



Host: Dr. Partha Nandi

- SHOW # DN-127 -

- INITIAL FEED DATE: THURSDAY, MAY 09, 2019 -

SYNOPSIS

You Are Not Your Genes

Modern science is showing us that the idea that “your genes are your destiny” is outdated. Dr. Nandi speaks with *Dirty Genes* author, Dr. Ben Lynch about how we can clean up our genes to achieve greater health. United Nations Global Ambassador (and former homeless teen) Bryant McGill is living proof that our genes don’t have to limit us. And lots more.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-128 -

- INITIAL FEED DATE: THURSDAY, MAY 16, 2019 -

SYNOPSIS

Are Gender Roles Damaging?

The evolving roles of men and women is a hot-button topic that's being explored by Dr. Nandi, MD. Life Coach Bryan Reeves was raised by women but is a self-proclaimed "man's man." He reveals why men feel emotionally disconnected and how they can embrace their feminine power. Sabrina Lynn of "ReWilding for Women" suggests women have become more masculine and are the ones behaving badly. She also spills the beans that secretly women do want a wild, rugged man! And relationship coach and couple, Satyen and Suzanne Raja share how it's possible to rescue failing relationships. You won't want to miss their mini-coaching session demonstrating how to recharge both male and female energies!

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-129 -

- INITIAL FEED DATE: THURSDAY, MAY 23, 2019 -

SYNOPSIS

The Gut Brain Connection - Could Your Stomach Be the Cause of Your Depression

Is your belly making you blue? Join Dr. Partha Nandi and guest Gabby D'Auria whose poor gut health didn't just lead to indigestion, but depression too. And, hear from Dr. Shawn Talbot about what exactly is going on in your gut and how you can improve your stomach and your mood!

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-130 -

- INITIAL FEED DATE: THURSDAY, MAY 30, 2018 -

SYNOPSIS

Is Smart Health Technology Making You Healthier and Helping You Live Longer?

Just when we think we have all the apps and technology we need... Dr. Partha Nandi shows us some life-changing technology that may have us running to the app store. Join him and Aneela Idnani, the inventor of Habit Aware, Mary Ann Small, whose life was saved by the Familywize App and Alaina Hebert who used Zello to find and save hurricane survivors.

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