



*Host: Dr. Partha Nandi*

**- SHOW # DN-139 -**

**- INITIAL FEED DATE: THURSDAY, AUGUST 08, 2019 -**

#### SYNOPSIS

**The Gut Microbiome: What You Put in Your Mouth Affects Your Body**

Nearly 40 trillion microbes call the human body home. Recently, science has come a long way in understanding the importance of these tiny creatures living inside us. Dr. Nandi sits down with the leading experts in human gut health. Dr. Michael Murray demonstrates the importance of digestive enzymes. Billionaire entrepreneur and philanthropist, Naveen Jain, talks about how technology is unraveling the secrets of the human microbiome and much more.

**This program is closed captioned**



*Host: Dr. Partha Nandi*

**- SHOW # DN-140 -**

**- INITIAL FEED DATE: THURSDAY, AUGUST 15, 2019 -**

## SYNOPSIS

### **How to Live Happy**

Dr. Partha Nandi gets the compelling, real-life stories of people who have found true happiness: Valerie Sheppard walked away from a high-powered career to find her joy and Monya Williams chose to be happy despite tragic life circumstances. Plus, Live Happy Editor Paula Felps explains how happiness affects health, Happiness Expert Andrea Goeglein, Ph.D., offers tips on finding the elusive happiness, and Psychotherapist Stacy Kaiser gives advice on maintaining positive relationships.

**This program is closed captioned**



*Host: Dr. Partha Nandi*

**- SHOW # DN-111 -**

**- INITIAL FEED DATE: THURSDAY, AUGUST 22, 2019 -**

### SYNOPSIS

#### **Will We Live To See 120?**

Exponential technological growth is one factor that's extending the human lifespan. What are some others? Dr. Nandi sits down with the foremost experts on human longevity. Jason Prall talks about the Human Longevity Project. Holistic Heart Doc, Joel Kahn dishes on the importance of cardiac health. And billionaire philanthropist, Naveen Jain discusses the role technology will play in helping us reach the ripe old age of 120.

**This program is closed captioned**



*Host: Dr. Partha Nandi*

**- SHOW # DN-112 -**

**- INITIAL FEED DATE: THURSDAY, AUGUST 29, 2018 -**

## SYNOPSIS

### **New Age of Parenting**

Dr. Nandi, MD explores how to raise healthy, well-rounded children. Founders of Building Connected Communities and Dr. Elisa Song discuss whole child wellness. Engage your children with advice from Katie Kimball, creator of Kids Cook Real Food, and teach your children to mediate with Dr. Madiha Saeed.

**This program is closed captioned**