



Host: Dr. Partha Nandi

- SHOW # DN-112 -

- INITIAL FEED DATE: THURSDAY, DECEMBER 06, 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



Host: Dr. Partha Nandi

- SHOW # DN-113 -

- INITIAL FEED DATE: THURSDAY, DECEMBER 13, 2018 -

S Y N O P S I S

Kick Stress to the Curb!

Everyone has stress in their lives, but too much stress can be dangerous. Dr. Nandi gets life-saving tips from experts: Author Sharon Melnick, Ph.D., offers stress relievers for professional women, Stress Management Coach Lolita Guarin shows how to keep your cool in the workplace, Psychologist Dr. Susan Albers talks about the best foods for reducing stress, and the internationally-renowned Ajayan Borys speaks on the transformational impact of meditation.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-103 -

- INITIAL FEED DATE: THURSDAY, DECEMBER 20, 2018 -

S Y N O P S I S

Are Sports Killing Our Kids?

Partha Nandi MD investigates how today's sports are hurting our children. Former wrestling pro Chris Nowinski shares how he suffered multiple concussions and thought he could just "shake them off." Wife of NE Patriots player Dennis Wirgorwski speaks out about depression and her husband's suicide. And Brain Disorder Expert Dr. Daniel Amen discusses a major study on NFL players.

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This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-104 -

- INITIAL FEED DATE: THURSDAY, DECEMBER 27, 2018 -

SYNOPSIS

Super-Charge Your Health

Dr. Partha Nandi has the quick-fix-changes that will boost your energy, improve your mood and overall wellbeing! Emily Fletcher once thought she was living the dream but stress ruled her life. Now she's a true #HealthHero and on today's show, Emily demonstrates easy exercises and meditation techniques that will make you feel instantly calmer. Also Feng Shui expert Ivy Ellerby shares how you can transform not just physical spaces but emotional ones too.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-105 -

- INITIAL FEED DATE: THURSDAY, JANUARY 03, 2019 -

SYNOPSIS

Grab Your Life Back

If you feel life is passing you by then join Dr. Nandi, MD as he discusses how you can live life with passion and purpose. Thought-leader Mastin Kipp shares his powerful secrets for grabbing your life back. Ben Nemtin, star of the Buried Life reveals two essential ingredients needed for living with purpose. And life coach Helene Stelian explains why women are afraid to make changes and provides tips on how to live a more satisfying life.

This program is closed captioned