

Lifestyle Medicine Intro

- What is Lifestyle Medicine?
- Lifestyle Medicine Psychology - Intro
- Lifestyle Medicine: Treating the Causes of Disease

ADD

- ADD - Overview 1 & 2
- ADD - Misdiagnosis 1, 2, 3
- ADD - Proper Diagnosis 1, 2, 3
- ADD Treatment Overview 1, 2, 3
- ADD Treatment Lifestyle 1, 2, 3
- ADD Underst&ing the Problem 1, 2
- ADD Dinner Relationships 1, 2, 3, 4
- ADD Full Treatment Palette 1, 2, 3

Alzheimer's Disease

- Avoiding the Brain Drain (Alzheimer's)
- Preventing Alzheimer's with Lifestyle Changes
- Preventing Alzheimer's with Diet

Anxiety

- Improving Mood Through Diet
- The Best Way to Boost Serotonin

Arthritis, Inflammation

- Which Spices Fight Inflammation?
- Turmeric Curcumin & Rheumatoid Arthritis
- Diet & Rheumatoid Arthritis
- Turmeric Curcumin & Osteoarthritis

Asthma

- Treating Asthma with Plants vs. Supplements?
- Treating Asthma with Fruits & Vegetables
- Preventing Asthma with Fruits & Vegetables
- Asthma & Sleep

Cancer

- How Not to Die from Cancer

Depression

- Fighting the Blues with Greens?
- Improving Mood Through Diet
- Exercise vs. Drugs for Depression
- The Best Way to Boost Serotonin
- Can Dehydration Affect Our Mood?
- Depression & Sleep

Diabetes

- Diabetes 101
 - Diabetes & Relationships
 - Diabetes & Mental Health
 - The Dis-Stress of Diabetes
 - Diabetes - Exercise Up = Sugar Down
 - Sleep for Better Diabetes Control
 - Diabetes & Sleep
 - Diabetes - Why Exercise is Medicine
 - Diabetes & Owls & Larks
 - How May Plants Protect Against Diabetes?
 - Plant-Based Diets & Diabetes
 - What Causes Insulin Resistance?
- Lipotoxicity: How Saturated Fat Raises Blood Sugar
- Diabetes as a Disease of Fat Toxicity
- The Spillover Effect Links Obesity to Diabetes
- Diabetes, Sleep & Cardiovascular Health
- Does Weight Boost Survival for Diabetes

Erectile Dysfunction

- Survival of the Firmest: Erectile Dysfunction & Death
- Watermelon as Treatment for Erectile Dysfunction
- Pistachio Nuts for Erectile Dysfunction

Heart Disease, Stroke

- PREDIMED: Does Eating Nuts Prevent Strokes?
- Fatty Meals May Impair Artery Function
- Arteries of Vegans vs. Runners
- Heart Disease Starts in Childhood
- Why Was Heart Disease Rare in the Mediterranean?
- How to Prevent a Stroke

High Blood Pressure

- High Blood Pressure May Be a Choice
- How to Treat High Blood Pressure with Diet
- How to Prevent High Blood Pressure with Diet
- Healthy Sleep for Healthy Blood Pressure

Insomnia (See sleep)

Menstrual Cramps

- Dietary Treatment for Painful Periods

Obesity

- Gut Flora & Obesity
- Does Eating Obesity Cause Obesity?
- Nuts & Obesity: The Weight of Evidence
- Diet vs. Exercise for Weight Loss
- Nutrient-Dense Approach to Weight Management
- Fat Burning Via Flavonoids
- Fat Burning Via Arginine
- How Much Exercise to Sustain Weight Loss?
- Liquid Calories: Do Smoothies Lead to Weight Gain?
- You Lose, You Snooze

Pain (Chronic)

- Sleep as Medicine for Pain
- Back in Circulation: Sciatica & Cholesterol

Prostate Enlargement

- Some Prostates are Larger than Others

Stress & Mind-Body

- Stress & the Built-In Pharmacy 1, 2
- Stress Awareness
- The Placebo Effect 1, 2
- The Role of Medications 1, 2

Uterine Fibroids

- The Best Diet for Fibroids

Exercise

- Exercise 101
 - Exercise Safely
 - Take a Mindful Walk
 - How Hard Are You Working?
 - Exercise to Stay Sharp
 - What's the Right Amount of Exercise?
 - Why Exercise?
- Stand Up for Your Health
- Six Tips for Effective Strength Training
- What Are Your Goals & Motivation for Working Out?
- Five Activities for Fitness
- Measuring Fitness Progress
- Exercise - Get Moving Safely

Sleep

- Sleep 101
 - Intro to Sleep
 - Common Sleep Problems Overview
 - Sleep Tips 1, 2
 - Sleep & Physical Activity
 - Sleep is Key for Physical Health 1, 2
 - Sleep is Key for Mental & Emotional Health
 - Mental Activity & Sleep
 - Food & Sleep
 - Sleep & Fluids
 - Nighttime Lights & Sleep
 - Improving Sleep with Daylight
 - Melatonin Basics
- Sleep 201 - Night Shift Work & Sleep
- Sleep 201 - Lifestyle Light Rx for Night Shift Workers
- Sleep 201 Mealtime Rx for Night Shift Workers
- Sleep 201 Lifestyle Rx for Reducing Jet Lag
- Sleep 201 - Turn Off Your Mind for Better Sleep
- Are You an Owl or a Lark (& Why it Matters)?
- Why Kids Need Good Sleep
- Lifestyle Habits for Falling Asleep Easily
- Lifestyle Solutions for Night Time Awakening/Sleeplessness
- Kiwifruit for Insomnia
- Tart Cherries for Insomnia
- Depression & Sleep
- Sleep as Medicine for Pain
- Sleep, Light and Staying Young
- You Lose, You Snooze
- Strengthen Your Immune System with Sleep

Nutrition

- Fundamentals
 - What Diet Should Physicians Recommend
 - Food as Medicine: Preventing & Treating the Most Dreaded Diseases with Diet
 - What are the Healthiest Foods?
 - Changing Our Taste Buds
 - The Actual Benefit of Diet vs. Drugs
 - Do Vegetarians Get Enough Protein?
- Mediterranean Diet
 - Which Parts of the Mediterranean Diet Extended Life?
 - Improving on the Mediterranean Diet
 - The Mediterranean Diet or a Whole Food Plant-Based Diet?
- Gluten
 - Gluten-Free Diets: Separating the Wheat from the Chat
 - Is Gluten Sensitivity Real?
 - How to Diagnose Gluten Intolerance
- Smoothies
 - Are Green Smoothies Good for You?
 - Are Green Smoothies Bad for You?
 - Green Smoothies: What Does the Science Say?
 - The Downside of Green Smoothies
- Fat
 - The Saturated Fat Studies: Buttering Up the Public
 - Extra Virgin Olive Oil vs. Nuts
 - Beans & the Second Meal Effect
 - Do Flexitarians Live Longer?
 - 50 Shades of Greens
 - Paleo Diets May Negate Benefits of Exercise
 - The Safety of Heme vs. Non-heme Iron
 - Fad-Proof Nutrition (Part 1)
 - Fad-Proof Nutrition (Part 2) - Mythbusting

Mythbusting

- Body Wraps & Fat Loss
- Does Eating Bananas Cause Belly Fat?
- Nibblers, Gorgers & Weight Loss
- Walking is a Great Way to Lose Weight
- Is Room Temperature Water Ruining Your Metabolism?
- Health Buzzwords
- Eating Healthfully Cheaper
- Do We Burn Calories?
- 21 Day Habit Formation
- Does Spot Fat Reduction Work?
- Are Genes to Blame for Our Health Issues
- Can You Get Enough Protein Eating Vegetables?
- Does Glucomannan, the Super-fiber, Promote Weight Loss?"
- Does Weight Boost Survival for Diabetes

Special use

- Prostate Cancer Screening Facts (Short)
- Prostate Cancer Screening Facts (Detailed)

Additional Notes: