



Episode Synopses for November 2023

Pitch Day	Episode #	Synopsis
11.09.23	#DN-236	<p>Good Germs</p> <p>The word “germs” seems to automatically make peoples’ skin crawl. These tiny microorganisms are seen as all bad and must be cleaned and wiped away! But what if some germs could help cure medical ailments? In this upcoming episode, Dr. Partha Nandi, MD dives into the world of germs and their surprising benefits. He sits down with fellow gastroenterologist Dr. Naresh Gunaratnam and discusses the potential of this microscopic medicine. You’ll also hear from guests who share their stories of how they benefited from good germs. This show will change your perspective on what germs really are!</p>
11.16.23	#DN-241	<p>Cooking for Your Condition</p> <p>Has your doctor given you the talk about changing up your diet? Are you on a mission to eat better and healthier? If you answered "yes" to either of these questions, then you definitely don't want to miss this episode! Join Dr. Partha Nandi, MD and esteemed guests as they discuss different options and choices for whipping up nutritious and delicious meals. "Cooking for your Condition" is going to spill some kitchen secrets and might just leave you with a rumbling tummy by the time it's over!</p>
11.23.23	#DN-239	<p>Mindfulness</p> <p>Are you curious about Mindfulness Meditation, a practice that's gaining popularity worldwide? But discovered being mindful is easier said than done? If so, then join Dr. Partha Nandi, MD and guests as they share insights and valuable tips. You’ll hear from veteran TV producer Mark Koberg, who opens up about how mindfulness meditation profoundly impacted him and changed his life. Plus, meet Mindful expert Donna Rockwell, PsyD, who offers guidance to help beginners get started on their journey towards mindfulness.</p>
11.30.23	#DN-231	<p>Music Therapy</p> <p>Music plays an important role in our lives. It's not just about entertainment, it can also work wonders in altering and uplifting your mood. In this episode, Dr. Partha Nandi, MD takes a deep dive into the world of music therapy, highlighting its powerful potential when combined with conventional medicine. Dr. Nandi is joined by experts like Blythe Phillip, who shares her insights and responsibilities as a music therapist. He's also joined by Carol Damoth and Christopher Davis, the proprietors of Sacred Wave Gong Therapy, who shed light on the benefits of gong therapy. Together, they demonstrate that individuals of all ages can benefit from this therapeutic approach.</p>