

Laughter is Good Medicine

What happens when we laugh? Certain chemicals in our brain are released, including dopamine. We laugh many times a day, usually we laugh because other people are laughing.

Finding humor is a good way of dealing with life's challenges.

Laughter binds people and connects us together. Inappropriate laughter can be offensive, hurtful, and harmful.

This program discusses the health benefits of laughter from the brain and social perspective.

Laugh along with me. Laughter is good medicine.

Dr. Marlene MD

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Organic, GMO, Food Categories Explained

Organic, GMO, Certified, No Antibiotics, Grass-fed. These phrases and more cloud our vision in the grocery stores. What do they mean to the consumer? How do these products differ from foods without these symbols?

Many questions arise from the food consumer when reading package labels. Some words are under regulatory status. Are the guidelines followed to attain and maintain such symbolic food status? Listen and you shall hear this complicated tale of our food so dear!

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Deciphering the Pro & Anti Inflammatory Foods We Eat

We are what we eat! Hippocrates professed this concept over 2000 years ago. It has been rediscovered this century.

As science has delved into the chemistry of the food we eat, discoveries abound.

At the cellular level, certain chemical or nutrients in our food increase the inflammation in our body. Other foods decrease inflammation. Inflammation causes pain and contributes to chronic diseases.

Learn simple ways to decrease inflammation through food choices.

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Food, how dense are you?

Food, how dense are you? The term, "density" is a term used to describe the content of food in reference to the amount of healthy nutrients and vitamins in the food.

Nutrient dense food is healthy food with a high vitamin count and lower in calories, such as vegetables.

Energy dense food is usually high in calories and fat and low in vitamins and nutrients. Examples include processed food such as chips and soda.

The health benefits of nutrient dense foods are reviewed.

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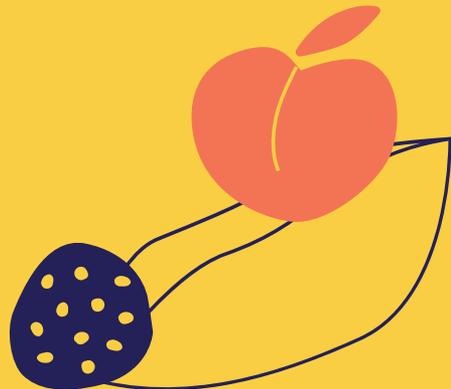
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NUTRITION

Foods for the Brain & the
MIND Diet

The Brain uses 20% of our daily intake of nutrients. The brain continues to grow and repair itself daily, a process called Neuroplasticity. Is there such a thing as brain foods or the MIND Diet? The answers are yes! What foods help our brain to function well? Are there certain foods to avoid? Listen and learn about foods for the brain.



3-2021



Healthy Food Plans: The Mediterranean Diet and Beyond

I do believe that Diet is a '4-letter word'. The question is why? What is the difference between a diet and a food plan? Do you know how many fruits and vegetables are recommended for daily intake? What is the difference between a serving size and a portion size? Learn about the Dietary Guidelines for Americans 2020-2025 in a simple, easy to follow way. You are what you eat!

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Plant-based Proteins Explained

Protein is a very important macronutrient for our body. What is the importance of protein? What foods contain protein? What are plant-based proteins? How can a person incorporate plant-based proteins into their diet, in a cost effective manner. What is the environmental significance of a plant-based protein diet? Does a person on a plant-based protein diet need supplements? Explore plant-based protein diets with this segment.

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Going Gluten-Free, The Easy Way

It has become common to hear about a person on a gluten-free diet. That symbol, GF, what does it mean? But hey, Gluten, who are you? Learn about the changes in the farming and food industry last century that are related to gluten sensitivity. Why are certain people gluten sensitive? Secrets of being gluten-free at home and eating out are revealed.

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The Health Benefits of Reading Food Labels

Food labels are found on most products. In 2020, the food label guidelines were updated. What do the numbers, categories, and words mean on these labels? Daily value, percentage, sodium, added sugars are now listed. This program dissects the importance of these ingredients in your food and the health benefits of reading the label.

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