



Episode Synopses for September 2023

Pitch Day	Episode #	Synopsis
09.07.23	#DN-223	<p>Mood and Food</p> <p>The foods we eat can have a major impact on the way we feel. In this episode, Dr. Partha Nandi, MD explores how food affects our mood and shares how we can incorporate mood-boosting alternatives into our everyday diet. Joining Dr. Nandi is a licensed therapist and wellness speaker who talks about the connection between mood disorders and nutrition. Also, a Registered Dietician educates us about the healthy foods we should include in our diet. This episode helps make it easier for everyone to understand how food can affect us.</p>
09.14.23	#DN-230	<p>Munchausen by Proxy</p> <p>On today's episode, you'll learn more about a little-known disease called Munchausen by Proxy. It's a psychological disorder where a person purposely makes someone, often a child, look sick or injured to get attention and sympathy for themselves. Joining Dr. Partha Nandi, MD is Julie Gregory. She wrote a book about her experience with a mother who suffered from Munchausen by Proxy. For us, it's hard to believe that a mother would try to make their child sick, but it's an unfortunate reality for some. Dr. Nandi talks about the signs and ways to help people who have Munchausen by Proxy.</p>
09.21.23	#DN-243	<p>Teen Depression</p> <p>The idea of being a teenager is often something that brings forth fond memories of friends, high school, sports, dances, and first loves. However, the startling fact is that twenty percent of American teens suffer from depression. How does such a happy time of growth and learning turn into something so dark? While there are the classic issues of peer pressure, academic stress, and body changes, social media and the internet have added a new dimension to this problem. In this episode, Dr. Partha Nandi, MD speaks with two teen girls for whom the struggle with depression, enhanced by social media, is all too real. How to treat and help prevent the development of teen depression is also covered.</p>
09.28.23	#DN-237	<p>Success 1</p> <p>The word "success" means different things to different people. Everyone wants to find a way in life that brings them happiness and good things. In school, kids are often told that getting a college degree is the best way to succeed, but what if that isn't always the case? In this episode, Dr. Partha Nandi, MD talks about different paths that people have taken to be successful. Guests also share ways to become better leaders in any field.</p>