



Episode Synopses for April 2024

Pitch Day	Episode #	Synopsis
04.04.24	#DN-473	<p>Autism Awareness</p> <p>Autism, a complex bio-neurological developmental disability, presents itself uniquely in each individual. No two cases are alike. In this episode. Dr. Partha Nandi, MD delves into the lives of three families touched by autism. You'll meet 11-year-old twins, both battling autism on opposite sides of the spectrum and a father whose advocacy for his son led him to look for unconventional alternatives like cannabis. Plus, experts offer insights into recognizing autism's signs, steps to take if your child exhibits symptoms, available treatments, and resources to support families navigating autism.</p>
04.11.24	#DN-151	<p>IBS - Why Can't We Find a Cure or Even a Cause</p> <p>Many have spent years searching for a known cause or cure for Irritable Bowel Syndrome. Dr. Partha Nandi, MD speaks with a husband-and-wife doctor team that believes they have found a way to solve this riddle. Dr. Nandi also meets with two doctors who were diagnosed with the disease and the world-renowned Dr. Russell Jaffe, who believes Western medicine is a hindrance to curing this disease.</p>
04.18.24	#DN-125	<p>Parkinson's Does Not Have To Stop You From Living</p> <p>Parkinson's may be life-changing, but the diagnosis is not a death sentence. It's quite possible to live a full and happy life. Guest Jimmy Choi shares how he once was so down and disabled he fell down the stairs while holding his 10-month-old son. He then turned his life around and has run in over 100 half marathons and was a contestant on American Ninja Warrior. Dr. Nandi and his experts discuss the effects of Parkinson's on the body, how successful deep brain stimulation is, and whether physical fitness and dance therapy can improve symptoms.</p>
04.25.24	#DN-147	<p>Organic Gardening - Can We Really Do It?</p> <p>Learn the ABCs of organic gardening with Dr. Partha Nandi, MD. Expert guests demonstrate easy step-by-step instructions for planting your own garden and share why organic food is better than conventionally grown crops. Dr. Nandi speaks with a Pediatrician who reveals how pesticides can affect children's health and the improvements seen after switching to an organic diet. Also, how chemicals can affect our gut health and hormones, plus two quick and delicious veggie recipes.</p>
05.02.24	#DN-115	<p>Dr. Nandi's Health Hero Before & After</p> <p>Dr. Nandi, MD, reveals his five personal steps to becoming your own health hero, which will change your life for the better! Three guests discuss openly how Dr. Nandi's five key pillars helped turn their lives around. Judy shed 30 pounds with Dr. Nandi's nutrition plan. Patty's stress turned to peace after cultivating her mind with meditation. And Greg's depression led him to find his true purpose in life.</p>

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