

Show Synopsis - Week Of 5/16/22

MONDAY 5/16

A THERAPIST HELPS US UNDERSTAND HOW HAPPY MARRIAGES CAN TURN SOUR.

TUESDAY, 5/17

SLEEP CAN NEGATIVELY AFFECT ALMOST EVERY ASPECT OF YOUR LIFE PUTTING NEW MOTHERS AT RISK FOR INSOMNIA, ANXIETY AND POSTPARTUM DEPRESSION. DR. HARVEY KARP IS HERE TO OFFER SOME ADVICE FOR NEW MOTHERS.

WEDNESDAY, 5/18

FUNCTIONAL NUTRITIONAL HEALTH COACH AND CHEF, LORNA FLORES, AND DR. RUBEN VALDES WHO FOCUSES ON FUNCTIONAL MEDICINE, SHOW US HOW WE CAN SUPPORT OUR IMMUNE SYSTEM THROUGH FOOD, IN A PRACTICAL WAY.

THURSDAY, 5/19

FILM CRITIC TONY TOSCANO GIVES HIS PICKS ON WHICH MOVIES TO WATCH OR SKIP.

FRIDAY, 5/20

AUTHOR MARK NEFF DISCUSS TRAGIC OR SUDDEN LOSS.

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