



*Host: Dr. Partha Nandi*

**- SHOW # DN-114 -**

**- INITIAL FEED DATE: THURSDAY, JANUARY 10, 2019 -**

#### SYNOPSIS

##### **The Addiction Epidemic**

Are we doing enough to fix families in the midst of this addiction epidemic? Dr. Partha Nandi, MD is joined by treatment and recovery leaders who talk bluntly about this deadly crisis and what's needed for a full recovery. Tommy Rosen who faced an acute drug and alcohol problem says addiction is often a failure to face up to pain or fear in one's life. Also, a woman who used cocaine in high school and later became addicted to heroin following a hospital stay for appendicitis.

**This program is closed captioned**



*Host: Dr. Partha Nandi*

**- SHOW # DN-115 -**

**- INITIAL FEED DATE: THURSDAY, JANUARY 17, 2019 -**

S Y N O P S I S

**Dr. Nandi's Health Hero Before & After**

Dr. Nandi, MD reveals his 5 personal steps to becoming your own health hero that will change your life for the better! Three guests discuss openly how Dr. Nandi's five key pillars helped turn their lives around. Judy shed 30 pounds with Dr. Nandi's nutrition plan. Patty's stress turns to peace after cultivating her mind with meditation. And Greg's depression led him to finding his true purpose in life.

**This program is closed captioned**



*Host: Dr. Partha Nandi*

**- SHOW # DN-116 -**

**- INITIAL FEED DATE: THURSDAY, JANUARY 24, 2019 -**

#### SYNOPSIS

##### **Fitness with a Purpose**

When it comes to achieving fitness goals, everyone does it their own way. But to be successful, you have to have a plan. Dr. Nandi, MD sits down with Fitera founder Chad Tackett, who started one of the first fitness communities on the internet. Yoga instructor Diane Body on the body positive movement and yoga for everyone. And more.

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*Host: Dr. Partha Nandi*

**- SHOW # DN-106 -**

**- INITIAL FEED DATE: THURSDAY, JANUARY 31, 2019 -**

SYNOPSIS

**The Power of Having a Tribe**

A conversation about the importance of the modern tribe. Bryant McGill, Jenny Young and Susaye Greene discuss online communities and their power to heal in the real world. Slow Roll founder Jason Hall talks with Dr. Nandi, MD about building a building a grassroots tribe from the ground up to help revitalize a city.

**This program is closed captioned**