

Issues : Exercise defeats Alzeheimers

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #603

Date: 4/3/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie with episode #603

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Brief Description

New research shows exercise is not only good for your physical  
health but also your mental health. See how regular exercise  
is helping ward off dementia and Alzeheimer's disease.

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Issues : Humidity balance for home & health

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #607

Date: 5/1/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie as host.

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**Brief Description**

Northeastern Colorado is extremely arid and this episode resonates  
as an in depth review was taken to determine how too much or too  
little humidity can destroy your home and health. Advice on  
finding the right balance was presented.

Issues : Battling Diabetes

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #609

Date: 5/15/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie interviews a young diabetic woman.

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Brief Description

How a young diabetic woman's passion for life is helping children  
battling this chronic disease.

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Issues : Avoiding heel pain  
Avoiding workout mistakes

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #611

Date: 5/29/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title Organization City, State

Dr. Anna Marie and Fitness Expert Kevin Makely  
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**Brief Description**

There are two and a half million Americans dealing with heel pain.  
Detailed the latest FDA approved procedure to relieve the pain. Expert  
shows the most common workout mistakes and how to avoid them.  
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Issues : Controlling chronic pain  
Cholesterol cleaner

**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #612

Date: 6/5/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie and actor/comedian Jerry Lewis

**Brief Description**

Jerry Lewis tells how he finally took control of chronic pain  
that plagued him for almost 40 years and shares his treatments.  
A cholesterol cleaner technique is demonstrated that helps  
people deal with extremely high cholesterol levels.

Issues : Qi Gong for Arthritis  
Challenges with regaining hearing

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life With Dr. Anna Marie #613

Date: 6/12/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie and former Miss America Heather Whitestone

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**Brief Description**

Qi Gong is demonstrated as an exercise recommended by the Arthritis  
Foundation for people suffering from arthritis. Additionally, Heather  
Whitestone shares her story of the challenges of entering the world  
of sound when her hearing is restored.

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Issues :

Chronic pain treatment

Benefits of horseback riding

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #614

Date: 6/19/08 Time: 10 am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced    Network    Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie as host.

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Brief Description

Chronic pain effects more people than heart disease and cancer  
combined and this show introduces local viewers to a new technology  
called rechargeable spinal cord stimulation therapy. Also, this episode  
demonstrates how children with disabilities are being benefited  
by horseback riding which is prevalent in agriculturally minded Logan County.

Issues : Caring for the Caregiver

Fertility Hope

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**PROGRAM INFORMATION REPORT**

Name of Program: Your Life with Dr. Anna Marie #615

Date: 6/26/08 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie as host and Stephanie Waddill

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**Brief Description**

Surveys show 23% of households have at least 1 person who has cared  
for a loved one in the past 12 months and this show highlights the  
the needs of caregivers. Also, with more women delaying childbirth  
this episode explores the medical and emotional issues of pregnancy  
for older women.