deplete our body's reserve of vitamins and minerals. So to make up for what your body's missing, take a supplement. But choose carefully. It should also be designed to take more than once a day to account for water solubility. So while the standard American diet and lifestyle can lead to malnutrition, we can get the micronutrients our bodies crave by avoiding processed food, eating more local, organic produce, and supplementing properly.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Doctor to Doctor #369	28:30	28:30	REC	PA/O/E	10/01/2013	11:30 AM

Dr. Jill Westkaemper discusses maintaining a healthy weight. Proper nutrition is crucial to maintaining a healthy weight. Ideally you want to eat three meals and two snacks a day. You want to at least feed your body every four to five hours throughout the day to keep your metabolism going. Knowing portion size is important. Proper portions are, for example, three ounces of protein, which is the size of a deck of cards. Two tablespoons of peanut butter is also a serving of protein. A vegetable serving is the size of a baseball. Drink plenty of water and fluids throughout the day. Daily exercise is very important. Take vitamins for nutritional supplementation. The trick to eating treats is planning them in the proper portion and scheduling them so that you don't over indulge. Establish a good follow up plan by tracking what you eat. Get a good support system. Weigh yourself every two to three weeks. If you're doing everything right but begin to struggle with losing weight, maybe it's time to see a doctor and have blood work done to check your thyroid and hormone levels. Subtle changes with thyroid include problems with hair and skin, weight gain, fatigue and feeling cold all the time. Follow good nutrition, exercise, take care of yourself, have a positive mind set, enjoy your life, and you will continue to be successful. **Dr. Jay-P. Fite** discusses stress management. Stress is recognized as the number one killer today. The American Medical Association stated that stress is the cause of eighty to eighty-five percent of all human illness and disease. Every week ninety-five million Americans suffer from some kind of stress related symptom for which they take medication. Ninety percent of all visits to doctors are due to stress related symptoms. The five most common symptoms of stress are neck and low back pain, headaches, sleep disturbances, fatigue, and stomach disorders such as irritable bowel syndrome (IBS). Emotional stress is another common type of stress. It is important to identify what contributes to your stress emotionally or physically. To help combat stress plan to do something fun, accentuate the positive in every situation, get away from negative people, exercise, and pray. Physical stress is another common type of stress. The way you bend, the way you lift, and the way you sleep can all affect the body. Never bend or lift anything that your feet are not pointing to. Make sure your work desk area is set up properly with the monitor at eye level and you are not reaching for your computer. Use your chair's back support. Proper sleep is important. Never sleep on your stomach. Sleep on your back with a few pillows under the knees and a pillow under the neck. If you cannot sleep on your back, the best way to sleep is on your side in the fetal position with knees bent, a pillow between the knees, and a pillow under the neck. Be sure to alternate sides so you don't put more pressure on one side than the other. If you experience symptoms such as constipation, diarrhea, or ulcers, these symptoms are not normal. See a physician to determine the cause of these symptoms. Drink plenty of water. The actual water rule is you should drink half your body weight in ounces. **Dr. Malcolm Hill** discusses making healthier food choices. Healthy choices are fruits and vegetables, raw nuts, seeds, and whole grains; earth foods grown from the ground. When shopping at the grocery store, it is best to shop on the outer aisles where you will find produce; fruits and vegetables. These foods will help to fight against obesity, high blood pressure and high blood cholesterol, diabetes, cancer, and various diseases that many Americans are faced with today. Foods found in the middle aisles of the grocery store are usually processed and refined. These foods contribute to the diseases many Americans face today. Here are some healthier alternatives. Replace cow's milk with almond, soy or rice milk, which do not have the cholesterol, saturated fat, and hormones found in the dairy cow's milk. Replace dairy cheese, cream cheese, and sour cream, with cheese made from soy. If you like hamburgers, try veggie burgers. A great substitute for dairy ice cream is ice cream made from soy, almond or rice milk. Soy sausage, soy bacon, and soy chicken are also healthier alternatives. If you like white pasta or white rice, a great substitute would be whole wheat pasta or brown rice, which contains vitamins, nutrients and fiber that are healthy for the body. White pasta and white rice are basically starches that turn into sugar in the blood stream which is not healthy for the body. The healthiest foods that you can consume are going to be a plant based diet.

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Doctor to Doctor #370	28:30	28:30	REC	PA/O/E	10/08/2013	11:30 AM

Aaron McCargo Jr. discusses getting healthy in the kitchen. Every diet is different. Eat most foods in moderation, except when you must follow a renal diet or a strict diet. Here are a few healthy tips. Cut back on salt intake. Use fresh herbs and spices to enhance the flavor of your food. Make a grocery list before shopping. Drink plenty of water while preparing meals. Use citrus fruits instead of salt. Pay attention to fat in the diet. When frying food, select healthier oils such as canola oil, grapeseed oil or vegetable oil, or try oven frying instead. Use extra virgin olive oil to enhance the flavor of salads and vegetables and have fresh fruit for dessert. **Dr. Walter Paschall** discusses eyecare in developing countries. Proper nutrition is beneficial for eye development. Colorful foods are best for the eyes; particularly those that are red or orange. Eye charts, pictures, and microscopes are used in eye examinations. There are forty million people in the world who are blind. Half of them are blind from things that could either be prevented or could be treated, like cataracts, which just means that the lens is no longer clear. If the lens is removed with surgery the person can see clearly again. A few simple things to help protect the eyes are to let children play with things that are safe, use safety glasses, and wear sunglasses with UV protection. **Dr. Sandra Baucom** discusses adolescent rebellion. Somewhere between the ages of eleven and fourteen a psychological change occurs and the child begins to develop his or her own individuality, often imitating peer group norms instead of family norms. Reacting to rebellion by screaming, yelling or finger pointing only makes matters worse. Instead develop new strategies to deal with this adolescent rebellion and continue to guide them and set appropriate limits so that as they mature into adults they can follow family values. Avoid vocal confrontations. As the parent, always stay in control. Be calm and walk away if necessary. Acknowledge good behavior and ignore poor behavior. Use privilege limitations to help mold them to make the correct choices. Humor can also help diffuse conflict.

Health

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Doctor to Doctor #371	28:30	28:30	REC	PA/O/E	10/15/2013	11:30 AM

Dr. David Batt discusses Osteoporosis prevention. Osteoporosis is found most often in women, however, men can also develop Osteoporosis. Osteoporosis is a condition that causes loss of bone mass so that the structure of the bones eventually become weak enough that people fracture. If an older person experiences a fracture, side effects they can develop are pneumonia or blood clots, aside from the fact that the fractures are very painful and can often lead to a disability or need for a hip or some other joint replacement. The key to treating Osteoporosis is prevention. Osteoporosis is a disease that actually begins in teenage years. Not taking enough calcium or vitamin D, not building up bone mass, smoking, a loss of estrogen, steroid use, drinking too much alcohol, not getting enough exercise or sun exposure, all contribute to the development of Osteoporosis. Osteoporosis is asymptomatic; there is no symptom for Osteoporosis until a fracture occurs. It's important to get plenty of exercise and have at least 15 or 20 minutes of sun exposure three or four times a week to increase the vitamin D in the skin. Vitamin D helps to absorb calcium. The recommended amount of calcium is 1,000 to 1,200 mg daily. Most women in their early fifties should have a dexascan or bone mineral density test. This is a painless scan where the strength of the forearm, the bones of the back, and the bones of the upper leg are analyzed. Osteoporosis can be genetic. Other causes for developing low bone mass are poor absorption, thyroid abnormalities, glandular problems such as para thyroid disease, and use of medications that wash calcium out of the body. In many cases, there are drugs that are used to increase bone strength. The important thing is that if anyone has low bone mass and is developing Osteoporosis, the risk of fractures can cause significant disability and even mortality, therefore, taking calcium, taking vitamin D, getting plenty of exercise, and getting a bone mineral density test is probably one of the most important things that one can do in addition to routine screenings for other health problems. **Dr. Dale Peterson** discusses surviving the flu season. The winter months are the flu season primarily because people tend to stay indoors and there is more person to person contact, as well as greater demands on our immune system. If you want to prevent the flu it is important to maintain strong immune systems. A number of steps to take are to drink plenty of water, which is indicated by urine that is pale in color. It is very important to avoid processed foods. Eat more fruits and vegetables. Include certain grains in your diet. Onions and garlic also provide anti-bacterial or anti-viral effects, as well as ground flaxseed, which contain lignins that have anti-viral properties. It's important to limit alcohol consumption. Get an adequate amount of sleep, which is being able to wake up without an alarm. This is important because many of the things that the body uses to ward off viral infections are produced primarily during our sleep cycle. It's helpful to remain physically active, doing a moderate exercise such as brisk walking three to five times a week. Wash hands often, which can decrease the incidence of stomach flu by up to a third. Use a disinfectant gel. Take a multivitamin mineral supplement, as well as vitamin C. The recommended amount of vitamin C is 1,000 mg daily in adults and 10 mg per pound in children. Take vitamin A in the supplemental form of beta carotene. The recommended amount of vitamin A is 25,000 international units daily as a preventative. Colostrum can be taken to boost areas of the immune system, as well as calm down areas of the immune system that might be overactive. Two capsules twice daily is the typical amounts in adults and one capsule twice daily in children. Some herbal products worth knowing about are elderberry extracts containing a substance called anti-viran are extremely efficient at getting rid of influenza or any other viral infection. If you're hit with the stomach flu, immediately go to clear liquids until things subside, avoid milk products for at least two weeks, and psyllium husks can be used to help to firm up stools. If you're hit with the hard flu; influenza A or B, it is characterized by high fever, dry cough, severe muscle aches, and it can be complicated by things like pneumonia, dehydration, sinus infections, ear infections, or worsening of underlying medical conditions. Immediately get on the viral blockade, and bump up the amounts of vitamins A and C in your diet. By taking these basic precautions you can significantly lower the risk of catching influenza. If flu strikes, its severity and duration can be significantly lessened by supporting your body's ability to fight back. **Dr. Carl Schmidt** discusses mental health. Many areas of mental health deal with things like depression, anxiety, even sleep disorders. With children we often think of A.D.D. or attention deficit disorder, and many young adults or middle aged adults, are on prescription drugs for that too. As people age, dementia or Alzheimer's are possibilities. Many of the things we do on a daily basis are setting us up for mental health disorders, which can be prevented or greatly reduce their outcome. We want our mind to work very effectively. Our mind needs very high levels of essential fatty acids; good oils, nuts, seeds, sea foods, not fried, but baked or grilled are really good for the brain, and supplementing in supplements that carry DHA or EPA are very useful for brain. Another type of oil molecule is in a vitamin area called Lecithin. Lecithin has components called phosphatidylcholine and phosphatidylethanol which are very important. The membrane of nerve tissue is made up of what is called a diphospholipid membrane and it takes these good oils. Foods that have those are eggs and certain dairy like cottage cheese. Eggs are very effective in giving us many complex nutritional factors that are very important for our brain and other body functions. Look for quality eggs. The other thing that our brain needs is phosphatidylcerine in supplement form, as it greatly nourishes your adrenal glands. Certain prescription drugs can interfere with mental health. Even hormone replacement could have an effect on the neurotransmitter and create a neurological condition whether it's depression or mood disorders. Be proactive if experiencing recall difficulty. What you can do now could prevent or greatly postpone serious conditions like alzheimer's or dementia. Supplementing with good diet, hydration, iron, and things that make the oxygen levels effective are really key to

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good mental health. Prevent mental disease before it happens and take care of yourself. Drink plenty of water, get exercise for good oxygen, and you'll be much better for it.

Health

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Doctor to Doctor #372	28:30	28:30	REC	PA/O/E	10/22/2013	11:30 AM

Dr. Bob DeMaria discusses obesity. Sixty percent of Americans have a challenge with obesity. Obesity is being overweight. The number one reason is that we eat a lot of food. Find some friends to go to the gym and do purposeful exercise. Start reading food package labels. Avoid foods with added sugar. Look at the total sugars and natural sugars. If natural sugars, for example, are 6 grams and total sugars are 14 or 15 grams, you will know that there have been grams of sugar added to the product, and that alone can increase your weight challenge. Have calorie awareness. Start looking at the number of calories that you are putting inside your body. You want to have an optimally functioning liver to process nutrients to help you lose weight. Water and fiber promote regular bowel movements. Avoid refined foods. Start your day with a protein: a vegetable protein, including radishes, including tomatoes, and including celery, which is one of the best foods for losing weight; an animal protein; a nut protein; or a bean protein. One gram of sugar is equivalent to 4 calories. Minimize the amount of sugar you are putting into your body on a regular daily basis. Dr. Bob starts his day every day with an 8 ounce glass of warm water with a wedge of lemon. You squeeze the lemon in the water, you eat the lemon after you drink the water, and that promotes liver function. Typically, Dr. Bob has breakfast, a mid-morning snack, a mixed green salad with a variety of vegetables for lunch, an afternoon snack, and vegetables and a protein for dinner. He exercises at least 150 minutes every week and gets to bed early. People who do not have enough vitamin D have a hard time losing weight. Have your thyroid checked by your prescribing healthcare provider. Make sure you're eating some apple, beets, and carrots to keep your liver and gallbladder functioning optimally. Move it to lose it. Get moving. Drink more water. Avoid those sweet drinks. I promise you'll be glad you did. **Dr. Madhukar Kaloji** discusses sleep disorders. The two most common sleep disorders are insomnia and obstructive sleep apnea. The most common problem that affects the majority of the general population across the United States and possibly the rest of the World, is sleep deprivation. Sleep deprivation is the most common cause of day time sleepiness. Sleep deprivation can lead to poor daytime functioning. It can lead to traffic accidents. It can lead to poor judgment and decisions. One of the best things you can do to avoid sleep deprivation is to make sure you commit yourself to 7 1/2 to 8 hours of sleep every night. This means you have to regulate your sleep schedule during the week and on weekends you can give yourself an extra hour to catch up with some more extra sleep. In order to do that we have to commit ourselves to fixing our bedtimes and wakeup times and avoid any stimulating activities such as exercising too close to bedtime, or taking a hot shower too close to bedtime, since these can result in you actually feeling more awake than you are supposed. Avoid caffeinated beverages ideally after lunchtime or after 2:00 p.m., since caffeine has a long path life and stays in your system for quite a while. Patients who suffer from insomnia, which is difficulty falling asleep or difficulty maintaining sleep, should not force their sleep. One technique that is used is stimulus control where you train your mind to use the bedroom only to fall asleep. If you witness that an individual is snoring and also notice that the individual is either taking shallow breathing or quits breathing in sleep, this can be the sign of a serious condition such as obstructive sleep apnea. Hypertension has been shown to be associated with obstructive sleep apnea, regardless if the patient is overweight or has any genetic factors involved. If you know someone who has a history of snoring and wakes up multiple times in the night, sometimes with a choking sensation, then have them see a qualified sleep specialist who can then order a sleep study for that patient. There are other conditions such as narcolepsy, which is common in young people and is genetic. If you have relatives that are acting in their dreams, then this can be a warning sign of a sleep disorder called REM sleep behavior disorder. This happens when the person, usually an elderly person, is acting in their dreams. They are engaged in their dream and they start acting. This may lead to some violent consequences if they think they are being approached by someone, etc. Maintaining healthy sleep is very important. What you do during the day depends a lot on how well you slept the night before, whether it's your driving, whether it's your decision capabilities, whether it's your mood and so on. Make sure you maintain healthy sleeping habits, avoid excessive caffeine, and do not use alcohol as a nightcap. If you think you have sleep disorder, seek help from a qualified sleep disorder specialist. **Dr. Stefan Flink** discusses allergies and intolerances to food. Allergies have the symptoms of runny nose, coughing, sneezing, and intolerance. Intolerance is the body's inability to process or digest foods or chemicals properly and, as a result, it creates stress to the body, organs, and tissues in your systems that will eventually, over a period of time, have an impact on your overall health and wellbeing. Various factors contribute to the body becoming toxic. When these chemicals are eventually broken down they will affect your immune system, circulatory system, and eventually your organs and tissues, specifically your liver, gallbladder, and your kidneys. Your liver and gallbladder are affected in such a manner that actually tries to get rid of your toxins through the skin and sinus membranes. When these toxins get to your sinus membranes that's when you get symptoms of runny nose, coughing and sneezing. When you don't get any symptoms, what will happen are these foods and chemical will go through your digestive system and will irritate your digestive system causing it to get inflamed. As a result, your body will be exposed to toxins and then you become more sensitive. Then eventually you will develop allergies later in life and that can happen by an ongoing

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eating of foods and taking medications that your body can't tolerate and deal with effectively, and your body develops symptoms. Stop eating unhealthy foods and start eating dark green vegetables. They will help the body eliminate toxins quicker, they will help get rid of the toxins, start balancing out the electrolytes, minerals and digestive enzymes in the gut, allow your body to digest food properly, will help shrink your gut, and allow your body to be more effective as far as digesting foods and absorbing nutrients. Drink plenty of water. Water will help flush the circulatory system, lymphatic system, and digestive system out. Eliminating these toxins out of your system will make your body become more adapt to deal with the stresses of the foods that you may take in, or choose to take in, in the future, so you don't have sneezing attacks or coughing symptoms when you eat or drink something, or are exposed to something. Your body becomes stronger with the foods that your body is made to eat and those are dark green vegetables and good quality water.

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Doctor to Doctor #373	28:30	28:30	REC	PA/O/E	10/29/2013	11:30 AM

Health

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 within the last five years that they needed professional treatment. Fifty percent of adult workers in the United States reported having back pain within the last year and eighty percent of us can anticipate having a back problem at some point in time. One back pain mistake people make is when you think your age is the reason why you have back pain. Lifestyle changes contribute to back pain, not age. It's not that you've gotten older. It's just that what you're doing and what you're not doing is so different than it used to be. You've got to move more. Increase movement to lessen back pain. If your back pain lasts for more than a couple of days or you have a significant amount of back pain when you've only had a minor injury, or you have a significant amount of back pain when you really haven't had an injury at all, or you've got back pain that runs down your arms into your hands, down your legs, and into your feet, please don't try and take care of it yourself. Always consult a physician for any type of back pain. Go ahead and have an orthopedic surgeon, or a chiropractor, or a family physician take a look at it. Because even though most of the time back pain is because of an injury, a lot of times back pain can be the symptom of a disease somewhere inside you and the longer you wait to find out about it the more difficult it could be to fix. Avoid bed rest when treating back pain. Whatever you do don't spend two days in bed. Research has shown that bed rest prolongs the amount of time you have back pain and can actually increase the severity of the back pain. Vigorous exercise is not effective for treating back pain. The best exercises that you can do for back pain at home have got you up on your feet using positions and movements that actually duplicate what you do during the day. Control what your back can do, don't let your back control you. You can control what your back can do instead of letting your back control what you do. Back pain is something you can change. You can change it a few minutes a day, at home, at work, without gadgets, no matter how old you are, and no matter what physical condition you are in. You can prepare your back to do what you need to do and what you want to do, and that's the best way to get rid of back pain.

John Lipman discusses uterine fibroids. A very common medical condition that women suffer from is benign uterine fibroid tumors. Fibroids are the most common pelvic tumor seen in women. One of every three women of child bearing age have these tumors and as many as 80% of child bearing age African American women suffer with fibroids. Now fortunately, many women who have fibroids do not have any symptoms but currently in the United States there are over one million women that suffer with the symptoms from uterine fibroids. The most notable symptom is abnormally heavy menstrual bleeding. This bleeding can be very frequent, requiring women to change their pads very frequently, sometimes as frequent as every 2 or 3 hours. They may report episodes of blood flooding out of them, gushing, passing large clots, which can be very frightening to a woman and if present should be reported to your doctor. This abnormal heavy bleeding each month can cause rather profound anemia and the symptoms of anemia are feeling very tired and lethargic and weak each month. They report episodes of being light headed, or dizzy. They may chew or crave ice. They may chew other things like laundry starch or dirt. These are all signs of very chronic anemic situation. Fibroids can also cause bulk symptoms. They are hard and firm tumors and they press on things. Fibroids that press on the pelvic side walls will cause pelvic pain that may radiate into the hip or back or buttock or down the leg. It can also press on the bladder not allowing the bladder to fill to capacity. This will result in a woman urinating more frequently during the day and would wake her up at night to urinate. Typically fibroid tumors are discovered on pelvic ultra sound imaging with the doctor or it may be felt on physical exam with a health care provider. It is important to know the symptoms. However, if there are no symptoms, no treatment is necessary. When the fibroids are causing significant symptoms, there's an array of options available. Initially, the least invasive options are behavior modification, diet, exercise, and making sure the patient is as lean as possible, trying to remove as much body fat through exercise and weight loss because estrogen which stimulates fibroids is stored in body fat. The next line of therapy is medicines, either non-steroidal anti-inflammatory medicines or birth control pills, hormones. Birth control pills can be used to try to lighten the flow of a woman. However, birth control pills can also stimulate fibroid growth because they have estrogen and progesterone in them. In the past, a more invasive option was surgery. Either a myomectomy, which is surgically trying to remove as many of the fibroids as possible and sewing the uterus back together or a

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hysterectomy, removing the uterus surgically. A hysterectomy is the second most common surgery performed in the United States. A hysterectomy can have very significant and sometimes devastating effects on a woman and should be thought of very carefully before being performed for a benign condition like uterine fibroids. Fibroids are benign tumors and are not cancerous. There are a number of women that have psychological issues after a hysterectomy, feeling less of a woman, like a man being castrated. It can affect her sexually with sexual dysfunction. The uterus is important in bone health and so removing the woman's uterus through hysterectomy can increase her chance of osteoporosis. It's also important for cardiovascular health. A recent study showed removing a woman's uterus through hysterectomy dramatically increased her cardiovascular risk and this was even higher if they took her ovaries as well. The risk increased significantly the earlier a woman had a hysterectomy. The average age of hysterectomy in this country is forty years of age, which is very young. One of the best approaches non surgically to treat uterine fibroids is uterine fibroid embolization or UFE. It can be performed as an outpatient with the patient leaving the same day with about four or five days at home out of work for a week. It works by placing very tiny catheter inside the woman's body the size of a piece of spaghetti. It's negotiated into the uterine arteries on each side and particles are delivered to cut the blood supply off to all the fibroids in the uterus. Without a blood supply the fibroids will start to wither away, soften and shrink, and as they do, a woman's symptoms start to disappear and go away. So UFE is a very safe much safer than surgery very effective minimally invasive procedure that treats all of the symptoms from fibroids very effectively and allows her to keep her uterus. If you are interested in this UFE procedure seek out an interventional radiologist who has the expertise in this area to these fibroid tumors. Know about all your options. **Dr. Gladys Velarde** discusses elderly hypertension. As everyone ages they will be facing elevation of blood pressure, it is strictly and directly related to aging. The majority of people as they get older they will have to face elevation of systolic blood pressure. Systolic blood pressure refers to the top number of blood pressure reading when you go and get your blood pressure checked. It indicates the contraction of the heart. The higher the number, the higher the effort the heart has to make to pump blood through your body. The bottom number refers to the number of relaxation of the heart, which is called diastolic blood pressure. The lower the number, the lower the relaxation of the heart and the better the heart will feel. As we age our arteries and our heart become stiffer and the systolic blood pressure becomes a problematic. Over fifty percent of the elderly will have elevated systolic blood pressure. Elevated systolic blood pressure is directly related to increased risk of heart failure, stroke, and heart attacks. There are things that you can do to modify the likelihood of having elevation of blood pressure. Decreasing salt in the diet is essential. It is important to consume no more than two grams of sodium a day, if that much. Consult with your primary physician, internist, or cardiologist with the aid of a nutritionist, to determine the level of salt that should be in your diet. Activity is essential at least three times a week for thirty minutes. Make sure your weight and body mass index, which is simply your weight divided by your height, is in the appropriate range.

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Doctor to Doctor #374	28:30	28:30	REC	PA/O/E	11/12/2013	11:30 AM

Dr. Michael McCabe discusses sleep. A new born baby sleeps in increments. At three months of age, the infant begins to sleep eight or ten hours a night. By six to nine months of age, a baby sleeps twelve or more hours a night. Look at how they fall asleep; their sleep pattern. It may involve eating, rocking, or singing, with the end result putting the child completely to sleep. As they get older you can help them break away from that. Bedtime rituals are important. Create quite down and wind down time so that as the child falls asleep they know they are safe, relaxed, and in their own bed. If the child cries, respond to them, reassure them, encourage them, and tell them that they are safe, and help them fall asleep. As they then begin to allow themselves to fall asleep, or quiet themselves, the sleep pattern falls in and the baby begins sleeping well at night. All of this is accomplished in infancy. However, when toddlerhood comes, and the child is more active, the process must begin again. The child still needs ten or more hours of sleep a night. Studies have shown behavior problems are linked to poor sleeping habits. Some children may need a low night light to feel safe. White noise, such as a fan or humidifier, can be a sleep aid. As children reach school age, establish a time to begin relaxing and preparing for bed, by spending time reflecting on the day and reminding them how much they are loved. Sleep is very important. When you learn to do it as family and when the family supports good healthy sleep habits, you have children that are excited and ready for the day coming up, and children that will grow and be healthy. **Dr. Leonard Scott** discusses halitosis. Halitosis is commonly known as bad breath. The word halitosis is derived from the Latin word "hali" which means breath. The "osis" is a Greek suffix which means disorder. Halitosis literally means disorder of the breath. It can be very offensive. Halitosis is the third most common reason for dental visits. Of course, the number one reason is tooth decay and number two is gum disease. Statics show that twenty percent of our population suffers from some form of bad breath or halitosis. Bacteria causes tooth decay, gum disease and halitosis; bacteria that act on food deposits. Plaque is a bio-film that forms on your teeth. Bacteria sticks to the bio-film on your teeth and the acid byproducts that come from those bacteria create bacteria waste in the mouth. Bacteria and plaque not only accumulate on your teeth, they also accumulate on your tongue, the roof of your mouth, and on your cheeks. So it's good to brush everywhere, as far as you can reach, and then rinse thoroughly with water. Along with brushing, you can use a tongue scraper to remove buildup on the tongue. You must use dental floss or some type of flossing instrument to remove the plaque that accumulates in between the teeth. The number one place that halitosis occurs is in an oral cavity. Halitosis is not really a disease it is a symptom that something is wrong. Other causes of halitosis is odor from the tonsils, certain foods, diseases, and fasting. **Heather Damon**, a registered nurse, discusses fall prevention at home. Falls are a real danger to the elderly. One in three Americans, or twelve million seniors, falls each year. Thirty-five percent of those over the age of sixty-five will fall this year and fifty percent of those over age of eighty-five will fall this year. Some ways you can prevent falls in your home is to make sure you secure all rugs and cords. Make sure your kitchen is slip proof by having a no wax floor or by using a no-slip wax on the kitchen floor. Use lights to illuminate pathways and rooms throughout the home. You can also purchase night lights that can be plugged into switches in the wall. Pets can be a fall hazard. Consider placing a bell on their collar so you can hear them coming. Also, consider obedience training to ensure your pet does not jump on someone and knock them down. Be sure to put their water and food bowls out of the way so you don't trip over them, and clean up spills quickly. Make sure your stairs, indoors or outdoors, have a no slip surface and that there is a secured bannister or sturdy rail in place. The rail should be small enough to allow you to fit your entire hand around the rail so you can hold on well. If there are any slats on the rail or bannister, make sure you cannot fit a person's head between them. If your doctor has instructed you to use assistive devices, such as a cane or walker, it is very important that you use those devices. Always have a phone within reach just in case you do fall. In the case of a fall you should always call 911. Help your family to stay safe.

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Doctor to Doctor #375	28:30	28:30	REC	PA/O/E	11/19/2013	11:30 AM

Dr. Bob DeMaria discusses Thanksgiving. He shares the concept of eating foods for Thanksgiving that promote health and/or the reason for eating some of those foods. There are no bad foods. However, because we live in a society today that is quite toxic you may be suffering from some health challenges that are directly related to what you are eating. In the human body, the liver is the filter for the body. If you have a compromised liver for whatever reason it might be, you could have pain eating certain foods. A Thanksgiving favorite is the potato. Tomatoes, potatoes, eggplant, and green pepper are night shades. They are not bad foods. However, if you have a compromised liver from maybe consuming too many refined foods and fake foods that the liver has to process, white potatoes could cause discomfort or pain, especially in the mid back region. White potatoes are okay, but a yam or sweet potato would be a much better and wiser choice, and is high in fiber. Instead of purchasing applesauce, make your own. Serve smashed cauliflower instead of smashed potatoes. Broccoli is one of the best foods to lower estrogen inside of the body. Onion is a great source of sulfur which helps with joint pain. Use olive oil and balsamic vinegar to sauté vegetables. It does the body good. Involve your children or grandchildren to help you cook. Have everyone around the table say what they're thankful for. **Dr. Dale Peterson** discusses free radicals. Oxidation, exposure to oxygen free radicals, is one of the primary causes of aging of human beings and deterioration of things in our environment today. Oxygen free radicals are unbalanced molecules that cause aging and damage. There are a number of free radicals that occur in the body. Antioxidants help to combat free radicals. Smoking adds free radicals to the body. The body needs antioxidant support to guard against free radicals like vitamins, vitamin A, B complex, vitamin C, D, E, as they contain minerals like selenium, zinc, copper, and iron, and bio flavonoids that are plant based compounds that scavenge free radicals before they have a chance to attack anything within the body. Various fruits and vegetables contain antioxidants. While we can't go into an airtight chest, we can avoid things like cigarette smoke. We can take a comprehensive vitamin mineral support each day. We can supplement bio flavonoids like grape seed extract and we can increase co enzyme Q10 and look as pristine over time perhaps as items out of a century chest. **Dr. Christopher Williams** discusses prostate cancer. Prostate cancer is one the leading cancers diagnosed in the United States and in fact is the leading cause of cancer in the United States among men. Prostate cancer is typically diagnosed by a rectal exam or by a test called PSA (Prostate Specific Antigen). It is important to have both tests done annually because independent of each other they are insufficient to diagnose prostate cancer. PSA testing allows for early detection of prostate cancer. Prostate cancer causes are largely unknown right now. Studies show that diet and genetics can be linked to prostate cancer. A possible treatment is to deprive the cancer of hormones. Active surveillance keeps close watch of PSA testing and biopsies. Additional treatment options are radiation therapy, chryotherapy or surgery. Annual screening is the key and best prevention for prostate cancer.

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Doctor to Doctor #326	28:30	28:30	REC	PA/O/E	11/26/2013	11:30 AM

Dr. Bob DeMaria discusses tips for a healthy Thanksgiving. It is important to read the labels on our food. Number 9 on the label means it is organic. Number 8 on the label means it has been genetically engineered. Any other number means it has been conventionally grown with herbicides and pesticides. Dr. Bob prefers that you eat organic fruits and vegetables and organic animal products if you choose to eat animal products. If you start cooking at home you could lower your food budget bill by fifty percent, including using some organic products. Engage your children or grandchildren and make your own applesauce. Onions are a good source of sulfur. Sulfur is important for connective tissue. Water is the great purifier. Minimize soda beverages. Consider a gluten-free diet. Do not consume water with ice cubes in it during meals, as it will stagnate digestion. Steam your vegetables instead of over-boiling them. Eat yams and sweet potatoes. Don't eat protein portions larger than the palm of your hand and not more than 1/4 inch thick. Don't combine your foods improperly. Combine proteins with vegetables. Try using brown rice as a stuffing. Avoid drinking fluids with your meals. **Dr. Martin Finkelstein** discusses distressing for the holidays. Have a vision in your mind, before you go to gatherings, of the types of relationships you want to have with the people who are going to be there. Imagine after the gathering that you are sharing how you had a great time with your family, and everyone shared how much they loved and appreciated each other. Have a vision of who you want to be during this holiday. Imagine, and write it down as an exercise, what you want to create during this holiday is being the healthiest me I can be. What I want to create is really sharing how much I love my family. Have an appreciation exercise where everyone shares two things they appreciate about each person. The essence of these holidays is about compassion, forgiveness, understanding, generosity, extending ourselves and being bigger than who we even think we are. When we learn to let go of whatever we've been holding on to we become healthier. Once you understand healing and health, you will realize that you do not want to hold onto any stresses, anger, judgments, guilt, or bad feelings. This is an opportunity and a great season for all of us to share our love. **Dr. Hale Akamine** discusses overcoming the holiday blues. To those for whom the holidays are sweet, share God's love. To those for whom the holidays are bitter, more so, share God's love. Allow people to come into your life. Open your hearts and your homes to love others. Let God love you through others.

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Doctor to Doctor #327	28:30	28:30	REC	PA/O/E	12/03/2013	11:30 AM

Dr. Bettye J. Alston discusses sugar-free holiday treats. Dr. Alston shares various recipes for sugar-free desserts that even diabetics will enjoy. **Dr. Malcolm Hill** discusses preventing holiday stress. Stress simply means a situation that comes into your life that causes you to have to make a change. Now, this stress can be good or it can also be bad. These stresses add pressure to the body and these pressures can lead to symptoms of diseases that many Americans suffer with. Stress has been linked to high blood pressure, heart attacks, strokes, as well as diabetes. Probably the main stressor that has caused many Americans to suffer with today is depression. There are a lot of people who are depressed, especially during the holidays. The average American sees over 360 advertisements a day. Whether it's through the internet, television, radio, newspapers, or magazines, we see advertisements all telling us to buy their goodies, telling us that we will be happy by having them. There are some things we can do that will help reverse some of the stresses that we encounter on a daily basis. First, we have to live within our means. We can also walk or run for twenty to thirty minutes a day. You can also go out and get fifteen to twenty minutes of sunlight each day. Going out and breathing the fresh outdoor air makes you feel better. Get at least eight hours of sleep a night. We have to drink plenty of water. When you drink water it goes wherever the body needs it. But not only is drinking water very important, we also need to be around water. Take a walk at the beach, go and listen to a waterfall, take a shower or a bath. All these things help us to reduce stress in our lives. The foods you eat play a very important role in how you handle your stress. When you eat fruits and vegetables, these foods give energy and strength back into the body. Dr. Hill advises his patients to get a massage once a month. Massage therapists have been taught how to find stress points in the muscles to help reduce many stresses that they encounter in life. A chiropractic adjustment once a month helps to reduce tension and stress that you carry in your bodies. Think positively and associate with positive people to reduce stress. Go to church, read the word of God, pray and meditate on a daily basis to help put you in a stress free environment. Doing all these things will help prevent the stresses that we encounter. **Dr. Brian Nimphius** discusses health care vs sick care. Health care means being proactive. It means eating right, exercising, and taking the necessary steps to make sure your body stays healthy. Sick care is the exact opposite of that. It's reactive; waiting until you're sick to seek care.

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Doctor to Doctor #328	28:30	28:30	REC	PA/O/E	12/10/2013	11:30 AM

Dr. Bob DeMaria discusses staying healthy during Christmastime. Sleep is really important. You need to have at least eight hours of sleep and you want to be in bed by 10 o'clock. Cover the front of your alarm and the lights of any other electronic appliances in your room to get restful, peaceful, sleep. Your body promotes healing during sleep season. Lay on your right side because the blood flows back into your heart this way. You should drink a minimum of a quart of water every day. If you snore, or if you want to help improve the function of your liver, which is a major detoxifying organ, cut a lemon into a wedge, squeeze the lemon juice into warm water, put the lemon in the water, drink the water, then eat the pulp of the lemon. This helps to make the body more alkaline. Make sure you have enough minerals. Dr. Bob encourages using an un-refined salt. Eat non-starchy vegetables with proteins. Don't overeat. Dr. Bob doesn't promote eating fruit at the end of a meal. The fruit itself when it is on top of other food can literally putrefy and cause digestive distress. B vitamins help with stress, as well as, learning to say "I can't say yes" in a loving way. **Dr. Lavert Robertson** discusses better eating during the holidays. Be more conscience of your health and eating more good healthy choices. Exercise a little bit more. Allopathic medicine is more for trauma and emergency medicine. Blueberries contain proanthocyanidins which are complex antioxidants that protect your eyesight. Carrots are extremely good for the eyesight and are very rich in alpha, beta, theta and gamma-carotenes or carotenoids. Carrots are also high in Provitamin A. Another source of vitamin A is Preformed vitamin A that comes from eating fish such as salmon, mackerel, and herring. Sweet potatoes contain beta-carotenes and are good for the immune system, skin and eyesight. Tomatoes are extremely rich in the antioxidant lycopene which helps protect against breast and prostate cancers. Broccoli, cauliflower and cabbage contain Diindolylmethane (DIM) which helps to balance hormones. This is what eating the rainbow is all about and it's all about your health. During the festive holidays eat more fruits and vegetables. **Dr. Djiby Diop** discusses the top five holiday accidents and illnesses: falls, food poisoning, choking, fires, and heart attack. Unfortunately, every year thousands of people will visit the emergency department because of holiday related accidents or illnesses. The first most common accident is falls from ladders as people decorate their homes and trees. Do not drink before climbing a ladder. Check the ladder for proper function. Before climbing on a ladder check the steps, latches, rungs, and make sure the steps are not wet. Have a friend to help you. The second most common holiday illness is food poisoning. Make sure the food is properly prepared, refrigerated and stored. If you are going to serve buffet style, make sure you have heating trays or ice buckets to ensure the food stays at the proper temperature. If you have leftovers, make sure they are stored properly and eaten at the appropriate time. Make sure children wash their hands before they handle food or before they eat. The third most common accident during the holiday is choking, especially among children. If a toy is small enough to fit in an infant's mouth, then it is a hazard for possible choking. If a child swallows a foreign object, it can go to through the esophagus or the food pipe, causing symptoms of drooling or difficulty swallowing. It can also go to the trachea or the windpipe. The infant or child will have a choking sensation, coughing, difficulty breathing, and stridor (noisy breathing). If the foreign object completely blocks the trachea, the infant or child will stop breathing all together. You can assist the infant by giving back blows with the palm of your hand. If the child is older, you can use the Heimlich maneuver. Fires are the fourth common accident during the holiday. Never leave your Christmas tree with the lights on and unattended all night long. Also, never leave a burning candle unattended. Heart attacks and chest pain is also a common illness during the holiday season due to increased eating of heavy, greasy, fatty foods and a lack of exercise. In addition, we may not visit our doctor or take our medications as prescribed. If you experience symptoms of chest pain, shortness of breath, or difficulty breathing, call 9-1-1. Often women only have symptoms of shortness of breath or fatigue.