



Host: Dr. Partha Nandi

- SHOW # DN-101 -

- INITIAL FEED DATE: THURSDAY, SEPTEMBER 06, 2018 -

SYNOPSIS

The Science of Relationships.

An exploration of the intricacies of human relationships. Dr. Nandi talks boundary-setting with psychotherapist Terri Cole. Also: Kim Logan-Nowlin dishes on the secrets of a happy marriage, and Wendy Darling describes the often-complicated dynamics of workplace relationships.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-102 -

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

S Y N O P S I S

All About Autoimmune Disease.

A wide-ranging discussion of the modern epidemic that is autoimmunity. Dr. Nandi and Tom O'Bryan detail the broad spectrum of autoimmune disease, and how to spot the signs of a problem before it's too late. Also: Keesha Ewers on how suppressed emotions can morph into a physical disease, and more.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-103 -

- INITIAL FEED DATE: THURSDAY, SEPTEMBER 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, SEPTEMBER 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.

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