

## LIVE IT: The Health Show

### Topics

Launch Date	Topic	How To	Researcher
1 1-Jan	<b>Nuts</b>	<b>Reduce Cholesterol</b>	<b>Dr. Joan Sabate</b>
When it comes to your health, it's okay to go a little nuts. Researchers discovered that eating a handful of nuts a day lowers cholesterol by 10 percent and cuts your risk of a heart attack in half.			
2 8-Jan	<b>Reusable shopping bags</b>	<b>Reduce amount of bacteria</b>	<b>Dr. Ryan Sinclair</b>
These trendy bags are great for the environment, but watch out. You may be carrying more than just your groceries in that bag—bacteria.			
3 15-Jan	<b>Pomegranate juice</b>	<b>Prevent Alzheimer's</b>	<b>Dr. Rich Hartman</b>
Drinking a daily glass of pomegranate juice can halve the build-up of harmful proteins linked to Alzheimer's disease.			
4 22-Jan	<b>Standing</b>	<b>Reduce risk of chronic disease</b>	<b>Dr. Ernie Medina</b>
The average American spends 13 hours a day doing this. Some researchers call it the “new smoking.” In fact, you're probably doing it right now—sitting. But, getting up and moving periodically throughout the day is key to protecting you from developing chronic diseases.			
5 29-Jan	<b>Laughter</b>	<b>Improve short term memory</b>	<b>Dr. Gurinder Bains</b>
Feeling forgetful? Laughter has proven to be great medicine, improving short-term memory.			
6 5-Feb	<b>Avocados and Almonds</b>	<b>Lose Weight</b>	<b>Dr. Ella Haddad</b>
When trying to lose weight, the emphasis tends to be on what you should not eat. However, instead ask yourself “what should I eat?” The answer? Avocados and almonds.			
7 12-Feb	<b>Water</b>	<b>Reduce risk of heart disease</b>	<b>Dr. Synnove Knutsen</b>
Drink up! That is, at least five glasses of water a day. Researchers found that doing just that reduces the chances of having a deadly heart attack.			
8 19-Feb	<b>Mediterranean Diet</b>	<b>Reduce risk of heart disease</b>	<b>Dr. Ella Haddad</b>
We've all heard that we should avoid fatty foods. But research actually shows that we should eat fatty foods. That is, the healthy ones like olive oil to fight bad cholesterol.			
9 26-Feb	<b>Spiritual Health</b>	<b>Have better physical &amp; mental quality</b>	<b>Dr. Jerry Lee</b>
Feeling blue? Go to church! Those who attend church on a regular basis report better physical and mental health.			
10 4-Mar	<b>Vegetarian diet</b>	<b>Reduce risk of chronic diseases</b>	<b>Dr. Michael Orlich</b>
Want to decrease your chances of chronic disease? Researchers found that a vegetarian diet does just that.			

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11 11-Mar **Green vegetables, brown rice, legumes, dried fruit** **Reduce risk of colon cancer** **Dr. Yessenia Tantamango**

Many of you may remember being told as a child to eat your greens because they make you healthy and strong! Well, even as an adult this idea still holds true. In fact, pairing it up with dried fruit, legumes and brown rice may build a protective barrier against colon cancer.

12 18-Mar **Aerobic exercise** **Reduce risk of type-2 diabetes & chronic disease** **Dr. David Hessinger**

Whether it's a Zumba class, kickboxing, or going outside for a jog, aerobic exercise has several health benefits, including reducing the risk of diabetes.

13 25-Mar **Legumes** **Reduce hip fractures** **Dr. Synnove Knutsen**

Want to decrease your risk of having a hip fracture? Eat more beans!

14 1-Apr **Nutrition in Pregnancy** **Have healthier children** **Dr. L. Longo**

Did you know what a woman eats while pregnant not only affects her child but her grandchildren as well?