



Host: Dr. Partha Nandi

- SHOW # DN-120 -

- INITIAL FEED DATE: THURSDAY, MARCH 07, 2019 -

SYNOPSIS

Plight of Foster Kids

Dr. Nandi, MD explores how the foster care crisis has led to a shortage of foster homes. Leading Foster Care Expert Dr. DeGarmo has cared for over 50 foster children and reveals why so many kids need homes. A guest shares how her child-molesting step-father led to a string of foster homes, with one foster parent exploiting her as a round-the-clock live-in babysitter. Dr. Nandi explores fostering challenges with National Parenting Expert Dr. Sue Cornbluth. And a former foster child shares how the right loving home can positively impact the outcome of your life.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-121 -

- INITIAL FEED DATE: THURSDAY, MARCH 14, 2019 -

SYNOPSIS

Can You Set Your Mind to Get to A Healthy Weight?

Dr. Partha Nandi, MD looks at why diets fail and what kind of mindset you need to set yourself up for success. Two former food addicts who each lost 70 pounds share how they kicked sugar out of their lives for good. Research Neuroscientist Dr. Nicole Avena explains sugar addiction and the grip it has on our lives. Functional Nutrition Expert Sarah Morgan reveals how our digestive tract can affect our weight and brain. And learn what exactly is a healthy weight and mindset with RDN Mitali Kapila. Plus, how the ancient practice of yoga encourages healthy eating habits with Weight Loss Coach Bethany Perry.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-122 -

- INITIAL FEED DATE: THURSDAY, MARCH 21, 2019 -

SYNOPSIS

A Healthier Brain Equals A Healthier You

With Alzheimer's on the rise, many Americans fear losing their memory. Dr. Nandi, MD talks strategies on how you can avoid this frightening disease. A guest describes her memory troubles and the steps she took to recover. Dr. Steven Masley offers food tips to reign in memory loss. Dr. Dale Bredesen talks about the End of Alzheimer's. Erin Sears Basile explains how stress can affect your brain and Dr. Tom O'Bryan discusses the leaky brain and a test to check how effective your blood-brain barrier is.

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This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-108 -

- INITIAL FEED DATE: THURSDAY, MARCH 28, 2018 -

SYNOPSIS

Become Your Own Health Hero: Find the Root Cause of Your Disease

A rise in chronic health conditions leads Dr. Nandi, MD and Holistic Doctor Madiha Saeed to investigate the root cause of chronic disease. Natural-Path publisher Razi Berry shares how to turn kitchen cabinets into medicine cabinets. Guest Ryan Lee faced aggressive treatments for autoimmune disease but was able to turn back the clock. Also, is it possible to battle blood cancer using turmeric? Plus a drug that could help when chronic pain is severe.

This program is closed captioned