

SHOW SYNOPSIS - WEEK OF 3/28

MONDAY, 3/28

GUEST: DE SHOND BARNES

WE'VE ALL HEARD THE PHRASE YOU CAN'T HAVE YOUR CAKE AND EAT IT TOO....OR CAN YOU? ACCORDING TO THE BOOK COUNTERACT THE FAT, AUTHOR AND NUTRITION ENTHUSIAST DE SHOND BARNES SAYS THAT FIBER AND ANTIOXIDANTS CAN COUNTERACT THE EFFECTS OF SATURATED FATS AND OTHER JUNK FOODS. DE SHOND HAS MAINTAINED HIS HEALTH FOR THE PAST 20 YEARS AND IS STILL ABLE TO EAT HIS FAVORITE FOODS

GUEST: BOSS LADY - DR. SOPHIA YEN

WOMEN HAVE LONG BEEN OVERLOOKED IN MEDICAL RESEARCH AND MEDICAL CARE. THAT IS, UNTIL THIS WEEK'S BOSS LADY SET OUT TO REVOLUTIONIZE THE LANDSCAPE OF WOMEN'S HEALTHCARE. DR. YEN IS THE ONLY FEMALE DOCTOR FOUNDER AND CEO OF THE BIRTH CONTROL COMPANY PANDIA HEALTH AND IS ON A MISSION TO REVOLUTIONIZE WOMEN'S HEALTHCARE.

GUEST: DR. B

EATING HEALTHY CAN BE HARD WHEN YOU'RE NOT SEEING A PHYSICAL DIFFERENCE IN YOUR APPEARANCE, BUT EATING NUTRIENT-DENSE MEALS DOES A LOT MORE THAN POTENTIALLY HELP OUR AESTHETICS. A HEALTHY LIFESTYLE HELPS OUR INTERNAL STRUCTURES WORK MORE EFFICIENTLY, GIVING US A BETTER QUALITY OF LIFE. WITH NATIONAL NUTRITION MONTH COMING TO A CLOSE, WE WANTED TO CHECK IN WITH ONE OF OUR FAVORITE GUT HEALTH EXPERTS, DOCTOR B

MAN'S RAW MEAT DIET

A CARNIVORE IS PUTTING HIS LOVE OF MEAT TO THE TEST BY CONDUCTING AN EXPERIMENT TO SEE HOW LONG HE CAN SURVIVE EATING RAW FLESH EVERY SINGLE DAY. THE MAN HAS MANAGED OVER 100 DAYS

EAR CANDY

FORMER HEAVYWEIGHT BOXING CHAMPION MIKE TYSON HAS LAUNCHED A PRODUCT THAT BRINGS US BACK TO A TIME IN HIS CAREER THAT IS VERY MEMORABLE! THE LEGENDARY BOXER LAUNCHED HIS VERY OWN LINE OF EDIBLE GUMMIES, "MIKE BITES." THE CANNABIS PRODUCT CELEBRATES THE CONTROVERSIAL BOXING MATCH THAT GOT TYSON SUSPENDED WHEN HE BIT OFF A PIECE OF EVANDER HOLYFIELD'S EAR. THAT FIGHT TOOK PLACE IN 1997.

COURTENEY COX FORGETS FRIENDS

COURTENEY COX MADE A SHOCKING REVELATION WHEN SHE ADMITTED THAT SHE DOESN'T REMEMBER MUCH OF HER TIME FILMING "FRIENDS." THE 57-YEAR-OLD COX SHARED THAT SHE REALIZED THERE WERE A LOT OF GAPS IN HER MEMORY WHEN SHE APPEARED ON "FRIENDS, THE REUNION" IN MAY 2021.

TUESDAY, 3/29

GUEST: GEORGE BENTLEY

GEORGE BENTLEY, IS A CERTIFIED AGING-IN-PLACE SPECIALIST WHO HAS CONDUCTED EXTENSIVE RESEARCH INTO CUTTING EDGE HEALTH, LONGEVITY, ANTI-AGING, AND SAFETY TECHNOLOGIES AND HE JOINS US NOW TO DISCUSS HOW TO GROW YOUNG INTO AN OLD AGE.

GUEST: KAREN SKERRETT

THE LONGER COUPLES ARE TOGETHER, WHETHER THEY ARE IN A TRADITIONAL MARRIAGE OR LONG-TERM RELATIONSHIP, THE MORE CHALLENGES THEY ARE LIKELY TO FACE. OUR NEXT GUEST KAREN SKERRETT IS A PSYCHOLOGIST AND WROTE A BOOK CALLED GROWING MARRIED – CREATING STORIES FOR A LIFETIME OF LOVE - WHICH OFFERS COUPLES PRACTICAL ADVICE ON HOW TO KEEP RELATIONSHIPS FLOURISHING DESPITE INEVITABLE ADVERSITIES.

CAR SMARTS WITH LAUREN FIX

IT'S NOT AS HARD AS YOU THINK... THESE DAYS, BUYING A CAR ONLINE IS JUST AS EASY AS ORDERING AIR FILTER REPLACEMENTS. HOWEVER, AS WE LEARN IN TODAY'S CAR SMARTS, LAUREN FIX TELLS US WHAT YOU NEED TO DO IN ORDER TO GET THE MOST BANG FOR YOUR BUCK

VR HEADSETS FOR CARS

FORGET THE STEREO. YOUR NEXT CAR COULD COME WITH A VIRTUAL REALITY ENTERTAINMENT SYSTEM. A TECH STARTUP WHOSE PROMISE IS TURNING VEHICLES INTO MOVING THEME PARKS, ANNOUNCED IT IS BRINGING VR HEADSETS TO SELECT AUDI S-U-V'S AND SEDANS.

DANIEL RADCLIFFE DONE WITH HARRY POTTER

POTTERHEADS SHOULDN'T EXPECT TO SEE THEIR FAVORITE WIZARD IN ANY FUTURE FILM ADAPTIONS OF THE PLAY "HARRY POTTER AND THE CURSED CHILD." HARRY POTTER HIMSELF, DANIEL RADCLIFFE, ISN'T INTERESTED AT THE MOMENT IN REPRISING HIS CAREER-MAKING ROLE.

NY HOUSEWIFE ICKE DOUT OF BAR

"REAL HOUSEWIFE OF NEW YORK" LUANN DE LESSEPS DRUNKENLY TOOK OVER THE MIC AT A GAY PIANO BAR, BELTING OUT TUNES AND TELLING BOOING PATRONS "F-U" BEFORE SHE WAS EVENTUALLY KICKED OUT. THE 56-YEAR-OLD REALITY STAR, WHO PERFORMS HER OWN "COUNTESS CABARET" SHOW, HAS PUBLICLY BATTLED WITH SOBRIETY AND ALREADY SEEMED DRUNK WHEN SHE SHOWED UP AT THE PIANO BAR IN MANHATTAN.

WEDNESDAY, 3/30**GUEST: A MARTINEZ**

HE'S AN EMMY-WINNING VETERAN ACTOR WHO NOW STARS OPPOSITE JAKE GYLLENHAAL IN THE NEW MICHAEL BAY FILM ABULANCE. WITH OVER 50 YEARS OF ACTING CREDITS TO HIS NAME, IT'S AN HONOR TO WELCOME TO THE SHOW, A MARTINEZ!

GUEST: SHARON LINEN-FORDHAM

BUILDING CONFIDENCE AND CREATING A POSITIVE OUTLOOK ARE IMPORTANT LIFE SKILLS THAT ARE BEST LEARNED EARLY ON. OUR NEXT GUEST, SHARON LINEN-FORDHAM (Ford'em) IS THE AUTHOR OF SEVERAL CHILDREN'S BOOKS THAT HELP TO BUILD THAT SELF-CONFIDENCE AS WELL AS TEACH KIDS HOW TO DEAL WITH CHILDHOOD DILEMMAS SUCH AS BULLYING.

GUEST: MISSY ISOM

WITH WOMEN'S HISTORY MONTH COMING TO AN END, WE'RE HIGHLIGHTING ONE OF OUR LOCAL WOMEN-CREATED AND OWNED BUSINESSES, SOUL FITNESS. SOUL FITNESS IS A CARDIO DANCE WORKOUT CLASS INSPIRED BY COMMUNITY, FITNESS, AND SOME OF THE BEST CLUB BANGERS. WE ARE LUCKY TO BE JOINED BY THE FOUNDER AND CEO OF SOUL, MISSY ISOM.

GUEST: YAWAR CHARLIE

OUR NEXT GUEST IS ONE OF THE MOST SOUGHT OUT CELEBRITY REAL ESTATES AGENTS IN LOS ANGELES, AND THAT'S ONE OF THE MANY REASONS WE HAVE HIM BACK. WELCOME TO THE SHOW THE DIRECTOR OF LUXURY ESTATES DIVISION WITH THE ARRON KIRMAN GROUP, YAWAR CHARLIE!

STATES SUSPEND GAS TAX

AS INFLATION AND RUSSIA'S WAR ON UKRAINE FORCE CONSUMERS TO PAY MORE AT THE PUMP, SOME STATES ARE TEMPORARILY SUSPENDING THEIR GAS TAX -- AND OTHERS MAY FOLLOW.

SHAWN MENDES HATES BEING ALONE

SHAWN MENDES IS STILL TRYING TO HEAL FROM HIS NOVEMBER 2021 SPLIT FROM CAMILA CABELLO.

THE 23-YR-OLD SINGER SAID IN A VIDEO POSTED TO INSTAGRAM THAT THE REALITY THAT HIT HIM IS, "OH, I'M ON MY OWN NOW,"

THURSDAY, 3/31**GUEST: JULIE ROEHM**

THERE IS A PHRASE WE LIKE TO SAY AROUND HERE WHICH IS "UNTIL FURTHER NOTICE, CELEBRATE EVERYTHING" DO YOU LIKE THAT? WELL TURNS OUT THIS SUNDAY APRIL 3RD IS WORLD PARTY DAY. TO SHOW US HOW TO CELEBRATE THIS DAY AND HOW TO ADD MORE CELEBRATIONS AND FUN INTO OUR EVERYDAY LIVES IS JULIE ROEHM OF PARTY CITY.

VIRAL FLYING TESLA

SOMEONE DRIVING A RENTED BLACK 2018 TESLA LAUNCHED THE CAR FROM ONE OF THE CITY'S STEEPEST STREETS IN LOS ANGELES AND FULLY SENT IT AIRBORNE UNTIL IT HIT THE PAVEMENT NOSE-FIRST, HITTING TWO PARKED CARS BEFORE STOPPING.

HIGH PROTEIN DIET AFFECTS MEN

A NEW STUDY SUGGESTS THAT HIGH-PROTEIN DIETS MAY LEAD TO REDUCED TESTOSTERONE LEVELS IN MEN.

PUBLIC TRANSIT ON-DEMAND RIDES

THE ROUTING COMPANY IS ROLLING OUT APPS THAT BRING THE CONVENIENCE OF ON-DEMAND RIDE-HAILING TO PUBLIC TRANSIT.

THE STARTUP HAS DEVELOPED RIDER, DRIVER AND FLEET MANAGEMENT SOFTWARE TO RAPIDLY ASSESS WHERE RIDERS WANT TO BE PICKED UP, AND HOW TO GATHER THEM INTO A SHARED BUS OR SHUTTLE EFFICIENTLY.

KYLIE JENNER CHANGES SON'S NAME

SOME THINGS NEVER CHANGE, BUT FOR KYLIE JENNER'S SON--SOME THINGS DO. THE KYLIE COSMETICS FOUNDER TOOK TO HER INSTAGRAM TO SHARE SOME NEWS ABOUT HER BABY BOY'S NAME. SHE WROTE, "FYI OUR SONS NAME ISN'T WOLF ANYMORE."

FRIDAY, 4/1

GUEST: CHRISTINA MORRIS

BECOMING A MOM IS A BEAUTIFUL LIFE EXPERIENCE BUT IT CAN BE OVERWHELMING AT THE SAME TIME. RECOGNIZING THE NEED TO SHARE ENCOURAGEMENT AND SUPPORT FROM EXPERIENCED WOMEN IS THE PREMISE OF THE BOOK, STRONG MOTHERS: MORE THAN A SURVIVAL GUIDE. IT CONTAINS PRACTICAL ADVICE FOR AND FROM MOTHERS OF ALL AGES. CHRISTINA MORRIS, THE LEAD AUTHOR IS HERE TO TALK ABOUT THE BOOK AND HOW SHE OVERCAME HER FEARS OF BECOMING A MOTHER.

UNIVERSITY TEST-FREE ADMISSIONS

THE CALIFORNIA STATE UNIVERSITY SYSTEM WILL ELIMINATE S-A-T AND A-C-T EXAMS FROM ADMISSION REQUIREMENTS.

THE CALIFORNIA STATE UNIVERSITY'S BOARD OF TRUSTEES APPROVED THE CHANGE, ALIGNING THE COUNTRY'S LARGEST FOUR-YEAR UNIVERSITY SYSTEM WITH THE "TEST FREE" ADMISSIONS PROCESS A

ANNOYING CO-WORKERS

A NEW STUDY HAS FOUND THAT 90% OF AMERICANS SAY THEY HAVE A CO-WORKER THAT ANNOYS THEM.

THE SURVEY FOUND THAT 57% OF WORKERS SAY THEY HAVE CONSIDERED QUITTING THEIR JOB BECAUSE OF AN ANNOYING CO-WORKER.

TOM HANKS PHOTOBOMBS WEDDING

TOM HANKS GAVE A PITTSBURGH BRIDE THE ULTIMATE SURPRISE ON HER WEDDING DAY. THE 65-YEAR-OLD OSCAR WINNER JOINED THE BRIDAL PARTY FOR PHOTOS AS THEY WERE GETTING READY TO LEAVE FOR THE CEREMONY.

REBOOTING & RECASTING NY HOUSEWIVES

BRAVO ANNOUNCED THAT THE NETWORK IS REBOOTING AND RECASTING THE REAL HOUSEWIVES OF NEW YORK CITY AHEAD OF THE SHOW'S NEXT SEASON.

BRAVO IS NOW SEARCHING FOR A NEW AND DIVERSE GROUP OF FRIENDS TO SHARE THEIR LIVES WITH THE CAMERAS FOR SEASON 14 OF THE SERIES. IT'S UNCLEAR WHETHER ANY OF THE SEASON 13 LADIES WILL RETURN AMID THE RECASTING.

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