



Host: Dr. Partha Nandi

- SHOW # DN-113 -

- INITIAL FEED DATE: THURSDAY, SEPTEMBER 05, 2019 -

SYNOPSIS

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-114 -

- INITIAL FEED DATE: THURSDAY, SEPTEMBER 12, 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, SEPTEMBER 19, 2019 -

SYNOPSIS

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-141 -

- INITIAL FEED DATE: THURSDAY, SEPTEMBER 26, 2018 -

SYNOPSIS

Are Vegans Healthier?

As more people turn to a vegan lifestyle, Dr. Partha Nandi explores the pros and cons of a plant-based diet. He talks with a married couple who made the decision together to become vegans. Plus, a nutritional expert explains the health benefits of veganism, along with the medical issues that can arise in some people who try a plant-based diet. A woman tells why she went vegan after giving birth to her son, and a vegan coach gives helpful tips on how to change your eating habits.

This program is closed captioned



Host: Dr. Partha Nandi

- SHOW # DN-142 -

- INITIAL FEED DATE: THURSDAY, OCTOBER 03, 2018 -

SYNOPSIS

Slim Gut

Are the bugs in your gut wreaking havoc on your weight? Dr. Partha Nandi, MD is joined by world expert and fellow gastroenterologist Dr. William Chey who explains exactly what these microbes are and how they can impact not just your waistline but your health too. Celebrity Nutritionist JJ Virgin shares her 7 favorite foods to support gut health and a slimmer you. Also, a woman looking for answers - after facing cancer twice she worked hard to slim down but still struggles with weight fluctuations. Plus, dopamine-down regulation explained and a whole lot more from brain scientist Dr. Susan Peirce Thompson.

This program is closed captioned